

Tickle your tastebuds
with feel-good recipes from
Dr. Olivier Courtin that help
promote beautiful skin.

VELOUTÉ OF RADISH TOPS

RECIPE

Wash and roughly sliver the radish tops.
Peel the potato and cut it into small dice.
Put the olive oil in a pan with the slivered
radish tops. Let them soften and reduce.
Add the water and the diced potato.
Season with salt and let cook 15 minutes.
Mix and add the yogurt, to which you
have added some turmeric and pepper.
Serve!



FOR 4 people

PREPARATION 10 minutes

COOKING 15 minutes

- The green and firm tops of a bunch of radishes
- 1 large potato
- 3/4 Tbs. (10 ml) olive oil
- 11/3 pints (75 cl) water
- 1 Tbs. yogurt
- Turmeric, salt and pepper to taste