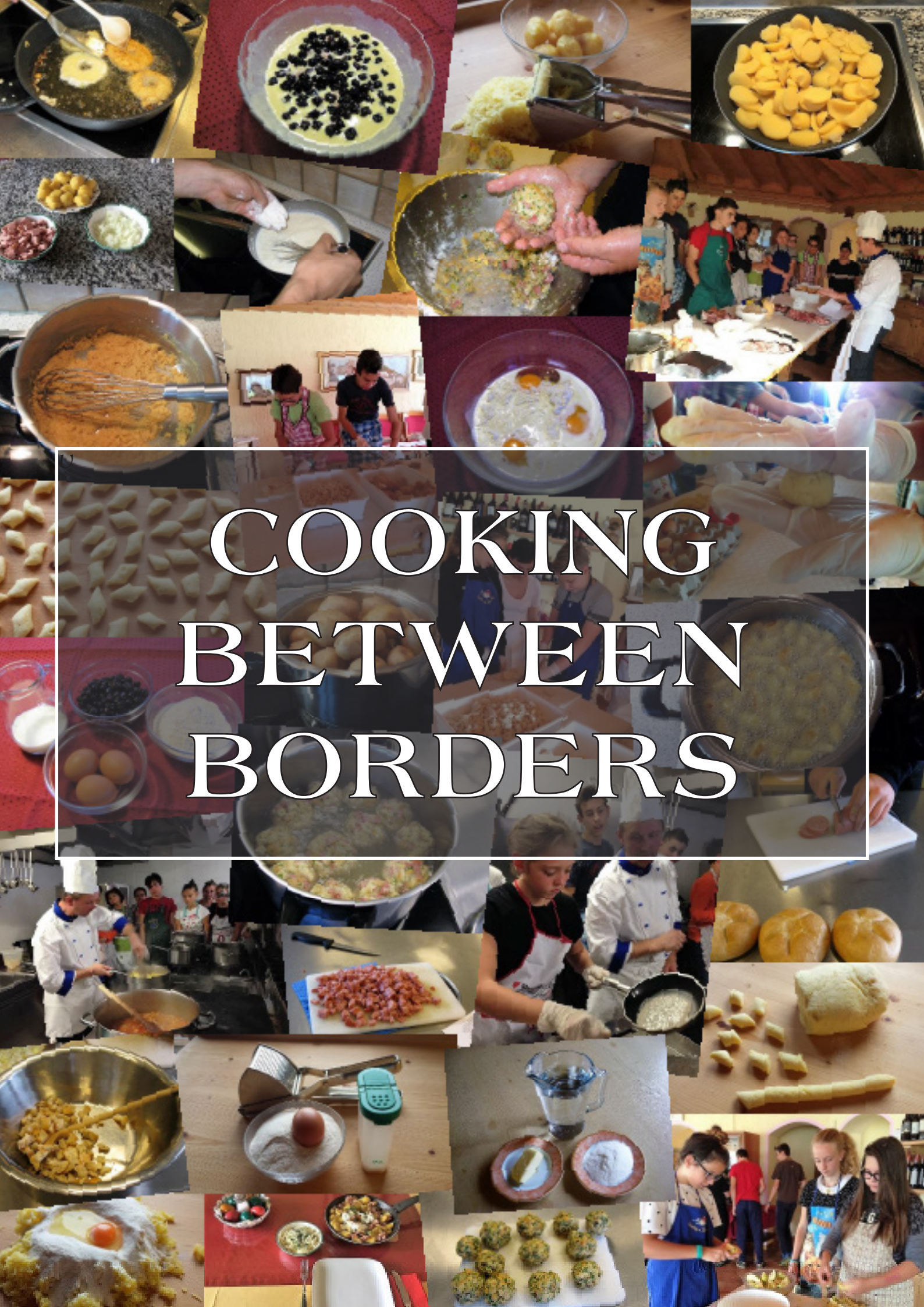




COOKING BETWEEN BORDERS



Erasmus+

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STARTERS

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BRAMBORAČKA



Ingredients

- 1/2 celery
- 3 carrots
- 2 roots of parsley
- 1/2 kg potatoes
- 4 cloves of garlic
- 100 g mushrooms (fresh or dried)
- 40 g butter
- 30 g flour
- salt, pepper, marjoram



40 min



In a big pot simmer vegetables cut into small cubes with a little butter, then sprinkle with flour and pour in a bigger amount of water. Then add potatoes cut into bigger cubes, dried mushrooms, garlic and salt. Boil everything together and at the end season with pepper and dried marjoram.

KULAJDA



Starters

Ingredients

- 40 g butter
- 30 g flour
- 1 l water
- ¼ kg potatoes
- 100 g mushrooms (*chante-relles*, boiled in advance)
- 1 egg
- dill
- ¼ l cream
- salt, pepper, bay leaf, vinegar

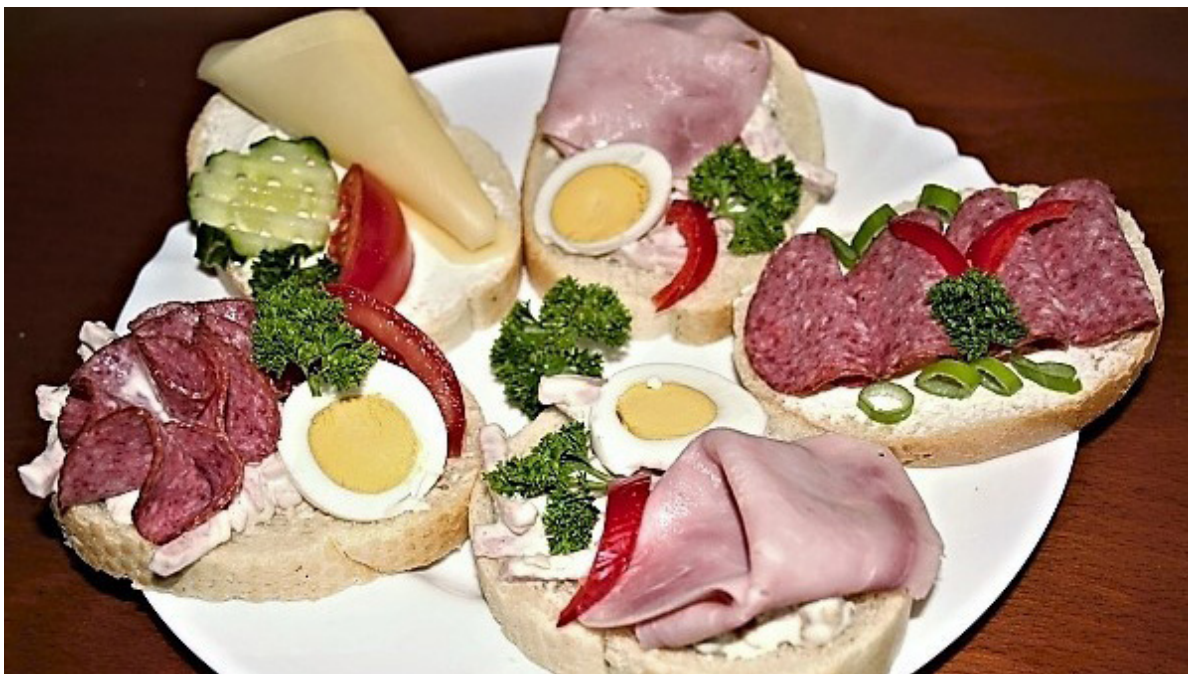
In a pot gently fry flour with butter, pour in cold water. Add bay leaf, boiled mushrooms, potatoes, new pepper, salt and let the soup gently boil for about half an hour. Then add the egg really gently to the soup. Leave the pot simmering for a few minutes to have it shape and then carefully mix the soup trying not to break the shape of the egg. At the end, season with vinegar, smooth with cream and fresh dill.



40 min



CHLEBÍČKY



Ingredients

- sliced bread
- anything you find in your fridge
- for basic you can use butter, mayonnaise or potato salad
- for decoration are many variations- salami, sausages, ham, eggs, cheese, vegetables, it's up on your fantasy



25 min



Very traditional starter and snack used for parties.

KARASK



Starters

Ingredients

- 0.5 l curdled milk
- 1 tsp soda
- 1 tsp salt
- 1 tblsp sugar
- 50 g butter
- 700 - 900 g barley flour

Mix soda with flour, then add the rest of the ingredients. Bake the dough at 180° until it is light brown. Eat with butter and cold milk.



50 min

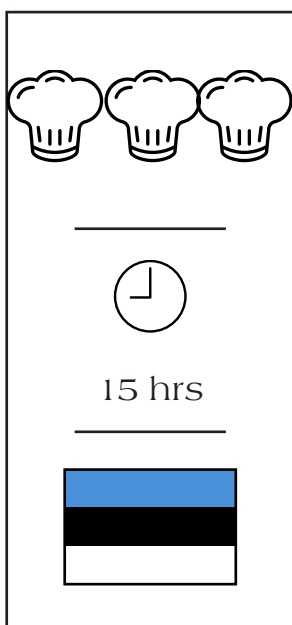


HALDJALEIB



Ingredients

- ¼ l buttermilk or kefir
- 2 slices of rye bread
- 1 l water
- flour
- malt extract
- 6 tsp salt
- 20 g sugar
- optional: seeds, raisins, walnuts, herbs



Mix together buttermilk (or kefir) and two slices of rye bread. Leave the mixture in a warm room for a couple of days under a towel. If you have that kind of leaven then making bread takes 4 to 5 times longer. It's easier to start making a bread if you have some leaven left from previous time.

From this amount you can get 3 kg bread. For a smaller loaf tin take only 1/3 of the leaven. Mix the leaven with 1 l handwarm water, add rye flour as much as you need to get a thick gruel. If you want, you can add malt extract. Cover the bowl with a towel and leave it in a warm place to rise for 10-12 hours.

Add 6 tsp salt and 20 g sugar the thick leavened dough. Little by little add flour (rye flour, multi-grain flour, wheat flour) and knead it as long as you hear the sound "lurts". After that take one full hand from the dough for the next bread making time and leave it in the warm place to rise. Now you can add seeds, raisins, walnuts or herbs to the dough. Put your dough in a loaf tin and leave it in a warm place under a towel to rise for 2-4 hours.

Risen bread has to be baked:
250° 20 min, 220° 10-15 min, 200° 10-15 min, 180° until the end.

MUNAVÕI



Starters

Ingredients

- 100 g butter
- 4 hard boiled eggs
- salt and pepper
- parsley or chives

Chop the eggs into small pieces. Mix chopped eggs with butter and minced parsley or chives. Add salt and pepper. Use as sandwich spread.



10 min



FANZELTO



Ingredients

- 1 medium potato
- 300 g Saracen flour (buck-wheat)
- oil, salt, pepper
- 2 cups milk or water



15 min



In a bowl combine potatoes, Saracen flour, salt, pepper and oil. Add the milk and stir. Heat a small non-stick skillet or crepe pan over medium heat. Brush the pan with some oil. Pour the batter into the centre of the pan swirling the pan to coat. Cook for about one minute, flip and cook for thirty seconds. Serve with cheese or salami.

MINESTRA DE FREGOLOTI



Starters

Ingredients

- 250 g white flour
- 2 cups milk
- 2 cups water
- salt, pepper

Put flour, water and salt in a bowl and stir with a wooden spoon. Bring milk and water to a boil and add the mixture. Continue cooking for ten minutes then add pepper.



20 min



PROFEZÉNI



Ingredients

- 300 g calf brains
- parsley
- onion
- bread
- milk
- white flour
- salt



30 min



Take a large pan, put a tiny knob of butter and add the meat together with salt, parsley and onion thinly sliced. Give it a gentle stir.

Use a bread knife to slice the bread diagonally making half-inch thick slices. Dip into milk only one side of each slice.

Cover the wet side of the bread with the meat and put another slice of bread over it. Pay attention that the wet side is always inside. Combine milk, flour, salt and beat until you have a thick batter. Dip the bread previously prepared into the batter then drop it into hot oil and fry.

TIROLER MUAS



Starters

Ingredients

- 1 l milk
- 1 l water
- salt
- lard or butter
- 250 g flour (2 cups) or
- 125 g flour (1 cup)
- 125 g semolina (1 cup)
- ½ l milk
- 40 g butter

Butter a wide frying pan, preferably made of cast iron. Pour in milk and water, bring to the boil, salt, pour in a dash of cold water to prevent the milk from boiling over. Blend flour (and semolina) with the remaining cold milk and stir it into the hot milk. Bring the mixture once more to the boil, then reduce the heat and allow thickening, as thick as a pudding. Remove the gruel from the heat and cover it. Thus, the surface will become crusty. Dot with butter and serve the gruel in the frying pan for everybody to eat from the pan.



25 min



TIROLER SPECKKNÖDEL



Ingredients

- 6 stale rolls
- about $\frac{1}{4}$ l milk
- 2-3 eggs
- 100 g bacon
- 150 g smoked sausage
- 30 g butter
- $\frac{1}{2}$ onion
- parsley
- chives
- approx. 3 tbs (6-8 g) flour
- salt
- broth



40 min



Dice rolls, mix milk and eggs thoroughly and pour over the bread. Cover and leave the mixture to absorb the liquid for half an hour. Cut the bacon into small cubes and fry them. Add diced sausage, fry and add to rolls. Brown chopped onion in butter, snip parsley and chives, add everything to the bread mixture and season with salt. Dust with flour, mix and press together using a cooking spoon. The dough should be firm. Form 8-12 equally sized dumplings with wet hands.

Leave all the dumplings on a board while cooking one in simmering broth for about 12 minutes. The dumpling should be smooth on the outside and soft inside. If it is falling apart, add some flour to the other dumplings and press harder when shaping them.

Follow the Tyrolean tradition and eat your first dumpling with soup, your second with sauerkraut, your third with meat, your fourth with salad. If you are still hungry then, start from the beginning.

BRENNSUPPE



Starters

Ingredients

- 50 – 60 g flour
- 40 g butter or dripping
- 1 l clear soup or simply water
- pinch of salt
- caraway
- lovage

Fry the flour in the hot fat until it is lightly browned, then gradually add the water or soup, stirring well to prevent lumps. Whisk, season and cook gently for at least half an hour until the soup thickens. Serve with croutons, but sliced, boiled potatoes can also be added to this soup.

This simplest and cheapest of soups was known everywhere throughout the peasant world. A meal for “poor people”, it was frequently the only hot food they got and it was often eaten for breakfast.



25 min



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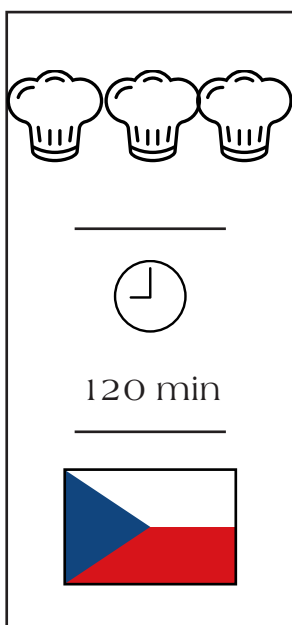
VEPŘO-KNEDLO-ZELO

Main Courses



Ingredients

- 1 kg pork meat
- 500 g flour
- 2 rolls (fresh bakery)
- 1/8 l milk with water
- baking powder
- 1 egg
- sterilized cabbage (a pack or a bottle)
- onion
- salt, sugar, cumin (caraway seeds)



First we put meat with salt and cumin to pan and put it into oven for 2 hours on 180 degrees.

In the meantime we prepare cabbage and dumplings. For the dumplings, we mix: 500g flour, baking powder, egg and liquids in a bowl. We add rolls cut into small cubes and mix everything together. We shape two big dumplings and put them into boiled water for 25-30 minutes. At the end we cut dumplings into slices.

For cabbage, we fry onion in oil, add a spoon of sugar, add cabbage, cumin and salt and boil everything for an hour.

KYNUTÉ OVOCNÉ KNEDLÍKY



Main Courses

Ingredients

- 500 g of coarse flour (glattes)
- 1 piece of yeast (40 g)
- 2 eggs
- bit of oil
- 3/8 l milk
- 50 g sugar
- salt
- fruit

We prepare leaven: into small pot pour bit of warm milk, a spoon of sugar and yeast and leave it rise. Put flour into a bowl and mix it with a bit of salt and sugar, add eggs. Add leaven and mix it with flour, add some oil. Slowly pour warm milk and make a dough. The dough should be more solid. Leave it at a warm place to rise.

Make dumplings from dough, fill them with fruit and boil in hot water for exactly 8 minutes. We serve it with sugar, smothered with butter and curd.



40 min



BRAMBORÁKY S ČERVENÝM ZELÍM



Ingredients

- 1 kg of potatoes
- 100 - 150 g flour
- 2 eggs
- 5 cloves of garlic
- marjoram, salt, cumin
- oil for frying
- Cabbage:
- 500 g of red sour cabbage
- 2 smaller onions
- salt, pepper, cumin, sugar
- water
- oil



40 min



Peel the potatoes and grate them. Add smashed garlic, eggs, marjoram, salt and cumin. Mix everything together and add flour, so we will have little bit liquid dough. Leave it for few minutes and take away the extra water with spoon. Put an oil into pan and fry pancakes.

For cabbage: Peel and cut onions into small pieces. Take it to the pot and fry it in oil. We add cabbage and pour with water. Add salt, pepper, cumin and sugar. Boil it, until the cabbage is soft. Dry the ready pancakes with a paper towel and serve them with cabbage. They are also great with sour cream.

MULGIPUDER



Main Courses

Ingredients

- 700 g potatoes
- 100 g barley groats
- 300 g smoked ribs
- 1 onion
- salt

Peeled and sliced potatoes are set to boil on base of the pot, groats are set on the top, poured over with water and boil. When potatoes and groats are soft, smash the porridge into an even mass and season.

Before serving you will put sliced or diced smoked ribs fried with onions into the middle of porridge, you can add dill. You can serve it with pickles.



50 min



PRAETUD HAUG

Main Courses



Ingredients

- 1 pike
- 1 egg
- some flour
- some salt



25 min



Clean the pike. Cut it into portions. Roll the fish portions in flour, secondly in whipped egg and again in flour. Fry fish steaks in a pan. Serve with boiled potatoes and carrots.

KEEDETUD SOOLAOAD PEEKONI JA SIBULAGA



Main Courses

Ingredients

- 400g beans
- 150g smoked bacon
- 1 onion

Soak beans in water for 7 hours. Boil the beans 40 minutes. Fry onion with bacon. Strain beans. Mix the beans with fried onion and bacon. Add some dill.



40 min



GNOCCHETTI DI PANE

Main Courses



Ingredients

- *four-day-old bread*
- *1 cup milk*
- *cumin, salt, pepper*
- *nutmeg*
- *1 egg*
- *100 g Ricotta cheese*
- *breadcrumbs*
- *Grana cheese*
- *butter and sage*



25 min



Cut bread into small cubes and place in a bowl. Add boiled milk, salt, cumin, pepper, nutmeg and one egg. Mix well. Stir until you obtain a thick dough. Make small balls with your hands and cover with bread crumbs.

Drop balls into boiling water. Once gnocchi bob to the top, cook until just tender, about five minutes. Remove with a slotted spoon, draining well.

Pour butter sauce and Grana cheese over it and serve.

POLENTA E TONCO DEL PONTESEL



Main Courses

Ingredients

- 1 big piece of lard
- 1 onion
- different types of meat (beef, veal, pork)
- 1 sausage
- white flour
- salt, pepper
- 1 cup Nosiola wine

Take a large pan, put a splash of olive oil and sauté the onion thinly sliced on a medium heat.

Add the lard cut into small pieces and then the meat cubes previously coated with flour. Add also big slices of sausage, salt and pepper.

Once the meat has achieved a nice brown colour add one cup of white wine, preferably Nosiola.

Let the liquid come to a boil and then reduce the heat to medium-low. Simmer until meat is very tender and the liquid reduced. Serve with polenta.



60 min



SMACAFAM



Ingredients

- 300 g white flour
- 300 g Saracen flour (buck-wheat)
- 4 cups milk
- oil
- 1 Italian sausage
- 50 g smoked bacon
- 50 g lard
- salt, pepper



60 min



In a bowl put white flour and Saracen flour. Add milk, a spoon olive oil, salt, half sausage cut into pieces and lard previously cut into cubes and fried in a pan with pepper.

Butter and flour a copper pan, put the dough and over it the pieces of sausage and some bacon.

Bake in the oven at 200 degrees for 40 minutes, until the “Smacafam” has a golden colour.

Serve with fresh vegetable, preferably “dandelion”.

TIROLER KASSPATZLN



Main Courses

Ingredients

- 300 g flour
- 2 eggs
- pinch of salt
- approx. $\frac{1}{4}$ l water
- 50 g butter
- 100 g grated cheese
- pinch of salt
- parsley
- 1 small onion

Mix flour, eggs, salt and water to a relatively firm dough and press it through a large-hole strainer into an ample amount of boiling salted water. Cook slowly for some minutes, until the pasta rises to the top. Cool with cold water.

Chop the onion finely and fry it in butter. Add the cooked pasta and chopped parsley, sprinkle with grated cheese and serve with a green salad.



40 min



TIROLER GRÖSTL

Main Courses



Ingredients

- 400 g pork (leftovers from a roast joint etc.)
- 600 g boiled potatoes
- 1 large onion
- 80 g butter
- salt
- pepper
- caraway
- marjoram
- parsley



25 min



Fry the finely chopped onion in a little butter, add the diced meat, season. Then add the finely sliced potatoes and the remaining butter and fry well. Sprinkle with chopped parsley before serving.

The ingredients of this dish rather depend on what is left over from the day before and what is available in the house. However, potatoes always form the basis of a “Gröstl”. Slices of sausage, ham or other meat can be used instead of the pork. The dish can also be served with one fried egg per person on top of it.

PAUNZEN



Main Courses

Ingredients

- 750 g potatoes
- 250 g flour
- 1 egg
- salt
- nutmeg
- butter
- possibly some cream or milk

Boil, peel and mash potatoes and quickly mix with flour, egg, salt and nutmeg until you have a smooth dough. Roll the dough and cut off small pieces. Dust with flour to prevent pieces from sticking together. Melt butter in a wide frying-pan and carefully fry rolls until they are golden brown on all sides. Paunzen are eaten with stewed fruit, cabbage or sweetened milk. They can also be served steamed in milk or cream and sprinkled with sugar. The Tyrolean name for the dish – Paunze – means short and fat.



25 min



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MAKOVÁ BUCHTA

Desserts



Ingredients

- 2,5 mugs of flour
- 1 mug of milled poppy
- 1 mug of sugar
- 1 mug of milk
- ¼ mug of oil
- 1 vanilla sugar
- 2 eggs
- 1 baking powder
- lemon peel



45 min



We mix everything together. We prepare a pan, we put into it some oil, to have all sites oily, then powder it with flour. Into the prepared pan we pour our mixture and put it into the oven for 45 minutes at 180 degrees.

ČESKÉ BUCHTY

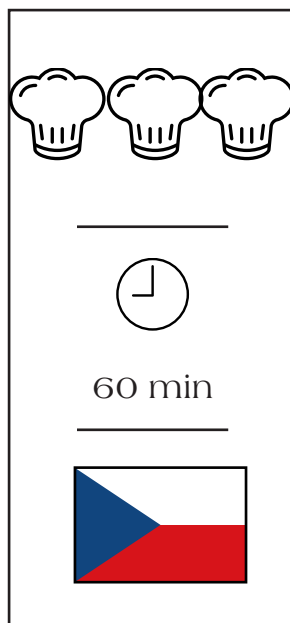


Desserts

Ingredients

- 500 g of flour
- 1 piece of yeast
- 1 egg
- 1 yolk
- bit of oil
- 3/8 l milk
- 50 g sugar
- salt

We prepare leaven: into small pot bit of warm milk, spoon of sugar and yolk and leave it rise. Put flour to bowl and mix it with a bit of salt and sugar, add eggs. Add leaven and mix it with flour, add some oil. Slowly pour warm milk and make a dough. Leave it on a warm place to rise. Cut the dough into pieces, roll them and fill with curd, poppy seeds or jam. Put oil into a pan and stack them. Bake them at 170 degrees until they are gold-brown.



ŠVESTKOVÝ KOLÁČ S DROBENKOU

Desserts



Ingredients

- 500 g of flour
- 1 piece of yeast
- 1 egg and 1 yolk
- bit of oil
- 3/8 l milk
- 50 g sugar
- salt
- 3/4 kg plums



25 min



Mix the same amount of flour, sugar and butter. Form a loose mass, so we can sprinkle it on the cake. We prepare leaven: pour a bit of warm milk into a small pot, add a spoon of sugar and yolk, mix everything and leave it rise. Put flour into a bowl and mix it with a bit of salt and sugar, add eggs. Add leaven and mix it with flour, add some oil. Slowly pour warm milk and make a dough. Leave it at a warm place to rise. Prepare a baking dish with oil and put the dough into it so that it fills the dish. Put plums on the dough and sprinkle the cake with the prepared crumble. Bake it at 170 degrees.

KAMAVAHT



Desserts

Ingredients

- 250 g cream
- 2 tblsp of sugar
- 2 tblsp of kama flour
- For decorating: fresh or canned berries

The cream is whipped with sugar, add 2 tblsp of kamaflour and put the cream into dessert bowls. Decorate with berries.



15 min



MANNAVAHT



Ingredients

- 500 g of cranberries
- 1l of water
- $\frac{3}{4}$ glass of sugar
- $\frac{1}{2}$ - $\frac{3}{4}$ glass of semolina



25 min



Boil cranberries in water until berries are very soft. Add sugar and semolina. Boil it 4-5 minutes. Let it cool and blend until it is puree. Serve with milk or jam.

KAERAHELBEKÜPSISED



Desserts

Ingredients

- 2 eggs
- 100 g sugar
- 100 g butter
- some vanilla
- 200-300 g oatflakes

Eggs are whipped with sugar. Add some vanilla and melted butter, then oatflakes. Make little cookies with a teaspoon. Put cookies on the pan and bake them light brown.



30 min



GNOCCHI CON PRUGNA



Ingredients

- ½ kg potatoes
- 100 g flour
- 50 g butter
- salt
- 400 g big fresh plums
- lump sugar
- 1-2 eggs
- sugar
- cinnamon
- breadcrumbs



70 min



Boil the whole potatoes until they are soft (about 45 minutes).

While still warm peel and mash with a fork or a potato masher. Combine potatoes, flour, butter and salt. Beat the eggs and add to the mixture, stir until smooth. Wash the plums and replace the core with one lump sugar.

Enclose each plum in a piece of dough and make big balls with your hands. Bring a large pot of lightly salted water to a boil. Drop in gnocchi for 3 to 5 minutes or until gnocchi have risen to the top. Drain and put them in melted butter together with brown sugar, cinnamon and breadcrumbs.

POLENTA NERA



Desserts

Ingredients

- bread cut into little cubes
- 2 cups milk
- 100 g cocoa powder
- cinnamon
- 2 cups milk
- 3 eggs
- 150 g sugar
- 50 g flour
- salt

Cut bread into little cubes, add boiled milk and mix well together with cinnamon and cocoa powder.

In a bowl break the eggs, add salt, pepper and mix well incorporating also the flour.

Gradually add the boiled milk stirring to combine and bring to a boil.

Put bread and cream into a rectangular cake pan and cool in the fridge for 2 hours.

Cut in slices and serve with vanilla sauce.



150 min



ZELTEN



Ingredients

- 500 g soft dried figs
- 70 g Malaga raisins
- 40 g pine nuts
- 40 g Sultanas
- 40 g Almonds
- 40 g walnuts
- 40 g hazelnuts
- 100 g sugar
- 250 g flour
- 80 g butter
- 16 g baking powder
- 3 eggs



90 min



Cut all the dried fruit and leave them overnight in a bowl with 2 cups rum. Beat the egg yolks with the sugar. Add the melted butter and dried fruit, then the flour and baking powder. Add whipped the egg whites. Put the dough into the pan and decorate with dried fruit. Brush with egg yolk and bake at 180 degrees for 40 minutes.

The first recipe of Zelten goes back to around 1700. The word "Zelten" comes from the German word "selten" which means "rarely" because the "Zelten" was and is prepared only once a year, exclusively for Christmas.

APFLKIECHL



Desserts

Ingredients

- 1/8 l milk
- 100 g flour
- salt
- 1 egg
- 10 g sugar
- 1/2 dessert spoon rum
- 6-8 medium sized apples
- fat for frying

Mix the flour, salt and milk and add the egg, sugar and rum. Beat the mixture to obtain a thick batter. Peel and core the apples, cut them into slices 1/2 cm thick. Dip these slices into the batter and fry them in hot fat. Drain the fritters on greaseproof paper, sprinkle with cinnamon and sugar and serve them hot.

In some parts of Tirol, the batter is made with white wine or beer instead of milk.



25 min



SCHEITERHAUFEN

Desserts



Ingredients

- 6 stale rolls or stale white bread
- 1/8 l milk
- 2 eggs
- 1/2 kg apples
- 30 g raisins
- 30 g almonds
- 80 g butter
- 80 g sugar



60 min



Slice the rolls thinly, whisk the eggs, sugar, milk and half of the butter (heated) and pour this mixture over the bread. Peel and core the apples, cut them into thin slices and mix with raisins and almond slivers. Grease a fireproof dish and place layers of the bread mixture and the apples in this dish, finishing with a layer of the bread mixture. Dot with the remaining butter and bake the pudding for 30 – 40 minutes in a moderate oven until it is golden brown.

MOOSBEERNOCKEN



Desserts

Ingredients

- 3 eggs
- 150 g flour
- 200 g blueberries
- 50 g butter
- Pinch of salt
- 1/8 l milk

Mix the milk, flour, eggs and salt. Add the well-drained berries carefully to the mixture. Heat the butter in a pan and put spoonfuls of the mixture, about the size of the palm of a hand, into the hot fat, ensuring that there is enough space for each pancake to spread out. Fry on both sides and serve with sugar and/or cinnamon.

These pancakes are in fact a variation of the famous “Kaiserschmarren”, a chopped pancake with raisins in the dough instead of berries and fried in one piece. After turning it over in the pan, it is cut into small pieces with two forks, sprinkled with icing sugar and usually served with cranberries.



20 min



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MUSTIKAJOOK

Drinks



Ingredients

- 100 g blueberries
- 500 ml milk



10 min



Crush the blueberries in a blender. Add milk to the berries and stir. Enjoy!

JÄÄTISE-ÕUNA KOKTEIL



Drinks

Ingredients

- 200 ml vanilla ice cream
- 200 ml apple juice

Put ice cream and apple juice into the jar. Blend. Pour into glasses. Drink through a cocktail straw.



10 min



JÕHVIKAKISSELL



Ingredients

- 300-600 g cranberries
- 2 l water
- $\frac{3}{4}$ -1 glass of sugar
- 2-3 tablespoon of potato-starch



15 min



Put water, sugar and berries into a pot. Boil it 4 minutes. Mix potato-starch with some cold water. Add it to the liquid and bring it to boil. Cool it and drink!

SCIROPPO SAMBUCO



Drinks

Ingredients

- 5 lemons
- 10 elder flowers
- 4 cups cold water
- 1 kg sugar

Cut lemon into pieces, add the elder flowers and leave them in a bowl for 24 hours.

Filter and add the sugar.

Mix well until sugar dissolves.

Mix some elder syrup with water and serve.



25 hrs



SUCCO DI MELA



Ingredients

- *apples*
- *water*



15 min



Peel the apples and cut into slices, removing the core. Transfer them to a blender and make into a smooth pure.

Pour this into a dry airtight container and store in the fridge. To make juice take a glass and put a few ice cubes in them. Now add a small amount of apple juice and fill it with water. Enjoy cold.

SUCCO D'UVA

Ingredients

- *grapes*
- *water*
- *lemon*



Drinks

Blend the grapes with water in a blender, strain the juice, squeeze lemon over it and stir with a spoon.

Pour prepared grape juice into serving glasses and serve adding ice-cubes.



15 min



LÖWENZAHNSIRUP



Ingredients

- 2-3 hands full of dandelion blooms
- 0.5 l water
- 400 g sugar
- 1 teaspoon citric acid



30 min



Boil the blooms in a saucepan and let them simmer at low heat. After a quarter of an hour, add the sugar and boil the liquid again. Add citric acid. Fill the syrup in a bottle and close.

The honey-tasting syrup has a “blood purifying” effect and is good medicine against cough.

HOLLERBEERENSIRUP

Ingredients

- 1,5 kg elderberries
- $\frac{3}{4}$ l water
- 1,5 kg Syrup sugar for red berries (or just sugar!)
- 1 vanilla stick
- 2 cloves



Drinks

For the elderberry syrup wash the elderberries and streak them from the stalks. Boil the berries with the water, vanilla stick and cloves in a large saucepan for about 10 minutes until the berries burst open. Cool the liquid. Add the syrup sugar and leave the liquid at a cool place overnight. Stir the juice well again (sugar should dissolve), then run through a large sieve. Remove the vanilla stick and cloves, squeeze out the picked berries using a suitable cloth. Run the berry syrup again through a fine sieve or cloth and leave to boil for about 3 minutes. Fill the hot elderberry syrup into clean bottles.



15 hrs



APFELPUNSCH



Ingredients

- 1 orange
- 30 cloves
- 3/4 l currant juice
- 1 l apple juice



40 min



For the apple punch first wash the orange, cut in half and spike the halves with the cloves.

Pour the apple and currant juice into a cooking pot and heat with the spiked orange halves, but do not boil.

Remove from heat and leave to stir for 15 min.

Heat again briefly, remove the orange halves from the apple punch and serve the punch hot.

You can also add a lemon for a fruity flavour.

