

Dip With Radishes

Ingredients

for approx. 4 portions

- 200 g/7 oz radishes
- 200 g/7 oz cream cheese (natural)
- salt (as required, to soften and season)
- pepper (to taste)
- optional: fresh herbs (e.g. chives or parsley)
- baguette or bread to serv



Preparation

- Wash, clean and coarsely grate the radishes.
- If the radishes are very spicy: Sprinkle with a little salt and leave to infuse for 5-10 minutes. Then drain off the resulting liquid.
- Add the radishes to the cream cheese and mix well.
- Season to taste with salt, pepper and optional fresh herbs.
- Serve on fresh baguette or bread.

Creamy Eggplant Dip



Ingredients

for 4 people

- 2 eggplants, pricked with a fork
- 2 spring onions
- 75 ml/5 tbsp olive oil
- 6 cloves of garlic, sliced
- 6 anchovy fillets (optional)
- 1 organic lemon (3 thin strips of zest + 1.5 tsp juice)
- 75 g/2.6 oz yogurt (or vegan alternative)
- 2 tsp Dijon mustard
- 25 g/0.9 oz Parmesan (or vegan: yeast flakes), freshly grated
- salt & pepper

Preparation

- Preheat the oven to 200 °C/390 °F top and bottom heat.
- Place the eggplants on a baking tray lined with baking paper and cook for 40 minutes.
- Add the spring onions and cook for a further 10 minutes.
- Leave the eggplants to cool slightly, then peel them and leave to drain in a sieve for 20 minutes.
- In a frying pan, simmer the olive oil, anchovies, garlic and lemon zest strips over a medium heat for 12 minutes until the garlic is soft but not browned. Leave to cool.
- Roughly chop the eggplants and spring onions, blend in a blender with the yogurt, mustard, Parmesan, lemon juice, ½ tsp salt and plenty of pepper.
- Add the garlic, anchovy and lemon oil with the lemon zest and puree everything to a smooth cream.

Broccoli Fennel Terrine

Ingredients

- 1 head of broccoli
- 1 bulb of fennel
- 1 cup of mascarpone
- 1 pck of cooked ham
- spices of your choice



And This Is How It Works

- Divide the broccoli into small florets. Cut the fennel lengthwise into thin slices, set aside the fennel greens.
- Blanch the broccoli and fennel in a pan of boiling water for 3 minutes. Drain.
- Heat the oil in a large pan, add the broccoli, fennel and diced cooked ham and fry briefly.
- Deglaze with water, stir in the mascarpone and bring to the boil while stirring.
- Season to taste with salt and pepper.
- Serve on plates and garnish with some fennel greens.

Spicy Melon and Cucumber Salad



Ingredients

for approx. 4 people

- 1/2 honeydew melon
- 1 cucumber
- 250 g/8.8 oz feta cheese
(made from cow's, sheep's or
goat's milk)
- 3 tbsp sugar
- juice of 1 lemon
- salt
- pepper
- fresh mint or
oregano/marjoram (to
taste)

Preparation

- Remove the seeds from the honeydew melon, peel and cut into bite-sized pieces.
- Cut the cucumber into small pieces too.
- Place both in a large bowl.
- Crumble the feta cheese on top.
- Season with sugar, lemon juice, salt and pepper.
- Add chopped mint or oregano/marjoram to taste.
- Mix everything together carefully and chill until ready to serve.

Caramelized Balsamic Onions

Ingredients

- 4-5 red onions (approx. 500 g/1.1 lb)
- 3 tbsp cane sugar
- 4-5 sprigs of fresh thyme (or 1 tsp dried thyme)
- 100 ml/3.4 fl. oz. dark balsamic vinegar
- salt
- pepper
- spices of your choice (e.g. a pinch of chili or nutmeg)



And This Is How It Works

- Peel the onions and cut into fine rings.
- Melt the cane sugar in a large pan over a medium heat.
- Add the onion rings and slowly caramelize, stirring, until they are translucent and the sugar has completely melted.
- Pluck the thyme leaves from the sprigs, add to the onions and stir briefly.
- Deglaze with balsamic vinegar, increase the heat slightly and allow the liquid to reduce until it reaches a syrupy consistency.
- Season to taste with salt, pepper and other spices if necessary.
- Serve warm or cold - goes well with grilled meats, cheese platters or simply on a fresh baguette.

Instructions for an Oil Extract



What you need:

for approx. 250 ml/1 cup oi

- 1-2 handfuls of plant material of your choice (e.g. flowers, leaves, herbs)
- - 250 ml/1 cup vegetable oil of your choice (e.g. jojoba oil, argan oil, almond oil, sunflower oil)

Tip: If you want to make a scented oil, you should use a neutral-smelling oil such as jojoba oil or almond oil.

Instructions

- Harvest: Harvest the plant material on a sunny day after the morning dew has dried.
- Pre-drying: Spread the flowers or leaves loosely on a clean cloth and leave to dry for 24 hours to allow excess moisture to escape.
- Prepare: Prepare a clean, sterilized and dry screw-top jar.
- Fill: Roughly chop the plant material, filling the jar no more than halfway.
- Adding oil: Fill with the desired oil until the plant material is completely covered. Close the jar tightly.
- Leave to infuse: Keep the jar in a dark place at normal temperature and shake gently once a day.
- Strain: After at least 14 days (preferably longer), pour the oil through a fine sieve into a sterile, dark container.
- Storage: Store in a cool, dark place. Shelf life depends on the oil used (usually approx. 12 months).
- Tip: Depending on the choice of plant, this oil is suitable for skin care, massages or as a base for ointments, for example.