



Project: Food for thought - European chances and challenges

01-09-2017 – 31-08-2019



Gesamtschule Horst

Devensstr. 15
45899 Gelsenkirchen
Germany

www.geshorst.de



ZESPOL SZKOL

Gdanska 25
14-260 Lubawa
Poland

www.zs.lubawa.pl



**Stredni skola socialni
pece a sluzeb Zabreh**

nám. 8. května 2
789 01 Zabřeh
Czech Republic

www.ssspzabreh.cz



Languages:



Difficulty:



Healthy food:



Frühlingsmenü





Vegetarian.

Easter pastry

(ca. 20 pieces, for 10 persons)

Ingredients	Preparation
225 g frozen slices of puff pastry (squares)	Thaw the frozen puff pastry slices.
 <p><i>(source: photo Dr. August Oetker)</i></p>	Cut each square of puff pastry into four small squares. Cut a ½ cm wide edge from one corner to the opposite corner. You must not cut the edge of those two corners. Then fold over the edges against each other.
	Put the puff pasties onto a baking tray with baking paper and bake at 200°C for approx. 12 minutes.
	Let cool down.
6 radishes	Cut them into 40 fine slices; cut the rest into very fine sections.
100 g feta cheese	Stir with
125 g herbal crème fraîche	Add remaining pieces of radish.
	Crush the puff pastries in the middle and add the filling. Decorate each pastry with two fine slices of radish on top.



Vegetarian.

Vegetable stir-fry

(for 4 persons)

Ingredients	Preparation
50 g cashew nuts	Roast without fat in a pan until it is goldbrown and let cool down on a plate
100 g shallot	Cut into cubes
700 g yellow peppers	Clean them and cut into small stripes
500 g zucchini	Wash and cut into slices
500 g cherry tomatoes	Wash and und cut in half
approx. 4 tbs. oil	Heat in pan
Shalotts, peppers, zucchini	Stew in the hot oil für approx. 10 min.
Salt, pepper	Add to spice up vegetables
Cherry tomatoes	Add to pan and heat for 2 minutes
1 cup of crème fraîche	Add and fold in carefully
roasted cashew nuts	sprinkle

This vegetable stir-fry can be served with rice or baguette.



Vegetarian.

Strawberry-chocolate-curd

(for 4 persons)

Ingredients	Preparation
3 tbsp milk	Heat and use to melt
50 g white chocolate	chocolate carefully, then let
1 tbsp vanilla sugar	cool down
500 g low fat curd cheese	Stir until smooth and put melted chocolate underneath
200 ml whipped cream	Beat until stiff and gently fold in the cream
200 g strawberries	wash, clean and cut in half or divide in four according to size
	In Layers fill cream and strawberries into glasses, finish with cream.
	Enjoy!

Strawberry-Chocolate-Creme

Grade: 7 -10
level of difficulty: ★★☆☆☆ (medium)
time needed: ca. 25 minutes

✓ You need these tools:

<p>chopping board</p> 	<p>knife</p> 	<p>small bowl</p> 	<p>bowl for waste</p> 
<p>sieve</p> 	<p>mixing bowl</p> 	<p>whisk</p> 	<p>hand mixer</p> 
<p>mixing bowl (high)</p> 	<p>kitchen scales</p> 	<p>small pot</p> 	<p>grater</p> 
<p>tablespoon (tbs.)</p> 			

Vegetarian



✓ You need these groceries

3tbs. of milk



50g of chocolate
(white)



1 x vanilla sugar



500g of low-fat curd
cheese



200g of whipping
cream












200g of strawber-
ries



Strawberry-Chocolate-Creme

for 4 persons

Preparation:

<p>(1) Grate chocolate.</p> 	<p>(2) Put milk, grated chocolate and vanilla sugar in a pot.</p> 
<p>(3) Heat at the lowest temperature, until the chocolate and the vanilla sugar have melted. Let it cool afterwards!</p>	<p>(4) Stir the curd cheese in a mixing bowl until it is smooth.</p> 
<p>(5) Whip the cream with the hand mixer until it is stiff.</p> 	<p>(6) Wash the strawberries and cut them into small pieces.</p> 
<p>(7) Fold the cooled melted chocolate carefully in the curd cheese.</p>  	
<p>(8) Fold the whipped cream in mixture.</p> 	<p>(9) Fill alternating layers of the curd cheese/cream mixture and strawberries into glasses. The last layer is the curd cheese and cream! Place one strawberry on top.</p> 

Enjoy your meal!



Stir-fried radishes

Ingredients	Preparation
70 g English bacon	Stir-fry chopped bacon and put it aside to drain the fat on a paper towel.
Aproximately 13 radishes ½ teaspoon fresh rosemary 1 clove garlic Salt	Place radishes cut into the halves on a frying pan with remainig baked fat from bacon and stir-fry. When gold, add about half spoon of rosemary and 1 glove of garlic cut into slices.
	Stir-fry 1-2 minutes and add bacon and warm it for a while.

It is great with fresh bread.



Trout on sage with lentil salad

(for 4 persons)

Ingredients	Preparation
4 trouts 50 g flour 50 ml sunflower oil 20g butter 1 clove of garlic 1 sprig of sage 1 leak 1 full teaspoon salt	Wash the trouts thoroughly and dry them with a paper towel.
	Place inside the fish leaves of sage, butter nad crushed garlic.
	Cover the fish with the flour slightly and bake in the oven until gold about 20 min.
	Before finishing add chopped onion and leak.
Lentil salad	
200 g lentil	Boil the lentil al dente.
	Place the lentil into a bowl.
1 carrot 1 cellyery stick	Boil finely chopped carrot and celley stick in a lentil broth.
Salt, pepper lemon	Mix the lentil with the boiled vegetables and salt, pepper and lemon acccording to your taste.
	Serve it with the trout.



*Gluten free /
lactose free.*

Buckwheat pancakes

Ingredients	Preparation
100 g buckwheat flour 1 egg (not necessary) 300 ml water Pinch of salt oil	Mix all the ingredients into liquid dough and fry on a pancake pan until gold from both sides.
	Serve according to your taste with jam or maple sirup.
	Enjoy!

Sommermenü





Vegetarian.

Maize cream soup

(serves 4)

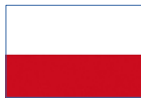
Ingredients	Preparation
1 shallot	Peel shallot and dice into small cubes.
1 potato	Peel and cut into pieces.
1 tbl of butter	Melt butter in a pot, sauté shallots until they are translucent. Add potatoes and sauté for 2–3 minutes.
600 ml of vegetable stock	Prepare vegetable stock in a measuring cup and add it into the pot.
1 large tin of maize	Drain maize in a sieve. Put 2–3 tbl of maize aside and put the rest into the pot. Cook for 10–12 minutes. Blend the soup and pass it through a fine mesh sieve.
100 ml of cream	Add cream and reheat the soup.
½ tsp curry powder, salt pepper	Season the soup.



Chicken with oven baked vegetables

(serves 4)

Ingredients	Preparation
1 yellow bell pepper 1 red bell pepper	Wash, cut in halves and remove seeds of the bell peppers. Then cut in quarters (lengthwise) and eighths.
1 zucchini	Wash zucchini and cut it into slices of ca. 1 cm.
300 g potatoes	Peel potatoes and slice thinly.
	Put the belly pepper, the zucchini and the potatoes in a bowl.
4–5 tbl of olive oil 1 tsp of salt rosemary	Add oil and salt to a small bowl and mix. Pour over the vegetables and mix. Put baking paper on a baking tray and spread vegetables on it. Add rosemary and bake in the oven on the second lowest shelf at 200°C for 20 minutes.
2 chicken breasts salt, pepper, curry powder	Wash chicken breasts, dab to dry and cut in halves. Season with salt, pepper and curry powder.
1–2 tbl of oil	Heat oil in a pan and fry the chicken breasts from both sides at medium heat.
	Take the vegetables out of the oven. Arrange vegetables and chicken breasts on a plate.



Vegetarian.

Semolina pudding with vanilla sauce

(serves 4)

Ingredients	Preparation
1 vanilla bean	Slice the side of vanilla bean and scrape seeds.
300 ml milk 200 ml cream 80 g brown sugar 1 pinch of salt	Put milk, cream, vanilla seeds, sugar and a pinch of salt in a pot and heat to boil.
60 g semolina	Remove the pot from the stove and stir in 60g of semolina. Put it back on the stove and stir until creamy. Leave aside to cool.
1 egg	Separate the egg. Whisk the yoke with 2 tbl. of milk and stir carefully into the slightly cooled down pudding. Beat the egg white until it is stiff and fold into the pudding.
	Fill small bowls with the semolina pudding and put them into the fridge.
1 package of custard	Prepare the custard following the description.
4 strawberries	Wash strawberries.
	Turn out the pudding from the bowl onto a plate and pour with warm custard. Decorate with strawberries and serve immediately.

Herbstmenü





Vegetarian.

Pumpkin Soup

(6 servings)

ingredients	preparation
2 onions 4 potatoes 2 carrots	Peel and cut into cubes.
1 kg pumpkin pulp	Cut into evenly pieces.
3 tbsp butter	Melt butter and slightly fry onions, potatoes and carrots. Add pumpkin pieces.
1250 ml water	Add water and let everything simmer for 20 minutes. Blend the vegetables with a hand blender and if needed
Vegetable bouillon, salt, pepper, sugar, nutmeg	season
100 ml cream	stir in
2 tbsp chopped parsley	Add on top.



Vegetarian.

Mixed salad with sesame potatoes and dip (6 servings)

Ingredients	Preparation salad
1 iceberg lettuce	Wash and cut into bite-sized pieces.
3 tomatoes	Wash, cut in half and cut into pieces.
1 cucumber	Peel, cut into cubes.
1 can of corn	Let drip of.
1 pepper	Wash, cut into cubes.
3 tbsp oil 400 g sliced chicken	Sear, let cool down.

Ingredients	Preparation salad dressing
5 tbsp white wine vinegar 2 tsp mustard 3 tbsp liquid honey 7 tbsp rape oil salt, pepper	Mix everything.
	Add the dressing to salad and let go for 20 minutes.
	Add the chicken strips and serve with sesame potatoes.

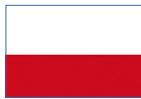


Vegetarian.

Mixed salad with sesame potatoes and dip (6 servings)

Ingredients	Preparation sesame potatoes
1200 g potatoes	Wash and brush thoroughly, cut in half lengthwise and
2 tsp oil	Grease a baking tray.
herbal salt, sesame	Put on a plate.
	Push the potatoe halves with cut surface into the sesame mix and place them with the cut surface facing down onto the baking tray. Slightly coat the potatoes with oil.

Ingredients	Preparation dip
500 g low-fat curd 200 g yoghurt 100 g sour cream	Mix everything.
1 lemon	Squeeze and add.
1 piece of garlic	Peel and chop.
1 small onion	Peel and cut into small cubes.
Approx. 5 tbsp frozen herbs, salt, pepper	Add and mix everything carefully.



Vegetarian.

Black Forest cherry junket

(6 servings)

ingredients	preparation
350 g cherries (glas)	Let drip of.
500 g low-fat curd Freshly pressed lemon juice 3 tbsp sugar	Mix everything.
250 g whipped cream 1 package of vanilla sugar	Whip until stiff.
	Carefully fold in the whipped cream.
1 package chocolate sprinkles	Layer the cherries and the curd mix in a glass- the final layer should be curd. Decorate with a cherry and chocolate sprinkles.
	Enjoy your meal!



Garlic Soup


(4 portions)

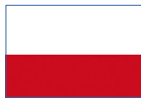
Zutaten	Preparation
1 small onion 6-8 cloves of garlic	Chop the onion and mince 6 cloves of garlic.
2 tablespoons of butter or fat	In a saucepan, melt fat or butter. Add onions and garlic and stir-fry until golden brown.
6 cups of chicken or beef stock	Add hot stock and bring to boil.
2 large potatoes	Add chopped potatoes, reduce the heat and simmer until the potatoes are tender.
salt and black pepper to taste	Add seasoning and for a stronger garlic taste, add 2 more cloves of crushed garlic (not minced).
Garnish: croutons and grated cheese	Serve immediately with croutons and grated cheese.



Potato Pancakes


(4 portions)

Ingredients	Preparation
8 medium potatoes	Finely grate potatoes and leave to stand.
4 cloves of garlic 1 big onion	Mince the garlic and chop the onion.
4 eggs 4 spoons of flour salt and black pepper	Drain any liquid from the potatoes and put them in a large bowl. Add the eggs, onion, flour, salt, pepper and garlic and mix everything well.
oil	In a large skillet, heat the oil.
	Drop batter and press lightly to flatten. Fry until golden brown on both sides. Serve immediately.



Apple Strudel

(4 portions)

Ingredients	Preparation
3 cups of all-purpose flour 250 grams of butter	Place flour in a mixer bowl and mix with melted butter.
1 cup of warm water 1 large egg, lightly beaten	In a small bowl, slowly whisk warm water into beaten egg; add to flour mixture and mix well. With hands, knead the dough.
6 cups of grated peeled apples 1 cup of sugar 1 teaspoon of ground cinnamon 1/2 cup of minced walnuts 1/2 cup of raisins	Mix the grated apples with sugar and cinnamon, nuts and raisins. 
1/2 cup of breadcrumbs 2 spoons of vanilla custard powder	Preheat oven to 200°. Divide dough in half. Roll one half to a thin rectangle. Spread bread crumbs onto the sheet. Put half of the apple mixture and spread it in the middle of the sheet. Dust lightly with vanilla custard.
	Roll up the sheet of dough and fold in the sides. Transfer the strudel to a baking pan and repeat the process with the second half of dough.
1/3 cup of melted butter	Bake on the lowest oven rack for 40 - 45 minutes or until golden brown, brushing top with melted butter while baking. Serve warm or at room temperature.

Wintermenü





Vegetarian.

Mixed Vegetable Soup with Spelt Bread

(serves 4)

Ingredients	Preparation
3 <i>Bamberger Hörnchen</i> (waxy kind of potato from Franconia)	Wash, peel and cut potatoes into dice.
1 leek	Divide leek in half, wash and cut into half-rings.
3 differently coloured carrots Vegetable stock	Wash, peel and cut carrots into slices. Cook in vegetable stock for 5-7 minutes. After cooking pour off into a sieve and put aside.
½ broccoli	Clean broccoli and divide into florets. Cook for ca. 5 minutes, then pour off into a sieve and put aside.
200 g garden beans	Clean bean and cut into smaller pieces if necessary.
1 tb oil	Heat oil in a pot. Braise leek and potatoes slightly.
1 l vegetable stock	Prepare stock in a measuring cup and pour on the vegetable. Now add the beans. Cook soup slightly for 15 minutes. Add carrots and broccoli and cook for 1-2 more minutes. Season and serve.



Emmer and Spelt Bread with Sunflower Seeds

(serves 8-10)

Ingredients	Preparation
½ cube of yeast 150 ml lukewarm water	Dissolve yeast in water.
250 g emmer flour 250 g spelt flour 300 ml semi-skimmed milk 1,5 tsp salt	Knead all ingredients to dough. It will be easier if you use a food processor.
5 tb sunflower seeds	Knead into the dough quickly.
<u>Tip:</u> You can use any other seed as well.	
	Leave the dough for 60 minutes in a warm place covered with a tea towel.
	Fill the dough into baking tin and leave it for another 10 minutes. Preheat the oven to 220°C (heating from above and below) or 200°C (circulating air). Optional: sprinkle some flour over the bread. Bake in the oven for 50-60 minutes.



Bell Peppers filled with Quinoa and Minced Meat

(serves 4)

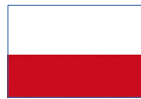
Ingredients	Preparation
200 g quinoa	Put quinoa into a sieve and rinse with cold water until the water is clear.
400 ml vegetable stock	Prepare vegetable stock in a measuring cup and bring to boil in a pot. Add quinoa and let it simmer at low heat for about 15 minutes. Take pot away from stove and soak it for 10 more minutes. If necessary pour off the rest of the water.
150 g feta cheese	Cut into small dice.
4 red bell pepper	Wash bell pepper, cut the top and remove the seeds.
1 small zucchini	Wash and dice zucchini.
½ leek	Wash and cut into fine rings.
2 tomatoes	Wash, cut in halves, hull, remove seeds and cut the flesh into dice.
1 tb oil	Heat oil in a saucepan. First, braise the leek slightly.

→ *Please turn.* 😊



Ingredients	Preparation
250 g minced beef	Add minced meat and fry. Add zucchini and tomatoes and fry shortly.
200 ml vegetable stock Salt/ paprika powder	Prepare vegetable stock. Pour 50ml of stock in the saucepan. Keep the rest for later. Simmer for 2-3 minutes. Season with salt and paprika powder.
	Mix quinoa, minced beef, vegetables and feta cheese. Fill the bell peppers. Put on the top and put in an ovenproof dish. Cook in the preheated oven at 180°C (heat from above and below) or 160°C (circulating air). Take out of the oven and arrange on a plate with a sauce of your choice.

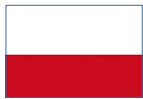
Tip:
The vegetarian version without minced meat is very yummy, too!



Apple Banana Chocolate Strudel

(serves 4-6)

Ingredients	Preparation
1 apple lemon juice	Wash, peel and dice apple. Add a few drops of lemon juice.
1 banana lemon juice	Cut banana into halves and cut further. Add a few drops of lemon juice.
75 g whole milk chocolate coating 75 g white chocolate coating	Chop chocolate coating and mix it.
2 tb suger a pince of cinnamon	Mix sugar and cinnamon.
5 tb ground almonds	Have almonds at hand.
1 egg 1 tb milk	Whisk egg and milk in a cup.
1 package of puff pastry ½ package of sour cream (schmand)	Place puff pastry on a clean surface and smear with cream leaving a margin of 2 cm at the bottom of the puff pastry.



Apple Banana Chocolate Strudel

(serves 4-6)

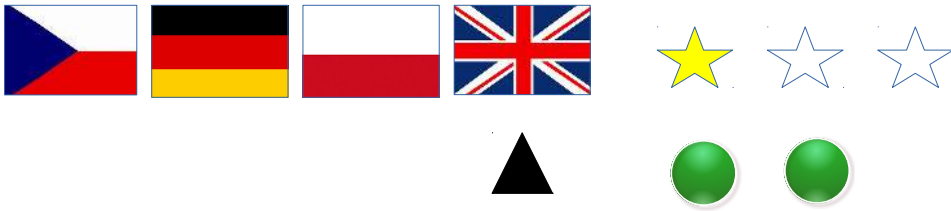
Ingredients	Preparation
icing sugar	<p>Sprinkle sugar and cinnamon over the cream.</p> <p>Spread out fruit and chocolate evenly.</p> <p>Finally, add ground almonds.</p> <p>Brush the margin of the puff pastry with egg and milk. Roll the strudel tightly.</p> <p>Brush egg and milk on the rolled up strudel as well.</p> <p>Bake at 180°C (heat from above and below) or 160°C (circulating air) for ca. 30 minutes.</p> <p>Take Strudel out of the oven and dust with icing sugar.</p>

Tip:

You can use a baking tin to stop the strudel from spreading. You might want to add 5-10 minutes to the baking time, though.

Weitere Rezepte





Cheese sticks – mini skewers with grapes

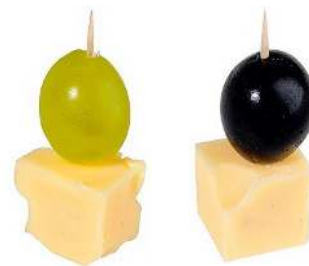
(6 servings)

Ingredients:

- 300g Gouda cheese (a slice)
- some grapes

Preparation:

- Cut the cheese into pieces.
- Wash and dry the grapes.
- Put one grape on each piece of cheese.



Chicken salad with garlic bread

Grade: 7-10
Level of difficulty: ★★☆☆☆ (medium)
Time needed: ca. 40 minutes

✓ You need these tools:

chopping board



knife



small bowl



bowl for waste



sieve



plate for storage



egg whip



bread knife



bowl



butter knife



pan



spatula



baking tray



baking paper



plate



garlic press





✓ You need these groceries

1 chicken breast



salt/pepper



1-2 tbs. sunflower oil



2 tomatoes



1 bell pepper



black olives



1 packet of feta cheese



½ packet of butter



2 garlic cloves



1 bunch of parsley



½ lemon



1 baguette



1 lettuce






Chicken salad with garlic bread








3-4 persons

Preparation:

One day before:

<p>(1) Cut the chicken breast into stripes</p> 	<p>(2) and marinate with oil, salt and pepper.</p> 
<p>(3) Leave it in there frigerator for one night.</p> 	

Day of preparation:

<p>(1) Press 2 garlic cloves.</p> 	<p>(2) Mince 1 bunch of parsley.</p> 	
<p>(3) Blend the garlic with the butter.</p> 	<p>(4) Cut ½ baguette into slices.</p> 	<p>baguette slices</p> 
<p>(5) Put garlic butter on the slices.</p> 	<p>(6) Put the slices on a baking tray and toast them at 200°C top and bottom heat until they are golden.</p> 	

(7) Wash the lettuce and tear it into pieces.



(8) Wash 2 tomatoes and slice them.



(9) Wash 1 bell pepper and slice it.



(10) Dice the feta cheese.



(11) Arrange the vegetables on a plate:
lettuce → tomato slices → bell pepper slices → feta cheese



(12) Heat 1-2 tbs. of oil in a pan and fry the marinated chicken stripes.



(13) Put the chicken strips on the salad.



(14) Place 3 olives on top.



(15) Cut ½ lemon into slices and put the slices on the rim of the plate.



(16) Serve the salad with 1-2 slices of garlic bread on an extra plate.



Enjoy your meal!



Herb dip for vegetable sticks

(8 servings)

Ingredients	Preparation
1 packet of cream cheese 1 carton of sour cream (Schmand) ½ carton Crème Fraîche 3 table spoons sour cream (Saure Sahne)	Mix and stir all ingredients properly.
herbs salt and pepper	Add herbs and spices according to taste.

**Serve with vegetable sticks:
pepper, carrot, cucumber.**



Mixed salad with chicken breast

(4 servings)

1. chicken breast

Ingredients	Preparation
2 tablespoons oil (15 g)	Heat.
300 g chicken breast filet salt, pepper	Cut into slices and fry in a pan. Season, take out of the pan and cool down.
½ head iceberg lettuce (220 g)	Cut into bite-sized pieces.
2 spring onions (30 g)	Clean, cut into little pieces.
½ cucumber (160 g)	Peel and cut into very fine slices.
8 mini tomatoes (80 g)	Wash and cut in halves.
½ pepper (100 g)	Cut into cubes.



Sauce on next page.





Mixed salad with chicken breast (4 servings)

2. salad sauce

Ingredients	Preparation
100g curd cheese + 150g low-fat yoghurt	Mix.
pepper salt sweet pepper	Season.



Enjoy your healthy meal!



Mozzarella - Tomato Snack

(6 servings)

You need :

32 Cherry Tomatoes



16 Mozzarella balls



32 Basil leaves



Round about 2 tablespoons pesto alla Genovese



How :

- Wash the tomatoes.
- Drain the mozzarella.
- Pick the basil leaves.
- Take a skewer.
- Take the ingredients.
- Put the tomatoes first.
- Then the basil leaves .
- Then the mozzarella balls.
- Then again the basil leave.
- Then again a tomato ...
- Then add a little pesto to each mozzarella ball.



If the person is vegan or allergic to lactose, you can replace mozzarella with soy tofu cheese.





Vegetarian.

Pasta with mushroom-cream sauce

(4 servings)

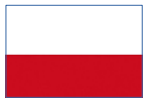
Ingredients	Preparation
4 tablespoons oil	Heat.
2 onions	Peel and stew until glassy.
1 clove of garlic	Peel, mash and add to the onions.
500 g mushrooms	Clean und slice and add to the onions and the garlic and stir-fry ca. 10 minutes.
ca. 1 tablespoon flour	Sprinkle on onions, garlic etc.
500 ml cream	Add and bring to the boil briefly.



Cook the pasta according to the instructions on the package.



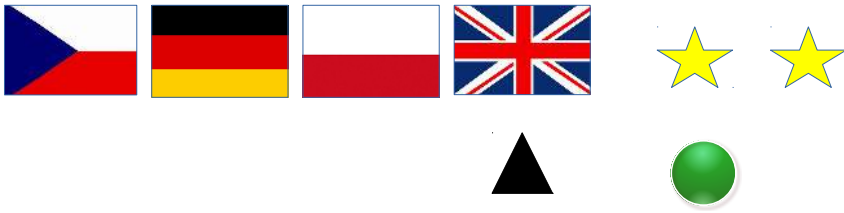
According to taste: season with vegetable stock (powder), salt, pepper, and sweet pepper.



Potato soup

(4 servings)

Ingredients	Preparation
100 g onions	Peel, cut into tiny cubes.
500 g potatoes	Peel and cut into halves or quarters and...
3 tablespoons oil	Fry lightly.
ca. 750 ml water with vegetable stock	Add and boil gently 15 – 20 min.
salt, pepper, majoram	Season.
	Then mash everything with a blender.
100 g cream	Add and taste.



Pumpernickel Snacks

(ca. 6 items)

Ingredients	Preparation
½ bunch of chives	Wash, dry, cut into tiny rolls.
175 g cream cheese salt, pepper	Mix and stir with salt and pepper. Make two portions.
	Stir the chives into one portion of cream cheese.
1 teaspoon paprika	Stir into the other portion of cream cheese.
2 slices pumpernickel	Spread generously both portions of cream cheese on the slices of pumpernickel.

Put one slice of pumpernickel with chives on one slice of pumpernickel with paprika.
Put the remaining slice of pumpernickel on the top, pressing it gently.
Cut carefully into ca. 6 slices and carefully stick one mini skewer into each one.



Sweet curd cheese

(4 servings)

Ingredients	Preparation
500 g low-fat curd cheese 100 ml whole milk 100 ml cream	Stir properly.
1 small package vanilla powder 1 tablespoon sugar	Add to curd cheese, stir properly.
1 banana	Cut into slices.
some grapes	Clean, halve, remove seeds, add banana slices to curd cheese and stir gently.
1/2 piece (25g) cooking chocolate	Grate and sprinke on curd cheese.



Pork, cabbage and dumplings - Traditional Czech meal that is easy enough for everyone! (6 servings)



You need:

1.5 kilo pork meat (either pork shoulder or pork neck), salt, 1 onion, caraway seeds

For dumplings:

2 pieces of yesterday roll or bun, 0.5 kilo flour (coarse if possible), pinch of salt, 250 ml of milk, 21 g of yeast (half of cube sold in Czech Republic, not sure about Germany), half tbsp of sugar, 1 egg

For cabbage:

500 g of sterilized cabbage, 1 big onion, 150g of bacon/not sliced/, 1 tsp of salt, 1 tsp of sugar, pinch of caraway seeds, 1 raw potato

All you will need! Now you can start with the meat preparation!



Cut the meat into bigger pieces (it depends on amount and type of meat), clean it and wash it. Into the baking dish, in which you will prepare the meat, place coarsely chopped onion. Salt the meat properly straight above the baking dish and sprinkle with caraway seeds. Now you can place the meat into the baking dish and add 1 glass of water. Be patient during the meat baking, because it will take during the temperature 190 °C almost 2 hours.

If you don't mind garlic, you can also add some.



And now hurry up into the oven!

Let's go on, because now you have got plenty of time for making dumplings and cabbage.

Dumplings:

Pour a little of lukewarm milk into the small bowl, stir with sugar and add crumbled yeast. Leave it to let it rise, approximately for 15 minutes. Then add the leaven into the bowl where is already flour mixed with cubes of rolls and salt.

Stir all the ingredients together to make smooth dough. Add milk if needed.

It isn't too difficult to make Czech dumplings...



When the dough is ready, let it rise approximately for half an hour on warm place, covered with a teatowel. Then roll two or more rolls (it depends on the size of your pot, in which you will boil it). Place them into the pot with slightly salty boiling water.

After 10 minutes it is necessary to turn the dumplings over. Boil then another 8-10 minutes. Finally, take them out and pierce with the fork to let the warm steam escape.



Dumpling rises during the boiling!



And now only cabbage:

Chop the onion and fry it on oil. Add the cubes of bacon and fry it properly. When you feel the smell of fried bacon with onion, add dripped cabbage. After 10 minutes add sugar, salt and caraway seeds and thicken with grated raw potato. Boil it for a while and it is ready to serve!

Thickening trick with the grated potato...



Slice the dumplings with the thread / cotton or knife, add the slice of meat and cabbage. Pour over the meal with the sauce from the meat. It goes with the glass of Czech beer very well.



If some of your students don't eat pork, you can use turkey, duck or goose. It is also delicious.



Enjoy your meal!!!