

SPIRAL CUTTER

🌿 Creative recipes 🌿



SILVERCREST®

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INTRODUCTION

The **SILVERCREST** spiral cutter helps you make delicious carrot noodles, apple noodles, beetroot spirals and plenty of other vegetable highlights for healthy, visually pleasing dishes, snacks and salads.

This recipe book contains information, tips and recipes for getting the most out of your spiral cutter.

Acronyms and abbreviations

cm = centimetre
 tbsp. = tablespoon
 g = gram
 l = litre

ml = millilitre
 pk. = pack
 tsp. = teaspoon



Icons

All our recipes are labelled with one the following icons to indicate that they are vegetarian or vegan or contain meat or fish:

-  vegetarian
-  vegan
-  contains fish
-  contains meat

What fruit and vegetables can I cut with the spiral cutter?

Vegetables and fruit with an elongated form and a diameter of 3–6 centimetres, such as thick carrots or radishes, are most suitable.

Thicker or round fruit or vegetables, such as pumpkins or marrows, may need to be cut to shape before processing.

The spiral cutter is most effective on firm fruit and vegetables.

If you want to spiralise fruit or vegetable with a relatively tender and juicy pulp, such as courgettes or cucumbers, buy the firmest specimens available. Soft fruits and vegetables, such as bananas and aubergines, are not suitable for processing in the spiral cutter. The spirals do not form properly and the appliance would simply end up squishing the fruits or vegetables.

Leafy, layered vegetables such as cabbage and onions cannot be spiralised into long strands, but you can cut fine strips with the spiral cutter.

Hollow fruits or vegetables (e.g. bell peppers) or have seeds scattered throughout the pulp (e.g. melons) are not suitable for the spiral cutter. Apples and pears can be processed; simply throw away the leftover core. If the spiral cutter catches any seeds, you can pick them out afterwards. Butternut squash is also suitable for the spiral cutter, as its seeds are located in the bulbous section only. This can be cut away easily.

Which cutting insert should I use?

The following table provides an overview of the best cutting insert for each type of fruit/vegetable. Please keep in mind that this information is for guidance purposes only. A different insert may be required depending on the ripeness or age of your fruit/vegetables and other variables. Build on the information in the table with your own experiences.

Food	Cutting insert		
	approx. 3 mm (spaghetti)	approx. 9 mm (tagliatelle)	approx. 50 mm (fettuccine, crisps etc.)
Carrots	•	•	•
Courgettes	•	•	•
Celeriac	•	•	•
Potato	•	•	•
Sweet potato	•	•	•
Kohlrabi	•	•	•
Beetroot	•	•	•
Cucumber		•	•
Broccoli (stems)	•	•	
Red/white cabbage			•
Pumpkin	•	•	•
Turnip	•	•	•
White radish		•	•
Apple		•	•
Pear		•	•

Preparing fruit and vegetables

Wash and dry the fruit or vegetables. Remove all leaves, flowers and stalks. The flatter the surface of the food, the more even the result will be.

Food with thick skins, such as kohlrabi or pumpkins, must be peeled before processing.

Before processing, cut the food so that it fits through the feed tube. The optimal diameter is 3–6 cm. This ensures that the food is small enough for the feed tube and big enough to be fixed correctly on the pusher.

Cut the top or bottom of the fruit or vegetable off in a straight cut so that it can be attached firmly to the pusher.

Tips and tricks

To produce long and even noodles, always attach the fruit or vegetable to the pusher firmly. Insert the pusher into the feed tube as vertically as possible.

For long spirals, evenly exert light pressure as you push the vegetables into the feed tube.

For shorter noodles, stop pushing down every now and then.

The exact amount of pressure required to produce perfect spirals depends on the type of food. Start by pushing gently and gradually increase the pressure until you are happy with the result.

💡 The images in this recipe book are intended as examples and may vary from your results, depending on the ripeness or types of vegetables/fruits used.



SALADS



Ingredients for 4 people

- 3 tbsp. white balsamic vinegar
- 3 tbsp. lemon juice
- Salt
- Freshly ground pepper
- 1 tsp. medium-hot mustard
- 4 tbsp. olive oil
- 8 cherry tomatoes
- 50 g black olives
- 500 g courgettes
- 1 tbsp. garlic-infused olive oil
- 1 tbsp. butter
- 150 g feta cheese

COURGETTI in a glass

Mix white balsamic vinegar, lemon juice, salt, pepper, mustard and olive oil for the dressing.


Wash the cherry tomatoes and cut them into wedges.

Pit the olives and cut them into wedges.

Wash and clean the courgettes, then use the 3 mm cutting insert to cut them into fine noodles.

Heat the garlic-infused olive oil and butter in a pan and fry the courgette noodles for around 4 minutes, stirring frequently.

Take the courgette noodles off the heat and stir the tomatoes and olives into them. Distribute the mixture into glasses. Drizzle the dressing on top of the vegetable noodles and crumble the feta on top.

 **Tip:** You can serve the courgetti warm or cold.

APPLE NOODLE AND CUCUMBER SALAD



Ingredients for 4 people

- 1 cucumber
- 2 green apples
- 1 avocado
- 200 g quinoa
- 80 g rocket
- 2 handfuls of cashew nuts
- 8 tbsp. olive oil
- 6 tbsp. unsweetened almond milk
- 1 lemon
- 2 tbsp. agave syrup
- 2 tsp. poppy seeds
- Salt, pepper

To make the dressing, zest and squeeze the lemon.

Use a hand mixer to blend 4 tsp. of lemon juice, 2 tsp. of lemon zest, almond milk and agave syrup for around 1 minute.

Stir in the poppy seeds and season with salt and pepper.

Cook the quinoa as per the instructions on the packet.

De-seed, peel and dice the avocado.

Toast the cashew nuts in a pan.

Wash the rocket.

Use the 9 mm cutting insert to spiralise the cucumber and apple into long noodles.

Place the cucumber noodles on a plate and pour the dressing over them. Sprinkle the quinoa, avocado cubes and cashew nuts on top. Add a layer of apple noodles and garnish the salad with rocket.



SALADS



Ingredients for 4 people

100 g fresh baby spinach
 1 clove of garlic
 150 g tin of chickpeas
 2 tbsp. light peanut oil
 80 g salted
 peanuts
 approx. 125 ml cream
 Salt
 Freshly ground pepper
 A splash of lime juice
 2 large cucumbers

CUCUMBER SPIRALS

with spinach and peanut sauce

Wash the spinach, dry it in a spinner and then finely chop it.

Peel the garlic.

Drain the chickpeas, rinse them and pour them into the blender.

Add the peanut oil, 1-2 tbsp. of peanuts, spinach and garlic.

Purée everything while adding cream until you have a creamy sauce.

Season to taste with salt, pepper and lime juice.

Wash the cucumbers, then spiralise them with the 9 mm cutting insert. Place the cucumber spirals on a plate and drizzle the sauce on them.

Garnish with peanuts before serving.



ASIAN CUCUMBER AND NOODLE SALAD

with a sesame dressing

Use the 9 mm cutting insert to spiralise the cucumber and carrots.

Peel the garlic and chop it finely.

To make the dressing, mix the garlic, rice wine, soy sauce, sesame oil and honey. Season to taste with chilli powder.

Pour the dressing over the vegetable spaghetti and leave the salad to soak for around 15 minutes.

Garnish the salad with a few coriander leaves before serving.

SPINACH SALAD

with beetroot spirals and blue cheese


Prepare the beetroots and use the 3 mm cutting insert to spiralise them.

Rinse the spinach with plenty of water and drain it.

To make the vinaigrette, mix the orange juice, olive oil, honey and sweet mustard and season the mixture with salt and pepper.

Place the spinach and beetroot spirals on a plate.

Crumble the blue cheese over the vegetables and drizzle the vinaigrette on top.

 **Tip:** We recommend serving this salad with a baguette!

SALADS



Ingredients for 4 people

2 cucumbers
4 carrots
1 clove of garlic
1 tsp. rice wine
150 ml soy sauce
2 tsp. sesame oil
2 tsp. honey
Coriander leaves
Chilli powder



Ingredients for 4 people

200 g baby spinach
4 medium-sized beetroots
Juice of 2 oranges
2 tbsp. honey
12 tbsp. olive oil
2 tsp. sweet mustard
Salt
Pepper
Blue cheese
1 baguette

SALADS



Ingredients for 4 people

2 tsp. caraway seeds
Salt
Pepper
4–5 tbsp. white wine
vinegar
6 tbsp. pickle juice
6 tbsp. rapeseed oil
350 g bologna sausage
2–3 large gherkins
100 g celery with leaves
2 red onions (80 g)
1 radish (approx. 500 g)
5 sprigs of parsley
100 g Alpine cheese
(slices)
1 lye breadstick
20 g butter

BAVARIAN RADISH SALAD

with lye bread croutons

Toast the caraway seeds on medium heat, then leave them to dry on a plate.

Grind the caraway seeds in a mortar together with salt and pepper.

Mix all ingredients together with vinegar, pickle juice and 5 table-spoons of oil in a large bowl.

Halve the gherkins lengthwise and slice the halves at a slight angle.

Halve the bologna sausage lengthwise and cut the halves into thin slices.

Wash the celery and set the leaves aside. Peel the fibrous strings off the celery stems if necessary, then slice the stems thinly.

Peel the onions and cut them into fine rings. Place the onion rings in a colander and blanch them with boiling water. Rinse with cold water and drain.

Pour the sauce over the onions, sausage, gherkins and celery slices. Stir everything.

Prepare the radish and use the 50 mm cutting insert to cut it into wide spirals.

Stir the radish spirals into the sausage mixture.

Pat the celery leaves dry and pick the parsley leaves off the stalks.

Chop both and stir them into the salad.

Cut the cheese into thin strips and add it to the salad.

Dice the lye bread roll into 1 cm cubes.

Heat the butter and 1 table-spoon of oil in a non-stick frying pan and fry the lye bread cubes until they are golden brown.

Garnish the salad with the lye bread croutons before serving.

PUMPKIN NOODLES

with chard

Peel the onions and garlic and chop both finely.

Slice the washed chard into strips. Separate the leaves from the stems.

Use the 9 mm cutting insert to cut the pumpkin into short noodles.

Heat the oil in a sufficiently large pan and sauté the onion and garlic.

Add the chard stems to the pan and stew them for approx. 3 minutes. Stir occasionally.

Add the chard leaves and season with salt, pepper, lemon juice, sugar and nutmeg.

Flip the vegetables during the cooking process and cook them for approx. 3 minutes.

Add the stock, cover the pot and leave to simmer for about 4 minutes.

Season to taste if necessary.

Put the pumpkin noodles in boiling salt water and cook them for approx. 2 minutes.

After cooking, drain the pumpkin noodles.

Spread the pumpkin noodles on a plate. Add the vegetable mixture and garnish the dish with parsley.

MAIN COURSES



Ingredients for 4 people

1 onion
1 clove of garlic
500 g chard
750 g pumpkin
3-4 tbsp. olive oil
Salt
Pepper
Lemon juice
A pinch of sugar
Nutmeg
100 ml vegetable stock
Parsley to garnish



MAIN COURSES



Ingredients for 4 people

1 onion
 4 tbsp. rapeseed oil
 1 tsp. garlic-infused olive oil
 120 g sliced bacon or
 shoulder ham
 1 tbsp. butter
 700 g courgettes
 Salt
 Freshly ground pepper
 Nutmeg
 Lemon juice
 100 ml cream
 1 egg yolk
 Paprika powder (hot)
 Parsley to garnish

COURGETTES ALLA CARBONARA

with bacon roulettes

Peel the onion and cut it into fine slices.

Heat the garlic-infused olive oil together with 2 tbsp. of rapeseed oil and slowly sauté the onion rings until they are soft and golden brown.

Place the bacon or ham slices on top of each other and roll them up. Cut the rolls into thin slices with a knife.

Render the rolled bacon in a non-stick frying pan and lightly brown it.

Use the 9 mm cutting insert to cut the courgettes into fine spirals.

Heat the remaining oil in a large pan and sauté the courgette noodles.

Season with salt, pepper, nutmeg and lemon juice.

Whisk the cream and egg yolk together, then stir the mixture into the courgettes.

Place the courgettes on the table and top them with the sautéed onions and bacon/ham slices. Sprinkle some paprika and pepper over the dish and garnish it with parsley.



CHICKEN SOUP

with carrot spirals

Chop the thyme.

Peel and chop the onions and garlic.

Wash the celery and cut it into small chunks.

Heat the olive oil in a large saucepan and add the onion, garlic and celery.

Sauté everything for around 5 minutes until the celery softens and the onions are translucent.

Pour the chicken stock into the saucepan and add thyme, basil and oregano.

Simmer at low heat for around 5 minutes.

Peel the carrots and use the 9 mm cutting insert to spiralise them. Dice the chicken breast.

Put everything in a saucepan and leave to boil for 5-7 minutes until the carrot spirals soften.

MAIN COURSES



Ingredients for 4 people

3 tbsp. olive oil
 1½ cloves of garlic
 1 red onion
 3 stalks of celery
 5 sprigs of fresh thyme
 1 tsp. dried basil
 1 tsp. dried oregano
 1½ l chicken stock
 1-2 carrots
 550 g chicken breast
 Salt, pepper

MAIN COURSES



Ingredients for 4
people

12 carrots
4 chicken breast fillets
6 spring onions
200 g baby spinach
8 tbsp. soy sauce
2 tbsp. honey
2 tsp. paprika
2 tsp. turmeric
Salt, pepper
2 tbsp. sesame oil
4 tbsp. sunflower oil
2 tbsp. sesame seeds

CARROT SPAGHETTI STIR-FRY with chicken and spinach

Dice the chicken breast fillets and season them with 4 tbsp. of soy sauce, the sesame oil, honey, paprika and turmeric. Add salt and pepper.

Peel the carrots and use the 3 mm cutting insert to cut them into spaghetti.

Slice the spring onions.

Sear the chicken cubes in 2 tbsp. of sunflower oil and stir in the sesame seeds.

Place the chicken and sesame mixture in a bowl and set it aside.

Heat another 2 tbsp. of sunflower oil in the same pan and sauté the carrot noodles.

Add the spring onions to the pan and fry everything for 3-4 minutes.

Add the remaining soy sauce and the washed spinach and season with salt and pepper to taste.

Finally, add the chicken cubes and their gravy.



Ingredients for around 6
parcels

200 g feta cheese
3 large potatoes
A little salt
A little olive oil


POTATO AND FETA PARCELS

Peel the potatoes and use the 3 mm cutting insert to cut them into long spirals.

Cut the feta into small blocks and wrap them with the potato spirals to create small parcels. The cheese should not come into contact with the pan during frying.

Heat the olive oil in the pan and fry the parcels from all sides until crisp.

If necessary, you can add a little salt, but do keep in mind that feta cheese is naturally very salty.

 **Tip:** You can serve the potato and feta parcels as a hot meal or a cold snack.

VEGETABLE NOODLES

with halloumi skewers

Heat the oven to 60°C (convection setting).

Cut the halloumi into 4 x 4 cm squares with a thickness of approx. 1 cm.

Wash and halve the bell pepper, remove the seeds and cut it into pieces the same size as the halloumi chunks.

Peel and quarter the onions.

Stick sequences of two layers of onion, one piece of halloumi and a slice of bell pepper onto each skewer.

Season the skewers with salt and pepper and brush them with approx. 2 tbsp. of olive oil.

In a pan, sauté the skewers from all sides for 6-8 minutes. Keep them warm in the oven.

Wash the courgettes and use the 9 mm cutting insert to cut them into tagliatelle strips.

Cook the edamame tagliatelle in boiling, salted water until it is al dente.

Heat the remaining olive oil in a frying pan on low heat and cook the courgette noodles for 2-3 minutes.

Wash the rosemary sprig and add it to the pan with a pinch of salt and pepper.

Drain the edamame tagliatelle, add this to the courgette noodles with a little of their water, and toss everything once.

Put the tomatoes, garlic clove, sugar and washed basil into a blender and purée everything into a sauce. Season the sauce with salt and pepper to taste and pour it into a small bowl.

Remove the sprig of rosemary and put the noodles into bowls.

Take the skewers out of the oven, put one on each bowl and garnish them with shiso before serving.

MAIN COURSES



For 4 people

400 g halloumi
1 red bell pepper
2 red onions
Salt
Freshly ground pepper
2-3 courgettes
350 g edamame tagliatelle (or other tagliatelle)
8 tbsp. olive oil
1 sprig of rosemary

Also:

300 g chopped tomatoes
1 clove of garlic, pickled in oil
1 tsp. sugar
1 sprig of basil
Shiso leaves to garnish



MAIN COURSES



Ingredients for 4 people

For the sauce:

400 g mayonnaise
200 ml natural yoghurt
(3.5% fat)
4 gherkins
2 tsp. capers
3 anchovies
2 tbsp. vinegar
Salt
Freshly ground pepper

For the noodles:

2 kg courgettes (around 7)
8 tbsp. olive oil
Salt
Freshly ground pepper
6 tomatoes
Fresh thyme to garnish

COURGETTE NOODLES

with tomatoes, rémoulade sauce and thyme

Put the ingredients for the rémoulade sauce into the blender and purée them.

Add salt and pepper to taste.

Wash the courgettes and use the 3 mm cutting insert to cut them into strips.

Heat the olive oil in a frying pan on low heat and cook the courgette noodles for 3–4 minutes.

Add salt and pepper to taste.

Wash the tomatoes, remove the stalks and cube them.

Place the courgette noodles on a plate, add a layer of tomatoes and drizzle the sauce on top.

Garnish with a little thyme before serving.



SPAGHETTI

with vegetable spirals in tomato sauce

Use the 9 mm cutting insert to cut the courgettes and carrots into spirals.

Cook the spaghetti as described on the package. Around 5 minutes before the end of the cooking time, add the carrot and courgette spirals.

Do not stir the spaghetti and the carrot and courgette spirals.

Chop the onions and garlic. Sauté them in a frying pan in approx. 3 tbsp. of olive oil.

Remove the carrot and courgette spirals from the saucepan, drain them and put them in the pan with the garlic and onions.

Pour the chopped tomatoes into the frying pan, too. Allow everything to simmer for a short while.

Place the spaghetti on a plate and pour the tomato sauce with the carrot and courgette spirals on top.

Season with chilli powder, salt and pepper to taste.

MAIN COURSES



For 4 people

350 g spaghetti
750 g courgettes
200 g carrots
3 garlic cloves
2 onions
3 tins of chopped tomatoes
Chilli powder
Salt and pepper
3 tbsp. olive oil

MAIN COURSES



Ingredients for 4 people

550 g kohlrabi
 1 kg large potatoes
 3 eggs
 2 onions
 2 pinches of nutmeg
 (freshly grated)
 1 bunch of curly parsley
 200 ml sunflower oil
 Salt and pepper
 2 tsp. salt
 20 g salted butter
 100 g breadcrumbs

KOHLRABI SPAGHETTI

made in a wok

Peel and wash the potatoes and use the 3 mm cutting insert to spiralise them.

Tip: Put the potato spirals in cold, salted water to prevent discolouration!

Peel and chop the onions. Chop the parsley.

Peel and wash the kohlrabi and use the 3 mm cutting insert to cut it into spaghetti.

Set everything aside.

Cook the potato spirals in a large pot of boiling salted water for around 5 minutes.

Heat the sunflower oil in the wok.

Tip: If you are using a regular saucepan, increase the amount of sunflower oil.

Whisk the eggs, stir the onions, parsley, salt, pepper and nutmeg into the egg foam and cover the potato spirals in the mixture.

Using a large fork, take a few of the potato spirals by the end and roll them up.

Place the rolled-up potato nests in the wok upright and carefully slide them off the fork.

Turn the potato nests after 1–2 minutes or once they reach the desired degree of browning.

Melt the butter in a small pot. Add the breadcrumbs and lightly brown them on low heat.

Blanch the kohlrabi spaghetti in boiling salt water for approx. 3 minutes. Drain them in a colander but do not rinse them with fresh water.

Place the potato nests and kohlrabi spaghetti on a plate. Sprinkle parsley over the potato nests and sprinkle breadcrumbs over the kohlrabi spaghetti.

SALMON FILLET

on a bed of courgette noodles

Wash and clean the courgettes, then use the 9 mm cutting insert to cut them into thin noodles.

Rinse the salmon and thoroughly pat it dry.

Heat the rapeseed oil in a hot pan and fry the salmon first on the skin side and then on the other side until golden brown.

Season the salmon with salt and pepper. Switch the hob off and cover the salmon, leaving it to cook in the remaining heat.

In the meantime, heat the butter and garlic oil in a hot frying pan.

Sauté the courgette noodles for around 4 minutes, turning them occasionally.

Add the cream and season with salt, pepper, curry powder, lemon juice and sugar.

Put the courgette noodles in deep plates and place the salmon on top.

Sprinkle with pink peppercorns and garnish with your favourite herbs.



MAIN COURSES



For 4 people

500 g courgettes
 4 salmon fillets, each approx. 150 g
 4 tbsp. rapeseed oil
 Sea salt
 Freshly ground pepper
 1 tbsp. butter
 1 tsp. garlic-infused olive oil
 1-2 pinches of curry powder
 4 tbsp. lemon juice
 1 pinch sugar
 100 ml cream
 pink peppercorns to garnish
 Herbs of your choice to garnish

MAIN COURSES



Ingredients for 4 people

- 4 venison steaks, each approx. 220 g (e.g. saddle or sirloin)
- 3 juniper berries
- Coarse sea salt
- Freshly ground pepper
- 5 tbsp. vegetable oil
- 400 g radish
- 400 g cucumber
- A pinch of sugar
- 2 tbsp. rice vinegar
- 200 g unsalted peanuts
- 4 tbsp. peanut oil
- 1 lime (zest and juice)
- 2 chilli peppers
- 1 tbsp. toasted sesame seeds
- 1 tsp. salt

VENISON STEAK

with peanut sauce on vegetable noodles

Heat the oven to 100°C.

Wash the meat in cold water and pat it dry.

Crush the juniper berries and some coarse sea salt in a mortar.

Season the venison steaks with the juniper and salt mixture and a little pepper.

Heat 3 tbsp. of vegetable oil in a frying pan and sear the steaks on all sides for approx. 2 minutes.

Remove the steaks from the pan and leave them in the preheated oven for 15–20 minutes.

Peel the cucumbers and radish and cut both into long strips with the 9 mm cutting insert.

Place the vegetable noodles in a bowl and marinade them with salt, sugar, rice vinegar and the remaining vegetable oil.

Toast the peanuts in a dry pan.

Put the toasted peanuts, peanut oil, 100 ml of water and the zest and juice of one lime into a blender.

Purée everything into a sauce and add salt and pepper to taste.

Wash the chillies and cut them into fine rings.

Take the meat from the oven, briefly leave it to sit and then cut it into slices.

Place the courgette noodles in the middle of the plate, add a layer of venison slices in a fan-shaped arrangement and drizzle the sauce on top.

Before serving, garnish with chilli rings and sesame seeds.



SWEET POTATO SPAGHETTI

with bacon, feta and goat's cheese sauce

Wash the spring onions and cut them into fine rings.

Peel the garlic. Chop the garlic and chilli pepper finely.

Heat a little oil in a frying pan and lightly braise the spring onions, garlic and chilli pepper.

Add the bacon cubes and sear them for around 5 minutes.

Remove all ingredients from the pan, leaving only the liquid.

Peel the sweet potatoes and use the 3 mm cutting insert to cut them into spaghetti.

Heat the frying pan again and sauté the sweet potato spaghetti at high heat until cooked.

Add the onions and bacon to the sweet potatoes and stir. Add salt and pepper to taste.

Coarsely crumble the feta.

Wash the basil, shake off the excess water, pick off the leaves and chop them.

Heat the goat's milk cream cheese in a saucepan with a little milk. Add the crumbled feta, honey and basil. Add salt and pepper to taste.

Serve the sweet potato spaghetti with the sauce.

MAIN COURSES



Ingredients for 4 people

1 bunch of spring onions
 1 clove of garlic
 1 chilli pepper (dried)
 150 g bacon cubes
 4 sweet potatoes
 (long and thin if available)
 100 g feta
 150 g goat's milk cream
 cheese
 A little milk
 1 tbsp. honey
 A little salt
 A little pepper
 1 bunch of basil



VEGETABLE SPIRALS

with tofu and a spicy peanut sauce

Wash all the vegetables.

Wash and peel the beetroot and use the 3 mm cutting insert to cut it into strips.

Blanch the vegetable strips in boiling salted water for approx. 3 minutes. Drain the vegetables, rinse them with cold water and allow the excess water to drip off.

Wash the courgettes and use the 3 mm cutting insert to cut them into strips, too. Put them into a bowl and salt them.

Wash the cucumbers, then cut them into wide strips with the 50 mm cutting insert. Put them into another bowl and salt them.

Cut the tofu into thin strips. Put the tofu strips into the sesame seeds until they are covered, then sauté them in 2 tbsp. peanut oil for approx. 2 minutes. Add a little salt.

Put the remaining peanut oil, lime zest and juice, 120 grams of peanuts, olive oil and a pinch of ground coriander into a blender.

Purée everything into a sauce. Add water as needed. Fill the sauce into a small glass.

Put all vegetables into a deep plate and arrange the tofu on top in a fan shape.

Serve the dish with a small glass of sauce on the plate.

Wash the coriander leaves and sprinkle them on top. Sprinkle the remaining peanuts and the black sesame seeds over the dish before serving.

MAIN COURSES



For 4 people

350 g beetroot (raw)
Salt
350 g courgettes
350 g cucumber
400 g smoked tofu
2 tbsp. light sesame seeds
5 tbsp. peanut oil
2 organic limes
(zest and juice)
200 g unsalted, roasted
peanuts
3 tbsp. olive oil
A pinch of coriander
1 handful of fresh coriander
leaves
Black sesame seeds
to garnish

MAIN COURSES



For 4 people

200 ml vegetable stock
 200 g Gruyère
 1 tbsp. chilled butter
 Freshly ground pepper
 4 sun-dried tomatoes from a jar
 800 g turnips with leaves
 Salt
 8 slices of bacon
 Olive oil to drizzle

TURNIP SPIRALS

with bacon and a cheesy sauce

Heat the vegetable stock, stir the Gruyère and butter into it and add pepper to taste.

Finely dice the sun-dried tomatoes and add them to the sauce.

Wash the turnips and set the leaves aside.

Use the 9 mm cutting insert to cut the turnips into spirals.

Blanch the vegetable spirals in boiling salted water for approx. 3 minutes. Drain the spirals in a colander.

Render the bacon until crisp and lay it out on a piece of kitchen roll.

Pour some of the sauce onto a plate, place the vegetable spirals in the middle of the plate and add the crispy bacon.

Chop the turnip leaves finely and sprinkle them on top.

Before serving, drizzle some olive oil over the dish.



PUMPKIN NOODLES

with pumpkin seed pesto

Remove the seeds from the pumpkin.

Use the 3 mm cutting insert to cut the pumpkin into thin strips. Cook the strips in boiling salted water for approx. 6 minutes until al dente. Drain the spirals in a colander.

Peel the garlic and put it into the blender.

Toast the pumpkin seeds on all sides for approx. 3 minutes in a frying pan, then add them to the garlic in the blender.

Add the pumpkin seed oil, olive oil and the lemon and orange zest and juice to the blender and blend the mixture until smooth. Add salt and pepper to taste.

Wash the basil, pat the leaves dry and cut them into fine strips.

Put the pumpkin strips into small bowls. Drizzle the sauce on top and garnish the dish with the pumpkin seeds and basil strips before serving.

MAIN COURSES



For 4 people

1200 g butternut squash

Salt

1 clove of garlic

50 g pumpkin seeds

2 tbsp. pumpkin seed oil

6 tbsp. olive oil

1 organic lemon (zest and juice)

1 organic orange (zest and juice)

Freshly ground pepper

To garnish:

1 sprig of basil

2 tbsp. pumpkin seeds



MAIN COURSES



For 4 people

4–5 sprigs of basil
 100 g tomatoes,
 dried
 50 g pumpkin seeds
 1 clove of garlic
 1 tbsp. chilli-infused olive oil
 ca. 80 ml olive oil
 Salt
 Freshly ground pepper
 1 pinch of cinnamon
 Lemon juice
 700 g carrots

CARROT SPAGHETTI

with tomato pesto

Peel the garlic.

Wash the basil, shake off the excess water and pick off the leaves.

Put two thirds of the basil leaves into a blender with the sun-dried tomatoes, pumpkin seeds, peeled garlic, chilli-infused olive oil and a little regular olive oil. Purée everything.

Add olive oil until you have a thick pesto.

Season with salt, pepper, cinnamon and lemon juice to taste.

Peel the carrots and use the 3 mm cutting insert to cut them into thin spaghetti.

Blanch the carrot spaghetti in boiling salted water for 3–4 minutes, making sure they stay al dente.

Drain the vegetable spaghetti in a colander and put it into bowls.

Add the pesto and garnish the dish with the remaining basil leaves.



KOHLRABI TAGLIATELLE

with pesto

Wash the parsley and pluck the leaves off the sprig.

Put the parsley leaves, walnuts, almonds, peeled garlic, grape seed oil and a little olive oil into the blender. Purée everything.

Add olive oil until you have a thick pesto. Season with salt, pepper and lemon juice to taste.

Prepare the kohlrabi and use the 50 mm cutting insert to cut it into noodles.

Blanch the vegetable noodles in boiling salted water for 3–4 minutes, making sure they stay al dente.

Drain them in a colander and put them into bowls.

Add the pesto and garnish the dish with some parsley leaves.

 **Tip:** You can also serve the vegetable noodles raw!

MAIN COURSES



For 4 people

20 g parsley
80 g walnut kernels
40 g almonds
2 garlic cloves
2 tbsp. grape seed oil
ca. 100 ml olive oil
Salt
Freshly ground pepper
Lemon juice
750 g kohlrabi



MAIN COURSES



For 4 people

- 1 handful of leafy lettuce,
e.g. endive
- 1/2 cucumber
- 3–4 spring onions
- 3 tbsp. balsamic vinegar
- 3 tbsp. lemon juice
- Salt
- Pepper
- 1 tsp. mustard
- 4 tbsp. olive oil
- 2 tbsp. rapeseed oil
- 4 small sheep cheeses
- 4 tbsp. pine nuts,
lightly toasted if preferred
- 4 tbsp. pomegranate seeds
- Herbs to garnish

BAKED SHEEP CHEESE served on cucumber tagliatelle salad

Wash the lettuce and dry it in a spinner.

Wash the cucumber, then cut it into wide strips with the 50 mm cutting insert.

Wash the spring onions and cut them into rings at an angle.

Mix white balsamic vinegar, lemon juice, salt, pepper, mustard and olive oil for the dressing.

Pluck the lettuce and mix it with the cucumbers and spring onions. Put this salad on a plate.

Heat the rapeseed oil in a frying pan and fry the sheep cheese on both sides until lightly browned.

Place the baked sheep cheese on top of the salad, drizzle the dressing over the dish and sprinkle the pine nuts and pomegranate seeds on top.

Garnish with herbs before serving.




POTATO SPIRAL FRITTERS

Peel the potatoes and use the 9 mm cutting insert to cut them into spirals. Place the spirals in cold water to prevent discolouration.

Peel and finely dice the onions and mix them with the potato spirals.

Wrap the potato mixture in a moistened cheesecloth and squeeze some of the moisture out with your hands.

 **Tip:** You can divide the potatoes into multiple portions and squeeze them out one after another. This makes it easier to get the moisture out.

Put the potato mixture into a bowl and loosen it gently.

Whisk the eggs and pour them into the potato mixture. Stir in the potato flour and season everything with salt and nutmeg.

Cover a baking tray with two layers of kitchen paper and leave it in the oven at 100°C.

Heat some oil in a large, non-stick pan. You should use enough oil to cover the bottom of the pan.

Put three portions of the potato mixture (approx. 2 tablespoons each) into the pan at a time. Fry them on both sides at medium to high heat until they are crisp and golden brown (approx. 3 minutes).

 **Tip:** You can keep the finished potato spiral fritters hot by placing them on the baking tray in the oven (at approx. 100°C).

SWEET POTATO SPIRALS

Deep-fried

Use the 3 mm cutting insert to cut the sweet potatoes into fine spirals.

In a bowl, dust the spirals with starch until fully covered.

Put the spirals into the deep fat fryer in small portions and deep-fry them for 6–8 minutes until they are crisp and golden brown.

Carefully remove the spirals from the oil, let the oil drip off and sprinkle some salt on them.

Allow the sweet potato spirals to cool down briefly before serving. Serve with sour cream.

SNACKS



For 4 people

1.5 kg potatoes
2 onions
4 eggs
40 g potato flour
Salt
Nutmeg
(freshly grated)
Cooking oil



For 4 people

2 large sweet potatoes
Salt
2 tbsp. starch
100 g sour cream
1 l cooking oil (suitable for deep frying)

SNACKS



For 4 people

1 red bell pepper
 2 red chillis
 1 shallot
 2 garlic cloves
 4 g sun-dried tomatoes
 50 ml olive oil
 1 pinch of brown sugar
 Salt
 Pepper
 Lemon juice
 600 g beetroot
 200 g yoghurt
 2 tbsp. crème fraîche
 Rice crackers to garnish

BEETROOT SPAGHETTI

with yoghurt and chilli sauce

Wash and finely chop the bell pepper and the chilli pepper.

Peel the shallot and garlic and chop both into small pieces.

Dice the sun-dried tomatoes.

Sauté everything in olive oil until the shallot and bell pepper are soft.

Sprinkle the brown sugar over the mixture and lightly caramelize everything.

Season the chilli sauce with salt, pepper and lemon juice to taste. Purée to your preferred texture.

Peel the beetroot and use the 3 mm cutting insert to cut it into fine strips.

Tip: Wear rubber gloves while working with beetroot to prevent skin discoloration.

Blanch the beetroot spaghetti in boiling salted water for 2–3 minutes. Drain the spirals in a colander.

Mix the yoghurt and crème fraîche.

Put the beetroot noodles on a plate, drizzle some yoghurt cream and chilli sauce on top and garnish the dish with the rice crackers.

Serve the remaining yoghurt cream and chilli sauce separately.



APPLE SPIRALS

with strawberry sauce

Wash the strawberries and remove the leaves.

Purée the strawberries with the agave syrup and vanilla.

Use the 9 mm cutting insert to spiralise the apples. Mix the rice syrup, walnut oil and cinnamon and carefully stir the apple spirals into the mixture.

Put the apple spirals on a plate, drizzle some strawberry sauce on top and sprinkle the ground almonds on top.

APPLE AND QUARK PASTRIES

Take the puff pastry out of the packaging and roll it out.

Cut out circles with a diameter of around 7 cm. You can use a biscuit cutter or a jar. Make the circles close to each other to minimise the amount of leftover dough. Set the remaining dough aside.

Cover a baking tray with baking paper and place the pastry circles on it.

Use the 9 mm cutting insert to cut the prepared apple into strips.

Put the apple strips into a bowl and add quark, sugar, cinnamon, almond flakes, 2 splashes of lemon and a little milk.

Mix everything together. The mixture should not be too liquid.

Put a heaped tablespoon's worth of the apple-quark mixture in the middle of each pastry circle.

Make sure you leave a sufficiently wide edge so that the puff pastry has space to rise.

Bake the pastries at 200°C for 20–25 minutes using top and bottom heat. The dough will slightly rise on the sides to partially enclose the apple and quark mixture. After baking, dust the pastries with icing sugar.

DESSERTS



For 4 people

6 apples
300 g strawberries
4 tsp. walnut oil
4 tsp. rice syrup
A pinch of cinnamon
60 g agave syrup
60 g peeled and ground almonds
1 pinch of ground vanilla



For 4 people

1 pack of puff pastry
250 g quark or curd cheese
A little milk
1 apple
2–3 tbsp. sugar
1 tsp. cinnamon
2 tbsp. almond flakes
2 splashes of lemon juice
Icing sugar

DESSERTS



For 12 tarts

Butter to grease the moulds
 1 roll of refrigerated puff
 pastry
 2-3 tbsp. ground
 almonds (peeled)
 3 tbsp. apple sauce
 150 g sugar
 Juice of 1 lemon
 3-4 apples
 100 g crème fraîche
 30 g icing sugar
 1 egg
 1 egg yolk
 Icing sugar for dusting

APPLE ROSE TARTS

Grease 8 moulds of a muffin tin with a thin layer of butter.

Unroll the puff pastry and cut out 8 circles with a diameter of approx. 12 cm each.

Line the moulds with the dough and shape a crust.

Prick the base with a fork several times.

Sprinkle 1 tbsp. of ground almonds on each base and spread a thin layer of apple sauce over it.

Boil the sugar with the lemon juice and 100 ml of water and leave it to simmer until it turns into syrup.

Use the 50 mm cutting insert to cut the apples into very thin strips.

Immediately put the apple strips into the syrup and allow them to soak for approx. 5 minutes.

In the meantime, whisk the crème fraîche and stir the remaining almonds, icing sugar, egg and egg yolk into it.

Pour the paste into the moulds and smooth its surface.

Take the apple strips out of the syrup and let the excess syrup drip off.

Roll them into rosettes and place them into the moulds.

Lightly dust the tarts with icing sugar and bake them for 15-20 minutes at 200°C using the top/bottom heat setting until they are golden brown.

Remove the muffin tin from the oven, leave it to cool down for a short while and take them out of the moulds.

Place the muffins on a cooling rack for a while before serving.



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