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TP: Well, I'm going to wash the aubergine (,) and the peppers (,) Ok, so first of all I need information about the (-) way of preparing this Jerusalem artichoke (,) Yes (\_) #00:00:44-8#

A: Ok (\_) #00:00:45-1#

TP: How long you have to cook them (\_) #00:00:48-9#

A: Um (-) So (\_) To prepare (,) (...) So Jerusalem artichoke (\_) Um (-) If you want to cook Jerusalem artichoke you should peel it first (\_) During cooking the peel becomes tough (,) Peel tough (\_) And gives the tuber an unattractive texture (\_) You should also peel very large thick tubers (,) because they have a very firm bitter skin (\_) #00:01:31-0#

TP: Ok (\_) And how long do they have to cook (?) #00:01:34-8#

A: Um (,) um cook for ten to fifteen minutes in lightly boiling salted water (\_) #00:01:48-0#

TP: Mhm (?) Ok (\_) Then (?) I'll get a pot of hot water ready (?) (...) (...) And put salt in it (\_) And now I'll peel the things (\_) #00:02:45-5#

A: Yes (-) #00:03:09-9#

TP: What typical dishes are there with the (-) Jerusalem artichoke (?) #00:03:15-8#

A: I'll have a look (,) So there on Chefkoch is for example Jerusalem artichoke curry soup (,) Jerusalem artichoke cream soup with white chocolate and chilli (,) Jerusalem artichoke chips (,) Jerusalem artichoke raw vegetables (,) Jerusalem artichoke carrot pancakes (,) Jerusalem artichoke apple salad (,) Jerusalem artichoke soup (,) um (-) hearty Jerusalem artichoke pan (,) Jerusalem artichoke gratin (\_) #00:03:39-9#

TP: Ok (\_) So actually it really sounds like potatoes (\_) #00:03:46-9#

A: Yes (-) Already a bit (\_) #00:04:22-6#

TP: It's probably better if I cut them into (-) small pieces (?) for cooking, then they'll probably be done faster (?) #00:04:28-5#

A: Exactly, I'll have another quick look (,) Exactly, it says um cut the peeled tubers into wedges, sticks or cubes (\_) #00:04:39-6#

TP: Ok (\_) (peels Jerusalem artichoke) They are not so easy to peel (;) #00:05:28-3#

A: Are a bit (-) not so firm or (?) #00:05:30-5#

TP: Full hard yes (,) Are not as easy as potatoes (;) #00:05:37-2#

A: Yes (-) (smalltalk) #00:08:43-3#

TP: Oh yes, by the way, I use coconut oil now (,) #00:08:46-1#

A: Yes (,) #00:08:46-5#

TP: To fry the onions (?) #00:08:49-0#

A: Mhm (,) #00:09:03-3#

TP: And now um I cut the onion (?) But probably only half (\_) #00:09:08-8#

A: Yes (\_) (laughs) #00:09:09-2#

TP: Because it's already very big (\_) (smalltalk) Exactly and I'm planning to just fry the peppers with the onions and the aubergine (,) #00:11:21-1#

A: Mhm (,) #00:11:33-1#

TP: I'm just going to cut it all into (-) pieces (,) #00:11:36-6#

A: Jo (-) (smalltalk) #00:15:04-9#

TP: Ok (\_) Exactly (;) And now I want to make the (-) lentils (,) I wonder if I can just put them in the same pot as these tubers but I think that (-) is not the best (,) #00:15:22-5#

A: Um (-) I don't think so (;) But I can have a look (;) No, unfortunately I can't find anything now (;) #00:16:01-5#

TP: Ok (,) But will probably (-) (unv.) be special (;) Exactly and with lenses I would now also need the (-) time (?) #00:16:20-4#

A: Yes (,) So lentils it's about twelve minutes (\_) So until they are soft (\_) #00:16:24-2#

TP: Mhm (?) #00:16:27-3#

A: Exactly (\_) #00:16:29-4#

TP: And just in as much water as you want or do you have to make sure that it's not too much water (\_) #00:16:34-2#

A: Um (,) So the ratio is different (\_) Sometimes there is water (,) Ratio lentils water is one to (-) one point five to one to one point two (\_) #00:16:46-0#

TP: Ok (,) #00:16:47-4#

A: So (-) I would say one to two is a good ratio (;) #00:16:49-6#

TP: Ok (\_) I'm going to weigh them now (,) (smalltalk) I'll just make (-) 50 grams (,) I'll put water in (,) And also a little salt (,) (smalltalk) So I'll put herbal salt in there now if that's important (,) #00:19:23-0#

A: Ok (,) #00:19:23-4#

TP: On the vegetables (,) And (-) actually any spices in general (,) I put vegetable stock (-) And pepper (-) (...) And garlic and curry (,) And then I put the cream you brought in (,) #00:19:56-6#

A: Ok (,) #00:19:58-2#

TP: And then make such a sauce practically (\_) I just put everything in (;) #00:21:11-5#

A: Yes (-) #00:21:48-7#

TP: So (\_) I honestly don't know about the rest (,) Ah, but I also add the tomatoes to the sauce (,) #00:21:54-1#

A: Ok (,) #00:21:56-1#

TP: But the rest (,) I wouldn't know what to do with it (\_) (smalltalk) Twelve minutes were the lenses (?)   
#00:24:02-2#

A: Exactly (;) #00:24:05-7#

TP: Ok (\_) (smalltalk) Is there somehow a trick with the tuber stuff how you can find out if it's ready (?) #00:24:48-9#

A: Um (,) #00:24:49-7#

TP: Because I think that should be done anyway (unv.) #00:24:50-9#

A: It says that when the tubers are cooked they lose their creamy white colour and turn grey (\_) #00:24:57-7#

TP: Ok (?) I don't see anything of that yet but ok (\_) Maybe it will still (\_) #00:26:02-8#

A: After the end of the cooking time (-) Well (-) Um (-) Ok because Jerusalem artichoke gets a bit mushy with this cooking method (,) Is it suitable (unv.) especially in a puree or a creamy soup (unv.) #00:26:22-0#

TP: Mm mhm (,) #00:26:22-0#

A: After cooking, you can keep it in the fridge for two days but (-) it just says ten to fifteen minutes now (,) #00:26:27-0#

TP: Mhm (,) #00:26:28-5#

A: Cook in lightly boiling salted water (\_) #00:26:30-0#

TP: Ok (;) #00:26:31-7#

A: Um (-) Yes (\_) Only that they turn grey when cooking (\_) #00:26:49-2#

TP: Ok (,) Yes, a little bit (;) But you can also eat it raw or (?) #00:27:14-1#

A: Exactly Jerusalem artichoke can also be eaten raw (\_) #00:27:16-7#

TP: Ok (;) Yes, but I think that was almost all of my work steps (,) #00:28:15-5#

A: Ok (,) #00:28:17-0#

TP: Except that I let it cook (,) And then (-) I put the lentils in (,) And then I practically eat these potatoes with the curry (\_) That would be my idea (\_) #00:28:28-0# #00:28:28-0#

A: Ok (\_) So you have no more questions (\_) #00:28:33-3#

TP: No (-) So what I would be interested in is how I should process eggs (,) somehow (?) So (-) #00:28:39-0#

A: Yes, I can have a look at what (-) #00:28:41-5#

TP: Yes (-) #00:28:59-1#

A: So (-) farmer's breakfast with Jerusalem artichokes (\_) Um (-) So there would be Jerusalem artichokes onions or ham butter (,) salt pepper five eggs and chopped parsley (\_) #00:29:16-9#

TP: Mhm (;) #00:29:18-1#

A: So that's (-) Yes that's mixed somehow (,) eggs and that's all the rest (,) then (-) are also so the Jerusalem artichoke slices (,) #00:29:26-2#

TP: Ok (,) #00:29:28-2#

A: With in it that has more of a pancake-like (-) #00:29:31-8#

TP: Ah ok (;) #00:29:33-2#

A: Pancake-like appearance (\_) #00:29:34-4#

TP: Ok (;) #00:29:37-4#

A: One did it in the form of ener pizza (,) So (-) #00:29:39-6#

TP: Crass ok (,) #00:30:07-1#

A: Um (-) Yes, so it's pretty much the only one (-) (unv.) No, but Jerusalem artichoke and carrot pancakes (\_) Eggs go in there (\_) Exactly (\_) #00:30:23-0#

TP: That makes sense (\_) #00:30:50-9#

A: Yes, exactly, ultimately analogous to potato pancakes (,) #00:30:53-8#

TP: Hm (;) #00:30:54-6#

A: Can Jerusalem artichoke pancakes with (-) #00:30:56-4#

TP: Ok (-) #00:30:56-8#

A: Make avocado cream or anything (,) and put eggs in it (\_) #00:31:00-7#

TP: So actually you can use them just like potatoes (\_) #00:31:06-5#

A: Exactly, so it is also called (-) So (unv.) nutty taste a bit (,) and are just much sweeter than potatoes but (-) #00:31:16-1#

TP: Mhm (,) #00:31:17-8#

A: Yes, ultimately they are a bit of a potato substitute, from what I've read so far (,) #00:31:25-1#

TP: Yes (-) #00:31:25-1#

A: Exactly, yes Jerusalem artichoke tastes slightly sweet and is used similarly to the potato (\_) #00:31:34-8#

TP: That then probably also consists like potatoes mainly of starch or (?) #00:31:40-9#

A: I'll have a look (?) Yes, so instead of starch, Jerusalem artichoke contains inulin (;) #00:32:15-4#

TP: Ok (,) #00:32:16-9#

A: So there is the advantage (-) That hardly affects the blood sugar level (,) #00:32:21-7#

TP: Mhm (,) #00:32:22-2#

A: And is very interesting for diabetics (\_) #00:32:24-0#

TP: Ah inulin (,) Ah ok (\_) Ah crass (\_) #00:32:29-3#

A: Consists of carbohydrates (,) #00:32:32-2#

TP: Aha (,) #00:32:32-9#

A: And is insulin-independent (\_) Especially in diabetes (,) metabolic disorders digestive disorders (unv.) #00:32:51-8#

TP: Ok (,) #00:32:52-0#

A: Yes (-) #00:33:18-4#

TP: I think the lentils will be ready soon (,) And they taste very different from potatoes (;) #00:33:29-4#

A: Have you already tried something (?) #00:33:30-2#

TP: Yes (-) That is also somehow a bit (-) muddy (;) #00:33:32-4#

A: Aha (,) #00:33:36-0#

TP: So it doesn't taste bad (,) But definitely a bit (-) crazy (\_) #00:33:39-2#

A: Ok (-) #00:33:40-9#

TP: And they're getting grey now (\_) #00:33:41-8#

A: Ok (\_) Good (\_) (laughs) (smalltalk) #00:37:01-7#

TP: So I put the lentils in now (,) (smalltalk) So (;) Yes, now they have been cooking for twenty minutes, they should actually be ready (;) #00:37:30-5#

A: Yes, I think so too (\_) #00:37:31-2#

TP: I'm always so insecure if you've never done something like this before, then you don't know how (-) (smalltalk)