

# Home-Made Bulgarian Potato Stew



## Portion:

- 4 Persons

## Preparation Time:

- Circa 60 Minutes

## Ingredients:

- 1 kg Potatoes
- 1-2 Carrots
- 2-3 Bell Peppers
- 2 Onions
- 1 Can Chopped Tomatoes
- 2-3 Pinches Savory
- 1 Teaspoon Sugar
- Rapeseed Oil
- Pepper and Salt

## Preparation:

- peel and dice potatoes, carrots and onions
- wash and dice the bell peppers
- put oil into a pot, heat it up and add onions, carrots and bell peppers
- as soon as the vegetables are cooked add the diced potatoes and cook them for circa 5 minutes while stirring constantly
- afterwards add water until the vegetables are covered
- cook the stew for about 20 minutes on medium heat until the potatoes are done
- if necessary add more water
- add the chopped tomatoes and bring to a boil
- finally, season with salt, pepper, sugar and savory

## Tips:

# Carrot-Potato Stew



**Portions:**

4 Persons

**Preparation Time:**

Circa 40 Minutes

**Ingredients:**

- 5 Big Potatoes
- 3 Big Carrots
- 1 Leek
- 1 Kohlrabi
- 1 Liter of Vegetable Broth
- 1 Cup of Creme Fraiche
- Salt, Pepper
- Tumeric
- 1 Bunch of Parsley
- 1 Tablespoon of Olive Oil

**Preparation:**

- peel, wash and dice vegetables
- put olive oil into a pan, lightly braise the vegetables and add the vegetable broth
- season with salt, pepper and tumeric
- cook on medium heat until the vegetables are done and the broth is reduced
- finally, add creme fraiche and season again
- if the stew is too watery, add starch slurry and bring stew to a boil
- add chopped parsley

**Tips:**

Depending on taste you can cook the stew with meat (like smoked pork or sausages).

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| <h1>Arabic Broccoli Soup</h1>   | <p><b>Foto</b></p>   |
| <p><b>Portions:</b></p>         | <ul style="list-style-type: none"> <li>➤ 4 Persons</li> </ul>  |
| <p><b>Preparation Time:</b></p> | <ul style="list-style-type: none"> <li>➤ Circa 30 Minutes</li> </ul>   |
| <p><b>Ingredients:</b></p>      | <ul style="list-style-type: none"> <li>➤ 1 Kg Broccoli</li> <li>➤ 250 g Celery Roots</li> <li>➤ 1-2 Onions</li> <li>➤ 2 Tablespoons Flour</li> <li>➤ 300 ml Milk</li> <li>➤ 2 Tablespoons Butter</li> <li>➤ 500 ml Water</li> <li>➤ Black Pepper, Salt</li> <li>➤ Roasted Pieces of Bread</li> <li>➤ Mint Leaves as Decoration</li> </ul>  |
| <p><b>Preparation:</b></p>      | <p>You need two pots for the preparation.</p> <p>Pot 1:</p> <ul style="list-style-type: none"> <li>➤ melt 1 tablespoon of butter in the pot</li> <li>➤ add flour and mix it with the butter</li> <li>➤ add water and milk and continue mixing</li> </ul> <p>Pot 2:</p> <ul style="list-style-type: none"> <li>➤ wash and peel onions, broccoli and celery roots and cut them into small pieces</li> <li>➤ melt 1 tablespoon of butter in the pot</li> <li>➤ add the vegetables and cook them; once they are cooked purée them</li> <li>➤ add the prepared sauce from pot 1</li> <li>➤ season with salt and black pepper</li> <li>➤ garnish with mint leaves and roasted pieces of bread</li> </ul> |
| <p><b>Tips:</b></p>             |  |

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| <h1>Arabic Lentil Soup</h1>     | <p><b>Foto</b></p>  |
| <p><b>Portions:</b></p>         | <ul style="list-style-type: none"> <li>➤ 4 Persons</li> </ul>   |
| <p><b>Preparation Time:</b></p> | <ul style="list-style-type: none"> <li>➤ Ciraca 30 Minutes</li> </ul>   |
| <p><b>Ingredients:</b></p>      | <ul style="list-style-type: none"> <li>➤ 500 g Red Lentils</li> <li>➤ 1-2 Onions</li> <li>➤ Oil</li> <li>➤ 1 Teaspoon Tumeric</li> <li>➤ ½ Teaspoon Black Peppers</li> <li>➤ Salt</li> <li>➤ 20 g Vermicelli</li> </ul>   |
| <p><b>Preparation:</b></p>      | <ul style="list-style-type: none"> <li>➤ cook lentils in a pot of water</li> <li>➤ chop onions</li> <li>➤ add onions and oil to a pan and brown them</li> <li>➤ add cooked lentils, spices and vermicelli</li> <li>➤ let it marinate at low heat and serve hot</li> </ul> |
| <p><b>Tips:</b></p>             |   |

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|  | <p><b>Foto</b></p> |
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| <b>Dutch Mushroom Soup</b> |  |
| <b>Portions:</b>           | ➤ 4 Persons  |
| <b>Preparation Time:</b>   | ➤ Circa 30 Minutes   |
| <b>Ingredients:</b>        | <ul style="list-style-type: none"> <li>➤ 1 kg Mushrooms</li> <li>➤ 2 Tablespoons Flour</li> <li>➤ 2 Tablespoons Butter</li> <li>➤ 120 ml Cream</li> <li>➤ 1 Liter Milk</li> <li>➤ Salt, Pepper</li> <li>➤ Parsley as Garnish</li> </ul>  |
| <b>Preparation:</b>        | <ul style="list-style-type: none"> <li>➤ clean and finely chop mushrooms</li> <li>➤ melt butter in a pot</li> <li>➤ add flour and mix it</li> <li>➤ add cream and milk</li> <li>➤ add mushrooms and let it cook</li> <li>➤ season the soup with salt and pepper</li> <li>➤ garnish with chopped parsley</li> </ul> |
| <b>Tips:</b>               |  |

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| <b>Romanian</b> | <b>Foto</b> |
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| <b>Sorrel Stew</b>       |   |
| <b>Portions:</b>         | ➤ 4 Persons   |
| <b>Preparation Time:</b> | ➤ Circa 30 Minutes  |
| <b>Ingredients:</b>      | <ul style="list-style-type: none"> <li>➤ 1 Glas of Pickled Sorrel</li> <li>➤ Potatoes</li> <li>➤ Carrots</li> <li>➤ Eggs</li> <li>➤ Onions</li> <li>➤ Salt, Pepper</li> <li>➤ Fresh Spinach</li> <li>➤ Sour Cream</li> </ul>  |
| <b>Preparation:</b>      | <ul style="list-style-type: none"> <li>➤ peel and dice potatoes, onions and carrots</li> <li>➤ cook eggs for 10 minutes</li> <li>➤ boil the potatoes, carrots and onions in water</li> <li>➤ add the sorrel</li> <li>➤ dice the boiled eggs and add them to the stew</li> <li>➤ add the spinach</li> <li>➤ season with salt and pepper to taste</li> <li>➤ add the sour cream in the end</li> </ul> |
| <b>Tips:</b>             |   |

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| <h2>Home-Made Vegetable Broth</h2> |  |
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| <b>Portions:</b>         |  |
| <b>Preparation Time:</b> | 4 Hours  |
| <b>Ingredients:</b>      | <ul style="list-style-type: none"> <li>➤ 4 Carrots</li> <li>➤ 1 Small Celery Root</li> <li>➤ 1 Big Leek</li> <li>➤ 1 Bunch of Parsley</li> <li>➤ 1 Bunch of Lovage</li> <li>➤ 1 Onion</li> </ul>   |
| <b>Preparation:</b>      | <ul style="list-style-type: none"> <li>➤ peel and chop carrots</li> <li>➤ peel and chop celery root</li> <li>➤ clean and wash leek, then cut into rings</li> <li>➤ wash parsley</li> <li>➤ peel and chop onion</li> <li>➤ put everything into a blender or Thermomix and finely chop</li> <li>➤ put the finely chopped vegetables onto a lined baking tray and smooth it out</li> <li>➤ dry the vegetables in the oven at 100 °C for 4 hours</li> <li>➤ let cool completely</li> <li>➤ mix in the blender again or crumble with your hands</li> <li>➤ fill the vegetable broth into a screw-top jar</li> </ul> |
| <b>Tips:</b>             | Vegetable broth has many uses like vegetable soups, stews, bolognese sauce ...   |

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| <b>Arabic Spinach Soup</b> | <b>Foto</b>        |
| <b>Portions:</b>           | ➤ 4 Persons        |
| <b>Preparation:</b>        | ➤ Circa 30 Minutes |
| <b>Ingredients:</b>        |                    |

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|                     | <ul style="list-style-type: none"> <li>➤ 1 kg Spinach</li> <li>➤ 1 Liter Water</li> <li>➤ 500 g Cauliflower</li> <li>➤ 100 g Onions</li> <li>➤ 2 Tablespoons Olive Oil</li> <li>➤ 100 g Rice</li> <li>➤ 2 Tablespoons Tomato Puree</li> <li>➤ 2 Tablespoons Lemon Juice</li> <li>➤ Salt, Pepper</li> </ul>   |
| <b>Preparation:</b> | <ul style="list-style-type: none"> <li>➤ peel and finely chop onions</li> <li>➤ wash the cauliflower and separate the flowerets</li> <li>➤ wash spinach</li> <li>➤ heat olive oil in a pot</li> <li>➤ add chopped onions and tomato puree and caramelize</li> <li>➤ add water</li> <li>➤ add cauliflower, rice and spinach</li> <li>➤ cook the soup on low heat until the rice and the cauliflower are cooked</li> <li>➤ add lemon juice</li> <li>➤ season with salt and pepper</li> </ul> |
| <b>Tips:</b>        |  |

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| <b>Turkish Celery Stew</b> |                          |
| <b>Portions:</b>           | <ul style="list-style-type: none"> <li>➤ 4 Persons</li> </ul>  |
| <b>Preparation Time:</b>   | <ul style="list-style-type: none"> <li>➤ Circa 60 Minutes</li> </ul>   |
| <b>Ingredients:</b>        | <ul style="list-style-type: none"> <li>➤ 1 Onion</li> <li>➤ 1 Carrot</li> <li>➤ 1 Clove of Garlic</li> </ul> |

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|                     | <ul style="list-style-type: none"> <li>➤ 1 Potato</li> <li>➤ 2 Medium Sized Celery Roots</li> <li>➤ 2 Celery Stalks</li> <li>➤ 3-4 Celery Leaves</li> <li>➤ 1-2 Lemons</li> <li>➤ 3-4 Tablespoons Olive Oil</li> <li>➤ 1 Teaspoon Sugar</li> <li>➤ 1 Teaspoon Salt</li> </ul>  |
| <b>Preparation:</b> | <ul style="list-style-type: none"> <li>➤ wash and dice celery root</li> <li>➤ squeeze the juice from lemons and mix into 1 liter of water; add celery and leave for 10 – 15 minutes</li> <li>➤ peel and dice onion, carrot and potato</li> <li>➤ peel garlic</li> <li>➤ add 1 – 2 tablespoons of olive oil into a pot and cook garlic, onion, potato and carrots for several minutes</li> <li>➤ add diced celery root (without the water)</li> <li>➤ add celery stalks and leaves as well</li> <li>➤ add circa 1 liter of water and sugar and cook the vegetables at medium heat until soft</li> <li>➤ take out celery stalks and leaves and season with salt</li> <li>➤ add some olive oil on top before serving</li> </ul> |
| <b>Tips:</b>        | The celery root should be left in lemon water to avoid changing of colour. Furthermore, it adds to the taste of the stew.  |

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| <b>Vegetarian Vegetable Stew</b> |   |
| <b>Portions:</b>                 | ➤ 4 Persons   |
| <b>Preparation Time:</b>         | ➤ Circa 60 Minutes  |
| <b>Ingredients:</b>              | <ul style="list-style-type: none"> <li>➤ 5 Potatoes, Medium-Sized</li> <li>➤ 250 g Brussel Sprouts</li> <li>➤ 2 Carrots</li> <li>➤ 1 Onion</li> <li>➤ 1 Leek</li> <li>➤ 2 Tablespoons Oil</li> <li>➤ Salt, Pepper</li> <li>➤ 1 Liter Vegetable Broth</li> <li>➤ 1 Bell Pepper</li> <li>➤ ¼ Celery Root</li> </ul> |

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|                     | <ul style="list-style-type: none"> <li>➤ 1 Cup Creme fraiche</li> <li>➤ 1 Bunch Parsley</li> </ul>   |
| <b>Preparation:</b> | <ul style="list-style-type: none"> <li>➤ peel and dice potatoes</li> <li>➤ clean brussel sprouts</li> <li>➤ clean and cut leek</li> <li>➤ peel and chop carrots</li> <li>➤ dice onion</li> <li>➤ add oil to a pot and lightly braise the onion and the leek</li> <li>➤ add potatoes, brussel sprouts and carrots</li> <li>➤ add vegetable broth and cook for about 20 minutes</li> <li>➤ season with salt and pepper</li> <li>➤ add finely sliced bell pepper and celery root and cook for additional 15 minutes</li> <li>➤ add creme fraiche</li> <li>➤ wash, dry and chop parsley</li> <li>➤ taste the stew if it is seasoned enough and garnish with parsley</li> </ul> |
| <b>Tips:</b>        | Depending on taste you can cook the stew with meat (like smoked pork or sausages).   |

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| <h2 style="margin: 0;">Vietnamese Vegetarian Fried Noodles</h2> |   |
| <b>Portions:</b>  | ➤ 4 Persons   |
| <b>Preparation Time:</b>  | ➤ 45 Minutes  |
| <b>Ingredients:</b>   | <ul style="list-style-type: none"> <li>➤ 2 Big Carrots</li> <li>➤ 1 Yellow, Green and Red Bell Pepper</li> <li>➤ 5 Leaves Chinese Cabbage, only the wide stalks</li> <li>➤ 3 packs (Circa 200 g) Asian Instant Noodles</li> <li>➤ 5 Big Mushrooms</li> <li>➤ 2 Celery Stalks</li> <li>➤ 1 Leek (20 cm)</li> <li>➤ 1 Red Onion</li> <li>➤ 1 Clove of Garlic</li> <li>➤ 1 Tablespoon of Olive Oil</li> <li>➤ Salt, Pepper, Tumeric</li> <li>➤ Chili-, Corinader-, Gingerpowder</li> <li>➤ 1 Tablespoon Vegetable Broth (Maggi)</li> </ul> |

**Preparation:**

- soak noodles in lukewarm water for 30 minutes
- peel and julienne carrots (Foto)
- wash and cut bell peppers and chinese cabbage (Foto)
- finely cut celery stalks
- cut leek diagonally into slices
- peel and cut onion into slices
- heat up oil in a big pan
- sauté garlic and half an onion
- shortly after add carrots and sauté for 1 minute, then add bell pepper
- mix vegetable broth with 200 ml of water and add into the pan
- add the rest of the ingredients (onions, mushrooms, salt, pepper and other spices) and the noodles
- stir and taste after 4 minutes

**Tips**

If you want to, you can add thinly sliced chicken breast.