

Tradition and innovation
1932 - 2022



Recipe collection

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rezepte wettbewerb

Holiday and vacation mean: discovering new things, relaxing and letting your soul dangle - also culinary. That's why we invited all employees to embark on a journey, a culinary journey around the globe. All employees of the Lang Group were invited to submit their favorite recipes or specialties from their home countries. The best submissions as voted by our employees can be found below. The result is a colorful mix from all over the world, supplemented by a few family recipes from the Langs.

The best entries were cooked in our canteen in Ergersheim by our head chef in person and the employees selected the winning recipes after a culinary week. Some ingredients were not easy to get, but even this obstacle was overcome to then move on to the biggest challenge. Under the guidance of our chef, our bosses Dr. Werner and Susanne Lang then recreated the winning recipes - and they all survived!

Our winners are: 3rd place **Vegetarian Cig Köfte with Shepherd's Salad** (Ipek Duran), 2nd place **European Chicken Curry** (Martine Kopp) and 1st place went to **Arancini Siciliani** (Selena Fiscaro)! All proceeds from this campaign, doubled by the company, went - a total of € 3,000 - to the Children's Palliative Care Association of the Erlangen Hospital.

Enjoy these delicious recipes at home!

You can find the videos of the recipe contest on our YouTube channel.

 [/MEKRALang](#)



from left to right: third-placed Ipek Duran, first-placed Selena Fiscaro, second-placed Martine Kopp

Palliative care for children in Erlangen

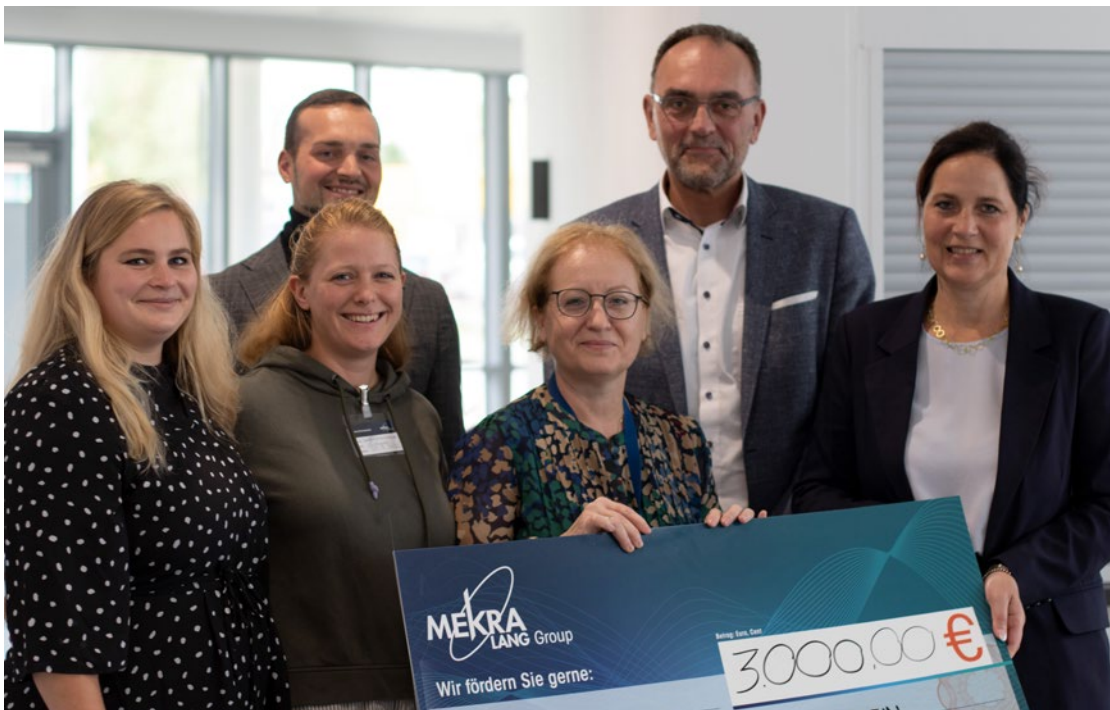
It was in the course of the Ukraine relief campaign when we first heard about the "Wish Fulfillers" from our co-organizer and friend Gerd Hartmann. What we learned touched us deeply and it was clear that we want to support this out of deep conviction! Because we often close our eyes to the fact that not everyone is as well off as we are. It is easy to forget that health is the highest good - especially for children - and a small smile on the faces of the children and their relatives can already help to bear illness better.

Palliative care for children in Erlangen specializes in outpatient palliative care for children, adolescents and young adults with a life-threatening illness and their families. The main focus is on active and comprehensive care for seriously ill children. However, this is not enough for those responsible under the leadership of

chief physician Dr. Chara Gravou-Apostolatu, because it fails to take into account the holistic approach of healing body, mind and soul, as well as the relatives, who are confronted with a challenge that is almost impossible to overcome.

The donations aim to support the young patients and their relatives, among other things with a relatives' café, a cocktail evening for siblings or a last Christmas dinner with the family, even if this may have to take place in October. It is a matter of the heart for us to support here. If you would like to do so as well, you can do so with a donation to the account below. More information about the Children's Palliative Care Unit Erlangen: <https://www.kinderklinik.uk-erlangen.de/ueber-uns/palliativmedizin/>.

**Donation account Palliative care for children in Erlangen:
Universitätsklinikum Erlangen
Stadt- und Kreissparkasse
Erlangen Höchststadt Herzogenaurach
IBAN DE84 7635 0000 0000 0464 04
BIC BYLADEM1ERH
For: 90 years of MEKRA Lang – Kinderpalliativteam/34012236**



f. l. t. r. Front row: Janina Dotzauer, Michelle Dotzauer, Dr. Chara Gravou-Apostolatu (Palliative Medicine for Children in Erlangen) and Susanne Lang.
Back row: Gerd Hartmann (OFS Handels GmbH) and Dr. Werner Lang

European chicken curry with vegetables, coconut milk & rice

Preparation time

approx. 30 minutes

Ingredients for 4 persons

500 g chicken breast fillet
1 onion
1 clove of garlic
2 tablespoons coconut oil
500 ml coconut milk
1-3 large tablespoons red curry paste depending on spiciness (or yellow or green can be used)
½ lime squeezed
salt, pepper and chili
rice to serve

Recipe note

If you like, you can also add vegetables to the pan (peppers, mushrooms, zucchini, carrots).

Preparation

1. Cut chicken breast fillet into small strips or cut into cubes.
2. Peel and finely chop the onion and garlic.
3. Heat coconut oil in a large skillet.
4. Salt the chicken breast fillet, then fry it from all sides for about 10 minutes, turning regularly.
5. Add onion and garlic and cook for another 2-3 minutes.
6. Add the coconut milk, curry paste and lime juice add to the pan.
7. Simmer for 5-10 minutes, then season with salt, pepper and chili.
8. Serve with rice.



Bon appétit!

Swabian style Maultaschen

Preparation time

40 minutes
with cooking time: 1:20 h

Ingredients for 4 persons

300 g flour
4 eggs
salt
4 tablespoons soft butter
1/2 stale bread roll
4 onions
200 g spinach
150 g veal sausage meat
1/2 tsp dried marjoram
1 tbsp chopped parsley
Pepper from the mill
nutmeg
flour for the work surface
butter to melt

Preparation

1. Put the flour with 3 eggs, 1/2 tsp. salt and 1 tablespoon softened butter in a bowl and knead into a smooth pliable dough. Cover the dough and let it rest for about 20 minutes.
2. Soak the bread roll in water. Peel 1 onion, dice finely and sauté in 1 tablespoon butter until translucent. Clean the spinach, wash it, sort it out and put it in a saucepan in a little boiling salted water until it collapses. Then drain, rinse, drain, squeeze and chop finely. Squeeze out the breadcrumbs, chop and mix with spinach, veal sausage meat, marjoram, the stewed onion, parsley and the remaining egg, season with salt, pepper, nutmeg and marjoram, season to taste.
3. Divide the dough in half and roll each out thinly on a lightly floured work surface. Cut your dough into approx. 12 x 12 cm squares. Using a teaspoon, spread the filling over the dough squares. Then fold the dough squares together and shape them into triangular Maultaschen. Press the edges well together. Put the Maultaschen into boiling salted water and let them stand for about 12 minutes at low heat.
4. Peel the remaining onions, cut into rings and fry in the remaining butter until golden brown.
5. Drain the Maultaschen, arrange on plates, sprinkle with the onion rings and serve drizzled with a little melted butter.



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Lemon rosemary tiramisu

Preparation time

approx. 30-45 minutes

Ingredients for 4 persons

3 sheets gelatin
50 g chocolate biscuits
5 tablespoons lemonade (in our case Bionade from the Rhön)
3 tablespoons lemon liqueur (alternatively lime juice)
300 g yogurt 10 %
100 g sugar
200 g yogurt
1 lime
150 g cream
1 tablespoon chopped rosemary from Franconia (in our region Albertshofen am Main)

Preparation

1. Soak gelatin in cold water. Mix lemonade and liqueur (lime juice), layer cookies in the glasses and soak with the lemonade mixture.
2. Whip the cream until stiff. Put the remaining ingredients in a bowl and beat for 5 minutes with a hand mixer.
3. Dissolve the gelatin in a water bath, equalize the temperature and stir into the cream.
4. Finally, fold in the cream and the chopped rosemary and spread the cream on the cookies and refrigerate for at least 3 hours.
5. Garnish with fresh fruit in season (or simply a sprig of rosemary - for the "non-fruit eaters").



Bon appétit!



*Arancini Siciliani on a bed of salad
(stuffed rice balls Sicilian style)*

Preparation time

approx. 1 hour

Ingredients for 4 persons

For the dough:

250 g rice (round grain rice)
2 tablespoons olive oil
1 onion
750 ml vegetable broth
100 g ricotta
1 egg

Also:

100 g flour
100 g breadcrumbs
2 eggs
Fat for frying

For the filling:

300 g minced meat
1 onion
1 clove of garlic
2 tablespoons olive oil
1 small carrot
2 tablespoons tomato paste
1 tsp oregano
150 g peas
salt and pepper
possibly some water

Preparation

1. For the filling, peel and finely dice the onion and garlic. Heat 2 tablespoons of olive oil in a pan and sauté the onion and garlic cubes. Add the minced meat and fry until crumbly.
2. Peel the carrot, grate finely and stir in. Add the oregano, peas and tomato paste and stir in. Season to taste with salt and pepper. Allow the whole to simmer to a paste-like sauce, adding a little water if necessary.
3. Heat 2 tablespoons of oil in a pan, peel and finely dice the onion and sauté the diced onion in the hot oil until translucent. Add the rice and sauté as well. Gradually add the vegetable broth and let it boil down until the rice is "mushy" but still has bite.
4. Allow the rice to cool slightly and then stir in the ricotta and the egg. Each Place 1 tablespoon of ricotta in the palm of your hand and flatten. Place 1 tablespoon of the filling on top and cover with another tablespoon of rice. Form smooth, round balls about the size of an orange. Make sure that no filling escapes.
5. Roll the rice balls in the flour, pass them through the beaten eggs, turn them in the breadcrumbs and press them down. Heat the fat in the deep fryer (approx. 180 °C) and fry the rice balls in batches for 3-4 minutes until golden brown. Remove and drain on kitchen paper.



recepte competition



Bon appétit!

Vegetarian Cig Köfte (spiced meatballs from Bulgur Turkish style with Coban Salatasi)

Preparation time

20 minutes

With cooking time: 30 minutes

Ingredients

8 stalks of fresh flat-leaf parsley, plucked
1-2 cloves of garlic
1 red onion (approx. 50 g), halved
150 g tomatoes, halved
2 spring onions, in pieces
160 g water
1 tsp salt
50 g beaver salçası
260 g bulgur, fine (Köftelik Bulgur)
1 tsp sumac
2 tablespoons Isot pepper, crushed
40 g olive oil
70 g pomegranate syrup (Nar Ekşisi)
1 tsp dried thyme (Kekik)
1 tbsp. chili flakes (pul beaver)
4 tbsp boiling water
40 g lemon juice
green salad leaves for serving
wrap
lemon

Preparation (in the food processor)

1. Add the parsley, garlic and red onion to the mixing bowl, chop for 3 seconds on speed 6 and push down with the spatula.
2. Add the tomatoes and spring onions, chop for 5 seconds on speed 7, transfer to the simmering basket, drain, reserving the vegetable juices.
3. Add the water, salt and Biber Salçası to the mixing bowl and boil for 3 minutes at 100 °C / speed 1.
4. Add bulgur and collected vegetable broth, mix once with spatula and let swell in mixing bowl for 15 minutes.
5. Add sumac and 1 tablespoon isot and knead for 6 minutes, pushing the bulgur down with the spatula if necessary.
6. Add 20 g olive oil and 20 g pomegranate syrup and knead for 6 minutes.
7. Add the previously chopped tomato and herb mixture and lemon juice to the mixing bowl, mix for 20 seconds on speed 4 and quickly shape the bulgur and meat mixture into small oval köfte using wet hands. Serve köfte immediately with pomegranate dip and lettuce leaves and wrap.

Recipe note

Tastes great with Turkish shepherd's salad.

*Köfte are usually strongly spiced, fried, baked or grilled meatballs, rolls or patties.



Turkish shepherd salad | Çoban salatası Tarifi

Preparation time

approx. 15 minutes

Ingredients

4 tomatoes
4 cucumbers
2 onions
4 pointed peppers, green
peppermint leaves
parsley
½ bunch spring onion
salt
paprika seasoning
olive oil
pomegranate syrup

Preparation

1. Cut the cucumbers and tomatoes into small cubes.
2. Cut the peppers in half first, so you can wash them both inside and out. Then chop the peppers as well.
3. Cut the onion into small pieces.

4. First, put only the onion and the tomatoes in a bowl.
5. Season it with a little salt and mix it properly, so the salad will be a little juicier.
6. Now add the other ingredients and mix them.
7. Now cut mint leaves, parsley and some spring onion into small pieces and add it to the salad.
8. Finally, add the paprika spice, the pomegranate syrup, olive oil and a little salt.
9. Mix the shepherd's salad well again before serving.

Bon appétit!



Recipe note

The Çoban salatası tastes best if you let it stand for a while after preparation, so the salad can infuse a little more and the flavors develop more intensively.

Fān qiē cháo dàn

(Scrambled eggs with tomatoes Chinese style)

Preparation time

approx. 15 minutes

Ingredients for 4 persons

3 eggs
150 g tomato
4 tbsp vegetable oil
2 tablespoons salt
1 tbsp sugar

Recipe note

If you like, you can also add ketchup or tomato paste and other seasonings (e.g. fresh herbs).

Preparation

1. Wash tomatoes and put them in boiling water for some time.
2. Then peel and dice the tomatoes and set aside.
3. Crack eggs into a bowl and beat with a fork until foamy.
4. Add salt and a little water to the eggs. (The water makes the eggs tender and smooth).
5. Stir the egg-water mixture with chopsticks until small bubbles appear.
6. Heat the oil in a pan or wok and pour in the beaten egg mixture.
7. Allow egg mixture to set in pan but do not finish frying.
8. Set the beaten egg mixture aside.
9. Add oil to a pan and sauté the onions until translucent.
10. Add the tomatoes to the onions and fry until the tomatoes have lost their liquid.
11. Add a little ketchup or tomato paste if needed.
12. Add the beaten egg mixture to the pan and fry until cooked through.
13. Season to taste.



Tarator (cold Bulgarian cucumber soup)

Preparation time

15 minutes

Ingredients for 4 persons

1 cucumber, grated
500 g Bulgarian yogurt (Turkish yogurt also works, you can buy it in any supermarket)
3 cloves of garlic, pressed
3 tablespoons sunflower oil
1 bunch dill, finely chopped
salt and pepper
2 cups of still water

Recipe note

For more flavor, you can also add some sour cream. If you like, you can also add chopped (wal) nuts or sliced radish.

Enjoy cold dish as an appetizer or as a refreshment on hot days.

Preparation

1. Put all ingredients in a container and mix well, then chill and enjoy. Can be drunk or spooned.



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Bon appétit!

*Favorite recipes
of the
Lang family*



“ Besides the absolute favorite of our senior, and the rest of the family, the bratwursts, there are of course other favorite dishes. One, two I have compiled for you. ”

– Susanne Lang



Favorite recipes of the Lang family

In the past, when we were only ever in Ergersheim on weekends the summer months, we always went straight to the forest into the forest on Friday afternoon. Depending on the season mushrooms, berries or even the carp pond was fished. The yield was then processed on Saturday at the latest. The raspberry syrup with or without lemon and ice were our main drink. This fondness for raspberry juice was also passed on to our children - although no one made it as well as Grandma Erika.

Raspberry juice from grandma Erika

Ingredients

3 kg raspberries
75 g tartaric powder or citric acid
2 liters of water

Recipe note

In summer, enjoy diluted with a little lemon and cold water.

Preparation

1. Puree the raspberries with the cream of tartar powder and let stand for 24 hours.
2. Stir from time to time.
3. Then add 2 liters of water and strain through a fine sieve.
4. To 1/2 liter of juice, add 750 g of sugar and let stand for another 24 hours until the sugar is dissolved.
5. Heat and pour hot into bottles.



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Bon appétit!

Note from Susanne

Especially in the summer we love the simple, light cuisine, if you can make it with products from your own garden and in addition make use of stock, even better. Often there are leftover bread rolls, in spring and summer our chickens lay particularly well and also the salad from our own cultivation tastes particularly good.

Susanne's favorite summer dish

Ingredients

2-4 stale bread rolls
4-8 eggs
milk
salt
pepper
paprika powder
tomatoes

Preparation

1. 2-4 stale bread rolls (per person approx. cut 1 roll) into thumb-sized pieces.
2. For each roll, whisk together 2 eggs and about 50 ml of milk, season well (salt, bell pepper, paprika powder) and pour over the roll. Then mix and let soak for about 10 minutes.
3. Add tomato pieces (without seeds) and if you like a small onion or grated cheese.
4. Fry the whole thing in the pan, constantly turning, until lightly browned.

Bacon salad

Ingredients

lettuce
4-5 radishes
100 g ham

Dressing:

5 tablespoons white wine vinegar
1 tsp Dijon mustard
olive oil
salt
pepper

Preparation

1. Wash a fresh head of lettuce, put it in a bowl and add about 4-5 sliced radishes.

2. Cut approx. 100 g lean ham (if you like you can also use streaky bacon) into small cubes and fry in a pan without fat.
3. Then remove the bacon from the pan (without the rendered fat) and put it on the salad.

The Dressing:

4. Deglaze the rendered fat in the pan with about 5 tablespoons of white wine vinegar (pan should still be hot) and simmer slightly (for about 30 seconds).
5. Stir in about 1 teaspoon Dijon or medium hot mustard and mix with a little olive oil (depending on taste, I always take about 6-7 tablespoons), season with pepper and who wants a little salt (depends on the bacon).
6. Just before serving, mix with the Mix with the salad.

Favorite recipes of the Lang family

Cheese Cake is available in all variations and tastes good in all seasons. With us it was always Reta's mandarin cheesecake that made everyone's heart beat faster. And when the American nephews are here it belongs to the standard program.

- Susanne

Reta's cheesecake

Ingredients

For the dough:

100 g butter
150 g sugar
275 g flour
2 eggs
½ sachet baking powder

For the topping:

2 pounds of low fat curd cheese
4 eggs
1 cup sour cream
some salad oil
250 g sugar
1 packet of vanilla pudding powder
2 cans of mandarin orange pieces
cake glaze

Recipe note

The cake also tastes lactose-free, instead of normal quark and sour cream use lactose-free.

Preparation

1. Mix the ingredients of the dough together to make a shortcrust pastry. Then spread on a baking tray.
2. For the topping, mix together the low-fat quark, eggs, sour cream, sugar, salad oil and vanilla custard powder and spread on the base.
3. Then spread the well-drained mandarin orange pieces over the mixture.
4. Bake for one hour at medium heat.
5. When the cake is cold, make a glaze using the tangerine juice and clear cake glaze. Then cover the the cake with the lukewarm coat.



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Bon appétit!

Note from Susanne

Finally, two recipes from the game cuisine. Because the deer from the Ergersheim forest are already something special and more organic is almost impossible. As passionate hunters, who above all put hunting and nature conservation in the foreground, Heinrich and Erika were always happy to hunt and on Sundays they often had roast venison. Thanks to the young generation of hunters, venison is still served from time to time. Often the saddle of venison after my mother, because it is a quick Sunday dinner. But now and then also the traditional roast from my grandmother.
Bon appetite!

Roast venison (mom's style)

Ingredients

leg of venison
bacon
juniper berries
vinegar
mustard
butter fat
1-2 onions
leek
carrots
celery root
brown bread
2 cups of crème fraîche
salt
pepper

Recipe note

It goes well with boiled dumplings, endive salad and cranberries.

Preparation

1. Leg of venison (boneless, trimmed) unpeckled (skin it if necessary, but not too much so that it still holds together)
2. Cut fat smoked bacon into slices about 1 cm thick, cut them in turn into pointed wedges.
3. Mix salt, pepper and crushed juniper berries, season the bacon wedges on each side and lard the leg with it.
4. Soak an older tea towel or cloth napkin

- in vinegar (not dripping, just well moistened), wrap leg of venison in it, refrigerate overnight.
5. The next day, rub the leg of venison with the remaining salt-pepper-juniper mixture and very little regular mustard.
6. Then fry in butterfat.
7. Add 1-2 onions, leeks, carrots, celery root (without spices), regular brown bread and a large glass of water.
8. Cover and roast for about 15-20 minutes.
9. Spread a cup of crème fraîche on the leg and allow to brown. (For a large leg or more, use more crème fraîche accordingly).
10. If the sauce is too fried, just add a little water.
11. After about 15-20 minutes, turn the leg over and brush again with a cup of crème fraîche.
12. Continue roasting until the leg is cooked, this should be brushed with the sauce and tasted more often.
13. Add water for the sauce if necessary.
14. Take out the leg.
15. Puree onions, vegetables and bread crust with a blender or pass through a hair sieve, so the sauce does not need to be thickened.
16. However, depending on your needs and taste, you can thicken it a bit more with starch flour.
17. Finally, season the sauce to taste, adding salt and pepper and a little mustard if necessary.

Favorite recipes of the Lang family

Saddle of venison

Ingredients

saddle of venison
ham
rosemary sprigs
potatoes
greens
cream
salt
pepper

Recipe note

It goes well with bacon beans and salad.

Preparation

1. Sliced saddle of venison, wrap with ham and sear.
2. Then put everything in a ovenproof dish together with some pepper, rosemary sprigs and the gravy.
3. Halve the potatoes (lightly salted and peppered) and place them around the saddle of venison. And add some greens add.

4. Leave the whole thing in the oven at 150 degrees for about 45 minutes, depending on the size of the back, until the saddle of venison is still slightly pink on the inside.
5. Then arrange the meat and potatoes, pass the sauce through a sieve and season with cream, salt and pepper. Serve with bacon beans and salad.



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Bon appétit!

We are **health promoters** - that was the motto of our Health Days in February. Health is multifaceted. That's why, in addition to great health promotion offers, there was also healthy food for all employees during the health weeks. However, maintaining good health is not just about sport, exercise and healthy eating, but also about mental and physical well-being.

Anyone who has to experience domestic violence cannot be healthy. That's why the donations from February's Health Month went to the **Caritas women's shelter in Ansbach**. A women's shelter is often the last resort for women seeking protection and their children.

They can live there temporarily and are taken in quickly non-bureaucratically around the clock. In addition to physical violence, there is also mental violence, such as humiliation, threats and control. The women's shelter wants to offer women and their children who are affected by violence a place of refuge and give them the courage to defend themselves against abuse of any kind. Contact with the women's shelter must always be made by telephone at 0981/95959. Those seeking protection can call in day and night. Also on Sundays and holidays.

**Donation account Frauenhaus Ansbach:
Sparkasse Ansbach
IBAN DE96 7655 0000 0000 2446 57
BIC BYLADEM1ANS
For: 90 years of MEKRA Lang**



Chickpea salad with beef skewers

Preparation time

approx. 40 minutes

Ingredients for 4 persons

2 jars of chickpea
125 g arugula
1 carrot
1 cucumber
200 g cottage cheese
400 g beef minute steaks
1 tbsp rapeseed oil
2 tbsp olive oil
2 tbsp lemon juice
salt, fleur de sel
pepper

Nutritional values per serving

432 kcal, 37.5 g protein, 32.3 g fat,
32 g carbohydrates, 6.7 g fibre

Preparation

1. Drain and rinse the chickpeas. Wash the arugula, shake dry and roughly chop. Peel and grate the carrot. Wash the cucumber, cut into quarters lengthwise and slice.
2. For the dressing, mix the cottage cheese, lemon juice and olive oil and season with salt and pepper to taste. In a large bowl, mix the chickpeas, grated carrot and cucumber pieces with the dressing.
3. Cut the minute steaks into strips about 1 cm wide and stick them on 8 small skewers in a wavy pattern. Finely brush them with a little rapeseed oil and grill for approx. 1 minute on each side or fry in a grill pan. Season with fleur de sel and freshly ground pepper. Fold the arugula into the salad and serve with the meat skewers.



Crispy fish on brown rice & Tomato thyme sugo

Preparation time

approx. 40 minutes

Ingredients for 1 person

150 g pollock fillet
alternatively: any other fish fillet
½ zucchini
4 olives
3 sundried tomatoes
1 slice crispbread
1 tbsp olive oil
salt
pepper
dried thyme

Recipe note

The preparation is very quick. When the fillet is freshly bought and prepared, you may freeze it, defrost it and bake it in the oven. A good alternative to the store-bought prepared fish.

Preparation

1. Preheat the oven to 160 °C
2. Rinse the fish fillet, season with salt and pepper and place in an ovenproof dish. Wash the zucchini and cut into small cubes. Cut tomatoes and olives into small pieces.
3. Crumble the crispbread into breadcrumbs and mix with salt, pepper, thyme and the olive oil.
4. Add the vegetables. Press the mixture onto the fish fillet and drizzle a few more drops of oil over it.
5. Cook the fish fillet in the preheated oven for about 20-30 minutes, depending on its size.

Nutritional values per serving

386 kcal, 33 g protein, 22 g fat, 15 g carbohydrates, 3 g fibre



Asia Bowl with Mie Noodles & Peanut Sauce

Ingredients for 2 persons

100g wheat noodles
1 cucumber
2 carrots
1 red pepper
1 romaine lettuce
240 g chicken breast
1 tbsp rapeseed oil
1 ginger chunk
2 tbsp peanuts, roasted and salted
2 tbsp peanut butter
2 tbsp soybean sprouts
4 tbsp soy sauce
2 tbsp lime juice
salt
pepper
2 pinches chilli powder/chilli flakes
1 tbsp chopped coriander
1 pinch sugar

Nutritional values per serving

514 kcal, 42.5 g protein, 9.5 g fat, 62.5 g carbohydrates, 13 g fibre

Preparation

1. Cook the Mie noodles according to the instructions on the packet. Use a spiral slicer to make vegetable noodles from the cucumber and carrots. Cut the red peppers and lettuce into strips. Divide everything between two bowls.
2. Slice the chicken breast. Heat the oil in a pan and fry the chicken breast strips in it.
3. Season with salt, pepper and chilli, spread over the bowl while it is still warm. Add the sprouts, peanuts and coriander.
4. For the dressing, mix the peanut butter, soy sauce, lime juice, grated ginger, sugar and chilli flakes and dilute with water to the desired consistency. Drizzle the peanut dressing over the noodle salad and serve.



Wholemeal spaghetti with spinach, cherry tomatoes & beans

Preparation time

approx. 20 minutes

Ingredients for 2 persons

120 g (type of ribbon noodles) spelt wholemeal noodles alternatively: red lentil noodles
1 clove garlic
180 g cherry tomatoes
200 g baby leaf spinach
2 tablespoons olive oil
240 g (from the jar) white beans
Pepper
1 tablespoon dried basil
40 g Parmesan cheese
4 basil leaves

Nutritional values per serving when using whole spelt pasta

485 kcal, 26 g protein, 18 g fat, 55 g carbohydrates, 13 g fiber

Nutritional values per serving when using lentil noodles

494 kcal, 34 g protein, 18 g fat, 48 g carbohydrates, 13 g fiber

Preparation

1. Cook the pasta in salted water according to package instructions until al dente. Meanwhile, peel and finely chop the garlic. Wash the tomatoes. Separate the spinach, wash and spin dry. Heat the oil in a frying pan and sauté the garlic and tomatoes over medium heat. Add the spinach and let it fall together.
2. Rinse and drain the beans in a sieve, then add to the pan and heat. Season everything with salt, pepper and dried basil.
3. Drain the cooked pasta in a colander, add to the vegetables and mix everything. Coarsely grate the Parmesan cheese. Wash the basil leaves and pat dry. To serve, divide the pasta dish among plates, sprinkle with Parmesan and garnish with basil leaves.



Lentil curry stew with chicken & rice

Preparation time

approx. 40 minutes

Ingredients for 4 persons

250 g rice, parboiled
400 g chicken, diced
100 g red lentils, whole, dried
1 can chickpeas (drained weight 265 g)
2 garlic cloves
30 g onion
200 g coconut milk
20 g lemon juice
30 g olive oil
200 g yogurt, 3,5% fat
4 tsp curry
1 pinch cinnamon, ground
1 tsp paprika, sweet
1 tsp ginger powder
½ - 1 tsp pepper
1 dried bay leaf
20 g tomato paste
1 tsp salt and a little more for cooking
1 tsp sugar

Nutritional values per serving

639 kcal, 76 g carbohydrates,
22 g fat, 42 g protein,
8.3 g dietary fiber

Preparation

1. Prepare rice in a pot according to package directions.
2. Finely chop the onion and garlic and sauté with the spices in a saucepan/deep pan and the oil for about 2 minutes.
3. Add all other ingredients and mix well, now simmer for about 20-25 minutes, stirring constantly. Remove bay leaf, season to taste and serve with the rice.



Bon appétit!

Salmon fillet on beet

Preparation time

approx. 40 minutes

Ingredients for 2 persons

600 g beet
2 red onions
1 clove of garlic
1 organic orange
2 pieces of salmon fillet
1 tsp liquid mild honey
½ - 1 tsp hot curry powder
6 stalks coriander greens
salt
pepper

Preparation

1. Clean beet, peel and cut into slices about 1 cm thick, it is best to wear disposable gloves. Cut onions into rings.
2. Preheat the oven with a tray on the middle shelf to 200 degrees (convection oven not recommended). Mix 3 tablespoons of olive oil, squeezed garlic clove, honey, ½ teaspoon curry powder and a little salt. Mix half of the oil with the beet slices and onions. Put on the tray and cook on the middle rack for 25 minutes.

3. Halve the orange, cut the halves into thin slices. Season salmon with a little salt and pepper. Heat 1 tablespoon oil in a non-stick frying pan. Sear salmon in it briefly (about ½ minute) on each side over high heat, place on baking sheet with oranges, drizzle with remaining curry oil and bake for another 10 minutes. Pluck the coriander, chop coarsely and sprinkle over the top.

Nutritional values per serving

265 kcal, 40 g carbohydrates, 6 g fat, 7 g protein



Buttermilk cilantro puree

Preparation time

approx. 30 minutes

Ingredients for 2 persons

600 g floury potatoes
150 ml buttermilk
1 tablespoon butter
4 stalks of coriander greens
salt
cayenne pepper

Preparation

1. Peel 600 g of floury potatoes and cut into pieces. Cook in boiling salted water.
2. Drain potatoes and let steam well in an open pot at lowest heat. Add 150 ml buttermilk and 1 tablespoon butter. Mix everything with the whisks of the hand mixer on the lowest speed to a smooth puree. Season to taste with salt and cayenne pepper. Pluck 4 stalks of coriander greens, chop coarsely and fold in.

Nutritional values per serving

265 kcal, 40 g carbohydrates, 6 g fat, 7 g protein



Bon appétit!

Stuffed peppers with couscous and feta cheese

Preparation time

approx. 40 minutes

Ingredients for 4 persons

150 g couscous
2 shallots
3 garlic cloves
5 large peppers
180 g feta cheese
80 g black olives
50 g dried tomato in oil (equivalent to about 4 pieces)
1 tablespoon olive oil
2 tsp dried thyme
1 tsp oregano
1 red chili pepper
30 g pine nuts
salt
pepper
nutmeg

Preparation

1. Pour boiling salted water over couscous according to package directions and allow to swell.
2. Meanwhile, peel and finely chop shallots and garlic. Wash, halve, seed and finely chop chili peppers as well. Crumble feta cheese. Halve olives. Drain dried tomatoes.
3. Heat oil in a frying pan. Sauté shallots and garlic in it over medium heat for 3-4 minutes until translucent. Then remove from heat.
4. Mix couscous with shallots, garlic, chili, olives and 2/3 of the feta cheese. Season with salt, pepper, freshly grated nutmeg, thyme and oregano.
5. Clean and wash the peppers, cut off a lid on each and remove the seeds. Fill the couscous mixture into the peppers, add the dried tomatoes and put the lid on top.
6. Place stuffed peppers in a baking dish and bake in a preheated oven at 220 °C (convection oven 200 °C; gas: level 3-4) for about 30 minutes.
7. Divide peppers among 4 plates, remove lid and sprinkle with remaining feta cheese and pine nuts.

Nutritional values per serving

409 kcal, 17 g protein, 21 g fat,
37 g carbohydrates, 9.7 g fiber



Curry-Lentil-Dal with coconut chips

Preparation time

approx. 40 minutes

Ingredients for 4 persons

2 shallots
2 cloves of garlic
30 g ginger (1 piece)
2 tbsp. sesame oil
1 tsp turmeric powder
1/2 tsp ground coriander
1/2 tsp ground cumin seeds
2 tbsp tomato paste
500 ml vegetable broth
400 ml coconut milk
200 g red lentils
4 tbsp coriander
1/2 bunch coriander
salt
pepper
2 tablespoons lime juice

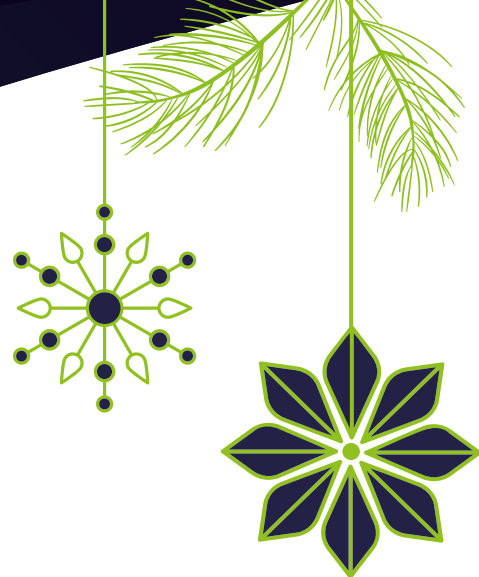
Nutritional values per serving

493 kcal, 15 g protein, 34 g fat,
32 g carbohydrates, 7,3 g fibre

Preparation

1. Peel shallots, garlic and ginger and dice finely. Clean the vegetables and dice finely. Heat the oil in a pot. Sauté shallots, garlic and ginger in it while stirring over medium heat for 5 minutes, add vegetables and sauté for 5 more minutes. Season with turmeric, coriander and cumin, stir in tomato paste and sauté briefly, then deglaze with broth.
2. Meanwhile, toast coconut chips in a hot pan over medium heat; set aside.
3. Wash the coriander, shake dry, pluck the leaves, chop finely and stir into the soup. Season the soup with salt, pepper and lime juice and pour into 4 bowls. Break the coconut chips a little, spread on top and sprinkle Dal with chili flakes.





During the festive season, there's nothing better than baking delicious **Christmas treats** with the family. These baking recipes not only promise heavenly indulgence,

but also create a warm atmosphere in the kitchen. Immerse yourself in the magical world of Christmas baking and be inspired by the **Lang family's** recipes.

Terrace cookies

Ingredients for 4 people

300 g flour
2 teaspoons baking powder
100 g sugar
1 vanilla sugar
1 egg
1 pinch of salt
1 - 2 drops of lemon baking oil
1 packet of orange peel
150 g margarine (soft butter)
blackcurrant or rose hip jam
powdered sugar

Preparation

1. Make a dough from the ingredients listed.
2. Leave the dough to rest for half an hour.
3. Roll out the dough and cut out shapes in three different sizes.
4. Bake at 180 °C for 10-15 minutes.
5. Place the cooled cookies on top of each other in terraces with jam.
6. Sprinkle with powdered sugar.





Quark stollen

Ingredients for 4 people

100 g raisins
2 tbsp rum
175 g low-fat quark
500 g flour
1 cube (42g) fresh yeast
125 g sugar
1/8 l lukewarm milk
200 g butter at room temperature
grated zest of 1/2 untreated lemon
small pinch of gingerbread spice
1 sachet of vanilla sugar
2 tablespoons powdered sugar

Recipe note

If you prefer, you can also use candied orange peel and candied lemon peel instead of raisins.

Preparation

1. Leave the raisins to soak overnight with the rum.
2. Drain the quark in a sieve for approx. 1 hour.
3. Make a yeast dough from the flour, yeast, sugar, butter, quark and spices and leave to rise sufficiently.
4. Pour the dough onto a little flour and knead in the soaked raisins.
5. Flatten into an elongated oval and fold one side just over the middle to create the typical stollen shape.
6. Place on the baking tray, cover and leave to rise for about 45 minutes.
7. Preheat the oven to 175 °C and bake for 1 hour.
8. Melt the remaining butter and brush the hot stollen with it.
9. Dust with powdered sugar when cool.





Brown Cookies

Ingredients for 4 people

4 eggs
500 g brown sugar
100 g artificial honey
1/2 tbsp baking soda
1/2 tbsp flour

Receipe note

Do not use bee honey, otherwise the cookies will "run".

Preparation

1. Mix all the ingredients into a smooth dough.
2. Shape the dough into balls.
3. Place on a greased baking tray.
4. Bake in a preheated oven at 180 °C.

Power cuts

Ingredients for 4 people

250 g soft butter
250 g brown sugar
4 eggs
300 g flour
1 sachet baking powder
1 teaspoon staghorn salt
1 teaspoon cinnamon
1 teaspoon clove powder
1/2 packet gingerbread spice
2 tbsp rum
1 tbsp cocoa
1 cup warm milk

Preparation

1. Beat the eggs, sugar and butter until frothy.
2. Mix in all the ingredients to form a thick batter. Slowly add the milk, the amount may vary depending on the size of the eggs.
3. Spread on a greased baking tray.
4. Bake at 170 °C for approx. 20 minutes.
5. Brush with chocolate icing or powdered sugar icing, depending on taste, and sprinkle with colorful sugar sprinkles.
6. Cut into small rectangles.





Bon appétit!

MEKRA
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90 Years

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