

Maren's

Cook Book



Maren Taubinger

Dear Maren,

Your cookbook is really excellent - you've collected excellent recipes and your recipes sound really English (and mouth-watering)

I love the little details (dog cartoon...).

Just one tip: always

write phrases, (peel the
potatoes,
not just
wash. This

chop the
chives...)

will make your English
really perfect.

M/10

My favourite food

I have no favourite food, because I'm not fussy. I'm like an omnivore. But there are still things that I don't like I feel pity with the poor animals. From ^{the} ~~the~~ ^{the} ~~the~~ ground I eat 2 days in a week as a vegetarian.

delicious ☺

- pommes
- spinach
- potatoe
- noedles
- anion
- pizza
- tuna
- meat
- scrambled eggs
- raspberry
- pancake
- mozzarella
- peach

What I don't like ☹

- cocos
- windhois
- pear
- coll...
- mango
- marzipan
- asparagus

Vocab

English	German	English	German
strainer	Sieb	flour	Mehl
spoon	Löffel	yeast	Hefe
peeler	Schäler	hour	Schlüssel
to whisk	verquirlen	to shine	röhren
knife	Messer	to knead	kneten
brush	Pinzel	to spread	verteilen
chopping board	Schneidbrett	to scatter	streuen
tongs	Zange	to season	würzen
baking sheet	Backblech	stirring	umrühren
blender	Mixer	tray	Tablett
rolling pin	Nudelwalzen	grated	gerieben
skimmer	Chaschuppienlöffel	baking tray	Backblech

My favourite recipe on the weekend in the morning!

Scrambled eggs
(with onion & chives)

Yummy! Yummy! Yummy!

Take as many eggs as you want.
Whisk them in a bowl.
Stew the onion in a hot pan with oil. Then give the finished eggs to the onion in the pan.
When they are finished give ^{put} ^{it} on a plate and give a little hot chives above the scrambled eggs. ^{sprinkle}
Don't forget to crush the chives before!
Have a good breakfast!



Easy Chocolate Dessert

- Ingredients**
- 100g dark chocolate
 - 115g butter
 - 2 eggs, beaten
 - 1 cup chocolate cake mix
 - 1/5 min or less

1. Heat the oven to 180°C
2. Melt chocolate and butter together in the microwave
3. Stir into chocolate cake mix and then combine eggs
4. Bake in muffin tins or small cake tins
5. Serve cream with cream or ice-cream.

Just when I hear the word chocolate, it is for me delicious.



English	German	English	German
to prep	vorbereiten	obtained	abgelesen
smooth	geschmeidig	melted	geschmolzen
enough	Teig	remaining	restlich
spinkla	bestreuen	to combine	vermengen
chopped	geschnitten	chives	Schnittlauch
series 5	für 5 Personen		
to squeeze	auspressen		
breadcrumbs	Semmelbrösel	TIP	write a
parsley	Petersilie	about	please
cloves	Gewürznelken	eg	o chop the chives
removal	entfernt	o peel	the potatoes
prevent	verhindern		

Very simple Margherita pizza

Heat the oven to 240C/220C fan/gas 9. Oil a 20x24cm baking tray.

Mix the flour, yeast, 1/4 tsp salt and the sugar in a bowl, then stir in the water.

Bring the mixture together and knead it till it is smooth, then press it into the oiled tray

Spread passata over the dough, leave a thin border around the edges.

Season the passata, then sprinkle with the chopped basil, the mozzarella and the Parmesan. Set it bake for 15-20 mins. (till it's cooked through)

Scatter the pizza with the rest of basil and serve the pizza margherita with a side salad.



Ingredients

- olive oil, for the tray
- 200g plain flour
- 7g packet easy-blend dried yeast
- 1 tsp sugar
- 85ml passata
- 100g mozzarella, half grated, half chopped
- half chopped Parmesan
- 2tbsp grated Parmesan
- small bunch basil, half chopped, half left whole
- side salad, to serve

Vegetarian
Prep 15mins
Cook 20mins

Hash browns (Kaatffel puffer)

from my mom

serves 4
vegetarian

- 1kg potatoes salt
- 1tbsp lemon juice
- 1egg
- 50g flour
- 6-8tbsp oil

1. You have to peel, crush, dab with kitchen roll and rub the potatoes. Salt, the lemon juice, the egg and the flour, mix them with the potatoes together.
2. Heat in a big pan 2tbsp oil. For each hash browns you take 2tbsp dough. Let the hash browns cook by medium heat for 3 min. Then turn them and let them for 3 min again.
3. When they are finish you can serve on a plate.

Then enjoy your meal?
I hope you like it!

Sometimes I take ketchup too.



Spaghetti Carbonara

1. Fry bacon strips over low to medium heat cook slowly until crisp, stirring sometimes.
2. Meanwhile cook spaghetti in salted water as per packet directions
3. Before bacon is completely crisp, add garlic and cook until softened but not browned.
4. Beat the eggs, add pepper and parsley
5. When bacon and garlic are cooked, add drained spaghetti and heat through in the fry pan and remove and place in a serving bowl, allow to cool very slightly to prevent egg mixture scrambling.
6. Add egg and parsley mixture, mix until melted and combined well.
7. Serve with remaining cheese.



Serves 4
Preparation time: 15 to 30 min.

- ### Ingredients
- Crushes bacon and removed
 - cut into 1cm x 1cm strips
 - 1 x 500g packet spaghetti
 - 1/4 cup finely chopped parsley
 - 1/3 cup freshly grated Parmigiano cheese
 - 1/3 cup freshly grated Pecorino Romano cheese
 - 2 extra large eggs or 3 medium eggs
 - 2 cloves garlic, grated & chopped
 - Salt
 - 3 tablespoons oil
 - Black pepper

Stir in 3/4 of the cheese.

Salmon & spinach with farmhouse cream

- ### Ingredients
- 1 tsp sunflower or vegetable oil
 - 2 salmon filets
 - 250g bag spinach
 - 2 tsp reduced-fat crème fraîche
 - juice 1/2 lemon
 - 1 tsp capers, drained
 - 2 tsp flat leaf parsley, chopped
 - lemon wedges, to serve

1) Heat the oil in a pan. Pan season the salmon on both sides. After that fry the salmon on each sides for 4 min. Till it is golden and the flesh flakes easily. Leave to rest on a plate, while you cook the spinach.

Serves 2
Prep 5 mins
Cook 10 mins

2) Tip the leaves into the hot pan, season then cover and leave to wilt for 1 min. Spoon the spinach on plates, then top with the salmon. Gently heat the crème fraîche in the pan with a squeeze of the lemon juice, the capers and parsley, then season to taste. Be careful, not to let it boil. Spoon the sauce over the fish, then serve with lemon wedges.

Then enjoy your meal!



Chicken salad

from Anna, Hannah and me

1) Clean and wash the salads, make small pieces.
(Often you have pets like budgies or a hamster you can give them meat!)

2) wash the vegetables clearly

Keep carefully!
If there is something foul on a vegetable + cut it out and put it into the garbage!

cut the cucumber in small pieces
cut the red, yellow and green pepper in small pieces
put them with the cucumber in a bowl

3) add radish & cut the green part off
cut them into small pieces
put them in the bowl with the pepper and the cucumber

cut the tomatoes & put them together with the other vegetables

4) crush the meat with kitchen paper

dab the meat

beat the meat

season the meat with salt and pepper
cut the meat into stripes

Ingredients

Wash hands before, or plastic gloves
head lettuce & fresse lettuce
1 yellow, 1 green, 1 red pepper
~ 5 radish
1/4 cucumber
~ 3 tomatoes
400g chicken meat
5tbsp olive oil, 3tbsp vinegar
salt & pepper
flour, 2 eggs, breadcrumbs

Serves 4

5) for the meat you need: breadcrumbs, eggs & flour
you need for each a bowl
whisk the eggs

first put the stripes into the flour
second into the eggs
third into the breadcrumbs

6) heat the oil in the pan
Give the stripes into the pan

let them fry for 2min each side
let the meat drip off on kitchen roll

7) mix the salad with the vegetables
finish it with oil, pepper, salt & vinegar
You can do that while the meat is cooking in the pan.

8) take as many ^{small} salad you want
take as many stripes you want

9) enjoy your meal!

