

My



Cook -

Book



Anisa

Dear Shifa,

This is a work-worthy
collection of delicious
foods.

Great job - excellent language.

Congratulations

Ms/10

Content

TOPIC

PAGE
1

My favorite food

Fruits and vegetable labels

Kitchen tools

Recipes:

Pizza Margherita

Kässpätzle

Tiramisu

Families recipes:

lentil-potato puffer

Cherry-chocolate cake

Things I don't like / cheese rice

Verbs

Verbs

Content

12

11

10

9

8

7

6

5

4

3

2

1

My favorite Food

main courses

Spaghetti with tomato sauce

pizza

Rice with cheese and tomatoes

Spätzle / German pasta with spinaat

potato pancakes

boesgryne



desserts and sweets

pancakes with ice cream

rollade with chocolate whipped cream

cupcake with berries and berry cream

fruit salad

bunteschmorn pancake

chocolate cake with marshmallows



soups

frühstuck soup

zucchini soup

pumpkin soup



salad

green salad

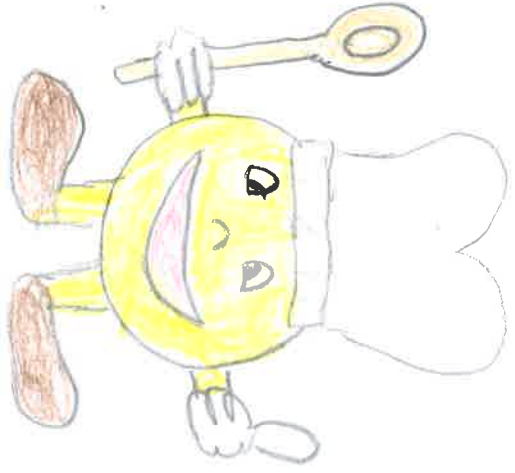
greek salad

potato salad



12


1



Fruits - List of Vegetables

- apple
 - apricot
 - avocado
 - banana
 - cherry
 - date
 - elderberry (Holunder-beere)
 - grape
 - honeydew melon
 - kiwi fruit
 - lemon
 - mango
 - melon
 - nectarine
 - nuts
 - orange
 - pear
 - pine apple (Ananas)
 - quince (Quinte)
 - mandarin
 - strawberry
- 
- (spargel) asparagus
 - beans
 - broccoli
 - (Kohlsprossen) brussels sprouts
 - carrots
 - cauliflower
 - cucumber
 - peas
 - potatoes
 - rhubarb (Rhabarber)
 - silverbeet (Mangold)
 - spinach
 - zucchini
 - aubergine
 - olive
 - pepper, pumpkin
 - radish
 - sweet potato
 - tomato
 - beet root (rote Rübe)

Kitchen tools

- rolling pin → Nadelholz
 - biscuit cutter → Keks ausstecher
 - baking pan → Backblech
 - pot → Kochtopf
 - bottle opener → Flaschenöffner
 - bowl → Schüssel
- 

boil the water
erhitze das Wasser

grate the cheese
reibe den Käse

Frost with chocolate icing
glasieren mit Schokoladenglasur

preheat oven
Ofen vorheizen

scrape side of bowl
scharbe die Seite der Schüssel ab

pour batter into cupcake liners
gieße den Teig in Muffinformen

cream the ingredients together
schlage die Zutaten zusammen

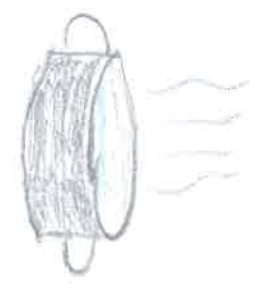
cook in batches or preheated waffle iron
bake in kleinen Portionen im vorgeheizten Waffeleisen

Let it cool slightly
lass es langsam auskühlen

stew it
dünste es

pour evenly
gleichmäßig verteilen

separate the eggs
trenne die Eier



Verbs

mix the ingredients
mische die Zutaten

pat out an oven form
befette eine Backform

grid some pepper over it
mahle etwas Pfeffer darüber

fry the onions in a pan
röste die Zwiebeln in einer Pfanne

chop the chives
hacke den Schnittlauch

sprinkle with chives
mit Schnittlauch bestreuen

beat egg white
schlage das Eiweiß

fold the whites into the mixture
falte das Eiweiß zur Mischung dazu

spread it on top
streiche/fülle es auf die Oberfläche

whip the top until the surface is plain
schlage es bis die Oberfläche glatt ist

stir it in
rühre es rein

reduce heat
reduziere die Hitze

combine the ingredients in a bowl and set aside
vermische die Zutaten in einer Schüssel und stelle es zur Seite

use a baking sheet
verwende Backpapier

let the cake cool down
lass den Kuchen auskühlen

greasing the pan
fette die Pfanne ein



bread knife → Brotmesser

cake and pie server → Tortenheber

colander → Sieb (also sieve)

cutting board → Schneidebrett

knife → Messer

fish slice → Wender

funnel → Trichter

garlic press → Knoblauchpresse

grater → Reibe

~~mezzalana~~ → Miesemesser

ladle → Schöpfer

lemon squeezer → Zitruspresse

measuring jug → Messbecher

mortar and pestle → Mörser

nut cracker → Nussknacker

peeler → Schäler

pepper mill → Pfeffermühle

pie bird → Gugelhupfform



salt shaker → Salzstreuer

scales → Waage

spatula → Spachtel

whisk → Quirl/schneebeisen

wooden spoon → Kochlöffel

spoon → Löffel

scoop → Kugelmacher

measuring cup/spoon → Messbecher/Löffel

Pizza Margherita

Ingredients

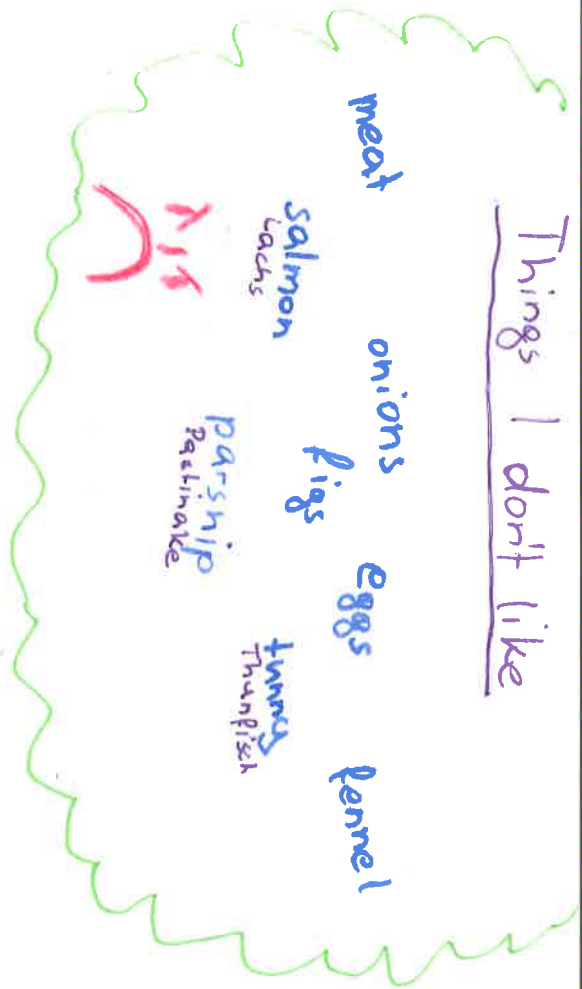
- 300 g strong bread flour,
- 1 tsp instant yeast
- 1 tsp salt
- 1 tsp olive oil
- 100 ml passata
- handful fresh basil or 1 tsp dried
- 1 garlic clove, crushed
- 125 g ball mozzarella, sliced
- hand full grater or shaved parmesan



Method

- 1.) For the base you mix the flour with the yeast and the salt in a large bowl with a wooden spoon. Put in 200 ml warm water and the olive oil. Put it onto a floured surface and knead it for 5 minutes. Then set the dough aside under a tea towel.
- 2.) Mix the passata with the basil and the garlic together. Let it stay at room temperature
- 3.) Roll out the dough on a floured surface. It should be about 25 cm across and veg thin.
- 4.) Heat the oven to 220 to 240C. Put the tomato sauce with a spoon on it. Lay the mozzarella pieces and the parmesan on top. -After baking you can decorate it with some fresh basil.

Things I don't like



Cheese rice

- 150 g rice
- 100 g cheese
- 45 small tomatoes (halved)
- sunflower oil
- salt



Cook rice according to the direction on the box. Grate the cheese. When the rice is nearly finished put in the cheese and let it melt. Take a bit salt and mix the whole thing with a wooden spoon. Cook it in a pan with sunflower oil and put the tomatoes on top of it.

Chocolate-Cranberry cake

- 1 cup whole wheat flour
- $\frac{1}{2}$ cup cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{4}$ tea spoon baking powder
- $\frac{1}{4}$ tea spoon salt
- $\frac{1}{2}$ tea spoon ground cinnamon
- 1 large banana
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup sunflower oil
- 1 tea spoon pure vanilla extract
- $\frac{1}{2}$ cup dried cranberries



Method

Mix the flour with the cocoa powder, salt, baking soda, baking powder and cinnamon in a small bowl and set aside. Mix the sugar with the vanilla, the sunflower oil and the banana in a larger bowl with a hand mixer until smooth. Mix in the dry ingredients and then fold in the cranberries. Fill it into a greased loaf pan and bake it for about 40-50 minutes. Let the cake cool down before cutting it.

Kässpätzle

Ingredients

- 350g flour
- 1 tsp salt
- 1 egg
- some water
- 300g grated Emmentaler cheese
- 5 sp of butter
- freshly ground black pepper
- 400g onion
- chives



Method

First pre-heat oven to 200 degrees. Mix the flour with the salt and the eggs until you can see some small bubbles. Boil the water and form the spätzle. Then cook them for a few minutes. Fat out an oven form with butter. Make layers of spätzle and cheese. Grind some pepper over it. The last layer should be covered in cheese. Bake it until the cheese is completely molten. Fry the onions in a pan using the remaining butter. They should get a light brown colour. Chop some chives. Put the onions onto the spätzle and sprinkle it with chives.

Tiramisu

Ingredients

- 1 $\frac{1}{2}$ cups ricotta cheese
- $\frac{3}{4}$ cup light cream cheese
- $\frac{1}{2}$ cup granulated sugar
- 3 tsp cocoa
- 1 egg yolk
- 1 tea spoon vanilla
- 3 egg whites
- $\frac{1}{3}$ cup granulated sugar
- 3 cup coffee
- 3 table spoons chocolate/coffee-flavored liqueur
- 16 lady finger cookies



Method

Beat the egg whites in a bowl until you can see soft peaks. Add the sugar and continue to beat until stiff peaks form. Fold the whites into the ricotta mixture. Mix the ricotta cheese, cream cheese, sugar, cocoa, egg yolk, and vanilla until it is smooth. Give it into a bowl. Mix the coffee and the liqueur in a small bowl. Give the half of the lady fingers in bottom of dish and sprinkle it with the coffee mixture. Spread the half of the ricotta mixture on top of it. Whip the top until it is plain. Put the cocoa powder on top of the cake and let it stay in the fridge for four hours.

My Family recipes:

Potato fritter with lentils

Ingredients

- 1 kg wax potato
- 400g lentils
- 1 onion
- 4 eggs
- salt
- pepper
- olive oil

Method

Peel the potatoes and grate them into bigger pieces. Peel the onion and chop it into very small pieces. Cook the lentils until they are soft. Mix the grated potato with the onions and the lentils and the eggs. But some pepper and salt to it. But small pieces of your mixture in a pan and cook it with olive oil. Turn them around when they get a brown colour.

