



# Austrian Crepes

*Batter ingredients:* (4 to 6 servings)

- 4 cup all purpose flour
- 8 tbsp brown sugar
- 4 cup whole milk
- 8 large eggs
- salt

*Toppings:*

- apricot jam
- bananas
- strawberries
- Blueberries
- Greek yogurt (plain, chobani or Fage)
- Raisins
- Honey
- Cinnamon
- Baking chocolate bits (60% cocoa)
- ½ cup whole milk
- powdered sugar

How to make it:

Whisk the flour, milk, sugar, and salt together until smooth, then whisk in the eggs. Heat 2 tablespoons of oil in a pan over medium-high heat and start the first pancake by pouring in roughly 4 tablespoons of batter. The pan floor should be covered thinly but completely. Allow to brown slightly, turn, and brown on the other side. Remove and continue making the individual pancakes, stacking them as they are ready. Keep warm on a covered plate. Add 2 tablespoons of oil for each pancake.



# Quinoa Burgers with homemade ketchup

## Quinoa Burgers

### *Patties:*

- 2 cups dry quinoa
- 4 eggs
- 2 teaspoons salt
- 2 red onions
- 2 garlic cloves
- 1 bunch of fresh parsley
- 2 cups grated parmesan cheese
- 4 cups whole grain bread crumbs
- 8 cups grated zucchini
- Olive oil

### *Burger toppings:*

- 15 Whole grain buns with sesame
- 7 Tomatoes
- 2 red onions
- arugula/regular lettuce
- Mustard
- Mayonnaise
- Sour cream
- chives

1. Place zucchini in a Colander and toss with 1/2 teaspoon salt. Let stand 10 minutes then wring zucchini dry with paper towel.
2. In the meantime, prepare the quinoa. Combine water and quinoa in a small saucepan; bring to a boil. Reduce quinoa to a simmer; cover and cook for 10 minutes. Remove from heat, fluff with fork and let stand ten minutes.
3. Place zucchini in a large bowl. Add quinoa, egg, garlic, oregano, fresh cheese, and panko crumbs. Season with salt and pepper; mix until thoroughly combined.
4. Heat olive oil in a skillet.
5. Shape zucchini-mixture into 2 to 3-inch patties. Working in batches, add zucchini mixture into skillet, flattening slightly; cook until golden and crisp, about 4 minutes per side. Transfer fritters to a paper towel-lined plate.
6. Serve with yogurt, or sour cream

## Homemade ketchup

### Ingredients:

- 2 Tablespoons Olive Oil
- 4 cloves Garlic, Minced
- 1 Medium Onion, Diced
- 1 can (28 Oz. Size) Peeled Whole Tomatoes
- 3 Tablespoons Tomato Paste
- 1/3 cup Brown Sugar
- 1/3 cup Apple Cider Vinegar

1. Heat a 4-quart sauce pot over medium high heat. Add olive oil and onions, sauté until translucent, about 8 minutes. Add garlic and sauté until fragrant, about 2 minutes.
2. Add tomatoes, tomato paste, sugar, molasses and cider vinegar. Bring to a slow boil, lower to a simmer and using a spoon crush the whole tomatoes. Add remaining ingredients and continue to simmer, uncovered for 45–55 minutes, stirring occasionally, until very thick. Make sure to keep an eye on it and stir it to keep it from scorching.
3. Use an immersion blender to puree the ketchup. If you don't have an immersion blender, transfer it carefully to a blender or food processor and process until smooth. (Optional: Strain through a fine mesh strainer.) Chill in refrigerator for at least 2 hours. The ketchup will continue to develop flavor and thicken.



# Austrian Dinner

## Wiener Schnitzel and Mashed Potatoes

### Ingredients:

- 14 chicken breast fillets
- 2 soy alternatives
- 10 eggs
- 2 cups flour
- 2 cups breadcrumbs
- Salt, pepper
- vegetable oil
- 3 lemons
- Bunch of fresh parsley
- 8 lbs of regular white potatoes (medium size)

1. Lay out the schnitzel, remove any skin and beat until thin. Season on both sides with salt and pepper. Place flour and breadcrumbs into separate flat plates, beat the eggs together on a further plate using a fork.
2. Coat each schnitzel firstly on both sides in flour, then draw through the beaten eggs, ensuring that no part of the schnitzel remains dry. Lastly, coat in the breadcrumbs and carefully press down the crumbs using the reverse side of the fork (this causes the crumb coating to “fluff up” better during cooking).
3. In a large pan (or 2 medium-sized pans), melt sufficient clarified butter for the schnitzel to be able to swim freely in the oil (or heat up the plant oil with 1 – 2 tbsp of clarified butter or butter).
4. Only place the schnitzel in the pan when the fat is so hot that it hisses and bubbles up if some breadcrumbs or a small piece of butter is introduced to it.
5. Depending on the thickness and the type of meat, fry for between 2 minutes and 4 minutes until golden brown. Turn using a spatula (do not pierce the coating!) and fry on the other side until similarly golden brown.
6. Remove the crispy schnitzel and place on kitchen paper to dry off. Dab carefully to dry the schnitzel. Arrange on the plate and garnish with slices of lemon before serving.



# Yummy Healthy Snacks

## Hummus and Veggie sticks

### *Veggie Sticks:*

- 10 medium sized carrots
- 8 long celery stems
- 2 kohlrabies/turnip cabbage
- 10 medium sized cucumbers
- 1 package of sugar snap peas

### *Hummus Ingredients:*

- 3 cans chickpeas
- ¾ cup Tahini (sesame paste)
- 1 Garlic clove
- 2 Tbsp Olive oil
- ¾ cup fresh lemon juice
- ½ tsp ground cumin
- 2 - 3 tbsp water
- Salt to taste
- Ground paprika

1. *Prepare the Hummus:* In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.
2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
3. **Add chickpeas:** Open, drain and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

**Create the Perfect Consistency:** Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

### **Cashew sour cream:**

1 1/2 cups (225 g) raw cashews, soaked  
3/4 cup (190 mL) water  
2 tablespoons fresh lemon juice  
2 teaspoons apple cider vinegar  
Scant 1/2 teaspoon fine sea salt

#### **Directions:**

1. Place cashews in a bowl and cover with water. Soak overnight or for 8 hours if you have the time. For a quick-soak method, pour boiling water over the cashews and soak for 1 hour. Rinse and drain.
2. Place the drained cashews in a high-speed blender.
3. Add the water, lemon, vinegar, and salt. Blend on high until super smooth. You might have to stop to scrape down the blender now and then or add a touch more water to get it going.
4. Transfer into a small, air-tight container and chill in the fridge. The cream will thicken up as it chills. The cream will keep in the fridge for about 1 week. You can also freeze it for up to 1 month. I like to freeze it in silicone mini muffin cups. Once solid, transfer the cups into a freezer-safe zip bag for easy grab and go portions.

### **Tortilla chips**

12 small flour tortillas  
Vegetable oil for frying

### **Guacamole**

- 4 ripe avocados
  - 2 teaspoon Kosher salt
  - 2 Tbsp of fresh lime juice
  - 1/2 cup of minced red onion
  - 4 tablespoons cilantro, finely chopped
  - A dash of freshly grated black pepper
  - 1 ripe tomato, seeds and pulp removed, chopped
1. Cut the avocados in half. Remove seed. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon. (See How to Cut and Peel an Avocado.) Place in a bowl.
  2. Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.)
  3. Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.
  4. Add the chopped onion, cilantro, black pepper, and chiles. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness.

Chilling tomatoes hurts their flavor, so if you want to add chopped tomato to your guacamole, add it just before serving.