



Germany

Menu

Heidelberg

Starter

Potato Soup

Main Course

Mercimek Köftesi - Lentil balls

Dessert

Fruit salad

Drink

Banana or Raspberry Shake

TV Snack

Vegetable Sticks with curd
cheese dip

Healthy Recipes

Potato Soup

Ingredients (4 servings)

8 potatoes
3 carrots
½ onion
ginger
2 teapoons of vegetable bouillon
2 spoons of olive oil
pepper, salt, nutmeg
parsley
marjoram



Preparation

Peel the onion and cut them in small pieces, also peel and cube the potatoes and carrots. Heat the olive oil in a pot. Add the onions and wait until they turned golden-brown. Afterwards add the carrot and potato cubes. Pour ½ l of water to the vegetables and place the lid on the pot. Let it boil softly until the vegetables are soft. Stir now and then. Add the peeled and cut ginger and season with salt and pepper. Use a mixer to stir the vegetables and pour some water if it is too dense. Pour the potato soup in bowls. Cut the parsley and the marjoram and spread it over the bowls.

Nutrician facts

kcal/person	150
Protein	3 g
Fat	5 g
Carbohydrates	21 g

Mercimek Köftesi - Lentil balls

Ingredients (4 servings)

- 1 glass red lentils
- 1 glass powdered wheat groats (medium ground)
- 1 onion
- 8 tablespoon pepper paste
- 1 bunch parsley
- 1 teaspoon paprika powder
- 1 paprika pods (light green)
- 1 bunch spring onion
- salt
- water (2 glasses)



Preparation

First boil the water in a pot. Add the lentils and let it simmer. When the lentils are soft remove them from the oven. Now add the wheat groats. Mix it neatly.

Place the lid on the pot.

Now the water has to be drawn. In the meantime, heat the chopped onion in a pan with the oil. Add the pepper paste, the powder and the cumin. The spring onion and the paprika pods are also chopped and added. Now everything has to be mixed together. The last thing to add is the chopped parsley. Knead everything. Taste salt as desired from. In the end everything is shaped into small balls.

Nutrician facts

kcal/person	200
Protein	10 g
Fat	1 g
Carbohydrates	36 g

Fruit Salad

Ingredients

1 banana
150 g strawberries
1 kiwi
1 apple
1 orange
1/2 lemon
some pomegranate seeds
some natural yoghurt if you like

Nutrician facts

Kcal / person	100
Protein	2 g
Fat	1 g
Carbohydrates	19 g



Preparation

Peel the orange, the banana and the kiwi. Cut all fruits in small pieces and put them into a bowl. Squeeze the lemon and drizzle the juice over the fruits. To remove the seeds from the pomegranate, cut the fruit into four pieces, break apart in a bowl of water. Take the pith and collect the seeds with a spoon. Add both to the fruit salad. Toss gently. If you like you can pour natural yoghurt above.

Vegetable Sticks with curd cheese dip

Ingredients

Carrots, fennel, green and red pepper, cucumber, radish, celery
low fat curd cheese
garlic
Salt, pepper, paprika spice

Preparation

Wash the fennel and the pepper. Peel the carrots, the cucumber . Then cut all the vegetables into sticks.

Mix the curd cheese with pepper and salt. Press the garlic and put it in the bowl . Toss it gently.

Banana Shake

Ingredients (2 servings)

- 2 ripe bananas
- 250 l of milk

Nutrician facts / serving

Kcal / person	175
Protein	5 g
Fat	5 g
Carbohydrates	27 g

Preparation

Peel the bananas and cut them into three pieces. Put them into the mixer and pour the milk above. Mix it for a few minutes and pour the drink into a glass. Decorate the glass with a mint leave.

Raspberry Shake

Ingredients (2 servings)

- 250 g of raspberries
- 250 l of milk

Nutrician facts / serving

Kcal / person	125
Protein	6 g
Fat	5 g
Carbohydrates	12 g

Preparation

Pour the milk to the raspberries in the mixer and mix it for a few minutes. Leave one or two berries for decoration of the glass. Stick a leave of basil to the glass if you have one.



INTERESTING FACTS ABOUT GERMAN CUISINE

Eating habits in Germany

- lunch is the main meal: early between noon and 1 pm
- coffee and cake at 4 pm: seasonal different cakes, in summer: cake with fruits, in winter: Christstollen or blackforest cherry cake
- supper/ dinner: at 6 pm, cold meals with bread varieties, cheese, sausage, black tea and herbal tea

Nowadays:

- main meal is rather in the evenings than at noon
- foreign dishes are popular
- Turkish Döner Kebab is now the most popular fast food
- Asian food becomes more popular; (e. g. Sushi and noodles)
- typical food in Germany are Pretzels and Bratwurst
- breakfast in Bavaria: Pretzels, Weisswurst (white sausages) with sweet mustard and wheat beer

Eastern

- colored boiled eggs
- chocolate Easter bunny
- fish

Christmas

- Wiener Sausages with potato salad
- goose
- Spekulatius and ginger bread
- nuts and cookies (Plätzchen)
- tangerine and oranges
- Chocolate Santa Clause

New Year's Eve

- raclette
- cheese grapes spike
- alcohol: sparkling wine and champagne