

Comenius project 2011 -2013

Sensing Europe - 5 ways to discover Europe

applesauce

ingredients

750 g sour apples

5 tablespoons water

about 50 grams of sugar



preparation

Wash and quarter apples, remove seeds, cut into pieces

Bring the water to a boil, let cook until tender

Strain through a sieve or mash with a masher and season with sugar



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apple pancakes

ingredients

125 g flour
2 eggs
250 ml milk
salt
1 tbsp. sugar
30 g melted butter
2 apples (sour)
4 tbsp. butter



preparation

Mix egg with some milk and sugar and flour. Then add the melted butter. Add the remaining milk and stir slowly until a smooth dough is formed thicker. The dough about 20 minutes can be covered.

Meanwhile peel the apples, core and cut into thin slices.

Melt a little butter in a pan and $\frac{1}{4}$ of the apples in it sauté briefly. Then give dough over it.

Bake the pancakes on both sides until golden brown.



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Apple and carrot crudité

ingredients

300 g carrots
500 g apples
2 tbls. lemon juice
100 g kefir
salt
pepper
sugar
1 tbls. minced sunflower seeds
1 tbsp sliced almonds



preparation

Peel the carrots and the apples, remove the core and chop it all on a coarse grater.

Mix the apples and carrots with the lemon juice in a bowl. Stir the kefir with salt and pepper with the apple and carrot mixture.

Roast in a pa coated sunflower seeds and almonds gently. Finally sprinkle the toasted nuts over the mixture in the bowl.



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baked apples

Ingredients for 4 people



- 4 large apples
- 100 g ground walnuts or almonds
- 4 tablespoons raisins
- 2 teaspoons sugar
- 1 pinch of cinnamon
- 1 teaspoon margarine
- about 1 / 2 liters of water

preparation

Wash the apples and remove the cores with the Apple corer on a wooden board
Put the apples in a lightly greased baking dish
Mix the nuts, raisins, sugar and cinnamon filling and therefore the apples
Pour the liquid to gare and everything at about 175 degrees Celsius in the steam oven for about 20 minutes

This also tastes: vanilla sauce



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Pea soup with small sausage

You need for 4 persons:

- 200 g dried unpeeled peas
- 1 – 1 ½ l water or bouillon or vegetable stock
- 250 g bacon
- 1 bunch greens
- 2 large potatoes
- 1 onion, 20 g butter, 20 g flour, salt, marjoram, soup seasoning, 4 small sausages



So you will create it:

- peas wash and 24 hours in water or bouillon soak
- with this water bring it to a boil for 1 hour
- clean and peel greens and potatoes, cut them into pierces and cook all 30 minutes
- take off the bacon
- peas and greens dump through a colander
- peel the onion and cut it into pierces
- melt butter in a pan
- brown the onion-pierces a little
- add the flour and heat them a short time
- now add the pease pudding
- stir the soup with a wire whisk and boil it 15 minutes
- season to taste the soup with salt, marjoram and soup seasoning
- cut the sausages and heat them in the soup
- you can sprinkle parsley over your soup



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Wheat brown bread



- 1 kg of wheat whole grain flour
- 1 package dry yeast or 2 cubes of fresh yeast
- 1 tablespoon honey
- 2 tbsp. sunflower oil
- 3 teaspoons salt
- 800 ml warm water

- Mix all ingredients in a large bowl and knead well.
- About 30 minutes covered and put in a warm place.
- Sprinkle with flour and knead again.
- Pour into a loaf pen with parchment paper and include again let go about 30 minutes covered.
- First 10 minutes 200 degrees, then about 60 minutes at 180 degree oven .



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semolina

Ingredients for 4 people

1 liter of milk
1 tablespoon butter
1 pinch of salt
lemon peel
125 fine semolina
sugar

preparation

Milk with butter, salt and lemon zest to a boil. (Caution: Do not boil over easily!)
Heat to lowest heat. Sprinkle semolina, stirring constantly and allow about 15 minutes to swell. Season to taste with sugar.

goes well with: cinnamon and sugar, plum compote or stewed pears or raspberry syrup



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Cottage cheese with herbs

250 g cottage cheese
200 g sour cream
125 g crème fraîche (herbs)
1 spring onion, finely green onions
1 bunch of chives
1 bunch of dill
1 bunch of parsley or other herbs
pepper
salt

Chop herbs and mix everything. Season to taste with pepper and salt.

Tip: If the curd is not creamy enough, add some olive oil or mineral water.



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Jacket potatoes with herb quark

ingredients

1 kg of potatoes
salt
500 g cottage cheese
125 ml whipped cream
1 bunch of chives
1 bunch parsley
pepper



preparation

Wash potatoes.

Bring to a boil potatoes with water and cook for 20 to 25 minutes (try if they've been cooked with a knife). Drain the water.

Potatoes in an open pan, shaking frequently let evaporate.

Mix cottage cheese with cream.

Chives and parsley, wash, pat dry and chop finely.

Herbal mix with cottage cheese. Season with salt and pepper.

Peel the potatoes and serve with hot curd.



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potato pancakes

You will need:

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1 kg potatoes, 1 onion, 4 eggs, 1 teaspoon salt, 40 g flour, cooking oil

preparation:

- wash and peel the potatoes, rinse
- peel the onion
- grate potatoes and onion
- eggs, salt and flour and stir
- heat the oil in a pan
- pour in a sauce ladle with batter and immediately flatten
- over medium heat on both sides until crispy brown fried until the edges is
- immediately from the pan and let drain on a chicken crepe paper or a rust
- it is best to eat immediately



This tastes :

Applesauce, sugar beet molasses



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beef broth

ingredients

250 – 500 g beef bones/ meat soup
1 carrot
½ celery root
½ leek
1 onion with peel
20 g fat
2 liters of water
salt
lovage



preparation

Halve the leek. Wash the bones and the vegetables.
Mince the vegetables.
Heat the fat.
Everything short of retting.
Pour the water over and salt it. Give lovage and leave everything to boil.
Put the meat into the boiling water.
Scoop the foam off with a trowel.
Place the fawns down and let everything cook gently about 2 hours.
Finally, remove the bones and cut the meat small and taste the soup.



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Red fruit jelly with vanilla sauce

ingredients

- 800 g berries, red, mixed (frozen food)
- 200 ml cherry juice, no sugar
- 150 ml water
- 1 tablespoon lemon juice
- 1 ½ packs of pudding mix (vanilla)
- Sweetener, liquid, a few drops of it
- 250 ml milk, low fat
- 1 vanilla pod (s)
- 2 tablespoons vanilla sugar
- 150 g yogurt, low fat



preparation

Mixed berries with cherry juice, 125 ml of water and lemon juice to boiling and simmer for 8 minutes at low heat. Mix pudding mix with remaining water. The groats and bind to the boil again. Season to taste with artificial sweetener, cool, pour into a bowl and leave.

Boil the custard to cool for milk with vanilla sugar and vanilla scraped and leave. Stir in the yogurt and season to taste with artificial sweetener.

Red jelly onto serving plates and serve with vanilla sauce.



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Rhenish Sauerbraten

ingredients

Vinegar, red wine vinegar, 2 / 3 the amount of liquid
Water, 1 / 3 the amount of liquid
2 onion (s)
2 bay leaves
4 juniper berries
2 grains allspice, whole
1 ½ kg of beef from the leg
2 clove (s)
Five coriander - Grains
½ tsp mustard seeds, yellow
2 handfuls of raisins
1 bottle of wine, red
Salt and pepper



preparation

Sud produce:

Ingredients (except allspice) in a bowl with red wine vinegar and water over them. Insert meat in it, cover. The meat must be completely covered. Refrigerate, 5 - let stand for 6 days. Every now and then.

Then heat in a roasting pan fat (butter), meat taken from the broth and drain well. Rub the meat with salt and pepper. Fry meat in the hot fat all around good. Pour the broth through a sieve, and pour over roast it over again.

Cloves, coriander seeds and mustard seeds to give to. 1 / 2 - simmer for 2 hours and every now and then.

Add the red wine to a boil and add the raisins and set aside.

Strength mix for the sauce,

When the meat is braised tender, remove and keep warm.

Pour the sauce through a sieve and return to saucepan. Everything to the boil and thickens bind with the mixed strength. Add the red wine, raisins, sweet and sour taste with the rest of the South and a little sugar. cut (or a dash of red wine instead of Sud)
Cut the meat into slices and add to the sauce.

Serve with potato dumplings, red cabbage and apple sauce.



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sauerkraut

Ingredients for 4 people

some lard
750 g sauerkraut
½ l of water
½ teaspoon cumin
about 10 juniper berries
1-2 bay leaves
1 tsp flour



preparation

Melt the lard in a saucepan, add the sauerkraut and cook briefly under stirring. Add the water and the spices and simmer for about 1 hour. Remove bay leaves and juniper berries, if possible, bind the sauerkraut with the mixed cornstarch and add to taste a little salt. Depending on your taste, you can cook for a piece of smoked pork sausage or coarse . Serve this with mashed potatoes.



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Black bread

500 g of wheat meal
500 g rye meal
500 g wheat flour
1 litre of buttermilk
3 packages dry yeast
1 tbsp. salt
225 g of sugar beet

- Mix all ingredients into a batter.
- The batter immediately into the wells with baking paper-lined baking pan.
- Bake at 150 degrees about 3 ½ hours.
- After an hour of baking time, place aluminium foil over the baking pan, otherwise the crust is too hard.
- Bread cut only after 2 days, otherwise the bread is too soft.

Tip: The bread also testes very good when
500 g of sunflower seeds or nuts... to mix.
Then needs to get a little more liquid is added.

