

## Three4Climate Online-Cooking

Date: 13.04.2021

Time: 19:00 – 21:00h

Zoom-Link: <https://zoom.us/j/99391526253?pwd=cTJoL1U5eldraGRrOUFIZEZvQnYydz09>

Meeting-ID: 993 9152 6253 Kenncode: 117827

### Ingredients

### Preparation

#### STARTER (Portugal)

##### Peixinhos da Horta – Tempura Fried Green Beans

<http://portuguesediner.com/tiamaria/peixinhos-da-horta/>

<https://www.youtube.com/watch?v=CHN0V3Awqeg>

- 2 pounds green beans
- 1 and 1/2 cups flour
- 1 teaspoon baking powder
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon lemon juice
- 1 tablespoon olive oil
- 1 cup beer or seltzer soda
- Oil for frying

Cut of stems and wash the green beans and cook for about 3-5 minutes until tender. Drain put aside and let dry. (Note: I cut my green beans in half since they were long and wide, but it's up to your taste.)

Meanwhile, mix all of the ingredients except green beans and mix to form a slightly thick pancake like batter. Let the batter sit for a few minutes to thicken. If you find the batter is too thick add more liquid.

Heat the oil on medium high heat. Dredge the green beans in the batter. Test the oil for readiness by dipping a green bean into the oil. If the batter sizzles, the oil is ready.

Begin frying each green bean by shaking off excess batter and dip into the hot oil one by one. Flip the beans onto the other side as they become golden. Drain on paper towels.



#### MAIN DISH (Germany)

##### Asparagus with potatoes and sauce hollandaise

- 500 g potatoes
- 500 g asparagus
- ½ tea spoon sugar

Sauce:

- Egg yolk
- ½ table spoon lemon juice
- ½ table spoon cold water
- Salt, pepper
- 150 g soft butter

Boil in salted water for 20 minutes with the skin on. peel and boil for approx. 20 min in water with boil.

For the sauce, stir egg yolk, lemon juice, water, salt and pepepr. Then carefully heat in a hot water bath, as soon as the egg starts to set slightly, add it butter pieces and and stir well immediately after each piece.



Ingredients	Preparation
<ul style="list-style-type: none"> <li>• 1 ½ kg potatoes</li> <li>• 3 onions</li> <li>• 1 bunch parsley</li> <li>• 2 table spoon flour</li> <li>• 2 eggs</li> <li>• 2 tea spoon salt</li> <li>• Some milk</li> <li>• Apple purée</li> </ul>	<p>If normal potatoes are too boring for you, you can try <b>potato pancakes</b>:</p> <p>Rub potatoes, cut onions and parsley in small pieces. Mix all ingredients to a smooth mass. Fry in oil.</p> 

## DESSERT (Slovenia)

### Pohorska omleta

The Pohorje omelette was created in 1952 at Poštarski dom on Mariborsko Pohorje, but it instantly won the hearts of lovers of Slovenian desserts. Cranberries or forest fruits should be used for a real Pohorje omelette.

<ul style="list-style-type: none"> <li>• 3 eggs</li> <li>• 3 tablespoons of flour</li> <li>• 3 tablespoons of sugar</li> <li>• cranberry jam (and/or berries)</li> <li>• 2 dl sweet cream</li> <li>• powdered sugar for decoration</li> </ul>	<ol style="list-style-type: none"> <li>1. Whip the egg whites into the snow and yolks with the sugar.</li> <li>2. Slowly add the snow and then the sifted flour to the yolks and carefully mix everything into a smooth mass.</li> <li>3. Use a 22 cm diameter cake pan lined with baking paper. Bake the dough for 10-12 minutes at 220 degrees Celsius.</li> <li>4. During this time, whip the sweet cream and sweeten it a little if desired.</li> <li>5. Immediately take the baked omelette out of the oven, turn it over on a board and spread it halfway with jam and/or add berries. Fold immediately, sprinkle with powdered sugar and serve warm with sweet cream (cream can also be added into the omelette in case it is served cold and the cream will not heat up).</li> </ol> 
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Graphics:

<http://portuguesediner.com/tiamaria/peixinhos-da-horta/>

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Photo: Dvor Jezeršek Photo: Odprta kuhinja