



A SET OF RULES FOR A COOKING WORKSHOP

1. The cooking workshop is taking place once a week.
2. Each week, up to six cooks enrol for the workshop.
No previous knowledge is required.
3. The cooks meet some days in advance to set up a list of ingredients.
4. Each cook can add as many items to the list of ingredients as he or she likes.
5. The list of ingredients is assembled without knowledge of the final menu and no consideration of good fit of the ingredients.
6. At the day the workshop is held, one of the cooks buys all the ingredients on the list.
7. Up to six guests enrol for the dinner.
8. At 6 pm the cooks meet.
9. Each cook invents a menu which comprises *all* the ingredients.
10. Each cook presents his menu to the other cooks.
11. All the cooks together compose a new menu from the individual propositions.
12. No recipes are used.
13. The final menu is cooked by all the cooks together.
14. Dinner is served at 8.30 pm.

INGREDIENTS:
Carrots, Broccoli, Dark chocolate, Gelatin, Oranges, A big pike, White Borlotti beans, Pears, Anchovies, Ginger (and additional-ly: Onions, Butter, Powdered sugar, Sugar, White wine, Garlic, Port wine, Olive oil, Lemon)

TUESDAY, NOVEMBER 8

Participants: Hans-Werner Klobe, Narges Hasbempour, Ben Hooker, Marlena Kudlicka, Michael Guggenbeim

Menu: Pureed broccoli soup with roasted onions and lemon juice * Peeled pear halves, filled with an anchovies-pink-pepper paste, grilled, with a little carrot-ginger puree * Whole pike with capers and garlic, steamed in white wine, puree of white beans with olive oil [fig. 1] * Carrot flan with port wine and orange peel, chocolate truffles

Pumpkin, Celery root, Leg of lamb, Garlic, Thyme, Rosemary, Red rice, Dried cranberries, Dried apricots, Saffron, Pistachios, Eggs, Passion fruit, Kefir, Carrots

WEDNESDAY, NOVEMBER 23

Participants: Dion Doulis, Sabina Husicic, Narges Hasbempour, Michael Guggenbeim

Menu: Pumpkin Celery Soup [fig. 2] * Leg of lamb with roasted onions and garlic * Red rice with saffron, fried cranberries and pistachios and cold kefir-lemon-walnut-oil sauce, and carrot salad with garlic [fig. 3] * Passion fruit soufflé with compote of dried apricots in black tea [fig. 4]

Fennel, Eggplant, Garlic, Chilis, Fish filets, Persimmon, Papaya, Basil cilantro, Dark chocolate, Walnuts, Polenta, Lardo di Colonata, Parmigiano, Truffled goat cheese, Limes

TUESDAY, NOVEMBER 29

Participants: Dion Doulis, Carla Leitao, Jackie Sumell, Benedikt Schiefer, Michael Guggenbeim

Menu: Fish filets steamed, with chilis and lime juice * Gratinated eggplant filled with eggplant-walnut-basil-pesto with polenta and lardo/truffled cheese * Persimmon puree, caramelized fennel and chocolate sauce

Goat cheese, Pomegranate, Kohlrabi, Ginger, Quince, Chicorée, Beet root, Mascarpone, Yeast, Sweet potatoes, Squid, Dried figs, Dried tomatoes

TUESDAY, JANUARY 10

Participants: Anja Lutz, Dion Doulis, Angela Matyssek, Julia Warmers, Michael Guggenbeim

Menu: Chicory ships filled with beet-root puree and mascarpone * Kohlrabi soup with goat-cheese-fig-dumplings * Squid filled with dried tomatoes, ginger and quince, sweet potato chips * Quince calzone

Mango, Chicorino rosso, Pike, Perch fillets, Oranges, Lemons, Yoghurt, Cream, Dill, Potatoes, Pumpkin, Scallions, Avocado, Mustard, Coconut, Hazelnut,

FRIDAY, JANUARY 20

Participants: Monika Dommann, Angela Matyssek, Anja Utler, Dion Doulis, Michael Guggenbeim

Menu: Salad of chicorino rosso, mango, avocado, and scallions * Pike perch fried in hazelnut coating, mustard-dill sauce, and potato-pumpkin gratin [fig. 5] * Orange-yoghurt ice cream with fried coconut strips [fig. 6]

FRIDAY, JANUARY 27

Participants: Hans-Werner Klobe, Narges Hasbempour, Dion Doulis, Anja Lutz, Veronica Cendoya, Krassimir Terziev, Michael Guggenbeim

Menu: Spinach buttermilk flan with saffron yoghurt * Rabbit in port-wine sauce with garlic, roasted and peeled sweet pepper with roasted pine nuts * Tagliatelle with Amaretto-almond-honey pesto, lychees coated with chocolate

INGREDIENTS:
Grapefruits, Lychees, Butter, Rabbit, Spinach, Buttermilk, Fat yoghurt, Saffron, Dark chocolate, Sweet pepper, Almonds, Pine nuts, Tagliatelle



1



2



3



4



5



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