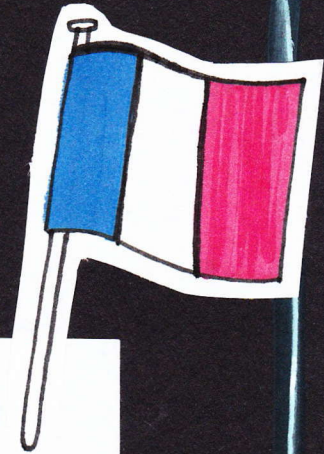


RECIPE

COLLECTION

2019

ANTOINE



CRÊPES SALÉES

Ingredients:

3 eggs, 4 cups of flour, 4 cups of milk, 5 mushrooms, cheese, ham, 10 eggs

Recipe:

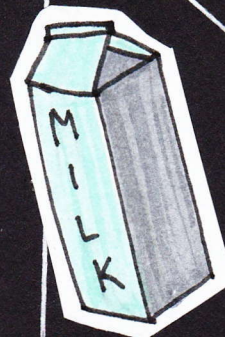
Put the eggs and the flour in a bowl. Mix it up and add the milk when you reached a liquid state. Cut the mushrooms, cheese and ham into small pieces. Put some oil in the pan and when it is hot, add two spoons of the mixture for each crêpe. You have to wait 30 seconds before you can put the garnish (mushrooms, cheese, ham, eggs). Close every side of the crêpe and wait for one minute. Done!

Serve it with cidre.



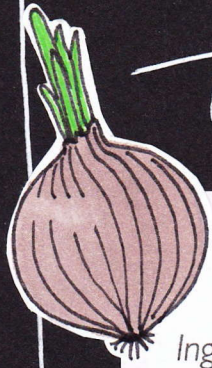
INGREDIENTS PARTY ★

"Los crêpes" are a dish which comes from the Bretagne. The people usually eat it hearty, but you can also make it sweet and add nutella, sugar, cream or honey.



cultural information

Julia



SPANISH OMELETTE

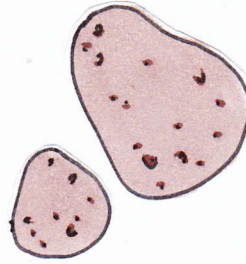
Ingredients:

500 g potatoes, 6 eggs, 150 ml oil, 1 – 2 onions

You can also add zucchini if you want.

Recipe:

Scrape the potatoes or leave the skin on if you prefer and cut them into thick slices. Cut the onions. Heat the oil in a large pan and add the potatoes and the onions. Let them stew gently for 30 min. Strain the potatoes and onions through a colander into a large bowl and put the strained oil aside. Beat the eggs separately, then stir into the potatoes with 3 tea spoon parsley and salt and pepper. Heat a little of the strained oil in a small pan. Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a baking pan. When it is almost set, invert on a plate and slide back into the pan and cook a few more minutes. Invert two times more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on to a plate and cool off for 10 min before serving.



You should definitely listen to this songs while cooking !!!

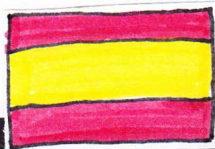


This plate is very typical for Spain, Spanish people are used to do it on holidays and it is a very typical "tapa", too.



Mirándote - Rvfv
Diavla - Chris Viz
Señorita - Shawn Mendes

"My Grandma taught me how to do it."



← Comment of the chef

SOYOUNG

+ ED

라면

Ramen is originally from Japan, but there are also special Korean types of Ramen. It is very popular in Korea and Korean people eat Ramen at least twice a week, because it is really fast and although tasty. They also eat a lot of rice, it is like bread in Europe. The rice is the basic dish and then you can add a lot of ingredients like seaweed. You can serve it with coke or beer. The Korean people like fast food, because they have a very busy daily routine and you can eat it for breakfast, lunch, dinner and midnight snack. It is also easy to make for the whole family, but most of the Korean people wouldn't eat it with small children, because it is not healthy.

RAMEN
in Korean

There are a lot of different types and brands of Ramen. The main ingredients are always noodles. Then you can add different broths. The most popular broths are:

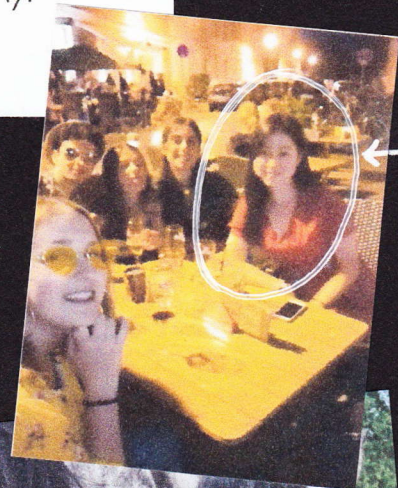
Shoyu-Ramen: It is a broth with mainly soya sauce.

Miso-Ramen: It is a broth with Miso (paste of soya beans). You can also add chillis.

Shio-Ramen: It is a broth with a lot of salt. It is mainly used for fish and seafood Ramen.

Tonkotsu-Ramen: It is a broth with gelatine.

Now you can add a lot of different ingredients and vary your Ramen. It is possible to add meat, fish, seafood, vegetables, different noodles, eggs, seaweed, leek, onions, sprouts, spinach, mushrooms and even more.



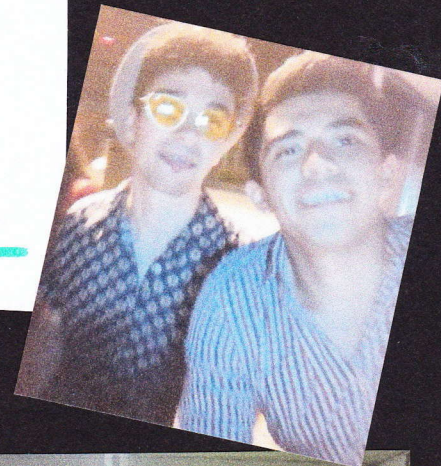
Soyoung

Ed

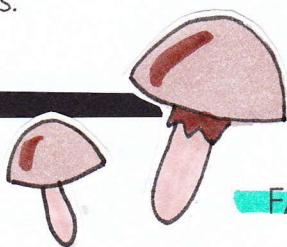


"I have friends who eat Ramen every day, but there are also people who eat it two or three times a day."

MIGUEL



This plate is very mutable. You can also add beef or pork and decide between different peppers, to make it more or less spicy. You can also eat it with guacamole or change the tortitas to wheat tortillas.



FAJITAS



Ingredients:

chicken breast, peppers (mixed colours), onions, paprika, salt, ginger, mushrooms, tortitas, blue cheese, cooking cream, habanero, tomatoes

Recipe:

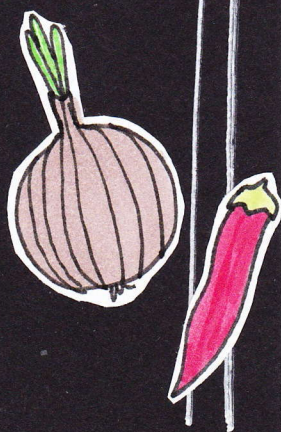
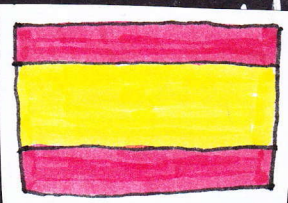
First you have to do the "sofrito". This is the combination of onions, peppers and olive oil. Cut all the ingredients and put olive oil and the onions in a pan. When the onion starts to cook, you can add the chicken to the sofrito. When the chicken also starts to cook, add the paprika, salt, pepper and ginger. If everything is cooked, you can add the mushrooms to finish the plate.

Then you can do two different sauces.

The spicy sauce: Take habanero and tomatoes and put it in the oven and cook them until they are ready. Take them out and peel the skin from the tomatoes. Add a little salt and smash the habanero and tomatoes in a mixer to finish the sauce.

The cheese sauce: Cut the blue cheese in little pieces and put them on the saucepan. Slowly add the cooking cream while the cheese is boiling. When the sauce is almost cooked add some of paprika, but not the spicy one.

Now you can put everything in the tortitas. If you add cheese, you have quesadillas.



KSENIYA

ALINA



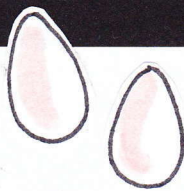
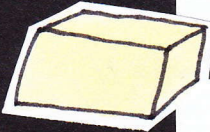
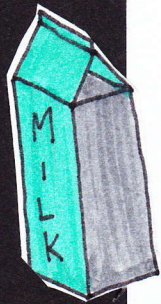
BUCKWHEAT WITH VEGETABLES

Ingredients:

buckwheat, carrots, champignons, red beans, onions, garlic, vegetable oil

Recipe:

Prepare the buckwheat: put it in the pot and pour water over (the volume of the water should be twice as big as the volume of the buckwheat). Wait until it boils and cook it until the water is gone. Cut the onions, garlic, carrots and champignons and fry everything in the vegetable oil until the onions become golden and soft enough to eat. Add the red beans and the buckwheat, stir until it is well combined. Enjoy!



BLINTZER/ BLINI

Ingredients:

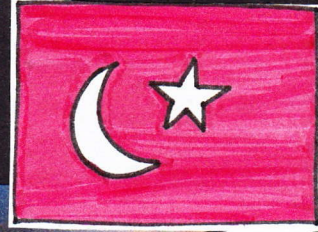
flour, eggs, sugar, milk, butter, salt

Recipe:

Mix the sugar with the eggs until it is well combined. Pour some milk into the mixture, combine everything together. Put flour and the rest of the milk into the mixture until it becomes homogeneous. Heat up the pan, add some butter and fry the blintzers by putting one little of dough at a time. Put some butter in between the blintzers when layering them so they don't stick each other. Enjoy with anything! Typically the Russian people eat it with milk, honey, sugar or just butter. Serve it hot.



MELIKE



KARNI YARIK

Ingredients:

eggplants, minced meat (beef), onions, tomatoes, tomato sauce

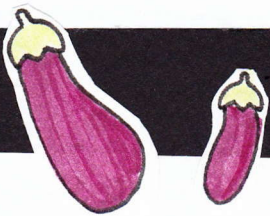
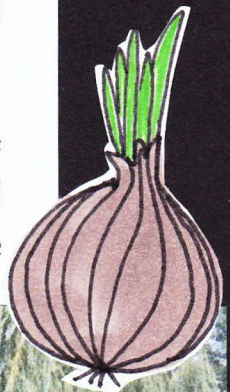


Recipe:

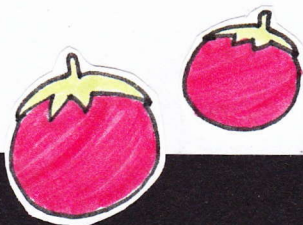
Cut the onions. Heat them up with olive oil in a pot. Cut the tomatoes and add them to the onions. Add the meat, the tomato sauce, salt and pepper.

Cut the eggplants into halves and press them out with a spoon. Put the Vegetable Sauce you did before inside the eggplants. Put them on a panel sheet. Give some tomato sauce and water around the filled eggplants on the panel sheet. Bake it in the oven for 30 min.

Serve it with ayran or yoghurt.



Karni yarik is typical every day food in Turkey. You can find the ingredients in a lot of Turkish dishes. Also ayran or yoghurt are often combined with Turkish meals.



MOHAMMAD



TABOULEH SALAD



Ingredients:

bulgur, cucumber, onions, parsley, mint, tomatoes, lemons, salt, pepper, olive oil

Recipe:

Cook the Bulgur like it is said on the package and let it cool down. Cut the cucumber, onions, parsley and mint into very small pieces. Add it to the Bulgur. Cut the tomatoes into little cubes and remove the cores. Add them to the salad. For the Sauce: Press the lemons and mix lemon juice, salt, pepper and olive oil in a separate bowl.



The "Tabouleh Salad" is typical for oriental countries. The most important ingredients are bulgur and parsley. If you cannot get bulgur, you can also use couscous. This dish is a great meal to it pure, but you can also add it to fried meat or fish. If you cannot find mint in the winter, just replace it with even more parsley.



BORSH

by Eliza



Ingredients:

Potatoes, cabbage, onions, carrots, beetroot, beef steak, lemon, salt, pepper, tomato sauce, sour cream, fresh herbs, tomatoes

Recipe:

Pour some water in the pot you are going to cook in, put the meat with the bone in it, add salt and pepper and put the oven on high heat (note: don't fill up all the pot with water, because you will add the rest of the ingredients there later on. You can use just enough to cover the meat or a bit more.)

As soon as the water starts boiling, switch the oven to medium heat and cover the pot with a lid. The meat should now boil for about 2-3 hours, it's important not to overcook it though, because it could become stiff. To check if the meat is ready, simply take it out and cut it. When the middle has the same color as the outer side, it's cooked and you can take it out and turn the oven to low heat.

While the meat is cooking, prepare the rest of the ingredients: peel and cut the potatoes, onions and tomatoes in cubes (about 1cm thick), cut the cabbage thin and short, peel and grate the carrots and the beetroot.

(Tip: if you want the skin to peel off easier, put the tomatoes in the freezer until they turn hard, then put them in a bowl and pour over with boiling water. The skin should come off a lot easier that way.)

Heat a medium-sized pan, add butter and olive oil, and throw in the onion. The fire should be at about 4/9 or 5/9 so the onion won't burn.

Wait until the onion is light brown and add the carrot. Add more butter and some salt. Put on a lid and mix from time to time until the carrot is almost soft.

When the carrot is almost soft, add the beetroot and mix thoroughly. Cover with a lid. Now you should wait until the beetroot is almost cooked.



When the meat is cooked, don't forget to take it out and cut it in small pieces. Now keep the meat in a separate bowl. You will only throw it in the pot again when the soup is almost ready.

Remove any foam from the broth with a spoon (if there is any, I mean, sometimes there is no foam.)

When you take out the meat, put the potatoes into the pot (NOT the pan). You should calculate the time carefully so the potatoes won't overboil by the time the ingredients in the pan are cooked.

When the beetroot is almost soft, throw in the tomatoes.

Add a bunch of lemon or lemon juice into the pan (it helps bring out the flavour of the vegetables). Also add salt and pepper to your taste.

If you've decided to use tomato sauce, now is the time to throw it in as well.

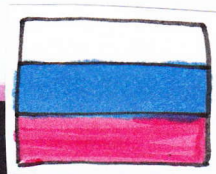
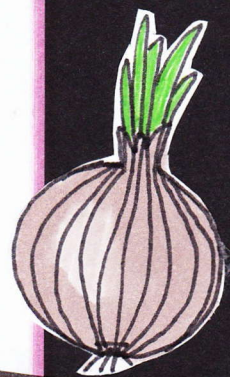
Now throw the cabbage into THE POT.

When the ingredients in the pan are almost cooked, throw everything into the pot and mix well. Throw in the meat as well.

Chop some garlic and add it to the soup for more flavour (optional)

Cook the soup under a lid until it's fully ready and then turn off the oven, remove from heat and leave the pot with the lid on for about 15 minutes to let the flavours fully mix.

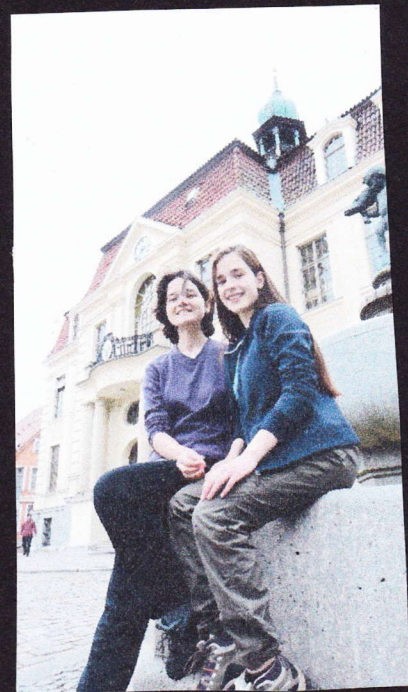
Chop some herbs and garlic and serve some dark bread to the table to accompany the soup.



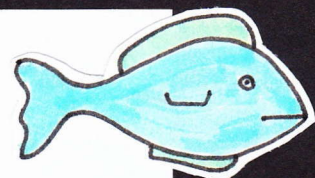
★ TIP: Take a
five hour nap
after you finished!



ALINA & KSEENIA



HERRING & POTATOES

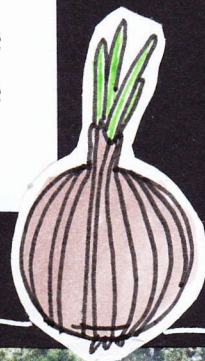


Ingredients:

4 eggs, 7 small potatoes, 1 onion, 500 g "ready to eat" herring, mayonnaise

Recipe:

Put the potatoes in salty water and boil them until they are ready. Cut the potatoes into slices as well as the eggs. Cut the herring into stripes. Prepare the sauce: take 3 tablespoons of mayonnaise and 2 tablespoons of vegetable oil and mix them together. Add salt and pepper. Give the sauce to the ingredients.



This is a traditional Russian recipe. It is very affordable and yet satisfying. Everyone can enjoy the meal.



chefs on tour ★

JOHANNA



GULASCH

Ingredients:

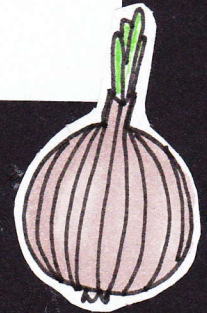
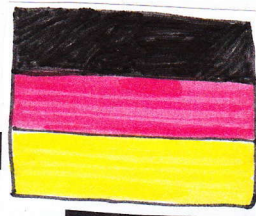
500 g beef, 375 g onions, red and green pepper, oil, paprika, tomato paste, crème fraiche, spätzle/ pasta

You can cook it with red wine if you want.

Recipe:

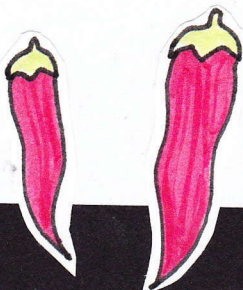
Cut the beef into small pieces. Cut the onions and peppers, too. Heat up 3 spoons of olive oil in a pan. Fry the beef in the pan. Add salt, pepper and paprika. Add the onions and the peppers and roast it gently with tomato paste. Put 250 ml water (or 125 ml water & 125 ml red wine) in the pan and let it cook on a low heat until it concentrates (it can take up to one hour). Add crème fraiche.

Serve it with Spätzle, pasta, rice or salad.



Gulasch is a very traditional meal in Germany, especially because you can combine it with Spätzle or Klößen, which are also traditional German side dishes. The recipe depends on the part of Germany you are in, you can also add more vegetables and mushrooms.

You should **definitely** drink beer and wear leather trousers or a dirndl while you are eating Gulasch.



Simem & Giray

TÜRLÜ

Ingredients:

potatoes, zucchini, tomatoes, eggplants, red and green pepper, tomato paste, rice, almonds, cinnamon, currants & raisins

Recipe:

Cut the vegetables and add them to tomato paste and water. Add salt and pepper. Mix it up and bake it in the oven in an oven bag for 20 min. Prepare the rice in hot water. Melt butter in a pan. If it is ready, add the rice and mix it for 2 – 3 min. Add the raisins & currants, the cinnamon and salt. Cook it for 10 – 15 min.

Serve the rice together with the vegetable sauce.

IRMIK

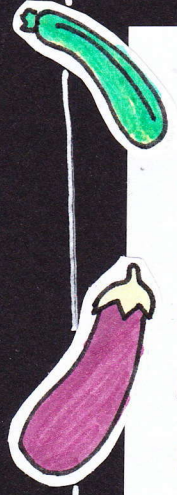
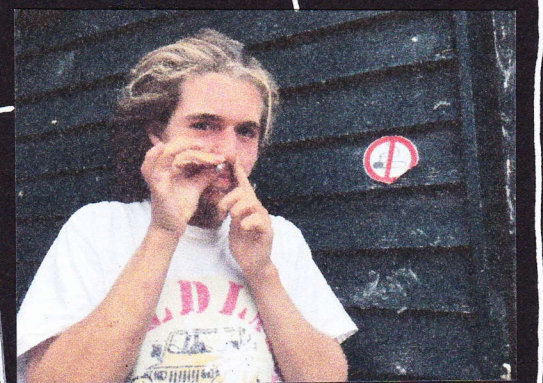
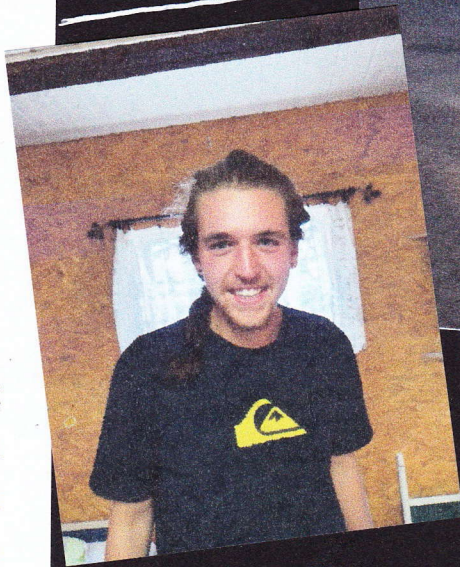
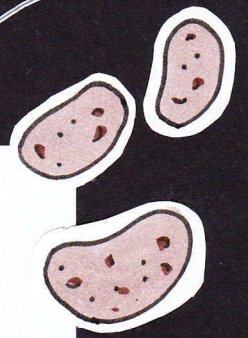
Ingredients:

milk, butter, semolina pudding, pistachios, raisins, sugar, vanilla ice

Recipe:

Prepare the pistachios in a pan. Melt butter in a pan and fry the semolina pudding until it is brown. Cook the milk until it boils, then add the sugar. The sugar is supposed to dissolve itself. Add the milk mixture to the pudding in the pan and keep mixing it until it gets a thick creme.

Serve the crème with pistachios, raisins and vanilla ice cream.



5" →



Waiting for the sunny dinner ↘



Deniz ♡ ↘



TURKISH COFFEE

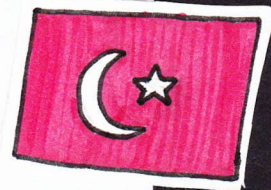
Ingredients:

one spoon of coffee, one spoon of sugar, water

Recipe:

Cook the mixture. Don't touch it while it is cooking. If it is boiling, put it into the cup.

You can vary the amount of sugar you put in the coffee.

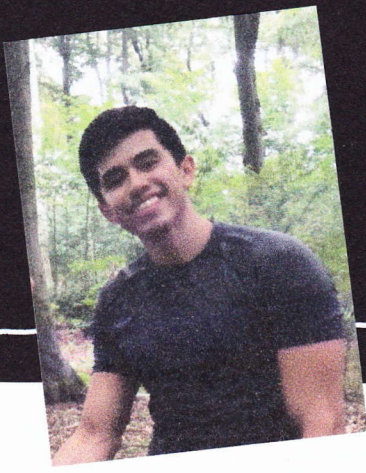


When a couple wants to get married, the man has to ask the parents of the woman if they agree in the wedding. Everybody is sitting together and the future bride prepares coffee for all. She uses very pretty tablewear and serves it to the family. As a symbol for the troubles of a married couple, she adds salt to the coffee of her husband.

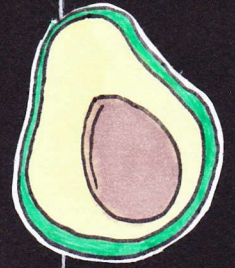
coffee traditions ↗
↙

As a tradition, you can read the future out of the coffee grounds, when you finished to drink. You turn around the cup and place it on a plate. Then wait, until the cup is cold. Turn it around and let the images tell you your future.





CARLOS



GUACAMOLE

Ingredients:

5 avocados, 4 tomatoes, 2 onions, 1 lemon, coriander, salt, chillis

Recipe:

Cut avocados, tomatoes and onions into small pieces. Mix it together. Press the lemon and add the lemon juice and salt to the mixture. Cut coriander and add it, too. It is optional to add chillis. If you want you can smash the guacamole until it is a paste.

Serve it with nachos.



TACOS

Ingredients:

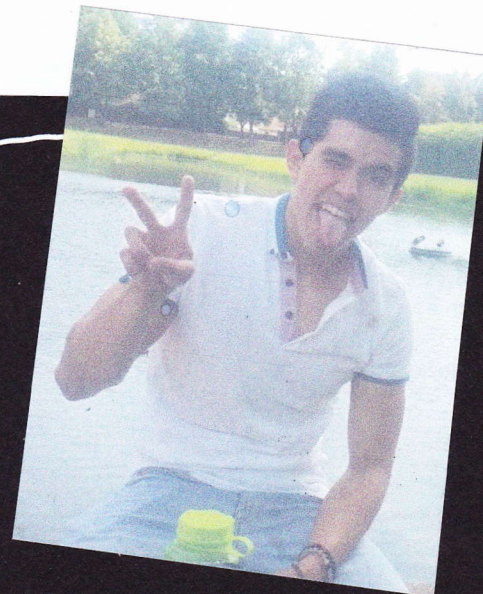
tortillas, chicken/ pork/ beef, peppers, onions, red beans, cheese, garlic

Recipe:

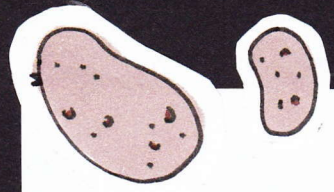
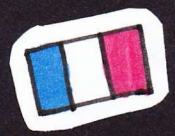
Cut the meat, onions and peppers into small pieces. Fry the meat in the pan with onions and pepper. Add salt and garlic. Heat up the tortillas. Fill the tortillas with the mixture. You can also add guacamole, cheese and red beans.



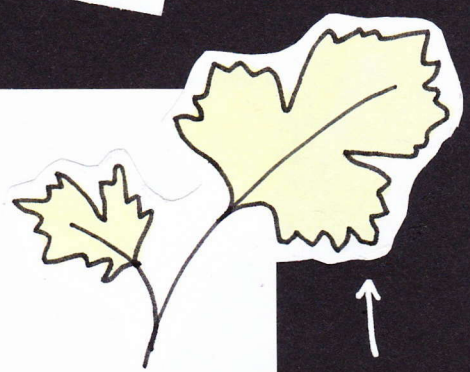
Tacos are a usual meal in Mexico. The people tend to eat it 3 – 4 for times a week, because it is very easy to vary. You can change the ingredients and also the type of tortillas.



DENNA



GRATIN DAUPHINOIS



Ingredients:

potatoes, crème fraiche, cheese, herbs

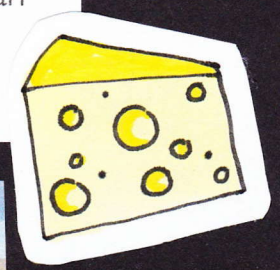
Recipe:

Cut the potatoes into slices. Put alternate layers of the potato slices and crème fraiche into a casserole dish. Also add salt, pepper and herbs to the layers. On the top you put the cheese. Bake it in the oven for 50 – 60 min with 250 degrees.

Serve it with red wine.

(herbs) →

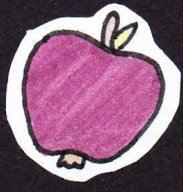
The Gratin Dauphinois is a typical French food for the Dauphinée Region. You can eat it as a main but also as a side dish with meat or a salad. It is a typical meal to share with your family on cold days in the winter. Especially after skiing it is a perfect warm meal. It is very easy to make for a lot of people and you can spice it up with a lot of different ingredients, for example ham, fennel, milk, garlic and vegetables. If you want to eat it vegan, you can replace the crème fraiche with soya crème.



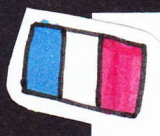
Invisible painting of pistache ☺



INES



ines used to eat it when she was younger.



QUATRE QUARTS

Ingredients:

apples, 250 g flour, 4 eggs, 240 g sugar, 250 g butter, baking soda

Recipe:

Heat the oven up with 180 degrees. Melt butter in a pan. Mix Sugar with the melted butter in a bowl. Add the eggs. Stir in 250 g flour and half of the package of baking soda. Oil in the cake pan and fill in the mixture. Bake it for 40 min on 180 degrees.

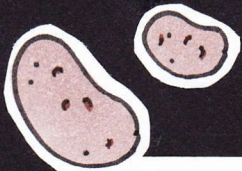
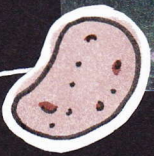
The Quatre Quarts is a typical kids dessert. It is used as a snack for children in between lunch and dinner. It is historical, because it is a very easy and cheap food the poor people could do after the war.



the two chiefs



A Z A T



Waiting for the best Russian salad

RUSSIAN SALAD (OLIVIER)

Ingredients:

peas, pork sausage, mayonnaise, carrots, potatoes, eggs, pickles

Recipe:

Cook the potatoes. Cut the vegetables, eggs and meat into small pieces. Mix it with the mayonnaise. Add salt and pepper. Let it cool down.

Serve it with black bread and Vodka.



The Russian Salad was invented by Lucien Olivier in the Russian Empire. It was supposed for the higher society class. Olivier had a French restaurant in Moscow in the 1860s. Nowadays people usually eat it for New Years Eve. It is simple to cook a lot of it and at NYE the whole family comes together. Also you can spice it up with a lot of different ingredients like olives, cucumber, capers and salad. It is familiar in a lot of countries, but in the old UdSSR countries it is the most popular.

