

## COOKED LEEKS with CARROTS and CELERY



### Ingredients

1 kilo leeks  
250 gr carrots  
1 small celery root  
1 cup olive oil  
water  
salt

### **For the egg and lemon sauce**

1 egg  
lemon juice (one lemon)

### Preparation

1. Wash vegetables thoroughly and cut them accordingly.
2. Boil water (3 cups) in a pan, put in the leeks and leave for about 5 minutes. Drain them.
3. Put all vegetables in pan together with olive oil.
4. Cook for about 30 min or until all vegetables are soft. Don't ever stir, you can only move the pan.
5. Remove from heat.
6. Beat the egg and lemon juice until they are blended together.
7. Add 3Ts of the juice from the vegetables and continue beating.
8. Pour the egg and lemon sauce over the food.

## **Notes**

Greek cuisine offers a lot of vegetarian dishes. Olive oil is also perfect when cooked to make all kinds of vegetable dishes like spring beans, okras, peas and aubergines. Carrots are perfect for soufflés, stews, purees, soups and even cakes. They are delicious and a major source of beta-carotene.