



The Educators' International Cookbook!

2020-2021

put together
by
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Uk, Uk quer, PIA

a by-product of the English lessons 😊



Selfmade McFlurry

500 ml of cream
1 can of sweet condensed milk
1 pack of cream stiffener

First put the cream and the cream stiffener into a pot and whip until it is firm.

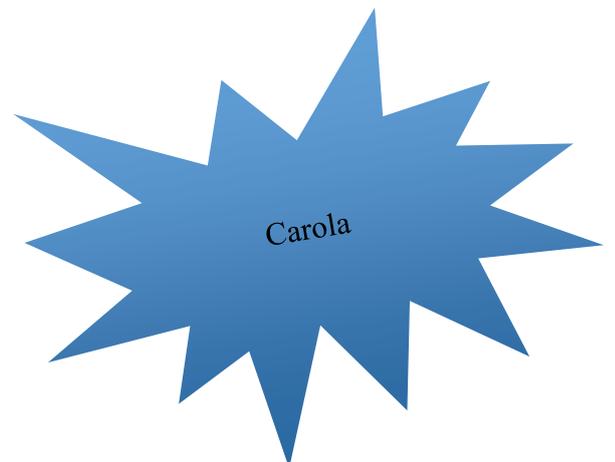
Pour the condensed milk into the pot and fold it into the cream with a spatula.



Now put all the cream into a dish and cool in the freezer for 30 minutes.



Tip: top the cream with some smarties or cookies.





Shoe soles (edible^^)

5. September 2019

Great party food – crunchy, funny, not too sweet. And always a laugh because of the weird name... ... *Mehr*



This is childhood, again... when my mum did a yeast ring or braid and we were too impatient to wait for the long process of dough proofing she made these quick and easy yeast things (no cakes, no cookies, no biscuits, no idea what to call them^^)... They can be eaten warm, right off the baking tray.

For 10 soles:

- 8 gr of fresh yeast
- 200 gr of flour (type 630)
- 25 gr of sugar
- 40 gr of butter
- 1 pinch of salt
- ½ teaspoon of finely grated lemon zest of half an organic lemon
- 35-40 ml of milk
- 1 small egg
- really coarse sugar, one or two handful

Frau Adams

1. Fill the flour into your food processor bowl, make a little hole in the middle of the flour and crumble the yeast into it.
2. Warm the milk – more than lukewarm, but NOT hot! - and pour half of it over the yeast (don't make a mess in the bowl: over the yeast means: ONLY over the yeast^^). Stir till yeast and surrounding flour give a soft semi-liquid starter dough.
3. Cover the bowl with a cloth and let the starter dough ripe till you can see blisters developing (half an hour). Make sure the place where you put it is warm and not draughty.
4. Before you go away to do something else, put the butter into the little pan in which you warmed the milk and let it dissolve in the remaining milk. The rest warmth from your cooktop will do the job.
5. When the starter dough is good, let your food processor fold it into the flour for a few seconds. Then add sugar, salt, lemon zest and egg, and let the food processor do its job again for a few seconds.

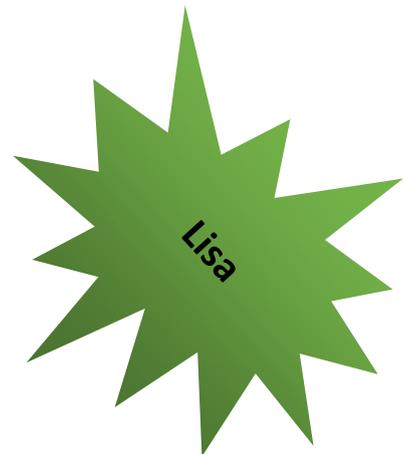
6. Warm the milk/butter mixture till it's more than lukewarm, but NOT hot again, and pour into the bowl. Start with two thirds and see what the food processor does with this: is the dough still very firm, add more of the liquid. The result should be soft, yielding, but NOT sticky. My grandma used to say a good yeast dough cleans the bowl – because it pulls all the fibres in. Takes about 10 min.
7. Take the dough out, put it on your worktop, roll up your sleeves and KNEAD for your life. You are even supposed to BEAT the dough... although I don't really know how to describe this. You collect it in one hand, take it up into the air and let it plonk back with a loud bang. This is, I assure you, therapy.
8. Use the dough directly after you worked all the ingredients together into a smooth ball. Cut it into ten pieces.
9. Sprinkle the sugar on your worktop, place a piece of dough on it and roll it out with a rolling pin,. Turn it and roll again so that both sides are covered in sugar and the thing has the approximate size and form of a shoe sole. Transfer it to a baking sheet covered with baking parchment. Go on the same way with the other pieces of dough.
10. Preheat the oven: 170°, circulation.
11. Cover the baking sheet with a tea towel and let sit till the oven has reached the correct temperature.
12. Bake for 12-14 minutes.



Coconut Shrimp Curry

Ingredients for 6 servings

coconut oil	1 tablespoon
garlic stir-in paste	2 teaspoons
ginger stir-in paste	1 tablespoon
red curry paste	1 tablespoon
unsweetened coconutmilk	1 can
fish sauce	1 ½ teaspoons
sugar	½ teaspoon
yellow onion (cut into large pieces)	½
red bell pepper (also cut into large pieces)	1
zucchini (cut into halfmoons)	170g
shrimps (the frozen ones if u want)	about 200g to 250g
dried cilantro/coriander (optional)	½ teaspoon
dried basil	½ teaspoon
rice for serving	



1. Melt the coconut oil in a large saucepan over medium heat. Add the garlic and the ginger stir-in paste.
Stir and let cook for a minute. Add red curry paste and stir.
Now pour in the coconut milk, fish sauce, and sugar.
Let this simmer for 3 minutes.
2. Add onions and cook for 5 minutes. Add red bell pepper and cook for another 5 minutes. Last add zucchini and cook until tender. This takes probably 5 more minutes.
3. Add the shrimps and cook them for about 3 minutes.
4. Mix in the dried cilantro and the dried basil

Now serve with rice, if you want you can garnish with a little bit of the dried basil

Enjoy!

(you can always add other vegetables or put in chicken instead of shrimps and if you are vegetarian of course you can use only vegetables)



Cinnamon Buns/Rolls

Ingredients for 12 servings:

Dough:

500 ml whole milk
100g granulated sugar
110g unsalted butter
7g dry yeast
600g flour
1 tsp baking powder
2 tsp crushed sea salt

Filling:

150g light brown sugar
170g unsalted butter
2 tsp ground cinnamon

Frosting:

115g cream cheese
30g unsalted butter
70ml milk
1 tsp vanilla extract
125g icing sugar



Step-by-Step

1. Make the dough: In a large bowl, whisk together the warm milk, sugar, and melted butter. The mixture should be just warm, registering between 37-43°C. If any warmer, allow to cool slightly.
2. Sprinkle the yeast evenly over the milk mixture, stir, and let sit in a warm place for about 10 minutes until the yeast has bloomed.
3. Add 500 g of flour to the milk mixture and stir with a wooden spoon until just combined.
4. Cover the bowl with a kitchen towel or plastic wrap and let rise in a warm place for 1 hour, until nearly doubled in size.
5. Generously butter 2x23 cm round baking pans and set aside.
6. Make the filling: In a medium bowl, combine the brown sugar, butter, and cinnamon. Mix well, then set aside.
7. Remove the plastic wrap from the dough and add the remaining cup of flour, baking powder, and salt. Stir well, then turn out onto a clean surface. Leave a bit of flour nearby to use if needed but try not to incorporate too much.
8. Knead the dough for at least 10 minutes, adding more flour bit by bit until the dough just loses its stickiness and does not stick to the surface or your hands. The dough should be very smooth and spring back when poked.

9. Roll the dough out into a large rectangle, about 1 cm thick. Fix the corners with a bench scraper or a spatula to make sure they are sharp and even.
10. Spread the filling evenly over the dough.
11. Starting from one short end, roll up the dough into a log and pinch the seam closed. Place seam-side down. Trim any uneven ends.
12. Using unflavored dental floss, cut the log into evenly pieces, about 8cm thick. Place the cinnamon rolls in the prepared pans, 1 in the center and about 5 around the sides. Cover with a towel and let rise in a warm place for 35-45 minutes, until expanded by about half of their original volume. If you're saving the cinnamon rolls for later, cover with plastic wrap and freeze for up 3 months.
13. Preheat the oven to 180°C.
14. Bake the cinnamon rolls for 25-30 minutes, until golden brown.
15. While the cinnamon rolls are baking, make the frosting: In a medium sized bowl, whisk together the cream cheese, melted butter, milk, and vanilla extract until smooth. Gradually add the powdered sugar and whisk until homogenous and runny.
16. When the cinnamon rolls are finished, let cool for about 10 minutes.
17. Drizzle the frosting over the cinnamon rolls, using the back of a spoon to spread if desired.

ENJOY



Pancakes

You will need:

1 cup of milk
½ cup of sour cream
¼ cup of sugar
2 large eggs
1 teaspoon of vanilla extract
1 ½ cups of all purpose flour
2 teaspoons of baking powder
1 teaspoon of salt
butter for greasing the pan



Instructions:

Pour milk and sour cream into a large bowl.
Add sugar, eggs and vanilla.
Whisk together.
Add flour, baking powder and salt.
Stir until just combined.
Melt butter in a pan over medium-low heat.
Pour pancake dough into the pan.
Cook for 3-4 minutes (bubbles will form on the top of the pancakes).
Flip and cook for 1-2 minutes.

Alexa and Lauren

COOKIES

Ingredients for 50 cookies:

- 2 cups of flour
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of salt
- 170 g butter, melted
- 1 cup of brown sugar
- 1 2 cup of white sugar
- 1 tablespoon of vanilla extract
- 1 egg
- 1 egg (yellow)
- 1/2 – 2 cups chocolate chips from dark chocolate



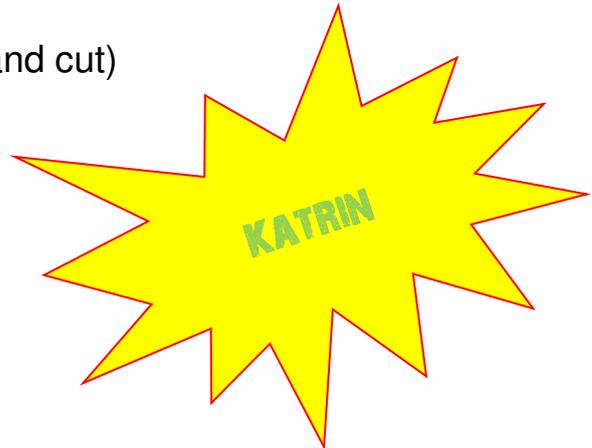
Preheat oven to 165°C circulation.

1. Fill the flour and baking powder into a bowl. Add salt.
2. Mix the butter and sugar . Add vanilla, eggs until light and creamy. Add sifted ingredients until just blended. Move in chocolate chips.
3. Drop cookie dough onto lined baking trays: One tablespoon of dough makes one cookie. Bake one baking tray after another for 8 to 12 minutes or until the edges are slightly brown. If you have a feeling that the cookies still need to bake a little bit more, pull them straight out of the oven! They are perfect like that.
4. If you let them cool down, they will get a little crunchier. Or layer them into cookie boxes.

Apple puree / apple sauce

Ingredients

- 4 pounds of apples (peeled, cored and cut)
- some sugar
- 1 lemon (juice only)
- 1 teaspoon of cinnamon
- 5 tablespoons of water



Method

First add all the ingredients to a large saucepan and bring them to the boil. Then reduce the heat to medium-low for 15 minutes. Next you have to mash it with a potato masher. Finally you can add more sugar if you like.

Now you can serve it hot or cold. You can also freeze it. You can serve it with pancakes.



The hottest stuff for the summer ...

Beach Salad

an Aussie meal

there is no need for measuring ...

Ingredients :

- ☀️ a sweet red watermelon (seedless, if possible)
- ☀️ a red onion (if you are a lover of onions take two or more)
- ☀️ cashews (how much you would prefer, roasted or plain)
- ☀️ one pack of Feta cheese
- ☀️ fresh leaves of peppermint, a handful will do (if you prefer a smoother taste use lemon balm instead of peppermint)
- ☀️ Spices: just red pepper , freshly ground

and now:

- > Cut the watermelon into thick slices and cut off the green rind.
After that cut the flesh into chunks and put them in a big bowl.
- > Peel the onion and cut it in half and then in small rings. Put it into the bowl with the melon chunks.
- > Open up the bag of cashews and throw them into the bowl as well.
- > Take the Feta cheese out of the packaging and cut it into cubes.
- > Take the washed and dried off leaves of the peppermint and cut it in small slices.
Put them into the bowl.



- > Now use the salad servers to mix it well. You can season the salad to your taste. I would suggest to use some fresh ground red pepper.
- > Keep it in the fridge until you go to the beach.

Tuck in!

It is so refreshing on a hot day!



KARENA

Cheesecake

The best cheesecake I have ever eaten. Big, fluffy, moist and above all easy to prepare...I got the recipe from my dear friend ☺

You need:

- 8 eggs
- 300 gr of sugar
- 300 ml of cream 30%
- 2 vanilla puddings (40 gr each)
- 1 kg cottage cheese

Preheat the oven to 160°C. Line the bottom of a springform pan with a diameter of 20 cm with parchment paper. Raise the sides by making a tall rim the diameter of a parchment paper pan.

8 eggs: thinly beat the yolks with 200 gr of sugar. Add 300ml of 30% cream, 2 vanilla puddings (40 gr each) and 1 kg of cottage cheese. Mix. Beat the egg whites until stiff and add 100 gr of sugar to each mixture. Add the finished egg whites to the cottage cheese mass and mix gently. Pour into a springform pan. Bake for 90 minutes. Let it stand in the oven overnight...

Enjoy your meal ☺



Arleta

Peanut chocolate pralines

Hollow body

- 1 pack of dark chocolate hollow bodies (63 pieces)

Filling

- 100 g of cream
- 200 g whole milk chocolate couverture
- 150 g peanut butter
- 100 g peanuts (salted)

Finishing and decoration

- 225 g dark chocolate couverture
- 100 g peanut slivers



These chocolates are made with hollow bodies that you can buy ready-made. You can then fill the three flavors of white chocolate, whole milk and dark chocolate as you wish. The dark chocolate pralines are filled with a creamy whole milk peanut butter cream and whole milk couverture. Wrapped in more chocolate and decorated with peanut slivers or salted peanuts, the pralines are ready for eating. Perfect DIY idea from the kitchen to give away for a birthday, Christmas or something like that, just to make others happy. In my app you can find more recipes with and without hollow bodies.

Preparation

Place the hollow bodies and cardboard packaging in the freezer.

Filling

Briefly boil the cream in a saucepan. Then pull it off the stove and stir in the couverture. Fold in the peanut butter as well. Put the filling in a dosing bottle or piping bag (without a spout) and leave it lukewarm. Insert a peanut into each hollow body. Then fill the hollow bodies with the filling to just below the edge. Seal the box and place it in the freezer for about 45 minutes until the filling is firm.

Seal the chocolates

Melt two thirds of the couverture over a warm but not boiling water bath. Now take the liquid chocolate off the water bath, stir in the remaining third and pour it into a small piping bag. Now fill the liquid couverture to the brim in the pralines so that they are sealed. Put the chocolates in the freezer again for about 15 minutes until they are firm.

Finish chocolates

Now put some of the remaining melted couverture in the palm of your hand and coat the praline in your hand with it. Sprinkle them with the peanut slivers or with chopped, salted peanuts, as desired, and then place them on a plate or baking sheet to dry. Store them in the refrigerator. There they can be kept for about 10 days.





Strawberry Shake

Ingredients:

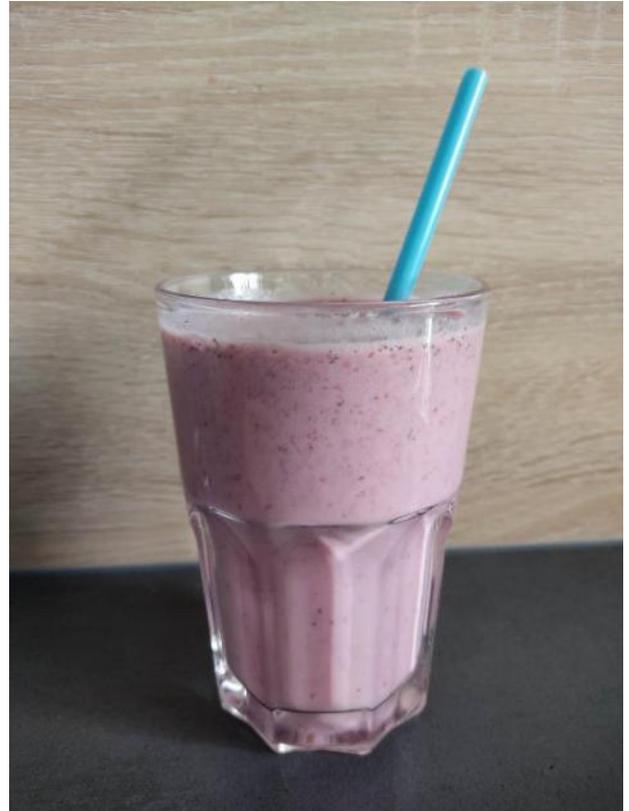
- 500 gr strawberries
- 500 ml milk
- sugar as desired

Material:

- 1 blender
- 2 glasses
- mint leaves for decoration

Directions:

1. Take the strawberries and wash them in the sink.
2. Let them drain.
3. Put the strawberries, the milk and the sugar in the blender.
4. Put the lid on the blender, set to level 4 for 1 minute.
5. Take two glasses and pour the shake into them.
6. To decorate, take the mint leaves and put them on the edge of the glass.
7. Sit on your couch or your favourite place and enjoy the strawberry shake.



Stephi

Danubian Waves

working time: ca. 1 hour

baking time: ca. 25 minutes

Ingredients:

dough:

3	eggs
175 g	sugar
175 ml	oil
175 ml	milk
350 g	flour
3 tsp	baking powder
1 tbsp	cocoa
1 tbsp	milk
1 glass	morello cherries (drilled)



cream:

1 pack	vanilla custard powder
400 ml	milk
2 tbsp	sugar
250 g	butter

icing:

200 g	dark chocolate
2 tbsp	Nutella
1 tbsp	oil

You need a deep baking tray of ca. 30 x 40 cm.

1. First remove the butter from the fridge and place it in a bowl in pieces. That way it will get soft.
2. Stir the vanilla custard powder with 50 ml of milk and the sugar till smooth. Bring the rest of the milk to the boil. Then stir in the stirred vanilla custard powder and let it boil again. Fill the mixture in a bowl and cover it with clingfilm. Let it cool down at room temperature.



3. Next, grease the baking tray thinly and then cover it with baking paper. The baking paper should be tight to the baking tray.



4. Now preheat the oven to 180°C top/bottom heat.

5. Crack the eggs and whip them together with the sugar till thick-creamy. Slowly add the oil. Now mix the flour and the baking powder. Stir it in turns with the milk into the egg-cream. Spread half of the dough on the baking tray. Mix the rest of the dough with cocoa and milk and spread it carefully over the dough on the baking tray.



6. Now spread the morello cherries over it. Bake it in the oven for about 25 to 30 minutes. Then let the cake cool down.



7. Whip the butter which has room temperature now till creamy. Take the clingfilm off the flan mixture and add it spoon by spoon to the butter. Then spread the cream evenly on the cold cake.

8. Melt the dark chocolate over warm water. Then add Nutella and oil. It has to get a smooth liquid chocolate icing. Pour the icing over the cake and distribute it evenly. Let the icing become solid.



Enjoy!

Persian chicken – zereg polo ba morghe

For two persons

Ingredient:

- 3 chicken legs
- 1 cup basmati rice
- 2 dinner spoons of tomato paste
- 1 big onion
- one quarter teaspoon of safran
- 1 teaspoon of curcumin
- 2 dinner spoons of sunflower oil
- four dinner spoons of sliced pistachios
- four dinner spoons of berberis
- salt
- sugar



Hanieh

Recipe:

Cut onion into four quarters. Mix half teaspoon of salt and one teaspoon of curcumin with two dinner spoons of water. Put everything together with three chicken legs into a pan.

Cook the three chicken legs for 90 minutes at low power (level 3 of 10).

Put two cups of water together with one cup of basmati rice into a Teflon coated pot. Mix water with half teaspoon of salt and two dinner spoons of sunflower oil.

Cook the rice for 90 minutes at low power (level 3 of 10).

After 90 minutes mix 2 dinner spoons of tomato paste with water in the pan. Also mix two dinner spoons of hot water with one quarter teaspoon of safran and pour over cooked basmati rice.

Heat two dinner spoons of sunflower oil and sear four dinner spoons of berberis for one minute. Mix two dinner spoons of sugar with the berberis.

Turn the pot with basmati rice upside down on a big dish, like a cake.

Place four dinner spoons of sliced pistachios and the four dinner spoons of berberis over the basmati rice.

Place pan with chicken and the big dish on the table.

Mediterranean meatballs in tomato sauce

4 servings

Ingredients

- 2 onions, chopped
- 2 cloves of garlic, chopped
- 4 tablesp.of olive oil
- 2 tablesp.of tomato paste
- 1 can of tomatoes
- 400 grams of minced meat
- 2 tablesp. of bread crumbs
- 1 egg
- 2 tablesp. of parmesan, grated
- 4 tablesp. of Italian herbs like thyme, oregano, basil, parsley, finely chopped
- salt, pepper, sugar



Sarah Z.

Directions

1. Sauté garlic and onions in 2 tablespoons of olive oil until soft and transparent. Set aside and halve.
2. Sauté tomato paste in a saucepan, than add the tomatoes. Chop the tomatoes, add 1/2 of the onion mixture and cook without a lid for 30 minutes.
3. Mix together minced meat, bread crumbs, egg, cheese, half of the herbs and the remaining onion mixture in a bowl. Season with salt and pepper and form small balls.
4. Brown the meat balls in the remaining oil from all sides.
5. Season tomato sauce with salt, pepper, sugar and add more chopped Italian herbs. Add the meat balls and heat them in the sauce for about 10 minutes.

“Arancini di riso”



“Arancini di riso” is a traditional Sicilian food. My father is Sicilian and this is a very common meal in Sicily. It’s a lot of work to make them and because of that you always have to make a lot of them. When I go to Italy I’m always so excited to eat them because in Sicily they taste so good. But here is a recipe to make them on your own.

Recipe for 44 Arancini di riso

Ingredients:

- 300 gr chicken breast
- 300 gr minced beef
- 150 gr peas
- 2 blanched celery roots
- 2 sprigs of parsley
- basil
- 2 onions
- 400 ml beef broth
- 200 ml white wine
- 140 gr tomato paste
- 8 teaspoons of olive oil
- salt, chilli powder
- 1400 gr rice
- 320 gr Ragusano matured (to rub)
- 500 gr Ragusano young (to cut, Mozzarella)
- 2 boxes of saffron
- 6 eggs
- 200 gr breadcrumbs
- 8 teaspoons of butter

1. At first you have to make the filling of the Arancini. You start with cutting the onion and parsley and cutting the blanched celery in little cubes. Then you cut the chicken breast into little pieces.
2. In the frying pan you start frying the chicken breast with olive oil and add salt and pepper. After that you take the chicken breast out and put it into a big pot.

3. The next step is frying the minced beef in olive oil and after that you add salt and pepper. Then you break up the minced beef into little pieces and put them into the big pot too.
4. First you have to sauté the onion in the frying pan and put it into the big pot like all the other ingredients. Then you roast the blanched celery roots and put them into the big pot.
5. After all the ingredients are in the big pot you heat them up and let them cook and then you deglaze the whole with the white wine and let it cook a little bit. Then you add the beef broth to the pot.
6. The next step is cooking the peas about 40 minutes in lower to middle heat until there is no liquid anymore. After that you add the basil, parsley, salt and chilli powder. (It has to taste intensive because the rice doesn't taste that much).
7. Then you start with cooking the rice in a big pot for about 20 minutes until it is al dente with salt. After 10 minutes you stir the rice. Now you add saffron until the rice is yellow. The butter and the parmesan have to be added too.
8. After you are done with that you let the pot cool down and then you add the 6 whisked eggs.
9. The next step is preparing the rice balls. First you grab 2 soup plates. Into one you put warm water and into the other you give the breadcrumbs.
10. You are supposed to wet one hand and distribute about 58 gr of the rice in a circle. In the middle you add 16 gr sauce and the young cheese ragusano (Mozarella). Then you bend the rice on the edge and cover the rest with the rice until you have a ball.
11. You push the ball until there is no air left in between. The rice has to be outside and the ragu on the inside. After that you roll the rice ball in the breadcrumbs.
12. In the end when all the rice balls are done you fry them in the fryer until they have a beautiful orange color.

I hope you enjoy the Arancini!



Selina

Red wine cake

For one cake:

- 300gr of butter
- 300gr of sugar
- 300gr of flour
- 6 normal eggs
- 1 ½ teaspoons of cinnamon
- 1 ½ teaspoons of cocoa
- 150gr of grated chocolate
- 1/8 l of red wine
- 2 packets of vanilla sugar
- 1 packet of baking powder



First of all you need a big bowl and a hand mixer. Then you take the eggs and open them and put them into the bowl. After that you put the sugar in it, too. Now you whip it up till you get a creamy mass.

Then you put the two packets of vanilla sugar into the mass, plus the cinnamon and the cacao, and finally the grated chocolate and the 1/8 l of red wine.

In the end you sift the 300gr of flour plus baking powder into the mass. You blend the mass with the hand mixer to a creamy dough.

And last but not least you put the dough into a baking dish greased with butter and lined with breadcrumbs. The baking dish goes into the oven for one hour (175°).



Oblatne

What are Oblatne?

➔ Oblatne are waffle leaves which are filled with a cream, these are typical pastries in Serbia.

What do we need? For one portion

- 400 ml of milk
- 300 g of sugar
- 2 packets of vanilla sugar
- 250 g of butter
- 200 g of chocolate
- 150 g of nuts (you can use whatever you like)
- waffle leaves



Preparation:

1. Boil the milk with the sugar and the vanilla sugar, then add the chocolate. Cook the paste at medium heat for about 15 minutes.
2. Let the mixture cool down for 30 minutes until it's lukewarm, then you can put the nuts in, if you want to.
3. The first waffle leaf is placed with the rough pattern facing downside. Then coat the other side with the cream, the other waffles are layered and coated on top. Continue this process until all the waffles are used up. The last waffle is placed with the rough pattern facing upwards.
4. Put something heavy (for example books) on top of the waffles to weigh them down and let the whole sit for about 3-4 hours.



In Serbia we say that you have to cut the Oblatne into diamond-shaped pieces to make them taste the best! Enjoy 😊

MANTI

Ingredients (for 6 people):

For the dough:

- 500g flour
- 1 egg
- 1 teaspoon of salt

For the filling:

- 250g minced meat
- 1 onion
- 2 tablespoons of parsley, chopped
- salt
- pepper
- paprika powder

For the sauce:

- 750g yogurt
- 3 garlic cloves
- 3 tablespoons of butter
- 2 tablespoons of paprika pulp, spicy (or mild)



Melisa

Preparation:

Dough:

1. Knead the flour, egg, salt, and a little water into a firm dough. Let rest covered for 30 minutes.

Filling:

1. Chop the onions very finely and mix with the minced meat and parsley and season with salt, pepper, and paprika powder.
2. Halve the dough, roll it out and cut in 2 x 2 cm squares approx. 2 mm thick, top them each with some of the minced meat.
Firmly press the opposite corners of the squares together to form a cross and place on a floured baking sheet.
3. Bring the salted water to the boil and cook the dumplings in it for about 10 minutes over medium heat.

Sauce:

1. Finely chop the garlic cloves, add a pinch of salt to the yogurt and stir.
2. Heat the butter in a pan and briefly toast the paprika pulp.

Finishing:

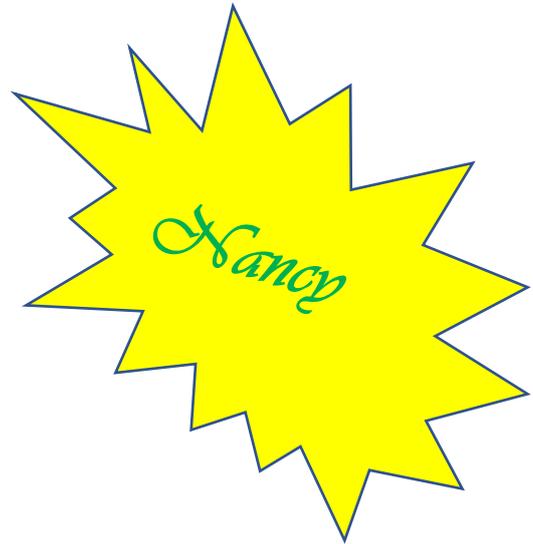
1. Spread the dumplings on a plate with a slotted spoon and let cool down a little.
2. Pour the yoghurt on top, then drizzle the pepper butter over the mantis.

Enjoy your meal!

Mexican Coctail „MARGARITA“

Ingredients:

- 2 lime wedges, (for optional rim and garnish)
- salt or sugar, (for optional rim)
- 1 1/2 ounces of tequila
- 1 ounce of premium triple sec
- 3/4 ounce of freshly squeezed lime juice
- 1 ounce of sparkling water



Steps to make It

- Gather the ingredients. If desired, rim a chilled cocktail or margarita glass: Wet the rim with a lime wedge, then dip or roll it in a small dish of salt or sugar.
- Pour the tequila, triple sec, sparkling water and lime juice into a cocktail shaker filled with ice cubes.
- Shake well.
- Strain into the prepared glass with fresh ice.
- Garnish with a lime wedge.
- Serve and enjoy!

Choosing quality liquors is essential to a superior margarita. Tequila is the main ingredient and a cheap, low-quality tequila will only bring the drink down. So, I recommend you to pick a medium to high-end blanco or reposado for this cocktail.

Spaghetti Bolognese (for 4 people)

Fixings:

400 gr	spaghetti
two tablespoons	Tomato paste
two tablespoons	red wine
two tablespoons	oregano
400 gr	tomato sauce
350 gr	minced meat
one	carrot
two	clove of garlic
one	onion
one tablespoon	parsley
one tablespoon	cooking oil
	pepper
	salt

Naomi

Preparation:

1. Peel the onion and cut it into small cubes. Peel the garlic and chop it into small pieces. To wash, peel and cut the carrots very small. To wash the parsley and chop it finely.
2. Then let the pasta water boil and boil the pasta and then pour it down.
3. Heat the oil in a saucepan and steam the garlic and onion. Add the carrot.
4. Now add the minced meat and roast it through it. Add tomato sauce, oregano and red wine. Simmer the sauce for 40-50 minutes over low heat.
5. Stir the tomato paste and taste it with salt, pepper and parsley.
6. To prepare the spaghetti with sauce and garnish with basil.



Cold soup for hot summer days

Ingredients:

- 1 bunch of parsley
- 1 bunch of dill
- 1 or 2 leeks or spring onions
- 1 bunch of red radish
- 1 cucumber
- 1-2 teaspoons of salt
- 3 eggs
- 3 big potatoes
- 400g pork sausage (optional)
- 1 mug of sour cream
- 500g natural yoghurt
- 1 liter kefir
- 750ml water



Stephanie



At first you have to cook the potatoes and the eggs, because they have to cool down. Then finely chop up all the herbs, put them into a big bowl and stir in the salt. Slice and chop the cucumber and the radishes and add them to the bowl. Mix. Cut the eggs, potatoes and the sausage into small cubes. Finally add the sour cream, kefir, yoghurt and the water to the mixture. Stir well and taste the soup. If necessary season as you like with more salt. Then put the soup into the refrigerator for 4-5 hours and enjoy it after a hot day to cool down your own heat. 😊

Strawberry Roll



- 4 eggs Beat egg white until stiff in a separate bowl
1 pinch of salt add
- 100 g sugar put the sugar and the egg yolk in a separate bowl and
 add the remaining ingredients
- 1 packet vanilla sugar
4 spoons of lukewarm water
90g each of flour and corn starch
1 level teaspoon of baking powder

Beat everything with the whisks of your hand mixer until a light cream has formed.
Into this mixture fold the egg white.
Spread the mixture on a baking tray lined with baking parchment and place it in the preheated oven for 15 minutes.
Turn the biscuit platter onto tea towel sprinkled with sugar and peel off the baking parchment, roll up the cloth immediately for form a sort of log. Let cool down.
In the meantime prepare the filling.
Wash and chop the seasonal fruit (strawberries).
Whip the cream and add the fruit, place on the cooled biscuit platter.
Put into the fridge until everything is solid.

Enjoy your meal!



Chocolate chip cookies

Ingredients

- 280g all-purpose flour
- 1 teaspoon baking soda
- 1 and 1/2 teaspoons corn starch
- 1/2 teaspoon salt
- 170g unsalted butter, melted & slightly cooled
- 150g light or dark brown sugar
- 100g granulated sugar
- 1 large egg + 1 egg yolk
- 2 teaspoons pure vanilla extract
- 225g semi-sweet chocolate chips or chocolate chunks

Instructions

1. Mix the flour, baking soda, corn starch, and salt together in a large bowl. Set aside.
2. In a bowl, whisk the melted butter, brown sugar, and granulated sugar together until no brown sugar lumps remain. Whisk in the egg, then the egg yolk. Finally, whisk in the vanilla extract. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft, yet thick. Fold in the chocolate chunks. They may not stick to the dough because of the melted butter, but do the best to combine them. Cover the dough and chill in the refrigerator for 2-3 hours or up to 3-4 days. Chilling is mandatory.
3. Take the dough out of the refrigerator and allow to slightly soften at room temperature for 10 minutes.
4. Preheat oven to 163°C. Line two large baking sheets with parchment paper. Set aside.
5. Roll the dough into balls, about 3 tablespoons of dough each. The dough will be crumbly, but the warmth of the hands will help the balls stay together. Roll the cookie dough balls to be taller rather than wide, to ensure the cookies will bake up to be thick. Place 8 balls of dough onto each cookie sheet. Press a few more chocolate chips/chunks on top of the dough balls for looks, if desired.
6. Bake the cookies for 12-13 minutes. The cookies will look very soft and under-baked. They will continue to bake on the cookie sheet. Allow to cool on the cookie sheet for 10 minutes before transferring to a wire rack to cool completely.



Afica

Polpette → Italian meatballs



Ingredients:

- 500gr minced meat mixed
- 1 onion
- parsley
- 1 egg
- breadcrumbs
- oil
- salt + pepper



Preparation:

First of all you have to wash your hands. Then you put the meat into a bowl. Now you cut the onion and the parsley in small pieces and put them in the bowl. After you did that you crack the egg and also add it to the other ingredients. Now you add oil, breadcrumbs, salt and pepper. You can add these ingredients by feeling, there is no right or wrong. The next step is that you have to knead all the ingredients. You can use a big spoon or just your hands. Knead it all together until it's a big coherent mass of meat.

Now you put oil into a pan and let it get warm. In the meantime you form small meat balls which you fry in the oil afterwards. Let them fry until they're done. You can see that they're done when the outside is golden brown and the inside isn't pink anymore.

Take the meatballs out of the oil and put them on a plate.

Now you can enjoy! 😊

Romanian Eggplant Salad (*Salata de vinete*)

Ingredients

- 3 medium eggplants
- 1 diced Onion
- Salt
- (1 tablespoon of fresh lemon juice)
- Salt and pepper

Mayonnaise:

- 1 tbsp. mustard
- Sunflower oil
- 1 large egg yolk or 2 smaller ones



Preparation

1. Preheat your oven to around 200 degrees Celsius.
2. Pierce the eggplants several times all over (it allows the steam to escape while the eggplants are cooking)
3. Place the eggplants on a cookie sheet and bake for around 30-45 minutes. Turn them a few times in order to bake them thoroughly.
4. If cooked take them out and let them cool down.
5. Once cooled, remove the skin.
6. Place the eggplant flesh in a dish towel and squeeze out the excess liquid. Alternatively place them in a drainer and let it sit for about 15 minutes.
7. Place the flesh in a food processor or chop it with a bigger kitchen knife till it has a creamy yet chunky consistency (Traditionally the consistency is chunky)
8. Add the lemon juice and the chopped onion and season with salt and pepper.

Mayonnaise:

1. Mix the egg yolk with the tablespoon of mustard in a bowl and start gradually adding the oil till you reach your wished quantity of mayonnaise.

BEST SERVED WITH FRESH BREAD AND TOMATOES! ENJOY!



Stefania

TURKEY BREAST SALAD



Nadine

Ingredients

For 4 portions

For the turkey strips:

400 grams turkey breast filets
4 tablespoons soy sauce
2 teaspoons honey
3 tablespoons honey
3 tablespoons sesame seeds
2 tablespoons rapeseed oil for frying

For the salad:

¼ head frisée lettuce
¼ head oak leaf lettuce
¼ head red leaf
4 tomatoes
1 cucumber

For the dressing:

4 tablespoons rapeseed oil
juice from one lemon
1 tablespoon mustard
¼ teaspoon sugar
salt, black pepper

- 1) Wash the turkey meat under cold water, pat dry, cut into 1 cm thick strips and put them in a bowl.
- 2) Mix the soy sauce and honey, pour over the meat and mix. Cover and let marinate in the refrigerator for 30 minutes.
- 3) In the meantime, clean and wash the lettuce and pull off into bite size pieces.
- 4) Wash the tomatoes, take out the stems and cut into 8 pieces. Peel the cucumber, cut lengthwise in half and slice into 0,5 cm thick slices.
- 5) Mix all of the salad ingredients into a large bowl.
- 6) Put the sesame seeds onto a plate and roll the turkey around in them.
- 7) Heat the oil in a nonstick pan and, while stirring, fry for about 8 minutes.
- 8) For the dressing, whip the oil, lemon juice and honey. Add the sugar, salt and pepper for taste.
- 9) Mix the salad and dressing together and separate onto 4 plates. Place the cooled turkey strips on top of the salad.

Raspberry dream

Made easily, is delicious!

Ingredients for 4 servings:

200 gr meringues
500 gr frozen raspberries
250 gr cream cottage
cheese 40%
250 gr low-fat cottage
cheese
500 gr yogurt
200 gr whipping cream



Whip the cream until stiff and mix with the cottage cheese and yogurt. Crumble the meringues into a separate bowl. Now pour the ingredients into a large glass bowl so that you get different layers. First pour some of the meringue, then the frozen raspberries and then the cream mixture alternately until everything is used up. The last layer should be the cream mixture. Now you can decorate with a few pieces of meringue and some raspberries like in the picture.

Chill for about 5 hours before serving.

Working time: 20 minutes



DG (Directeur Général), in English: General director



Ingredients

4-5 green plantains
200g green beans
4-5 pieces of carrots
half paprika
a full onion (medium size)
4 fresh tomatoes
spices of your choice
0,5 kg of fresh chicken
oil to cook
0,5 tbsp salt
oil to deepfry



- 1-Peel the plantains, the onion and the carrots.
- 2-Wash the tomatoes, the carrots, the green beans and the paprika.
- 3-Slice the carrots and the green beans and put in a sauce pan.
- 4-Slice the onion and the tomatoes and put in a sauce pan.
- 5-Break the edges of the green beans, throw away and break the beans into two or three.



6-Slice the paprika and put in a separate bowl.

NB: This picture shows you how to peel the plantain and how the plantain looks like.



1-Perboil the chicken with the ingredients pictured above or ingredients of your choice with 2 medium cups of water, season it and cook for about 10-15 min. Let it sit in the bouillon for about 10 min.

This enables the chicken to absorb the ingredients. I originate from Cameroon, we do eat a lot of spicy foods.

2-Deefry the sliced plantains in hot oil till deep yellow.

3-Use a cooking spoon full

of oil to fry the perboiled chicked till light brown.
4-After you take the fried chicken out, pour in the sliced tomatoes and onion. Let it cook for 10 min.
5-Add in the sliced carrots and the green beans , cover the cooking pot and cook for 10 good minutes.
6-Add in the sliced paprika and the fried plantains and chicken.
Pour in the bouillon from the perboiled chicken, cover and let it cook for 10 till 15 min.
Do not forget to stir it once in the while.
Enjoy it!



NB: I bet you, this is the only meal my kids do eat without complaining about how much they dislike carrots, green beans and cooked paprika ☺ and I hope you give me right that it deserves its title!

Fried ripe plantains



Raissa²



Ingredients

ripe plantain
cooking oil
pinch of salt
a kitchen knife

- 1-Peel the ripe/yellow plantain
- 2-Slice the plantains
- 3-Sprinkle a pinch of salt
- 4-Deepfry in hot oil



NB: It tastes sweet and can be eaten with omeletts, fried beans, avocado salad or cooked vegetables as a main meal.

Plantain Chips



Ingredients

green plantains

cooking oil

pinch of salt

A slicer (the one I use is a typical chips slicer made of wood from Cameroon)

- 1-Peel the plantains
- 2-Sprinkle a bit of salt on it
- 3-Preheat the oil
- 4-Slice the plantain directly into the hot oil
- 5-Fry till light yellow.



NB: Green plantains absorb less fat during the frying process. It is a fantastic snack, always available when you seal it. It can be preserved for over 6 months.