

# **Recipes**

August 22, 2020



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*Contents*

**Part I.**

**Starters**



**Part II.**

## **Main courses**



# **1. Vegetarian**

## 1. Vegetarian

### 1.1. Reibeplatzchen

*Savory small potato-based pancakes. Can be served as a main course or dessert. Usually served with applesauce.*

#### Ingredients

*serves 2-3 as a main course, sufficient for 18-20 Reibeplatzchen*

1kg	potatoes
1	egg
1	medium-sized onion
1 Tbsp	oatmeal
1 - 1.5 tsp	salt
	oil for pan-frying (sunflower oil)

#### Description

1. peel and grate the raw potatoes (using a kitchen grater similar to the one shown in picture 1)
2. place the potatoes in a strainer and leave for 5-10 minutes (picture 2, 3)
3. gently pour out the water, but keep the layer of starch at the bottom of the bowl
4. put the potatoes, finely chopped onion, oatmeal, egg, and salt into the bowl and mix (picture 4)
5. heat up a skillet (or two) and add some oil
6. put one tablespoon of the mix into the skillet, spread out to create a round shapes with a thickness of 3-6 mm and a diameter of 6-10 cm (picture 5)
7. fry for 2-3 minutes on medium to high heat, flip and fry the other side for 2-3 minutes. Add more oil when necessary (there should always be a thin layer of oil in the skillet).
8. if not dark enough, fry a bit more from each side
9. try the first batch and add more salt if necessary

### 1.1. Reibeplätzchen

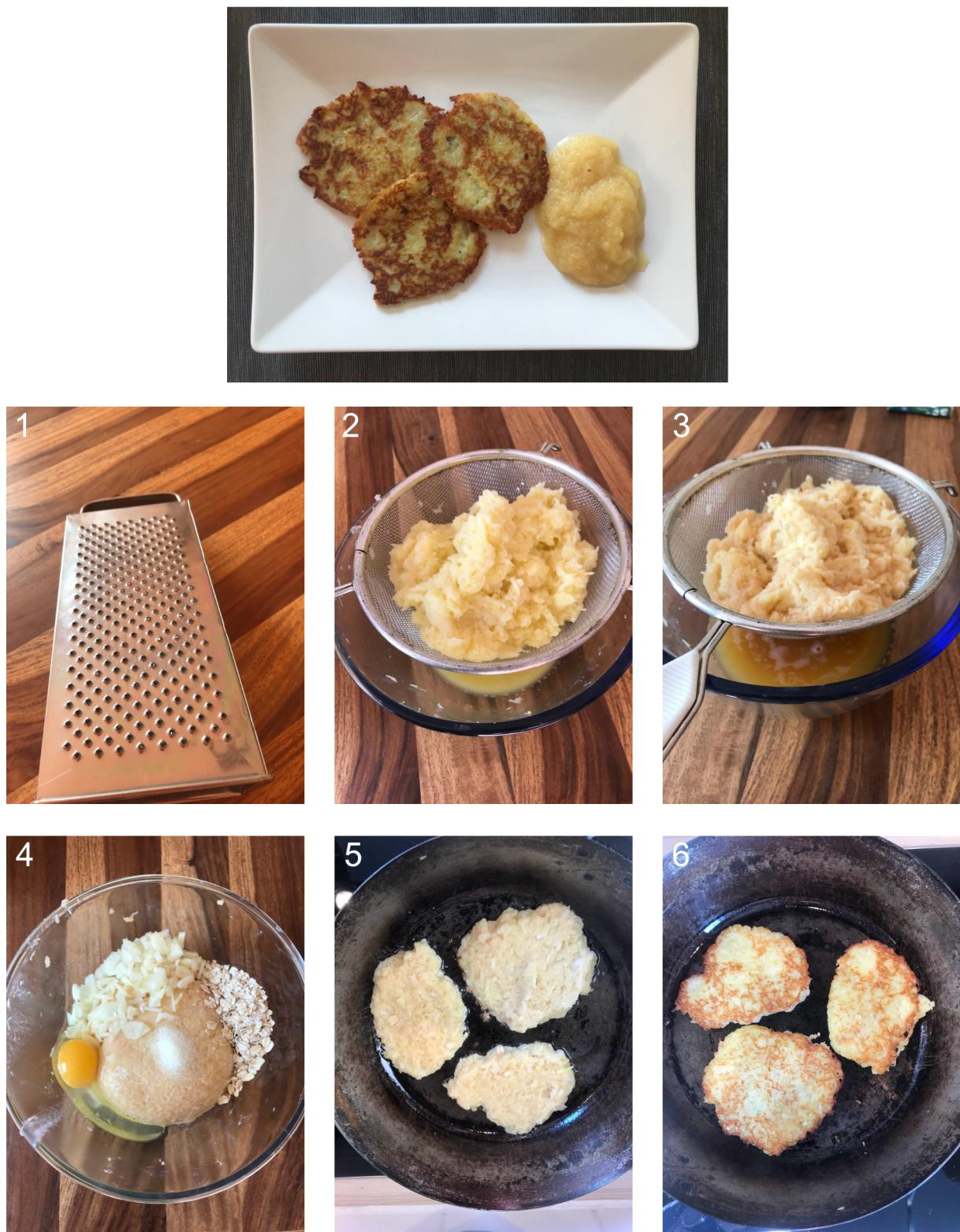


Figure 1.1.: Reibeplätzchen

1. *Vegetarian*

## **2. Bread**

## 2. Bread

### 2.1. Sourdough bread

*Mostly rye-based sourdough bread*

#### Ingredients

Rye flour (type 997) and just one type of plain white wheat flour work as well, although type 550 and 1050 give a nicer flavor than the normal type 405 flour.

##### for the sourdough

120g rye flour (type 1150)  
20g sourdough starter  
100ml warm water (40°C)

##### for the soaker

30g oatmeal  
30g ground dried bread (just keep the dried leftovers from your last loaf of bread for this)  
100ml boiling water

##### for the dough

220g rye flour (type 1150)  
120g wheat flour (type 550)  
100g wheat flour (type 1050)  
12-14g salt  
10g fresh yeast  
3g (or more) finely ground coriander, fennel, and caraway seeds  
200ml water (25°C)

#### Description

1. For the sourdough, mix the starter, flour, and water in a jar and cover with a lid that lets air out. Keep at room temperature for 12-24 hours. (pictures 1-3)
2. pour boiling water over the oatmeal and dried bread (picture 4) and mix well with a spoon. Cover and leave at room temperature over night.
3. Take a large teaspoon from the sourdough before continuing. Put this in a closed jar in the fridge as a starter for the next sourdough. This can stay in the fridge for 2 weeks.
4. Combine the sourdough, soaker, and all other ingredients in a large bowl (picture 5)
5. Knead well for 10-15 minutes. When using a machine, 10-15 minutes at slow speed and 2 minutes at a faster speed. (picture 6)

## 2.1. Sourdough bread

6. Cover the bowl and let the dough rest for 45 minutes.
7. Cover a large board with flour, put the dough on it (picture 7) and fold it in from the sides by lifting the dough up and folding it towards the center. Cover your hands with flour as well. When the dough is covered in flour and has a round shape, lift in your hands, turn it over and continue folding from all sides by slightly stretchin the dough and folding it in underneath the loaf (picture 8).
8. cover a proofing basket in flour and place the dough in it with the folded part in the bottom (picture 9, 10)
9. cover the basket with a kitchen towel and let the dough rise at room temperature for 45 minutes (picture 11)
10. preheat the oven at 250°C with a pizza stone on the lowest level
11. put baking paper on a pizza peel or baking tray (if you don't have a pizza stone) and transfer the dough onto it with the folded part on the bottom (tip dough in your palm from the proofing basket and gently tip it onto the tray from there)
12. cover the whole loaf in flour (picture 12)
13. let the dough rise for another 30 minutes. The surface will break and form a nice pattern.
14. transfer the bread onto the stone in the oven, spray some cold water into the oven (or pour half a cup onto the floor or a baking tray in the oven) and close the door immediately.
15. After 5 minutes, open the door to let the moisture escape. Reduce the temperature to 220°C and bake for 40 minutes.
16. Reduce the temperature to 200°C and bake for another 40 minutes or until the bread is dark enough.

### Tipps and modifications

1. When you tap the bottom of the bread and it makes a hollow sound, it is baked on the inside as well.
2. If you don't have a proofing basket, skip this step and transfer the dough directly onto a pizza peel or baking tray and let it rise for at least 1 hour. Without a proofing basket, the bread will become quite flat. You can try to add less water to the dough to get a more viscous dough.

## *2. Bread*

3. To increase the height of the bread, leave it in the proofing basket for the whole 1,5 hours. When using this approach, put the dough into the basket with the folded bit facing up. Tip the dough onto a pizza peel covered with some flour (folded bit now facing down), use a sharp knife to cut the surface and directly transfer into the oven. For this approach, make sure that the proofing basket is well covered in flour.

## 2.1. Sourdough bread



Figure 2.1.: Sourdough bread

*2. Bread*

**Part III.**

**Desserts**



### **3. Baking**

*Everything that goes into the oven...*

### 3. Baking

#### 3.1. Macarons

The two meringue based halves are made from almonds, egg white, and sugar. The filling is usually a ganache or buttercream.



Figure 3.1.: Macarons

#### Ingredients

36g	egg white
45g	ground almonds
75g	powdered sugar
10g	sugar

#### Description

1. Mix the powdered sugar and ground almonds and sift them to get a homogeneous mix without any large chunks.
2. Whisk the egg white. In the end, slowly add the sugar while continuing to whisk.  
Optional: add food coloring
3. Fold the almond-sugar mix in: add 1/3 of the mix to the egg white and carefully fold it in, add the next third and so on.

### *3.1. Macarons*

4. Fill the mix into a small freeze bag or other plastic bag and cut off one corner.
5. Form small (3-4cm diameter) circles on a tray with baking paper.
6. Lightly tap the baking tray from underneath to allow air bubbles trapped in the dough to escape. This leads to a nicer round shape and a more even surface.
7. preheat the oven to 145 deg. Celsius
8. Let the macarons sit a room temperature for 20-30 minutes.
9. Bake for 10-12 minutes

### *3. Baking*

## **3.2. Chocolate Cardamom Shortbread**

### **Ingredients**

100g sugar (plus a bit extra to make it sparkle)  
200g butter, soft but not melted  
300g flour  
30g cocoa powder  
3/4 cardamom pods

### **Method**

1. Split open the cardamom pods and grind the seeds. Alternatively you could buy powdered cardamom, but I guess it does not have such a strong flavour.
2. Mix together the butter and 100 g sugar until smooth (you can use a food processor, but I normally do everything by hand, this part with a wooden spoon).
3. Add the flour, cocoa and ground cardamom to the butter and sugar mixture and combine. I use my hands for this, but you can also continue using the food processor if you have one. At first it seems too dry, but it will come together! When it forms small lumps it is good enough. Scatter the lumps in the tin and press them down lightly.
4. Put the tin in the fridge (covered with a damp cloth or cling film) for at least half an hour.
5. Take out of the fridge and use a fork to put small holes into it. Sprinkle with the extra sugar.
6. Bake for 25-30 minutes at 180 degrees.
7. Cut in the tin while it is still a bit warm. Wait until cool to remove from tin.

## **Part IV.**

# **Sides**



## **4. Pickles**

## 4. Pickles

### 4.1. Curry-courgettes

*Picked courgettes, perfect as a side dish for swiss cheese fondue.*

#### Ingredients & description

*for approx. 2-3 l. Needs 4 days, but no more than 30 minutes work on each day. Good for about 1 year.*

#### day 1

2kg	courgettes
1 cup	onion rings (fresh onions)
1/2 cup	salt

1. wash, peel, and dice courgettes (dice about 2cm)
2. mix onion rings and salt with courgettes
3. cover and keep at room temperature between the steps (20-25 C, maybe in cold room or fridge on warm days)

#### day 2

4 cups	white wine vinegar
4 cups	water
4 cups	sugar
5 teaspoons	curry powder
1 teaspoon	black pepper (maybe whole, not ground; probably crushed a bit)

1. cook syrup from ingredients
2. rinse courgettes well
3. pour hot syrup over courgettes

#### day 3

1. take only the syrup and bring it to a boil with 1/2 cup of sugar
2. pour over courgettes

#### *4.1. Curry-courgettes*

##### **day 4**

1. boil everything for about 10 minutes, then fill into hot preserving jars (heat jars with boiling water)

#### 4. Pickles

## 4.2. Pickled Pumpkin (sweet-sour)

*Picked pumpkin, perfect as a side dish for swiss cheese fondue.*

### Ingredients

*for approx. 1.5-2 l.*

850g	diced pumpkin (about 2cm)
700ml	water
15	cloves
12 cm	cinnamon
7pcs.	Ginger (1pc ≈ 2cm)
3 teaspoons	sugar
400g	sugar
200ml	vinegar

### Description

1. dice pumpkin
2. bring water, cloves, cinnamon, ginger, and 3 teaspoons sugar to a boil
3. add pumpkin, cook for 5-10 minutes until nearly done (shouldn't be too soft!)
4. add 400g sugar
5. finally, add 200ml vinegar and heat up (maybe until boiling, but probably not necessary)
6. fill into hot preserving jars