

# Real Student Cooking

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## Abstract

This cookbook will feature realistic food options for students, with realistic time estimates, real photos and minimal judgement. Includes mostly stuff that is coloured green.

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## 1 Lunch time

Recipes here are more filling and can make good lunch and dinner. Impress your friends or loved one.



# Okonomiyaki

- ⌚ 10 min + 5 min per Person
- ◉ 2-4 Portions

A Japanese cabbage pancake with a tasty sauce. I have no idea about the ratio of the ingredients. This one is with corn and cheese, but there are many possibilities of what you can add.

## Preparation

- 1** Mix egg, some salt and pepper, flour and water to make a pancake dough, that is kinda liquid.
- 2** Cut the cabbage and the onion into small pieces and add them to the pancake dough
- 3** Put some amount of the mix into a pan, to make a pancake, that is as thin as possible without falling apart. . While the upper side is still liquid, put some corn and press it into the dough, so that the corn sinks in.
- 4** When the upper side of the pancake seems also done, flip the pancake. If this side is done, flip it back and immediately put some cheese.
- 5** Add the sauces and keep warm if you make more.

## Ingredients

- |                          |
|--------------------------|
| 500 g cabbage            |
| 3 eggs                   |
| onion                    |
| flour                    |
| water                    |
| oil for frying           |
| a can of corn (optional) |
| gouda (optional)         |
| mayonaise                |
| Okonomiyaki sauce        |



### Hint

*This recipy will demand inviting friends to get rid of the cabbage. At least it lasts quite a while and it's surprisingly quick to make just one. #fast #for1*



# Feta Carrot Pasta

20 min

1-2 Portions

A grateful dish if you have a grating device. If you have an automated grater, then it's even good for more people

## Preparation

- 1** Set water to boil and boil the pasta
- 2** Meanwhile cut the onion into stripes and grate the carrots
- 3** Fry first the onions, then add the carrots, add some pepper
- 4** When they are done to your liking, add the pasta
- 5** crumble the cheese and add it

## Ingredients

1-2 carrots per person
50g feta cheese per person
1 onion
100g pasta per person
some frying oil
pepper

You can also add green pesto, champignons, ... I've tried roast onions, too. It adds a bit of crunch.

## Hint

*If it is cold, it might pass as a salad. #easy #for1*



# Hummus Cucumber Sandwich

⌚ 2 min

Incredibly easy, convenient, tasty and even surprisingly classy.

## Preparation

- 1 Cut the bread, spread hummus on top and put sliced cucumber on top

## Ingredients

A cucumber  
Hummus  
Rolls / Bread

## Hint

*My favourite hummus is the classic one from Edeka or Lidl. I don't like the Aldi one.*  
*#easy #for1 #fast #togo #prepareinadvance #vegan #fancy #nostove #healthyish*



# Pumpkin Pesto Pasta

↪ 40 min  
 ○ 2 Portions

Pumpkins are great.

## Preparation

- 1** Set water to boil and boil the pasta
- 2** Meanwhile cut the onion into pieces, slice the carrots, and cut the pumpkin into pieces.
- 3** Fry first the carrots, then add the pumpkin and onion and season.
- 4** Mix the done pasta with pesto and add the vegetable on top.

## Ingredients

2 carrots  
 a piece of hokkaido pumpkin  
 1 onion  
 200g pasta per person  
 some frying oil  
 green pesto  
 seasoning

You can eat the peel of the hokkaido, that saves a lot of time. You can also just cook half the portion if you're alone. But better cook more and finish that pesto somehow! This is vegan, if you get a cheaper (vegan) pesto

## Hint

#for1 #fancy #vegan



# Corn Soup

⌚ 5 min

◎ 1(hungry)-2(add something) Portions

This might be the most efficient warm dish I know. The portion is large enough for one hungry person. You can add tortilla chips, pretzels, Karelian pies, etc. to make it a dish for two.

## Preparation

- 1** Put the tomato into a pot and start cooking it. Then add the spices. Add the corn from the can, without the liquid inside.
- 2** Let the soup boil a few minutes and then switch off the stove and mix in the cheese. Put the soup into a bowl and let it cool down a little bit.

## Ingredients

a can of corn  
a can of tomato (in pieces)  
100g of grated (gouda) cheese  
salt and (cayenne) pepper

You can try adding other spices, leftover Ajvar, leftover other cheese ... Clean the pot immediately after you're done cooking. If you wait, the cheese cools down and gets harder to remove.

## Hint

*Since all ingredients don't really need to be cooked, the dish can be done in 2min if you're hungry. (If you leave it longer, the consistency might improve slightly.) #easy #for1 #emergencyoption #glutenfree #fast*



# Upgraded Frozen Pizza

⌚ 17 min

You can also eat it as it is, of course.

## Preparation

- 1 You can do it!

## Ingredients

frozen pizza, margherita, I imagine extra toppings

## Nice combinations:

- Mozarella, tomato and green pesto
- Pineapple and anything

## Hint

If you don't want to upgrade, the caprese pizza from Edeka is quite nice. #easy #for1 #fast #prepareinadvance #formanypeople #partyfood #socialcookingfood #emergencyoption



# Pasta with Tomato Sauce

⌚ 20 min

This is not as fast as some dishes, but with the right timing, very little work.

## Preparation

- 1** If you want to leave the kitchen, put the pasta in cold water in a large pot and put it to a moderate heat. Don't use the lid. You can put a wooden spoon on top of the pot as well, which will keep it from boiling over.
- 2** Go do something and after maybe 13 min go check on your pasta. It will take longer than usual and the time depends on the amount of water, speed of the stove, etc.
- 3** If you want/need to, warm up the sauce. Mix it with the ready pasta and mix with the cheese.

## Ingredients

pasta  
tomato sauce  
grated (gouda) cheese

## Hint

*This is great if you want to take a shower in the meantime for example. #easy #for1 #emergencyoption*



## Hummus Cucumber Wraps

- ⌚ 10 min
- ◉ 1-inf Portions

Perfect as a small meal, big meal, snack, etc.

### Preparation

- 1 Cut the haloumi into pieces and fry it. Meanwhile cut the carrot and cucumber into pieces.
- 2 Spread hummus on the wrap and then add the filling.

### Ingredients

wraps  
carrot  
cucumber  
hummus  
(haloumi cheese)

### Hint

*This is also nice without the haloumi cheese, in this case, it is easier to scale and you don't need a stove. Also, then it is vegan. If you eat it by yourself, you probably have food for some days though... #easy #for1 #fast #fancy #nostove #togo #healthyish #vegan*

## **2 Party time**

Everything here is easy to make for many people.



## Mujadara

⏳ 60 min  
 ○ many Portions

This dish was shown to me by Sabaa and Hajo. It is great for gatherings of people. While it takes some time, it does not take much work and you can easily make food for 8 or more people. I will list the ingredients for x cups. x=1 should be enough for 4-5 people.

### Preparation

- 1** Boil x cups of lentils and  $2 \cdot x + 1$  cups of water in a big pot until the lentils are almost done (maybe 20min?). Around 10 min before that, wash the bulgur and soak it.
- 2** Add the  $2x$  cups of bulgur and the salt and turn down the heat. If there is less than around 2cm of water on top after adding the water, add some more water. Cook till the water is gone and everythings done.
- 3** Meanwhile cut the onions and (deep) fry them in the olive oil. When done add the oil to the ready food in the pot and stir it in.

### Ingredients

x cups dark lentils
2x cups of dark rough bulgur
0.5x cups of olive oil
x tbl of salt
some onions (maybe 2-3x)

Eat it with a salad. If you have leftovers, they will last a long time. Some of the ingredients you might only get in the turkish market, but they are storable.

### Hint

#prepareinadvance #vegan #partyfood #glutenfree

### **3 Sweet stuff**

Recipes here are meant to be enjoyed as snacks and dessert.



# Finnish pancake

- 30 min
- 1-4 people Portions

A Finnish style sweet and thin pancake. Best enjoyed outside while having barbecue in middle of the forest.

## Preparation

- 1** Break the eggs in the bowl
- 2** Add half of the milk, sugar and salt and mix the extract
- 3** Add all the flours and mix until the extract is settled
- 4** Add rest of the milk and mix for the last time
- 5** Heat pan with butter, until butter turn brown. Once pan is hot enough, pour in a thin layer of the mix and let it harden. Flip once bottom has nice colour and fry the other side for couple seconds.
- 6** Serve hot with filling of your choice

## Ingredients

3 dl	Wheat flour
2	Eggs
500 ml	Milk
3 Table spoons	Sugar
1 tea spoon	Vanilla extract
1 tea spoon	salt
	Butter

## On the side

Use Sugar, Jam or Ice cream to make the pancake sweeter.

**Hint**

*Moi*