

COOKBOOK

— *simple recipes* —

4 AB – AHS GROUP

school year 2024/25
Mittelschule Stumm u. Umgebung



RECIPES

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My recipe

PORK SCHNITZEL AND POTATOES

INGREDIENTS

4 pieces of pork schnitzel
some salt and pepper
100 g of flour
2 eggs
150 g of breadcrumbs
some oil or butter
4 lemon slices
some kitchen paper

800 g of waxy potatoes
1 bunch of parsley
1 tsp salt
2 tbsps butter

TIP

Good butchers cut the schnitzel, so you don't have to pound it anymore. Otherwise, pound it flat on your own.

NOTES

4 servings | 45 minutes

PREPARATION

1. Pound the schnitzel and season it with salt and pepper on both sides.
2. Coat the schnitzel on both sides with flour, beaten eggs and breadcrumbs.
3. Heat the oil in a deep pan and fry each schnitzel on both sides for about 5 minutes until it's golden brown. Then drain it well on some kitchen paper.
4. Peel the potatoes, quarter them and boil them in a pan of salted water until they are soft.
5. In the meantime, wash the parsley and chop it finely.
6. Heat some butter in a pan and fry the potatoes until they are golden brown on all sides. Salt them and sprinkle them with the chopped parsley.
7. Garnish the finished schnitzel with lemon slices and cranberries and add the parsley potatoes.



*Enjoy your
meal!*

*My opinion about the
recipe :*

Hello, I'm Laura and I'm 13 years old. I am in class 4a. I live in Stumm. I sometimes cook when my parents are not at home. I like cooking because it's so nice, and you can learn new things every time.

I think that this dish is the best in the world and it's also easy to make. Also, you always have a good lunch or dinner.

My recipe

ROAST PORK

INGREDIENTS

1 kg roast pork
1 tsp salt
1 pinch of pepper
1 tsp pepper powder
2 tsps mustard
1 tbsp butter
500 ml of clear vegetable
broth
2 onions
5 carrots
2 cloves of garlic
1 tsp cumin
some caraway seeds

TIP

I would recommend to
serve the roast pork with
some soup or dumplings

NOTES

4 servings | 105 minutes

PREPARATION

- 1.Preheat the oven to 140°C.
- 2.Salt and pepper the meat and sprinkle it
with pepper powder. Add some mustard.
- 3.Heat the butter in a roasting pan and sear
the pork on all sides.
- 4.Place the meat (rind side down) in the
roasting pan, pour in the vegetable broth
and it in the oven for around 45 minutes.
- 5.In the meantime, peel the onions and
carrots, cut them into pieces and fry them.
- 6.After about 45 minutes, take the meat out of
the oven, turn it over so that the rind is
facing upwards, cut it in a diamond shape
and stick a few pieces of garlic into the cuts.
- 7.Salt and pepper the roast again, sprinkle the
caraway seeds over it and place the fried
vegetables in the roasting pan with the
meat.
- 8.Roast everything at 180°C for 90 minutes.
Ten minutes before the end of the baking
time, increase the temperature to 220°C and
switch to grill mode.



*Enjoy your
meal!*

*My opinion about the
recipe :*

Hi, I'm Moritz and I'm in the 4a class.

I like this recipe because I really enjoy eating meat and I also love the crust on the roast pork. I like the recipe so much because it's a festive meal. However, this recipe isn't really simple to make because of the many steps. So read the instructions carefully.

My recipe

FISH AND POTATOES

INGREDIENTS

2 fresh fish
1 lemon
6 potatoes
butter
some olive oil
200 g of flour
some salt
some herbs (such as dill)

TIP

The dish is especially delicious when you squeeze some lemon over the fish.

NOTES

2 servings | 30 minutes

PREPARATION

1. Slice the potatoes into small sticks. Then, place the potatoes on a baking tray. Preheat the oven to 200°C. Put the baking tray in the oven and bake for about 40 minutes.
2. Season the fish with salt and dill. Then, coat the fish in flour. Heat some olive oil and butter in a pan. Once it's warm, cook the fish for about 20 minutes. After about 10 minutes, turn the fish.
3. When the potatoes are baked, sprinkle some salt on them. Place the potatoes and the fish on a plate.



*Enjoy your
meal!*

*My opinion about the
recipe :*

I am Tobias Neid and I am 13 years old. I am from Stummerberg and I go to school at NMS Stumm. I'm in class 4b. I cook about once a week. I like cooking because I can make what I want and I can also be creative.

I like crispy fish and the potatoes are also very crispy and tasty. It is very simple because you only need a few ingredients to make it. Instead of potatoes, you can also serve chips, which are also very delicious.

My recipe

BURGER

INGREDIENTS

1 burger bun
some burger sauce
1 onion
80 g of ground beef
1 slice of cheddar cheese
some pickles
a small piece of butter
some salt and pepper

TIP

You only need a plate for the burger since you can eat it with your hands.

Chips would be a great side dish.

NOTES

1 servings | 10 minutes

PREPARATION

- 1.First, shape the ground beef into a round burger patty and season both sides with salt and pepper.
- 2.Put the butter in the pan and once it melts, add the patty.
- 3.While the meat is cooking, place the bun in the toaster for one minute (not longer!).
- 4.After the bread is toasted, take a knife and spread the sauce on both halves of the bun.
- 5.Cut the onion into small pieces and place them on the bottom half of the bun.
- 6.Slice the pickles and place them on the top half of the bun.
- 7.Make sure to flip the meat after some time. Then, place the cheese on the cooked side to melt and become tastier.
- 8.Wait until the second side is ready. Place the patty with the melted cheese on the bottom bun, where the onion is. Then place the top bun on the rest of the burger.



Enjoy your
meal!

My opinion about the
recipe :

Hi, my name is Simon and I am 13 years old. I am in class 4a. I live in Stumm and I cook a few times a week. I like cooking because you can make your own food and don't need to visit a restaurant.

I like this recipe because I love burgers and I think they are very tasty. It is simple to make because you don't need too many ingredients and it doesn't take a lot of time. A burger is a good alternative because you can use up ingredients from your fridge like salad or bacon.

My recipe

CHICKEN CURRY

INGREDIENTS

1 onion
1 clove of garlic, minced
500 g of sliced turkey breast
1 can of coconut milk
300 ml of chicken stock
1 can of pineapple
2-3 tbsps curry powder
some salt

NOTES

4 servings | 40 minutes

PREPARATION

1. Cut the onion into cubes and sauté it in a pot with some oil until translucent.
2. Add the minced garlic to the pot.
3. Add the meat and curry powder. Then fry well.
4. Deglaze the pan with the chicken stock and let it simmer for about 10 minutes.
5. Add the coconut milk and the can of pineapple. Also the pineapple juice.
6. Taste and season if needed.
7. Serve the curry with some basmati rice.



*Enjoy your
meal!*

*My opinion about the
recipe :*

I am Alexander and I like this dish because my mum has been making it very often since I was little. She makes it about three times a month.

I like this recipe because it doesn't require many ingredients, but it is very tasty.

Therefore, it's my favorite food. I hope that you will also like it when you cook it.

My recipe

TORTILLAS

INGREDIENTS

1 clove of garlic
500 g of minced meat
1 onion
1 can of tomato sauce
1-2 tbsps oil
1-2 tbsps sour cream
5 tortillas
some salt and pepper
some water

NOTES

5 servings | 45 minutes

PREPARATION

1. Fry the garlic and onion in a pan with some oil. When the onion and garlic are slightly browned, add the 500 g of minced meat.
2. Let the meat sizzle over medium heat and season it with salt and pepper. After 5 minutes, add a splash of water, followed by a whole can of tomato sauce and cook everything on low heat.
3. In the meantime, put the tortillas in the oven at 200°C. After 2 minutes, remove the tortilla from the oven and place it on a plate. Pour a little tomato sauce over it.
4. Add some salt, onions, hot sauce or sour cream to the tortilla. Finally, roll it up and enjoy!
5. You can serve it with a classic salad.



Enjoy your meal!

My opinion about the recipe :

My name is Martin and I am 13 years old. I like the recipe because it's so simple, and you can warm it up for the next day.

It's very easy to make because it's just meat, tomato sauce, some salt and sauce. When I was a kid, I often ate it, so I've been eating it my whole life.

My recipe

HOMEMADE PIZZA

INGREDIENTS

1 kg of flour
1 tsp salt
2 packets of dry yeast
1 tbsp sugar
4 tbsps olive oil
650 ml of warm water

TIP

You can also serve the pizza with some bread as an appetizer.

NOTES

8 servings | 90 minutes

PREPARATION

1. Sift the flour and salt together and place them on your clean work surface.
2. Make a small pile and press a well into the center.
3. In a bowl, combine the yeast, sugar, olive oil, and warm water. The water should be warm (not too hot and not too cold).
4. Let the yeast mixture stand for a few minute. Then pour it into the well in the flour and knead the mixture into a smooth dough.
5. Place the dough in the bowl and let the dough rise in a warm place for about an hour.
6. After about 60 minutes, dust your work surface with a little flour and knead the dough again.
7. Cut the dough into eight pieces and top the dough with your desired toppings.
8. Bake the pizzas at 220°C for about 15 to 20 minutes.



Enjoy your
meal!

My opinion about the
recipe :

Hi, I am Hannes and I'm 13 years old. I am in the 4a class and live in Stumm. I cook once a week and I like it because I think it's fun.

I like the recipe because it's quick and easy and you can top the pizza with whatever you like. It's simple because it doesn't have many steps. You should try the recipe because it's great for a family dinner or similar events.

My recipe

GRILLED HAM AND CHEESE SANDWICH

INGREDIENTS

For the sandwich:

10 slices of sandwich
bread

150 g of cheese

200 g of ham

some black pepper

For the carrot salad:

a few carrots, grated

2 tbsps vinegar

a little bit of oil

some salt

NOTES

4 servings | 15 minutes

PREPARATION

For the sandwich:

1. Place some slices of bread on a baking tray.
2. Then put the ham and cheese on the bread.
3. Sprinkle the sandwiches with pepper.
4. Preheat the oven and place the sandwiches inside.
5. After ten minutes, take them out.

For the carrot salad:

1. Pour some vinegar into a bowl and add a bit of oil and salt.
2. Put the grated carrots into the bowl with the vinaigrette.
3. Place the sandwich and carrot salad on a plate and serve.



*Enjoy your
meal!*

*My opinion about the
recipe :*

Hello, I am Marco Gruber and I am from Stummerberg. I am 14 years old and I go to the 4b class. I don't cook very often because most of the time my mum does it. I only cook when my mother isn't at home or when I don't like what she cooks. Then, I cook very simple things like noodles or sandwiches.

I really like this recipe because it is very simple to make and tastes really good. It is easy to prepare because you don't have to do anything extremely difficult.

My recipe

PASTA À LA ANNA

INGREDIENTS

400 g spaghetti
125 ml of whipped cream
6 small tomatoes
1 clove of garlic
½ onion
1 can of tomato sauce

NOTES

4 servings | 30 minutes

PREPARATION

1. Put some water in a pot, add some salt and wait until it boils.
2. Then lower the heat and add the spaghetti.
3. Grab a coated pan and add some butter.
4. Cut the tomatoes into small pieces, chop up the onion finely and add it to the heated pan. Fry it until it's golden brown.
5. Then add the chopped garlic. As soon as you can smell the fried onion, add the tomatoes and the tomato sauce.
6. After about 2 minutes, add the whipped cream, stir and season with salt, pepper and possibly some soup seasoning.
7. If the spaghetti are ready, drain them.
8. Put the spaghetti on your plate, pour the sauce over it and enjoy!



Enjoy your
meal!

My opinion about the recipe :

Hi, my name is Anna and I'm in class 4a. I live in Stumm and I really enjoy cooking. I cook whenever I feel like it but often help my mom when she's cooking. What I enjoy about cooking is that you can try out a lot of things and share them with others.

I really like this recipe because it's very easy and you're done in about 30 minutes. It's so simple to make because you don't need a lot of ingredients. Even my eight-year-old sister has already cooked it. I really hope you enjoy it and have fun while cooking!

My recipe

ONE-POT PASTA WITH VEGETABLES

INGREDIENTS

500 g pasta (such as
Spirelli)
1 large zucchini
2 peppers
1 bunch of spring onions
100 g of frozen peas
1 tin of strained tomatoes
500 ml of vegetable stock
1 tbsp dried herbs
1 can of mushrooms
seasoning (such as salt,
pepper)
some oil

NOTES

4 servings | 25 minutes

PREPARATION

1. Cut the pepper in half, remove the seeds, wash it and slice it into strips.
2. Also, wash the zucchini. Cut it in half, then quarter it, and remove the seeds. Slice it into pieces too.
3. Then take the spring onions and cut them into thin rings.
4. Drain the mushrooms and quarter them.
5. Heat a little bit of oil in a large pan and sauté the prepared vegetables until they are soft.
6. Add the raw pasta to the pan and mix it well with the vegetables.
7. Mix the crushed tomatoes and vegetable stock in a separate bowl and pour it into the pan.
8. Season the mixture with your favorite spices.
9. Cover the pan with a lid and cook over medium heat until the pasta is al dente and most of the liquid is absorbed.



*Enjoy your
meal!*

My opinion about the recipe :

Hi, I am Verena and I am 14 years old. I am in class 4b and I'm from Fügenberg. I cook twice a week and I really love it because it is so exciting.

I think the recipe is good because there are a lot of vegetables in it. I love one-pot pasta because it is really good and you can cook this dish in a short amount of time. The recipe is simple to make because the ingredients are usually at home and you don't need anything special.

I think you'll love this recipe and you can also change it if you don't have all the ingredients at home.

My recipe

SALMON PASTA

INGREDIENTS

200 g of smoked salmon
1 clove of garlic
1 onion
2 tbsps of white wine
1 cup of milk or heavy cream
250 g of pasta
(such as tagliatelle)
1-2 tbsps of margarine

NOTES

3 servings | 20 minutes

PREPARATION

1. Cook the tagliatelle according to the package instructions, drain and rinse them.
2. Finely chop the onion and garlic and sauté them in a little margarine.
3. Cut the smoked salmon into small pieces and fry it too.
4. Deglaze the whole thing with some white wine and thicken it with some heavy cream or milk. Also, season it.
5. Mix the tagliatelle into the sauce and serve the meal. If you like you can serve it with green salad.



*Enjoy your
meal!*

*My opinion about the
recipe :*

My name is Selina Treuheit and I'm 14 years old. I live in Stumm and attend the MS Stumm. I'm in class 4b.

I chose this recipe because it's one of my favorite dishes.

My recipe

AUSTRIAN MELCHERMUAS

INGREDIENTS

150 g of butter
250 g of plain flour
750 ml of milk
2 tbsp granulated sugar
1 tsp cinnamon
200 g of cranberry
compote
some salt

NOTES

4 servings | 20 minutes

PREPARATION

1. Melt 100 g of the butter in a saucepan.
2. Stir in the flour and a pinch of salt. Pour in 750 ml of milk and stir continuously until smooth. You want a very thick batter at the end.
3. Melt the remaining butter in an iron pan and spread the batter in it. Cook until it's dark and crispy on both sides.
4. Mix the sugar and cinnamon, then place the mixture on the table with some cranberry compote.
5. The dish is traditionally eaten directly from the iron pan.

GOOD TO KNOW

*It used to be a "poor people's meal".
It's often served in mountain huts.*



Enjoy your
meal!

My opinion about the
recipe :

Hi, I'm Maxi and I'm 14 years old. I'm in class 4a and live in Stumm. Sometimes I help my mum with cooking or I make a BBQ. I like cooking because it's very stress-free.

I like this recipe because it's easy to make and it's a tradition because you don't need many ingredients.

My recipe

SWEET YEAST DUMPLING

INGREDIENTS

80 g of poppy seeds
200 ml of milk
40 g of fresh yeast
1 egg
250 g of butter
90 g of plum jam
70 g of sugar
550 g of flour

NOTES

8 servings | 60 minutes

PREPARATION

1. Add 25 g of sugar, the fresh yeast, flour and butter into the warm milk and knead it into a dough. Let it rest for 30 minutes.
2. After 30 minutes, shape the dough into 8 pieces and press them flat. Place a spoonful of plum jam in each dough piece, then form a dumpling around the jam.
3. Place water in a pot and heat it up. Take two yeast dumplings and place them in the pot using a sieve. Steam the dumplings for about 20 minutes.
4. Add the poppy seeds with the rest of the sugar to a mixer and mix lightly.
5. Make a vanilla sauce.
6. After the yeast dumplings are done, pour the vanilla sauce over them and sprinkle the sugar-poppy seed mixture on top.



Enjoy your
meal!

My opinion about the
recipe :

Hi, my name is Fabian. I'm 14 years old and this is my recipe.

I think that this recipe is very easy to make. I like this recipe so much because it's one of my favorite dishes. Once you have tried it, you will love it.

My recipe

CHOCOLATE CAKE WITH APRICOT JAM

INGREDIENTS

200 g of chocolate
5 eggs (size L)
200 g of melted butter
200 g sugar
300 g flour
16 g of baking powder
250 ml of milk
1 jar of jam (such as apricot
or currant)
1 cake tin
(24 cm diameter)

TIP

When melting the chocolate, be careful not to let it burn.

NOTES

12 servings | 90 minutes

PREPARATION

- 1.First, place the chocolate on a plate and melt it in the oven.
- 2.Separate the eggs and beat the egg whites.
- 3.Stir the butter, sugar and egg yolks together until the mixture is foamy.
- 4.Add the melted chocolate and stir again.
- 5.Mix the baking powder with the flour and milk and add the mixture as well.
- 6.Carefully fold in the egg whites.
- 7.Line the bottom of a cake tin with baking paper and pour in the dough.
- 8.Bake the cake in a preheated oven at 180°C for about 50-60 minutes.
- 9.Cool the cake completely, Then cut it horizontally in half and spread some jam.
- 10.Then put the cake back together and spread the top and edges with jam.
- 11.For the glaze, melt some chocolate and add the sugar. If you want to, you can also add a little bit of water. Then glaze the cake.
- 12.Serve the cake with a little bit of cream.



Enjoy your
meal!

My opinion about the
recipe :

Hi, my name is Paula. I am 13 years old and I like cooking and baking. When I am home alone, I like to try out some new recipes to bake or cook. Usually, I bake, but sometimes I also cook. I like both.

I like this recipe because it is really easy to make and usually, you have all the ingredients at home. I also like about the recipe that you do not need so much time. One thing I love about the recipe is the glaze. It is really good, especially when it is warm.

My recipe

TIRAMISU

INGREDIENTS

1 cup of coffee
500 g of mascarpone
100 g of powdered sugar
5 tbsps amaretto
1 tsp lemon zest
200 g of ladyfingers
2 tbsps of cocoa powder
1 baking dish

NOTES

10 servings | 20 minutes

PREPARATION

1. Make a cup of coffee and let it cool completely.
2. Once the coffee has cooled, mix the mascarpone with powdered sugar, amaretto, and lemon zest.
3. Place half of the ladyfingers in the baking dish as the first layer and drizzle the coffee over them with a tablespoon.
4. Pour half of the mascarpone cream onto the soaked ladyfingers and smooth it out.
5. Repeat the process with the remaining ladyfingers and coffee. Finish the last layer with the mascarpone cream.
6. Smooth it out and sprinkle with cocoa powder.



*Enjoy your
meal!*

*My opinion about the
recipe :*

Hi, my name is Emma. I am 14 years old and I am in class 4B.

I like this recipe because it is easy to make and really delicious. It also doesn't take very long, so you can make it at the last minute.

My recipe

APPLE STRUDEL

INGREDIENTS

For the dough:

250 g wheat flour

1 tbsp oil

5 g of salt

125 g of water

For the filling:

1.75 kg apples

50 g of sugar

50 g of chopped hazelnuts
or walnuts

60 g of butter

70 g of bread crumbs

some juice (1/2 lemon)

TIP

You can serve it warm
with vanilla sauce or
cream.

NOTES

2 servings | 50 minutes

PREPARATION

1. Heat the oven to 180°C.
2. Mix all the ingredients for the dough together and knead well.
3. Put the dough in a bowl, cover it and let it rest for about 30 minutes.
4. In the meantime, peel the apples, chop them finely and add the lemon juice.
5. Melt the butter in a pan and add the bread crumbs. Then mix everything together including the chopped nuts.
6. Stretch the dough and place it on a tea towel.
7. Spread the filling over the dough, roll it up with the help of the tea towel and place it on a baking tray.
8. Brush the strudel with melted butter and put it into the oven for 30 minutes.



*Enjoy your
meal!*

*My opinion about the
recipe :*

Hello, I'm Simon and I'm 14 years old. I'm in class 4b. I really like cooking and I cook a lot at home.

Sometimes I make "Fritattensuppe" or a cake. I chose Apple Strudel for my recipe because I really like it and I think it's easy to make.

My recipe

CHOCOLATE CUPCAKES

INGREDIENTS

For the dough:

50 g dark chocolate
30 g of sugar
25 g butter
125 ml of milk
½ tsp vanilla essence
1 egg (beaten)
150 g of flour
baking powder

For the buttercream:

170 g unsalted butter
300 g of powdered sugar
38 g of cocoa powder
2-3 tbsps of heavy cream
1 tsp vanilla extract

TIP

For extra decoration, top the cupcakes with cherries, strawberries or sprinkles.

NOTES

5 servings | 45 minutes

PREPARATION

For the dough:

1. Preheat the oven to 200°C.
2. Melt the chocolate. Stir occasionally until smooth. Let it cool slightly.
3. Mix the sugar and butter and stir it into the melted chocolate. Add the milk, vanilla essence and the beaten egg to the chocolate mixture.
4. Sift the flour and baking powder together and fold them into the wet mixture. Add the chocolate chips if you like.
5. Evenly divide the batter into eight cupcake liners and place the cupcakes in the preheated oven and bake for 18–22 minutes.

For the buttercream:

1. Beat the softened butter until it's fluffy.
2. Add the powdered sugar and cocoa powder to the butter and mix everything. Also, add the cream and the vanilla extract.
3. Once the frosting is ready, apply it generously to your cooled cupcakes.



Enjoy your
meal!

My opinion about the
recipe :

My name is Anabella Cosic and I am 14 years old. I am in class 4A and I live in Kaltenbach.

I cook at school every two weeks, but I don't cook at home very often. I sometimes help out in the kitchen or with cooking and I sometimes bake cakes with my sister. I like cooking because it's fun, especially when everything is under control and I can listen to music.

I like everything about these cupcakes, especially the buttercream, which makes them moist. I enjoy this recipe because it is easy to follow. They are simple to make because of their small size and they don't require many ingredients. I recommend adding sprinkles, chocolate chips, cherries or strawberries on top! That tastes amazing.

THIS IS US

We hope you enjoy our cookbook!

Hello, we are the 4a and 4b classes of the MS Stumm.

We decided to make this cookbook because our new unit was about food and nutrition.

We all wrote down our favorite recipes and with each recipe, we added a little description about ourselves.

We hope you like it and enjoy trying our delicious recipes!

