



*Life is Short*  
**LET'S EAT!**

International Cuisine a la PPRE 2016



# Group A

---



## Bledhus (Indonesia)

In principle, Bledhus consists of separately steamed for 15 minutes grated-coconut and corn. when mixing them together, depends on the type of corn, one can add either sugar or salt. Originally, old dry low quality corn seed (Indonesian-Javanese: gronthol) is used. But of course, it is not possible to find this type of corn Germany, so the recipe needs slight adaption. The sweet tin corn from supermarket is used in this event. Further, because the corn is already sweet, instead of adding sugar like the original recipe, salt is added to give the taste balance in the grated coconut and corn mixture.

### Ingredients (for 20 people):

Bledus				
Item	Quantity	Price	SubTotal	Description
Grated coconut (500gr)	1	€ 2.49	€ 2.49	Chinese market
Tin corn	3	€ 0.49	€ 1.47	ALDI
Total			€ 3.96	

## Guiso de Pollo (Paraguay)

In Paraguay, the most common daily foods/dishes (like in other countries) are rice-based and corn-flour-based foods. In this blog, we will describe a brief process on how to prepare a Guiso de Pollo (chicken stew) with ingredients found in markets from Oldenburg - Germany.

### Ingredients (for 20 people):

Guiso de Pollo (PARAGUAY)				Description
Item	Quantity	Price	SubTotal	
Manioc	3	€ 1.69	€ 5.07	Chinese market
Chicken portion	1	€ 2.93	€ 2.93	EDEKA
Chicken portion	1	€ 3.82	€ 3.82	EDEKA
Chicken Schenkel	1	€ 2.85	€ 2.85	REWE
Basmati Reis	3	€ 1.69	€ 5.07	EDEKA
Mozzarella	1	€ 0.55	€ 0.55	EDEKA
Mozzarella - chopped	1	€ 1.39	€ 1.39	REWE
Onion leek	1	€ 0.59	€ 0.59	REWE
Garlic bag	1	€ 1.49	€ 1.49	REWE
Onion bag	1	€ 1.29	€ 1.29	REWE
Tomato bag	1	€ 1.28	€ 1.28	REWE
Paprika bag	1	€ 1.79	€ 1.79	REWE
Laurel	1	€ 1.79	€ 1.79	REWE
Chicken broth	1	€ 1.69	€ 1.69	REWE
Corn can	4	€ 0.49	€ 1.96	REWE
Total			€ 33.56	

Additionally, ingredients like oil and some herbs were not purchased because they were already available. The quantity needed are: 500 ml sunflower oil, parsley and oregano at ease.

Please note: the ingredients, in this case, had to be divided because the size of the stoves were not big enough for all the ingredients; still, the process and steps are the same.

### Procedure

1. The oil must be preheated for approximately 1 min, and afterwards the crushed garlic is mixed and let it fry for another 2 min.
2. Once the garlic starts becoming "brownish", the chicken (cut in little pieces) must be added all together with the chicken broth. This step is very important, because the chicken must release its water content and cook. This process will take approximately 15 min. You should not cover the pot!
3. Once the chicken has been fried and before it turns a little bit to brown color, the vegetables (onions, tomatoes, carrots and paprika) must be added. It is a good idea to use a mixer/blender in order to chop them so it is cooked and absorbed faster. Otherwise the chicken will overcook and will start to become too soft.
4. Before adding the rice, be careful to note that the broth has become thick (no water must be added until this point). The rice must be added slowly while the whole mixture is being stirred. It must be left for about 4 min to fry and mix with the broth before the water is added.
5. Boiling water must be added to the pot very slowly and little by little, mixing the whole pot constantly until the rice is completely cooked. It is a good practice to add water and let it cook for around 1 min before stirring it.
6. When the rice is almost cooked, the herbs (oregano, parsley and bay leaf) must be chop in medium-small pieces and added. Stir it and leave it cook for 5 min more.

## Chipa Guasu (Paraguay)

The Chipa Guasu is another very traditional food in Paraguay, it is based on corn and cheese and baked in the oven. This meal was specially prepared at home for our vegetarian friends. Sadly, it was not possible to prepare it and cook it at the elab. It is a very simple and quick “dish” and the process on how to prepare it will be described below.

### Procedure

1. 1kg of soft corn (in this case, already cooked can corn) must be processed in the mixer with a little bit of milk, just to ease the liquefying process.
2. One medium size onion must be fried with 3 spoons of butter in a pan.
3. Then, the corn must be mixed with the onion/butter broth, 3 beaten eggs and cheese (mozzarella in this case) in a recipient.
4. Put the whole preparation in a tray with butter (to avoid sticking), and bake it in a preheated oven at 250°C for 45min.

The cooking process of the manioc (Cassava/Mandioca) is very simple, just add the peeled manioc to a saucepan with boiling water and salt at ease. Cook the manioc until it is soft, this takes around 40 min.

## Vanille-Strawberry Ice cream

First, bring the milk and cream into boiling. In the meantime, whisk the egg yolks, sugar, and salt until it turns into a foam. Remove milk and cream from heat and slowly add to the foam and whisk the mixture slowly. Add vanille powder and heat the new mixture in a very low heat and make sure to avoid boiling until it thickens. Remove from heat, wait until it returns to room temperature, and save it in refrigerator.

On the ice cream making day, remove the strawberry crown leaves and slice each strawberry into 4 equal pieces. Add the strawberry pieces into the mixture, squeeze 1 lemon to add freshness in the mixture. For the sauce, beat the raspberries until it turns completely liquid. You can either filter it to remove the seeds, leaving only the clean rosy sauce. Or you can serve it just like that on the ice cream, the seeds will decorate and add new bitsy texture on the ice cream.

Caution! the next step exposes you to hazardous situation therefore ensure to wear trousers, shoes, hand gloves, and eye protector.

Now the fun part, ask one colleague (in our case, Robin, our tutor) to pour the liquid nitrogen to your mixture. Make sure that you use aluminum container and whisk to avoid cracks during freezing process. while the liquid nitrogen is poured, keep whisking, until the it feels harder to whisk. In this recipe, we found out that 1.5 liters of liquid nitrogen are not enough, so in the future, ensure to have at least 2 liter of liquid nitrogen. Our ice cream was not homogeneously hard, but it is still cold and delicious. As garnishing, add the raspberry sauce and biscuit on the side and enjoy!



# Group B

---

## **Gallo pinto (Nicaragua)**

Everyone that is been in Nicaragua would tell people about their delicious experience with Gallo pinto. This a typical meal eaten by everyone in the country, it could be a side or a main dish. It is eaten for breakfast and dinner as a main dish and for lunch as a side dish. It could be serve with cheese, eggs and grilled meat.

### **Ingredients (for 20 people):**

- 1.5 kg Red beans
- 3 kg of rice
- 2 onions
- Oil
- Salt
- Garlic

### **Procedure**

First, boil the beans (preferably red Nicaraguan beans) with water, salt and garlic clove. The cooking time depends on how old the beans are, if they are fresh they will take 30 to 60 minutes to cook, so the fresher, the better. Be sure to constantly check the beans, when they begin to soften, add the salt. When the beans are cooked, set them aside. Then cook the rice in the traditional way. This means that first fry the onions, then add the rice until it becomes golden brown and add twice as much water, simmer over high heat and when most water is evaporated, lower the heat and cover it, and cook about 5 more minutes. In a skillet, add oil, fry onions and beans, and then add the rice and a little bean broth, stir well and cook over medium heat about 8 minutes.

## Farofa de ovos (Brazil)

This recipe is very easy to make. All that is needed is a big pan and the ingredients. It is a very popular accompaniment in Brazil. This is a very low-cost and easy to prepare food, being very common among all social layers.

### Ingredients Serves 20 people

- 1kg of fine cassava flour
- 1 head of garlic
- 12 eggs
- Salt
- 3 tablespoons of sunflower oil



### Preparation

First, toast the cassava flour in a hot pan, stirring it to promote homogeneity. The flour is ready when it goes from white to a slightly golden colour. Set aside in another recipient. Using the same pan, sauté the garlic with the hot oil. When the garlic is beginning to change its colour, add the eggs. Right before the eggs are completely fried, scramble them, add the flour, season with salt and stir. Remove from heat and serve. The overall cooking process takes less than 20 minutes.

## Brigadeiro de colher (Brazil)

Brigadeiro is a typical part of birthday parties and other occasions. In fact, one does not need an excuse to taste this marvelous sweet. It is typically rolled into balls which are covered in granulated chocolate; however it is possible and even easier to have the spoon version of it. This is real comfy food!

### Ingredients Serves 20 people

- 2 cans of sweetened condensed milk (it is very important to find the thicker version of it. If one can hear the sound of the liquid when shaking the can, this is not the right one. Brazil's sweetheart is Nestle's Milkmaid.)
- 4 tablespoons of chocolate powder



### Preparation

Put both ingredients in a pot over medium-low to medium heat. Stir constantly, until the mixture thickens and it is possible to show the bottom of the pot with the help of the spoon. Remove from heat and wait until it is cooled down.

## Roselle flower (Flor de Jamaica) (Nicaragua)

In Nicaragua Roselle flower has been consumed for many years and its use as natural medicine, demonstrating that it was the empirical practice, which allowed to discover its beneficial properties. It was mainly used in rural areas as treatment of multiple diseases and for food. This empirical knowledge was transferred among the population and enriched with external information. Nowadays a big group of Nicaraguan Women does the main production of this Roselle flower.



### Ingredients:

- 45 g of Roselle flowers
- liters of Water ☐ Sugar
- 1 grapefruit

### Preparation

Boil the 3 liters of water. Just before the water start to boil add the 45 grams of Roselle flowers. When it starts to boil, cook about 10 minutes more. Afterwards strain it to remove the Roselle flower waste. Then add sugar and one sliced grapefruit or orange, it should be stirred well and ensured that the flavor of the ingredients are well balanced.

## Espresso (All over the world)

Coffee is a big part of Latin America's culture. In both Brazil and Nicaragua it is common to drink a small cup of coffee after having lunch. The espresso was special in our experiment, because this coffee was toasted by the authors and two more people in the day before using a Scheffler reflector.

### Ingredients Serves 8 small cups

- 100g of roasted coffee
- Water

### Preparation

Grind the coffee finely and fill the pot's filter basket with it. Fill the bottom half of your Moka pot with water and put the pot on a stove set to medium heat. When coffee is ready, remove from heat and serve.

# Group C

---

## Daal with rice

### Ingredients

Name of the Ingredient	Quantity	Unit
Basmati rice	1	kg
Lentil (Red)	1	Kg
Tomato	$1\frac{1}{5}$	pcs
Green chilli	3	pcs
Olive oil	2	Table spoon
Onions	1	Average size
Garlic	2	Bulbs
Salt	As per test	--
Turmeric power	$\frac{1}{4}$	Tea spoon
Cumin powder	1	Tea spoon

### Preparation Basmati Rice:

1. Take the dry rice in a jug/bowl.
2. Wash and rinse the rice really well, until the water is clear.
3. Drain.
4. Place in a saucepan with double the amount of water and a little salt and stir once. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid.
5. Cook on the lowest heat possible for 10-15 mins without uncovering the pan.
6. Use a fork to fluff up the cooked rice.

### Preparation Lentil Soup (Daal):

1. Wash the lentils in a strainer. Combine the lentils and water in a saucepan over medium-high heat. Add half of the sliced onions and 1 bulb sliced garlic, reserving the rest for later. Stir in the turmeric, bay leaf, tomatoes, add salt, turmeric powder and chilli. When the mixture begins to boil, reduce the heat to a simmer. Cook until the lentils break apart and thicken slightly, about 20 minutes.
2. Meanwhile, in a separate pan, heat the vegetable/olive oil over medium heat until the oil shimmers. Add the reserved sliced onions; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, add cumin powder and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
3. Pour the contents of the pan into the cooked lentils and stir for couple of minutes. Daal is ready!

# Group D

---

## Mexican Rice – „a perfect entree“

Don't forget the "golden rule" to cook the rice. The liquid has to double the rice. To obtain the best results use a saucepan with thick bottom and not too tall. The total preparation time is of 25 minutes.

### Ingredients 6 portions.

- 2 cups of White Rice (400 gr)
- 3 Tomatoes (450 gr)
- 2 Carrots (280 gr)
- 1 cup of Peas (200 gr)
- 1/4 of an Onion (35 gr)
- 1 Garlic clove (4 gr)
- 3 tablespoons of Olive Oil
- 1 tablespoon of Salt

### Directions

Put in a blender: 3 Tomatoes. 1/4 of an Onion. 1 Garlic clove. Blend very well the ingredients. Pour in a measuring cup the mixture that was blended and verify that you have 4 cups of salsa (1 l); then reserve. If you would have more than 4 cups remove the remaining salsa and if you would have less than 4 cups of salsa add water up to the 4 cups mark.

Peel 2 carrots. Dice them and reserve. Rinse in a strainer 2 cups of white rice, then set aside. It is important to rinse well the rice before cooking because this eliminates the starch that it has on its surface. Moreover, the rice grain ends up looser so it doesn't stick when cooking.

Heat in a saucepan over low heat 3 tablespoons of olive oil. Put in the saucepan the 2 cups of white rice that was rinsed and fry it for about 3 minutes, until it acquires a golden color; stir constantly. The rice has to brown so it acquires well the red color.

Add in the saucepan: The 4 cups of Red Salsa that were measured. The dices of the Carrots that were cut. 1 cup of Peas. 1 tablespoon of Salt. Mix the saucepan ingredients and bring the salsa to a boil over high heat. When the salsa boils reduce to low heat, cover the saucepan and leave the rice cooking for about 15 minutes, until the liquid has totally consumed. Throughout this process don't touch the rice.

To verify that the rice is cooked stick the turner all the way into the bottom of the saucepan and drag the rice. If there is no more water in the bottom the rice is ready... if there is still water the rice needs more cooking. When the cooking is done turn off the heat and leave the Mexican rice resting for about 4 minutes, until the rice grains absorb the moisture and are loose.

Tip: Put lime to this rice, it tastes delicious.

Suggestion: Accompany the Mexican rice with fried plantains, you have no idea of how tasty is this combination.

([http://www.mexican-authentic-recipes.com/appetizers-mexican\\_rice.htm](http://www.mexican-authentic-recipes.com/appetizers-mexican_rice.htm),  
[http://www.mexican-authentic-recipes.com/antojitos-arroz\\_mexicana.html](http://www.mexican-authentic-recipes.com/antojitos-arroz_mexicana.html))

## Plantain and Vegetable sauce

Plantains are nutritious staples in most tropical regions of the world. They can be prepared in so many ways such as preparing them into porridge, chips, roasted plantain (grilled over charcoal), and boiled plantain eaten with either egg sauce, stew or with vegetable sauce. We prepared the boiled plantain with vegetable sauce during our experiment and for this reason we focus on this method of preparation.

### Ingredients

- Ripe plantains
- 500g of spinach leaves
- Olive oil
- Salt
- Thyme
- Curry
- 500g of beef
- 1 Canned tuna fish
- 1 canning jar (420ml) of Tomato sauce (Bolognese)
- ½ a bulb of onion
- Seasoning bouillon cube (Knorr)
- 1 Habanero chili pepper

### Preparing the plantain

Peel the back of the plantain and slice the plantains into 2 or 3 pieces as desired. Place the pieces in a pot and add just enough water to cover the plantains. Add little or no salt and cook for about 15-20 minutes, till they are moderately soft.

Note: It is recommended to cook them with the back (peels) to retain the nutrient content and also to avoid unwanted stains on clothes and hands.

### Preparing the vegetable sauce

1. Rinse the spinach leaves, chop them into bits of about 3cm X 3cm and boil them for about 5minutes.
2. Chop the onion and habanero pepper as desired.
3. Wash, season, and boil the beef and dice them into smaller bits.
4. Heat up some oil in a sauce pan and add the chopped onions and peppers, fry for about 1 minute while constantly stirring to prevent them from getting burnt.
5. Add the chopped meat and about 315ml of the tomato sauce and allow the whole mixture to fry for about 3minutes (remember to stir frequently).
6. Considering the tomato sauce used in our case had already been seasoned add just ½ of the seasoning cube, some curry, thyme, and a little salt to taste, allow to simmer on a medium heat for 5-7minutes.
7. Empty the content of the canned tuna fish (apart from the liquid) and subsequently the spinach in the sauce and allow to simmer on medium heat for 5-7minutes (don't forget to stir).

Your sauce is ready to be served with the plantains.

Note: You could add just a little amount of water to the sauce if you feel the mixture is too thick.

# Group E

---

## Arroz con coco y papa salada (rice with coconut and salty potatoes)

### Coconut rice:

#### Ingredients

- 1 can of coconut milk
- 1 cup of white rice
- 1 Teaspoon of sugar
- 5 Teaspoons of salt
- 2 Cups of Coca cola
- ½ cup of raisins

Pour the coconut milk in the pot and heat until simmering, reduce the heat and continue cooking, stirring and scraping until the coconut oil breaks out. Let the coconut solids cook until they turn into a caramel color.

Afterwards, add the coca cola, sugar, salt and the raisins. Let it boil, add the rice and stir to combine.

Cook until the liquid dries up, cover the preparation with a lid, reduce the heat and let it cook for around 20 min. Serve and enjoy.



### Salty Potatoes

#### Ingredients

- 1 kg of potatoes
- 3 L of water

Put the water with salt in a pot and heat up until simmering. Add the potatoes previously washed, cover the pot with a lid and cook for 30 min. After 30 min, check if the potatoes are already cooked, take the water apart and serve.

### Mayonnaise sauce.

#### Ingredients

- 200 g of mayonnaise
- Juice of 1/2 lemon

For the preparation, mixt all the ingredients add more or less according to taste.

# Group F

---

## Chicken Barley Chicken: ~Colleen

This is a recipe that my sister in law Lisa introduced to the family. The recipe can be found on the back of a box of Quaker® Medium Barley. It is easy to make most of the ingredients come out of a can. It has very little prep time (cooking chicken breast), and cooks without having to always keep your eyes on the stove.

### Ingredients

- 2 (425ml) Diced tomato, undrained
- 1 (425ml) Chicken broth
- 0.25 liters of uncooked barley, brand does not matter
- 1 liter of water
- 1 tablespoon chili powder
- 1 teaspoon Cumin
- 1 (425ml) black beans, drained and rinsed, other beans are acceptable
- 1 (425ml) Corn, whole kernel , undrained
- 0.75 liter (0.68kg) of cooked chicken
- Optional, shredded cheese of choice and sour cream.

### Procedure



## Vege Fried rice : ~ May

### Ingredients (for 12 people)

- 1 kg of Jasmin rice
- 0.75 kg of chinakohl
- 3 bell pepper
- 2 onion
- 1 garlic
- 100 ml oil
- 5 g salt
- 20 g white sugar
- 15 ml light soy sauce
- 15 ml dark soy sauce
- 5 l cooking pot
- 1 large wok

### Preparation:

Cook the rice with the large cooking pot until tender . Prepare the vegetable at the same time. Slice the chinakohl, bell peppers, onion and garlic. Once the rice is cooked, heat up the large wok and put oil at medium heat and wait till it is heated up. Put onion and garlic and stir---fry for 1 minute. Put bell pepper into the wok and stir ---fry for 1 ---2 minutes and add chinakohl and add 5g of salt, 20 g of white sugar and stir---fry for 1 ---2 minutes. Add cooked rice, add dark and light soy sauce 15 ml each and mix everything



# Group G

---

## Chicken Korma :

### Ingredients

- Chicken breast 2kg
- Yogurt 500 grams
- Cardamom pods 6
- Cinnamon 2 medium sticks
- Bay leaves 4
- Onions 500 grams
- Ginger 4-5 inches
- Garlic 2-3 fairly large pieces
- Caramelised onions 200 grams
- Butter 150 grams
- Oil 1 cup
- Almonds 10-20 pieces
- Green chilies 5-10 pieces (to taste)
- Black pepper 10 pieces (to taste)
- Salt To taste
- Sugar To taste

### Preparation:

Marinate the chicken overnight with salt, onion, garlic and ginger paste and yogurt. Put oil and butter (can be added later) in a pot on low heat. Sauté the cardamom, cinnamon and bay leaves. Add the marinated chicken and cook in low heat. Add water if necessary. Add the caramelized onions after it is half cooked and cook further. Add almonds and a little butter for added flavor. Add sugar to taste (until a little sweet). Look for salt and sugar balance.

Serve hot with steamed rice, pilaf or roti.

## Egg Curry with Coconut milk

### Ingredients

- Eggs 6
- Coconut milk 100 grams
- Coriander leaves
- Cardamon 4 pods
- Cinnamon 2 small sticks
- Ginger 1 inch
- Onion 1 small
- Garlic 1 small
- Green Chillies 2-3 pieces
- Oil ½ cup
- Cumin seeds ½ tea spoon
- Salt to taste
- Sugar to taste

### Preparation:

Boil the eggs and peel them. Put oil in a pan with the spices and onions. Add garlic and ginger paste and fry them until oil separates. Add coconut milk and add the boiled eggs. Add coriander leaves and chillies. Add salt and sugar to taste.

Serve with steamed rice or pilaf.

## Tomato Sauce with Pineapple

### Ingredients

- Pineapple 1 small
- Tomato 500 g
- Tomato sauce 1 small can
- Salt to taste
- Pepper to taste
- Chili powder to taste

### Method:

Slice the tomato and the pineapple and put them in a pan with oil. After 7 min add the tomato sauce. Then add some salt, pepper and the chili powder. Leave them till the sauce start to boil.

Serve with plain spaghetti.

# Group H

---

## Sadza and Beef stew



## Sadza

### Ingredients

- Sadza (10 people)
- 1 kg Powdered Maize
- 5 cups water

### Method

1. Add water in a large pot and bring the water to a temperature of between 60 to 70 degrees then add (This helps to avoid lumps in your meal) Add 1.5 cups of powdered maize and allow the powder to be fully absorbed into the water.
2. Bring the mixture to boiling whilst stirring constantly with a wooden spoon to avoid lumps and also not to allow the maize to stick to the bottom of the pot.
3. Cover the pot and let boil 10 – 15 minutes over medium heat. (The paste boils in a similar way to lava in a volcano)
4. Gradually add the remaining cornmeal, and mix vigorously to blend the powdered maize into the mix.
5. The mixture should be thick and smooth.
6. Cover and let simmer for a 5-10 minutes more minutes over low heat.
7. Serve with beef stew whilst still hot for best flavour

## Beef stew

### Ingredients

- Beef (Super Blade preferred)
- 200 ml -300ml Water (Usually depends on the amount and type of to be cooked)
- Cooking Oil
- Salt
- 1 Medium Onion Chopped
- Tomatoes (Or Tomato Paste)
- Garlic(Optional)
- Pepper(Optional)
- Chilli (Optional)

### Method

1. Cut the beef into reasonably sized pieces.
2. Add the beef to the cooking pot then add water and half teaspoon salt. Bring the beef to boil and leave for at least 30 mins to 1 hour of boiling.
3. When the beef is tender you can drain the excess into a separate jar and keep it as beef stock. Add 3 tablespoons of oil and fry until the meat turns brown.
4. Once the meat has turned brown then add onions and the crushed garlic. Fry until the onion and garlic are nicely cooked.
5. Add tomatoes until they are just about cooked. When the tomatoes are almost cooked add pepper and chilli or any other desired spice.
6. Cover the pot and leave to cook for at least 2 minutes. Some spices thicken the mixture
7. Slowly add the beef stock until the mixture has the desired thickness. (If stock runs out water can be added as an alternative)
8. Simmer for about 5 minutes so that everything is well combined.
9. Serve with the prepared Sadza (Taste better while the meal is hot)

# Supervisors:

---

## Biogas Workshop - Chinese Vegetarian Dish

### Ingredients

Zucchini, Carrots, Colored Paprika, Mushrooms, Green Cubage, Onions, Garlic, Olive Oil, Soy Sauce, Black Pepper, Salt, and some Cardamoms.

### Method

All the ingredients have to be cut in medium size pieces like French fries.

There should be a sequence to follow when stir frying these ingredients shown below: Put some olive oil in a pan and when it is heated add the carrots and stir with a wooden stick until you feel like it is not very hard as raw. Add the shredded Paprika and onions and keep on stirring. After a while add the garlic and Zucchini and never stop stirring. Add your desired amount of Salt (not much as soy sauce is salty), cardamom and Pepper with the cubage and after a while add the mushrooms. Finally add the Soy sauce and make sure that it is a bit salty so do not add much salt until you taste it first. This meal could also be done with chicken or meat but they have to be cut into small cubes and added with the onions and garlic to take the seasoning taste.

## Gazpacho

So far Herena has not shared the recipe for the Gazpacho but if your thirst/hunger is not quenched maybe check out this recipe: <http://cooking.nytimes.com/recipes/1017577-best-gazpacho>

## Greek Salad

This is Andreas' version of Greek salad. The Greeks usually add some olives but they do not mix the salad.

### Ingredients (for 20 people):

- 3-4 cucumbers (1.5 kg)
- 1.5 kg tomatoes
- 1.5 kg yellow bell peppers
- 1 kg feta cheese
- ~1/2 bottle of olive oil
- salt and pepper

### Procedure

1. Chop vegetables and feta into ~1-2cm pieces (the wet part of tomatoes and cucumber should be removed)
2. Mix vegetables
3. Add feta, salt, pepper and olive oil
4. Mix everything together

## Coconut chicken:

Source: <http://www.sailusfood.com/2007/01/22/coconut-chicken-masala/>

### Ingredients (for 5-6 people):

- 1 kg chicken, washed and cut into medium sized pieces
- 1 large onion finely chopped
- 1 tbsp ginger-garlic paste
- 1 tbsp coriander powder
- 2-3 green chillis slit length wise
- 1 1/2 tsp garam masala pwd (2" dalchini, 2 green cardamom, 6 cloves finely ground)
- fresh coriander leaves for garnish
- salt to taste
- 1 1/2 tbsp-2 tbsp oil

### Procedure

#### Make a paste:

- 1 large onion
- 3-4 green chillis
- 1/2 cup fresh grated coconut
- 1 small bunch fresh coriander leaves
- 10-12 mint leaves
- 10-12 cashewnuts, soaked in 2-3 tbsps milk for 15 mts

1. Marinate the chicken in coriander pwd, turmeric pwd, ginger garlic paste, 2 slit green chillis and few mint leaves for 10-15 mts. Soak the cashewnuts in 2-3 tbsps milk for 10-15 mts.
2. Make a paste of onion, green chillis, grated coconut, coriander leaves, mint leaves and cashewnuts. Keep aside.
3. Heat oil in a cooking vessel, add the green chillis and chopped onions and saute till transparent.
4. Add the marinated chicken and cook on high heat for 4-5 mts, combining the ingredients once in a while.
5. Reduce to medium heat, add the ground paste and salt and combine well. Let the chicken cook in this paste for 8-10 mts, uncovered. Cook till oil separates. There is no need to add water as the chicken cooks in its own water.
6. Finally add the garam masala pwd, combine well and remove the contents to a pressure cooker. Pressure cook the chicken for 3-4 mts or upto one whistle. Turn off heat and garnish with fresh coriander leaves.
7. Serve hot with white steamed rice, biryani or chapatis.

#### Note:

Use only fresh coconut and not the dry variety. Adjust the green chillis according to your spice level. Ensure that the chicken doesnt pressure cook for more than one whistle, you wouldn't want a mushy chicken curry.

## Bengali sweet (Basanti) Pulav:

Source: <https://www.youtube.com/watch?v=jeOmw7PfQ6I>  
<http://www.foodieshutrecipes.com/recipes/rice/basanti-pulao/>

### Ingredients (2-3 servings):

#### *For marinate:*

- 1 cup gobindobhog/ kalee jeera rice washed and soaked into water for at least 30 to 45 minutes, drain well
- 20 gm broken Cashew
- 20 gm raisin
- 1 tsp grated / finely chopped ginger
- ¼ tsp turmeric powder (you can add saffron for colour too)
- 1 tbsp ghee

#### *For seasoning:*

- 2 green cardamoms (grounded)
- 3 cloves (grounded)
- 1 flake of cinnamon bark (grounded)
- 1/8 tsp of grounded mace/ javetri
- 1/8 tsp of grounded nutmeg / jaifal
- Salt to taste

#### *Whole spices:*

- 1 tiny cinnamon stick
- 2 green cardamoms
- 2 cloves
- 2 bay leaves
- 2 ¼ Cup Water

### Process:

1. Fill a pot with 2 ½ cup of water, add whole spices into the water and bring to a boil.
2. In a mixing bowl mix together the rice with the cashew, raisin, chopped ginger, ghee, and turmeric powder, half of seasoning and salt.
3. Heat a pan over medium heat, add remaining ghee and allow melting.
4. Add mixed rice into the pan and cook for five to six minutes or until rice changed its colour.
5. Pour boiling water to the rice, bring the heat to low, cover with lid and allow it cook for three to four minutes.
6. Add sugar, rest of seasoning and over high heat cook for a minute.
7. Remove from heat, if you wish add one whole green chilli for flavour, cover with lid.
8. Give 10 to 15 minutes standing time to evaporate the water.

Serve hot with any spicy curry.

## **Raita (spicy yoghurt):**

Source: <https://www.youtube.com/watch?v=SFgg6BfX97Q>

### **Ingredients (12 servings):**

- 1 cucumber
- 3 cups of Greek Joghurt
- 2-3 large tomatoes
- 1 Onion (1 large)
- Black salt
- Olive oil
- Cumin seeds
- Green chilli
- Curry leaves
- Mustard seeds
- Fresh coriander leaves

### **Process:**

Watch the video ;)

## Käsespätzle (Spaetzle with cheese)

Source: <http://www.chefkoch.de/rezepte/79221030372046/Kaesepaetzle.html>

Spaetzle are a speciality from Southern Germany in particular Swabia and are a kind of pasta.

### Ingredients (12 servings):

- 1.5 kg flour
- 3 tblsp oil
- 750 ml water
- 12 tsp salt
- 18 eggs
- 9 onion (medium)
- 900 g grated cheese (Emmentaler)

### Process:

1. Create a dough by stirring the flour, eggs, oil and salt (use the doughhook of a mixer if you can). Add water so that you obtain a viscous consistency.
2. In the meantime bring salted water to a boil. Then add the dough in drops to the boiling water. This is achieved best by means of a spaetzle hopper or potato ricer but was traditionally accomplished by actually cutting each individual noodle with a knife and dropping it into the water.
3. The drops sink and soak with water while at the same time the egg protein degenerates which results in small air pockets in the spaetzle. Due to these air pockets the density of the spaetzle is smaller than that of the water and after a short time they rise back to the surface when they are ready.
4. Using a ladle scoop the swimming spaetzle from the boiling water and add them in a layer to a casserole. After a monolayer of spaetzle add a layer of cheese. Then repeat with another layer of spaetzle and so on...

As the spaetzle are soaking the water you might need to refill some water and salt every now and then. Some spaetzle might stick to the bottom of the pot so that it is advised to scratch the bottom of the pot every now and then to avoid burning.

5. What should have been done but was not accomplished due to a lack of time/pots:  
Cut onions into rings and fry them until brown. Spread on the cheese spaetzle.
6. What was done but should have been avoided:  
To make sure that the spaetzle are thoroughly warm and the cheese melted the casserole was put onto the stove. The very high direct heat from the bottom side caused the lowest layer of the spaetzle to burn. This might be avoided by using an oven at moderate temperatures or performing the spaetzle manufacturing quicker to use more resistant heat from the spaetzle themselves.

## Rote Grütze (Red berry jelly)

Rote Grütze is a traditional dessert made from red berries

### Ingredients (4 servings):

- 1 kg red fruits/berries: incl. 1 glas of sour cherries and further berries of choice (strawberries, raspberries, currant, blackberry)
- 65 g Perlsago (some kind of starch)
- 250 ml cherry juice (from the glas of sour cherries)
- 75 g sugar

### Process:

1. Mix the fruits, juice and sugar and carefully bring to a slight boil.
2. Then pour everything through a sieve and collect the juice in a pot.
3. Insert the Perlsago into the juice while stirring continuously and then boil 30 minutes (with a closed lid) stirring every now and then until the sago particles are transparent.
4. Add the fruits and simmer for another 5 minutes.
5. Let everything cool for at least 3 hours or overnight
6. What should have been done but was not accomplished due to a lack of Robin's reading skills:  
Use the proper amount of Perlsago. As I somehow bought only 1 instead of 2 packages of Perlsago the consistency of the Rote Grütze was not as jelly-like as supposed to. Also the cooling time of 3 hours was not accomplished due to a lack of time which is also necessary to achieve the right consistency.

## Vanilla Ice cream

### Ingredients (15 servings):

- 0.5 litres milk
- 1 litre whipping cream
- 2 packs vanilla sauce pulver (e.g. by RUF)
- pulp of about 0.5-1 vanilla bean
- 1 pack vanilla sugar
- 125 g sugar
- 2-3 litres of liquid nitrogen

### Safety precautions:

The liquid nitrogen (LN2) can be a dangerous substance and must be handled with care. LN2 has a temperature of 77 K in its liquid phase (-196 °C) which can lead to substantial damage of the skin tissue when not handled by trained staff. While a brief contact to liquid nitrogen is harmless (the liquid nitrogen directly at the skin evaporates creating a protection layer around the skin (Leidenberg effect) the skin itself may not be covered by metal objects

which cause the Leidenberg effect not to occur. LN2 evaporates constantly at room temperature and therefore must not be transported or stored in a closed container in any case. The volume of nitrogen in its gaseous phase is about 600 times larger than its liquid phase which results in the built-up of very dangerous pressures when kept in closed containers which can lead to explosions. LN2 should be stored in well ventilated rooms as it pushes the oxygen away and can lead to choking. When LN2 is brought into contact with a container or substance at room temperature the LN2 evaporates almost instantly which appears as a very violent boiling of the temperature as the nitrogen gas bubbles disrupt the still liquid nitrogen. This can lead to splashing which is why deep temperature gloves and eye protection has to be used by all staff members in close contact to the substance. For the same reason the container/pot should roughly have about three times the volume of the ice cream sauce. As the container of the liquid nitrogen cools down very quickly any material in direct contact to the liquid nitrogen should also be touched only with gloves. When LN2 is poured it is usually accompanied by a white fog. This fog is completely harmless and is composed of frozen water droplets in the air.

### Process:

1. Prepare the flavor base: Pour half of the milk into a pot and 'almost' bring to a boil. Add all the non-liquid ingredients and dissolve them in the milk while stirring. Take from the fire.
2. Prepare the flavored cream: Add the remaining cream and milk. It might be necessary to quickly stir again to obtain a homogenous liquid. Let cool
3. Pour some LN2 (but not too little, I'd say about a fifth) into the pot and stir quickly but make sure that the foamy sauce does not flow over. Ignore the fog, Then wait a little bit so that the temperature in the cream homogenizes and the fog evaporates a little. Gently stir further by folding in or pressing the solidified ice pieces to the bottom of the pot.
4. Now continue pouring in small amounts of nitrogen and gently stir until the sauce freezes and gets the desired creamy consistency.