

# Shopping- and Preparationlists

Altogether three dishes are provided.

It's your choice to cook every recipe with us or to make a selection.

## 1st recipe:

### Warm Asparagus Salad with capers and pine nuts

600g asparagus (half and half, or only green)  
1 shallot  
4-5 tbsp olive oil  
150 ml vegetable- or chicken stock, more in reserve  
2 tbsp brined capers  
2 lemons  
50 g roasted pine nuts  
ground pepper, some basil leaves, some 50 g Parmesan shavings

**Prepare everything until this point if you want to cook together with us.**

#### **If you want to cook on your own do it like this:**

Peel bottom third of green asparagus, peel white asparagus, cut in three. Keep heads aside. Sauté shallot in olive oil in a large pan, then add asparagus w/out the heads, add stock and bring to boil. Lower temperature and simmer for 3 minutes. Add the heads and simmer for 2 minutes more. If not enough liquids, add stock or white wine.

Mix lemon juice from one lemon, capers with some brine, a drizzle of olive oil, salt and pepper. Add lemon juice to taste.

Spread asparagus on a serving plate, sprinkle with pine nuts, drizzle with sauce. Garnish with basil leaves and with parmesan shavings.

## 2nd recipe:

### Asparagus Salad with walnuts and vinaigrette

500g Asparagus, bottom third peeled, ends cut off  
50g walnuts, pan-roasted and coarsely chopped  
Lemon zest

Vinaigrette  
2-3 tbsp walnut oil  
2 tbsp Vinegar (white wine-, or similar)  
1 good tsp Dijon mustard, not a mild one  
½ tsp maple syrup  
Salt, pepper

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#### **If you want to cook on your own do it like this:**

Cut the asparagus in 3 or four, keep heads aside. In a pan or a pot fill 2cm of water, bring to boil. Put the asparagus w/out the heads in, simmer for about 10 minutes. Add the heads and simmer further for another 5 minutes. Check if soft.

In the meanwhile mix together all the ingredients for the vinaigrette, whisk until emulsified.

Drain soft asparagus, let it cool down, then drape on a serving plate. Just before serving - sprinkle with nuts and zest, then drizzle vinaigrette over the salad and garnish with mint or basil leaves.

### 3rd recipe (main dish):

#### **Kufta in Tahina sauce and salad**

1.

200g ground lamb + 200g ground veal (alternative: 400g ground beef)

1 finely chopped shallot

2 garlic cloves, finely chopped

4-5 tbsp of finely chopped parsley or cilantro, additional chopped parsley to garnish

½ small red chilli, seeds discarded, finely chopped

50g pine nuts, freshly roasted

Cinnamon, allspice, muscat, black pepper and salt (alternative – a similar Baharat mix)

Mix beef thoroughly with other ingredients, knead well for a stronger bind. Form the mixture into rolls, cover and refrigerate for 1 hour.

2.

#### **For the sauce:**

150 g Sesame paste

2 lemons

1 garlic clove, very finely minced, better still: grind it with salt

Neutral frying oil, such as Sunflower seeds

rd. 30 g butter

3.

#### **For the side dish salad**

1 can of chickpeas, washed and drained

1 cooked beet root, diced

1 grüne Paprikaschote, diced

(mix together with olive oil, lemon juice, salt, pepper and cumin to taste)

Cookware: 1 large saute pan (frying pan with lid), 1 small pan, a few large bowls

Oven, preheated to 220°C, deep baking form

#### **Prepare everything until this point if you want to cook together with us.**

#### **If you want to cook on your own do it like this:**

Mix Tahina with lemon juice and cold water, salt and pepper. Whisk and add water until you get a sauce, light in colour yet not thin. Add water spoon by spoon until desired texture appears.

Cut the rolls into pieces and form balls, about 3 balls per person. Fry in oil from all sides until brown, around 6 minutes. Then put them in a deep baking form and transfer to pre-heated oven for 2-3 minutes. Add Tahina sauce around the balls (if you like, also over the balls) and return for 1-2 minutes to the oven, to warm the sauce. Heat butter in a small pan or a pot until it gets colour, brush over balls.

Add parsley on top, sprinkle with pine nuts and some sweet paprika to garnish.