

# HELLO GERMANY

# HELLO LIEBLINGSESSEN

GERMAN CUISINE HOMEMADE

ENGLISH VERSION



AN INITIATIVE OF THE



Federal Ministry  
of Education  
and Research

Study in  
Germany



Land of Ideas

# IMPRINT

## Publisher

German Academic  
Exchange Service e.V.  
Kennedyallee 50  
53175 Bonn, Germany

Tel.: +49 228 882–0  
postmaster@daad.com  
www.daad.de



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## Print

Köllen Printing+Publishing GmbH  
Ernst-Robert-Curtius-Str. 14  
53117 Bonn

1st edition May 2022  
18,000 copies,  
© DAAD

## Photo credits

Maja Nett (title, contents, p. 9–11, p. 13,  
p. 16, p. 19–21, p. 25, p. 27–30, p. 33,  
p. 36, p. 39–40, p. 44, p. 46, p. 49–50)

## Illustrations

Tina Henschel (contents, p. 8–9, p. 11–13,  
p. 16–21, p. 24–27, p. 29–33, p. 36–41,  
p. 44–46, p. 48–51)

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# HELLO LIEBLINGSESSEN

When you think of German food, you probably immediately picture *Sauerkraut* and potatoes. But don't worry. There's a lot more to German cuisine than that. For example, you can try out the menu at your host university cafeteria to get a first impression of German cuisine.

Or even better, cook German dishes on your own. This is the ideal way to get to know the diversity of German cuisine. With this recipe book, nothing stands in the way of your culinary journey.

In this book you will find 15 delicious recipes from different parts of Germany. Whether it's a quick breakfast or an extended brunch at the weekend, lunch for yourself or dinner for your whole flat-share, you'll find your new favourite recipes in this book. Five 'info snacks' also give you some helpful tips for exploring German cuisine.

There are no limits to creativity when cooking: swap or add any ingredients you like, and that you feel might complement the dish. Create your own interpretations of German classics and share them with the community on Instagram using the hashtag **#HelloLieblingessen**.

## Key



Portions



Preparation time



Vegetarian



Meat

# **SIMPLE BREAD DISHES**





## HOMEMADE WHOLEMEAL BREAD WITH SIMPLE RADISH OBATZDA

 2-4  5.5 h 

### INGREDIENTS

#### For the wholemeal bread:

500 g wholemeal flour  
1 sachet of dry yeast  
400–450 ml water  
1 tablespoon honey or beet syrup  
75 g linseed  
100 g peeled sunflower seeds  
100 g natural yoghurt  
1 tsp salt

#### For the radish *Obatzda*:

½ bunch fresh radishes  
250 g Camembert  
150 g cream cheese  
80 g soft butter  
½ tsp paprika powder,  
plus a little more for serving  
½ bunch chives  
2 pinches of salt  
1 pinch of pepper

For the wholemeal bread, put the flour in a large mixing bowl and stir in the yeast directly. Add water and all the remaining ingredients and knead the dough to a smooth, soft consistency with the dough hook of the hand mixer or with a wooden spoon for about 5 minutes. The dough should not be too firm and be able to be shaped by hand. Knead in a little more water if necessary.

Line a standard loaf tin completely with baking paper. Pour in the dough and smooth it out, cover with a clean cloth and leave to rise in a warm place, for example in the oven with the oven light on, for about 1.5 hours.

Remove and preheat the oven to 220 °C using top and bottom heat. Remove the cloth, make several light cuts in the surface of the bread with a sharp knife and brush with a little water. Place the loaf tin in the oven and bake the bread for 10 minutes. Then reduce the temperature to 180 °C and bake the bread for another 40 minutes. Leave to cool in the tin on a rack, then remove from the tin and allow to cool completely before cutting.

For the *Obatzda*, clean and wash the radishes. First cut into thin slices, then into fine sticks, putting 1–2 tablespoons aside until serving.

Cut the Camembert into fine cubes and place in a mixing bowl with the cream cheese, butter, paprika powder and a little salt and pepper. Mix vigorously with a hand mixer or a fork.

Wash the chives and cut into fine rings. Put 1 tablespoon aside for serving. Fold the rest of the chives and most of the radish sticks into the *Obatzda*.

Season again with salt and pepper, then place in a bowl. Sprinkle with the remaining fresh radish sticks and remaining chive rings and more paprika powder. Chill for at least 30 minutes, then serve with freshly baked wholemeal bread.

**Tip:** It is best to bake the wholemeal bread the day before. Wrap it in a dry cloth overnight and only cut the following day.



# BREAD AND ROLLS

## GERMANY'S FAVOURITE FOOD

Morning, noon, night and at every hour of the day – Germans simply love *Brot*, or bread. The German Bread Register lists more than 3,000 different bread specialities. Mixed wheat and rye bread is the most popular in Germany, followed by sliced white bread. And rolls? Defined as small loaves up to 250 grams,<sup>1</sup> they come in seemingly infinite varieties. For instance, round, oval and square, or topped with poppy, pumpkin and sesame seeds or cheese.



White rolls go by different names in various regions of Germany: for instance, *Brötchen*, *Schrippen*, *Semmeln* or *Wecken*. At breakfast they're served with sweet preserves or cold cuts. Fish rolls and *Bratwurst* in rolls are traditional German street food.



Wholemeal is one of the healthier types of bread because it contains a lot of fibre, vitamins and minerals. It's the fourth most popular sort of bread in Germany, and many Germans miss it when they're abroad for longer periods of time. It's not only healthy, but insanely delicious!



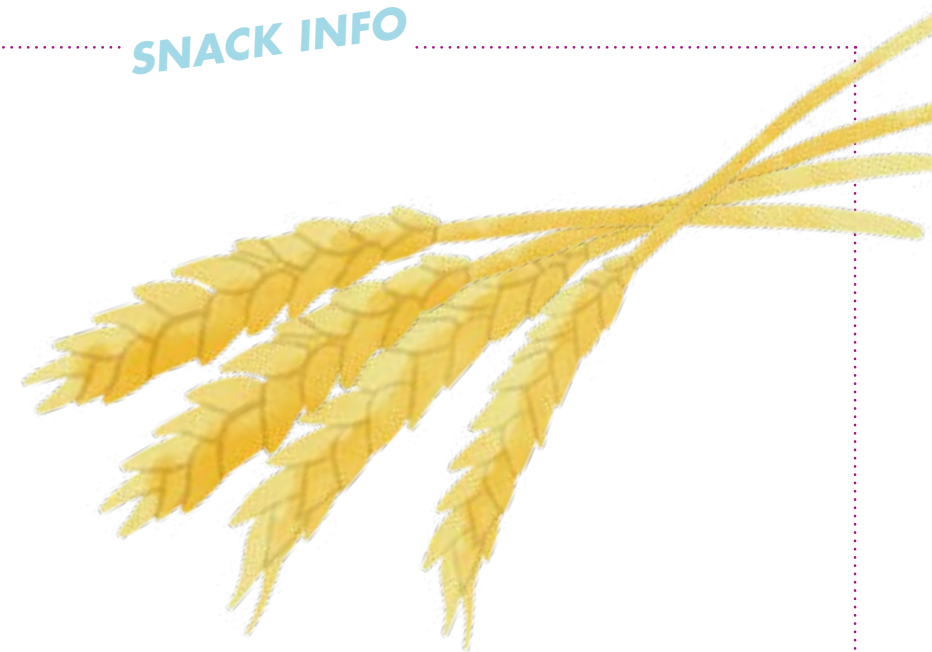
The twisted pretzel is a bakers' emblem, so much so that the outsides of German bakeries often feature wrought-iron pretzels. Pretzels are particularly widespread in southern Germany, but they're popular all over the country as a snack between meals, either plain or spread with butter or cream cheese.



German sweet breads include the *Hefezopf* or *Rosinenbrot*, also known as *Stuten*. These breads are made of sweet, soft yeast dough. And they also come in small sizes, as a sultana, milk or sliver roll, which is called a *dänisches Brötchen* (Danish roll) in south-western Germany.



*Butterbrot* is simply a piece of bread spread with butter. It's particularly delicious with oven-fresh bread. The word *Butterbrot* has been adopted from the Russian language, where it signifies sandwiches, regardless of whether they contain butter or not.



<sup>1</sup> Bread facts and figures - Deutsches Brotinstitut e.V.





## QUICK QUARK ROLLS WITH THREE DIPS

 4-6  1.5 h  

### INGREDIENTS

#### For the quark rolls:

350 g wheat flour, plus a little more  
for the work surface  
1 sachet baking powder  
250 g quark  
75 g rapeseed oil  
½ tsp salt  
50-75 ml milk

#### For the pumpkin pesto:

½ medium Hokkaido pumpkin,  
approx. 350 g  
50 g pumpkin seeds  
50 g Parmesan cheese, grated  
1 clove of garlic  
5 tbsp olive oil  
2 pinches of salt, plus a bit more for  
the cooking water  
1 pinch of pepper

#### For the rocket and feta spread:

50 g fresh rocket  
150 g feta cheese  
100 g sour cream  
1 pinch of salt  
1 pinch of pepper

For the quark rolls, preheat the oven to 220 °C using top and bottom heat and line a baking tray with baking paper.

Put the flour, baking powder, quark, rapeseed oil and salt into a mixing bowl and knead with the dough hook of the hand mixer until you have a crumbly dough. Gradually knead in enough milk until everything comes together to form a smooth dough. Continue to knead with your hands until the dough is smooth.

Transfer the dough to the lightly floured work surface and knead in a little more flour if it's still too sticky. Divide the dough into 8-10 portions and knead again vigorously. Shape into round rolls and place them on the prepared baking tray with space between them. Bake in the preheated oven for about 18-20 minutes until golden. Then leave to cool on a cooling rack and serve with the dips.

For the pumpkin pesto, wash the pumpkin well but do not peel it. Remove the seeds and cut the pumpkin into approx. 1 cm cubes. Place in a pot, cover with water and salt lightly. Bring to a boil, then simmer the pumpkin pieces gently for about 10-12 minutes until they are cooked through and slip off the knife when you pierce them. Drain through a sieve, retaining the cooking water.

Leave the pumpkin to cool, while lightly toasting the pumpkin seeds in an ungreased pan. Remove from the heat and leave to cool. Chop as finely as possible with a sharp knife.

Blend pumpkin, chopped pumpkin seeds, grated cheese and the peeled garlic clove thoroughly in a tall container with a hand blender. Gradually blend in the olive oil. If necessary, add 1-2 tbsp of the cooking water if the spread is too firm. Season with salt and pepper and chill until ready to serve.

For the rocket and feta spread, wash the rocket thoroughly, dry and roughly chop with a knife. Coarsely crumble the feta and place in a tall container with the chopped rocket. Blend with a hand blender to a creamy dip. Then gently fold in the sour cream by hand and season the spread with salt and pepper. Refrigerate until ready to use.



#### For the Black Forest ham spread:

80 g Black Forest ham, sliced  
80 g gherkins  
300 g cream cheese  
½ bunch chives  
2 pinches of salt  
1 pinch of pepper

For the Black Forest ham spread, first cut the ham into fine strips with a sharp knife, then into small pieces. Finely dice the cornichons. Wash the chives, shake dry and cut into fine rings.

Put the cream cheese in a bowl. Add the ham pieces, cornichon cubes and chive rolls. Season with salt and pepper. Mix everything thoroughly with a fork, season again if necessary. Refrigerate until ready to use.



## TYPES OF FLOUR

In addition to wholemeal flour made from wheat, rye or spelt, there are also finer milled sorts. Type 550 is suitable for light bread rolls, while

the finer flour type 405 is more suitable for biscuits and cakes. The number indicates the amount of minerals per 100 grams.

# **LIGHT VEGETABLE DISHES**



## TARTE FLAMBÉE WITH GREEN ASPARAGUS, GOATS' CHEESE AND ROCKET SALAD

🍳 2 🏠 1 h 🥛

### INGREDIENTS

#### For the dough:

110 g wheat flour, plus a little more for the work surface  
 ¼ tsp salt  
 1 tbsp olive oil  
 1 egg yolk (size M, save egg white for use elsewhere)  
 Approx. 3–4 tbsp lukewarm water

#### For toppings:

8–10 spears of green asparagus (approx. 200 g)  
 ½ goats' cheese roll (approx. 75 g)  
 1 small handful rocket (approx. 25 g)  
 100 g sour cream  
 2 pinches of salt  
 1 tablespoon balsamic vinegar  
 1 pinch of pepper

To make the dough, put the flour, salt, olive oil and egg yolk in a mixing bowl and knead with the dough hook of the hand mixer. Gradually add lukewarm water. It is best to knead again vigorously with your hands until you have a smooth, elastic dough. Cover the dough with a clean cloth and leave to rest at room temperature for about 30 minutes.

Meanwhile, wash the asparagus well and cut off the woody ends. Carefully peel the asparagus spears, then slice lengthwise in strips with the peeler and set aside.

Cut the goats' cheese roll into pieces about 1 cm thick. Wash and dry the rocket. Preheat the oven to 230 °C using top and bottom heat.

Sprinkle the work surface with a little flour. Roll out the dough as thinly as possible with a rolling pin until the size of a baking tray. Line a baking tray with baking paper and carefully place the dough on it.

Mix the sour cream with salt until smooth and spread evenly on the dough. Distribute the asparagus strips and goats' cheese balls evenly on top.

Put the tray in the hot oven and bake the tarte flambée on the bottom rack for about 15–17 minutes until golden brown and crispy. Remove the finished tarte flambée from the oven, cut into pieces and top with the rocket. Drizzle with balsamic vinegar, sprinkle with pepper and serve immediately.



## POTATO SALAD WITH GREEN BEANS, PARSLEY AND YOGHURT, HONEY AND MUSTARD SAUCE

🍽️ 2 🕒 1.5 h 🥛

### INGREDIENTS

#### For the potato salad:

600g small potatoes  
200g Princess beans (deep-frozen)  
1 red onion

#### For the yoghurt, honey and mustard salad dressing:

¼ bunch flat-leaf parsley  
125g natural yoghurt  
2 tbsp apple vinegar  
1 tsp medium-hot mustard  
2 tsp liquid honey  
¼ tsp salt, plus more for the cooking water  
2 pinches of pepper

Thoroughly wash the potatoes but don't peel. Put in a pot, cover with cold water, add some salt and boil the water. Cover the pot and gently boil for around 20 minutes until cooked through. Drain and allow to cool for a further 20 minutes.

During that time, cook the beans in a pot of salted water according to instructions, for around 4–5 minutes. Drain and cool immediately under cold water, then allow to dry.

Peel and halve onions, then cut into thin semi-circles. Wash and dry the parsley. Tear leaves from stems and finely chop. Set aside 1 tbsp of them.

For the dressing, whisk apple vinegar, mustard, honey, salt, pepper and the rest of the chopped parsley in a small bowl until smooth. Cut potatoes in half and put in a large salad bowl together with the beans and onions. Pour over dressing and garnish with the remaining parsley.



### TYPES OF POTATOES

There are different sorts of potatoes that differ in taste and texture after cooking. So make sure you choose the right kind when buying them.

Firm potatoes are good for potato salad, while floury potatoes are perfect for mashed potatoes.

## MARKETS AND STREET FOOD

### SHOPPING, SNACKING AND MEETING FRIENDS

Home-cooked food tastes even better when you use fresh regional vegetables available at farmers' and weekly markets. Such markets are also popular places to meet. Especially at the weekend, you can combine shopping trips with meeting friends for a coffee or tea. In addition, stalls at most markets offer ready-made street food. If that's not enough, there are also street food markets and festivals. There you can enjoy a wide variety of snacks and gain inspiration for your own culinary creations. The dates and locations of markets and food festivals are readily available on the Internet. There are also food trucks in many places, including universities, in German cities. Just ask at the student union.



New German food culture:  
Food trucks



## COLD GREEN PEA SOUP WITH BUTTERMILK, SOFT-BOILED EGGS AND WATERCRESS

2 1.5 h

### INGREDIENTS

- 1 tbsp butter
- 1 onion
- 450 ml vegetable broth
- 600 g frozen baby peas
- 2 eggs
- ½ bed watercress
- 250 ml buttermilk
- ¼ tsp salt
- 2 pinches of pepper

Melt the butter over a medium heat in a large pot. Peel and dice the onion, then braise in butter 3–4 until translucent. Add the broth and bring to a boil, then add the frozen peas. Bring back to the boil for 2–3 minutes until the peas are softened. Purée everything with a hand blender in the pot. For a finer consistency, drain through a colander. Refrigerate for at least 1 hour.

During that time, boil a large pot of water. Prick eggs with a needle and lower into boiling water for 6 minutes. Remove egg from pot with a ladle and cool immediately under cold water.

Carefully cut the watercress with scissors.

Stir approximately 100 ml of buttermilk thoroughly into the chilled soup and season to taste. Serve in equal portions in bowls or deep plates. Drizzle with remaining buttermilk. Garnish with watercress and serve immediately.

# **FILLING DISHES WITH AND WITHOUT MEAT**



## CHEESE SPAETZLE MUFFINS WITH BRAISED ONIONS AND EMMENTAL CHEESE

 2  1.5 h 

### INGREDIENTS

#### For the spaetzle:

250 g wheat flour  
2 eggs  
125 ml milk  
½ tsp salt, plus more  
for the cooking water

#### For the braised onions:

40 g butter  
4 onions  
1 pinch of sugar  
1 pinch of salt

#### For the cheese spaetzle muffins:

125 g Emmental cheese in a single piece  
2 eggs  
75 ml milk  
1 pinch of salt  
1 pinch of pepper  
½ bunch fresh chives  
A little soft butter and breadcrumbs  
for the dish

For the spaetzle, put the flour, eggs, milk and ½ tsp salt in a large mixing bowl and beat vigorously with a wooden spoon until it forms a viscous, bubbly dough. Then cover the bowl with a clean cloth and leave the dough to rest for about 30 minutes.

Meanwhile, for the braised onions, melt the butter in a very large frying pan. Peel and slice the onions into fine rings. Gently braise over a low-to-medium heat with the lid on, stirring occasionally, for about 15–20 minutes until they start to turn golden brown. Then season with a little sugar and salt.

Bring plenty of salted water to the boil in a large saucepan. Divide the spaetzle dough into three portions and squeeze through a spaetzle press or a spaetzle slicer into the water. Alternatively, you can spread the dough on a wooden board and gradually scrape it into the pot in thick drops with a dough card or knife. Cook for about 1–2 minutes until the spaetzle rise to the surface. Skim off the finished spaetzle with a slotted spoon or sieve, allow to drain briefly and then carefully transfer to a casserole dish or another pot. Repeat with the other two portions. Carefully grate the Emmental and stir directly into the spaetzle.

Preheat the oven to 180 °C using top and bottom heat. Grease the recesses of a muffin tray or alternatively 12 silicone muffin moulds with plenty of softened butter and sprinkle with breadcrumbs. Fill the muffin tins halfway with the cheese spaetzle, then spread ¾ of the braised onions evenly on top. Spread the rest of the cheese spaetzle over the top. Whisk the eggs and milk together and season with salt and pepper. Pour the mixture over the spaetzle.

Spread the rest of the braised onions on top. Bake in the lower third of the preheated oven for about 25–30 minutes until the cheese spaetzle muffins are firm. Remove from the oven and leave to cool in the tin for 5 minutes.

Wash the chives, shake dry and chop finely. Carefully remove the cheese spaetzle muffins from the baking tin, sprinkle with chives and serve.



**Tip:** The muffins make a wonderful snack but also taste great as a main course with a green salad, or cold or reheated in the microwave or oven the next day.



## SIMPLE OVEN-BAKED BREAD DUMPLINGS WITH CREAMED MUSHROOMS

🍳 2 🏠 1-1.5 h 🥛

### INGREDIENTS

#### For the dumplings:

1 tbsp soft butter, plus a little more for the baking dish  
1 onion  
250 ml milk  
6 wheat rolls from the day before  
½ bunch flat-leaf parsley  
3 eggs  
3 pinches of salt  
2 pinches of pepper  
1 pinch of nutmeg (optional)

#### For the creamed mushrooms:

400 g fresh brown and white mushrooms  
2 tbsp butter  
1 onion  
1 tbsp cornflour  
3 tbsp water  
250 ml vegetable stock  
125 ml cream  
2 pinches salt  
2 pinches pepper  
¼ bunch flat-leaf parsley  
Optional: 2 tbsp cream cheese, also as herb cream cheese

For the bread dumplings: Melt the butter in a small pan over a medium heat. Peel and finely dice the onion. Sauté the onion cubes in the butter for 3–4 minutes until translucent. Add milk and bring to a boil. Then remove from the heat and set aside.

Cut the rolls into approx. 5–10 mm cubes with a bread knife and place in a large bowl. Wash the parsley well, shake dry and pluck the leaves from the stems. Finely chop the parsley leaves and add to the rolls.

Pour hot milk over the top and mix with a wooden spoon. Add the eggs. Season with salt, pepper and nutmeg to taste. Now mix and knead all the ingredients vigorously with a wooden spoon and then your hands until everything sticks together. Cover with a clean cloth and leave to rise for 10 minutes.

Meanwhile, preheat the oven to 180 °C using top and bottom heat. Line a small loaf tin completely with baking paper. Now press the dumpling mixture firmly into the tin with your hands. Cover the tin with aluminium foil or another baking tin. Bake the dumplings in the lower third of the preheated oven for about 30 minutes. Meanwhile, prepare the creamed mushrooms.

Clean the mushrooms well by brushing them off or, if necessary, washing them briefly, then patting them completely dry. Halve or quarter them, depending on their size.

Melt the butter in a large frying pan over a medium heat. Add the mushrooms and sauté for 3–4 minutes. Peel the onion, halve it and cut it into thin semi-circles. Add to the mushrooms and fry for another 3–4 minutes.

Remove the aluminium foil or the lid from the baking dish in the oven and continue cooking the bread dumplings uncovered for another 15 minutes.

Meanwhile, thoroughly mix the cornflour with the water in a small bowl and set aside.

Pour the vegetable stock and cream into the mushroom pan and mix well.



Bring everything to the boil. Stir in the cornflour. Season to taste with salt and pepper. Let the mushroom pan simmer gently for another 3–4 minutes, stirring occasionally, until the sauce thickens. Meanwhile, wash the parsley thoroughly and shake dry. Pluck the leaves from the stems and chop finely.

Remove the bread dumplings from the oven, leave to rest briefly in the tin, then carefully tip out onto a chopping board and peel off the baking paper. Cut into thick slices.

Add cream cheese to the creamed mushrooms if desired and serve with freshly chopped parsley and the dumplings.

The rest of the bread dumpling casserole can be stored well covered in the fridge. The next day, you can cut the dumplings into pieces and fry them in a little butter in a hot pan. Fried bread dumplings go very well with green salad.

**Tip:** Red cabbage goes well with this. You can get it either in a jar or frozen, for example with apples.

# REGIONAL DELICACIES

## A QUICK TRIP THROUGH GERMANY

If you want to get to know a country properly, there's no better way than through its regional specialities. Germany may be famous for *Sauerkraut* and pork, but the cuisine has much more to offer. Many traditional recipes are easy to prepare and still leave room for new interpretations and experimentation. Give it a try!



Legend has it that Herta Heuwer invented the *Currywurst* in Berlin in 1949.<sup>2</sup> At least that was when she registered a patent for it. Hamburg and the Ruhr area also claim to have invented the sausage speciality, and there are countless different recipes for the curry sauce. If you wish, you can spice up this dish with thyme, cola and lemongrass!<sup>3</sup>



*Semmelknödel* bread dumplings are a practical dish. You can make them with hard bread rolls from the day before, and if you have leftovers, you can slice and fry them in butter the next day.



Germans have made potato salad with mayonnaise for over a century. But the classic dressing of the well-known Swabian version from the south-west of Germany calls for vinegar and oil.



There are many names for this dish, which is roughly halfway between a hamburger and a meatball. In the west and north, it's called a *Frikadelle*, in central Germany a *Klops*, in the east a *Bulette*, in the south a *Fleischpflanzerl* and in the south-west a *Fleischküchle*. But whatever the name, it's a delicious ground-meat patty. What would you call it?



Swabian '*Kässpätzle*' are delicious, require only a few inexpensive ingredients and are extremely filling – the perfect meal for when your wallet is running low.



<sup>2</sup> On Currywurst Day: Delicious recipes with homemade sauce | [Das Erste \(mdr.de\)](https://www.das-erste.de)

<sup>3</sup> Happy Birthday, dear Currywurst · Berliner Speisemeisterei | [steffensinzinger.de](https://www.steffensinzinger.de)





## CURRY SAUSAGE WITH SWEET TOMATO SAUCE AND OVEN POTATO WEDGES

🍳 2 🏠 1 h 🔑

### INGREDIENTS

#### For the potato wedges:

700 g potatoes  
3 tbsp olive oil, plus a little more for the baking tray  
½ tsp paprika powder  
1 tsp fresh rosemary finely chopped (or ½ tsp dried rosemary)  
½ tsp salt  
2 pinches of pepper

#### For the curry sauce and sausage:

250 g strained tomatoes  
1 tbsp tomato purée  
2 tbsp brown sugar  
2 tbsp light vinegar  
1 tsp paprika powder, sweet or hot, depending on your taste  
2 tsp curry powder, plus a little more for serving  
2 pinches of salt  
2 pinches of pepper  
2 finely cut, boiled Thuringian sausages  
Sunflower or rapeseed oil for frying

For the potato wedges, preheat the oven to 180 °C. Line a baking tray with baking paper.

Either wash the potatoes thoroughly or peel them. Quarter, then cut into equal-sized wedges. Place in a large bowl. In a small bowl, mix the olive oil well with the paprika powder, rosemary, salt and pepper. Pour over the potatoes and mix thoroughly with your hands until the oil moistens the wedges. Spread the wedges evenly on the baking tray. They should not be on top of each other, but in one layer so that they cook evenly.

Place the baking tray in the preheated oven and roast the potato wedges for about 40 minutes until golden brown.

Meanwhile, for the curry sauce, place the strained tomatoes with the tomato paste, brown sugar, vinegar, paprika powder and curry powder in a small saucepan and stir well. Bring to the boil over a medium heat and simmer gently for about 8–10 minutes, stirring occasionally. Season with salt and pepper.

Score the sausages lightly on both sides with a sharp knife, 2 cm apart, to prevent them from cracking during frying. Cover the bottom of a small frying pan with the vegetable oil and heat to a medium temperature. Fry the sausages all around for about 8–10 minutes until they are brown and crispy. Then remove from the pan and drain on kitchen paper. Cut the sausages into bite-sized pieces and divide between two plates. Pour over the curry sauce and sprinkle with some more curry powder. Serve with the potato wedges.





## MEAT PATTIES WITH POTATOES, CARROTS AND CHIVE QUARK

🍳 2 🏠 1 h 🍴

### INGREDIENTS

#### For the meat patties:

20 g breadcrumbs  
60 ml milk  
300 g mixed minced meat  
(or vegetarian alternative)  
1 egg  
½ onion  
1–2 cloves of garlic  
4–5 stalks flat-leaf parsley  
1 tsp mustard  
1 tsp tomato paste  
½ tsp sweet paprika powder  
2 pinches salt  
2 pinches pepper

#### For the vegetables:

600 g potatoes  
300 g carrots  
2 tbsp olive oil  
1–2 tbsp freshly chopped Italian herbs  
(e.g. rosemary, thyme, oregano),  
alternatively 1 tsp dried Italian herbs  
2 pinches of salt

#### For the chive quark:

250 g quark  
50 ml milk  
1 tbsp light vinegar  
2 pinches of salt  
2 pinches of pepper  
½ bunch chives

For the meat patties, place breadcrumbs in a small bowl and pour milk over them.

Preheat the oven to 200 °C using top and bottom heat. Line a baking tray with baking paper.

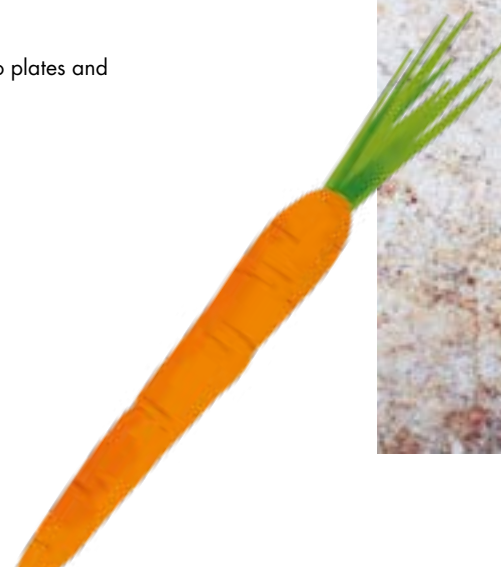
Peel the potatoes and carrots and cut each into slices about 1 cm thick. Put them in a bowl. Add the olive oil, Italian herbs and salt and mix well with your hands. Place the vegetables on the baking tray and spread evenly. Pre-cook on the middle shelf for 20 minutes. Meanwhile, prepare the meat patties.

Put the minced meat in a bowl. Add the milk with the soaked breadcrumbs and the egg and knead briefly. Peel the onion and garlic and chop very finely. Wash the parsley thoroughly and shake dry. Pluck the leaves from the stems and chop finely. Add the onion, garlic and parsley to the mince. Add the mustard, tomato paste, paprika, salt and pepper. Mix loosely with your hands, taking care not to knead too hard. Form about 12 small meatballs from the meat mixture and flatten slightly into patties.

Spread the patties evenly over the pre-cooked vegetables and return to the oven. Cook for a further 20–25 minutes until the mince is well cooked.

Meanwhile, put the quark in a bowl. Add vinegar, salt and pepper and mix well. Wash the chives, shake dry, cut finely, then fold into the quark. Add milk, vinegar, salt and pepper and stir in well.

Divide the cooked vegetables and meatballs evenly between two plates and serve with the chive quark.



# **REFRESHING FRUIT DISHES**





## STRAWBERRY AND RHUBARB PORRIDGE WITH VANILLA SAUCE

2 3 h

### INGREDIENTS

#### For the custard:

1 fresh egg yolk  
1 tsp corn starch  
1 tablespoon sugar  
1 packet vanilla sugar  
75 ml milk  
100 ml cream, plus a little more  
for consistency, if needed

#### For the strawberry and rhubarb compote:

300 g rhubarb  
250 g strawberries  
2 tbsp vanilla powder  
2 tbsp sugar  
150 ml sour cherry  
or black currant nectar

For the custard, combine the egg yolks, corn starch, sugar and vanilla sugar in a small bowl with a whisk until well combined. Place the milk and cream in a small saucepan and heat slowly, but do not boil. Whisk in the egg yolk-corn starch mixture and continue to heat the mixture, stirring constantly. It must not come to a full boil, otherwise the egg will coagulate. Heat only to below the boiling point until the sauce thickens slightly. Transfer to a heatproof container and let cool completely. Refrigerate until ready to serve, stirring occasionally. If the sauce gets too firm, simply stir in more cream to get the consistency you want.

Peel the rhubarb and cut off the dry ends. Cut the rhubarb stalks into 1–2 cm thick pieces. Wash the strawberries and remove the green. Cut the larger berries into quarters and the smaller ones into halves. Mix the vanilla custard powder with 2–3 tablespoons of water until smooth and lump-free.

Place the rhubarb pieces in a saucepan with the sugar and nectar and bring to the boil while stirring. Simmer gently for 2–3 minutes, then stir in the mixed custard powder. Mix well, bring to the boil again and simmer for 1–2 minutes. Stir in the strawberry pieces and simmer gently for another 1 minute. Then remove the porridge from the heat. Chill until ready to serve, the porridge will still thicken. Serve with the well-chilled custard.



## SWEET QUARK CASSEROLE WITH CLEMENTINES

 2  1.5 h 

### INGREDIENTS

3 eggs  
1 pinch of salt  
80 g sugar  
500 g quark (soft white curd cheese)  
50 g soft wheat flour  
4 clementine oranges  
Some soft butter  
Sifted powdered sugar

Preheat the oven using top and bottom heat to 200 °C and grease an 18 x 25 cm baking dish with butter.

Separate the yolks from the egg whites. Beat the whites with a pinch of salt until they turn to meringue and put aside. Beat the egg yolks and sugar together until they form a thick cream. Stir in the quark, then the soft wheat flour until the mix becomes smooth and solid. Carefully fold in the meringue with a dough scraper or cooking spoon.

Pour the quark mixture into the baking dish and smooth. Peel two of the clementines, separate the pieces and cut in half. Place back in the preheated oven for around 30 minutes until the casserole has risen and turned golden brown. Meanwhile peel or cut open the other two clementines and chop into coarse pieces. After baking allow the casserole to cool for 10 minutes, then serve with the remaining clementines and the powdered sugar.







## HOMEMADE CRUNCHY MUESLI 'BIRCHER STYLE' WITH GRATED APPLE AND GROUND HAZELNUTS

2 1.5 h

### INGREDIENTS

#### For the muesli:

2 tbsp unflavoured sunflower  
or rapeseed oil  
2 tbsp liquid honey  
5 rounded tbsp crunchy oats  
2 rounded tbsp linseed  
3 rounded tbsp ground hazelnuts

#### To serve:

2 tart apples, Elstar or similar type  
1 tbsp lemon juice  
300 g unflavoured yoghurt

Pour the oil in a pan and melt the honey on a low heat for 2–3 minutes. Add the oats, linseed and ground hazelnut and stir slowly for 7–8 minutes until golden brown. Press repeatedly into the pan to brown evenly. Spread out smoothly on a baking tray lined with oven paper. Allow to cool completely so that the muesli solidifies. Crumble roughly by hand.

Thoroughly wash but don't peel the apples. Quarter, de-seed and grate or cut into small pieces. Mix with the lemon juice.

Divide the yoghurt into two bowls. Spread the apple evenly over them. Add three tbsp of muesli and serve immediately.

**Tip:** Leftover muesli keeps for a few days at room temperature if packed in an airtight container. Other ground nuts can be substituted for hazelnuts.

## TYPES OF APPLES

Apples are Germany's most popular fruit, and there are more than 20 varieties available.<sup>4</sup> They can be sweet, sour, firm or juicy. The sour ones

are better suited for sweet dishes and muesli, the sweet ones go well with savoury dishes like potato salad and red cabbage.

<sup>4</sup> Apples - Germany - My Garden. (deutsches-obst-und-gemuese.de)



# **SWEET BAKED DISHES**



## OVEN-BAKED BERRY PANCAKES FOR YOUR ENTIRE FLAT-SHARE

 4–6  1.5 h 

### INGREDIENTS

350 g whole wheat flour  
50 g sugar  
1 pinch of salt  
3 eggs  
600 ml milk  
250 g mixed fresh berries  
(for example blueberries,  
raspberries or blackberries)  
Sunflower or rapeseed oil  
for the baking tray

### To serve:

3 tbsp sugar  
½ tsp cinnamon

Preheat the oven to 180 °C. Rub a large baking tray (for instance, oven drip tray) thoroughly with oil.

Mix the flour, sugar and salt in a small bowl.

Beat the eggs until frothy. Alternately add the flour mixture and milk until a smooth, liquid mix is produced.

Pour the pancake mix carefully onto the tray. Wash and dry the berries. Spread evenly over the pancake mix.

Place the tray on the middle level of the oven. Bake for 20–25 minutes until golden brown. Should the mix bake unevenly rotate the tray 180 °C after the first 10 minutes.

Mix the sugar and cinnamon in a small bowl. Remove the baked pancake from oven and serve on plates with a spatula. Cover with the sugar and cinnamon and serve.

**Tip:** Oven-baked pancakes also taste good with apple sauce or jam and whipped cream or unflavoured yoghurt. Instead of berries, try apple, pear and cherries.



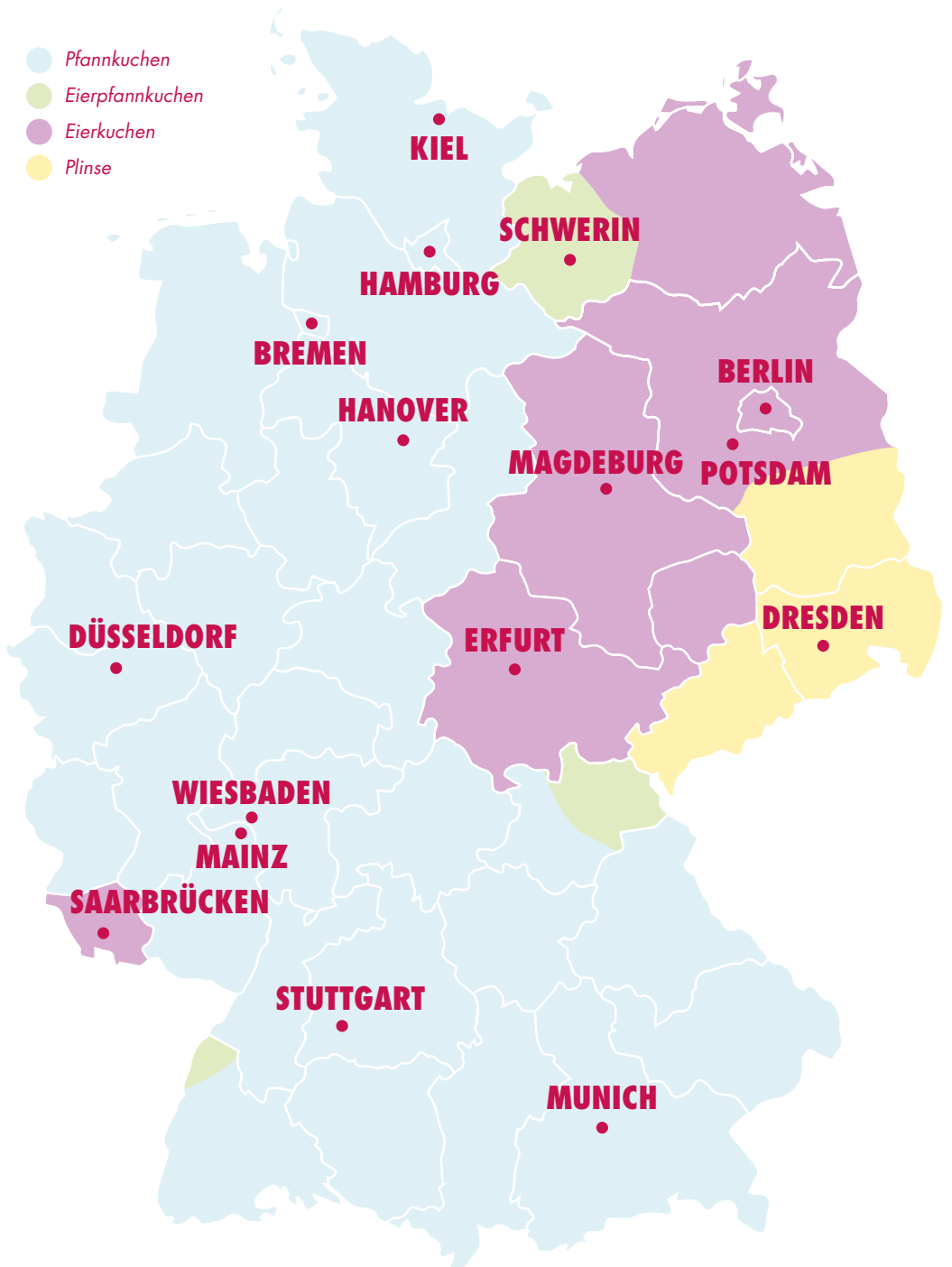
# PANCAKES AND THE GERMAN LANGUAGE

## A DISH OF MANY NAMES

Pancakes and crêpes are popular throughout German-speaking Europe and are known under various names. They're called *Palatschinken* in Austria and the south of Germany, *Pfannkuchen* in the west, *Eierkuchen* in the east, *Plinse* in the south-east and *Eierpfannkuchen* in the north.<sup>5</sup> You can prepare them in many different ways, sweet or savoury, to create your own favourite.



<sup>5</sup> Pancakes « atlas-alltagssprache







## SIMPLE CHEESECAKE WITH PLUMS AND BUTTER-CINNAMON CRUMBLE

 8-12  4.5 h 

### INGREDIENTS

#### For the crust:

120 g soft butter  
70 g sugar  
150 g flour

#### For the filling:

400 g quark  
50 g sugar  
1 packet vanilla sugar  
2 eggs  
600 g fresh plums

#### For the crumble:

150 g flour  
70 g sugar  
½ tsp cinnamon  
100 g cold butter, in pats

Preheat the oven to 180 °C using top and bottom heat. Line a springform pan (24–26 cm in diameter) completely with baking paper.

For the crust, cream the soft butter with the sugar using a hand mixer. Add the flour and stir in just briefly. Pour the mixture directly into the tin and spread evenly with your hands or the bottom of a glass and press down, leaving the edges slightly raised.

Next, for the filling, briefly but thoroughly mix the quark together with the sugar, vanilla sugar and eggs. This can also be done with a whisk or again with a hand mixer. Pour directly onto the pastry crust.

Wash the plums well, cut in half and remove the stones. Spread the plums evenly on top of the quark mixture.

For the crumble, mix the flour and sugar with the cinnamon and then knead the cold pieces of butter into the mixture with the dough hooks of the hand mixer or your hands until the dough is nice and crumbly. Finally, spread the crumble evenly over the cake.

Place the springform pan in the lower third of the preheated oven and bake the cake for about 50 minutes until the crumble is golden brown and crisp, and the quark mixture has set.

Remove the cake from the oven and leave to cool completely in the tin on a cooling rack for at least 3 hours. It is best to leave it in the fridge overnight. Then carefully remove from the tin, cut into pieces and serve. Store the rest of the cake in an airtight container in the fridge.

**Tip:** Instead of plums, apples, pears or raspberries also fit perfectly with this simple cheesecake.







## COCOA COOKIE-CUTTER BISCUITS WITH WHITE CHOCOLATE

 50 pcs.  1.5 h 

### INGREDIENTS

300 g whole wheat flour  
plus a bit for the workspace  
50 g powdered cocoa  
½ tsp baking powder  
1 pinch of salt  
175 g softened butter  
175 g sugar  
2 eggs  
100 g white chocolate  
or couverture

Preheat the oven to 180 °C, using top and bottom heat. Cover two baking trays in oven paper.

Sift the flour, cocoa powder, baking powder and salt into a large bowl and whisk together.

Combine the softened butter and sugar with a hand mixer until frothy, then thoroughly stir in the eggs. Add the flour and cocoa mixture and knead into a dough. Shape the dough with your hands into a ball.

With a rolling pin, roll out the dough ball on a flour-covered surface until roughly 5 mm thick. Use the cookie-cutter to cut the dough into biscuits and place them on the baking trays. Knead the remaining dough together and cut into further biscuits. Slide the first tray into the middle of the oven and bake for 9–11 minutes. Allow to cool. Repeat with the second baking tray. Coarsely chop the white chocolate and place in a metal bowl large enough to just fit inside a pot. Fill the pot with enough water so that the suspended bowl does not touch the water. Place the pot on the hob over a medium heat. The water should not boil. Stir the white chocolate with a dough scraper or tablespoon until it melts. Do not let any water touch the chocolate. Glaze the biscuits with the liquid white chocolate, for example, with a kitchen brush or teaspoon. Allow the chocolate to set. Store the biscuits in an airtight container.



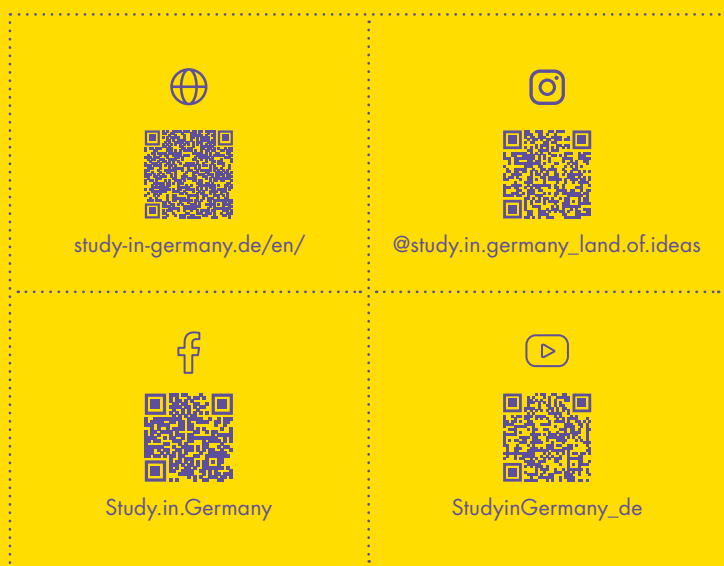
# HELLO GERMANY

Did you enjoy the selected recipes, or have you even discovered your new favourite dish? Then share your creation with the Study in Germany community on Facebook or Instagram using the hashtag **#HelloLieblingessen**.

By cooking the recipes from this book, you could get a little closer to German cuisine. And in doing so, get closer to the German culture. But, of course, there is much more to discover!

If you want to learn more about living and studying in Germany, you can find all the important information on the Study in Germany channels – from typical German phrases to tips and tricks for finding a place to live, and an easy-to-follow step-by-step guide to studying in Germany.

Take a look!



Until then, we hope you enjoy cooking and trying out more German recipes.  
**Guten Appetit!**