

To
Dr. HANNES JUNG

Cookbook

Traditional and popular Recipes from all over the world

By DESY Summer Students (Batch 2021)

Susie Kim

Recipe Name: Bibimbap



Ingredients :

- Steamed rice (100~150g per serving)
- Vegetables of your choice (carrots, young pumpkin, spinach, shiitake mushroom, bean sprouts recommended)
- An egg, beef (optionally)
- Gochujang (red pepper sauce), sesame oil (1-2 spoon full) (gochujang looks like this!) →



Procedure:

- Slice the vegetables and pan fry →
- Cook an egg fry
- Mince beef and pan fry
- Put all ingredients into a big bowl
- Mix them together with gochujang and sesame oil



Additional tips/Notes :

- Add small amount of gochujang at a time, and find the best amount for yourself
- If you don't like spicy food, gochujang can be replaced with soy sauce

Alejandro Galván

Recipe Name: Bacalao ajoarriero

- The “ajoarriero” cod is probably the best known dish from the Navarre province in Spain.



Ingredients : (For 2 people)

- 400g of desalted cod
- 1 spring onion
- ½ bell pepper
- 1 green pepper
- 1 glass of tomato sauce
- 1 cayenne chilli
- 2 cloves of garlic
- 4 tablespoons of olive oil
- Salt

Procedure:

- Wash the bell pepper and the green pepper and cut them into dices.
- Wash the spring onion and chop it into dices. Peel the cloves of garlic and chop them to your taste.
- Heat up 4 tablespoons of oil in a wide and low casserole, introduce the garlic cloves and, when they are brown, add the pepper and spring onion dices.
- Season to taste and sauté on a low heat for 15 minutes.
- Add the cod cut in small bits and the chilli and fry them briefly (for around two minutes) with a high heat.
- Pour the tomato sauce and cook for three more minutes so that flavours get mixed.

Additional tips/Notes :

- Some people add potatoes to this recipe. If you want to try it, peel and cut the potato into pieces and add it at the same time as the vegetables. You will probably need a bit more time to cook the potato (15 - 25 minutes), but the final result will have a softer flavour.

Narmin Rahimova

Recipe Name: Kuku



Ingredients :

- 2 bunches fresh cilantro , finely chopped
- 1 bunch dill , finely chopped
- 1 scallion , chopped
- 2 oz. fresh spinach , finely chopped
- 1 young garlic (green part), finely chopped
- 5 eggs , beaten
- ½ teaspoon salt
- Ground black pepper
- 4 tablespoons unsalted butter (clarified butter or olive oil)
- ½ cup yogurt (greek yogurt optional)
- 2 cloves garlic , crushed

Procedure:

- In a large bowl, combine all the ingredients and beat well. Add salt and pepper.
- In an 8-inch (20 cm) nonstick pan, melt the butter or oil over medium heat. Pour the mixture and cook on medium-low heat for about 8 minutes.
- Using a knife, gently cut the kuku into 4 wedges. Carefully turn each piece to brown the other side. If necessary, add a little butter or oil in the pan.
- Mix the yogurt and garlic and serve kuku accompanied by the sauce.

Can Süslü

Recipe Name: Menemen

- Menemen is a Turkish dish made with eggs, peppers, tomatoes and optionally onions. It was first made by the Cretan Turks who came to the Menemen district of Izmir with the population exchange and takes its name from the district.



Ingredients :

- 3 (or 2) eggs
- 3 green peppers (After removing the stems and seeds, finely chopped)
- 3 medium sized tomatoes
- Half a teaspoon of salt
- 2 tablespoons of oil
- Optional : Cheese,
- Optional : 1 (or half of) onion (After peeling off, finely chopped)

Procedure:

- Put the oil and peppers (and onions iers (and onions) turns.
- Add the peeled and finely chopped tomatoes.
- Close the lid of the pan on the low stove and wait for the tomatoes to cook well.
- If the tomatoes are sticking to thf you like) in the pan and fry them until the color of the peppe pan, you can add a little boiling water. Usually this will not be necessary.
- After the tomatoes are cooked, you can crack the eggs. You can either beat the eggs in a separate bowl and add them, or you can break them into the pan and mix them in the pan.
- Add salt and any spices you want and wait until the eggs are cooked. (Red pepper is highly suggested.)
- If you want to add cheddar cheese, you can add cheese at this stage. Serve the menemen hot.

Additional tips/Notes :

- Video and photos of every steps can be found at “<https://www.nefisyemektarifleri.com/menemen-tarifi/>”
- Adding onion is controversial, but my personal suggestion is to use it.
- Eating with bread is highly preferred. Menemen is a good choice for breakfast, or for any meals when you can’t decide what to eat, and it is a practical choice.

Eat like this :)



Luca Marsili

Recipe Name: Panzanella



Ingredients :

- 500g fresh tomatoes
- Red onion
- Basil
- Olive oil
- Cucumber
- Stale country-style Bread
- Salt, Pepper & Vinegar

Procedure:

- For the classic panzanella recipe, cut the bread into slices about 1 cm thick and lay them flat in a large baking dish. Wet them with 250 g of water, press them lightly with your hands to make them soak, then let them rest for 40-45
- Peel the onion, cut it into thin slices and collect them in a bowl with 70 g of water and 70 g of wine vinegar: let them macerate for 15-20 ', stirring often. Finally drain them.
- Spike and peel the cucumber, cut it in half lengthwise, then slice everything very thinly. Cut the tomatoes into small cubes.
- Crumble the soaked bread into a large bowl and, if it is very wet, squeeze it lightly.
- Add the previously drained onions, then mix in the tomato cubes, the cucumber slices and the hand-chopped basil.
- Leave the panzanella obtained in the refrigerator to rest for about 1 hour, then season it with 4 tablespoons of oil, 15 g of vinegar, a pinch of pepper and a pinch of salt.

Kritsanon Koennonkok

Recipe Name: Pad Thai (Stir-fried noodle with prawns)



Ingredients :

- | | |
|--|---------------|
| ● Rice Noodle | 100 grams |
| ● Prawns | 100 grams |
| ● Dried Shrimps (optional) | 30 grams |
| ● Egg | 1 eggs |
| ● Vegetable oil | 2 tablespoons |
| ● Chinese Chives, chopped (optional) | 30 grams |
| ● Bean sprouts, roots removed (optional) | 5 grams |
| ● Yellow tofu, chopped (optional) | 2 tablespoons |

Sauce Ingredients :

- Tamarind sauce 500 gram
- Salt 30 gram
- Palm sugar 1,000 gram

Procedure:

- Mix sauce ingredients together and leave it.
- Put the oil on the pan and heat it. Then cook egg and prawns until it's cooked and take it out of the pan (set aside for later)
- Pour some water in the same pan to boil rice noodles until it's soft
- Add in the chopped yellow tofu, and dried shrimp. Stir the ingredients lightly (be careful of noodles).
- Add the cooked prawns and egg back into the pan and add the Pad Thai sauce. Stir well.
- Lastly, add the Chinese chives and bean sprouts. Stir it in one last time and quickly take off the heat and onto a plate.

Additional tips/Notes :

- Chinese chives, bean sprouts, dried shrimp, and yellow tofu are optional. It's better to have it but I think it's hard to find there.
- For the sauce, if you need more sweet you can add more sugar (also can add more salt or tamarind sauce if you want)
- Out of the pan, you can add more lime for sour or chilly powder for more spicy



Keila Moral Figueroa

Recipe Name: Pulpo gallego (Galician-style octopus).



Ingredients :

- 1 dash sweet Spanish paprika (“pimentón”)
- Coarse salt
- 1/4 cup Spanish extra-virgin olive oil
- 4 large potatoes (Kennebec potatoes preferred)
- 1 octopus (2kg)

Procedure:

- First of all: To soften the octopus, freeze the octopus first. Let defrost before cooking, then rinse it under cold water to clean.
- Fill a large pot with water and put it on the heat (don't add salt).
- When it starts to boil, we have to “scare” the octopus. This consists of taking the octopus by the head and dipping it in and out of the boiling water three times (about 5 seconds each time). This is done so that the skin does not come off during further cooking.



- Put the octopus in the water and once it starts to boil again, we let it cook for about 30 – 35 minutes (you should prick it from time to time with a toothpick to see how it is developing).
- Once the cooking time is over, turn off the heat and let the octopus rest for another 15 minutes
- Transfer the octopus to a bowl and put the potatoes, well cleaned, with skin on and cut in half, in the same water. Let them cook for about 15 minutes (it will depend on the size, so again, it is a good idea to prick them with a toothpick from time to time to see if they are ready). In Galicia, they call this potatoes' preparation *cachelos*.

- Remove the skin from the potatoes, slice them and place them on the bottom of the plate.
- With kitchen scissors we cut the tentacles of the octopus in pieces of 1 centimeter, the part of the head in smaller pieces and we place them on the potatoes.
- Add coarse salt and sprinkle with sweet or spicy paprika to taste. Drizzle all the ingredients with extra virgin olive oil.

Additional tips/Notes :

- Traditionally in Galicia a pine wood plate is used, since the wood absorbs the water but not the oil, professional pulpeiros (octopus cookers) recommend soaking the dish in the octopus cooking water before plating it, because in addition to providing added flavor, it keeps the dish warm during the meal.
- Although any type of quality extra virgin olive oil can be used, many professional pulpeiros suggest the Hojiblanca variety as the one that best suits this dish.



Nattaporn Trakulphorm

Recipe Name: Fried fish with fish sauce and mango salad



Ingredients :

Fried fish

- Fish that you like (Most often use sea bass. You can use only fillet or whole fish.)
- A bit salt
- Oil for frying

Fish sauce for pour on the fish

- Fish sauce 3 tablespoons
- Palm sugar 1 tablespoon
- Oil 3 tablespoons
- A bit white pepper

Mango salad

- 1 Sour mango
- Shallot (as you like)
- Chili pepper (at least 1)
- Fish sauce 2 tablespoons
- Sugar 1 tablespoon

Procedure:

- Fry fish: Put the oil on the pan. Sprinkle a bit of salt on the fish. Deep fry fish over medium heat. After cooking, leave it for a moment to drop the oil out.
- Cook the fish sauce: Put 3 tablespoons of oil on another pan, set medium heat and put fish sauce and sugar on the pan. After this boiling, put a bit of white pepper and then pour it on the Fry fish.
- Mango salad: Chop the mango, slice the shallot and chili pepper. Mix mango, shallot, chili pepper, fish sauce, and sugar. Serve it with fried fish.

Additional tips/Notes :

- Most Thai people use sea bass, seerfishes, or tilapia. But this menu can be applied to a wide variety of fish.

Madhav Chithirasreemadam

Recipe Name: Dal Makhani



Ingredients

- 200g urad dal, whole and unhulled
- 1 cinnamon stick (optional)
- 2 black cardamom pods (optional)
- 5 tbsp ghee or butter
- 2 large onions, peeled and finely chopped
- 20g piece fresh ginger, peeled and grated
- 5 garlic cloves, peeled and crushed
- 2 green chillies, slit (or finely chopped, if you'd like your dal hotter)
- 1 tsp garam masala

- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp Kashmiri red chilli powder
- 75g tomato puree
- 150ml double cream
- 2 tbsp dried fenugreek leaves
- Fresh coriander (optional)

Procedure

Soak the dal overnight, then rinse well and drain. Cover with three times as much cold water and bring to a boil. Skim, then add the cinnamon stick and cardamom pods, if using. Simmer until the beans are soft enough to crush easily against the side of the pan, topping up the water if necessary, because they should always be covered (this will probably take 45 minutes to an hour).

Meanwhile, melt four tablespoons of ghee in a large frying pan over a medium heat, then gently sweat the onions until soft and golden.

Stir in the ginger, garlic and green chillies, cook for another minute or so, then stir in all the dried spices apart from the fenugreek leaves, and cook, stirring, for a few minutes more.

Turn down the heat and stir in first the tomato puree and then, gradually, the cream and fenugreek. Turn off the heat.

When the dal is ready, drain it over a bowl, retaining the water, then roughly mash so some of the dal is squashed and some remains whole. Stir all the dal into the pan with the sauce, then, over a low heat, add just enough of the cooking water to bring it to your desired consistency – I like mine quite thick, rather than soup

Additional tips

- Dal makhani can be had with plain rice, and a dollop of curd/yoghurt and maybe a little bit of Indian pickle. It is also enjoyed with a variety of Indian breads like Roti or Naan!
- I attach a youtube link for the same, as it would be much easier to follow along and it's cooked by a Michelin star Indian chef!

[!\[\]\(004d352ca3e5c974252147a5c78e6fbb_img.jpg\) Michelin Star Indian Chef Reveals How To Make The Perfect Dal | My Greate...](#)

Last, but not least, the word makhani literally means butter, so don't go light on that!



Muhammad Ibrahim Abdulhamid

Recipe Name: Egyptian Koshari (Most Famous Traditional Egyptian Meal)



Ingredients :

- 1 cup rice (long-grain)
- 1 cup lentils (brown or black)
- 1 cup chickpeas, cooked
- 2 tbs white vinegar
- ½ tsp ground cumin
- ½ tsp garlic powder
- 8 tbs olive oil
- 1½ cups onion, sliced
- 1 cup pasta (small macaroni or vermicelli broken into small pieces)

- **FOR THE TOMATO SAUCE, YOU WILL NEED:**

- 3 tbs olive oil
- ½ cup onion, finely chopped
- 4 garlic cloves, chopped
- 400g (14oz) tomato puree
- ¾ tsp ground cinnamon
- ½ tsp ground cumin
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp chili flakes

Instructions

1. Make the crispy onion topping:

- Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.
- In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until they turn a nice caramelized brown. Onions must be crispy, but not burned (15-20 minutes).

2. Make the Tomato Sauce:

- In a saucepan, heat 1 tbsp cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more).
- Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so).
- Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

3. Make the Koshari

- Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).
- Now, for the rice. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 ½ inches (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.
- Now make the pasta. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.
- Cover the chickpeas and warm in the microwave briefly before serving.

4. Put it All Together!

- To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and ½ of the tomato sauce, then the chickpeas, and finally ½ of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

Additional Preparation Videos:

- [Koshary: A fiesta of Rice, Lentils and Macaroni - Dina's Oriental ...](#)
- [The BEST Koshari in the world - Egyptian Vegan Street Food](#)



Aryan Borkar

Recipe Name: Palak Vadi



Ingredients :

- 3 cups chopped Spinach leaves
- 15~20 Garlic cloves
- 4~5 chopped Green chilies
- 1 tsp Cumin seeds
- Carom seeds
- 1 cup Rice flour
- 2~3 tsp Chickpea flour
- 1/4 tsp Turmeric powder

- White sesame seeds
- Salt to taste
- Water
- Oil for shallow frying

Procedure:

- Wash spinach leaves really good with water and stack them.
- Roll them and cut.
- Take garlic cloves in a blender jar and add green chilies, cumin seeds, carom seeds.
- Blend everything into coarse paste. Add rice flour into spinach leaves.
- Add chickpea flour, turmeric powder, sesame seeds, salt, blended masala and mix everything well together.
- Crush with hand and mix so that moisture will be released from spinach.
- Add a little water at a time and knead stiff dough.



- You can make rolls from the dough and steam.
- Line up a baking tray with butter paper at the base and transfer the dough into it.
- Spread it evenly.
- Sprinkle a few sesame seeds on it.
- Heat up 2” water at the base of the cooker and place a stand at the base.
- Place the tray on the stand and close the lid.
- Do not forget to remove the whistle of the cooker.
- Steam the vadi on medium heat for about 15 minutes.
- Open the lid and check with tooth pick.
- If it comes out clean it means palak vadi is steamed well.
- Take the tray out and let it cool down completely.



- Loosen the edges and flip the vadi over into a dish.
- Cut the vadi into pieces of the shape and size you want.
- You can have vadi as it is now.
- Heat up oil for shallow frying.
- Place vadi into the pan and shallow fry well from both sides.



- When lower side gets nice brown color flip over and shallow fry from other side too.
- When vadi is shallow fried well from both sides take it out into a dish.
- Palak vadi is all ready.

Additional tips/Notes :

- You can grease the tray well with oil if you don't have butter paper.
- You can spread a few sesame seeds at the base of the tray.
- You can deep fry the vadi instead of shallow frying.
- It tastes better with ketchup but can also be eaten with mayonnaise.

Wenting Zhang

Recipe Name: Sweet & Sour Chicken (EASY!)



Ingredients :

- Chicken breast (300grams)
- Salt (1 teaspoon)
- Egg white (1 egg)
- White wine/cooking wine ($\frac{1}{2}$ spoon)
- Ketchup (4 spoons)
- Corn starch (80grams)
- White vinegar (2 spoons)
- Sugar (2 spoons)
- Crushed Garlic (1 spoon)
- Oil (enough oil...-->chinese cuisine is very inaccurate haha)

- Sesame (1 spoon)

Procedure:

- Cut the chicken breast into pinky-like thick strips, put them in a bowl, add salt, egg white, white wine and marinate for 10-15 minute.
- During this time, prepare the sweet and sour sauce ingredients: cut garlic into puree, ketchup, sugar, and white vinegar.
- Pour the cornstarch into a large bowl, place the chicken strips on the cornstarch in turn, coat the cornstarch evenly, pat off the excess flour, and put it on another plate.
- Pour enough oil into the pot, use high heat to 60% hot, turn to medium/low heat, put the meat strips one by one, fry until the meat strips float on the oil surface and then take it out (about one minute). Reheat the oil with high heat, when the oil reaches 80 hot, pour in the meat strips and re-fry until golden brown, then put it on a plate.[1]
- Leave the excess oil in the pan, adjust to medium heat and sauté the crushed garlic.
- Pour the ketchup and sugar and stir constantly with a spatula.
- Slowly, the color of the sweet and sour sauce will turn red, then pour in the cooked sesame seeds the white vinegar and continue stirring.
- When the sweet and sour sauce becomes thick and red, pour in the fried meat strips.[2]

- Quickly stir to make the meat strips evenly covered with sweet and sour sauce. Then the traditional Chinese Sweet & Sour Chicken is ready to be served!

Tips:

1. 60% hot: The foam on the oil surface basically disappears, there is a noise when stirring.

80% hot: The oil surface is calm, there is a noise when stirred, and smoke is seen.

2. Sauce ready for meat strips (bubbles on surface)



