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TP: Um (-) Could I ask you theoretically what you can make out of bulgur and asparagus (,) and what else I want to use (,) onions (-) (unv.) and peppers (?) #00:01:00-8#

A: So how was it green asparagus bulgur onions and peppers (\_) #00:01:02-6#

TP: Yes (?) And (-) (mumbles) #00:01:09-8#

A: Ok let's see (,) Um (-) So on kochbar d e is now suggested asparagus feta bulgur salad with vegetables (,) #00:01:31-7#

TP: Mhm (?) #00:01:32-4#

A: Bulgur with vegetables and meat (,) Bulgur salad (,) Um (-) What else do we have (,) Bulgur casserole with green asparagus (,) #00:01:42-8#

TP: Mhm (,) #00:01:42-8#

A: Vegetable bulgur pan (,) Bulgur salad with paprika (,) Green asparagus with paprika sauce (,) Salad with paprika and green asparagus (\_) #00:01:55-1#

TP: What about the casserole (?) Bulgur-asparagus casserole (\_) #00:01:59-7#

A: Yes Bulgur casserole with green asparagus (?) #00:02:02-5#

TP: That sounds good (\_) #00:02:03-8#

A: So this still has zero ratings (,) On Chef (,) And you put in (,) bulgur green asparagus onion garlic clove olive oil (,) canned tomatoes (,) salt and pepper (,) paprika powder rose hot (,) cocktail tomatoes (,) mini mozzarella (,) basil leaves (,) Emmentaler or spicy Appenzeller (\_) #00:02:27-7#

TP: Got a lot of it (\_) Then I'll do that (\_) #00:02:30-1#

A: All right (\_) #00:02:38-3#

TP: What is the first step (?) #00:02:41-4#

A: First step, peel the bottom quarter of the green asparagus (,) and cut into pieces of about three to four centimetres (\_) Then fry lightly with a little olive oil in a non-stick frying pan for about five minutes (,) set aside on a plate (\_) #00:02:53-5#

TP: Ok (\_) How much asparagus (?) #00:03:16-0#

A: So with two portions it would now be 250 grams in the recipe (\_) (TP prepares) #00:03:59-9#

TP: Peel lower third (\_) #00:04:02-8#

A: Exactly (\_) Peel in the lower quarter (,) #00:04:04-8#

TP: Peel lower quarter (\_) And then (,) divide into three parts (\_) #00:04:08-8#

A: Cut three to four centimetre pieces (\_) #00:04:11-3#

TP: But then why do I have to peel only at the very bottom (?) #00:04:14-2#

A: Because the lower part is woody (\_) And contains bitter substances (\_) #00:04:20-4#

TP: The quartering (unv.) #00:04:22-5#

A: Please (?) #00:04:23-9#

TP: Quarter it by eye (;) (peels asparagus) Like this (\_) (continues peeling) Does it also say how long it takes (?) #00:04:54-8#

A: So working time forty minutes (,) cooking time twenty minutes (\_) (smalltalk) #00:05:25-8#

TP: Does it also say how healthy what I'm cooking now is (?) #00:05:28-9#

A: Um (?) Doesn't it say anything about it no (\_) But green asparagus itself is supposed to be very healthy (\_) So there are calorie details now (-) #00:05:41-5#

TP: Ok (\_) #00:05:42-8#

A: Not there (\_) (smalltalk) #00:12:23-5#

TP: Then cut into three to four centimetres and fry with oil or (?) #00:12:27-6#

A: Exactly (\_) About five minutes lightly fry in the pan (\_) (smalltalk) #00:13:23-3#

TP: But you always have to peel the white asparagus completely or (?) #00:13:25-9#

A: Exactly yes (\_) #00:13:27-7#

TP: Do you actually have to cut away anything down there as well (?) #00:13:31-4#

A: There is nothing there now (\_) So with the white yes (,) #00:13:33-3#

TP: Yes (,) #00:13:33-8#

A: With the green (,) not (\_) So now you just have to peel (\_) #00:13:37-5#

TP: Good (\_) (smalltalk) So just a quick fry or (?) #00:16:57-4#

A: Exactly (\_) Fry lightly for about five minutes (\_) #00:17:01-5#

TP: About five minutes (\_) And then what is the next (?) #00:17:09-9#

A: Then (,) After you have fried it, put it aside on a plate (,) #00:17:14-7#

TP: Mhm (,) #00:17:15-3#

A: And then sauté the finely chopped onions and garlic in the pan until translucent (\_)   
#00:17:19-0#

TP: Oh dear (;) Maybe we even have garlic (,) Must have a look (,) How much onions (?) #00:17:28-8#

A: That would be (?) Would be an onion (\_) #00:17:32-9#

TP: Huh (,) I hope I don't cry like that (\_) (laughs) Do I have to preheat the oven or something too (?) #00:17:52-8#

A: Yes (?) So you have to preheat it to 180 degrees convection (\_) #00:18:00-6#

TP: And which track is that then (?) #00:18:02-5#

A: Um (-) Isn't there any rail now (,) #00:18:07-9#

TP: I think the middle one or something (,) #00:18:09-4#

A: Yes (-) (smalltalk) #00:21:14-5#

TP: And how much garlic (?) #00:21:17-7#

A: Garlic (?) Is it (-) half a clove of garlic (\_) #00:22:46-8#

TP: I don't have to do anything with it except on the plate or (?) #00:22:48-7#

A: Ne (-) So just on the plate (unv.) (\_) (smalltalk) #00:23:38-5#

TP: Ok now (,) sauté the onions and the garlic or (?) What exactly does sauté mean (?) #00:23:43-2#

A: Um (,) Let's see what that means (;) #00:23:46-7#

TP: I think in oil somehow (-) halt (-) #00:23:51-0#

A: I would have said (\_) now too #00:23:51-2#

TP: But not necessarily frying I think but (-) somehow just that it becomes so clear I think (-) #00:23:56-5#

A: Yes (-) That's how I would have done it (-) So with oil in any case (-) Um (-) Exactly sautéing is a short cooking of vegetables in some fat at a low temperature (\_) It is used for example to let onions (..) Onions become transparent and soft without browning them or creating strong flavours as in roasting (\_) Vegetables sweat out (-) their juice and cook slowly,) onions to become translucent and soft without browning or creating strong flavours as in roasting (\_) vegetables sweat out a (-) their juices and cook slowly (\_) During sweating, stirring should be done constantly (,) so that the food does not stick to the bottom of the pan and burn there (\_) #00:24:27-6#

TP: Ok (\_) How long do I have to do this (?) Short (\_) #00:24:46-2#

A: Um (,) So (-) Well it just says (-) should be a bit glassy sweaty (\_) #00:24:49-5#

TP: Good (\_) (laughs) (smalltalk) It looks a bit glassy here (\_) Because they are not supposed to turn brown or (?) Is that what they say (-) #00:26:33-2#

A: Exactly (\_) Yes (\_) #00:26:36-6#

TP: In case of need you can also eat them raw (\_) (laughs) #00:26:38-4#

A: (laughs) #00:26:57-9#

TP: Did it actually say how small they had to be chopped (,) #00:27:01-2#

A: How small they have to be chopped (?) It just says chopped uh cut small (\_) #00:27:07-4#

TP: What is the next step then (?) #00:27:16-4#

A: Then add the chunky tomatoes from the sauce (,) salt and pepper and simmer for about ten minutes (\_) add paprika powder (\_) #00:27:25-8#

TP: Well, I actually need chunky tomatoes and cocktail tomatoes or just normal tomatoes (?)   
#00:27:30-2#

A: Exactly, so on the one hand chunky canned tomatoes and later cherry tomatoes (\_) #00:27:35-4#

TP: Because I still have some tomato sauce I just don't know if there are pieces in it (,) Ok (\_) What do I do with the onions when they are done (?) #00:27:53-1#

A: Just leave it in (\_) #00:28:06-3#

TP: Tomatoes with pulp (\_) Chunky with basil (\_) What do I have to add (?) #00:28:10-0#

A: Um (-) #00:28:10-3#

TP: Or what is the instruction actually (?) #00:28:11-8#

A: So then add the chunky tomatoes from the can (,) salt and pepper and simmer for about ten minutes (\_) Add the paprika powder (\_) #00:28:20-3#

TP: Ok (\_) Um (-) How much do I need from them (-) from the tomatoes (?) #00:28:27-4#

A: Um (-) #00:28:28-0#

TP: Or just the can (?) #00:28:28-6#

A: There are 400 grams (?) tomatoes from the chunky tomatoes from the can (,) #00:29:01-0#

TP: Simmer a bit or (?) #00:29:03-5#

A: Exactly (\_) But (-) So how (-) Add it to the pan (\_) Because if I interpret it correctly (,) so it says (-) #00:29:09-1#

TP: Achso (\_) #00:29:10-1#

A: Then (-) #00:29:10-5#

TP: With to the onions (\_) Ah ok (\_) #00:29:12-3#

A: Exactly Sauté onions garlic in the pan until translucent (,) then add the chunky tomatoes from the can (\_) #00:29:15-8#

TP: Ah (,) Makes sense too (\_) Another part to rinse (,) (laughs) And when do I have to add the salt and pepper (?) Just during (,) or (-) #00:29:44-6#

A: Exactly (\_) Just add the tomatoes (,) Salt and pepper and simmer for about ten minutes (,) And add the paprika powder (\_)   
#00:29:53-8#

TP: When it says the paprika powder, is there also somehow an indication of how much that is (?) #00:29:56-4#

A: Yes (,) There is (-) something (\_) (laughing) #00:30:00-6#

TP: Ah yes (\_) (laughs) Nice details (\_) Although the thing itself is already seasoned (-) (prepares) Does it say how long (?) Oh, simmer for ten minutes (;) #00:31:03-2#

A: Exactly (\_) Ten minutes (\_) #00:31:21-3#

TP: In the meantime, can I already prepare (-) something else (?) #00:31:23-9#?

A: Right there is the next step would be to boil the bulgur with twice the amount of water and a teaspoon of salt (,) Cook for about ten minutes (\_) The bulgur swells and becomes slightly mushy (\_) If the consistency is too liquid, add some bulgur (,) If too solid, add some water (\_) #00:31:53-7#

TP: The bulgur with double (-) How much bulgur (?) #00:31:57-4#

A: Um (?) 75 grams (\_) #00:33:14-7#

TP: So 150 millilitres of water (,) boil or (?) #00:33:20-6#

A: Exactly (\_) #00:33:23-1#

TP: Do I do it in a pot or with a kettle (\_) #00:33:26-8#

A: That is, I mean, you can boil the water beforehand for the kettle, but then the whole thing in the pot (\_) So bulgur in the pot and then that, so actually the water should already be boiling (\_) Bulgur in the pot and boiling water over it (\_) #00:34:21-9#

TP: Is the size enough or does there have to be a lot in there (;) #00:34:25-2#?

A: Um (-) No, actually (,) #00:34:29-7#

TP: Is that where the bulgur comes in (?)   
#00:34:29-6#

A: Actually only the bulgur yes (,) #00:36:27-5#

TP: So that now also again (-) put it on a hot pan (?) A hot thingy (?) plate (?) #00:36:33-8#

A: Exactly (\_) It says about ten minutes (,) so you should put in a teaspoon of salt and cook for about ten minutes (\_) #00:36:41-0#

TP: Cooking (?) #00:36:41-0#

A: Cooking yes (,) #00:36:42-1#

TP: What does cooking mean (?) #00:36:43-4#

A: Um (-) I'll have a look (,) (looking) Um (-) Uh ne you don't have to cook it (;) um (-) #00:37:31-5#

TP: Just let them pull (?) #00:37:32-6#

A: Just let it stand (\_) So put a lid on it and (-) let it swell for ten minutes (\_) #00:38:15-4#

TP: Should I somehow (-) grease or (-) oil the casserole dish or something else (?) #00:38:21-8#

A: I'll have a look (?) Well, you don't have to grease the casserole dish (\_) #00:38:45-4#

TP: Then what is the next (?) #00:38:46-1#

A: Next (,) um (-) cut the tomatoes and the mozzarella balls in half and preheat the oven to 180 degrees (,) mix half of the basil and asparagus tomatoes with the bulgur and spread the mixture in an oven dish (\_) #00:39:00-6#

TP: Ok (\_) So one of the first (unv.) were (-) tomato and mozzarella halves (?) #00:39:05-7#

A: Exactly (\_) #00:39:07-2#

TP: How many tomatoes (?) #00:39:11-0#

A: 100 grams (\_) #00:39:18-4#

TP: And mozzarella (?) #00:39:20-8#

A: Mozzarella it was (-) 75 grams (\_) #00:39:55-6#

TP: The recipe doesn't say that you have to wash them actually or (?)   
#00:39:56-3#

A: Ne (-) But one should already (;) #00:40:00-7#

TP: Only halve (;) 75 grams of mozzarella or (?) #00:40:31-5#

A: Exactly yes (;) #00:41:14-2#

TP: Presumably if they are actually balls, they are also rather larger pieces (?) #00:41:18-2#

A: Yes there would have been mini-mozzarella balls but (;) #00:41:24-6#

TP: Yes (-) What do I do with them then (?) #00:41:43-7#

A: Um (-) With the tomatoes that are cooked (?) #00:41:48-3#

TP: Yes (-) #00:41:50-2#

A: Um (?) So first you have to wait (-) So you have to bulgur (,) The bulgur has to be ready first (,) #00:42:06-8#

TP: Mhm (?) #00:42:08-5#

A: Mix half of the tomatoes (,) the basil and the asparagus with the bulgur and season (,) And spread the mixture in a baking dish (,) and then mix half of the grated cheese with the tomato sauce (,) and pour over the bulgur (\_) #00:42:23-4#

TP: Grated cheese (\_) That will also be fun (\_) Um so what do I do with the tomatoes and the mozzarella (?) #00:42:29-4#

A: So the (,) so there with the half (,) the half of the tomatoes (,) uh the basil and the asparagus must then mix with the bulgur and season (,) and then distribute in a baking dish (\_) #00:42:43-6#

TP: And the mozzarella (?) Doesn't have to go anywhere (;) #00:42:47-6#

A: Ne the mozzarella is then (-) to cover (,) (unv.) #00:42:51-9#

TP: Ok (\_) So half of the tomatoes with the asparagus and the bulgur (\_) #00:42:57-0#

A: Exactly (\_) And basil (\_) #00:42:59-5#

TP: I don't have any basil (\_) But it's in the sauce (\_) Then it's omitted (\_) #00:43:06-7#

A: Jo (\_) #00:43:08-2#

TP: So the grated cheese (,) Let's see (,) That means now wait for the bulgur (\_) And when (-) where does that go (?) #00:43:35-1#

A: Uh the sauce (,) so it says half (,) so to spread the bulgur stuff and asparagus in the baking dish (,) then mix half of the grated cheese with the tomato sauce (,) #00:43:47-3#

TP: Mhm (,) #00:43:49-5#

A: And pour it over the bulgur (\_) And then cover it with the rest of the tomatoes (,) the asparagus, the cheese and the mozzarella (\_) Apparently half of the tomatoes (,) half of the asparagus (,) and all of the bulgur (\_) Actually, that's the most important thing because then it just says later cover it again with the rest of the tomatoes, the asparagus, the cheese and the mozzarella (\_) That is (-) #00:44:12-4#

TP: Oh, not all the asparagus at the beginning (\_) #00:44:14-3#

A: Exactly (\_) #00:44:41-8#

TP: Does it say anything how big the shape has to be (?) #00:44:43-9#

A: Um, it doesn't say anything about the size of the mould (\_) No (\_) #00:45:08-5#

TP: I think the big one is a bit too firm when I have to pour it over (,) the cheese (,) What did it say when the (-) (unv.) #00:45:32-6#

A: So it should be slightly mushy (\_) If the consistency is too liquid (,) add some bulgur (,) and if it is too solid add some water (\_) #00:45:42-0#

TP: Slightly mushy (\_) I can manage that (\_) How much does it say you need grated cheese (?) #00:46:20-9#

A: For cheese it says (-) 100 grams (\_) Grated cheese (\_) Emmentaler or Appenzeller (\_) #00:46:59-2#

TP: Then he has to (-) to the sauce he has to add or (,) and on top or what (?) #00:47:04-6#

A: Um (,) So mix half of the grated cheese and the tomato sauce (,) and pour over the bulgur (\_) #00:47:12-4#

TP: Mhm (,) #00:47:12-6#

A: So now is a (-) first of all (-) bulgur um exactly bulgur asparagus tomatoes basil in the casserole dish (,) #00:47:19-4#

TP: Mhm (,) #00:47:21-0#

A: Then (-) mix cheese tomato sauce (,) and then pour over the bulgur (,) And then (,) the remaining tomatoes (,) asparagus (,) remaining cheese (;) #00:47:30-6#

TP: Just another second layer or (?) #00:47:32-2#

A: Yes (-) #00:48:02-4#

TP: The question is what is slightly mushy (;) #00:48:05-5#

A: I can have a look (,) #00:48:10-7#

TP: Well, because I don't think it's liquid (,) #00:48:17-4#

A: When you taste it when it's no longer hard or so (,) what does hard mean (-) when it's not al dente or so (;) so when you can eat it (\_) #00:48:32-9#

TP: And half of (;) No Schmarrn (\_) What do I have to take half of (?) Half of the asparagus (?) #00:48:38-2#

A: So exactly (\_) half of the tomatoes (,) half of the basil (,) Ah but half of the basil and half of the asparagus (\_) Mix with the bulgur (\_) #00:48:51-3#

TP: With all the bulgur (?) #00:48:52-3#

A: Yes (\_) #00:49:17-7#

TP: Mixing (\_) Or (?) #00:49:19-1#

A: Exactly (\_) Mix and season (\_) #00:49:22-8#

TP: There's already a teaspoon of salt in it (;) It doesn't say with what either, so the way I want or (?)   
#00:49:30-7#

A: Um, no, so it says (-) well (;) so in the list of ingredients it says paprika powder, salt and pepper but (;) #00:49:37-3#

TP: We have already taken everything here (;) #00:49:39-0#

A: Exactly we have all that already (-) #00:49:40-9#

TP: A little salt and pepper, I think (\_) And then (-) The whole thing in the casserole dish or (;) #00:50:21-0#

A: Exactly (\_) Then spread the mixture in the baking dish (\_) #00:50:25-1#

TP: That means the second layer is then actually no longer bulgur (\_) #00:50:29-2#

A: Which is the second (?) #00:50:29-2#

TP: Then in the second layer there is no more bulgur (\_) #00:50:32-2#

A: Exactly (\_) (smalltalk) #00:52:14-3#

TP: Ok (\_) What was the next one then (,) Half of the cheese with the sauce (,)   
#00:52:18-6#

A: Mix exactly half of the grated cheese with the tomato sauce and pour over the bulgur (\_) #00:52:25-0#

TP: What do I do now if the sauce is too thick to pour (,)   
#00:52:28-5#

A: Um (,) #00:52:31-4#

TP: Dilute sauce (\_) #00:52:32-3#

A: Probably yes (\_) I think with water simply (;) #00:52:48-6#

TP: Yes (,) Because I think it's supposed to seep through a bit and that doesn't look like it (\_) A bit of water (?) #00:53:09-1#

A: Uh (-) #00:53:11-5#

TP: Got some boiled water (,) #00:53:14-3#

A: Yes, exactly, I mean right, you can just put it in (\_) Then it will be thinner (;) #00:55:07-7#

TP: And then pour the whole thing over it or even half (;) #00:55:11-2#

A: Um (,) Yes, so pour the whole thing over (\_) #00:55:15-5#

TP: And then the second layer is again (;) tomatoes (,) er (-) asparagus and the mozzarella (?) Or (-) #00:55:23-3#

A: Exactly then cover with the remaining tomatoes the asparagus the cheese and the mozzarella (\_) #00:56:44-0#

TP: Which order (?) Or (-) #00:56:46-0#

A: Um then exactly (\_) That's what we have in it now (,) Then cover with the rest of the tomatoes (,) the asparagus the cheese and the mozzarella (\_) #00:58:09-8#

TP: And then into the oven (?) #00:58:11-2#

A: Exactly in the oven (,) Bake for about 20 minutes until the cheese (unv.) #00:58:20-1#

TP: Does it somehow say upper-lower heat (,) or (-) #00:58:22-4#

A: No (-) there is nothing (\_) #00:58:26-0#

TP: 20 minutes (\_) #00:58:28-5#

A: Yes (\_)