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## Beef Bourguignon

Recipe for January | © Hans-Albert Stechl

**C**ut the beef into cubes which should not be too small, but three or four times as large as for a common goulash. Heat oil in a casserole and sear the beef cubes turning to brown on all sides. Reduce heat slightly and sift flour over beef cubes. If flour has slightly browned, deglaze with a dash of wine. Once the wine has evaporated, repeat the same procedure twice, add remaining wine together with herbs and a pinch of pepper.

Simmer for about one hour. While beef is cooking, peel shallots, use small shallots as a whole and cut large ones into halves. Cut bacon into small pieces and sear with shallots in pan. Cut carrots into bite-sized pieces, cut mushroom heads into quarters, peel and chop garlic. Add all three ingredients to shallots in pan and steam for further 10 mins. Add mixture to beef during the last quarter hour of cooking time. Season to taste with salt and pepper.

Serve with broad tagliatelle or spaetzle.



### Shopping list for four persons

- 1.5 kg marbled beef
- 2 tbsps. flour
- 1 l pinot noir wine, not too acidic
- salt, pepper, herbs, such as herbs of Provence
- 200 g mild smoked belly bacon
- 250 g shallots
- 1 garlic clove
- 250 g carrots
- 250 g mushrooms



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## Parsnip Bolognese

Recipe for February | © Hans-Albert Stechl

**P**eel parsnips, cut off stalks and finely dice parsnips. The finer the dices, the better the sauce.

Melt butter in pan and sear vegetable dices at high heat until golden brown. Chop shallots and ginger, add to pan and steam for approx. 5 mins at slightly reduced heat. Parsnip dices should be tender or “al dente”. Stir in tomatoes, cook for a few minutes. Season to taste with salt, pepper and some chilli.

Cook spaghetti, drain spaghetti (collect cooking water!) and pour them back in pan. Add 1-2 ladles of vegetable Bolognese and ½ ladle of cooking water. Stir well.

Serve spaghetti on preheated plates, add 1 ladle parsnip Bolognese, sprinkle with freshly grated Parmesan and finely chopped parsley, top with a dash of olive oil.



### Shopping list for four persons

700 g parsnips  
2 shallots  
1 thumb-sized piece of ginger  
1 can (800 g) peeled and  
chopped tomatoes  
salt, pepper, chilli  
  
400 g spaghetti  
100 g Parmesan  
parsley  
olive oil



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## Wild garlic pancake

Recipe for March | © Hans-Albert Stechl

**M**ix 150 g flour, 2 eggs, 8.5 oz milk, salt and a pinch of sugar in a large bowl with a whisk, to get thin and smooth pancake batter. Allow batter to rest for 10 mins, mix again. Chop 25-30 wild garlic leaves into fine stripes and mix with batter. Heat ghee in pan, use a ladle to fill in batter and spread with pan scraper as thin and evenly as possible. Turn pancake after approx. 5 mins. Both pancake sides should be golden brown. Stack pancakes onto a plate, cover with aluminium foil and keep warm in oven at 80 °C (176 °F).

Mix crème fraîche with horseradish. Chop smoked salmon into stripes. Wash cress and shake dry.

Take pancakes out of oven and place them separately on a board. Spread crème fraîche/horseradish mixture thinly on pancakes, salt and pepper, add a few salmon stripes (spread them evenly) and top with some cress. Roll pancakes up and serve with salad.



### Shopping list for four persons

Sufficient for 8 pancakes

#### Batter:

150 g flour  
2 eggs  
8.5 oz milk  
salt, a pinch of sugar  
25-30 fresh wild garlic leaves  
ghee for baking

#### Filling:

250 g crème fraîche  
3 heaped tbsps. horseradish  
(jar) or 2 heaped tbsps. freshly  
grated horseradish  
150 g cress  
4 slices of smoked salmon  
salt, pepper



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## Filled poularde breast

Recipe for April | © Hans-Albert Stechl

**B**utterfly meat lengthwise in the middle. Apply salt and pepper to inner surfaces, spread thin layer of strong mustard and cover with a layer of sausage or ham. Close meat pieces, wrap with rosemary or sage leaves and tie with kitchen thread. Apply salt and pepper to outer surfaces. Heat oil and sear breast pieces on all sides for 3-4 mins. Place meat, with skin facing up, on baking tray and cook for another 20 mins on middle rack in preheated oven (180 °C / 356 °F) until done.

Clean vegetables, cut them into bite-sized pieces and cook vegetables separately “al dente” (with exception of tomatoes). Put vegetables with chicken stock and white wine in pan, season with salt, pepper, some splashes of lemon juice, a pinch of sugar, bay leaf and thyme and let steep for another 5 mins. Serve with: potatoes.



### Shopping list for four persons

4 chicken or poularde breasts,  
preferably with skin  
8 thin slices of chorizo sausage  
or 4 thin slices of smoked  
Black Forest ham  
strong mustard, salt, pepper  
8 sage leaves  
or 8 small rosemary sprigs  
kitchen thread

### Vegetable potpourri:

1 kg mixed vegetables (baby carrots,  
fennel, tomatoes, small potatoes,  
zucchini, beans, peas)  
2 thyme sprigs  
some splashes of lemon juice  
3.4 oz chicken stock  
1 dash of dry white wine  
salt, pepper, 1 bay leaf,  
1 pinch of sugar



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## May plaice

**Recipe for May** | © Hans-Albert Stechl

**U**se kitchen scissors to remove fish tail and outer circle of fish bones from the plaices. Rinse fish with water, dry and sprinkle inside and outside with lime juice.

Chop streaky bacon into small cubes, peel onion and cut into small rings. Rinse parsley, remove leaves and chop coarsely. Render bacon at low heat for some minutes in pan. Remove bacon cubes and put aside. Add 1 tsp. butter to bacon fat in pan, sear onion until golden yellow, remove from pan and put aside.

Season plaices with salt and pepper and dredge in flour. Sear plaices on each side at medium to high heat for 3-4 mins. Toss small shrimp in hot butter and heat. Heat once again onion and bacon cubes, add parsley and steam briefly.

Place plaices on preheated plates and cover with bacon-onion-parsley mixture. Top all plaices with 1 tbsp. shrimp, sprinkle with dill. Serve with: parsley potatoes or potato salad.



### Shopping list for four persons

4 whole fresh plaices,  
gutted and without head  
150 g streaky bacon  
1 onion  
1 bunch of parsley  
some dill  
1 lemon  
150 g small shrimp  
salt, pepper  
some butter  
flour to dredge fish



## Bread salad with artichokes and tomatoes

Recipe for June | © Hans-Albert Stechl

**R**emove two circles of outer leaves of artichokes, cut stem to 3–4 cm (1.5 in), peel stem with a knife. Cut upper third of artichoke transversely (tips of leaves). Cut artichokes perpendicularly into half, carefully scrape out any hay and place artichokes in bowl containing a mixture of cold water and squeezed juice of one lemon. Cut cherry tomatoes into halves, place on baking tray with cut surface facing up, sprinkle with coarse sea salt and let slightly dry in oven at approx. 80 °C (176 °F) for half an hour. Finely chop shallot. Mix 4 tbsps. balsamic vinegar and 3.4 oz water and put in pan, together with honey. As soon as honey is melted, add artichokes and shallot cubes, cover and simmer slightly for about 10 mins. Add capers and plucked thyme leaves, season to taste with salt, pepper and some chilli. Remove mixture from pan using a slotted ladle and let cool down.

Chop ciabatta into small cubes, softly sear with olive oil in pan. Reduce heat, press garlic into pan and sear carefully – the garlic should not be too dark. Coarsely chop parsley and lovage and mix with all ingredients. Arrange on a large plate. Sprinkle with olive oil and top with crumbled goat cheese.



### Shopping list for four persons

10 small artichokes  
juice of 1 lemon  
2 shallots  
4 tbsps. balsamic vinegar  
1 level tbsp. honey  
1 heaped tsp. capers  
½ bunch of thyme  
salt, pepper, chilli, olive oil  
250 g cherry/cocktail tomatoes  
coarse sea salt  
250 g ciabatta  
1 garlic clove  
½ bunch of parsley  
3 lovage leaves  
100 g goat cheese  
olive oil



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## Vegetable stew with rice and fish

Recipe for July | © Hans-Albert Stechl

**F**or the stock, finely chop onion and garlic, cut remaining vegetables into very small pieces. Sear all vegetables with some olive oil in a large pan for 3-4 mins. Make sure that heat is not too high. Stir in tomato paste, fry briefly, add wine. Season with paprika powder, salt, pepper and chilli, add bay leaves and thyme. Bring to boil, add rice, stir and simmer covered for 15-20 mins until rice is almost done. Add 1 tsp. grated lemon rind and thawed peas during last 3-4 mins of cooking time.

Rinse fish with water and cut into cubes which should not be too small, add with thawed shrimp to rice mixture. Make sure that fish is covered with liquid and simmer for another 4-5 mins.

Sprinkle with chopped parsley prior to serving.



### Shopping list for four persons

500-600 g mixed fish filets  
(2 or 3 types such as sea bass,  
arctic char, monkfish, cod)  
150 g frozen shrimp

500 g mixed vegetables  
(celery, zucchini, carrots, onion)  
2 medium-sized onions  
2 garlic cloves  
150 g frozen peas  
200 g risotto or paella rice  
10 cm (4 in) tomato paste in tube  
salt, pepper, chilli powder,  
2 heaped tsps. paprika powder,  
2 bay leaves, 4 thyme sprigs,  
1 tsp. grated rind from 1 organic  
lemon, some parsley, 1 l fish  
stock (jar), 8.5 oz dry white wine  
oil to sear



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## Bell peppers with curdled egg

Recipe for August | © Hans-Albert Stechl

**C**ut bell peppers into halves, remove seeds and chop into fine stripes. Chop onion into fine stripes, chop garlic glove into very fine dices. Cut tomatoes into small pieces. Put onion and garlic with oil in pan, sear at low heat for some minutes until glossy. Add pepper stripes and steam for 5 mins. Add tomatoes and some water (approx. 4.2 oz), season with salt and pepper, steam at medium heat for 10-15 mins until pepper stripes are tender. Stir in finely chopped basil and season with cayenne pepper.

Put vegetables in 4 fireproof cups, make a hole in the centre and fill with a cracked egg. Sprinkle egg yolk with 1 tbsp. cream. Place cups for approx. 10 mins on middle rack in preheated oven (180 °C / 356 °F) until egg white is firm. Prior to serving, sprinkle with pepper and fresh basil. Serve with: toasted baguette



### Shopping list for four persons

1 kg mixed bell pepper  
400 g tomatoes  
1 large onion  
1 garlic clove  
4 eggs  
4 tbsps. cream  
salt, pepper, cayenne pepper,  
fresh basil  
oil to sear



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## Pizza with potatoes and ceps

Recipe for September | © Hans-Albert Stechl

**P**lace pizza dough on baking tray covered with baking paper, fold dough 5 mm (0.2 in) on edges. Pierce dough evenly with fork. Peel potatoes and cut into thin slices, place potatoes in pot of cold salted water, bring to boil and cook for 3 mins, drain and let cool down.

Season sour cream with salt, pepper, some nutmeg and a pinch of chilli, mix with a fork until smooth and spread mixture thinly and evenly on pizza dough. Closely cover with layer of potato slices, lightly season with salt and pepper.

Clean and cut ceps into thin slices, spread them onto potato layer and sprinkle with some olive oil.

Place baking tray on second lowest rack in preheated oven (200 °C / 392 °F, top and bottom heat), to ensure that pizza dough bakes thoroughly. Pizza will be done after 35-40 mins. Sprinkle with finely chopped parsley and coarse sea salt. Serve with: salad.



### Shopping list for four persons

1 ready-made roll of salty  
pastry for pizza, approx. 300 g  
500 g potatoes  
250 g ceps  
150 g sour cream  
1 bunch of flat leaf parsley  
salt, pepper, nutmeg, chilli  
olive oil



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## Apple & horseradish soup

Recipe for October | © Hans-Albert Stechl

**P**eel horseradish root with knife, grate finely using a sharp grater. Peel apples, cut into quarters, remove apple core, cut into small dices, place in bowl and pour with lemon juice. Mix well so that apple dices are marinated on all sides.

Peel onion and potatoes and cut into small cubes. Heat butter in sufficiently large pan, add onion and apple dices, sprinkle with sugar and simmer for 5 mins. Allow sugar to caramelize but prevent excessive browning. Add potatoes, simmer for another 5 mins, deglaze with white wine and add (beef or vegetable) broth. Bring to boil, simmer at reduced heat for 20 mins until apples and potatoes are done. Finally stir freshly grated horseradish into soup and season with salt and pepper.

Place 2 thin slices of boiled beef (cut into bite-sized pieces) in each soup plate, cover with hot soup and sprinkle with chopped parsley.



### Shopping list for four persons

- 500 g tender apples
- juice of 1 lemon
- 150 g onions
- 150 g floury potatoes
- 1 heaped tbsp. butter
- 1 level tsp. sugar
- 4.2 oz dry white wine
- 1 l vegetable or beef broth
- 2 heaped tbsps. freshly grated horseradish
- salt, pepper
- 8 thin slices of boiled beef
- 1 bunch of parsley



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## Roast chevon

**Recipe for November** | © Hans-Albert Stechl

**R**ub meat with oil, salt and pepper on all sides. Put meat with some rosemary sprigs in roaster, add a dash of white wine and 3-4 tbsps. oil. Place on rack below middle rack in preheated oven (200 °C / 392 °F). Ladle several times own stewing juice over chevon roast and add some wine. After a bit more than one hour, reduce temperature to 130 °C (266 °F), place garlic cloves with peel around meat and simmer for another 40 mins.

Cook beans with some savoury sprigs in strongly salted water (not too soft). Cut flat runner beans in pieces of 1-2 cm (0.6 in), cut bush beans into half.

Take chevon out of the oven, remove bones and cut meat into pieces. Spread beans evenly in roaster. Cut tomatoes into small pieces and spread on beans. Put meat pieces side by side onto vegetables and place into oven for another 15 mins. Serve delicious meal in roaster. Serve with: baguette, polenta or fine tagliatelle.



### Shopping list for four persons

1 roast chevon shoulder (1 kg),  
some rosemary sprigs  
5 garlic cloves  
salt, pepper, olive oil  
some dry white wine  
800 g beans  
some savoury sprigs  
200 g tomatoes



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## Crêpes Suzette

Recipe for December | © Hans-Albert Stechl

**B**atter: Mix milk with sugar, pinch of salt and scraped out pulp of ½ vanilla bean (add also bean to milk and remove afterwards) and bring to boil. Allow milk to cool down. Mix egg yolks, egg and flour with a whisk, add melted butter, slowly stir milk into mixture using the whisk. Let rest and rise for 30 mins.

Wash 1 orange, grate peel or use a zester to cut off fine stripes. Press orange, you need approx. 3.4 oz juice. Peel 3 other oranges, cut into slices of approx. 5 mm (0.2 in) or cut out fillets. Melt sugar in pot. As soon as it becomes slightly brown, add orange juice, stir in butter and add grated orange rind. Put marinade in pan, add orange fillets and heat shortly. Bake crêpes with butter in pan, baking them as thinly as possible. Pull ready crêpes once through pan with hot orange marinade, fold once or twice and place on preheated plates. Add orange liqueur to marinade, strongly heat and flame. Top crêpes with burning sauce and fillets and serve immediately.



### Shopping list for four persons

#### Sufficient for 8 small crêpes:

9.1 oz milk  
½ vanilla bean  
30 g sugar, 1 pinch of salt,  
2 egg yolks, 1 egg, 100 g flour,  
30 g melted butter  
butter for baking  
4 organic oranges  
50 g butter, 50 g sugar  
10 tbsps. orange liqueur