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Brussels sprouts & potato gratin

Recipe for January | © Hans-Albert Stechl

Clean Brussels sprouts, cut florets into quarters and cook them in salted water 'al dente' (approx. 5 mins). Pour into a strainer, rinse with cold water, let drain well.

Peel potatoes and cut into coarse cubes, cook in salted water (not too soft), drain and let cool down. Cut mushrooms heads into fine dices and fry briefly in oil, reduce heat, add shallots and parsley, both finely chopped, simmer in pan for 3-4 mins.

Grease medium-sized fireproof gratin dish with butter, add potatoes and crush them coarsely with a fork, add Brussels sprouts and mushrooms, mix lightly and season with pepper and nutmeg. Crumble cheese, coarsely chop walnuts, whisk eggs and milk.

Spread cheese and nuts evenly on Brussels sprouts-potato-mushrooms mixture, add egg milk and sprinkle with a thin layer of breadcrumbs. Cook for approx. 20 mins on middle rack in preheated oven (200 °C / 392 °F, top and bottom heat).

Serve with: lamb's lettuce



Shopping list for four persons

500 g Brussels sprouts
700 g starchy or medium waxy potatoes
250 g mushrooms
3 shallots
½ bunch of parsley
3 eggs
8.5 oz milk
200 g blue cheese (Roquefort or Stilton)
2 heaped tbsps. breadcrumbs
salt, pepper, nutmeg
butter for gratin dish, oil to fry mushrooms



Photo: © Hans-Albert Stechl

Mussels

Recipe for February | © Hans-Albert Stechl

Place mussels in a strainer and rinse shortly with cold water, cut off or pull away the beards growing on the pointed ends of the mussels.

Chop shallots, leek, ginger, garlic, parsley root and celery into small cubes or rings, sear with some olive oil in a large pan, deglaze with white wine, add bay leaf, grated rind of half a lime, chilli pepper, salt and some peppercorns. Simmer for 5 mins, bring stock to boil, add mussels and cook covered for 5 mins.

Shake pan inbetween several times, so that the mussels become well mixed and all come in contact with stock. Add parsley, coriander and juice of half a lime during last 2 mins of cooking time. Spread on plates using a slotted ladle and cover with mussel stock. Serve with toasted baguette.



Shopping list for four persons

- 3 kg mussels
- 1 shallot
- 1 small leek
- 1 thumb-sized piece of ginger
- 1 small parsley root
- 1 small garlic clove
- 1 small celery stalk
- 1 lime
- 1 chilli pepper
- 1 bay leaf, salt, peppercorns
- ½ bunch of flat leaf parsley
- ½ bunch of fresh coriander
- 8.5 oz dry white wine, olive oil
- baguette



Photo: © Hans-Albert Stechl

Sweet potato casserole

Recipe for March | © Hans-Albert Stechl

Peel sweet potatoes and cut into coarse cubes. Cut off stems of spinach leaves, wash leaves, peel shallots and cut into fine stripes, peel and finely chop ginger, cut chili pepper perpendicularly into halves, scrape out seeds, cut both halves into fine stripes.

Heat butter in pan, add shallots, ginger and chilli pepper and sear for 2 - 3 mins. Add dripping wet fresh spinach, steam for about 5 mins (or add thawed frozen spinach into pan and simmer for 5 mins), season with salt, pepper and ground nutmeg, mix well.

Steam potato cubes with hot butter in pan for 3 mins, season with salt and pepper. Grease casserole, spread all ingredients evenly.

Whisk cream and eggs, season with salt and 1 tsp. curry powder, pour mixture over the casserole, sprinkle with grated Parmesan. Cook for approx. 30 mins on middle rack in preheated oven (200 °C / 392 °F, top and bottom heat).



Shopping list for four persons

800 g sweet potatoes
600 g frozen spinach or 800 g
fresh spinach
3 shallots
1 thumb-sized piece of ginger
1 small chilli pepper
13.5 oz cream
2 eggs
salt, pepper, nutmeg,
1 tsp. curry powder
50 g grated Parmesan
butter to steam
and grease the casserole



Photo: © Hans-Albert Stechl

Involtini with young vegetables

Recipe for April | © Hans-Albert Stechl

Filling: Roast pine nuts in pan without fat until golden brown, chop finely. Put finely chopped herbs, capers and garlic and grated Parmesan into bowl, add mustard, salt, pepper, some chilli, 1 dash of olive oil and mix well. Spread mixture evenly on escalopes, cover with 1 slice of Parma ham. Press with flat hand and roll up, tie roulades (Involtini) twice with kitchen thread, heat some oil in pan and sear roulades on all sides for a few minutes and put aside.

Clean vegetables, cut them into medium-sized pieces and sear with some oil in pan for a few minutes.

Place Involtini side by side in casserole or fireproof gratin dish, place vegetables around Involtini, add some wine and meat or vegetable stock (maximum filling level: 1 cm (0.4 in)), bring to boil, simmer covered at reduced heat (or in preheated oven at 180 °C / 356 °F) for about 15 mins. Finally sprinkle with flakes of butter, finely chopped parsley and grated lemon rind. Serve with: potatoes.



Shopping list for four persons

4 medium-sized veal escalopes
(very thinly sliced)
4 thin slices of Parma ham
Filling: 30 g pine nuts, 15 sprigs of flat
leaf parsley, marjoram and thyme,
1 tsp. capers, 1 tsp. strong mustard,
1 garlic clove,
50 g grated Parmesan, salt, pepper,
chilli powder, olive oil
1 kg mixed vegetables (baby carrots,
spring onions, zucchini, broccoli,
small tomatoes)
11.3 oz dry white wine, 8.5 oz beef or
vegetable stock,
oil to sear, butter, 1 organic lemon
chopped parsley
kitchen thread



Fish with Julienne vegetables

Recipe for May | © Hans-Albert Stechl

Chop carrots and leek into fine stripes, blanch in boiling salted water for 2 – 3 mins, drain, rinse with cold water and put aside.

Sauce: Melt 1 heaped tbsp. butter in pan at low heat, add 1 tbsp. flour. Mix, so that flour and butter thicken, remove from the heat and immediately add 1l hot fish stock while stirring well. As soon as the mixture has become a lump-free creamy sauce, put pan back on the heat, simmer for 15 mins, add a dash of Riesling or Pinot Blanc and 1 cup of cream. Stir continuously so that nothing sticks to pan. Season to taste with lemon juice, salt, pepper, nutmeg and 3 tbsps. vermouth.

Cut fish fillets into manageable pieces, rinse with cold water, season with salt and pepper and sprinkle with lemon juice. Spread vegetables on bottom of pan, pour with sauce, bring it to boil and add fish pieces. Depending on thickness, they are done after 5 - 10 mins.

Cook noodles, serve fish with noodles, vegetables and sauce on a plate.



Shopping list for four persons

800 g fish fillets
400 g carrots, 400 g leek
1 heaped tbsp. butter,
1 heaped tbsp. flour
1 l fish stock
1 cup of cream
800 g fine noodles
salt, pepper, nutmeg, lemon
juice
Dash of white wine and
Noilly Prat (dry vermouth)



Photo: © Hans-Albert Stechl

Curd tartlets with fruits

Recipe for June | © Hans-Albert Stechl

Melt butter, roast almonds in pan without fat until golden brown, crumble ladyfingers. Mix almonds and ladyfingers, add melted butter, mix well.

Cover chopping board with baking paper, place 4 tartlet rings (Ø about 7 cm) on baking paper, spread biscuit mixture evenly in rings. Press biscuit mixture down with a masher, so that it forms a base in the rings, put in a cool place.

Soak gelatine leaves in cold water, cut vanilla bean perpendicularly into halves and scrape out seeds using the back of a knife. Slightly heat juice of half an orange, 1 tbsp. lemon juice and vanilla seeds in pan, dissolve the soaked and well-drained gelatine leaves in the mixture.

Mix curd cheese, orange-lemon-juice, grated rind of half a lemon and 3 tsps. sugar in bowl and whisk well until mixture is fluffy.

Whip 1/3 cup of cream until stiff, add to curd mixture, briefly mix again. Remove rings from fridge, spread curd mixture evenly in rings and put in the fridge for 4 hours.

Prepare for serving: Remove rings from baking paper using a knife and place on plates, remove rings and garnish “curd mousse tower” with berries and a mint leaf.



Shopping list for four persons

Tartlet base: 50 g butter, 6 ladyfingers, 40 g ground almonds
Curd filling: 500 g plain curd (20 % fat), 1/3 cup of whipping cream, ½ vanilla bean, juice of ½ orange (approx. 2.4 oz), 1 tbsp. lemon juice, grated rind of ½ orange, 3 tsps. sugar (or liquid honey), 2½ gelatine leaves, 250 g mixed berries



Photo: © Hans-Albert Stechl

Salade Niçoise

Recipe for July | © Hans-Albert Stechl

Boil eggs until hard boiled, cut them perpendicularly into quarters, wash lettuce leaves and dry in a salad spinner. Cut tomatoes into eight pieces, peel cucumber and cut into thin slices, peel and cut onion into very thin slices. Only use the tender inner part of the fennel bulb and cut into thin slices.

Chop bell pepper into fine stripes. Pluck leaves of boiled artichokes leaves, remove artichoke bases and cut into slices. Cook beans in salted water (not too soft).

Crumble canned tuna into coarse pieces. Drain anchovies and cut perpendicularly into halves.

Prepare for serving: Rub a large salad bowl with a halved garlic clove. Place all ingredients in bowl – apart from eggs – and mix lightly.

Chop basil leaves and mix with olive oil, salt and pepper. Pour over the salad, mix lightly and finally top with eggs. For those who like it sour, take some lemon juice, but NO vinegar.

Serve with: baguette or boiled potatoes



Shopping list for four persons

3 eggs
½ cucumber
4 artichoke bases
3 fleshy tomatoes
1 fennel bulb
1 bell pepper
1 small mild onion
150 g fine green beans
200 g mixed green salad
a few basil leaves
6 anchovies (those in oil are milder than those in brine)
1 small can of tuna, in own juice
100 g olives (small, brown, hard olives from the South of France)
1 garlic clove
olive oil, salt, pepper,
lemon juice



Photo: © Hans-Albert Stechl

Chicken with herbs and vegetable salad

Recipe for August | © Hans-Albert Stechl

Clean vegetables, cut into slices, sear in olive oil for about 10 mins, season with salt and pepper, put aside. Cook couscous according to information provided on the package, season to taste with salt, pepper and lemon juice, add olive oil, mix and put aside.

Vinaigrette dressing: Mix vinegar, oil, salt, pepper and a handful of chopped basil leaves.

Cut between skin and meat, using a sharp knife, and insert herb sprigs. Rub chicken pieces with salt, pepper and finely chopped herbs (or herbal salt) on all sides, brush with oil. Place meat, with skin facing up, on baking tray. Preheat oven to 200 °C / 392 °F (top and bottom heat), cook meat pieces depending on size and thickness for 15 - 20 mins (breast fillets) or 30 - 40 mins (legs) on middle rack.

Shortly before the end of cooking time mix vegetables with couscous, heat and add vinaigrette dressing. Place vegetables-couscous-mixture on plates, top each plate with a chicken piece.



Shopping list for four persons

4 chicken legs or breasts
with skin
fresh herb sprigs (rosemary,
thyme, sage, oregano)
salt, pepper, chopped herbs,
olive oil

Vegetable salad

800 g vegetables (bell peppers,
eggplants, zucchini)
salt, pepper, oil to sear

Couscous

250 g couscous
salt, pepper, 2 tbsps. lemon juice
3 tbsps. olive oil

Vinaigrette dressing

3 tbsps. white wine vinegar,
5 tbsps. olive oil, a handful of
basil leaves, salt, pepper



Photo: © Hans-Albert Stechl

Stuffed eggplants

Recipe for September | © Hans-Albert Stechl

Filling: Cook bulgur in salted water for 4 - 5 mins depending on grain size, let rest and rise for another 4 - 5 mins, drain. Crumble feta cheese and mix with chopped herbs and bulgur, season to taste with salt, pepper, grated lemon rind, chilli and some olive oil.

Sugo: Dip tomatoes in boiling water for 30 seconds, peel skin, cut into small pieces and place in a fireproof oven dish. Coarsely chop garlic cloves, season with salt and pepper, add a few plucked herbs (thyme, rosemary) and 1 dash of olive oil, mix well and spread evenly in the oven dish.

Remove eggplant stem, cut off lengthwise 5 finger-width stripes evenly spaced from the skin, cut eggplant perpendicularly into halves. Cut cutting surface 3 - 4 times crosswise, top with salt, olive oil and a few drops of lemon juice, push with spoon into the cuts. Place eggplants (with cutting surface facing up), into sugo, cook for approx. 40 mins on middle rack in preheated oven (220 °C / 428 °F, top and bottom heat) adding some water inbetween. Take dish out of oven, form a deep hollow in eggplant halves, insert filling, cook for another 10 mins in oven.



Shopping list for four persons

4 medium-sized eggplants
(approx. 250 g per piece)
juice of ½ lemon, salt, olive oil

Sugo

8 large ripe tomatoes
3 garlic cloves, plucked herbs
(thyme, rosemary)
olive oil, salt, pepper

Filling

250 g bulgur, 250 g feta cheese
a handful of herbs (finely
chopped spring onions or
chives, parsley, lovage, basil)
salt, pepper, grated rind
of ½ lemon, chilli, olive oil



Photo: © Hans-Albert Stechl

Matelote

Recipe for October | © Hans-Albert Stechl

Rinse fish fillets with cold water, cut into 5 cm (2 in) wide stripes. Cut mushrooms into small pieces, sear in oil, put aside.

Stock: Finely chop shallots, steam in butter until soft, deglaze with wine, add dash of water. Cook with a bay leaf for about 5 mins, add cream, season with salt, pepper and grated lemon rind. Add fish pieces, simmer for 5 mins. Finally add mushrooms and sprinkle with chopped parsley.

Serve with: goes well with tagliatelle or potatoes



Shopping list for four persons

1 kg fillets (without skin) of 2 - 3 different freshwater fish species (char, whitefish, perch, trout, catfish, pike, eel)
3 shallots, 1 bay leaf
200 g mushrooms
½ bunch of flat leaf parsley,
1 tsp. grated lemon rind

16.9 oz dry white wine
1 dash of water, 250 g cream
salt, pepper
butter and oil to steam
and sear



Photo: © Hans-Albert Stechl

Fried Jerusalem artichokes

Recipe for November | © Hans-Albert Stechl

Shortly brush Jerusalem artichoke under running water using a vegetable brush, put unpeeled on baking tray, place for 20 mins on middle rack in preheated oven (180 °C / 356 °F, fan cooking). Remove Jerusalem artichokes from oven, allow to cool down and peel. Cut into slices of 5 mm (0.2 in), put aside.

Parsley pesto: Pluck and chop parsley leaves. Mix with a few roasted and chopped nut kernels, 1 pinch of coarse salt, some pepper and plenty of olive oil (3 - 4 tbsps.) and grind to a paste in mortar.

Clean mushrooms, cut into slices, fry briefly in hot olive oil.

Heat butter in another pan until foaming. Add 1 pinch of sugar, 2 pinches of salt and Jerusalem artichoke slices, sear on each side for 1 - 2 mins until golden brown. Make sure that heat is not too high, so that neither butter nor sugar turn black.

Arrange Jerusalem artichoke and mushroom slices on a plate, lightly season with coarse salt and pepper, top with a spoon of parsley pesto.



Shopping list for four persons

8 Jerusalem artichokes
8 large mushrooms
½ bunch of flat leaf parsley
1 tbsp. nut kernels (pine nuts, walnuts)
salt, sugar, pepper
olive oil, butter



Photo: © Hans-Albert Stechl

Soufflé with liquid chocolate core

Recipe for December | © Hans-Albert Stechl

Grease fireproof, round cups (height and diameter: 6 cm (2.4 in)) with butter. Coarsely chop chocolate, melt together with butter in hot water bath. Use whisks of hand mixer and whip eggs, egg yolks, sugar, gingerbread spices and salt in a bowl until very foamy (approx. 8 mins). Slowly add chocolate-butter-mixture and stir at slow speed of mixer. Stir in flour at slow speed of mixer. Once mixture is homogeneous, fill in cups, cool in fridge for at least 6 hours. Place cold cups directly from fridge on baking tray on second lowest rack in preheated oven (180 °C / 356 °F). Soufflés are done after 12 mins. Let them rest in cups. Sprinkle with icing sugar and serve hot with caramelized pineapple pieces (see below).

Cut pineapple into quarters, trim, cut into slices (not too thin). Melt sugar in pan until light brown, add pineapple pieces and stew for some minutes in sugar until browned. Remove pineapple from pan, deglaze sugar in pan with Cognac, reduce and pour over pineapple pieces.



Shopping list for six persons

- 125 g dark chocolate
(70 % cocoa)
- 125 g butter
- 2 eggs
- 3 egg yolks
- 50 g sugar
- 1 tsp. gingerbread spices
- 1 pinch of salt
- 25 g flour
- icing sugar

- 1 pineapple
- 100 g sugar
- 1 glass of Cognac