



26.11.2021  
6 - 7.30 p.m.

## „ ONLINE-COOKING “ UNIVERSITY OF STRALSUND

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Dear participants,

we are pleased to have you join us at the online cooking “After Work Campus”. We have prepared three delicious and fast recipes for you, which our instructor Anja Hassolt will cook together with you.

The recipes and further information can be found on the following pages.

We hope you enjoy cooking with us and wish you “enjoy your meal” already now!

*Yours DAK-Gesundheit & Kraaibeek GmbH*

# KITCHENWARE

... for a smooth process



## Please provide the following cooking utensils:

- Bowl (bio-waste)
- Towels
- Large cutting board
- Large knife, sharp
- Small kitchen knife, sharp
- Peeling knives
- Casserole dish large
- Pot, with a lid (for the soup)
- 1 kitchen towel
- Kitchen scale
- Measuring cups
- Sieve, fine
- Blending machine or a hand blender
- Teaspoons & tablespoons
- Cooking spoons
- Mixing bowl
- Cereal bowl
- Soup plate
- Small bowls / glass jars

## A few extra tips for preparing:

- Prepare your kitchen, e.g. your cutting board and look for a good spot for your laptop / your camera.
- **Tip:** We advise you to place your cutting board on a towel.
- Wash all the vegetables in advance.
- Keep all ingredients within reach.
- Prepare something delicious to drink to enjoy with your meal.



# WARM CHICKPEA SALAD WITH BAKED VEGETABLES

Colourful & high in fibre

Root vegetables such as parsnips are spicy hearty, low in calories and provide healthy vitamins and fibre.



## Ingredients (serves two)

- 500 g of vegetables of choice (without kitchen waste), e. g. mushrooms, carrots, pumpkin, beets, parsnip, sweet potato, parsley root, red onions, etc
- 1-2 garlic cloves
- 3 tbsp rapeseed oil
- 1/2 tsp paprika, noble sweet
- 1/2 tsp cumin (alternatively it tastes good without)
- Salt and pepper
- ca. 1/3 bunch parsley, roughly chopped
- 1/2 can of chickpeas (drained weight 150 g)
- 1 small lime

## Method

- Prepare the vegetables, trimmed, peeled and washed.
- Preheat the oven to 200°C (at top / bottom heat) or 180°C (Circulating air).
- Cut into bite-sized pieces.
- Garlic cloves, roughly chopped, place in a large bowl with the other spices and oil and mix well.
- Add the vegetables and gently mix with the marinade.
- Put the vegetables with the marinade in a baking dish and roast in the oven for about 25 minutes
- Meanwhile, wash and chop the parsley and squeeze the lime.
- Finally, put the finished baked vegetables in a large bowl, mix together with the chickpeas, lime juice and parsley. Season if necessary.

# ORIENTAL LENTIL SOUP

Warm and savoury

**Tip**  
Use Pul Biber (Turkish paprika flakes) instead of regular paprika powder.



## Ingredients (serves 2)

- 250 g red lentils
- 2 tomatoes
- 1 onion
- 2 garlic cloves
- 700 ml vegetable broth
- 1 carrot
- 2 tsp. ajvar
- 1 lemon
- Fresh mint leaves
- Paprika
- Salt, pepper
- Cumin
- Olive oil

## Method

- Dice the onion and the garlic cloves finely and cook them in a pre-heated pan until soft.
- Dice the tomatoes, chop the mint and add it to the pan. Add the ajvar (paprika paste).
- In the meantime, peel and slice the carrot and add it to the pan.
- Add paprika, salt, pepper and cumin.
- Wash and drain the lentils. Add them to the pan and pour the vegetable broth into the pan as well. Let it simmer for about 15 minutes.
- Pour the mixture into a powerful blender or use a hand blender to blend the mixture until it reaches a smooth consistency.
- Drizzle a little bit of lemon juice on top and add a few mint leaves – enjoy!

# DELICIOUS CHOCOLATE MOUSSE

Fresh & fruity

Also works  
wonderfully with  
white chocolate.  
The mousse should  
be stored in the  
refrigerator –  
durable for approx.  
2-3 days



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## Ingredients (serves 4-6)

- 400 g silk tofu
- 200 g dark chocolate – at least 70 % cocoa
- Optional: 2-3 tbsp. honey
- **Topping:** Chocolate chunks, brittle, nuts, mint leaves, fresh or frozen fruits

## Method

- Chop the chocolate in a little bowl and melt it in the microwave (it is better to enter short times, e.g. 30 seconds, than to set directly to 3 minutes) or in a water bath
- For the mousse, put all the ingredients and, depending on your taste, 2-3 tbsp of the selected sweetness in a tall container (e.g. measuring cup) and blitz until smooth. Use a hand blender or a blender.
- The silken tofu can initially form small pieces but disappears very quickly.
- **Tip:** Why silken tofu? It is very rich in protein, low in calories and tasteless. A little moment of happiness, without having a guilty conscience (which you should never have anyway).

