

Our Cookbook

Luca Lach

llach@techfak.uni-bielefeld.de

Robert Feldhans

rfeldhans@techfak.uni-bielefeld.de

September 1, 2017

Abstract

Introduction to the cookbook.

Contents

1	Basics	1
1.1	General Kitchen Knowlegde	2
1.1.1	How to get rid of fruit flies	2
1.2	Food Knowledge	2
1.3	Chemistry	2
1.4	Basic Ingredients	2
2	Recipes	3
2.1	Beef	3
	Google Picture Search	4
	Wraps con Carne	5
	Zwiebeln schmoren für Dummies	6

Chapter 1

Basics

In this part of the book we will cover some basic knowledge and skills.

First we will discuss more general kitchen knowledge.

In the second part, we will be focussing on food and its properties. That includes e.g. how to spot an ripe avocado, or what ingredients you could substitute with another. It should give you a more detailed view to one of the most crucial parts of cooking: The raw materials you use.

We will then take a look on the more science oriented side of things. Don't let the titel "Chemistry" fool you, a science degree won't be needed to understand this chapter. We will however take a look of the do's and dont's in regard to wanted -and unwanted- chemical reactions that may occur in your kitchen.

In the end, we will then take a look at the first recipes. Those will not provide you with a yummy and good meal, but they are for key components most other recipes rely on. We will for example see how onions are meant to be stewed and how noodles should be cooked.

1.1 General Kitchen Knowlegde

1.1.1 How to get rid of fruit flies

Who doesn't know and hate them: Fruit flies. Every year in the summer (and to some extend in the spring and fall to) they tend to swarm our kitchens and feast on our fruits. In case you don't want them to conquer your kitchen, here is a simple and cheap way to get rid of them:

What you will need:

- a small bowl, maybe 10cm in diameter
- fruit juice, the sweeter the better. If you do not have any, or yours does not seem to wark, sugar is a good substitute
- water
- dish soap

You will want to fill the bowl with water and the juice (or sugar), so that the liquid is not too thick, it should be as close to water as possible. Then drop a bit of the dish soap into the bowl, stir for a bit and place it near your fruits, bio waste or wherever the most fruit flies seem to be. What will happen is that the fruit flies will try to drink the yummy sweet juice you gave them, but due to the absence of water stress the flies will not be able to walk on the water (what they normally could) and drown.

1.2 Food Knowledge

1.3 Chemistry

1.4 Basic Ingredients

Chapter 2

Recipes

Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for special content, but the length of words should match the language.

2.1 Beef

Google Picture Search

🕒 1h 40min 🍲 2h 📺 3min 🌡️ 4°C 🌞 5

Zutaten

500g Google

700 EL Zwiebeln

Gewürze

300 TL Pfeffer

Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for

special content, but the length of words should match the language. Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for special content, but the length of words should match the language.

geschrieben von 6



Bild 2.1: Some Food caption

Wraps con Carne

Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for special content, but the length of words should match the language.

Zutaten

500g Rinderhack

700g Zwiebeln

Gewürze

300g Pfeffer

geschrieben von me



Bild 2.2: Some Food caption

Zwiebeln schmoren für Dummies

🕒 20min 🍲 3h 🌡️ 80°C 🕒 5

Zutaten

500g Zwiebeln

Zwiebeln schälen und schneiden. Die Form ist nicht wirklich wichtig, auch wenn in den meisten Rezepten gewürfelte Zwiebeln zu bevorzugen sind. Die Dicke der Zwiebeln ändert nichts an der Kochzeit.

Butter in einer großen Pfanne oder Topf schmelzen lassen. Je größer desto besser. Die Temperatur ist äußerst wichtig: Sie sollte möglichst niedrig sein. Im Idealfall ist sie genau unter dem Punkt, an dem die Butter und die Zwiebeln anfangen zu zischen. Beim umrühren sollte jedoch Dampf aufsteigen. Die Zwiebeln werden lange nicht den Eindruck machen sich zu verändern.

Auch wenn kaum Änderungen sichtbar sind, sollten die Zwiebeln umgerührt werden. Abhängig von der genauen Temperatur, der Pfanne, etc. muss das aber nur alle 15-30 Minuten geschehen.

Die Zwiebeln sind fertig, wenn die glasig und -abhängig von der Art der Zwiebel- braun-gold sind.

geschrieben von Robert



Bild 2.3: Rote Zwiebeln während des Schmorens