

Recipes

The quantities in the recipes are per person for GuSp.
For CaEx the quantities increase by 15%, for RaRo by 30%.

Chickpea and bean salad

100 gr	Kircher peas cooked
100 gr	Red beans
1 Pc	Tomatoes
0,02 Pc	Iceberg lettuce
20 gr	Onion
0,25 Toe	Garlic
5 ml	Cooking oil
10 ml	Balsamic vinegar
1 Pc	Semmel

Rinse the chickpeas and Indian beans and mix them in a bowl.
Cut the tomatoes into small pieces, finely chop the onion and garlic, tear the lettuce into small pieces and add everything to the beans/chickpeas.
Season with oil, vinegar and spices (salt, pepper, possibly curry).

Vinegar sausage

1 Pc	Cracker
40 gr	Onion
5 ml	Cooking oil
10 ml	Apple cider vinegar
1 Pc	Semmel

Peel crackers and cut into fine slices. Cut the onion into fine rings.
Pour marinade of oil, vinegar, salt and pepper.

Couscous salad (tabulé)

50 gr	Couscous
100 ml	Water
1 Pc	Tomato
25 gr	Spring onion
80 gr	Cucumber
10 gr	Parsley
100 gr	House bread whole
15 ml	Apple cider vinegar
15 ml	Cooking oil

Add the couscous to the water and allow to swell. With hot water, the grain is cooked in about 10 minutes, with cold water it takes a good twice as long.
Wash, stem and dice the tomatoes.
Wash the spring onions and cut into rings.
Wash and dice the cucumber.
Wash the parsley, pluck the leaves from the stems and chop finely.

Light summer sausage salad

120 gr	Extra sausage
30 gr	Pickled gherkin
25 gr	Onion
30 gr	Cheese cut lactose free
10 gr	Parsley
0,2 Confederation	Radish
15 ml	Apple cider vinegar
15 ml	Cooking oil
0,4 Pc	Tomato
40 gr	Cucumber
100 gr	House bread whole

Cut sausage into thin slices, place in a large bowl.
Thinly slice pickles, cucumbers, radishes and tomatoes. Peel onion, quarter, cut crosswise into strips as thin as possible. Halve cheese, cut into thin strips. Finely chop washed parsley.
Mix all ingredients, season with salt and pepper, add vinegar and oil. Add a few tablespoons of water if necessary. Let stand briefly, season again if necessary.

Potato pancakes with herb sauce and leaf salad

250 gr	Potato
20 gr	Wheat flour smooth
20 ml	Cooking oil
0,5 Pc	Egg
50 gr	Sour cream lactose free
5 gr	Chives
5 gr	Parsley
0,12 Pc	Iceberg lettuce
10 ml	Apple cider vinegar
15 ml	Cooking oil

Peel potato, grate coarsely, mix with flour and egg, season with salt and pepper.
Heat oil in a pan. Fry potato mixture in bottle slices (about 10 cm) until golden brown on both sides.
For the herb sauce, mix sour cream with chopped chives and parsley, season with salt and pepper.
Wash lettuce, tear into

Bosna and salad

1 Pair	Bosna fried sausages
1 Pc	Bosnaweckerl
15 gr	Onion
	Mustard
5 gr	Parsley
20 ml	Cooking oil
0,01 Pc	Curry Powder
0,12 Pc	Iceberg lettuce
10 ml	Apple cider vinegar
15 ml	Cooking oil

Chop the onion, finely chop the parsley.
Mix onion and parsley and season with salt.
Fry bosna sausage in a pan with oil.
Cut bosna wafers, spread with mustard, put some onion mixture on it, put 1 pair of bosna sausages on it and sprinkle with curry.
Wash lettuce, tear into pieces and mix with vinegar, oil, salt and pepper.

Baguette sandwich with cheese

0,33 Pc	Baguette
0,01 Pc	Iceberg lettuce
0,4 Pc	Tomato
	Semi hard cheese lactose free
60 gr	free
5 gr	Mayonnaise
40 gr	Cucumber

Wash lettuce and tomatoes, peel cucumbers. Cut tomatoes and cucumbers into slices.
Slice the baguette and spread with mayonnaise, top with lettuce leaves, tomato slices and cheese.

Baguette sandwich with ham

0,33	Pc	Baguette
0,01	Pc	Iceberg lettuce
0,4	Pc	Tomato
60	gr	Ham sliced
5	gr	Mayonnaise
40	gr	Cucumber

Wash lettuce and tomatoes, peel cucumbers. Cut tomatoes and cucumbers into slices.

Slice the baguette and spread with mayonnaise, top with lettuce leaves, tomato slices and ham.

Camembert baked with potato salad

150	gr	Camembert
10	gr	Flour
25	gr	Breadcrumbs
0,5	Pc	Egg
75	ml	Cooking oil
25	ml	Vinegar
200	gr	Potatoes
50	gr	Onions
0,1	Pc	Soup cubes
5	gr	Mustard

Boil the potatoes in salted water for 20 min. Then peel and cut into slices. Finely dice the onion, bring to the boil with the stock cube and 50 ml of water, pour hot over the potatoes. Mix mustard, salt, sugar, vinegar, beat in one third of the oil with a fork. Pour the sauce over the potatoes, cover and let stand.

Put the camembert on the first plate with the flour, and sprinkle it on both sides with the flour. Next comes the second plate with the beaten eggs. Again, pass the cheese through the mixture on both sides and then onto the third plate (with the breadcrumbs). Spread them over the cheese and press them down a bit. Pull through the eggs and breadcrumbs a second time so that the cheese does not run out during baking.

Heat two thirds of the cooking oil in a frying pan and fry the cheese until golden brown.

Schnitzel breaded with potato salad

1	Pc	Pork cutlet
10	gr	Wheat flour smooth
25	gr	Breadcrumbs
0,5	Pc	Egg
75	ml	Cooking oil
15	ml	Apple cider vinegar
200	gr	Potatoes
50	gr	Onions
0,1	Pc	Soup cubes
5	gr	Mustard

Boil the potatoes in salted water for 20 min. Then peel and cut into slices. Finely dice the onion, bring to the boil with the bouillon cube and 50 ml of water, pour hot over the potatoes. Mix mustard, salt, sugar, vinegar, beat in one third of the oil with a fork. Pour the sauce over the potatoes, cover and let stand.

Sprinkle a little salt and pepper on both sides of the cutlets, put the seasoned cutlets on the first plate with the flour, and sprinkle it with the flour on both sides. Next comes the second plate with the beaten eggs. Again, pass the cutlet through the mixture on both sides and then transfer it to the third plate (with the breadcrumbs). Spread them on the cutlet and press them down a bit.

Heat two thirds of the cooking oil in a frying pan and fry the escalopes until golden brown.

Summer salad with cottage cheese

0,1	Pc	Iceberg lettuce
0,8	Pc	Tomatoes
40	gr	Cucumbers
		Country cream cheese
100	gr	lactose
10	ml	Balsamic vinegar
10	ml	Olive oil
2	gr	Mustard
1	Pc	Semmel

Wash lettuce and tear into pieces. Wash and slice the tomatoes and cucumbers.

For the dressing, mix balsamic vinegar, olive oil, mustard, salt and pepper. Mix

Summer salad with ham

0,1	Pc	Iceberg lettuce
0,8	Pc	Tomatoes
40	gr	Cucumbers
50	gr	Ham sliced
10	ml	Balsamic vinegar
10	ml	Olive oil
2	gr	Mustard
1	Pc	Semmel

Wash lettuce and tear into pieces. Wash and slice tomatoes and cucumbers. Cut ham into strips.

For the dressing, mix balsamic vinegar, olive oil, mustard, salt and pepper.

Mix lettuce, tomatoes and cucumbers with the dressing, spread ham on the salad.

Spaghetti with garlic, oil and tomatoes, salad

100	gr	Spaghetti
1	Pc	Tomatoes
30	ml	Olive oil
1	Toe	Garlic
0,1	Pc	Iceberg lettuce
10	ml	Apple cider vinegar
10	ml	Cooking oil

Cut tomatoes into pieces. Finely chop the garlic. Put the olive oil in a pan not too hot, simmer the tomatoes in it, so that they still have a little consistency. Add the garlic. From the pasta cooking water add a spoonful of sauce, season with salt, pepper and sugar(wg. the acid in the tomatoes).

Meanwhile, cook spaghetti al dente. Drain the pasta, immediately add to the sauce and toss.

Wash the lettuce and tear into pieces, season with vinegar, oil, salt and pepper.

Spaghetti Bolognese, salad

100	gr	Spaghetti
60	gr	Minced meat mixed
10	ml	Cooking oil
15	gr	Parmesan
40	gr	Onion
40	gr	Carrot
100	ml	Tomatoes strained 500 ml
0,25	Toe	Garlic
0,5	gr	Oregano
0,1	Pc	Iceberg lettuce
10	ml	Apple cider vinegar
10	ml	Cooking oil

First clean the carrots and grate them or cut them into fine strips. Peel the garlic and onion and cut both into very fine cubes.

Heat some oil in a pot. Add the onions together with the carrots and sauté everything for 2-3 minutes at not too high heat. Then add the garlic and immediately the minced meat. Now fry the meat, stirring vigorously, until it is browned all over.

Add the strained tomatoes, season with salt and pepper and let it simmer for

about 15 minutes, covered and not too hot. If the sauce becomes too dry, add a little more water.

Meanwhile, in a larger pot, bring plenty of salted water to a boil and cook

the spaghetti al dente

according to package directions (usually 8-12 minutes). Stir the oregano into the sugo, season again, and pour the fully cooked spaghetti into a colander. Shake the strainer a few times to allow the spaghetti to drain well and arrange in a soup plate. Top each with a ladleful of sugo and sprinkle grated cheese on top.

Wash the lettuce and tear into pieces, season with vinegar, oil, salt and pepper.

Greek farmer salad

0,8	Pc	Tomatoes
40	gr	Cucumbers
110	gr	Bell pepper mix
15	gr	Onion
0,05	Pc	Iceberg lettuce
20	gr	Olives 200 gr
60	gr	Sheep cheese (feta) 200 gr
20	ml	Olive oil
15	ml	Apple cider vinegar
5	gr	Mustard
0,5	gr	Oregano dried
1	Pc	Kornspitz

Wash all vegetables well, halve peppers, cut away core, halve cucumbers lengthwise, scrape out seeds with spoon, peel onion.

Cut tomatoes into wedges, cucumbers and peppers into approx. 1cm cubes, quarter peeled onion and cut crosswise into strips as thin as possible, cut feta cheese into cubes.

In a large bowl put lettuce and vegetables, feta cheese and olives.

Vinegar, a little water, salt, mustard and oregano mix well, pour over the salad, mix gently, oil mix in last.

Ham roll on salad

100 gr	Ham
50 gr	Carrots
50 gr	Zucchini
100 gr	Cream cheese
0,5 TL	Mustard
0,1 Confederation	Chives
60 gr	Sheep cheese (feta)
0,1 Pc	Iceberg lettuce
20 ml	Olive oil
15 ml	Apple cider vinegar
1 Pc	Kornspitz

For the filling, clean and peel carrots. Coarsely grate zucchini and carrots. Mix cream cheese with mustard, vegetables and chives, season with salt and pepper. Spread each 2 slices of ham with filling and roll up.

Clean, wash and drain lettuce. Mix vinegar with a little water, salt and pepper, stir in oil. Marinate the lettuce. Cut ham rolls into wide pieces, serve with salad.

Baked potato with herb cream and leaf salad

	Baked potato (approx. 300 gr)
1 Pc	Aluminum foil
30 cm	Sour cream lactose free
100 gr	Garlic
1 Toe	Chives
0,1 Confederation	Iceberg lettuce
0,1 Pc	Apple cider vinegar
10 ml	Cooking oil
25 ml	

Lightly grease aluminum foil and wrap potatoes individually. Depending on size, place in the embers for approx. 30 - 45 minutes.

Finely chop garlic, cut chives into fine rolls. Mix with sour cream and season with salt and pepper.

Wash lettuce, tear into pieces, season with vinegar, oil, salt and pepper.

Remove baked potato from foil, cut lengthwise, fill the herb cream in the middle. Serve baked potato with salad.

Baked potato with bacon, herb cream and leaf salad

	Baked potato (approx. 300 gr)
1 Pc	Aluminum foil
30 cm	Bacon
80 gr	Sour cream lactose free
100 gr	Garlic
1 Toe	Chives
0,1 Confederation	Iceberg lettuce
0,1 Pc	Apple cider vinegar
10 ml	Cooking oil
25 ml	

Lightly grease aluminum foil and wrap potatoes individually. Depending on size, place in the embers for approx. 30 - 45 minutes.

Finely chop garlic, cut chives into fine rolls. Mix with sour cream and season with salt and pepper.

Fry the bacon in a pan.

Wash lettuce, tear into pieces, season with vinegar, oil, salt and pepper.

Remove baked potato from foil, cut lengthwise, fill the herb cream in the middle, sprinkle the bacon on top. Serve baked potato with salad.

Iceberg lettuce with mozzarella, tomatoes and hummus

125 gr	Mozzarella
1 Pc	Tomatoes
60 gr	Hummus
0,2 Pc	Iceberg lettuce
0,5 Pc	Egg
10 ml	Apple cider vinegar
10 ml	Cooking oil

Drain mozzarella well and cut into 1-2 cm cubes. Cut tomatoes into pieces. Pick lettuce, wash and drain well.

Form small balls from the hummus spread.

Mix yolks with salt, pepper, crushed garlic, vinegar and basil. Slowly add oil while stirring.

Pour marinade over mozzarella, tomatoes, hummus balls and lettuce, mix gently and serve. Serve with baguette.



		Basil rubbed
0,25	Pc	Baguette
Kebab kebab		
120	gr	Turkey breast cutlet
2	Pc	Pita bread
70	gr	Yogurt natural lactose free
40	gr	Cucumber
40	gr	Tomato
0,02	Pc	Iceberg lettuce
0,25	Toe	Garlic
		Spices (paprika, oregano, turmeric)
25	ml	Cooking oil

Rub the meat with the spices (paprika, oregano, turmeric), add some of the oil and let stand briefly. In the meantime, clean, wash and slice the tomatoes. Peel the cucumber, cut into thin slices. Wash the lettuce and pluck into smaller pieces. Mix the yogurt with finely chopped garlic, salt and pepper, spread it in the sliced pita bread. Heat the remaining oil in a non-stick frying pan and fry the meat in it for a few minutes, turning until crispy brown, season with salt and pepper. Cover the bread with a few slices of tomato, fill in the meat, then cucumber slices and lettuce on top and press together.

Pasta salad with cheese and vegetables

50	gr	Farfalle
20	gr	Young onion
40	gr	Carrots
0,1	Confederation	Radish
40	gr	Cucumber
40	gr	Tomato
30	gr	Gouda
10	gr	Sour cream
20	gr	Yogurt
10	ml	Apple cider vinegar
1	Pc	Semmel

Clean onions and radishes, peel carrots and cucumber. Cut onions into rings, radishes, carrots, cucumber, tomatoes, Gouda and ham into pieces. Cook pasta in salted water until al dente, strain, rinse and cool. Mix sour cream, yogurt and vinegar, mix with pasta. Mix the vegetables and cheese into the salad, season with salt.

Pasta salad with ham, cheese and vegetables

50	gr	Farfalle
20	gr	Young onion
40	gr	Carrots
0,1	Confederation	Radish
40	gr	Cucumber
40	gr	Tomato
15	gr	Ham
30	gr	Gouda
10	gr	Sour cream
20	gr	Yogurt
10	ml	Apple cider vinegar
1	Pc	Semmel

Clean onions and radishes, peel carrots and cucumber. Cut onions into rings, radishes, carrots, cucumber, tomatoes, Gouda and ham into pieces. Cook pasta in salted water until al dente, strain, rinse and cool. Mix sour cream, yogurt and vinegar, mix with pasta. Mix the vegetables and cheese into the salad, season with salt.

Chili sin carne with bread and cucumber salad

80	gr	Potato
80	gr	red beans
30	gr	Corn kernels
0,33	Piece	Bell bell pepper red
5	gr	Tomato paste
10	gr	Onion
1	gr	Cumin
1	gr	Paprika powder
15	ml	Cooking oil
1	Toe	Garlic
1	Piece	Wholemeal pastry
80	gr	Cucumber
10	ml	Apple cider vinegar
20	gr	Sour cream

Peel the potato and cut into small cubes. Heat a little oil, fry potato cubes briefly, chop three quarters of the garlic and add with the tomato paste. Pour water, add spices (cumin, paprika, oregano, salt and bell pepper) and bring to boil while stirring. Continue to cook over low heat.

Add drained red beans and corn. Cut peppers in half, remove seeds, cut into smaller cubes and also let cook, stirring diligently. Cook for about 15 minutes. Add a little water if necessary.

Slice cucumbers, chop remaining garlic, add to cucumbers with sour cream, stir in vinegar, season with salt and pepper.

Chili con carne with bread and cucumber salad

80	gr	Minced beef
80	gr	red beans
30	gr	Corn kernels
0,33	Piece	Paprika red
5	gr	Tomato paste
10	gr	Onion
1	gr	Cumin
1	gr	Paprika powder
15	ml	Cooking oil
1	Toe	Garlic
1	Piece	Wholemeal pastry
80	gr	Cucumber
10	ml	Apple cider vinegar
20	gr	Sour cream

Heat a little oil, fry the mince well, chop three quarters of the garlic and add it with the tomato paste. Pour water, add spices (cumin, paprika, oregano, salt and bell pepper) and bring to boil while stirring. Continue to cook over low heat.

Add drained red beans and corn. Cut peppers in half, remove seeds, cut into smaller cubes and also let cook, stirring diligently. Cook for about 15 minutes. Add a little water if necessary.

Slice cucumbers, chop remaining garlic, add to cucumbers with sour cream, stir in vinegar, season with salt and pepper.

Kaspressknödel with salad

50	gr	Bread cubes
		Mountain cheese lactose
50	gr	free
3	gr	Parsley
0,5	Pc	Egg
50	ml	Milk
20	gr	Onion
30	ml	Cooking oil
0,1	Pc	Iceberg lettuce
10	ml	Apple cider vinegar
10	ml	Cooking oil

Cut cheese into small cubes. Chop parsley. Peel onion, cut into small cubes and roast in oil (or butter) until golden brown.

Mix bread cubes, onion, cheese, eggs, milk and parsley, add salt and pepper. Let the mixture rest for about 15 minutes.

Shape the mixture into small loaves. Heat oil in a large frying pan, place loaves in pan and fry over medium heat until golden brown on both sides. Remove loaves and drain on paper towels.

Wash lettuce, tear into pieces, season with vinegar, oil, salt and pepper.

Kaiserschmarrn with apple sauce

60	gr	Wheat flour smooth
125	ml	Milk
1	Pc	Egg
20	gr	Fine crystal sugar
25	ml	Cooking oil
2	gr	Powdered sugar
100	ml	Applesauce

Separate the eggs. Whisk egg yolks, sugar and a little salt in a bowl until the mixture becomes pale yellow and creamy. Stir in milk and gradually flour. Beat egg whites until very stiff, gently fold into batter.

Heat margarine in a skillet, pour in batter and fry over low heat until the underside is lightly browned, turning repeatedly until everything is lightly browned. Tear as you go. Arrange on plates and sprinkle with powdered sugar.

Colorful vegetable country fresh cheese mix

125	gr	Cottage cheese lactose free
0,5	Pc	Tomato
80	gr	Bell pepper mix
100	gr	House bread whole

Wash the vegetables, cut the peppers into thin strips, dice the tomatoes. Now mix all ingredients with the country cream cheese. Season with salt and pepper.

Liver cheese sandwich with vegetable sticks

150	gr	Meatloaf
2	Pc	Bread rolls
20	gr	Pickled gherkin
10	gr	Mustard
10	gr	Ketchup
80	gr	Cucumber organic
80	gr	Carrot
60	gr	Bell pepper mix

Slice the rolls open, spread with mustard and/or ketchup, top with meatloaf and sliced pickles.

Cut the vegetables into sticks and serve with the rolls.

Kasnocken with salad

125	gr	Flour handy
0,5	Pc	Eggs
8	ml	Cooking oil
40	gr	Cheese grated lactose free
25	ml	Cooking oil
5	gr	Chives
0,1	Pc	Iceberg lettuce
10	ml	Apple cider vinegar
10	ml	Cooking oil
50	gr	Onion

Mix flour, eggs, a little water, a little oil and a little salt to make a not too smooth dough (per 2 kg flour 125 ml oil and 2 tsp salt). Spread the dough with a spaetzle slicer into boiling salted water and cook for about 1 1/2 minutes, stirring repeatedly. Lift the gnocchi out of the water and drain well. Cut onion into cubes and roast in a pan with oil until golden brown.

Put the dumplings into a pan with some oil, mix the grated cheese into the dumplings, season if necessary. Sprinkle with chives cut into small rolls and roasted onion.

Wash the lettuce, tear into pieces, season with vinegar, oil, salt and pepper.

Wraps / Tortillas

70	gr	Minced beef
20	gr	Onion
20	gr	Bell pepper mix
0,2	Pc	Tomatoes
0,05	Pc	Iceberg lettuce
1	Toe	Garlic
10	gr	Sweet corn
10	gr	Sour cream lactose free
15	ml	Cooking oil
3	Pc	Tortillas

Fry minced meat in a pan with oil, season with salt and pepper.

Wash remaining ingredients, chop, salt and fill wraps as desired.

Liptov

80	gr	Curd lactose free
20	gr	Sour cream lactose free
40	gr	Butter
20	gr	Onion
10	gr	Mustard
20	gr	Pickles
4	gr	Paprika powder sweet
150	gr	House bread whole

Finely dice the onion and pickles. Cream the butter, add the curd cheese and sour cream and mix with the onions, pickles and paprika powder.

Season to taste with mustard and salt.

Herb curd spread

80	gr	Curd lactose free
20	gr	Sour cream lactose free
40	gr	Butter
20	gr	Onion
0,1	Confederation	Parsley
0,1	Confederation	Chives
0,5	Toe	Garlic
150	gr	House bread whole

Finely dice the onion, finely chop the parsley and garlic, chop the chives.

Cream the butter, add the curd cheese and sour cream and mix with the other ingredients.

Season to taste with salt and pepper.