



New

Rezept des Monats

- Süßkartoffel - Paprika - Curry •
- 450g orangefarbene Süßkartoffeln
- 1 Bund Frühlingszwiebeln
- 2 rote Paprikaschoten
- 1/2 Ananas
- 2 EL Distelöl
- 2-3 EL rote Thai-Currypaste
- Orangensaft
- Kokosmilch
- gepresster Limonensaft

Sweet potato and red pepper curry

A favourite recipe from Dr Peter Binder

Ingredients (for 2-4 people)

- 450g orange sweet potatoes
- 1 bunch spring onions
- 2 red bell peppers
- 1/2 pineapple or 1/2 tin of pineapple
- 2 tbsp. neutral oil
- 2-3 tbsp. red Thai curry paste
- 1/2 litre orange juice
- 400ml coconut milk
- 2 tsp. freshly squeezed lime juice
- 3 tsp. brown sugar

Preparation

Peel and chop the sweet potatoes. Wash the spring onions and cut into thin rings. Wash the bell peppers and cut into strips.

Peel pineapple and remove leaves and stalk. Cut into small pieces.

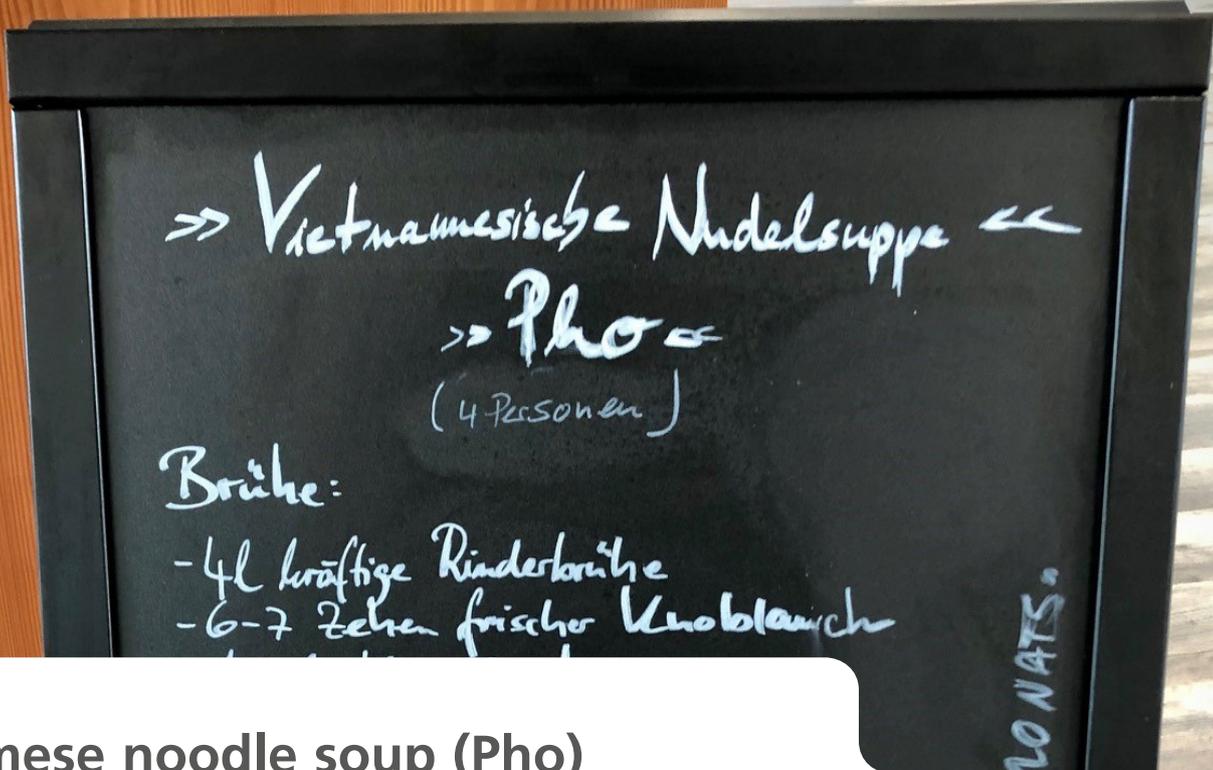
Heat oil in a pan and sauté spring onions for about 1 minute. Stir in curry paste and fry for 1 minute. Deglaze with the orange juice and

coconut milk, then simmer over low heat for about 5 minutes.

Add sweet potatoes to the pan and simmer for 3 minutes. Add the strips of bell pepper and simmer on a low heat for 6 minutes.

Add pineapple and cook for 2 minutes. Season to taste with lime juice and sugar.





Vietnamese noodle soup (Pho)

A favourite recipe from Peter Engelke

Ingredients for 4 people

For the broth/soup:

- 4 large potatoes (waxy)
- 4 litres of strong beef broth
- 6-7 cloves of fresh garlic
- 1 large piece of ginger
- 8 star anise
- 3 long cinnamon sticks
- 10 dried cloves
- 3 cardamom pods

To serve with the soup:

- 600g rice noodles
- 400g high-quality beef (rump or entrecôte)
- 1 bunch coriander
- 1 bunch Thai basil
- 1 bunch mint
- 1 bunch spring onions
- A small bag of mung bean sprouts
- 3 small red chillies
- 2 limes
- Sauces to taste: Sriracha, fish sauce, hoisin sauce

Preparation

Peel garlic and ginger, cut into thin slices and simmer together with the other ingredients of the soup for at least 1 hour. After 10 minutes, the delicious aroma of Vietnamese cuisine will begin to fill the room.

Wash herbs and remove larger stems. Cut each lime into eight pieces. Slice chillies into small rings. Slicing against the grain, cut the meat into 2-4 mm strips.

Serve side dishes and sauces in separate bowls.

Cook the rice noodles according to the packet instructions and drain in a sieve.

Arrange individual portions of meat and noodles in large bowls. Pour over boiling broth (the meat will cook but remain pink inside). Season with herbs, sprouts and sauces to taste.

A few tips for the full pho experience: In Vietnam you eat (or rather slurp) it with chopsticks and sometimes a ceramic spoon. Ideally the broth should be clear – it is the “heart” of the soup. Pho connoisseurs stir the soup and herbs with their chopsticks before trying a spoonful of pure broth.





New

Black bean chilli

A favourite recipe from **Gianna Hoffarth Eckert**

Ingredients for 4 people

- 2 tbsp. coconut oil or ghee
- 3 medium onions
- 3 cloves garlic
- 250g mushrooms
- 1 large bell pepper
- 1 medium aubergine
- 1 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. smoked paprika powder
- 200g tomato purée
- 350ml water
- 1 tbsp. maple syrup (optional)
- 400g black beans, pre-cooked/from a jar or tin
- 2 small handfuls of coriander

Optional

- 400g tofu, crumbled
- Cooked basmati rice

Preparation

Finely chop onions, garlic, mushrooms, bell pepper and aubergine. Heat coconut oil or ghee in a large pan over high heat.

Add onion to the pan. 30 seconds later add garlic. Stir well. Add remaining vegetables and spices (not the coriander).

Stir fry for a few minutes, then add tomato purée. Stir for about 30 seconds, then add the water and maple syrup.

Simmer until the aubergine is cooked. Add the black beans (+ tofu and/or rice) and simmer for another one or two minutes.

Meanwhile, chop the coriander and sprinkle over the chilli to serve.



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Lentil lasagne

A favourite recipe from **David Krill**

Ingredients for 4 people

- 2 leeks
- 3 beef tomatoes
- 2 carrots
- Butter
- 200g red lentils
- 1 bay leaf
- 500ml vegetable stock
- 200g crème fraîche
- 2 tbsp. balsamic vinegar
- 100g cheese for gratinating
- Lasagne sheets
- Salt, pepper, chilli powder

Preparation

Clean the leeks, halve lengthwise and cut into thin strips. Skin and roughly dice the beef tomatoes; peel and finely chop the carrots. Heat the butter in a pan and fry the vegetables. Add the lentils with the bay leaf and continue to fry. Add vegetable stock and simmer for 15 minutes.

Add 100g crème fraîche and the balsamic vinegar to the lentils; season with salt, pepper and a little chilli.

Grease a casserole dish, add some of the lentil mixture and place lasagne sheets on top. Repeat this process until the ingredients are used up. Mix 100g crème fraîche with 2 tablespoons of butter and the grated cheese and spread over to create the top layer of the lasagne. Bake the lentil lasagne in the middle shelf of the oven at 180 °C for 30 minutes until golden brown.



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Baked potato with couscous salad and yoghurt dip

A favourite recipe from **Laura Rüdiger**

Ingredients for 4 people

Baked potatoes:

- 4 large potatoes (waxy)
- Grated cheese
- Butter

Couscous salad:

- 250g instant couscous
- 1/2 cucumber
- 1 tomato
- 1 red pepper
- 1 small onion or 2 spring onions
- 1 lemon
- 3 tbsp. olive oil
- Salt and pepper
- Fresh parsley
- Vegetable stock

Yoghurt dip:

- 250g yoghurt
- Chives
- 1/2 lemon
- Salt and pepper, paprika powder



Preparation

Baked potatoes: Bake the potatoes in the oven at 200-250 °C for about 30-60 minutes. Pierce with a fork to check that they are cooked through. Remove the potatoes (the skin should be crispy) and divide them in the middle in a suitable bowl. Don't cut them all of the way through. Using a fork, loosen the inside of the potatoes, add a piece of butter and mix. Add a little grated cheese and mix.

Couscous salad: Pour the couscous into a large, shallow dish. Pour hot vegetable stock over it until it is covered by the liquid. Leave to absorb for 8 minutes. Loosen with a fork. Allow to cool slightly. Peel the cucumber and onion, wash the tomato and clean the peppers (remove seeds and wash). Cut everything into small cubes and mix. Squeeze the lemon; wash the parsley and chop. Mix lemon juice with 2 tablespoons

of olive oil. Add salt, pepper and paprika powder and mix. Mix the couscous with the diced vegetables, add the lemon juice and oil dressing and then sprinkle over the chopped parsley. Mix everything thoroughly.

Yoghurt dip: Finely chop the chives and squeeze the half lemon. Mix the chives and lemon juice with the yoghurt and season with salt and pepper.

To serve: Divide the couscous salad between the baked potatoes, garnish with some fresh parsley and spread a spoonful of yoghurt dip on top. Tip: The baked potatoes can be filled with a wide variety of salads and ingredients of your choice. This can be a vegetarian dish, or chicken strips for example can be added. Olives and peppers can also be sprinkled on top.



Mediterranean platter

A favourite recipe from Luigi Piazzese

Ingredients for 4 people

400g pasta (e.g. penne)

100g pine nuts

2 cloves of garlic

1 aubergine

1 courgette

2 peppers

2 onions

Olive oil

Basil leaves

Preparation

Start heating up plenty of water for the pasta, roast pine nuts in a pan until light brown and remove. Halve the onions and cut into slices. Thinly slice garlic. Clean the aubergine and courgette, halve lengthwise and cut into ½ cm slices. Quarter the peppers, remove the seeds and cut into 2 cm pieces.

Add salt to boiling pasta water. Cook the pasta until al dente according to the package instructions. Heat 1 tbsp. of oil in a large frying pan. Fry the aubergine for 3 minutes on a medium to high heat. Add 2 tbsp. oil, onions, garlic, courgettes and paprika and fry on a

medium heat for 5 minutes. Season vegetables with salt and pepper. Add tomatoes and bring to the boil.

Drain the pasta, collecting 100 ml of pasta water. Mix the pasta and pasta water with the vegetables and bring to the boil briefly. Season with salt, pepper and 1 pinch of sugar. Serve sprinkled with pine nuts and roughly plucked basil leaves.

Leftovers are easy to freeze and keep in reserve for the next pasta party: Simply fill everything at once or in portions into plastic boxes or freezer bags, seal and freeze.



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Kale stew

A favourite recipe from Romy Möller

Ingredients for 4 people

600g kale
3 onions, finely chopped
30g lard
1 tbsp. granulated meat stock
600g waxy potatoes, finely diced
400g 'Kassler'-style smoked pork or gammon
4 'Mettwurst'-style smoked pork sausages (if available, 2 Grützwurst or Bregenwurst sausages)
2 tsp. mustard
1 tbsp. sugar
1 pinch ground pimento
Freshly grated nutmeg
Salt
Pepper (not necessary when using Bregenwurst sausages)

Preparation

Sweat onions with lard until translucent, add kale and mustard, deglaze with stock and cook everything through (20 minutes). Prepare the potatoes and cook in salted water (about 20 minutes); alternatively add them to the pot with kale. Add the 'Kassler' and the potatoes (if not added earlier) and continue to braise on a low heat (1h in total for fresh kale, shorter for

frozen kale). Prick the sausages to release fat and flavour. Add to the kale with the pork sausages (or serve separately) and let simmer for about 20 minutes. Season the kale with salt, pepper, nutmeg, pimento and add sugar. Be careful not to over-season if using Grützwurst, Bregenwurst or Mettwurst sausages cooked with the kale. Tip: This tastes even better when left to cool and reheated!



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Cooked cheese from South Hesse / Odenwald

A favourite recipe from **Thomas Lutz**

Ingredients for 1 serving

200g Harzer cheese

200ml cream

100g butter

250g quark

1 tsp. baking soda

Preparation

Cut the Harzer cheese into small pieces and slowly dissolve it together with the butter in the cream on a low heat. Stir often. When it comes to the boil, remove the pot from the heat and add the quark. Now stir in a scant teaspoon of baking soda. Be careful – it will bubble up!

Immediately transfer to a storage container, allow to cool and leave to stand overnight in the refrigerator. If you wish, you can serve the cooked cheese with caraway and/or diced onions in vinegar and oil (“with music” is the traditional name for this), as a spread or with breaded schnitzels (as “Odenwald cooked cheese schnitzel”).



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