Vegetarian

Earthy mushrooms, glazed carrots and spiced pears. Make the soup, mushroom filling and dessert the day before.

Starter	Creamy parsnip soup with apple and hazelnuts
Main course	Mushroom Wellington with shallot gravy and glazed carrots
Dessert	Chocolate mousse with spiced pear

Shopping list

Fruit & vegetables
500 g parsnips, 1 onion, 1 tart apple, 750 g chestnut mushrooms, 5 shallots, 2 garlic cloves, 400 g small carrots, 2 firm pears, 1 lemon, thyme

Chilled
600 ml cream, 65 g butter, 1 egg, 1 roll vegetarian puff pastry (about 275 g)

Pantry
800 ml vegetable stock, 150 g cooked chestnuts, 35 g hazelnuts, 25 g breadcrumbs, 200 g dark chocolate, 150 ml dry red wine, 250 ml red grape juice, tomato purée, neutral oil, maple syrup, sugar, 1 cinnamon stick, 1 star anise, salt, pepper

Christmas Day schedule

T is the time you serve the starter. The example starts at 18:00.

Day before	Make the soup, mushroom filling, mousse and pears. Cool cooked dishes promptly, cover and refrigerate separately.
T-70 min · 16:50	Shape and chill the Wellington. Trim the carrots, toast the hazelnuts and set out the apple.
T-30 min · 17:30	Preheat the oven, gently reheat the soup and start the shallot gravy.
T-15 min · 17:45	Put the Wellington in. Cook and glaze the carrots. Dice the apple finely.
T · 18:00	Serve the soup with apple and hazelnuts. Finish the gravy.
T+25 min · 18:25	Check the Wellington and rest it for 7 minutes once baked.
T+35 min · 18:35	Plate the main with the carrots and shallot gravy.
T+60 min · 19:00	Serve the mousse with spiced pear and chocolate shavings.

Cool cooked food promptly, cover and refrigerate. Reheat thoroughly before serving.
Food hygiene · German Federal Institute for Risk Assessment

STARTER

Creamy parsnip soup with apple and hazelnuts

35 minutes

Ingredients

- 500 g parsnips, 1 onion
- 20 g butter, 550 ml vegetable stock, 150 ml cream
- 1 tart apple, 1 tsp lemon juice
- 35 g hazelnuts, salt, pepper



AI-generated plating example

Method

01 Dice the onion and peeled parsnips. Sweat in butter for 4 minutes, add the stock and simmer for about 20 minutes until tender.

02 Add the cream, blend smooth and season. Loosen with water if needed.

03 Toast and chop the hazelnuts. Finely dice the apple and toss in lemon juice.

Plating

Use a shallow bowl and place the apple and hazelnuts in a small cluster in the centre.

MAIN COURSE

Mushroom Wellington with shallot gravy and glazed carrots

40 minutes active · 35–40 minutes in the oven

Ingredients

- 750 g chestnut mushrooms, 5 shallots, 2 garlic cloves
- 150 g cooked chestnuts, 25 g breadcrumbs, 4 thyme sprigs
- 1 roll puff pastry, 1 egg, 2 tbsp neutral oil
- 1 tsp tomato purée, 150 ml red wine, 250 ml vegetable stock
- 400 g small carrots, 45 g butter, 1 tbsp maple syrup
- Salt, pepper



AI-generated plating example

Method

01 Finely chop the mushrooms, 2 shallots and garlic. Fry in batches until no liquid remains. Add the chopped chestnuts, breadcrumbs and leaves from 2 thyme sprigs. Season and cool completely.

02 Shape the filling into a compact log, wrap it in pastry and set seam side down. Brush with beaten egg and chill for 20 minutes. Bake at 200 °C conventional heat for 35–40 minutes until golden, then rest for 7 minutes.

03 Brown the remaining 3 shallots in 15 g butter. Stir in tomato purée and reduce the wine by half. Add stock and remaining thyme. Reduce to about 150 ml, strain and whisk in 15 g cold butter.

04 Boil the carrots in salted water for 6–9 minutes. Drain, then glaze in the pan with 15 g butter, maple syrup and 1 tbsp water.

Plating

Offset two thick slices to show the filling. Group the carrots beside them and spoon the gravy alongside the pastry.

DESSERT

Chocolate mousse with spiced pear

25 minutes active · chill for at least 4 hours

Ingredients

- 200 g dark chocolate (about 60%)
- 450 ml cream
- 2 firm pears, 250 ml red grape juice
- 1 cinnamon stick, 1 star anise, 1 tbsp sugar, 1 tbsp lemon juice



AI-generated plating example

Method

01 Reserve 20 g chocolate for shavings. Chop the rest, pour over 150 ml hot cream and stir until smooth. Cool until just warm.

02 Whip 300 ml cold cream to soft peaks. Fold one third into the chocolate mixture, then fold in the rest. Cover and chill for at least 4 hours.

03 Peel, quarter and core the pears. Bring the juice, spices, sugar and lemon juice to a boil. Simmer the pears for 12–18 minutes and cool in the poaching liquid.

Plating

Shape the mousse with a warm spoon. Add two pear wedges and shave the reserved chocolate over the plate.