
Cook with us – An international cooking session



Savoy cabbage lentil lasagne



Käs-Spätzle

Introduction

Are you a passionate cook or just curious to try something new? If your answer is YES, then you are about to make the right choice;)! Immerse yourself in the wonderful world of culinary wonder. Cook with us in a live stream step by step. On day 1, enjoy preparing a new dish, which is a fusion between the German and Italian tradition „Savoy cabbage lentil lasagne“. On day 2 we will prepare a typically German dish called „Käs-Spätzle“. It is difficult to translate, so just try it! All you need is yourself, some cooking utensils and a list of ingredients (which is provided below)...and in the twinkle of an eye your kitchen will be a place of happiness:)

We are looking forward to cooking with YOU!!!

Shopping list – What you need to buy

Day 1: Savoy cabbage lentil lasagne

For 6 servings

- ☐ 1 yellow onion
- ☐ 2 carrots
- ☐ 2 stalks celery
- ☐ 1 small leek
- ☐ 500 g tomato puree
- ☐ 40 g tomato paste
- ☐ 1 savoy cabbage
- ☐ 100 g red Pesto
- ☐ 100 ml whole milk or a vegan alternative
- ☐ 200 g lasagna sheets
- ☐ 530 g lentils, canned!!!
- ☐ 250 g ricotta **or** vegan cream cheese
- ☐ 125g mozzarella cheese **or** vegan cheese
- ☐ 3 tb spoons olive oil
- ☐ some salt and pepper
- ☐ Italian seasoning, dried or fresh
- ☐ 2 pinches nutmeg
- ☐ 1 clove garlic
- ☐ 1 tb spoon all-purpose flour
- ☐ 1 tb spoon raw sugar

Day 2: Käs-Spätzle

For 6 servings

- ☐ 500 g all-purpose flour (spelt or wheat flour)
- ☐ 3 onions
- ☐ 4 tb spoons olive or any vegetable oil
- ☐ some salt and pepper
- ☐ 3-4 eggs or a vegan alternative
- ☐ 300g Emmental/ Gouda cheese or vegan alternative

sauce: (optional)

- ☐ 1 onion
- ☐ 300g champignons
- ☐ 100g crème fraîche
- ☐ 1 tea spoon ground cumin
- ☐ Salt and pepper to taste
- ☐ Pickled green pepper corns (optional)

Happy cooking!!! 🍀