

Recipies in English



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Broccoli Lasagne

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Ingredients :

*1 kg broccoli
some pepper and salt
some nutmeg
400g champignons
2 onions
30g butter
40g flour
125g whipped cream
125 ml milk
12 pieces lasagneblade
100g grated parmesan
some pine nut
some basil*

Preparation

Clean the broccoli and part in a little trench. Peel and cut the Broccoli stem. Put the Broccoli in 1L of boiling saltwater and cook 3-5 minutes. Now drain it and collect the vegetable water. Clean and cut the mushrooms. Peel and cut the onion. Heat the shortening. Bake the onion and champignons 5 minutes in that. Flavour with salt and pepper than flour. Mix with vegetable water, cream and milk. Now boil up and, simmer for 5 minutes. Flavour with pepper, salt and nutmeg.

Give some mushrooms in the casserole, put the Lasagneblade on top, repeat with the sauce. Repeat four times (Once with broccoli). Give the rest of the sauce and some cheese on top.

Now bake the Lasagne 45 minutes at 200 C in the oven. Spread the pine nut on the Lasagne after 20 minutes. Garnish with basil.

Penne Bolognese

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For 4 persons

Preparation time 40 min

Ingredients :

400g *tomatoes*
8 tsp *olive oil*
120g *spring onion*
200g *ground beef*
320g *mince mix*
4tsp *tomato puree*
80ml *red wine*
120ml *beef broth*
8g *clove of garlic*
12g *basil fresh*
some *pepper*
some *salt*
360g *penne*
60g *parmesan*

Preparation :

Peel the spring onion and the clove of garlic and cut in to small cubes.
Put the ground beef into olive oil and roast gently. Add the cubes of spring onions and sweat them. Add the tomato puree and roast lightly .Deglaze with the red wine and the beef broth to quench. Add the cubs of cloves.
Cut the tomatoes and add them. Let simmer for 5-8 min. Season with salt, pepper, basil and simmer for another 25 min.
Cook the Penne, drain and prepare on the plates.

Potato-Leek-Stew

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Ingredients for 4 people.

200g bacon

5 leeks

800g potatoes

2 clove of garlic

2 tbsp butter oil

2 tbsp flour

1tbsp vegetable stock

2 bay leaves

2 cloves

Salt , white Pepper, Marjoram

Preparation

Cut away the bacon rind.

Wash the leek and cut into rings.

Peel the potatoes wash and cut into slices.

Peel garlic and press in the garlic press.

Heat the butter in a roasting tin and fry bacon and bacon rind golden-brown in it.

Then add the potatoes and bake it for about 10 minutes.

After 5minutes cooking time add the leek.

Dust with flour and sweat.

Quench with 800ml water and let it boil.

Mix the broth into it.

Add garlic, juniper, clove and bay leaves. Season with salt and pepper.

Boil it up and let it simmer at medium heat for about 30 min.

Wash Marjoram, pluck off and chop.

Stir in the stew. Remove the rind and arrange the stew.

Vegetable Korma

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Serves 4

Ingredients:

20 ml (2 tbsp) vegetable oil
30 ml (2 tbsp) green masala paste
1 tsp chilli powder
1 tbsp finely grated fresh ginger
2 cloves garlic, crushed
1 onion, chopped
500 g cauliflower, cut into flowerets
3/4 cups green beans
3 baby eggplants
2 carrots, sliced
125 g button mushrooms
440 g canned tomatoes, undrained and mashed
250 ml vegetable broth

Preparation

Heat the oil in a saucepan over medium heat, stir in the masala paste and the chilli powder. Cook for 2 minutes. Add ginger, garlic and onion and cook, stirring for 3 minutes or until the onion is soft. Add cauliflower, beans, eggplants, carrots and mushrooms and cook, stirring for 5 minutes. Stir in tomatoes and broth and bring to boil. Reduce heat and simmer, stirring occasionally for 20 minutes or until the vegetables are tender.

Enjoy!

Fried noodles with chicken and bamboo shoots

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Ingredients:

150 g Chinese egg noodles
125 g chicken breast filet
25g bamboo shoots
½ red pepper
2 spring onions
1 garlic clove
1 piece ginger (1cm)
1 ½ tablespoons soya sauce
2 ½ tablespoons oil
salt

Preparation:

Cook noodles according to package specification, then cool them down .
Drain and mix with 1 tablespoon of oil.
Peel the garlic in thin slices.
Pell ginger and cut into stripes.
Rinse green onions and cut into 5 cm long pieces.
Cut them lengthwise into thin stripes.
Drain bamboo shoots.
Wash peppers and cut into thin stripes.
Wash chicken, pat dry and cut into stripes.
Heat the remaining oil.
Stir fry the noodles and remove after 2 min.
Roast the chicken with garlic, ginger and onions in oil
Add peppers and cook about 1 minute.
Roast bamboo shoots about 1 min, season to taste with soy sauce and salt.
Add the pasta and serve.

Cooking time:

35 minutes

Pancake

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Ingredients:

250g wheat flour
1 pinch Salt / Sugar
2 eggs
200 ml water
50g butter
1 pan
1 bowl
1 spatula
1 spoon
1 eggbeater

Preparation:

Mix flour , salt , eggs and milk and add butter.
Cool the dough ca. 30 minutes.
Put the dough with a spoon into the hot pan.
Spread the dough in the pan.
Bake the pancake golden brown.
When the top seems dry, turn the pancake upside down.
Keep the pancakes warm in the oven until they are served.

Serve with Nutella or Fruit!

Filet of Pork in Balsamico

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For 10 Portions:

400 g filet of pork
salt, white pepper
4 tsp dry white wine
2 tsp balsamico vinegar
3 tsp olive oil
1 twig rosemary

Preparation

Rub the filet of pork with salt and white pepper.
Mix 4 tsp of wine with vinegar.
Heat oil in a pan.
Fry filets carefully in it all around. Spread the rosemary needles over it.
Fill up with the wine vinegar mix fill and boil slowly.
Wrap the filet in aluminium foil.
Pour the rest of the wine into the pan and heat it.
Cut the cold filet into slices. Take the meat juice out of the aluminium foil and mix with the sauce in the pan.
Put it over the filet, decorate and serve.

Time: 20 min.

1Port: 8g F, 0g KH =

489kj (117 kcal)

CheBa – Cake

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Ingredients (for 12 pieces)

*125 g margarine
100 g sugar
2 tsp vanilla sugar
1 pinch salt
3 eggs
150 g wheat flour
150 g fine oatmeal
2 tsp baking powder
2 –4 tbsp milk
1 tsp lemon peel
1 glass of sour cherry
1 banana*

Preparation time :

15 minutes + baking time

Preperation :

Mix margarine, sugar, vanilla sugar, salt and eggs.
Put wheat flour, oatmeal, baking powder, milk and lemon peel into it and mix again.
The dough must glide from the fork .
Drain the sour cherries in a colander and cut the banana into fine slices.
Put 3 /4 from the dough in a spring form, then put the fruit on it and at last the rest of the dough.
Put the cake in the oven for 35 minutes at 175 C°.
Bake it for 40 minutes until it is golden brown .

Spaghetti Bolognese

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Ingredients:

500g minced beef
1 chopped onion
180 g chopped carrots
1 tbsp olive oil
2 chopped celery sticks
2 tins chopped tomatoes, large squirt of tomato puree
1 clove crushed garlic
2 beef stock cubes
2 bay leaves
400 g dried spaghetti
150 ml red wine

Preparation:

Heat the olive oil in a large saucepan over medium heat, add the minced beef and fry until browned

Add the onion, carrots, garlic and celery.

Cook these until they are slightly soft, but make sure they do not brown.

Add the tomatoes, tomato puree, stock cubes, made up with 150 ml of boiling water, wine and the bay leaves, stirring as you go.

Bring the heat down to a low level and cook until the carrots and celery are soft, this can take anything up to 1 hour 30 minutes.

Take out the bay leaves just before serving.

Cook the spaghetti

Drain and serve the spaghetti with the bolognese sauce, garnish with parmesan cheese and some basil leaves if you wish.

Serves 4-6

Preparation time: 15 minutes

Cooking time: 1 hour 30 minutes