



International Food Week Winter Term 20/21

Recipe 1: French onion quiche with fall salad by Milena, Anne-Caroline, Flora & Ronja



Ingredients – Autumn Salad

lamb's lettuce
2 raw beetroots
2 apples
4 medium-sized carrots
2 handful of walnuts

For the dressing: olive oil (6 tbsp), vinegar of your choice (3 tbsp), honey (1 tbsp), salt & pepper

Preparation

Wash the salad, grate beetroot, apples and carrots (roughly) and chop the walnuts (roughly). Mix the ingredients for the dressing together. Mix salad and grated beetroots, apples and carrots together with the dressing and sprinkle some walnuts on top of it.

Ingredients – Onion Quiche

For the filling

500g onions
4 eggs
500ml milk
50g butter
1 bunch fresh flatleaf parsley
Spices: pepper, salt, thyme, cumin, nutmeg, sugar

For the pastry (you'll need a tart pan)

1 cup of flour (Dinkel type 405)
115g butter (cold)
Some water
Salt

Also: 150g grated Gruyere (cheese)

Preparation

Prepare the pastry: Mix flour, butter and salt together and create a crumbly structure. Then add some water, just enough to make a dough, then gather it into a ball and put it in the refrigerator for about 20-30 min.

Make the filling: Peel the onions and cut them into half rings, wash and finely chop the parsley. Mix the eggs with milk, pepper, salt and nutmeg. Fry the onions lightly in a pan together with the remaining spices until the onions are glazed, then caramelize them with some sugar.

Flour the work surface and roll out the dough into circles a little bit larger than your pan, then transfer the pastry circle onto the tart pan. Evenly spread the onion-mix on top of the pastry, then fill it with the milk-egg mixture. Evenly spread the grated cheese on top. Bake the quiche for 35-45 minutes until it's golden. Serve with salad.

Bon appétit!



Recipe 2: Costa Rican "Patacones" by Laura



Ingredients:

3 green plantains (i.e. available at the Asian supermarket)

Vegetable oil for frying

Salt

For the dip:

1 avocado

1 small tomato

¼ bell pepper

½ small onion

1 lime

Salt & Pepper

Preparation

Peel the plantains and cut them into thick slices. Cover them with salted water and let them stand for 15 minutes. Remove and dry well with a kitchen towel.

Heat the oil and lightly fry the slices until golden (not too short, otherwise you won't be able to flatten and crumble them afterwards - a little practice is needed here). Take them out and place them on a kitchen towel to remove the oil. Press them flat with the bottom of a glass or with a board. The best way to do this is to put the plantain between baking paper. Now deep-fry the plantain again. Take it out, put it on kitchen paper to degrease and salt the slices.

Tastes best served with guacamole or bean puree (frijoles molidos, available at the Asian supermarket). For the guacamole, crush a ripe avocado with a fork, add finely diced onion and finely diced bell pepper and tomato pieces to taste. Most importantly, season with lime juice and salt & pepper.

¡Buen provecho!

Recipe 3: Swabian "Schupfnudeln" with Sauerkraut (vegan) by Franziska & Johanna



Ingredients for 2 persons

For the "Schupfnudeln" (potato noodles):

500g potatoes

75g spelt flour type 630

10g potato starch

1 tsp salt, a pinch of nutmeg

For the pan:

200g smoked tofu

2 tbsp rapeseed oil

1 onion

200g sauerkraut

1 tsp caraway, 1 tsp salt, pinch of pepper

Some parsley

Preparation

Peel and cook the potatoes for the potato noodles. Mash the cooked potatoes with a potato masher. Mix flour, starch, salt and nutmeg with the mashed potatoes and knead into a dough with your hands. Cut the dough in half and roll into sausages on a well-floured work surface. Then cut with a knife into

about 12g potato noodles and roll into shape with your hands. Boil the potato noodles in slightly boiling salted water for about 5 minutes until they float on top. Then remove them and let them cool down on a baking tray.

Cut the smoked tofu into small cubes and fry in oil until crispy. Then remove from the pan. Cut the onions into fine strips and add them to the pan with the caraway seeds. Fry briefly and then add the potato noodles. Add the sauerkraut and tofu, season to taste with salt and pepper and garnish with parsley.

Guten Appetit!

Recipe 4: Ayam Bakar (Indonesian grilled chicken) by Stephanie & Elisabeth



Ingredients

4 pcs. chicken leg
3 stems of lemongrass
4 bay leaves
5 lemon leaves
35ml tamarind dissolved in water
some lime juice
some soy sauce
salt, pepper, and sugar

Cut up spices:

6 garlic cloves
1 red pepperoni
6 red chili (skip if you want it milder)
5 small shallots
1 pc. galangal
½ pc. ginger and tumeric

Preparation

Heat some oil in a large pan and add the ground spices, lemongrass, bay leaves, tamarind and lemon leaves. Fry until fragrant. Add the chicken legs and fry for about 10 minutes. Add water, lime juice, salt, pepper, sugar and soy sauce, stir everything and bring to boil. Reduce the heat, cover and simmer until the chicken is tender and the water is reduced. This will take approx. 45 minutes. Save the remaining seasoned water.

Preheat the oven to 150°C. Place the chicken legs on a baking tray and bake for 30 minutes. Then spread the seasoned water evenly on the chicken. Bake for another 20 minutes.

Serve hot with rice and sambal.

Enjoy!

Recipe 5: Wrap tarte flambée with pumpkin by Johanna



Ingredients

1 whole grain wrap
30g Skyr (alternatively crème fraîche)
100g Hokkaido pumpkin
2 dried figs
30g feta cheese
1 spring onion
10g walnuts
1 tsp honey
1 teaspoon walnut oil
1 clove of garlic
1 pinch of cinnamon
Salt
Optional: chili flakes, rocket salad

Preparation

Preheat the oven to 180°C. Cut the pumpkin into thin strips and bake for about 8 minutes. Spread Skyr on the wrap. Chop figs, feta cheese and spring onion and chop walnuts. Mix honey, oil, spices and chopped garlic in a bowl. Cover wrap with pumpkin, figs, feta cheese, spring onion and walnuts. Drizzle honey and oil mixture over the wrap. Bake the wrap for 10 minutes. Optionally serve it sprinkled with chili flakes and fresh rocket salad. Enjoy!

Recipe 6: Fillet of beef with lemon butter, mashed potatoes and Brussels sprouts by Leonie



Ingredients

For the steak:

400g fillet of beef from the happy grazing cattle
salt, pepper
oil for frying

For the butter:

80g butter (room temperature)
1 untreated lemon
lovage (alternatively parsley)
Coarse sea salt, pepper

For the puree:

500g floury potatoes
200 ml milk
60g butter
salt, nutmeg

For the Brussels sprouts:

400g Brussels sprouts
1 small onion
Some butter for frying
salt, pepper, nutmeg
(optional bacon cubes)

Preparation

1. Wash, peel and rinse the potatoes again. Cut them all to about the same size so that they are cooked at the same time, then cook them in the pot with salted water.
2. Bring salted water to the boil in another pot. Wash the sprouts, cut off the stalk at the bottom and remove the outer leaves if necessary. Depending on the size, cut the sprouts into quarters, halves or leave them whole. Then put them into boiling water, bring them to a boil for a short time, then pour them into a sieve and rinse with cold water.
4. For the butter, wash the lemon hot, dry it and grate the rind into a bowl. Wash the lovage leaves, shake dry, remove from the stalks and chop coarsely. Add to the lemon peel together with the butter. Add some juice from the lemon and mix with a mixer until creamy. Season to taste with coarse sea salt and freshly ground pepper. Cover and chill until serving.
5. Take the fillet out of the fridge to allow it to reach room temperature.
6. Peel the onion and cut into fine cubes.
7. Heat the milk and butter in a saucepan with salt and freshly grated nutmeg.
8. Drain the potatoes and press them into a pot with a potato press. Add the heated milk and mix everything with a whisk. If necessary, season again with salt and nutmeg and add some butter or milk if necessary. Keep warm at low heat and stir occasionally so that the puree does not stick to the bottom of the pot.
9. Rub the steaks with plenty of salt. Heat vegetable oil in a pan (preferably iron).
10. In another pan fry the onion cubes in some butter (and the bacon cubes) until translucent, add the Brussels sprouts and season with salt, pepper and nutmeg.
11. Put the steaks into the hot pan and fry them until they are hot. Turn frequently and fry until the steaks are cooked to your liking. Then season with freshly ground pepper and wait a little before cutting, otherwise too much meat juice will escape.
12. Arrange the puree, Brussels sprouts and meat on plates and put some of the lemon butter on the meat.

Bon appetite!

Recipe 7: Spinach pocket by Sanaz



Ingredients

- 100g baby spinach, fresh
- 100g feta cheese, smashed with a fork
- 1 cup milk
- 1 onion
- 1 egg
- 4 tbsp olive oil
- 1 sheet puff pastry

Preparation

1. Mix the egg and milk in a small bowl. Wash and dry the spinach leaves using a spinner until they are completely dry, then chop them. Finely chop the onions.
2. Put 2 tbsp olive oil to frying pan and add the chopped spinach pieces and onion, stir them until they get soft.
3. Remove the spinach and onion mix from frying pan to a bowl and cover it to preserve the heat. Then add 1 tbsp olive oil to the frying pan and put 2 puff pastry sheets on frying pan. Add the egg and milk mix on the puff pastry sheets.
4. Also add the spinach and onion mix and then add the feta cheese pieces on top of it.
5. Close the puff pastry sheets by from starting the corners and make sure the pockets are closed well. Then open the stove heat to medium-low level and start to cook.
6. Bake in the oven for about 30 minutes, until the Spinach pocket has turned golden brown and crispy.

Bonus Recipe: Egyptian Shawrma" by Amr



Ingredients

- 500g meat, cut in thin slices
- 1 onion, cut in rings
- 1 tomato, cut in small pieces
- some parsley, only the leaves
- 2 tbsp white vinegar
- 1 small cup yogurt
- tortilla bread
- 1 spoon vegetable oil
- salt & pepper
- Sauces to own taste

Preparation

Eaaaasy!

Put the meat in a bowl, mix it with yogurt and vinegar, leave it in the fridge for min. one hour, max 6 hours!

In a medium sized pan, add first the oil, and then the meat, wait until it's cooked and move it from time to time.

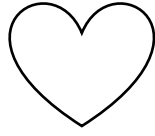
Then add the tomato to the cooked meat, wait till its cooked, then add the parsely leaves and the onion rings. Wait until both are medium done. Add salt and pepper to the mix.

Get the tortilla bread, add the shawrma to it , roll it, put it between two hot plates, in the oven, or in a toaster for some crunchy taste :)

And: you can always add some sauce like tahini, ketchup, mayo to the rolled sandwich for some extra taste!

Ready - Enjoy!

Enjoy your International Dinner at home!



Your FHiRST Team