

Hobs Recipes



Küppersbusch
FÜR KÜCHEN MIT STIL

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The cooking times shown in the recipes type and properties of the food, can vary.

The following abbreviations are used in the recipes:

tblsp. tablespoon

tsp. teaspoon

g gram

kg kilogram

l liter

ml milliliter

The nutritional values are approximations that may vary due to different interpretations in the countries and to the natural variations in the food also.



With its diversity of equipment, Küppersbusch's stylish designs can meet any expectations.

Your choice of hob is a reflection of your own preferences. Do you value culinary discoveries cooked to perfection? Do you love generous amounts of space and do you like juggling around with pots and pans? Or are you a multi-talent in the kitchen, one of those who amazes their guests with a variety of food preparation methods? Whatever may count for you, Küppersbusch will help you find a suitable model or the ideal appliance combination. For one thing is certain: Küppersbusch hobs make appetite for more!

And what style is yours?

INDUCTION: FAST, RELIABLE, ECONOMICAL AND PRECISE

Induction can be used more precisely than any other kind of energy – it is extremely fast, can be controlled perfectly, saves energy and is safe. The secret of induction cooking: energy is only transmitted to where cookware with a ferrous base has been placed on a cooking zone. This generation of energy direct on the base of the pan ensures extremely short heating up times for food and low energy consumption. And since the cooking zone itself doesn't get hot, nothing can burn on.

ELECTRIC: CLASSICALLY GOOD

Anyone who wants to let experience decide and rely on the tried and tested will turn to Küppersbusch ökospeed-plus hobs. The sophisticated elements ensure that the heat-up time takes only a matter of seconds, resulting in a quick supply of heat. Thus, besides heating up quickly, valuable energy is also saved.

GAS: INSPIRED BY THE PROFESSIONALS

It is not only professional cooks who are on fire when it comes to cooking with gas. The energy, which is just as economical as it is ecological, is perfectly suited to modern kitchens. Gas ensures precise, quick cooking on an open flame with exact and quick-reactive temperature controls. Pioneering design combined with the state-of-the-art technology. Professional and convenient controls are combined with the highest of safety standards. And, naturally, the lifelong experience of Küppersbusch in the professional catering equipment line of business also flows into all of the gas appliances.

Appetizers and soups



DEEP FRIED SPRING ROLLS

Recipe for 6 servings

200 g crab meat
300 g minced pork
350 g bean sprouts
50 g spring onion
30 g chopped shallots
2 pieces wood ear mushrooms
50 g vermicelli
Pinch salt
40 sheets rice paper
Banana leaves
Cooking oil
20 g chopped garlic
20 g chopped chilli
4 cups water
Pinch pepper
¾ cup fish sauce
¾ cup vinegar
1 cup sugar
1 tsp. instant chicken broth

Preparation

For the spring rolls

Chop the bean sprouts into small pieces. Soak the noodles and wood ear mushrooms in water until soft. Then take out of the water, drain and chop into small pieces

Clean, wash and also chop the shallots and spring onions into small pieces. Separate the eggs. Cover sheets of rice paper with banana leaves, to soften them.

Add crab meat, minced pork, bean sprouts, spring onions, shallots, wood ear mushrooms, egg yolk, noodles, pepper, salt and chicken broth powder in a bowl and mix together.

Spread some of the mass on each rice paper sheet. Fold in the sides and then roll up the paper so that the filling is completely enclosed.

Heat the oil a saucepan on the hob at high heat (Caution! Do not leave on the heat unattended – fire hazard). When the oil is hot enough, gradually fry the spring rolls in it.

For the dip

Peel the garlic and chilli and chop finely.

Add 4 cups of water, 1 cup of sugar, ¾ cup of fish sauce, ¾ cup of vinegar, some pepper, garlic and chilli in a bowl and mix together. Serve the dip with the hot spring rolls.

Nutritional information	Calories / bread units
Carbohydrates 427 g	Recipe 2828 kcal
Protein 145 g	Portion 472 kcal
Fat 52 g	Portion 3.5 BU

Recipe for 4 servings

Satay

200 g chicken breast filers,
cubed (approx. 1.5 x 1.5 cm)

12 skewers

2 tbsp. peanut oil

Salt

Pepper

Peanut sauce

3 tbsp. peanut butter

1 onion, finely chopped

1 clove of garlic

1 tsp. brown sugar

2 tsp. Sambal Oelek

1 tsp. lemon juice

1 tsp. sweet soy sauce
(Ketjap Manis)

1 tbsp. milk

1 tbsp. butter

1 tbsp. peanuts



SATAY WITH PEANUT SAUCE

Preparation

Preheat Teppan Yaki to 200° C.

Slide the chicken filet cubes onto the skewers, season with salt and pepper. Pour some of the oil onto the Teppan Yaki and spread it with the spatula. Sear the satay skewers on all sides on the Teppan Yaki until they are nicely browned and done.

Put a pot on the hob, add a tablespoon of butter and heat on high. Add the onions and sear until golden brown. Turn down the heat.

Add peanut butter and melt at low temperature.

Stir in the soy sauce, sugar, lemon juice and Sambal Oelek.

Slowly add the milk, stirring constantly, until the sauce has the desired consistency.

Peel the garlic, chop very fine and stir into the sauce.

Put the satay skewers on a plate, pour the sauce over them and sprinkle with peanuts.

Nutritional information Calories / bread units

Carbohydrates 34 g

Protein 61 g

Fat 56 g

Recipe 903 kcal

Portion 226 kcal

Portion 0.7 BU

BREMERHAVEN FISH SOUP

Preparation

Clean and crush the garlic clove. Clean the remaining vegetables and cut into thin strips.

Place a pan on the hob and heat on level 9. Add and sweat the olive oil and crushed garlic. Douse with the vegetable stock and add the spices. Allow to simmer for a few minutes.

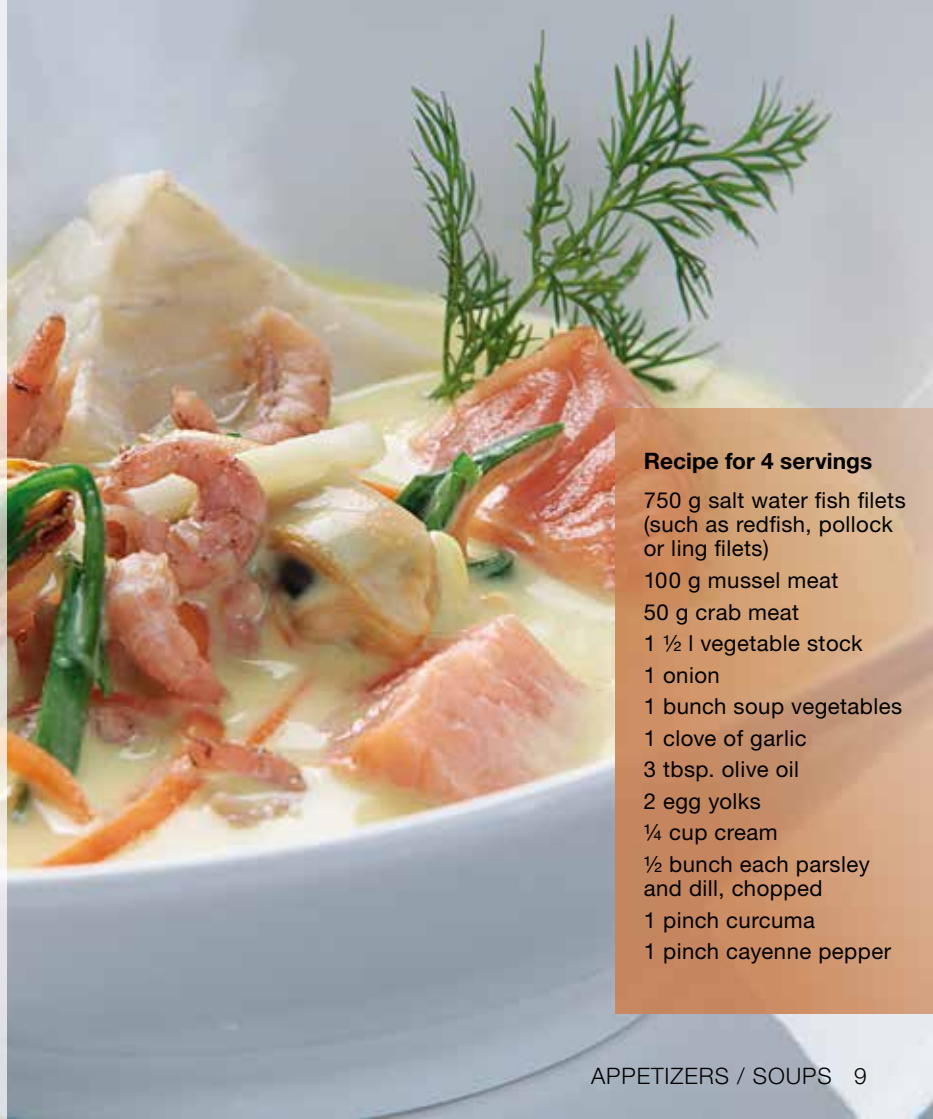
In the meantime, cut the cleaned fish filets into pieces and add to the broth along with the seafood. Allow to simmer over low heat for about 5 minutes until done.

Mix the cream and egg yolk in a bowl. Blend with the soup (do not boil again!). Finally season to taste again, sprinkle with parsley and dill, and serve.

Recipe from Seefischkochstudio Bremerhaven!

Nutritional information Calories / bread units

Carbohydrates 29 g	Recipe 2307 kcal
Protein 42 g	Portion 577 kcal
Fat 219 g	Portion 0.7 BU



Recipe for 4 servings

750 g salt water fish filets
(such as redfish, pollock
or ling filets)

100 g mussel meat

50 g crab meat

1 ½ l vegetable stock

1 onion

1 bunch soup vegetables

1 clove of garlic

3 tbsp. olive oil

2 egg yolks

¼ cup cream

½ bunch each parsley
and dill, chopped

1 pinch curcuma

1 pinch cayenne pepper



PUMPKIN SOUP

Recipe for 4 servings

1 hokkaido pumpkin
(red kuri squash) (about 1.5 kg)
1 onion
1 clove garlic
5 carrots (approx. 250 g)
5 potatoes (approx. 500 g)
1 piece of ginger
(approx. 7 cm long
and 4 cm wide)
1 tbsp. salt
1 tsp. curry
2 tbsp. olive oil
200 ml cream
Approx. 200 ml orange juice
Approx. 200 ml milk
1 container sour cream
100 g pumpkin seeds
for decoration

Preparation

Wash the pumpkin, cut into quarters and remove the seeds with a spoon. Cut the pumpkin into large chunks leaving the skin. (Gloves are recommended.) Wash and peel the carrots and potatoes, and cut into large pieces.

Peel the ginger, onions and garlic and cut into small pieces. Heat the oil in a large pot. Sear the ginger, onions and garlic until translucent. Add 1 tbsp salt and 1 tsp curry, stir.

Add the pumpkin, carrots and potatoes, pour 300 ml water over it and cook about 20 minutes. Once the ingredients are done, take the pot off the cooking zone and add the cream and milk. Puree everything with the stick blender. Then add the orange juice and mix well. Season according to taste and consistency with salt, curry, orange juice and milk.

In a non-stick pan, roast the pumpkin seeds without any fat. To serve, pour the soup into a bowl, add a tablespoon of sour cream and decorate with pumpkin seeds.

Tip: For special occasions, the soup can be served in a hallowed out pumpkin.



Nutritional information

Carbohydrates 380 g
Protein 87 g
Fat 188 g

Calories / bread units

Recipe 3664 kcal
Portion 916 kcal
Portion 7.9 BU

Recipe for 4 servings

500 g broccoli
(cut stems off the florets)
1 onion, coarsely chopped
1 pinch grated nutmeg
1/2 tsp. sea salt
1 tbsp. butter
1 l hot vegetable or
chicken broth
100-200 ml cream
Salt
Freshly ground pepper
A few basil leaves



BROCCOLI CREAM SOUP

Preparation

Put the butter in a pot, place it on the hob and let it melt with the special “melting” function. The select the special “pasta cooking” function. Add the onions and sweat until glassy.

In the meantime, wash and clean the broccoli and cut off the stems. Coarsely chop the stems. Add half the broccoli stems to the onions and sweat. The remaining stems are not needed.

Add broth and cook the broccoli stems until they are tender.

Coarsely chop the broccoli florets, add to the broth with the salt and cook until tender.

Purée the soup with the stick blender. Stir in the cream. Season to taste with salt, pepper and nutmeg, garnish with basil.

Nutritional information Calories / bread units

Carbohydrates 30 g

Protein 25 g

Fat 70 g

Recipe 872 kcal

Portion 218 kcal

Portion 0.6 BU

Recipe for 4 servings

250 g black salsify
(black oyster plant)
5 g butter
50 g onions
1 tbsp. millet flour
400 ml vegetable broth
200 ml milk
50 g whipping cream
½ tsp. salt
1 pinch of freshly ground pepper
¼ tsp. ginger (grated)
40 g sour cream
1 tbsp. red pepper
A few leaves of flat parsley

Nutritional information

Carbohydrates 28 g
Protein 14 g
Fat 32 g

Calories / bread units

Recipe 468 kcal
Portion 117 kcal
Portion 0.6 BU



Preparation

Peel the black salsify and slice thinly. Set 50 g aside for making chips to go with the soup.

Peel the onions and dice finely. Place a pan on the hob and heat on medium. Add butter and melt. Add the onion and sauté until translucent.

Add black salsify and millet flour and then add vegetable broth and milk while stirring constantly. Allow to simmer for about 5 minutes. Then add the cream and purée until creamy with a stick hand blender.

Grease a baking tray and place the black salsify slices on the tray. Preheat the oven with the small grill function at 200° C. Put the baking tray in the oven and brown the black salsify slices until they are lightly browned.

Season soup with the spices again to taste. Then serve in soup bowls and garnish with sour cream, parsley and the black salsify chips.

LENTIL SOUP

Recipe for 4 servings

100 g lentils
1 large carrot
1 onion
1 leek
1 celery root
1 slice bacon
4 smoked sausages
2 potatoes
Salt
Pepper
1 tbsp. flour
2 tbsp. oil
Parsley
1 litre water



Preparation

Peel the onion and dice it finely. Put a large pot on the hob and heat on high. Add the oil and cubed onions, and sweat until glassy. Add the carrots, celery and leek, and sweat for 2 minutes. Add the lentils and water. Allow to simmer for about 20 minutes on low heat, stirring occasionally.

Wash, peel and cube the potatoes in the meantime. Add the cubed potatoes and smoked sausage to the soup. Allow to simmer for another 10 minutes.

Finely cube the bacon. Put a pan on the hob and heat it over medium. Add the bacon and render it. Take the pan off the cooking zone and stir in the flour with a whisk. With a ladle, add enough soup from the pot to the bacon and stir it in until you get a creamy consistency.

Add the contents of the pan to the soup and stir. Season to taste with salt and pepper. Finally add the parsley and serve.

Nutritional information

Carbohydrates 142 g
Protein 122 g
Fat 147 g

Calories / bread units

Recipe 2444 kcal
Portion 611 kcal
Portion 2.9 BU

Recipe for 4 servings

For the soup

2 rRed onions

8 fresh tomatoes

Approx. 500 g canned tomatoes

1 clove garlic

200 ml cream

3 tsp. salt

1 dash sugar

250 ml water

For garnishing

Basil or parsley

2 tomatoes,
cut into pieces

4 tbsp. heavy sour cream



TOMATO SOUP

Preparation

Wash the fresh tomatoes, remove the stems and cut into large pieces.

Peel and finely dice the onions and garlic.

Put a pot on the hob and heat on high. Add some oil and sweat the onions and garlic in it.

Add the fresh tomatoes, tomatoes from the can with the juice and water. Simmer for a few minutes. Mix with a stick blender until it reaches the desired consistency. Then season to taste with the spices.

To serve, pour some of the soup into a soup bowl or soup plate and garnish with the herbs, tomato pieces and sour cream. Serve immediately.

Tip: This goes very well with baguette.

Nutritional information

Carbohydrates 52 g

Protein 21 g

Fat 75 g

Calories / bread units

Recipe 993 kcal

Portion 248 kcal

Portion 1.1 BU

Main dishes



POTATO OMELET

Recipe for 4 servings

750 g potatoes
4 tbsp. olive oil
Salt
Pepper, freshly ground
1 onion
1 clove of garlic
5 eggs
½ tbsp. thyme, dried



Preparation

Wash the potatoes and put them in a pot with some water. Cover the pot with a lid, put it on the hob and bring the potatoes to a boil over high heat.

Once they come to a boil, turn down the heat and cook the potatoes for about 20 minutes.

Drain after cooking, quench with cold water, allow to cool slightly and peel. Then slice the potatoes.

Put a pan on the hob with some grease and heat it over medium. Add the potatoes and fry until golden brown, turning several times. Season to taste with the spices.

Peel and finely chop the garlic and onion. After 10 minutes, add to the potatoes in the pan and keep cooking them.

Put the eggs in a bowl and whisk them. Season with salt, pepper and thyme. Pour the egg mixture over the potatoes and let it set.

Once it has set, slide the omelet onto a pan lid and turn it back into the pan. After the other side is nicely browned, take it out and put it on a plate.

Tip: Goes very well with sour cream dip or freshly cooked tomato sauce.

Nutritional information

Carbohydrates 988 g
Protein 269 g
Fat 421 g

Calories / bread units

Recipe 9066 kcal
Portion 378 kcal
Portion 3.4 BU

Recipe for 4 servings

About 450 ml water
1 tsp. bouillon powder
70 g spelt meal
70 g wheat meal
70 g oat meal
1 onion
20 g butter
150 g carrots
1 egg
1 tbsp. parsley
1 tbsp. chives
½ tsp. marjoram
Pepper, freshly ground
Salt
Oil for frying

CARROT-GRAIN BURGERS

Preparation

Put the water, salt and bullion powder into a pot, place it on the hob and bring to a boil on high heat. Add the meal, stir well and bring to a boil again. Take the pot off the cooking zone and allow the contents to soak for about 10 minutes, covered.

Peel and finely chop the onion. Peel and finely grate the carrots.

Put a pan on the hob, add the butter and heat on high. Add the onion and sear briefly. Add the carrots and also sear briefly. Add the carrots and onion to the dough, mix well and allow to cool.

Wash and finely chop the herbs. Add the herbs and egg to the dough, mix and season to taste with the spices. Shape the dough into burgers.

Put a pan on the hob and heat on high. Add the oil and sear the burgers on both sides until they are nicely browned.

Tip: Goes very well with salad and a cream dip.



Nutritional information Calories / bread units

Carbohydrates 172 g

Protein 44 g

Fat 28 g

Recipe 1139 kcal

Portion 285 kcal

Portion 3.6 BU



VEAL CUTLETS

Recipe for 4 servings

4 veal cutlets, 200 g each
2 eggs
150 g flour
200 g bread crumbs
Salt
Freshly ground pepper
Vegetable oil for frying

Preparation

Slightly tenderise and flatten the cutlets, season with salt and pepper, then turn in flour, egg and finally in bread crumbs.

Place a pan with plenty of vegetable oil onto the hob and heat on level 6. Put the cutlets into the pan and sear briefly on both sides. Take them out and allow to drip off on paper towel.

Nutritional information

Carbohydrates 256 g
Protein 205 g
Fat 96 g

Calories / bread units

Recipe 2776 kcal
Portion 694 kcal
Portion 5.3 BU

Recipe for 12 servings

12 bratwursts
20 g clarified butter for frying

For the sauce

75 g gherkins
75 g onions
30 g butter
15 g sugar
2 tbsp. curry powder
500 g tomatoes
200 g tomato paste
1 tsp. salt
1 tsp. Sambal Oelek
2 tbsp. apple cider vinegar
50 g celery

CURRYWURST WITH SPICY SAUCE

Preparation

For the sauce dice the Gherkins very finely. Peel onions and dice very finely.

Place a grill pan on the stove and heat up using a medium setting. Add butter to the pan and melt. Add the onions and sauté.

Wash tomatoes, peel, dice coarsely, add to the onions in the pan and sauté. Wash celery, cut into small pieces, add to the tomato-onion mixture into the pan and sauté.

Put the mixture in the frying pan into a deep bowl and add the remaining ingredients. Purée everything together using a pestle until the sauce is smooth. Season again to taste.

Place a grill pan on the stove and heat up using a high setting. Add some of the clarified butter and brown the bratwursts in it.

Cut the bratwursts into small pieces and put them in a bowl. Pour the sauce over it and serve.

Tip: To get a smoother gravy (not as thick), it can be passed through a sieve.

Nutritional information Calories / bread units

Carbohydrates 141 g	Recipe 6257 kcal
Protein 234 g	Portion 521 kcal
Fat 508 g	Portion 1.0 BU

MEDITERRANEAN MEATBALLS

Recipe for 4 servings

1 stale roll
250 ml milk
1 spanish onion
2 cloves of garlic
3 tbsp. oil
4 tbsp. flour
200 ml vegetable broth
500 g tomatoes
8 tbsp. dry sherry
Salt
Freshly ground pepper
600 g ground beef
2 eggs
½ bunch parsley

Nutritional information

Carbohydrates 87 g
Protein 151 g
Fat 133 g

Calories / bread units

Recipe 2216 kcal
Portion 554 kcal
Portion 1.8 BU

Preparation

Pour the milk into a bowl and soak the roll in it.

Peel the onions and dice finely. Peel the garlic. Finely chop half of it. Slice the other half very thin.

Put a large pot on the hob and heat on high. Add oil and sear half the onions with the sliced garlic.

Sprinkle on 2-3 tbsp flour. Douse with broth, tomatoes and 5 tbsp sherry.

Crush the tomatoes a bit. Season with salt and pepper, and bring to a boil. Then turn down the heat and let the whole thing simmer for about 15 minutes.

Squeeze the roll out thoroughly and put it in a bowl. Add the ground meat, remaining onions, chopped garlic, eggs and the rest of the sherry, and mix everything thoroughly. Season vigorously to taste. With floured hands, shape the meat mixture into small balls.

Put a pan on the hob and heat on high. Add oil and sear the meatballs in portions for about 5 minutes. Add the fried meatballs to the tomato sauce and cook for another 5 minutes.

Wash the parsley, pat dry and chop coarsely. Season the tomato sauce again to taste.

To serve, put the meatballs with the sauce onto a plate and sprinkle with parsley.

Tip: Goes very well with rice.





Recipe for 4 servings

For the fish

800 g haddock filets
(with skin, scaled, de-boned)
Salt, pepper, flour
2 tbsp. sunflower oil
1 tbsp. butter
Paper towel

For the deep-fried sauerkraut

150 g fine fresh sauerkraut
Oil for frying

For the lemon-butter sauce

2 shallots
160 g ice cold butter
(cut into cubes, about 1 cm)
150 ml white wine
80 ml fish stock
2 tbsp. vermouth, (such as Noilly Prat)
Salt, white pepper, sugar
2 tbsp. finely grated organic lemon zest

For the lentil vegetables

150 g beluga lentils, (or puy lentils)
1 bay leaf
80 g carrots
2 celery sticks
1 onion (50 g)
80 g leek
Salt
30 g butter
150 ml vegetable broth
Pepper
Sugar

HADDOCK WITH LENTIL VEGETABLES

Nutritional information

Carbohydrates 68 g
Protein 30 g
Fat 359 g

Calories / bread units

Recipe 3870 kcal
Portion 484 kcal
Portion 0.7 BU

**Recipe from Seefisch-
kochstudio Bremerhaven!**

Preparation

For the lemon-butter sauce, finely dice the shallots. Put a pan on the hob and heat it up, add 10 g butter with the onions and sweat until glassy. Douse with wine, stock and vermouth. Reduce to about 70 ml over high heat. Then pour through a fine sieve.

For the lentil vegetables, rinse the lentils in cold water and drain in a sieve. Put a pot with 1 litre of water onto the hob and bring to a boil on level 9. Add the lentils and bay leaf. Cook for about 12–15 minutes until firm to the bite (al dente).

In the meantime clean, wash and finely dice the carrots, celery, onion and leek.

Shortly before the end of the cooking time, vigorously season the lentils with salt. Drain the lentils, quench with cold water and let them drip off in a sieve.

Put 1 tbsp of butter into a pot and heat on the hob. Add the onions and sweat until glassy. Add the carrots, celery and leek, and sweat for 2-3 minutes. Add the lentils, pour in the hot vegetable broth and reduce for 5 minutes. Stir in the remaining butter and season to taste with salt, pepper and possibly a pinch of sugar. Keep warm.

Drain the sauerkraut in a sieve and squeeze it out thoroughly. With the hot air function, preheat the oven to 100° C. Put the oil into a narrow, tall pot and heat to 180° C on the hob. Fry the sauerkraut in it until crisp. Only fry in small portions, otherwise there is a risk of burns. The oil can boil over. Allow to drip off on paper towel. Put the sauerkraut on a plate and keep it warm in the oven.

Bring the lemon-butter sauce to a boil and season with salt, pepper and a pinch of sugar. Gradually stir in the butter pieces with the whisk. Add the lemon peel. The sauce must not boil any more.

For the fish, de-bone the haddock filets if necessary, dab them dry and cut into pieces of about 10 cm. Season with salt and pepper, press the skin side into the flour and lightly tap off excess flour. Heat oil in a large non-stick pan and fry the filets in portions on the skin side for 3-4 minutes. Add butter, flip and cook for 1 more minute.

Arrange the fish filets with the lentil vegetables, onions, sauerkraut and lemon-butter sauce and serve immediately.

CURRY GROUND BEEF NOODLES

Recipe for 4 servings

2 carrots
250 g penne pasta
Salt
Freshly ground pepper
1 onion
1 leek (approx. 200 g)
1 tbsp. oil
300 g ground beef
Curry powder
200 g cream
125 ml vegetable broth
A few sprigs flat parsley

Nutritional information

Carbohydrates 199 g
Protein 105 g
Fat 120 g

Calories / bread units

Recipe 2357 kcal
Portion 589 kcal
Portion 4.1 BU

Preparation

Put a pot with plenty of salted water on the hob and heat on high. When the water boils, add the noodles and cook for 10 minutes (al dente).

Clean, peel and finely dice the carrots. Add them to the noodles 5 minutes before the end of the cooking time. Drain the noodles and carrots after cooking.

Peel the onions and dice finely. Clean and wash the leek, cut in half lengthwise and slice into thin rings.

Put a pan on the hob and heat on high. Add the oil and ground meat, and sear quickly while turning. Season vigorously to taste with salt and pepper. Take the ground meat out of the pan and set aside.

Put the onions into the pan and sweat in the drippings until glassy. Add the leek and sweat for 5 minutes. Season with curry and douse with cream and stock. Let the whole thing boil down slightly.

Finally add the noodles, carrots and ground meat to the pan, and mix together thoroughly.

Wash the parsley and cut into thin strips. To serve, share the noodles out onto plates and sprinkle with parsley.



POTATO PANCAKES

Preparation

Wash and peel the potatoes. Finely grate together with the onions. Put both into a large bowl. Add the egg, bread crumbs, salt and pepper, and mix thoroughly.

Put a pan on the hob and heat on high. Add the lard and melt it. Put three small ladles of the batter beside each other in the pan and bake from both sides until golden yellow. Remove from the pan and allow to drip off on paper towel. Repeat the process until all the batter is used up.

Arrange on a plate and serve. Goes very well with apple compote.

Nutritional information Calories / bread units

Carbohydrates 316 g	Recipe 2602 kcal
Protein 56 g	Portion 650 kcal
Fat 116 g	Portion 6.6 BU

Recipe for 4 servings

1,5 kg potatoes
2 onions
2 eggs
50 g bread crumbs
Salt
Pepper
Nutmeg, ground
Lard for frying



Side dishes



CHEESE SPÄTZLE

Recipe for 4 servings

300 g flour
60 g butter
2 eggs
125 ml milk
2 tbsp. sour cream
1 tsp. salt
1 pinch nutmeg
20 g butter
50 g grated cheese
(such as alpine cheese,
parmesan, Emmenthaler)
2 onions
Oil for deep frying
Salt
Parsley

Preparation

Put a pot with water on the hob and bring to a boil over high heat.

Put 60 g of butter in a pot, place it on the hob and let it melt with the special “melting” function.

Put the melted butter, flour, eggs, milk, sour cream, salt and nutmeg into a mixing bowl and mix with a wooden spoon to make a smooth dough.

Set a spätzle maker onto the pot with boiling water, put in the dough and press the spätzle into the water. Bring the spätzle to a boil, then take them out with a skimmer.

Pre-heat oven to 200° C using upper heat.

Put a pan on the hob, add 20 g of butter and melt on low heat. Add the spätzle and stir once. Put the spätzle into the casserole dish, sprinkle with cheese, put onto a rack in the oven and bake for about 5 minutes.

Peel the onions, cut them in half and slice thinly. Put a pot with oil on the hob and heat on high. Caution! Keep a close eye on the pot so the oil does not overheat. When the oil is hot, add the onion strips and fry for about 1-2 minutes. Remove from the oil and allow to drip off on paper towel.

Take the cheese spätzle out of the oven, arrange with the fried onions and some parsley and serve.

Nutritional information

Carbohydrates 247 g
Protein 43 g
Fat 128 g

Calories / bread units

Recipe 2371 kcal
Portion 593 kcal
Portion 5.1 BU



Nutritional information

Carbohydrates 176 g

Protein 44 g

Fat 24 g

Calories / bread units

Recipe 1117 kcal

Portion 279 kcal

Portion 3.7 BU

BULGUR WITH VEGETABLES

Recipe for 4 servings

200 g bulgur	1 tbsp. oil
2 cloves of garlic	1 tsp. butter
2 carrots	400 ml vegetable broth
1 onion	1 tsp. thyme
200 g mushrooms, brown	4 tbsp. parmesan, grated
2 tomatoes	Salt
½ bunch flat parsley	Pepper

Preparation

Peel and finely chop the garlic and onion. Peel the carrots and cut into thin sticks. Wash and slice the mushrooms.

Put a pan on the hob and heat on high. Add the oil, butter, garlic and onions and sear briefly. Add the vegetables and sear briefly.

Fold in the bulgur, douse with the broth, season with thyme, cover and allow to simmer for about 10 minutes.

Wash the tomatoes, remove the stems and cube.

Wash the parsley, pat dry, pluck off the leaves and chop fine. Add to the bulgur with the tomatoes and parmesan. Set the hob to “warming” and allow everything to soak for a few minutes while covered. Season to taste with salt and pepper.

SPINACH DUMPLINGS

Preparation

Put a pot on the hob, add butter and heat on medium. Peel the onions, dice finely, add to the butter and sweat.

Finely chop the spinach leaves, add to the onions and briefly sweat. Season with salt, pepper and nutmeg. Put the spinach into a bowl, add the eggs and finely purée everything using a stick hand blender.

Add the milk, parmesan, flour, salt, pepper and white bread, and mix thoroughly. Cover the whole thing and let it rest for about 10 minutes.

Put a large pot with water on the hob and bring to a boil over high heat. Add one teaspoon of salt. With moistened hands, shape the mixture into dumplings. Place the dumplings into the boiling water and turn down the heat so the water is only simmering slightly. After 15 minutes, take the dumplings out of the water and drain.

To serve, put the dumplings on a plate, drizzle with some of the melted butter and sprinkle with parmesan.

Nutritional information Calories / bread units

Carbohydrates 13 g	Recipe 1395 kcal
Protein 34 g	Portion 349 kcal
Fat 130 g	Portion 0.3 BU



Recipe for 4 servings

200 g spinach leaves, boiled
50 g onions
2 tbsp. butter
2 eggs
50 ml milk
30 g parmesan, grated
1 tbsp. flour
150 g white bread, cubed
1 pinch nutmeg
Salt
Freshly ground pepper
10 g parmesan, grated
50 g butter, melted





VEGETARIAN

Recipe for 4 servings

50 g chickpeas, washed
2 tsp. cumin
2 tsp. salt
1 tsp. chilli powder
½ tsp. black pepper
½ tsp. baking powder
2 cloves of garlic
2 tbsp. fresh mint
2 tbsp. fresh coriander leaves
2 tbsp. fresh parsley
Olive oil
Approx. 1 l peanut or
other oil for frying
12 wooden skewers

FALAFEL SKEWERS

Preparation

Soak the chickpeas in water for 8 hours, drain and dab dry.

Put the chickpeas with the remaining ingredients into a bowl and purée very finely with a stick blender. Let the mixture rest for half an hour in the refrigerator.

Take the bowl out of the refrigerator. Form a tablespoon of the dough into a ball. Repeat the process until all the dough is used up. Place the balls into the freezer for 30 minutes so they freeze slightly.

Put a wok on the hob, add oil and heat on 5 until the oil temperature is about 180° C. Take the balls out of the freezer and fry in the hot oil for about 3 minutes until they are golden brown and done. Remove from the oil and allow to drip off on paper towel.

Finally, slide the balls onto the wooden skewers and serve.

Nutritional information Calories / bread units

Carbohydrates 20 g
Protein 7 g
Fat 69 g

Recipe 746 kcal
Portion 187 kcal
Portion 0.4 BU

GNOCCHI ALLA ROMANA

Recipe for 10 servings

Ingredients for durum wheat gnocchi

500 ml milk
1 tbsp. butter
Salt
Pinch of ground nutmeg
125 g medium-fine wheat semolina
1 egg yolk
30 g grated Parmesan cheese
1 egg for coating
2 tbsp. melted butter
4 tbsp. grated Parmesan cheese

Ingredients for braised tomatoes

2 tbsp. unprocessed olive oil
300 tomatoes diced
½ tsp. apple cider vinegar
Salt
Pepper
Leaves of basil



Preparation

Put the milk, butter, salt and nutmeg in a pan, put it on the hob and bring to a boil at the highest setting.

Slowly drizzle in the wheat semolina, stirring steadily. Allow to cook about 7 minute on low heat, continuing to stir steadily. Remove the pan with the semolina from the hob, add egg yolk and Parmesan and stir.

Spread the mixture on an oiled table or cutting board about 1 cm thick, roll even with a rolling pin and allow to cool.

Beat egg and brush the semolina mixture. Now, cut out circles about 5 cm diameter and place them in a oven-proof pan that has been coated with butter.

Sprinkle with Parmesan and dribble with melted butter. Place the dish with the gnocchi bits on a rack in the oven and bake for about 20 minutes at 180° C using the hot air function.

Add olive oil to a pan and heat slightly on the hob. Add the diced tomatoes, season with vinegar, salt and pepper and slowly sauté for about 5 minutes.

Arrange the sautéed tomatoes on a small plate, place the gnocchi on top and garnish with fresh basil leaves.



Nutritional information

Carbohydrates 123 g
Protein 66 g
Fat 101 g

Calories / bread units

Recipe 1702 kcal
Portion 170 kcal
Portion 1.0 BU

CROQUETTES

Recipe for 4 servings

For the croquette dough

500 g boiled potatoes
3 egg yolks
2 tbsp. cornstarch
Salt
Pepper, freshly ground
Nutmeg, ground

For breading

Approx. 100 g flour
1 egg
100 g bread crumbs
Oil for frying

Preparation

Put the ingredients for the croquette dough into a bowl and knead thoroughly until you have a smooth dough. Divide the dough into small portions and shape into croquettes.

For breading, put the flour, egg and bread crumbs into separate flat bowls. Turn the croquettes first in flour, then egg and finally bread crumbs.

Put a pot with oil on the hob and heat on high. Continuously monitor the process so the oil does not overheat.

Once the oil is hot, fry the croquettes in it successively until they are golden yellow. Take them out and allow to drip off on paper towel.



Nutritional information

Carbohydrates 247 g
Protein 37 g
Fat 87 g

Calories / bread units

Recipe 1972 kcal
Portion 493 kcal
Portion 5.1 BU

Recipe for 4 servings

2 small zucchini
Olive oil
150 g feta cheese
2 tomatoes
1 bundle arugula
Salt
Pepper
Toothpicks
Butter oil for frying



Nutritional information

Carbohydrates 13 g
Protein 34 g
Fat 130 g

Calories / bread units

Recipe 1395 kcal
Portion 349 kcal
Portion 0.3 BU



STUFFED ZUCCHINI ROLLS

Preparation

Wash the zucchini, dab them dry and cut them lengthwise into thin slices. Brush with olive oil and season with salt and pepper on both sides.

Put a pan on the hob and heat on high. Add butter oil to the pan and sear the zucchini slices on both sides until they are nicely browned and done. Take the zucchini slices out of the pan and let them drip off on paper towel.

Cut the feta into cubes. Wash the arugula, dab it dry and chop it coarsely. Wash the tomatoes, remove the stems and cut them into small cubes.

Put the feta cheese, arugula and cubed tomatoes into a bowl. Add olive oil, salt and pepper and stir. Put some of this mixture onto each zucchini slice. Roll up the zucchini and secure with a toothpick.

Tip: Goes very well with chicken breast fillet.



VEGETABLE CHIPS WITH YOGHURT DIP

Preparation

Put all ingredients for the dip into a bowl and stir. Cover the bowl and put it into the refrigerator.

Wash the zucchini. Wash and peel the carrot, parsnip and radish. With a peeler or food processor, cut the vegetables lengthwise into thin strips.

Put the wok on the hob, add oil for frying and heat over medium (about level 5). Continuously monitor the process so the oil does not overheat.

Dab the vegetable strips dry and sprinkle with flour.

Fry the zucchini strips for about 3 minutes until they are crisp. Allow to drip off on paper towel. Fry the carrot, parsnip and radish strips for about 2 minutes until crisp. Allow to drip off on paper towel as well.

Serve the vegetable chips with the yoghurt dip.

Recipe for 4 servings

Vegetable chips

1 zucchini
1 carrot
1 parsnip
1/4 radish
20 g flour
1 l oil for frying

Yoghurt dip

200 g full-fat yoghurt
1/2 clove of garlic, pressed
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. black pepper
1 tsp. mint, fresh or dried

Nutritional information

Carbohydrates 43 g
Protein 14 g
Fat 110 g

Calories / bread units

Recipe 1256 kcal
Portion 314 kcal
Portion 0.9 BU

HOMEMADE TAGLIATELLE

Recipe for 4 servings

200 g flour
200 g durum semolina
200 ml water
1/2 tsp. salt



Preparation

Put all ingredients into a mixing bowl and knead into a smooth dough. Place the dough into a sealed container or wrap it in cling film and let it rest for at least 30 minutes.

Roll the dough out thin with a pasta maker (or rolling pin). Then cut into tagliatelle strips.

Put a large pot with water onto the hob, add plenty of salt and bring to a boil over high heat. Add the tagliatelle, stir once and cook for about 2-3 minutes.

When they are done, drain and serve.

Tip: Colorful noodles can be made by adding eg. tomato paste or pureed spinach.

Nutritional information Calories / bread units

Carbohydrates 282 g	Recipe 1267 kcal
Protein 28 g	Portion 367 kcal
Fat 22 g	Portion 5.9 BU

Desserts



MARBLE COCONUT CREAM WITH RASPBERRY PURÉE

Recipe for 4 servings

4 egg yolks
100 g sugar
1 tbsp. lemon juice
250 ml coconut milk
50 g coconut flakes
8 leaves gelatin
4 egg whites
200 ml cream
300 g raspberries
4 EL port wine
2 tbsp. sugar
For garnishing
50 g raspberries
Lemon balm leaves

Preparation

Fill a pot with cold water and soak the gelatin leaves in it.

Put the egg yolks, sugar and lemon juice in a mixing bowl and beat with the hand mixer until frothy. Stir in the coconut milk and coconut flakes.

Take the gelatin leaves out of the water and squeeze them out slightly. Pour the water out of the pot. Put the gelatin leaves back in the pot and dissolve them on the hob using the special “melting” function.

Add the liquid gelatin to the egg mixture, stirring constantly. Put the crème into the refrigerator until it starts to gel.

Put the egg whites in a mixing bowl and beat until stiff. Put the cream in a second mixing bowl and also beat until stiff.

Take the coconut crème out of the refrigerator. Carefully fold under the beaten egg whites and whipped cream. Purée the raspberries in a bowl and pass them through a strainer. Stir in the sugar and port wine.

Pour the raspberry purée onto the coconut mixture and use a spoon or fork to mix it in, creating a marble pattern. Fill glasses with individual portions and put them into the refrigerator.

To serve, garnish with raspberries and a few lemon balm leaves.

Nutritional information

Carbohydrates 170 g
Protein 55 g
Fat 119 g

Calories / bread units

Recipe 2156 kcal
Portion 539 kcal
Portion 3.5 BU

PEPPERMINT-HONEY PARFAIT

Nutritional information

Carbohydrates 104 g

Protein 23 g

Fat 213 g

Calories / bread units

Recipe 2496 kcal

Portion 624 kcal

Portion 2.2 BU

Recipe for 4 servings

Parfait

250 ml very strong

peppermint tea

50 g honey

400 ml cream

1/2 bunch peppermint

leaves cut into narrow strips

Sauce

100 g semi-sweet chocolate

200 ml cream

To taste

A few peppermint leaves

Chocolate rolls

Preparation

Add honey to the hot peppermint tea and dissolve. Then allow to cool.

Pour the cream in a mixing bowl and beat with a hand mixer until stiff. Wash the fresh mint, dab dry and chop very fine. Carefully stir both into the cold tea. Fill the mixture into a cold-resistant mould or individual portion moulds and put into the freezer. Carefully stir after about 30 minutes. If the mixture has not separated, allow it to freeze for another 5 hours. Otherwise stir it again after 30 minutes.

For the sauce, put the chocolate in a pot on the hob and melt it with the special “melting” function. Stir in the cream.

To serve, take the parfait out of the freezer and turn it out onto a plate. Pour the chocolate sauce over it and serve immediately. The parfait can also be garnished with a few peppermint leaves or chocolate rolls.

Recipe for 4 servings

4 eggs
125 ml milk
120 g flour
50 g sugar
1 tbsp. sour cream
50 g butter oil
Icing sugar for
sprinkling

KAISERSCHMARREN

Preparation

Separate the eggs. Put the egg yolks into a large mixing bowl. Add the milk, flour, sugar and sour cream, and mix into a smooth batter with a hand mixer.

Put the egg whites in a second bowl and beat with a hand mixer until very stiff. Carefully fold the beaten egg whites into the batter.

Put a non-stick pan on the hob and heat it on high. Add butter oil and melt. Pour in the batter and cook over medium heat until the bottom is nicely browned.

To flip, slide the pancake into a pan lid and put it back into the pan with the uncooked side down. Continue baking the pancake until it is cooked all the way through and the other side is also golden-yellow.

Cut the kaiserschmarren into pieces with 2 spatulas. Evenly distribute the pieces on a plate, sprinkle with icing sugar and serve.

Tip: Goes very well with plum compote.

Nutritional information

Carbohydrates 164 g
Protein 36 g
Fat 93 g

Calories / bread units

Recipe 1677 kcal
Portion 419 kcal
Portion 3.4 BU

CREPE SUZETTE

Recipe for 4 servings

100 g flour
4 eggs
90 g butter
1 pinch salt
1 tbsp. icing sugar
6 tbsp. milk
1 tbsp. rum
Vegetable oil
2 organic oranges
35 g lump sugar
1 lemon
1 tbsp. almonds, sliced
4 tbsp. orange liqueur,
such as Grand Marnier
to flambé

Preparation

Melt the butter in a pot on the hob with the “melting” function. Put 30 g of the butter with the flour, eggs, salt, milk, rum and icing sugar into a mixing bowl and beat with a whisk to make a thin batter. Allow to soak for at least 30 minutes. Then stir again thoroughly.

Put a non-stick pan on the hob and heat it over medium. Add some oil and heat it. Bake the batter into light, thin crepes. Fold each finished crepe into quarters and keep warm on a large platter or plate.

Warm the remaining 60 g of butter again on the hob over low heat. Wash the oranges and grate off the orange peel. Then filet the oranges and squeeze out the leftovers. Collect the juice.

Add the sugar to the butter and melt it, add the orange juice and stir. Press out the lemon and add to the liquid. Slightly reduce the liquid over medium heat. Then add the orange filets. Spread the orange sauce evenly over the crepes and allow to sit for a few minutes.

Sprinkle on the sliced almonds. Drizzle with the preheated orange liqueur, flambé immediately and serve.

Nutritional information

Carbohydrates 381 g
Protein 26 g
Fat 139 g

Calories / bread units

Recipe 2961 kcal
Portion 247 kcal
Portion 2.6 BU

APPLE COMPOTE

Recipe for 4 servings

4 apples
2 tbsp. sugar
50 ml water
1 stick cinnamon

Preparation

Wash, peel and core the apples and cut them into large pieces.

Put a pot on the hob, add the sugar and heat on high, watching carefully. When the sugar has liquefied and turns slightly brown, add water (Caution! May cause a lot of steam.), the apple pieces and cinnamon. Allow to simmer for about 5 minutes over medium heat. Stir occasionally.

Remove the cinnamon stick and purée the apple mixture with a stick blender until it has the desired consistency.



Nutritional information Calories / bread units

Carbohydrates 96 g
Protein 2 g
Fat 1 g

Recipe 405 kcal
Portion 101 kcal
Portion 2.0 BU

SEMOLINA PUDDING WITH FRUIT COMPOTE



Recipe for 4 servings

For the semolina pudding

Peel from one organic orange

1 vanilla pod

40 g soft wheat semolina

50 g sugar

250 ml cream

2 leaves gelatin

1 pinch salt

For the fruit compote

50 g butter

150-300 g sugar

250 g fruit (such as plums, cherries, raspberries, strawberries)

1 vanilla pod

3 tbsp. high-percentage alcohol

Nutritional information

Carbohydrates 443 g

Protein 12 g

Fat 109 g

Calories / bread units

Recipe 2965 kcal

Portion 741 kcal

Portion 9.2 BU

Preparation

Fill a bowl with cold water and soak the gelatin leaves in it.

Put the milk, grated orange peel, vanilla pod and sugar into a pot, set it onto the hob and bring to a boil on the highest setting. When the milk boils, take the pot off the cooking zone, add the semolina while stirring constantly and allow to thicken slightly.

Take the gelatine out of the water, squeeze it out slightly and add it to the semolina mixture, stirring constantly. Then allow the mixture to cool to room temperature.

Pour the cream in a mixing bowl and beat with a hand mixer until stiff. When the semolina mixture has cooled, fold in the cream. Fill the mixture into the chosen bowls and chill for about 1 hour.

In the meantime, wash the fruit, peel if needed and cut into large pieces.

For the compote, put the butter and sugar in a pot on the hob and melt with the special “melting” function. Add the fruit and boil until it thickens slightly. Douse with the alcohol.

Slit the vanilla pod open lengthwise and scrape the pulp out. Add the vanilla pulp to the fruit and allow to boil down into a compote. Stir several times during this process.

Take the semolina puddings out of the fridge and serve with the fruit compote.

PLUM COMPOTE WITH CINNAMON

Recipe for 4 servings

400 g plums
50 ml water
1 EL sugar
1 stick cinnamon

Preparation

Wash and pit the plums. Put in a pot with the cinnamon stick and 50 ml water. Put the pot on the hob and bring to a boil over high heat.

After it comes to a boil, reduce the heat to medium and let the plums simmer for about 5 minutes.

Take off the cooking zone, remove the cinnamon stick and allow the plums to cool.

Tip: The pulp of 1 vanilla pod also works very well instead of cinnamon.

Nutritional information Calories / bread units

Carbohydrates 56 g	Recipe 246 kcal
Protein 3 g	Portion 62 kcal
Fat 1 g	Portion 1.2 BU



Küppersbusch Hausgeräte GmbH

Küppersbuschstraße 16, D-45883 Gelsenkirchen

Telefon 0209 401-0, Fax 0209 401-303

www.kueppersbusch.com

www.facebook.com/kueppersbuschcom



info@kueppersbusch.de

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