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# Recipes

for food according to  
Slow Food criteria

## Schweinebauch vom Schwäbisch-Hällischen Landschwein mit Alblinsen-Gemüse-Salat an Walnusspesto

(Pork belly from the Schwäbisch-Hällisches Landschwein with lentil-vegetable-  
salad on walnut pesto)



### Ingredients:

#### Pork belly

800g	pork belly (from the Schwäbisch-Hällisches Landschwein)
1 tsp	salt, pepper, paprika powder
1 tbs	frying oil
1	carrot
1	onion
¼	celeriac
2 tbs	tomato paste
500 ml	red wine
2 tbs	starch

#### Lentil-vegetable-salad

200 g	lentils (from the Swabian Alb)
200 ml	water
2	carrots
½	celeriac
2	spring onions
1	shallot
1	bay leaf
¼ bunch	parsley

3 tbs white balsamic vinegar  
3 tbs sunflower oil  
½ tsp salt, pepper

#### **Walnut pesto**

100 g walnuts (chopped)  
50 g dried tomatos  
1 garlic clove  
30 g parmesan  
50 ml olive oil  
1 tsp salt, pepper

#### **Garnish**

1 package sprouts

#### **Preparation:**

##### **Pork belly from the Schwäbisch-Hällisches Landschwein**

1. Wash the pork belly, dry on kitchen paper.
2. Cut the rind of the pork belly with a sharp knife.
3. Season the meat with salt, pepper and paprika and roast it with frying oil.
4. Take the pork belly and put it on a plate.
5. Cube the carrots, onions and celeriac and put it into the fond of the roaster together with the tomato paste. Let it simmer for a couple of minutes.
6. Deglaze with some red wine, cook it until 300ml. Repeat 2-3 times.
7. Put the pork belly into the roaster.
8. Cook the dish in the preheatet oven on 160° C for about 120 minutes.
9. Then roast for about 10 minutes on 190° C to make the crust crispy.
10. Take the pork belly out of the roaster and cover it. Switch off the heat and put the roaster back into the oven.
11. Press the fond through a sieve.
12. Mix the starch with cold water and give it into the cooking sauce. Let it thicken until you reach the consistency you would like.

##### **Lentil-vegetable-salad**

1. Wash the lentils with cold water and cook in 200ml water for 20-25 minutes.
2. Cut the carrots, celeriac and shallot into little cubes, cut the spring onion into fine stripes
3. Sauté the carrots and celeriac lightly in sunflower oil
4. Add the shallots and the spring onions. Put everything into a bowl.
5. Wash the parsley, dap off water and chop it finely.
6. Skim the cooked lentils. Add them to the vegetables.
7. Mix the balsamic vinegar, sunflower oil, salt and pepper to a marinade and pour it over the salad.
8. Let 1-2 hours pass.

##### **Walnut pesto**

1. Mix all ingredients in a blender.

##### **Garnish**

1. Buzz off the sprouts and cut them above the root.

**Put the pork belly on a plate with the vegetable salad and garnish it with the walnut pesto and sprouts.**

## Bratkartoffelsalat vom Bamberger Hörnla

(Fried potatoe salad made with Bamberger Hörnla)



### Ingredients:

#### Potato salad

500 g	Bamberger Hörnla (finger-shaped variety of potatoes)
2	spring onions
¼ bunch	chives
½ bunch	red radish
100 ml	balsamic vinegar
1 tsp	mustard
50 ml	water
½ tsp	salt and pepper
1 pinch	sugar
50 g	concentrated butter

#### Decoration

1 package	garden cress
½ package	wild herbs salad
2 tbs	bear's garlic pesto



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### **Preparation:**

1. Peel the potatoes, cook them in salt water.
2. Wash spring onions and chives, cut into small rings.
3. Wash the red radish, cut stalk and roots off, and cut them in small rings.
4. Make a marinade from vinegar, mustard, salt, pepper and sugar.
5. Pour the potatoes off, and cut them in slices.
6. Heat up concentrated butter in a pan and cook the potatoes golden brown.
7. Put the spring onions, radish and chives into the pan, too, and leave them in the pan for a while.
8. Put the potato mix out of the pan into a bowl, put the marinade on top and leave it there for about 30 minutes (room temperature).

**Put the lettuce on a plate with some garden cress, wild herbs salad and bear's garlic pesto.**

## Wirsingroulade mit Grünkernfüllung und Muskatkürbis

(Savoy cabbage roll with a filling of unripe spelt grain and musque de Provence pumpkin)



### Ingredients:

#### Savoy cabbage roll

- 30 g onions
- 1 garlic clove
- 30 g butter
- 80 g unripe spelt grain (shredded)
- 1 l vegetable stock
- 60 g celeriac
- 60 g carrots
- 30 g spring onions
- 1 EL crème fraîche
- 1 savoy

#### Pickled pumpkin

- 200 g musque de Provence pumpkin
- 450 ml water
- 150 ml white vinegar
- 270 g sugar
- 1 tsp salt
- 1 star anise
- ½ stick cinnamon
- 8 pepper corns

### **Pumpkin chutney**

80 g	onions
1	garlic clove
200 g	musque de Provence pumpkin
1 tsp	salt and pepper
1 tsp	tabasco sauce
100 ml	orange juice
100 ml	vinegar
10 g	starch
1 bunch	coriander

### **Preparation:**

#### **Savoy cabbage roll**

1. Peel and dice the onion, garlic, celeriac and carrots.
2. Heat the butter in a pot and sweat the onion, garlic, celeriac and carrots. Add the unripe spelt grain and let it sweat for a short time. Add the vegetable stock.
3. Cook the unripe spelt grain for about 20 minutes until soft. If it is necessary, add some vegetable stock.
4. Slice the spring onion into thin rings and put it into the filling together with the crème fraiche.
5. Remove the outer leaves from the savoy cabbage and cut off the stalk from the inner leaves, wash and blanch the leaves in salt water for 40-60 sec. and then quench it in iced water.
6. Put the savoy cabbage side by side on saran wrap, roll out with a rolling pin. Put the filling over the savoy cabbage and form a roll of 3 cm.
7. Cut the roll into 5 cm slices and remove the saran wrap. Coat it with butter and put it in the oven. (50°C)

#### **Pumpkin, sweet-and-sour**

1. Peel the pumpkin and cut into fine slices.
2. Cook water, vinegar, sugar with spices (vinegar water).
3. Pour 100 ml vinegar water over the pumpkin slices, let them soak.

#### **Pumpkin chutney**

1. Cube onion and garlic and steam in butter.
2. Peel the pumpkin, cut into 0,5 cm cubes and steam it.
3. Spice with salt, pepper and tabasco, deglaze with orange juice.
4. Add the remaining vinegar water.
5. Cook for about 20 minutes until soft.

**Place the savoy cabbage roll on a plate, put the pumpkin slices next to it as a roll and place the pumpkin chutney on the plate as a dumpling. Garnish with chopped coriander.**

## Gebackene Weißwurst mit Salat vom Bamberger Rettich, süßem Senf und Laugenpraline

(Baked Bavarian weisswurst with salad of radish from Bamberg, sweet mustard and pretzel praline)



### Ingredients:

#### Radish salad

1	radish from Bamberg
½ bunch	red radish
70 ml	white balsamic vinegar
20 g	mustard
70 ml	oil
½ tsp	salt and pepper
1 pinch	sugar
¼ bunch	chives

#### Pretzel pastry

400 g	fresh pretzel dough from a local bakery
80 g	cream cheese
½ tsp	salt and pepper
100 g	bear's garlic



### **Weisswurst**

3 pairs	weisswurst (white sausages)
1	egg
100 g	breadcrumbs
40 g	concentrated butter

### **Garnish**

1 pot	crème fraîche
1 tsp	sweet mustard
1 package	radish cress

### **Preparation:**

#### **Salad of radish from Bamberg**

1. Wash radish, peel it, cut into wafer-thin strips with the peeler.
2. Wash red radish, remove stalk and roots, cut in half, cut into quarters, cut into thin strips.
3. Wash chives, cut into fine rolls.
4. Make a marinade with vinegar, mustard, oil, salt, pepper and sugar.
5. Mix the radish and red radish strips with the marinade.
6. Garnish salad with chives.

#### **Pretzel pastry**

1. Cut fresh pretzel dough into pieces 2 cm wide, place with the cutting side on a baking tray with baking paper.
2. Add cream cheese to a bowl with salt and pepper and season it.
3. Wash the bear's garlic, cut into thin strips, add to the fresh cheese, stir.
4. Fill pretzel dough with cream cheese mix. Bake for 10 min.

#### **Weisswurst**

8. Peel white sausages.
9. Crack the eggs on a plate, whisk.
10. Put breadcrumbs on another plate.
11. Turn white sausage first in egg, then in breadcrumbs.
12. Heat concentrated butter in a frying pan and fry white sausage.

#### **Garnish**

1. Mix crème fraîche with sweet mustard.
2. Rinse radish cress, cut slightly above the fleece.

**Spread crème-fraîche mix on a plate. Place the radish salad and white sausages. Then garnish with radish cress.**

## Cheesecake mit Rhabarberspiegel (Cheese cake with rhubarb icing)



### Ingredients:

#### cake base

200 g shortbread biscuits  
 100 g butter

#### Rhubarb mass

280 g sugar  
 500 g rhubarb  
 150 g raspberries

#### Cream

150 g crème fraîche  
 200 g cream cheese  
 40 g sugar  
 ½ vanilla pod  
 ½ lemon, juice  
 3 leaves gelatine  
 1 l water  
 70 ml milk  
 100 g whipped cream  
 30 g sugar

### **Rhubarb icing**

250 ml	rhubarb stock (of rhubarb mass)
½	lemon, juice
1 l	water
2 leaves	gelatine

### **Crumble:**

230 g	flour
130 g	sugar
½	vanilla pod
100 g	soft butter
3 tbs	blue poppy seeds

### **Decoration:**

1 branch	spearmint
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### **Preparation:**

#### **Cake base**

1. Preheat oven to 180°C.
2. Crash shortbread biscuits and mix with melted butter.
3. Spread the dough on a baking tray (with baking sheets).
4. Bake for 10 minutes.
5. Put the cake base in a rectangle shaped (20x30cm) cooking pan with wrapping film.

#### **Rhubarb mass**

1. Preheat oven to 200°C.
2. Caramelize the sugar.
3. Peel the rhubarb, cut into 3 cm stripes, put them on a backing tray with baking sheet. Put the caramelized sugar over the rhubarb, also put the raspberries to the rhubarb and bake for 20 minutes.
4. Take the rhubarb out of the oven, let cool off and keep the stock.
5. Keep 8 rhubarb pieces for decoration.

#### **Cream**

1. Mix crème fraîche, cream cheese, sugar, vanilla pod and lemon juice.
2. Soak gelatine in cold water, squeeze gently, heat while stirring until completely dissolved, stir cold milk with the gelatine slowly with a whisk. Let it cool off, add to the cream cheese mix.
3. Beat whipped cream and fold in carefully.

#### **Rhubarb icing**

1. Soak gelatine in cold water.
2. Mix rhubarb stock and lemon juice, heat up and dissolve the gelatine in it.
3. Let the mix cool off and pour it on the cake base like a mirror.
4. Put the cake into the fridge.

#### **Crumble**

1. Preheat oven to 200°C.
2. Mix flour, sugar, vanilla pod, butter and poppy seeds and knead it with an electric mixer. Crumble the mix and bake on a baking tray for 15 minutes.

#### **Decoration**

1. Wash spearmint and take off the leaves.

**Take the rectangle shaped cooking pan with the cake base and put the cream cheese mix on top. Cover it with rhubarb stock. Keep it in the fridge for 2h.**

**For serving, put the cake on a plate and decorate it with rhubarb pieces, crumble and spearmint.**

## Milchschnitte mit frischem Quark, jungem fränkischen Gelbviehkäse und Blaubeeren (Chocolate cake slices with quark cheese filling and blueberries)



### Ingredients:

#### Cream for cake slices

- 5 leaves            gelatine
- 150 g                cream
- 1 package         cream stiffener
- 200 g                fresh quark cheese produced from Franconian yellow (a local cattle breed)
- 100 g                young cheese made from Franconian yellow cow's milk
- ½                     lemon (grated peel)
- 50 g                 sugar
- ½                     vanilla pod (pulp)

#### Chocolate sponge for cake slices

- 8                     eggs
- 4 tbs                water
- 1 pinch             salt
- 263 g                sugar
- 22 g                 vanilla sugar
- 75 g                 dark chocolate, grated
- 180 g                flour
- 1,5 tsp             baking powder
- 1,5 tbs             cocoa
- 120 g                starch
- 75 g                 butter, melted

### **Blueberry sauce**

100 g	blueberries
40 ml	apple juice
20 g	powdered sugar

### **Blueberry garnish**

70 g	blueberries
4 leaves	mint
1cl	vodka
1tsp	powdered sugar

### **Preparation:**

#### **Cream for cake slices**

1. Soak gelatine in cold water.
2. Beat the cream with cream stiffener until stiff.
3. Mix fresh quark cheese with young cow's cheese, grated lemon peel, sugar and vanilla pulp.
4. Squeeze out the gelatine, heat in a saucepan until it is completely dissolved, stir a few tablespoons of the quark cheese mixture with a whisk under the gelatine. Then slowly stir into the remaining quark cheese mass, fold in whipped cream. Refrigerate until further processing.

#### **Chocolate sponge for cake slices**

1. Preheat the oven to 220 ° C.
2. Separate egg white and egg yolk. Beat egg whites with 4 tablespoons of water and a pinch of salt.
3. Stir in sugar, vanilla sugar. Fold in egg yolk and chocolate.
4. Sift in flour, baking powder, cocoa and starch and fold in with a spatula. Add butter.
5. Place the dough on a baking tray with baking paper and bake for 6-8 minutes.
6. Pour the sponge from the baking tray and let it cool, cut off the edges, halve the whole sponge.
7. Put the half sponge in a suitable shape with cling film.
8. Spread the cream on one half of the sponge, place the second sponge plate on top of the cream and refrigerate for 4 hours.

#### **Blueberry sauce**

1. Wash blueberries, simmer with apple juice and powdered sugar for 5 minutes.
2. Puree blueberry sauce and pass through a sieve.

#### **Blueberry garnish**

1. Wash blueberries, cut in half, wash mint, chop finely, mix both with vodka and powdered sugar.

**Cut cake slices into 3 cm<sup>2</sup> squares, cut them diagonally, place on a plate, garnish with blueberry sauce and blueberry garnish.**



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