



Photo: © Hans-Albert Stechl

## Couscous salad with pumpkin and carrot

Recipe for January | © Hans-Albert Stechl

**P**repare couscous according to instructions on the package, cool down and loosen with a fork. Mix in finely chopped parsley and peppermint as well as some finely chopped roasted almonds (use walnuts, hazelnuts, pine nuts, peanuts as an alternative). Add 1 tbsp. olive oil and season with salt, pepper, crushed chillies and a squeeze of lemon juice.

Cut pumpkin into small dices, place them on a lightly oiled baking tray and cook in the preheated oven at 200°C for a maximum of 5 – 10 minutes (upper and lower heat, middle rack position). Pumpkin should not be raw anymore, but also not too soft. Remove immediately from the baking tray and put onto a plate.

Coarsely grate carrots and mix with pumpkin dices. Season with finely chopped ginger, a squeeze of lemon juice, salt, pepper and a pinch of ground coriander. Generously add finely chopped parsley.

Add radicchio or another leaf salad with sturdy leaves and season with vinaigrette (mustard, oil, salt, pepper, a pinch of sugar).



### Shopping list for one person

100 g couscous, a few peppermint and parsley leaves, 2 heaped tbsp. roasted nuts, salt, pepper, 1 pinch of crushed dried chillies, a squeeze of lemon juice, 1 dash of olive oil  
150 g pumpkin, some olive oil, 2 – 3 medium carrots, 1 small piece of ginger, salt, pepper, juice of half a lemon, 1 pinch of ground coriander, a few stalks of flat-leaf parsley or fresh coriander leaves

**Leaf salad:** a few leaves of a variety with sturdy leaves, e. g. radicchio

**Vinaigrette:** strong mustard, oil, salt, pepper, 1 pinch of sugar



Photo: © Hans-Albert Stechl

## Lentil curry with fish

Recipe for February | © Hans-Albert Stechl

**R**inse mountain lentils well with cold water and cook in water without salt and with a bay leaf. Pour off and set aside.

**Stock:** Peel 1 – 2 shallots, a garlic clove and a piece of ginger and chop finely. Halve chilli pepper lengthwise, scrape out chilli seeds and cut crosswise into very fine strips. Gently steam in little oil at low temperature. After 2 – 3 minutes, add 1 – 2 tbsp. curry paste. Turn up the heat and steam curry paste for one minute. Add coconut milk and 2 stalks of lemon grass (halved crosswise and beaten vigorously). Gently simmer for 10 minutes. Remove lemon grass. Add well drained lentils to the stock. Season with salt and pepper.

Wash and halve pepper, scrape out seeds and cut pepper into small pieces. Fry with little oil at medium heat, stir continuously. After 15 minutes, the pepper is well-done. Add small mango pieces. Season with grated lime rind, a squeeze of lime juice and a pinch of sugar.

Salt and pepper fish fillets, place them on a baking tray with the skin facing upwards and grill in the oven for a few minutes. Decorate with coriander.

Heat lentils, put them onto a plate and arrange with peppers and fish fillet.



### Shopping list for four persons

400 g small brown mountain lentils, 1 bay leaf

#### Stock:

1 – 2 shallots, 1 garlic clove, 1 thumb-sized piece of ginger, 1 chilli pepper, 2 level tbsp. curry paste, 2 stalks lemon grass, 600 ml coconut milk, salt, pepper

1 pepper (red or yellow), 1 mango, 1 organic lime, a pinch of (brown) sugar, 500 g firm fish fillet, fresh coriander



Photo: © Hans-Albert Stechl

---

## Eggs in mustard sauce | starter

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

**C**hop shallots and cook with white wine, vegetable stock and a bay leaf at high heat until initial volume is reduced to a third.

Pour stock into a fine strainer, squeeze shallots. Mix cream, crème fraîche and mustard with a whisk until mixture is homogeneous.

Wash spinach and cut off coarse stems. Steam finely chopped shallot in a little butter until soft, add dripping wet spinach and cook until just wilted, season with salt, pepper and ground nutmeg. Pour spinach into a strainer, squeeze vigorously with the back of a soup ladle, put onto a board and chop coarsely.

Boil quail eggs for 3 minutes, put briefly into cold water, peel and keep warm.

Preheat soup plates and decorate the rim with some spinach. Place eggs in middle of plate, top with hot mustard sauce, season with coarsely ground pepper and sprinkle with chopped cress.



### Shopping list for four persons

Sufficient for 8 pancakes

#### Sauce:

1 medium shallot, 200 ml dry white wine, 200 ml light vegetable stock, 1 bay leaf, 1 heaped tbsp. strong Dijon mustard, 1 heaped tbsp. coarse sweet mustard, 100 ml cream, 100 ml crème fraîche, pepper, salt

500 g fresh spinach, 1 small shallot, 1 small piece of butter, salt, pepper, nutmeg

12 quail eggs, freshly ground pepper, some cress



Photo: © Hans-Albert Stechl

---

## Seafood spaghetti

Recipe for April | © Hans-Albert Stechl

**R**inse mussels with cold water. Sort out mussel shells that do not close. Dice half a shallot, steam in a little olive oil until soft, add white wine and vermouth, bring to boil. Add mussels, close lid. After half a minute shake vigorously. After 1 minute small mussels are ready to be served. Sort out shells that have not opened. Remove mussels from stock, set aside, boil stock until reduced, season with salt and pepper.

Boil spaghetti, drain, collect cooking water and put it back in the cooking pot. Chop parsley.

Rinse squids with cold water, clean, halve larger squids and cut long squid tubes into small strips or rings. Clean prawns. Put both in a bowl and sprinkle with lemon juice. Finely chop garlic clove. Wash tomatoes and cut into halves. Gently steam garlic and tomatoes in a little oil for 1 – 2 minutes. Turn up the heat and add all seafood, heat for 2 minutes, add mussels and 1 – 2 ladles of mussel stock.

Heat spaghetti cooking water, add spaghetti for half a minute to heat them again. Then add dripping wet spaghetti to the seafood in the pan. Stir well, sprinkle with finely chopped parsley, boil again and stir.

Arrange on preheated plates, top with grated zest of an organic lemon, season with coarse sea salt and freshly ground pepper and sprinkle with a little fresh-fruity olive oil.



**Serves four as starter**

Main course: double quantities

120 g spaghetti or spaghettini

15 cherry tomatoes, a handful of vongole mussels, 300 g small squids, 12 small prawns

½ bunch of flat leaf parsley,  
½ shallot, 1 glass of dry white wine,  
1 dash of Noilly Prat, 1 garlic clove,  
1 organic lemon, salt, pepper,  
olive oil



Photo: © Hans-Albert Stechl

## Pea soup with fried asparagus

Recipe for May | © Hans-Albert Stechl

**B**oil peas in lightly salted water for 4 – 5 minutes (do not cover), pour into a strainer and collect cooking water. Purée peas very finely. Gradually add cooking water until purée has the consistency of a soup. It is important to purée vigorously and for a long time at full speed, to ensure that pea shells are well crushed. Season with salt, pepper, nutmeg, a pinch of sugar and a squeeze of lemon juice.

**Topping:** Peel carrots and potatoes, cut into tiny cubes, fry both briefly in a little butter, cover and steam cook until al dente. Peel the asparagus, cook in boiling salted water for 1 – 2 minutes, cut into pieces, sear briefly in a little butter. Salt and pepper vegetables and season with grated lemon zest.

Bring soup to boil again, ladle into preheated soup plates and decorate with vegetables and cress.



### Shopping list for four persons

400 – 500 g small peas (fresh or frozen, weight without pods), salt, pepper, 1 pinch of sugar, a squeeze of lemon juice, nutmeg

2 carrots, 2 small potatoes, 8 spears of white asparagus, butter, salt, pepper, grated lemon zest, some cress



Photo: © Hans-Albert Stechl

---

## Sugo from Salsiccia

Recipe for June | © Hans-Albert Stechl

**S**queeze sausage meat out of skin into a pan. Grind 1 tsp. fennel seeds in mortar. Chop oregano, sage, thyme and rosemary (2 – 3 heaped tbsp. in all). Fry sausage meat and herbs at medium heat. In doing so, crush sausage meat with a spatula. Add tomato paste and 3 – 4 tbsp. olive oil and simmer, stir again and again. If desired, add 1 small can of chopped tomatoes. In alternative add 1 – 2 ladles of pasta cooking water.

**Pasta:** Boil penne pasta (*match perfectly*) in salted water.

Before serving, pour penne pasta into pan with sauce, stir well. Put onto a plate and sprinkle with some freshly grated Parmesan.



### Shopping list for four persons

8 fresh Salsiccia sausages,  
1 heaped tsp. fennel seeds,  
3 – 4 tsp. fresh herbs (oregano,  
sage, thyme and rosemary),  
1 tube of tomato paste,  
3 – 4 tbsp. olive oil, 400 g penne  
pasta, 200 g freshly grated  
Parmesan



Photo: © Hans-Albert Stechl

## Lemon almond tart

Recipe for July | © Hans-Albert Stechl

**S**hortcrust pastry: Sieve flour into a bowl, add sugar and salt and mix well. Cut cold butter into small flakes using a knife, mix with flour and knead mixture quickly until crumbly. Press a hollow into the dough, add water and knead to a smooth dough. Form into a ball and put it into a bowl, cover and chill for at least 1 hour.

Roll out dough on a board sprinkled with flour. Butter cake tin (Ø 26 cm), line with dough and form a pie crust edge (height: 3 – 4 cm). Prebake in preheated oven at 200 °C (top/bottom heat, middle rack position) for 10 minutes, then allow to cool down.

Filling: Whisk eggs with sugar to a creamy mixture. Add lemon juice and grated lemon zest. Stir vigorously again. Add melted butter and ground almonds. Pour the mixture onto the pie crust and spread evenly. Spread peeled whole almonds or flaked almond loosely on top. Place cake tin in the oven at 190 °C, after about 20 minutes the tart is ready.



### Ingredients for a cake tin with Ø 26 cm

Shortcrust pastry: 250 g flour, 80 g sugar, 1 pinch of salt, 125 g cold butter, 60 ml cold water

Filling: 2 large eggs, 100 g sugar, juice of 1 organic lemon, grated zest of 1 organic lemon, 125 g melted butter, 100 g ground almonds, 20 g peeled whole almonds or flaked almonds  
Butter for greasing the cake tin



Photo: © Hans-Albert Stechl

## American Trifle

Recipe for August | © Hans-Albert Stechl

**C**ream: Cut vanilla bean lengthwise, scrape out seeds using the back of a knife. Boil seeds and bean in milk for a few minutes. Remove bean. Soak gelatine leaves in water for a few minutes and dissolve well-drained leaves in hot vanilla milk.

Whip egg yolks and sugar until mixture is homogeneous, foamy and almost whitish. Slowly add hot vanilla milk, while continuing to stir with a hand mixer. In doing so, place the bowl in cold water and keep stirring at a lower speed until cream thickens slightly. Stir in stiffly whipped cream.

Cover dish with a layer of thinly sliced yeast braid and sprinkle evenly with a little shot of bourbon whiskey, sherry or fruit spirit. Spread some cream on the base, add berries (raspberries, blackberries, blueberries, currants). Spread some cream on the berries. Fill in two more layers proceeding in the same way. Cool in the fridge for 1 hour. Before serving, decorate with freshly whipped cream, remaining berries, chocolate flakes or chopped nuts.



### Shopping list for four persons

¼ l milk, 1 vanilla bean, 4 egg yolks, 100 g sugar, 3 gelatine leaves, 1 cup of heavy cream

200 g yeast braid, 2 shot glasses of bourbon whiskey, sherry or fruit spirit

700 g mixed berries (raspberries, blackberries, currants, blueberries)  
½ cup of heavy cream,  
2 heaped tbsp. chocolate flakes, chopped nuts



Photo: © Hans-Albert Stechl

## Filled tomatoes

Recipe for September | © Hans-Albert Stechl

**C**ut off the lid of 4 large tomatoes, carefully scrape out tomato seeds and flesh, leaving the outer shell as undamaged as possible. Chop the scraped out flesh including slimy seeds. Half of the mixture is used for the filling, the other half is spread on the bottom of the braising pan.

Prepare couscous according to instructions on the package. Finely chop herbs (parsley, lovage, thyme, marjoram and peppermint) and add to prepared couscous. Chop 1 tbsp. raisins. Carefully roast 2 heaped tbsp. flaked almonds in pan until golden brown, chop coarsely and add. Add half of the finely chopped tomato mixture, mix well, season with salt, pepper, a pinch of cinnamon and some chilli powder.

Squeeze meat of two Merguez sausages into a pan, fry briefly, crush into small pieces and add them to the filling. Fill tomatoes with this mixture. Sprinkle with a dash of olive oil, cover with tomato lid and place tomatoes in a sufficiently large braising pan. Spread second half of the finely chopped tomato mixture evenly in the pan and add some liquid (wine, stock or water). Place pointed peppers between tomatoes and stew together. Cook in preheated oven at 200 °C (top/bottom heat, middle rack position) for at least 40 minutes. If tomato lids become too dark, cover with aluminium foil.

Serve with freshly baked baguette to soak up the stew liquid – you don't need more side dishes.



### Shopping list for four persons

4 large firm tomatoes  
Filling: 150 g couscous, mixed fresh herbs (parsley, lovage, thyme, marjoram, peppermint, oregano – or 2 heaped tsp. dried oregano), 1 heaped tbsp. raisins, 2 heaped tbsp. flaked almonds, salt, pepper, cinnamon, chilli powder, some olive oil

2 Merguez sausages  
(use 2 coarse sausages or 150 g minced meat as an alternative)

2 – 3 pointed peppers  
some stock or dry wine to pour baguette



Photo: © Hans-Albert Stechl

## Chicken stock

Recipe for October | © Hans-Albert Stechl

One medium carrot, the white of 1 small leek, 1 small onion, 10 stalks of parsley, celery root (about 200 g, peeled), 1 bay leaf, some peppercorns, 3 – 4 pressed juniper berries, 1 tsp. salt. Clean all vegetables and cut into medium dices.

Rinse stewing chicken inside and outside with cold water. Cut tail generously away. Put all ingredients in a large pot, fill up with cold water, boil once vigorously and simmer at low heat for about 2 hours. If the whole chicken is too bulky for the pot, it can be cut into pieces. A brownish foam forms at the surface (more at the beginning and then less over time). Remove foam using a slotted ladle.

After about 2 hours, soup is ready. Pour stock into a fine strainer and freeze in portions.



### Shopping list for 2 – 3 litres of stock

1 large stewing chicken,  
1 medium carrot, 1 small leek,  
1 celery root (200 g),  
1 small onion, 10 stalks of  
parsley (with root if necessary),  
approx. 8 peppercorns,  
3 – 4 juniper berries, 1 bay  
leaf, 1 tsp. salt



Photo: © Hans-Albert Stechl

## Bônét from Piemont

Recipe for November | © Hans-Albert Stechl

**G**rease cups with a little butter and sprinkle with sugar. Caramelize 40 g sugar in a small pan. Spread liquid caramel evenly on the bottom of the four cups. Chop 25 g amaretti cookies very finely using a mixer. Mix milk, eggs, strong espresso, a pinch of salt and sugar thoroughly. Add a dash of rum, amaretti cookies and cocoa, stir well and then let rest for 10 minutes.

Preheat the oven to 170 °C. Bring water to boil. Place cups in a large fireproof casserole, stir bonet mixture again with a whisk and spread evenly in the cups. Fill boiling water into casserole so that the lower half of the cups is covered with water. Place casserole on a baking tray in the oven (top/bottom heat, second rack position from the bottom). Bake for 30 minutes. Remove cups from water and allow to cool down.

To serve, loosen by sliding a sharp knife along the inner lining of the cups, turn onto a plate and sprinkle with roughly crumbled amaretti cookies. Garnish with a little whipped cream and some mandarin orange slices, which have been marinated before into a little port wine and then heated.



### Shopping list for four persons

Some butter and sugar for greasing and sprinkling the cups  
Caramel: 40 g sugar

#### Bonet mixture:

25 g amaretti cookies,  
25 g cocoa powder,  
2 eggs, 190 ml milk, 1 strong espresso, 50 g sugar,  
1 pinch of salt, 1 small dash of rum

2 mandarin oranges, some port wine, a few amaretti cookies



Photo: © Hans-Albert Stechl

## Cauliflower crème brûlée

Recipe for December | © Hans-Albert Stechl

**C**ut cauliflower into florets, halve large florets. Dice shallot. Steam cauliflower and shallot in butter for a few minutes at low heat. Add cream, simmer covered at low heat until soft, stir continuously.

Purée cauliflower together with cream. Season with salt, pepper, a pinch of sugar, grated zest of an organic lemon and some lemon juice. Let mixture cool down, then mix and purée with two egg yolks.

Spread mixture in 4 small fireproof cups, place them on a deep baking tray, add hot water so that the lower half of the cups is covered with water. Place baking tray in preheated oven at 130 °C (second rack position from the bottom, top/bottom heat). After 1 hour, cauliflower mousse is stiff. Remove and allow to cool for 2 hours.

Just before serving, gratinate: Mix a little sugar with coarse sea salt, sprinkle on the mousse and caramelize using a burner. As an alternative, place cups on baking tray on top rack position in oven and grill briefly.

Season scallops with curry powder, fry in a little fat at high heat on each side for 1 – 2 minutes (depending on size). Place on crème brûlée and serve with baguette.



### Shopping list for four persons

400 g cauliflower, 1 medium shallot, 1 tbsp. butter, 400 ml cream, salt, pepper, 1 pinch of sugar, grated zest of an organic lemon, 2 – 3 tbsp. lemon juice, 2 egg yolks

1 – 2 level tbsp. sugar, 2 level tsp. coarse sea salt  
8 scallops, some curry powder