

Menu

Main courses

- 10 servings – Bratlinge
- 10 servings – Chickpea curry
- 10 servings – Käse-lauch-hack-suppe
- 10 servings – Quiche with mushrooms
- 10 servings – Savoy cabbage with cheesy mash
- 10 servings – Ful
- 10 servings – Coleslaw
- 10 servings – Mercimek
- 10 servings – Pampuschky with knobi
- 10 servings – Nudeln mit brokkilo-sahnesauce
- 10 servings – Gado-gado
- 10 servings – Pumpkin snails with orange butter
- 10 servings – Weißbrot
- 10 servings – Bollo + noodles
- 10 servings – Chili
- 10 servings – Gulasch
- 10 servings – Lasagna
- 10 servings – Bowl (aka geile schüssel)
- 10 servings – Salad
- 10 servings – Super shake
- 10 servings – Zhenia's borschtch
- 10 servings – Kartoffelsalat
- 10 servings – Quiche with leek
- 10 servings – Potato dumplings with mushroom cream sauce
- 10 servings – Sauerkraut with mashed kartoffeln
- 10 servings – Pampukshy sweet

Breakfast

- 10 servings – Breakfast (kaffe not included)
- 10 servings – Britfast (berechnet mit 2 kleine würste, 2 k-rösti pro person – dann ist noch platz für fleischsalat und müsli im bauch :))
- 10 servings – Coffee
- 10 servings – Landleberwurstpastete
- 10 servings – Sunflower seed caramel spread
- 10 servings – Scrambled tofu
- 10 servings – Tomato butter
- 10 servings – Schokospaß
- 10 servings – Apfel-zwiebel-schmelz

Sweets

- 10 servings – Pampukshy sweet
- 10 servings – Pumpkin snails with orange butter
- 10 servings – Apfelkrapfen

- 10 servings – Apfelkuchen
- 10 servings – Legendary zimtschnecken

Special materials

- Kaffe filter
- Blender
- Grater
- Potato masher

Stats

Total number of servings: 400

Maximal number of servings per recipe: 10

Total ingredient weight: 123.223 kg

None

- 0.25 Rosenmarmelade

Cool

- 4.7 Sojasahne
- 3.475 Margerine
- 1.5 Sojajoghurt
- 3.4 Räuchertofu
- 0.25 Genuss-block
- 4.155 Sojamilch
- 5 Kloßteig
- 0.5 Würstchen
- 1 Tk-rösti
- 0.8 Hafermilch

Hygiene

- 1 Backpapier
- 10 Handseife
- 10 Spüli
- 10 Schwämme
- 10 Lappen
- 10 Stahlwolle
- 10 Desi
- 10 Küchenrolle
- 10 Gummihandschuhe
- 10 Spülhandschuhe
- 10 Müllbeutel

Drinks

- 0.7 Weißwein
- 1.3 Rotwein
- 0.05 Wodka

Produce

- 2.2 Möhren
- 6.2581 Zwiebeln
- 1.2431 Knobi
- 0.538095 Ingwer
- 2 Lauch
- 3 Champis
- 1 Wirsing
- 10.4 Kartoffeln
- 1.2 Weißkohl
- 0.01 Frische minze

- 0.1 Frischer dill
- 1 Brokkoli
- 1.15 Gurke
- 0.5 Grüne bohnen
- 0.1 Limetten
- 0.5 Kürbis
- 0.2 Bio-orangen
- 2.5 Rote zwiebeln
- 0.7 Süßkartoffeln
- 2 Butternutkürbis
- 0.5 Salat
- 2 Snäckgemüse
- 0.3 Zitronen
- 0.25 Frische petersilie
- 2.5 Obst
- 1.5 Tomaten
- 1.65 Äpfel
- 0.1 Frischer schnittlauch

Baking

- 1.40167 Zucker
- 6.30667 Mehl
- 0.233333 Stärke
- 0.157667 Trockenhefe
- 0.2 Rohrzucker
- 0.35 Puderzucker
- 0.0576667 Vanillezucker
- 0.05 Kakao
- 0.15 Schokolade
- 0.01 Zuckereinhörner
- 0.01 Backpulver
- 0.333333 Gemahlene haselnüsse

Condiments

- 0.12 Senf
- 0.708333 Salz
- 0.2 Pfeffer
- 0.01 Curry (pulver)
- 0.025 Chili (pulver)
- 0.071 Muskat
- 0.165 Hefeflocken
- 0.1 Gemüsebrühe
- 0.06 Kurkuma
- 0.04 Kreuzkümmel
- 0.09 Geräuchertes paprikapulver
- 0.01 Schwarzkümmel

- 0.01 Paprika (pulver)
- 0.0283333 Zimt
- 0.01 Ingwer (pulver)
- 0.01 Allspice
- 0.041 Lorbeer
- 0.01 Oregano
- 0.02 Pfeffer ganz
- 0.05 Kala namak (eiersalz)

Oils

- 3.94 Öl
- 0.22 Olivenöl
- 0.4 Zitronensaft
- 0.22 Apfelessig
- 0.25 Balsamico
- 0.2 Weißweinessig

Cans

- 0.945 Tomatenmark
- 4.75 Dosentomaten (passiert)
- 0.25 Dosenmais
- 1.6 Dosentomaten (gehackt)
- 1.5 Rote beete (gekocht)
- 0.7 Saure gurken
- 1 Sauerkraut
- 0.02 Apfelmus
- 2 Baked beans

Staples

- 0.75 Kichererbsen (trocken, nass x 2)
- 1.45 Basmati
- 1.4 Sojahack (trocken)
- 0.92 Sonnenblumenkerne
- 1.02 Kidneybohnen (trocken, nass x 4)
- 0.9 Rote linsen
- 2.7 Pasta
- 0.25 Weiße bohnen (trocken, nass x 4)
- 0.6 Lasagneplatten

Breakfast

- 0.7 Haferflocken
- 1.3 Brot
- 0.15 Marmelade
- 0.05 Veganes zuckermüsli
- 0.01 Schwarztee

- 0.01 Kräutertee
- 0.12 Kaffee

Snacks

- 0.1 Chips
- 0.8 Pekannüsse
- 0.2 Cashewnüsse
- 0.05 Erdnüsse
- 10 Crewcare

Nometro

- 0.47 Helle sojasauce (glutenfrei)
- 0.15 Tahin
- 2.5 Tofu
- 0.5 Tempe
- 0.15 Sojasprossen
- 0.3 Kokosmilch
- 0.2 Erdnussbutter
- 1.1 Soja chunks
- 0.8 Tempeh
- 0.75 Klebreis
- 0.1 Miso
- 0.01 Schwarzer sesam
- 0.2 Kokosfett

None

- 0.25 Rosenmarmelade

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- 0.05 Erdnüsse
- 10 Crewcare

Nometro

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- 0.15 Tahin
- 2.5 Tofu
- 0.5 Tempe
- 0.15 Sojasprossen
- 0.3 Kokosmilch
- 0.2 Erdnussbutter
- 1.1 Soja chunks
- 0.8 Tempeh
- 0.75 Klebreis
- 0.1 Miso
- 0.01 Schwarzer sesam
- 0.2 Kokosfett

Main courses

Bratlinge

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Haferflocken	<i>0.05</i>
0.5	Möhren	<i>0.05</i>
0.25	Zwiebeln	<i>0.025</i>
0.02	Senf	<i>0.002</i>
0.02	Tomatenmark	<i>0.002</i>
0.02	Knobi	<i>0.002</i>
0.5	Öl	<i>0.05</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
1.84		0.184

Special materials

Grater Blender

Chickpea curry

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Zwiebeln	<i>0.05</i>
0.05	Knobi	<i>0.005</i>
0.1	Ingwer	<i>0.01</i>
0.5	Dosentomaten (passiert)	<i>0.05</i>
0.5	Sojasahne	<i>0.05</i>
0.5	Kichererbsen (trocken, nass x 2)	<i>0.05</i>
0.75	Basmati	<i>0.075</i>
0.1	Öl	<i>0.01</i>
0.01	Curry (pulver)	<i>0.001</i>
0.005	Chili (pulver)	<i>0.0005</i>
0.02	Salz	<i>0.002</i>
3.035		0.3035

Instructions

Blend the zwiebeln, knobi and ingwer to a fine paste with some öl. fry the paste in more öl until it's golden and does not smell of raw zwiebeln. add spices, fry for a few seconds. add tomato paste and böf for as long as you can. add kichererbsen and cream.

Special materials

Blender

Käse-lauch-hack-suppe

10 servings

kg	Ingredients	<i>per serving</i>
1	Lauch	<i>0.1</i>
0.2	Zwiebeln	<i>0.02</i>
0.01	Knobi	<i>0.001</i>
0.4	Sojahack (trocken)	<i>0.04</i>
0.3	Sonnenblumenkerne	<i>0.03</i>
0.04	Helle sojasauce (glutenfrei)	<i>0.004</i>
0.04	Zucker	<i>0.004</i>
0.04	Mehl	<i>0.004</i>
0.04	Muskat	<i>0.004</i>
0.1	Hefeflocken	<i>0.01</i>
1.2	Sojasahne	<i>0.12</i>
0.1	Gemüsebrühe	<i>0.01</i>
0.2	Öl	<i>0.02</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
3.7		<i>0.37</i>

Quiche with mushrooms

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Mehl	<i>0.05</i>
0.375	Margerine	<i>0.0375</i>
0.75	Sojajoghurt	<i>0.075</i>
0.075	Stärke	<i>0.0075</i>
1	Champis	<i>0.1</i>
0.5	Räuchertofu	<i>0.05</i>
0.3	Zwiebeln	<i>0.03</i>
0.07	Knobi	<i>0.007</i>
0.1	Zucker	<i>0.01</i>
0.1	Weißwein	<i>0.01</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
0.01	Kurkuma	<i>0.001</i>

kg	Ingredients	<i>per serving</i>
3.81		0.381

Savoy cabbage with cheesy mash

10 servings

kg	Ingredients	<i>per serving</i>
1	Wirsing	<i>0.1</i>
0.2	Zwiebeln	<i>0.02</i>
0.2	Tomatenmark	<i>0.02</i>
0.2	Räuchertofu	<i>0.02</i>
0.025	Knobi	<i>0.0025</i>
0.01	Zucker	<i>0.001</i>
2.5	Kartoffeln	<i>0.25</i>
0.25	Margerine	<i>0.025</i>
0.25	Genuss-block	<i>0.025</i>
0.25	Sojamilch	<i>0.025</i>
0.15	Öl	<i>0.015</i>
0.01	Muskat	<i>0.001</i>
0.01	Kreuzkümmel	<i>0.001</i>
0.01	Geräuchertes paprikapulver	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
5.095		0.5095

Special materials

Potato masher

Ful

10 servings

kg	Ingredients	<i>per serving</i>
0.25	Kichererbsen (trocken, nass x 2)	<i>0.025</i>
0.25	Kidneybohnen (trocken, nass x 4)	<i>0.025</i>
0.15	Tahin	<i>0.015</i>
0.2	Olivenöl	<i>0.02</i>
0.1	Zitronensaft	<i>0.01</i>
0.03	Knobi	<i>0.003</i>
0.01	Kreuzkümmel	<i>0.001</i>
0.02	Salz	<i>0.002</i>

kg	Ingredients	<i>per serving</i>
1.01		0.101

Coleslaw

10 servings

kg	Ingredients	<i>per serving</i>
1.2	Weißkohl	<i>0.12</i>
0.1	Apfelessig	<i>0.01</i>
0.1	Öl	<i>0.01</i>
0.05	Zucker	<i>0.005</i>
0.01	Schwarzkümmel	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
1.49		0.149

Mercimek

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Zwiebeln	<i>0.05</i>
0.5	Möhren	<i>0.05</i>
0.5	Kartoffeln	<i>0.05</i>
0.9	Rote linsen	<i>0.09</i>
0.2	Tomatenmark	<i>0.02</i>
0.2	Zitronensaft	<i>0.02</i>
0.05	Knobi	<i>0.005</i>
0.15	Öl	<i>0.015</i>
0.5	Brot	<i>0.05</i>
0.01	Frische minze	<i>0.001</i>
0.005	Chili (pulver)	<i>0.0005</i>
0.01	Paprika (pulver)	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
3.555		0.3555

Pampuschky with knobi

10 servings

kg	Ingredients	<i>per serving</i>
1	Mehl	<i>0.1</i>
0.625	Sojamilch	<i>0.0625</i>
0.25	Margerine	<i>0.025</i>
0.007	Trockenhefe	<i>0.0007</i>
0.01	Zucker	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.07	Knobi	<i>0.007</i>
0.1	Frischer dill	<i>0.01</i>
0.1	Apfelessig	<i>0.01</i>
0.01	Pfeffer	<i>0.001</i>
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2.192		0.2192

Nudeln mit brokkilo-sahnesauce

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Zwiebeln	<i>0.05</i>
0.1	Knobi	<i>0.01</i>
1	Brokkoli	<i>0.1</i>
0.5	Räuchertofu	<i>0.05</i>
1	Sojasahne	<i>0.1</i>
1.5	Pasta	<i>0.15</i>
0.15	Öl	<i>0.015</i>
0.125	Salz	<i>0.0125</i>
0.01	Pfeffer	<i>0.001</i>
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4.885		0.4885

Gado-gado

10 servings

kg	Ingredients	<i>per serving</i>
0.7	Basmati	<i>0.07</i>
0.5	Tofu	<i>0.05</i>
0.5	Tempe	<i>0.05</i>
0.4	Gurke	<i>0.04</i>
0.5	Grüne bohnen	<i>0.05</i>
0.2	Kartoffeln	<i>0.02</i>
0.2	Möhren	<i>0.02</i>
0.15	Sojasprossen	<i>0.015</i>
0.05	Dosenmais	<i>0.005</i>

kg	Ingredients	<i>per serving</i>
0.1	Limetten	<i>0.01</i>
0.3	Kokosmilch	<i>0.03</i>
0.1	Erdnussbutter	<i>0.01</i>
0.1	Ingwer	<i>0.01</i>
0.3	Zwiebeln	<i>0.03</i>
0.1	Chips	<i>0.01</i>
0.05	Knobi	<i>0.005</i>
0.05	Zucker	<i>0.005</i>
0.05	Helle sojasauce (glutenfrei)	<i>0.005</i>
4.35		0.435

Pumpkin snails with orange butter

10 servings

kg	Ingredients	<i>per serving</i>
0.25	Kürbis	<i>0.025</i>
0.125	Sojamilch	<i>0.0125</i>
0.035	Trockenhefe	<i>0.0035</i>
0.1	Rohrzucker	<i>0.01</i>
0.5	Mehl	<i>0.05</i>
0.1	Margerine	<i>0.01</i>
0.4	Pekannüsse	<i>0.04</i>
0.01	Salz	<i>0.001</i>
0.005	Zimt	<i>0.0005</i>
0.005	Ingwer (pulver)	<i>0.0005</i>
0.005	Allspice	<i>0.0005</i>
0.005	Muskat	<i>0.0005</i>
0.125	Puderzucker	<i>0.0125</i>
0.004	Vanillezucker	<i>0.0004</i>
0.05	Bio-orangen	<i>0.005</i>
0.5	Backpapier	<i>0.05</i>
2.219		0.2219

Instructions

Orange butter is 0.1 margarine, puderrucker, vanilla zucker, orange peel and salt.

Weißbrot

10 servings

kg	Ingredients	<i>per serving</i>
1	Mehl	<i>0.1</i>
0.25	Margerine	<i>0.025</i>
0.007	Trockenhefe	<i>0.0007</i>
0.01	Zucker	<i>0.001</i>
0.02	Salz	<i>0.002</i>
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1.287		0.1287

Bollo + noodles

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Sojahack (trocken)	<i>0.05</i>
0.5	Rote zwiebeln	<i>0.05</i>
0.5	Möhren	<i>0.05</i>
0.5	Sojasahne	<i>0.05</i>
0.025	Knobi	<i>0.0025</i>
1.5	Dosentomaten (passiert)	<i>0.15</i>
0.1	Helle sojasauce (glutenfrei)	<i>0.01</i>
0.1	Balsamico	<i>0.01</i>
0.15	Öl	<i>0.015</i>
1.2	Pasta	<i>0.12</i>
0.4	Rotwein	<i>0.04</i>
0.01	Lorbeer	<i>0.001</i>
0.005	Chili (pulver)	<i>0.0005</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
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5.52		0.552

Chili

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Zwiebeln	<i>0.05</i>
0.05	Knobi	<i>0.005</i>
0.7	Kartoffeln	<i>0.07</i>
0.7	Süßkartoffeln	<i>0.07</i>
0.25	Kidneybohnen (trocken, nass x 4)	<i>0.025</i>
0.25	Weißbohnen (trocken, nass x 4)	<i>0.025</i>
1.25	Dosentomaten (passiert)	<i>0.125</i>
0.2	Dosenmais	<i>0.02</i>

kg	Ingredients	<i>per serving</i>
0.15	Öl	<i>0.015</i>
0.005	Chili (pulver)	<i>0.0005</i>
0.01	Kakao	<i>0.001</i>
0.01	Geräuchertes paprikapulver	<i>0.001</i>
0.01	Oregano	<i>0.001</i>
0.01	Lorbeer	<i>0.001</i>
0.05	Zucker	<i>0.005</i>
0.01	Kreuzkümmel	<i>0.001</i>
0.05	Zitronensaft	<i>0.005</i>
0.01	Pfeffer	<i>0.001</i>
0.02	Salz	<i>0.002</i>
<hr/>		<hr/>
4.235		0.4235

Gulash

10 servings

kg	Ingredients	<i>per serving</i>
0.6	Soja chunks	<i>0.06</i>
0.5	Rote zwiebeln	<i>0.05</i>
0.1	Knobi	<i>0.01</i>
1.2	Dosentomaten (gehackt)	<i>0.12</i>
0.2	Tomatenmark	<i>0.02</i>
0.5	Rotwein	<i>0.05</i>
0.1	Helle sojasauce (glutenfrei)	<i>0.01</i>
2.5	Kloßteig	<i>0.25</i>
0.2	Öl	<i>0.02</i>
0.001	Lorbeer	<i>0.0001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer ganz	<i>0.001</i>
0.01	Geräuchertes paprikapulver	<i>0.001</i>
0.01	Zucker	<i>0.001</i>
<hr/>		<hr/>
5.951		0.5951

Instructions

Cover soja chunks with böling salz water. fry zwiebeln, whole knobi, whole pfeffer, laurel in öl. squeeze chunks dry and add to fry till golden. deglaze with soy sauce and wine. add tomato, zucker, salz and paprika to taste. simmer for as long as you can. then make potato dumplings as anleitung say.

Lasagna

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Sojahack (trocken)	<i>0.05</i>
0.5	Rote zwiebeln	<i>0.05</i>
0.5	Möhren	<i>0.05</i>
0.5	Sojasahne	<i>0.05</i>
0.025	Knobi	<i>0.0025</i>
1.5	Dosentomaten (passiert)	<i>0.15</i>
0.1	Balsamico	<i>0.01</i>
0.1	Helle sojasauce (glutenfrei)	<i>0.01</i>
0.15	Öl	<i>0.015</i>
0.6	Lasagneplatten	<i>0.06</i>
0.4	Rotwein	<i>0.04</i>
1.5	Sojamilch	<i>0.15</i>
0.15	Margerine	<i>0.015</i>
0.15	Mehl	<i>0.015</i>
0.01	Muskat	<i>0.001</i>
0.01	Lorbeer	<i>0.001</i>
0.005	Chili (pulver)	<i>0.0005</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
6.73		0.673

Bowl (aka geile schüssel)

10 servings

kg	Ingredients	<i>per serving</i>
0.8	Tempeh	<i>0.08</i>
0.75	Klebreis	<i>0.075</i>
2	Butternutkürbis	<i>0.2</i>
0.75	Gurke	<i>0.075</i>
0.1	Miso	<i>0.01</i>
0.05	Knobi	<i>0.005</i>
0.1	Ingwer	<i>0.01</i>
0.01	Schwarzer sesam	<i>0.001</i>
0.2	Weißweinessig	<i>0.02</i>
0.1	Zucker	<i>0.01</i>
0.08	Helle sojasauce (glutenfrei)	<i>0.008</i>
0.15	Öl	<i>0.015</i>
0.02	Salz	<i>0.002</i>
5.11		0.511

Salad

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Salat	<i>0.05</i>
0.5	Snäckgemüse	<i>0.05</i>
0.05	Sonnenblumenkerne	<i>0.005</i>
0.05	Senf	<i>0.005</i>
0.02	Olivenöl	<i>0.002</i>
0.05	Balsamico	<i>0.005</i>
0.05	Zitronensaft	<i>0.005</i>
0.01	Zucker	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
1.26		0.126

Super shake

10 servings

kg	Ingredients	<i>per serving</i>
0.238095	Zwiebeln	<i>0.0238095</i>
0.238095	Knobi	<i>0.0238095</i>
0.238095	Ingwer	<i>0.0238095</i>
0.714286		0.0714286

Instructions

Blend all zutaten. enjoy.

Special materials

Blender

Zhenia's borschtch

10 servings

kg	Ingredients	<i>per serving</i>
1	Kartoffeln	<i>0.1</i>
0.6	Zwiebeln	<i>0.06</i>
0.07	Knobi	<i>0.007</i>
1.5	Rote beete (gekocht)	<i>0.15</i>

kg	Ingredients	<i>per serving</i>
0.4	Kidneybohnen (trocken, nass x 4)	<i>0.04</i>
0.4	Dosentomaten (gehackt)	<i>0.04</i>
0.3	Zitronen	<i>0.03</i>
0.2	Cashewnüsse	<i>0.02</i>
0.01	Lorbeer	<i>0.001</i>
0.01	Pfeffer ganz	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.02	Zucker	<i>0.002</i>
4.53		0.453

Instructions

Soak cashews overnight and blend with zitronensaft and salz for sour cream.

Special materials

Blender

Kartoffelsalat

10 servings

kg	Ingredients	<i>per serving</i>
0.7	Saure gurken	<i>0.07</i>
0.4	Zwiebeln	<i>0.04</i>
0.5	Räuchertofu	<i>0.05</i>
3	Kartoffeln	<i>0.3</i>
0.05	Frische petersilie	<i>0.005</i>
0.15	Öl	<i>0.015</i>
0.05	Senf	<i>0.005</i>
0.07	Sonnenblumenkerne	<i>0.007</i>
0.01	Apfelessig	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
0.01	Zucker	<i>0.001</i>
4.97		0.497

Instructions

Use the gurke pickle fluid for the dressing!

Quiche with leek

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Mehl	<i>0.05</i>
0.375	Margerine	<i>0.0375</i>
0.75	Sojajoghurt	<i>0.075</i>
0.1	Stärke	<i>0.01</i>
1	Lauch	<i>0.1</i>
0.05	Hefeflocken	<i>0.005</i>
0.5	Räuchertofu	<i>0.05</i>
0.3	Rote zwiebeln	<i>0.03</i>
0.07	Knobi	<i>0.007</i>
0.1	Zucker	<i>0.01</i>
0.1	Weißwein	<i>0.01</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
0.01	Kurkuma	<i>0.001</i>
0.01	Kala namak (eiersalz)	<i>0.001</i>
3.895		0.3895

Potato dumplings with mushroom cream sauce

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Rote zwiebeln	<i>0.05</i>
0.1	Knobi	<i>0.01</i>
1	Champis	<i>0.1</i>
0.5	Soja chunks	<i>0.05</i>
0.5	Weißwein	<i>0.05</i>
1	Sojasahne	<i>0.1</i>
0.1	Frische petersilie	<i>0.01</i>
2.5	Kloßteig	<i>0.25</i>
0.2	Öl	<i>0.02</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
6.43		0.643

Sauerkraut with mashed kartoffeln

10 servings

kg	Ingredients	<i>per serving</i>
1	Sauerkraut	<i>0.1</i>
0.2	Zwiebeln	<i>0.02</i>

kg	Ingredients	<i>per serving</i>
0.2	Tomatenmark	<i>0.02</i>
0.2	Räuchertofu	<i>0.02</i>
0.025	Knobi	<i>0.0025</i>
0.01	Zucker	<i>0.001</i>
2.5	Kartoffeln	<i>0.25</i>
0.5	Margerine	<i>0.05</i>
0.25	Sojamilch	<i>0.025</i>
0.15	Öl	<i>0.015</i>
0.001	Muskat	<i>0.0001</i>
0.01	Kreuzkümmel	<i>0.001</i>
0.01	Geräuchertes paprikapulver	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
5.086		0.5086

Special materials

Potato masher

Pampukshy sweet

10 servings

kg	Ingredients	<i>per serving</i>
0.275	Mehl	<i>0.0275</i>
0.03	Zucker	<i>0.003</i>
0.06	Sojamilch	<i>0.006</i>
0.021	Trockenhefe	<i>0.0021</i>
0.01	Apfelmus	<i>0.001</i>
0.05	Margerine	<i>0.005</i>
0.004	Vanillezucker	<i>0.0004</i>
0.5	Öl	<i>0.05</i>
0.125	Rosenmarmelade	<i>0.0125</i>
0.05	Puderzucker	<i>0.005</i>
0.01	Salz	<i>0.001</i>
0.025	Wodka	<i>0.0025</i>
0.05	Bio-orangen	<i>0.005</i>
1.21		0.121

Breakfast

Breakfast (kaffe not included)

10 servings

kg	Ingredients	<i>per serving</i>
0.8	Brot	<i>0.08</i>
0.1	Erdnussbutter	<i>0.01</i>
0.15	Marmelade	<i>0.015</i>
0.2	Haferflocken	<i>0.02</i>
0.05	Schokolade	<i>0.005</i>
0.05	Erdnüsse	<i>0.005</i>
0.05	Veganes zuckermüsli	<i>0.005</i>
0.01	Zuckereinhörner	<i>0.001</i>
0.3	Sojamilch	<i>0.03</i>
2.5	Obst	<i>0.25</i>
1.5	Snäckgemüse	<i>0.15</i>
0.1	Margerine	<i>0.01</i>
0.01	Schwarztee	<i>0.001</i>
0.01	Kräutertee	<i>0.001</i>
5.83		0.583

Britfast (berechnet mit 2 kleine würste, 2 k-rösti pro person – dann ist noch platz für fleischsalat und müsli im bauch :))

10 servings

kg	Ingredients	<i>per serving</i>
2	Baked beans	<i>0.2</i>
0.5	Würstchen	<i>0.05</i>
1	Champis	<i>0.1</i>
1	Tomaten	<i>0.1</i>
1	Zwiebeln	<i>0.1</i>
1	Tk-rösti	<i>0.1</i>
6.5		0.65

Coffee

10 servings

kg	Ingredients	<i>per serving</i>
0.12	Kaffe	<i>0.012</i>

kg	Ingredients	<i>per serving</i>
0.8	Hafermilch	<i>0.08</i>
0.04	Zucker	<i>0.004</i>
0.96		0.096

Special materials

Kaffe filter

Landleberwurstpastete

10 servings

kg	Ingredients	<i>per serving</i>
0.2	Äpfel	<i>0.02</i>
0.12	Kidneybohnen (trocken, nass x 4)	<i>0.012</i>
0.2	Rote zwiebeln	<i>0.02</i>
0.04	Öl	<i>0.004</i>
0.01	Apfelessig	<i>0.001</i>
0.01	Hefeflocken	<i>0.001</i>
0.01	Geräuchertes paprikapulver	<i>0.001</i>
0.01	Pfeffer	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.62		0.062

Sunflower seed caramel spread

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Sonnenblumenkerne	<i>0.05</i>
0.1	Zucker	<i>0.01</i>
0.05	Öl	<i>0.005</i>
0.005	Salz	<i>0.0005</i>
0.655		0.0655

Instructions

Prepare a bowl to put the seeds. roast seeds in a pan (stir all the time!). add salz and zucker and caramelize (stir all the time!), move them from pan to bowl immediately once they done. keep stirring until not ouch-hot. add öl and blend until smooth. add more öl if it does not go smooth.

Special materials

Blender

Scrambled tofu

10 servings

kg	Ingredients	<i>per serving</i>
2	Tofu	<i>0.2</i>
1	Räuchertofu	<i>0.1</i>
0.5	Tomaten	<i>0.05</i>
0.3	Zwiebeln	<i>0.03</i>
0.01	Sojamilch	<i>0.001</i>
0.005	Hefeflocken	<i>0.0005</i>
0.04	Kurkuma	<i>0.004</i>
0.04	Geräuchertes paprikapulver	<i>0.004</i>
0.04	Kala namak (eiersalz)	<i>0.004</i>
0.01	Pfeffer	<i>0.001</i>
0.02	Salz	<i>0.002</i>
0.1	Öl	<i>0.01</i>
0.1	Frischer schnittlauch	<i>0.01</i>
4.165		0.4165

Tomato butter

10 servings

kg	Ingredients	<i>per serving</i>
0.3	Margerine	<i>0.03</i>
0.125	Tomatenmark	<i>0.0125</i>
0.015	Knobi	<i>0.0015</i>
0.07	Zwiebeln	<i>0.007</i>
0.1	Frische petersilie	<i>0.01</i>
0.02	Salz	<i>0.002</i>
0.01	Pfeffer	<i>0.001</i>
0.64		0.064

Instructions

Blend everything but the parsley. chop parsley and stir in.

Special materials

Blender

Schokospaß

10 servings

kg	Ingredients	<i>per serving</i>
0.25	Margerine	<i>0.025</i>
0.04	Kakao	<i>0.004</i>
0.1	Schokolade	<i>0.01</i>
0.1	Sojamilch	<i>0.01</i>
0.1	Zucker	<i>0.01</i>
0.01	Salz	<i>0.001</i>
<hr/>		<hr/>
0.6		0.06

Apfel-zwiebel-schmelz

10 servings

kg	Ingredients	<i>per serving</i>
0.15	Äpfel	<i>0.015</i>
0.2	Zwiebeln	<i>0.02</i>
0.2	Kokosfett	<i>0.02</i>
0.01	Pfeffer	<i>0.001</i>
0.02	Salz	<i>0.002</i>
<hr/>		<hr/>
0.58		0.058

Sweets

Pampukshy sweet

10 servings

kg	Ingredients	<i>per serving</i>
0.275	Mehl	<i>0.0275</i>
0.03	Zucker	<i>0.003</i>
0.06	Sojamilch	<i>0.006</i>
0.021	Trockenhefe	<i>0.0021</i>
0.01	Apfelmus	<i>0.001</i>
0.05	Margerine	<i>0.005</i>
0.004	Vanillezucker	<i>0.0004</i>
0.5	Öl	<i>0.05</i>
0.125	Rosenmarmelade	<i>0.0125</i>
0.05	Puderzucker	<i>0.005</i>
0.01	Salz	<i>0.001</i>
0.025	Wodka	<i>0.0025</i>
0.05	Bio-orangen	<i>0.005</i>
1.21		0.121

Pumpkin snails with orange butter

10 servings

kg	Ingredients	<i>per serving</i>
0.25	Kürbis	<i>0.025</i>
0.125	Sojamilch	<i>0.0125</i>
0.035	Trockenhefe	<i>0.0035</i>
0.1	Rohrzucker	<i>0.01</i>
0.5	Mehl	<i>0.05</i>
0.1	Margerine	<i>0.01</i>
0.4	Pekannüsse	<i>0.04</i>
0.01	Salz	<i>0.001</i>
0.005	Zimt	<i>0.0005</i>
0.005	Ingwer (pulver)	<i>0.0005</i>
0.005	Allspice	<i>0.0005</i>
0.005	Muskat	<i>0.0005</i>
0.125	Puderzucker	<i>0.0125</i>
0.004	Vanillezucker	<i>0.0004</i>
0.05	Bio-orangen	<i>0.005</i>
0.5	Backpapier	<i>0.05</i>
2.219		0.2219

Instructions

Orange butter is 0.1 margarine, pudertzucker, vaniall zucker, orange peel and salz.

Apfelkrapfen

10 servings

kg	Ingredients	<i>per serving</i>
0.5	Mehl	<i>0.05</i>
0.02	Trockenhefe	<i>0.002</i>
0.1	Zucker	<i>0.01</i>
0.5	Äpfel	<i>0.05</i>
0.25	Sojamilch	<i>0.025</i>
0.1	Öl	<i>0.01</i>
0.01	Zimt	<i>0.001</i>
0.02	Salz	<i>0.002</i>
1.5		0.15

Apfelkuchen

10 servings

kg	Ingredients	<i>per serving</i>
0.25	Margerine	<i>0.025</i>
0.4	Mehl	<i>0.04</i>
0.13	Zucker	<i>0.013</i>
0.8	Äpfel	<i>0.08</i>
0.01	Backpulver	<i>0.001</i>
1.59		0.159

Legendary zimtschnecken

10 servings

kg	Ingredients	<i>per serving</i>
0.666667	Mehl	<i>0.0666667</i>
0.5	Sojamilch	<i>0.05</i>
0.291667	Zucker	<i>0.0291667</i>
0.125	Margerine	<i>0.0125</i>
0.00833333	Salz	<i>0.000833333</i>
0.0116667	Trockenhefe	<i>0.00116667</i>
0.0583333	Stärke	<i>0.00583333</i>
0.0416667	Vanillezucker	<i>0.00416667</i>

kg	Ingredients	<i>per serving</i>
0.333333	Gemahlene haselnüsse	<i>0.0333333</i>
0.00833333	Zimt	<i>0.000833333</i>
<hr/>		<hr/>
2.045		0.2045