FHS-Cookbook

Enjoy our collection of recipes that we like cooking in Germany

Potato salad

ingredients:

1kg	potatoes to peel
2ts	mostard
3ts	sugar
100ml	cucumberwater
50ml	vinegar
100ml	oil (sunflower)
1	apple
4	gherkins
1 large	onion
1/2 bunch.	chives

Recipe:

Cook the potatoes with 1ts salt and 1ts caraway.

Put the water away and cool them down and peel them.

During that shake the mostard, sugar, cucumberwater, vinegar, oil, some salt and pepper and the chopped onions so that they are mixed good.

Peel the apple and cut it in little squares cut the cucumber and potatoes in slices.

Put the potatoes, gherkins, apple and dressing in the bowl with different layers.

The salad has to go through at least 3 hours. Better is during night.

Shortly before serving put some chives over it.

chocolate nut cookies

ingredients:

100g.	butter
1	egg
125g	sugar
1/2 package	vanillin sugar
150g	flour
1ts	backing powder
45g	chocolate
30g	nuts

Recipe:

Preheat the oven to 180°C. Put parchment paper on two baking trays.

Mix butter and egg. Add sugar and vanillin sugar.

Fold the flour with a spoon in. After that add the chocolate and nuts.

Cold the dough for 30 minutes.

Put the dough in 16 balls on the baking trays and flatten them.

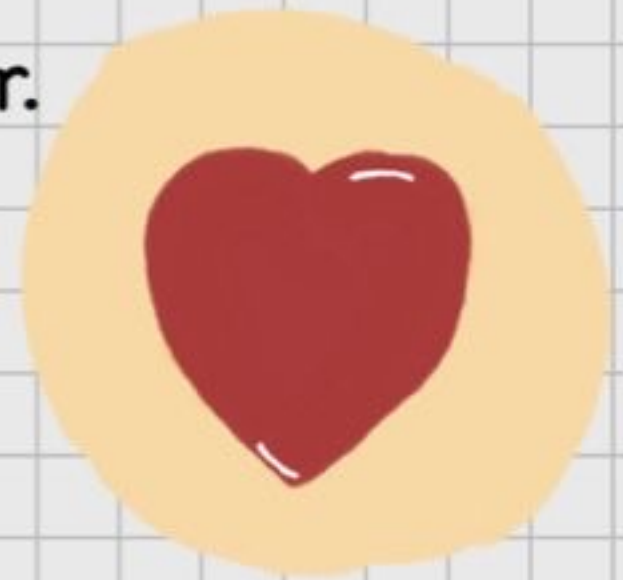Bake the cookies for 15 minutes and cool them down.

Pinterest heart cookies<3

Ingredients:
- 200g butter
- 200g caster sugar
- 320g plain flour
- 1 egg
- 1 tbs vanilla
- 1/2 tbs baking powder
- 1/2 tbs salt
- Jam

1. Mix the butter with the sugar. Then add the egg-and mix. Then add the flour-and mix. Now add baking powder,salt,vanilla.

2. Roll the mass out,add some flour and cut out circle shapes

3. in the middle,make a heart formed outline and add the jam in there

4. The oven should be about 360 degrees. Now cook it for 25 minutes or a little bit less longer

Schnitzel Wiener Art

Ingredients
-600g Pork or veal schnitzel
-3 eggs,
-salt,
250g Clarified butter,
1 lemon,
flour,
breadcrumb,

Preparation

Cover the cutlets with transparent film and gently plate (knock). The thickness of the schnitzels is individually tailored to personal taste, but usually measures about 6 mm. Salt the cutlets evenly on both sides.

Beat the eggs slightly with a fork. Turn the veal cutlets into flour on both sides, pull through the eggs and then turn them into breadcrumbs, pressing the crumbs only gently. Shake off the cutlets slightly and remove excess crumbs.

Heat plenty of butter lard in a suitable pan about 2 - 3 cm high. Place the cutlets in the hot fat and brown them with repeated swings of the pan. Then turn gently with a meat fork and bake from the other side. Lift out of the pan with a baking shovel.

Drain the cutlets, dab the excess fat with kitchen

Pea soup in a pressure cooker

500g	Unpeeled peas
2 l	Stock
1	Leek
2	Carrots
4	Smoken Sausages
250g	Peeled potatoes
500g	Pork sausage

Soak peas in water the evening before. Peel the carrot and slice it. Wash leeks and cut off the ends and put them whole with the carrots in the pot with the water and peas. Add broth cubes for 2 litres of broth. Peel potatoes and cut them into cubes and add them with the sausages. Bring the pea soup to a boil in a pressure cooker at the highest level. When the pressure cooker valve opens, turn off the stove and leave the pot on the plate. The whole cooking process takes about an hour. Finally, open the pot lid and remove leeks. The leek is no longer needed. Cut a piece of meat sausage into it and add it.

RECIPE FOR:

Butterspätzle and Zwiebelröstbraten

Butterspätzle (4 Portions):

250g flour
3x eggs
100 ml milk
1 pinch salt
10g butter (soft)

Preparation:

– put the flour in a mixing bowl
– add eggs, milk, salt and butter
– mix ingredients into dough
– let it rest for 15min
– bring salted water to a boil
– cut pieces out of the dough
– put it into the water (done when it floats on the surface)

Zwiebelröstbraten

4x roast beef (each 120g)
salt/pepper
3 spoons clarified butter (for the pan)
1 spoon flour (for the meat)
1 pinch oliveoil

Sauce:

100ml beef soup
salt/pepper
1 spoon mustard
1 small spoon of flour

Röstzwiebel:

2x onions
80g flour
1 spoon paprika powder
1 spoon butter (for the pan)

Preparation:

– wash the meat and dry it
– cut the edges
– spread olive oil on it
– spice it with salt/pepper
– rub the pieces in flour(both sides)
– fry the meat in a pan with clarified butter for 3–4 minutes
– put the meat in the oven for 15/20min at 150°c (preheated)
– peel the onions and cut them into rings
– mix the flour with the powder and add it to the onions
– roast the onions in a seperate pan
– sauce: extinguish the dripping with the soup
– add mustard, pepper/salt
– add flour to bind the soup

Pasta bake

500g noodles
8 eggs
Milk to taste
200g diced ham
Salt
Pepper
Nutmeg
200g grated cheese
Breadcrumbs for sprinkling

Cook the pasta according to the instructions on the packet. Then put half of it into a greased casserole dish. Top with the diced ham. Then add the rest of the pasta.Beat the eggs with the milk ad salt pepper and nutmeg and pour it over the pasta. Sprinkle with cheese and breadcrumbs. Bake at 170 degrees celcius convection oven for about 45 minutes.

My recipe: Goulash

(Goulash is a dish we like to cook and eat in Germany)

You need

1 kilo pig goulash

big spoons clarified butter

1 small spoon mustard

2 big spoons tomato paste

2 big onions

400 ml beer

1.2liter vegetable broth

Salt pepper

2 small spoon paprika powder

2 big spoons crème fraiche

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Ingredients:

For the dough: For the filling:

- 150 g butter   - 75 g butter
- 500 ml milk   - 100 g sugar
- 50 g yeast   - 1 EL cinnamon powder
- 150 g sugar
- 1 TL salt
- 1 kg wheat flour

Preperation:

1. Melting the butter

2. Add the milk and dissolve the yeast in the milk

3. Add all the other ingredients

4. Mix until the dough becomes hard

5. Leave the dough in the fridge for 40 minutes

6. Then divide the dough into 3 parts and put the filling on it.

7. Roll the dough into a snail and cut it into pieces of about 4cm

8. Let them rest again for 30 minutes

9. Set the oven to 250 to 275 degrees

10. The backing time is 8 minutes

Potatoes salt:

1 kg Potatoes

500 g/ 1 Cup Miracel Whip

6 Eggs

10-15 small gherkins

4 tablespoons gherkins water

Salt and Pepper

Preparation:

Working time about 15 minutes   Rest time about 3 hours   Total time about 3 hours 15 minutes

Boil Potatoes with a little salt into jacket potatoes, boil eggs, cool both and peel. Mix Miracel Whip with the gherkins water and season with a bit salt and pepper. Cut gherkins and eggs into cubes, potatoes into strips and stir.

Recipe:

Schnitzel with fried potatoes and mushroom cream sauce

- 1 kg turkey breast filet

- 2 eggs

- breadcrumps

- salt and pepper

- 1 lemon

-1 kg-waxy potatoes

- 1 small onion

- ghee

- 600g mushrooms

-1 small onion-

- cream 500 ml

- fresh parsley

PASTA SALAD

INGREDIENTS
4 people
+

FOR THE PASTA SALAD
500 g Pasta (e.g. penne)
200 g Gherkins (e.g.cornichons)
300g Corn (can)
250g Cherry tomatoes
2 red onions
FOR THE DRESSING
150 g mayonnaise
150 g Natural yoghurt
3-4 TBSP Cucumber water
1 TSP paprika powder (sweet)
½ TSP Salt
½ TSP Pepper
100 ml Vegetable stock
one handful fresh basil (optional)

Bring a large pot of water to the boil. Generously salt the boiling water
salt the boiling water generously and cook the pasta in it until al dente. Drain through a
strain and mix with 1 tbsp olive oil.

Cut the gherkins into thin slices. Pour the maize through a sieve. drain. Wash and quarter the cherry tomatoes. Peel the red onions and
and chop finely.

For the dressing, mix the mayonnaise and yoghurt with the cucumber water, paprika powder, salt and pepper.
paprika powder, salt and pepper. Finally, add the vegetable broth
(must not be too hot!) and stir in.

Put the cooked noodles in a large bowl. Add the chopped vegetables
Add dressing and mix thoroughly. Shake off and optionally garnish with fresh basil. Enjoy the the best pasta salad!