



Mitmischen und
(etwas) bewegen

Recipe Book Netfami

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Dear professionals and parents,

We have put together a small, but efficient guide for you, which should guide you through some enjoyable hours in the kitchen.

Our common goal is to involve all participants in the shopping, preparation and cooking of the meals. Parents and children should experience how enriching creating and eating homemade meals can be.

With around 100 participants, it is also a good idea to have a total of five to six „helpers“ who can communicate a balanced and healthy food concept to everyone.

For groups of approx. ten people, one person as a „helper“ is more than enough.

The selection of dishes is designed so that everything is easy to cook and prepare yourself. After all, a healthy and balanced diet is important.

For us, a balanced and healthy diet means a range of colorful foods. The variety of colors indicates that they are rich in vitamins and nutrients, in line with the motto „A feast for the eyes.“

A balanced and healthy diet is low in meat and avoids table sugar wherever possible and includes a selection of proteins, carbohydrates and good fats, e.g., canola and olive oil. It is also essential to drink 1.5 liters of sugar-free drinks per day. Taking your time and eating with company is also important.

Utensils & general notes

In general, recipes are calculated for approx. ten people. This makes it easy to adjust the recipes to the number of hungry mouths to feed.

Important note: When buying food, please bear in mind that you will need to buy approx. 10% more. When preparing our meals, there is a constant cleaning loss of approx. 10%.

One tablespoon (T) corresponds to approx. 15 ml, one teaspoon (t) approx. 5 ml.

- 15x Wooden spoon
- 15x Wooden fork
- 15x Wooden knife
- 15x Paper bowls
- 15x Paper plates
- 25x Napkins
- 15x Cups
- 1x Charcoal /electric grill / pan
- 1x Grill lighter
- 5x Vegetable peeler
- 5x Cutting boards
- 4 rolls Paper towels
- 1x First-aid kit



We offer the following dishes:

- Couscous salad, plus topping
- Child-friendly Greek Kritharaki salad riechischer Kritharaki-Salat
- Cucumber salad
- Veggie skewers
- Pasta salad
- Cheese dip with herbs
- Veggie sticks
- Veggie turnovers
- Curry ketchup
- Infused water



Couscous salad, plus topping

Ingredients for couscous salad:

- o 375 g couscous
- o 3 red bell pepper
- o 1 bunch flat-leaf parsley
- o 1 cucumber
- o 3 tomatoes
- o 6T canola oil
- o 1T vegetable broth
- o Pinch salt/pepper/curry powder/cinnamon (more to taste)
- o Juice of one lemon

Utensils

- 1x Bowl
- 1x Pot
- 1x Colander
- 1x Serving spoon
- 1x Whisk
- 1x Knife
- 1x Peeler
- 1x Hand grater
- 1x Cutting board



Couscous salad, plus topping

Preparation:

Cover the couscous in the pan with a finger's width of water and add the vegetable stock.

Leave to simmer over low heat so that the couscous can slowly absorb the liquid.

Finely chop the parsley, julienne the bell pepper, peel the cucumber lengthways and cut into larger cubes; slice your tomatoes into chunks.

Drain the couscous in a sieve, leave to cool, fold in the chopped vegetables and some of the parsley, before adding the lemon zest. Then mix the spices, oil and lemon juice and then add to the couscous.

Mix well and serve with the rest of the parsley for added color.



Kritharaki salad

Ingredients for Kritharaki salad:

- o 500g Kritharaki pasta (rice-shaped pasta)
- o 200g Feta
- o 3 red bell peppers
- o 1 bunch flat-leaf parsley
- o 2 spring onions
- o 100g black olives (de-pitted)
- o 3T sunflower seed oil
- o 100ml olive oil
- o A pinch of salt/pepper/oregano (more to taste)
- o Lemon juice from one lemon, mustard and a dash of vinegar

Utensils

- 1x Bowl
- 1x Pot
- 1x Colander
- 1x Serving spoon
- 1x Whisk
- 1x Knife
- 1x Peeler
- 1x Hand grater
- 1x Cutting board
- 1x Bowl



Kritharaki salad

Preparation:

Cook the pasta in plenty of boiling salted water until al dente, drain and mix with a little olive oil in a large bowl. Mix the crumbled feta and the bite-sized peppers, olives and spring onions into the rice noodles.

For the dressing, mix the lemon juice, a little lemon zest, vinegar, oregano and mustard in a small bowl. Gradually add the olive oil. Season to taste with salt and pepper, then leave to infuse. Add a little sugar if necessary.



Cucumber salad

Ingredients for cucumber salad:

- o 2 large cucumbers
- o 1 bunch/package of dill
- o 2 spring onions
- o 120ml olive oil
- o 2T balsamic vinegar
- o ½ lemon
- o A pinch of salt/pepper (more to taste)

Utensils

- 1x Bowl
- 1x Vegetable slicer
- 1x Hand grater
- 1x Serving spoon
- 1x Knife
- 1x Peeler
- 1x Cutting board



Cucumber salad

Preparation:

Wash the cucumbers unpeeled, as the vitamins and nutrients are in the bowl. Finely slice the cucumbers. Cut the onions into small cubes and finely chop the dill. Place everything in a bowl, add the zest of half a lemon, the lemon juice and all the other ingredients and leave to infuse for approx. 15 minutes.



Veggie skewers

Ingredients for veggie skewers:

- o 1 eggplant
- o 2 bell peppers (yellow and red)
- o 1 zucchini
- o 2 spring onions
- o A pinch of paprika/salt/pepper/sugar (more to taste)
- o Olive oil

Utensils

- 10x Skewers
- 1x Bowl
- 1x Serving spoon
- 1x Knife
- 1x Peeler
- 1x Cutting board
- 1x Brush
- 1x Grill or grilling pan



Veggie skewers

Preparation:

Cut the vegetables into bite-sized pieces. Add all the ingredients to the bowl, mix with salt, pepper, paprika powder and sugar and leave to stand for approx. 10 minutes. Skewer the vegetables and brush with a little olive oil, then grill or fry in a grill pan.



Italian pasta salad

Ingredients for Italian pasta salad:

- o 500g penne/ fusilli pasta (whole grain or lentil pasta)
- o 200g cherry tomatoes
- o 50g sun-dried tomatoes
- o 1T sunflower seeds
- o 1 bell pepper (yellow)
- o 1 whole basil plant
- o 1 glass green pesto (190g)
- o 4T olive oil
- o 2T balsamic vinegar
- o A pinch of salt/pepper/sugar/paprika (more to taste)

Utensils

- 1x Bowl
- 1x Pot
- 1x Colander
- 1x Serving spoon
- 1x Knife
- 1x Peeler
- 1x Cutting board



Italian pasta salad

Preparation:

Cook the pasta in salted water until al dente, drain and leave to cool. Quarter the cherry tomatoes, cut the peppers into thin strips and finely chop the dried tomatoes and basil. Slowly fold in the pesto, oil, vinegar and spices. Finally, top with the sunflower seeds as a garnish.



Cheese dip with herbs

Ingredients for cheese dip with herbs:

- o 750g skimmed quark
- o 150g yoghurt (1.5%)
- o Garlic clove
- o 1 bunch flat-leaf parsley
- o ½ bunch dill
- o A pinch of paprika/salt/pepper/sugar (more to taste)
- o Lemon juice

Utensils

- 1x Bowl
- 1x Serving spoon
- 1x Knife
- 1x Peeler
- 1x Cutting board



Cheese dip with herbs

Preparation:

Mix the yogurt and quark together well. Roll the lemon back and forth on the work surface to give it more juice, squeeze it out and add the juice to the quark. Add the finely chopped garlic and herbs and stir well. Season to taste with salt, pepper or chili.

Place the quark in the fridge for at least an hour to infuse. Stir again before serving and season to taste.



Veggie sticks

Ingredients for veggie sticks:

- o 4 carrots
- o 2 bell peppers (yellow and red)
- o 1 kohlrabi
- o 1 large cucumber

Utensils

- 1x Large plate
- 1x Serving spoon
- 1x Knife
- 1x Peeler
- 1x Cutting board
- 1 box Toothpicks



Veggie sticks

Preparation:

Cut the top and bottom off the kohlrabi and remove it from the bowl. Wash the vegetables and cut into bite-sized strips. Scrape out the cucumber seeds with a spoon, otherwise they will be too soft and wobbly.



Veggie turnovers

Ingredients for veggie turnovers:

- o 1 zucchini
- o 1 bell pepper (red)
- o 1 eggplant
- o 250g Feta
- o Rosemary
- o 3T olive oil
- o A pinch of pepper/salt/paprika (more to taste)

Utensils

- 1x Spoon
- 1x Cutting board
- 1x Bowl
- 1x Knife
- 1x Grill/grilling pan
- 1x Aluminum foil



Veggie Turnovers

Preparation:

Cut the vegetables into coarse but bite-sized pieces and add to the bowl. Grate the feta cheese over the vegetables with your hands. Stir in the spices, pluck the rosemary and fold in with the oil. Tear the aluminum foil into small pieces and fill with the vegetables as desired to create small pouches. Cook either on the grill or in a pan.



Curry ketchup

Ingredients for curry ketchup:

- o 2 shallots
- o 0.33L orange juice
- o 3T olive oil
- o 1T soy sauce
- o 250g sieved tomatoes
- o A pinch of salt/pepper/chili powder (more to taste)
- o 2t curry powder
- o 100g sugar

Utensils

- 1x Pot
- 1x Wooden spoon
- 1x Immersion blender
- 1x Knife
- 1x Cutting board



Curry ketchup

Preparation:

Finely dice the shallots and sauté in olive oil. Then add the strained tomatoes and simmer. Add the soy sauce, orange juice, salt/pepper and curry powder and continue to simmer over low heat for 45 minutes. At the end, puree everything once and season with a little chili powder if required.



Infused water

Ingredients for Infused water:

- o Cucumber
- o Mint
- o Lemon/orange
- o Raspberry/blueberry

Utensils:

- 4x Water carafe
- 1x Peeler
- 1x Cutting board



Infused water

Preparation:

Halve the orange and lemon. The mint can be used whole. Cut the cucumber into coarser slices. Leave the blueberries and raspberries whole and fill the carafes with the different ingredients.



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