

Theodor-Frank-Schule Teningen

Our School - our Community – our Region

The Theodor-Frank-Schule, Teningen combines two types of general-education schooling, known in Germany as Hauptschule and Realschule. In 2010 there are more than 800 pupils, aged between ten and 17 years old, and 60 teachers at Theodor Frank Schule. Students are working towards obtaining the General Certificates of Secondary Education (GCSEs). After leaving school, our students usually go on to vocational training or attending a vocational college where they can achieve advanced technical college entrance qualifications. This is another opportunity for pupils to attend college in order to pass their A-Level GCSEs.



Teningen

Teningen is a town located in the south-west of Baden-Württemberg 15 kms north of Freiburg. Teningen is a part of the rural district of Emmendingen. The municipal area of Emmendingen ranges from the border of the Black Forest to the Kaiserstuhl.

With almost 12,000 inhabitants, Teningen is one of the biggest districts and is the centre of industry within the district. Industrialization began here a long time ago. This is highlighted by the older companies' names such as the Eisen- und Hammerwerk (EHT) located in Teningen, where manufacturers produce machine tools. Besides engineering, there are

many different industrial companies, ranging from nanotechnology to the medical sector. Approximately 5000 employees are employed by the various industries.

Teningen encompasses five villages: Bottingen, Landeck, Köndringen, Heimbach and Nimburg. The latter three villages have produced wine for centuries. The wine from Köndringen and Heimbach belongs to the district “Breisgau”, those from Nimburg are part of the district “Kaiserstuhl/Tuniberg”. Teningen is located in the lowlands of the Oberrhein and is one of the places in Germany with the highest average temperature, making it ideal for wine production.



The “Rathaus” (Town-Hall) of Teningen

The South of Baden - ”Südbaden”

This area is not only famous for its good wine but also for its great variety of fruit and vegetables that are cultivated during the whole year. Many of these products are sold on local markets by the farmers themselves. So you can be sure to get fresh and local products. One of the most important and colourful markets is in Freiburg. When visiting Teningen make a trip to Freiburg and visit the city with its market next to the minster. And don’t forget to go inside this unique and wonderful gothic cathedral.

Südbaden is one of the most popular regions in Germany. Sharing a border with France and Switzerland makes this region very charming.

In Alsace, the neighboring region in France, 50% of the inhabitants still speak and understand German. This is what supports the border traffic that has grown significantly since the introduction of the Euro. Both, Germany and the France have benefited from this.

Economically, “Südbaden” profits enormously from the solar energy. There are Solar panels constructions on many roofs. This is not surprising if you consider the hours of sunshine in comparison to the rest of Germany. The Fraunhofer Institute for Solar Energy in Freiburg has about 930 employees and is one of the largest research institutes for solar energy.



Potatoes for Everyone

Whereas potatoes have been eaten less in Europe in the last few decades, the potato production has increased in the poorer and lower-income countries for example in China, Asia and Africa. Today most potatoes in the world are harvested in China, followed by Russia and India. Germany takes the sixth place.

But still the potato is the tuber crop that is the most widely grown worldwide. It is also the fourth largest fresh food crop after rice.

Low fat and a lot of water (about 78%) makes the potato a very healthy food. It also contains a lot of important vitamins and minerals, in particular vitamin C, vitamin B, magnesium, iron and zink. Potatoes contain about 15% carbohydrates which make the potatoes very nourishing food.

Our potato of today comes from South America where it has been cultivated by the Indians for thousands of years and has been their staple food. In the Inca language Quechua the name for potato is “papa”. Today it`s still called like that in Latin America. Although there is no direct botanical affinity with the sweet potato the English name potato is a compound of the names “papa” and “batate” (sweet potato).



In Germany the official name is “Kartoffel”. Its name probably derived from the Italian “tartufolo” because it grows, just like truffels do, in the earth. So in Germany they were first called “Tartüffel”. Today, there are many different regional names for the potato. In South Germany, in our South German

dialect it is often called “Krummbeere” which might be translated with “a berry that is crooked”. Another common name is “Erdäpfel” like in French “pomme de terre” which means apple in the earth.

After the Spaniards had discovered America they brought this crop to Europe. First the people didn´t know what to do with it and ate the leaves and the berries, which of course are poisonous. So they kept them in flowerpots as if they were rare and exotic plants.

That`s why it took many years until the potato was rediscovered as an important and nourishing piece of food.

Many stories have been told about how the people began to eat the potatoes in Europe. A very popular story in Germany says that it was the Prussian Charlemagne (1740-1786) who made it his business to cultivate the potatoes in Germany. He knew it was not easy to convince his people to cultivate and eat the potatoes. So he used a trick: He had large potato fields planted round Berlin and when they were ready to be harvested, he told his soldiers to watch over the

potato fields. He wanted to make his people curious and make them believe this crop was very precious. So when the people came closer to the fields, the soldiers acted as if they were asleep and so they gave the people the opportunity to come very near to the fields and to have a closer look. Some people wanted to have this precious and valuable crop and began to steal it.

Unfortunately, they made the same mistake which had been made by many other people before. They ate the leaves and the berries, so they got ill and they didn't want to have anything to do with that "poisonous" plant. So it was not an easy task to convince the people that they had to eat the tuber and not the plant.

Because Charlemagne had recognized that the potato was cheap and very nourishing, he even made a law in 1756 and ordered the extensive cultivation of the potato in all Prussia.

Another advantage of the potato is: It can be stored easily. The best place to store the potatoes is the cellar, because they must be kept cool, dark and dry.



Never store them anywhere warm and sunny. Because then they get white sprouts which have to be removed, as they produce solanin, which is absolutely unhealthy and can even cause cancer.

Since Charlemagne introduced the potato to his people it has been cultivated in all Germany and many different breeds of potatoes were developed. Today, there are about 5000 different breeds of potatoes worldwide which have been categorized. The most significant difference is between the mealy and the firm-boiling potatoes. Some of these breeds certainly have German names like "Sieglinde", "Linda" or "Nicola". These firm-boiling potatoes are usually used for potato-salad and potatoes boiled in their skins. Mealy potatoes like "Adretta", "Bintje" are usually used for making mashed potatoes and many other dishes. At the moment, the firm-boiling potatoes are more popular in Germany than the mealy ones. But nevertheless it's always a question of taste which breed you prefer. So cook and taste - that is the best way to find out!

Potato Soup

Ingredients

600 g potatoes
2 litres water
2 slices dark bread
1 onion
1 leek
2 carrots
1 bunch of parsley
3 tsp Crème Fraiche or
200 g cream
1 tsp salt
½ tsp pepper



Preparation

Peel the potatoes and cut them into thin slices. Put the potatoes and 2 slices of dark bread into 2 l water and cook for 45 minutes. Prepare and chop the remaining vegetables. Saute them in butter until they are soft but not brown. Add the parsley and seasoning. Cover and simmer on low for another 30 minutes. Before serving add three spoons of Creme Fraiche or cream to soup.



*Icelandic students
cooking in Zahner's
catering kitchen
(Freiburg, Germany)*

Badische Kartoffelsuppe

Zutaten

600 g Kartoffeln
2 Liter Wasser
2 Scheiben dunkles Brot
1 Zwiebel
1 Stange Lauch
2 Karotten
1 Bund Petersilie
3 Löffel Crème Fraîche oder
1 Becher Sahne
1 Teelöffel Salz
½ Teelöffel Pfeffer



Zubereitung

Kartoffeln schälen und in Scheiben schneiden. Mit zwei Scheiben dunklem Brot in 2 Liter Wasser 45 Minuten kochen. Danach Zwiebel schälen, Lauch und Karotte putzen und klein hacken, ebenso die Petersilie. Das Gemüse in der Pfanne mit Butter anschwitzen und in die Suppe geben. Noch 30 Minuten köcheln lassen. Zum Schluss noch 3 Löffel Crème Fraîche oder Sahne dazugeben.

*Icelandic students
cooking in Zahner's
catering kitchen
(Freiburg, Germany)*



Asparagus with Ham and “Kratzete”

Ingredients

2 kg white asparagus
2 litre water
20 g butter
1 pinch of salt
1 tsp sugar
2 tsp lemon juice
100 g butter



Ingredients for “Kratzete”

4 eggs
250 g wheat flour
1/8 l milk and some mineral water
pinch of salt
2-3 tablespoon sunflower oil or rapeseed oil

Preparation

Wash the asparagus, cut off any woody stalks and peel the asparagus from top to bottom with an asparagus peeler.

Boil the asparagus in a tall asparagus saucepan with water, the butter, salt, sugar and lemon juice. Simmer it for about 20 minutes. Drain and serve on a warm platter.

Add hot butter as dressing on top of the dish.

Preparation of the “Kratzete” Pancake

Blend eggs and flour thoroughly, using an electric kitchen machine or an electric hand mixer to remove any lumps. Add the liquid ingredients slowly, season with salt and mix ingredients together thoroughly into a batter. Coat the base of a frying pan with oil and heat up. Pour in enough butter to cover the bottom.

Fry the pancake until its surface begins to clot, then turn over, fry briefly, cutting into strips immediately with the spatula, and continue to fry until cooked.

Spargel mit Schinken und Kratzete

Zutaten

2 kg weißer Spargel, möglichst frisch gestochen
2 l Wasser
20 g Butter
1 Prise Salz
1 Teelöffel Zucker
1 Teelöffel Zitronensaft
100 g Butter

Zutaten für Kratzete

4 Eier
250 g Weizenmehl
1/8 l Milch und etwas Mineralwasser
1 Prise Salz
2-3 Esslöffel Sonnenblumenöl oder Rapsöl



Zubereitung

Spargel waschen, die Enden, die eventuell holzig sein können, abschneiden und die Spargelstange vom Kopf her mit der Spargelschäler abschälen. Spargel im Wasser mit Butter, Salz, Zucker und Zitronensaft zum Kochen bringen. Im leicht köchelnden Spargelsud ca. 15-20 Minuten garziehen lassen. Jeweils eine Portion Spargel auf vorgewärmten Tellern anrichten und mit flüssiger Butter übergießen.

Zubereitung für Kratzete

Eier mit Mehl verrühren, am besten mit der Küchenmaschine oder dem Handrührgerät, sodass keine Klümpchen bleiben. Langsam Flüssigkeit einlaufen lassen, salzen und alles gut verrühren, der Teig soll nicht dünnflüssig sein. In einer Pfanne etwas Fett erhitzen. So viel Teig einfüllen, dass der Boden davon bedeckt ist. Den Pfannkuchen so lange anbacken, bis die Masse beginnt auf der Oberfläche zu stocken, dann wenden, kurz anbacken und sofort mit Hilfe einer Backschaufel in kleine Stücke trennen und fertig backen.

Snail Soup

Ingredients

2-3 gloves of garlic
20 g butter
2 shallots
1 bay leaf
1 carrot
1 slice of celery
24 snails (out of a tin)
0,5 l meat broth
0,2 l white wine
6 tsp sour cream
1 bunch of parsley

To thicken

2 egg yolks
salt and
freshly ground black pepper
2 tbsp finely chopped parsley



Preparation

Prepare the vegetables, then simmer them in butter until soft but not brown. Add the stock and the bay leaf and simmer the soup of about 30 minutes. To prepare snails: drain liquid and set aside, cut snails into thin slices. Fry snails together with the chopped shallots and garlic in butter. Add liquid and broth and bring to boil for about 5 minutes. Beat together egg yolks with the cream and pour the mixture into the soup. Season with salt and pepper and sprinkle with chopped parsley.



*Students visiting
a local butcher's
(Feit - Teningen, Germany)*

Badische Schneckensuppe

Zutaten

2-3 Knoblauchzehen
20 g Butter
2 Schalotten
1 Lorbeerblatt
1 Karotte
1 Scheibe Sellerie
24 Schnecken
0,5 l Fleischbrühe
0,2 l trockener Weißwein
6 El saure Sahne
1 Bd Petersilie

Zum Binden

2 Eigelb
Salz
frisch gemahlenen schwarzen Pfeffer
2 El frisch gehackte Petersilie



Zubereitung

Alle Gemüse waschen, putzen, zerkleinern und in Butter anschwitzen. Mit Brühe und Wein dazu geben. Mit dem Lorbeerblatt bei geringer Hitze 30 Minuten köcheln. Die Schnecken aus der Dose nehmen, die Flüssigkeit zur Seite stellen, die Schnecken klein schneiden. Mit den gehackten Schalotten und den Knoblauchzehen mit Butter in einer Pfanne andünsten. Gemüsebrühe und Schneckensaft zugießen und fünf Minuten erhitzen. Eigelb und Sahne verquirlen und unterziehen. Salzen, pfeffern und mit Petersilie bestreuen.

*Besuch in der
Metzgerei Feißt,
Teningen (Deutschland)*



Sweet Yeast Dumpling

Ingredients

500 g flour
¼ litre milk
100 g sugar
100 g butter
1 cube of yeast (about 20 g)
1 egg
1 pinch of salt
1 packet of vanilla sugar



To Prepare in the Pan

200 ml milk, 1 walnut sized piece of butter, 1 tablespoon of sugar

Vanilla Custard

1 l milk, 180 g sugar, 2 eggs, 2 tsp Mondamin (potato starch),
2 vanilla pods

Preparation

Put all the ingredients into a bowl and knead until you have a compact dough. Cover the bowl with a cloth and put it in a warm place until the dough has doubled, for about half an hour. Knead the dough again and form balls of the size of ping pong balls. Place the dough balls into a dish. Cover leave to rest for another 30 minutes until the size of the balls have doubled to tennis balls.

Cover the bottom of the pan with milk, butter and sugar, bring to boil. Put the dough balls into the pan. Put the lid on top of the pan. Make sure that the lid remains on the pan until the dumplings are cooked for 15-20 minutes. To find out when they are cooked you have to listen carefully and wait until you hear some soft sound like knocking coming from the closed pot. That indicates that the dumplings are well done.

Take them carefully out and serve immediately with vanilla custard.

Vanilla Custard

Whisk sugar and eggs together in a bowl. Slice the vanilla pods and scrape out the essence and add to milk. In a heavy saucepan bring milk and potato starch to boil (add eggs and sugar, whisk together until mixture is smooth).

Dampfnudeln mit Vanillesoße

Zutaten

500 g Mehl
0,25 l Liter Milch
100 g Zucker
1 Würfel Hefe (circa 20g)
100 g Butter
1 Ei
1 Prise Salz
1 Päckchen Vanillezucker



Zum Aufziehen in einer Pfanne

200 ml Milch, 1 walnussgroßes Stück Butter, 1 EL Zucker

Vanillesoße

1 l Milch, 180 g Zucker, 2 Eier, 2 Eßlöffel Mondamin, 2 Vanilleschoten

Zubereitung

Alle Zutaten in eine Schüssel geben und kneten, bis ein kompakter Teig entsteht. Die Schüssel mit einem Tuch bedecken und an einen warmen Ort stellen, bis sich der Teig verdoppelt hat, etwa ½ Stunde. Noch einmal durchkneten und Bällchen in der Größe von Tischtennisbällen formen und auf ein Brett setzen. Etwa ½ Stunde gehen lassen, bis sie die Größe von Tennisbällen haben. Boden von einem Topf mit Milch bedecken, die Butter und den Zucker dazugeben und aufkochen. In dieser Flüssigkeit die Teigbälle, nicht zu dicht, hineinsetzen. Den Topf mit einem Deckel zudecken und 15-20 Minuten erhitzen.

Sobald in der Pfanne ein krachendes Geräusch zu hören ist, wird der Deckel vorsichtig abgenommen. Die Dampfnudeln vorsichtig herausnehmen und sofort servieren.

Dazu wird Vanillesoße serviert.

Vanillesoße

Vanilleschoten aufschneiden, Mark herauskratzen, mit der Milch und dem Mondamin unter ständigem Rühren erhitzen, vom Herd nehmen und die aufgeschlagenen Eier unterziehen.

Baden „Schäufele“ (Shoulder of Pork)

Ingredients

2 kg cured and lightly smoked shoulder of pork (with bone)
1 onion
0,5 l white wine, dry
2 leaves of clove
1 bay leaf
1 thyme sprigs
1,5 l water
1 tsp black peppercorns

Potato salad

1,5 kg potatoes
1 onion
vinegar, oil, salt, pepper
0,5 l well seasoned meat broth



Preparation

Pour the wine and 1.5 l water into a big pot.
Add the peeled onion, the bay leaf, cloves, thyme and peppercorns to pot. Bring to boil.
Add the meat and simmer with the lid (not quite closed) for about 1,5 hours. When the meat is cooked, remove it from the broth and slice into pieces.

Preparation

Cook the potatoes (in their skins) in salted water, peel them still warm and cut them into knife-thin slices, put into a big bowl.
Pour 0,5 l of the seasoned meat broth with vinegar, oil and finely chopped onion, salt and pepper over the potatoes. Mix together with the hands. Serve lukewarm and with green salad.

Badisches Schäufele

Zutaten

2 kg Schweineschulter, gepökelt und geräuchert mit Knochen
1 Zwiebel
0,5 l Weißwein
2 Gewürznelken
1 Lorbeerblatt
1 Thymianzweig
1,5 l Wasser
1 Teelöffel schwarze Pfefferkörner



Kartoffelsalat

1,5 kg Kartoffeln
1 Zwiebel
Essig, Öl, Salz, Pfeffer
0,5 l Fleischbrühe

Zubereitung

In einem Topf den Wein und das Wasser erhitzen. In einem großen Topf aufkochen lassen und das Schäufele hineinlegen. Gewürze dazugeben und das Fleisch bei aufgelegtem Deckel garziehen lassen. Nach 1,5 Stunden herausnehmen und in Scheiben schneiden.

Zubereitung

Ungeschälte Kartoffel in Salzwasser kochen, noch warm schälen, in dünne Scheiben schneiden.
Salatsoße anrühren, Zwiebel klein schneiden, Fleischbrühe dazugeben und alles über die Kartoffeln gießen.
Gut mit den Händen mischen und lauwarm servieren.
Mit grünem Salat genießen.

Roastbeef in Sour Marinade

Ingredients

1,5 kg stewing steak (rump)
0,5 l red wine (pinot noir)
0,25 l red wine vinegar
2 onion
2 carrots
1 tbsp black peppercorns
1 bay leaf
1 tsp salt
30 g flour
oil
200 g cream
Pepper from the pepper grinder



Preparation

Wash the meat and place it in a pot. Mix vinegar and red wine and pour over the meat so that the meat is totally covered.

Peel the onions and the carrots and cut in half. Add to the meat together with the peppercorns, bay leaf and salt. Leave the covered pot in a fridge for at least 3 days. Once a day turn the meat over.

Take the meat out of the marinade (retain marinade) and pat meat dry. Heat the oil in a deep pot and fry the meat on all sides. Add carrots and onions mixed with 2 cups of the marinade. Cook for about 2 hours. If required add more marinade.

Remove meat out of the pot and keep warm on the side for about 10 minutes. Mix the sauce slowly with the cream (to prevent curdling and lumps), bring to boil and then season with salt and pepper.

Slice the meat and serve with the sauce, noodles and vegetables.

Sauerbraten

Zutaten

1,5 kg Rindfleisch (Tafelspitz)
0,5 l Rotwein (Spätburgunder)
0,25 l roter Weinessig
2 Zwiebeln
2 Karotten
1 El schwarzer Pfeffer
1 Lorbeerblatt
Salz
30 g Mehl
Öl
200 g süße Sahne
Pfeffer aus der Mühle



Zubereitung

Das Fleisch waschen und in eine Schüssel legen. Rotwein und Essig mischen und darüber gießen. Das Fleisch muss völlig bedeckt sein. Die geschälten und grob gehackten Zwiebeln und Karotten mit den Pfefferkörnern, dem Lorbeerblatt und dem Salz dazugeben und drei Tage zugedeckt im Kühlschrank ziehen lassen und ab und zu wenden. Danach das Fleisch aus der Marinade nehmen und abtrocknen. Öl im Bräter erhitzen und das Fleisch von allen Seiten gut anbraten. Zwiebeln und Karotten dazugeben, alles mit 2 Tassen Marinade ablöschen und ca. 2 Stunden zugedeckt schmoren lassen. Immer wieder etwas Marinade zugeben.

Danach das Fleisch herausnehmen und warmstellen.

Den Bratenfond mit der süßen Sahne und dem Mehl verrühren, kurz aufkochen lassen und mit Salz und Pfeffer abschmecken. Danach den Braten aufschneiden und mit der Soße servieren.

Dazu passen Spätzle oder Nudeln und alle Gemüse.

Schnitzel (Escalope)

Ingredients

150 g turkey, veal or pork for each Schnitzel
1 egg or 0,1 l cream
flour
breadcrumbs
oil
lemon
butter
salt
pepper

Side dish

potatoes
salt
oil



Preparation

Pound meat until it is half of an inch thick. Lightly season the Schnitzel with salt and pepper. You need 3 shallow bowls. One is for the flour, one for the egg and one for the breadcrumbs. First you dip the Schnitzel in the flour, then in the whisked egg (or cream) and at last in the breadcrumbs.

Make sure that the Schnitzel is completely covered with breadcrumbs. When the oil in the frying pan is hot enough, place the Schnitzel in it. Then fry the Schnitzel on both sides for about 6 minutes or until they are golden brown. Serve with the a piece of lemon.

Potatoes as a Side Dish

Peel the potatoes and cut them into thin slices. Lay the potatoes on the baking paper. Spread salt and some oil on the potatoes and slide the baking tray in the oven. Bake them for 30 minutes at 200 ° C.

You can also serve Schnitzel with a green salad or vegetables or potato salad.

Schnitzel

Zutaten

150 g Fleisch von Pute, Kalb oder Schwein pro Person
Ei oder 0,1 l Sahne
Mehl
Semmelbrösel
Öl
Zitrone
Butter
Salz
Pfeffer

Beilage

Kartoffeln
Salz
Öl



Zubereitung

Schnitzel klopfen, salzen und pfeffern. Danach in einem Teller in Mehl wälzen, in einem weiteren in einem geschlagenen Ei (oder Sahne) wenden und im dritten mit Semmelbrösel panieren, bis sie ganz von Semmelbrösel umhüllt sind. Öl in der Pfanne erhitzen und die Schnitzel beidseitig circa 6 Minuten braten, bis sie goldbraun sind. Mit einer Zitronenscheibe servieren.

Backofenkartoffeln

Kartoffeln schälen. In ganz dünne Scheiben schneiden. Auf Backpapier, dünn geschichtet, mit Salz bestreut und mit Olivenöl beträufelt, auf dem Backblech in den Ofen schieben. Bei 200 °C ca. 30 Minuten backen.

Schnitzel schmecken auch gut mit Kartoffelsalat oder grünem Salat.

Lamb`s-lettuce Salad

with „Kracherle” and Bacon

Ingredients

200 g lamb´s lettuce
200 g bacon
2 slices bread
20 g butter

Ingredients for topping

pinch salt
pinch pepper
1 tsp mustard
2 tbsp vinegar
2 tbsp oil
1 onion



Preparation

Clean and wash the lamb´s-lettuce salad.

Pour vinegar and oil into a bowl, add mustard and pepper. Chop the onions and add to dressing.

Cut the bacon into stripes and fry it in a frying pan without any oil until crispy brown.

Cut the 2 slices of bread into 1 cm cubes, fry in butter until brown lightly and crisp.

Finally, toss the lettuce in dressing and sprinkle with bacon and bread cubes.

Feldsalat mit Kracherle und Speck

Zutaten

200 g Feldsalat
4 Scheiben Bauchspeck
2 Scheiben Brot
20 g Butter

Zutaten Dressing

Salz
Pfeffer
1 Tl Senf
2 El Essig
2 El Öl
1 Zwiebel



Zubereitung

Salat putzen, waschen, abtropfen lassen.

Die Speckscheiben in Streifen schneiden und in einer Pfanne ohne Fett kross braten, abtropfen lassen.

Brotscheiben würfeln und in Butter leicht bräunen.

Salatsoße mit den Zutaten in einer Schüssel verrühren und den Salat untermischen, mit Speck und Brotwürfeln (Kracherle) bestreuen.

*Icelandic and German
students working
in a vineyard in
Teningen-Köndringen
(Germany)*



CHRISTMAS MENU

Roast Goose

Ingredients

1 goose
10 apples - quartered
5 large onions - coarsely chopped
salt
pepper

500 g Brussel sprouts
salt
butter

mashed potatoes
1,5 kg potatoes
0,5 l milk
salt
butter



Preparation

Rub the inside of the goose with salt and pepper and fill with the stuffing (apples and onions mixed together). Sew the opening up with kitchen thread. Put the goose in a roasting pan and pour 1 l water over it.

Roast for about 3 hours (180 degrees) – from time to time baste with the gravy over the goose. When done and crispy – take the goose out of the oven and keep warm.

Skim the fat from the gravy, add some hot water, and season with salt and pepper.

Serve with mashed potatoes and Brussels sprouts.

Preparation of Brussel Sprouts

Wash and clean the Brussel sprouts. Boil 500 g Brussel sprouts in salty water for 15 minutes, add butter and serve.

Preparation of Mashed Potatoes

Peel the potatoes and slice them. Boil potatoes in water, mash them, add salt and mix with hot milk. Add a bit of butter and serve.

Gänsebraten

Zutaten

1 Gans
10 Äpfel, geviertelt
5 große Zwiebeln, grob geschnitten
Salz
Pfeffer

500 g Rosenkohl
Salz
Butter

Kartoffelbrei
1,5 kg Kartoffeln
0,5 l Milch
Salz
Butter



Zubereitung

Die Gans außen und innen mit Salz und Pfeffer einreiben. Die Füllung hineingeben und die Gans mit Küchengarn zunähen. Den Bräter mit 1 Liter Wasser füllen und die Gans hineinlegen.

Im Backofen etwa 3 Stunden bei 180 Grad braten, bis sie schön knusprig ist. Mehrmals mit Bratensaft/Fett übergießen. Die Gans aus dem Bräter nehmen.

Das Fett abschöpfen, den Bratensaft mit heißem Wasser ablöschen und abschmecken.

Mit Kartoffelbrei und Rosenkohl servieren.

Zubereitung Rosenkohl

Rosenkohl waschen und putzen. In Wasser mit Salz 15 Minuten kochen, mit Butter abschmelzen.

Zubereitung Kartoffelbrei

Kartoffeln schälen und in große Scheiben schneiden, kochen und danach mit dem Handmixer stampfen. Die Milch zum Kochen bringen und langsam mit Salz und Butter untermixen.

Fruit Ice Cream

Ingredients

800 g frozen fruit (raspberries or strawberries)
250 g cream
3 tablespoon sugar



Preparation

Whisk the cream until stiff, add the frozen fruit and the sugar and mix it. Serve the ice cream immediately.



Fruchteis

Zutaten

800 g gefrorene Früchte (Himbeeren oder Erdbeeren)
250 g Sahne
3 El Zucker



Zubereitung

Sahne steif schlagen, gefrorene Früchte mit Zucker darunter mixen und gleich servieren.



CHRISTMAS MENU