

AVOCADO TOAST



Easy to follow
students cookbook

Europawoche 2021 am

„Essen verbindet“

Der Fachbereich Kunst ist keinem Austauschprojekt angeschlossen, und leistet einen eher freien Beitrag zur diesjährigen Europawoche.

Ganz nach dem Motto „Essen verbindet“ wird sich die Fachgruppe Kunst einem Thema aus diesem Bereich widmen. Geplant ist die Erstellung einer visualisierten Sammlung einfach nachzumachenden Rezepten für Jugendliche in Form von „SketchRezepten“. Die Schülerinnen und Schüler gestalten mithilfe von SketchNotes und englischen Vokabeln leckere Rezeptvorschläge aus Norddeutschland und anderen Regionen Deutschlands. Geplant ist, diese Sammlung kleiner Leckereien anschließend in digitaler Form den Austauschpartnern unserer Schule zur Verfügung zu stellen, so dass die Rezepte ausprobiert werden können. Im Gegenzug würden wir uns über Fotos von den ausprobierten Leckereien und über landestypische Rezepte der Austauschpartner freuen.

Beteiligte:

Sabine von Hiller

Antje Pospischil-Geißler

"Eating connects"

The Art Department is not affiliated with an exchange project and makes a rather independent contribution to this year's European Week.

In line with the motto "Food connects", the Art Section will devote itself to a topic in this area. The plan is to create a visualized collection of recipes for young people in the form of "SketchRecipes". With the help of SketchNotes and English vocabulary, the students create delicious recipe suggestions from northern Germany and other regions of Germany. We want to make this collection of small treats available in digital form to our exchange partners, so that the recipes can be tried out. In return, we would be happy to receive photos from anyone who tried our treats. We would also love to receive some typical recipes from the countries of our exchange partners.

participant:

Sabine von Hiller

Antje Pospischil-Geißler



Inhaltsverzeichnis

Drinks:

- *Fruit Smoothie
- *Ginger Ale Drink

Lunch:

- *Teriyaki Chicken
- *Cheese Burger
- *Soup
- *Avocado Toast
- *Roasted Potatos with Bratwurst
- *Pancakes
- *Reibekuchen which goes well with
- *Apfelmus

For your Sweet Tooth:

- *Berliner
- *Apfelkuchen
- *Käsekuchen
- *Banana Bread
- *Muffins
- *Cookies
- *Buttermilk Waffles

Snack/ Dessert:

- *Yoghurt
- *Fruit Salad
- *Jelly

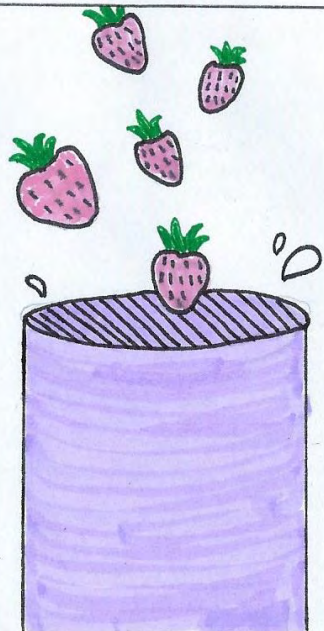
All recipes are easy to follow.
Our students would be very happy to receive a photo and a feedback.

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Antje.Pospischil-Geissler@ngw-online.de

FRUIT SMOOTHIE

ingredients

1 banana
a hand full of raspberries/strawberries
 $\frac{1}{2}$ cup of milk
 $\frac{1}{2}$ apple
1 teaspoon of honey



1. Cut the fruits
2. Fill it in the Smoothie-maker
3. Mix all the ingredients together
4. Fill the smoothie into a glass

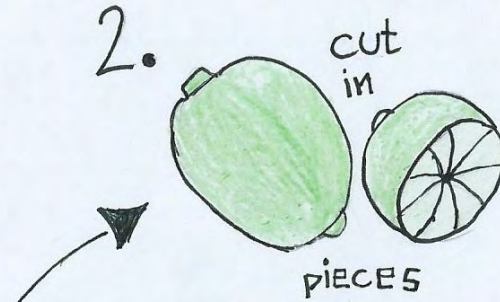
10 min.

Enjoy!

GINGER ALE DRINK

INGREDIENTS
1 bottle of Ginger Ale
2 Limes
2 brown sugar

1



fill in
one glass

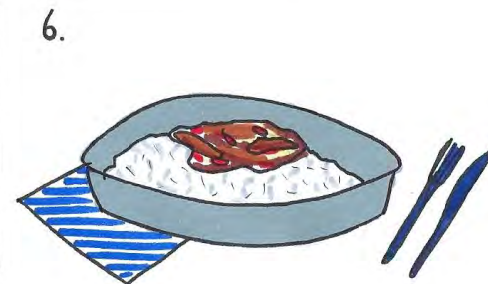
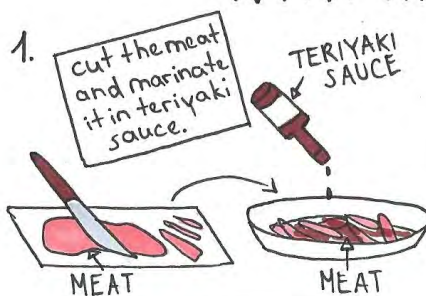
MIX ALL
together

TERIYAKI-CHICKEN

WITH RICE

INGREDIENTS:

- 1 cup rice
- 250ml coconut-milk
- 400g chicken-breast fillet
- 1 paprika
- 1 onion
- 1 garlic
- teriyaki sauce
- 2 tsp oliveoil



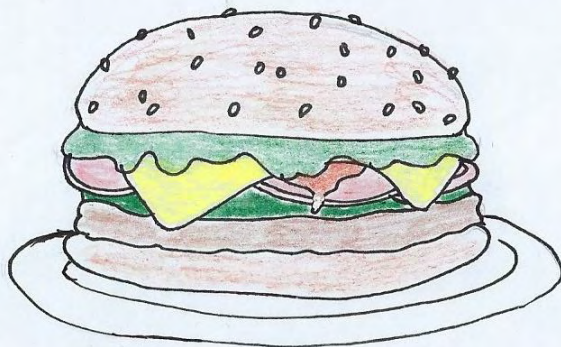
cheese burger

a slice of salad

a slice of cheese

sliced tomatoes

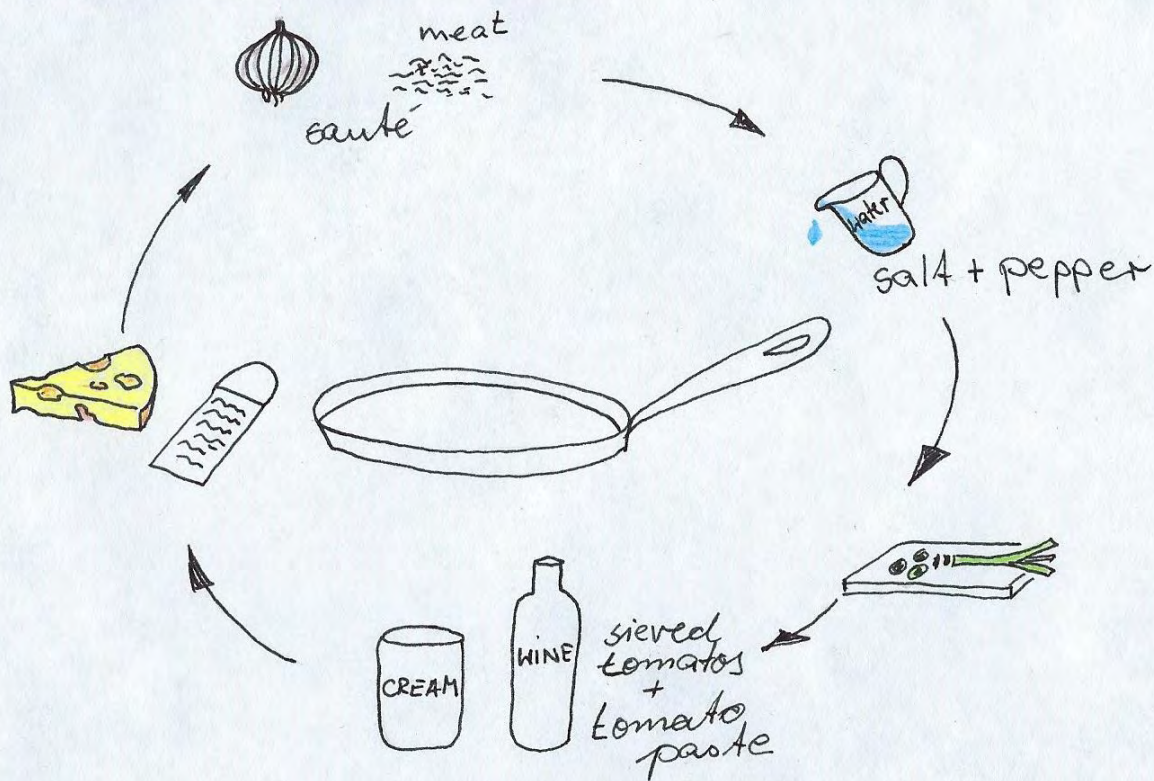
a burger bun



a patty

ketchup / mayonnaise ...

Soup with minced meat cheese leek



100 g grated cheese
2 Tbsp Oil
1 onion
600 g minced meat
2 leek
200 ml cream
200 ml white wine
200 g sieved tomatoes
2 Tbsp tomato paste
0.75 l water

AVOCADO TOAST

+ EGGS



3 Potatoes

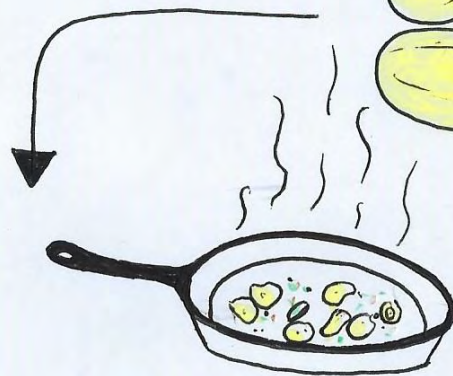
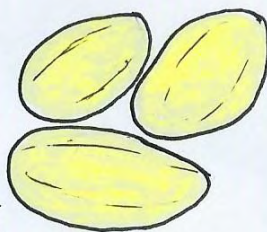


1/2
Onion



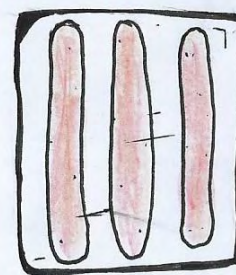
ROASTED POTATOES

cut



⌚ 15-20
Min.

BRATWURST

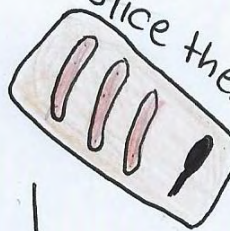


roast
them

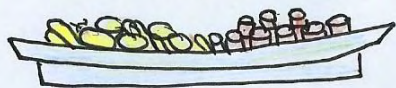


⌚ 10-15
Min.

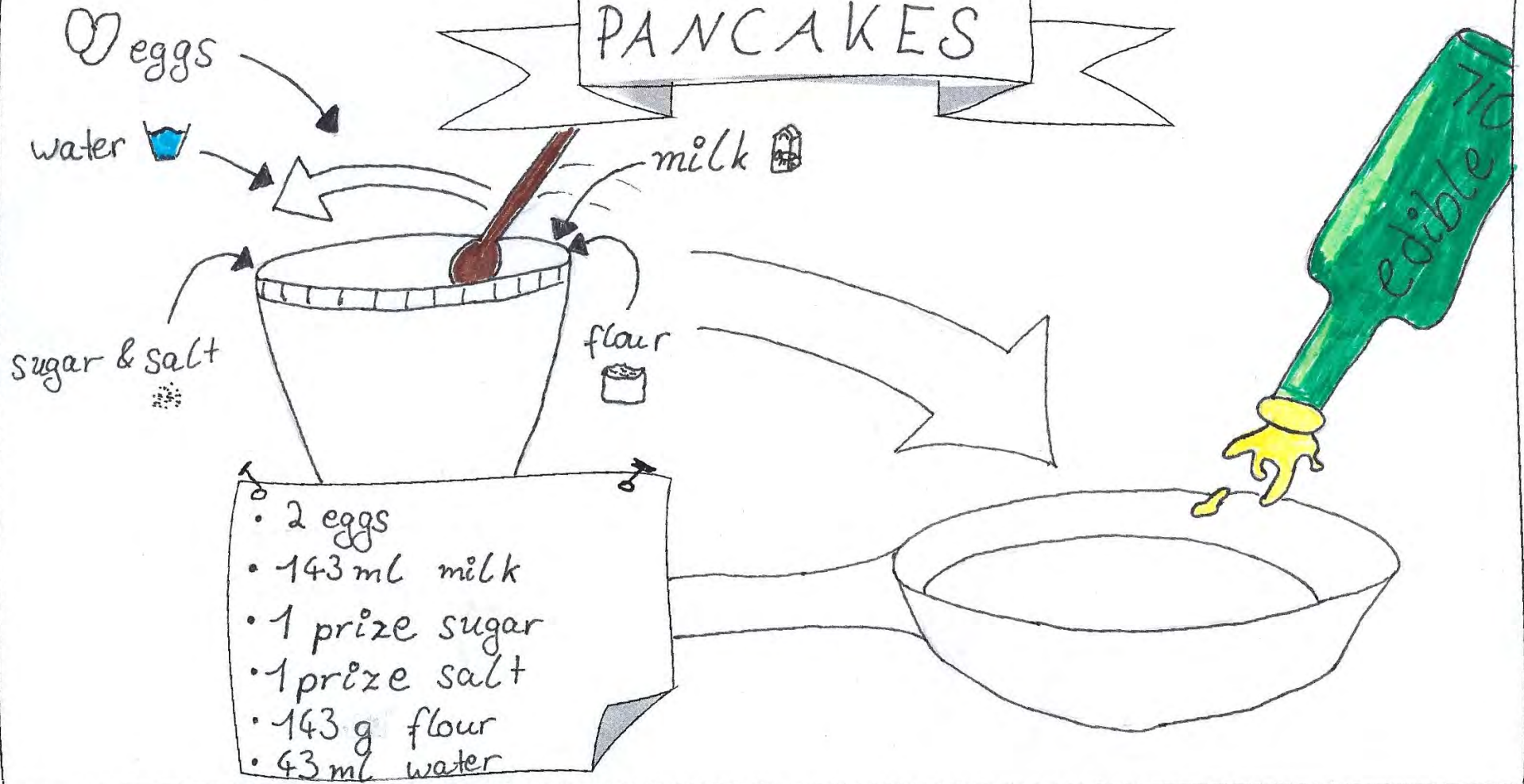
slice them up



All ready!

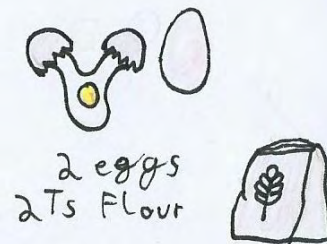
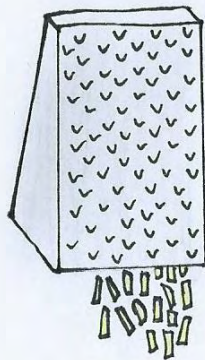


PANCAKES



Reibekuchen

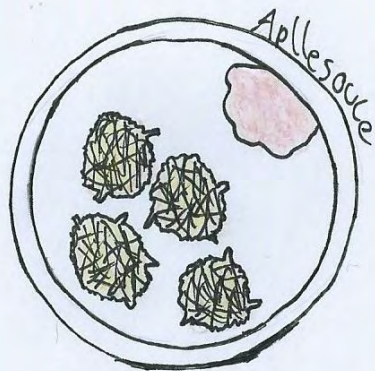
- Potatoes (1kg)
- Oil
- 2 eggs
- Flour
- nutmeg
- salt
- pepper



Fry it



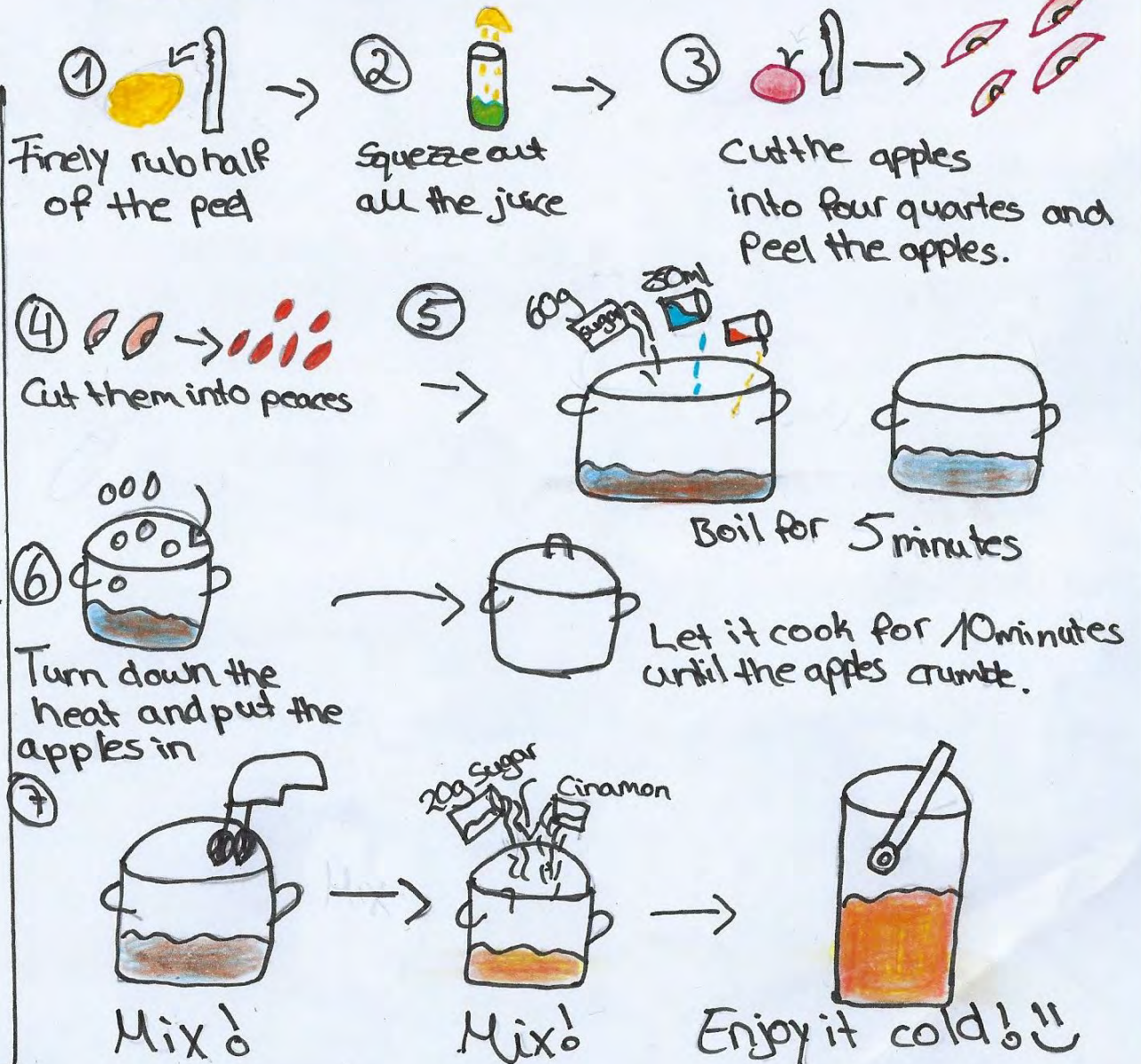
Serve it



Apfelmus

Ingredients:

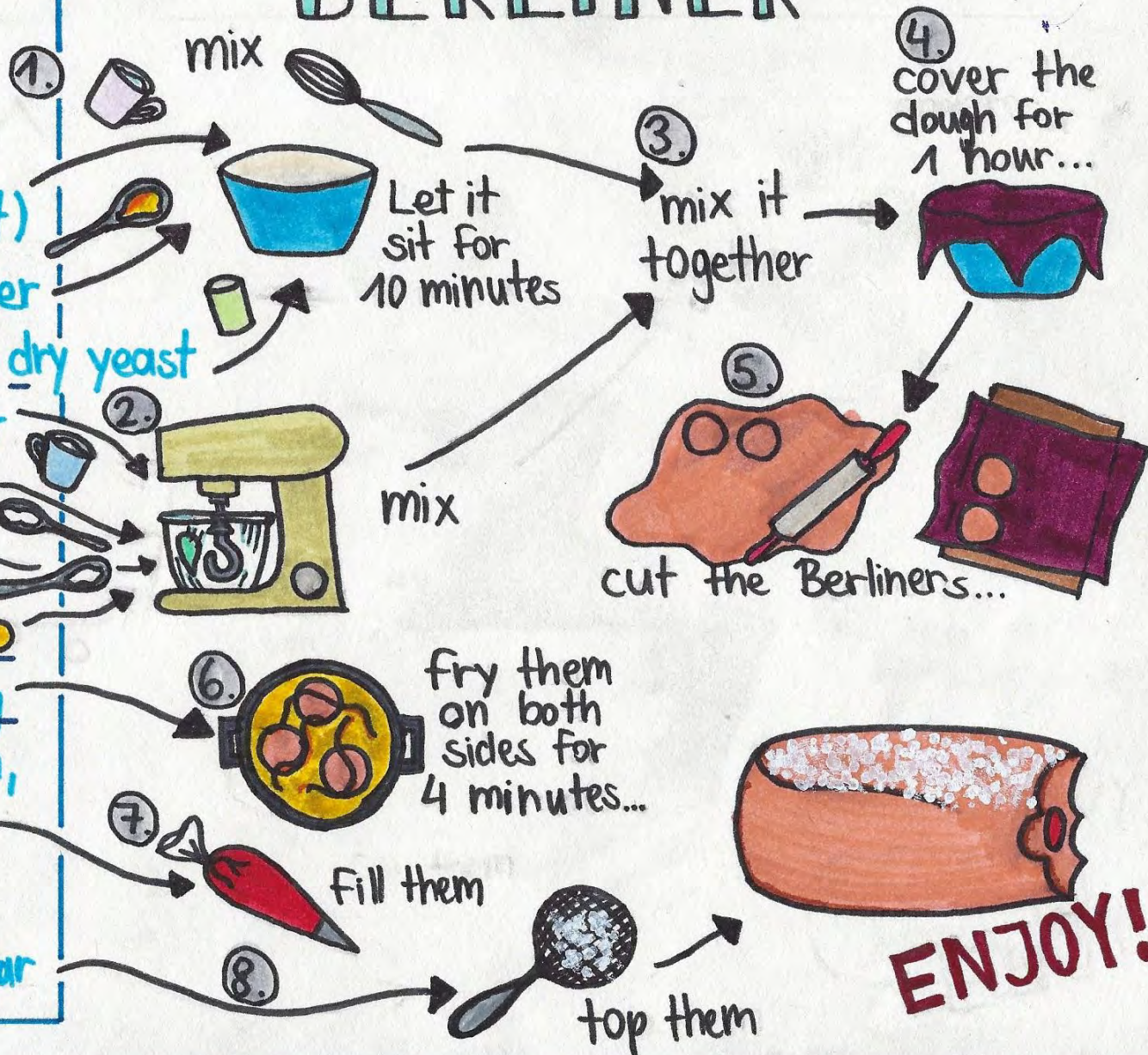
- One lemon
- 750g Apple
- 80g Sugar
- 125ml of Apple juice
- pinch of cinnamon powder



Ingredients

- 1 cup warm milk (115 degrees Fahrenheit)
- 3 tablespoons butter
- 2 1/4 teaspoons active dry yeast
- 3 1/2 cups cake flour
- 3 tablespoons sugar
- 1/2 teaspoons salt
- 3 egg yolks
- Canola oil for frying
- Jam (raspberry, plum, strawberry, cherry or apricot)
- 2 cups powdered sugar

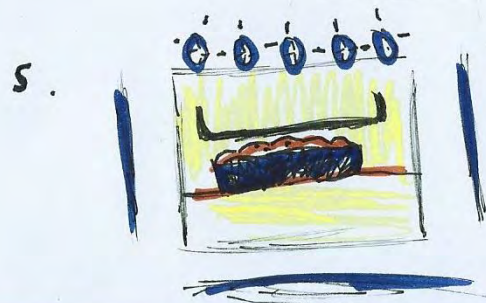
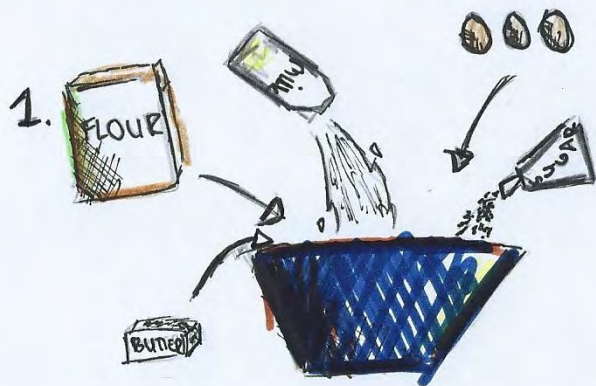
BERLINER ④ 2 hours



INGRIDIENTS

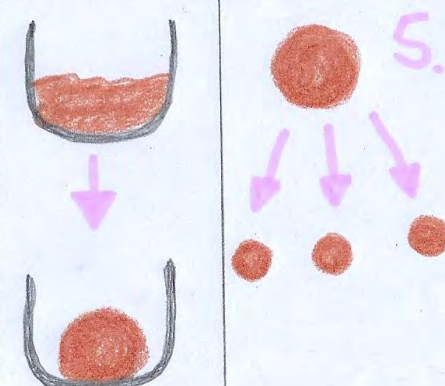
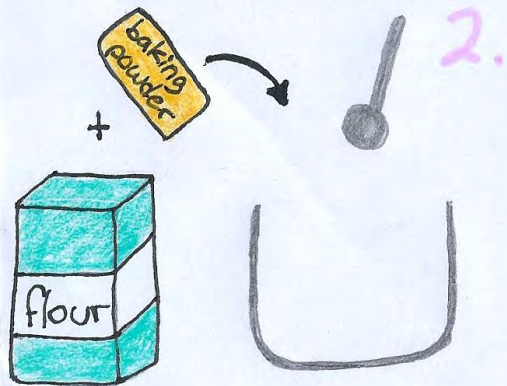
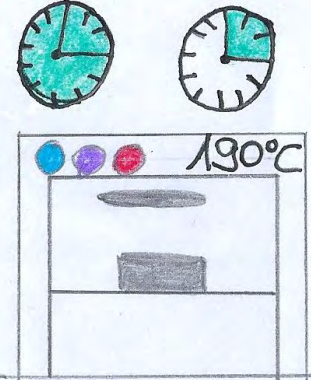
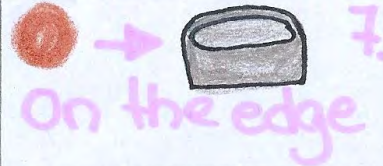
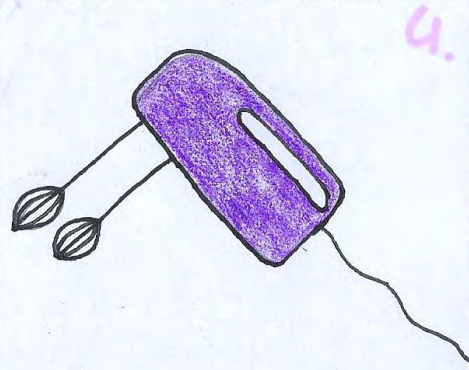
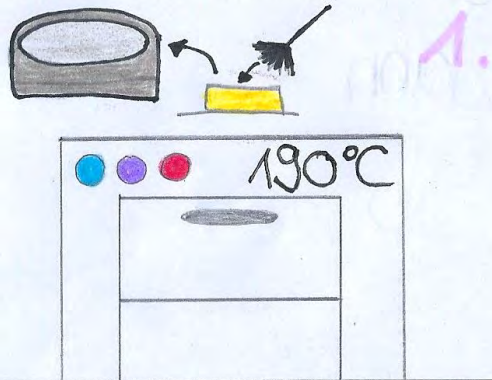
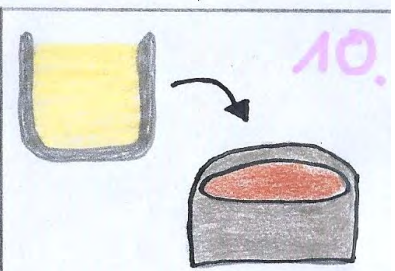
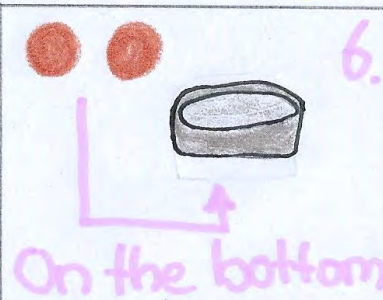
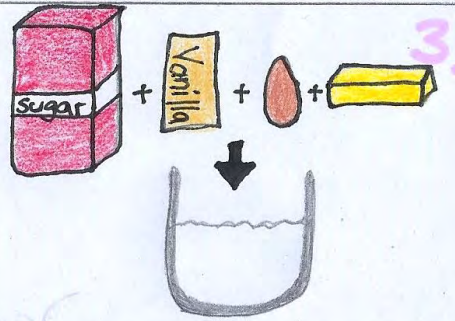
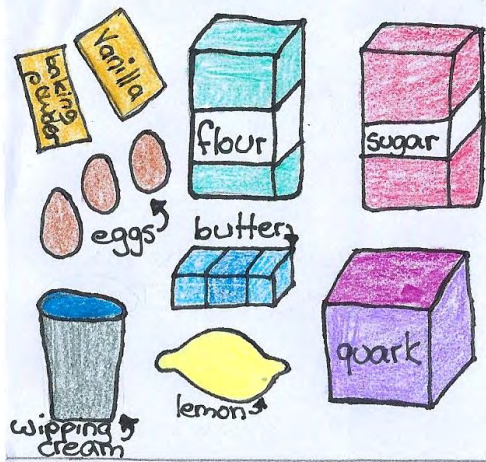
- 4 Apples
- 2 tbsp lemon juice
- 3 Eggs
- 200g Flour
- 3 tsp backing powder
- 120g sugar
- 150g Butter
- 50 ml Milk
- 1/2 tsp cinnamon

APFELKUCHEN



Ready!!!

KÄSEKUCHEN

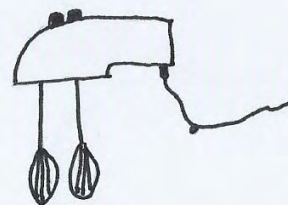


①



sugar
vanilla
sugar
salt
oil
egg

②



BANANA

BREAD

INGREDIENTS

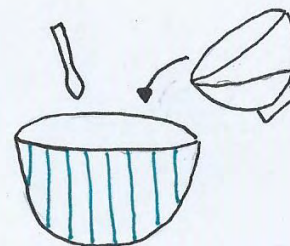
- 3 bananas
- 300 g flour
- 100 g sugar
- 1 egg
- half a teaspoon of salt
- 1 packet of baking powder
- 1 packet of vanilla sugar
- 4 tablespoon of oil

baking
powder
flour

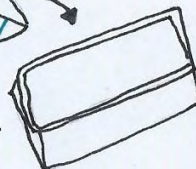
③



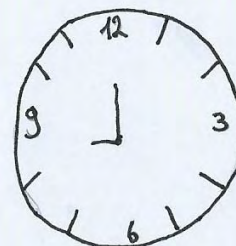
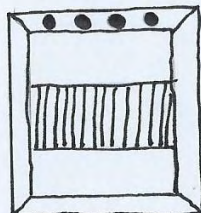
④



⑤



180 °C



45 min

Ingredients

90g Chocolate chips

2 Eggs

200ml Milk

90g Sugar

70ml Sunflower oil

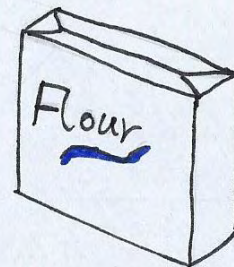
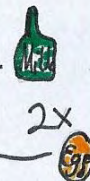
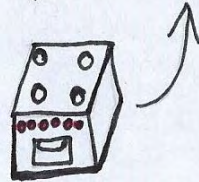
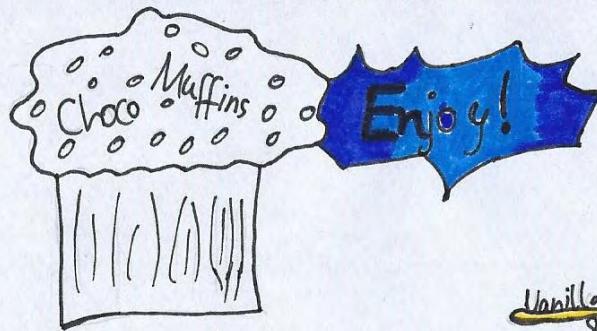
100g Vanilla sugar

250g Flour

45g Cocoa

2 $\frac{1}{2}$ tsp. Baking powder

Chocolate
Muffins

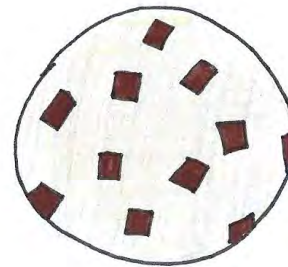


Cookies ca.30

Ingredients
200g sugar
250g flour
100g-200g white Or dark chocolate
150g melted butter
10g Vanilla sugar
a littel bit milk
1 egg
5g baking powder

place small balls of dough on the baking sheet (with distance)

Put in the oven for 7-10 min at 200° top/bottom heat



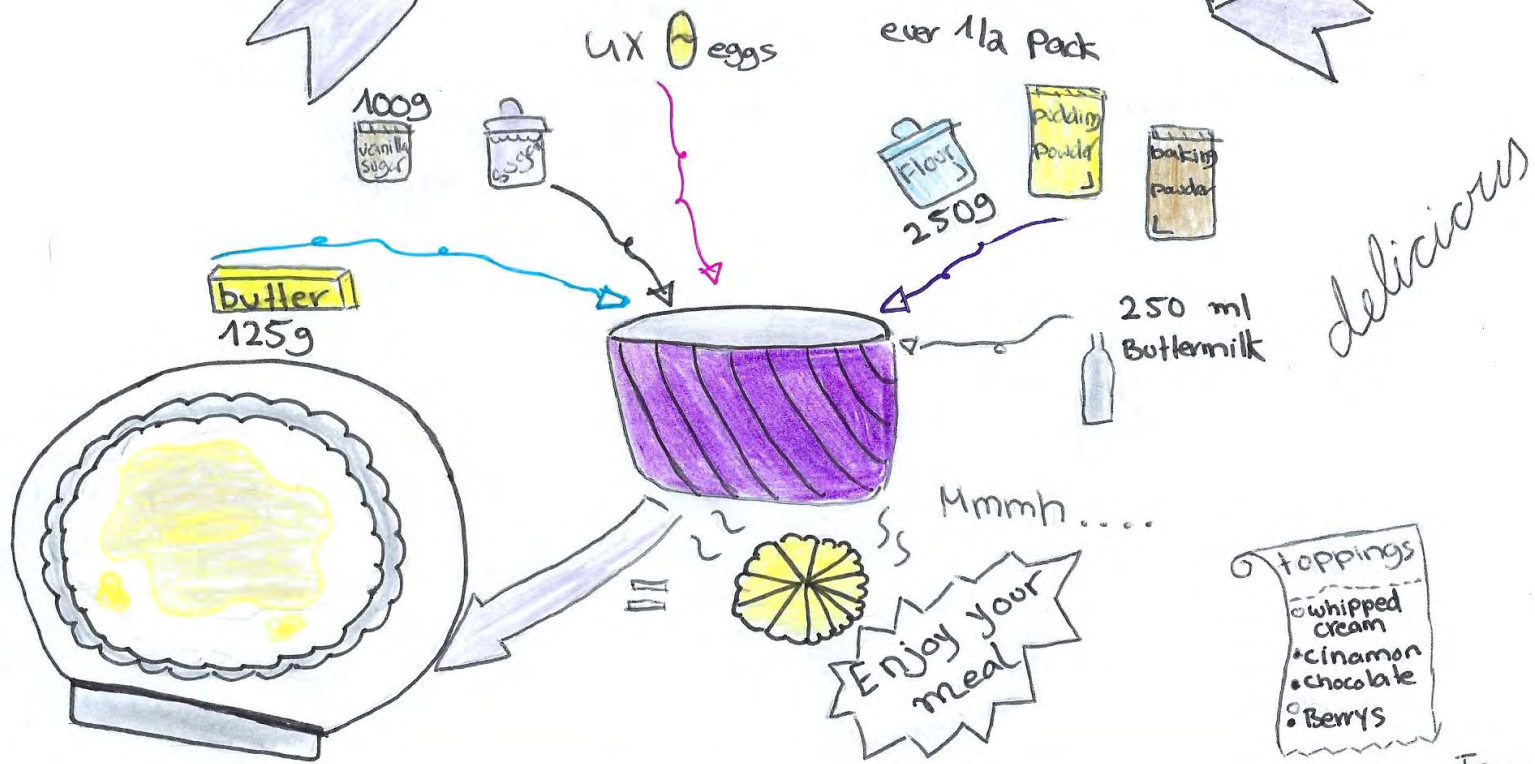
Enjoy

Mix all ingredients and put in the fridge for 10-20 minuten



yumm

Buttermilk waffles



Farwa

Ingredients:

$\frac{1}{2}$ x Apple

1x Banana

1x Kiwi

6x Grapes

2tbsp. Stracciatella Yogurt

Fruit Yogurt



cut



into



small



pieces

Put everything
in a bowl and mix.

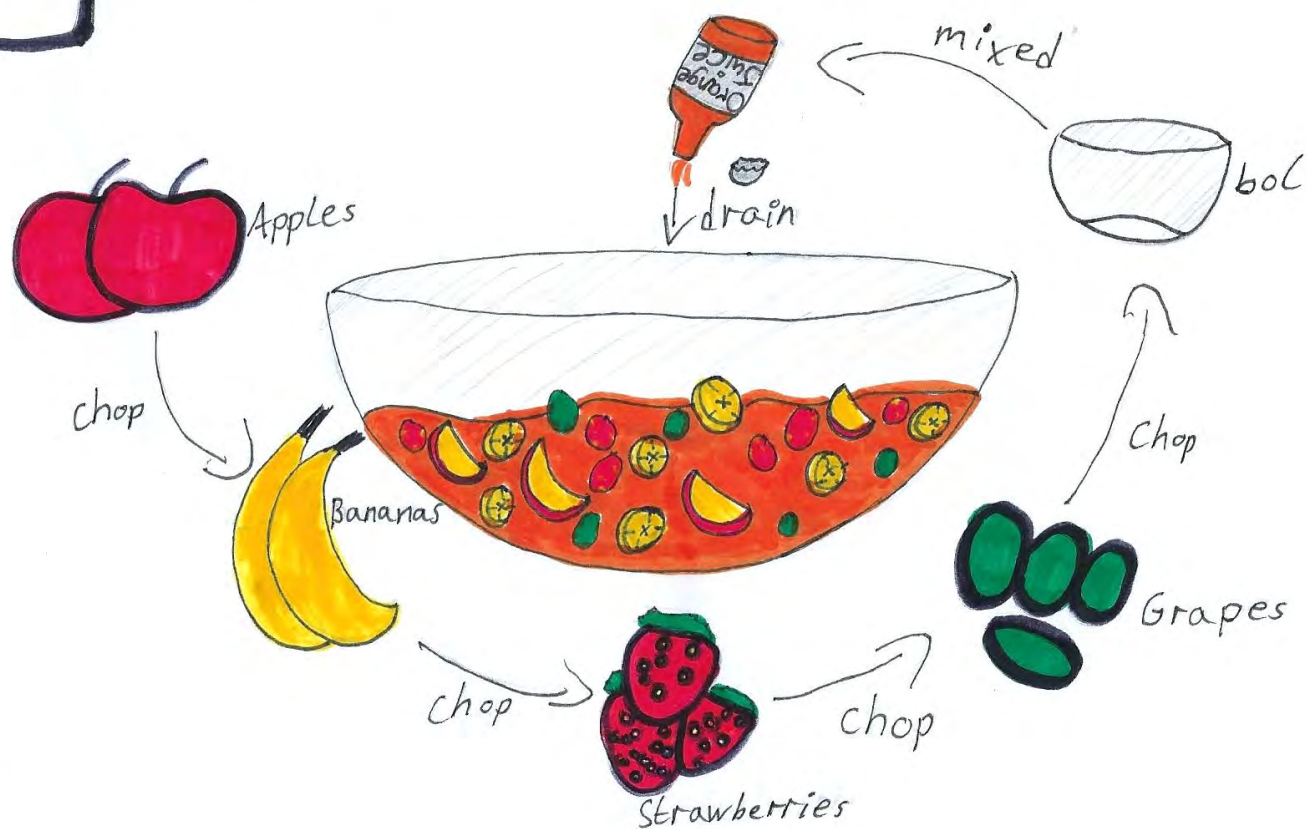


Enjoy your meal

Mia H.

- Ingredients:
- 5 Apples
 - 4 Bananas
 - 12 Strawberries
 - 17 Grapes
 - 1 Orange Juice
- Done!

Fruit salad



ingridients:

- gelatin
- Juice of your choice

Jelly

