"I cook the vegetable tops"

Once the vegetables have been harvested, we organise ourselves to find out how to cook them. Our vegetable tops (leaves) often end up with compost or garbage, but do you really know that many tops can be cooked?

The tops of radishes, beetroots, broccoli, kohlrabi, fennel, turnips or carrots will bring originality to your dishes.

The tops are rich in vitamins and antioxidants, but be aware not all can be eaten. So we avoid that the tops of an eggplant, peppers and other tomatoes because the leaves of solanaceae are highly toxic.

In order to cook the tops we have first to sort them and to remove the yellowed or damaged leaves before washing them. The same is true for branches that are too big or too hard.

With the tops you can make delicious soups, purees or omelettes, gratins, quiches or you simply can enjoy the tops in salads.

Give free rein to your imagination.

Malvina Beauclair

Anti waste soup (Potage anti-gaspi)
Radish top soup

Ingredients for 4 people:

- The tops of 2 bunches of radishes from the garden (but also works with other tops)
  1 table spoon of olive oil
- 1 onion
- 1 clove of garlic
- 1 big potato
- 1 litre of water
- Salt of Guérande
- Optional: celery salt, cream

Preparation:

Sort the radish tops and put the most damaged ones on the compost; wash them in cold water and drain them.

Wash and peel the potato, the onion and the garlic clove. Slice garlic and onion, cut the potato into small cubes.

Put the oil to heat in a large saucepan. Fry the chopped onion and the garlic for a few minutes. Add the tops and let them fry on high fire for 5 minutes while stirring. Add the diced potato, stir and cover with water. Add salt without hesitation, because the tops are tasteless. Personally I love to add a little celery salt, but it is no obligation.

Cover and cook for 20 minutes. Mix everything and adjust the spice. For the great gourmets you will add a spoon of fresh cream before serving the dish.

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