

Appendix: Recipes for the time in quarantine

"University Gastronomy Welcome Package"

Day 1

A regional classic with that special extra, quickly conjured up even in the smallest studio kitchen!

The national dish from the Spreewald:

Ingredients:

250g potatoes (tip: cook 100g more for the next recipe)
250 g quark or cottage cheese
1 cup of sour cream
Fresh chives, some linseed oil, salt and pepper

Preparation:

Boil jacket potatoes.
Mix the quark with sour cream.
Season with salt and pepper. Add freshly chopped chives. Add a dash of linseed oil.

Day 2

Today we need:

A pepper, half an onion, a tomato, a piece of cucumber, a few boiled potatoes from yesterday and 3 eggs. Any other leftovers of vegetables would also do.

Our idea: we prepare a delicious omelette!

Put aside a small piece of cucumber and some of the cleaned peppers, which we will use later as garnish.

We cut all the vegetables that are still there and the remaining potatoes into cubes and fry them briefly. If possible in a coated, well greased pan. In the meantime, whip 3 eggs, season with salt and pepper and whisk. If you have, add a dash of milk or yoghurt or even whipped cream and stir well.

Remove the sautéed vegetables briefly from the pan and park them in a cup. Then put the eggs in the pan, medium heat and put the lid on. Move a little from time to time. When the egg has set (i.e. is firm), spread the fried vegetable cubes on the omelette. As soon as the underside is golden brown, let everything slide carefully from the pan onto your plate. Sprinkle the chopped, unfried vegetables over it and it will look a bit like "haute cuisine" in the studio kitchen !

Day 3:

To protect you from hunger despite quarantine, there is a new proposal for your lunch today. We promise: You can't get it any easier, faster or cheaper.

It just needs:

200 g spaghetti (wholegrain for more dietary fibre is more than welcome)
1 small onion
1 tablespoon tomato paste (you can also use some ketchup if necessary)
1 tin of tomatoes, cut into pieces
1/2 fish tin, ideally tuna (in oil)

Preparation:

Add salt & pepper, oil and, if available, 1 tablespoon of balsamic vinegar or a some sugar in a large pot. Cook the spaghetti in salted water according to the instructions on the packet.

For the quick tuna sauce, chop the onions and steam them until they are glassy. Then add some tomato paste and the canned tomatoes. Season the sauce with salt and pepper.

Then stir in the fish and round off the sauce with some balsamic vinegar or sugar.

The recipe also works great with Sardinian piri piri - the result is a little spicier and hotter.

Off <<https://www.instagram.com/p/B-q9CnlpwhY/>>