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TP: Ok (\_) So I looked at the ingredients (,) and I thought I would like to make bulgur with vegetables (,) and before that a Jerusalem artichoke soup (,) #00:00:23-6#

A: Ok (,) #00:00:23-5#

TP: With celery in it (,) And um (-) Then I would say we start with the soup (,) Jerusalem artichoke how do you make that (\_) What are the suggestions (?) #00:00:52-0#

A: Jerusalem artichoke soup (,) um (-) #00:01:01-2#

TP: Is there a recipe for it (?) Jerusalem artichoke soup (?) #00:01:02-9#

A: So I'm looking at Jerusalem artichoke root vegetable soup (,) #00:01:06-3#

TP: Mhm (,) #00:01:08-2#

A: Exactly, so now there's Jerusalem artichoke potatoes parsnip root kohlrabi (,) carrots celery (,) #00:01:16-3#

TP: Mhm (,) #00:01:16-7#

A: Leek Vegetable onions (,) Small chopped parsley (,) Parsley stalks chopped (,) Soup meat (,) Bones (,) Oil Turmeric Salts Pepper Stock (\_) #00:01:30-3#

TP: Mhm (,) That sounds good um (-) I don't have everything here but I can modify it (\_) #00:01:35-0#

A: Ok (\_) #00:01:36-3#

TP: Um (-) Whether with what do they start there (?) #00:01:39-8#

A: Um (-) Ok (\_) So what else I should say (-) Rest time twelve hours (,) #00:01:44-8#

TP: Oh we don't need that (\_) #00:01:46-6#

A: Ok (\_) (laughs) Um (-) So the night before I cook the bones and the soup meat in the pressure cooker with the leek, parsnip, carrots, an onion and the parsley stalks for an hour (\_) If soup meat is to be used as a filler, it should only cook for half an hour (,) so take it out in good time (\_) Leave to cool and skim off the fat the next morning (\_) Um (-) The next step is to clean the vegetables (unv.) clean and chop (\_) I always fry carrots in a little oil (,) then add the finely chopped onion (,) reduce the meat stock (,) with about a spoonful of instant vegetable stock and add half a litre to a litre of water little by little (-) All other prepared vegetables first potatoes and Jerusalem artichokes (\_) #00:02:33-4#

TP: Mhm (,) #00:02:35-1#

A: After half an hour the vegetables should be cooked (\_) #00:02:42-1#

TP: Ok (,) Um do you know how to peel Jerusalem artichokes (?) Just peel (?) or yes probably (-) #00:02:49-7#

A: So it says as a tip (,) (10) Exactly so (-) Peel Jerusalem artichoke before and during cooking (-) So if there is something sticking out it is recommended to trim it (,) #00:03:35-8#

TP: Mhm (,) #00:03:37-3#

A: Um (-) Exactly (\_) #00:03:43-1#

TP: Ok (\_) Do you have to peel Jerusalem artichokes or can you just wash them thoroughly (\_) Because I think peeling is time-consuming and (-) #00:03:55-1#

A: Well, it says with or without - the question with or without peel depends on how you want to process the Jerusalem artichoke (\_) The peel is edible (,) so you can just leave it on (\_) (unv.).) under cold running water and a vegetable brush (\_) If you want to cook Jerusalem artichokes (,) you should peel them first (\_) During cooking, the skin becomes tough and gives the tuber an unattractive texture (\_) You should also peel very large, thick tubers (,) as they have a very firm, bitter skin (\_) #00:04:22-1#

TP: Mhm (,) Ok (\_) That means peel the big tubers and I can also use the small ones (;) Because everything is pureed at the end anyway (-) #00:04:31-5#

A: Yes that's right (\_) #00:04:31-8#

TP: It doesn't really matter (;) (peels) How long is then recommendation to let the soup boil (?) Is there anything (?) #00:05:23-5#

A: So the soup (,) so I think you have to say when I look at the pictures now they are now (-) good they are now not pureed (\_) I think theoretically (,) Um (-) Sorry what was the question again (?) #00:05:37-5#

TP: Um how long um does the soup take to boil to become soft (?) #00:05:41-7#

A: So the soup (?) #00:05:42-2#

TP: As a guideline (?) #00:05:50-1#

A: Um (-) It says after half an hour the vegetables should be cooked (\_) #00:05:54-0#

TP: Ok (\_) Yes, I would also say (\_) That could be (\_) (peels) (smalltalk) Um (-) Sautéing the vegetables in oil is what they said or (?) #00:08:38-7#

A: Exactly (\_) #00:08:43-4#

TP: Ok (\_) #00:08:51-5#

A: So now it says carrots (,) and without onion (,) #00:08:54-9#

TP: Mhm (?) #00:09:00-3#

A: Um (-) Exactly then just another (-) half (unv.) litre of water (\_) #00:09:09-1#

TP: Mhm (,) Yes with vegetable soup I have to say (-) I have a lot of experience (,) #00:09:54-6#

A: Ok (,) #00:09:56-0#

TP: Because I once did an internship in a home for the elderly (,) #00:09:57-9#

A: Ah yes (\_) #00:09:58-5#

TP: And we always cooked vegetable soup (,) (smalltalk) Peel the celery (?) Yes (\_) #00:11:23-6#

A: Um (-) I'll have a look (,) #00:11:26-3#

TP: I don't cook that kind of tuber stuff that often (\_) #00:11:43-8#

A: Yes, so Chefkochforum says peel (\_) #00:11:47-3#

TP: Mhm (?) Ok (\_) #00:11:48-0#

A: Exactly (\_) #00:13:03-5#

TP: What spices do they put in (?) the soup, because I have no idea (\_) #00:13:06-6#

A: So they might have turmeric salt and pepper (,)   
#00:13:10-7#

TP: Mhm (,) #00:13:12-4#

A: Yes and vegetable broth (;) #00:13:13-8#

TP: Ok (\_) //A vegetable broth I have (\_)// #00:13:18-9#

A: //Yes and parsley (\_)// Please (?) #00:13:20-2#

TP: Vegetable broth I have (\_) #00:13:22-3#

A: Ok (\_) #00:13:22-5#

TP: So and parsley (;) (smalltalk) Hm (\_) How do you make bulgur (\_) #00:19:34-7#

A: Um (,) Usually only hot water is needed to swell the bulgur (,) before it is ready for consumption after about twenty minutes (\_) #00:19:43-3#

TP: Mhm (?) Is that so much water that you have to strain it (?) Or is it like couscous that you just add so much water that at some point the (\_) #00:19:54-1#

A: Um (-) So as far as I know it is similar to couscous (,) so that it then draws the water (,) um (-) Moment (,) Yes, so it says you usually need at least twice the amount of water (\_) #00:20:30-0# to prepare bulgur.

TP: Ok (,) #00:20:29-7#

A: Exactly and then just let it soak for twenty minutes (\_) So circa (-) #00:20:32-5#

TP: And the water must be gone (-) #00:20:36-0#

A: Yes the water must soak it up (\_) #00:22:00-4#

TP: Ok then (-) 20 minutes (\_) Where does bulgur actually come from (?) Somehow it is not that common here (\_) #00:22:15-0#

A: No (,) Um (-) Well so what is that (,) Bulgur is cooked wheat (,) Is the main food (unv.) #00:22:31-5#

TP: Mhm (,) #00:22:33-1#

A: Exactly (\_) #00:22:36-7#

TP: How much do I need for (-) one to two people (,) #00:23:54-5#

A: So it says 160 grams now (\_) #00:23:57-9#

TP: For (?) One person (\_) #00:24:00-4#

A: Um that is completely different there is now a hundred (-) there is now 150 grams (,) #00:24:06-3# for four servings.

TP: Mhm (?) #00:24:08-3#

A: Um (-) It's just a salad (\_) #00:24:12-5#

TP: Yes, if not there will be the rest tomorrow (\_) #00:24:27-3#

A: Per person you calculate about one cup or 40 to 60 grams (\_) #00:24:30-5#

TP: Ah one cup is good (\_) And double the amount of water (;) #00:25:02-0#

A: Exactly (\_) Yes (\_) (smalltalk) #00:25:58-7#

TP: Ok (\_) Um (-) Would you like to see if they have a recipe for vegetables with um aubergine and peppers (?) #00:26:25-0#

A: Uh what aubergine (?) peppers and beans (\_) #00:26:27-1#

TP: Mhm (,) #00:26:41-7#

A: So there would be, for example, (-) vegetarian chilli with aubergines (,) #00:26:46-6#

TP: Mhm (,) Would you like to read it to me (?) #00:26:49-7#

A: Yes (-) There it is three and a half (-) three comma three three stars out of five a rating (,) #00:26:57-2#

TP: Aha (,) How many have given evaluations there (?) #00:26:58-8#

A: One person (\_) #00:26:59-4#

TP: Oh well then (;) Then it's not so tragic (,) #00:27:04-6#

A: So there (-) In one serving, one aubergine (,) half an onion (,) 120 grams of sweetcorn (,) 150 grams of kidney beans (,) 200 grams of strained tomatoes (,) 100 millilitres of red corn (,) salt cayenne pepper paprika powder and oil (\_) #00:27:21-2#

TP: Mhm (?) Except for (unv.) I have everything (\_) Um and how do they do it then (?) #00:28:10-2#

A: It says to wash and dice the aubergine (\_) Also dice the onions (\_) Fry the aubergine and onion cubes in a little oil in a saucepan (,) When they are soft, add the sweetcorn and kidney beans and also the strained tomatoes and the (unv.) pepper.) (\_) Bring to the boil (,) simmer a little and stir occasionally (\_) Season with salt cayenne pepper paprika powder (\_) Exactly (\_) #00:28:34-6#

TP: Mhm (,) Ähm (-) With bulgur it becomes like couscous with mint (?) #00:28:42-2#

A: With mint (?) #00:28:42-2#

TP: Spiced (?) Mhm (?) Because couscous salad is often with mint (,) #00:28:45-4#

A: Aha (,) Ok (,) Good (\_) Um (-) So it doesn't say that there is a certain scheme for seasoning bulgur (,) so it (-) says in a tomato-bulgur recipe, for example, mix in bulgur and season with salt and pepper (;) #00:29:33-0#

TP: Mhm (?) #00:29:35-1#

A: Exactly (\_) #00:29:42-2#

TP: Ok (;) #00:29:59-2#

A: Whereby it also says (,) Bulgur can be seasoned with mint cumin chia and salt (\_) #00:30:04-7#

TP: Mhm (,) Ok (\_) Then it's actually like Couscsou (,) #00:30:09-0#

A: Yes (-) #00:30:10-8#

TP: Then what exactly is couscous (?) Because I always wondered about that but somehow (-) #00:30:14-6#

A: Difference between bulgur and couscous (?) #00:30:16-2#

TP: Aha (?) #00:30:26-6#

A: Bulgur tastes strongly nutty (,) Couscous a little milder (\_) #00:30:30-6#

TP: Mhm (,) #00:30:30-7#

A: Bulgur is durum wheat grains that are steamed (,) then dried and chopped into small pieces as needed (\_) Couscous is durum wheat semolina (,) that is cooked in a multi-stage process, moistened, rolled into balls and dried (\_) #00:30:44-0#

TP: Mhm (,) So both wheat (,) #00:30:46-4#

A: Exactly (\_) #00:30:47-8#

TP: And just a different manufacturing process and (;) #00:30:49-6#

A: Hm yes (\_) #00:30:50-6#

TP: Ok (;) #00:30:52-6#

A: Durum wheat grains versus durum wheat semolina (,) #00:31:57-3#

TP: The ones at the chilli recipe started with aubergines and onion (;) #00:32:02-6#

A: Chilli recipe (,) Exactly wash and dice the aubergine (-) and dice the onion (\_) #00:32:10-1#

TP: Um (-) They do it in a pot (;) #00:32:12-6#

A: Exactly (\_) (smalltalk) #00:41:06-3#

TP: How long do you fry the vegetables in the recipe (?) Does it say anything (?) #00:41:11-8#

A: Uh, by the curry you mean (?) #00:41:14-1#

TP: With the chili yes (,) #00:41:15-3#

A: Um (-) Um ne so exactly when they are soft (,) add corn and kidney beans (\_) #00:41:25-4#

TP: Ok (-) #00:41:25-8#

A: And (-) you should also put a little tomato in it (\_) #00:41:29-5#

TP: That is, sauté (,) until the vegetables are soft (\_) #00:41:31-6#

A: Exactly, so when the onions and aubergines are soft (,) then (-) the other things (\_) (TP mashed) #00:42:32-8#

TP: With the soup (-) you throw the parsley in with (-) (unv.) #00:42:45-8#

A: Um moment parsley (,) So the parsley would have been used there with the soup meat (\_) #00:42:54-8#

TP: OK (\_) (mashed) #00:43:07-9#

A: So there would have been parsley chopped small (\_) #00:43:14-6#

TP: Mhm (?) But chives don't come into the soup (-) #00:43:36-7#

A: Please (?) #00:43:37-2#

TP: Chives do not come in (unv.) (\_) #00:43:39-7#

A: Chives (,) don't come in no (\_) (smalltalk) #00:49:56-8#

TP: Which drinks would fit reintheoretically with chilli (?) #00:50:01-0#

A: To Chili (,) #00:50:02-0#

TP: I don't think I need any extra drinks for the soup (,) Even so (-) it will be exciting whether I have it then, so probably not but I mean for reasons of interest (,) red wine probably (\_) If it's already in it (-) #00:50:24-9#

A: Chili con Carne (,) Yes but red wine actually yes (\_) #00:50:35-5#

TP: Mhm (,) #00:50:35-9#

A: But beer would now also (-) but I don't know (-) #00:50:43-9#

TP: I think it depends on the chilli (\_) #00:50:44-3#

A: But red wine definitely (\_) #00:50:46-3#

TP: Ok (,) And any other recommendations (?) #00:50:50-2#

A: Um (-) Homemade lemonade (,) #00:50:53-0#

TP: Oh (;) Yummy (\_) #00:50:55-6#

A: Um (-) Yes then (-) (unv.) Kiba (,)   
#00:51:03-1#

TP: Mhm (,) So for chilli, cayenne pepper was recommended (,) paprika powder (-) and salt pepper (;) #00:51:47-5#

A: Exactly (\_) salt paprika powder cayenne pepper (smalltalk) #00:53:48-3#

TP: Is there also information about bulgur and basil (?) Whether that goes together (,) #00:53:51-7#

A: I'll look at bulgur basil (,) Yes, so example stuffed peppers (,) Bulgur goes in and basil on top (,) #00:54:18-8#

TP: Ok (,) #00:54:20-5#

A: Um (-) Well, in this case it's for decoration (,) but there's also olive bulgur patties (,) and basil (unv.) (\_) #00:54:38-0#

TP: Ok (-) Because I'm not sure if mint really goes so well with chilli (,) (smalltalk) Ok this has now become well spicy (;) Uh what does it say about bulgur salad (,) #01:01:07-1#

A: Bulgur salad (?) #01:01:08-4#

TP: Mhm (?) #01:01:20-7#

A: So (-) ingredients would be for example (-) exactly bulgur vegetable broth (,) well we have that now already we have now already soaked (,) Then cucumber (,) (unv.) Yellow pepper (,) Spring onions (,) Flat leaf parsley (,) Some mint (\_) #01:01:44-2#

TP: Ok (,) I don't have spring onions (,) I could still have peppers (,) Um (-) And otherwise somehow oil vinegar (?) #01:02:00-2#

A: Ah exactly sauce it would be lemon juice salt (,) pepper sugar cumin oil (-) Exactly bulgur salad at chef's (,) bulgur peppers parsley smooth (,) spring onions (-) red onion tomato paste oil salt (\_) #01:02:35-4#

TP: Ok (\_)