

Green Day for Gourmets

Exclusive recipes
to cook at home

For this year's GreenDay on 5 June, a special delicacy will be served in the canteen in Mulfingen: a four-course meal prepared for the occasion by canteen chef Dietmar Jeßberger

with Hubert Retzbach, chef at the Jagstmühle restaurant. Here are the recipes for each course so that you can enjoy this culinary delight at home; each recipe is for four people.





GreenDay Menu: Appetizer

Panzanella salad (Italian bread salad)

INGREDIENTS

120 g	baguette, brown bread
1	garlic clove
100 ml	olive oil
60 g	rocket
720 g	Roma tomatoes
120 g	cucumber
120 g	red onions
½ bunch	of basil
½ bunch	of parsley
60 ml	balsamic vinegar
30 g	parmesan for grating
	sea salt
	sugar
	freshly ground pepper
80 g	caperberries with stems
40 g	olives

Cut bread and tomatoes into 2-cm cubes. Roast bread in oven until golden brown.

Peel cucumbers, cut them lengthwise, remove seeds.

Slice onions, wash rocket, cut caperberries and olives in half and coarsely shred basil.

Mix all ingredients with dressing and sprinkle with Parmesan.



GreenDay Menu: Entree

Herbal soup

INGREDIENTS

1 ½	onions
56 g	butter
80 g	flour
800 ml	vegetable stock
1 package (100 g)	of green sauce herbs, preferably those for "Frankfurter green sauce" (equal parts of borage, sorrel, garden cress, chervil, chives, parsley, and salad burnet)
	crème fraîche
	salt
	pepper
	lemon juice

Dice onions finely and fry in butter until soft.

Sprinkle with flour and make white roux, then add vegetable stock and bring to a boil.

Remove stems and coarsely chop green sauce herbs.

Add herbs and crème fraîche to soup and finely purée with a stick blender, then season to taste.



GreenDay Menu: Main course A

Asparagus with hollandaise sauce

INGREDIENTS

2 kg fresh locally grown asparagus
 salt
 sugar
 butter

For the hollandaise sauce:

20 g diced shallots
80 ml white wine
4 crushed peppercorns
2 crushed juniper berries
½ sprig of tarragon
3 egg yolks
240 g melted and clarified butter
 lemon juice
 salt

Peel asparagus, cut off approx. 1 cm from ends. Tie asparagus into four bundles with kitchen twine. Boil asparagus peels and end pieces in water; strain. Add salt, sugar and butter and cook asparagus in it at medium heat, but not too soft.

For the sauce, boil down white wine, pepper, juniper berries, tarragon and shallots to 20 ml. Pour through a fine sieve and add to egg yolks. Whisk egg yolk and liquid over boiling water until creamy. Slowly mix butter (not hotter than 65 °C) into egg yolk cream, and continue to whisk thoroughly. Add lemon juice and salt to taste. Keep warm in water bath at 65 °C maximum.



GreenDay Menu: Main course A

Smoked brook trout

INGREDIENTS

- 2** fresh brook trouts
- 1** branch of tarragon
- 5** juniper berries
- pickling salt
- saw dust from grapevines

Clean the fresh brook trouts, wash them and put them in a thin brine of water and pickling salt (3%), tarragon and juniper berries for three days.

Heat a pot with saw dust and juniper berries until the saw dust begins to smoke. Now place the brook trouts on a cooling rack (or aluminium foil) in the pot. Cover with lid and cure in the oven for 16 minutes at 160°C.



GreenDay Menu: Main course B

Game stew

INGREDIENTS

300 g	broad noodles	
560 g	venison or wild boar	
120 g	onions	
80 g	carrots	
60 g	celery	
2	garlic cloves	
4 tbsp	olive oil	
1 tbsp	tomato purée	
½ can	of peeled tomatoes (320g can)	
400 ml	game stock	
200 ml	red wine	
25 g	grated Parmesan	
		and:
		butter
		salt
		pepper
		sugar
		thyme
		bay leaves
		juniper berries
		allspice
		cloves

You can also base this recipe on beef; in that case omit bay leaves, juniper berries, allspice and cloves and use beef stock instead of game stock.

01 // Pour tomatoes into a sieve, mash them and collect the juice. Remove fat and sinew from meat.

Mince meat through fine disc and put in fridge. Finely dice onions. Peel and finely dice carrots. Clean and finely dice celery. Finely dice garlic. **02 //** Heat oil, fry meat in it at medium heat for 2–3 minutes. Add onions, carrots, celery and garlic and fry for another 4–5 minutes. Stir in tomato purée and roast for 30 seconds. Add tomatoes with juice and game stock. Season with salt, pepper and sugar. Tie together thyme and bay leaves with kitchen twine and add to sauce. Cook at medium heat for 2 hours in an uncovered pot. **03 //** Remove thyme and bay leaves. Finely crush juniper berries, cloves and allspice in a mortar. Add to sauce 20 minutes before end of cooking time.

04 // Cook noodles according to directions on packaging in boiling salt water until al dente; pour into a sieve while collecting 40 ml of noodle water. **05 //** Heat 1/3 of sauce in a large pan. Add noodles, noodle water and butter and cook the mixture for 1–2 minutes while stirring (or shaking the pan). Serve with remaining sauce on warm plates.



GreenDay Menu: Dessert

Vanilla ice-cream with strawberries

INGREDIENTS

4 scoops of vanilla ice-cream
320 g strawberries
 sugar powder
 Grand Manier

Wash the strawberries, dry on a paper towel, remove the green, quarter and put some sugar powder and a lacing of Grand Manier on them. Softly mix and arrange with the vanilla ice-cream.

Alternative: Pepper strawberries with vanilla ice-cream

INGREDIENTS

400 g strawberries
1 cup of cream 200 ml
3 tbsp Grand Manier
2 tbsp cognac
 sugar powder
 ground black pepper
4 scoops of vanilla ice-cream

Wash the strawberries, dry on a paper towel, remove the green, quarter and put some sugar powder on them. Mash softly with a fork and mix with Grand Manier, cognac and pepper. Beat the cream and softly fold in the strawberries. Arrange with vanilla ice-cream.

Enjoy your meal!

