

WELTKULTUREN  
MUSEUM

# REZEPTE FÜR JUNG UND ALT

RECIPES FOR THE YOUNG AND THE OLD



慢慢吃！

Добър апетит! BOM APETITE!

**GUTEN APPETIT!** Afiyet olsun!

Buon appetito!

いただきます! BO APETITO!

ENJOY YOUR MEAL! 잘 먹겠습니다!

¡Buen provecho! **אובאטב!**

**BON APPÉTIT!**

## WIR SAGEN DANKE!

Über Monate haben Besucher\*innen uns die Lieblingsrezepte ihrer Großeltern, Tanten, Onkel und Lieblingsmenschen verraten. Eine kleine Auswahl der Rezepte haben wir hier für Sie zusammengestellt.

## WE WANT TO THANK YOU!

For months, our visitors disclosed to us their favourite recipes by their grandparents, aunts, uncles and favourite persons. Here we would like to share with you a small selection of them.

תודה  
Благодаря . MERCI  
**TEŞEKKÜRLER** 谢谢你  
grazas Obrigado Gracias  
どうも **GRAZIE**  
礼を述べる

# VORSPEISE

Starter

soğuk yemek

הנושאר הנמ

Aperitivo

Primerero

Entrée

Antipasto

Entrada

Предястие

前菜

스타터

# Gavur dag Salatase

... from South Turkey

## ingredients

- finely chopped tomatoes 
- " " onion 
- " " spring onion 
- " " parsley 
- finely & roughly chopped walnuts 
- olive oil 
- lemon juice 
- pomegranate syrup 
- sumac 
- spray red pepper & salt

Simply mix them altogether  
should be juicy & sour ;)

Feb 2, 2019  
Alper

# Sarde in Saor

- 600g sarde 
- 600g cipolle bianche (xeggola) 
- 200ml aceto di vino bianco 
- 2 foglie alloro 
- 1 cucchiaio zucchero
- sale q.b.
- 40g uvetta
- 3 cucchiai olio extra vergine d'oliva (evo)
- pepe rosa grani q.b.

Combinare gli ingredienti con amore  
e fantasia.

Frau Venice  
with love.

Ebe e Crai



Over easy Egg



Brown Rice



chopped pepper



spinach



mushroom



Beansprout



Fermented Bean

\* 생채비빔밥 \*



do

끓여먹고  
복사편히

사랑하는 ~♡  
안녕하세요! ♡



冬至快乐!! 22.12.2018

## 姜汁汤圆



材料:

糯米粉

姜块

糖

班兰叶



### 姜汁做法

1. 姜洗净, 去皮, 切块
2. 将姜块放入滚水
3. 将班兰叶放入滚水
4. 加糖(适量), 等水煮沸

### 汤圆做法

1. 将糯米粉(适量)倒入大碗
2. 加水, 搓至面团状
3. 搓成小粒状。°°°°
4. 放入沸水, 煮至汤圆浮起
5. 完成!!

将煮好的汤圆  
加入姜汁, 即  
可享用!!

# 番茄炒蛋



Tomato

X 2  
番茄



X 2  
鸡蛋

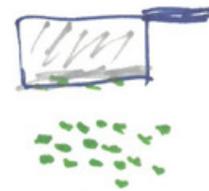
Salt

随意.  
盐

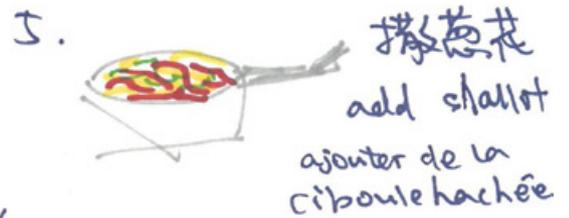


shallot

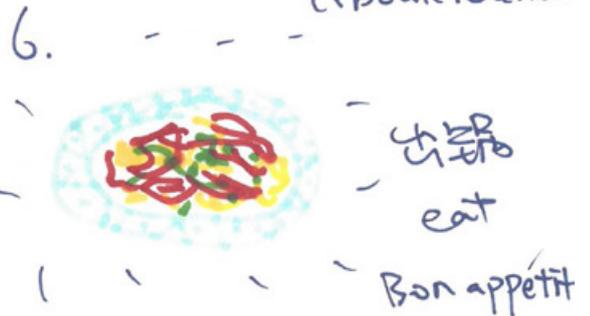
随意  
葱



先炒番茄。  
fry the tomatoes  
Sauter des tomates.



炒蛋。  
fry the eggs  
sauter des œufs



一起炒  
mix them together  
mélanger tous les deux ingrédients

# HAUPTSPEISE

Main dish

Baş yemek

תירקיע הנמ

Prato principal

Segundo

Plat principal

Portata principale

Entrada

ОСНОВНО ЯСТІЕ

主食

本膳

주요



# PASTA ALLA CARBONARA (FROM ROM!)

SPAGHETTI



EGG

FOR 4 PEOPLE

- 400 GR SPAGHETTI - (OR OTHER TYPE OF PASTA)



GUANCIALE, NOT BACON!

- 3 RED PART OF EGG



PECORINO (FROM ROM)

- 200 GR GUANCIALE



BLACK PEPPER

- PECORINO AND PEPPER - AS MUCH AS YOU WANT.



NO CREAM!  
PLEASE!!!

- BOIL WATER AND COOK THE PASTA (AL DENTE!) (WITH SALT !!)
- MIX THE RED OF THE EGGS WITH SOME SALT AND PEPPER AND PECORINO. (RAW!)
- SAVE SOME WATER FROM THE COOK OF THE PASTA (1 CUP) AND ADD IT TO THE MIXED REDS
- COOK, VERY SLOWLY, THE GUANCIALE CUT IN SMALL CUBES. DON'T ADD OIL OR BUTTER! IT HAS ENOUGH FAT! IF YOU WANT ADD SOME WHITE WINE AND MAKE IT DRY. UNTIL IS CRISPY ENOUGH.
- FINAL PROCEDURE NOT TO HAVE A "FRITTATA OF PASTA":
  - ① PUT THE MIXED EGG WITH PECORINO IN A BOWL (NOT METAL) AND GUANCIALE.
  - ② TAKE OUT THE PAST FROM THE WATER AND ADD IT TO EGG COMPOSITE WHILE IT IS STILL WARM!
  - ③ MIX EVERYTHING AND IN CASE ADD SOME MORE WATER FROM THE PASTA PREVIOUSLY SAVED (IN THE CUP !!)

ENJOY!!!

FRANCESCO

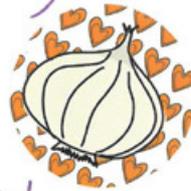
PAOLA

# Lazy Salmon



2 pcs salmon (with skin)

Garlic, 3-4 teeth



Salt & Pepper, as wished

Lemon juice (from 1 whole lemon)

Dry white wine (my favourite is Sauvignon Blanc)

↳ Half for the recipe,  
half for drinking! 😊

Place the salmon on an oven tray (glass or ceramic with high enough walls)

Pour the lemon juice on top, then add the garlic finely chopped. Add salt & pepper to your taste.

Let rest for 15 min or so, while heating the oven.

cover (drown, literally) the salmon with the wine.

Place in the oven at 180°C for about 40 min.

This time should be enough as to cook the fish and form a nice crust.

Enjoy!!! W & Alex



# GNOCCHI

- TYPISCHE ITALIENISCHE KÜCHE -



## INGREDIENTS:

- 1 kg PATATE (KARTOFFELN)



- 1 UOVO (EI)



- 500g FARINA (MEHL)



- SALZ

## KÜCHEN

TAKE A POT AND PUT POTATOES INTO HOT WATER.

☺☺ LET'S COOK THEM FOR 45 MINUTS.

- THEN TAKE OUT AND PULL OUT THE SURFACE.



PRESS

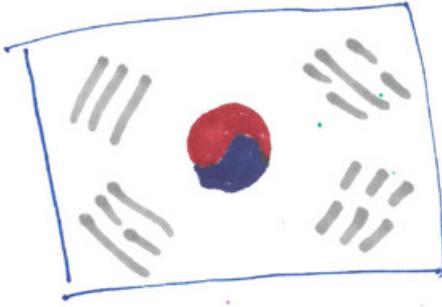
- ~~SMASH~~ THE POTATOES IN A RECEPIN WITH A FORK IN ORDER TO OBTAIN A KIND OF CREAM (PURÉ)

THEN ADD EGG AND MEHL AND MIX. TURN ALL THE INGREDIENT WITH SPOON.



- TAKE THE COMPOST  AND PUT THAT ON A WOOD. ADD MEHL TO GAIN SOMETHING STRONG.
- MAKE SMALL LINES AND CUT EACH PIECE INTO SMALL RETANGULAR FORM. 
- PUT INTO A POT AND ENJOY!!





## K-STYLE MISO SUPPE

된장찌개

된장, 애호박, 양파, 파  
두부 반모, 바리락, 멸치액젓 1큰술

1. 다 패러넣고 끓인다.

2. 맛있게 먹는다 😊!

23-01-19  
HEEWON



## Mercimek Köftesi

1 su bardağı kırmızı mercimek  
1.5 su bardağı ince köftelik bulgur  
1 baş kuru soğan  
1 demet maydonuz  
2-3 yemek kaşığı sıvı yağ  
1 demet taze soğan  
2 yemek kaşığı salça  
3 su bardağı su  
tuz, kimyon, pul biber karabiber

Yapılışı: 1. bulgur sıcak su ile yumuşatılır  
2. bütün malzemeler ilave edilir  
3. affiyette yenir 😊

23-01-19  
GÜNEŞ

今天是2018年12月29日，想炒炒虾吗？  
(chao xia)

啦啦啦

... 虾太难画了

### 准备材料：

1. 虾  (虾要生的哦，因为还有颜色才画的红色，不过熟的也可以炒~)  
shrimp
2. 葱  切段  
shallot
3. 盐和糖  
salt      white sugar
3. 油  
huile.

进入一级备战状态！前方高能预警！

Attention

1. 热油  heat the huile

2. 炒虾  (炒到熟 → 变红) fry the shrimp

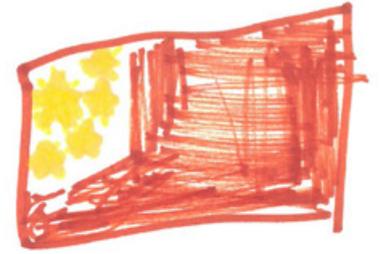
3. 炒葱和虾  add the shallot

4. 最后加盐和白糖！白糖提精髓！  
add a little salt and white sugar

出锅！ finish!

# 腊味煲仔饭

Chinesisches Essen



- 腊肠 适量
- 腊肉 适量
- 米 适量
- 酱油 适量

雪白的心情好，  
还可以窝个Ei。



↑  
煎鸡蛋颜色涂白了！  
不

## 食用人数适量

中餐精髓：适量、少许、酌情

希望有除我  
之外的人能  
认出这是一个  
煲仔饭

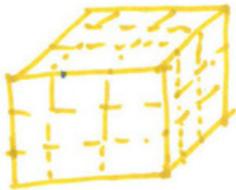
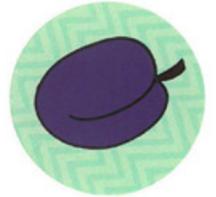


葱花少许或香菜，不吃就不加！

## Guten Appetit !

Yanyu Chen  
11.04.19

# Tofu of Sichuan 麻辣豆腐



Cut the tofu into cubes,  
and put them into boiling waters.



fry minced meat with oil  
(better store the minced meat with ~~out~~ salt/  
soy sauce before frying)



cut the shallot and garlic into pieces.



A bottle of doban sauce.



Fry ~~some~~ <sup>some</sup> peppers of sichuan  
& shallot and garlic until ~~it~~ <sup>they</sup> smells good.



Fry them with tofu cubes.  
And put the shallot after turning off the fire.

Repolo con carne ao forno.

Repollo al horno con carne



- Patatas / Kartoffeln
- Repollo / Kohl
- Carne picada / Hackfleisch
- Tocino / Speck.

Cocer las patatas y la col, hacer puré con las patatas. Dorar el tocino y la carne picada en la sartén. Colocar en una fuente de horno:

español

carne y tocino, luego el repollo y luego el puré de patatas. Hornear durante 20 min para gratinar.

Cocer as patacas e o repolo, facer puré coas patacas. Fritir o touciño e facer a carne.

galego

Colocar nun molde do forno primeiro a carne, despois o repolo e por último o puré. Meter no forno 20 min para gratinar.

Dre Kartoffeln und das Kohl kochen, dann die Kartoffeln pürieren. Das Fleisch und das Speck braten. ~~in~~ In eine Backform erstmal das Fleisch und das Speck, ~~dann~~ dann das Kohl und letztendlich das Püree hinzufügen. ~~in~~ In den Backofen 20 min backen und gratinieren.

"Deutsch"

## Grüne Bohnen - Tomaten - Untereinander

### Rezept meiner norddeutschen URGRÖßMUTTER

#### VEGETARISCH

500 gr grüne, frische Bohnen

500 gr frische Tomaten

2-3 Zwiebeln

Salz, Pfeffer, Bohnenkraut

Bohnen putzen, mit Bohnenkraut bissfest! kochen.

Tomaten waschen, Vierteln.

Zwiebel hacken.

Zwiebelwürfel im Öl oder Butterschmalz anschwitzen,

Bohnen + Tomaten zufügen, evtl. etwas Wasser zugeben.

10 Min. dämpfen, ab + zu umrühren.

#### Frisches Fleischliebhaber!

250 g gehacktes mit den Zwiebeln krümelig  
anbraten, weiter wie oben.

Niedergeschrieben von  
Elke,

die das auch schon 60 Jahre  
kocht ...

# NACHSPEISE

Dessert

Tatlı

חוניק

Sobremesa

Postre

Dolce

десерт

甜点

デザート

디저트

"Chaussons aux pommes" →



Apfel-Beutel

A la façon de Mamie ♡

1 Blätterteig

2-3 Äpfel

Zucker

Milch

① Aus dem Blätterteig  
kleine Kreise formen



② Äpfel in kleine Stücke schneiden



③ Äpfel und Zucker im  
Beutel setzen



⑤ Mit einer Gabel fest  
machen



④ Blätterteig falten



⑥ Im Ofen setzen  
180°C ~ 30 min  
(bis es gold wird)

Fertig!

Bon  
appétit ♡

Eva 21/12/18

# BRIGADEIRO

(A TYPICAL DESSERT FROM BRAZIL



## INGREDIENTS:

1 CAN OF CONDENSED MILK

4 TABLESPOONS OF POWDERED CHOCOLATE

1/2 TABLESPOON OF BUTTER

CHOCOLATE SPRINKLES TO DECORATE



BOM APETITE!  
(ENJOY YOUR MEAL!)

## PREPARATION:

PUT A POT ON A MEDIUM LOW HEAT AND  
MELT THE BUTTER WITH THE CONDENSED MILK.

STIR IN THE POWDERED CHOCOLATE AND  
CONTINUE TO STIR FOR 10-15 MINUTES UNTIL  
THE MIXTURE BEGINS TO PULL AWAY FROM  
THE EDGE OF THE POT. IT'S DONE WHEN  
YOU RUN THE SPOON THROUGH THE CENTER OF  
THE MIXTURE AND IT TAKES A FEW SECONDS TO  
COMBINE AGAIN.

SPREAD THE MIXTURE ONTO A BUTTERED PLATE  
AND REFRIGERATE FOR 2 HOURS.

AFTER 2 HOURS, ROLL THE MIXTURE INTO SMALL  
BALLS AND COAT THEM IN THE CHOCOLATE SPRINKLES  
(YOU MAY NEED TO APPLY BUTTER IN YOUR HANDS TO ROLL)

# Щарлотка

3 яйца 000

1 ст муки

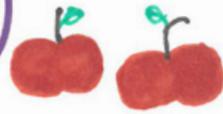
1 ст сахара

2 яблока (нарезанные)



1 щепотка соли

1 ч. л. соды,  
пов. уксусом



1. Взбить яйца с сахаром.
2. Добавить соль и уксус
3. Медленно всыпать муку, взбить
4. Добавить яблоки, перемешать
5. Влить в намастленную ёмкость для выпекания.
6. Печь 30-45 минут.

Since we have a Brazilian Dessert, some Paraguayan Dessert would be nice.

Paraguay is a Small Country.



right here.



Südamerika

We are one of the few, if not the only country with a double sided flag.

Both of these make our flag Great



Paraguay is a small country, but we have a rich culture, a vast history we keep and cherish, a language no longer spoken from our Ancestors (Guarani), and the best cuisine in all of Latin America.

(Sadly my cuisine skills are not up to the task)

So I will share one that is fairly simple.

1 block or in slices of cheese

(usually we use Paraguayan cheese)

Paraguayan cheese is strong in flavour but does not melt easy. Very similar to the Venezuelan cheese. Somewhat close to a Gouda.

Put this side by side with guaba, Dulce de Leche, Honey, ~~and~~ many kinds of sweet things and you have a rich combination flavor.

! Cheers! "

# Irish Pancakes

270g Flour

2 Large Eggs

400ml Milk



Butter (amount varies)

makes 8 pancakes

Optional: Chocolate/  
Strawberry syrup

• Sugar mixed with  
lemon juice

(to serve)

- \* Sieve Flour into a large bowl.
- \* Break Eggs and mix the flour and eggs.
- \* Add Milk slowly and gently.
- \* Heat butter in non-stick pan.
- \* Drain extra butter into pancake mix and mix.
- \* Heat more butter as needed for non-stick purposes.



© Traditionally served with chocolate or strawberry syrup or a mixture of sugar and lemon juice.

# Offenbacher Schokoladen Soufflé



## Zutaten:

- 100g Zartbitterschokoladen
- 100g Butter
- 50g Mehl
- 100g Zucker
- 3 Eier

## Zubereitung:

- Backofen auf 170°C Ober- und Unterhitze vorheizen
- Schokolade mit Butter im Wasserbad schmelzen
- Mehl + Zucker + Eier zugeben, alles vom Herd nehmen und rühren, bis sich der Zucker aufgelöst hat.
- 4 Soufflé-Formen buttern und mit Zucker austreuen
- Die Schokoladenmasse in die Formen verteilen und ca. 14 Minuten auf der mittleren Schiene im Ofen backen

Heiß servieren, so bleibt das Innere der Soufflés weich und flüssig

# Schoko-Bananen



# Cupcakes

200g Butter mit 100g Zucker  + Backpulver cremig rühren. 2 Eier hinzufügen & unter-rühren. ~~200g~~ 250g Mehl dazugeben, alles zu einer Masse rühren und anschließend 2 zermatschte Bananen hinzufügen. Zum Schluss 1 EL Nutella reingeben und 250g Schokolastreusel dazugeben. Die Masse reicht für 12 cupcakes. Für c.a. 15min bei 200°C Umluft backen. Währenddessen 500g Frischkäse, 200g Puderzucker & 3 EL wtz erhitze Erdnussbutter zusammen mischen. (Bis der Teig ein wenig abgekühlt ist muss das Topping im Kühlschrank bleiben) zum Schluss, das Topping mithilfe von einer Spritztüte auf den Cupcakes verteilen.



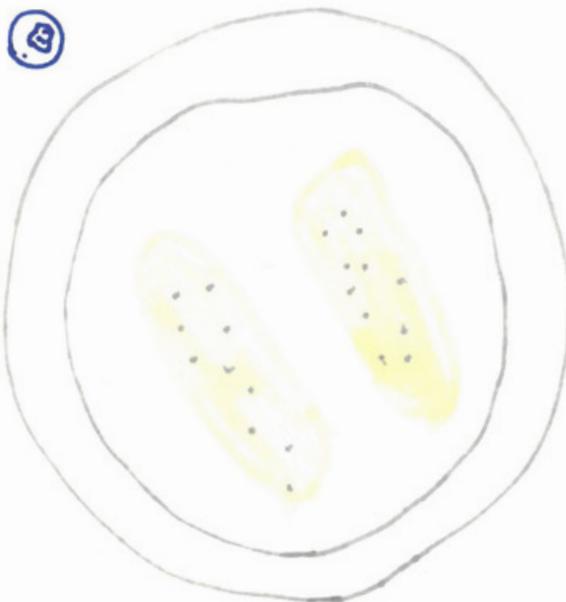
@Vivi

# Salanggeplatten mit zimt und Zucker



nemen sie ~~stns~~ Die Salanggeplatten  
und kochen sie die Platten nur 8. min, dann lassen  
sie die Platten über Nacht im Kühlschrank und am nächsten  
Tag nemen sie die Platten und dann brauchen sie eine Pfanne  
da legen sie dann die Platten rein vorher haben aufgerem  
die Pfanne. Und legen sie die Platten in die Pfanne und  
warten sie die bis sie im Pfat anbrennen danach  
dann bestreuen sie die Platten mit Zimt und Zucker  
viel spaß beim essen 😊👍👍

es get doch nichts über ein leckeres essen jam  
jam 😊 😊



Tip

rollen sie die  
Platten!

# Limoncello

- 1 lt. alcohol
- 10 lemons (bio)
- 250 gr. sugar.

1) Cut finely the lemon peel and leave it in the alcohol for 1 week.

2) After <sup>a week</sup> boil 2 litr. of water and the sugar  
let it cool.

~~3) combine the alcohol with~~

3) Filter the alcohol and throw away the peel

4) Combine alcohol with the <sup>(cold)</sup> water

5) Put in bottles and wait 1 week before drinking!

Enjoy!



Ricetta di nonna Franca

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