



## RECIPES

RECIPE TITLES

### Millet Salad

FOR

4-5 portions

FROM THE FEATURE

4G Food Workshop

CONTRIBUTOR

Claudia Goedke

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SISTERMAG

N°17

### INGREDIENTS

150 g millet

400 ml water

1 cucumber, finely diced

300 g seedless grapes, cut in half

2 tbsp dried barberries

1 bunch of parsley, finely chopped

1 handful roasted peanuts, finely chopped

#### DRESSING:

3 - 4 tbsp mustard

Juice of 1.5 lemons

5 tbsp vegetable oil

2 tbsp agave syrup

Salt

Pepper

### HOW-TO

Put the millet in a sieve and rinse well, then transfer into a bowl and add 400ml of water and a pinch of salt and softly boil for 5 minutes. Let set and soak for 30 minutes then fluff with a fork and let cool.

In a small bowl, cover the barberries with water and soak for 30 minutes, then drain well.

Mix all ingredients for the dressing in a bowl and combine well.

In a large bowl, mix millet, diced cucumber, grapes, barberries, peanuts and chopped parsley. Add dressing and fold in carefully. Let salad set for 20 minutes, season to taste.



## RECIPES

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**Roasted cauliflower and sweet potato with curry, cumin and sesame**

FOR

2 portions

FROM THE FEATURE

4G Food Workshop

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### INGREDIENTS

1 cauliflower

1 sweet potato

2 - 3 tbsp almond paste

2 tbsp curry

1 tsp cumin

1 tsp sesame seeds

Salt & pepper

### HOW-TO

Preheat oven to 180°C (355°F). Wash sweet potato and cut unpeeled into wedges of 1x1cm (0.4"x0.4").

Separate cauliflower into florets and blanch in boiling saltwater for 3 to 4 minutes. Drain and put back on low heat and let sit for 1 or 2 minutes.

Take off the hob add sweet potatoes, spices and sesame seeds into the same pot and mix, fully covering vegetables in seasoning. Add more almond paste if necessary. Season well with salt and pepper.

Spread vegetables onto a baking tray and over-roast for 20 minutes stirring occasionally.

Serve on Greek yoghurt or goat's milk yoghurt with lemon.



## RECIPES

RECIPE TITLES

**Filled grapefruits**

FOR

3 people

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### INGREDIENTS

1 chicory

1 grapefruit

Alnatura spread of your choice

Pepper

Fresh herbs to serve (chives)

### HOW-TO

Fillet the grapefruit by cutting off both ends to flatten and setting the fruit on its lower side. Using a sharp knife cut away the peel in slices, removing all of the white skin from the flesh. Cut individual fillets by separating dividing membranes with a knife.

Cut off the chicory stalk and place the individual leaves on a plate. If desired or necessary, cut the fillets of grapefruit in half and top each chicory leave with 3 to 4 pieces. Dot the room between the fillets with small dollops of the selected spread. Pepper to taste and serve topped with chopped herbs.



## RECIPES

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### Quinoa Breakfast Bars

FOR

1 Person

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### INGREDIENTS

125g popped quinoa

100g whole almonds

25g desiccated coconut

100g dried apples

200g dried cranberries

200g dried apricots

70ml apple juice

25g sunflower and pumpkin seeds

### HOW-TO

In a large bowl, combine the quinoa, almonds, desiccated coconut and stir well. Chop the dried fruits finely and add them to the mixture. Then add the remaining apple juice and stir until evenly combined.

Line a small baking tray with baking paper. Tumble in the mixture and sprinkle over those remaining sunflower and pumpkin seeds.

Place a piece of parchment paper on top of the mixture evenly into the Pan. Store in fridge overnight before slicing.



# RECIPES

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**Almond Cake**

vegan, gluten-free

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## CONTRIBUTOR

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## SISTERMAG

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## INGREDIENTS

### ALMOND CAKE:

200g ground almonds

200g buckwheat flour

200g pure cane sugar

150g rice flour (whole grain)

4 tsp backing powder

150ml sparkling mineral water

300g apple sauce (unsweetened)

100ml vegetable oil

Vegan margarine to grease the baking dishes

1 glass Alnatura rosehip jam

### FROSTING

400ml cloudy apple juice

2 tbsp pure cane sugar

1 pack of custard blend (they are usually gluten-free, check ingredients list to make sure)

1 vanilla pod, cut in half, pulped

250g Alsan, room temperature

## HOW-TO

Preheat the oven to 180°C (356°F). Grease two baking dishes (18cm/7") and sprinkle with buckwheat flour.

Combine all dry ingredients in a bowl and blend well.

Combine and gently stir the remaining ingredients in a measuring jug then add to the dry mix. Blend well with a spoon or spatula and divide evenly between the two dishes.

Bake the cakes for 40 to 50 minutes. Use a toothpick to check if they are done! Remove the almond cakes from the oven, let them sit in their dishes for about 5 minutes then remove and let them cool thoroughly.

### FROSTING

In a pot, combine 300ml apple juice, 2 tbsp sugar and vanilla pulp and bring to a boil. Meanwhile stir the custard blend into the remaining apple juice. When the juice in the pot starts to boil, add the custard mixture and continue to boil for about a minute stirring continuously. Pour the custard into a bowl and let it cool thoroughly.



## FORTSETZUNG

In a bowl, beat Alsan until light and fluffy using an electric whisk. This will take a few minutes.

Add the custard one table spoon at the time blending the mixture well after each spoon. Continue until all of the custard has been used and continue to beat the mixture for another 5 minutes.

### ASSEMBLING THE CAKE

Cut both cakes horizontally in half using a sharp knife.

Place a base (1 piece of cake) on a plate. Using a knife create a rim made of frosting about 0.4" wide and 0.2" high. This will prevent the jelly from spilling out of the cake.

Spread a couple of spoons full of rosehip jelly inside the rim.

Carefully place the second piece of cake onto the first and create another rim of frosting filling it this time with blackcurrant jelly.

Carefully place the third piece of cake onto the first and create another rim of frosting filling it again with rosehip jelly.

Finish the cake by placing the fourth piece on top and chill in the fridge for at least 30 minutes.

When the cake has fully cooled and set, add the remaining frosting:

Spread 3 to 4 tbsp of frosting on the top piece and smoothen on top and along the sides using a (palette) knife. Add and spread more frosting where necessary or desired.

Decorate as desired.

### PINEAPPLE PETALS:

To make these peel a pineapple and cut it into very, very thin slices. Fray the outer edges with a knife and cut out several small angular pieces for an uneven look. Spread the slices on a baking tray and dry them in an oven set to the lowest possible temperature. This will take 40 to 90 minutes. Check in intervals of about 10 minutes and turn the slices if necessary. Place the dried slices in a cupcake baking tray or in small cups to give them the curved shape of flower petals. Let the petals cool and dry completely at room temperature.