



**Recept geschikt voor:** 4 personen | **Moeilijkheid:** 🍳 🍳  
**Vorbereidingstijd:** 20 min | **Bereidingstijd:** 40 min | **Totale bereiding:** 60 min

**Bertyn producten:** [Pepper Protein Steak](#)

Bron: [bertyn.eu](https://bertyn.eu) | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

## Salsify baked in red palm oil with seitan, served with cress

### Ingrediënten

- 1kg of fresh salsify
- 2 Pepper Protein Steak
- 4 cloves of garlic
- 1 lemon, the juice
- Spice mix (ORAC Botanico-Mix with chili of Amanprana)
- Garden Cress
- 2tsp Red palm oil (Amanprana Red Palm oil)

## Bereiding

1. Put salted water in a saucepan and bring to a boil.
2. Peel the salsify under running cold water, using a vegetable peeler.
3. Don't forget to wear gloves, because the juice of the salsify is quite sticky and might discolor your hands.
4. Cut the salsify in two and slide them into the boiling water.
5. Cook for about 25 to 30 minutes, checking from time to time whether they're still crispy enough.
6. Drain and rinse briefly in cold water to stop them from cooking further.
7. Cut the seitan in strips and peel and chop the garlic into fine pieces.
8. Melt a bit of Amanprana red palm oil, briefly roast the garlic and finally add the salsify and seitan.
9. Stir well and fry.
10. Right before the mix is done, deglaze with the lemon juice and season with pepper, Fleur de Sel, and some spice mix.
11. Garnish with some cress and serve while still warm.