

KATES SUPER EASY PANCAKES

Ingredients (makes ca. 6 pancakes)

120 g Plain Flour
1 Pinch of Salt
3 large Organic Eggs
250ml Milk
30g melted Butter
Butter to fry pancakes

Preparation

1. Roughly mix flour, salt, and eggs and then pour in 1/2 of the milk and stir until there aren't any lumps left. Then add the rest of the milk and the melted butter. Mix together.
2. Leave to rest for 15-30 Min.
3. Fry on a medium heat in a frying pan.
4. Warm the plates in the oven (ca. 100°C), fry pancakes and keep warm in oven.

We need the pancakes for our asparagus recipe but there are millions of ways to eat pancakes. Look at a few in my tips below!!

TIPP:

You can add freshly chopped herbs to the pancake mixture in the frying pan and then fill the pancakes with tomato rice, mushrooms and cheese.
OR: You can make a German pancake soup. Roll up the leftover pancakes cut them into thin slices and freeze them. That way you can add them straight from the freezer to a minestrone soup! Or even easier ...just add them to some heated up beef stock and you have a traditional Austrian Fritata soup (like on the ski slopes).
OR: You can make a mexican pancake lasagne.
OR: You can fill them with a custard cream or a light quark cream.
Or or or 😊

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KATES EASY OVEN ASPARAGUS

Ingredients (for 4 people)

1KG Fresh Asparagus (I use stems that are about 2cm thick)
Olive oil (4-5 Dessert spoons)
Salt, Pepper
Seasoning i.e. Oregano, Thyme, Paprika or Kates Mexican Mix or Kates Salad Dressing
1 Baking tray lined with re-useable Baking sheets or Greaseproof Paper

Preparation

- 1) Turn fan oven on to 180°C.
- 2) Peel Asparagus. Save the peelings and put them into a large saucepan. Cut off about 1/2 cm - 1cm of the asparagus stalk and put it into the saucepan with the peelings.
- 3) Line up the peeled asparagus on the baking tray.
- 4) Season the asparagus with salt, pepper and your other preferred spices.
- 5) Dribble 4-5 dessert spoons of olive oil over the asparagus and roll them until they are evenly covered in spices and oil.
- 6) Put asparagus in oven for ca. 20-25 minutes. (It all depends on how thick the stems are. I like mine to be a little crunchy and when they are 2cm thick they take about 20 mins.)
- 7) Get the saucepan with the asparagus peelings and ends and fill it with water until covered. Add 1/4 teaspoon salt, 1/4 teaspoon freshly ground pepper, ca. 50g butter and a little ground nutmeg. Bring to boil and simmer for 10 mins. Drain through a sieve and put liquid into tupperwares to freeze. This is perfect for making a quick and easy asparagus soup. We do need a little of the asparagus water for our hollandaise sauce.

TIP: If you are cooking asparagus this way for the first time, I would suggest that you try a little bit of the asparagus after about 18 mins. And then again after 20 mins. You can then decide if they are cooked enough for you liking.

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EASY TASTY HOMEMADE SAUCE HOLLANDAISE

Ingredients (for 4 people)

50g Butter
1/2 Onion finely chopped
1 Bay leaf
200g Butter
3 Organic Egg yolks
1 Teaspoon Dijon Mustard
2 Teaspoons Creme Fraiche
1/2 Teaspoon Sugar
1 Dessert Spoon White Wine Vinegar
1 Dessert Spoon Lemon juice
1/4 Teaspoon Salt
1/4 Teaspoon Freshly Ground Pepper
2 Pinches of White Pepper
2 Pinches Cayenne Pepper
70 ml Warm Asparagus Stock (add at the end to thin down the sauce. If you don't have any asparagus stock then you can substitute it with warm milk)

Preparation

- 1) Melt 50g Butter in a small saucepan then add the finely chopped onion and bay leaf. Cook until onions are clear and soft.
- 2) Add 200g Butter to the saucepan and let it simmer gently for 5-10 minutes so that the herb aromas can develop.
- 3) Remove bay leaf.
- 4) Pour the butter onion mixture through a sieve. Keep the cooked onions in a tupperware in the fridge and use for a tomato sauce or omelet etc.
You can make the herb fusion butter the day before to save time.
- 5) Put all the other ingredients, apart from the butter and asparagus stock, in a container and mix with a hand blender. You can also do this ca. 30 minutes in advance.
- 6) Put the melted herb butter back into a clean saucepan and keep warm on a low heat.

- 7) Mix the egg yolk ,creme fraiche mixture with a hand blender then slowly pour the warm melted herb butter into the running blades until thoroughly mixed in.
- 8) If the sauce is too thick then add some warm asparagus stock or warm milk.

Serve immediately!

Enjoy

You will always make your own hollandaise sauce after trying this.

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