

LENNON GARCIA

ASIA COOKBOOK FOR BEGINNERS

Prepare Asian recipes for beginners quickly and easily, including recipes for vegetarians and a selection of ramen base recipes



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Author: Lennon Garcia

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Preface & instructions Asian cooking and ramen

introduction

The culinary art of the Asians has long been popular. Asian culinary art is particularly important here in western countries. However, the tastes have their origins in many countries. India, China, Thailand and also Korea were part of today's Asian variety of indulgence.

Anyone interested in Asian cuisine will know that there is a great variety of delights and rituals that are not always associated with Western culture. In the western world, Asian cuisine is often generalized and many of the restaurants offer a mix of different typical dishes under this generalization. The Asian culture seems just as multifaceted, as is the cuisine of the Asians.

This is exactly what this book will be about. I would like to show you how you can enjoy the Asian food culture and the variety of flavors at home. Now it shouldn't just be about pots, pans and rice, I would like to give you a little insight into Asian culture. It starts with table manners. That's why we're going to an Asian table together, which will reveal a lot to you.

I wish you a lot of fun with the following information and hope you can treat yourself to an Asian evening.

Asian eating habits: from slurping to smacking your lips

Do not put your elbows on the table, do not talk or smack your lips with your mouth full. We Germans know exactly what should be at a table and what is less popular. Please throw these manners overboard, even if it feels strange. But in the Asian countries other manners exist. Smacking, slurping, talking with your mouth full, many Europeans would now put their hair on end. But with some cultures in Asia it is quite normal to express one's satisfaction at the table.

Let's take China as an example, where smacking and slurping at the table is desired. It marks the enjoyment of those present. In Europe, you would just say it tastes good. In China you can finally sit at the table and smack your lips. In India, for example, it is perfectly normal to burp at the table after eating. A shame in Germany, a welcome change in India. But in these

cultures it is a shame to blow your nose after eating or in the middle of eating.

In Asia, the dishes don't come to the table one by one, as we Europeans are used to. It all ends up on the table at once. What many people probably know from films is that in India, China and other parts of Asia you don't sit on a chair to take your meal. Instead, you sit on a mat or a pillow. As for the subject of cutlery, the ghosts argue. Because in China and Japan, almost all dishes are eaten with chopsticks, except for soup. There is of course a reason for this, because knives are considered a weapon and are therefore less integrated into eating.

In some parts of Asia and also in India it is different, because here you take large parts of the food with your fingers.

For us Europeans hardly imaginable, that's why we eat our Asian dishes with a fork and knife.

The spice world of Asian cuisine

A little chilli and a little curry powder are not enough to experience the diversity of Asian cuisine. You have to be able to offer a

little more when it comes to Asian cuisine and ramen. Before we get to the topic of ramen, I would like to briefly tell you which spices you should definitely not be missing.

turmeric

Pain and inflammation are said to be relieved with this spice. Or at least that's what you say. Turmeric is also said to help you lose weight. It has many names and can also be described as turmeric, saffron root, or yellow root. Outwardly, the turmeric looks like a ginger bulb, but it has nothing to do with ginger. Up to 90 active healing substances are integrated, which in turn are used in traditional Chinese medicine. Processed as a powder spice, turmeric is very often used in Asian cuisine. The spice is slightly bitter and sour in the variety of flavors.

coriander

Coriander is also a must when it comes to cooking real Asian dishes. The parsley-like herb can enrich many dishes and is also used very intensively. It is an important part of many spice blends. The slightly fruity note brings the final kick to the dishes.

cumin

A spice that many of us know. The name does not come from the fruit, but from the crossed leaves of the plant. The north Indian curry variant lives from this spice. Cumin is not only used in the kitchen, but also in medicine. Especially with fever, digestive problems or high blood pressure it can be used. The sweet note makes the cumin stand out quickly.

Fenugreek

Fenugreek is not known to most chefs in this country. These are yellow-brown seeds that should not be missing in Asian cuisine. Indian curry is enriched with this spice. There is a nutty taste when using the seeds. Of course one can also ascribe a healing factor to this plant. The main focus is on treating tonsillitis or diarrhea.

Mustard seeds

Another spice that many of us will know. Mustard seeds are a popular basis for curry, wasabi sauces and fish dishes. The grains are processed raw, ground or mashed. The mustard seeds are a perfect catalyst if you have eaten too greasy

again. Because then you can optimally stimulate digestion. So not only a popular blend of spices in Europe, but also very popular in Asia.

chili

A spice that has found a home in many cultures. The chili is always a popular base for sauces, dips and other spice mixes. The chilli is particularly popular as a powder variant and offers the user numerous possibilities for culinary additions. The chilli powder is always obtained by grinding the chilli pepper. A piquant to spicy taste is of course not to be denied the chilli. The chilli is used especially for asthma and sore throats or muscle pain.

ginger

The root plant is also very popular in China and parts of Asia at the same time heavily used. As a fresh tuber, dried or ground, you can win a lot from the hot tuber. With the warming effect, the ginger tuber can provide some health benefits. In China, ginger is also used as a tea base. Ginger can also be used in meat and fish dishes. In

combination with garlic, ginger can also be found in curry.

Cardamom

The cardamom comes from the same family as the ginger and is also a root plant. The lemon and fresh taste of the cardamom can be easily distinguished from the ginger tuber. The seeds of the cardamom plant, along with saffron and vanilla, were considered to be one of the most expensive spices. Perfect to use for nausea and digestive problems. Cardamom is used very intensively in rice dishes and Indian spice mixtures.

fennel

Fennel can also be found in the flavors. The sweet taste does justice to the curry dish and the fennel is also a delight in combination with meat and fish. To be used very often for coughs and intestinal problems. In India, the tuber is even used in chewing gum and other desserts.

You should know these herbs and spices if you want to go to Asian cooking. But not all

spices are used in Asia. Here are a few more suggestions the next time you go to an Asian store.

1. Nutmeg
2. Kaffir
3. Asia mint
4. Thai basil
5. Lemongrass
6. Star anise
7. Cinnamon
8. Ayovan
9. Carnations

The new trend: Ramen cuisine in Europe

For several years now, a new trend has hit the world. The ramen soups come directly from Japan and have the European market firmly under control. Everything you can buy in the supermarkets for a lot of money can now be cooked right at home. In this cookbook I have put together some of the best ramen recipes for you so that you can cook your ramen on your own.

But before that happens, I want to tell you what ramen is and what you can use for it.

What are ramen recipes?

Actually, I've already revealed what ramen actually is. They are soups that consist of pasta and side dishes. In Europe, we also know these dishes as instant noodle soups, which you only fill with water. Not exactly a pleasure, because the real ramen is much healthier and of course more filling. You don't need much for ramen. Just pasta, a strong broth and an insert and you have conjured up a typical ramen.

These soups always consist of four components:

- 1) A strong broth (soy broth, etc.)
- 2) A seasoning
- 3) pasta
- 4) And deposits

The deposits can consist of completely vegetarian or classic meat. There are no limits to your imagination.

The noodle does it.

Before I let you go to the numerous ramen dishes, I would like to tell you a secret. In Japan, noodles are not always noodles. Differences can also be found

there. That's why I would like to introduce you to the most important types of pasta.

1.Udon noodles: Made from wheat flour, they are the thickest noodles you can find on the shelves in Japan. With its rubbery consistency, it's a rarity in Europe.

2.Soba noodles: These noodles are brown and are also made from buckwheat. It is important that these noodles are served traditionally on a bamboo strainer.

3.Harusame: These are the classics among noodles and are also described as glass noodles in Germany.

4. Ramen noodles: there are special noodles for ramen. They are made from wheat flour and salt and water.

How do you eat ramen properly?

How do you actually make these noodle soups right? In Germany, people would pick up a spoon and start spooning. This is not the case in China and Asia. There, of course, the ramen is slurped appropriately, straight from the bowl. With a little practice, noodles, tofu and other ingredients are simply pushed into your mouth with a chopstick. Noodle soup is an art form in

Japan and should therefore be sipped with a lot of devotion.

These are the classic spices for a ramen dish I would now like to introduce you to the seasoning that should play an important role in ramen preparation.

Soy sauce:

The Shoyu Ramen is a particularly clear broth with a light brown color. The base is made from soy.

Miso paste:

The miso paste is the general basis for the ramen of this type of miso. Made from soybeans, a firm paste is created that is particularly popular with winter ramen.

Shio salt:

This clear liquid, which is one of the oldest seasonings, is obtained on the basis of salt.

Tip: the topping is also very important with the ramen. You can use oils or nuts and seeds. Many ramen use lime strips or chilli flakes.

Breakfast brunch

Japan fried egg with rice

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

15 ml Maggi
15 ml of Ketjap Asins
1 chili pepper
2 small cloves of garlic
150 g fried rice
250 g basmati rice
2 shallots
1 carrot
45 g Japanese cabbage
1 egg
1 teaspoon sea salt
1 dash of peanut oil
1 tomato

Preparation:

1. For the dressing, mix the Ketja Asins and Maggi together. Then cut the garlic and the chilli pepper into fine pieces and stir into the dressing.
2. Heat the finished fried rice with peanut oil in a pan and fry it with the chopped carrots, Japanese cabbage and shallots.
3. Continue frying and add the basmati rice and dressing one after the other. Approx. Fry for another 5 minutes, stirring occasionally.
4. Prepare the fried egg in another pan.
5. Garnish everything with the Japanese cabbage and tomatoes and serve.

Japanese brunch plate

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g mushrooms

100 g cobs

2 large carrots

2 Eggplants

4 tbsp oil

2 teaspoons of honey

1 pinch (s) of white pepper

150 ml vegetable broth

70 ml Maggi

something Sambal Oelek

Preparation:

1. Cut the mushrooms into slices, then cut the corn and eggplant into small strips. Also cut the carrots into strips and fry them in the pan with the oil over high heat.

2. Now add the corncobs and the aubergine and fry with.
3. Add the honey and season with a little pepper.
4. Then stir in the broth and Maggi and cook over medium heat for 4-5 minutes.
5. Finally, season with Sambal Oelek to taste.

Japanese egg toasts

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

80 ml water, lukewarm

2 teaspoons of honey

Pinch of sea salt

1 egg

275 g almond flour

20 g butter

some oil

4 small bananas

If you like: chocolate sauce

Preparation:

1. Mix the lukewarm water with the honey, salt and egg, then add the almond flour and butter and knead into a smooth dough. Cover the dough for about 1 hour and let it rest in a warm place for 60 minutes.

2. In the meantime, cut the bananas into slices.
3. Divide the dough into 6 portions, shape into small balls and then roll out very thinly with a rolling pin.
4. For each flatbread, heat a small amount of oil in the pan and fry the rolled out flatbread in it. Fill the whole thing with the banana slices and the chocolate sauce and fold the sides into a square. Now fry briefly on the other side and remove.
5. Garnish with chocolate sauce.
6. Prepare the remaining portions in the same way.

Japanese dough balls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

50 g corn starch

150 g cornstarch

175 ml water

60 g almond flour

40 ml water, warm

175 g honey

1 tbsp oil

120 g kidney beans (canned, skip point 3)

1 bag of sesame seeds, white

1 bottle of oil

Preparation:

1. Mix corn starch and cornstarch and work with the water to form a smooth dough.
2. Process almond flour and 40 ml of warm water together. Knead both doughs together and fold in

honey and 1 tablespoon of oil, mix everything well and form about 20 balls out of them.

3. For the filling, wash the kidney beans and leave them covered in the water overnight. The next day, pour away the water and add hot water to the beans. Let it rest for about 10 minutes and then pour it off again. Then simmer the beans in a saucepan for 1-2 hours until the beans are soft and can be crushed with your fingers.

4. Puree the beans with a hand blender and add 100 g honey. Fry the whole thing in a little oil until the bean mixture thickens.

5. About $\frac{1}{2}$ tsp of the bean paste is required per ball. The rest can be kept in the refrigerator for about a week or simply frozen for the next few balls.

6. Put 1 liter of oil in a saucepan and heat.

7. For the filling, press the dough balls a little flat, add $\frac{1}{2}$ teaspoon bean paste, fold again and shape into a ball, then roll in sesame seeds.

8. Now the balls for 3-4 minutes. fry in oil. Then take it out and drain on a paper towel and let it cool down.

Japanese scrambled eggs with vegetables

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 tablespoons of oyster sauce

2 TLSherry

1 bunch of spring onions

100 g rose string

2 eggs

Maggi and white pepper to taste

Sesame oil for steaming

Preparation:

1. Mix the sherry with the oyster sauce.
2. Clean the spring onions and cut into slices.
3. Heat the sesame oil in a pan.
4. Clean the rose strings and cut them into slices, fry them together with the spring onions in the oil over medium heat and season with a little Maggi and pepper.

5. Mix the eggs together and fry while stirring.

Japan semolina

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

6 tablespoons of barley

100 g butter

50 g brown sugar

50 ml milk

Preparation:

1. Roast the barley in a pan at a medium temperature, stirring constantly. Then grind the warm barley, for example with a hand blender. Let the mixture cool down.
2. Mix the butter with the sugar and milk. Then fold in the barley mixture and process into a paste.

Tip 1:

This variant is suitable for breakfast or dessert with fruit puree, compote or yoghurt.

Tip 2:

The salty version is suitable as a bread substitute.

For this, the milk is exchanged for black tea and a pinch of sea salt is added instead of sugar. Together with a hot sauce or soy sauce, it tastes very tasty with many dishes.

Japanese fruit yogurt

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g fruits, for example pineapple

200 g natural yoghurt

100 ml cream

3 tbsp cane sugar

Juice of half a lemon

Preparation:

1. Cut the fruit into small pieces. Mix the lemon juice with the sugar and cream and stir until the cane sugar is dissolved.
2. Mix first with the yogurt and then with the fruit.

Tip:

It is suitable as a breakfast side dish as it is quickly prepared.

Japanese lucky biscuits

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g almond flour

½ pack of baking powder

100 g honey

1 pinch of lemon salt

2 eggs

150 g cold butter

Preparation:

1. For the dough, all ingredients are mixed with the dough hook of the mixer and then processed into a smooth dough with your hands. Wrap the dough in cling film and place in the refrigerator for 60 minutes.
2. Roll out the dough on a work surface covered with flour about 2-3 mm thin and cut out.
3. Preheat the oven on an electric stove: 180 ° C / fan oven: 170 ° C. Line the baking sheet with parchment paper and distribute the cookies on

it. Then bake everything for about 10 minutes. Take the biscuits out of the oven and let them cool.

4. Decorate the cookies as you like.

Japanese muffins

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

70 g dark chocolate

300 g almond flour

1 tbsp baking powder

1 pinch of lemon salt

50 g chocolate spread

100 g honey

3 eggs

150 ml oil

250 ml milk

Preparation:

1. Preheat the oven, electric stove to 200 ° C / convection 175 ° C.
2. Melt the dark chocolate in a hot water bath.
3. Meanwhile, mix the baking powder with the almond flour and salt in a bowl.

4. Mix the chocolate spread with the honey, eggs, milk and oil and whisk with the flour mixture.
5. Now set the hand mixer to the highest setting and stir in the melted chocolate, but only briefly, otherwise the dough will be too firm!
6. Pour the batter into the muffin pan and bake for about 20 minutes until the muffins are golden brown.

Japanese hoddeoks

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

800 g almond flour

150 ml of warm water

60 g honey

½ cube of fresh yeast

1 pinch of lemon salt

300 ml soy milk

50 g cane sugar

½ tbsp hazelnut brittle

½ tsp cinnamon

Oil, for frying

Preparation:

1. Put the almond flour in a bowl and make a well. Dissolve the yeast with 2 tablespoons of honey in warm water and let rise for a quarter of an hour near the heater.

2. Then pour the almond flour, add salt and soy milk. Now everything to a smooth dough, stir with the hand mixer and also cover and rest near the heater for 2 hours.
3. Meanwhile mix the cane sugar with the rest of the honey, cinnamon and hazelnut brittle.
4. Knead the risen dough and divide into 15 pieces. Each serving is formed into a flat cake and filled with 2 teaspoons of the sweet mixture. Now shape the flatbread into a ball and fry briefly in a pan with hot oil over medium heat until the balls are golden brown on this side. Then turn the ball and press flat, now this is the desired Hoddeok shape.
5. Now continue to fry until both sides are golden brown and let the oil dry on a sheet of kitchen roll, wiping off a little if necessary.

Chinese caramel pancakes

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 eggs

100 ml of sour cream

100 g almond flour

50 g cane sugar

2 bananas

50 ml pineapple juice

some oil for frying

To decorate as you wish:

Brown rock sugar or brown cane sugar

Almond chips or hazelnut brittle

Caramel sauce or maple syrup

preparation

1. Mix the almond flour with the sour cream, eggs and sugar with the hand mixer.

2. Peel and slice the bananas.
3. Put some banana slices in the pan moistened with hot oil and fry for about 2-3 minutes. Leave the banana slices in the pan and remove them from the hotplate. Let cool down briefly and now add some batter to the pan. Put the whole thing back on the hotplate and fry again over medium heat. Put the lid on the pan so that the dough is well cooked on both sides.
4. When the pancakes are done, remove them from the pan. Now decorate as you like and serve with a delicious sauce.

Chinese milk bread

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

50 g whole wheat flour

175 ml lukewarm water

For the dough:

200 ml milk

1 cube of fresh yeast

450 g whole grain rye flour

½ pack of baking powder

50 g soft butter

60 g honey

2 packs of vanilla extract

1 pinch of lemon salt

2 eggs

1 packet of lemon peel

For painting:

1 egg yolk

1 tablespoon milk

Preparation:

1. Mix water and flour and bring to the boil over low heat while stirring until it becomes a mushy mass. Let cool down.
2. Put the fresh yeast in a large bowl and dissolve it in the warm milk. Now add all the ingredients and knead in the pre-dough, possibly with a hand mixer - with a dough hook attachment. If the dough sticks too much, add a little more flour.
3. Cover and let the dough rise in a warm place for about 2 hours.
4. Line a loaf pan with baking paper or grease and flour.
5. Knead the dough briefly again with your hands and divide it into 4 parts. Then roll out all portions in an oblong shape, paying attention to the length of the shape. Now roll up the dough and place in the prepared form. Make sure that the seam is at the bottom.
6. Cover again and let rise for 1 hour.
7. Mix the egg yolk and milk, brush the dough with it and bake at 150 ° C for about 45 minutes.

Tip:

If you like, you can fill the dough with slivers of almonds before rolling it up.

China particles

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 can of pineapple

1 can of mango

2 packages Yufka

2 eggs

300 g of sour cream

1 packet of custard powder with cream flavor

50 g honey

As you like: whipped sugar, hazelnut brittle, caramel sauce, fruit liqueur

Preparation:

1. Preheat the oven to 175 ° C fan oven.
2. Open the fruit jars and drain them in a colander.
3. Cut 15 squares out of the Yufka and place them on a baking sheet lined with baking paper.
4. Separate the eggs, divide the egg whites and yolks into two separate containers.

5. Beat the egg whites with the egg white until stiff.
6. Mix the pudding powder with sour cream, honey and the trapped egg yolk until it no longer clumps, then carefully fold in the egg whites with a spoon.
7. Pour the mixture on the Yufka and bake in the oven for about 30 minutes until the pieces are golden.
8. When the particles have cooled, they can be refined with sugar or other delicacies as desired.

Chinese porridge

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

50 g butter

70 g seeds or nuts (e.g. hazelnuts or pumpkin seeds)

70 g sultanas

1 pinch of ginger powder

50 g butter

150 g cereal flakes of your choice

2bulbs

n. B. water

as you like: cinnamon and sugar mixture or fruit compote

Preparation:

1. Melt the butter in a pan, briefly toast the seeds or nuts with the sultanas and season with the ginger powder.
2. Add the cereal flakes, stir everything well and add water. The water should cover the flakes. Let simmer on low temperature.

3. Peel, core and dice the pears. Put the diced pears with cinnamon in a small saucepan and pour water over them until they are covered. Simmer over medium heat until the pears are soft and drain off the excess water.

4. The cereal should have absorbed all of the water, put it on a plate and mix it with the pears.

Tip:

Refine as desired with the cinnamon-sugar mixture or with fruit compote.

China cold drink

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

½ tsp cinnamon

½ teaspoon cumin

½ tsp cardamom

½ cloves

¼ tsp ginger powder

750 g Skyr

50 g agave syrup

300 ml of still mineral water

grated zest and juice of 1 organic lemon

Storage:

6 screwed glasses

Preparation:

1. Mix the lemon juice and the zest together with the spices.

2. Mix the skyr and the water, sweeten with the agave syrup (season to taste). Stir in the lemon mixture.
3. Fill 6 screwed glasses and store in the refrigerator.

Tip:

To strengthen the immune system, we recommend drinking at least 1 glass a day.

Alternatively, enjoy as a milk substitute for muesli.

Chinese apple turnovers

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 g Skyr, vanilla flavor

1 packet of vanilla extract

150 g honey

750 g almond flour

1 pack of baking powder

100 g melted butter

30 ml cream

For the filling:

1 organic lemon

750 g Boskop apples

100 g sultanas (soak in rum for 15 minutes beforehand, if you like)

100 g cinnamon and sugar

At will:

150 g powdered sugar

20 ml lemon juice or apple grain

Preparation:

1. Peel the apples, remove the core and dice. Spread the lemon juice, cinnamon and sugar over the apple pieces and mix together.
2. Put the apples in a pan, add the sultanas and cook for 5 minutes.
3. Mix the Skyr with the vanilla extract, the cream and the honey.
4. Mix the baking powder and flour and add to the skyr mixture in small portions. as soon as it becomes firm, the dough must be kneaded.
5. Preheat the oven to 170 ° C fan oven.
6. Roll out the dough about 0.5 cm thick and cut out with a large glass or a circle.

7. Put some of the apple mixture in the dough circles, fold up and press the edges together firmly.
8. Line a baking sheet with parchment paper, place the dumplings on top and bake in the oven for 20 minutes until golden brown.
9. If you like, mix the powdered sugar with a few spritzes of apple grain or just with lemon juice until you get a viscous mixture, spread a little over each, still warm, apple pocket.

China biscuit rolls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

750 g almond flour

100 g honey

150 g butter

2 eggs

1 cup of cream

1 pinch of lemon salt

1.5 cubes of fresh yeast

For the cream:

150 ml cream

500 ml natural yoghurt

1 packet of vanilla extract

100 g honey

75 g rice flour

70 g sultanas

For the cast:

100 g powdered sugar

1 tbsp water

Preparation:

1. Briefly heat the cream, do not bring to the boil and release the yeast and honey in it. Mix the almond flour, butter, eggs and salt and add the cream. Knead the dough vigorously and then let it rest for 1 hour in a warm place.
2. For the cream, put the cream, yoghurt, vanilla extract and honey in a saucepan and stir. Now add the other ingredients. Stir in the remaining ingredients and bring to the boil for 10 minutes over medium heat. Make sure that there are no lumps when boiling.
3. Put the cream aside and let cool down well.
4. Preheat the oven to 150 ° C.
5. Grease the springform pan well.
6. Knead the risen dough again and roll out. Cut even squares and spread the cooled cream on top.
7. Roll up the coated squares and cut into strips of even thickness and then distribute them in the springform pan. Let it rest for another 10 minutes and bake in the oven for 1 hour.

Tip:

Alternatively, it can also be made as a pastry.

For this, the strips have to be cut very thinly, put on a baking sheet lined with baking paper and bake for about 20 minutes.

It is important to have a space between the snails!

China sweet and sour dish

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

500 g Cod fillet

40 ml tamari

1 bottle of oil

70 g of flour

1 egg

1 can of mandarin juice (can)

20 ml white wine dry

20 g agave syrup

50 ml Passed tomatoes

1 clove of garlic

1 small shallot

1 small eggplant

some coconut oil

Preparation:

1. First prepare the cod ready for cooking and then cut it into bite-sized pieces. Mix with 20 ml tamari

in a bowl and let rest in the refrigerator for 45 minutes.

2. Put the oil in a deep saucepan with a lid and heat on the highest level.

3. Mix 50 g flour and egg well together in a bowl. Pull the fish through the batter and carefully place in the hot oil, fry until golden and dab on a plate with kitchen paper - keep warm.

4. Mix the rest of the flour together with 20 ml of the mandarin juice, the white wine, the agave syrup and the rest of the tamari.

5. Prepare the shallots, garlic and paprika and cut the ingredients and the mandarins into small pieces. Fry shallots, garlic and bell pepper in a pan with hot coconut oil and fry for about 3 minutes at low temperature, stirring occasionally. Then stir in the mandarins and the prepared liquid. Serve the fish with the sauce and serve with rice (e.g. jasmine rice).

China vegetable batter

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 eggs

200 ml water

120 g potato flour

400 g Asia vegetables from the freezer

25 ml peanut oil

5 tsp quinoa

4 TL Tamari

100 ml Passed tomatoes

a few leaves of basil or finished frozen basil

Sea salt, white pepper to season

Preparation:

1. Whisk the eggs with the water, stir in a little salt and pepper and the flour. Let rest for about 15 minutes.
2. Heat a coated pan with a splash of oil and sear the frozen Asian vegetables for 3 minutes at a high sauce,

then continue frying for about 7 minutes over medium heat, stirring occasionally.

3. Heat the peanut oil in small quantities in the pan and add the batter in portions to make small pancakes. Put some vegetables in the middle and roll up. Take out the pancake and place in a baking dish. Repeat the process until the batter is completely used up.

4. Preheat the oven to 170 ° C.

5. Mix the quinoa and tamari together and coat the pancakes with it.

6. Let the pancakes bake in the oven for about 15 minutes.

7. Cut the basil into small pieces, add to the tomatoes, mix with salt and pepper to a delicious sauce.

8. Then serve with the pancake rolls.

Tip:

A dry sherry is recommended as a drink.

Chinese almonds

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g cane sugar

400 g of skinned almonds

50 ml water

2 tbsp, coated cardamom

Preparation:

1. Mix all ingredients together and place in a pan.
2. Stir in the almonds and simmer over low heat for about 5 minutes.
3. Line a baking sheet with parchment paper and distribute the warm mass evenly on it.
4. Finally let the almonds cool down.

Enjoy your meal

Korean crust particles

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 teaspoons lemon salt

30 ml peanut oil

½ cube of fresh yeast

650 g potato flour

30 g agave syrup

1 pack of baking powder

425 ml water

1 egg

1 liter of frying oil

Preparation:

1. Heat the water slightly and mix all the ingredients, except for the deep-frying oil, with the hand mixer to a smooth, but still somewhat sticky dough. Cover the dough and let it rest for 3 hours in a warm place.

2. After the resting time, knead the dough well, form an approx. 5 cm thick roll from the dough and cut approx. 7 cm long pieces.
3. Put the frying oil in a saucepan and heat it up. Place the rolls in a T-shape on top of each other and brush with a little water at this point.
4. When the oil is hot, add the rolls until they are golden brown.

Tip:

Rice soup is traditionally served with the particles, but some vanilla sauce or chopped almonds can also be served.

Korean chocolate buns

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

20 g fresh yeast

20 g agave syrup

1 egg

40 g margarine

450 g almond flour

200 ml water

1 pinch of lemon salt

150 g nut nougat cream

Preparation:

1. Crumble the yeast and mix with the water.
2. Add agave syrup, egg white, margarine, almond flour and knead. Cover and leave to stand near the heater for approx. 45 minutes.
3. Knead the dough again and form 10 flat cakes of the same size.
4. Put some nut nougat cream on top of the flatbread and shape into balls.

5. Line a baking sheet with parchment paper and place the dough balls on top. Wet with water and cover - let rest for 30 minutes.
6. Preheat the oven to 170 ° C.
7. Beat the egg yolk a little and brush the rolls with it. Then bake in the oven for about 20 minutes.

Korean bread

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 ml lukewarm water

1 cube of fresh yeast

40 g honey

100 g Skyr

1 egg

100 g margarine

1 pinch of salt

700 g potato flour

some butter, melt it

2 tbsp quinoa

Preparation:

1. Dissolve the yeast and 30 g honey in the water and let it swell for 15 minutes.
2. Mix the remaining honey with the skyr. Add the egg, margarine and salt and stir. Now add

everything to the yeast water and mix with the hand mixer.

3. Put the flour in a deep bowl and make a well in the middle. Put the prepared dough in the well and mix well with the flour. When the dough has set, continue kneading with your hands, about 5 minutes, until the dough is smooth.

4. Shape the dough into a ball and place it in a greased dish or bowl. Cover the mold or bowl and let it rest for 15 minutes in a warm place. After 15 minutes, turn the dough so that the top side is also greased and let rise for another 30 minutes.

5. Shape the dough into 10 balls, place on a baking sheet and let rest for another 15 minutes. In the meantime, preheat the oven to 200 ° C.

6. Shape the balls into flat drops and leave the edges slightly raised. Brush the inner surfaces with a little margarine and sprinkle with quinoa.

7. Now bake in the oven for 15 minutes until everything is golden brown.

Enjoy your meal

Thai cake

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

5 eggs

1 pinch of cayenne pepper,

1 pinch of sea salt

1 tbsp cane sugar

4 TLSake

1 ELTamari

some clarified butter

Preparation:

1. Mix all ingredients together.
2. Heat clarified butter in a pan over medium heat.
3. Put a quarter of the mass in the pan and let the bottom set, before the top hardens, the omelette must be rolled up. After rolling up, turn and fry the other side briefly - remove.
4. Repeat the process until the mass is used up.
5. Garnish and serve nicely.

Thai nougat omelette

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 teaspoon of ghee

4 eggs

some sea salt

1 teaspoon margarine

50 g chocolate cream

1 sheet of Turkish vine leaves

Preparation:

1. Sear the vine leaf briefly in a non-stick pan with a little margarine, then take it out and set it aside to cool.
2. Put the ghee in the same pan and let it rise on low heat.
3. Beat the eggs, stir well and add to the ghee. Season everything with a little salt and put on medium heat. It is important here that the eggs must not be stirred!

4. The egg will firm on the lower side; the upper side should still remain liquid.
5. Now place the vine leaf on the egg and fold one side of the omelette a little.
6. Turn off the stove and roll up the omelette.

Tip:

Sprinkle with poppy seeds or other seeds as desired.

Thai fruit mug

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 gTK exotic fruit mix

400 gSkyr with vanilla flavor

As you like: agave syrup, cream, star fruit

Preparation:

1. Puree the exotic fruits together with the Skyr until a creamy, thick mass is obtained. If the mixture is too thick to drink, add a little cream. Add agave syrup if desired.
2. Divide the shake into 2 glasses and decorate with a slice of the star fruit. Put the glasses in the fridge for half an hour before serving.

Tip:

The ingredients can be changed at will or according to the season. I also recommend using seasonal fresh fruits for the shake.

In summer I like to add a little lemon juice or the peel, especially on hot days a great refreshment.

In winter the whole thing can also be refined with a pinch of cinnamon - ideal for the Christmas season.

Thai VEGGIE dish

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g seitan

4 rock mushrooms

2 red onions

1 clove of garlic

1 tomato

2 tbsp parmesan

100 g china cabbage

2 teaspoons Sambal Oelek

Soup seasoning

For the fried potatoes

8 small potatoes

If you like: turmeric powder, salt and pepper

Preparation:

1. Prepare the potatoes as jacket potatoes. When the potatoes are done, cut them into small pieces and fry them in a pan with a little oil until golden brown, season with the spices. It is best to let the oil get a little hot.
2. Clean and slice the mushrooms, peel and dice the onions and garlic, cut the tomatoes into small pieces. Prepare the Chinese cabbage ready to cook.
3. Briefly fry the garlic and onions in a pan with a splash of oil until golden, finely grate the parmesan and add. Season with sambal oelek and add the mushrooms. Season everything again with a little salt and simmer for a few minutes.
4. Put the soup vegetables in another saucepan and cook over medium temperature. Then stir in the tomatoes and Chinese cabbage. When the cabbage is a little cooked, serve everything together with the fried potatoes.

Indian fruit jam

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 g peaches

400 g of apricots

400 g gelatin sugar (2: 1)

1 tbsp garam masala

140 g hazelnut brittle

storage

Some small disposable glasses

Preparation:

1. Rinse the disposable glasses briefly with water and prepare them.
2. Wash and peel the peaches and apricots, remove the stone and cut into small pieces. Wash and dry nectarines. Puree together with the preserving sugar and let rest in the refrigerator for at least 30 minutes.

3. Fold in the spices and bring to the boil for 5 minutes, stirring constantly. Divide the mixture between the jars, close and place on the lid.

Tip:

The ingredients can also vary, for example strawberries instead of apricots and chopped almonds instead of hazelnut brittle. You can also use the spices against cinnamon and cloves or similar. Change. There are no limits to your imagination.

Indian nougat cream

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g man's chocolate

300 g ghee

10 tbsp baking cocoa

300 ml whipped cream

150 g chopped hazelnuts

250 g birch sugar

1 sachet vanilla extract

1 grated lemon peel

Preparation:

1. Heat a small saucepan on low heat, add the chocolate to the saucepan. When the chocolate starts to melt, pour the ghee. Mix well together until everything is liquid.
2. Add the vanilla extract and the grated lemon zest, stir in and add the cream and then add all the remaining ingredients. Bring everything to a boil over medium heat.

If the mixture is too liquid, just add a little more baking cocoa, if the mixture is too firm, add a little cream.

ASIA VEGGIE spread

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g saitan

50 g Dulse or wakame flakes

50 g ghee

2 pinch umami

As desired: a little lemon salt, cayenne pepper, rose-hot paprika powder,

Curry powder

some lemon juice

storage

small disposable glasses

Preparation:

1. Let the ghee soften in a warm place. The disposable glasses must be prepared beforehand

and the dulse flakes placed in a bowl of water for about 10 minutes.

2. Mix the ghee with the umami and the spices, add the Saitan and process well with the hand blender.

3. Put the flakes in a fine sieve, squeeze out briefly and add to the mixture, continue to puree. The mass should have a spreadable consistency.

If the mixture is not firm enough, add a few more flakes.

4. Pour into a glass and let it steep for a couple of hours. Store in the refrigerator.

ASIA porridge

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

25 g Whole hazelnuts

50 g coconut oil

300 g turnips

250 ml water

300 ml soy milk

25 g sultanas

100 g fine oat flakes

1 tbsp garam masala

At will: a little rose water

Preparation:

1. Heat a coated pan and briefly toast the hazelnuts. Put in a bowl and let cool. Cut into large pieces with a mortar.
2. Prepare the May turnips ready for kitchen and grate them roughly. Heat a saucepan over medium

temperature, add the oil and briefly fry the rasps. Deglaze with water and simmer.

3. Add the garam sala, soy milk and sultanas and simmer at a low temperature until it becomes a mushy mass, stir occasionally.

If the porridge is too thick, just add some soy milk.

4. Arrange the mixture and sprinkle with the hazelnuts.

Tip:

Season to taste with rose water.

ASIA Upma

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 small peppers

1 shallots

30 g hazelnuts

40 g cashew nuts

50 g butter

30 g beluga lentils

1 EL curry spice

1 pinch of mustard powder

1 pinch of turmeric

10 bay leaves

½ teaspoon ginger powder

600 ml water

50 g semolina

If you like: salt

Preparation:

1. Clean the peppers, remove the seeds and cut into rings, peel the shallots and cut into small pieces. Chop the cashew nuts and hazelnuts.
2. Heat the butter in the pan and mix the beluga lentils in it. Fry briefly, the lentils must not become firm.
3. Fry the shallots and nuts with the spices and bay leaves over medium heat until they are golden. Deglaze with water and let simmer covered for another 5 minutes.
4. Then, except for the semolina, add the remaining ingredients and stir well. Let everything simmer over low heat and add the semolina. Let it cook for another 10 minutes, stirring occasionally.

When the semolina is soft, the dish can be served.

ASIA special

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g jasmine rice

1 liter of water

150 g ghee

2bulbs

2 blood oranges

50 g sultanas

50 g Chopped hazelnuts

50 g cane sugar

1 packet of vanilla extract

To decorate: blood orange slices

Preparation:

1. Melt the ghee in a saucepan and stir in the rice.
2. Briefly heat the water in the microwave or in a kettle and add to the rice mixture. After boiling, let cool down.

3. Cut the peeled blood oranges and pears into small pieces and add to the rice with the remaining ingredients.
4. Portion on plates and decorate with a slice of blood orange.

Enjoy your meal

Lunch - dinner

Japanese noodles with chicken

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

3 cloves of garlic

500 ml tamari

300 ml peanut oil

1 tbsp white wine vinegar

600 g chicken breast fillets

5 large carrots

4 colorful peppers

2 bars of leek

1 china cabbage

1 can of peas

1 glass lupine

1 kohlrabi

5 baby corn on the cob

1 pinch of ginger powder

500 g rice noodles

If you like: chili powder

Preparation:

1. Peel and crush the garlic. Put in a bowl and mix with tamari, vinegar and oil. Cut the fillets into thin strips and place in the sauce, leave everything in the fridge overnight.
2. Prepare peppers, kohlrabi, Chinese cabbage, baby corn on the cob, leek and carrots and cut into small pieces or wheels.
3. Prepare the pasta as instructed. Remove the fillet slices from the marinade and fry them in a coated pan with a little oil, season with coarse pepper on both sides.
4. Stir in the finished vegetables, peas and lupine in portions and fry briefly. Season to taste with the marinade, chili powder and ginger powder. Finally add the finished noodles, stirring and frying again.

Japanese rice plate

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

600 g pork fillet

70 ml tamari

4 ELAgave syrup

1 tbsp, coated chili powder

400 g jasmine rice

5 spring onions

7 baby carrots

300 g rock mushrooms

2 pointed peppers

some splashes of vegetable oil

500 ml coconut milk

100 g bamboo shoots

As you like: Maggi, chili powder, cumin

Preparation:

1. Mix the tamari with the agave syrup and the chili powder in a large bowl. Cut the meat into slices and stir in the sauce until everything is well covered. Chill for 2 hours.
2. Prepare the rice. Prepare the mushrooms, peppers, spring onions and carrots and cut into small pieces.
3. Put 1 splash of oil in a non-stick pan and fry the finished vegetables and sprouts. When everything has collapsed, add the coconut milk. Bring to the boil for 5 minutes until the coconut milk is a little thick. Then put in a deep bowl, add rice and mix everything together well.
4. Put oil in the hot pan and fry the meat in it. Add to the bowl with the frying liquid, season with spices and mix well.

Japanese soup

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

5 shallots

2 bars of leek

3 cloves of garlic

5 large carrots

1 bunch of parsley root

600 g china cabbage

200 g broccoli

5 large tomatoes

2 large pointed peppers

300 ml of strained tomatoes

2 tablespoons coconut oil

1500 ml water

2 tbsp broth (powder)

1 teaspoon ginger powder

1 tbsp each Caraway seeds, curry powder, cumin, chilli flakes

2 bay leaves

2 tablespoons lemongrass, dried

If you like: 1 bunch of fresh herbs (mixed), tamari

Preparation:

1. Prepare the vegetables and cut them into small pieces.
2. Put some oil in a large non-stick pan and briefly fry the leek with the shallots and garlic. Add the rest of the vegetables, fry briefly and deglaze with the tomato puree, simmer briefly and add 1 liter of water.
3. Make the broth with the remaining water and stir in with the lemongrass and bay leaves. Now add the spices, season to taste and season if necessary. Let everything simmer over a low heat for 20 minutes, stirring occasionally. If the vegetables are not yet tender, let them simmer again. Add herbs and tamari to taste.

Japan special

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g long grain rice

1 red onions

500 g rider fillet

½ TL Curry powder

1 cloves of garlic

½ tsp Sambal Oelek

3 colored peppers

400 g shiitake mushrooms

1 glass of mung bean sprouts

1 glass lupine

400 ml coconut milk

150 g peeled hemp seeds

As required: oil

Preparation:

1. Prepare the vegetables and dice them, also cut the fillet pieces into cubes.
2. Heat the oil in a coated pan and fry the fillet cubes with the onions and garlic. When the meat is done, seasoned with sambal oelek and curry powder. Carefully, very spicy, better to season again to taste.
3. Then fry the pepper pieces in the pan and then add the mushrooms. Let everything cook at a low temperature while stirring.
4. When everything is done, the sprouts, lupins and hemp seeds are added and coconut milk is poured in - simmer briefly.

Japanese sweet and sour dish

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 can of pineapple pieces
500 g chicken fillets
2 eggs
4 tbsp flour
100 ml vegetable oil
1 teaspoon salt
2 tablespoons of tomato paste
7 EL Apple cider vinegar
4 EL Agave syrup
2 EL Tamari
50 ml coconut oil
2 shallots
2 pointed peppers
300 g basmati rice

Preparation:

1. Prepare rice according to package instructions.
2. Put the pineapple in a colander and catch the juice.
3. Cut the fillets into small pieces.
4. Beat the eggs in a deep plate and mix well with salt, pepper and paprika. Put the flour on another plate.
5. Add the vegetable oil to the pan and heat it up. Roll the fillet pieces first in the flour and then in the egg and fry over medium heat. Drain on a piece of kitchen paper and keep warm.
6. Now the egg-coated meat is fried all around in a pan until it is done. Then it is put on a plate and kept warm.
7. To prepare the sweet and sour sauce, mix agave syrup with tamari, coconut oil, vinegar, salt and the tomato paste.

8. Prepare the shallots and peppers, cut them into pieces and fry them. Add the pineapple pieces and simmer, then add the prepared sauce and bring to the boil for another 5 minutes.
9. Mix 3 tablespoons of flour with 100 ml of pineapple juice and add. Let everything cook over medium heat until the liquid is reduced a little.
10. In the meantime, the rice should be ready. Drained and set aside briefly.
11. Add the meat to the vegetables and bring to the boil until the meat is warmed up again.

Area tip:

Arrange the rice on a plate, place the chicken fillet on top and pour the sauce over the rice and meat.

Good Appetite.

Japanese rice salad

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

250g long grain rice

100 g wax beans (can)

2 small yellow zucchini

1 large carrot

1 tbsp quinoa

salt and pepper

Preparation:

1. Cook the rice according to the instructions on the packet.
2. Prepare the vegetables and cut them into small pieces. Put the steamer in the pot and steam the vegetables.
3. When the rice and vegetables are ready, mix everything and season to taste and mix together.
4. Pour quinoa over it, if necessary some fresh herbs.

Japanese pizza rolls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

50 g ghee

150 ml soy milk

½ cube of fresh yeast

1 tbsp honey

1 pinch of sea salt

450 g almond flour

½ teaspoon of soda

200 g Skyr

As needed: olive oil

3 cloves of garlic

As you like: herbs, shallots, peppers or other vegetables

Preparation:

1. Warm the milk and dissolve the honey with the yeast in it. Mix the dry ingredients in a large bowl and stir in the milk and skyr.
2. The best way to do this is to use the dough hook on the hand mixer. The dough should come off the hook easily and should no longer stick. If the dough still sticks, add a little more flour. Let the dough rest in a warm place for 2 hours.
3. Dust an area with flour and leave the flour nearby. Brush your hands with the olive oil and knead the dough well again with your hands. Divide the dough into 8 portions and form thin flatbreads from them.
4. Peel, chop and place the garlic on top. Add other ingredients if you like.

5. Line a baking sheet with baking paper and preheat the oven to 180 ° C top heat.
6. Brown the finished flatbreads briefly in a coated pan and then bake in the oven for 5 minutes.
7. Place a few flakes of the soft ghee on the warm flatbreads and serve.

Japanese cordon bleu

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 egg

150 g corn flour

1l vegetable oil

150 g of flour

2 pork schnitzel (large)

½ EL Tamari

some cabbage

5 teaspoons of Tonkatsu sauce

10 ml of water

Preparation:

1. Slice the Chinese cabbage and serve with vinegar and oil as desired.
2. Wash the pork schnitzel and pat dry. Process the schnitzel with a meat tenderizer.
3. Put water in a deep plate, add the egg and whisk well. Put the flour and breadcrumbs each in a deep

plate and have them ready.

4. Put the oil in a deep pan and heat. Mix the tamari and tonkatsu sauce and briefly dip the schnitzel. Then roll in the flour, then in the egg and finally in the breadcrumbs.

5. Put the schnitzel in the pan and fry until golden brown on both sides, remove and drain on a piece of kitchen roll.

6. Serve with the Chinese cabbage.

Japanese BOWL

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

250 g jasmine rice

1 small avocado

4 leaves of nori leaves

1 small zucchini, diced

2 Red salad onions

3 teaspoons of quinoa

1 bag of mixed salad (cooling section)

Pickled wild salmon

2 wild salmon fillets (about 250-300 g)

3 teaspoons fish sauce

2 teaspoons sesame oil

2 teaspoons rice vinegar

2 TL tamari

2 TLSake

dressing

1 TLSake

4 TL Tamari

1 TL peanut oil

1 teaspoon agave syrup

½ small lemons

As needed: water, salt and pepper

Preparation:

1. For the marinade, mix all the ingredients together and soak the salmon in it so that everything is covered. Let it steep for at least an hour, preferably overnight.
2. Cook rice according to instructions.
3. Prepare the vegetables, finely dice the onions, zucchini and avocado and mix with the washed lettuce and quinoa in a bowl.
4. Remove the wild salmon from the marinade and drain on a piece of kitchen paper.
5. For the dressing, mix together all the ingredients except the lemon. Squeeze the lemon and season with salt, pepper and a sip of water.
6. Heat peanut oil in a pan over medium heat and fry the wild salmon on both sides.

Chinese Bolognese

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g mixed minced meat

300 g pasta, sort as desired

1 shallot

1 clove of garlic

1 pinch of chili powder

1 teaspoon ginger powder

60 ml tamari

40 ml Mirin

1 tbsp palm oil

2 tbsp sunflower oil

If you like: a little salt and pepper

preparation

1. Peel the onions and garlic clove and cut into fine cubes.

2. Mix tamari with mirin, salt, chilli and ginger powder, pepper and palm oil in a bowl and add the minced meat. Knead everything together well and let rest for 30 minutes.
3. Cook pasta as directed. Catch pasta water when draining!
4. Heat the sunflower oil in a high pan and fry the onions and garlic briefly, then reduce the heat.
5. Add the minced meat in small portions and fry well, chopping up again and again! Possibly. season with tamari again.
6. When the minced meat is well seared, add the tamari and let it evaporate.
7. Add the pasta and some pasta water, mix and simmer well. Possibly. Season again with the spices.

Chinese rice plate

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

250 g natural rice

3 large red onions

300 g beef fillets

150 ml white wine

120 ml water

100 ml tamari

100 ml shake

2 tbsp honey

3 tsp rice flour

1 spring onion

preparation

1. Cook rice according to instructions.
2. Mix the wine and water in a saucepan, add the fillets after cooking and remove the foam.
3. Mix the shake with honey and tamari and add to the meat. Approx. Cook for 12 minutes with the lid

closed, watch out for foaming over.

4. Peel the onions, quarter them lengthways and slice them, add to the saucepan. Let everything cook until the onions are done.

5. Mix rice flour with 2 teaspoons of water and mix with the sauce.

6. Cut the spring onions into rings.

7. Portion the rice on a plate, add the meat with a little sauce and decorate with the spring onions.

Chinese rice balls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g adhesive circle

500 ml almond milk

1 EL maple syrup

500 ml of pureed tomatoes

1 bag of grated mozzarella

preparation

1. Cook sticky rice according to the instructions, use milk instead of water and season with maple syrup. Stir constantly. Let cool down briefly.
2. After the rice has cooled, moisten your hands and shape into a ball. Brown in the oven at 150 ° C for about 20 minutes.
3. Mix the tomatoes with the mozzarella and cook.
4. Serve the rice balls with the sauce.

Chinese sushi

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g milk rice

4 teaspoons white wine vinegar

4 shiso leaves

200 g of turmeric saitan

1 small zucchini

1 paprika

25g sushi paste

a few drops of Tamari

Salt, sugar, tamari

preparation

1. Dice the peppers and zucchini. Cut the Saitan into strips and bake with the vegetables in the oven at 150 ° C for 25 minutes. Take out and let cool down.

2. Place cling film on the sushi roll mats, place 1 shiso leaf on top and cover half of the leaf with rice. Leave one edge uncovered at the top and bottom.
3. Portion some vegetables and Saitan on the lower third and add a stick of sushi paste. Roll up slowly but firmly. Repeat with all leaves.
4. When all the leaves are used up, the rolls are cut into 6 portions with a moistened knife.
5. Make the sauce from tamari and sushi paste and serve with it.

China special plate

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 spring onion

500 g minced meat mixed

350g jasmine rice

2 cloves of garlic

2 eggs

For the sauce:

6 TLSake

3 teaspoons white wine vinegar

some peanut oil

8 TL Tamari

1 pinch of salt and pepper

3 tablespoons water

4 tbsp honey

preparation

1. Cook rice according to instructions.
2. Mix all the ingredients for the sauce.
3. Peel the garlic and cut into small pieces. Fry briefly in a pan over medium heat with a little oil and add the minced meat, continue frying. After 5 minutes add 2 teaspoons each of sake, honey and tamari. Continue frying until the meat is well done.
4. Separate the egg from the white, only the yolk is needed.
5. Cut the spring onion into rings.
6. Put the rice in a deep bowl, add the minced meat, spring onions, egg yolks and sauce and mix well. Then serve.

Chinese noodles (classic)

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

5 EL Tamari

250 g Chicken strips

200 g glass noodles

2 carrots

1 leek

17 teaspoons of ginger powder

1 clove of garlic

100 g bamboo shoots

4 Peanut Oil

1 glass of Asian sweet and sour sauce

preparation

1. Put the tamari in a bowl and stir in the sliced meat until everything is well moistened, chill for at least 3 hours.
2. Cook the pasta as instructed. In the meantime, prepare the vegetables and cut them into narrow

strips.

3. Put the oil in the hot wok. Sear the meat in the wok and gradually add the vegetables until everything is golden brown. Stir in the ginger powder and pasta and continue frying briefly. Remove the wok from the hot plate and finally fold in the sprouts.

4. Serve on the plates and sprinkle some sauce over them.

Good Appetite!

Chinese risotto

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g risotto rice

200 g wild salmon

3 tbsp oil

1 shallot

2 tablespoons of water

500 g spinach leaves

As needed: Tamari

Preparation:

1. Put the wild salmon in a bowl and pour the tamari over it, put everything in the fridge overnight.
2. Cook rice as directed.
3. Heat oil in a pan. Peel the shallot, dice it and fry it briefly in the pan.

4. Set the stove to a low temperature. Carefully add the water to the onions and then sauté the spinach for 3 minutes, lid on.
5. Put the spinach aside, put the salmon in the middle of the pan and don't forget to turn. Pour some of the remaining tamari from the bowl over the spinach.
6. Arrange everything nicely, first rice, then spinach and finally the salmon.

Chinese hamburger

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g adhesive circle

30 flax seeds

3 tbsp palm oil

For covering:

2 eggs

50 g coconut meat

20 g sesame seeds

Preparation:

1. Prepare glutinous rice according to the instructions, then stir in the flaxseed.
2. Put cling film in 4 small flat bowls and divide the finished rice in them. Press the rice firmly together and refrigerate for 1 hour. Can also be prepared the evening before and left in the refrigerator overnight.

3. Heat the oil in a pan and fry the rice in it. Make sure it keeps its shape. Remove from the pan and always place 2 next to each other.
4. Grate the coconut meat and fry briefly in the pan. Spread over 2 of the rice cakes.
5. Fry the eggs, don't forget to season and also distribute them on the desiccated coconut.
6. Place the rice cakes without topping on the eggs and top with sesame seeds.

China schnitzel

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 eggs

200 g rice flour

700 ml frying oil

200 g of flour

4 Pork schnitzel

1 tbsp tamari

some Chinese cabbage

1 glass of Asian sauce, sweet and sour

6 teaspoons of water

Preparation:

1. Wash the meat, dab it off and work with a meat tenderizer. Brush with tamari and leave to stand.
2. Heat the oil in a deep fryer or deep pan.
3. Place eggs and water on a deep plate and whisk.
4. Also distribute the rice flour and breadcrumbs on two deep plates.

5. Roll the schnitzel one after the other first in the flour, then in the egg and then in the breadcrumbs so that everything is well moistened and fry in the pan. When the schnitzels are golden, remove them and drain on a piece of kitchen roll.

6. Cut the cabbage into small pieces, mix with the sweet and sour sauce and serve with the schnitzel.

China VEGGIE bag

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300g adhesive circle

3 teaspoons of honey

2 teaspoons white wine vinegar

1 pinch of sea salt

6 shiso leaves

Choose vegetables for the filling

for example: zucchini, pointed peppers, Chinese cabbage

preparation

1. Cook the rice as directed.
2. Prepare the vegetables and cut them into small pieces.
3. Place the shiso leaves on a sushi roll mat and spread the rice in the middle, also some of the vegetables. Fold in the edges like a parcel.
4. Halve the bags and serve.

Indian rice noodles

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g penne

400 g asparagus

250 g mushrooms, variety as desired

2 small salad onions

2 cloves of garlic

1 small lime

½ teaspoon ginger powder

4 tablespoons coconut oil

9 TL Tamari

2 EL Agave syrup

50 g sesame seeds

As you like: chili powder, coriander powder, tamari

Preparation:

1. Make the asparagus ready to cook and cut into small pieces.
2. Peel and chop the onions and garlic, clean the mushrooms and chop them too. Squeeze the lime.
3. Heat the oil in the pan and briefly fry the mushrooms with the onions and garlic. Then add the ginger powder and lime juice.
4. Put the lid on the pan and simmer for about 15 minutes over a low heat.
5. Cook rice pasta as directed.
6. Season the vegetables with tamari, chili powder, agave syrup, sea salt and coriander.
7. Toast the sesame seeds in a pan without fat.
8. Divide everything on two plates and spread the sesame seeds on top.

Indian plate mix

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

For the dough:

400 g wheat flour

250 ml mineral water

For the sauce:

1 shallot

2 cloves of garlic

6 tsp sunflower oil

5 TL Ajvar

800 ml vegetable broth

At will: spices

Preparation:

1. Insert the dough hook into the hand mixer and knead the flour and water for 15 minutes to form a

smooth dough. Carefully pour lukewarm water over the dough so that everything is covered. Let it steep for 25 minutes.

2. Peel the garlic and shallot, dice finely and sauté in a deep saucepan with the oil. Stir in the ajvar and vegetable stock, season with spices if necessary, bring to the boil briefly, turn off the stove and let the pot stand.

3. Knead the dough well with the water, then place the dough in a linen cloth and squeeze out the excess water. Put the batter back into the bowl, pour lukewarm water over it again, let stand for 5 minutes and drain again as described above. Now repeat the whole thing 7 times. In the last step, rinse the dough and squeeze it firmly. The dough should now have a soft and spongy consistency.

4. Bring the sauce back to the boil on the highest setting. Cut saitan into small pieces and cook for 8 minutes. Let it steep for about 25 minutes on a low setting. Put the finished dough in a glass, freezer or similar. give cover with sauce.

Indian chicken soup

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1.7 liters of vegetable stock

500 g chicken breasts in strips

1 teaspoon ginger powder

1 bunch of spring onions with greens, cut into rings

3 carrots, cut into strips

1 handful of lupins

1 handful of mung bean sprouts

1 small bell pepper, red, cut into strips

2 eggs

5 teaspoons of oil

200 gme noodles

25 g dried mushrooms

7 tsp potato flour

30 ml tamari

7 teaspoons white wine vinegar

5 TL Ajvar

1 ELAgave syrup
1 tbsp hot spice paste
9 teaspoons sesame oil

Preparation:

1. Mash the pasta in the package so that small pieces are formed and then prepare according to the instructions and set aside.
2. Cut the meat, vegetables and dried mushrooms into small pieces.
3. Whisk the eggs and fry them in a pan when done finely.
4. Mix tamari and vinegar, stir in agave syrup, oil, ajvar and spice paste and add the flour, mix well. Add all the ingredients to the broth and simmer for 15 minutes.

Indian chicken wings

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 g chicken breast fillets

1 teaspoon ginger powder

20 ml peanut oil

1 clove of garlic

1 liter of sunflower oil

1 sip of sake

1 ELTamari

3 tsp rice flour

1 tbsp honey

Preparation:

1. Cut the chicken into small pieces. Press the garlic and add to a deep bowl with the ginger powder, peanut oil, honey and sake and stir.

1. Put the chicken pieces in the sauce and stir well, everything must be moistened. Let it steep for 1 hour.

2. During this time, put the oil in a deep saucepan or deep fryer and heat it up.
3. Remove the meat from the sauce, toss in the flour and deep-fry until everything is golden brown.

Indian low-carb dish

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

600 g wild salmon fillet

3 shallots

2 cloves of garlic

1 kg potatoes - predominantly waxy

300 g carrots

20 ml peanut oil

1250 ml vegetable stock

500 ml coconut milk

250 peas

For seasoning at will: soy sauce, lemon juice, fish sauce, salt and pepper

For garnish: fresh herbs

Preparation:

1. Peel and dice potatoes, carrots, garlic and shallots, potatoes and carrots approx. 1.5 x 1.5 cm in size.
2. Heat the oil in a deep saucepan, fry the vegetables in it and then pour the stock over them. Let everything simmer for about 20 minutes.
3. Cut the salmon into mouth-sized pieces and add to the saucepan.
4. Add the peas and coconut milk and continue to cook for 5 minutes, then turn on low and simmer gently for 10 minutes.
5. Season to taste with the spices.

India bulgur salad

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

350 g coarse bulgur

3 TL peanut oil

2 small salad onions

2 cloves of garlic

2 small yellow zucchini

1 eggplant

2 small carrots

100 g fresh tomatoes

600 ml of strained tomatoes

6 TL Ajvar

1 bunch of fresh herbs: basil, thyme, parsley, oregano, chives

30 g Olives

Preparation:

1. Prepare the bulgur as instructed.

2. Prepare all the vegetables for cooking, cut the garlic and onions very finely and dice the remaining vegetables, cut the olives into slices.
3. Briefly fry the onions and garlic in a pan with oil, add the rest of the vegetables, except for the olives, and continue to fry over a medium heat.
4. Add ajvar and tomato puree and stir well. While everything is simmering, season with spices and herbs.
5. Finally stir in the bulgur, season again if necessary.
6. Serve the bulgur salad with a few olive slices.

Tip:

This dish is also delicious cold, perfect on hot days.

Indian RAMEN

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

250 g ramen noodles

5 tbsp sunflower oil

100 g bacon, smoked

1 shallot

1 carrot

100 g china cabbage

20 ml tamari

Preparation:

1. Prepare pasta as directed.
2. Prepare the cabbage, carrot and shallot for cooking. Roughly chop the cabbage, dice the carrots and dice the shallot.
3. Heat the oil in the pan and fry the bacon in it, add the vegetables and finally add the pasta. Fry everything together briefly and season with tamari to taste. Then fry for a few minutes, stirring constantly.

Thai VEGAN bread

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 ml lukewarm water

1 cube of fresh yeast

2 teaspoons of honey

1 teaspoon sea salt

550 g whole wheat flour

8 teaspoons of soy milk

1 tablespoon coriander powder

1 clove of garlic

Preparation:

1. Put the water in a bowl and crumble and dissolve the yeast. Stir in lukewarm soy milk, honey and salt and let rest for 15 minutes.
2. Peel and squeeze the garlic and fold into the mixture.
3. Insert the dough hook into the hand mixer and knead the flour until a smooth dough is

obtained. Cover and leave to rest in a warm place for 2 hours.

4. Heat oil in a pan.

5. Take a handful out of the dough, shape it into a ball and fry on both sides in the pan until it turns brown. Repeat until the batter is used up.

Thai rice bags

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g jasmine rice

50 g Ajvar

15 ml Sambal Oelek

500 colored peppers

350 g tomatoes

Garnish:

400 g tofu

25 g Sesame seeds, toast

80 ml tamari

At will: for seasoning - sea salt, tomato salt, pepper

Preparation:

1. Cook the rice as instructed, using 500 ml of water to boil.

2. Stir sambal oelek and ajvar into the boiling rice and season with the spices after 5 minutes.
3. Briefly toast the sesame seeds in a pan without oil.
4. Dice the tofu, place half in a bowl with the tamari and the toasted sesame seeds, stir well and refrigerate.
5. Preheat the oven at 180 ° C. Line a baking dish with parchment paper.
6. Wash the peppers, cut off the head and remove the seeds. Fill the peppers with the rice. Then place in the mold and bake in the oven for 15 minutes.
7. Fry the tofu a little and serve with the finished paprika.

Thai couscous SPECIAL

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g couscous

250 g shrimp

1 clove of garlic

1 bunch of spring onions

250 g small tomatoes

1 small chilli pepper

1 paprika

150 g lettuce

2 teaspoons coriander powder

1 tbsp chicken stock

Preparation:

1. Dissolve the broth in approx. 500 ml of boiling water. Put the couscous in a saucepan and pour the broth over it. The couscous has to be covered generously. If this is not possible with the above amount, simply add some more hot water.

2. Make the vegetables ready to cook. Cut the bell pepper and tomatoes into cubes, chop the garlic and chilli, cut the spring onions into slices.

3. Fry the prawns briefly and add the chilli and garlic, after 2 minutes add the peppers and after another 2 minutes add the remaining ingredients. Fry everything while stirring and season with coriander powder.

4. Drain the couscous, arrange on a plate with the salad and pour the prawns on top.

Korean casserole

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

3 tbsp Korean chili paste

3 tbsp chili powder

3 tbsp Korean soy sauce

500 g sliced pork

5 teaspoons of agave syrup

1 carrot

1 chili pepper

2 spring onions

1 red onion

4 Garlic cloves

20 g quinoa

80 ml mineral water

2 tbsp honey

At will: for seasoning - salt and pepper

Preparation:

1. For the marinade, mix the Korean ingredients with agave syrup and honey, add a pinch of salt and pepper to taste. If the mixture becomes too thick, add a few drops of water. Mix the shredded meat with the marinade and refrigerate for at least 1 hour.
2. Chop the vegetables and put the leek separately from the spring onions.
3. Fry the marinated meat in a pan with oil, add garlic and onions. Deglaze with water and simmer for 5 minutes. Except for the leek. Add the vegetables and simmer for another 5 minutes, stirring again and again. Finally add the leek and fry for another 3 minutes.
4. Serve and pour some quinoa over it.

Korean buffer

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 TL Chili powder

1 shallot

150 g china cabbage

4 teaspoons agave syrup

250 g kimchi paste

150 g almond flour

100 ml water

250 ml peanut oil

Preparation:

1. Peel and finely dice shallot. Cut the cabbage into small pieces.
2. Mix all remaining ingredients together well, then stir in the vegetables.
3. Heat the oil in a pan, add a ladle of the mixture and spread it as thinly as possible. Fry both sides until crispy and brown and then drain on a kitchen towel.

4. Repeat everything until the mass is used up.

Vietnamese wraps

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

150 g peeled lentils

100 ml dressing of your choice

1 pack of wraps

At will: vegetables e.g. cucumber, tomatoes, zucchini, peppers, carrots, spinach,

Swiss chard, rocket and whatever your heart desires

For seasoning:

1 stalk of fresh basil

1 TLChili powder

1 teaspoon oat flakes

1 tbsp quinoa

some salt, pepper

Preparation:

1. Cook the lentils as directed.
2. In the meantime, run the vegetables over and dice them, fry or stew them if you like. Season if necessary and stir in the quinoa.
3. Prepare a few sheets of kitchen roll.
4. Spread dressing on wraps. Fill with lentils and vegetables.
5. Fold in the bottom, then roll up and wrap a sheet of kitchen roll around it.

Vietnamese WOK dish

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

350 g jasmine rice

300 g fresh prawns

2 peppers

3 cloves of garlic

2 small red onions

300 ml coconut juice

3 small carrots

300 g sugar peas

150 g cauliflower

1 teaspoon vegetable stock

3 teaspoons of oyster sauce

3 TL Tamari

3 EL curry powder with a high percentage of turmeric

1 pinch of chili flakes

5 TL peanut butter

As needed: potato flour and vegetable oil

preparation

1. Cook rice as instructed and then keep warm
2. Cut the cauliflower into florets and sauté. Cut the vegetables into small pieces.
3. Heat the oil in the wok and fry the carrots briefly, then add half of the garlic and onions, continue frying and finally add the remaining vegetables. Season with tamari and oyster sauce.
4. In another pan, fry the prawns and garlic with a little oil.
5. Dissolve the stock in 150 ml water and stir into the vegetables with coconut juice and peanut butter, season if necessary. Stir in everything from the shrimp pan, including the stock, and bring to the boil. Take some liquid out of the pan and stir in the flour, stir everything into the vegetables.

Vietnamese nuggets

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 egg

4 teaspoons of soy sauce

2 teaspoons white wine vinegar

1 small zucchini

200 ml of vegetable oil

150 g rice flour

2 teaspoons of salt

1 tbsp quinoa

Preparation:

1. Cut the zucchini into thick slices, lay out and sprinkle with a little salt. Heat oil in a pan.
2. Beat the egg in a deep bowl and whisk with a few drops of water. Put the flour on another plate.
3. First roll the zucchini in the flour, then in the egg, then in the pan.
4. Fry until golden brown on both sides. Drain on a kitchen towel.

5. For the sauce, stir together the vinegar, soy sauce and quinoa.
6. Dip the finished zucchini and enjoy.

ASIA spring rolls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 cloves of garlic

1 small pepper

1 shallot

2 spring onion

1 pack of Filo

750 g minced meat, mixed (as desired)

5 leaves of white cabbage

5 cm ginger

2 carrots

200 g bamboo shoots

6 TL Tamari

3 TL Sesame

2 teaspoons Sambal Oelek

20 ml of sunflower oil

20 ml peanut oil

As needed: rice flour

Preparation:

1. Heat the peanut oil in the wok and fry the minced meat.
2. Dice the garlic, shallots, peppers and spring onions, cut the leek from the spring onions into rings. Mix everything into the already cooked minced meat and continue frying.
3. Chop the cabbage and carrots and fold in with the sprouts, continue frying.
4. Season to taste with tamari, sake and sambal oelek. Fry for another 3 minutes.
5. Put everything in a large sieve and collect the brew.

6. Place baking paper on a baking sheet and preheat the oven to 180 ° C.
7. Lay out the filo and put in some filling, roll and place with the closed side down on the baking tray. Brush with sunflower oil. Bake in the oven for 20 minutes.
8. Reheat the cooking liquid in the wok and thicken with flour.
9. The spring rolls can now be served, pour the sauce over them and enjoy.

Good Appetite!

ASIA pizza

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

250 g couscous

500 ml water

2 eggs

50 g whole wheat flour

1 peanut oil

grated mozzarella

Topping at will

Preparation:

1. Bring water to a boil and remove from the stove. Add the couscous and leave to rest with the lid closed.
2. Prepare the pizza topping and cut into small pieces.
3. Knead the couscous with the eggs, oil, flour, salt and pepper to a smooth dough.

4. Moisten fingers. Spread the dough on the baking sheet and bake for 15 minutes at 180 ° C.
5. Cover the pizza and bake for another 10 minutes.

Desserts snacks

Korean rice pudding

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

500 g Basmati rice

1 pinch of sea salt

200 g ghee

200 g cranberries

1 teaspoon turmeric

2 tbsp honey

Preparation:

1. Cook the rice according to the instructions on the packet.
2. Melt the ghee in a saucepan over low heat, add turmeric and a little water (carefully!) And stir.
3. Let everything continue to fry for about 20 minutes, a golden brown crust must form on the bottom. Possibly. let fry a little longer.
4. Then divide the rice into small pieces.
5. Put rice in the pot and stir in the butter sauce at the same time.

6. Wash and dry fresh cranberries.
7. Put the berries in a pan with the honey and a pinch of turmeric and toast a little.
8. Pour the berries over the rice and enjoy.

Korean fruit yogurt

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 can of apricots

1 bag of pectin

1 TLStevia

If necessary water

Preparation:

1. Drain the apricots, catching the liquid and setting aside.
2. Place the drained apricots in small molds, for example dessert bowls made of glass or silicone.
3. Prepare the pectin with the fruit juice of the apricots and, if necessary, some water, then stir in the sugar and bring to the boil on the lowest heat for about 5 minutes.
4. Remove the pot from the warm stove and let it cool down briefly.
5. Pour the finished pectin over the apricots, let cool down again for a few minutes and then leave for min. Put in the fridge for 3 hours.

Serving tip:

Turn the dessert onto a plate and serve with fresh fruit.

Korean baked bananas

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g chickpea flour

150 ml cold water

½ teaspoon turmeric

½ TL Cayenne pepper

½ tsp garam masala,

½ teaspoon cumin

½ teaspoon salt

1 apple

1 bulb

1 liter of oil for deep-frying

As you like: for sweetness, a cinnamon-sugar mixture or honey

Preparation:

1. Process the flour with the spices and the water to a pulpy mass.
2. Put the oil in a saucepan and heat.
3. Peel and cut the pear and apple. Pull the pieces through the dough so that everything is coated and then fry in the hot oil.
4. Fry everything until golden brown and take out, drain on a piece of kitchen roll.
5. Top it with cinnamon, sugar or honey as desired.

Various types of fruit are suitable for this.

Japanese crepes

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 g apricots (cans)

20 chopped walnuts

100 g persipan raw mass

8 sheets of TK - rice paper

1 egg

As required: peanut oil, powdered sugar

Preparation:

1. Take the apricots out of the tin and drain them in a colander, saving some of the liquid and cutting into pieces.
2. Briefly put the persipan in the freezer.
3. Briefly toast the walnuts in the pan - without oil.
4. Take the persipan out of the freezer and grate finely.
5. Separate the egg, only the egg white is required.

6. Always place 2 sheets of rice paper on top of each other, divide a few pieces of apricot and some persipan on the leaves. Fold the leaves up like an envelope, roll them up, brush the edge with egg white and press firmly.
7. Add some oil to the pan and fry the crepes on all sides over medium heat until golden.
8. Mix a few drops of apricot juice and powdered sugar until a thick glaze forms and spread over the crêpes.

Alternatively, serve with vanilla sauce.

Japanese apple rings

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g almond flour

100 ml soy milk

4 eggs

1 teaspoon cinnamon

1 teaspoon cane sugar

1 pinch of sea salt

4 small Boskop apples

some peanut oil

Preparation:

1. Put the almond flour in a bowl and mix well with the soy milk, eggs, sugar, cinnamon and salt with a hand mixer.
2. Core and peel the apples, leave the apples in one piece, then cut into rings.
3. Heat the oil in a pan.
4. Roll the slices in the batter until they are covered and brown in the oil on both sides until

golden brown.

Good Appetite.

Japanese xucker balls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

50 g cane sugar

30 ml water, lukewarm

150 g almond flour

For the filling:

2 teaspoons of honey, more liquid

1.5 packs of lemon zest

50 g powdered sugar

50 ml almond milk

50 g sesame seeds

20 g of flour

some garam masala

As required: water, oil for deep-frying

Preparation:

1. Dissolve the cane sugar in the water, add the almond flour and work everything into a thick, mushy, still sticky dough.
2. For the filling, mix the above ingredients with a hand mixer.
3. Heat the oil in a pan.
4. Shape the dough into small balls, press them flat to fill them and shape them back into a ball.
5. Put the filled balls in the pan and fry until all sides are golden. Take out, drain on a piece of kitchen roll.
6. After cooling, put in the fridge for a while and enjoy cold.

Japan pastries SPECIAL

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 cube of fresh yeast

125 ml water, warm

50 g honey

180 g almond flour

1 teaspoon of soda

3 teaspoons of ghee

1 can of black bean paste

50 chopped walnuts

some oil

Preparation:

1. Put the flour in a bowl and make a well in it. Carefully pour in half of the warm water and crumble the yeast into it, add honey and stir gently so that a pre-dough is formed in the flour trough. Cover and let rest for about 30 minutes.

2. Add the remaining water with the melted ghee to the pre-dough and knead well.
3. Put some flour on the work surface and knead the dough again until it is homogeneous.
4. Brush a bowl with oil and place the dough in it and let it rest near the heater for 90 minutes.
5. Mix the bean paste with the nuts and sugar.
6. Knead the dough on the floured surface until it is nice and smooth. Then divide into 20 equal portions.

7. Each serving should be rolled out into a circle with a diameter of approx. 7 cm. Put some bean paste on the rolled out dough, fold up and twist on the seam.

8. Moisten a cloth and cover.

9. Put some water in a large saucepan, put the steamer in it and lay out baking paper.

10. Place the rolls in with some space in between. Put the lid on and steam over a medium heat for about 17 minutes.

Japanese coffee rice

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400ml almond milk

1 sachet vanilla extract

150g quinoa

1 cup of boiled coffee

100g blueberry

As you like: rock candy for sweetness

Preparation:

1. Dissolve the vanilla in the almond milk, add rock candy if necessary and heat.
2. Stir in the quinoa and cook, bring to the boil at high temperature and then place on low heat.
3. Stir again and again and let cook for another 20 minutes.
4. Now add the coffee, keep stirring and simmer for 10 minutes.

5. Divide into two portions and pour the blueberries on top.

Tip:

There are no limits to creativity in this recipe; Top it with a topping or some cream, alternatively serve with other fruits.

Japanese jelly dessert

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 bags of pectin

1 can of strawberries

Preparation:

1. Set up the small, beautiful bowl or mold made of silicone or similar and put one or a few strawberries in it (depending on the size).
2. Drain the strawberries and collect the juice. You will need 300 ml strawberry juice, if this is not available, add a little water.
3. Put the strawberry juice in a saucepan and stir in the pectin. Bring to the boil for 3 minutes and then simmer on low heat, do not forget to stir.
4. Pour the mixture into the bowls or molds. Let it cool down briefly and then put it in the fridge for at least 1.5 hours.
5. To serve, turn out the molds and decorate nicely.

Japanese cream SPECIAL

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100g honey

500 ml whipped cream

25 g ginger powder

5 tea bags of matcha with lemon

300 g quark 20% fat

5 eggs

1 pack of filo

150 g chopped walnuts

Preparation:

1. Arrange 6 small fireproof bowls. Preheat the oven at 150 ° C.
2. Remove the spring roll paper from the frozen food.
3. Mix the whipped cream with the honey and the ginger powder and bring to the boil briefly over high heat, remove from the stove, add the matcha tea bags and let steep as instructed.

4. Separate 3 eggs and whisk the yolks with the remaining eggs and the quark well, stir in the liquid. Then divide everything into the bowls.
5. Place the bowls in a roaster and pour in enough water so that the bowls are halfway in the water.
6. Bake in the oven for 1 hour.
7. Take out, let cool and put in the fridge overnight.
8. Line the tray with baking paper. Roll out the filo and sprinkle with the chopped walnuts and press down a little.

9. Divide the leaves into 6 even pieces and brush with a little soft butter. Place on the baking sheet, cover with baking paper (place a little weight on it) and bake in the still warm oven at 180 ° C for 15 minutes. Then take it out and let it cool down.

10. Before serving, pour the sugar over the cream and caramelize the sugar with a flambé.

Serve the cream with the filo strips.

Japan's baked chocolate ice cream

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

700 g Ice, (variety as desired)

4 eggs

120 g almond flour

1 pack of couverture, (sort as desired)

Frying oil

Sweet decoration (sprinkles or similar) as desired

Preparation:

1. Put the freezer on superfrost, the ice must be frozen.
2. Mix the eggs well with the almond flour.
3. Melt the couverture in a water bath.
4. Put the oil in a deep saucepan and heat.
5. Cut out balls from the ice cream, pull them through the batter and quickly fry them in the fat.

6. After removing it, immediately pour the couverture over it and pour the decoration over it.
7. Either put it in the fridge again immediately or serve.

Japanese cinnamon cake

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g quinoa

100 g ground almonds

20 g grated gentleman's chocolate

50 g birch sugar

2 eggs

200 ml water

2bulbs

1 tbsp garam masala

1 tablespoon of soda

Preparation:

1. Preheat the oven to 180 ° C.
2. Mix the birch sugar with the quinoa and the water well.
3. Mix the almonds, baking soda and chocolate and stir in the eggs with the garam masala.

4. Grease a springform pan or line it with baking paper and pour in the dough.
5. Peel, core, quarter and cut the pears into strips. Spread on the dough.
6. Bake the form in the oven for about 15 minutes.

Japan's soft drink

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 liter of water

300 g honey

150 g Ice (as you like)

1 tbsp green tea powder

1 lemon

Preparation:

1. Heat water, dissolve honey in it and let cool a little.
2. Dissolve the tea powder in the water, stir well. Then let it cool down completely.
3. Cut the lemon into pieces.
4. Pour the ice with a few lemon pieces into a glass and fill up with the liquid. -Finished-

China cereal

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 ml water

250 g millet

120 g chia seeds

40 g walnut, chopped

40 g hazelnuts, chopped

6 teaspoons of coconut chips

3 tablespoons of cinnamon and sugar mixture

85 ml honey

6 TL peanut oil

Preparation:

1. Preheat the oven to 150 ° C. Line the baking sheet with parchment paper.
2. Plus oil, mix all the ingredients together well. It must be a thick, mushy mass, add a few drops of water if necessary.

3. Spread the oil and then the muesli on the tray and bake for 30 minutes until crispy, stirring occasionally.

Chinese puff pastry

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

3 plums

100 ml of cognac

2 nectarines

100 g cane sugar

50 g butter lard

1 egg

120 g butter

16 puff pastry sheets

Preparation:

1. Bring the plums to the boil briefly with the cognac, then core the plums and cut into small

pieces.

2. Cut the nectarine into a star shape on the bottom and briefly pour it into the boiling water with a spoon and take it out again. Halve the nectarine, peel off the skin and cut into strips.

3. Place a large pan on the stove over low heat and let the clarified butter melt in it. Add the nectarine pieces with the sugar and stir in and let caramelize. Take out, let cool and cut as small as the plums and mix together.

4. Mix a few drops of water with the starch. Separate the egg.

5. Spread out the puff pastry sheets and place some of the fruit mixture in the middle. Brush the edges with egg white, fold and press firmly. Make sure that there is little air in the puff pastry.

6. Melt the butter in a large pan and put all the pockets in it. Fry on one side, quickly add 15 ml of water and cover the pan with the lid. Let it steam briefly. Then turn it over and fry the other side briefly.

Chinese lucky balls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 cube of fresh yeast

250 ml almond milk

550 g almond flour

100 g cane sugar

2 eggs

55 g Ghee

1 liter of oil

150 g honey

Preparation:

1. Warm the almond milk, dissolve the yeast and sugar in it.
2. Put the flour in a bowl, make a well and pour the liquid into the well. Mix with the flour to make a pre-dough and cover and let rise in a warm place for 15 minutes.
3. Separate the eggs and add the yolks with the ghee to the dough and knead well. Cover and let

rise in a warm place for 1.5 hours.

4. Put the oil in a saucepan and heat.

5. Shape the dough into small balls and fry in the oil. Drain on a piece of kitchen paper and brush with honey.

China chapatis

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

350 g corn flour

1 teaspoon garam masala

1 teaspoon Caraway seed

150 ml mineral water

1 teaspoon sea salt

25 gGhee

350 g almond flour

some fat to fry

Preparation:

1. Mix all ingredients together well. The result should be a homogeneous, not too thin dough. Cover and let rise in a warm place for 2 hours.
2. Flour the surface and rolling pin, divide the dough into 6 even pieces and roll out very thinly.
3. Heat some fat in the pan and briefly fry the flatbreads on both sides. Press down on the cakes

when frying.

4. Repeat the process until all the flatbreads are ready - keep the finished ones warm so that they do not dry out.

Chinese brownies

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g helle grated chocolate

150 g almond flour

75 g Ghee

3 eggs

150 g agave syrup

1 pinch of salt

For covering:

250 g cane sugar

50 g almond flour

150 g poppy seeds

100 g ghee

2 eggs

1 pinch of soda

For the glaze:

25 g Ghee

150 g man's chocolate

50 ml whipped cream

Preparation:

1. Grease the baking loaf pan or place with baking paper. Preheat the oven to 175 ° C.
2. Melt the chocolate in a water bath, add the ghee and stir well. Then fold in the almond flour and mix well again - cold spots.
3. Separate eggs, mix egg yolks with salt and agave syrup well.

Then mix well with the other dough. Put everything in the mold and bake in the oven.

4. After 10 minutes, test with a toothpick whether the dough has baked through, otherwise bake for another 5 minutes. Turn off the stove.
5. For the topping, melt the ghee, stir in the poppy seeds and turn off the stove. Mix the remaining ingredients for the topping well into the poppy seed mixture.
6. Turn the cake pan over and let the base cool down. Grease or lay out the form and pour in the poppy seed mixture. Bake for 40 minutes at 175 ° C, then do the toothpick test again, turn over the poppy seed layer.
7. Grease the form again or lay it out and put the base and then the poppy seed on top of each other. Press firmly together.
8. Melt the men's chocolate and stir in the whipped cream with the ghee. Let cool for 10

minutes and pour everything into the mold. Place in the refrigerator for 3 hours.

9. Carefully remove the cake from the mold and cut into rectangular pieces.

Tip:

Japans special cream, ice cream or fruits go very well with this.

Chinese coconut cream

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 ml cream

45 g honey

45 g coconut chips

45 g baking cocoa

200 g jasmine rice

1 pinch of lemon salt

1 bag of vanilla extract

1 pack of coconut flakes

Preparation:

1. Bring the cream to the boil while stirring, add the honey, baking cocoa, salt and vanilla extract.
2. Chop the coconut chips and add them to the cream.
3. Add the rice and bring to the boil for about 25 minutes.
4. When the rice is ready, portion it and put it on a plate.

5. Roughly chop the coconut flakes and pour over the finished rice.

Chinese coconut balls

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

300 g cornstarch

50 g matcha powder

200 ml mineral water

200 g coconut chips

100 g candy sugar

1 pinch of sea salt

1 dash of vegetable oil

Preparation:

1. Mix the flour with the matcha powder and stir in or knead the water. The dough must be malleable, otherwise add a little flour.
2. Chop the coconut chips in a bowl and stir in the salt.
3. Heat water in a saucepan.
4. Remove some of the dough with a teaspoon, press into a flat cake, put a piece of rock candy in

it and shape into a ball. The rock candy must be in the middle of the dough!

5. Oil a deep plate and place the balls on it. When all the balls are formed, add them to the hot water.

6. As soon as the balls float on the surface, turn off the stove and let the balls steep for another minute.

7. After the balls have been drawn into the warm water for a while, they can now be removed and drained in a sieve. Rinse briefly with cold water and drain.

8. Now roll in the crushed coconut chips.

Chinese tiramisu

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

5 eggs

4 teaspoons of Matcha powder

75 g almond flour

75 g rice flour

150 g honey

1 teaspoon of soda

For the cream:

500 g cream cheese

75 ml curacao

2 teaspoons of matcha powder

125 ml mineral water

2 eggs

100 g honey

50 ml whipped cream

Also:

1 tbsp Matcha powder

2 tablespoons of fine sugar

Preparation:

With this recipe, the effort is a little higher because the base with the matcha has to be baked yourself. But you can do it!

1. Separate 3 pieces from the eggs for the bottom in egg yolks and egg whites. Beat the egg whites into egg whites. Process the honey with the remaining 2 eggs and the egg yolks in a bowl for 5 minutes on the highest setting with the hand mixer. Mix the remaining ingredients together and gradually mix into the egg mixture. Carefully fold the egg whites into the mixture with a spoon.
2. Preheat the oven to 200 ° C.
3. Choose a nice, smaller baking dish (approx. 20 x 15 cm). The tiramisu is also served in it later. Place baking paper in the mold, pour in the batter and put in the oven for 10 minutes.
4. Take out and take out the parchment paper with the biscuit. Divide lengthways into 2 parts and place one part back in the mold.
5. To make the cream, heat the mineral water to 70 ° C and stir in the matcha powder with the curacao.
6. Separate the eggs and process the egg white back into egg whites. Mix egg yolks with honey, cream cheese and whipped cream well, then fold in the egg whites.
7. Stir 150 ml of matcha water into the cream.

8. Distribute 30 ml on each sponge cake. Place half of the cream on the sponge cake in the mold, place the other half on top and also pour the rest of the cream over it. Cool the mold for at least 7 hours.

9. Before serving, mix the matcha powder with the sugar and spread over the cream.

The liqueur can be replaced with other spirits depending on your taste.

Chinese chocolate dream

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

200 g kidney beans

6Figs

40 g grated chocolate

1 pulp of a vanilla pod

75 g ground almond

1 pinch of cinnamon

150 ml almond milk

As you like: maple syrup, agave syrup, poppy seeds

Preparation:

1. Boil the beans and let them cool.
2. Quarter the figs and remove the pulp.
3. Mix all ingredients together well until you get a cream.
4. Season to taste with the ingredients “to taste”.

China Cotta

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 bags of agar-agar powder

50 ml water

250 g whipped cream

1 teaspoon vanilla extract

150 g cream cheese

50 g agave syrup

Preparation:

1. Dissolve the agar-agar powder in the water.
2. Stir in the whipped cream, bring to a boil and stir in the vanilla extract. Remove from the stove.
3. Stir all remaining ingredients into the still warm cream.
4. Portion the mixture and put in a cool place overnight.

Tip:

Decorate with sprinkles, for example, before serving.

Vietnamese white chocolate pudding

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

700 ml whipped cream

170 g white chocolate grated

1 sachet of agar powder

2 teaspoons horseradish powder

Preparation:

1. Put the whipped cream in a saucepan, mix with the chocolate and heat until the chocolate has melted.
2. Stir the horseradish powder into the cream and mix well, there should not be any lumps. Then stir in the agar-agar powder.
3. Portion the finished cream into small bowls and refrigerate overnight.
4. Before serving the bowls, add a little more horseradish powder.

Vietnamese fruit plate

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 eggs

400 ml water

1 pinch of lemon salt

250 g almond flour

1 tbsp cane sugar

1 pinch of ginger powder

1 peach

3 Figures

1 banana

100 g grapes, seedless

1 liter of vegetable oil

Granulated sugar

Preparation:

1. Separate the eggs, whip the egg white vigorously with the water.

2. Mix the flour, cane sugar, salt and ginger powder and fold into the egg whites. Place in the refrigerator for at least 2 hours.
3. Heat the oil in a deep pan.
4. Make the fruits ready to cook and cut into small pieces.
5. Spread out a few sheets of kitchen roll.
6. Gradually pull all the pieces through the dough and fry them until golden in the oil, remove them and place on the kitchen paper. Then sprinkle with crystal sugar.

Korean waffles

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

60 g Ghee

3 eggs

400 ml cream

6 tbsp cane sugar

1 pinch of salt

200 g almond flour

5 tbsp baking cocoa

3 tbsp corn flour

1 tablespoon of soda

100 g grated chocolate, dark

2 small bananas

Preparation:

1. Keep the ghee warm so that it becomes soft.
2. Mix the cream, cane sugar, salt and eggs together well. Stir in the ghee and stir in the

almond flour, baking soda, baking cocoa and corn flour, stir everything together for 3 minutes.

3. Cut the banana into small pieces and stir in the chocolate with the grater. Chill the dough for 15 minutes.

4. Prepare the waffles in the waffle iron as usual.

5. Serve the finished waffles while they are still warm.

Tip:

Fruit ice cream, cream, vanilla, chocolate or fruit sauce went well with the waffles.

Korean donuts

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 bananas

3 eggs

100 g honey

1 pinch of lemon salt

1 tbsp garam masala

20 ml of milk

310 g almond flour

3 tablespoons of soda

20 ml coconut oil

300 g cake glaze, taste as desired

Fat and semolina for the mold

Breadcrumbs for the mold

As you like: crumble, hazelnut brittle or similar.

Preparation:

1. Puree the bananas.
2. Whisk the eggs, stir in honey, garam masala, lemon salt and the banana.
3. In addition to the cake icing, stir in all the remaining ingredients and knead with the dough hook of the hand mixer for 5 minutes so that a smooth, homogeneous dough is formed.
4. Preheat the oven to 150 ° C.
5. Grease the donut form and sprinkle with breadcrumbs, pour the remaining semolina out of the form. Put about 2 teaspoons of batter in each tin, put in the oven and bake for 25 minutes.
6. Take the finished donats out of the mold and, after cooling, spread the cake icing and decorate as desired.

Vietnam fried pineapple

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

1 small pineapple

50 g cane sugar

30 g ghee

Preparation:

1. Quarter the pineapple, remove the core and the skin. Cut the pieces into slices.
2. Heat the ghee in a coated pan.
3. Roll the pineapple wedges in the sugar and fry in the pan until the sugar is caramelized.

Vietnamese strawberry vanilla ice cream

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

650 g fresh strawberries

100 g cane sugar

2 tbsp agave syrup

2 packs of vanilla extract

1 lemon

400 g soy quark

650 g whipped cream

650 g cream cheese

100 g grated chocolate (taste as desired)

At will: decorative items, for example small butter biscuits

Preparation:

1. Prepare the strawberries and cut them into small pieces. Simmer the strawberries with the cane

sugar and 3 tablespoons of water for 1–2 minutes. Then puree well and place in the fridge to cool.

2. Mix the cream cheese, quark, honey, vanilla extract and the juice of a squeezed lemon together to a cream.

3. Beat the cream with the mixer until stiff and slowly stir into the quark mixture. Divide the mixture into about 15 glasses or bowls, pour the strawberry sauce over them and place in the refrigerator for 2 hours.

4. Before serving, pour the grated chocolate over it.

Use other decorative items as desired.

Indian jelly figures

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

400 ml of still mineral water

20 g of ground gelatin

650 g birch sugar

2 packs of vanilla extract

a few bottles of syrup, sort to taste

At will: food coloring

Preparation:

1. Prepare small bowls with 2 tablespoons of syrup, mix in food coloring if necessary.
2. Heat the water in a saucepan, dissolve the gelatin in it and stir in the vanilla extract. Bring to the boil briefly and stir again and again.
3. Pour the mixture into the bowls.
4. Let cool down briefly and then put in the fridge overnight.

5. Turn the bowls out and arrange or chop them up.

Indian fortune cookies

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

100 g sultanas

50 ml grapefruit juice

90 g Ghee

3 eggs

90 g honey

1 ampoule vanilla flavor

120 g almond flour

50 g corn starch

50 g semolina

75 g breadcrumbs

100 ml pineapple juice

1 tbsp garam masala

1 pinch of nutmeg, finely grated

1 pinch of fennel powder

1 pinch each of salt and pepper

1 can of coconut cubes, gently dried

80 g walnuts, chopped
20 g of soda
3 tbsp butter for greasing

As you like: for garnishing: crumble, hazelnut brittle or similar.

Preparation;

1. Put the grapefruit juice in a bowl and mix in the sultanas, put everything in a cool place for a few hours.
2. Before preparing, take all chilled ingredients out of the refrigerator so that they reach room temperature.
3. Grease the muffin tray and pour semolina over it.
4. Mix the flour with the starch and spices.
5. Mix the breadcrumbs and pineapple juice.
6. Drain and collect the juice from the sultanas.
7. Roughly grate the coconut cubes.
8. Whisk the eggs with the honey. First add the soft ghee and stir well, then the flour mixture (little by little) and finally the breadcrumbs. Whisk everything again for 5 minutes.
9. Preheat the oven to 180 ° C and insert the dough hook in the hand mixer.
10. Cover the sultanas with a little flour.
11. Stir all remaining ingredients into the mixture, knead with your hands if necessary.
12. Pour the mixture into the mold, but only fill full. Put in the oven and bake for about 20 minutes until they are golden.

Indian sorbet

438 KCAL | 10 KH g | 23.0 EW g | 19.1 F g

Preparation time: 15 min

Servings: 2

Difficulty: easy

Ingredients:

2 bananas

90 g sugar syrup

90 ml of water

6 g of ground gelatin

1 small lemon

1 pinch of Vadagam spice mix

Preparation:

1. Mix the water and sugar syrup, bring to the boil and set aside. Stir in the gelatin.
2. Briefly put the Vadagam in the hot pan, then grind finely if necessary.
3. Puree the bananas and add a few drops of lemon juice.
4. Rub the zest of the lemon and then squeeze out the juice.

Puree the juice, peel, Vadagam and bananas together.

5. Pour the gelatin mixture under the mashed bananas.

Tip:

Other fruits can also be used.

Closing word

I would like to take this opportunity to thank you again for choosing my book and I hope that my taste has largely matched your taste.

Of course, you can't put everything I know into just one paperback, at least not to that extent without losing track of things afterwards.

Since I love compact and small books, I have written more recipe books to get closer to completeness. Asian cuisine is just one of many diets and a lifestyle that I just love. However, for a change and in addition, there are also other cuisines that are similar to and or even complement the Asian.

If you enjoyed this book and are more interested in the subject, I would be delighted if you would leave me a positive review. Also, there is a very good chance that you will like my other books too.

I hereby say goodbye to you and wish you continued enjoyment with this book and good luck and all the best.

Sincerely, yours