

Subscribe to DeepL Pro to edit this document.  
Visit [www.DeepL.com/pro](https://www.deepl.com/pro?cta=edit-document) for more information.

###comment\_start###

TP spoke indistinctly. ###comment\_end###

A: (briefing) #00:00:12-4#

TP: Ok (\_) Hm (-) (...) How to cook green asparagus (;) #00:00:28-8#

A: So (\_) preparation steps are as follows (,) so first wash the asparagus (?) #00:00:32-4#

TP: Mhm (?) #00:00:33-1#

A: Um, peel (,) just a moment, so (-) there are different ways (-) so (,) how to cook it (?) so exactly when you want to cook it (,) wash the asparagus, peel it and cut off the ends a little (,) cook the asparagus in plenty of salted water until al dente, about ten minutes (,) #00:00:51-8#

TP: Mhm (,) #00:00:52-1#

A: The asparagus should be completely covered with water (,) then lift out and drain (,) serve as a side dish (\_) This is now (-) A (,) #00:00:59-7#

TP: Mhm (?) //One ok (\_)// #00:01:00-0#

A: //possible recipe (\_)// #00:01:01-5#

TP: Um (-) That's maybe almost too MUCH asparagus then too (,) Hm (;) Then google it or look up recipe aubergine (-) lentils (\_) #00:01:39-0#

A: Ok so on Chefkoch there is for example aubergine salad with red lentils (,) um refined lemon lentil mushroom pot (,) Moroccan vegetable stew with pulses (,) #00:01:49-3#

TP: Ah yes (,) maybe the legumes, I think, are also (-) maybe beans or something (\_) #00:01:56-3#

A: Yes (,) #00:01:56-8#

TP: Could you then maybe click on that then (;) lens pot (,) #00:02:01-6#

A: So it has four comma two out of five stars (?) #00:02:04-2#

TP: Mhm (?) #00:02:04-3#

A: Thirteen ratings (,) Um (-) ingredients are onion garlic olive oil aubergine (,) #00:02:11-6#

TP: Cool (\_) Mhm (,) #00:02:13-3#

A: Olive- ok twice olive oil (-) Uh spice- so Moroccan spice mix (,) #00:02:18-0#

TP: Mhm (,) #00:02:18-4#

A: Tomato paste Harissa (,) Red lentils Tinned chickpeas Broth Courgettes Salt Pepper Lemon juice Sesame oil Sugar (,) Fresh herbs Yoghurt (\_) #00:02:33-2#

TP: Mhm (?) Ähm (-) Yes, can you read me the preparation I think if you take parts from it I could maybe make something out of it (,) #00:02:46-8#

A: Um (-) So chop the onion and the garlic (,) #00:02:48-6#

TP: Mhm (,) #00:02:48-5#

A: And lightly fry in a pan in a spoonful of olive oil (\_) #00:02:51-6#

TP: Mhm (,) #00:02:51-9#

A: Cut the aubergine into cubes (,) For me, about one to one point five centimetres (,) and fry well in two spoonfuls of olive oil in a large pan (\_) Then add the onions and garlic from the pan (,) continue frying (?) Add the red chickpeas and lentils (\_) Stir in the ras el anou (,) //Stir in the tomato paste (,) and fry briefly (,)// #00:03:13-0#

TP: Ok (\_) Yes (\_) Ok (\_) #00:03:14-5#

A: Harissa alternatively chilli pepperonchino or also sambal olek (-)(.) (,) Then pour in the stock and simmer for about ten minutes (\_) Dice the courgette and add (,) and simmer for another ten minutes (\_) The red lentils should then be soft (\_) Season with salt and pepper and season to taste with lemon juice, sesame oil and possibly a little sugar (\_) If desired, add fresh herbs (,) parsley mint or coriander (,) and or a spoonful of yoghurt (,) tastes good as a stew without any other additions (,) but also goes well with pita bread couscous or bulgur (\_) #00:03:49-3#

TP: Ok (\_) Cool (\_) Um (-) Can you read me again the part with the broth then (?) So (-) How long that then somehow boils (,) You have to add the red lentils somehow and (-) then (?) So you can #00:04:04-1#

A: Yes (-) #00:04:04-4#

TP: I haven't yet (-) How they are cooked somehow (-) #00:04:08-7#

A: Um (-) #00:04:14-4#

TP: So I think the (unv.) into the pot (?) #00:04:15-7#

A: Exactly first (,) um (-) onion garlic in pan (,) dice aubergine (,) Exactly (\_) #00:04:23-4#

TP: Mhm (,) #00:04:23-5#

A: Uh, fry the olive oil well in a large pot (,) then add the onions and garlic from the pan (,) continue to fry (-) so put that in the pot (,) #00:04:30-4#

TP: Mhm (,) #00:04:30-4#

A: Then add red chickpeas and lentils (,) Um (-) And later after he has stirred in tomato paste (,) then pour in the broth and let it simmer for about ten minutes (\_)// #00:04:40-5#

TP: //Ok then can// you say again which broth that was (?) So (-) #00:04:44-9#

A: That was (,) #00:04:45-6#

TP: Do you have to add water because the lenses have to be in there somewhere (-) #00:04:50-2#

A: Ok it really only says broth there (,) Just not which broth (\_) Um (\_) #00:04:56-1#

TP: Um (-) Ok again (\_) It just says I have to add the lentils like this (;) Because (-) then there's no water (;) Or maybe it says in the ingredients look again (,) Sometimes it also says (-) #00:05:13-7#

A: So it says now (-) #00:05:14-3#

TP: 100 millilitres of broth or something (;) #00:05:16-4#

A: In the ingredients it says 500 millilitres of broth (,) #00:05:18-7#

TP: Ok (\_) Yeah cool ok (\_) I think that fits (\_) And can you read me the amount again (?) For how many people is that actually (?) #00:05:27-0#

A: That's for four portions now (\_) #00:05:28-7#

TP: And how many aubergines do they have there (?) #00:05:30-7#

A: There they have an aubergine (\_) #00:05:33-2#

TP: And how many lenses do they have there (?) #00:05:35-0#

A: Um (,) 100 grams (\_) #00:05:43-8#

TP: Ok and again and again how long do the lentils have to be in the broth (,) sorry I don't have it now (-) #00:05:47-8#

A: No, no problem (\_) That's what I'm here for (\_) Um (-) You have to let it simmer for about ten minutes (\_) #00:05:52-3#

TP: About ten minutes ok (\_) #00:05:53-3#

A: Yes (-) #00:05:53-8#

TP: Cool (\_) Then I think (-) I have an idea (\_) #00:05:58-3#

A: Very good (\_) #00:05:59-0#

TP: (laughs) Ok (\_) Then I'll just start like this first or until I have questions or (?) #00:06:04-7#

A: Yes exactly just do (,) #00:06:05-6#

TP: Ok (,) #00:06:06-4#

A: And if you have questions then ask me (\_) #00:06:11-3#

TP: Um, but again (;) That must (-) then is with the lentils that is then in the pot yes (?) #00:06:17-0#

A: Yes (-) Exactly (\_) #00:06:23-8#

TP: Ok (\_) And how many onions did they have there (?) #00:06:46-3#

A: They had an onion (\_) #00:06:48-0#

TP: Ok (\_) (smalltalk) Ok (\_) Can you check again (,) um (-) First was just frying or (?) #00:13:39-4#

A: Exactly onion garlic in the pan (,) fry lightly in a spoonful of olive oil (\_) #00:13:43-4#

TP: Ok (,) (smalltalk) Ok then (-) Can you tell me again how to cut the (-) aubergine (?) #00:15:14-8#

A: Yes, exactly, cut the aubergine into cubes (,) edge length about one to one and a half centimetres (\_) #00:15:21-8#

TP: Ok (\_) (prepares to) (smalltalk) And (-) Can you just read that out again (,) I'll think about whether I've already done something (-) #00:16:52-8# in the meantime.

A: Yes (,) #00:16:53-0#

TP: Can cut or something (,) #00:16:55-7#

A: Exactly cut aubergines into cubes (,) #00:16:57-2#

TP: Exactly (\_) #00:16:57-1#

A: And fry well all around in two spoonfuls of olive oil in a large pan (,) then add (unv.) from the pan (,) continue frying add red lentils and chickpeas (\_) mass then just stir in (,) stir in tomato paste and fry with it (,) harissa substitute or chilli (-) #00:17:12-2#

TP: Wait wait (,) Um (-) So after I put them in pot and the aubergines to it then what again (?) #00:17:22-5#

A: Um (-) Exactly aubergine in two spoonfuls of olive oil in a pot (,) #00:17:25-4#

TP: Yes (-) Oh FIRST the aubergine in the pot (?) #00:17:27-4#

A: Exactly (\_) First add the aubergine in the pot and then the onion and garlic from the pan (,) into the pot (,) (unv.) Then add the red lentils (-) then fry well (,) #00:17:39-1#

TP: And then (unv.) #00:17:40-5#

A: Yes (\_) #00:17:42-6#

TP: First the aubergines (,) then the onions (,) then the lentils (\_) #00:17:45-7#

A: Exactly (\_) #00:17:46-5#

TP: And then the so oh so but and THEN when I put the tomato paste and so then at some point this broth (\_) #00:17:51-8#

A: Exactly (\_) After the tomato paste and the chilli stuff, the stock goes in (,) and let it simmer (\_) #00:17:59-9#

TP: Uh how much broth was there just (?) #00:18:02-6#

A: 500 millilitres (\_) #00:18:04-8#

TP: Oh well, um (-) Yes, then you have to look it up again, uh (-) because I can't look it up now (,) how much (...) how much vegetable broth in a litre or so (\_) #00:19:03-7#

A: Um (?) So on Chefkochforum the question was just now (-) how many teaspoons tablespoons for 100 millilitres #00:19:11-0#

TP: Mhm (,) #00:19:11-3#

A: We need (-) Um (-) So one user wrote (-) She makes according to taste (,) That's why you should start carefully (,) #00:19:21-3#

TP: (laughs) #00:19:21-1#

A: Uh (-) Another one has now written (-) Two and a half to three teaspoons per so to 100 millilitres (\_) #00:19:28-7#

TP: Mhm (?) #00:19:36-3#

A: On the other hand, there is now a teaspoon for 250 millilitres (,) #00:19:40-6# again somewhere else.

TP: Ok (\_) So actually no (unv.) info (,) #00:19:45-0#

A: It says on my vegetable broth from Gefro one teaspoon per plate per litre (,) one tablespoon (\_) #00:19:52-6#

TP: Ok (,) Yes (-) Ok (\_) #00:19:54-2#

A: And somewhere else it says at Alnatura they calculate one tablespoon to half a litre, so (;) #00:19:59-0#

TP: Yes ok then I'll do it myself now (\_) Five 500 you said I'll do (-) #00:20:05-8#

A: Exactly (\_) 500 millilitres (\_) #00:20:06-2#

TP: Ok, I'll take a little less (,) because I also put less aubergine in there (\_) Because it's so much (\_) And uh (-) 100 grams of lentils were there or did you say (?) #00:20:25-3#

A: Um (-) Yes (-) 100 grams (\_) #00:21:10-4#

TP: Read to me again do you have to season the aubergine (-) somehow (?) or only later then (;) #00:21:15-8#

A: It just says aubergine in two spoonfuls of olive oil in a big pot and fry well all around (\_) #00:21:21-0#

TP: Ok (\_) #00:21:23-0#

A: So (-) It's only at the end (\_) #00:21:28-9#

TP: Ok (;) (prepares further) (smalltalk) Ok (\_) Do you read out again from after the aubergine in um well brown (\_) #00:23:19-2#

A: Then add onions and garlic from the pan (,) (unv.) Add red lentils and chickpeas (\_) #00:23:27-0#

TP: Ok (\_) And how much chickpeas did it actually say (?) #00:23:32-2#

A: Um (?) 400 grams (-) #00:23:39-3#

TP: Ok (,) #00:23:40-6#

A: Dripped (\_) #00:23:48-9#

TP: Add and then was with tomato paste and stuff like that (,) and then was um (-) simmering or (?) #00:23:54-9#

A: Exactly then pour off the broth and simmer for ten minutes (\_) #00:23:58-9#

TP: Ok (\_) Now it only says tomato paste or (-) spices then also (\_) #00:24:21-9#

A: There was (-) stir in ras el anou (,) stir in tomato paste (,) #00:24:24-8#

TP: Ok (-) #00:24:24-9#

A: And fry briefly (,) Harissa (,) Alternatively add chilli pepperochini or sambal olek (\_) #00:24:31-6#

TP: Ok (\_) Yes, you can google what harissa is (,) Just give harissa spice and then I think it will come (,) Well, I don't think I have it here (,) but maybe about (,) #00:24:47-9#

A: A hot spice paste from the Maghreb Paste made from red chillies (,) cumin coriander garlic salt and olive oil (\_) #00:24:56-7#

TP: Ok (\_) (cuts something) (smalltalk) And after you have practically infused it and simmered it (,) what comes after that again (?) #00:27:08-4#

A: Dice the courgette and add it and simmer for another ten minutes (,) The red lentils should then be soft (\_) #00:27:16-1#

TP: So I need (unv.) twenty minutes (,) #00:27:24-0#

A: Yes (\_) #00:27:24-3#

TP: Well then (,) add lentils and then pour it on gell (?) #00:28:09-7#

A: Exactly (\_) Then tomato paste (,) #00:28:11-1#

TP: Ah yes yes (\_) #00:28:11-9#

A: So lentils (,) tomato paste (,) //And then pour on (\_)// #00:28:13-5#

TP: //And now pour (\_)// Ok then (,) Can you tell me the time now (?) #00:28:21-6#

A: Now we have 19:52 (\_) #00:28:26-2#

TP: Ok (\_) And what is the dish called again (-) stew (?) Or (-) #00:28:34-5#

A: Um (-) #00:28:34-6#

TP: Is that like a stew then (?) #00:28:36-3#

A: That is Moroccan- Exactly Moroccan vegetable stew with pulses (\_) #00:28:40-4#

TP: Ah ok so already stew (\_) Because it looks like a stew now (\_) #00:28:43-0#

A: yes (-) #00:28:44-8#

TP: Uh tell me again the time I forgot (,) #00:28:47-0#

A: Uh 19:52 (\_) #00:28:48-3#

TP: Ok (\_) (prepares to) You could google um (-) carrots uh cook (\_) Because now I think so in ten minutes but I'm not quite sure anymore (;) #00:29:56-4#

A: Um (-) No, I don't have anything now (,) #00:30:01-8#

TP: Is there a (-) uh time (?) #00:30:03-8# somewhere?

A: Yes, exactly, so there is now a recipe for carrot vegetables where you peel the carrots (,) add butter, carrots, salt (unv.), water (,) close the lid and simmer for about ten to fifteen minutes until the carrots are soft (\_) #00:30:17-9#

TP: Ok (;) #00:30:32-6#

A: Elsewhere it is now said again that depending on the thickness five to ten minutes (unv.) #00:30:38-7#

TP: Ok (;) Yes (;) Uh, you can check once, uh (;) Yes, cook red lentils (;) So it says here twenty minutes (,) Whether that is really true (?) #00:31:20-2#

A: Um (-) It says now on wikihow the red lentils are cooked in about 25 minutes (\_) You know by observation when they are cooked they become mushy or a thick puree (\_) #00:31:32-4#

TP: Ok (;) Well good (\_) #00:31:33-0#

A: You know how many different statements there are (;) It takes 12 minutes (\_) I think you can see that best when you (-) #00:31:45-3#

TP: Yes (-) I'm already thinking about putting something in, like beans or something, but then it's just too MUCH (,) #00:32:11-5#

A: Hm (,) #00:32:14-9#

TP: That's just for today and tomorrow (,) #00:32:19-0#

A: Yes no so (-) #00:32:19-5#

TP: So it's just (,) And I would still put in beans maybe even the peppers I don't know (;) If there were two people or so (,) For whom you would then cook somehow (,) For more people (,) You could probably put in MORE then but (,) #00:32:35-2#

A: Becomes a lot then just (\_) Is a whole can of beans in it (,) #00:32:36-6#

TP: Yes (;) Uh, you can check whether asparagus has to be kept in the fridge (?) So keep asparagus in the fridge or something (-) I don't know right now (,) #00:33:16-4#

A: Unlike white asparagus, green asparagus (,) i.e. green asparagus is stored upright (,) immerse the ends in cold water (,) um (-) To protect the heads from wilting, you can also wrap them in cling film (\_) For storage (,) put them in a place in the kitchen where they are not exposed to direct sunlight (\_) #00:33:34-0#

TP: Ok (\_) The ends in cold water (\_) #00:33:41-0#

A: Dip exactly in cold water (\_) #00:33:45-6#

TP: In a vase or where (;) (laughs) #00:33:49-5#

A: (laughs) #00:33:51-0#

TP: Kind of, or (?) #00:34:04-7#

A: With this method, green asparagus keeps for three to four days (\_) #00:34:08-4#

TP: Ok (;) (prepares to) How much is it now (?) #00:35:11-6#

A: Uh 19:59 (\_) #00:35:13-0#

TP: Ok (\_) #00:36:00-0#

A: Um (-) #00:36:02-4#

TP: Are you looking because of the asparagus (?) #00:36:02-9#

A: Yes exactly how much (,) So other side says wrap green asparagus in a clean damp kitchen towel to store (,) This keeps it fresh and crisp in the vegetable compartment of the fridge for three to four days (\_) #00:36:15-5#

TP: So probably he also just needs moisture somehow, however then (;) #00:36:18-1#

A: Exactly yes (\_) #00:36:20-1#

TP: I'll just put it in there now (\_) Ok (?) #00:36:27-0#

A: Looks interesting (\_) #00:36:28-6#

TP: I don't have a (-) suitable container somehow (-) for the asparagus (laughing) Ok ahja (\_) Slowly the broth is already going (,) Uh you can let me know at 8 pm three or should I always ask then or (;) #00:36:50-3#

A: No can (-) I can do (\_) #00:36:51-1#

TP: Ok (\_) then I'll put the carrots in now (,) although (-) I think I have to fry them extra somehow (,) (smalltalk) (timer rings) #00:39:18-7#

A: Now it is 8 o'clock three (,) #00:39:20-7#

TP: Ah ok (,) Good um (-) Now of course courgette is not fried ok (?) Um (-) can you put another five minutes (;) #00:39:37-5#

A: Yes (,) #00:39:36-6#

TP: Or do you then (-) No, do you do it like this (-) Yes, do it for five minutes (\_) It doesn't smell bad (,) Even if I'm not sure if something is still MISSING or something (\_) These (-) #00:40:23-9#

A: So this chilli spice is just there somewhere (\_) #00:40:26-8#

TP: Yes (-) Yes that (;) #00:40:28-8#

A: But I mean that also just makes it hot actually (,) #00:40:30-7#

TP: Then at the end somehow (;) #00:40:31-8#

A: Yes exactly (\_) Otherwise it becomes too exact anyway (\_) At the end it is actually spiced (;) because the chilli stuff (\_) (TP prepares) #00:43:15-1#

TP: I just have to somehow make the potatoes extra later or they will go bad (\_) #00:43:25-1#

A: Potato wedges with (unv.) #00:43:28-9#

TP: I didn't manage to do them properly (\_) That's why we just have to do them then (\_) I think I can do that then (-) Maybe a part of it and the rest tomorrow but (;) For one person it's always a bit (-) stupid somehow (\_) #00:43:51-7#

A: Hm (\_) #00:43:54-8#

TP: So somehow it's just so much again (?) (smalltalk) Me the time please (?) #00:44:31-3#

A: Um (-) Now there are 16 seconds left (\_) #00:44:35-1#

TP: Ah okay (\_) I think I would have had the (unv.) before somehow (;) (timer rings) Mhm (,) Not so bad (?) They still need a bit (,) Mhm (,) (smalltalk) Again the time (?) #00:47:10-2#

A: Now it is 20:11 (\_) #00:47:13-3#

TP: Ok (\_) (unv.) (smalltalk) But I think it doesn't taste bad at all (;) You can cook it like this (;) (smalltalk) So (\_) It's ready (?) Ok (;)