

Internationales Jugendcamp für Humanität und Frieden

Rezepte Internationaler Markt

Arabic Baklawa

Ingredients :

- 2 cups unsalted butter
- Half a kilo puff pastry (18 sheet 40x40 cm)
- 4 cups grounded walnuts mixed with one cup sugar
- ½ cup grounded pistachio
- 4 cups sweet syrup

Method:

- Melt butter ;
- Spread some melted butter using a brush on a baking pan sized 25x40cm.
- Spread on sheet of puff pastry in the pan and then brush well with butter.
- Spread another sheet of puff pastry over the first one and brush well with butter.
- Continue this until you have spread 6 sheets of puff pastry.
- Add the mix of grounded butter on top of the puff pastry sheet and spread all over.
- Cover the mixture with a quarter cup of butter.
- Add one sheet of puff pastry over the mixture and brush with butter.
- Continue this until you have added 12 sheets of puff pastry.
- Spread few drops of water over the mixture then brush well with the remainder of butter.
- Cut the Baklawa into pieces and bake in an oven heated 325° for half an hour.
- Raise the temperature to 450° and bake for another 10 minutes until the color turns gold.
- Remove baking pan from oven and add sweet syrup to it while it's still hot.
- Decorate Baklawa with grounded pistachio and eat it when it's cold.

Sweet Syrup

Ingredients and method:

- Melt 3 cups sugar with 2 cups water over slow heat. When the mixture boils for three minutes, add one teaspoon of lemon juice. Boil for 5 minutes until the mixture thickens, then add 1 teaspoon rose water.

Brussels Waffle Recipe

For a Brussels Waffle recipe we will need:

3 1/4 cups (1 lb. — 500g) all purpose flour
one sachet (7g) instant dried yeast
4 medium eggs
whole milk (you can also add some sparkling mineral water and make them even fluffier)
two sticks (1/2 lb. — 250g) butter
vanilla sugar
some salt

Let's bake some Brussels Waffles:

1. Take a cup of milk and heat it until it is lukewarm then mix in your yeast. You can now leave the yeast standing for a while.
2. In the mean time – melt the butter, but stop as soon as it melts, don't over heat it or even burn it – you will lose the taste. You also need to...
3. ...separate the egg yolks from the egg whites and beat the egg whites until you get snow.
4. Now take a big giant huge bowl and throw in all the flour, vanilla sugar (one sachet) and some salt. Make a hole in the middle of the flour and fill it with melted butter, dissolved yeast and egg yolk.
5. Mix while you are adding milk (and some mineral water if you want). You should mix it really well so there are no lumps. The question you might ask here is how dense should the dough be, how much milk? It should be thick, think pancakes and then make it a bit thicker.
6. OK, now gently mix the beaten egg whites into the dough...and...STOP! Enough mixing :).
7. We are really hungry right now but the hardest part of this recipe comes next – leave the dough to rest and rise at room temperature for a while. How long? Until the volume of the dough doubles or even triples! We told you to take a really big bowl. If you are in a hurry then wait for 30 minutes to one hour, but if you can, make the waffle dough in the evening and leave it overnight.
8. Use the oil to grease the waffle iron (which should be hot hot hot) so your waffles don't stick to it and pour the dough in it. Bake the until they turn golden brown.
9. Sprinkle some powdered sugar all over the Brussels waffles.
10. Eat! :)

RECIPE OF "CAPRESE CAKE"

Ingredients :

200 gr SUGAR

200 gr BUTTER

200 gr PLAIN CHOCOLATE

200 gr MINCED ALMONDS

5 EGGS

1 VANILLA BAG

A BIT OF ALMOND AROMA

Method:

MELT THE BUTTER IN A DOUBLE SAUCEPAN, ADDS AND MIX THE CHOCOLATE AND LET ALL TO BE COLD.

WHISK EGGS AND SUGAR UNTIL STIFF.

ADDS THE MINCED ALMONS, THE COLD CHOCOLATE AND BUTTER, THE VANILLA BAG AND THE ALMOND AROMA.

PUT ALL THE INGREDIENTS IN A BUTTERED 24 cm dm HEAT-RESISTENT DISH AND COOK IN THE OVEN AT 200 ° FOR 10 MINUTES, AND THEN AT 170 ° FOR OTHER 40 MINUTES .

Hoddeok

Koreanische süße gefüllte Pfannkuchen, für 16 Stück

Zucker und Hefe im warmen Wasser auflösen und 10 Minuten an einem warmen Ort stehen lassen. Mehl in eine Schüssel sieben, Salz, Milch, und Hefewasser hinein geben und zu einem glatten Teig kneten. Den Teig mit einem Handtuch abdecken und drei Stunden, bevorzugt an einem warmen Ort, stehen lassen.

Für die Füllung Zucker, braunen Zucker, Nüsse und Zimt mischen.

Teig noch mal durchkneten und in 16 Stücke teilen. Die Stücke zu flachen Tellern formen, einen Esslöffel voll Füllung darauf legen und das ganze zu einer Kugel formen. Die Kugeln in eine Pfanne mit Öl geben, bei mittlerer Hitze kurz anbräunen, wenden und mit dem Pfannenwender zu Pfannkuchen flachdrücken. Die Pfannkuchen von beiden Seiten goldbraun braten, mit Küchenpapier trocken tupfen.

Zutaten für 1 Portionen:

100 ml Wasser, warm

½ EL Hefe

½ EL Zucker

600 g Mehl

½ EL Salz

200 ml Milch

4 EL Zucker, braun

4 EL Zucker

½ EL Nüsse, gehackt

½ TL Zimt

Öl, zum Braten

Banh Chuoi Nuong

Vietnamesischer Bananenkuchen

Zutaten :

12 reife Babybananen (im Asiamarkt) oder 5 normalgroße Bananen, Reifegrad: nicht zu reif und matschig und nicht zu hart und grün - genau zwischendrin

60 g Zucker

7 Eier

380 g gesüßte Kondensmilch (1 Dose Milchmädchen)

250 g Butter, zerlassen

200 g Mehl

Methode:

Die Bananen in dünne Scheiben schneiden und in einer Schale mit dem Zucker vermengen. Zur Seite stellen.

Ofen auf 200°C vorheizen. Eine Springform buttern und die untere Platte mit Backpapier auslegen. So klebt der Kuchen nicht an der Platte fest.

Die Eier in eine Schale geben und cremig schlagen. Mit der Kondensmilch und der geschmolzenen Butter langsam vermischen, dabei weiter schlagen. Langsam das Mehl mit hinein geben. Wenn alles gut vermischt ist, vorsichtig die Bananenscheiben unterheben, so daß sie sich gut verteilen.

Den Teig in die vorbereitete Springform geben und für ca. 1 Stunde backen. Der Kuchen sollte oben goldbraun sein.

Wenn er zu dunkel wird, aber noch nicht durch ist, einfach mit Alufolie abdecken und noch ein paar Minuten weiter backen.

Dorayaki – Japanese pancake

Dorayaki is a traditional Japanese cake with anko- sweet beans filling.

It's said that dorayaki is named after its shape which resembles dora (gong).

It's good to make dorayaki on an electric pan so that cakes turn evenly brown.

Ingredients:

- 120g flour (sifted)
- 2 eggs (= 100g): at room temperature
- 100g sugar
- 1 Tbsp honey (= 15ml): dissolve honey by putting the bowl in hot water
- 1/4cup water
- 360g **Anko** (sweet azuki beans)
- * vegetable oil for frying

Preparation:

1. Make traditional Japanese pancakes.

Put eggs and sugar in a bowl and whisk very well.

Add honey and the water in the egg mixture. Add sifted flour in the egg mixture gradually.



2. Heat a skillet or hot plate and lightly oil it.

Pour a scoop of the batter into the skillet and make a small pancake. (*about 4 inches in diameter.)

Turn over when bubbles appear on the surface.

Repeat this process to make 12 pancakes.



Cool the pancakes. Make pairs of pancakes and put a scoop of Anko (Sweet beans).



3.

Mitarashi-dango - Japanese rice-flour dumplings

Materials for around twelve dumplings.

Dumplings: dango

* Rice flour 1 Cup
(Around 100g)

* Water 100cc



Soy sauce & sweet sauce: Mitarashi

* Soy sauce... 1/4 cup

* Sugar... 70g

* Cornstarch... 15g

* Water... 75cc

Dumplings

1. Add water gradually into the Rice flour in the bowl. Knead the dough well. It should be not so soft but like an earlobe.



2. Part the dough into three and cut the each of them into around 2cm parts and with hands round them into sphere. Then press the center of each of the dumplings with the fingers and shape them into a bit oval shape.



3. Boil water in a pan and put dumplings in it. Stir them (with the wood spatula) until the dumplings are floating. (Around two or three minutes)
Boil them one minute more, and then take them away from the pan and cool them in the water.



Soy sauce & sweet sauce: Mitarashi

1. Mix water, sugar, and soy sauce in a pan and put it on medium heat.
2. Mix the water and Cornstarch in a cup and set aside.
3. When the sauce boils, add the starch mixture and mix quickly.

Completion





Skewer dumplings and brush the sauce over them.

Recipe for Cooking Nepali Food (Kamala Gurung, Nepal)

Food name: Semolina Pudding (Halwa in Nepali Language)

In Nepal the below mentioned quantity will be served for around 5-6 persons

Ingredients

Materials	Quantity	Photo
Ghee	300 grams	
Sooji (semolina)	300 grams	
Sugar	250 grams	
Water	2 liters	
Raisins	10 grams	
Almonds	10 grams	
Cashews	20 grams	

Cooking instructions:

- In any deep bottomed pot or pan, roast the sooji (semolina) dry until it slightly changes color and starts letting out a faint smell.
- Add the ghee or oil and keep stirring. The amount of ghee that you need to add here is variable. Keep an extra cup or so and add enough to maintain consistency as semi-solid. Stir till it blends together.
- Now add the sugar and mix it into the mixture while still on the flame.
- The next step is to add the water. Don't forget to continuously stir the preparation as you are adding the water.
- Finally, sprinkle almonds, cashew nuts and raisins into this mixture and gently mix. These can be previously roasted in ghee or put in dry.
- Turn off the flame as soon as the Halwa is slightly dry.








Halwa



Recipe for Cooking Nepali Food

Food name : Rice Pudding (Kheer in Nepali Language)

In Nepal the below mentioned quantity will be served for around 5-6 persons

Ingredients

Materials	Quantity	Photo
Milk with cream	2 liters	
Rice	300 grams	
Sugar	150 grams	
Coconut dry (chopped)	50 grams	
Cashew nut	50 grams	
Pepper(grinded)	5 grams	
Cardamom (seeds)	10 Seeds	
Skinned pistachio nuts (chopped)	1 tbsp	

Raisins	10 grams	
Chhohara (chopped) - we did not know the English name	10 grams	

Cooking instructions:

- Put the milk in a sauce pan and boil it.
- Then pour rice gently into the pan.
- Bring to boil and simmer gently until the rice is soft and the grains are starting to break up.
- Stirring with spoon several times until the rice is soft.
- Add chopped coconut, cashew nut, cardamom, pistachio, raisins and Chhohara simmer for 3-4 minutes.
- Sprinkle pepper over the food and stir it if you wish to have hot taste, otherwise skip this.
- Add the sugar and stir until completely dissolved.
- Remove the rice Kheer from heat and serve either warm or chilled. Though warm is more delicious.



RECETAS DE POSTRES TÍPICOS HONDUREÑOS

1. Arroz Con Leche Hondureño
2. Rosquillas en Miel

1. ARROZ CON LECHE HONDUREÑO

Ingredientes:

- _ 200 gr. de arroz
- _ 125 gr. de azúcar (si gusta más dulce poner más azúcar)
- _ 1 litro de leche (se puede añadir medio vaso más)
- _ 1 rama de canela
- _ La piel de un limón
- _ Canela en polvo
- _ Sal

Elaboración:

Ponemos una olla al fuego con un poco de agua y una pizca de sal, cocemos el arroz unos diez minutos, apartamos del fuego lo echamos en una escurridera y lo lavamos bajo el grifo, escurrimos y reservamos.

En una olla ponemos la leche junto con la rama de canela y la piel del limón, cuando esté caliente, agregamos el arroz y el azúcar y dejamos cocer a fuego lento, removiendo continuamente con una cuchara de palo hasta que este blandito, probar de azúcar.

Servir en cazuelitas individuales, espolvoreadas con canela en polvo

2. ROSQUILLAS EN MIEL

- _ 10 rosquillas de maíz
- _ 2 tazas de azúcar morena
- _ 4 estillas de canela
- _ 6 clavos de olor
- _ 2 tazas de agua

Poner en una olla el agua, azúcar, canela y clavos de olor hasta punto de ebullición y luego colocar las rosquillas en la olla, esperar a que se humedezcan bien con el almíbar y dejar reposar. Que hiervan a fuego lento, hasta que estén bien pasadas.

Servir frío o caliente acompañado de café o té.

Consejos

No dejar hervir mucho tiempo el almíbar porque puede tomar punto quemado