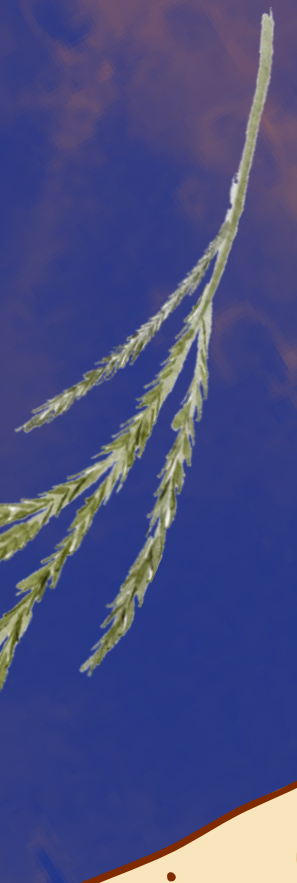


RUNNING DINNER

RECIPES



MEINE BILDUNG UND ICH E.V.





ABOUT THE PROJECT

APPETIZERS

Puff pastry with cheese and parsley	9
Taboulé	11
Autumn salad	13
Hummus	15
Bruschetta	17
Börek with cheese	19
Kanda bhaji	21

MAIN COURSES

Pizza	25
Summer rolls	27
Pizza-Pasta-Auflauf	29
Chickpea stew	31
Paneer butter masala	33
Foul Mudammas	35
Beehive with cheese	37
Pesto pasta	39

DESSERTS

Panna Cotta	43
Baklava	45
Banana Cashew Pancakes	47
Apple pie with crumble	49
Gajar ka Halwa	51
Kheer	53

To everyone that made this experience possible

ABOUT THE PROJECT



RUNNING DINNER INITIATIVE

The Running Dinner Osnabrück project ran from October to December 2023, with young people from all over the world coming together every week to eat, play, learn and socialise. The result was a growing group that ate their way through dishes ranging from Arabic to Italian and Indian cuisine with enjoyment and curiosity. The courses - starter, main course and dessert - were shared out at each event, guaranteeing culinary variety. The project was funded by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth and the German Children and Youth Foundation as part of the "Zukunftspaket".

MEMORIES



OUR TEAM



Simon

My name is Simon Ritz, I am 31 years old and I developed and managed the project. I also manage the office in our organisation. I am a vegetarian and love Indian and Syrian cuisine.

Aisha

My name is Aisha Samman and I am 20 years old. I graduated from high school this year and am currently doing a one-year internship at Meine Bildung und Ich. My favourite food is stuffed vine leaves.



Alicja

I am 23 years old and study Cognitive Science at the University of Osnabrück. In my free time, I like to take photos, paint and cook. I have been working as a photographer and designer at Meine Bildung und Ich for a few months now. My favorite food is sushi.

Aya

My name is Aya. I am 20 years old and studying at Osnabrück University. I enjoy working with people and, moreover, I love food. That's why I really liked the 'Running Dinner' project.



Islam

My name is Islam, I am 17 years old and I'm still at school. In my free time, I go out with friends and family, do sports and enjoy reading. My favourite food is Arabic food and pasta.

Marcin

I am a 24 year old student living with my beloved girlfriend Alicja, who is mentioned above. It gave me great pleasure to share our dishes in this cookbook and at our running dinners with our friends.



APPETIZERS



PUFF PASTRY WITH CHEESE AND PARSLEY



ABOUT THE DISH

Puff pastry with cheese and parsley is a delicious dish that is prepared in many different cuisines and countries. Puff pastry itself has a long history and originates from ancient Greece and Roman cuisine. The combination of cheese and parsley gives the dish a hearty and aromatic flavor. It is a popular option for starters or finger food at various events and celebrations.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Filling

- 2 sheets of puff pastry
- 300 g feta cheese
- 30 g grated Gouda cheese
- 30 g chopped parsley

To spread

- 1 egg yolk
- 3 TSP. milk

PREPARATION

1. Preheat the oven to 180 degrees.
2. Finely crumble the feta cheese in a bowl, add the Gouda cheese and chopped parsley and mix everything together.
3. Roll out the puff pastry and spread the topping evenly around the edges of the puff pastry.
4. Place the sheets of pastry on top of each other, press down a little and cut in half, then cut strips approx. 2 cm wide from the short side.
5. Turn these strips a few times and place them on a baking tray with baking paper on top.
6. Then brush the top with the egg yolk and milk mixture
7. Bake the puff pastry sticks in the preheated oven for 25-30 minutes until golden brown.



TABOULÉ



ABOUT THE DISH

The dish comes from the countries of Syria, Palestine and Lebanon. Taboulé is known for its light and refreshing nature, and it works well as a side dish or as a light main course.

VEGAN

INGREDIENTS FOR 4 PEOPLE:

- 250 g Bulgur
- 2 bunches of parsley
- 1/2 bunch of mint
- 4 tomatoes (approx. 1 kg)
- 1 romaine lettuce
- 1 onion
- 150 ml lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon paprika powder
- 5 tbsp. olive oil
- 300 g cucumber (optional)

PREPARATION

1. Finely chop the vegetables + soak the bulgur in hot water for 30 minutes.
2. Finally, mix all the ingredients together and serve.





AUTUMN SALAD






ABOUT THE DISH


This salad is a perfect, cozy dish for nice, rainy autumn evenings. It combines rare flavors into a delicious symphony. This recipe was partly improvised when we were looking for interesting recipes with pumpkins. It exceeded our expectations and consists of many exquisite ingredients. It is a harmonious blend of seasonal produce and aromatic spices that creates a warm, inviting experience with every bite. Ideal for those who appreciate a fusion of unique flavors, this salad is not just a meal, but a celebration of autumnal richness.



CONTAINS NUTS



VEGETARIAN



INGREDIENTS FOR 4 PEOPLE:

Sauce

- Juice of half an orange
- 1/2 small onion
- spoonful of honey
- 1 tbsp of wine or apple cider vinegar
- teaspoon of mustard
- 2 tbsp olive oil

- one package of mixed lettuce
- half a musk pumpkin
- maple syrup
- olive oil
- salt to taste
- 1 avocado
- 1/4 pomegranate
- packet of goat's cheese
- cashew nuts
- 3 tbsp quinoa

PREPARATION

1. Preparation of the sauce
 - a. Finely dice the onion.
 - b. Place in a cup or container.
 - c. Squeeze the juice from the orange.
 - d. Add the mustard, honey, vinegar, oil, salt and pepper.
2. Prepare the pumpkin
 - a. Peel the pumpkin. Remove the seeds and clean. Cut into large cubes. Rub the baking tray with olive oil. Spread the pumpkin on the baking tray, pour over the maple syrup, mix and sprinkle with salt. Bake in a preheated oven at 150 degrees until the pumpkin is soft (about 30 minutes).
 - b. Dry the seeds thoroughly, scatter on a pan (without fat) and fry on the lowest heat until lightly golden and crispy.
3. Prepare the quinoa
 - a. Wash very thoroughly (to get rid of the bitter taste). Place the washed quinoa seeds in a pan and pour over twice the amount of water. Cook for about 15 minutes. Once cooked, set aside for 30 minutes to soak up the water. Add a tbsp of olive oil and mix thoroughly. Line a baking tray with baking paper and spread the quinoa in a thin layer and sprinkle with a little salt. Bake at 150 degrees until crispy.
4. Preparing the salad base
 - a. Wash the lettuce and cut it into smaller pieces.
 - b. Cut the avocado into large cubes.
 - c. Dice the feta.
5. Mix all the ingredients together
 - a. Place all the prepared ingredients for the base in a bowl, add the pumpkin, seeds, cashew nuts and pomegranate seeds.
 - b. Pour over the sauce.
 - c. Sprinkle with quinoa.



HUMMUS



ABOUT THE DISH

Very popular appetizer from the Middle East (especially in Syria and Lebanon).

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 500g hummus tin from the brand "Chatoura Garden" (available from Kaufland or in Turkish stores)
- 2-3 tbsp tahini, salt
- 3 tbsp sour Greek yogurt
- 3 tbsp olive oil and paprika powder.

PREPARATION

1. Mix the can of hummus with 2-3 tbsp tahini, salt and 3 tbsp sour Greek yogurt.
2. Spoon the hummus onto a plate or bowl.
3. Sprinkle with paprika powder and cumin. Drizzle with extra olive oil to serve.
4. Enjoy with Arabic flatbread.



BRUSCHETTA

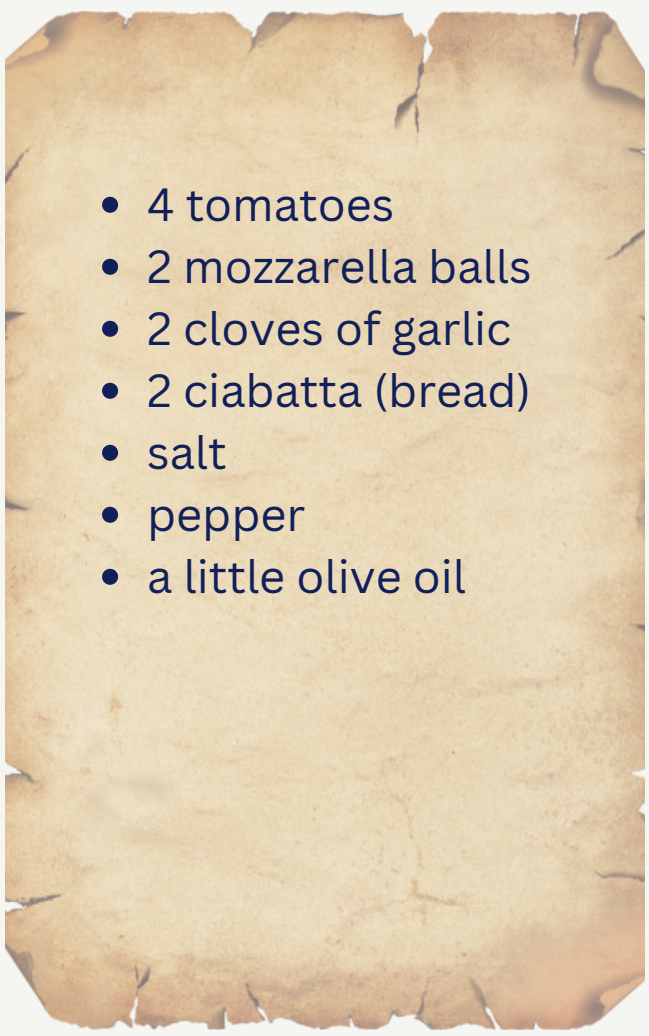


ABOUT THE DISH

Bruschetta originated in Italy and is a popular starter dish. Originally, bruschetta was a simple dish made by farmers in Italy. They used stale bread that was toasted to preserve it. The toasted slices of bread were then rubbed with garlic and topped with fresh tomatoes. Nowadays, bruschetta is popular all over the world and there are many different variations with different toppings. It is a delicious and versatile dish.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 
- 4 tomatoes
 - 2 mozzarella balls
 - 2 cloves of garlic
 - 2 ciabatta (bread)
 - salt
 - pepper
 - a little olive oil

PREPARATION

1. Preheat the oven to 180 degrees.
2. Wash, deseed and chop the tomato.
3. Also chop the mozzarella balls and the onion. Put everything in a bowl and press the garlic clove into it. Then add a little olive oil. Toast the ciabatta in the oven for approx. 5-7 minutes and then remove from the oven.
4. Rub the bread briefly with garlic and spread the tomato and onion mixture on the bread.



BÖREK WITH CHEESE



ABOUT THE DISH

Börek is a traditional dish that is widespread in various countries of the former Ottoman Empire and in other regions of the Middle East and Eastern Europe. However, the exact origin of börek is controversial, as there are many variations and preparation methods that can vary depending on the region.

Turkish cuisine has undoubtedly had a major influence on the popularity and spread of börek.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 10 sheets of yufka dough (from the Turkish grocery store)
- 200 g feta cheese or another salty cheese of your choice, crumbled
- 100 g grated cheese (e.g. mozzarella or Emmental)
- 2 eggs
- 100 ml milk
- 50 ml olive oil or melted butter

- Salt to taste
- Optional: black cumin seeds or sesame seeds for sprinkling

PREPARATION

1. Prepare the filling: In a bowl, combine the crumbled feta cheese and grated cheese. Mix with an egg and stir well until everything is well combined. The filling should not be too runny.
2. Prepare the yufka dough: Remove the yufka sheets from the packaging. Spread out one yufka sheet on a clean work surface and brush lightly with olive oil or melted butter. Place a second sheet on top and brush again with oil or butter. Repeat this for a total of 5 sheets so that you have a layer of 5 oiled yufka sheets.
3. Fill and roll: Spread half of the cheese filling over the yufka leaf layer, leaving some space around the edges. Roll up the yufka sheets tightly from one side to form a long roll.
4. Shape the börek: Place the resulting roll in a spiral shape and place in a greased baking dish. Repeat the process with the remaining 5 yufka sheets and the rest of the cheese filling.
5. Bake: Place the second börek in a baking dish as well. Whisk the last egg with the milk and pour over the börek so that they are evenly coated with the egg milk. Optionally sprinkle with black cumin seeds or sesame seeds.
6. Bake: Preheat the oven to 180°C and bake the börek for about 30-35 minutes until golden brown.
7. Serve: Remove the börek from the oven and leave to cool slightly. They can be served warm or at room temperature.



KANDA BHAJI

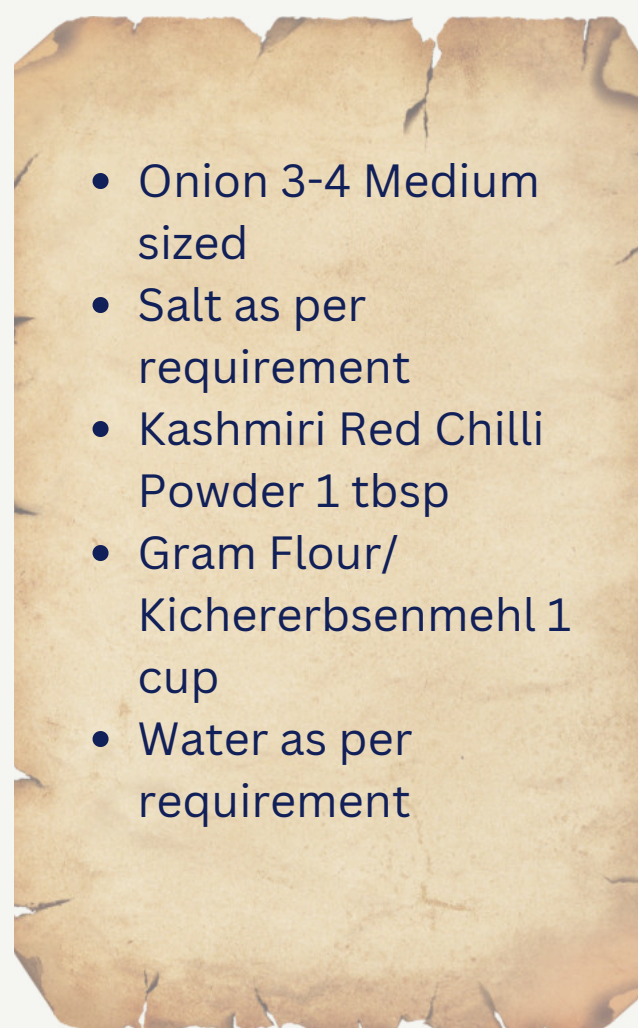


ABOUT THE DISH

Kanda bhaji is a popular street food snack in Maharashtra (in India). There are many variations to preparing them. They are deep fried onion fritters. These are made with besan or gram flour, onion and a few spices. These are a perfect tea time snack. Especially for a monsoon evening, kanda bhaji and a hot cup of tea is a just perfect combination.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:



PREPARATION

1. To make the perfect kanda bhaji, it's very important to cut the onions in a certain way.
 - a. Cut the top & bottom of the onions & divide it into two equal halves by keeping the cut side down.
 - b. Further peel the onions & cut them lengthwise in thin slices, the slices should neither be too thin nor too thick.
 - c. After cutting the slices, separate the layers of onions using your hands, similarly cut & separate the layers of all onions & transfer them into a bowl.
2. Further add salt to taste & kashmiri red chilli powder, mix well & coat the onions with chilli powder & salt.
3. Then add the gram flour in small batches & mix well, then add a splash of water & gently knead the onions with the gram flour until everything comes together, your mixture for kanda bhaji is ready.
4. Heat oil until it gets moderately hot or 170 C, the oil should not be extremely hot or else the bhajiyas will fry from outside & remain raw in the middle.
5. To fry bhajiyas dip your hand in cold water & scoop out a small portion of the mixture & drop it into the hot oil without shaping it, drop all the bhaji in hot oil similarly, make sure that you don't form the bhajiya into a roundel otherwise you won't achieve the perfect texture.
6. Fry them over high flame without stirring them for the first 30 seconds then fry them over medium – low flame while stirring at regular intervals until they turn golden brown & crisp.
7. Once they turn golden brown, fry them over high flame for 30 seconds, doing this will prevent the bhajiyas from soaking the oil.
8. Once fried, transfer them into a sieve so that all the excess oil drips off.
9. Your perfectly fried crisp kanda bhaji is ready.
10. Serve it with hot Indian chai.



MAIN COURSES



PIZZA



ABOUT THE DISH

The classic Margherita pizza, named after Queen Margherita of Savoy, was allegedly created by pizza chef Raffaele Esposito in Naples in 1889. The story goes that he topped the pizza with tomatoes, mozzarella and basil to represent the colors of the Italian flag - red, white and green.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Dough

- 500 g pizza dough (from the chiller cabinet or homemade)
- Flour (for rolling out the dough)

Tomato sauce

- 400 g strained tomatoes
- 2 cloves of garlic, chopped
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tsp dried oregano

Topping

- 150 g mozzarella, thinly sliced
- 150 g shepherd's cheese
- Fresh basil

PREPARATION

1. Prepare the pizza dough:
 - a. If you are using fresh pizza dough, let it rest according to the instructions on the packaging.
 - b. If you are making your own dough, roll it out on a lightly floured surface to achieve the desired pizza size.
2. Prepare the tomato sauce:
 - a. Heat the olive oil in a frying pan over a medium heat.
 - b. Add the chopped garlic and fry briefly until fragrant.
 - c. Add the strained tomatoes and season with salt, pepper and oregano. Let the sauce simmer for about 10-15 minutes until it has thickened a little.
3. Preheat the oven:
 - a. Preheat your oven to the highest temperature, usually around 280 degrees Celsius.
4. Prepare the topping:
 - a. Cut the mozzarella and tomatoes into thin slices.
5. Top the pizza:
 - a. Spread the tomato sauce evenly over the rolled out dough.
 - b. Place the mozzarella slices and slices of shepherd's cheese on top.
6. Bake:
 - a. Bake the pizza in the preheated oven for about 12-15 minutes or until the crust is golden brown and the cheese is melted and lightly browned



SUMMER ROLLS



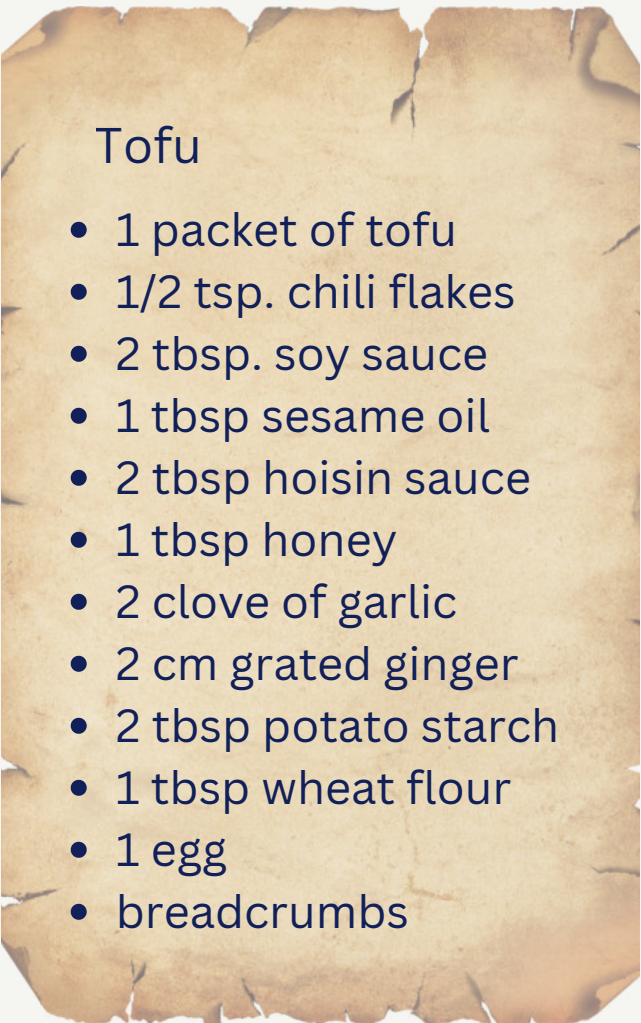
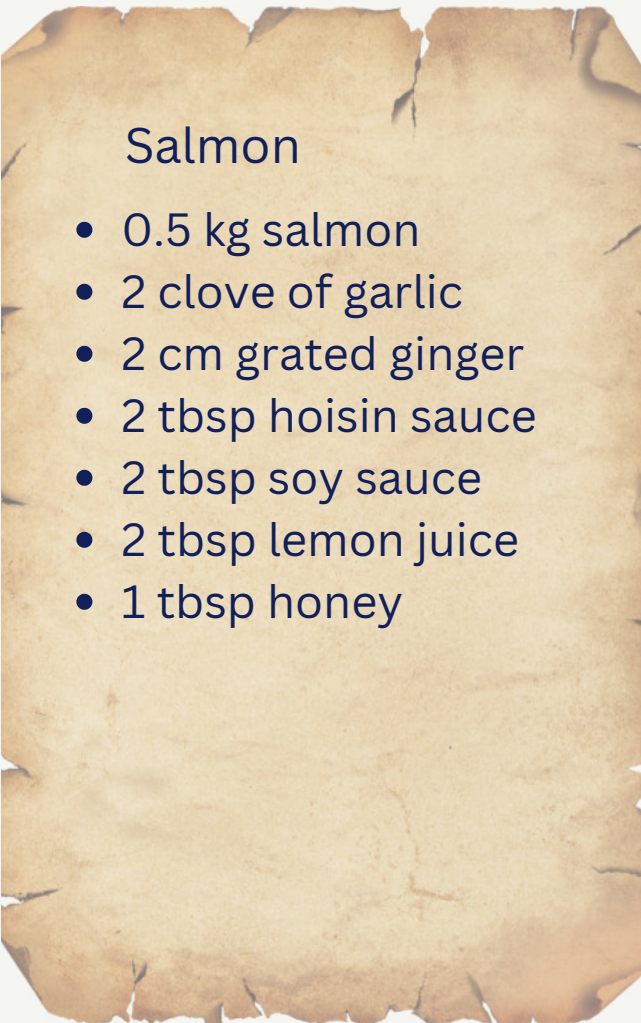
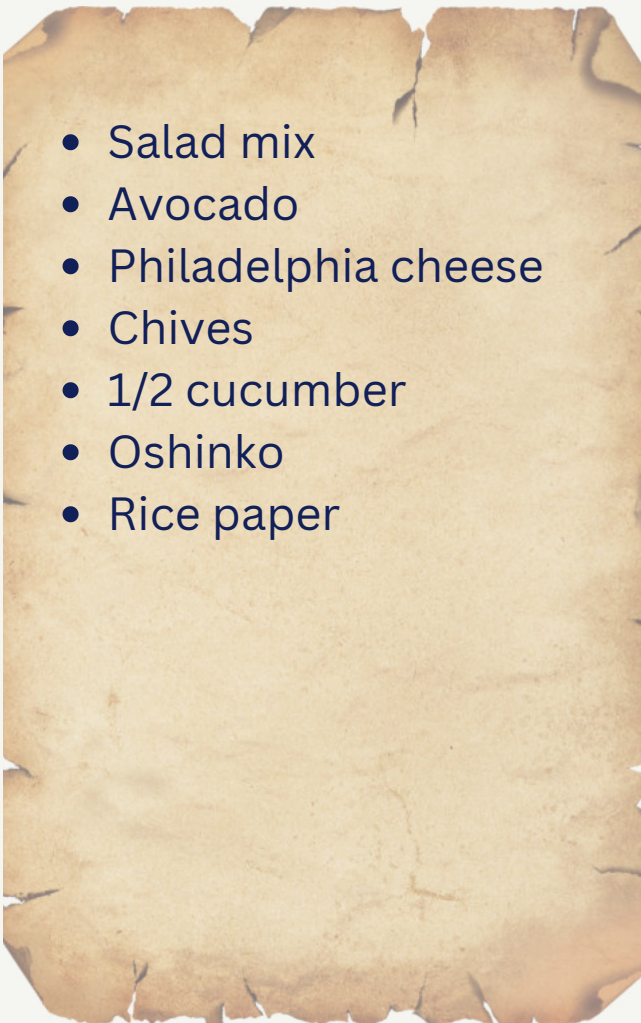
ABOUT THE DISH

Summer rolls are perfect for a family meal or as an ideal snack for guests. Paired with an oriental dip to add interest, these delicious rolls are rich in flavor. We first came across this dish on our travels many years ago. The variation presented here is our attempt to recreate this unforgettable experience with our own improvisations. Overall, the dish leaves plenty of scope for experimentation with different flavors. We recommend taking inspiration from sushi or other Asian dishes when exploring. The rolls are surprisingly filling and quickly work up an appetite. It is also a very healthy and balanced dish.

CONTAINS NUTS

VEGETARIAN

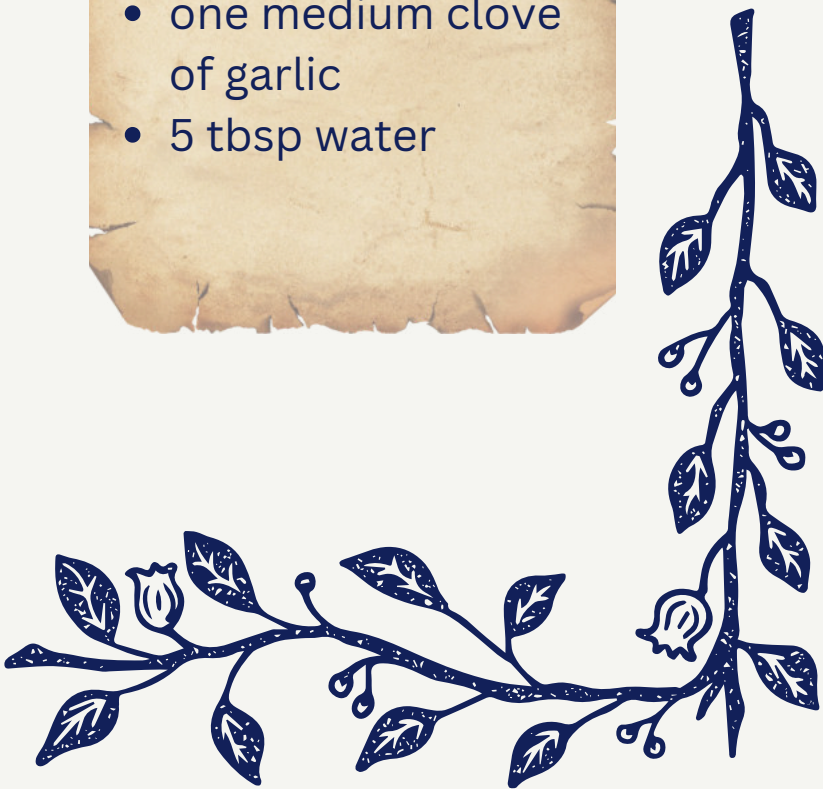
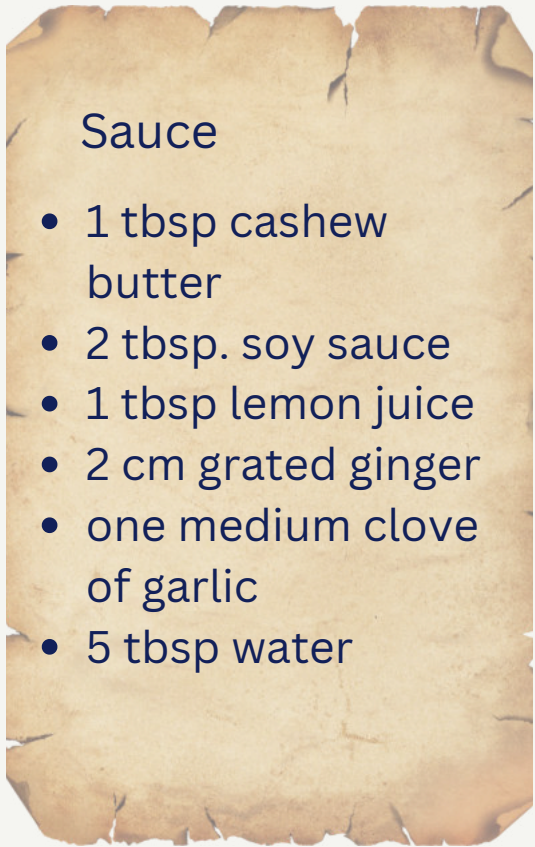
INGREDIENTS FOR 4 PEOPLE:



PREPARATION

- 1.Preparing the salmon
 - a. Peel the salmon and cut crosswise into two-finger-wide pieces.
 - b. Press the garlic cloves through a press or chop very finely (press with the side of a knife before chopping).
 - c. Mix the garlic with the ginger, hoisin sauce, soy sauce, lemon juice and honey. Pour the sauce over the salmon and set aside for 30 minutes.
 - d. After this time, place the salmon in the pan and fry on both sides until brown. YOU DON'T NEED TO ADD ANY FAT!
2. preparation of the tofu
 - a. Remove the tofu from the packaging and drain. Cut into two-finger-wide strips the same length as the longer side of the package. Dredge in a flour mixture (1 tbsp wheat flour and 1 tbsp potato starch). Whisk the egg on a separate tray and transfer the panko to another tray. Heat the fat in a frying pan. Dip the pieces of tofu in the egg one by one, sprinkle with panko and place in the pan. As soon as they are golden brown, remove from the pan and place on a paper towel.
 - b. Mix the ingredients for the sauce with a tbsp of potato starch. Pour into a separate pan and heat, stirring constantly, until it thickens. Then add all the fried tofu pieces and coat with the hot sauce.
3. assembling the summer rolls
 - a. Slice the cucumber, cut the lettuce into finer pieces, slice the Philadelphia cheese and insert a teaspoon into the package, wash the chives, cut the avocado lengthwise into strips.
 - b. Prepare three plates: one for the warm water, one for the rolls and one for the finished rolls.
 - c. Remove the rice paper individually from the packet, dip both sides thoroughly in warm water, pat dry and place on the plate to fold. Arrange all the ingredients in the middle, spread the lettuce with cheese (it must not touch the rice paper, otherwise it will crack). Wrap the right side in the middle, then the top and bottom and finally roll over the overhanging left edge.

We recommend serving the summer rolls with the sauce, the ingredients for which can be found on the side.



PIZZA-PASTA-CASSEROLE



ABOUT THE DISH

In our creative pizza-pasta casserole, we not only combine the delicious flavors of béchamel sauce, tomato sauce and plenty of cheese, but also a harmonious selection of fresh vegetables that not only give this dish a colorful splendor, but also a variety of flavors. The vegetables add a refreshing and healthy note that harmonizes perfectly with the savoury components. Every bite of this masterpiece somehow brings the taste of Italy to your plate.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Tomato sauce

- 2 tins of peeled tomatoes
- 4 cloves of garlic (finely chopped)
- 4 tbsp olive oil
- 1 teaspoon dried oregano

Béchamel sauce

- nutmeg powder
- 1 tbsp butter
- 5 tbsp flour
- 1 liter milk
- pepper, salt

- 500g penne pasta
- 3 peppers (red, yellow and green)
- 1 tin of mushrooms
- black olives
- 1 tin of baby corn
- 1 sachet of grated mozzarella
- One packet of mini mozerella balls
- 1 sachet of Parmesan cheese (grated)
- Fresh basil

PREPARATION

1. Cook the pasta (approx. 7 min)
2. Prepare the tomato sauce:
 - a. Heat the olive oil in a frying pan over a medium heat.
 - b. Add the chopped garlic and fry briefly until fragrant.
 - c. Add the peeled tomatoes to the pan and continue to break them up with a wooden spoon.
 - d. Season the sauce with salt, pepper and oregano to taste.
 - e. Allow the sauce to simmer, reduce the heat and simmer for about 15-20 minutes until it has thickened a little.
3. Prepare the béchamel sauce:
 - a. Melt the butter in a saucepan over a medium heat.
 - b. Add the flour to the melted butter and stir well to form a roux. Allow the roux to turn a light golden brown.
 - c. Slowly pour the milk into the roux, stirring constantly. Make sure there are no lumps.
 - d. Bring the mixture to the boil, stirring constantly, until it thickens. Reduce the heat if necessary.
 - e. Add salt, pepper and nutmeg powder to taste.
4. Prepare the casserole dish:
 - a. Mix the pasta with the vegetables (peppers, mushrooms, olives, corn).
 - b. Place half of the pasta and vegetable mixture in the baking dish and then add 5 large spoonfuls of béchamel sauce and spread it evenly over the mixture.
 - c. Sprinkle over a few mozerella balls and grated mozarella.
 - d. All the tomato sauce follows next and is also spread evenly.
 - e. Top with the second half of the pasta and vegetable mixture and repeat the step with the béchamel sauce and mozzarella.
 - f. Then pour the rest of the béchamel sauce on top.
 - g. Sprinkle with plenty of mozzarella and parmesan.
 - h. Preheat the oven for five minutes from above and below.
 - i. Place the oven dish inside and leave in the oven for approx. 30 mins.
 - j. Decorate with fresh basil leaves and then enjoy.



CHICKPEA STEW



ABOUT THE DISH

Chickpea stew, also known as 'chana masala' in Indian cuisine, is a dish that originated in South Asia, particularly in India and Pakistan. In these regions, it is an integral part of the culinary tradition.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 300 g dried chickpeas
- 2 cloves of garlic
- 30 g fresh ginger
- 300 g carrots
- 200 g onions
- 250 g spinach leaves
- 2 tbsp oil for frying
- 1 tbsp curry powder
- 1.2 L vegetable stock
- 3 tbsp raisins
- salt
- 3 stalks of mint

PREPARATION

1. Soak the chickpeas in cold water overnight. Drain and rinse. Bring to the boil in plenty of water and simmer for 1-1.5 hours until soft. Drain and leave to drain well.
2. In the meantime, peel and finely chop the garlic and ginger.
3. Peel the carrots and cut into 1 cm thick pieces.
4. Roughly dice the onions.
5. Clean the spinach, removing any thick stems. Roughly chop the spinach
6. Heat the oil in a pan. Sauté the garlic with the onions, ginger and carrots for 5 minutes. Fry the curry powder briefly. Add the stock and bring to the boil. Simmer for 15 minutes. Add the chickpeas, raisins and spinach. Simmer for a further 5 minutes. Season the stew with salt as required and serve sprinkled with chopped mint.



PANEER BUTTER MASALA



ABOUT THE DISH

The exact origins of Paneer Butter Masala are not well-documented, but it is a dish that emerged in North India, particularly in the Punjab region. It is a part of the broader category of Indian cuisine known as North Indian or Punjabi cuisine.

Punjabi cuisine is known for its rich and flavorful dishes, often featuring robust spices and dairy products. Paneer Butter Masala is a prime example of this, with its creamy tomato-based curry and the use of paneer, which is a type of Indian cottage cheese.

The evolution of this dish is likely tied to the traditional culinary practices of the Punjab region, where dairy products like paneer have been staples for centuries. As the Indian culinary landscape has evolved and interacted with various influences, regional dishes like Paneer Butter Masala have gained popularity not only within India but also internationally.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Paneer marinade

- 500g paneer, cut into cubes
- 1/2 cup yogurt
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- Salt to taste

- 3 tbsps butter
- 1 tbsp oil
- 3 onion, finely chopped
- 4 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1/2 teaspoon red chili powder (adjust to taste)
- 1 teaspoon coriander powder
- Salt to taste
- 1/2 teaspoon cumin powder

- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 cup heavy cream
- 1 teaspoon sugar (optional, to balance the acidity of tomatoes)
- Fresh coriander leaves for garnish

PREPARATION

1. Marinate the Paneer:

- a. In a bowl, mix yogurt, red chili powder, turmeric powder, garam masala, and salt.
- b. Add paneer cubes to the marinade and coat them well. Let it marinate for at least 30 minutes.

2. Cook the Paneer:

- a. Heat 1 tbsp of butter and 1 tbsp of oil in a pan over medium heat.
- b. Fry the marinated paneer cubes until they turn golden brown. Once done, remove the paneer from the pan and set aside.

3. Prepare the Curry:

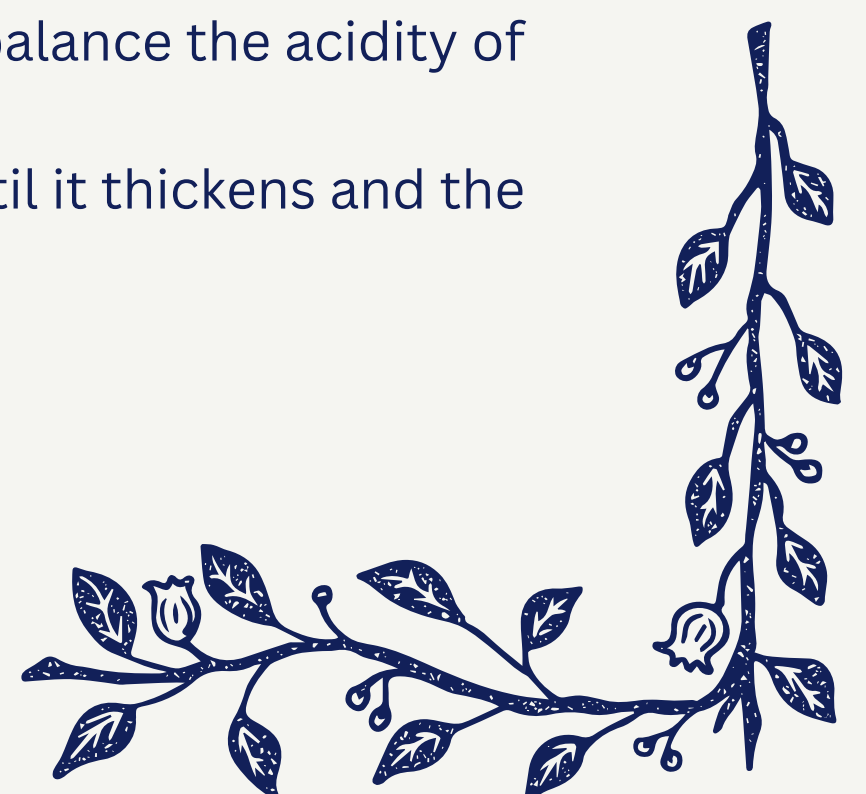
- a. In the same pan, add the remaining butter. Add chopped onions and sauté until golden brown.
- b. Add ginger-garlic paste and sauté for a minute until the raw smell disappears.
- c. Add pureed tomatoes and cook until the oil starts to separate from the masala.
- d. Add red chili powder, coriander powder, cumin powder, turmeric powder, garam masala, and salt. Mix well and cook for 2-3 minutes.

4. Finish the Dish:

- a. Add the fried paneer cubes to the masala and mix gently.
- b. Pour in the heavy cream and stir well. Adjust the consistency with water if needed.
- c. Add sugar if you prefer a slightly sweet taste to balance the acidity of tomatoes.
- d. Simmer the curry for 5-7 minutes on low heat until it thickens and the flavors meld.
- e. Garnish with fresh coriander leaves.

5. Serve:

- a. Serve hot with naan, roti, or rice.



FOUL MUDAMMAS



ABOUT THE DISH

Recipe comes from Syria (especially Damascus), but the dish is widely known in the Middle East and varies from city to city.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 2 tins of broad beans from the Chatoura Garden brand (Syrian edition).
- 7 cloves of garlic, chopped
- Juice of 3 lemons
- Salt to taste
- 1/4 cup olive oil
- 4 coarsely chopped tomatoes
- A bunch of chopped parsley

PREPARATION

1. Bring water to the boil in a pan and cook the broad beans from the tin in it.
2. Strain the cooked broad beans.
3. Place the broad beans in a serving bowl and add the lemon juice, garlic and salt. Stir well.
4. Scatter the chopped tomatoes and parsley over the top.
5. Pour the olive oil over the mixture.
6. Serve and enjoy with Arabic flatbread!



BEEHIVE WITH CHEESE



ABOUT THE DISH

When folded, the cheese patties look like honeycombs. This is why this dish is called a "beehive" in Arabic.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Dough

- 3 cups of flour
- 2 tbsps milk powder
- 1 tbsp of sugar
- 1 tbsp instant yeast
- 1 teaspoon of salt
- 1 teaspoon baking powder
- 3 tbsps oil
- 1 tbsp vinegar
- water as required

Filling

- Mozzarella
- Black cumin

Garnish

- Black cumin
- Egg
- Sesam

PREPARATION

1. Mix all the ingredients for the dough thoroughly until it has a smooth consistency, comparable to pizza dough.
2. Leave the dough to rise for about 10 minutes and then cut it into small balls.
3. Fill the dough balls generously with cheese or the desired filling.
4. Place the first ball in the middle of a greased, rounded baking tin.
5. Arrange the remaining dough balls around the first one until all the dough has been used.
6. Smooth the dough balls with milk or egg, sprinkle with sesame and black cumin seeds and bake in the oven.



PESTO PASTA



ABOUT THE DISH

Pesto is originally an Italian dish, and the best known is Genovese pesto, which is made from basil, pine nuts, garlic, parmesan and olive oil. The addition of pistachios as the main ingredient in your recipe gives the pesto a unique flavor and texture.

Olives and olive oil are essential ingredients in Mediterranean cuisine and are used in many dishes from countries such as Italy, Spain and Greece.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 400 g pasta (e.g. spaghetti, penne or fusilli)
- 100 g pistachio pesto
- 100 g olives, pitted and halved
- 200 g fresh spinach, roughly chopped
- 4 tbsp olive oil
- 100 g yoghurt (optional, for a creamy texture)
- 200 g cherry tomatoes, halved

- 150 g feta cheese, crumbled
- Salt and pepper to taste
- Fresh basil leaves for garnish (optional)

PREPARATION

1. Cook the pasta: Cook the pasta al dente in a large pan of salted water according to the instructions on the packet. Drain and set aside, reserving some of the cooking water.
2. Steam the spinach: Heat 2 tbsps of olive oil in a large frying pan. Add the chopped spinach and sauté for about 2-3 minutes until it collapses. Season with salt and pepper.
3. Add the pesto and olives: Add the pistachio pesto and halved olives to the spinach in the pan and mix well.
4. Add the pasta: Add the cooked pasta to the spinach and pesto mixture in the pan. If the mixture seems too dry, add some of the reserved pasta cooking water.
5. Stir in the yogurt: Optionally, add the yogurt to the pasta to create a creamy sauce. Stir well until everything is evenly distributed.
6. Add the cherry tomatoes and feta: Sprinkle the halved cherry tomatoes and crumbled feta cheese over the pasta and fold in gently to avoid crushing the tomatoes.
7. Serve: Divide the pesto pasta between plates and garnish with fresh basil leaves, if desired.



DESSERTS



PANNA COTTA



ABOUT THE DISH

This exquisite vanilla panna cotta is a masterpiece of culinary simplicity and elegance. The creamy dessert with its rich vanilla essence offers a silky smooth finish that is simply irresistible. Each serving, elegantly poured into individual cups, is a visually appealing and luxurious treat. The versatility of this dessert is also evident in the garnishes: serve it with fresh fruit for a refreshing change of pace, with a tangy fruit coulis for a hint of flavor, with a drizzle of maple syrup for sweetness, with crunchy nuts for texture or with chocolate shavings for a touch of indulgence. This easy-to-make vanilla panna cotta is an ideal meal for the whole family. The delicate balance of flavors and smooth texture make it not just a dessert, but a culinary experience that enhances any dining occasion.

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Panna Cotta

- 1 package of gelatine (normal or vegan)
- 1 vanilla pod or 2 teaspoons of vanilla extract
- 250 ml cream cheese (30% or 36%)
- 250 ml milk
- 80 g sugar
- Optional: 1 tbsp of white rum and 1 tbsp of white wine

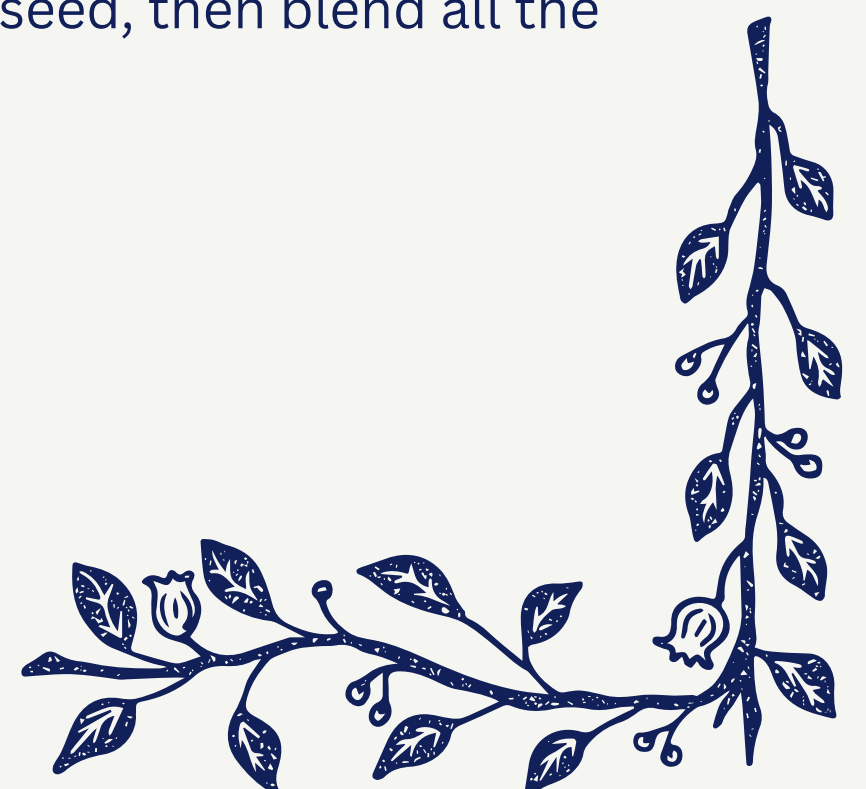
Souce

- 1 mango
- 1 teaspoon chia
- 1 teaspoon honey
- 1/2 teaspoon lemon juice

PREPARATION

1. Pour two tbsps of cold water over the gelatine and leave to rest for 5 minutes. If you are using vegan gelatine, follow the instructions on the packet.
2. Cut the vanilla pod in half lengthways and scrape out the seeds with a teaspoon.
3. Pour the cream and milk into a pan, add the sugar, the vanilla pod with the sliced seeds or the vanilla extract. Heat while stirring until the sugar dissolves.
4. Then bring almost to the boil, i.e. remove from the heat as soon as it starts to boil at the edge of the pan.
5. Add the rum and wine as well as the soaked gelatine and stir for about a minute until the gelatine has completely dissolved.
6. Pour the mixture into 4 cups (125 ml each) or 6 smaller bowls. Set aside to cool. Once cooled, cover the ramekins with a piece of plastic wrap and place in the fridge to set, about 4 to 5 hours or preferably overnight.
7. Turn out onto a plate and serve with fresh fruit and fruit mousse. Alternatively, drizzle with maple syrup, caramel or chocolate icing.

To prepare the mousse, peel the mango and cut out the seed, then blend all the ingredients together.



BAKLAVA



ABOUT THE DISH

Baklava is a traditional dessert that originated in the Levant region of the Middle East. However, the exact origin of baklava is disputed, as different countries and cultures in the region claim their own version of this sweet pastry.

CONTAINS NUTS

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

Dough

- 1 packet (approx. 450 g) of filo pastry
- 200 g melted butter

Topping

- 200 g ground pistachios

Streusel

- 200 g sugar
- 150 ml water
- Juice of half a lemon
- 7 g vanilla

PREPARATION

1. Remove the filo pastry from the packaging and cover with a slightly damp kitchen towel to prevent it from drying out.
2. Preheat the oven to 180 degrees Celsius.
3. Lightly grease a baking tin with melted butter.
4. Place a sheet of filo pastry in the baking tin and brush with melted butter. Repeat this process until about half of the dough has been used.
5. Spread half of the filling evenly over the pastry.
6. Layer the remaining filo pastry in the same way and brush each layer with melted butter.
7. Spread the remaining filling as the top layer on the pastry.
8. Use a sharp knife to cut the baklava into diamond or rectangular shapes.
9. Bake the baklava in the preheated oven for about 25-30 minutes until golden brown.
10. In the meantime, prepare the syrup: Bring the sugar, water, vanilla and lemon juice to the boil in a pan and then simmer over a low heat for about 10 minutes until the syrup has thickened slightly.
11. Remove the baklava from the oven and pour the warm syrup over it immediately after baking.
12. Leave the baklava to cool completely so that it can soak up the syrup.
13. Once cool, cut into the previously cut shapes and serve.



BANANA CASHEW PANCAKES



ABOUT THE DISH

This dish is a delightful variation of traditional pancakes, enriched with the sweetness of mashed bananas and the crunch of crushed cashew nuts. Served with a sprinkle of powdered sugar, these pancakes are versatile in their accompaniments. They can be enjoyed with a variety of toppings, from the rich decadence of syrups and whipped cream to the fresh, light touch of seasonal fruits. These pancakes can be a great start to a lazy and peaceful Sunday with family.

CONTAINS NUTS

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 2 cups of flour
- 2 eggs
- 1 and 1/2 cups of milk
- 75 g of melted butter
- 3 teaspoons of baking powder
- 1 small spoon of powdered sugar
- 2 bananas
- Cashew nuts
- A pinch of salt

PREPARATION

1. Sift the flour.
2. Beat the eggs and mix with the milk, then combine with the other ingredients. Finally, add the melted butter.
3. Leave the mixture to rest for 15 minutes.
4. Mash bananas with a fork in a separate bowl and add them to the mixture alongside slightly crushed cashew nuts. Mix it.
5. Fry in a dry non-stick pan without additional fat, over medium heat, allowing the batter to rise properly.
6. Gently flip to the other side using a wide spatula.

This dish can be served with a variety of toppings such as syrups, fresh fruits, or whipped cream.



APPLE PIE WITH CRUMBLE



ABOUT THE DISH

Discover the joy of homemade baking with this classic apple pie recipe. A delightful combination of tender apples and a crisp, buttery crumble, this pie is a heartwarming treat perfect for any occasion. It's simple yet satisfying, capturing the essence of home cooking. Ideal for a cozy family dessert or a sweet centerpiece at gatherings, this apple pie is sure to bring smiles and warm memories with every delicious slice.

VEGETARIAN

INGREDIENTS FOR ONE BAKING TRAY:

Dough

- 125g butter
- 125g sugar
- 1 sachet vanilla sugar
- 4m. large eggs
- 250g flour
- 1/2 sachet baking powder

Topping

- 1 ½ kg apples

Crumble

- 150g butter
- 150g sugar
- 1 sachet vanilla sugar
- 250g flour

PREPARATION

For one baking tray.

1. Beat the butter, sugar and vanilla sugar until fluffy, then gradually beat in the eggs. Finally, add a mixture of flour and baking powder.
2. Spread the batter on a greased baking tray. Peel and quarter the apples and remove the cores. Cut each apple quarter 3-4 times with a small knife, but not through, then cover the dough tightly with the apples.
3. The crumble mixture consists of butter, sugar, vanilla sugar and flour. Knead everything together, tear into coarse crumbs and spread evenly over the fruit.
4. Now bake the apple pie in a preheated oven at 175 degrees Celsius on the 2nd shelf from the bottom for about 30-45 minutes.



GAJAR KA HALWA



ABOUT THE DISH

The history of Gajar ka Halwa, like many traditional Indian dishes, is not precisely documented, but it has deep roots in Indian culinary traditions. Halwa, in general, is a type of sweet dish that is popular in various forms across the Indian subcontinent and the Middle East.

The use of carrots in halwa likely originated in North India, where carrots have been a staple vegetable for centuries. The dish gained popularity and became associated with celebrations and special occasions, especially during the winter months when carrots are abundant and fresh.

Carrot Halwa is believed to have evolved from an ancient Indian sweet called "Gajrela," which is made with grated carrots, milk, sugar, and often flavored with cardamom and other spices. Over time, Gajrela transformed into what is now widely known as Gajar ka Halwa.

CONTAINS NUTS

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 700g carrots, peeled and grated
- 2.5 cups full-fat milk
- 1/2 cup sugar (adjust according to taste)
- 1/4 cup ghee (clarified butter)
- 1/4 cup chopped nuts (almonds, cashews, and pistachios)
- 1/2 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- Raisins for garnish (optional)

PREPARATION

1. Grate the Carrots:
 - a. Peel and grate the carrots using a fine grater. You can also use a food processor for this step.
2. Cooking the Carrots:
 - a. In a heavy-bottomed pan, heat 2 tbsps of ghee.
 - b. Add the grated carrots and sauté them on medium heat until they are soft and the raw smell disappears. This may take about 10-15 minutes.
3. Add Milk:
 - a. Pour in the milk and stir well with the carrots.
 - b. Cook the carrots in milk on medium heat, stirring occasionally, until most of the milk evaporates, and the mixture thickens. This may take 20-30 minutes.
4. Add Sugar:
 - a. Once the carrots are cooked and the mixture has thickened, add sugar and mix well.
 - b. Continue to cook, stirring regularly, until the sugar dissolves and the mixture thickens again. This may take another 15-20 minutes.
5. Add Nuts and Flavors:
 - a. Add cardamom powder and saffron strands (if using) to the mixture.
 - b. In a separate pan, lightly roast the chopped nuts in ghee until they become golden brown. Add the roasted nuts to the carrot mixture.
6. Final Cooking:
 - a. Continue to cook the mixture on low heat, stirring frequently, until the halwa reaches a thick and glossy consistency.
7. Garnish and Serve:
 - a. Garnish with more chopped nuts and, if desired, raisins.
 - b. Serve Gajar ka Halwa warm or at room temperature. It can be enjoyed on its own or with a scoop of vanilla ice cream.



KHEER (RICE PUDDING)



ABOUT THE DISH

Kheer, a traditional Indian rice pudding, has a long history deeply rooted in Indian culinary traditions. While the exact origins are not well-documented, rice pudding has been a part of Indian cuisine for centuries and is associated with various cultural and religious practices.

Rice pudding, in general, has a widespread presence in many cultures around the world, including India. The basic ingredients of rice, milk, and sweeteners are readily available in the Indian subcontinent, making it a natural choice for a dessert preparation.

In Indian culture, milk holds special significance and is considered a symbol of purity and prosperity. The combination of rice and milk in kheer likely evolved over time, with regional variations adapting to local ingredients and preferences.

Kheer is often associated with festive occasions, celebrations, and religious ceremonies. It is a common offering in temples during religious festivals and is also prepared during family events such as weddings, birthdays, and other special gatherings.

CONTAINS NUTS

VEGETARIAN

INGREDIENTS FOR 4 PEOPLE:

- 1/2 cup basmati rice
- 1 liter full-fat milk
- 1/2 cup sugar (adjust to taste)
- 1/2 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- 2 tbsps chopped nuts (almonds, cashews, and pistachios)
- 1 tbsp raisins
- 1 teaspoon ghee (clarified butter)
- A few strands of saffron for garnish (optional)

PREPARATION

1. Rinse and Soak Rice:
 - a. Rinse the basmati rice under cold water until the water runs clear.
 - b. Soak the rice in water for about 30 minutes.
2. Cook Rice:
 - a. Drain the soaked rice.
 - b. In a separate pot, bring 2 cups of water to a boil. Add the drained rice and cook until the rice is 70-80% cooked. It should still have a slight bite to it. Drain the water and set the rice aside.
3. Prepare Milk Mixture:
 - a. In a heavy-bottomed pan, bring the milk to a boil.
 - b. Reduce the heat to low and add the partially cooked rice to the boiling milk. Stir well to prevent the rice from sticking to the bottom of the pan.
4. Simmer and Cook:
 - a. Continue to simmer the mixture on low heat, stirring frequently, until the rice is fully cooked and the kheer thickens. This may take 30-40 minutes.
5. Add Sugar and Flavorings:
 - a. Add sugar, cardamom powder, and saffron strands (if using) to the kheer. Stir well to dissolve the sugar.
 - b. Continue to cook for an additional 10-15 minutes until the kheer reaches your desired consistency.
6. Roast Nuts and Raisins:
 - a. In a separate pan, heat ghee. Add chopped nuts and raisins and roast until the nuts turn golden and the raisins plump up. Add this mixture to the kheer and mix well.
7. Garnish and Serve:
 - a. Garnish the kheer with a few strands of saffron (if using).
 - b. Serve the kheer warm or chilled, according to your preference.





RUNNING DINNER



This cookery book collects recipes from all over the world, from Arabic to Italian and Indian cuisine, which were prepared and eaten as part of the "Running Dinner Osnabrück" project. It also captures moments of our happy, carefree togetherness in the project. The book is the result of a wonderful time and the collaboration of young people from very different countries, cultures and backgrounds.

Many thanks to everyone who contributed!

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