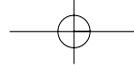




***Interested in ...?***

Recipe Ideas with Rapeseed Oil



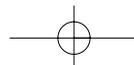
## *Interested in ...?*

*Recipe ideas with rapeseed oil*



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*Interested in real taste*

## *Interested in real taste?*

Yellow is happiness. The bright rapeseed flower in May happily anticipates summer and is a clue to the enjoyment that it conceals.

Cold-pressed rapeseed oil specialities are refined: honey yellow with a distinct nutty aroma for a starring role in cold cuisine.



Especially high-quality edible oils are gained from the dark brown seeds. Enjoy the colour yellow in all of its forms. Fine rapeseed oil\* for all occasions is pale yellow, tasteless and odourless, and therefore very versatile, even when things get hot in the kitchen. Whether for boiling, steaming, deep or shallow frying, fine rapeseed oil delicately underscores the aromas of the fresh ingredients.

This gently produced rapeseed oil gives a subtle pep to salad dressings, dips and marinades. In German kitchens, rapeseed oil has usually remained anonymous under the general designation "vegetable oil", but quality from Germany has a name, and tastes good too. That is why vegetable oils made from rapeseed are proclaimed more and more often.

\*comparable with Canola oil





*Interested in fitness*

## *Interested in fitness?*

Fats make you fit, when the composition is right – as in rapeseed oil. Its unique pattern of fatty acids works like a fitness programme and makes rapeseed oil a particularly valuable edible oil.

The dietary and physiological bonuses: rapeseed oil contains little saturated fatty acid, but a high proportion of monounsaturated and polyunsaturated fatty acids.

The fitness factor number one in rapeseed oil is oleic acid. It is now generally known that monounsaturated fatty acids such as oleic acid have a positive effect on the blood cholesterol level.

They are able to lower the concentration of the “bad” LDL cholesterol in the blood and to provide effective protection against arteriosclerosis and heart attacks.

In the past, this effect was ascribed exclusively to polyunsaturated fatty acids – incorrectly so, as has now been proved by numerous scientific studies.

Although essential polyunsaturated fatty acids must be ingested with food, the correct dosage is important:

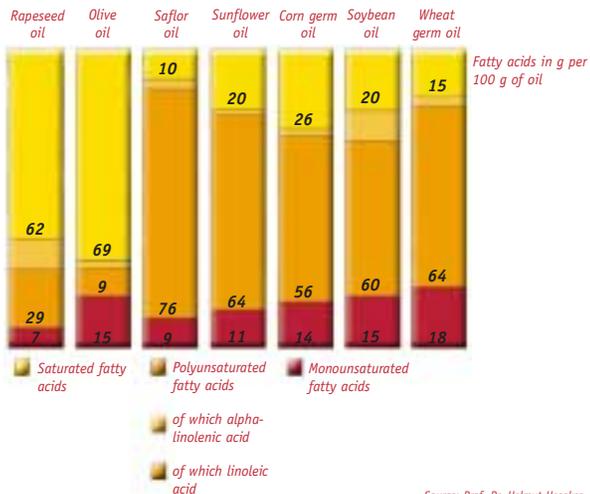
*You can overdo it.*



# *Interested in fitness?*



## A comparison of edible oils



Source: Prof. Dr. Helmut Heseker

Another member of the family of the polyunsaturated acids, alpha-linolenic acid, has become increasingly significant in rapeseed oil.

It is one of the particularly valuable but rare omega-3 fatty acids. In contrast, linoleic acid is a so-called omega-6 fatty acid. Rapeseed oil has a natural almost ideal ratio of these two families of fatty acids.

This is regarded as a decisive factor in combating heart attacks and cancer, and also as a treatment for inflammatory diseases such as rheumatism and psoriasis.

However, not only the almost optimum spectrum of fatty acids puts rapeseed oil at the top of the edible oils, but also its high vitamin E content.

Just one dessert spoon of rapeseed oil in a salad covers around 30 percent of the daily vitamin E requirement, so rapeseed oil is first choice for anybody looking for fitness as well as enjoyment in their diet.

Are you interested in rapeseed oil? Then try the recipes in the following pages. We wish you a lot of fun and "bon appetit".

## Omega fatty acids in various vegetable oils

Vegetable oil	Omega-6 fatty acids (linoleic acid)	Omega-3 fatty acids (alpha-linolenic acid)	Ratio
Rapeseed oil	19,6	9,4	2:1
Olive oil	8,3	0,9	9:1
Saflor oil	75,1	0,5	160:1
Sunflower oil	63,0	0,5	126:1
Corn germ oil	55,3	0,9	61:1
Soybean oil	53,1	7,7	7:1
Wheat germ oil	55,7	7,8	7:1

The German Association for Nutrition recommends a ratio of 5:1 of linoleic acid to alpha-linolenic acid. In Germany, the actual ratio is currently 8:1 and is thereby displaced in favour of linoleic acid. The regular use of rapeseed oil can help to significantly improve the overall ratio in nutrition.

Source: Prof. Dr. Helmut Heseker

INGREDIENTS FOR 4 PORTIONS:

- 200 g shrimps
- 1 dtsp lemon juice
- 1 dtsp vinegar
- Salt, pepper
- 1/2 tsp sugar
- 2 dtsp fine rapeseed oil
- 1 bunch chives
- 1 crushed clove garlic
- 1 diced onion
- 1 endive salad
- Several radicchio leaves
- 1 yellow bell pepper
- 3 tomatoes
- 100 g green beans
- 2 hard boiled eggs



## Mixed salad with shrimps

### Preparation:

Drizzle the shrimps with lemon juice. Put the vinegar and seasoning into a tall bowl and mix with a whisk until the seasoning has dissolved. Add the rapeseed oil drop by drop, stirring constantly, until a creamy sauce is made. (The vinegar and oil must be at the same temperature.) Wash and dry the chives and cut into rings.

Add the garlic, onions, chives and shrimps to the dressing. Stand in a cool place for 1 hour. Dress and wash the salad and vegetables and cut into small pieces. Blanch the beans, pour the shrimps with the dressing over the salad and vegetables, stir briefly. Shell the eggs, cut them into eighths and put as a garnish on the salad.

Interested in starters and salads?

## Mixed preserves

### Shallots in honey

Peel the shallots. Heat 2 dtsp rapeseed oil and fry the shallots until golden. Add the honey, simmer for 2 minutes, add the white wine. Steam for 5 minutes in a covered pan. Wash and dry the herbs, pluck the leaves from the stems, add to the shallots. Season to taste with pepper. Allow the shallots to cool, place in a jar and cover with rapeseed oil. The shallots will keep in a refrigerator for 3 weeks.

### Fennel boats in spicy oil

Wash and dress the fennel and cut into the natural boat-shaped segments. Cut these lengthways. Bring 1/8 l water with a pinch of salt to the boil, add the fennel boats, put on the lid and steam for 5 minutes at the lowest heat. Remove and dry the fennel. Cut the onions and garlic into thin slices. Wash and dry the rosemary.

Layer the fennel with all ingredients and saffron in a pickling jar. Pour on rapeseed oil until all ingredients are covered. Seal the jar. Allow to stand in the refrigerator for at least 12 hours.

### Savoury sheepsmilk cheese balls

Shape the sheepsmilk cheese into balls (1.5 cm diameter). Cover loosely with paper and stand in the refrigerator for 12 to 24 hours. Next day, cut the courgette lengthways in thin slices with a potato peeler. Wrap 1/4 of the balls in the courgette slices and press on gently. Roll the remainder of the balls in chopped chives or peppercorns and press on gently. Layer the balls in a wide-necked jar, pour on rapeseed oil until they are all covered, seal tightly. The balls will keep for 4 to 5 days when stored in a cool place.



### Shallots in honey

#### INGREDIENTS:

- 1 kg shallots
- 1/4 l fine rapeseed oil
- 2 dtsp rapeseed oil
- 150 ml white wine
- 1 bunch fresh oregano
- 1 bunch fresh marjoram
- Freshly ground pepper

### Fennel boats in spicy oil

#### INGREDIENTS:

- 2 small fennels, approx. 200 g each
- Salt
- Approx. 3/4 l fine rapeseed oil
- 1 small onion
- 1 large clove garlic
- 1 stem fresh rosemary (approx. 15 cm)
- 1 pack saffron filaments

### Savoury sheepsmilk cheese balls

#### INGREDIENTS:

- 200 g soft sheepsmilk cheese
- 1 small courgette
- 40 g finely chopped chives
- 1 dtsp pink peppercorns, coarsely crushed
- 1 dtsp mixed peppercorns, coarsely crushed
- 1/2 l fine rapeseed oil

INGREDIENTS FOR 4 PORTIONS:

- 100 g fresh walnuts
- 120 g lamb's lettuce
- 1 shallot
- Several juniper berries
- 2 dtsp cold-pressed rapeseed oil
- 1 dtsp white balsamic vinegar
- 2 tsp Pommery mustard (coarse)
- 1/2 tsp English mustard
- 1 dtsp single cream
- 1 fig
- 250 g venison loin fillet
- 3 dtsp fine rapeseed oil to fry
- 8 thin slices lean bacon
- Salt, freshly ground pepper
- 120 g fried wild mushrooms (chantarel, King bolete, horn of plenty)



## Holsteiner venison fillet with lamb's lettuce

**Preparation:**

Blanch, peel and coarsely chop the walnuts. Dress and wash the lamb's lettuce. Peel and finely dice the shallot. Crush 2 juniper berries. Mix the vinegar with salt and pepper until the seasoning has dissolved.

Add cold-pressed rapeseed oil drop by drop, stirring constantly, until a creamy vinaigrette is made. Stir in the diced shallot, both types of mustard, juniper berries and cream.

Cut the fig into thin segments and add. Cut the venison fillet into 4 pieces, sear in 2 dtsp rapeseed oil with the remaining juniper berries and fry for 2 minutes on each side so that it is still slightly pink inside. Leave to stand.

Put the bacon slices in an oven preheated to 200 °C with the grill element on, allow to crispen slowly and put in a warm place. Dress the mushrooms, fry gently in the remaining rapeseed oil and season with salt and pepper. Mix the lamb's lettuce with the dressing, cut the venison fillets into 3 equal slices and arrange with the bacon slices on the lamb's lettuce. Garnish the salad with the mushrooms and the chopped walnuts.

## Mixed salad with honey-mustard dressing and turkey breast

**Preparation:**

Dress, wash and drain the salad. Cut the ends off the mange tout and remove the threads from the mange tout if necessary. Bring plenty of water to the boil in a large pan and blanch the mange tout for 3 to 5 minutes. Pour off the water, immerse in iced water and drain.

Dress and wash the mushrooms and cut into slices. Wash and halve the tomatoes and remove the core. Wash and dress the spring onions and cut into strips. Rinse the turkey fillets, dry, season with salt and pepper, wrap in the bacon and fry in a pan with the remaining rapeseed oil until crisp. Wrap in aluminium foil and put aside.

Cut off the garden cress with kitchen shears and mix with 3 dtsp mayonnaise (use the remaining mayonnaise for other purposes), sour cream, mustard, honey and lemon juice.

Season again with salt and pepper to taste. To serve, briefly mix the plucked lettuce, mange tout, mushrooms, tomatoes and spring onions with the dressing in a bowl and divide onto 4 plates. Take the turkey fillets out of the foil, cut into slices and spread on the salad.

**Basic recipe for mayonnaise:**

Stir the egg yolk with a pinch of salt in a food processor until creamy.

Mix in 1/4 l rapeseed oil (the egg and oil must be at the same temperature) in a thin stream until a creamy mayonnaise is made. Season with spices.



INGREDIENTS FOR 4 PORTIONS:

- 1 lollo blanco lettuce
- 300 g mange tout
- 300 g mushrooms
- 2 spring onions
- 12 cherry tomatoes
- 2 turkey breast fillets
- 10 slices lean bacon
- 3 dtsp fine rapeseed oil
- 1/2 punnet garden cress
- 3 dtsp mayonnaise (see basic recipe)
- 2 dtsp sour cream
- 2 dtsp medium hot mustard
- 1 1/2 dtsp honey, 1 dtsp lemon juice
- Salt, freshly ground pepper

**BASIC RECIPE FOR MAYONNAISE:**

- 1 egg yolk
- Salt
- 1/4 l rapeseed oil
- Sugar, vinegar
- Freshly ground pepper



**INGREDIENTS FOR 4 PORTIONS:**

- 8 thin slices veal, 70 to 80 g each
- 8 slices air-dried raw ham
- 1 shallot
- 1 clove garlic
- 6 dtsp fine rapeseed oil
- 200 g leaf spinach, frozen
- Salt, pepper, nutmeg
- 1 ball Mozzarella cheese, 125 g
- 1/8 l dry white wine
- 1/4 l stock
- 1 tub double cream, 150 g

## Veal rolls with spinach

**Preparation:**

Rinse the veal slices, dry, spread on a worktop, pound lightly, season with pepper and cover each with a slice of ham. For the spinach stuffing, peel the shallot and the garlic, dice finely and fry gently in 2 dtsp rapeseed oil. Add the thawed and gently squeezed spinach and steam for 5 minutes. Season with salt, pepper and nutmeg. Allow the spinach to cool slightly and spread on the slices of meat. Cut the Mozzarella into 8 strips and place a strip of cheese on the end of each slice of meat.

Roll the slices from this end and fasten with wooden toothpicks. Fry the rolls in the remaining rapeseed oil until crisp and brown on all sides. Season with salt. Add the white wine and stock, put on the lid and simmer the rolls for 25 minutes. When finished, remove the rolls from the pan, add the double cream to the liquid, bring to the boil and thicken to taste with a little cornflour. A hearty potato and celeriac mash is a suitable accompaniment (cook 2 parts of potato and 1 part of celeriac and mash with milk and butter).

## Spicy chicken with fried basil and fragrant Thai rice

**Preparation:**

Rinse and dry the chicken breast fillets, place in a flat dish or bowl, sprinkle on the seasoning and drizzle with the rapeseed oil. Marinate for several hours or overnight in the refrigerator. Put the fragrant rice in a sieve and rinse with cold water until the water runs clear. Cook the rice according to the instructions on the package. In the meantime, take the chicken fillets and place them directly in a hot pan and fry on a medium heat for 2 to 3 minutes each side until golden brown. Then remove from the pan and put in a warm place. Quench the meat juices with the stock, allow to evaporate a little and add the soy sauce.

Wash the basil and dry well (spitting!) and pluck the leaves from the stems. Heat rapeseed oil in a pan or deep frying pan, deep fry the basil leaves for 1 minute until crisp and drain on a kitchen towel. Cut the chicken fillets into thick slices, drizzle with sauce and serve with the deep fried basil leaves and fragrant rice.

*Note: Please maintain the marinating time.*



**INGREDIENTS FOR 4 PORTIONS:**

- 4 chicken breast fillets, 150 g each
- 1/2 tsp each ground coriander, cumin, ginger, mixed pepper
- 8 dtsp fine rapeseed oil
- 500 g fragrant Thai rice
- 1/8 l stock
- 3 dtsp soy sauce
- 1 large bunch basil
- Fine rapeseed oil for deep frying

# Interested in meat and poultry?

INGREDIENTS FOR 4 PORTIONS:

600 g beef fillet tips  
2 large spring onions  
250 g pink mushrooms  
400 g carrots, 1 kohlrabi  
5 dtsp fine rapeseed oil  
Salt  
Freshly ground pepper  
4 cl cognac or brandy  
1/2 l meat stock  
200 g thick soured cream  
3 to 4 dtsp hot mustard  
1 tsp lemon juice  
Several parsley leaves to garnish if desired



## Fillet tips in Cognac sauce

**Preparation:**

Cut the meat into thin strips. Wash and dress the spring onions and cut into thin rings. Dress the mushrooms and slice thinly. Peel the carrots and kohlrabi. Cut the carrots into thin sticks and the kohlrabi into thin segments. Heat 3 dtsp rapeseed oil and fry the meat for 3 minutes on all sides. Season with salt and pepper, remove from the frying pan and put in a warm place. Heat the remaining rapeseed oil in the meat juices.

Put the onions, mushrooms and vegetables into the frying pan and stir-fry. Stir in the Cognac, stock, soured cream and mustard and simmer gently for approx. 10 minutes. Mix in the meat and season to taste with salt, pepper and lemon juice. If desired, wash, dry and chop the parsley and sprinkle on the stew. German spätzle noodles are a tasty accompaniment.



## Pot roast pork with rosemary potatoes

**Preparation:**

For the roast, peel the onions and 2 cloves of garlic. Wash and dry the marjoram and thyme and chop finely. Gently fry the onions and half of the garlic in 2 dtsp rapeseed oil until glazed, mix in the herbs, stir in the mustard and season with salt and pepper. Wash and dry the meat, sprinkle with salt and pepper and spread on the herb mixture. Roll up and truss tightly. Season the roast generously on all sides with salt and pepper. Heat 3 dtsp rapeseed oil in the roaster and sear the meat vigorously on all sides. Pour on a little meat stock. Wash the rosemary and add one stem. Cook the roast in a preheated oven (electric oven: 175°C/gas oven: gas mark 2) for 1 to 1 1/4 hours, basting regularly with the remaining meat stock. For the accompaniment, boil the potatoes whole, drain and peel.

Strip the needles from the second stem of rosemary and chop coarsely. Heat the remaining rapeseed oil in a frying pan and fry the potatoes on all sides for 5 minutes until golden brown. Add the remaining garlic, rosemary and butter and heat for 1 minute. Season the finished potatoes with salt and pepper. Peel the carrots and dress the spring onions and mange tout. Cut the vegetables into small pieces and steam separately in a little salted water. Drain the vegetables, mix and toss in cold-pressed rapeseed oil. Remove the finished roast and the rosemary from the roaster. Whisk the sour cream and cornflour together and thicken the meat juices with it. Season with salt and pepper. Serve together with the rosemary potatoes, roast pork and gravy.



INGREDIENTS FOR 4 PORTIONS:

3 onions  
4 cloves garlic  
1/2 bunch each marjoram and thyme  
7 dtsp fine rapeseed oil  
2 dtsp mustard  
Salt, pepper  
800 g pork shoulder with skin  
(Ask the butcher to dress it as a shoulder roll and cut the skin crosswise.)  
1/2 l meat stock  
2 stems rosemary  
800 g small, firm potatoes  
2 cloves garlic  
2 dtsp butter  
Salt, pepper  
1 bunch carrots  
2 bunches spring onions  
200 g mange tout  
1 dtsp cold-pressed rapeseed oil  
150 g sour cream  
2 dtsp cornflower

Interested in fish



**INGREDIENTS FOR 4 PORTIONS:**

- 4 small trout, dressed
- Salt, pepper
- 1 bunch lemon thyme
- 4 dtsp plain flour
- 8 dtsp fine rapeseed oil
- 1 cluster celery
- 2 oranges
- 1/8 l stock

## Thyme trout with orange and celery

**Preparation:**

Wash the trout, dry well and season inside and out with salt and pepper. Rinse the lemon thyme, pluck the leaves from the stems. Roll the trout in flour and tap off excess flour.

Heat 6 dtsp rapeseed oil together with the thyme leaves in a non-stick pan, put the trout in the heated oil and gently fry on both sides for approx. 12 minutes until crisp and golden brown.

Dress and wash the celery and cut into large, long pieces. Peel the oranges with a knife so that the white skin is also removed.

Cut the flesh into slices. Heat the remaining rapeseed oil, fry the celery and season with salt and pepper. Add the orange slices and continue to fry briefly, quench with the stock and steam the vegetables for 5 minutes, retaining the bite. Divide the vegetables onto large plates, arrange the trout on top and drizzle with the oil used for frying. Serve with boiled potatoes.

## Pike-perch fillets with tomatoes and spinach

**Preparation:**

Sort the leaf spinach, removing thick stems, wash thoroughly and drain in a large sieve. Wash the cherry tomatoes, cut into halves or quarters, removing the cores. Peel and dice the onion and garlic and fry gently on a moderate heat in 3 dtsp hot rapeseed oil. Add the spinach successively and allow to reduce. Finally, add the cherry tomatoes and cook through for approx. 5 minutes. Season vigorously with salt, pepper and nutmeg.

Rinse and dry the pike-perch fillets and season with salt and pepper, roll in flour and tap off excess flour. Fry in the remaining rapeseed oil on both sides for 2 minutes until golden brown. Arrange the pike-perch fillets on the spinach. Serve with boiled potatoes.



Interested in fish

**INGREDIENTS FOR 4 PORTIONS:**

- 1 kg fresh leaf spinach (or 400 kg frozen spinach)
- 400 g cherry tomatoes
- 1 onion
- 1 clove garlic
- 6 dtsp fine rapeseed oil
- Salt, pepper, nutmeg
- 4 pike-perch fillets, 180 g each
- 4 dtsp plain flour

# Interested in fish?

Interested in vegetables

INGREDIENTS FOR 4 TO 6 PORTIONS:

500 g firm potatoes  
2 spring onions  
1 courgette, 80 to 100 g  
100 g mushrooms  
1 clove garlic  
4 dtsp fine rapeseed oil  
Salt, pepper  
1 bunch parsley  
1 bunch basil  
5 eggs, size XL  
Nutmeg

## Mixed vegetable and herb frittata

**Preparation:**

Boil the potatoes whole for 20 minutes, peel, allow to cool slightly. Cut into 1 to 2 cm cubes. Cut the spring onions and courgette into slices. Cut the mushrooms into halves or quarters. Peel the garlic and dice finely.

Fry the potato cubes in a non-stick frying pan with hot rapeseed oil. Add the courgette slices and mushroom quarters and continue to fry. Finally, add the spring onions and garlic, fry briefly and season with salt and pepper. Wash and dry the herbs and chop finely. Whisk the eggs, season vigorously with salt, pepper and nutmeg, mix in the herbs and add the mixture to the vegetables in the frying pan. Cook on the lowest heat for approx. 10 minutes with the lid on. Allow to cool slightly. Cut into pieces and serve as a starter or with a salad as a light evening meal.

*Hint: Frittata are also good served cold and are therefore suitable for a buffet.*



## Pasta with rocket and garlic

**Preparation:**

Cook the spaghetti al dente in plenty of salted water as instructed on the package. In the meantime, peel the shallot and dice finely. Peel the clove of garlic and cut into thin slices. Drain the sundried tomatoes, keeping approx. 1 dtsp of the oil. Cut the tomatoes into thin strips. Wash the chilli pod, slice open, remove the seeds and cut into thin rings. Sort the rocket, removing thick stems, wash and drain in a sieve. Chop coarsely with a knife. Heat the oil from the tomatoes on a moderate heat and glaze the diced shallot, garlic and chilli.

Add the tomatoes, cold-pressed rapeseed oil and rocket. Toss briefly, add the boiled and drained spaghetti and mix well. Season with coarse pepper and salt and serve immediately. Serve with freshly grated Parmesan cheese.



Interested in vegetables

INGREDIENTS FOR 4 PORTIONS:

500 g spaghetti  
1 shallot  
2 cloves garlic  
100 g sundried tomatoes in oil  
1 small red chilli pod, fresh  
1 bunch rocket  
4 dtsp cold-pressed rapeseed oil  
Salt, pepper  
Freshly grated Parmesan cheese

Interested in vegetables?

Interested in baking

BASIC RECIPE FOR  
QUARK-RAPESEED OIL MIXTURE  
INGREDIENTS FOR 1 TRAY

QUARK-RAPESEED OIL DOUGH WITH  
YEAST

6 dtsp fine rapeseed oil  
150 g well-drained low-fat quark  
1 pinch salt  
3 dtsp lukewarm milk  
20 g fresh yeast  
60 g sugar  
2 eggs, size M  
300 g plain flour

QUARK-RAPESEED OIL DOUGH WITH BAK-  
ING POWDER

150 g well-drained low-fat quark  
6 dtsp fine rapeseed oil  
5 dtsp milk  
1 egg, size M  
1 pinch salt  
80 g sugar  
300 g plain flour  
1 tsp baking powder



## Quark-rapeseed oil dough

*Quark-rapeseed oil dough with  
yeast*

Mix the rapeseed oil with the quark, add salt. Whisk the milk with crumbled yeast and 1 tsp sugar in a cup.

Stir the yeasted milk alternately with the remaining sugar, the eggs and about 2/3 of the flour into the quark.

Place the mixture on a worktop and knead in the remaining flour by hand. Shape the dough into a ball, cover with a cloth and stand in a cold place for at least 3 to 4 hours or, better, overnight.

Next day, roll out and top as desired.

*Quark-rapeseed oil dough with  
baking powder*

Put the quark into a mixing bowl and stir. Slowly add the rapeseed oil, milk, eggs, salt and sugar and stir to a smooth mixture.

Mix the flour with the baking powder and stir in 2/3 of the flour spoonful by spoonful. Then place the dough on a worktop and knead in the remaining flour by hand.

Roll out the quark-rapeseed oil dough and top as desired.



## Apple flan with cream glaze

*Preparation:*

Prepare a quark-rapeseed oil dough from the ingredients and allow to stand overnight in a cold place if possible. Next day, peel, quarter and core the apples and cut crosswise into thin slices. Drizzle with lemon juice and mix with the sugar and cinnamon. Preheat the oven to 200 °C.

Mix the egg yolks with the cream and crème fraîche and add sugar and vanilla sugar to taste. Rollout the quark-rapeseed oil dough on a baking tray brushed with rapeseed oil and make a raised edge.

Top with the apples, pour on the cream mixture and sprinkle with the flaked almonds.

Bake in the middle of a preheated oven for 30 to 35 minutes until golden. Allow to cool slightly and cut into pieces.

Hint: The flan tastes particularly good served lukewarm.

*Note: Please observe that the  
dough should stand overnight in a  
cool place.*



INGREDIENTS FOR 1 TRAY:

1 quark-rapeseed oil dough recipe with yeast (see basic recipe)  
800 g fragrant apples  
Juice of 1 lemon  
1 dtsp sugar  
1 pinch cinnamon  
3 egg yolks, size M  
1/4 l single cream  
100 g crème fraîche  
2 dtsp vanilla sugar  
50 g sugar  
Fine rapeseed oil for the tray  
Approximately 80 g flaked almonds

Interested  
in baking?



**INGREDIENTS FOR 1 TRAY:**

- 1 quark-rapeseed oil dough recipe with yeast (see basic recipe)
- 300 g freshly ground poppy seeds
- 50 g semolina
- 1/2 l milk
- 1/2 stick cinnamon
- 1 pinch cardamom
- 130 g butter
- 220 g sugar
- 80 g raisins
- 3 eggs, size M
- Zest of 1 untreated lemon
- 750 g full-fat quark
- 1.2 kg fragrant pears
- Fine rapeseed oil for the tray
- 2 tsp icing sugar
- 50 g flaked almonds

## Pear and poppy seed flan

**Preparation:**

Prepare a quark-rapeseed oil dough from the ingredients and allow to stand overnight in a cold place if possible. For the topping mix the poppy seeds and the semolina in a bowl. Bring the milk with the cinnamon stick, cardamom, 80 g butter and 100 g sugar to the boil.

Remove from the hob and stir in the poppy seed mixture and the raisins. Separate the eggs. For the quark topping, whisk the 3 egg yolks with 80 g sugar and the lemon zest, then mix in the quark spoonful by spoonful.

Beat the 3 egg whites with the remaining sugar until very stiff and mix evenly with the quark creme. Peel and halve the pears, remove the cores and cut the halves lengthwise into segments.

Preheat the oven to 200 °C. Brush the baking tray with rapeseed oil. Roll out the dough to the size of the baking tray and line the bottom and the edges of the tray with the dough. Top the dough, firstly with the quark creme, and then spread on the poppy seed mixture with a spoon. Smooth with a wet pallet knife and top with the pear segments.

Melt the remaining butter, brush onto the flan and sprinkle with icing sugar and flaked almonds. Bake in the middle of the hot oven for approximately 35 to 40 minutes until golden. Allow the flan to cool on the tray and then cut into pieces.

*Note: Please observe that the dough should stand overnight in a cold place.*

## Curd and grape crumble

**Preparation:**

Prepare the quark-rapeseed oil dough as described in the recipe. Roll out on a floured surface and line the bottom and edges of a baking tray brushed with rapeseed oil.

For the topping, bring 2/3 of the milk with the vanilla paste to the boil. Whisk the remaining milk with the cornflour and mix with the boiling milk. Bring to the boil, remove from the hob and put the flammeri in a cold place.

Preheat the oven to 180 °C. Separate the eggs. Beat the 4 egg yolks and 150 g sugar and add the quark and the creme little by little. Roast the pine nuts in a pan without fat until golden brown.

Wash the grapes, remove the stems, allow to drain thoroughly and mix with the cooled pine nuts into the quark mixture.

Beat the 4 egg whites until stiff, then add 30 g sugar and continue beating until it has dissolved. Mix the egg white carefully into the quark mixture. Knead the flour, baking powder, cinnamon and the butter, cut into small pieces, to make the crumble and put in a cold place. Spread the curd mixture evenly on the quark-rapeseed oil dough. Spread on the crumble. Bake in the middle of the hot oven for around 45 minutes until golden brown. Allow to cool on the tray and then cut into pieces.

**INGREDIENTS FOR 1 TRAY:**

- 1 quark-rapeseed oil dough recipe with baking powder (see basic recipe)
- Fine rapeseed oil for the tray
- 1/2 l milk
- Paste of 1 vanilla pod
- 60 g cornflour
- 4 eggs, size M
- 280 g sugar
- 1 kg drained low-fat quark
- 60 g pine nuts
- 400 g small, firm grapes
- 100 g flour
- 1/2 tsp baking powder
- A little cinnamon
- 100 g butter
- Icing sugar to finish



Interested in a family celebration

## Salad leaves with turkey breast



### INGREDIENTS FOR 4 PORTIONS:

200 g lettuce (e.g. Mediterranean or frisée lettuce)  
2 pears  
2 bunches radishes  
3 slices white bread  
1 dtsp fine rapeseed oil  
5 dtsp stock  
2 dtsp vinegar  
Salt, pepper  
1 pinch sugar  
3 dtsp cold-pressed rapeseed oil  
8 slices smoked turkey breast (approx. 20 g each)

### Preparation:

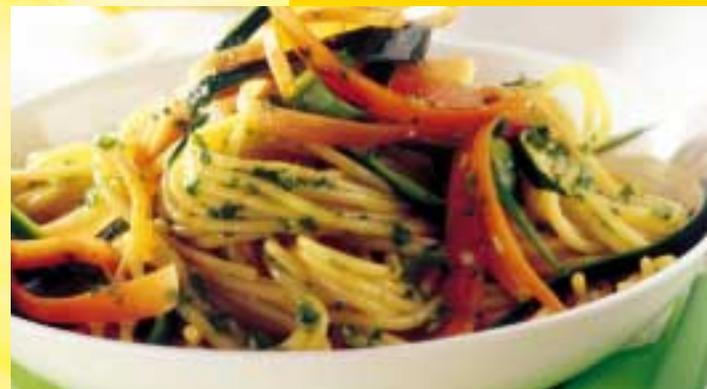
Dress, sort and wash the salad and tear apart if necessary. Wash, peel, quarter and core the pears. Cut the flesh into segments. Dress, wash and dice the radishes and mix the prepared ingredients.

Cut the crusts from the bread, dice and fry briefly in hot, fine rapeseed oil. Remove from the pan. Mix the stock with the vinegar, spices and cold-pressed rapeseed oil, season to taste and pour over the salad. Sprinkle with the croutons. Garnish with the turkey breast.

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## Vegetarian spaghetti with parsley pesto



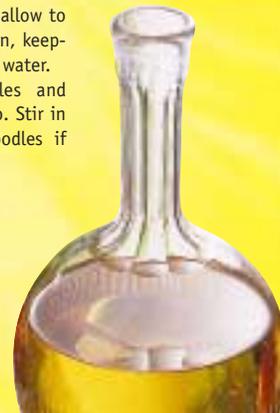
### Preparation:

Wash and dry the parsley and pluck off the leaves. Peel and dice the garlic, add the Parmesan, cold-pressed rapeseed oil and the parsley and make into a paste in an electric food processor. Season to taste with salt and pepper. Dress and wash the carrots and courgette and cut into thin strips. Boil the spaghetti in salted water according to the instructions on the package.

Add the vegetables and allow to cook for 5 minutes. Drain, keeping around 50 ml of the water. Mix the wet vegetables and spaghetti with the pesto. Stir in the water from the noodles if necessary.

### INGREDIENTS FOR 4 PORTIONS:

125 g French parsley  
1 clove garlic  
60 g grated Parmesan cheese  
1/8 l cold-pressed rapeseed oil  
Salt  
Pepper  
200 g carrots  
1 courgette  
300 g spaghetti



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**INGREDIENTS FOR 4 PORTIONS:**

750 g small, firm potatoes  
250 g mushrooms  
3 slices white bread  
4 dtsp chopped lemon balm  
5 dtsp chopped parsley  
60 g grated Gouda cheese  
Salt  
Pepper  
6 dtsp fine rapeseed oil  
4 lamb loin fillets, approx. 150 g each  
2 dtsp coarse-grained mustard

## Herbed lamb fillet with roast potatoes

**Preparation:**

Wash the potatoes and boil in the skin for approx. 20 minutes, then peel and dice. Wash and dress the mushrooms and halve or quarter according to size. Cut the crusts from the bread and chop in an electric food processor. Put on a baking tray and roast for approx. 5 minutes in an oven preheated to 200 °C. Remove the crumbs and put on a plate. Mix in the herbs and cheese.

Season the potatoes and mushrooms with salt and pepper, place in a roasting tray with 5 dtsp rapeseed oil and roast for approx. 10 minutes in the oven at 200 °C. Wash and dry the lamb fillets, season with salt and pepper and fry for approx. 5 minutes in the remaining rapeseed oil. Allow to cool slightly. Coat in the mustard and roll in the crumb mixture, pressing gently. Place on the vegetables and bake for 2 to 3 minutes in the oven.

## Apple tartlets with vanilla cream

**Preparation:**

Mix the flour with the baking powder and knead together with the milk, quark rapeseed oil, salt, 30 g sugar and 1 sachet vanilla sugar. Roll the pastry on a lightly floured worktop approx. 4 mm thick. Cut out riffled circles with a pastry cutter (approx. 10 cm diameter). Place on a baking tray lined with baking parchment. Mix the marzipan with the brandy. Spread smoothly on the pastry. Wash, peel, quarter and core the apples.

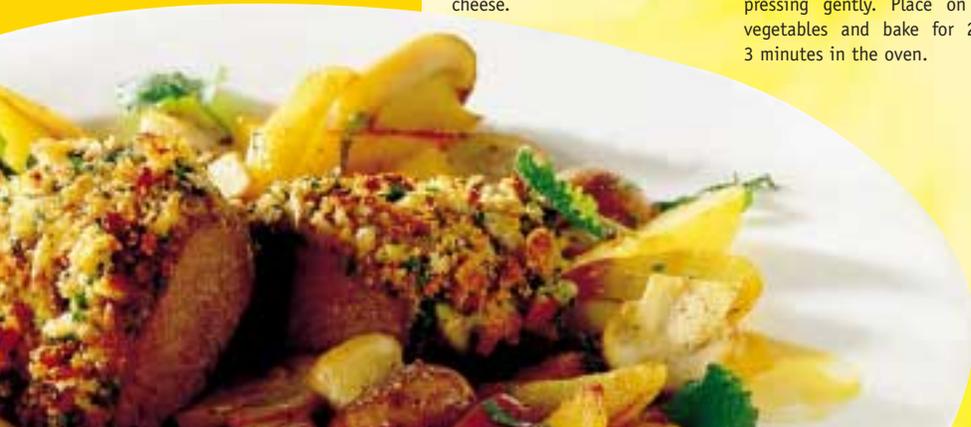
Cut the apples into thin slices with a cucumber slicer and place on the pastry. Melt the butter. Add the cinnamon and the remaining vanilla sugar. Brush onto the apples. Sprinkle with 30 g sugar. Bake for 15 to 18 minutes in the middle of an oven preheated to 190 °C. Allow to cool. Whip the cream. Mix in the remaining sugar and vanilla paste. Serve together.

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**INGREDIENTS FOR 4 TARTLETS:**

150 g plain flour  
1/2 sachet baking powder  
75 g low-fat quark  
3 to 4 dtsp milk  
3 dtsp fine rapeseed oil  
1 pinch salt  
80 g sugar  
2 sachets vanilla sugar  
50 g baker's marzipan  
2 dtsp brandy  
2 small apples (approx. 150 g each)  
40 g butter  
1/4 tsp cinnamon  
250 g whipping cream  
Paste of 1 vanilla pod



## Marinated potatoes with smoked salmon-trout



### INGREDIENTS FOR 10 PORTIONS:

- 10 very small boiling potatoes
- 1/2 bunch French parsley
- Juice of 1/2 lime
- Tabasco sauce
- Salt
- 4 dtsp cold-pressed rapeseed oil
- 1 smoked salmon-trout (approx. 500 g)
- 100 ml whipping cream
- 2 to 3 tsp grated horseradish

### Preparation:

Boil the potatoes whole for 20 minutes, peel and halve lengthways. Wash and dry the parsley and chop finely. Mix the parsley, lime juice, Tabasco sauce, salt and cold-pressed rapeseed oil. Pour over the potatoes.

Remove the head and tail from the salmon-trout. Skin and separate the fillets from the bones. Cut into 20 pieces.

Whip the cream and season to taste with horseradish. Put a piece of salmon-trout on each half potato.

Fasten with wooden toothpicks and put a little horseradish cream on each.

## Mini muffins with salami



### Preparation:

Mix the flour, ground maize, baking powder, salt and cheese. Beat the egg. Stir in the rapeseed oil, buttermilk and chopped basil. Add the flour mixture and stir. Put the mixture in the depressions of a greased mini muffin tin (without paper cases).

Bake for 20 to 25 minutes in an oven preheated to 180 °C. Remove, turn out and allow to cool.

Stir the crème fraîche until smooth. Cut crosswise into the muffins and push open. Put in a small amount of crème fraîche, 1/2 slice of salami and salad leaf.

### INGREDIENTS FOR 12 PORTIONS:

- 130 g plain flour
- 75 g ground maize
- 2 tsp baking powder
- 1/2 tsp salt
- 150 g grated Gouda cheese
- 1 egg, size M
- 6 dtsp fine rapeseed oil
- 1/4 l buttermilk
- 1 bunch basil
- 1 tub crème fraîche with herbs (125 g)
- 12 thin slices salami
- Approx. 25 g leaf salad (e.g. rocket)

# Lust auf eine Party?



#### INGREDIENTS FOR 10 PORTIONS:

For the quark-rapeseed oil dough:  
300 g flour

1 sachet baking powder  
150 g low-fat quark  
6 to 7 dtsp milk  
6 dtsp fine rapeseed oil  
1/2 level tsp salt

For the topping:

1 bunch chives  
100 g crème fraîche  
4 bunches large spring onions (500 g)  
1 dtsp fine rapeseed oil  
Salt, pepper  
50 g low-fat beef salami  
75 g Gouda cheese

## Mini pizzas with spring onions and salami

#### Preparation:

Knead the flour, baking powder, low-fat quark, milk, 6 dtsp rapeseed oil and salt to a dough and roll out approx. 4 mm thick on a lightly floured worktop.

Cut out circles with a pastry cutter (approx. 7 cm diameter). Place on a baking tray lined with baking parchment.

Wash the chives and chop finely. Mix 1 dtsp of this with the crème fraîche. Divide between the dough circles.

Dress and wash the spring onions, cut into thin rings and fry gently for approx. 3 minutes in the remaining rapeseed oil. Season. Add the remaining chives. Allow to cool slightly.

Cut the salami into strips, put the spring onions and salami on the dough. Sprinkle with grated cheese. Bake for approx. 15 minutes in an oven preheated to 190 °C. These taste good hot or cold.



## Pork medallions with sage and ham

#### Preparation:

Wash and dry the pork medallions and season with salt and pepper. Chop the sage finely and put on the meat with the ham and cheese.

Fold the meat and fasten with wooden toothpicks. Dress and halve the mushrooms and fry in 2 dtsp rapeseed oil until golden brown. Fry the medallions in the remaining rapeseed oil for 3 to 4 minutes. Remove from the pan and allow to stand briefly. Cut crosswise in halves and attach a half mushroom on each with a wooden toothpick.



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#### INGREDIENTS FOR 12 PORTIONS

12 thin pork medallions  
(approx. 75 g each)  
Salt  
Pepper  
12 sage leaves  
12 thin slices boiled ham  
100 g grated mild cheese  
7 dtsp fine rapeseed oil  
12 mushrooms





#### INGREDIENTS FOR 4 PORTIONS:

- 1 pack deep frozen tiger prawns (raw, heads off, with shell, approx. 500 g)
- 3 cloves garlic
- 2 egg yolks, size M
- 200 ml cold-pressed rapeseed oil
- 2 tsp mild mustard
- 1 tsp grated horseradish (jar)
- Juice of 1/2 lemon
- 1 dtsp vinegar
- 2 dtsp chopped dill
- Salt
- Pepper
- 1 pinch sugar
- 3 dtsp fine rapeseed oil
- 1 dtsp lime juice
- 1/4 tsp ground coriander

## Tiger prawns with herb and horseradish mayonnaise

#### Preparation:

Thaw the tiger prawns. Peel and crush the garlic. Stir the 2 egg yolks with a mixer until creamy. Mix in the cold-pressed rapeseed oil (the eggs and the oil should be at the same temperature) in the thin stream until a creamy mayonnaise is made. Mix in the mustard, horseradish, lemon juice, vinegar, garlic and dill.

Season to taste with salt, pepper and sugar. Put in a cold place. Mix the rapeseed oil, lime juice, pepper and coriander. Turn the tiger prawns in the mixture and place on a piece of aluminium foil. Grill on each side for approx. 3 minutes.

## Grilled chicken breast with apricot and red pepper dip

#### Preparation:

Wash and dry the chicken breast fillets. Mix the wine, rosemary, pepper, lemon zest and rapeseed oil. Pour over the meat and allow to stand for approx. 4 hours. Dress and wash the red pepper and dice finely. Drain the apricots and cut into thin strips. Peel the onion and dice finely. Dress, wash and core the chilli pod and dice finely.

Mix the red pepper, apricots, onion, chilli and lemon balm. Add the lemon juice and season to taste with salt and pepper. Remove the chicken fillets from the marinade, drain and grill on each side for approx. 4 minutes.

*Note: Please maintain the marinating time.*

Interested in a barbecue

#### INGREDIENTS FOR 4 PORTIONS:

- 4 chicken breast fillets, approx. 150 g each
- 2 dtsp white wine
- 3 dtsp chopped rosemary
- Pepper
- Zest and juice of 1 untreated lemon
- 3 dtsp fine rapeseed oil
- 2 red peppers (300 g)
- 1 small tin apricots (drained weight 240 g)
- 1 onion
- 1 small chilli pod
- 1 dtsp chopped lemon balm
- Salt

# Interested in a barbecue?



## Potato salad with tomatoes and rocket



### INGREDIENTS FOR 4 PORTIONS:

- 1 kg firm potatoes
- 1/4 l stock
- 8 dtsp white wine vinegar
- 1 clove garlic
- Salt
- Pepper
- 400 g cherry tomatoes
- 50 g rocket
- 9 dtsp cold-pressed rapeseed oil
- 30 g pine nuts
- 1 bunch basil

### Preparation:

Wash the potatoes and boil in the skin for 20 to 25 minutes, peel and cut into slices. Heat the stock and half of the vinegar. Peel the garlic and add. Season the stock with salt and pepper, pour over the potatoes and stand for approx. 30 minutes. Wash and halve the tomatoes. Wash, sort and dry the rocket and pluck apart. Add the tomatoes and rocket to the potatoes. Mix the remaining vinegar, salt, pepper and cold-pressed rapeseed oil and pour on. Season to taste. Roast the pine nuts in a frying pan without fat until golden brown. Rinse and dry the basil, pluck the leaves from the stems and chop. Sprinkle the pine nuts and the basil on the salad.

## Marinated meat kebabs with courgette



### Preparation:

Wash, dry and dice the meat. Peel the onions and cut into segments. Dress and wash the courgette and cut into slices. Wash and dress the mushrooms. Spear all ingredients alternately on 4 skewers and place in a bowl. Halve the chilli pods lengthways, remove the seeds and chop very finely. Peel the garlic and chop finely. Mix the chilli pods, garlic, lemon juice, rapeseed oil, pepper and oregano. Pour over the kebabs and stand for approx. 2 hours. Remove the meat kebabs, drain well and grill for 10 to 15 minutes. Finally, season with salt.

*Note: Please maintain the marinating time.*

### INGREDIENTS FOR 4 PORTIONS:

- 500 g pork neck (boned)
- 2 onions
- 1 courgette
- 8 small mushrooms
- 2 small chilli pods
- 2 cloves garlic
- 80 ml lemon juice
- 6 dtsp fine rapeseed oil
- 2 tsp coarsely ground pepper
- 1 tsp chopped oregano
- Salt



## And another hint...

Try making your own herb oil. You can refine the rapeseed oil of your choice any way you want with many different herbs. In an exquisite decanter or a beautiful bottle, herb oils are a very personal present which will please anybody. Here are five examples.

### *Basil oil*

**1 pot basil, 1 tsp black peppercorns, 1/2 l fine rapeseed oil or cold-pressed rapeseed oil**

Pluck the basil leaves from the stems, wash carefully and dry with a kitchen towel. Put together with the peppercorns in a bottle and top up with rapeseed oil.

Leave to stand in a dark place for 3 weeks before using.

### *Rosemary oil*

**1 large rosemary stem, 2 tsp pimento corns, 1/2 l fine rapeseed oil or cold-pressed rapeseed oil**

Wash the rosemary and dry with a kitchen towel. Put together with the pimento corns in a bottle and add rapeseed oil.

Allow to stand in a dark place for 3 weeks.

### *Wild mushroom oil*

**20 g dried wild mushrooms, 2 tsp coarse sea salt, 2 tsp juniper berries, 1/2 l fine rapeseed oil or cold-pressed rapeseed oil**

Put the wild mushrooms with the sea salt and juniper berries in a bottle and add rapeseed oil. Allow to stand in a dark place for 3 weeks.

### *Tarragon oil*

**1 pot tarragon, 3 tsp mustard seeds, 1/2 l fine rapeseed oil or cold-pressed rapeseed oil**

Pluck the tarragon leaves from the stems, wash carefully and dry with a kitchen towel. Put together with the mustard seeds in a bottle and add rapeseed oil. Allow to stand in a dark place for 3 weeks.

### *Dill oil*

**1 bundle dill, 1 bay leaf, 2 tsp pink peppercorns, 1/2 l fine rapeseed oil or cold-pressed rapeseed oil**

Wash the dill and dry carefully with a kitchen towel. Put together with the bay leaf and the pink peppercorns in a bottle and fill with rapeseed oil. Allow to stand in a dark place for 3 weeks.

# Interested in real aroma?



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