



Germany
Menu
Hildesheim

Starter

Lettuce with a fine dressing
of lemon juice and yoghurt

Main Course

Pasta with Mushrooms
Pancakes with cheese filling

Dessert

Applesauce Yogurt dessert

Drink

Fresh Fruit Smoothie

TV Snack

Vegetable Sticks with
Joghurt-Mint-Dip

Healthy Recipes

Starter

Lettuce with a fine dressing of lemon juice and yoghurt

Ingredients (4 portions)

- 1 head of lettuce
- 1 cup of yogurt
- 1 fresh lemon
- 1 tablespoon of white sugar
- 1 tablespoon of chives



Preparation

Wash the lettuce, shake it dry and tear into pieces. Finely chop the chives. Squeeze the lemon and mix the juice with the sugar. Stir in the yogurt. Serve the salad on a plate, pour the dressing over. Sprinkle with chives.

Nutrition facts (per portion):

54 kcal
2 g protein
2 g fat
7 g carbohydrates

Main course

Pasta with mushrooms in a light cream cheese-sauce

Ingredients (4 portions)

250 g mushrooms
1 onion
200 ml sour cream (10 % of fat)
150 ml of water or white wine or mixed
200 g cream cheese
Salt and pepper
1/2 spoonful of granulated broth for seasoning
Olive oil
250 g tagliatelle

Preparation:

Brush the mushrooms clean and cut them into slices. Peel the onion and cut into cubes. Heat some olive oil in a large pan and fry the mushrooms. Add onion and fry briefly.

Add sour cream, water or white wine and granulated broth and bring all to boil, then reduce the temperature. Add the cream cheese and mix well. Finally, season with salt and pepper.

While preparing the sauce, cook the tagliatelle. Drain and mix with the sauce
Tip: Instead of cream cheese, you can also use cheese.



Nutrition facts (per portion):

400 kcal
14 g protein
25 g fat
27 g carbohydrates

Pancakes with with ham - cream cheese - filling

Dough: 100 g flour
130 ml of milk
Salt
3 eggs (Cl. M)
2 tablespoons rapeseed oil

Filling: 1 bed cress
100 g ham
100 g cream cheese
100 g yogurt
1 tablespoon lemon juice
Pepper

Sift the flour with milk and 1 pinch of salt until smooth. Stir in eggs and rapeseed oil and let the dough 15 min. rest. Cut the cress from the bed. Cut the ham into rough pieces.

Stir the cream cheese with yogurt, 3/4 of the cress, lemon juice and ham. Season with salt and pepper.

Bake in succession 8 thin pancakes in an oiled pan.

Spread the crepes with cream cheese filling and roll them up. Serve the rolls sprinkled with the remaining cress.



Strips of vegetables (carrots, peppers, mushrooms)

Peel carrots and cut lengthwise into strips. Clean and cut peppers in strips. Clean the mushrooms with a paper towel and cut them into slices. Sauté carrots and peppers in a pan and cook them for a few minutes, sprinkle some sugar over it. Sauté the mushrooms and season well with salt and pepper. Serve with the pancakes.

Dessert

Applesauce Yogurt dessert

Ingredients (2 portions)

2 apples
1 tablespoon of brown sugar
ground cinnamon
lemon juice
1 cup of yogurt
Brown sugar for sprinkling



Preparation

Peel the apples, cut them into quarters and cook in a non-stick pan with sugar, cinnamon, and lemon juice, add a little water if necessary. When the apples are soft, let them cool.

Place a layer of yoghurt in two glasses, place on it a layer of applesauce, finish with yogurt layer. Sprinkle with some brown sugar and cinnamon. Refrigerate.

Nutrition facts (per portion):

165 kcal

3 g protein

3 g fat

20 g carbohydrates

Drink

Fresh Fruit Smoothie

Ingredients

2 oranges
1 apple
2 kiwis

Preparation

Squeeze the oranges. Peel the apple and kiwi fruit and cut them into pieces.

Pour the fruit into a blender jar and mix well with a hand blender.

Pour the smoothie into a glass and drink.



Nutrition facts (per portion):

214 kcal

3,3 g protein

1,4 g fat

42,4 g carbohydrates

Snack Vegetable Sticks with Yoghurt-Mint-Dip

Ingredients (4 portions)

Vegetables of choice, for example:

- 1 green zucchini
- 1 red bell pepper
- 1 carrot
- ½ cucumber
- 1 stalk celery

Brush and cut the vegetables into sticks.



Ingredients of the Dip

- 2 cloves of garlic
- 1/2 cucumber (100 g)
- 250 g whole milk yogurt
- 150 g sour cream or crème cheese
- a few sprigs of mint
- 1/2 bunch flat-leaf parsley
- Salt and pepper
- 1 dash of lime or lemon juice
- 1 teaspoon of rapeseed oil

Nutrition facts (per portion):

330 kcal

10 g protein

25 g fat

16 g carbohydrates

Preparation of the Dip

Peel and chop the garlic. Peel the cucumber, cut in half lengthwise, scrape out seeds. Grate the cucumber. Stir yogurt, sour cream, cucumber and garlic.

Add finely chopped herbs. Season with salt, pepper and lemon juice.

Drizzle the rapeseed oil on the dip.

Dip the vegetable sticks into the sauce and enjoy!

INTERESTING FACTS ABOUT CUISINE IN NORTH GERMANY

Perhaps you have heard of the specialities of Lower Saxony like the famous heath potato, asparagus, heather honey, moorland sheep roast, sauerkraut, and kale with bregenwurst. For dessert, homemade buckwheat pancakes with blueberries or red fruit jelly with vanilla sauce are delicious specialties.

Eating and drinking in Lower Saxony and in Germany as a whole, however, has even more to offer:

Germany is world famous for its excellent wine and beer, as well for its huge variety of typical sausages and bread, especially rye bread. We also have a huge variety of dairy products, from fresh yogurts to aged cheeses. We like to prepare our meals with rapeseed oil, which is produced in Germany, due to its high amount of omega 3 fatty acid- very healthy!

For breakfast we prefer toasted bread or rolls either sweet with homemade jam or honey and sometimes a softboiled egg, or more spicy with our famous sausages, like liverwurst, mettwurst or chasseur sausage. Some like it more healthy and have some muesli with fresh fruit and milk or yogurt for breakfast.

Starters for lunch are soups, like potato soup, pumpkin soup or asparagus soup. Stew are more substantial and we serve some, like pea, bean or lentil stew, as a main dish. Other typical main dishes in Germany are fried meatballs, beef roulades, cabbage rolls, roasted pork, or grilled chicken. Our vegetables include all types of cabbage, like rotkohl (red cabbage)- which is delicious prepared with special spices- sauerkraut, and brussels sprouts. We also like many other kinds of vegetables and salads: In the early summer we enjoy fresh asparagus with melted butter, smoked ham and young potatoes. By the way, we prepare our beloved potatoes in different ways- unpeeled and simply boiled, delicious with herb quark, or fried potatoes, kartoffelpuffer (potato pancakes) or mashed potatoes.

In the afternoon, it is common to have a cup of coffee, or tea in some regions, and a piece of butter cake, streuselkuchen, or some cookies.

For dinner we love our dark rye bread with delicious sausage, with accompaniments like pickled cucumbers.

Nowadays the German cuisine is more and more influenced by foreign cuisines, especially by the Italian, with its variety of pasta and pizza, or some Asian cuisines. As well, the immigrants from lots of countries brought their dishes and those became common, like doner or kebab from Turkey.

On the other hand, healthy food is more and more preferred, as physical work became less than in ancient times. Others follow special food variants, like vegetarian or even vegan cost.

So nowadays German cuisine a diverse mix of different influences and developments.