

Warm asparagus salad

500 g white asparagus stems
2 red onions, sliced
6 tbsp. white balsamic vinegar
4 tbsp. rapeseed oil
40 g parmesan shavings
Parsley
Basil
Salt, pepper, sugar

Peel asparagus, trim the ends and cut thinly.

Fry in oil for about 5 minutes.

Add sugar, salt and onion slices and leave to stand for another 2 minutes.

Add balsamic vinegar and pepper and season to taste.

Franconian potato soup

1 kg potatoes, floury type
1 onion
50 g butter
1.6 liter (6.7 cups) vegetable stock
50 g bacon
80 g carrots
80 g leek
40 g root celery
2 tsp marjoram, ground nutmeg
200 ml (0.85 cups) cream
Salt, pepper

- Peel and dice potatoes and put them in a pot. Add vegetable stock and cook for 20 minutes.
- Peel carrots and root celery, clean leek.
- Cut onions and bacon as well as carrots, root celery and leek in thin slices and sauté in butter until glassy.
- Mash potatoes, add glassy vegetables and cream and season to taste with marjoram, nutmeg, salt and pepper.

Risotto-style Ebly (soft wheat)-parmesan stir-fry

500 g Ebly (soft wheat)

1 onion

40 g clarified butter

4 cl (0.2 cups) vermouth (e.g. Cinzano, Martini, etc.)

1 liter (4.3 cups) vegetable stock

1 bunch of green asparagus

40 g butter

40 g parmesan

Salt, pepper, sugar

- With green pepper, only peel the last third. Cut and dice the peeled asparagus ends, keeping asparagus tips separate.
- Sauté onion and diced asparagus in clarified butter, then add the soft wheat and sauté as well.
- Add the vermouth and boil down, keep stirring and add the hot broth bit by bit until fully cooked.
- Add salt and pepper and season to taste.
- In the meantime, fry the asparagus tips in a pan and caramelize with the sugar. Set aside.
- Finish risotto by adding a final touch of butter, fold in the parmesan and decorate with the green asparagus tips.

Catfish in root-vegetable stock

800 g catfish (in portions of 200 g each)

1 liter water

200 ml vinegar

5 juniper berries

2 cloves

1 onion

400 g vegetable julienne (leek, carrots, root celery)

Horseradish, stick

Bay leaf

Salt, sugar

- Add vinegar, juniper berries and the onion studded with the cloves and bay leaf to the water and bring to the boil. Turn down heat to simmer.
- Place catfish pieces in the stock, add vegetable julienne and leave to simmer at maximally 75°C/167°F until tender. The catfish should still look slightly glassy inside.
- Take catfish out of the broth and serve on the vegetable julienne and freshly ground horseradish.

Hohenloher beef goulash served in farmhouse bread loaf

800 g beef (diced to 2 centimeters)

600 g sliced onions

1 red bell pepper (sliced)

50 g tomato paste

800 ml beef stock

Oil, salt, pepper

Sweet paprika powder

Caraway

Untreated lemon peel

Marjoram

Garlic

Flour to thicken

The farmhouse bread for serving the goulash in can either be ordered directly from the baker or you follow the instructions given on a farmhouse bread-mix, form smaller loafs, baked them, cut off the lids and remove the soft bread, only leaving the crust as shell forming a small bread dish.

- Fry the beef in oil from all sides, add tomato paste and roast until brown.
- Meanwhile, finely chop caraway, garlic and lemon peel.
- Add the onion and roast gently.
- Add salt, pepper, sweet paprika powder, marjoram and the chopped spices and fill up with beef stock.
- Braise and stew for about 90 minutes.
- Add flour to thicken and serve in warm bread dish.

Strawberry smoothie (milk and cream yoghurt)

600 g strawberries

200 g cream yoghurt

250 ml milk

3 tbsp. vanilla sugar

Sweet woodruff (to go in and for decoration)

- Wash and clean strawberries.
- Puree with cream yoghurt, milk and vanilla sugar.
- Add some sweet woodruff, fill in glasses and decorate with remaining sweet woodruff.

Strawberry smoothie (without milk)

600 g strawberries

1 banana

200 ml orange juice

1 tbsp. honey

Sweet woodruff (to go in and for decoration)

- Wash and clean strawberries, peel banana.
- Puree strawberries together with banana, orange juice and honey.
- Add some sweet woodruff, fill in glasses and decorate with remaining sweet woodruff.