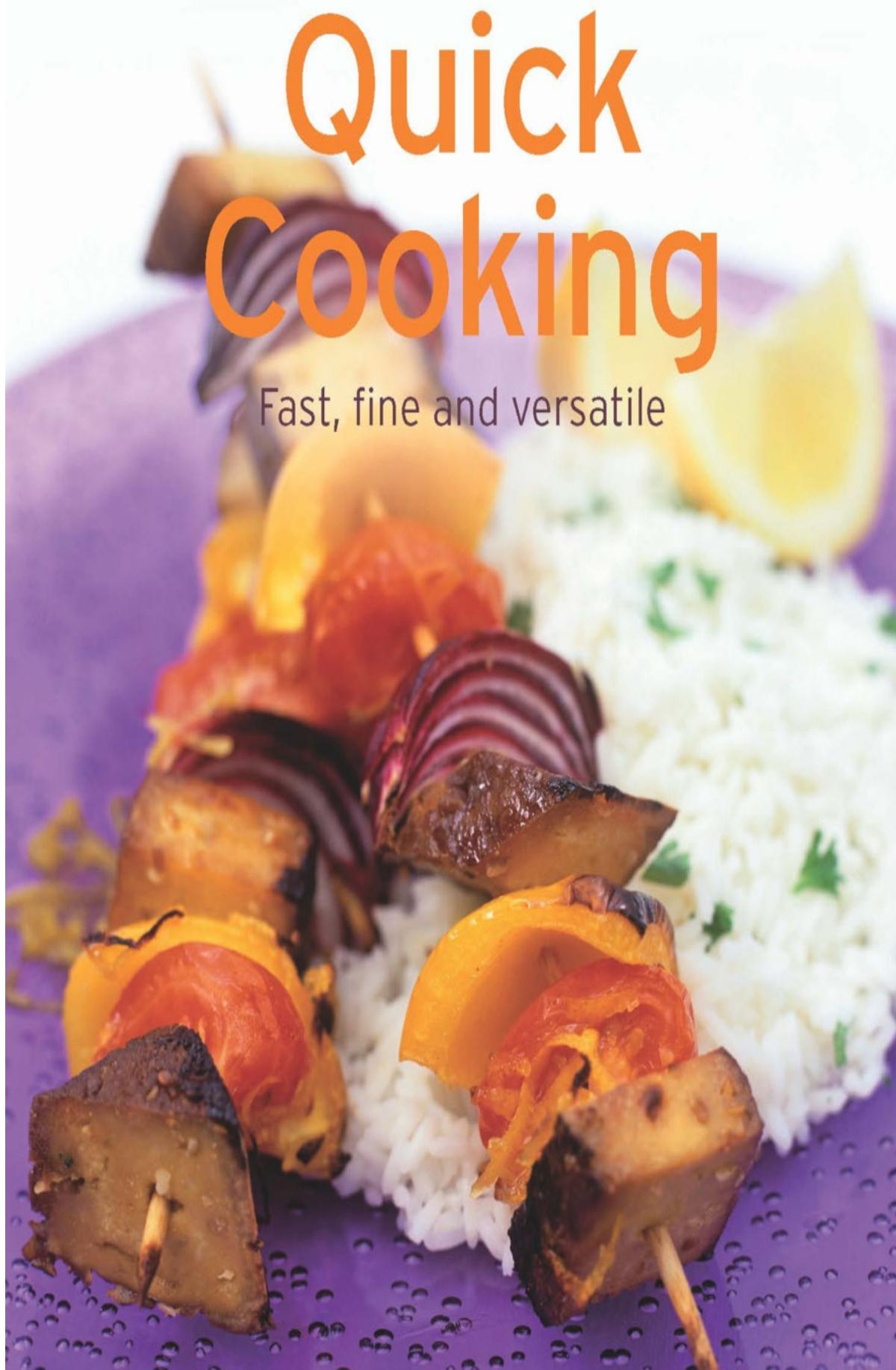
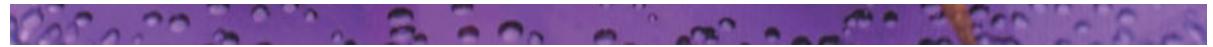


Quick Cooking

Fast, fine and versatile





Quick Cooking

Delicious dishes in no time? That's possible! This book compiles over 100 express recipes prepared in next to no time and guaranteed to let you shine. With a maximum preparation time of 30 minutes for each recipe – the rest practically takes care of itself.

Snacks & salads, fish & seafood, meat & poultry, pasta creations & vegetarian dishes, patisserie & desserts – inside you will find the right recipe for every occasion.

Quick Cooking

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Contents

The essential ingredients

Snacks & salads

Salad with sole, salmon and monkfish

Rocket salad with cold duck breast

Green asparagus with ham

Chicken skewers with peanut dip

Scallop skewers with fish fillet

Baked aubergines with mozzarella

Carrot ginger soup with coriander

Warm goat's cheese and salad

Courgette salad with raisins and olives

Lobster cocktail on a bed of lettuce

Vegetable soup

Italian potato soup with sage and tomatoes

Hopping John – rice and beans

Caesar salad

Asparagus and zander turnovers

Mozzarella sticks

Fish & seafood

Grilled albacore with aioli

Prawns on skewers with juniper berries and white wine

Cod over braised cabbage

Paella marinera

Seafood au gratin

Baked whitefish fillets hot from the oven

Grilled prawns with bacon and onions

Salmon on a bed of courgette

Grilled trout wrapped in bacon

Red snapper in banana leaves

Trout in leek sauce

Herbed fish medaillons baked crispy brown

Herring and potatoes with chive green sauce

Sea bass with orange sauce

Stir fried perch with red curry and lychees

Meat

Mince skewers with herb dip

Lamb cutlets with mint yoghurt

Lamb cutlets with orange sauce

Lamb chops with herbs

Oven-baked marinated lamb cutlets

Meatloaf with bacon

Roast beef – sirloin on the bone

Hamburgers with ketchup

Beef roulades stuffed with spinach and mushrooms

Baked potato and mince au gratin

Spring rolls with mince filling

Kalua pork Hawaiian roast

Pork cutlets with apple-ginger dip

Puff pastry rolls Mexican style

Beefsteak with onion rings

Poultry

Turkey escalope with cherry sauce

Chicken wings with blue cheese dip

Chicken Caprese

Lemon chicken with parsley and tarragon

Turkey with chive dressing

Chicken cordon bleu

Chilli chicken in a spicy cocoa marinade

Vegetable-stuffed chicken with creamy sauce

Turkey with tomatoes

Turkey toast with mushrooms

Chicken with chillies and garlic

Pesto turkey rolls simple and delicious

Roast turkey classic style with gravy

Pasta

Spaghetti with pesto and fish fillet

Spaetzle with meatballs

Noodle bake with minced lamb

Tagliatelle with lemon sauce

Macaroni and spinach casserole

Macaroni and cheese with ham

Tortellini au gratin

Ravioli antipasti

Spaghetti carbonara

Minced venison with pasta

Spaghetti aglio e olio

Spinach spaghetti seasoned with chilli and olive oil

Tagliatelle with aubergines

Fettuccine with bacon

Spaghetti with fresh king trumpet mushrooms

Pappardelle with parmesan and brown butter

Macaroni in gorgonzola sauce

Vegetarian

Squash risotto with sage

Asparagus risotto with saffron and white wine

Succotash – bean and corn stew

French apple and pumpkin galette

Polenta with Swiss chard and mixed herbs

Stewed lentils with tomatoes and celery

Almond mashed potatoes with cucumber and dill

Stuffed baked potatoes with vegetables

Kohlrabi schnitzel Viennese style

Celeriac schnitzel in oats fried crispy brown

Old-fashioned Frankish fritters

Courgette patties with nutmeg and oregano

Chanterelle bake with aubergines, leeks and tomatoes

Jansson's temptation – Swedish Christmas casserole

Desserts

Melon sorbet made of two kinds of melons

White chocolate mousse – sweet and creamy

Ice cream terrine with fruit

Citrus cheesecake – light and refreshing

Raspberry parfait

[Vanilla-strawberry parfait](#)

[Blood orange prosecco-gelee](#)

[Grilled pineapple with coconut milk and honey](#)

[Orange truffles decorated with pistacchios](#)

[Mini puff pastries with fresh fruit](#)

[Tiramisu](#)

[Mascarpone cream with fruit](#)

[Fruit squares with a creamy spread](#)

[Lime granita with orange liqueur](#)

[Rice pudding with pineapple](#)

[Mousse with maple syrup](#)

[Banana sorbet with mango](#)

[More Gourmet eBooks!](#)

The essential ingredients



A well-stocked kitchen

It is always advisable to have a sizeable stock of tinned and jarred goods on hand. This ensures that the arrival of unexpected guests will not cause embarrassment or inconvenience. In addition, one should always have a supply of certain dry goods, fats and oils, spices, dried herbs and condiments on hand. A freezer can also prove useful in keeping a ready reserve of food items.

Here are some examples:

Dry goods

Flour, semolina, couscous, lentils, brown lentils, green lentils, long grain rice, risotto rice, pudding rice, spaghetti, penne, tagliatelle, sugar, icing sugar, breadcrumbs, corn flour, gelatine, chocolate vermicelli, dried fruit, hazelnuts, walnuts

Condiments

Mustard, tomato purée, vegetable and chicken stock cubes, pesto, soy sauce, Worcestershire sauce, Tabasco sauce, horseradish sauce, mayonnaise

Herbs and spices

Salt, pepper, curry powder, paprika, cayenne pepper, nutmeg, thyme, rosemary, oregano, parsley (frozen), chives (frozen)

Tinned foods

Tomato sauce, chopped tomatoes, tomato purée, coconut milk, artichoke hearts, capers, anchovies, tuna, herring fillets, fried herrings, red cabbage, kidney beans, asparagus, peaches, pineapple

Fats and oils

Butter and margarine, herb butter, olive oil, sunflower oil, thistle oil, safflower oil, walnut oil

Eggs and dairy

Milk, cream, sour cream, crème fraîche, cream cheese, curd cheese, Parmesan cheese, eggs

Meat and fish

Fish fillets, salmon fillets, prawns, chicken, chicken breast fillets, mince (all can be frozen)

Fruit and vegetables

Fresh lemons, mixed berries (frozen), cherries (frozen), spinach (frozen), peas (frozen), onions, garlic, potatoes

Grains and legumes

Plain and wholemeal flour, pasta, semolina, couscous, brown lentils, green lentils, long grain rice, risotto rice, pudding rice

Beverages

Champagne, white and red wine, gin, sherry, cognac, port, vermouth, orange and apple juice, mineral water

Shelf lives from A to Z

Apples

Most apples can be kept in a cool but well-ventilated place for two weeks. Only the early August cultivars such as Reinette and Prime Rouge must be consumed more quickly. Apples should not be stored in the refrigerator.

Avocados

When storing half an avocado, the stone should in all cases be left in place, and the exposed fruit should be sprinkled with a little lemon juice to prevent an unsavoury change of colour.

Preserves

Once opened, jars of preserved food must be stored in the refrigerator, and should be eaten as soon as possible. The contents of opened tins should be transferred to a glass container, also placed in the refrigerator, and should be consumed within two days.

Minced Meat

Minced meat should always be chilled and used within 24 hours. Cooked, it can be kept for 1–2 days in the refrigerator.

Herbs

Herbs keep best when wrapped loose in damp kitchen paper. Stored thus in the refrigerator, they will stay fresh for forty-eight hours.

Tomatoes

Tomatoes do not do well in the refrigerator, where they lose their flavour and harden. For best results, store them in a dark – but not cold – place.

Grapes

Since grapes do not continue to ripen after they are picked, they can be stored, unwashed, in the refrigerator for four days. They should be thoroughly washed only shortly before consumption.

Wild mushrooms

If it is not possible to prepare the mushrooms on the day they are picked, they should be trimmed but not washed. They will keep in a cool, well-ventilated place for forty-eight hours.

Lemons

If kept dry and cool, lemons store for a long time. Halved lemons can be placed with the exposed side face-down on a saucer. In this way, they will keep in the refrigerator for two to three days.

Snacks & salads



Salad with sole,
salmon and monkfish



Preparation time: approx. 25 minutes

Per serving approx. 222 kcal / 935 kJ

34 g P, 9 g F, 1 g CH

Serves 8

8 fillets of sole

500 g salmon fillet

500 g monkfish fillet

4½ tbsp lemon juice

4 tbsp butter

several lettuce leaves (or other salad greens)

4 tbsp rapeseed oil

2 tbsp sherry vinegar

1 red chilli

8 champignons

salt and pepper

1 Salt the fish and sprinkle it with half the lemon juice. Heat the butter in a frying pan and fry the fish fillets for about 3 minutes. Pepper to taste and place aside.

2 Tear the lettuce leaves into bite-sized pieces and arrange on a plate. Mix the rapeseed oil with the sherry vinegar and remaining lemon juice. Wash and trim the chilli, chop finely and stir into the dressing.

3 Wipe the champignons with a wet towel or kitchen paper and cut into thin slices. Mix with the dressing and add salt and pepper to taste. Arrange the fish fillets on the salad and pour the mushroom dressing over it.

Rocket salad
with cold duck breast



Preparation time: approx. 20 minutes (plus marinating and chilling time)

Per serving approx. 438 kcal / 1840 kJ

22 g P, 37 g F, 1 g CH

Serves 6

4 duck breasts with skin

5 sprigs rosemary

3 cloves garlic, crushed

150 ml sherry vinegar

5 tbsp olive oil

24 black olives, pitted

100 g rocket salad

50 g grated Parmesan

vinaigrette (ready-made)

salt and pepper

1Cut diagonally into the skin side of the duck breasts. Place the rosemary and garlic in a bowl and lay the duck breasts on the herbs, skin side facing up. Mix the sherry vinegar, 3 tablespoons of the olive oil and some salt and pepper and pour over the duck breasts.

2Marinate the duck breasts for 4 hours and then remove from the marinade. Heat the remaining 2 tablespoons of olive oil in a frying pan and fry the breasts on both sides. Add the marinade and olives to the pan and cook for another 5 minutes. Wrap in cling film and cool.

3Cut the breasts into slices about 1 cm thick and arrange on a serving platter on top of the rocket salad with the olives. Top the salad with the grated Parmesan cheese and vinaigrette.

Green asparagus

with ham



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 46 kcal / 195 kJ

5 g P, 1 g F, 4 g CH

Serves 6

1 kg green asparagus (about 24 spears)

20 g butter

12 slices ham

1 bunch parsley

2 tbsp acacia honey

3 tbsp grape seed oil

1 tbsp balsamic vinegar

salt, sugar

1 Trim the asparagus and peel the bottom third of each stalk. Fill a saucepan with water and add salt, a little sugar and butter. Place the asparagus in the pot and bring to the boil. Cook over medium heat for 10–15 minutes (the stalks should remain firm to the bite).

2 Remove the asparagus from the pot, rinse with cold water and allow to drip dry. Wrap each slice of ham around two spears of the asparagus. Arrange the rolls on a plate.

3 In a mixer, combine the parsley, honey, grape seed oil and balsamic vinegar to make the dressing. Serve with the asparagus rolls.

Chicken skewers
with peanut dip



Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 280 kcal / 1176 kJ

32 g P, 15 g F, 6 g CH

Serves 6

600 g chicken breast fillet

2 tbsp sesame oil

2 tbsp sherry

3 tbsp soy sauce

1 tsp ginger

1 tsp curry

1 tsp sugar

20 g butter

1 onion

150 g peanut butter

200 ml milk

3 tbsp oil

salt and pepper

wooden skewers

1Cut the chicken into bite-sized pieces and thread it onto the wooden skewers. Whisk together the sesame oil, sherry, 2 tablespoons of the soy sauce, the spices and sugar. Marinate the chicken in this mixture for 2 hours.

2Meanwhile, heat the butter in a small saucepan. Peel and dice the onion and sauté it in the butter until glassy. Stir in the peanut butter and milk and bring to the boil, then add the remaining soy sauce. Remove from the heat and allow to cool.

3Roast the chicken skewers in the oven at 230 °C (Gas Mark 8) for 10 minutes or until crisp.

Scallop skewers
with fish fillet



Preparation time: approx. 15 minutes (plus marinating and cooking time)

Per serving approx. 239 kcal / 1002 kJ

32 g P, 8 g F, 9 g CH

Serves 4

2–3 sprigs tarragon

½ bunch flat parsley

2 cloves garlic

3 shallots

3 tbsp olive oil

salt and freshly ground pepper

20 scallops, shelled

400 g firm white fish fillet

1 tbsp chives

1 Rinse the herbs, shake them dry and chop finely. Peel the garlic and shallots. Dice the shallots and crush the garlic. Mix the olive oil with the herbs, shallots and garlic. Add salt and pepper to taste.

2 Add the shelled scallops to the mixture. Cut the fish fillet into bite-sized pieces and add. Cover and marinate in the refrigerator for at least an hour.

3 Remove the scallops and fish from the marinade and allow it to dry on kitchen paper. Thread scallops and fish alternately on skewers and bake in the oven for about 5 minutes, turning after 2 minutes. Arrange on a plate and sprinkle with chives.

Baked aubergines
with mozzarella



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 575 kcal / 2415 kJ

22 g P, 41 g F, 29 g CH

Serves 4

1 large aubergine

50 g flour

5 tbsp oil

400 g Italian pasta sauce with herbs (ready-made)

2 tbsp redcurrant jelly

300 g mozzarella

herb salt and pepper

1 Wash and trim the aubergine and cut into slices. Dampen the slices lightly and dip both sides in the flour.

2 Heat the oil in a frying pan and fry the aubergine slices on both sides until golden brown, then season well. Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C).

3Place the aubergine slices in a heat-resistant casserole. Combine the pasta sauce and redcurrant jelly and heat until the jelly dissolves. Slice the mozzarella. Pour the sauce over the aubergine slices and cover with the mozzarella. Bake in the oven for about 15 minutes, or until the cheese is golden brown.

Carrot ginger soup
with coriander



Preparation time: approx. 25 minutes (plus simmering and cooking time)

Per serving approx. 54 kcal / 228 kJ

1 g P, 4 g F, 3 g CH

Serves 4

1 onion

2 cloves garlic

3 carrots

1 stick celery

1.5 cm ginger root

2 tbsp olive oil

1 l vegetable stock

½ bunch coriander

2 tbsp sour cream

salt and pepper

1 Peel and finely chop the onion and garlic. Peel and dice the carrots. Trim and chop the celery. Peel and grate the ginger.

2 Heat the oil in a large saucepan and simmer the onion and garlic lightly. Add the carrots, celery and ginger. Stirring occasionally, simmer gently for 5 minutes.

3 Add the stock to the pan and simmer over low heat for 30 minutes, then purée. Wash the coriander, shake dry and chop, then add to the soup. Add salt and pepper to taste. Return to the boil and add the sour cream.

TIP

For a fresher, fruitier taste, try replacing 200 ml of the vegetable stock with the same amount of orange juice.

Warm goat's cheese
and salad



Preparation time: approx. 25 minutes
Per serving approx. 508 kcal / 2134 kJ
17 g P, 40 g F, 11 g CH

Serves 4

3 sprigs thyme

3 sprigs rosemary

1 clove garlic

8 tbsp olive oil

8 slices baguette

8 medallions goat's cheese (approx. 40 g each)

1 bunch rocket salad

1 head lettuce

200 g cherry tomatoes

2 tbsp white wine vinegar

50 g pitted black olives

salt and pepper

1 Wash and dry the herbs and chop together with the garlic and simmer lightly in a frying pan in 4 tablespoons of the olive oil. Add the baguette and fry until golden. Lay the slices on a baking sheet and place the goat's cheese on top.

2 Wash and trim the rocket salad and lettuce. Wash and halve the tomatoes. In a bowl, mix the vinegar, salt and pepper and 4 tablespoons of the olive oil for the dressing.

3 Bake the cheese in the oven. Combine and toss the rocket salad, lettuce, olives and dressing. Arrange with the baked goat's cheese and serve immediately.

Courgette salad
with raisins and olives



Preparation time: approx. 20 minutes
Per serving approx. 388 kcal / 1630 kJ
10 g P, 28 g F, 22 g CH

Serves 4

2 tbsp sherry

2 tbsp sherry vinegar

4 tbsp olive oil

1 tsp mustard

100 g raisins

150 g feta cheese

200 g pitted black olives

500 g chourgettes

1 lollo rosso lettuce

1 tbsp oregano leaves

salt and pepper

1 In a bowl, mix the sherry, vinegar, oil, mustard and salt and pepper to make a dressing. Wash the raisins in hot water, crumble the cheese and cut the olives into slices. Toss all of these with the dressing.

2 Wash, dry and trim the courgettes. Cut them into quarters and then into smaller slices.

3 Separate the lollo rosso into leaves and cover a plate with them. Place the courgette slices on the lettuce and top with the dressing. Garnish with the oregano leaves and serve.

Lobster cocktail
on a bed of lettuce



Preparation time: approx. 25 minutes
Per serving approx. 214 kcal / 898 kJ
17 g P, 14 g F, 5 g CH

Serves 8

500 g green asparagus

500 g cherry tomatoes

150 g mayonnaise

3 tbsp ketchup

30 ml cognac

3 tbsp tomato juice

1 tsp Tabasco sauce

sugar

75 ml whipping cream

½ bunch chervil, chopped

approx. 1.2 kg cooked, sliced lobster

6–8 leaves lettuce

1 handful fresh parsley

salt and pepper

1 Trim the asparagus and peel the lower third of each stalk. Cut into 4 cm segments and cook until firm to the bite in a saucepan of salted water. Wash the cherry tomatoes and cut into quarters.

2 In a large bowl, mix the mayonnaise with the ketchup, cognac and tomato juice and season to taste with Tabasco sauce, pepper, sugar and salt. Whip the cream until firm and stir with the chervil into the mayonnaise dressing. Mix in the lobster meat with the asparagus, tomatoes and dressing.

3 Wash the lettuce and pat dry. Place in serving bowls and distribute the lobster cocktail over them. Garnish with parsley.

Vegetable soup



Preparation time: approx. 20 minutes (plus simmering time)

Per serving approx. 305 kcal / 1281 kJ

5 g P, 22 g F, 22 g CH

Serves 4

1 onion

3 carrots

1 stick celery

2 courgettes

2 potatoes

75 g butter

1.5 l vegetable stock

2 tbsp parsley, chopped

salt and pepper

1 Peel the onion and carrots and cut into rings and slices. Wash and trim the celery and cut into cubes. Wash and trim the courgettes and cut into slices. Peel and dice the potatoes.

2Heat the butter in a large saucepan and add the vegetables. Stirring regularly, simmer gently for 5 minutes and then add the vegetable stock. Simmer for about 30 minutes, until the vegetables are firm to the bite.

3Season with salt and pepper, sprinkle with parsley and serve.

Italian potato soup
with sage and tomatoes



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 233 kcal / 973 kJ

11 g P, 11 g F, 24 g CH

Serves 6

1 onion

1 clove garlic

500 g potatoes

3 sticks celery

2 tbsp olive oil

1 tsp rubbed sage

1 l bouillon

300 g tomatoes

1 tbsp chopped parsley

50 g grated Parmesan

salt and pepper

1 Peel the onion and garlic and chop finely. Peel the potatoes and cut them into slices. Wash and trim the celery and chop it as well.

2 Heat the oil in a large saucepan and simmer the garlic and onions gently with the potato slices. Add the celery and sage and sauté. Add the bouillon and simmer for about 20 minutes.

3 Make cross-shaped incisions in the tomatoes, scald with boiling water, remove the skins and cut into eighths. Season the soup with salt and pepper to taste. Add the tomatoes and heat briefly. Serve sprinkled with parsley and grated Parmesan cheese.

TIP

This soup also tastes great with fennel. Simply replace the celery with a diced fennel bulb.

Hopping John
– rice and beans



Preparation time: approx. 20 minutes (plus soaking and cooking time)

Per serving approx. 355 kcal / 1491 kJ

19 g P, 5 g F, 57 g CH

Serves 4

175 g dried black-eyed peas (or kidney beans)

125 g smoked bacon

1 green pepper

1 large onion

200 g brown rice

1 tsp oil

1 pinch cayenne pepper

salt and pepper

1 Soak the black-eyed peas overnight in a large saucepan of water, then drain and wash. Cut the bacon into cubes. Wash, trim and chop the pepper, peel the onion and likewise chop.

2 Put the black-eyed peas with the bacon, pepper and onion into a large saucepan, add water until all the ingredients are submerged and simmer for about 2 hours or until the peas are tender. Add more water if necessary.

3 Following the directions on the package, cook the rice in a second saucepan. Afterwards, mix the rice, oil and spices into the black-eyed peas and simmer until the remaining liquid is absorbed.

TIP

If you decide to make this recipe on the spur of the moment, tinned beans can be used in place of dried.

Caesar salad



Preparation time: approx. 25 minutes

Per serving approx. 342 kcal / 1436 kJ

14 g P, 27 g F, 10 g CH

Serves 4

2 heads cos lettuce

4 slices white bread

40 g butter

1–2 cloves garlic

6 anchovies

1 egg

4 tbsp lemon juice

1 tsp Dijon mustard

1 tsp Worcestershire sauce

10 tbsp extra virgin olive oil

100 g freshly shaved Parmesan cheese

salt and pepper

1 Trim and wash the lettuce, then spin-dry and tear the larger leaves into smaller pieces. Remove the crust from the bread and cut it into small cubes.

2 Heat the butter in a frying pan and fry the bread cubes until they are golden brown. Place the croutons on kitchen paper and set aside to cool.

3 Peel and slice garlic and put into the mixer with the anchovies, egg, lemon juice, Dijon mustard and Worcestershire sauce.

4 Turn the mixer to the lowest setting and gradually add the olive oil until a smooth, uniform dressing appears. Season to taste with salt and pepper.

5 Put the lettuce in a bowl and toss with the dressing. Garnish with the croutons and shaved Parmesan cheese and serve.

Asparagus and zander
turnovers



Preparation time: approx. 20 minutes (plus cooking and baking time)

Per serving approx. 480 kcal / 2 016 kJ

15 g P, 39 g F, 18 g CH

Serves 4

200 g frozen filo dough

500 g green asparagus

1 egg yolk

200 g zander or turbot fillet

75 ml dry white wine

1 shallot, chopped

200 g butter

1 tbsp lemon juice

2 tbsp crème fraîche

1 bunch chervil

salt and pepper

flour for rolling

1 Thaw the filo dough. Pre-heat the oven to 225 °C (Gas Mark 8, fan oven 200 °C). Peel the lower portions of the asparagus and cut off the ends. Cook it in a large pan of salted water until firm to the bite, about 8 minutes, then drain. Reserve 75 ml of the resulting stock.

2 Roll out the filo dough over flour to a thickness of about 5 mm. Cut into 4 equal rectangles, brush with the whisked egg yolk and bake at 225 °C (Gas Mark 8, fan oven 200 °C) until golden brown (about 5–8 minutes).

3 Wash the fish and pat dry, cut into 4 portions and steam for 4–5 minutes. Pour the asparagus stock into a large saucepan, add the wine and shallot and cook down by half. Cut the cold butter into small pieces and stir in.

4 Season to taste with pepper, salt and lemon juice and remove from the heat. Stir in the crème fraîche. Wash the chervil and shake dry, then pluck the leaves and add to the sauce.

5 Cut open the filo rectangles and arrange the bases on a serving platter. Cut the asparagus into halves and position on the filo bases. Place 1 piece of fish on each, drizzle with sauce and cover with the top halves of the filo rectangles.

Mozzarella sticks



Preparation time: approx. 15 minutes (plus time for deep-frying)

Per piece approx. 187 kcal / 785 kJ

7 g P, 10 g F, 16 g CH

Makes 20

2 eggs

250 g breadcrumbs

1 tbsp each dried oregano, dried basil, chopped parsley

½ tsp garlic salt

150 g flour

30 g corn flour

3 mozzarella cheeses

oil for frying

1 Beat the eggs in a cup, transfer to a bowl and mix in 50 ml water. In a second cup, mix the breadcrumbs, herbs and garlic salt and, in a third cup combine the flour and corn flour.

2 Drain the cheese thoroughly and rub dry, then cut into thick sticks.

3Heat the oil to 190 °C in a deep-fryer or chip pan.

4Dip the cheese sticks first in the egg, then in the breadcrumb mixture and finally in the flour.

5Deep-fry the cheese sticks in the hot oil for about 30 seconds or until golden brown, drip dry on kitchen paper and serve with salsa or dip.

Fish & seafood



Grilled albacore
with aioli



Preparation time: approx. 20 minutes (plus grilling time)

Per serving approx 652 kcal / 2738 kJ

46 g P, 48 g F, 5 g CH

Serves 4

4 cloves garlic

juice of 2 lemons

2 egg yolks

500 ml olive oil

4 albacore steaks (each 200 g)

2 tbsp oil

salt and pepper

1 Peel and chop the garlic. Whisk with the lemon juice and beat vigorously with the egg yolks until the mixture is thick and foamy.

2 Continuing to stir, slowly add the olive oil such that it mixes evenly with the yolk. Whisk to a thick cream and season to taste with salt and pepper.

3Pat dry the albacore steaks and season with salt and pepper. Brush with the oil and grill for 5 minutes on each side, leaving the centre slightly rare. Serve with the aioli and fresh vegetables.

Prawns on skewers
with juniper berries and white wine



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 216 kcal / 908 kJ

17 g P, 11 g F, 8 g CH

Serves 8

24 kitchen-ready king prawns

3 tsp juniper berries

3 tsp honey

6 tbsp dry white wine

3 tsp white wine vinegar

3 tbsp gin

white pepper

90 g butter

2 lemons

8 wooden skewers

1 Place 3 prawns on each skewer and lay them in a flat bowl. Crush the juniper berries with the side of a knife and mix with the honey, wine, vinegar, gin and white pepper.

2 Drizzle the marinade over the prawns and marinate for 30 minutes, turning the skewers over once.

3 Melt the butter in a frying pan. Place the skewers on kitchen paper to drip dry, then fry in the butter for 5 minutes on each side. Arrange on a plate and serve garnished with lemon wedges.

Cod
over braised cabbage



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 174 kcal / 730 kJ

25 g P, 6 g F, 3 g CH

Serves 8

1 kg cod fillet

1.2 l fish stock

500 g white cabbage

75 g butter

125 ml vegetable stock

125 ml white wine

1 tsp ground caraway

1 tomato, cut in wedges

8 rashers streaky bacon

1 bunch parsley

salt and pepper

1 Cut the fish fillet into 8 pieces and season with salt and pepper. Heat the fish stock in a saucepan. Add the fish and steep over low heat for about 8 minutes.

2 Trim and shred the cabbage. Heat the butter in a saucepan and simmer the cabbage for 5 minutes. Add the vegetable stock and wine and simmer for 15 minutes. Season to taste with salt, pepper and caraway.

3 Add the tomato to the cabbage. Fry the bacon in a frying pan until crisp. Distribute the cabbage on plates and place the fish fillets on top. Tie the bacon with chives and position on the fish.

TIP

Fish should be enjoyed as hot as possible. To prevent premature cooling, warm up the plates beforehand in the oven.

Paella marinera



Preparation time: approx. 20 minutes (plus cooling and cooking time)

Per serving approx. 580 kcal / 2436 kJ

42 g P, 22 g F, 53 g CH

Serves 4

4 cloves garlic

juice of $\frac{1}{2}$ lemon

3 tbsp olive oil

500 g fresh redfish fillet

250 g mixed seafood or prawns (frozen)

1 large onion

1 large red pepper

250 g long grain rice

500 ml vegetable stock

3 saffron threads

100 g frozen peas

3 lemon slices

1 Peel the garlic. Mix the lemon juice with 2 tablespoons of the oil and press 2 cloves of the garlic into this mixture. Wash the fish, pat dry and place in the marinade. Put in the fridge to chill for about 30 minutes.

2 Thaw the seafood or prawns, rinse and drain. Peel and chop the onion. Chop the remaining garlic. Halve and remove the seeds from the pepper, then cut it into strips.

3 Heat the remaining oil in a paella pan (or other large, wide pan) and fry the onion, garlic and pepper for about 5 minutes.

4 Add the rice and, stirring constantly, cook until glassy, then deglaze with the vegetable stock. Add the saffron, cover and simmer over low heat for 10 minutes.

5 Remove the fish from the marinade, lay over the rice and simmer for 5 minutes. Add seafood mix or prawns and the peas, then simmer for another 4 minutes. Garnish the paella with lemon slices and serve in the pan.

Seafood
au gratin



Preparation time: approx. 20 minutes (plus cooking and baking time)

Per serving approx. 504 kcal / 2115 kJ

29 g P, 35 g F, 20 g CH

Serves 8

450 g frozen mixed seafood

450 ml fish stock

450 ml cream

1 bunch spring onions

1 bunch parsley

180 g flour

150 g butter

3 tbsp Worcestershire sauce

1 tsp Tabasco sauce

250 g tinned crabmeat

300 g freshly grated Emmental cheese

salt

1 Cook the frozen seafood and fish stock together in a saucepan. Remove the seafood and keep warm. Add the cream to the cooking liquid and bring to the boil. Simmer for about 5 minutes. Drain the crabmeat.

2 Chop the spring onions and the parsley. Over a low heat, blend the flour in the melted butter. Add the spring onions and parsley and stir in the creamy fish stock a little at a time, blending until smooth each time.

3 Season to taste with the Worcestershire sauce, salt and Tabasco sauce. Simmer for 15 minutes, then stir in the crabmeat.

4 Put the seafood into a casserole dish, cover with the sauce and cheese and bake for 10 minutes at 230 °C (Gas Mark 8, fan oven 210 °C).

5 Serve hot with a warm baguette.

Baked whitefish fillets
hot from the oven



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 425 kcal / 1785 kJ

45 g P, 25 g F, 5 g CH

Serves 4

800 g skinless whitefish fillets

juice of 1 lemon

2 carrots

1 stick celery

30 g butter

200 ml cream

salt and pepper

butter or oil to grease dish

dill for garnish

1 Wash the fillets and pat dry. Sprinkle immediately with the lemon juice and set aside.

2Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Peel and slice the carrots. Trim and wash the celery and cut into thin rings.

3Heat half the butter in a frying pan and sauté the carrots and celery for about 3 minutes. Season with salt and pepper.

4Grease a casserole dish and arrange the vegetables in it. Season the fillets with salt and pepper and place them over the vegetables. Melt the remaining butter and drizzle over the fillets and vegetables.

5Place the dish in the oven. After about 5 minutes, pour the cream over the fish and bake for another 15 minutes. When finished, garnish the fillets with fresh dill and serve with rice or potatoes.

Grilled prawns
with bacon and onions



Preparation time: approx. 10 minutes (plus grilling time)

Per serving approx. 305 kcal / 1281 kJ

36 g P, 16 g F, 6 g CH

Serves 4

16 king prawns

40 g butter

2 tsp Cajun seasoning (salt, ginger, cayenne pepper, ground coriander, garlic powder)

4 onions

4 cloves garlic

100 g sweetcure bacon

1 tbsp oil

2 tbsp balsamic vinegar

1 tbsp vegetable stock

salt and pepper

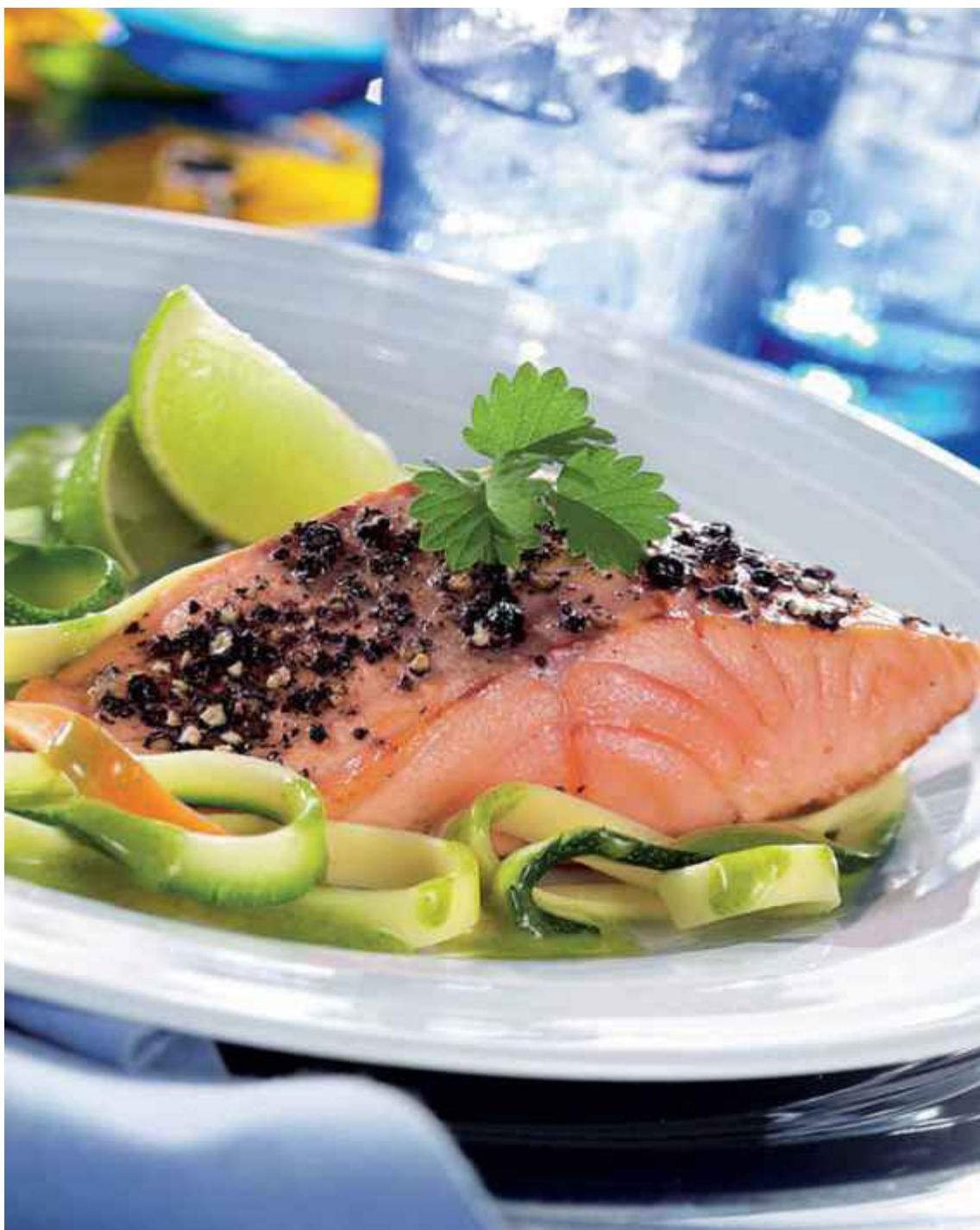
1 Shell the prawns and remove the veins. Melt the butter, then allow to cool and brush the prawns with it. Sprinkle the spices over the buttered prawns.

2 Peel the onions and garlic; cut the onions into quarters and the garlic cloves in half. Cut the bacon into medium-sized strips

3 Place everything on skewers, alternating the prawns with the bacon, onions and garlic. Grill the skewers on both sides for about 8–10 minutes.

4 Whisk together the oil, vinegar, stock, salt and pepper and use to baste the prawns while under the grill. Serve with a cabbage salad or mango relish.

Salmon
on a bed of courgette



Preparation time: approx. 25 minutes (plus frying and baking time)

Per serving approx. 220 kcal / 924 kJ

24 g P, 13 g F, 2 g CH

Serves 8

1 kg salmon fillet

2 tbsp lemon juice

8 tbsp olive oil

90 g butter

2 tbsp peppercorns

4 courgettes

4 tbsp herb oil

salt and pepper

1 Pre-heat the oven to 160 °C (Gas Mark 2–3, fan oven 140 °C). Cut the salmon into 8 pieces and sprinkle with the lemon juice, then season with salt and pepper.

2 Heat the olive oil and 180 g of the butter in a frying pan and briefly sauté the salmon. Then place in a baking dish. Crush the peppercorns with the side of a knife and distribute over the salmon. Bake in the oven for 8 minutes.

3 Trim the courgettes and cut into thin strips. Heat the remaining butter and cook the courgettes for 3 minutes until firm to the bite. Season to taste. Distribute the courgettes onto plates and drizzle with the herb oil. Arrange the salmon on top.

Grilled trout
wrapped in bacon



Preparation time: approx. 20 minutes (plus grilling time)

Per serving approx. 244 kcal / 1025 kJ

36 g P, 9 g F, 4 g CH

Serves 4

4 kitchen-ready trout

juice of 1 lemon

4 sprigs of rosemary

12 rashers smoked bacon

6–8 large champignons

2 tbsp olive oil

½ tsp dried thyme

1 tsp sweet paprika

salt

1 Thoroughly rub the trout dry inside and outside, then rub with salt. Drizzle with half the lemon juice. Place the rosemary sprigs inside the fish. Wrap the fish with bacon and pin together if necessary.

2 Trim the champignons and rub off with damp kitchen paper. Mix the olive oil with thyme, salt and the remaining lemon juice. Use to brush the mushrooms.

3 Place the trout on aluminium barbecue plates or into wire baskets and grill each side for 5 minutes or until the bacon is crisp. Grill the champignons on the barbecue plate as well. Serve the trout with the champignons and sprinkle with paprika.

TIP

Fresh fish can be recognized by their red gills, clear eyes and fresh aroma.

Red snapper
in banana leaves



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 143 kcal / 600 kJ

24 g P, 5 g F, 2 g CH

Serves 4

2 sprigs lime leaves

2 sprigs Thai basil

75 ml coconut cream

1–2 tsp red curry paste

1–2 tsp fish sauce

1 tsp brown sugar

1 banana leaf

1 pinch red or green chilli paste in oil

500 g red snapper fillet

1 Pre-heat the oven to 180 °C (Gas Mark 4). Wash the lime and basil leaves and shake dry. Remove the leaves from the stems, cut into thin strips and set aside.

2 To make the marinade, mix the coconut cream with 1–2 teaspoons curry paste (depending on desired spiciness), the fish sauce and sugar, beating thoroughly until the sugar dissolves.

3 Halve the banana leaf lengthwise and remove the midrib, then cut into 4 equal pieces (approx. 30 x 35 cm). Carefully heat in an ungreased frying pan until the surface looks waxy.

4 Brush the banana leaf with the chilli paste. Wash the fish, pat dry and cut into four pieces. Brush with the marinade.

5 Place one piece of fish on each leaf section and divide the lime and basil leaves over the fish. Wrap up like a package and bake for about 20 minutes. Serve in the leaf with rice.

Trout
in leek sauce



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 498 kcal / 2089 kJ

14 g P, 42 g F, 8 g CH

Serves 4

2 onions

2 leeks

12 trout fillets

100 g butter

250 ml white wine

250 ml fish stock

$\frac{1}{4}$ tsp each of rubbed thyme and oregano

$\frac{1}{2}$ tsp each: pepper, garlic powder, cayenne pepper and paprika

250 ml cream

salt

1 Peel and chop the onions. Trim and wash the leeks, then cut into rings. Pat dry and salt the trout fillets.

2 Melt 90 g of the butter in a large saucepan and fry onions and leeks. Deglaze with the wine and stock and add the thyme, oregano and other spices.

3 Bring to the boil and add the fish. Simmer over low heat for 10 minutes, then remove the fish and keep warm.

4 Cook the sauce down by half, then add the cream and reduce again. Pour the sauce over the fish and serve with a wild rice blend.

Herbed fish medaillons
baked crispy brown



Preparation time: approx. 25 minutes (plus baking time)

Per serving approx. 252 kcal / 1061 kJ

18 g P, 12 g F, 18 g CH

Serves 4

250 g potatoes

150 g fresh fish fillet

150 g smoked fish fillet

2 tbsp chopped parsley

3 tbsp chopped dill

3 tbsp mayonnaise

Tabasco sauce

breadcrumbs

80 g butter

2 tbsp crème fraîche

2 tsp chopped capers

juice of $\frac{1}{4}$ lemon

1 pinch sugar

salt and pepper

1 Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Peel and wash the potatoes, then cut into cubes. Cook in salted water, then drain.

2 Season the fresh fish with salt and pepper and seal in buttered aluminium foil. Cook in the pre-heated oven for 12–15 minutes. Open the foil, pour the juices over the potatoes and mash.

3 Skin and debone the smoked fish and mix with the potatoes. Cut the cooked fish into small pieces and mix in as well. Add half the herbs and 1 tablespoon mayonnaise. Season with Tabasco sauce, salt and pepper. Form 8 small patties and dip in the breadcrumbs, pressing gently.

4 Line a baking sheet with baking parchment and grease with 15 g butter. Melt the remaining butter and brush onto the patties. Place them on the baking sheet and bake in a pre-heated oven (220 °C, Gas Mark 6, fan oven 200 °C) for 20 minutes or until crisp and brown.

5 Mix the remaining herbs with the crème fraîche and the remaining mayonnaise. Drain the capers and mix in. Season to taste with salt, pepper, lemon juice and sugar. Serve the fish patties with sauce.

Herring and potatoes
with chive green sauce



Preparation time: approx. 25 minutes (plus baking time)

Per serving approx. 1103 kcal / 4631 kJ

26 g P, 92 g F, 44 g CH

Serves 4

1 kg potatoes

4 double herring fillets

50 g butter

6 egg yolks

500 ml cream

1 bunch chives

1 bunch parsley

200 g crème fraîche

200 g sour cream

salt and pepper

1 Pre-heat oven to 180 °C (Gas Mark 4, fan oven 160 °C). Peel and wash potatoes, then cut into very thin slices. Dice the herring fillets. Grease a casserole dish with some of the butter. Layer potatoes and herring alternately, ending up with potatoes.

2 Whisk egg yolk with cream, pepper lightly and pour over potatoes. Cut remaining butter into flakes and distribute over potatoes. Bake on the middle rack for 1 hour.

3 To make the sauce, wash herbs, shake dry and finely chop. Stir crème fraîche together with sour cream and season to taste with salt and pepper. Stir in herbs and allow to sit. Serve cold with hot herring and potatoes.

Sea bass
with orange sauce



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 332 kcal / 1394 kJ

56 g P, 5 g F, 10 g CH

Serves 4

2 kitchen-ready sea bass

3 tbsp olive oil

½ natural orange

2 natural lemons

½ bunch of dill

½ bunch of chervil

3 tbsp orange juice

3 tbsp dry white wine

salt and pepper

1 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Brush a large baking dish with 1 tablespoon olive oil. Wash the fish inside and out,

pat dry and brush with 1 tablespoon of the oil. Season with salt and pepper.

2 Wash the orange and lemons in hot water and slice. Wash the dill and chervil and shake dry.

3 Place 1 slice of orange and lemon and 1 sprig of dill and chervil inside each fish. Tie the fish up with cooking twine and lay in the baking dish. Brush with the remaining oil and bake in the oven for 40 minutes.

4 Stir the orange juice and wine together and heat. While baking, brush the fish with this mixture. When prodding with a fork causes the fish to fall apart, remove it from the oven.

5 Remove the twine and serve the fish with the remaining herbs and lemon slices.

TIP

Sea bass can be replaced with gilthead bream, which likewise has an exquisite flavour. With gilthead, the cooking time is reduced by 10 minutes.

Stir fried perch
with red curry and lychees



Preparation time: approx. 15 minutes (plus 30 minutes sxmarinating time)

Per serving approx. 318 kcal / 1332 kJ

25 g P, 13 g F, 24 g CH

Serves 4

500 g perch fillet

2 tbsp oyster sauce

4 tbsp fish sauce

1 bitter melon

1 dried chilli

4 tbsp vegetable oil

1 tbsp jaggery

1 tbsp red curry paste

2 tins unsweetened coconut milk (each 400 ml)

1 tin lychees (400 g)

1 Wash the perch fillet, pat it dry and cut into cubes of about 3 cm. Marinate for 30 minutes in the oyster and fish sauces.

2 Cut the bitter melon in half lengthways, remove seeds and cut into $\frac{1}{2}$ cm-thick slices. Cut the chilli into rings.

3 Heat the oil in a wok and fry the finely chopped or crumbled jaggery and curry paste. Deglaze with the coconut milk, then bring to the boil. Add the bitter melon and simmer for 5 minutes.

4 Drain the lychees, then add to the wok with the fish and simmer for about 2 minutes. Finally, sprinkle with chilli rings.

Meat



Mince skewers
with herb dip



Preparation time: approx. 25 minutes (plus grilling time)

Per serving approx. 438 kcal / 1840 kJ

34 g P, 30 g F, 8 g CH

Serves 4

300 g pork mince

300 g veal mince

2 onions

1 clove garlic

1 red pepper

2 gherkins

½ bunch parsley, chopped

1 tsp cayenne pepper

1 tsp freshly chopped chervil

1 tsp freshly cut chives

250 g natural yoghurt

250 g sour cream

salt and pepper

1 Put both types of mince into a bowl. Peel and finely chop the onions and garlic. Trim and deseed the pepper and cut it into small cubes. Dice the gherkins finely as well.

2 Combine the minces, 1 chopped onion, the garlic, pepper, gherkins, parsley and spices and knead into a smooth mass. Form balls from the mass and thread 3 onto each skewer.

3 Grill the skewers for 15 minutes, turning frequently.

4 Mix the remaining onion with the herbs, yogurt and sour cream, then season to taste with salt and pepper. Serve the mince skewers with the sauce and rice.

Lamb cutlets
with mint yoghurt



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 307 kcal / 1289 kJ

9 g P, 15 g F, 32 g CH

Serves 4

2 cloves garlic

300 g cream yoghurt

2 tbsp olive oil

2 tbsp freshly chopped mint leaves

8 small lamb cutlets

50 g breadcrumbs

4 slices toast

rind of 1 natural lemon

4 tbsp flour

2 eggs

3 tbsp vegetable oil

salt and pepper

1 Peel the garlic and chop finely. Mix with the cream yoghurt, olive oil and mint, then season to taste with salt.

2 Season the lamb with salt and pepper. Pour the breadcrumbs onto a plate and crumble the toast on top. Combine with the lemon rind.

3 Put the flour and the beaten egg on two separate plates. Dip each cutlet in the flour, then the eggs and finally in the breadcrumbs. Heat the oil in a frying pan and fry the cutlets for 3 minutes on each side. Serve with the mint yoghurt.

Lamb cutlets
with orange sauce



Preparation time: approx. 25 minutes (plus marinating, frying and cooking time)

Per serving approx. 367 kcal / 1541 kJ

44 g P, 14 g F, 12 g CH

Serves 4

8 small lamb cutlets

1 clove garlic

5 tbsp olive oil

2 shallots

125 ml meat stock

125 ml red wine

1 tbsp chopped thyme

3 tbsp orange marmalade

2 oranges

salt and pepper

1Beat the lamb cutlets flat. Peel and chop the garlic, mix with the oil, then rub into the cutlets. Marinate them overnight in the fridge.

2Peel and chop the shallots. Sauté the cutlets in a frying pan for 5 minutes on each side. Remove from the pan and keep warm.

3Sauté the shallots in the oil remaining in the pan until glassy. Add the meat stock, red wine and thyme and bring to the boil, stirring often, then purée. Stir in the marmalade and simmer for 5 minutes. Season to taste. Peel and fillet the oranges, then cut into slices.

4Season the cutlets and place 2 cutlets onto each skewer, alternating with the orange slices. Serve with the sauce and potatoes.

Lamb chops
with herbs



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 443 kcal / 1859 kJ

39 g P, 31 g F, 4 g CH

Serves 4

1 onion

2 cloves garlic

6 tbsp olive oil

½ tsp each: freshly chopped chervil, thyme, marjoram, sage and rosemary

rack of lamb

salt and pepper

1 Peel and finely chop the onion and garlic. Mix in a bowl with the olive oil and fresh herbs, then season with salt and pepper.

2 Cut the lamb into chops, making multiple incisions at the same time (this ensures the cutlets will not buckle while grilling). Brush the meat with the herb marinade and marinate in a bowl in the fridge overnight.

3 Remove the lamb from marinade and drain, collecting the run-off marinade. Grill the lamb chops for 8 minutes, turning and basting frequently. Serve with a baguette or potatoes en papillote.

Oven-baked marinated
lamb cutlets



Preparation time: approx. 10 minutes (plus marinating, grilling and cooking time)

Per serving approx. 358 kcal / 1501 kJ

32 g P, 22 g F, 1 g CH

Serves 8

6 tbsp oil

juice of 1 lemon

100 ml cognac

2 cloves garlic, crushed

2 tbsp dried herbes de Provence

8 double lamb cutlets

salt and pepper

1Mix the oil, lemon juice, cognac, salt and pepper, garlic and herbs.

Marinate the cutlets in the refrigerator for 4 hours, rotating them several times.

2Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Remove the cutlets from the marinade, place in a baking dish and bake for 15 minutes.

3Baste frequently. Then turn on the grill and grill each side for 8 minutes.

Meatloaf
with bacon



Preparation time: approx. 20 minutes (plus cooking and baking time)

Per serving approx. 783 kcal / 3287 kJ

63 g P, 47 g F, 29 g CH

Serves 4

1 onion

2 cloves garlic

100 g spinach

1 tbsp oil

5 tbsp ketchup

2 tbsp mustard

6 tbsp brown sugar

1 kg beef mince

75 g oats

4 eggs

8 rashers smoked bacon

salt and pepper

1 Peel the onion and garlic and chop finely. Trim and wash the spinach, then wilt in a saucepan, stirring constantly. Remove from the pot, drain and chop.

2 Heat the oil in a frying pan and fry the onions and garlic until glassy, then transfer to a bowl and allow to cool. Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C).

3 Stir the ketchup, mustard and sugar into the onions and knead together with the mince, oats, eggs and spinach. Season with salt and pepper.

4 Place the mixture in a loaf pan and lay the bacon slices over the top. Cover everything with aluminium foil and bake in the oven for 45 minutes.

5 15 minutes before the cooking time is over, remove the aluminium foil to allow the meatloaf to become brown and crisp.

TIP

If the mince mixture is too loose, extra oats or breadcrumbs can be used to help it bind better.

Roast beef
– sirloin on the bone



Preparation time: approx. 20 minutes (plus roasting time)

Per serving approx. 263 kcal / 1103 kJ

25 g P, 18 g F, 1 g CH

Serves 8

2 kg beef sirloin on the bone

½ tsp mustard powder

½ tsp black pepper

salt

60 g clarified butter

1 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Make incisions into the fat on the meat and rub with the mustard powder, pepper and salt.

2 Heat the clarified butter in a roasting pan and, starting with the fatty side, sear the meat briefly on all sides so that a brown crust forms. Lay the meat with the fatty side upward in the roasting pan and roast in the oven for 30 minutes or until medium rare.

3 Remove the meat from the oven, wrap in aluminium foil and set aside briefly, then carve into thin slices. Serve with horseradish sauce or cold mustard.

TIP

To remove any doubt about cooking times, a meat thermometer is a sound investment.

Hamburgers
with ketchup



Preparation time: approx. 15 minutes (plus frying time)

Per serving approx. 533 kcal / 2237 kJ

37 g P, 28 g F, 34 g CH

Serves 4

600 g beef mince

50 g oats

ketchup

2 tbsp milk

1 tbsp Dijon mustard

1 egg

smoked salt

pepper

½ tsp dried oregano

2 tbsp oil

1 onion

4 hamburger buns

30 g melted butter

1 Knead the beef mince with the oats, 2 tablespoons ketchup, the milk, mustard and egg into a mass. Season with salt, pepper and the oregano.

2 From the mass form 4 patties of equal size. Heat the oil in a frying pan and brown on both sides, then lower the temperature and fry for about 7 minutes.

3 Peel the onion and cut into rings. Shortly before the burgers are done, lay the onion rings on top and cook briefly with them.

4 Cut the buns in half and brush with the melted butter. Toast under the grill.

5 Place one patty in each bun, top with the onion rings and serve with ketchup. If desired, garnish with sliced tomato and lettuce.

Beef roulades
stuffed with spinach and mushrooms



Preparation time: approx. 25 minutes (plus frying and roasting time)

Per serving approx. 295 kcal / 1239 kJ

31 g P, 17 g F, 3 g CH

Serves 4

200 g spinach

4 tbsp olive oil

2 shallots

1 clove garlic

150 g champignons

1 tsp rubbed thyme

2 tbsp brandy

juice of $\frac{1}{2}$ lime

50 g butter

75 g freshly grated Gruyère

2 large, thin pieces of beef (e. g. topside), 250 g each

salt and pepper

1 Trim and wash the spinach, sorting out any bad leaves, allow to drain and cut into large pieces. Heat 2 tablespoons of the oil in a saucepan and sauté briefly.

2 Season the spinach with salt and pepper. Remove the spinach from the pot, press and chop finely. Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C).

3 Peel the shallots and garlic and chop finely. Trim the champignons, wipe with moist kitchen paper and cut into slices.

4 Heat the remaining oil in a frying pan and sauté the shallots with the garlic and thyme. Add the mushrooms and simmer. Add the brandy, allowing it to reduce a little, then stir in the lime juice and butter. Stir in the spinach, then fold in the cheese and season to taste.

5 Brush the filling onto one side of the beef and roll up. Pin together with roulade needles or tie with kitchen twine. Place in a baking dish and roast for 20 minutes, until the meat is tender.

6 Cut the roulades into thin slices (about 1.5 cm thick) and serve with potatoes.

Baked potato
and mince au gratin



Preparation time: approx. 20 minutes (plus frying and grilling time)

Per serving approx. 328 kcal / 1378 kJ

19 g P, 21 g F, 16 g CH

Serves 4

400 g large potatoes

½ bunch spring onions

30 g butter

200 g mixed minced meat

paprika

100 g freshly grated Emmental cheese

salt and pepper

1 Wash the potatoes and boil for about 15 minutes in a saucepan with salted water, not allowing them to soften too much. Drain and set aside to cool somewhat.

2 Trim and wash the spring onions and cut into rings. Heat half of the butter in a frying pan and fry the spring onions and mince together. Season to taste with pepper and paprika.

3Cut the potatoes in half and hollow out the insides. Mix the scoopings with the mince and use to refill the potato halves. Sprinkle with salt, cut the remaining the butter into flakes and distribute on top. Finally, sprinkle with the cheese and place under the grill for 10 minutes. Fresh salad makes a tasty accompaniment.

Spring rolls
with mince filling



Preparation time: approx. 20 minutes (plus cooking and deep-frying time)

Per serving approx. 148 kcal / 622 kJ

10 g P, 7 g F, 12 g CH

Serves 4

1 red pepper

1 yellow pepper

150 g champignons

100 g glass noodles

2 tbsp oil

100 g beef mince

1 bunch freshly chopped coriander

1 tsp freshly grated ginger

2 tbsp soy sauce

8 spring roll wrappers

1 egg white

500 ml oil for deep-frying

salt and pepper

1 Trim and deseed the peppers and cut into thin strips. Trim the champignons and wipe with moist kitchen paper, then chop finely. Place the glass noodles in a bowl, pour boiling water over them and allow to stand for 5 minutes, then drain.

2 Heat the oil in a frying pan and sauté the pepper strips with the mushrooms and mince. Add the glass noodles, coriander, ginger and soy sauce. Season with salt and pepper.

3 Lay out the spring roll wrappers and brush the edges with the beaten egg white. Distribute the filling and roll up the wrappers.

4 Heat the deep-frying oil in a saucepan and deep-fry the spring rolls. Serve hot with sweet chilli sauce and soy sauce.

Kalua pork
Hawaiian roast



Preparation time: approx. 10 minutes (plus cooking time)

Per serving approx. 430 kcal / 1806 kJ

65 g P, 14 g F, 7 g CH

Serves 6

2 kg ham or pork roast in one piece

2 cups cider

smoked salt

salt

1 Soak a fireproof clay pot in water for half an hour. Rub the pork with smoked salt and place into the clay pot. Pour the cider over the pork.

2 Without pre-heating, place in the oven and cook at 150 °C (Gas Mark 2, fan oven 130 °C) for at least 5 hours.

3 Remove the meat from the pot, season with regular salt and pull or cut into pieces. Serve with salad or rice and vegetables.

Pork cutlets
with apple-ginger dip



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 480 kcal / 2016 kJ

45 g P, 15 g F, 41 g CH

Serves 4

4 pork cutlets, each 200 g

2 cloves garlic

5 tbsp lemon juice

2½ tbsp grated ginger

160 ml kecap manis (Indonesian sauce)

2 tbsp soy sauce

80 ml rice vinegar

3 tbsp olive oil

1 tsp pepper

4 apples

60 g sugar

2 tbsp rice wine

cayenne pepper

1 Remove excess fat from the cutlets. Peel and chop the garlic. Mix the garlic with half of the lemon juice, 1½ tablespoons of the ginger, the kecap manis, soy sauce, rice vinegar, olive oil and pepper to make a marinade. Marinate the cutlets in the fridge overnight.

2 Peel the apples and remove the cores. Quarter and then cut into wedges. Mix the sugar with the remaining lemon juice and rice wine, then heat without boiling. Add the apples and heat for 15 minutes over low heat.

3 Chop the apples and add to the dip. Season to taste with the remaining ginger and cayenne pepper.

4 Remove the cutlets from the marinade and pat dry. Grill for 7–8 minutes on each side. Serve with the appleginger dip.

Puff pastry rolls

Mexican style



Preparation time: approx. 25 minutes (plus thawing and baking time)

Per serving approx. 1158 kcal / 4864 kJ

42 g P, 62 g F, 109 g CH

Serves 4

1 package frozen puff pastry (450 g)

1 clove garlic

1 onion

2 tomatoes

1 tin kidney beans (400 g)

1 tin maize (400 g)

400 g mixed mince

2 eggs

½ tsp cayenne pepper

½ tsp sweet paprika

2 tbsp freshly chopped chervil

salt and pepper

1 Thaw the puff pastry. Peel and chop the garlic and onion. Remove the stems from the tomatoes, wash and cut into cubes. Drain the beans and maize. Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C).

2 Mix the kidney beans and maize with the mince, 1 egg, spices and chervil. Separate the other egg. Remove a little of the puff pastry to use for decoration, then roll out a rectangle. Brush the edges with egg white. Spread the mince and vegetable mixture over the dough and roll or fold up.

3 Make ornaments with the rest of the puff pastry, brush with egg white and use to decorate the roll.

4 Fit a baking sheet with baking parchment and lay the pastry on top. Bake in the oven for 40 minutes. Slice and serve with salad.

Beefsteak
with onion rings



Preparation time: approx. 10 minutes (plus frying time)

Per serving approx. 593 kcal / 2489 kJ

43 g P, 38 g F, 19 g CH

Serves 4

30 g clarified butter

4 beefsteaks (each 180 g)

2 onions

100 g flour

500 ml oil for deep-frying

salt

1 Heat the clarified butter in a large cast-iron frying pan until very hot. Fry the steaks on both sides for 2 or 3 minutes, so that the flesh on the inside is still pink. The exterior should be quite brown, the interior juicy. After frying, remove each steak and keep warm in the oven.

2 Peel the onions and cut into very thin rings, then dip in the flour. Heat the oil in a large saucepan or deep-fryer to 160 °C (Gas Mark 3) and fry the onions for 10 minutes. Remove the onions with a slotted spoon and drain on kitchen paper. Salt to taste. Serve the steaks with onion rings and salad.

Poultry



Turkey escalope
with cherry sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 213 kcal / 1310 kJ

37 g P, 8 g F, 16 g CH

Serves 4

4 boneless turkey breasts

400 g morello cherries (in jar)

45 g butter

3 tbsp oil

2 tbsp red wine vinegar

1 tbsp brown sugar

100 ml red wine

1 tbsp kirsch

salt and pepper

1 Pound the turkey breasts flat and season with salt and pepper.

2Tip the cherries into a sieve and drain, catching the juice. Put the butter in the refrigerator.

3Heat the oil in a frying pan and fry the turkey breasts for 4 minutes on each side. Remove from the pan and keep warm.

4Deglaze the frying juices with the vinegar and stir in the sugar. Pour in the wine and kirsch and simmer for 3 minutes. Add half the cherry juice and fold in the cherries.

5Thicken the sauce with the cold butter and season to taste with salt and pepper. Serve the turkey with the sauce and hashbrowns or fried grated potatoes.

Chicken wings
with blue cheese dip



Preparation time: approx. 20 minutes (plus deep-frying time)

Per serving approx. 828 kcal / 3475 kJ

49 g P, 69 g F, 4 g CH

Serves 4

1 kg chicken wings

45 g butter

1 tsp paprika

1 tbsp Tabasco sauce

1 tbsp lemon juice

1 clove garlic

100 g blue cheese

50 ml crème fraîche

50 g mayonnaise

150 g natural yoghurt

1 tbsp lemon juice

pepper

sugar

1 Wash the chicken wings, pat dry and cut at the joint. For the marinade, melt the butter and mix with the paprika, Tabasco sauce and lemon juice. Marinate the chicken wings in a bowl.

2 Place the wings under the grill and, turning occasionally, grill until crisp.

3 To make the dip, peel and chop the garlic. Crush the cheese with a fork and stir together with the remaining ingredients. Season to taste with the pepper and sugar. Serve the wings with the dip.

Chicken
Caprese



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 690 kcal / 2898 kJ

62 g P, 36 g F, 26 g CH

Serves 4

1 onion

2 cloves garlic

6 tomatoes

3 tbsp olive oil

3 tbsp balsamic vinegar

4 boneless chicken breasts

100 g flour

3 eggs

1 tbsp milk

100 g breadcrumbs

45 g clarified butter

400 g mozzarella

salt and pepper

basil for garnish

1 Peel the onion and cut into rings. Peel and chop the garlic. Wash the tomatoes, remove the stems and slice. Toss the tomatoes with the onion and 1 clove of the garlic. Make a dressing with the oil, balsamic vinegar, remaining garlic clove, salt and pepper, then pour over the tomatoes.

2 Pound the chicken breasts and season with salt and pepper. Sift the flour onto a plate. Beat the eggs with the milk and pour into a wide dish. Put the breadcrumbs onto plate. Dip the chicken breasts first in the flour, then in the eggs and then in the breadcrumbs.

3 Heat the clarified butter in a frying pan and fry the chicken on each side for 5 minutes. Slice the mozzarella and apportion with the tomatoes onto 4 plates. Place the chicken breasts on top. Garnish with the basil and serve.

Lemon chicken
with parsley and tarragon



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 365 kcal / 1533 kJ

54 g P, 10 g F, 12 g CH

Serves 4

6 boneless chicken breasts

1 tbsp sweet paprika

50 g flour

120 g butter

½ bunch freshly chopped Italian parsley

1 tsp dried tarragon

5 tbsp lemon juice

1 lemon

salt and pepper

1 Remove the skin and sinews from the chicken breasts and pound flat.
Season with the salt, pepper and paprika and then dip in the flour.

2Heat 30 g of the butter in a frying pan. Fry the chicken breasts for 5 minutes on each side or until done. Remove from the pan and keep warm.

3Melt the remaining butter in a saucepan, add the herbs and lemon juice and bring to the boil. Wash the lemon with hot water and slice. Lay the chicken breasts in the lemon butter. Garnish with the sliced lemon and serve with rice.

Turkey
with chive dressing



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 487 kcal / 2045 kJ

33 g P, 32 g F, 13 g CH

Serves 4

4 shallots

250 ml chicken stock

4 boneless turkey breasts

50 g flour

2 tbsp clarified butter

60 ml white wine

3 tbsp cream

1 bunch chives

juice and grated rind of 1 lemon

15 g butter

salt and pepper

1 Peel and chop the shallots. Heat in the chicken stock and cook down by half. Dip the turkey breasts in the flour.

2 Heat the clarified butter in a frying pan and fry the turkey on each side for 2 minutes. Season with the salt and pepper, remove from the pan and keep warm.

3 Strain the chicken stock and use to deglaze the frying juices. Add the wine and cook down. Refine with the cream. Wash the chives, chop and stir into the sauce. Season to taste with the salt, pepper and lemon. Slice the butter into thin pats and add to the sauce. Pour the sauce over the turkey breasts and serve with rice.

Chicken
cordon bleu



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 682 kcal / 2864 kJ

48 g P, 52 g F, 5 g CH

Serves 4

4 large boneless chicken breasts

400 g cream cheese

2 tbsp green pepper

1½ tbsp lemon juice

200 ml cream

1 bunch chopped chives

8 slices sweetcure bacon

4 tbsp oil

salt and pepper

1 Season the chicken breasts with the salt and pepper. Mix the cream cheese with the green pepper, lemon juice and 2 tablespoons of the cream. Stir in half the chives.

2Place 2 tablespoons of the filling on each chicken breast and the lay bacon over the filling. Fold up the breasts and hold together with wooden skewers.

3Heat the oil in a frying pan and fry the chicken on each side for 6–8 minutes. Remove from the pan and keep warm.

4Mix the leftover filling and cream with the frying juices and bring to the boil. Add the chives. Serve the chicken with the sauce and fried potatoes.

Chilli chicken
in a spicy cocoa marinade



Preparation time: approx. 15 minutes (plus marinating and grilling time)

Per serving approx. 149 kcal / 623 kJ

15 g P, 10 g F, 12 g CH

Serves 8

2 broilers (each 1.2 kg)

1½ tsp chilli powder

1½ tsp dried oregano

1½ tsp cocoa

5 tbsp oil

3 tbsp soy sauce

salt

1Cut each chicken into 4 pieces. Combine the chilli powder in a bowl with the oregano, cocoa, oil, soy sauce and a little salt.

2Thoroughly brush the chicken pieces with the marinade.

3Place the chicken in a freezer bag, close completely and marinate overnight in the refrigerator.

4 Pre-heat the oven grill to 250 °C (Gas Mark 9). Lay the chicken underneath and grill for 45 minutes.

5 Turn and baste the chicken frequently. For the last 10 minutes, allow the skin to become crisp.

TIP

There are over 100 types of chilli and 120 degrees of spiciness. For European tastes, a 20 on this scale is already quite spicy. Sensitive palates should therefore take care when using chillies or chilli powder.

Vegetable-stuffed chicken
with creamy sauce



Preparation time: approx. 25 minutes (plus frying and cooking time)

Per serving approx. 320 kcal / 1344 kJ

38 g P, 14 g F, 8 g CH

Serves 4

1 onion

1 clove garlic

1 carrot

1 yellow bell pepper

1 small courgette

4 tbsp vegetable oil

1 tbsp curry powder

½ tsp cayenne pepper

1 tbsp honey

4 boneless chicken breasts

100 ml cream

100 ml vegetable stock

salt

1 Peel and chop the onion and garlic. Trim, wash or peel the vegetables and dice finely. Heat 2 tablespoons of the oil in a frying pan and sauté the onion, garlic and vegetables. Stirring constantly, cook for 3 minutes. Stir in the spices and honey.

2 Pound the chicken breasts flat and season with the salt. Place 1 tablespoon of the vegetable filling on each breast, then fold up and pin together.

3 Heat the remaining oil and fry the chicken on each side for 3 minutes. Remove from the pan. Add the cream and the vegetable stock to the frying juices and bring to the boil. Allow to cook down somewhat. Add the chicken breasts and the remaining vegetables to the pan and cook for a further 5 minutes. Serve the chicken with the sauce.

Turkey
with tomatoes



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 224 kcal / 940 kJ

31 g P, 7 g F, 6 g CH

Serves 4

3 tbsp oil

1 tbsp brandy

½ tsp rose paprika

4 boneless turkey breasts

4 tomatoes

15 g butter

4 tbsp mango chutney

salt and pepper

red peppercorns for garnish

1 Make a marinade with the oil, brandy, paprika and salt and pepper. While the turkey breasts marinate for 10 minutes, pre-heat the oven grill.

2 Wash the tomatoes, remove the stems and make a cross-shaped incision on top. Season with the salt and pepper and put a little butter in each tomato.

3 Remove the turkey from the marinade and pat it dry. Grill on each side for 5 minutes. Grill the tomatoes as well.

4 Arrange the turkey and tomatoes on plates. Decorate each turkey breast with 1 tablespoon mango chutney and garnish with red peppercorns.

Turkey toast
with mushrooms



Preparation time: approx. 20 minutes (plus frying and baking time)

Per serving approx. 737 kcal / 3095 kJ

62 g P, 26 g F, 62 g CH

Serves 4

4 boneless turkey breasts

100 g flour

3 eggs

1 tbsp milk

100 g breadcrumbs

200 g oyster mushrooms

2 spring onions

3 tbsp clarified butter

2 tbsp cream

1 tbsp chopped fresh chervil

2 tomatoes

8 slices wholemeal toast

150 g Gouda cheese, sliced

salt and pepper

1Lightly pound the turkey breasts, season with the salt and pepper and cut in half. Sift the flour onto a plate. Beat the eggs with the milk and pour into a wide dish. Put the breadcrumbs onto a plate. Dip turkey breasts first in the flour, then in the eggs and finally in the breadcrumbs.

2Trim the mushrooms, wipe with damp kitchen paper and cut into small slices. Trim the spring onions, wash and cut into rings. Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C).

3Heat 2 tablespoons of the clarified butter in a frying pan and fry the turkey on each side for 5 minutes. Remove from the pan. Heat the remaining clarified butter and sauté the onions and mushrooms. Stir in the cream and chervil and season with salt and pepper.

4Wash the tomatoes, remove the stems and cut into slices. Lay the toast on a baking rack and place 1 piece of turkey on each slice. Top each with 1 tomato slice, mushrooms and 1 slice of Gouda cheese. Bake in the oven for 15 minutes.

Chicken
with chillies and garlic



Preparation time: approx. 20 minutes (plus frying and cooking time)

Per serving approx. 305 kcal / 1281 kJ

36 g P, 13 g F, 3 g CH

Serves 4

4 boneless chicken breasts

4 cloves garlic

1 red chilli

2 tbsp clarified butter

150 ml white wine

100 ml cream

chilli oil

salt and pepper

1 Pound the chicken breasts and season with salt and pepper. Peel the garlic and chop finely. Trim the chilli, wash, remove the seeds and chop finely.

2 Heat the clarified butter in a frying pan and gently sauté the garlic and chilli. Add the chicken breasts and fry each side for 4–5 minutes.

3 Pour the wine and cream into the pan and simmer for 6–7 minutes, until the sauce has reduced slightly. Serve the chicken with sauce and, if desired, add extra flavour with the chilli oil. Crisps and salad make an ideal accompaniment.

Pesto turkey rolls
simple and delicious



Preparation time: approx. 15 minutes (plus frying and simmering time)

Per serving approx. 212 kcal / 890 kJ

37 g P, 4 g F, 4 g CH

Serves 4

4 boneless turkey breasts

150 g pesto (from a jar)

2 tbsp olive oil

125 ml vegetable stock

several basil leaves

1Pound the turkey breasts quite flat and brush with the pesto. Roll up the turkey breasts and pin together with wooden skewers.

2Heat the oil in a frying pan and fry the turkey rolls thoroughly on all sides. Add the stock to the pan and simmer for 12 minutes or until done.

3If desired, cut rolls into slices. Garnish with the basil and serve with fresh bread and salad.

TIP

Pesto is easy to make at home and it provides a wonderful medium for experimentation with different herbs and spices.

Roast turkey
classic style with gravy



Preparation time: approx. 20 minutes (plus roasting time)

Per serving approx. 798 kcal / 3352 kJ

63 g P, 46 g F, 33 g CH

Serves 8

1 turkey (approx. 6 kg)

250 g streaky bacon

3 large onions

150 g celery

1 bunch parsley

50 g butter

200 ml white wine

150 ml chicken stock

500 g day-old cornbread

1 tbsp sweet paprika

3 tbsp cornflour

lingonberries (optional)

salt and pepper

1 Thoroughly wash the turkey inside and out. Rub with salt and pepper. Dice the belly of pork and dissolve in a frying pan.

2 Peel and chop the onions. Trim the celery and cut into small slices. Wash and chop the parsley.

3 Add the onions, celery and parsley to the pork and fry briefly. Then add the butter.

4 Work the vegetables with 100 ml wine, stock and diced cornbread into a semi-solid dough. Take care that it is not too moist.

5 Pre-heat the oven to 160 °C (Gas Mark 2, fan oven 140 °C). Fill the turkey's cavity with the stuffing and sew closed. Place in a roasting pan and roast in the oven for 4–5 hours, until the skin is crisp.

6 Occasionally pour the cooking juices over the turkey, adding water if necessary. When the turkey is ready, remove from the roasting pan and keep warm.

7 For the gravy, strain the cooking juices and add the remaining wine and, if necessary, chicken stock. Bring to the boil. Stir the cornflour into a little

water and use to thicken the gravy. If desired, stir 1 tablespoon lingonberries into the sauce.

Pasta



Spaghetti with pesto
and fish fillet



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 859 kcal / 3590 kJ

49 g P, 47 g F, 74 g CH

Serves 4

100 g pine nuts

130 ml olive oil

3 cloves garlic, peeled

50 g basil leaves

50 g grated Parmesan cheese

400 g spaghetti

250 g tomatoes

400 g catfish, halibut or plaice fillet

salt and pepper

1 Purée the pine nuts with 100 ml of the olive oil, the garlic and washed basil leaves. Mix in the Parmesan cheese and season to taste with salt and pepper.

2Cook the spaghetti until al dente in a large saucepan of salted water according to the package directions. Rinse thoroughly under running water and drain. Stir in 1 tablespoon of the olive oil.

3Make cross-shaped incisions on the tops of the tomatoes and scald with boiling water. Remove the skins and seeds, then dice. Season the fish fillets with salt and pepper and using the remaining olive oil, fry until golden brown.

4Heat the spaghetti and toss thoroughly with the pesto. Arrange on plates and top with the diced tomatoes. Lay a piece of fish on top of each portion and garnish with fresh basil.

Spaetzle
with meatballs



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 513 kcal / 2155 kJ

25 g P, 13 g F, 74 g CH

Serves 4

2 onions

50 g mushrooms

200 g beef mince

½ bunch chopped parsley

1 tbsp grated pecorino cheese

2 tbsp tomato paste

¼ tsp rose paprika

1 clove garlic

3 tbsp oil

1 tin tomatoes (400 g)

400 g spaetzle

salt and pepper

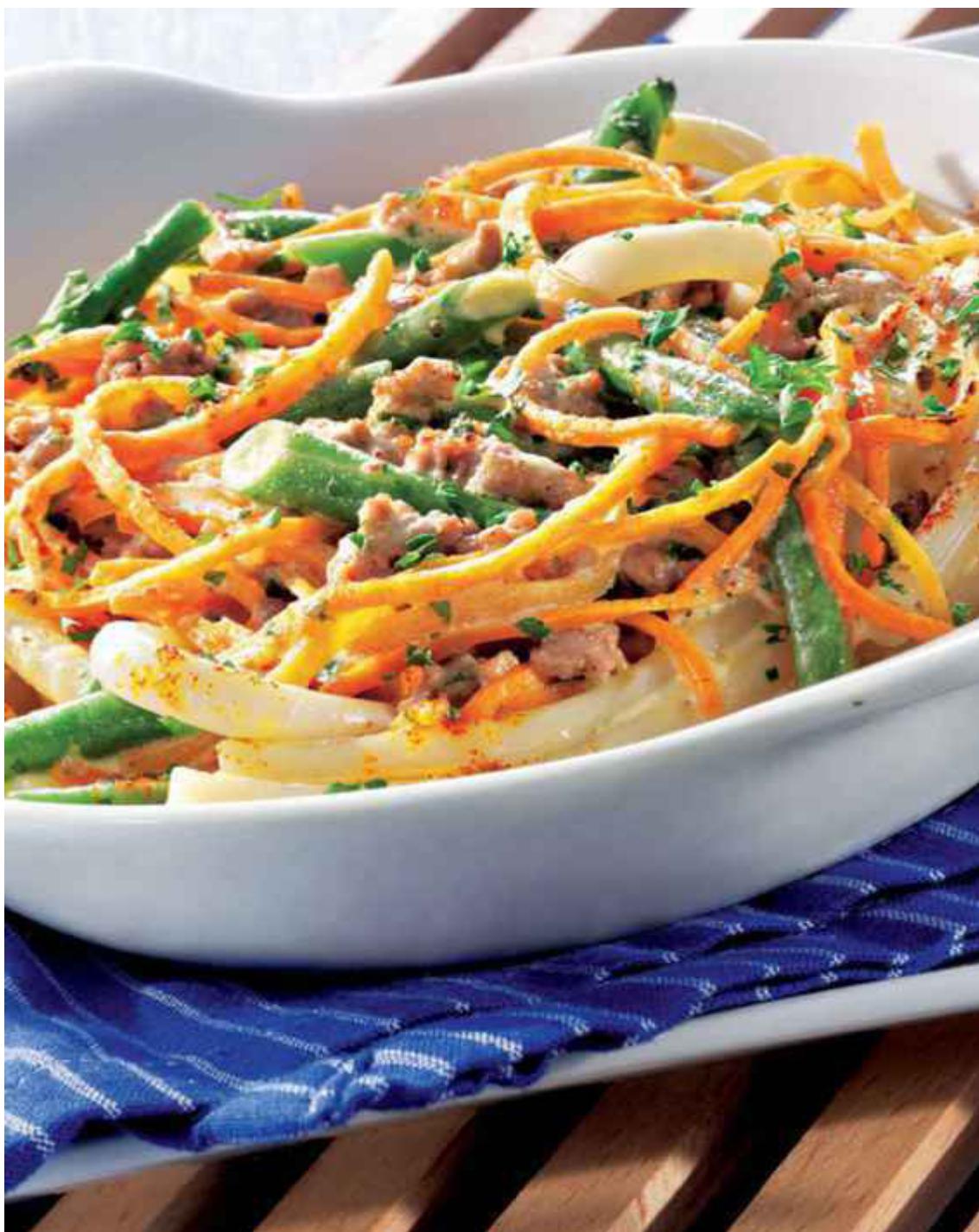
basil for garnish

1 Peel and chop the onions. Trim and chop the mushrooms. Mix the mince with half the chopped onions, the mushrooms, parsley, cheese and tomato paste, then season with the paprika and salt and pepper to taste. Form small meatballs and fry in 1 tablespoon hot oil. Set aside and keep warm.

2 Peel and chop the garlic. In the remaining oil, sauté the garlic with the rest of the chopped onions. Add the tomatoes with their juice, crush them and then season to taste.

3 Cook the spaetzle until al dente according to the instructions on the package. Drain and toss with the sauce. Distribute onto plates and top with the meatballs. Serve garnished with the basil.

Noodle bake
with minced lamb



Preparation time: approx. 20 minutes (plus simmering and baking time)

Per serving approx. 995 kcal / 4179 kJ

62 g P, 46 g F, 79 g CH

Serves 4

250 g green beans

200 g carrots

2 onions

1 clove garlic

3 tbsp olive oil

400 g lamb mince

300 ml white wine

½ bunch freshly chopped coriander

½ bunch freshly chopped

parsley

400 g macaroni

3 eggs

250 g yoghurt

250 g crème fraîche

100 g freshly grated Parmesan cheese

butter or oil for greasing

salt and pepper

1 Wash and trim the beans, then cut into pieces. Peel the carrots and cut into thin strips. Peel and chop the onions and garlic, then sauté in hot oil in a frying pan. Add the lamb mince and fry.

2 Add the carrots, beans and wine to the pan and simmer for 15 minutes. Stir in the herbs.

3 Pre-heat the oven to 190 °C (Gas Mark 5, fan oven 170 °C). Cook the macaroni until al dente in salted water and drain thoroughly.

4 Place the macaroni and the mince mixture into a greased casserole dish. Beat the eggs with the yoghurt and crème fraîche and pour on top. Sprinkle with the cheese and bake in the oven for 35 minutes.

Tagliatelle
with lemon sauce



Preparation time: approx. 25 minutes
Per serving approx. 696 kcal / 2909 kJ
18 g P, 33 g F, 76 g CH

Serves 4

1 natural lemon

4–6 sage leaves

6 tbsp olive oil

2 tbsp flour

250 ml milk

250 ml vegetable stock

400 g tagliatelle

125 ml whipping cream

2 egg yolks

lemon slices for garnish

sage leaves for garnish

salt and pepper

1 Wash the lemon in hot water. Remove the rind with a zester, or peel thinly with a knife and cut into strips. Squeeze out the juice.

2 Wash and dry the sage, then cut into fine strips. Fry in hot oil for 2–3 minutes. Remove from the oil with a skimmer. Sauté the flour in the oil, then stir in 4 tablespoons of the lemon juice, half the lemon peel, milk and stock. Simmer for 10 minutes, stirring frequently.

3 Cook the noodles according to the instructions on the package, in a saucepan of salted water. Whisk the cream with the egg yolks, stir into the hot sauce and remove from the heat. Season to taste with salt and pepper.

4 Drain the noodles and apportion onto plates with the sauce. Serve garnished with the lemon slices, sage leaves and fried sage strips.

Macaroni
and spinach casserole



Preparation time: approx. 20 minutes (plus cooking and baking time)

Per serving approx. 1003 kcal / 4213 kJ

48 g P, 54 g F, 75 g CH

Serves 4

400 g macaroni

1 kg spinach

1 onion

2 tbsp sunflower oil

300 g beef mince

150 ml white wine

200 g feta cheese

3 eggs

250 ml cream

1 tsp sweet paprika

4 tbsp pine nuts

oil or butter for greasing

salt and pepper

1 Cook the macaroni until al dente in a large saucepan of salted water according to the instructions on the package. Sort, trim and wash the spinach. Put it, still dripping, into a saucepan and wilt over a medium heat, then chop.

2 Peel and dice the onion. Sauté in hot oil until glassy. Add the mince and fry, stirring frequently. Add the wine and reduce somewhat. Stir in the spinach and crumbled feta cheese, then season with salt and pepper. Mix the contents of the pan with the noodles.

3 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Beat the eggs with the cream and season with the paprika. Grease a casserole dish and fill it with the pasta and spinach. Pour the egg mixture over the top and sprinkle with the pine nuts. Bake in the oven for 30 minutes.

Macaroni and cheese
with ham



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 840 kcal / 3528 kJ

42 g P, 33 g F, 92 g CH

Serves 4

500 g macaroni

200 g cooked ham

100 g Gouda

250 g béchamel sauce

150 ml milk

200 g soft cheese

3 tbsp chopped chives

salt and pepper

1Cook the pasta until al dente in a large saucepan of salted water, then drain well.

2Pre-heat the oven to 225 °C (Gas Mark 7, fan oven 200 °C). Dice the ham and grate the Gouda. Mix the béchamel sauce with the milk and bring

to the boil. Stir in the soft cheese, season with salt and pepper if desired. In a greased casserole dish, alternate the macaroni and ham in layers, pouring over with the sauce after each double layer.

3Pour the remaining sauce over the casserole, sprinkle with the cheese and bake in the oven on the second rack from the bottom for 20 minutes. Sprinkle with the chives and serve.

Tortellini
au gratin



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 720 kcal / 3024 kJ

33 g P, 24 g F, 92 g CH

Serves 4

500 g tortellini

400 g chourgettes

45 g butter

2 cloves garlic

3 eggs

250 ml milk

100 g freshly grated Parmesan cheese

freshly grated nutmeg

salt and pepper

1 Cook the tortellini until al dente in a large saucepan of salted water, according to the instructions on the package. Decant into a strainer, shake,

then drain thoroughly. Pre-heat the oven to 220 °C (Gas Mark 7, fan oven 200 °C).

2 Wash the courgettes, remove the stems and grate with a medium-fine vegetable grater.

3 Heat 30 g of the butter in a frying pan and fry for 5 minutes over a high heat.

4 Peel the garlic and press into the pan. Season to taste with salt.

5 Use the remaining butter to grease a casserole dish.

6 Cover the bottom of the dish with the courgettes. Put the tortellini into the dish on top of the courgettes.

7 Beat the eggs with the milk, mix in the Parmesan and season with nutmeg, salt and pepper. Pour evenly over the tortellini.

8 Bake in the oven on the middle rack for 15 minutes, until the surface is golden brown.

Ravioli
antipasti



Preparation time: approx. 25 minutes
Per serving approx. 841 kcal / 3533 kJ
28 g P, 61 g F, 20 g CH

Serves 4

400 g fresh green ravioli with cheese filling

250 g tinned peeled tomatoes

200 g any marinated or pickled vegetable antipasti

200 g savoury hard cheese, grated

1–2 drops almond flavouring

rubbed sage

butter or oil for greasing

100 g flaked almonds

butter, in flakes

salt and pepper

1 In a large saucepan of salted water, cook the ravioli according to the instructions on the package. Pre-heat the oven to 200 °C (Gas Mark 6).

2 Stirring constantly, heat the tomatoes (with their juice), marinated vegetables, grated cheese and the almond flavouring until the cheese starts to melt. Season with salt, pepper and sage.

3 Grease a flat, oven-proof dish and arrange the ravioli in it.

4 Cover with the tomatoes and vegetables, sprinkle with the flaked almonds, then distribute the butter flakes over the top. Cook in the oven on the top rack for 5–6 minutes.

Spaghetti
carbonara



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 703 kcal / 2951 kJ

31 g P, 33 g F, 70 g CH

Serves 4

50 g streaky bacon

100 g cooked ham

1 clove garlic

45 g butter

400 g spaghetti

40 g Parmesan cheese

40 g pecorino cheese

3 eggs

100 ml cream

salt and pepper

1Finely dice the bacon and ham. Peel and chop the garlic. Heat the butter in a frying pan and fry the bacon. Add the garlic and fry for a further 3 minutes.

2Cook the spaghetti until al dente in a large saucepan of salted water. Drain well. Add the noodles to the bacon in the pan and mix thoroughly.

3Finely grate the Parmesan and pecorino cheeses. Beat the eggs with the cream and half the cheese, then season with salt and pepper. Stir in the cooked ham. Add this mixture to the spaghetti and stir, cooking until the eggs begin to solidify.

4Stir in the remaining cheese and serve immediately.

Minced venison
with pasta



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 668 kcal / 2804 kJ

21 g P, 49 g F, 28 g CH

Serves 4

250 g venison

1 Spanish onion

1 carrot

500 g white cabbage

½ bunch chives

1 tbsp clarified butter

100 g diced bacon

250 ml dry red wine

125 ml game stock (ready-made)

1 tbsp tomato paste

1 tbsp rubbed thyme

1 tsp ground allspice

400 g rigatoni

salt and pepper

1 Wash and dry the venison. Run through a mincing machine, using the coarse plate.

2 Peel and dice the onions. Trim and peel the carrots, then cut into slices.

3 Wash the cabbage, remove the hard core, then cut into strips.

4 Wash, dry and chop the chives.

5 Heat the clarified butter in a large saucepan, add the bacon and dissolve. Add the diced onion and sauté until glassy.

6 Add the venison and fry thoroughly, stirring constantly. Stir in the carrots and cabbage.

7 Mix the red wine with the game stock and pour into the pan. Season with the tomato paste, thyme, pepper, allspice and salt. Stew over a medium heat for 15 minutes.

8Cook the pasta until al dente in a large saucepan of salted water, according to the instructions on the package. Drain well. Apportion the pasta and ragout onto warmed plates, sprinkle with the chives, then serve.

Spaghetti
aglio e olio



Preparation time: approx. 20 minutes
Per serving approx. 493 kcal / 2070 kJ
13 g P, 18 g F, 70 g CH

Serves 4

400 g spaghetti

5 cloves garlic

1 bunch Italian parsley

½ fresh chilli

60 ml extra virgin olive oil

1 dried chilli

salt and pepper

1 Cook the spaghetti until al dente in a large saucepan of salted water, according to the instructions on package.

2 Peel the garlic and cut into thin slices. Wash, dry and finely chop the parsley, setting 1 tablespoon aside. Wash the fresh chilli, remove the seeds and cut into thin strips.

3Heat the oil in a frying pan and sauté the chilli for 2 minutes. Add the garlic and sauté for 1 minute, but do not let it brown or it will become bitter. Crumble the dried chilli and add to the pan.

4Drain the spaghetti in a strainer, then add with the parsley to the other ingredients. Toss well, season with salt and pepper, then garnish with the remaining parsley.

Spinach spaghetti
seasoned with chilli and olive oil



Preparation time: approx. 25 minutes
Per serving approx. 373 kcal / 1564 kJ
14 g P, 3 g F, 70 g CH

Serves 4

300 g fresh spinach

3 red chillies

4 cloves garlic

400 g spaghettini

150 ml olive oil

50 g sesame seeds

salt and pepper

1 Trim, wash and dry the spinach. Trim and wash the chillies, then halve, deseed and dice them. Peel and dice the garlic.

2 Cook the spaghettini until al dente in a large saucepan of salted water, according to the instructions on the package.

3 Heat the oil in a frying pan and sauté the chillies. Add the garlic and, stirring constantly, sauté gently. Add the sesame seeds and sauté while stirring. Add the spinach and allow it to wilt.

4 Drain the pasta, refresh with cold water, then drain.

5 Toss with the spinach and season to taste with salt and pepper. Arrange on plates and serve.

TIP

Sesame seeds give this dish its special flavour. If sesame is not available, however, substitute roasted pine nuts.

Tagliatelle
with aubergines



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 443 kcal / 1858 kJ

8 g P, 8 g F, 74 g CH

Serves 4

2 aubergines

5–6 tbsp oil

1 shallot

1 clove garlic

2 tbsp lemon juice

4 tbsp olive oil

150 g yoghurt

400 g tagliatelle

100 g ricotta

½ bunch chives

salt and pepper

1 Pre-heat the oven to 225 °C (Gas Mark 7, fan oven 200 °C). Trim the aubergines, then wash and dry.

2 Brush one aubergine with half the oil and puncture several times with a fork. Bake on the middle rack in the oven for 30 minutes, until the skin turns black.

3 Scrape the aubergine flesh out of the skin. Peel the garlic and shallot and purée in a mixer with the baked aubergine flesh, lemon juice and olive oil. Stir in the yoghurt and season to taste with salt and pepper.

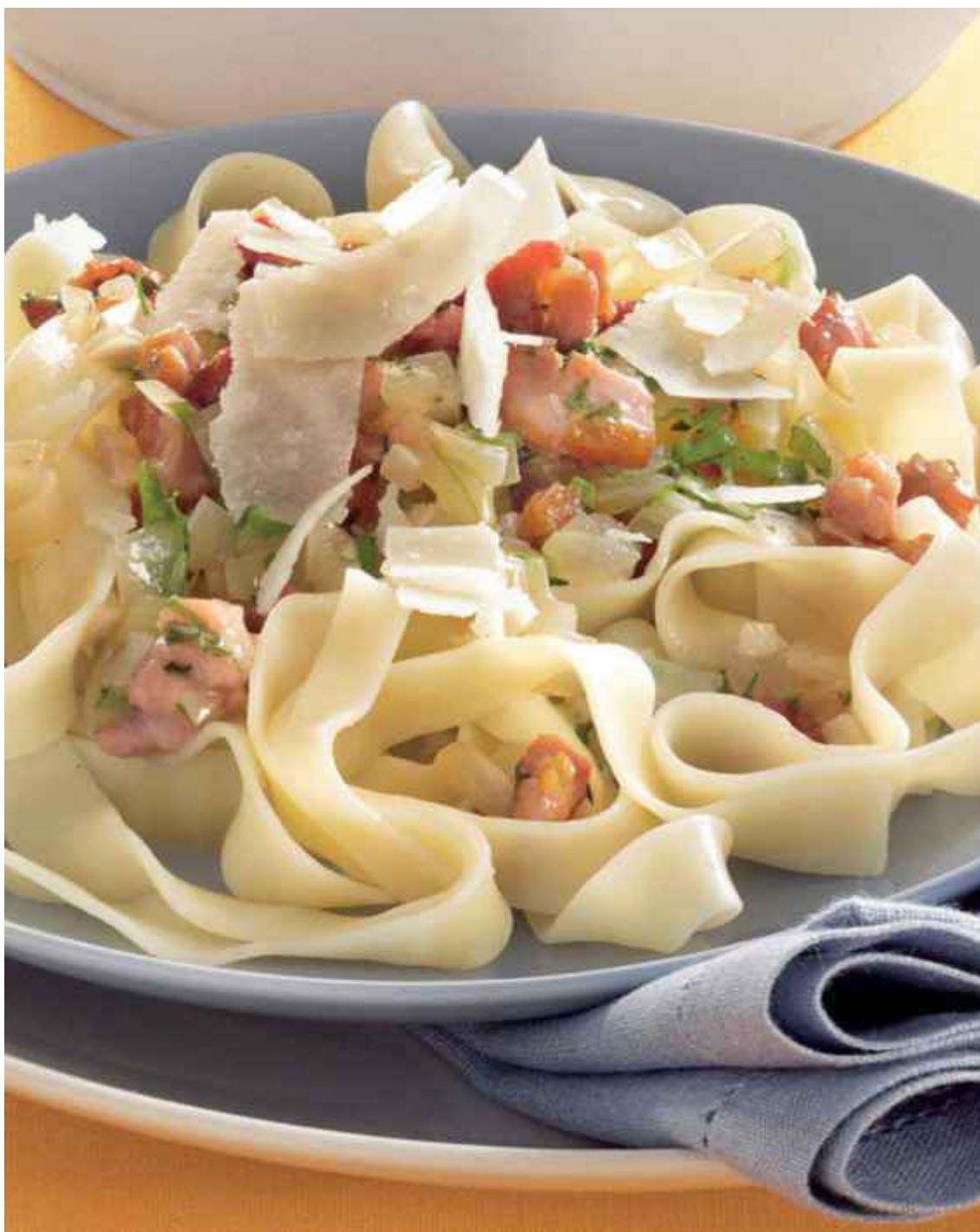
4 Cook the tagliatelle until al dente in a large saucepan of salted water, according to the instructions on the package. Crumble the ricotta cheese.

5 Cut the second aubergine into slices. Heat the remaining oil and lightly brown the aubergine slices on both sides.

6 Wash the chives, dry and chop.

7 Drain the pasta, refresh and drain again. Mix the pasta, aubergines and cheese. Arrange with the sauce on plates, garnish with the chives and serve.

Fettuccine
with bacon



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 678 kcal / 2840 kJ

48 g P, 52 g F, 6 g CH

Serves 4

100 g streaky bacon

1 onion

1 clove garlic

3 tbsp olive oil

150 ml meat stock

1 tbsp freshly chopped parsley

4 basil leaves

400 g fettuccine

100 g freshly grated pecorino cheese

salt and pepper

1 Dice the bacon. Peel and finely chop the onion and garlic. Heat the oil in a frying pan and fry the bacon. Add the onion and garlic and fry for a further 2 minutes.

2 Add the meat stock and parsley. Season with the salt and pepper. Over a low heat, reduce by half.

3 Wash the basil, shake dry and chop finely. When the sauce has reduced, stir in the basil.

4 Cook the fettuccine until al dente in a large saucepan of salted water. Drain, refresh and drain again. Distribute with the sauce onto plates, top with the cheese and serve.

Spaghetti
with fresh king trumpet mushrooms



Preparation time: approx. 10 minutes (plus cooking time)

Per serving approx. 648 kcal / 2720 kJ

22 g P, 27 g F, 78 g CH

Serves 4

450 g spaghetti

250 g king trumpet mushrooms

1 sprig rosemary

80 g butter

75 g Parmesan cheese

2 tbsp cold-pressed rapeseed oil

salt and pepper

1 Cook the spaghetti until al dente in a large saucepan of salted water, according to the instructions on the package. Then drain thoroughly.

2 Trim the mushrooms and brush clean. If necessary, wash and then dry immediately. Slice the caps as finely as possible.

3 Wash the rosemary and shake it dry. Remove the leaves from the stems and chop the leaves.

4 While still hot, combine the pasta with the rosemary, butter, salt and pepper to taste and add about 2 tablespoons of the pasta water.

5 Grate the Parmesan cheese and stir into the pasta. Arrange on warm plates.

6 Distribute the mushrooms on top, sprinkle with the oil and serve immediately.

TIP

King trumpet mushrooms can be replaced with champignons, but the dish is even more refined when made with fresh porcini.

Pappardelle with parmesan
and brown butter



Preparation time: approx. 20 minutes
Per serving approx. 828 kcal / 3466 kJ
24 g P, 43 g F, 86 g CH

Serves 4

400 g pappardelle

100 g Parmesan cheese

150 g butter

salt

1 Warm the plates. Cook the pappardelle in a large saucepan of salted water, according to the instructions on the package.

2 Grate the Parmesan cheese. Melt the butter in a frying pan, allowing it to turn light brown.

3 Drain the pasta in a strainer and toss with the hot butter. Distribute immediately onto hot plates and sprinkle with the Parmesan cheese.

Macaroni
in gorgonzola sauce



Preparation time: approx. 25 minutes
Per serving approx. 905 kcal / 3801 kJ
35 g P, 46 g F, 87 g CH

Serves 4

150 g Gorgonzola cheese

250 ml cream

150 g sliced prosciutto

400 g macaroni

1 bunch parsley

salt and pepper

sugar

1 Remove rind from the Gorgonzola cheese and dice. In a large saucepan, melt the Gorgonzola over low heat. Stir in the cream and season with salt, pepper and sugar. Stirring constantly, cook down for 3–5 minutes.

2 Cut the prosciutto in half and heat in the cheese sauce. Cook the macaroni until al dente in a large saucepan of salted water according to the instructions on the package. Wash, dry and chop the parsley. Distribute the macaroni and sauce onto plates, sprinkle with the parsley and serve.

TIP

If a milder flavour is desired, try Gorgonzola dolce, which is mixed with mascarpone.

Vegetarian



Squash risotto
with sage



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 275 kcal / 1155 kJ

8 g P, 7 g F, 43 g CH

Serves 4

500–600 ml vegetable stock

1 onion

250 g squash (e. g. butternut)

1 tbsp olive oil

1 tbsp freshly chopped sage

200 g Arborio rice

50 g freshly shaved

Parmesan cheese

salt and pepper

1 Heat the vegetable stock in a saucepan and simmer briefly. Peel and finely chop the onion. Grate the squash.

2 Heat the oil in a large saucepan and sauté the onion until glassy. Add the squash and cook for a further 5 minutes. Sprinkle with the sage. Add the rice while stirring. Continue stirring until the rice is completely coated with oil.

3 Resume stirring and add 125 ml of the hot vegetable stock. Allow the rice to absorb the fluid. Then stir in a further 125 ml of the stock, and again allow the rice to absorb it. Continue this process until the rice is soft and loose. Stir in the cheese and add salt and pepper to taste. Serve the risotto with shavings of Parmesan cheese.

TIP

Did you know that Hokkaido squash does not require peeling? Only the seeds need to be removed.

Asparagus risotto
with saffron and white wine



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 812 kcal / 3412 kJ

41 g P, 33 g F, 81 g CH

Serves 4

500 g white asparagus

1 bunch spring onions

1.5 l vegetable stock

1 pinch saffron threads

25 g slivered almonds

60 g butter

400 g risotto rice

100 ml white wine

25 g grated Parmesan cheese

salt and pepper

1 Wash and peel the asparagus, then cut off the lower ends. Cut the stalks diagonally into pieces a finger's breadth long. Wash and trim the spring onions and cut into pieces, separating the white and green parts.

2 In a large saucepan, bring the vegetable stock with the saffron threads to the boil, turn down to a low heat and keep warm. Roast the slivered almonds without fat in a small frying pan, stirring constantly.

3 Sauté the asparagus, the white spring onion pieces and half the almond slivers for 2 minutes in 15 g butter. Add the rice and, stirring constantly, cook until glassy. Deglaze with the white wine, then allow to cook down briefly. Add a third of the vegetable stock, then gradually add the rest. Continue stirring.

4 After 20 minutes, the risotto should be creamy but individual grains should still have bite. Now stir in the remaining butter, grated cheese and the green spring onion pieces. Season the risotto to taste, sprinkle with the remaining almond slivers, and serve.

Succotash
– bean and corn stew



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 485 kcal / 2037 kJ

17 g P, 7 g F, 87 g CH

Serves 4

2 onions

1 pepper

2 tbsp lard

2 potatoes

350 g tinned kidney beans

800 g tinned tomatoes

400 g tinned maize

1 tsp sugar

salt and pepper

1 Peel and chop the onions. Trim, wash and dice the bell pepper.

2 Heat the lard in a frying pan and sauté the onions and bell pepper.

3 Peel and dice the potatoes. Add them to the sautéed vegetables with 250 ml water and simmer for 15 minutes.

4 Drain the beans and add to the pan, then simmer for an additional 15 minutes.

5 Add the tomatoes, drained maize and sugar. Heat, and season to taste with salt and pepper. Serve as an accompaniment to grilled or roast meat.

French apple
and pumpkin galette



Preparation time: approx. 25 minutes (plus resting and baking time)

Per serving approx. 548 kcal / 2304 kJ

10 g P, 22 g F, 86 g CH

Serves 4

350 g flour

1 pinch salt

170 g butter

125 ml iced water

400 g pumpkin (from a jar)

400 g tinned apple pieces

ground cardamom

ground coriander

ground ginger

1 Mix the flour and salt thoroughly in a bowl. Cut 150 g of the cold butter into flakes, add to the flour and whisk. Add the iced water little by little, kneading until a smooth dough is formed.

2Allow the dough to rest in a cool place for 30 minutes. Meanwhile, place the pumpkin and apple in a strainer to drain thoroughly. Add the spices to taste and set aside for 30 minutes. Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C).

3Cover a baking sheet with baking parchment. On a floured surface, roll out the dough to form a circle with a diameter of about 28 cm. Pinch the edges to form a border.

4Spread the apples and pumpkin over the dough, leaving an outer ring of 5 cm uncovered. Pull the outer ring up and fold it towards the centre, partially covering the filling. Cut the remaining butter into flakes and distribute over the galette. Brush the edges of the dough with water.

5Set the galette onto a baking sheet and bake for 40 minutes. Allow it to cool for 10 minutes before serving.

Polenta with Swiss chard
and mixed herbs



Preparation time: approx. 20 minutes (plus resting and baking time)

Per serving approx. 697 kcal / 2929 kJ

12 g P, 42 g F, 63 g CH

Serves 4

1 l vegetable stock

300 g polenta

100 g peppered butter

750 g Swiss chard

6 shallots

3–4 tbsp olive oil

200 g tinned crushed tomatoes

2 tbsp finely chopped Italian herbs, e. g. oregano, basil, rosemary

paprika

salt and pepper

oil or butter for frying

sliced courgette for garnish

1 Bring the vegetable stock to the boil in a large saucepan and stir in the polenta. Add the peppered butter and some salt and simmer over low heat for 10–15 minutes, stirring occasionally. The polenta is done when it separates from the base of the saucepan in one solid mass. Turn out onto a smooth surface and allow to cool somewhat. Roll it into a cylinder and cut into slices.

2 Trim and wash the Swiss chard and tear off the thick leaf veins. Cut the stalks into small pieces and chop the green leaves. Blanch both in a large saucepan of boiling salted water for 4–5 minutes.

3 Remove from the water with a skimmer and drain thoroughly. Peel and finely chop the shallots. Heat the olive oil and cook the shallots with the chard, tomatoes and herbs for 4–5 minutes. Season well with paprika, salt and pepper.

4 Heat the oil or butter in a frying pan and fry the sliced polenta on both sides. Apportion onto plates, distribute the chard sauce on top, and serve garnished with sliced courgette.

Stewed lentils
with tomatoes and celery



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 350 kcal / 1470 kJ

24 g P, 5 g F, 48 g CH

Serves 4

300 g red lentils

600 ml vegetable stock

1 red onion

2 cloves garlic

1 stick celery

1 carrot

1 potato

1 tomato

2 tbsp olive oil

1 tbsp freshly chopped sage

1 tsp vinegar

salt and pepper

1 Combine the red lentils and vegetable stock in a saucepan, bring to the boil, and simmer for 10 minutes.

2 Peel and chop the onion and garlic. Trim and wash the celery, and cut into rings. Peel and dice the carrot and potato. Wash the tomato, remove the stem, and dice.

3 Heat the oil in a saucepan and sauté the vegetables with the sage. Add the vegetables to the lentils, cover the pan and cook for 10 minutes over low heat. Add the vinegar and salt to taste.

Almond mashed potatoes
with cucumber and dill



Preparation time: approx. 25 minutes
Per serving approx. 402 kcal / 1688 kJ
10 E, 31 g F, 21 g CH

Serves 4

500 g floury potatoes

150 g almonds

50 g butter

1 bunch fresh dill

½ cucumber

freshly grated nutmeg

salt and pepper

1 Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Wash the potatoes and bake in their skins for 40 minutes.

2 In the meantime, roast the almonds in 15 g of the butter until light brown, remove from the pan immediately, and allow to cool. Purée half the almonds, chop the rest coarsely.

3Coarsely chop the dill. Peel the cucumber, halve lengthwise, and use a spoon to scrape out the seeds. Dice the cucumber very finely.

4Allow the potatoes to cool briefly, then halve and scrape out with a spoon.

5Mash the potatoes with the remaining butter. Mix in the puréed and chopped almonds and carefully fold in the cucumber and dill. Add freshly grated nutmeg, salt and pepper to taste.

Stuffed baked potatoes
with vegetables



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 337 kcal / 1415 kJ

10 g P, 20 g F, 28 g CH

Serves 4

4–6 large potatoes

250 g Champignons

100 g soya bean sprouts

6 spring onions

2 tbsp olive oil

50 g freshly grated Parmesan cheese

1 tsp dried thyme

salt and pepper

1 Pre-heat the oven to 200 °C (Gas Mark 6). Wash the potatoes thoroughly and poke each one several times with a fork. Place onto a baking sheet and bake in the oven for 45 minutes.

2 Trim the mushrooms, wipe with damp kitchen paper, and slice. Wash the soya bean sprouts and drain thoroughly. Trim and wash the spring onions, then cut into rings.

3 Cut off the top third of each potato and hollow them out. Heat the oil in a frying pan and lightly sauté the vegetables, seasoning with salt and pepper. Fill the hollowed-out potatoes with the vegetable mixture.

4 Return the stuffed potatoes to the oven and bake for 10 minutes. Sprinkle with the Parmesan cheese and thyme, then serve.

Kohlrabi schnitzel

Viennese style



Preparation time: approx. 20 minutes (plus cooking and frying time)

Per serving approx. 328 kcal / 1378 kJ

11 g P, 4 g F, 61 g CH

Serves 4

600 g kohlrabi

lemon juice

100 g flour

2 eggs

200 g breadcrumbs

4 tbsp vegetable oil

salt and pepper

1 Wash the kohlrabi, peel, and cut into 1–2 cm-thick slices. Cook the kohlrabi in a large saucepan of salted water for 2 minutes. Remove from the water and drain. Season with salt and pepper, and sprinkle with a little lemon juice.

2 Sift the flour onto a plate. Beat the eggs and pour into a shallow dish. Tip the breadcrumbs onto a third plate.

3Heat the oil in a frying pan. Dip the kohlrabi slices first in the flour, then in the eggs and finally in the breadcrumbs. Fry in the hot oil on both sides until golden brown. Serve with a fruity tomato sauce.

Celeriac schnitzel in oats
fried crispy brown



Preparation time: approx. 30 minutes (plus cooking and frying time)

Per serving approx. 473 kcal / 1987 kJ

16 g P, 22 g F, 52 g CH

Serves 4

3 celeriac bulbs

3 eggs

250 g oats

2 tbsp freshly chopped mixed herbs

50 g flour

150 ml vegetable oil

salt and pepper

1 Peel the celeriac and cut into 0.5 cm-thick slices. Blanch in a large saucepan of boiling salted water for 3–4 minutes. Remove from the water and drain. Season with salt and pepper.

2 Beat the eggs and pour into a shallow dish. Combine the oats with the herbs on a plate. Tip the flour onto another plate.

3Heat the oil in a frying pan. Dip the celeriac slices first in the flour, then in the eggs, then finally in the herb and oat mixture. Fry in batches until golden brown. Serve with yoghurt dip and roast potatoes.

Old-fashioned
Frankish fritters



Preparation time: approx. 25 minutes (plus cooking and baking time)

Per serving approx. 460 kcal / 1925 kJ

11 g P, 19 g F, 59 g CH

Serves 4

6 potatoes

1 onion

2 apples

2 eggs

1 pinch sugar

150 g flour

60 g clarified butter

salt, flour for dipping

apple sauce

1 Wash the potatoes and cook them in just enough boiling salted water to prevent burning for 25 minutes. Drain and allow to cool. Peel the potatoes, then mash or press them in a potato ricer.

2Peel the onion and apples. Finely chop the onion, core the apples and dice finely. Combine the onion and apple with the potatoes, add the eggs, sugar and a little salt and knead everything together.

3Knead the flour into the potato mass until the mixture no longer sticks to the fingers. Form fingerlength rolls from the dough and dip in a little flour. Pre-heat the oven to 160 °C (Gas Mark 3, fan oven 140 °C).

4Heat half of the clarified butter in a frying pan and lightly brown the fritters. Brush with the remaining clarified butter and bake in the oven for 30 minutes. Serve with apple sauce.

Courgette patties
with nutmeg and oregano



Preparation time: approx. 25 minutes (plus cooking and frying time)

Per serving approx. 236 kcal / 987 kJ

5 g P, 10 g F, 29 g CH

Serves 4

750 g potatoes

250 g courgettes

1 pinch ground nutmeg

½ tsp dried oregano

4 tbsp oil

salt and pepper

1 A day before serving, cook the potatoes for 20 minutes in a large saucepan of salted water. Drain and allow to cool.

2 The following day, peel the potatoes and grate coarsely. Add salt and pepper to taste. Trim, wash and grate the courgettes. Mix with the potatoes and season with the nutmeg and oregano.

3 Heat the oil in a large frying pan. Put enough of the mixture into the pan to make 2 or 3 patties. Press the mixture flat and fry for about 6 minutes, until golden brown. Turn over and fry for another 6 minutes.

Chanterelle bake
with aubergines, leeks and tomatoes



Preparation time: approx. 20 minutes (plus cooking, resting and baking time)

Per serving approx. 320 kcal / 1344 kJ

19 g P, 25 g F, 6 g CH

Serves 4

500 g chanterelles

1 aubergine

1 leek

3 beef tomatoes

1 onion

1 clove garlic

3 tbsp oil

200 ml vegetable stock

2 eggs, beaten

150 g freshly grated Gouda

salt

1 Trim the chanterelles, brush clean, and cook in a saucepan of lightly salted water for 5 minutes. Remove from the water and drain.

2 Trim, wash and dry the aubergine. Cut into 1 cm thick slices, lightly salt and set aside for 15 minutes. Then rinse, pat dry and dice.

3 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Trim and wash the leek, then cut into rings. Wash and dry the tomatoes, remove the stems and dice finely.

4 Peel and dice the onion and garlic, then sauté in a large saucepan with the oil. Add the aubergine, leek, tomatoes and chanterelles and cook on high heat for 3 minutes. Add the stock and bring to the boil. Remove from the stove and allow to cool before stirring in the beaten eggs.

5 Turn the vegetables into a greased casserole dish and sprinkle the Gouda over the top. Bake for 25 minutes in the oven. Serve with baguettes.

TIP

If chanterelles are unavailable, try this bake with other wild mushrooms or fresh shiitakes. They can be prepared in just the same manner, although you may want to slice them depending on their size.

Jansson's temptation
– Swedish Christmas casserole



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 428 kcal / 1796 kJ

8 g P, 27 g F, 37 g CH

Serves 4

8 medium-sized potatoes

2 onions

3 big porcini

3 tbsp butter

250 ml cream

salt, pepper

100 g breadcrumbs

oil or butter for greasing

1 Peel the potatoes and cut into strips. Soak them in a bowl of cold water to remove the starch.

2 Pre-heat the oven to 220 °C (Gas Mark 7, fan oven 200 °C). Peel the onions and chop coarsely. Trim the porcini, cut into strips and fry in 1

tablespoon of the butter. Grease a casserole dish with oil or butter.

3 Remove the potatoes from the bowl and pat dry. Put half the potatoes in the casserole dish. Cover with the onions, and cover these in turn with the porcini. Make another layer from the remaining potatoes. Season the cream with salt and pepper.

4 Pour half the cream over the casserole. Sprinkle with the breadcrumbs, then distribute the remaining butter in flakes over the top. Bake in the oven for 50–60 minutes. After 25–30 minutes, pour the remaining cream over the casserole.

Desserts



Melon sorbet
made of two kinds of melons



Preparation time: approx. 15 minutes (plus resting and freezing time)

Per serving approx. 70 kcal / 291 kJ

1 g P, 1 g F, 15 g CH

Serves 8

2 cantaloupes or Galia melons

700 g Galia melon flesh

100 g icing sugar

3 tbsp lemon juice

75 ml apple juice

mint leaves for garnish

1 Peel the melons and cut into wedges. Cut the Galia flesh into small pieces and purée.

2 Mix the Galia purée with the icing sugar and set aside for 30 minutes.

3 Stir in the lemon juice and apple juice. Transfer to a bowl and put in the freezer for 2 hours, stirring occasionally. Then divide the sorbet into serving-sized portions and freeze for an additional 15 minutes.

4 Arrange the melon wedges on plates. Place 1 scoop of sorbet on each melon wedge. Garnish with fresh mint leaves and serve.

TIP

Try replacing the apple juice with sparkling wine, or stir a little liqueur into the sorbet before freezing.

White chocolate mousse

– sweet and creamy



Preparation time: approx. 20 minutes (plus chilling time)

Per serving approx. 285 kcal / 1197 kJ

5 g P, 19 g F, 23 g CH

Serves 8

3 eggs

250 ml cream

200 g white chocolate

50 g sugar

chocolate sauce

1 Separate the eggs. Beat the egg whites until stiff, then whip the cream in a separate bowl. Melt the chocolate in a bain-marie, stirring constantly. Beat the egg yolks until foamy. Remove the melted chocolate from the bain-marie, cool slightly and stir into the egg yolks with the sugar. Finally, carefully fold the whipped cream and then the egg whites into the mixture.

2 Transfer the mousse to a glass bowl and chill overnight in the refrigerator. Using an ice cream scoop, arrange the mousse on plates, decorate with chocolate sauce, and serve.

TIP

Make sure that the melted chocolate is not too hot when blending in the eggs yolks, as it should not solidify.

Ice cream terrine

with fruit



Preparation time: approx. 20 minutes (plus freezing time)

Per serving approx. 423 kcal / 1777 kJ

7 g P, 19 g F, 54 g CH

Serves 6

450 ml coconut ice cream

50 g candied pineapple

50 g candied cherries

250 ml pistachio ice cream

250 ml cherry ice cream

1 kiwi fruit

150 g strawberries

3 tinned peach halves

20 ml rum

35 g chocolate sprinkles

1Line the inside of a chilled terrine with half the slightly thawed coconut ice cream. Press the pineapple and cherries into the ice cream. Freeze for 60 minutes.

2Add half the pistachio ice cream as a second layer and freeze for a further 60 minutes.

3Fill the remaining space in terrine with the cherry ice cream, then top with the remaining pistachio and coconut ice cream. Layers of ice cream can be varied according to taste. Freeze overnight.

4Peel and slice the kiwi fruit. Cut the strawberries in half. Drain the peaches. Sprinkle the fruit with rum. Briefly dip the terrine in hot water, then turn out onto a serving plate. Decorate with the fruit and chocolate sprinkles before serving.

Citrus cheesecake
– light and refreshing



Preparation time: approx. 20 minutes (plus chilling time)

Per serving approx. 283 kcal / 1189 kJ

8 g P, 21 g F, 15 g CH

Serves 12

150 g sponge-fingers

125 g butter

600 g cream cheese

300 g yoghurt

8 tbsp lemon juice

1 packet gelatin glaze

70 g sugar

5 tbsp orange juice

5 tbsp grapefruit juice

1 Put the sponge-fingers in a plastic bag and crush with a rolling pin.

2Melt the butter in a small saucepan and mix with the crushed sponge-fingers.

3Line a springform pan with baking parchment and fill with the sponge-fingers and butter mixture.

4Mix the cream cheese with the yoghurt and 3 tablespoons of the lemon juice. Mix the gelatin glaze with the sugar and remaining citrus juices in a saucepan. Bring to the boil, cool slightly then stir into the cream cheese and yoghurt mixture.

5Pour the mixture over the sponge-finger base and place in the refrigerator to chill for 3 hours. Decorate with fruit before serving.

TIP

Instead of sponge-fingers, the base can also be made of crumbled shortbread.

Raspberry parfait



Preparation time: approx. 20 minutes

Per serving approx. 123 kcal / 517 kJ

15 g P, 1 g F, 12 g CH

Serves 6

600 g cream curd cheese

5 tbsp sugar or honey

1 tbsp lemon juice

600 g fresh raspberries

mint leaves for garnish

1 Mix the cream curd cheese with the sugar (or honey) and lemon juice.

2 Gently wash and pat dry the raspberries.

3 Layer the curd cheese and raspberries alternately in a bowl or individual dishes, leaving six raspberries for garnish. Decorate with mint leaves and remaining raspberries.

Vanilla-strawberry
parfait



Preparation time: approx. 15 minutes
Per serving approx. 333 kcal / 1397 kJ
12 g P, 19 g F, 28 g CH

Serves 4

400 g cold soured milk

100 ml cream

100 ml whole milk

pulp from 1 vanilla bean

2 tbsp sugar

2 tsp vanilla sugar

8 scoops strawberry ice cream

8 strawberries

mint leaves for garnish

1 Mix the soured milk with the cream, whole milk and vanilla pulp. Stir in the sugar and vanilla sugar thoroughly.

2 Place 2 scoops of strawberry ice cream in each of 4 tall glasses.

3 Trim and halve the strawberries. Garnish each serving with the strawberries and mint leaves.

TIP

Thanks to its bacterial cultures, soured milk is not only healthy but also exceptionally refreshing.

Blood orange
prosecco-gelee



Preparation time: approx. 20 minutes (plus chilling time)

Per serving approx. 376 kcal / 1581 kJ

4 g P, 9 g F, 62 g CH

Serves 6

5 sheets clear gelatin

6 oranges

250 ml blood orange juice

250 g sugar

200 ml Prosecco

150 ml cream

1 tbsp vanilla sugar

150 g natural yoghurt

1 tbsp lemon juice

lemon balm for garnish

1 Soak the gelatin in a little cold water. Peel the oranges, fillet and drain, reserving the juice. Divide the oranges among 6 glasses and chill.

2 Mix the orange juice with the reserved blood orange juice and sugar in a small saucepan. Heat briefly. Press out the gelatin and dissolve in the warm juice, stirring constantly. Allow to cool for 5 minutes.

3 Stir in the Prosecco and pour the mixture over the oranges. Cover the glasses and chill in the refrigerator for 5 hours or longer.

4 Whip the cream and vanilla sugar until stiff. Mix the yoghurt with the lemon juice and then fold in the whipped cream. Garnish with lemon balm and serve.

Grilled pineapple
with coconut milk and honey



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 54 kcal / 225 kJ

1 g P, 1 g F, 50 g CH

Serves 6

1 pineapple

75 ml coconut milk

3 tbsp rapeseed oil

6 tbsp honey

1Cut the top and bottom off the pineapple and peel carefully. Cut the fruit into 1½-cm-thick slices. Remove the hard core. Lay the slices on a plate and drizzle with the coconut milk. Marinate for about 30 minutes.

2Drain the excess juice from the pineapple, then pat dry. Brush the pineapple slices with oil and roast on the grill or in a grill pan for 6–8 minutes, turning several times.

3Heat the honey. Place the pineapple slices on plates and top with warm honey. Grilled pineapple can also be served with whipped cream.

Orange truffles
decorated with pistacchios



Preparation time: approx. 20 minutes (plus cooling time)

Per piece approx. 123 kcal / 515 kJ

2 g P, 9 g F, 10 g CH

Makes 20

30 g butter

80 g double cream

225 g white couverture

1 tbsp orange liqueur

100 g white chocolate

4 tbsp chopped pistachios

1 Stirring constantly, heat the butter and double cream in a saucepan for 1 minute. Cut the couverture into small pieces and add to the saucepan. Stir until the couverture is melted, then add the orange liqueur.

2 Line a baking tin with baking parchment, pour the contents of the saucepan into the tin, and allow to cool for 2 hours.

3 Form 20 balls from couverture and cool for an additional 30 minutes.

4Melt the white chocolate in a bain-marie. Dip the truffles into the chocolate one at a time. Allow the excess chocolate to drip off and place on baking parchment. Sprinkle with pistachios and allow to harden.

Mini puff pastries
with fresh fruit



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 168 kcal / 704 kJ

2 g P, 12 g F, 12 g CH

Makes 12

450 g frozen puff pastry

300 g mixed fresh fruit (e. g. strawberries, raspberries, redcurrants, pears, kiwi fruits, peaches)

1 egg white

1 Thaw the puff pastry. Prepare the fresh fruit, trimming or peeling as necessary, and dice.

2 Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Cut the pastry sheets in half and roll out on a flat work surface sprinkled with flour.

3 Whisk the egg white with 1 tablespoon water and brush on the edges of the puff pastry. Place the fruit in the centre of each piece of pastry, then fold the dough over to form triangles. Press the edges together firmly and brush with egg white. Place the pastries on a baking sheet rinsed in cold water and bake for 25 minutes.

TIP

These pastries are scrumptious served with whipped cream or a scoop of vanilla ice cream.

Tiramisu



Preparation time: approx. 25 minutes (plus chilling time)

Per serving approx. 252 kcal / 1058 kJ

9 g P, 8 g F, 31 g CH

Serves 10

200 g cream

1 tbsp vanilla sugar

100 g sugar

250 g curd cheese

250 g mascarpone

200 g sponge-fingers (about 35)

250 ml cold espresso

125 ml coffee liqueur

cocoa powder for garnish

1 Whip the cream with the vanilla sugar until stiff. Mix the sugar with the curd cheese and mascarpone, then fold in the whipped cream.

2Cover the bottom of a flat dish with half the sponge-fingers. Mix the espresso and coffee liqueur and pour half of it over the sponge-fingers. Cover with half the mascarpone cream.

3Make another layer of sponge-fingers, pressing down lightly. Pour the second half of the espresso-liqueur mixture over the biscuits, then cover with the remaining mascarpone cream and spread it smooth. Chill the tiramisu in the refrigerator for at least 3 hours, or preferably overnight. Sprinkle the top with cocoa powder before serving.

Mascarpone cream
with fruit



Preparation time: approx. 20 minutes (plus time to set)

Per serving approx. 188 kcal / 789 kJ

13 g P, 10 g F, 10 g CH

Serves 6

250 g mascarpone

250 g low-fat curd cheese

2 tbsp lemon juice

3 tbsp sugar

3 sheets clear gelatin

200 ml cream

20 ml amaretto

100 g each: cherries, pineapple pieces, kiwi fruit, strawberries

amaretti biscuits

1 Mix the mascarpone and curd cheese, then add the lemon juice and sugar.

2 Soak the gelatin in a little water according to package instructions, then press out the excess water. Heat briefly in a saucepan with a little liquid, then fold into the mascarpone cream.

3 Whip the cream until stiff and fold it into the mascarpone cream as well. Blend in the amaretto and refrigerate for 2 hours to set.

4 Wash the various fruits. Peel the kiwi fruit and deseed the cherries. Cut the fruit into small pieces and arrange on each serving of mascarpone cream. Serve with amaretti biscuits.

Fruit squares
with a creamy spread



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 191 kcal / 803 kJ

4 g P, 10 g F, 21 g CH

Makes 8

2 eggs

70 g sugar

1 tbsp vanilla sugar

35 g flour

½ tsp baking powder

30 g cornflour

1 pinch salt

250 ml milk

175 ml cream

500 g mixed seasonal fruit (e. g. berries, melon, oranges, grapes, peaches)

1 Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Whisk the eggs with 1 tablespoon water, 30 g of the sugar and 1½ teaspoons of the vanilla sugar until foamy. Fold the flour, baking powder, salt and 10 g of the cornflour into the eggs.

2 Line a baking sheet with baking parchment and spread the batter on it. Bake for 12 minutes. Sprinkle a clean kitchen towel with sugar. Turn the cake onto the towel and peel off the baking parchment.

3 Mix 100 ml of the milk with the remaining cornflower and vanilla sugar. Bring the remaining milk to the boil, add milk and cornflour mix, simmer for 2 minutes, then stir in the cream and remaining 40 g sugar. Allow to cool, then spread onto the cake. Cut the cake into 8 squares.

4 Wash and prepare the fruit and arrange on the squares of cake.

Lime granita
with orange liqueur



Preparation time: approx. 20 minutes (plus freezing time)

Per serving approx. 175 kcal / 735 kJ

1 g P, 1 g F, 30 g CH

Makes 6

80 g sugar

500 ml limejuice

150 ml white wine

6 tbsp orange liqueur

1 sprig fresh mint

1 In a saucepan, heat the sugar and 250 ml water until the sugar dissolves. Then allow to cool. Mix the lime juice with the sugar solution and white wine.

2 Pour into a bowl and freeze for 5 hours. When the mixture begins to freeze around the edges, stir well with a spoon. Repeat this procedure 5–6 times during freezing. The more frequently the granita is stirred, the finer its texture will be.

3 Pour 1 tablespoon liqueur into each of 6 chilled glasses. Use a spoon to scrape the granita from the bowl and put it into the glasses. Garnish with fresh mint and serve immediately.

TIP

Lime Granita can also be served in a cocktail glass with sparkling wine.

Rice pudding
with pineapple



Preparation time: approx. 20 minutes (plus cooking and chilling time)

Per serving approx. 591 kcal / 2483 kJ

15 g P, 30 g F, 65 g CH

Serves 8

1 l milk

½ tsp salt

pulp from 1 vanilla bean

2 sticks cinnamon

1 tsp grated lime peel

300 g long grain rice

175 g sugar

16 sheets gelatin

4 egg yolks

4 egg whites

500 ml cream

300 g pineapple pieces

100 g seeded cocktail

cherries

5 tbsp chopped pistachios

1 In a saucepan, mix the milk with the salt, vanilla pulp, cinnamon sticks and lime zest and bring to the boil. Rinse the rice and cook it in the milk mixture for 25 minutes. Remove the cinnamon sticks and stir in the sugar. Soak the gelatin in cold water for 10 minutes, press out the excess water and add it to the rice. Stir in the egg yolks.

2 In 2 separate bowls, beat the egg whites and whip the cream until stiff. Combine the whipped cream with the pineapple, cherries and pistachios. Once the rice has cooled, fold in the beaten egg whites, then the whipped cream with fruit, and turn everything into a cake tin. Set in the refrigerator to chill for 4 hours, turn out and serve.

Mousse
with maple syrup



Preparation time: approx. 15 minutes (plus soaking and chilling time)

Per serving approx. 368 kcal / 1547 kJ

11 g P, 24 g F, 26 g CH

Serves 6

3 sheets clear gelatin

180 ml maple syrup

3 egg yolks

20 ml brown rum

400 ml cream

roasted slivered almonds

1 Soak the gelatin in 2 tablespoons water for 10 minutes, then press out the excess water. Gently heat the maple syrup in a small saucepan and dissolve the gelatin in it.

2 Beat the egg yolks until foamy and fold in the maple syrup with the gelatin and rum.

3 Whip the cream and fold it into the maple cream, taking care not to stir any more than necessary.

4Place the mousse in the refrigerator to set. Serve the dessert garnished with the roasted almond slivers.

Banana sorbet
with mango



Preparation time: approx. 20 minutes (plus freezing and marinating time)

Per serving approx. 145 kcal / 609 kJ

2 g P, 1 g F, 31 g CH

Serves 8

5 tbsp cane sugar

400 ml freshly brewed

green tea (1 tsp tea leaves per 200 ml water)

6 bananas

1 lime

4 tbsp lime liqueur

2 mangos

3 tbsp rum

4 tbsp orange juice

1 Dissolve the sugar in the tea. Peel the bananas, mash coarsely and combine with the tea.

2 Wash the lime under hot running water. Grate away some of the rind and press out the juice.

3 Mix the lime juice and zest with the banana tea. Purée and refine with the lime liqueur.

4 Transfer the sorbet to a bowl and freeze for 8 hours. Stir occasionally with two forks.

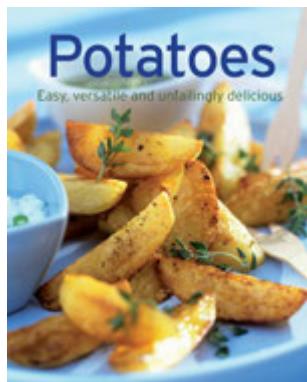
5 Peel the mangos and cut the fruit from the stone. Dice the mangos. Mix the rum with the orange juice and pour over the mangos. Set aside to marinate for 30 minutes.

6 Serve the banana sorbet in scoops atop the marinated mangos.

TIP

For a creamier frozen treat, replace half the tea with whipping cream. Whip it until stiff and mix it into the purée.

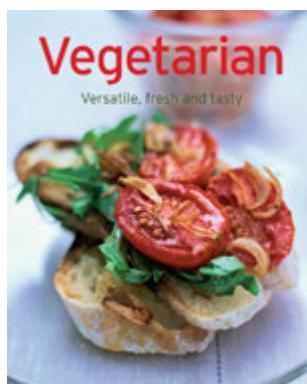
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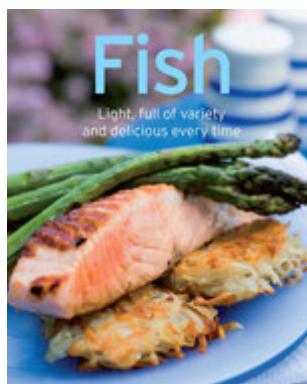
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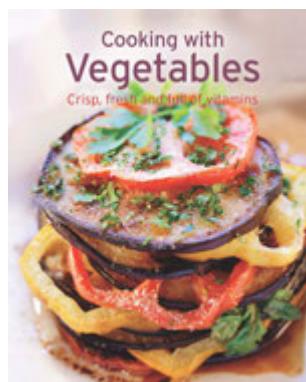
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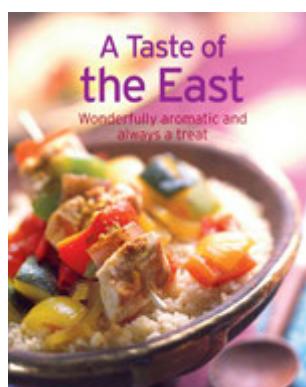
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