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# Lamb

## 0.1 Lamb shanks

Lamb shanks with red wine sauce on page 3.3.2

# Chicken

## 0.2 Whole

## Puffy Omelet



**Serves:** 1 omelet 2 persons

**Time to actively work on it:** 20 min

### Ingredients

Amount	Ingredient	Preparation
3	eggs	
1.5tbsp	water	
3tbsp	butter	
	parsley	

### Instructions

1. Separate eggs.
2. Combine yolks and water. Season with salt and pepper.
3. In a separate bowl beat egg whites until stiff but not dry.
4. Carefully fold egg whites into yolk mixture.
5. Heat butter in a frying pan.
6. Pour mixture into pan and leave until set and golden on the bottom.
7. Place the omlette under the hot grill until set.
8. Garnish with parsley.

### Notes:

The omelet can be topped with various toppings:

- Heat cut spring onion, halved cherry tomatoes with some olive oil on medium heat just until slightly soft.
- Grated cheese.



# Croque Monsieur

**Serves:** 2

**Time to actively work on it:** 15 min

**Time in oven/on stove:** 10 min

## Ingredients

Amount	Ingredient	Preparation
20g	butter	softened
1tbsp	flour	
125mL	milk	
40g	Gruyere or swiss cheese	coarsely grated
40g	cheddar	coarsely grated
4	slices bread	buttered
1tbsp	Dijon mustard	
150g	ham	shaved

## Instructions

1. Melt the butter in a saucepan.
2. Add flour and cook until slightly grainy.
3. Remove from heat and add milk.
4. Return to heat and cook stirring until sauce boils and thickens.
5. Remove from heat and stir in half of both cheese until melted and mixture combined.
6. Put the 4 slices of the bread under the grill until lightly toasted.
7. Spread half the bread toasted side up with the cheese sauce. Top with ham, and remaining cheese.
8. Place rest of the bread on top with toasted side down.
9. Cook sandwich on grill on both sides.



## Toast Hawai

**Serves:** 4

**Oven Temperature:** 200 °C

**Time in oven/on stove:** 10 min

**Time to actively work on it:** 20 min

### Ingredients

Amount	Ingredient	Preparation
8	slices toast bread	
8	slices ham	
8	slices cheese	
8	rings of pineapple	

### Instructions

1. Spread butter or mustard on toast slices.
2. Top each slice with one slice of ham, cheese and pineapple.
3. Bake in oven until cheese is molten.

### Notes:

For a more spic version sprinkle some paprika powder on toasts.





## Smoked salmon and sour cream baked eggs

**Serves:** 2

**Time to actively work on it:** 5 min

**Time in oven/on stove:** 15 min

**Oven Temperature:** 180°

### Ingredients

Amount	Ingredient	Preparation
200g	sour cream	
1.5tbsp	dill	
1/4	red onion	finely chopped
50g	smoked slamon	chopped
2	eggs	

### Instructions

1. Combine sour cream and dill in a small bowl. Season with pepper.
2. Scatter onion in four ramekins.
3. Divide salmon and half the sour cream mixture among the ramekins.
4. Crack an egg into each.
5. Top with remaining sour cream mixture.
6. Bake for 12 to 15 min.



## Karrysild (Curry herring)

**Serves:** 6 persons

**Time to actively work on it:** 30 min

**Resting time:** 2 h

### Ingredients

Amount	Ingredient	Preparation
5 p to 6 pieces	pickled herring cut into bite sized pieces or quarters (2 pots rol-mops or bismark herring)	
2 tbsp to 3 tbsp		neutral tasting oil
2 tbsp		good madras curry
4 tbsp to 5 tbsp		mayonnaise (Tomy or another full egg based one)
2 tbsp to 3 tbsp		sour cream
1	acidic green apple cut in very small cubes	
3 p to 4 pieces	asier or pickles cut into small pieces	
	salt and pepper to taste	

### Instructions

1. Heat the oil in a small pot, add the curry and fry it through while stirring for a minute. Set to cool completely
2. Mix the sour cream and mayonnaise and curry oil. Add the pickles (or asier) and stir
3. Add the herring and add salt and pepper to taste
4. Stir, cover and put in the fridge for a few hours or overnight

## Notes:

- Use egg based non fat reduced mayonnaise for the best taste
- Serve with hard boiled eggs, fresh dill and raw onion rings on Danish rye bread (other bread works too)
- Source [dr.dk/mad/opskrift/karrysild](https://dr.dk/mad/opskrift/karrysild)

## Pasta dough

**Time to actively work on it:** 30 min

**Resting time:** 1 h

### Ingredients

Amount	Ingredient	Preparation
500g	flour	
5	eggs	
1tsp	salt	

### Instructions

1. Mix all ingredients and knead to a compact dough.
2. Let rest.
3. Put dough in portions through a pasta machine to form desired thickness and shape.



## Ravioli - Dough

**Serves:** 4

### Ingredients

Amount	Ingredient	Preparation
300g	flour	
4	eggs	one to coat the dough
	olive oil	

### Instructions

1. Mix everything and work into a dough.
2. Make into 4mm thin sheets.
3. Use two sheets and put in filling between them.
4. Boil in salt water to cook. They are finished if floating on top.

## Ravioli - Minced meat filling

### Ingredients

Amount	Ingredient	Preparation
300g	minced meat	
1	onion	
1	clove garlic	
2tbsp	olive oil	
0.5tsp	pepper	
0.5tsp	oregano	
1tbsp	parsley	

### Instructions

1. Mix all together and fill in the ravioli.





## Summer tomato and bocconcini pasta

**Serves:** 4

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
350g	pasta	cooked
100g	prosciutto slices	
180g	bocconcini mini	
350g	cherry tomatoes	
2	garlic cloves	chopped
2tbsp	lemon	
1tbsp	olive oil	
1tbsp	oregano	
1tbsp	basil	
	fresh basil	

### Instructions

1. Fry the prosciutto over high heat in batches for 2 min to 4 min until crisp. Set aside.
2. Heat the olive oil, lemon, oregano, and basil in the frying pan.
3. Add garlic and tomatoes.
4. Put cooked pasta, prosciutto and the marinated tomatoes on plates and arrange bocconcini on top.
5. Heat the plates in the oven for 3 min to 5 min on grill.
6. Sprinkle the fresh basil on top.



## Lemon Coriander Pasta

**Serves:** 4

**Time to actively work on it:** 30 min

**Info:** vegetarian

### Ingredients

Amount	Ingredient	Preparation
350g	pasta	
	Salt	
6tbsp	extra-virgin olive oil	
6	cloves garlic	finely chopped
2tsp	lemon juice	freshly squeezed
	Grated zest from half a lemon	optional
0.5cup	fresh coriander	finely chopped

### Instructions

1. Make pasta. Reserve 1 cup of pasta cooking water of the pasta.
2. In a large skillet (large enough to accommodate the pasta), heat oil over medium heat.
3. Add garlic and cook until fragrant and tender, stirring occasionally, 2-3 minutes.
4. Carefully add the reserved pasta cooking water in a slow stream, and simmer until water has reduced by about a third, about 5 minutes.
5. Lower the heat and stir in salt, lemon juice, lemon zest, and cooked pasta, and toss.
6. Remove from heat and stir in coriander.
7. Serve immediately.

### Notes:

Top with parmesan.



# Hörnli mit Ghackets

Serves: 4

## Ingredients

Amount	Ingredient	Preparation
350g	pasta	cooked
	butter	
400g	beef mince	finely chopped
1	onions	
100mL	redwine	
200mL	beef stock	
	tomatopaste	
	salt	
	pepper	
1tbsp	herbs (like parsley, oregano, basil)	

## Instructions

1. Put butter in frying pan and fry mince beef.
2. Add onions, fry for a short time.
3. Add remaining ingredients and let simmer covered for 15minutes.
4. Remove lid and let simmer until it thickens a bit.
5. Mix with pasta.



## Beef and Balsamic ragu

**Serves:** 4

**Time to actively work on it:** 60 min

### Ingredients

Amount	Ingredient	Preparation
350g	pasta	cooked
1tbsp	olive oil	
2	red onions	cut into wedges
1tbsp	rosemary	chopped
2	garlic cloves	crushed
500g	beef mince	
0.3cup	tomato paste	
400g can	tomatoes	
1tbsp	chicken stock	
1cup	water	
1tbsp	balsamic vinegar	

### Instructions

1. Heat oil in saucepan.
2. Add onion and cook until starting to caramelise.
3. Add rosemary, garlic and mince and cook until mince is browned.
4. Add tomato paste and cook for 2 minutes.
5. Add tomatoes, stock, water and vinegar.
6. Bring to boil, then reduce heat and simmer stirring occasionally until sauce thickens.
7. Mix with pasta.





## Garlic basil chicken with tomato butter sauce

**Serves:** 4

**Time to actively work on it:** 50 min

### Ingredients

Amount	Ingredient	Preparation
	pasta	cooked
4	chicken breasts	pounded to 1.5 cm thickness
	salt and pepper	
0.25cup	olive oil	
6	roma tomatoes	diced
3	cloves garlic	minced
1cup	fresh basil	cut into ribbons
0.25cup	butter	

### Instructions

1. Sprinkle each piece of chicken generously with sea salt and freshly ground pepper. Prep the tomatoes, garlic, and basil and set aside.
2. Heat the olive oil in a large heavy skillet until a drop of water sizzles across the top.
3. Add the chicken and pan-fry for several minutes on each side – the goal here is to get the chicken cooked and get a nice browning on the outside. When the chicken is done, set aside.
4. Add the tomatoes, and return to heat.
5. Simmer to cook the tomatoes down into a chunky-sauce-like-mixture.
6. Add the garlic and butter and stir to combine until the butter is melted.
7. Add the chicken back in to soak in the sauce for a few minutes.
8. Just before serving, stir in the basil, then serve with pasta.



## Creamy herbed chicken



**Serves:** 4

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
350g	pasta	
For the chicken:		
4	chicken breasts	pounded
2tsp	garlic powder	
1tsp	parsley	chopped
1/2tsp	thyme	chopped
1/2tsp	rosemary	chopped
For the sauce:		
4cloves	garlic	minced
1tsp	parsley	chopped
1/2tsp	thyme	chopped
1/2tsp	rosemary	chopped
250mL	cream	
150mL	milk	
	salt	
	pepper	

### Instructions

1. Cook pasta.
2. Coat chicken breasts with the garlic powder and herbs. Season generously with salt and pepper.
3. Heat oil or butter in a frying pan over medium-high heat.
4. Cook chicken breasts until opaque and no longer pink inside.

5. Transfer to a plate; set aside.
6. Saute garlic, with parsley, thyme and rosemary, for about 1 minute, or until fragrant in the same pan.
7. Stir in milk (or cream); season with salt and pepper, to taste and bring to boil.
8. Add the cornstarch mixture to the centre of the pan, quickly stirring, until sauce has thickened slightly.
9. Reduce heat and simmer gently for a further minute to allow the sauce to thicken more.
10. Return chicken to the skillet.

**Notes:**

Replace thyme and rosemary with basil and oregano or tarragon as a variation.

## Chicken with creamy garlic sauce

**Serves:** 4

**Oven Temperature:**

**Time in oven/on stove:**

**Time in fridge/freezer:**

**Time to marinate:**

**Resting time:**

**Time to actively work on it:** 35 min

**Info:**



### Ingredients

Amount	Ingredient	Preparation
350g	pasta	cooked
2	chicken breast fillets	diced
50g	butter	
2tbsp	flour	
1	onion	chopped
2tsp	thyme leaves	chopped
100g	button mushrooms	sliced
100g	streaky bacon	diced
2tbsp	Dijon mustard	
1/2cup	cream	
1cup	fresh parsley	chopped

### Instructions

1. Place flour in a large bowl and season with salt and pepper.
2. Add chicken, tossing to coat.
3. Fry chicken in butter on high heat. Then, set aside.
4. Reduce heat to medium. Then add onion, mushroom, and bacon to the pan and cook, stirring regularly until soft.
5. Add garlic, thyme and mustard and cook until aromatic.

6. Stir in cream and bring to boil.
7. Return chicken and let simmer for 10 min.
8. Stir through parsley and serve immediately.

**Notes:**

Fits well with salad, green beans, or red cabbage.

# Creamy Coriander and Lime Chicken pasta

**Serves:** 2**Time to actively work on it:** 30 min

## Ingredients

Amount	Ingredient	Preparation
2	chicken breasts	
2tbsp	olive oil	
3cloves	garlic	minced
2tbsp	lime juice	freshly squeezed, use less if bottled juice
1/4cup	chicken broth	
2tbsp	coriander	fresh, chopped
2/3cup	cream	
2/3cup	milk	
1/2cup	mozzarella	shredded
300g	pasta	cooked

## Instructions

1. Heat olive oil in a large skillet on medium-hot heat.
2. Generously season sliced chicken with salt and pepper, add to the hot skillet and cook for about 5 minutes until done. Remove sliced chicken from the skillet.
3. To the same skillet, add minced garlic, lime juice and chicken broth.
4. Cook for 1-2 minutes on high heat, deglazing and scraping the skillet until the liquid is reduced and making sure garlic does not burn and brown too much.
5. Mix in chopped cilantro.
6. Add cream and milk and bring to boil.
7. Then, immediately add cheese and mix in until melted, while boil-

ing.

8. Then, remove from heat.
9. Add pasta and chicken to the sauce.
10. Optional: Top with more chopped coriander.

**Notes:**



# Creamy Tomato Chicken Skillet Dinner

**Serves:** 4  
**Time to actively work on it:** 45 min

## Ingredients

Amount	Ingredient	Preparation
500 g	pasta	cooked
2 tbsp	Olive oil	
1 kg	chicken breast	
2 tbsp	Tomato paste	
3 cloves	garlic	minced
400 g	crushed tomatoes	in can
1 cup	cream	
1/2 cup	parmesan cheese	
4 cup	fresh kale	ribs removed, torn into small pieces
1/4 cup	fresh basil leaves	thinly sliced, optional
	salt	
	pepper	

## Instructions

1. Brown the chicken breasts in a bit of olive oil, to give them a nice crisp outside. Set them aside.
2. Keep the skillet warm, and add tomato paste, garlic, fennel seed and red pepper flakes. Then pour in the crushed tomatoes, and get the sauce simmering.
3. Pour in the heavy cream along with some Parmesan and kale.
4. When the kale looks wilted, add the seared chicken breasts back to the skillet, and cook until the chicken is done.
5. Serve with pasta. We like to top the finished chicken skillet with cheese and fresh basil.

**Notes:**

Recipe works well with chicken pieces as well instead of chicken breast.

## Beer-Braised Chicken bake

**Serves:** 4

**Oven Temperature:** 200°

**Time in oven/on stove:** 1 h

**Time to actively work on it:** 45 min

### Ingredients

Amount	Ingredient	Preparation
1.5kg	chicken breast	
2tbsp	olive oil	
750g	baby potatoes	
100g	panceta	coarsely chopped
2	garlic cloves	thinly sliced
1	red onion	cut into wedges
220mL	lager (for example corona)	
250mL	chicken stock	
4	sprig oregano	
80g	pitted olives	
250g	cherry tomatoes	

### Instructions

1. Fry chicken breasts until all sides are brown, set aside.
2. Fry potatoes until brown on all sides.
3. Add pancetta and garlic.
4. Add the onion and return chicken to the pan.
5. Pour lager over the chicken mixture and bring to boil.
6. Cook until liquid reduces by half.
7. Add stock, oregano, olives, and tomatoes.
8. Bake in oven until chicken through.



# Loaded Hasselback Potatoes

**Serves:** 4  
**Oven Temperature:** 200°  
**Time in oven/on stove:** 1 h 15 min  
**Time to actively work on it:** 1 h

## Ingredients

Amount	Ingredient	Preparation
8	potatoes (red royale)	
300g	beef mince	
1tsp	taco seasoning	
80g    (2/3 cup)	cheddar	
80g    (1/3 cup)	sour cream	
2	spring onions	thinly sliced
60mL   (1/4 cup)	water	

## Instructions

1. Place a chopstick on each side of a potato on a cutting board.
2. Use a large knife to thinly slice the potato down to the level of the chopsticks.
3. Repeat with the remaining potatoes.
4. Place cut-side up on a baking tray, season with salt and pepper and back for 1 h.
5. Meanwhile, fry mince on high heat until cooked through.
6. Add taco seasoning and the water. Bring to a boil
7. Reduce heat and let simmer until mixture thickens.
8. Spoon the mince mixture onto the potatoes, pushing into the cuts.
9. Sprinkle with cheddar and bake for another 15 min.
10. Top with sour cream and sprinkle with spring onions.



## Curry-geschnetzeltes

**Time to actively work on it:** 45 min

### Ingredients

Amount	Ingredient	Preparation
2cup	rice	steamed
600g	chicken breast	diced
	butter	
	salt and pepper	
1tbsp	butter	
2tbsp	flour	
1tbsp	curry	
200mL	chicken stock	
200mL	milk	
200g	pineapple	

### Instructions

1. Fry chicken in portions, season with salt and pepper, and set aside.
2. Optional: Fry pineapple in the same pan, set aside.
3. Put butter in pan.
4. Add flour and curry, stir well.
5. Add stock and milk and bring to boil.
6. Add chicken and pineapple. Let cook for about 10 min until nicely creamy.

### Notes:

Fried banana fits very well.





# Ghormeh Sabzi



Prince Essmael Bayat's delicious stew.  
**Time to actively work on it:** 30 min  
**Time in oven/on stove:** 2 h  
**Serves:** 6

## Ingredients

Amount	Ingredient	Preparation
2cup	rice	steamed
500g	lamb	
2	onions	finely chopped
4	garlic cloves	
	garlic salt	
	tumeric	lots of it
	smoked paprika	
2	cans of red kidney beans	
1	can of Persian Spice mix (Alvand) for Ghormeh Sabzi	
4	dried lemons	

## Instructions

1. Fry garlic, onion, and meat
2. Add tumeric paprika and garlic salt
3. Add boiling water to cover
4. Add herbs
5. Add kidney beans
6. Make holes into the lemons with a fork and add to the stew
7. Let simmer for at least an hour. Longer does not matter.



## Honey and lemon chicken stir-fry

**Serves:** 4

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
	sesame oil	
2cup	rice	steamed
60mL	honey	
2tbsp	lemon juice	
2tbsp	cornflour	
500g	chicken breast	chopped
1	red onion	cut into wedges
5cm	piece ginger	peeled and cut into sticks
2bunches	baby broccoli (or half a normal broccoli)	cut in pieces
300g	snow peas	ends trimmed

### Instructions

1. Combine honey, soy sauce, lemon juice and cornflour in small bowl.
2. Stir fry chicken in a wok in batches until golden brown in sesame oil and set aside.
3. Fry onion, ginger and garlic until lightly browned.
4. Add broccoli and snow peas and fry until bright green.
5. Return chicken to wok with the honey mixture and fry until sauce thickens.
6. Serve with the rice.



## Stuffed Tomatoes

**Serves:** 4

**Time to actively work on it:** 30 min

**Time in oven/on stove:** 1 h

**Oven Temperature:** 160 °C

**Resting time:** 30 min

### Ingredients

Amount	Ingredient	Preparation
	olive oil	
20	tomatoes	
1 kg	minced meat	
1	onion	finely chopped
1/4 cup	rice	
1 tbsp	tomato paste	

### Instructions

1. Slice the tops off the tomatoes and reserve for later.
2. Hollow the tomatoes by removing the seeds and flesh.
3. Put tomatoes in baking dish.
4. Cook onions and meat until brown. Season with salt and pepper.
5. Add rice, tomato paste and removed seed and flesh, mix well.
6. Stuff the tomatoes with the meat mixture.
7. Cover with the tops and drizzle olive oil over.
8. Fill the baking tray with water to cover the bottom and bake.
9. Turn off the heat and leave in the oven for 30 min.

### Notes:

Serve with tzatziki or Greek-style yoghurt.



## Lime stuffed Chicken

**Serves:** 2

**Time in oven/on stove:** 1 h and 40 min

**Oven Temperature:** 180 °C

### Ingredients

Amount	Ingredient	Preparation
50g	butter	
2	shallots	chopped
1 cup	rice	cooked
0.25cup	parsley	chopped
0.25cup	coriander	chopped
0.25cup	cashew nuts	roasted, chopped
3	limes	
1tbsp	chinese five spice	powder
1tbsp	ginger	grated
1	egg	
1	chicken	whole
1tbsp	olive oil	

### Instructions

1. Melt butter in a frying pan over medium heat.
2. Cook shallots for 2 mins, until soft. Transfer to a bowl.
3. Add rice, parsley, coriander, cashews, zest (skin) of 2 limes, and juice of one, chinese five spice, ginger and egg. Mix well.
4. Wash and pat dry chicken, inside and out.
5. Spoon stuffing into cavity and tie birds legs together to secure. Place in a roasting pan and drizzle with olive oil. Season well.
6. Roast chicken for 30 min. Reduce oven to 160 °C and roast for 1 h.

7. Scatter around the lime halves and roast for another 10 min.
8. Cover loosely with foil and let chicken rest for 5mins before serving.



## Tomato Coconut Wok

**Serves:** 4

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
1 cup	rice	
4 clove	garlic	finely chopped
	ginger	finely chopped
1	onion	chopped
500g	chicken	diced
140g	tomato paste	
200g	coconut cream	large can
1	zucchini	cut in small strips
	lime	
	chinese rice wine	
	cayenne pepper	
	cumin	freshly ground
	curry powder	
	cooking sake	

### Instructions

1. Fry chicken on high in small batches until a bit brown and set aside.
2. Reduce heat to medium. Fry onion, garlic, ginger.
3. Add curry powder, cayenne pepper, and cumin.
4. Add zucchini and the cooking sake.
5. Add tomato paste and fry for a few minutes.
6. Add coconut milk, chinese rice wine, lime juice and the fried chicken pieces. Then, cook for 10 min.

**Notes:**

Add some water at the end if the sauce is too thick.

# Asian Rice Bowl

**Serves:** 2

**Time to actively work on it:** 10 min

## Ingredients

Amount	Ingredient	Preparation
1cup	rice	
<b>Sauce:</b>		
2tbsp	BBQ sauce	
2.5tsp	sugar	
1tbsp	sake	
2.5tbsp	soy sauce	
1/2tsp	sesame oil	
1/4tsp	white pepper	
<b>Stir Fry:</b>		
1tbsp	oil	
2cloves	garlic	minced
1	onion	finely chopped
250g	beef mince	
1/2cup	spring onions	chopped

## Instructions

1. Cook rice.
2. Mix all ingredients of the sauce in a small bowl.
3. Heat oil in a wok over high heat.
4. Add garlic and onion and cook until brown.
5. Add mince and cook until completely browned and in small bits.
6. Add sauce and cook until sauce has evaporated and beef is cooked.
7. Optional: If you want moor sauce add some water and cornflour and cook until thickens.

8. Stir through spring onions and serve over rice.

**Notes:**

Instead of sake, use mirin sacue or chinese rice wine.

## Chicken and tomato risotto

**Serves:** 6

**Oven Temperature:**

**Time in oven/on stove:**

**Time in fridge/freezer:**

**Time to marinate:**

**Resting time:** 10 min

**Time to actively work on it:** 2 h

**Info:**



### Ingredients

Amount	Ingredient	Preparation
1tsp	olive oil	
1	garlic bulb	
2cubes	chicken stock	
2	chicken breast	diced
2	onions	finely diced
400g	Arborio risotto rice	
400g	canned tomato	
100g	Parmesan	grated
25g	butter	

### Instructions

1. Heat oven to 180 °C, wrap garlic bulb in foil and and roast for 20 min.
2. Heat 1 tbsp oil in a frying pan and brown chicken pieces. Then, set aside.
3. Fry onions in a large pot stirring frequently until translucent.
4. Add rice to the onions and toast it.
5. Add can of tomatoes.
6. Then slowly add 1.5l of hot water (with the stock dissolved) one

ladle at the time and wait each time until the water has been absorbed.

7. Stir in chicken, roasted garlic, and the cheese.
8. Remove from heat and stir in the butter.
9. Let rest, before serving.

**Notes:**

Have some extra cheese to top it.

# Chicken Fried Rice

**Serves:** 4

**Oven Temperature:**

**Time in oven/on stove:**

**Time in fridge/freezer:**

**Time to marinade:**

**Resting time:**

**Time to actively work on it:** 30 min

**Info:**



## Ingredients

Amount	Ingredient	Preparation
200g	chicken breast	cut into small cubes
2tbsp	green peas	
3	mushrooms	thinly sliced
1	onion	finely diced
1tbsp	butter	
2cups	rice	cooked
	salt	
<b>Tomato sauce:</b>		
3tbsp	ketchup	
3tbsp	tomato sauce	
2tbsp	water	

## Instructions

1. Gather all ingredients.
2. Start with the tomato sauce. In small saucepan, add ketchup, tomato paste, and water.
3. Mix well to combine. In the sauce is too thick add more water.
4. Heat until warm.
5. Sprinkle freshly ground black pepper and salt on the chicken pieces.

6. Heat butter in a large frying pan over medium heat and add the chopped onion.
7. Saute the onion until tender, then add the chicken.
8. Cook until no longer pink. And add he sliced mushroom.
9. Add the tomato sauce and combine will with the ingredients.
10. Add the rice and combine with sauce until it is well coated.
11. Add the green peas and give a final toss.

**Notes:**



# Bami Goreng

**Serves:** 4

**Ingredients**

Amount	Ingredient	Preparation
400g	Pork steak or chicken breast	cut in pieces
1	onion	cut in pieces
1	carrot	cut in pieces
2	capsicum	cut in pieces
1	wombok	
1	chili	
	Soy sauce	
20g	ginger	
	salt	
	pepper	
4	Ramen noodles squares	cooked

**Instructions**

1. Fry onions, ginger, carrots and capsicum in a wok until lightly browned.
2. Add meat and fry until browend.
3. Add garlic, chilli, soy sauce.
4. Spice with salt and pepper to liking.
5. Add noodles and combine with meat sauce.



# Sesame Oil Ramen Noodles

## Ingredients

Amount	Ingredient	Preparation
5	Ramen noodle squares	
3	chicken breast fillet	
	sesame oil	
	soy sauce	
	black pepper	
1	onion	
2	garlic cloves	chopped
	some veggies (optional)	

## Instructions

1. Boil water in a pot and toss in the package of instant Ramen noodles (without the flavor package).
2. In a small container, add the sesame oil, soy sauce, and black pepper and mix it up. Add garlic.
3. Fry the chicken in batches in butter.
4. Fry onions (and veggies if you add some).
5. Add in the oil mixture.
6. Once the Ramen noodles are cooked (and veggies), drain the water and add the noodles to the fried chicken and vegetables.

## Notes:

Instead of ramen other noodles can be used. Also the amount of sesame oil and soy sauce should be adjusted to taste.



## Spätzli und Chnöpfli

**Serves:** 4

**Resting time:** 30 min

**Time to actively work on it:** 1 h

### Ingredients

Amount	Ingredient	Preparation
500g	flour	
3	eggs	
1tsp	salt	
	nutmeg	
300mL	milk	

### Instructions

1. Mix all ingredients and stir until it bubbles.
2. Let sit for 30 min
3. Put dough in portions through a Chnöpfli sieb into boiling salt water. Once floating on the top put in cold water.

### Notes:

Keep refrigerated for 1 week or freeze.

Fry before serving.



# Sage burnt butter sauce

Serves: 4

## Ingredients

Amount	Ingredient	Preparation
4	slices pancetta	
125g	butter	chopped
8leaves	sages	
2	garlic cloves	crushed
25g	walnuts	toasted, coarsely chopped

## Instructions

1. Cook pancetta in large frying pan until crisp. Transfer to a plate.
2. Add butter to pan until melted.
3. Add sage and fry until crisp. Transfer to the pancetta.
4. Add garlic to the pan and cook until aromatic.
5. Fry Spätzle or Schupfnudeln until golden brown.
6. Add walnuts, pancetta and sage to pan and toss.





# Chicken broth

Serves:

Oven Temperature:

Time in oven/on stove:

Time in fridge/freezer:

Time to marinade:

Resting time:

Time to actively work on it: 5 h

Info:



## Ingredients

Amount	Ingredient	Preparation
	chicken bones and leftover juices	
1	onion	peeled and quartered
1	carrot	peeled and halved
1	bay leave	
10	black pepper corns	
	lemon juice	optional

## Instructions

1. Put all ingredients in a pot and cover with water.
2. Bring to boil and simmer for at least 4 h.
3. Strain soup into an other container.

## Notes:

Freeze in ice cube tray for later use.



# Pumpkin Soup

**Serves:** 2

## Ingredients

Amount	Ingredient	Preparation
2tbsp	olive oil	
1	onion	roughly chopped
2	garlic cloves	roughly chopped
600g	pumpkin	peeled and roughly chopped
1	potato	chopped
2	carrots	chopped
0.5tsp	nutmeg	ground
750ml	chicken stock	
125ml	cream	

## Instructions

1. Heat oil in a large saucepan over medium heat. Add onion and cook for 2-3 minutes until soft. Add garlic, vegetables and nutmeg, then toss to coat. Add stock and 500 ml water, then bring to the boil. Reduce heat to low, cover and cook for 25 minutes or until the vegetables are tender. Cool slightly.
2. Blend the soup(either use blender or potato masher).
3. Stir in cream, then season.

## Notes:

Serve with bread.



## Chicken and potato chowder



**Serves:** 4

**Time to actively work on it:** 1 h

### Ingredients

Amount	Ingredient	Preparation
1/4 cup	butter	
2	chicken breast	diced
1	onion	diced
3	carrots	peeled and diced
1 tsp	thyme	dried or fresh
1/4 cup	flour	
3 cup	chicken broth	
2 cup	milk	
1.5 cup	cheddar cheese	shredded
	salt and pepper to taste	

### Instructions

1. Melt butter in a large stockpot or Dutch oven over medium heat.
2. Fry diced chicken breast in soup pot until cooked through. Then remove from pan and set aside.
3. Cook onion, carrots and celery, stirring occasionally until onions are cooked.
4. Stir in thyme until fragrant.
5. Whisk in flour until lightly browned, about 1 minute.
6. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened.
7. Stir in potatoes and bring to a boil.

8. Reduce heat and simmer until potatoes are tender.
9. Stir in chicken and cheese, a handful at a time, until smooth.
10. Season with salt and pepper, to taste.

**Notes:**

If the chowder is too thick, add more milk as needed until desired consistency is reached.

# Potato Leek soup

Serves: 4

Oven Temperature:

Time in oven/on stove:

Time in fridge/freezer:

Time to marinade:

Resting time:

Time to actively work on it: 20 min

Info:



## Ingredients

Amount	Ingredient	Preparation
30g	butter	
2clove	garlic	crushed
1	onion	chopped (optional)
3	leeks	sliced
1kg	potatoes	peeled and diced
1.5l	stock (chicken or vegetable)	
185ml	cream	
1tsp	salt	
1/2tsp	pepper	

## Instructions

1. Melt butter in large pot over medium heat.
2. Add garlic, onion, and leek and sautee until soft
3. Add potatoes and broth and bring to simmer.
4. Let simmer for 25 min or until potato is very soft.
5. Puree with a stick blender until just smooth.
6. Add salt and pepper and stir through cream.

## Notes:

Use chives for garnishing. Croutons fit well.



## Steak and Guinness Pie

**Serves:** 5

**Oven Temperature:** 190°

**Time in oven/on stove:** 45 min

### Ingredients

Amount	Ingredient	Preparation
675g	diced beef	
2tbsp	flour	
	olive oil	
1	onion	
1	carrot	
	fresh herbs	
500mL	Guinness	
400g	can of diced tomatoes	
2sheets	puff pastry	

### Instructions

1. Das Fleisch mit Salz und Pfeffer würzen und im Mehl wenden.
2. Öl in einer Eintopf Pfanne erhitzen und das Fleisch darin braun anbraten.
3. Die Zwiebeln hinzufügen und 1 min mitbraten, dann Karotte und Kräuter zugeben.
4. Nach 5 min Guinness dazugeben und anschliessend die Tomaten zufügen.
5. Das ganze zum Kochen bringen und danach für 2 std. bei kleiner Hitze köcheln lassen.
6. Die Sauce mit Salz und Pfeffer würzen.
7. Die Sauce in eine grosse Schale geben und die pastry darüber legen. Es mit einer Gabel einstechen und ein verschlagenes Ei

darüber streichen.

8. Im vorgeheizten Ofen für 45 min backen.

# Lancashire Hotpot

**Serves:** 6  
**Oven Temperature:** 155°  
**Time in oven/on stove:** 2.5 h  
**Resting time:** 20 min  
**Time to actively work on it:** 30 min

## Ingredients

Amount	Ingredient	Preparation
1 kg	lamb forequarter chops	bones removed, trimmed, cut into 4 cm pieces
2tbsp	flour	
3tbsp	olive oil	
1	onion	thinly sliced
2cloves	garlic	finely chopped
2sprigs	thyme	
1sprig	rosemary	
125mL (1/2 cup)	dry white wine	
625mL (2.5 cups)	chicken stock	
500g	potatoes	peeled, 3 mm thickly sliced
40g	butter	melted
2tsp	fresh chives	chopped

## Instructions

1. Season lamb generously with salt and pepper and coat lightly with flour.
2. Fry lamb in batches on medium-high heat until golden brown. Then, set aside.
3. Fry onions in oil until tender.
4. Stir in garlic, thyme, and rosemary and cook for 3 min.

5. Add wine and cook until liquid has completely evaporated.
6. Transfer mixture in a baking dish and arrange lamb evenly above the mixture.
7. Pour stock over lamb to almost cover.
8. Arrange half the potato slices, in a single, tight even layer, overlapping slightly, over the meat. Brush with half the melted butter and season with salt and pepper. Repeat to form second layer.
9. Loosely cover the dish and bake for 1.5 h.
10. Remove foil and continue baking for 1 h.
11. Let stand for 20 min and sprinkle with chives.

## Fondue Bacchus



**Time to actively work on it:** 20 min

### Ingredients

Amount	Ingredient	Preparation
270mL	Vegtebale stock	
2tbsp	butter	
2	cloves	
1clove	garlic	
750mL	red wine	
50g	bacon pieces	
1	onion	finely cubed

### Instructions

1. Heat vegetable stock in a cup.
2. Fry onion and garlic in a another cooking pot.
3. Add bacon cloves until browned.
4. Pour in wine and vegetable stock.
5. Let boil for 8 min to 10 min.
6. Then pour it in the caquelon through a sieve and put on the rechaud.

### Notes:

Prepare around 250 g of meat per person cut into small cubes. Best suited is pork and beef.

Sauces that fit well are pages 5.2.2, 5.2.12 and 5.2.14.



# Pizza

**Oven Temperature:** 180 °C

## Ingredients

Amount	Ingredient	Preparation
375mL	warm water	
7g	dried yeast	
	pinch of caster sugar	
1tsp	salt	
60mL	olive oil	
600g	flour	

## Instructions

1. Mix warm water, yeast and sugar. Let rest for 5 min
2. In a bowl mix flour, salt and olive oil.
3. Add water yeast mixture.
4. Knead the dough until smooth and elastic like Der Schlangemann.
5. Rest for 20 min.
6. Add toppings and bake.

## Notes:

Topping suggestions are:

- Michelangelo: Mascarpone, mozzarella, prosciuto, cherry tomatoes
- Prosciuto: Prosciuto, tomato paste, mozzarella, rocket
- Pear: walnuts, Mascarpone, pears, Prosciuto





# Dampfnudeln

**Oven Temperature:** 220 °C not preheated, lower half

**Time in oven/on stove:** 30 min to 40 min

**Serves:** 8 pieces

## Ingredients

Amount	Ingredient	Preparation
50g	Mehl	
0.5tsp	Salz	
2tbsp	Zucker	
40g	weiche Butter	
15g	Hefe	
100mL	Milch	
1	Ei	
200mL	Milch	
3tbsp	Zucker	
40g	Butter	

## Instructions

### 1. Hefeteig:

- Mehl in eine Schüssel geben.
- Salz und Zucker beifügen.
- Butter in Flocken zugeben.
- Hefe in der Milch auflösen und zusammen mit dem Ei beifügen.
- Mehl mit der Flüssigkeit von der Mitte aus anrühren.
- Teig gut kneten, bis er glatt und geschmeidig ist.
- Zugedeckt an der Wärme um das doppelte aufgehen lassen.

### 2. Guss:

- Alle Zutaten erwärmen.

- (b) Die Hälfte in eine eingefettete Auflaufform geben.
- (c) Aus dem Teig gleichgrosse Kugeln formen, nebeneinander in die Form setzen.
- (d) In den kalten Ofen schieben und bei 220° 30 - 40 min backen.
- (e) 10 min vor Ende der Backzeit die einzelnen Gebäckstücke mit zwei Gabeln leicht auseinanderziehen.
- (f) Restlichen Guss darübergiessen, fertigbacken und warm in der Form servieren.

**Notes:**

Serve with Vanillesauce, see 267.

# Okonomiyaki

**Serves:** 4

**Time to actively work on it:** 45 min

## Ingredients

Amount	Ingredient	Preparation
6	spring onions	
150g	pork mince	
1.5cup	flour	
1cup	chicken stock	
1.5cup	wombok	shredded
2	eggs	lightly whisked
	oil	
2tbsp	worcestershiresauce	
0.5cup	mayonnaise	

## Instructions

1. Place half the spring onion in a bowl of iced water. Set aside.
2. Fry the mince on high heat, stirring with a wooden spoon to break up any lumps, until cooked through. Transfer to a bowl.
3. Mix flour, stock and eggs in a large bowl.
4. Add the pork, 1 cup of the wombok and remaining spring onion to the batter. Stir to combine.
5. Make pancakes with the batter in a frying pan and cook until bubbles appear on the surface.
6. Turn and brush cooked surface with a little worcestershire sauce. Cook until through. Turn and cook until surface caramelises.
7. Transfer to a large plate and drizzle with mayonnaise. Top with the remaining wombok and spring onion.
8. Repeat with remaining dough.



# Bøfsandwich

Non nom nom....

**Serves:** 4

## Ingredients

Amount	Ingredient	Preparation
400g	minced beef (or deer)	
6	onions	
500mL	sunflower oil	
3tbsp	flour	plus some extra
	butter (for frying)	
500mL	beef bouillon	
1tbsp	dijon mustard	
1tbsp	ketchup	
1tbsp	worcester sauce	
	cayenne pepper	
	burger buns	

## Instructions

1. For the roasted onions, take 3 onions and cut them into boats.
2. Put the sunflower oil into a pan and add onions.
3. Fry them on medium heat until golden brown under stirring.
4. Remove from pan and put on kitchen paper. Sprinkle with salt.
5. For the beef, divide meat into two portions and form them into paddys, should be very flat and wide.
6. Turn beef around in flour, season with salt and pepper.
7. Fry on medium heat until brown, then set aside.
8. For the sauce, brown last free onions (very finely chopped) on very low heat (use same pan as previously for the paddys)

9. Once onions are caramelised, add flour and stir well.
10. Add stock, mustard, ketchup, cayenne pepper, and worcester sauce and mix well.
11. Set the sauce boil until thickens (sauce can be very thick)
12. Turn down heat.
13. Add pattys to sauce.

**Notes:**

For filling use gurkins, remoulade (page ??), mustard, beetroot, ketchup.

## Kylling-bacon sandwich

### Ingredients

Amount	Ingredient	Preparation
150	grustikke lyse brød	
3	skiverbacon	
1	Kyllingefilet	
1tsk	olivenolie	
1tsk	smør	
1spsk	mayonnaise	
3spsk	skyr	
0.5tsk	karry	
2	blade icebergsalater	
1	tomat	

### Instructions

1. Lun eller bag brødet. Lad det afkøle og skær det over på langs.
2. Steg bacon i ovnen ved 200 grader i ca. 7 min. – til det er gyldent. Læg det til afkøling på fedtsugende papir.
3. Steg kyllingefiletten på en slip-let pande i olivenolie og smør, krydr den under stegningen med salt og peber. Steg den først gylden på begge sider, skru ned for varmen og steg den færdig ved middelvarme, ca. 5 min. på begge sider. Lad den afkøle – og skær den i tynde, skrå skiver.
4. Rør dressingen og smag den til.
5. Smør brødbund og – låg med dressing. Læg salat på bunden, tomat, kylling, bacon og læg låget på.





## Strudel dough

**Serves:** 4

**Resting time:** 30 min

**Time to actively work on it:** 20 min

### Ingredients

Amount	Ingredient	Preparation
200g	flour	
1/2tsp	salt	
1	egg	
3tbsp	olive oil	
4tbsp	water	

### Instructions

1. Mix flour and salt.
2. Mix egg, oil and water well and add to flour.
3. Knead until dough is smooth.
4. Form a ball and let rest.

# Minced Meat filling

**Serves:** 4  
**Oven Temperature:** 180 °C  
**Time in oven/on stove:** 35 min  
**Time to actively work on it:** 20 min

## Ingredients

Amount	Ingredient	Preparation
80 g	butter	
500 g	minced meat	
1	onion	chopped
1	egg	
3tbsp	cream	
	parsley	
	cayennepepper	

## Instructions

1. Heat 50 g butter in a pan and fry onions until slightly browned, set aside. Melt the remaining butter.
2. Mix minced meat, onion, salt, pepper, egg, cream, and parsley.
3. Roll the strudel dough on a clean towel very thin.
4. Paint butter on the dough and put filling on half of the dough, leave 2 cm space at the edges.
5. Wrap the borders and roll the strudel.
6. Put on a lined tray and coat with the remaining melted butter and bake.

# Chicken Fajitas



**Serves:** 4

**Time to marinade:** 30 min

**Time to actively work on it:** 30 min

## Ingredients

Amount	Ingredient	Preparation
2tbsp	fresh squeezed lime juice	
2tbsp	oil	
2	garlic clove	minced
1.5tsp	cumin	ground
1tsp	salt	
1tsp	chili	ground
1tbsp	coriander	chopped
650g	chicken	cut in strips
3	capsicums	cut into strips
1	red onion	thinly sliced

## Instructions

1. Mix lime juice, oil, garlic, cumin, salt, chili and coriander together.
2. Add the chicken pieces and let marinate for 30 min.
3. Heat a pan on medium-high heat until smoking.
4. Add a drizzle of olive oil to lightly coat the bottom of the pan.
5. Sear the chicken on both sides until golden, charred and cooked right through.
6. Transfer chicken to a warm plate, loosely tent with foil and let rest.
7. Add the peppers and onions to the pan and cook until the onion is soft and the peppers are slightly charred and cooked to your liking.

8. Season with salt and pepper.

**Notes:**

Serve with warmed tortillas, chopped cilantro, guacamole, cucumber slices, onion slices, and sour cream.

## Epic Bacon/Cheese burger with cold/hot sauce

**Serves:** 2 burgers

**Time to actively work on it:** 10 min

**Cooking time:** [25 min] **Resting time:** 2 h

### Ingredients

Amount	Ingredient	Preparation
500 g	beef mince should be fatty	
8 slices	thin bacon (American style)	
2 hands full	fresh wide leaf parsley	
2 cloves	garlic	
2-3	jalepenos without seeds or 1-2 chillies	
3 tbsp	walnuts	
1/2	red onion	
1/2 tsp	sugar	
	liquid from 1/2 lemon	
4 tbsp to 5 tbsp	water	
1 tbsp	oil	
	salt and pepper for taste	

### Instructions

1. Take 250 g mince and split into a piece of 50 g and 200 g
2. Form a patty with the large piece of mince and make it hollow on the inside. Form a thin flat patty of the same size with the small piece of mince
3. Fill the patty with shredded cheddar cheese and cover with the small piece. Press them carefully together such that the patty is sealed.

4. Wrap thin bacon slices around the patty
5. Set in the fridge for 1 h for a better seal
6. In the meantime, add the remaining ingredients to a blender and blend until liquid. Add more water if the sauce looks to thick
7. Put sauce in fridge. It should be served very cold
8. BBQ the patties over direct heat for around 5 min on each side. Afterwards leave them in indirect heat for another 8-10 minutes.
9. Cut open a bun, and fill the bottom with lettuce, place patty on top, and top up with a healthy amount of sauce. Put on the top.

**Notes:**

- serve with onion rings, fries
- Store for 3 days at room temp., 5 days in fridge, or freeze for up to 3 months
- Source <http://www.grillguru.dk/forum/viewtopic.php?t=14213&f=42>

## Pork roast with caramelised apples and onions

**Serves:** 8

**Time in oven/on stove:** 2 h

### Ingredients

Amount	Ingredient	Preparation
2tbsp	olive oil	
1tbsp	sea salt	
2.5kg	pork leg roast	
2	onions	thickly sliced
100mL	maple syrup	
4	apples	thickly sliced
1tbsp	thyme	

### Instructions

1. Preheat oven to 230 deg
2. Rub oil and salt over pork, pressing into scored rind. Place in a roasting tin and cook for 45 minutes.
3. Reduce oven to 180 deg
4. Place thick onion slices around the pork and top with te apple slices. Drizzle the maple syrup over and return to oven for another 30 minutes
5. Scatter thyme sprigs over the apple
6. Let pork rest for 10 minutes





# Pulled Pork Shoulder

Time in oven/on stove: 12 h

## Ingredients

Amount	Ingredient	Preparation
1	whole pork shoulder (16-18pounds)	
Dry rub		
1.5tbsp	brown sugar	
5tbsp	salt	
0.5tbsp	paprika	
1tsp	chilli powder	
0.125tsp	dried oregano	
0.125tsp	cayenne pepper	
0.125tsp	cumin	
0.125tsp	black pepper	
Vinegar mop		
2cups	apple cider vinegar	
1tbsp	cayenne pepper	
0.5tbsp	salt	
2slices	lemon	

## Instructions

1. For the vinegar mop: In a large bowl, combine the ingredients and mix well. Make at least 24 hours prior to usage for the best flavor. It can last up 2 weeks at room temperature.
2. Set grill for indirect cooking.
3. In a small bowl, combine the dry rub ingredients. Mix well and set aside.
4. Apply the dry rub to the meat in an even coating, patting so the rub adheres.

5. When the grill reaches 225/250 degrees F, place the pork shoulder, skin side down, on the void side (non fire side) of the grill and close the lid. (see intro) Cook for 14-16 hours, adding charcoal as needed during the cooking process to keep the cooker temperature at 225 degree F. I check the temperature every hour just to be sure. Once the temperature starts to drop I add between 8-10 hot coals. Two small wood chunks should be added every hour to increase the smoke flavor.
6. When the meat has cooked for 13 hours, start basting the shoulder with the vinegar sop mop every hour. When done, the blade bone (the bone visible on the side of the shoulder) should release with a firm tug and the internal temperature of the meat should reach 195 degrees F.
7. Remove the pork to a cutting board and let it rest for 30 minutes. Wearing insulated rubber gloves, pull the pork from the bone by hand. Pull off and discard all visible fat.

**Notes:**

Serve with Memphis-Style Championship Red Sauce (see page 187)

## Traditional French roast chicken

**Serves:** 4

**Time to actively work on it:** 15 min

**Oven Temperature:** 180°

**Time in oven/on stove:** 1.5 h - 2 h

**Resting time:** 15 min

### Ingredients

Amount	Ingredient	Preparation
1	large chicken	
1tbsp	olive oil	
20g	butter	melted
2	bay leaves	fresh
2sprigs	rosemary	fresh
2sprigs	thyme	fresh
125mL	white wine	
250mL	chicken stock	
12	pickling onions	
	salt	
	pepper	

### Instructions

1. Rinse the chicken cavity under cold water. Pat the chicken dry inside and out with paper towel.
2. Place the chicken in a large roasting pan. Brush the oil and butter over the skin of the chicken.
3. Place the garlic, bay leaves, rosemary and thyme in the chicken cavity. Season well with salt and pepper.
4. Arrange the onions and potatoes around the chicken.
5. Drizzle the wine and chicken stock over the chicken and vegetables.
6. Roast the chicken in preheated oven, basting occasionally in pan

juices, for 1.5 h - 2 h or until the juices run clear when a skewer is inserted into the thigh.

7. Remove from oven and set aside for 10 minutes to rest before serving.

## Slow roasted corned silverside

**Serves:** 4

**Oven Temperature:** 220 °C

### Ingredients

Amount	Ingredient	Preparation
2tbsp	whole grain mustard	
0.5	lemon	
1	clove garlic	
0.25tsp	pepper	
2tbsp	olive oil	
1.25kg	beef	

### Instructions

1. Combine mustard, juice, garlic, pepper, and oil.
2. Rinse meat and place on tray.
3. Brush with mustard mix and cook for 10 min then reduce oven temperature to 140 °C.
4. Roast 3 h. Baste every hour with the mustard mix.
5. When finished cooking remove from oven and cover with alu-foil and rest 30 min.



## Marinated Roast Chicken

**Serves:** 1 chicken

**Oven Temperature:** 190 °C

**Time in oven/on stove:** 1 h 20 min

**Time to marinade:** 30 min to 24 h

**Resting time:** 10 min

### Ingredients

Amount	Ingredient	Preparation
1	chicken	
1/2cup	marinade, see notes	

### Instructions

1. Using fingers or handle of wooden spoon, gently loosen skin from chicken, being careful not to tear it.
2. Rub half of the marinade beneath skin of chicken.
3. Rub entire exterior surface of chicken with remaining marinade. Tuck wingtips underneath chicken and tie the legs.
4. Let marinade.
5. Place chicken in roasting pan.
6. Roast chicken for 1 hour and 20 minutes, then remove from oven and let rest.
7. Scrape the pan drippings from roasting pan into a measuring cup or fat separator, pour fat off, pour the juices back in with the pan drippings, and strain into a bowl. Serve with the chicken.

### Notes:

Marinades that work well are for example:

- Garlic and Lime marinade on page 5.6.1

Possible sides are baked potatoes and root vegetables with Seasoned Mayonaise on page 5.2.10



# Oven Baked Chicken Breast

Time to actively work on it: 25 min

Oven Temperature: 200 °C

## Ingredients

Amount	Ingredient	Preparation
4	chicken breast	pounded to 1.5 cm thickness
	olive oil	
<b>Seasoning:</b>		
1.5tbsp	brown sugar	
1tsp	paprika	
1tsp	dried oregano or thyme	
0.25tsp	garlic powder	
0.5tsp	each salt and pepper	
<b>Garnish, optional:</b>		
	parsley	finely chopped

## Instructions

1. Mix all seasoning ingredients together.
2. Line tray with foil and baking paper.
3. Drizzle chicken on both sides with olive oil and sprinkle with seasoning.
4. Place on tray and bake for 18 min, or until surface is golden, or internal temperature is 75 °C.
5. Remove from oven and immediately transfer chicken to serving plates.



## Easy Chicken Tray-Bake with smoky bacon and tomatoes

**Serves:** 4

**Time to actively work on it:** 15 min

**Time in oven/on stove:** 30 min

**Oven Temperature:** 200°

### Ingredients

Amount	Ingredient	Preparation
500g	tomatoes (fresh, mixed)	chopped
6	cloves garlic	squashed, peeled
4	chicken breasts	
	oregano	dried
	smoked paprika	
	olive oil	
4	rashers streaky bacon	
1	lime	quarter
2	sprig of rosemary	

### Instructions

1. Lie the tomatoes and the garlic in a baking dish.
2. Lay the chicken breast on top.
3. Sprinkle over the chicken, salt, black pepper, paprika and oregano.
4. Place a bacon rash over each chicken.
5. Pop the Lime wedges into the dish.
6. Sprinkle with rosemary and drizzle everything lightly with oil.
7. Roast for 30 min in the oven.

### Notes:

Fits well with boiled potatoes and asparagus.



# Prosciutto-wrapped chicken with honey-roasted pears

**Serves:** 4  
**Time to actively work on it:** 40 min  
**Oven Temperature:** 200 °C  
**Time in oven/on stove:** 20 min

## Ingredients

Amount	Ingredient	Preparation
50g	butter	chopped
2tbsp	honey	
3	firm, ripe pears	quartered
4	chicken breasts	
0.5tbsp	paprika	
1tbsp	olive oil	
4	slices prosciutto	
2tbsp	parsley	chopped

## Instructions

1. Place butter and honey in a shallow roasting pan.
2. Place in oven for 5 min.
3. Place pears in roasting pan and toss to coat in honey mixture.
4. Roast for 10 min.
5. Remove from oven and toss again.
6. Meanwhile, lightly sprinkle chicken with paprika.
7. Heat olive oil in a large, non-stick frying pan.
8. Cook chicken over medium-high heat for 2 min each side.
9. Set aside for 5 min to cool slightly.

10. Wrap prosciutto around each chicken breast.
11. Return chicken to frying pan shortly to coat prosciutto in oil.
12. arrange chicken on top of pears and return to oven for 20 min.
13. Rest for 5 min.
14. Sprinkle with parsley.

# Roasted lemon chicken

**Serves:** 6  
**Time to actively work on it:** 20 min  
**Time in oven/on stove:** 45 min  
**Oven Temperature:** 200 ° C

## Ingredients

Amount	Ingredient	Preparation
1.5 kg	chicken fillets and drumsticks	
2	lemons	1 thinly sliced, 1 juiced
5 cm	ginger	peeled, sliced into matchsticks
80 mL	honey	
60 mL	soy sauce	
2 bunches	broccolini	cut into 5 cm length

## Instructions

1. Arrange chicken in roasting pan and place lemon slices over chicken.
2. Sprinkle with ginger.
3. Combine lemon juice, honey and soy sauce and pour over chicken.
4. Roast basting occasionally with pan juices.
5. Add broccolini to the chicken and bake for another 5 min.





# 1930 style braised beef with roasted coloured carrots

**Serves:** 4  
**Time to actively work on it:** 30 min  
**Time in oven/on stove:** 2.75 h  
**Oven Temperature:** 150 °C

## Ingredients

Amount	Ingredient	Preparation
400g	oyster blade steak	cut into 4 large portions
2tbsp	olive oil	
1	brown onion	thinly sliced
1	sprig rosemary	
2	cloves garlic	smashed, peeled
1tbsp	balsamic vinegar	
1cup	beef stock	
2cup	water	

## Instructions

1. Season the beef with salt and pepper.
2. Heat a heavy medium casserole pot or Dutch oven over medium-high heat.
3. Add the oil and cook the beef for until it is brown on all sides.
4. Remove beef from the pot.
5. Add the onion, rosemary, and garlic to the pot and cook, stirring to scrape up the brown bits on the bottom of the pot until the onion is golden.
6. Reduce heat to medium.
7. Add the vinegar, then add the stock, stirring to scrape up any remaining brown bits.

8. Return beef to the pot and add the water to just cover the meat.
9. Cover the pot and transfer to the oven.
10. Braise for 2 h.
11. Transfer the pot to the stove top and carefully remove the lid.
12. Simmer the beef mixture on the stove, uncovered for 30 min

## Lamb shanks with red wine sauce

**Time in oven/on stove:** 2 h and 50 min

**Oven Temperature:** 180°

### Ingredients

Amount	Ingredient	Preparation
4	lamb shanks	around 400g each
2 tbsp	olive oil	
2	onion	finely diced
3 cloves	garlic	minced
4      1 cup	carrots	finely diced
625 mL    2 <sup>1</sup> / <sub>2</sub> cup	red wine	
800 g	can crushed tomatoes	
2 tbsp	tomato paste	
500 mL    2 cup	chicken stock	
5	sprigs of thyme	or 2 tbsp dried thyme
2	dried bay leaves	

### Instructions

1. Pat the lamb shanks dry and sprinkle with salt and pepper.
2. Sear the lamb shanks on high heat in olive oil in 2 batches until brown all over, about 5 minutes.
3. Remove lamb onto a plate and drain excess fat (if any) from the pot.
4. Turn the heat down to medium low. Add the onion, garlic, and carrot and cook until onion is translucent and sweet.
5. Add the red wine, chicken stock, crushed tomato, tomato paste, thyme and bay leaves. Stir to combine.
6. Place the lamb shanks into the pot, squeezing them in to fit so they are mostly submerged.

7. Turn stove up, bring to a simmer.
8. Cover, then transfer to the oven for 2 h.
9. Remove from oven, remove lid, then return to the oven for another 30 min.
10. Check to ensure lamb is tender - if not, cover and keep cooking.

**Notes:**

Serve the lamb shanks on mashed potato or cauliflower puree with plenty of sauce! Garnish with thyme leaves if desired.

Leftover sauce fits well on pasta.

# Chicken with Cashews

Swiss recipe.

## Ingredients

Amount	Ingredient	Preparation
100g	cashew nuts	
600g	chicken breast	cut in pieces
2	cloves garlic	finely chopped
4	chillies	
2	spring onions	chopped
	soy sauce	
1tbsp	water	

## Instructions

1. Roast cashew nuts in olive oil and set aside.
2. Fry chicken in batches until done and set aside.
3. Fry garlic.
4. Return meat and add remaining ingredients.
5. Return cashew nuts.



## Meatballs in mushroom sauce



**Serves:** 4

**Time to actively work on it:** 1 h

### Ingredients

Amount	Ingredient	Preparation
500g	beef, veal, or pork mince	
1cup	panko breadcrumbs	
1	bunch dill	sprigs removed, finely chopped
1	egg	lightly beaten
2tbsp	olive oil	
20g	butter	
200g	mushrooms	sliced
2tbsp	flour	
2/3cup	cream	
1.5tbsp	Worcestershire sauce	
0.5cup	water	

### Instructions

1. Combine mince, breadcrumbs, half the dill and egg in a bowl.
2. Make meat balls out of the mixture.
3. Fry in batches, shaking pan occasionally, until browned on all sides. Set aside.
4. Heat remaining oil and butter in same pan over medium-high heat.
5. Add mushroom and cook, stirring often, until golden.
6. Sprinkle flour over and stir to combine. Cook for 1 minute.
7. Stir in cream, Worcestershire sauce and water and stir until mixture comes to the boil.

8. Reduce heat and return meatballs to pan with sauce. Cook for 8 minutes or until cooked through.
9. Stir through remaining dill and season with salt and pepper.

**Notes:**

Fits well to pasta and steamed broccoli or brussels sprouts.



# Salisbury steak with mushroom gravy



Serves: 4

Time to actively work on it: 40 min

## Ingredients

Amount	Ingredient	Preparation
For the steaks:		
500g	minced beef	
1/3 cup	breadcrumbs	
2tbsp	onion	minced
1/3tsp	basil	
1/3tsp	oregano	
1/3tsp	thyme	
1tbsp	ketchup	
2tsp	Worcestershire sauce	
1	egg beaten	
	salt and pepper to taste	
2tsp	olive oil	
For the gravy:		
1tbsp	butter	
1	onion	sliced
200g	mushrooms	sliced
	salt and pepper to taste	
1 1/2 cup	beef broth	
1tbsp	ketchup	
2tsp	Worcestershire sauce	
1tbsp	cornstarch	
1tbsp	chopped parsley	

## Instructions

1. In a large bowl, mix together the beef, breadcrumbs, onion, Italian

seasoning, ketchup, Worcestershire sauce, egg and salt and pepper.

2. Form the meat mixture into 4 equal sized oval shaped patties.
3. Heat the olive oil in a large pan over medium high heat.
4. Place the patties in the pan in a single layer. Cook for 5-6 minutes on each side or until golden brown and cooked through.
5. Remove the meat from the pan. Place on a plate and cover with foil.
6. Melt the butter in the pan. Add the onion and mushrooms and season with salt and pepper.
7. Cook for 3-5 minutes or until vegetables have softened. Whisk in the beef broth, ketchup and Worcestershire sauce and bring to a simmer.
8. In a small bowl, mix the cornstarch with 2tbsp of cold water.
9. Add the cornstarch mixture to the pan and whisk until smooth. Cook for 1-2 minutes or until sauce has just thickened.
10. Add the meat back to the pan and spoon the gravy over the top. Sprinkle with parsley and serve.

## BBQ Prawns

**Serves:** 6

**Time to marinade:** 30 min

### Ingredients

Amount	Ingredient	Preparation
4tbsp	olive oil	
4tbsp	lemon juice	
3tbsp	fresh parsley	chopped
1tbsp	garlic	minced
	chilli flakes (optional)	
700g	uncooked fresh king prawns	peeled and deveined

### Instructions

1. In a large, glass bowl, stir together the olive oil, lemon juice, parsley, garlic.
2. Season with black pepper and chilli flakes.
3. Add prawns and toss to coat and marinade.
4. Preheat barbecue on high heat. Thread prawns onto skewers, piercing once near the tail and once near the head. Discard any remaining marinade.
5. Lightly oil cooking hotplate.
6. Cook for 2 to 3 minutes per side, or until opaque.



## Zopf

**Oven Temperature:** 200°

**Time in oven/on stove:** 45 min

### Ingredients

Amount	Ingredient	Preparation
500g	flour	
2tsp	salt	
20g	yeast	
1tsp	sugar	
60g	butter	
350mL	milk	
1	egg	

### Instructions

1. Put flour and salt in a bowl.
2. Mix yeast and sugar.
3. Melt butter.
4. Put milk, yeast sugar mixture, and butter to flour and make a geschmeidigen dough.
5. Let grow to twice the size (ca. 20 min)
6. Braid the zopf and let grow again for 20 min before baking.



## Zurich Bread



**Oven Temperature:** 230 °C

**Time in oven/on stove:** 50 min

**Resting time:** 30 min

### Ingredients

Amount	Ingredient	Preparation
500g	flour	
350mL	water	
30g	yeast	
20g	2 tbsp salt	

### Instructions

1. Mix yeast and water.
2. Mix flour and yeast mixture in a bowl.
3. Add salt and knead until smooth.
4. Put the dough in a bowl and cover with a kitchen towel.
5. Let rest until doubled in size.
6. Form a single bread by slightly pressing dough together.
7. Let rest on the baking tray for a short time.
8. Cut three to five cuts in the top of the bread.
9. Bake until the bread sounds hollow. Once taken out of the oven immediately brush with water.





## House Bread

**Oven Temperature:** 240° for 10 min, then 180°

**Time in oven/on stove:** 40 min

**Resting time:** 2 h

**Time to actively work on it:** 30

### Ingredients

Amount	Ingredient	Preparation
500g	flour	
1.5tsp	salt	
20g	yeast	
1/2tsp	sugar	
350mL	water	

### Instructions

1. Mix flour and salt in a bowl.
2. Add remaining ingredients and mix.
3. Knead the dough until smooth.
4. Form ball and let rest in a bowl covered with a towel until doubled in size.
5. Form bread by pressing the dough flat then folding all the sides to the middle and turn around.
6. Dust with flower and cut couple of times in both direction.
7. Place on baking tray, and place a small bowl filled with water next to the bread and bake for 10 min in oven on 240°.
8. Reduce heat to 180° without opening the door.

### Notes:

To make 2 Knusperbrote the forming changes:

- Separate the dough in two parts
- Form a roll with each. Die Rollen falten, verdrehen und aufs Blech legen.
- Brush with water and let rest for a bit longer.
- Sprinkle with a bit of flour and bake. The baking time reduces by approximately 10 min.

# Tortillas



**Serves:** 6 tortillas  
**Time to actively work on it:** 40 min

## Ingredients

Amount	Ingredient	Preparation
240g	flour	
150mL	water	
10g	olive oil	
5g	salt	
1tsp	baking powder	
1tsp	yeast	

## Instructions

1. Mix all ingredients.
2. Knead to a smooth dough.
3. Let rest for 20 min. (optional)
4. Separate dough and wall into thin round sheets.
5. Fry in olive oil on high heat until slightly brown.

## Notes:

Tortillas can be frozen for up to 6 months.



# Croutons



Serves: 2

Oven Temperature: 180 °C

Time in oven/on stove: 5 min

## Ingredients

Amount	Ingredient	Preparation
2	slices of bread	cut into cubes
	olive oil	
	salt	
	dried herbs	

## Instructions

1. Place bread on baking tray.
2. Drizzle with oil and sprinkle over salt and herbs.
3. Bake for 5 min until golden and crunchy.

## Notes:

Fits well in salads and soups.



# Burgerbun

**Serves:** 8

**Oven Temperature:** 190°

**Time in oven/on stove:** 15 min to 18 min

**Resting time:** 3 h

**Time to actively work on it:** 20 min



## Ingredients

Amount	Ingredient	Preparation
<b>Dough</b>		
420g	flour	
170g	water	increase up to 230 g if needed
30g	butter	
1	egg	
5g	sugar	
1.5tsp	salt	
1tbsp	yeast	
<b>Glaze</b>		
3tbsp	butter	melted
	sesame seeds	optional
1	egg white	optional

## Instructions

1. Mix and knead all of the dough ingredients — by hand, mixer, or bread machine — to make a soft, smooth dough.
2. Cover the dough and let it rise until it's nearly doubled in bulk, about 1 to 2 hours.
3. Gently deflate the dough and divide it into eight pieces and shape each piece into a ball.
4. Flatten each dough ball with the palm of your hand.

5. Cover and let rise until noticeably puffy, about an hour.
6. Brush the buns with about half of the melted butter.
7. Optional: To make seeded buns, mix egg white with 2 tbsp of water and brush right over the melted butter; it'll make the seeds adhere. Sprinkle buns with the seeds of your choice.
8. Bake the buns for 15 to 18 minutes, until golden.
9. Remove them from the oven and brush with the remaining melted butter.

**Notes:**

For added richness and color, add the yolk left over from separating the egg when adding sesame seeds to the dough.



# Chinese Shallot Pancakes

**Serves:** 2

**Time to actively work on it:** 30 min

## Ingredients

Amount	Ingredient	Preparation
2 cup	flour	
3/4 cup	water	
2 tbsp	oil	
2 cup	chopped scallion	use green part only
1/2 tsp	salt	
1 tbsp	Chinese five spice powder	

## Instructions

1. Mix salt with all purpose flour.
2. Prepare a large mixing bowl. Dig a small hole in center and then pour the hot water in. Wait for 10 minutes and then stir in the cold water and vegetable oil. Grasp everything to form a ball, cover and rest for 5 minutes and then knead until very smooth (around 3-5 minutes ). The dough should be quite soft. Cover the rest for 20 min to 30 min.
3. After resting, the dough should be quite easy to roll out. Divide the large dough into 4 pieces and roll each piece into a large around circle. Brush some oil, sprinkle Chinese five spice power and chopped scallion (leave the 1 cm of the edge empty).
4. Roll up the circle into a cylinder. And further roll into the shape of a snail. Cover with wet cloth and rest for 10 to 15 minutes.Roll the snail out to another thin circle.
5. Brush some cooking oil on the pan and move the circle into the pan. Use middle fire to pan-fry until the surface becomes brown around 2-3 minutes. And turn over to fry for another 1 to 2

minutes. Use a spatula to press the circle from time and time especially the central part to ensure the circle is evenly fried.

6. Remove the circle out and cut into wedges.

**Notes:**

For a softer texture, add slightly more water.

## Sourdough bread

**Serves:** 1

**Oven Temperature:** 230°

**Time in oven/on stove:** 60 min

**Resting time:** 8 h

**Time to actively work on it:** 1 h

### Ingredients

Amount	Ingredient	Preparation
150g	sour dough starter	
300g	water	
400g	flour	
10g	salt	

### Instructions

1. Mix wet ingredients with sourdough starter.
2. Add in flour and salt.
3. Let rest for 30 min covered with wet towel.
4. Form ball.
5. Let rest for 5 h to 12 h until it doubled in size.
6. Optional: Stretch and fold the dough every hour during the above resting period.
7. Shape the bread.
8. Let rest for 30 min in a dutch oven lined with baking paper.
9. Cut the top and put in preheated oven.
10. Bake for 20 min with lid on.
11. Remove lid and bake for a further 30 min.
12. Take bread out of the dutch oven and bake for another 10 min.

**Notes:**

# Sourdough herb crackers

**Serves:** 25  
**Oven Temperature:** 180°  
**Time in oven/on stove:** 20 min  
**Resting time:** 30 min  
**Time to actively work on it:** 20 min

## Ingredients

Amount		Ingredient	Preparation
120g	1 cup	flour	
100g	1 cup	sourdough starter	discarded or active
25g	1/4 cup	olive oil	
	1/4 cup	herbs	chopped
		coarse salt to sprinkle on top	

## Instructions

1. Mix the sourdough starter, flour, chopped herbs, and olive oil in a bowl.
2. Squish the dough ball into a patty like rectangular shape.
3. Cover with plastic wrap and place in the refrigerator for at least 30 minutes or up to a couple hours.
4. Place dough ball on a piece of floured parchment paper and roll out with a floured rolling pin until dough is nice and thin.
5. Lightly sprinkle salt over the top.
6. Cut the dough into squares and use a fork to poke each cracker square several times.
7. Place in the oven for 20 to 25 minutes.

## Notes:

Herbs that are nice are rosemary, sage.



# Spring onion pancake

Serves: 2  
Oven Temperature:  
Time in oven/on stove:  
Time in fridge/freezer:  
Time to marinade:  
Resting time: 30 min  
Time to actively work on it: 10 min  
Info:



## Ingredients

Amount	Ingredient	Preparation
100g	flour	
66g	water	
50g	starter	discard or active
1sprig	spring onion	

## Instructions

1. Mix all ingredients and th

## Notes:





# Sourdough Gozleme

Serves: 4  
Oven Temperature:  
Time in oven/on stove:  
Time in fridge/freezer:  
Time to marinade:  
Resting time:  
Time to actively work on it: 20 min  
Info:



## Ingredients

Amount	Ingredient	Preparation
60g (1 cup)	sourdough starter	
125mL (1/2 cup)	milk	
70g (1/4 cup)	plain greek yoghurt	
1tsp	baking powder	
250g (2 cups)	flour	
5g	salt	

## Instructions

1. In a large bowl, combine the starter, milk and, yoghurt until combined.
2. Whisk in the flour, baking powder and salt.
3. Turn out onto a floured surface and knead a few times until smooth.
4. Cover with a cloth and allow to rest while you preare the filling of your choice.
5. Divide the dough into 4-6 equally sized balls.
6. Working with one ball at a time, wall out to a circle. You don't want the dough to be too thin or it will tear and not too think or it won't cook all the way.

7. Divide the filling between each round, only placing it on one half of each circle.
8. Fold the empty half of the dough circle over the filled part to make a half moon shape.
9. Press and seal edges together.
10. On a hot skillet, melt a bit of butter and place one gozleme at a time.
11. Allow to cook for 3 min on each side or until golden brown on both sides.

**Notes:**

Salami filling: Use cheese, salami bits.

## Loaded Mash

**Serves:** 4

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
500g	potatoes	quartered
1	leek	thinly sliced
1cup	green cabbage	shredded
2	garlic cloves	
120g	sour cream	
	olive oil	

### Instructions

1. Cook potatoes until tender.
2. Heat oil in frying pan and cook until it softens.
3. Add garlic and cabbage and cook until cabbage wilts.
4. Mash potatoes.
5. Stir in sour cream and leek mixture.



## Braised lemon and oregano potatoes

**Serves:** 6

**Time to actively work on it:** 10 min

**Time in oven/on stove:** 1 h and 15 min

**Oven Temperature:** 160 °C

### Ingredients

Amount	Ingredient	Preparation
2kg	potatoes	peeled, cut into quarters length way
2	lemons	
2tbsp	olive oil	
1tbsp	oregano	

### Instructions

1. Place potato in a baking pan.
2. Cut lemons in half and squeeze juice over potatoes.
3. Add oil and 1 cup of water.
4. Sprinkle over oregano and toss to combine.
5. Place lemon halves around potatoes, cut-side down.
6. Bake in the oven until tender.



# Roasted potatoes, cherry tomatoes and basil

Serves: 8  
Oven Temperature: 180°

## Ingredients

Amount	Ingredient	Preparation
1.5kg	baby new potatoes	
3tbsp	olive oil	
2	red onions	
	rosemary	
6	garlic cloves	
450g	mixed (red and yellow) cherry tomatoes	halved
	basil	leaves torn

## Instructions

1. Cut any larger new potatoes in half. Place them in a large oven tray.
2. Drizzle with the olive oil and season.
3. Roast for 20 minutes.
4. Meanwhile, cut each red onion into 8 thin wedges, and squash the rosemary and garlic cloves with the blunt side of a knife (or a rolling pin) to help release the flavours. After 20 minutes, add the red onion, rosemary and garlic to the tin with the potatoes, and toss well to mix. Cook for a further 20 minutes or until the potatoes are tender and beginning to turn golden. Then add the tomatoes and return to the oven for 15-20 minutes until they start to soften. Just before serving, add the basil.





## Cheesy Smashed Baked Potatoes

**Serves:** 6

**Oven Temperature:** 200 °C

**Time in oven/on stove:** 30 min

**Time to actively work on it:** 40 min

### Ingredients

Amount		Ingredient	Preparation
1kg		potatoes	washed
40g		butter	
250mL	(1 cup)	milk	
1tbsp		flour	
120g	(1 cup)	cheddar	coarsely grated
2tsp		Dijon mustard	
1/2tsp		smoked paprika	
2tbsp		chives	finely chopped

### Instructions

1. Place potatoes on a baking try and drizzle with olive oil. Season with salt and pepper.
2. Roast for 30 min.
3. In the meantime melt butter in saucepan over medium heat.
4. Add flour and cook stirring for 1 min, then remove from heat.
5. Add milk and whisk until well combined. Cook stirring until sauce boils. Remove from heat.
6. Add half the cheddar while stirring.
7. Add mustard, paprika, and chives and season with salt and pepper.
8. Cut a small cross in the top of each potato. Gently press on the top of the potato to slightly open up.

9. Spoon the sauce into the cuts and sprinkle with the remaining cheddar.
10. Bake until golden brown. (around 5 min)

# Potatogratin

**Serves:** 4

**Oven Temperature:** 180 ° C

**Time in oven/on stove:**

**Time in fridge/freezer:**

**Time to marinade:**

**Resting time:**

**Time to actively work on it:**

**Info:**



## Ingredients

Amount	Ingredient	Preparation
800g	potatoes	peeled and sliced 2-3mm thick
3dl	milk	
3dl	cream	
2clove	garlic	
100g	Gruyere	shredded
1	leek	sliced , optional

## Instructions

1. Layer potato slices and optionally leek slices in a form
2. Mix milk, cream, and garlic and season with salt and pepper
3. Pour liquid mixture over the potatoes. The potatoes should be fully covered.
4. Bake for 50 min until the potatoes are soft.
5. Increase the oven temperature to 220° add shredded cheese on top and bake for 10 min until browned.

## Notes:

Gruyere can be replaced with mozzarella or other cheese.



## Brussels Sprouts with bacon and Macadamias



**Serves:** 4

**Time to actively work on it:** 15 min

### Ingredients

Amount	Ingredient	Preparation
0.25cup	macadamias	can be replaced by walnuts
100g	bacon	chopped
500g	brussels Sprouts	trimmed, halved
0.3cup	water	
	butter	

### Instructions

1. heat a frying pan over medium heat. Cook macadamias for 2-3 min or until toasted. Chop.
2. Heat butter in a pan over medium-high heat. Cook bacon, stirring, until well browned. Set aside.
3. Stir brussels Sprouts in the pan until starting to brown.
4. Add water. Cover and reduce heat to medium. Cook until brussels Sprouts are tender.
5. Toss bacon, macadamia, and sprouts together.



## Shredded brussels sprouts with crispy bacon

**Serves:** 8

**Time to actively work on it:** 25 min

### Ingredients

Amount	Ingredient	Preparation
1 kg	brussels sprouts	thinly sliced
	olive oil	
8 rashers	streaky bacon	sliced
2 cloves	garlic	thinly sliced
2 tbsp	lemon juice	

### Instructions

1. Fry bacon in a saucepan until crisp.
2. Add garlic and stir until aromatic.
3. Add brussels sprouts and cook stirring constantly, until bright green and start to soften.
4. Transfer to serving bowl, drizzle with lemon juice and season with salt and pepper.





## Hot Honeyed Carrots

**Serves:** 8

**Preperation Time:** [20 min] **Cooking time:** [15 min]

### Ingredients

Amount	Ingredient	Preparation
3	bunches Dutch carrots	heads trimmed and peeled
60g	butter	
0.75cup	Vegetables stock	
1tbsp	thyme	
1tbsp	sage	

### Instructions

1. Melt butter and honey in a large deep frying pan.
2. Add carrots and toss to coat in mixture.
3. Pour over the stock and the herbs.
4. Cover and simmer for for 5 min or until just tender.
5. Remove cover, bring to the boil and cook for about 8 min until liquid has evaporated and carrots are golden and caramelised, turning occasionally.



## Red Cabbage - German style

**Serves:** 6

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
1/2	red cabbage	shredded
1/2cup	cider vinegar	
1/4cup	sugar	
1	onion	chopped

### Instructions

1. In a large skillet, add vinegar, sugar, onion and season with salt and pepper.
2. Bring o a boil.
3. Add cabbage and reduce heat. Cover and simmer for 5 to 10 min.

**Notes:**



# Grønlangkål

**Serves:** 4  
**Time to actively work on it:** 30 min

## Ingredients

Amount	Ingredient	Preparation
300 g	Green kale	
2tbsp	Butter	
2tbsp	flour	
200 mL	broth from ham (chicken stock works well too!)	
200 mL	milk	
1 – 1tsp	sugar	
	salt and fresh pepper	

## Instructions

1. Wash the green kale thoroughly under cold tap
2. Boil water in a pot and boil the kale with medium temp for 5 minutes
3. Remove the water and let it drip and cool completely down
4. Make balls of the Kale and squeeze all the water out, cut into fine pieces
5. Smelt butter in a thick bottomed pot, Mix in the flour
6. Mix in the broth
7. Mix in milk to the right consistency. Not too thin, not too thick. A bit of cream is brilliant as well
8. Let it simmer for 5 min to get rid of the flour taste
9. Put in the finely chopped Kale and heat it through
10. Add sugar and taste with salt and peper

**Notes:**

CREAM!!

<https://madensverden.dk/groenlangkaal-frisk-groenkaal/>

## Apfel-Vinagrette

**Serves:** 1.5 dl

**Time to actively work on it:** 10 min

### Ingredients

Amount	Ingredient	Preparation
4 tbsp	apple vinegar	
	chives	chopped
1 tsp	honey	
0.5	apple	cut into pieces
5 tbsp	sunflower oil	

### Instructions

1. Mix vinegar, honey and oil.
2. Season with salt and pepepr.
3. Add chives and apples.





## Bacon-Potato Salad

**Serves:** 6

**Time to actively work on it:** 2 h

### Ingredients

Amount	Ingredient	Preparation
750g	potatoes	peeled and cut
200g	bacon	rind removed, diced
60g	sour cream	
1.5tsp	Dijon mustard	
3tsp	wholegrain mustard	
1.5tbsp	red wine vinegar	
1.5tbsp	chives	fresh, snipped

### Instructions

1. Boil potatoes until tender, then peel and cut into 3cm pieces; set aside.
2. Fry bacon gently in a large frying pan, stirring occasionally, until crisp. Use a slotted spoon to remove bacon from pan, retaining the fat in the pan, and drain bacon on absorbent paper.
3. Combine sour cream, mustards, vinegar and a pinch of salt; add to pan with the bacon and stir to mix. Quickly add potato, lifting and stirring. Season with pepper, if desired. Transfer to a serving bowl and cool to room temperature. Serve sprinkled with the chives and freshly ground black pepper, if desired.



## Wurst Salad

**Serves:** 6

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
800g	Fleischwurst or Lyoner	diced
400g	cheese	Emmentaler, diced
8	gherkins	sliced
25cl	gherkins liquid	
1tsp	Thymian (optional)	
4tbsp	mayonaise	
4tbsp	oil	
	salt	
	pepper	

### Instructions

1. Mix gherkin liquid, mayonaise, pepper, oil and thyme in a large salad bowl.
2. Add gherkins and cheese.
3. Add Fleischwurst.

### Notes:

Can be prepared a day ahead.



# Coleslaw

Serves: 4

## Ingredients

Amount	Ingredient	Preparation
1	white chabis	shredded
4	carrots	shredded
4tbsp	mayonaise	
2tbsp	white wine vinegar	

## Instructions

1. Mix all together.



## Fancy saffron rice

**Serves:** 6 cups of rice

**Time to actively work on it:** 45 min

### Ingredients

Amount	Ingredient	Preparation
1/4tsp	good quality saffron threads	
1/4cup	hot water	
2tbsp	extra virgin olive oil	
3/4cup	minced yellow onion (normal white onion works too!)	
2cup	white Basmati rice (Jasmin does the trick as well)	
3cup	chicken or vegetable stock	
3/4tsp	salt	

### Instructions

1. Grind half of the saffron threads to powder in a spice mortar
2. Add the rest of the saffron threads to the mortar but do not crush
3. Pour 1/4 cup of water into the mortar. Let soak for 5 min
4. In the meantime, rinse the rise in a colander and drain
5. In a large pot, heat the olive oil on medium heat, add the minced onion and saute for around 10 minutes stirring a lot until the onion begins to caramelize
6. Add the rinsed rise to the pot and saute for one minute while mixing
7. Pour the saffron liquid evenly across the top of the rice
8. Add the stock and salt, bring to boil, stir and bring back to boil for 30 seconds

9. Cover the pot and cook on low heat for 20 min.
10. Turn of the heat and keep the pot covered for 10 min.
11. Fluff the rice with a fork before serving.

**Notes:**

- Use good quality saffron!
- Source <https://toriavey.com/toris-kitchen/saffron-rice/>



## Fancy saffron rice

**Serves:** 6 cups of rice

**Time to actively work on it:** 5 min

**Resting time:** 45 h

### Ingredients

Amount	Ingredient	Preparation
2cup	long grain basmati rice	
2tbsp	salted butter	
4cup	vegetable broth	
2pinch	saffron	
1/2tsp	salt	
1/2cup	fried onions	

### Instructions

1. Wash the rice 2-3 times in water until water runs clear. This makes it fluffier after cooking
2. Heat 2 tablespoon salted butter in large pan on medium heat
3. Add drained rice and saute for a minute
4. Add vegetable broth, saffron and salt and mix gently
5. Cover the pan and heat for 15-20 minutes until the liquid is absorbed
6. Remove pan from heat and rest for 5-10 minutes.
7. Fluff rice gently with a fork, garnish with fried onions and serve

### Notes:

- Use good quality saffron!
- Soak saffron in 1 tablespoon of warm water for 5-6 hours to get better taste (blooming)

- Source [whiskaffair.com/saffron-rice](http://whiskaffair.com/saffron-rice)

# Kuku



Essi’s delicious pancake version.  
**Serves:** 2 pancakes

## Ingredients

Amount	Ingredient	Preparation
1	can of Persian herb mix for Kuku (or Ghormeh Sabzi)	
	olive oil	
1	egg	
	dried red berries (Johannes beeren)	approx. a handfull

## Instructions

1. Add the herb mix and the egg.
2. Fill in olive oil while stirring until a smooth dough like mass is there
3. Add in the red berries, two to three handfulls.



## Herb butter

**Time to actively work on it:** 15 min

**Resting time:** 1 h

### Ingredients

Amount	Ingredient	Preparation
125g	Butter	
1tbsp	Petersilie	gehackt
1tbsp	Schnittlauch	
1tbsp	Estragon	
1tsp	Zitrone(n), die Schale, abgerieben	
	Salz	
	Pfeffer, gemahlener schwarzer	

### Instructions

1. Die Butter schaumig schlagen. Danach die Kräuter zugeben. Den Zitronensaft beifügen, mit Salz und frisch gemahlenem Pfeffer würzen und das Ganze glatt rühren.
2. Mit Klarsichtfolie zu einer Rolle formen und im Kühlschrank fest werden lassen.



## Cafe de Paris butter

### Ingredients

Amount	Ingredient	Preparation
500g	Butter	
150g	Zwiebel(n), fein gehackte	
50ml	Weißwein	
2EL	Worcestersauce	
2EL	Cognac or Whiskey	
4EL	Petersilie, gehackt	
1EL	Öl, (Erdnussöl)	
1EL	Salz	
1EL	Port	
1EL	Schnittlauch, geschnitten	
1TL	Majoran	
1TL	Thymian	
1TL	Paprikapulver, edelsüß	
11/2TL	Currypulver	
1TL	Pfeffer, weißer, gemahlen	
2	Eigelb	
1	Ei(er)	
1	Knoblauchzehe(n)	fein gehackt
1/2TL	Rosmarin	gemahlen

### Instructions

1. Grundsätzlich Zwiebeln, Knoblauch und die Gewürze so klein wie möglich schneiden/hacken, da diese dann sich so wieder in der Butter finden.
2. Butter klein schneiden, bei Zimmertemperatur weich werden lassen. Dann in einer großen Schüssel schaumig schlagen.
3. In einem Topf Erdnussöl erhitzen und Knoblauch + Zwiebeln farblos andünsten. Dann wieder kalt werden lassen.
4. In einem anderen Topf Weißwein, Majoran, Thymian und Rosmarin

auf- und einkochen lassen. Dann wieder alles erkalten.

5. Den Inhalt der beiden Töpfe zur Butter geben, sowie alles (NICHT Eigelb, Ei und Petersilie+Schnittlauch) zur Butter geben und ganz gründlich verrühren.
6. Jetzt das Petersilie, Schnittlauch, Ei und die Eigelbe dazugeben und langsam verrühren und binden lassen.
7. Das Ganze kann in kleine Stücke aufgeteilt und eingefroren werden.



## Remoulade

**Time in fridge/freezer:**

1 h

### Ingredients

Amount	Ingredient	Preparation
3tbsp	mayonaise	
1tbsp	creme fraiche	
5small	gurkin	sliced small
1tbsp	capers	chopped
1tsp	curry	
1tsp	dijon mustard	
1tbsp	lemon	
1tbsp	chives (purlæg)	chopped
	dill	
1tsp	course mustard	

### Instructions

1. Mix all together.
2. Leave in fridge for preferably at least 1 hr. Gets better overnight.

### Notes:

Add soury ingredients. These work well



## Senfschaum

**Time to actively work on it:** 15 min

### Ingredients

Amount	Ingredient	Preparation
1.5tbsp	whole grain mustard	
150g	sour cream	
500mL	cream	whipped
3tbsp	parsley	finely chopped
	salt	
	pepper	
	lemon juice	

### Instructions

1. Mix mustard and sourcream.
2. Add cream carefully.
3. Add remaining ingredients.
4. Keep cool until serving.



## Memphis-Style Championship Red Sauce

**Serves:** 4

### Ingredients

Amount	Ingredient	Preparation
1.25cup	Ketchup	
1cup	water	
0.75cup	Apple Cider Vinegar	
0.75cup	tomato paste	
0.75cup	brown sugar	
0.5cup	Maple syrup	
4tbsp	honey	
3tbsp	molasses	
4tbsp	salt	
4tbsp	worcestershire sauce	
1tbsp	apple juice	
1.5tsp	soy sauce	
1tsp	onion powder	
0.75tsp	cornstarch	
0.5tsp	mustard	
0.5tsp	cayenne pepper	
0.25tsp	black pepper	
0.128tsp	white pepper	
0.128tsp	cumin	ground

### Instructions

1. Combine all ingredients in a medium sauce pan and bring to a boil.
2. Reduce heat and simmer over medium-low heat for 15 min.
3. Let cool.

### Notes:

Can be stored refrigerated for up to 2 weeks.



# Chipotle Sauce

Time to actively work on it: 5 min

## Ingredients

Amount	Ingredient	Preparation
2	chipotle peppers in adobo sauce	canned
1tbsp	adobo sauce	
1cup	mayonnaise	
1cup	plain Whole Milk Greek yogurt or Full Fat sour cream	
1/2cup	cilantro	chopped
1/4tsp	ground cumin	
1/4tsp	ground coriander	

## Instructions

1. Add all the ingredients to a blender or food processor and puree until smooth, about 2-3 minutes or until the mixture is fully combined and creamy. Season with salt and pepper.

## Notes:

Can also be used as marinade. Pour into a jar and refrigerate for up to 1 month.





# Killer Burger Sauce

Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
1/2cup	Mayonnaise	
2tbsp	BBQ Sauce	
2tbsp	Ketchup	
1/4tsp	Mustard or Dijon Mustard	
2tbsp	Sweet Pickle Relish	
3tsp	Worcestershire Sauce	
1/4tsp	Onion Powder	
1/4tsp	Garlic Powder	

## Instructions

1. In a small bowl, whisk together the mayonnaise, bbq, ketchup, and mustard.
2. Stir in the relish, Worcestershire, and seasonings.



# BBQ sauce

## Ingredients

Amount	Ingredient	Preparation
2tbsp	olive oil	
1	small onion	peeled, chopped
2garliccloves		
300g	can peeled tomatoes	drained
2tbsp	tomato puree	
1tbsp	brown sugar	
1tbsp	Worcestershire sauce	
1tbsp	sweet chilli sauce	
2tbsp	white wine vinegar	
1tbsp	Dijon mustard	

## Instructions

1. Place the oil in a saucepan over low heat, add the onion and cook for 5 minutes until softened slightly. Add all the other ingredients and bring to the boil. Reduce heat to medium and cook for 5 minutes, stirring, until thickened slightly. Set aside to cool slightly.
2. Place in a blender and blend until smooth. Store in an airtight container in the fridge for up to 2 weeks.



## Cilantro-Lime Soy Sacue

**Serves:** approx 1 cup

### Ingredients

Amount	Ingredient	Preparation
1	garlic clove	
1tsp	chilli	
1cm	ginger	peeled and thinly sliced
2tbsp	fresh cilantro	finely chopped
0.25cup	soy sauce	
2tbsp	fresh lime juice with pulp	
3tbsp	water	
2tbsp	sugar	

### Instructions

1. Place garlic, chillis, and ginger in a mortar and pound into a paste.
2. Transfer paste into a glass jar with a tight-fitting lid and add remaining ingredients.
3. Mix well until sugar is dissolved.

### Notes:

To serve, pour into small ramekins.

Sauce may be stored in the refrigerator up to 2 weeks.



## Honey Mustard Sauce Dip

**Serves:** approx. 1 cup

### Ingredients

Amount	Ingredient	Preparation
2/3cup	Dijon mustard	
1/4cup	sour cream	
1/4cup	honey	
3/4tsp	Worcestershire sauce	

### Instructions

1. Mix all together.

### Notes:

Fits well to chicken wings.





## Bourbon Dip

**Serves:** approx 1 cup

### Ingredients

Amount	Ingredient	Preparation
1/3cup	Diced Red Onion	
1/2tsp	Finely Diced Garlic	
1/2cup	Water	
1/2cup	Brown Sugar	
1/3cup	Teriyaki Sauce	
1/4cup	Soy Sauce	
10 <sup>1</sup> /3cup	White Grape Juice	
1/2cup	Bourbon	
1/2tsp	Tabasco Sauce	

### Instructions

1. Place ingredients in a saucepan in the order listed. Mix and stir after each ingredient.
2. Place on medium heat and stir until mixture reaches the boiling stage.
3. Turn temperature down to low until mixture is on a slow simmer.
4. Cook sauce for 35 – 45 minutes and remove from heat.
5. The mixture will have reduced in volume about a 1/4 to 1/3.

### Notes:

Fits well to chicken wings.



# Seasoned Mayonaise

**Serves:** 1/2 cup  
**Time in fridge/freezer:** 1 h  
**Time to actively work on it:** 15 min

## Ingredients

Amount	Ingredient	Preparation
1/4cup	mayonnaise	
1/4cup	cream	
1	onion	minced
1tbsp	lime juice	
1tbsp	coriander	chopped
1clove	garlic	minced
1tsp	dijon mustard	
1/2tsp	salt	

## Instructions

1. Mix all ingredients and leave to set in fridge.

## Notes:

Cream can be replaced with sour cream.  
Ideal for potatoes and for fondue.  
Fits really well together with the garlic and lime marinade for roast chicken (219).



# Blue cheese dip



**Time in fridge/freezer:** minimum 1 h  
**Time to actively work on it:** 15 min

## Ingredients

Amount	Ingredient	Preparation
(1/2 cup)	blue cheese, such as Danish blue	crumbled
(1/2 cup)	sour cream	
(1/4 cup)	mayonnaise	
1 clove	garlic	crushed
2tbsp	lemon juice	
1/2tsp	salt	
2tbsp	milk	

## Instructions

1. Using a fork, mash the blue cheese and sour cream together until smooth and combined.
2. Add mayonnaise, garlic, lemon juice, salt and enough milk to form a thick sauce.
3. Season with pepper.
4. Cover and refrigerate for at least 1 h.

## Notes:

Fits well to buffalo wings.



# Garlic Dip



Time in fridge/freezer: 1 h  
Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
125g	sour cream	
125g	yoghurt	
	slat	
	pepper	
1 clove	garlic	
1	schuss cognac (optional)	

## Instructions

1. Mix all ingredients and let cool for at least 1 h in fridge.

## Notes:

Great for meat fondue.





## Curry Dip



Time in fridge/freezer: 1 h

Time to actively work on it: 15 min

### Ingredients

Amount	Ingredient	Preparation
125g	sour cream	
125g	yoghurt	
	slat	
	pepper	
1/2tbsp	mustard	
1/2tbsp	mayonnaise	
1.5tbsp	curry powder	

### Instructions

1. Mix all ingredients and let cool for at least 1 h in fridge.

### Notes:

Great for meat fondue.



## Herb Dip



**Time in fridge/freezer:** 1 h

**Time to actively work on it:** 15 min

### Ingredients

Amount	Ingredient	Preparation
125g	sour cream	
125g	yoghurt	
	slat	
	pepper	
1.5tbsp	herbes	

### Instructions

1. Mix all ingredients and let cool for at least 1 h in fridge.

### Notes:

Great for meat fondue.



## Paprika Dip with spring onions and chives

**Serves:** 1 bowl

**Time in fridge/freezer:** 1 h

**Time to actively work on it:** 15 min

### Ingredients

Amount	Ingredient	Preparation
2 tbsp	Sour cream	
1 tbsp	Mayonnaise	
3	Spring onions	finely sliced
1 tbsp	Chives	finely chopped
1/2 tsp	sweet smoked Paprika powder	
1/4 tsp	salt	
	black pepper	optional

### Instructions

1. Put the sour cream and mayonnaise into a bowl and mix well.
2. Add the spring onion, chives, paprika, and salt to the dip and mix.
3. Taste and adjust seasoning as necessary.
4. Let cool in fridge for about an hour.

### Notes:

You can use greek yogurt instead of the mayonnaise.

Stays fresh up to 3 days in the fridge if covered.

Fits well to chips.



## Almond and Parsley salsa

**Serves:** 4

**Time to actively work on it:** 10 min

### Ingredients

Amount	Ingredient	Preparation
55g	Almonds (and or Pine)	slivered
1	bunch of parsley	
1.5tbsp	lemon juice	
1tbsp	lemon zest	
1tbsp	oil	

### Instructions

1. Heat oil in frying pan.
2. Add nut mixture and cook until golden.
3. Remove from heat.
4. Stir in parsley, lemon juice, and lemon zest.

### Notes:

Spoon over beef steaks. Fits well with baked potatoes and capsicum.





# Parsley Pesto

**Serves:** 1 jar

**Ingredients**

Amount	Ingredient	Preparation
1	bunch parsley	finely chopped
1	clove garlic	finely chopped
0.4cup	bread crumbs	
3.5tbsp	lemon juice	
1.5cup	olive oil	
	pinch of salt	
	black pepper	

**Instructions**

1. Mix all ingredients together and put in a jar.
2. Add olive oil until pesto covered.



# Garlic Confit

**Serves:** 2 jars  
**Preperation Time:** [10 min] **Cooking time:** [45 min]

## Ingredients

Amount	Ingredient	Preparation
6	garlic bulbs	cloves separated
3	bay leaves	
	olive oil	

## Instructions

1. Place the garlic and bay leaves in a pan.
2. Cover completely with oil.
3. Cook for 5 mins or until small bubbles start to appear.
4. Reduce heat and let cook for around 40mins or longer until the garlic is soft.
5. Fill into a jar and set aside to cool.



## Garlic and Lime marinade

**Serves:** 1/2 cup

### Ingredients

Amount	Ingredient	Preparation
1/4cup	olive oil	
3tbsp	salt	
9cloves	garlic	chopped
1.5tbsp	black pepper	bround
2tbsp	cumin	
1.5tsp	pregano	
1tbsp	lime zest	
1/2cup	lime juice	

### Instructions

1. Mix all ingredients.
2. Put in mortar and process until well minced.

### Notes:

Ideal to marinade roast chicken, see p.??, or beef pieces.



# Pork Marinade?

for 500 g pork pieces.

**Serves:** 4

**Time to actively work on it:** 10 min

**Time to marinade:** 4 h

## Ingredients

Amount	Ingredient	Preparation
7tbsp	soy sauce	
5tbsp	sunflower oil	
3tbsp	fresh ginger	
3tbsp	brown sugar	
1	spring onion	

## Instructions

1. Mix all ingredients together.
2. Season with pepper.
3. Marinade the pork for at least 4 h.





## Lemon Chicken Marinade

**Info:** for 500 g chicken pieces

**Serves:** 4

**Time to actively work on it:** 10 min

**Time to marinade:** 4 h

### Ingredients

Amount	Ingredient	Preparation
2	garlic cloves	
2tbsp	lemon rind	
10tbsp	lemon juice	
	fresh oregano	
2tbsp	sweet paprika	
1.5tbsp	olive oil	

### Instructions

1. Mix all ingredients.

# Honey-Soy Chicken Marinade

for 500 g chicken pieces

**Serves:** 4

**Time to actively work on it:** 10 min

**Time to marinade:** 4 h

## Ingredients

Amount	Ingredient	Preparation
3tbsp	sunflower oil	
4tbsp	honey	
4tbsp	soy sauce	
0.25tsp	black pepper	
2	cloves garlic	

## Instructions

1. Mix all ingredients.

# Morocco Chicken marinade

for 500 g chicken pieces

**Serves:** 4

**Time to actively work on it:** 10 min

**Time to marinade:** 4 h

## Ingredients

Amount	Ingredient	Preparation
5tbsp	lemon juice	
2tbsp	oil	
1tbsp	honey	
2	cloves garlic	
2tsp	cumin	ground
2tsp	salt	
1tsp	tumeric	
0.5tsp	cayenne pepper	
0.25tsp	cinnamon	

## Instructions

1. Mix all ingredients.

# Red wine Chicken marinade

**Serves:** 4

**Time to actively work on it:** 10 min

**Time to marinade:** 4 h

## Ingredients

Amount	Ingredient	Preparation
125mL	red wine	
125mL	olive oil	
2	cloves garlic	
1tbsp	fresh thyme	

## Instructions

1. Mix all ingredients.

# Parsley Chicken marinade

**Serves:** 4  
**Preperation Time:** [10 min] **Time to marinade:** 4 h

## Ingredients

Amount	Ingredient	Preparation
3	cloves garlic	
65ml	olive oil	
1	bunch fresh parsley	
2tbsp	water	
0.25tsp	pepper	
	salt	
1	lemon or lime	

## Instructions

1. Mix all ingredients.



# Herbed marinade

for 1 kg lamb shoulder

**Serves:** 8

**Time to marinade:** 4 h

**Time to actively work on it:** 15 min

## Ingredients

Amount	Ingredient	Preparation
0.5cup	dry white wine	
0.25cup	olive oil	
2	cloves garlic	
0.25cup	rosemary	chopped
2tbsp	mint	chopped
1tbsp	canned green peppercorns	drained and chopped

## Instructions

1. Combine the ingredients in a small bowl.





# Maple Dijon Marinade for pork



Info: for 500 g pork

Time to marinade: minimum 1 h

Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
(1/4 cup)	red wine vinegar	
(1/4 cup)	coarse grain dijon mustard	or normal mustard
(1/4 cup)	maple syrup	
(1/4 cup)	olive oil	
1 tsp	salt	
2 sprigs	rosemary	

## Instructions

1. Mix all ingredients.
2. Marinade pork in zip lock bag in fridge until ready to be used.

## Notes:

Marinated pork can be frozen for up to 3 months.



# Taco Seasoning



Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
4tbsp	cumin	ground
2tbsp	salt	
1tbsp	chilli powder	
1tbsp	paprika	
11/2tsp	garlic powder	
11/2tsp	pepper	

## Instructions

1. Mix all ingredients.

## Notes:

Use approx. 2 tbsp per 500 g meat.



# Basic flour sauce

## Ingredients

Amount	Ingredient	Preparation
50g	butter	
30g	flour	
100mL	milk	

## Instructions

1. Add butter to pan and let melt.
2. Add flour and stir well.
3. Add milk and let cook until thick.
4. Then spice to liking.



# Satay sauce

One of Edwin’s favorites. **Serves:** 4

## Ingredients

Amount	Ingredient	Preparation
10g	butter	
1	onion	finely chopped
1	clove garlic	
1tsp	sambal	
1pinch	sugar	
150mL	water	
200g	peanut butter	

## Instructions

1. Warm butter, onion, garlic, sambal, sugar, and water in a small sauce pan.
2. Add peanut butter, constantly stirring.
3. Bring to boil.





# Mint Sauce

**Serves:** 1/2 cup  
**Time to actively work on it:** 10 min

## Ingredients

Amount	Ingredient	Preparation
1/4cup	mint leaves	finely chopped
	boiling water	
1/2cup	malt vinegar	
1tbsp	sugar	
	salt	

## Instructions

1. Put mint in a jug that can be closed.
2. Cover the mint with boiling water.
3. Add sugar and vinegar and stir.
4. Add salt to taste.

## Notes:

Fits well with lamb.  
Can be used immediately, but gets better with time.



# Creamy mushroom sauce



Serves: 4

Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
1/2 cup	cream	
1tbsp	Dijon mustard	
1tbsp	whole grain mustard	
2tsp	parsley	freshly chopped
1/2tsp	salt	
1/2tsp	pepper	

## Instructions

1. Heat skillet
2. Add cream and both mustards
3. Mix well
4. Add spices once sauce becomes hot
5. Serve immediately

## Notes:

There is no need to simmer the sauce. If the sauce is too thick you can add some water. Fits well to pork tenderloin, or pork schnitzel. If pork has been browned in a skillet use that without cleaning to make sauce in.



# Garlic Pizza Sauce

Serves: 1 pizza



Time to actively work on it: 15 min

## Ingredients

Amount	Ingredient	Preparation
1tbsp	olive oil	
4cloves	garlic	minced
2tbsp	flour	
1/4tsp	oregano or basil	
1/4tsp	salt	
1/4tsp	pepper	
1cup	cream	
1/2cup	milk	
1tbsp	Parmesan	grated, optional

## Instructions

1. In a small saucepan over medium-low heat, place the olive oil and the minced garlic.
2. Cook for 1-2 minutes, whisking constantly so the garlic doesn't brown.
3. Add the herbs, salt and pepper and stir.
4. Sprinkle in the flour and whisk quickly until it is a thick paste.
5. Let cook and bubble for another 1-2 minutes.
6. Stir in the cream and milk whisking constantly.
7. Add the Parmesan cheese and stir, then turn the heat to low and let simmer 5-10 minutes to thicken.

## Notes:

Is a brilliant pizza base.



## Brunsli

**Oven Temperature:**

220°

**Time in oven/on stove:**

5 min

### Ingredients

Amount	Ingredient	Preparation
250g	Zucker	
250g	Mandeln, gerieben	
1Msp	Zimt	
2EL	Mehl	
2	Eiweiss	
100g	bittere Schokolade	

### Instructions

1. Zucker, Mandeln, Zimt und Mehl zusammen vermischen.
2. Eiweiss steif schlagen und unter die Masse ziehen.
3. Die Schokolade schmelzen lassen und gut mit der Masse mischen.
4. Teig auf gezuckerter (oder mit Mehl) auswallen und ausstechen.





# Cappucino-Hearts

Oven Temperature: 140°  
Time in oven/on stove: 35 min

## Ingredients

Amount	Ingredient	Preparation
2	eggs	
125g	sugar	
2tsp	vanilla sugar	
10g	instant coffee powder	
50g	chocolate streusel	
250g	almonds	ground
60g	icing sugar	

## Instructions

1. Mix 1 egg and 1 egg yellow (keep egg white separate), sugar, vanilla sugar, coffee powder, and chocolate streusel.
2. Add almonds and mix until dough doesn't stick.
3. Sprinkle with flour, roll out to 1 cm, cut out cookies and bake in preheated oven.
4. Beat egg white until hard.
5. Add icing sugar slowly and keep mixing until the icing mass is shiny.
6. Brush icing mix on finished baked cookies and let dry.



## Chocolate chip cinnamon cookies

**Serves:** 30 cookies

**Time in oven/on stove:** 12 min to 15 min

**Oven Temperature:** 190 °C

### Ingredients

Amount	Ingredient	Preparation
140g	sugar	
225g	Butter	
1	egg yolk	
2tsp	orange extract	
280g	flour	
	salt	
100g	Chocolate chips	
1.5tbsp	caster sugar	
1.5tbsp	cinnamon	powder

### Instructions

1. Butter und Zucker mischen und umrühren bis die Masse hell und luftig ist. Dann das Ei gelb und das Orangenextrakt beimischen. Mehl und Salz begeben und gut verrühren. Die chocolate chips begeben und grob mischen. Für den Zimt Überzug, den Zucker und Zimt zusammen mischen. Cookies zu Ballen formen und im Überzug rollen.



# Flourless Chocolate Cake

**Oven Temperature:** 180°  
**Serves:** Spring form with 22 cm diameter  
**Time in oven/on stove:** 40 min

## Ingredients

Amount	Ingredient	Preparation
1tsp	instant coffee	
65mL	boiling water	
200g	butter	chopped
180g	dark chocolate	
2tbsp	cocoapowder	
4	eggs	
1cup	caster sugar	
220g	almonds	ground

## Instructions

1. Combine coffee, water, butter, and chocolate in a saucepan over low heat.
2. Cook stirring constantly until melted. Set aside.
3. In bowl combine egg yolks and sugar.
4. Beat until light yellow.
5. Beat in second bowl egg whites until stiff.
6. Combine, chocolate mixture, almonds, and egg yolk mixture.
7. Fold egg whites into mixture.



## Lebkuchen vom Blech

**Time in oven/on stove:** 25 min

**Oven Temperature:** 175 °C

**Resting time:** 20 min in turned off oven

### Ingredients

Amount	Ingredient	Preparation
250g	honey	
250g	sugar	
1	pinch salt	
125g	butter	
1	cup cold coffee	
3	Eggs	
3tbsp	Rum	
100g	almonds	ground
1/2	pack Lebkuchengewuerz	
500g	flour	
1tsp	baking powder	
2tbsp	Kakao	

### Instructions

1. Slowly heat the honey and stir in sugar.
2. Mix in the remaining ingredients in order.
3. Fill dough in a baking form.





# Chocolate and pear cake

**Serves:** round 23 cm springform  
**Time in oven/on stove:** 55 min  
**Oven Temperature:** 160°

## Ingredients

Amount	Ingredient	Preparation
<b>Poached Pears</b>		
4	buerre bosc pears	halved and centres removed
2cup	water	
125g	sugar	
1tsp	cinnamon power (or 1 stick)	
<b>Cake</b>		
75g	butter	
200g	dark chocolate	
150mL	water (take syrup from poached pears)	
125g	sugar	
200g	flour	
2tbsp	cocoa	
1tbsp	baking powder	
2	eggs	
1tsp	vanilla essence	

## Instructions

### Poached Pears

1. Bring water with sugar and cinnamon to boil.
2. Add pears and boil for 2 min.
3. Take from heat and set aside.

### Cake

4. In a medium saucepan, melt butter and chocolate together with

the water.

5. Remove from heat and stir in sugar.
6. In a large mixing bowl, sift flour, cocoa and baking powder.
7. Whisk in melted chocolate mixture.
8. Add eggs and vanilla essence, then whisk until smooth.
9. Pour batter into buttered tin.
10. Arrange pear pieces on top.
11. Bake for 50-55 minutes or until a skewer inserted into the centre comes out clean.

**Notes:**

Instead of poaching pears you can use tinned pears and add a total of 250 g sugar instead.

# Apple Cake

**Oven Temperature:** 175°

**Time in oven/on stove:** 45 min

## Ingredients

Amount	Ingredient	Preparation
125g	butter	
125g	sugar	
2tsp	vanilla sugar	
2	eggs	
250g	flour	
15g	backing powder	
1/8l	milk	
5	apples	

## Instructions

1. Mix all ingredients beside the apples.
2. Pour into form and put apples into the dough.
3. Bake in the preheated oven.



# Donut

**Serves:** 12 pieces

**Time in oven/on stove:** 15 min

**Oven Temperature:** 150 °C

## Ingredients

Amount	Ingredient	Preparation
125ml	Milch	
40g	Zucker	
1TL	Vanillezucker	
75g	Butter	
1/2	Pkt. Hefe	
250g	Mehl	
2	Eier, bei einem nur das Eigelb	
	Zimt-Zucker	
1	Prise Salz	

## Instructions

1. Milch mit Butter erwärmen. Zucker, Vanillezucker, Salz und Hefe zugeben. Mehl und die Eier dazugeben und Kneten.
2. Den Teig 30min zugedeckt gehen lassen. In die Formen füllen und nochmal 20min gehen lassen.
3. Im vorgeheizten Backofen 15min bei 150°C backen und anschließend streuen. Zimt-Zucker sofort darauf streuen.



## Meranercake

**Oven Temperature:** 180 °C

**Time in oven/on stove:** 65 min

### Ingredients

Amount	Ingredient	Preparation
200g	sugar	
	salt	
	cinamon	
200g	hazelnuts	grounded
150g	cooking chocolate	chopped
300g	flour	
1tbsp	baking powder	
200g	butter	melted
4	eggs	mixed
250mL	strong coffee	

### Instructions

1. Mix sugar, a pinch of salt, a pinch of cinamon, hazelnuts and the chocolate.
2. Add flour and baking powder.
3. Add butter, eggs, and the coffee.
4. Mix shortly and fill in cake form.





# Brunsviger



**Oven Temperature:** 200°  
**Time in oven/on stove:** 25 min to 30 min  
**Resting time:** 50 min  
**Time to actively work on it:** 60 min

## Ingredients

Amount	Ingredient	Preparation
(1 cup)	milk	warmed
4.5tsp	dry yeast	
6tbsp	butter	melted
2	eggs	
2tbsp	sugar	
1/4tsp	salt	
(3 <sup>1</sup> / <sub>2</sub> cup)	flour	
<b>Topping:</b>		
(3/4 cup)	dark brown sugar	
(1 cup)	butter	

## Instructions

1. Let milk warm and sprinkle active dry yeast in. Let sit for 10 min.
2. Melt butter and set aside.
3. Pour milk mixture into a bowl and add eggs, sugar, salt, and melted butter. Stir to combine.
4. Using the dough hook start the mixer on medium-low speed and add the flour in small increments. Note: your may not need all the flour.
5. Scrape down the sides of bowl with a rubber spatula as needed and contune to add flour until dough is soft, elastic and slightly sticky.

6. Grease a large bowl with a small amount of butter.
7. place dough in bowl, cover with a clean dry tea towel and let rise for 30 min.
8. Grease a baking pan with butter.
9. Deflate dough and pour into baking pan. If dough is a little too tacky cover your fingers in a light dusting of flour.
10. Press dough evenly out into the corners of the baking pan.
11. Cover pan with the tea towel and let rise for another 20 min.
12. In the meantime, melt butter with the brown sugar (for the topping).
13. Stir frequently to ensure sugar is completely melted. Remove from heat and cool slightly.
14. Pour  $\frac{2}{3}$  of the topping over the dough and spread evenly.
15. Press your fingers into the dough to make deep dimples.
16. Pour the remaining  $\frac{1}{3}$  of topping over dough and bake for 25 min to 30 min.

**Notes:**

Serve the brunsviger warm.

## Brownies

**Serves:** 6 persons

**Time to actively work on it:** 10 min

**Cooking time:** [25 min] **Resting time:** 2 h

### Ingredients

Amount	Ingredient	Preparation
240g	unsalted butter, melted and cooled	
2tbsp	vegetable oil	
260g	white sugar	
200g	packed light brown sugar	
4	large eggs	
1tbsp	pure vanilla extract	
3/4tsp	salt	
130g	all purpose flour	
100g	good quality unsweetened cocoa powder	
200g	course chopped chocolate or chocolate chips	

### Instructions

1. Preheat oven to 175 C
2. Lightly grease a 20 X 30 cm baking pan
3. Combine melted butter, oil and sugars together in a medium-sized bowl. Whisk well to combine
4. Add eggs and vanilla. Beat until lighter in colour (this should take another minute)
5. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until just combined. Do not over-beat this
6. Fold in 3/4 of the chocolate pieces
7. Pour the batter into the prepared pan, smoothing the top out evenly and top with the remaining chocolate pieces

8. Bake for 25-30 min for just under-done brownies. The centre of the brownies should no longer jiggle, and is just set to touch. Toothpick should come out dirty. Leave 35-40 min for well done and firm brownies.
9. Remove from pan after 15-20 minutes

**Notes:**

- Optional add ins: Crushed walnuts, peanuts, almonds, pecans, chocolate chips, peanut butter chips.
- Store for 3 days at room temp., 5 days in fridge, or freeze for up to 3 months
- Source <https://cafedelites.com/worlds-best-fudgiest-brownies/>

## Vanillesauce

**Time in fridge/freezer:** 2 h

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
500mL	milk	
1	vanilla pod	cut length ways and seeds taken out
2tbsp	sugar	
0.5tbsp	cornflour	
1	fresh eggs	

### Instructions

1. put all ingredients together in a pan.
2. Bring to boil while constantly stirring.
3. Keep boiling until the a creme is formed.
4. Take off the heat and continue stirring.
5. Put cling film directly on the creme and set to cool.



## Vanillecreme

**Time in fridge/freezer:** 2 h

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
500mL	milk	
1	vanilla pod	cut length ways and seeds taken out
3tbsp	sugar	
1tbsp	cornflour	
2	fresh eggs	

### Instructions

1. put all ingredients together in a pan.
2. Bring to boil while constantly stirring.
3. Keep boiling until the a creme is formed.
4. Take off the heat and continue stirring.
5. Put cling film directly on the creme and set to cool.





## Chocolatecreme

**Time in fridge/freezer:** 2 h

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
500mL	milk	
1	vanilla pod	cut length ways and seeds taken out
2tbsp	sugar	
1tbsp	cornflour	
2	fresh eggs	
100g	dark chocolate	in small pieces

### Instructions

1. put all ingredients beside the chocolate together in a pan.
2. Add chocolate and bring to boil while constantly stirring.
3. Keep boiling until the a creme is formed.
4. Take off the heat and continue stirring.
5. Put cling film directly on the creme and set to cool.



## Gebrannte Creme

**Time in fridge/freezer:** 2 h

**Time to actively work on it:** 30 min

### Ingredients

Amount	Ingredient	Preparation
<b>Caramel</b>		
4tbsp	sugar	
1.5tbsp	water	
	lemon juice	
<b>Creme</b>		
450mL	milk	
1tbsp	sugar	
2tbsp	corn flour	
1	egg	
200mL	cream	whipped

### Instructions

1. Put ingredients for the caramel in a pan and bring to boil without stirring until brown. Take of pan and let cool.
2. Put 200 mL milk in the pan with the caramel.
3. Cook with small heat until caramel is dissolved.
4. Mix the remaining ingredients without the whipped cream and add to the caramel milk.
5. Bring to boil while continuously stirring until the mass is creamy.
6. Put cling film directly on the creme and set to cool.
7. Shortly before serving add the whipped cream.



## Mousse au chocolate

**Serves:** 4

**Time in fridge/freezer:** 3 h

**Time to actively work on it:** 35 min

### Ingredients

Amount	Ingredient	Preparation
100g	baking chocolate	melted
2	egg	separated
3tbsp	sugar	
200mL	cream	whipped

### Instructions

1. Mix egg yolks with 2 tbsp of sugar until it becomes bright.
2. Add melted chocolate and mix well.
3. Add  $\frac{1}{3}$  of the whipped cream and mix.
4. Carefully mix in the remaining whipped cream using a silicone scraper.
5. Stiffen egg whites with a pinch of salt in separate bowl. Careful that everything touching the egg whites is cleaned and free of cream.
6. Add 1 tbsp sugar to the egg whites and continue mixing.
7. Carefully mix in the egg whites in the chocolate mixture using the silicone scraper.



## Creme Brulee

**Serves:** 4

**Oven Temperature:** 160°

**Time in oven/on stove:** 30 min to 35 min

**Time in fridge/freezer:** 2 h

**Time to actively work on it:** 50 min



### Ingredients

Amount	Ingredient	Preparation
425mL	cream	
100mL	milk	
1	vanilla pod	
5	large egg yolks	
50g	brown sugar	

### Instructions

1. Pour cream into medium pan and add milk.
2. Split vanilla pod lengthways into to and scrape out the seeds. Drop seeds and pods into the milk/cream mixture.
3. Put egg yolks and sugar in a bowl and whisk until paler in colour and a bit fluffy.
4. Put the pan with cream on a medium heat and bring almost to boil. As soon as you see bubbles appear around the edges, take the pan off the heat.
5. Pour the hot cream into the beaten egg yolks, stirring with a wire whisk as you do so and scraping out the seeds from the pan.
6. Set a fine sieve over a large wide jug or bowl and pour foam that is sitting on the top of the liquid (this will be several spoonfuls) and discard. Give mixture a stir.

7. Pour in enough hot water into a roaster tin such that the water comes about 1.5 cm up the sides of the ramekins (at least 7.5 cm deep). Pour the hot cream into the ramekins.
8. Put them in the oven and cover with a baking sheet, leaving a small gap at one side to allow air to circulate.
9. Bake for 30 min to 35 min until the mixture is softly set.
10. Remove the ramekins and set them onto a wire rack to cool for a couple of minutes before putting them into the fridge to completely cool.
11. When ready to serve, sprinkle  $1\frac{1}{2}$  tsp of brown sugar on the top, then put them under the grill until sugar is caramelised.

**Notes:**



# Tiramisu

**Serves:** 4

## Ingredients

Amount	Ingredient	Preparation
100g	Puderzucker	
4	egg yolks	
2	egg whites	
	coffee liqueur	
500g	Mascaropne	
250mL	coffee	
200g	Loeffel bisquits	

## Instructions

1. Whip egg whites
2. Mix Puderzucker, egg yolks, and liqueur until light
3. Add mascarpone and egg whites.
4. Mix coffee and the liqueur
5. Dip Loeffelbisquits in coffee mixture
6. Stack bisquits and cream mixture.

## Notes:

Refrigerate for at least one hour.



## Dark Chocolate and Hazelnut semifreddo

**Serves:** 8

**Time in fridge/freezer:** 8 h

**Time to actively work on it:** 40 min

**Oven Temperature:** 180°

**Time in oven/on stove:** 10 min

### Ingredients

Amount	Ingredient	Preparation
<b>Icecream</b>		
165g	caster sugar	
3	Eggs	
2	egg yolks	
200g	dark chocolate	melted, warm
410mL	cream	whipped to soft peaks
<b>Hazelnuts</b>		
175g	hazelnuts	
10g	butter	soft
110g	caster sugar	

### Instructions

#### Icecream

1. Line a loaf pan with plastic wrap place in freezer.
2. In a large bowl, whisk the sugar, eggs, and yolk for at least 8 min over a hot water bath. It should be very pale and doubled in volume.
3. Continue whisking until mixture is cooled down.
4. Fold in melted chocolate carefully.
5. Fold in whipped cream carefully.
6. Pour semifreddo in loaf pan and freeze.

## **Hazelnuts**

7. Toast hazelnuts on a baking tray.
8. Wrap hazelnuts in a kitchen towel and let steam for 1 min.
9. In a medium saucepan, bring sugar and 2 tbsp water to a boil over medium heat.
10. Cook, swirling pan, until caramel turns a dark amber colour.
11. Add in hazelnuts and butter.
12. Pour onto a prepared tray in a single layer and set aside to cool.
13. Coarsely chop and store in airtight container.

### **Notes:**

Take semifreddo from freezer, arrange on a platter and place hazelnuts on top for serving.

## Black Forest Pavlova

**Serves:** 1

**Oven Temperature:** 140 °C

**Time in oven/on stove:** 1 h and 15 min

**Time to actively work on it:** 40 min

### Ingredients

Amount	Ingredient	Preparation
6	egg whites	
	salt	
1.5 cups	sugar	
1 tbs	cocoa	
250 g	philadelphia cream cheese	
2/3 cup	icing sugar	
1 tsp	vanilla extract	
2 cups	cream	
	raspberries to decorate	

### Instructions

1. Beat the egg whites with a pinch of salt until stiff.
2. Gradually add sugar while continuing whipping.
3. Divide the mixture in half. And spread on baking paper to form two circles approx 25 cm in diameter.
4. Dust each meringue with the cocoa and bake in the preheated oven.
5. In the meantime beat the cream cheese and icing sugar until smooth.
6. Add vanilla extract and cream and beat until thickened.
7. Arrange one disc of the meringue and top with half of the cream cheese mixture. Repeat for a sceond layer and decorate with the

raspberries.

**Notes:**

Replace the Philadelphia cream cheese with mascarpone for a less acidic cream.

## Pineapple coconut margarita

**Serves:** 4

**Time to actively work on it:** 10 min

### Ingredients

Amount	Ingredient	Preparation
250g	frozen pineapple pieces	chilled
200mL	light coconut cream	
125mL (1/2 cup)	tequilla	
60mL (1/4 cup)	orange flavored liqueur	zested,juiced
2	limes	
2tsp	sugar	

### Instructions

1. Place all ingredients in food processor and process until smooth.
2. Pour the mixture evenly among serving glasses and decorate.

### Notes:

Decorate with dried pineapple flowers, shaved line rind, and shaved coconut.





# Pinapple Mango Smoothie



Time to actively work on it: 10 min

## Ingredients

Amount	Ingredient	Preparation
3	mangos	
3/4cup	pineapple chunks	frozen
1 1/4cup	coconut milk	

## Instructions

- 1. Mix all ingredients in a blender.

## Notes:

For an alcoholic version add 1/4 cup white rum, tequilla, or vodka.

