

Fruchtzuckerarm kochen

Edited by Thomas Schubert

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by Thomas Schubert

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Aufläufe

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Schnitzelauf

Tags: Fruchtzuckerarm-Aufbauphase , Fleisch , Schwein

Quelle: verändert übernommen aus: Studenten WG 'Zur alten Hippe', Reichenbachstr. Dresden.

Zutaten.

- Schweineschnitzel 6.0 Stück
- Speck 300.0 g
- Gemüsezwiebel 2.0 Stück
- Kartoffel 10.0 Stück
- Schnittkäse 200.0 g
- Schlagsahne 1.0 Becher

Arbeitsschritte.

1. Den Boden der Auflaufform vollständig mit Schnitzelfleisch belegen (nur eine Lage - nicht stapeln!).
2. Den Speck in dünne Streifen schneiden und als neue Schicht über den Fleischscheiben verteilen.
3. Die Zwiebel in Ringe schneiden und diese über der Speckschicht verteilen.
4. Die Kartoffeln schälen und waschen. Anschließend in Scheiben schneiden und damit die obere Schicht des Auflaufes bilden.
5. Jetzt noch die Schlagsahne über den Auflauf ausgießen und verteilen.
6. Zum Abschluss den gesamten Auflauf mit den Käsescheiben belegen.

Note

Da der Käse sehr braun wird, ist es möglicherweise besser diesen erst nach 20 Minuten hinzuzugeben. Wie sich die dabei erzeugte Unterbrechung des Backvorganges auswirkt ist nicht bekannt.

7. Den Auflauf im Umluftherd 45 Minuten bei 200 °C backen.

Einkaufsempfehlung.

- 2.0 x Packung 5 Minutensteaks vom Schwein 400.0 g
- 1.0 x Packung Bauchspeck vom Schwein 300.0 g
- 1.0 x Packung Emmentaler in Scheiben 200.0 g
- 1.0 x Packung Kartoffeln festkochend 2.5 kg
- 1.0 x Netz Zwiebeln 1.0 kg

Pizza

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Pizza Teig einfach und italienisch

Tags: Fruchtzuckerarm-Aufbauphase , Pizza

Quelle: nicht angegeben

Zutaten.

- Mehl 500.0 g
- Hefe 20.0 g
- lauwarmes Wasser 200.0 ml
- Olivenöl 2.0 Esslöffel
- Salz 1.0 Teelöffel

Arbeitsschritte.

1. Mehl in Rührschüssel schütten.
2. Im Mehl eine Kuhle schaffen und das Salz hineingeben. Anschließend die Hefe in die Kuhle bröckeln.
3. Die Kuhle vorsichtig mit dem Wasser füllen. Dabei das trockene Mehl so anhäufeln, dass das Wasser in der Kuhle verbleibt.
4. Die Kuhle mit dem verbleibenden Mehl abdecken und verschliessen.
5. Rührschüssel mit einem Geschirrtuch abdecken und an einem warmen Ort 15 Minuten gehen lassen.
6. Jetzt sollten sich auf dem Mehl Risse gebildet haben. So können wir das Olivenöl hinzugeben und einkneten.
7. Nun wird alles 10 Minuten lang durchgeknetet so dass ein elastischer Teig entsteht.

Note

Wenn der Teig beim ersten Kneten zu fest erscheint noch einen Esslöffel Olivenöl hinzugeben. Sollte der Teig zu flüssig erscheinen, dann etwas Mehl hinzugeben und weiter kneten.

8. Der elastische Teig wird erneut abgedeckt und an einem warmen Ort 30 Minuten gehen gelassen, bis sich das Volumen etwa verdoppelt hat.
9. Den Teig auf gemehlter Unterlage (z.B. Tisch) ausrollen und auf ein Backblech ausbringen.
10. In den Teig mit einer Gabel gleichmäßig Löcher einbringen.
11. Die ganze Teigfläche mit Ketchup bestreichen.
12. Gewünschten Pizzabelag aufbringen (z.B. Oliven, Salami, Kochschinken, Perperonie, Paprikastücken, geschnittene Champignons, Artischocken).
13. Belag mit Oregano würzen und mit einer Schicht Reibekäse bedecken.
14. Bei 200°C im Herd backen bis der Käse vollständig zerlaufen ist (etwa 20 - 30 Minuten).

Einkaufsempfehlung. Keine verfügbar.

Bilder.



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