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Rosemary planked salmon

Ingredients:

1 salmon steak (1 kg)

coarse¹ sea salt

pepper

chopped² fresh rosemary

olive oil

an untreated cedar plank³ (45 x 20 cm, about 2 cm thick)

Completely submerge⁴ untreated cedar plank in water and soak it for at least 30 minutes.

Preheat⁵ oven to 180°. Wipe off water and rub plank with olive oil. Sprinkle⁶ with coarse sea salt. Place plank in oven until plank begins to brown slightly and becomes warm; this will take about 10 to 15 minutes.

Lightly brush fish with oil and season⁷ with salt, pepper and finely chopped fresh rosemary.

Remove heated plank from the oven. Place salmon on plank and return it to the oven. Bake for 15 to 20 minutes or until fish is just done in the thickest part.

Alternative:

Place planked fish on medium-hot grill and cover with grill lid. Cook until done; this takes about 20 minutes.



¹ coarse: grob

² chopped: klein geschnitten

³ untreated cedar plank: unbehandeltes Zedernholzbrett

⁴ to submerge: tauchen

⁵ to preheat: vorheizen

⁶ to sprinkle: bestreuen

⁷ to season: würzen

Key lime pie

Ingredients:

65 g butter

¼ teaspoon salt

140 g all-purpose flour¹

2 – 3 tablespoons ice water

120 ml fresh lime juice (3 to 4 limes)

4 teaspoons grated lime zest²

4 egg yolks, 4 egg whites (separated)

1 can sweetened condensed milk

Combine flour and salt in a bowl. Using tips of fingers, rub butter into the flour mixture. Using a fork, stir in ice water until dough³ comes together. Form into a ball and chill for one hour.

Roll out on lightly-floured surface⁴ (1/2 cm thick) into a circle slightly larger than the pie pan. Carefully position over ungreased⁵ pie pan and press onto bottom and sides.

Pre-bake crust for 10 to 12 minutes in 200° oven. Cool completely before filling.

Whisk egg yolks and lime zest together in bowl for about two minutes.

Beat in milk, then juice and set aside at room temperature until mixture thickens. Pour into pre-baked crust.

If desired, beat egg whites until stiff peaks form⁶. Spread evenly over top of pie.

Bake pie at 160° for 15 minutes until center of pie sets but is not solid. Cool completely, then refrigerate for at least two hours.



¹ all-purpose flour: Mehl Typ 405

² grated lime zest: geriebene Limettenschale

³ dough: Teig

⁴ lightly-floured surface: mit Mehl bestäubte Arbeitsfläche

⁵ ungreased: nicht eingefettet

⁶ to form stiff peaks: steif geschlagen sein

Margarita

Ingredients:

coarse sea salt for the glass

240 ml tequila

60 ml triple sec

180 ml limeade (see below)

juice of one fresh lemon

two cups large ice cubes

120 ml water



To prepare limeade (can be made in advance and stored in refrigerator): In a saucepan¹, mix 300 g sugar and 360 ml water over medium heat until sugar dissolves². Remove from heat. Add 240 ml freshly-squeezed lime juice, mix together, and cool.

Crush salt and place in a shallow dish³. Moisten⁴ rim of glass with lime or lemon, then dip glass rim in salt. Only a light coating⁵ is necessary. Set glass aside.

To prepare margarita, mix all ingredients until blended. Serve with a few ice cubes in the prepared glass.

¹ saucepan: Kochtopf

² to dissolve: sich auflösen

³ shallow dish: flache Schüssel

⁴ to moisten: befeuchten

⁵ coating: Schicht

Buttermilk pancakes

Ingredients:

140 g all-purpose flour

2 tablespoons sugar

1 teaspoon baking powder

½ teaspoon baking soda¹

¼ teaspoon salt

240 g buttermilk

60 ml low-fat milk

1 teaspoon vegetable oil

1 large egg, lightly beaten

cooking oil



Combine flour, sugar, baking powder, baking soda and salt in large bowl.

In separate bowl, combine buttermilk, oil, and egg.

Add to flour mixture, stir until dry ingredients are just moistened.

(Lumps² okay!)

Scoop about 60 ml batter³ onto a hot non-stick frying pan⁴, which has been lightly coated with cooking oil.

Flip pancakes over when surface bubbles begin to burst.

Pancakes are done when both sides are golden brown.

¹ baking soda: Backnatron

² lump: Klumpen

³ batter: Teig

⁴ non-stick frying pan: beschichtete Pfanne

Dark chocolate soufflé cake

Ingredients:

115 g granulated sugar

100 g brown sugar¹

180 ml water

2 packets instant espresso powder

95 g unsweetened cocoa powder

¼ teaspoon salt

100 g dark bittersweet chocolate

2 tablespoons cointreau (orange liqueur)

3 large egg yolks, lightly beaten

50 g cake flour²

6 large egg whites (room temperature)

Preheat oven to 150°.

Lightly coat bottom of springform pan with cooking oil. Set aside.

Combine granulated sugar, brown sugar, water, and espresso powder in a large saucepan; stir well and bring to a boil³.

Remove from heat; add cocoa, salt, and chocolate, stirring with a whisk⁴ until chocolate melts. Add cointreau and egg yolks. Stir in flour; cool to room temperature. Set aside.

Beat egg whites in mixer at high speed until stiff peaks form. Gently fold⁵ a quarter of the egg whites into chocolate mixture; repeat with remaining egg white, a quarter at a time.

Spoon into prepared pan. Bake at 150° for one hour or until a wooden pick inserted in center comes out almost clean. Cool completely on wire rack. Remove sides of pan; sift powdered sugar over cake.



¹ brown sugar: Farinzucker

² cake flour: glattes Mehl Typ 550

³ to bring to a boil: zum Kochen bringen

⁴ whisk: Schneebesen

⁵ to fold: unterheben

Southwestern salsa

Ingredients:

8 Roma tomatoes, chopped and seeded¹

2-3 jalapeños minced²

3 green onions, sliced fine

1 medium white onion, chopped

1 bunch fresh cilantro, chopped

juice of ½ lime

salt

Mix tomato, jalapeño, onion and cilantro together in a bowl.
Add lime juice and salt to taste.

Serve with corn tortilla chips.

Chill³ for one or two hours before eating.



¹ to seed: aushöhlen

² minced: fein gehackt

³ to chill: kalt stellen

Skillet cornbread

Ingredients:

50 g butter

190 g yellow cornmeal¹

140 g all-purpose flour

1 tablespoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

2 tablespoons sugar (optional)

300 ml buttermilk

1 large egg, lightly beaten

60 ml cooking oil

1 jalapeño, finely minced or ½ red bell pepper², finely minced (optional)

Melt butter in a cast-iron skillet³ (20 cm) in oven at 190° for five minutes.

In a large bowl, combine cornmeal and next five ingredients.

In a separate bowl, mix together buttermilk, egg, and oil. Add buttermilk mixture to cornmeal mixture, stirring just until dry ingredients are moistened. Add jalapeño or red bell pepper as desired.

Remove skillet from oven. Pour batter into skillet.

Bake at 190° for 25 minutes or until golden. Cool completely.



¹ cornmeal: Maismehl

² red bell pepper: rote Paprika

³ cast-iron skillet: gusseiserne Pfanne

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