

TECHNISCHE
UNIVERSITÄT
DARMSTADT

#studentsofTUdarmstadt



THE COOKBOOK OF #studentsofTUdarmstadt

from students for students

EASY - YUMMY- INTERNATIONAL

Hey zusammen!

für die meisten von uns stellt das Uni-Leben einen neuen, erfrischenden Lebensabschnitt dar. Dieser Abschnitt geht allerdings mit vielen Herausforderungen einher. Eine dieser Herausforderungen, und das stellt jede:r Studierende früher oder später fest (glaubt es uns!), ist das Kochen. Ständig Rührei, Nudeln mit Pesto oder der Döner von nebenan sind dann doch nicht das Gelbe vom Ei. Wir, das sind die #studentsofTUdarmstadt, verschaffen Abhilfe und präsentieren das Kochbuch von Studierenden für Studierende aus aller Welt. Der Name ist Programm! Insgesamt 30 regionale sowie internationale Rezepte warten in diesem Kochbuch auf euch. Hessische, ghanaische oder luxemburgische Rezepte, vom kleinen Snack bis zur „Haute-Cuisine“, von der Vorspeise bis zur Nachspeise – in diesem Buch findet ihr alles, was euer Herz begehrt. Wir wünschen euch frohes Kochen und ein noch viel froheres Schnabulieren!

Euer #studentsofTUdarmstadt

Wenn ihr das Kochbuch gerne digital lesen möchtet, dann scannt bitte den QR-Code.

Hi there!

For most of us, life as a college student represents a new and refreshing phase in our lives. However, this stage goes hand in hand with lots of challenges. Sooner or later, every student will figure out (believe us!) that one of these challenges is cooking. Eating scrambled eggs, pasta with pesto or take out kebab every day is not quite fulfilling. We, the #studentsofTUdarmstadt provide remedy with our cookbook – from students for students from all over the world. The name says it all! This cookbook holds a total of 30 regional and international recipes waiting for you to try them out. Hessian, Ghanaian or Luxembourgian recipes, from snacks to “haute-cuisine”, from appetizers to desserts – You will find everything your heart desires in these pages. We hope you have fun cooking and even more fun snacking!

Your #studentsofTUdarmstadt

If you would like to read the cookbook in English, please scan the QR code .



INSTRUCTIONS FOR USE- HOW TO RECOOK THE RECIPES



This icon informs you on how many portions the recipe yields



This icon indicates how much time it takes to prepare the meal



This icon represents the country that served as inspiration for the recipe. This is not an absolute specification; it is possible, that the dish or recipe is also known in other countries. If it was impossible to specify an origin, an international flag was decided to use. There are also typical dishes from Hesse!

INGREDIENTS

This is what you need. Obviously, you can substitute certain ingredients and customise the recipe to your liking

HOW IT'S DONE

In this section you will get the step by step instructions on how to prepare the meal. Sometimes there are helpful images of the various steps.

The author of the recipe is noted on the right side of the recipe. Also, every ambassador added some extra tips, personal experience, or background information - this way success is guaranteed :)

SHORTAGES AND QUANTITIES

g = gram

kg = kilogram

l = liter

ml = milliliter

tbsp = tablespoon

tsp = teaspoon

pck = pack

cm = centimeter

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AVOCADO TOAST WITH EGG



2 portions



15 min



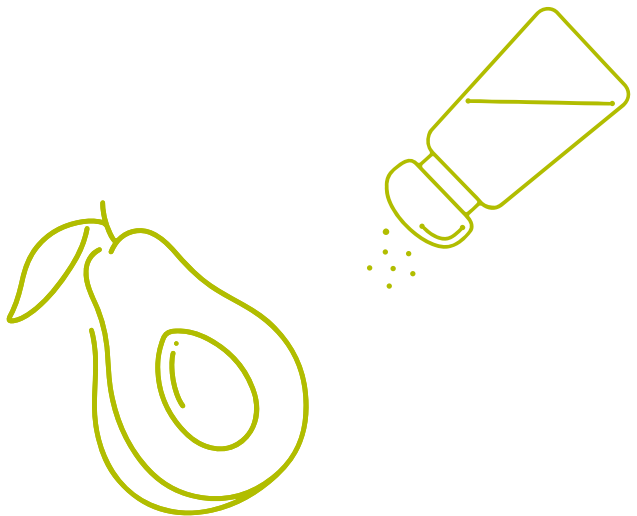
INGREDIENTS

- 1 small onion
- 1 avocado
- 2 tomatoes
- 4 slices of brown bread
- citric or lime acid
- 2 eggs
- spices
- salt and pepper

HOW IT'S DONE

- 1.Put the diced onions in a bowl.
- 2.Add diced tomato.
- 3.Pit and mash the avocado, then place in a separate bowl.
- 4.Add the diced tomato and onion to the bowl with the avocado.
- 5.Add salt, pepper, and lemon juice.
- 6.Toast slices of bread.
- 7.Poach eggs.
- 8.Spread the toast with the avocado cream.
- 9.Fish out the egg with a ladle and place it on the toast.
- 10.Season with salt and pepper to taste.

Enjoy!





SHARMILA

The only influencer
hype food trend that I
stand behind and
celebrate 100% :D



BORSCHT



4 portions



55 min



INGREDIENTS

- 1 middle-size beetroot
- 1 carrot
- 1 onion
- 3-4 potatoes
- 1/4 cabbage
- 2 tomatoes
- smetana (sour cream) can be replaced with Speisequark
- spring onions
- salt and pepper (optionally other spices)

HOW IT'S DONE

1. Peel beetroot, carrot, and onion and chop into small cubes (optionally, those can be grated).
2. Peel and chop potatoes.
3. Shred cabbage.
4. Peel* and blend (optionally grate) tomatoes.
5. Add some vegetable oil to the bottom of your pan, once the oil is hot start frying carrot and onion. Once those are a bit fried add beetroot. Fry a little longer, vegetables shall look a bit toasted.
6. Add boiling water. The liquidity of the soup is up to you really. Boil it for 5 minutes.
7. Add potatoes, and boil for another 5 minutes. Season the soup with salt and pepper (optionally other spices).
8. Add cabbage, and boil for another 5 minutes.
9. Add blended tomatoes and let the soup boil until ready. Probably another 15 minutes would be enough. Beetroots, carrots and potatoes shall be soft, cabbage can be a bit crunchy. Before turning it off, taste for salt and pepper, maybe add some more if needed.
10. Serve with sour cream and chopped spring onions.

*An easy way to peel tomatoes:

- 1) Cut a small "X" in the bottom of each vegetable.
- 2) Put tomatoes into the boiling water till you see the skin loosens (maybe for one minute).
- 3) Plunge tomatoes into cold (ideally ice) water.
- 4) Peel vegetables.



MASHA

This recipe of Borscht is very basic, additionally, you can add paprika, beans, pork, mushrooms, fish etc. Depending on the region and the availability of some of the vegetables, there are probably dozens or even hundreds of original recipes of Borscht in Ukraine. On the 1st of July 2022, UNESCO added Ukrainian borscht-making to the list of intangible cultural heritage.



BOUNESCHLUPP



10 portions



60 min



INGREDIENTS

- 1 kg of beans
- 6 carrots
- 6 potatoes
- 1 large onion
- 50 g cornstarch
- 100 ml cream
- Salt and pepper
- 2 l broth

HOW IT'S DONE

1. Cut the beans into smaller pieces and then blanch them in hot water for 5 minutes.
2. Peel potatoes and carrots and cut them into bite-sized pieces.
3. Also, chop the onion and sauté it in a saucepan with butter so that the onion pieces take on a brownish color.
4. Add the beans, carrots, and potatoes to the diced onions and pour all the broth over the pot.
5. Then let the contents of the pot simmer for a good 45 minutes.
6. Mix the cornstarch with cold water and stir the cornstarch mixture into the contents of the pot.
7. Add the cream to the contents of the pot and season the finished soup with salt and pepper.

Bon appetite!





STEVEN

Bouneschlupp is considered a national dish in Luxembourg. Even though there are similar ways of preparing the soup in Saarland and Lorraine.



BROCCOLI SOUP



4 portions



30 min

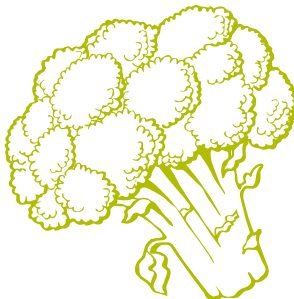


INGREDIENTS

- About 600 g of broccoli
- 3 potatoes
- Vegetable broth
- 1 onion
- 2 cloves of garlic
- 1 tbsp olive oil
- 200 g cream
- 3 bread rolls / toast

HOW IT'S DONE

1. Cut the onion and garlic into small pieces. Then you fry them in a sufficiently large soup pot with a little oil.
2. Then add a liter of water with vegetable stock and a tablespoon of olive oil and heat it up. Cut the potatoes and broccoli into chunks and cook the ingredients in the broth until they are tender.
3. While the soup is cooking, you can cut the three bread rolls or the toast into small pieces. You then roast the pieces in the pan.
4. When the potatoes are soft, puree everything in the pot with a hand blender.
5. Finally, add 200 g of cream, let the soup boil again, season to taste, and the soup is ready.





CARO

The broccoli soup is a quick and easy recipe that offers a great alternative to pasta with pesto during the stressful exam phase or can be a delicious appetizer for a relaxed cooking evening.



KOCHKÄSE



4 portions



25 min



INGREDIENTS

- 300 g hand cheese (Harzer Roller)
- about 100-150 g of butter
- 200 g cream cheese
- 0.125 l cream
- 1 cup sour cream or crème fraîche
- 1 tsp baking soda
- 1-2 tsp of cumin seeds

HOW IT'S DONE

1. First put the butter, the cream cheese, the cream, and the sour cream in a sufficiently large and high pot (the mixture will foam up later), and then add the diced hand cheese on top. Gently heat the pot.
2. CAUTION: Don't let it get too hot too quickly, and keep stirring to avoid burning!
3. When the cheese has melted and everything has come together evenly, stir in the baking soda. Note that the baking soda causes it to foam a lot.
4. After stirring, allow everything to simmer again and remove the pot from the heat. Add the cumin, mix it in and pour the cooking cheese into a bowl.
5. To cool, you can cover the cooking cheese with cling film to prevent skin from forming.





CARO

You can serve the Kochkäse either lukewarm or cold. It doesn't matter whether it's with a schnitzel or on bread, the Kochkäse tastes good in many combinations! As a Hessian classic, a Kochkäse recipe should not be missing in this cookbook!



SALMON ROLLS WITH MEDITERRANEAN SALAD



1 portion



15 min



INGREDIENTS

For the Mediterranean salad:

- 1 zucchini
- 1 pepper
- 1 tomato
- 1 cucumber
- olives
- sheep cheese
- olive oil
- salt

For the tomato salad:

- tomatoes
- red onions
- mozzarella
- parsley or chives
- salt & pepper

For the salmon rolls:

- smoked salmon
- cream cheese

HOW IT'S DONE

Mediterranean salad:

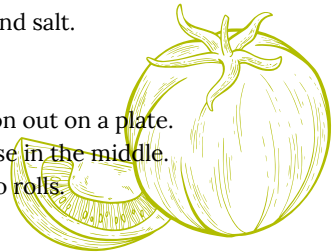
1. Dice zucchini, bell pepper, cucumber, and tomato.
2. Sauté the peppers and zucchini in a wok (alternatively in a pan) with olive oil.
3. Salt lightly.
4. Sauté over medium-high heat until zucchini is lightly browned.
5. Put the zucchini and peppers in a bowl and mix in the cucumber, tomato, and chopped olives.
6. Scatter feta cheese over it.

Tomato salad:

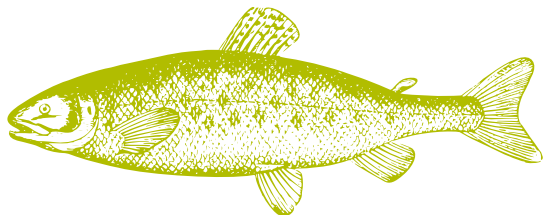
1. Slice tomatoes and onions.
2. Pour olive oil over it.
3. Refine with parsley or chives.
4. Season with pepper and salt.

Salmon rolls:

1. Spread smoked salmon out on a plate.
2. Align the cream cheese in the middle.
3. Shape the salmon into rolls.



Enjoy your meal!





NICOLE

High protein and low carb. This dish can be enjoyed not only as a starter, but also as a snack between meals.

Perfect for the summer and for a healthy figure!



SRI LANKA ROLLS



13 portions



120 min



INGREDIENTS

- 1 kg beef
- 4 large potatoes
- 1 large onion
- 1 clove of garlic
- 1 piece of ginger (the size of a thumb)
- 1 bottle of sunflower oil for frying
- 1 package of dough sheets for rolls with 40 sheets
- 1 heaped tsp of salt
- 1 tbsp citric acid / half lemon
- 1 tbsp of tomato paste
- 2 tbsp curry powder roasted, from Sri Lanka (available at the Tamil store, very hot, not yellow curry powder!)
- 2 cups breadcrumbs
- 4 eggs

HOW IT'S DONE

1. Boil potatoes with peel in pot with water.
2. Remove potatoes from pot and peel, then cut into cubes and put in a bowl.
3. Meat cut into small pieces, wash with water and put in a bowl.
4. Cut onion, garlic and ginger into small cubes.
5. Add a tablespoon of oil in a large frying pan and sauté onion, garlic and ginger.
6. Cut meat into small pieces, add to the pan and bring to a boil (about 30 minutes).
7. Add spices and tomato paste (curry powder and salt).
8. Very important do not add water! If then only minimal up to 3 tablespoons.
9. After the meat has boiled up, now add the potatoes.
10. Mix everything together in the pan.
11. Add citric acid or lemon juice to the pan.
12. Remove the pan from the heat and let it cool down (about 30 minutes).
13. Place a large cutting board on the work surface and spread a sheet of dough on it.
14. Place 1 tablespoon of the meat and potato mixture in one corner of the dough sheet.
15. Now roll the dough sheet from the corner with the topping to the opposite corner and fold the two open ends at the end.
16. Prepare all the rolls with this rolling or folding technique.
17. Now prepare 2 plates: on one plate break eggs with a fork and on the other plate pour out breadcrumbs.
18. First, marinate the roll in the egg mixture and then roll it in breadcrumbs, because of the egg mixture the breadcrumbs will stick to the roll.

19. When all the rolls are prepared in this way, a pot with plenty of oil should now be heated on the stove for deep frying.

20. 3-4 rolls can be fried at once, depending on the size of the pan. When the oil is hot enough, the rolls should be placed in the pan and tossed regularly. After a short time, about 2 minutes, when the breading is golden brown, the rolls can be taken out and served.

Enjoy your meal!



SHARMILA

This is my favorite snack from Sri Lanka, it can't be missing on any tamil celebration as appetizer.

Tipp: If not eaten completely, the marinated rolls can also get frozen before frying them.

On my YouTube channel "Sharmila Priya" you may find a cooking tutorial where I show how I cook it.

CROQUE MONSIEUR / CROQUE MADAME



4 portions



10 min



INGREDIENTS

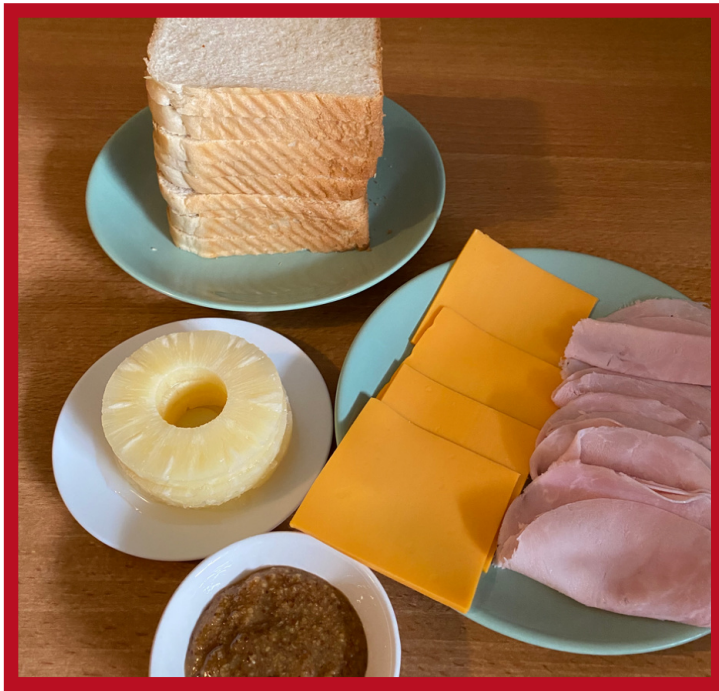
- 8 slices of buttered brioche or sandwich toast
- 4 tbsp grain mustard
- 4 eggs
- 4 slices of processed cheese
- 8 slices of cooked ham
- if you choose, 4 pineapple rings

HOW IT'S DONE

1. Preheat the oven.
2. Briefly toast the brioche slices on both sides in a pan.
3. Cover 4 slices of brioche with a slice of cheese each and then top each with 2 slices of ham. Brush the ham with a tablespoon of grain mustard. Optionally, the brioche slice can also be topped with a pineapple ring.
4. Place the remaining 4 brioche slices on top and put the finished Croque monsieurs on a baking tray lined with baking paper in the oven for 5 minutes (top/bottom heat at 180 degrees).
5. In the meantime, fry 4 fried eggs for the Croque madames and then place them on the finished Croque monsieurs.

Bon appetite!





STEVEN

The Croque Monsieur was first mentioned on a menu in a French cafe in Paris in 1910.



DRESDNER HANDBREAD



1 Bread



120 min



INGREDIENTS

For the dough:

- 500 g of wheat flour
- 1 cube of fresh yeast
- 300 ml mineral water
- 1 pinch of salt

Ideas for fillings:

- 150 grams of cheese
- 1 can of mushrooms
- 200 g sour cream

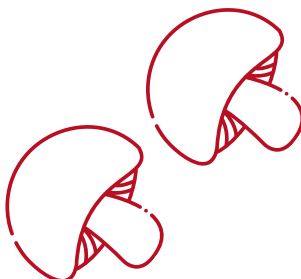
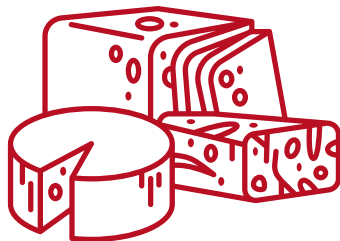
HOW IT'S DONE

1. Mix flour, salt, and yeast, and add the mineral water. Lukewarm to slightly warmed water is best so that the yeast can work better.
2. Let the mixture rest for a few minutes.
3. Mix the components together and let the dough rise for about 1 hour.
4. Preheat the oven to 240°C.
5. Divide the dough into 2 halves. Shape one half into a flat cake.
6. Fill the flat cake with the filling ideas.
7. Roll out the other half of the dough and place it on top of the filling. Pinch the dough neatly on the sides.
8. You can make small incisions in the dough to mark the portions to create predetermined breaking points for later.
9. Bake the bread for 20-25 minutes.



RICHARD

The hand bread comes from my hometown of Dresden. To us, this is a popular meal at Christmas markets or festivals. It's high in energy and perfect for when you don't have many opportunities to eat during the day.



FALAFEL WRAPS



4 portions



25 min



INGREDIENTS

- 4 slices of tortilla bread
- 1 packet of falafel flour
- 150 ml of boiling water
- 1 head of iceberg lettuce
- 3-4 tomatoes
- 1 cucumber
- 1 onion
- 1 tbsp garlic sauce
- Cooking oil for frying

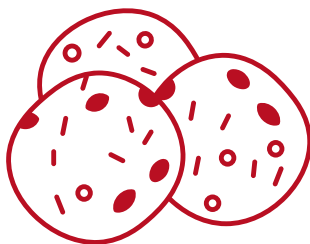
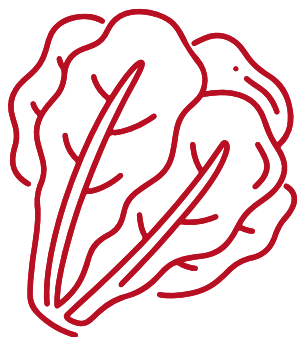
HOW IT'S DONE

1. Prepare the falafel flour by adding 150 ml of boiling water to the flour.
2. Stir the mixture and let it stand for 15 minutes.
3. While you wait, you can already chop the vegetables.
4. Form patties from the falafel flour by forming round lumps and flattening them. You should get about 20 patties.
5. Add the patties to the pan and fry them until golden brown on both sides.
6. Place the tortillas in the oven for about 5 minutes so that they are warm but not yet crisp.
7. Remove the tortillas from the oven, brush them with 1 tablespoon of garlic sauce and add the vegetables and falafel.
8. Roll the tortillas into wraps. Note that they can get harder the longer the tortillas have been out.



RICHARD

It is one of my favorite dishes to use up leftover veggies. The falafel contains a lot of protein. Perfect for meals in between or to-go.



FUFU WITH PEANUT SAUCE



4 portions



60 min

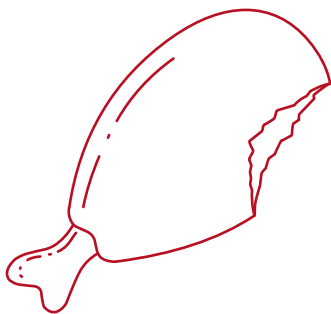


INGREDIENTS

- 4-5 tbsp oil
- 4 chicken thighs
- 100 g mashed potato powder
- 100 g potato flour
- 2-3 tbsp peanut cream (without peanut pieces)
- 3 small onions
- 2 cloves of garlic
- 3 large tomatoes
- 1 red pointed pepper
- 2-3 bay leaves
- 5 okra
- 1 tsp citric acid
- sweet paprika powder
- chili flakes
- pepper, salt
- 150 ml water
- 3-5 tbsp tomato paste

HOW IT'S DONE

1. Wash and chop the vegetables.
2. Add oil to a large saucepan on the stove and heat.
3. Then fry the not marinated chicken thighs in the saucepan at a low level for approx. 10-15 minutes.
4. Meanwhile, put the chopped vegetables (onions, peppers, tomatoes, garlic) in a blender and puree.
5. Pour the puree (contents of the sauce) into the saucepan and season with salt, pepper, chili, paprika powder, and bay leaves, then add some water.
6. Now add tomato paste and peanut butter for more intense color and flavor and bring to a boil.
7. Add the okra to the saucepan at the end and add some citric acid to make it less slimy.
8. Now prepare a 1 to 1 mixture for the fufu in advance in a smaller saucepan: Mix 1 pack of mashed potatoes (100g) and potato flour (100g) with a little water. Start boiling after mixing it and stir regularly until it becomes a firm mass, optionally add some salt.
9. After it has boiled up like mashed potatoes, let it cool down briefly, knead and shape it into a ball with your hands.
10. Put the fufu ball on a plate with the sauce and a chicken leg and enjoy!



SHARMILA

I really wanted to include this dish in the cookbook because it's really tasty and something different. I also presented this dish on my YouTube channel "Sharmila Priya" in a cooking video with a subsequent taste test.



FRIED RICE WITH CARAMELIZED TOFU



2 portions



30 min

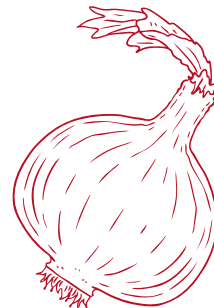


INGREDIENTS

- 200 g of rice
- frozen vegetables
- 1 block of plain tofu
- some agave syrup
- some soy sauce
- some hot sauce
- 1 handful of fried onions
- cooking oil

HOW IT'S DONE

1. Cook the rice.
2. Put the block of tofu in a pan and let it fry a little. After it's about half done, pour some agave syrup on it.
3. Let the tofu caramelize on both sides until golden brown. Then cut the block of tofu into small cubes.
4. Fry the frozen vegetables.
5. Put rice, tofu, and vegetables on a plate and garnish with your choice of fried onions, soy sauce, or hot sauce.





RICHARD

At first, I was surprised at how good caramelized tofu tasted. The sweetness harmonises wonderfully with the spiciness of the sauce. I like to eat this dish after working out.



FILLED FOCACCIA



4 portions



60 min



INGREDIENTS

For the dough:

- 500 g flour
- 250 ml of water
- 30 g of fresh yeast
- 3 tbsp olive oil
- 1 pinch of salt

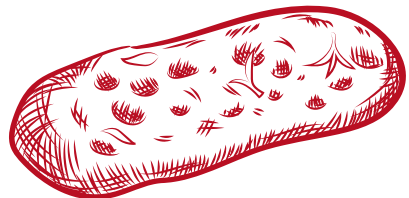
For the filling:

- 100 g dried tomatoes
- 400 g Emmental cheese
- 200 g of cooked ham
- Paprika
- Rosemary
- Marjoram
- Olive oil for baking

HOW IT'S DONE

1. First, make the yeast dough and let it rise in a warm environment for at least an hour. To do this, dissolve the yeast in lukewarm water. Add the flour, salt, and oil and knead the dough into an even mass. Alternatively, you can knead the dough with a food processor. For the dough to rise, cover the bowl and set it in a warm place.
2. Roll out half of the dough on a baking sheet, about half a centimeter thick.
3. Cut the vegetables into fine slices and spread them over the dough along with the cheese, ham, and spices. Don't be surprised, the filling will definitely seem like a lot to you! So that the focaccia doesn't get too dry, you should distribute a good amount of topping.
4. Roll out the second half of the dough and place it on top of the vegetables. Knead the ends together, brush the dough with oil and sprinkle some coarse salt on top.
5. Bake the focaccia at 180°C for 40 minutes until the flatbread is golden brown.

P.S.: For vegetarian focaccia, you can simply use more vegetables.





CARO

The filled focaccia not only tastes delicious, but thanks to its handy shape, it can also be packed as a snack for the next picnic in Herrngarten.



YELLOW VEGETABLE CURRY WITH RICE



4 portions



60 min



INGREDIENTS

- 250 g Basmati rice
- 150 ml cream
- 2-3 tbsp oil
- 1 handful of fresh mushrooms
- 1-2 carrots
- 1 red pointed pepper
- 1 handful of green beans (nexus beans)
- a handful of broccoli
- 1 onion
- 1 clove of garlic
- 1/2 yellow pepper
- 1/2 zucchini

Spices:

- 1 tsp of vegetable stock powder
- 1 pinch of yellow curry powder
- salt & pepper
- 1 pinch of chilli flakes (optional)

HOW IT'S DONE

1. Boil washed rice, add salt.
2. Chop vegetables.
3. Fry onions and add garlic, stir occasionally.
4. Add carrots, zucchini, broccoli, beans, peppers.
5. Bring the vegetables to a boil and stir occasionally.
6. Pour the cream into the pan.
7. When the vegetables have softened, add spices.
8. Add mushrooms.
9. Serve the cooked rice either as a side dish or stir into the curry.

Enjoy!





SHARMILA

This dish is very simple and easily adjustable for each one of you. It helped me a lot to cook something uncomplicated and delicious during the exam phase, especially when I don't have much time. For meat lovers, you can optionally also fry chicken in the vegetable pan first for meat lovers.



GRÜNE SOSSE WITH EGGS AND POTATOES



4 portions



35 min



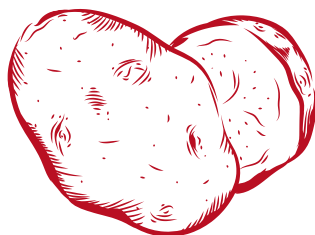
INGREDIENTS

- 500 g Greek yoghurt
- 250 g sour cream
- 6 eggs
- 4 potatoes
- 4 tbsp of sunflower oil
- 1 tbsp herbal vinegar
- salt & pepper
- sugar
- 1 tsp of mustard
- 150 g Frankfurt herbs (chervil, parsley, chives, sorrel, cress, burnet, borage)

HOW IT'S DONE

1. Prepare all the ingredients, and cook the potatoes with their skins for about 20 to 25 minutes, depending on their size. Boil the eggs for about 8 minutes. Peel the boiled potatoes and eggs. Wash the herbs thoroughly and dry with a kitchen towel.
2. Blend two-thirds of the herbs in a blender with a teaspoon of salt. Finely chop the remaining herbs with a knife
3. Halve three eggs and mix the yolks with vinegar, oil, mustard, sugar, and a little pepper until creamy. Add the pureed herbs, sour cream, and yogurt and stir. Dice the egg white and stir into the herb sauce and season with a little salt.
4. Sprinkle the green sauce with a few herbs and serve with the boiled potatoes and the remaining eggs.

Bon Appetit!





STEVEN

Fun fact: Did you know that Frankfurt green sauce, also known as "Frankfurter Grie Soß", is a special product that, according to EU regulations, is a recipe with a protected geographical indication?



JUDD MAT GAARDEBOUNEN



4 portions



150 min



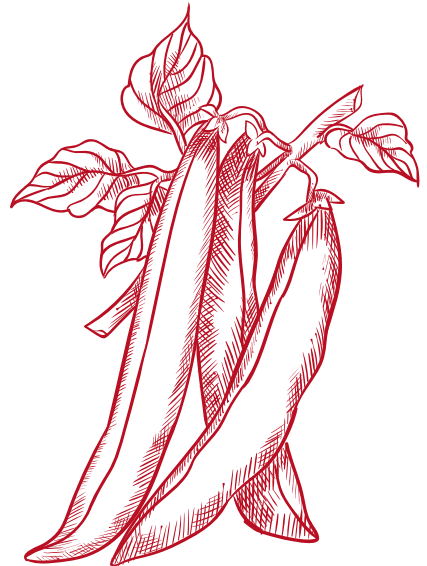
INGREDIENTS

- 1 kg pork neck
- 420 g broad beans
- 90 g of butter
- 90 g flour
- 600 ml cooking water from pork neck
- Salt pepper
- Dried savory
- Bay leaves

HOW IT'S DONE

1. Put a pot of salted water on.
2. Simmer the pork neck in water with salt and 2 bay leaves for 2 hours.
3. In another saucepan, heat and melt butter. Add the flour and let simmer. Gradually add the cooking water from the pork neck, stirring constantly until the sauce thickens. Then stir in the cream, savory, pepper and a little salt and mix.
4. Wash and drain broad beans and add to finished sauce. Simmer the broad beans with the sauce over low heat.
5. Slice the finished pork neck and serve with the broad beans and sauce.

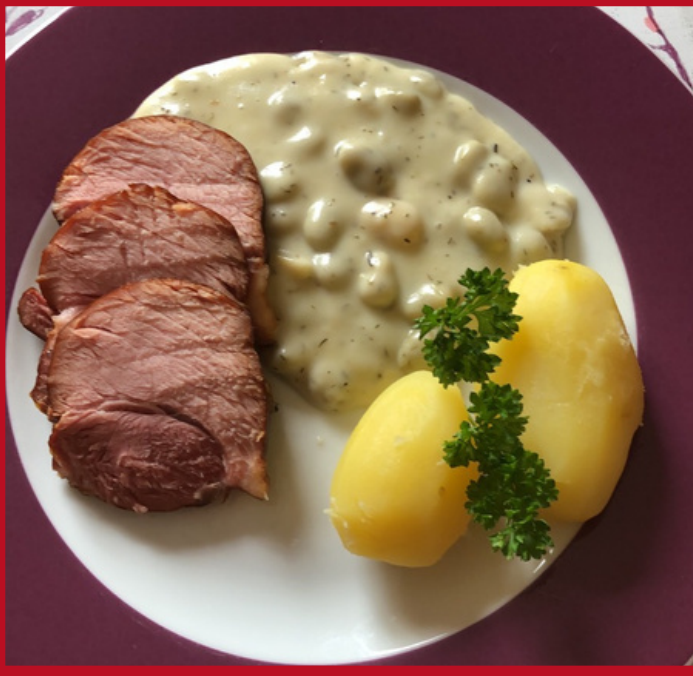
Enjoy!





STEVEN

Fun fact: The recipe originally comes from a small Luxembourgish village called Gostingen in the east of the country, which has 489 inhabitants as of 2022.



KNIDDELE MAT SPECK



4 portions



90 min



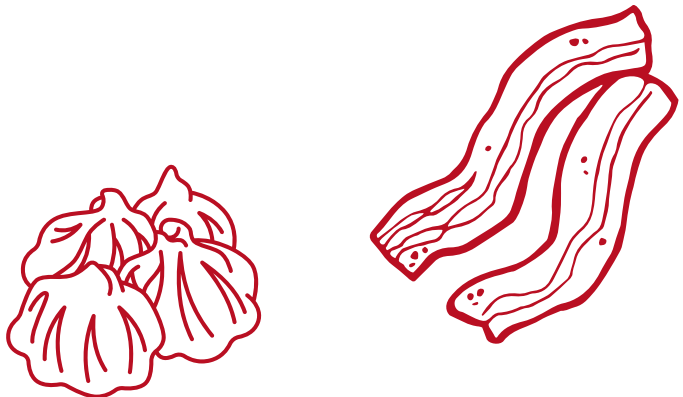
INGREDIENTS

- an old loaf of bread
- 350 g flour
- 200 ml milk
- 3 eggs (size M)
- 300 g smoked bacon cubes
- 250 ml cream
- salt

HOW IT'S DONE

1. Cut the bread (without the crust) into small pieces. Mix the pieces with the milk and a pinch of salt. Leave the mixture to rest for two hours and then fold in the flour with a wooden spoon. Then add the 3 eggs and mix the various ingredients well to form a viscous dough.
2. Put on a saucepan with hot salted water.
3. To form the Kniddelen, use two small spoons to take some of the dough out of the bowl and form small balls. Then put those balls in the boiling water. When the Kniddelen float on the water surface, remove them from the pot with a slotted spoon.
4. For the sauce, heat the butter in a pan and fry the bacon cubes in the butter until crispy. Reduce the heat and stir the cream into the crispy bacon.
5. Pour the finished bacon cream sauce over the Kniddelen and mix.

Bon appetit!





STEVEN

Fun fact: the luxembourgish Kniddelen mit Speck is best enjoyed with apple sauce or Luxembourgish mustard.



LENTIL AND ONION PAN



1 portion



10 min



INGREDIENTS

- lentils (either pre-cooked or you cook them yourself)
- onions (either regular white or red onions or shallots)
- rapeseed oil
- salt & pepper

HOW IT'S DONE

1. Briefly fry the onions in rapeseed oil.
2. Then add the pre-cooked lentils.
3. Let it all warm up together.
4. Stir and mix several times.

Enjoy your meal!





NICOLE

This Lentil and Onion Pan is why I fell in love with onions. It is a light, very healthy dish that keeps you full for a long time and is 100% made by my Italian grandmother.



PIEROGI



5 portions



120 min



INGREDIENTS

For the filling:

- approx. 250 g Twaróg (Polish quark/ grainy cream cheese)
- approx. 500 g potatoes
- approx. 200 g feta cheese
- 2 large onions
- salt & pepper
- seasoning (e.g. Maggi)
- butter for frying

For the dough:

- 1 eggs
- Approx. 500 g flour
- Approx. 250 ml warm water
- 1 tbsp oil
- 1 tsp salt

Served with:

- Stewed Onions
- Sour cream or yogurt

HOW IT'S DONE

1. Knead the egg, flour, water, oil and salt into an even dough and let it rest for 30 minutes.
2. Peel the potatoes, cut into large cubes and boil in salted water.
3. Cut onions into small cubes and sauté in butter.
4. Mash the potatoes together with the Polish quark, feta and onions and season with pepper and Maggi.
5. Divide the dough into three parts and roll out one part on a floured surface with a rolling pin.
6. Prepare a clean tea towel and cut out circles about 8 cm wide with a glass or something similar.
7. Using a spoon, portion the potato mixture onto the circles and leave enough space to the edge (approx. 0.5-1cm).
8. Then fold the dough around the filling to form a filled semicircle and press the edges together. Make sure that the edge is well closed so that the pierogi don't fall apart later when cooking.
9. Place the finished pierogi on the tea towel to prevent them from sticking and repeat the process with all the pieces of dough until all the potato mixture is used up.
10. Bring salted water to a boil in a large saucepan and then reduce until it is just simmering (otherwise there is a risk that the pierogi will fall apart).
11. Put the pierogi in portions (about 10 pieces) one after the other in the pot and cook until they float to the surface. Then simmer for another 5 minutes and remove from the water. Repeat the process with all the pierogi.

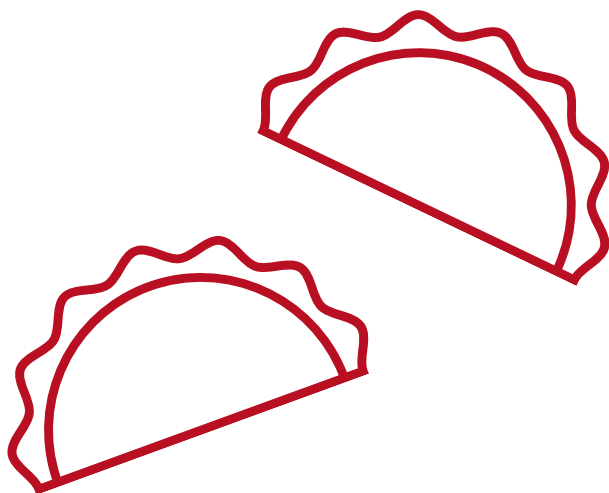
The pierogi are served with onions sautéed in butter on top and sour cream or yoghurt.



KATHRIN

One of my favorite Polish dishes and definitely worth the effort!

PS: If you have leftovers, you can easily freeze the pierogi and warm them up later in the microwave or fry them in a pan.



RED LENTIL CURRY



5 portions



120 min



INGREDIENTS

- 200 g red lentils
- 1 can coconut milk
- 150 ml vegetable broth
- salt & pepper
- cayenne pepper
- cinnamon
- powdered pepper
- powdered curry
- rice or naan bread
- vegetables or fruits

HOW IT'S DONE

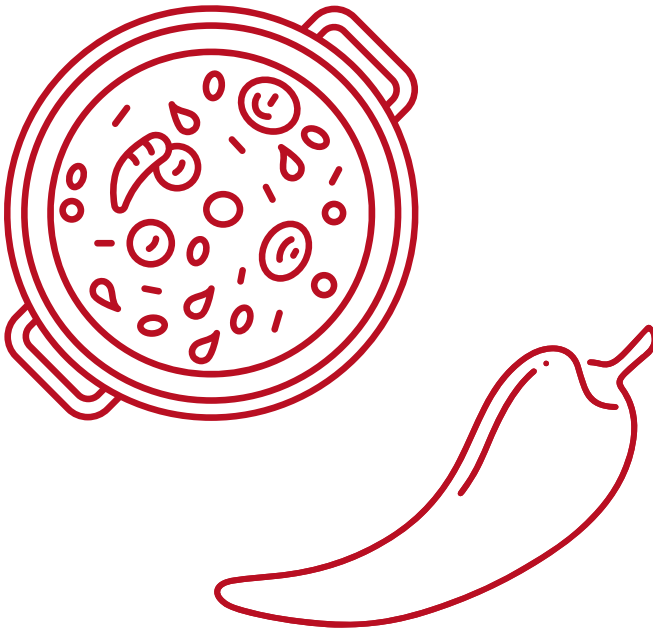
1. Prepare the vegetable broth by adding 1 tsp of powder into 150 ml of boiling water.
2. Add broth, coconut milk, and red lentils into a pot and bring the mixture to a boil. Take care that the mixture will not boil over by constantly stirring it.
3. When the consistency gets more creamy, add salt, pepper, paprika powder and cayenne pepper.
4. Add powdered curry until the mixture gains a yellow color.
5. Add a pinch of cinnamon to bind the curry. Taste test your result and maybe add additional spices.
6. Prepare either rice or naan bread. You might also want to fry some vegetables or cut some fruits to add to your curry.



RICHARD

An indian classic. The variety on spices elevates the meal.

You're free to experiment with the ingredients, maybe adding some potatoes or special spice mixtures from your specialist store.



SUMMER ROLLS WITH SHRIMPS



2 portions



30 min



INGREDIENTS

- rice paper
- peanut sauce
- sriracha sauce (Asian red hot sauce)
- vegetable broth powder
- glass noodles
- iceberg lettuce
- 1 carrot
- 1/2 cucumber
- shrimp
- 2 tbsp oil

HOW IT'S DONE

1. Heat 150 ml water in a saucepan and add vegetable stock powder. Add glass noodles to boiling water (it does not take long to boil).
2. Fry shrimps in a pan with oil and then put them in a small bowl.
3. Wash and cut vegetables in stripes.
4. Moisten rice paper with cold water and spread it on a large plate.
5. Place the iceberg lettuce on one edge of the rice paper, place the remaining vegetables on top of the iceberg lettuce.
6. Place the glass noodles on top of the vegetables and roll up the roll.

Folding technique

1. At the front edge with the topping, fold the side ends towards the centre, thus folding them closed.
2. Roll up the front edge only to the middle with the sides folded in.
3. Place two prawns in front of the rolled up roll on the free area in the middle of the damp rice paper.
4. Continue rolling the roll towards the back edge so that the prawns are completely wrapped in the rice paper.
5. Enjoy the summer roll with peanut sauce or Sriracha sauce, feel free to serve as a dip or spread directly on the topping.



SHARMILA

I think summer rolls
can be filled with
anything you just feel
like. It is also a great
weight loss tip to eat
less, but still
everything you want,
because you can fill
less



SPAETZLE WITH MUSHROOM CREAM SAUCE



2 portions



30 min

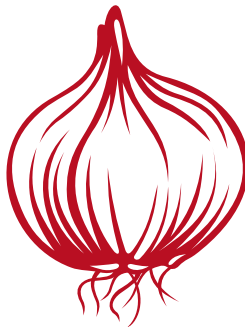


INGREDIENTS

- 400 g fresh spaetzle or 200 g dried spaetzle
- 250 g mushrooms
- 1 pack of whipped cream
- 1 onion
- vegetable stock powder
- salt & pepper
- oil for frying

HOW IT'S DONE

1. Cut the mushrooms into slices and the onions into small cubes.
2. Boil the spaetzle in salted water according to the instructions.
3. Put some oil in a pan or saucepan and fry the mushrooms in it. After a few minutes, add the onions and sauté them as well.
4. Season the mixture with salt and pepper and then add the cream.
5. Boil everything and add some vegetable broth and spices of your choice.
6. Finally, taste the sauce, let it sit for a few more minutes, and serve with spaetzle.





KATHRIN

My Swabian heart beats with this dish. It's creamy, delicious and a must for all mushroom fans! For the meat lovers among us, you can also serve the dish with chicken strips.



STRAMMER MAX



1 portion



5-10 min



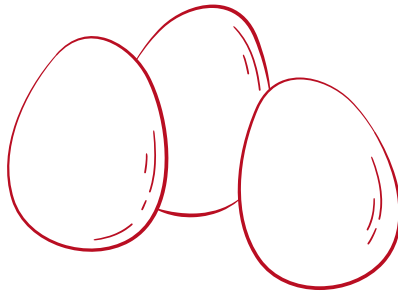
INGREDIENTS

- 2 eggs
- toast or bread
- butter or vegan alternative
- cucumbers or gherkins
- tomato slices
- lettuce leace
- cheese slices
- to taste: sausage

HOW IT'S DONE

- 1.Heat butter in a pan.
- 2.Prepare scrambled eggs and salt them.
- 3.Spread the bread/toast with butter or a plant-based alternative.
- 4.Top the bread/toast with vegetabels and cheese/suassage to taste.
- 5.Finally, put the fried eggs on the bread/toast.
- 6.Season to taste.

Enjoy your meal!





NICOLE

Spice up fried eggs! If you want to give your fried egg the final touch, you can give it the ultimate upgrade in the "Strammen-Max" version. Energizing and filling!



SWEET POTATO SANDWICH



4 portions



60 min



INGREDIENTS

- a pack of whole wheat toast
- 2-3 large sweet potatoes
- 2 packs/350 g cheddar
- 250 g spinach leaves
- mayonnaise
- hot sauces/spices, e.g. tabasco, chili, sriracha, ...
- olive oil
- agave syrup
- salt & pepper

HOW IT'S DONE

1. Peel the sweet potatoes and cut them into 1.5 - 2 cm thick slices. Mix the marinade with olive oil, agave syrup, salt, and pepper.
2. Place the sweet potatoes in the marinade for 10-15 minutes. In the meantime, you can preheat the oven (200° C, top/bottom heat) and fry the onions. Cut them in half rings and fry them in oil until done.
3. When the 10-15 minutes for marinating the sweet potatoes are up, spread them out on a baking tray and cook them in the oven for about 20-25 minutes. For lazy cooks, it is advisable to use an oil-impermeable alternative to baking paper to keep the baking tray clean. :)
4. While the onions are frying in the pan and the sweet potatoes are cooking in the oven, you can already prepare the bread. First, mix the mayonnaise with the hot sauce. Here everyone can decide how spicy it should be according to taste. Spread the mayonnaise on each slice. Top each toast with a slice of cheddar.
5. Sauté the spinach when the onions are done. This goes relatively quickly, but in the meantime, you can spread the onions on the toast. Then do the same with the spinach at the end.
6. By the time the toasts are ready, the sweet potatoes will probably be ready too. If you poke the sweet potato with a fork, it should be fairly soft. Usually, the sweet potatoes are also a little darker, than at the beginning when they are done.
7. Finally, cover the toast with sweet potato slices. This should cover most of the toast.
8. Place the second piece of toast on top of each sandwich to cover before frying the toast in the pan until it becomes golden brown.



CARO

Sweet potato sandwiches not only taste incredibly good to me, they also offer a great and vegetarian change to the everyday sandwiches.

It takes time to prepare, but I think it's worth it!

P.S. The toast neutralizes the sauce, so I like to spread lots of it on the it ;)



ARME RITTER



2 portions



20 min



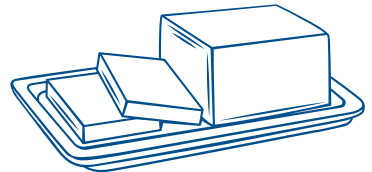
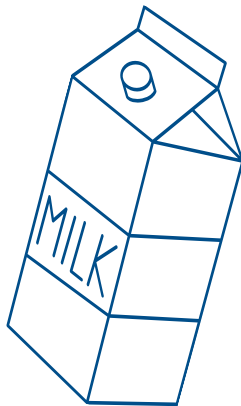
INGREDIENTS

- old bread roll/
bread or toast
- 250 ml milk
- 1 egg
- sugar
- cinammon
- butter for frying

HOW IT'S DONE

1. Cut the bread roll/bread into slices about 1 cm thick or use 4-6 slices of toast.
2. Put the milk in a bowl along with the egg and a tablespoon of sugar and whisk everything together so that the egg mixes well.
3. Place the slices in the milk and egg mixture and let them soak.
4. Put some butter in a pan and wait until the pan is warm and the butter has melted.
5. Fry the pickled slices on both sides over medium heat until golden brown.

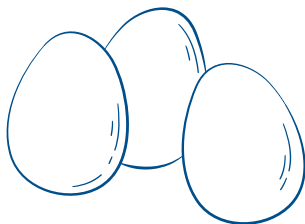
You can garnish the slices with cinnamon and sugar or a topping of your choice and then enjoy.





KATHRIN

Many eat it as a dessert, I personally love to eat it for breakfast! PS: It is a great possibility to make a very tasty meal out of old or dry bread rolls.



HESSIAN TIRAMISU



4 portions



135 min



INGREDIENTS

- 4 tbsp apple juice
- 500 g of applesauce
- ladyfingers

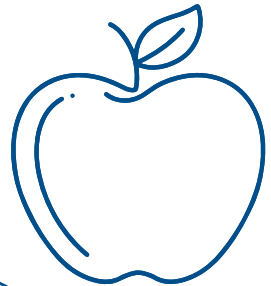
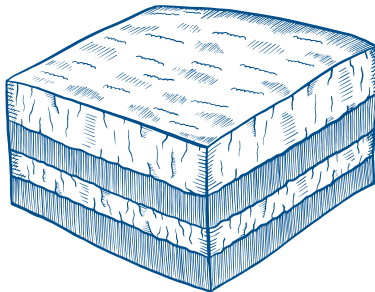
For the cream:

- 250 g of mascarpone
- 200 g of cottage cheese
- 100 g of cream
- 75 g of sugar
- 1 packet of vanilla sugar
- sugar cinnamon mix for sprinkling

HOW IT'S DONE

1. Lay the ladyfingers in the casserole dish.
2. Then drizzle it with the apple juice.
3. Spread the ladyfingers with the apple sauce.
4. Now whip the cream until stiff.
5. Mix the ingredients for the cream in a large bowl and fold in the cream.
6. Pour the batter over the applesauce and spread evenly.
7. Chill the casserole dish for at least two hours.
8. Sprinkle some sugar cinnamon mix over the cream and the Hessian tiramisu is ready.

P.S.: You can perfectly replace the apple juice with "Äppelwoi" (apple-wine) ;)





CARO

The Hessian Tiramisu is a great alternative for everyone who doesn't like coffee and it's also worth trying the Hessian version!



KARPATKA - POLISH CREAM PUFF CAKE



8 - 10 slices



90 min



INGREDIENTS

Dough:

- 250 ml water
- 125 g butter
- 200 g flour
- 5 eggs
- 1 tsp baking powder

Cream:

- 200 g butter
- 500 ml milk
- 2 pck vanilla puddings without sugar
- 3 tbsp sugar

Others:

- powdered sugar
- baking tray
35 x 25 cm

HOW IT'S DONE

Cream:

1. Pour 350 ml of milk in a saucepan and add three tablespoons of sugar.
2. Bring the milk and sugar to a boil.
3. Mix the remaining milk (150 ml) with the custard powder.
4. Reduce the heat and stir in the well-mixed pudding powder and milk.
5. Keep stirring the pudding.
6. Increase the heat, and bring the pudding to a boil. It should thicken again.
7. Let the pudding cool - but not in the refrigerator!
8. Then put the softened butter into a bowl.
9. Using a mixer or other beater, beat the butter until the mixture is light and fluffy.
10. Gradually, spoon by spoon, add the completely cooled pudding. After each spoonful, stir the mixture until completely blended.

Cake:

1. Bring the water to a boil with the butter.
2. Add the flour to the boiling water and mix thoroughly.
3. Cook over low heat, stirring, for 1 minute until a ball of dough forms.
4. Let the dough cool.
5. Add eggs, mix them thoroughly with a mixer and add baking powder. Mix it again properly.
6. Grease the baking tray and spread half of the dough on it.

7. Preheat the oven to 220°C and bake the cake for 10 minutes.
8. Do not open the oven!
9. Then reduce the temperature to 170 °C and bake for another 10 to 15 minutes.
10. Bake the second part of the cake in the same way.
11. Spread one part of the cooled cake evenly with the cream and place the second part on top.
12. For a better effect, you can sprinkle the surface of the cake with powdered sugar and put it in the refrigerator for about an hour.



AGATA

Karpatka is a popular Polish cake. Its name comes from its appearance. When sprinkled with powdered sugar, it looks like the snow-covered Carpathian Mountains in winter.



KOŁOCZ ŚLĄSKI - SILESIAN CHEESCAKE



12 slices



120 min



INGREDIENTS

Yeast dough:

- 1 pck yeast
- 235 ml milk
- 500 g flour
- 0,5 tsp salt
- 1 egg
- 70 g sugar
- 100 g butter

Creamfilling:

- 1 kg curd
- 4 egg yolk
- 1,5 pck vanillasugar
- 100 g sugar
- 40 g semolina
- foam from 3 egg whites
- a pinch of salt
- lemonjuice
- optional 100-150 g sultanas

Sprinkels:

- 100 g butter
- 100 g sugar
- 1 pck vanillasugar
- 135 g flour
- 0,5 tsp backing powder

Others:

- powdered sugar
- baking tray
35 x 25 cm

HOW IT'S DONE

Yeast dough:

1. Sift the flour into a large bowl. Add salt and sugar.
2. Pour the milk over the flour, do not stir.
3. Sprinkle the yeast into the milk and mix lightly with the milk and sugar (without mixing all the dough).
4. Leave in a warm place for about 15 minutes.
5. Then add the melted butter and eggs to the flour.
6. Mix the ingredients and knead the dough. It should be perfectly smooth. Knead for about 10 minutes. If it's too wet add some flour, if it's too dry you can add egg white.
7. Let the dough stand in a warm, draft-free place for about 45 minutes, until it has doubled in size.

Sprinkels:

1. Mix all the ingredients until you get a coherent mass (about 5 minutes). When the mass is very soft, put it in the fridge. Otherwise, it can wait on the table.

Creamfilling:

1. Mix the curd, sugar, vanilla sugar, semolina, egg yolk, and lemon juice.
2. Beat the egg whites with a pinch of salt until stiff and mix very gently with the mixture.

Last Steps:

1. Preheat the oven to 180°C.
2. Grease the baking sheet with butter.
3. Tear off about 1/3 of the yeast dough, leave it in the bowl.
4. Roll out or spread out the remaining dough with your fingers so that it tightly covers the entire surface of the pan.

5. Poke the dough with a fork about every 2 cm.
6. Spread the cheese mixture evenly over this layer of dough. When dry, brush with the remaining egg whites using a pastry brush (save some of the egg whites for later).
7. Roll out the remaining dough thinly and cover the cheese mixture tightly with it.
8. Brush the dough with the remaining egg white.
9. Spread a thin layer of sprinkles on top.

Backing:

1. Bake the cake at 180°C for 45 minutes.
2. Use a chopstick to check if dough or cheese sticks when you poke it, otherwise the cake isn't done yet. If you have any doubts about the cake being cooked through, leave it in the oven for an additional 5 minutes.
3. Turn off the oven, open the door and remove the cake after about 10-15 minutes.
4. Sprinkle the cake with powdered sugar.



AGATA

In Silesia, this cake should not be missing at any big festival! Since it symbolizes happiness and abundance, it is enjoyed at every celebration.



LÜTTICHER WAFFLES „THE SPECIAL WAY”



1 portion



10 min



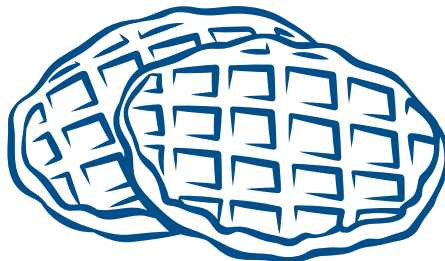
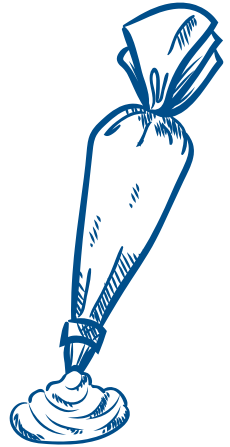
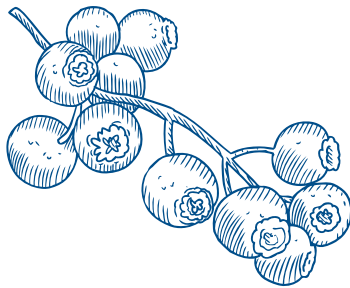
INGREDIENTS

- Liège waffles
- ice cream of your choice
- fruits of your choice
- cream
- sauce of your choice

HOW IT'S DONE

1. Put the Liège waffle in a toaster.
2. If you don't have a toaster, you can also use a pan heated to a low flame.
3. Refine the warm waffle as you like.

Enjoy your meal!





NICOLE

We deserve it special!
Indulge in majesty
with this dessert.
Make sure you only
have a light main
course beforehand. ;-)



COTTAGE CHEESE PANCAKES



2 portions



20 min

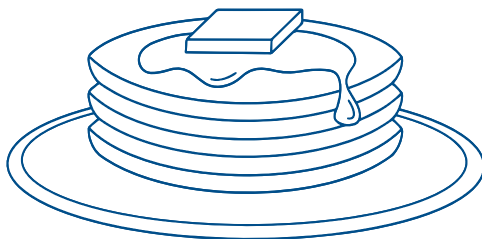
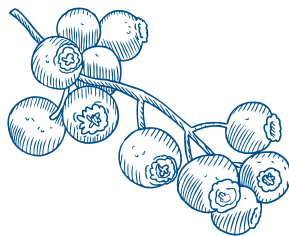


INGREDIENTS

- 250 g cottage cheese (or grainy cream cheese "Tworog")
- 1 egg
- 2-3 tbsp flour + something to roll
- raisins (optional)
- sugar
- pinch of salt
- vegetable oil for frying

HOW IT'S DONE

1. Put the cottage cheese, egg, flour, sugar, salt, and raisins in a bowl, and mix everything well until you get a sticky mass.
2. Tip: If the mass is too liquid, you can add some more flour. But be careful: the curd pancakes should not contain too much flour and should consist mainly of cottage cheese.
3. Form medium-sized balls from the mixture, flatten them, and roll them in flour on both sides.
4. Add oil to a frying pan and fry the cottage cheese pancakes on both sides over medium heat until golden brown.





POLINA

Cottage cheese pancakes can be served in a variety of ways – with fruit, jam, honey, maple syrup, sour cream, plain yogurt and much more. Classically, they are garnished with sweetened condensed milk. My personal favourite is the topping of cream cheese and blueberries – yummy! Try it out for yourself, there really are no limits to your imagination.



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p. 52, portrait-photo right: Juan Aleman

p. 54, recipe-photos left: Agatha Rzepka

p. 54, portrait-photo right: Juan Aleman

p. 56, recipe-photos left: Agatha Rzepka

p. 56, portrait-photo right: Juan Aleman

p. 58, recipe-photos left: Nicole Schlesiger

p. 58, portrait-photo right: Juan Aleman

p. 60, recipe-photos left: Polina

p. 60, portrait-photo right: Britta Hüning

COOKS

Agata Rzepka:

- Karpatka - Polish cream puff cake
- Kolocz Śląski - Silesian cheesecake with sprinkels

Carolina Probsthain:

- Broccoli-Soup
- Kochkäse
- Filled Focaccia
- Sweet potato sandwich
- Hessian Tiramisu

Kathrin Bieniek:

- Pierogi
- Spaetzle with mushroom cream sauce
- Arme Ritter

Masha:

- Borscht

Nicole Schlesiger:

- Salmon rolls with Mediterranean vegetables and feta
- Lentil and Onion Pan
- Strammer Max
- Lütticher Waffles "the special way"

Polina:

- Syrniki - Russian cottage cheese pancakes

Richard Schiemann:

- Dresdner Handbread
- Falafel Wraps
- Fried rice with caramelized tofu
- Red lentil curry

Sharmila Nadarajah:

- Avocado Toast with egg
- Sri Lanka Rolls
- Fufu with peanut sauce
- Yellow vegetable curry with rice
- Summer rolls with shrimps

Steven Milbert:

- Bouneschlupp
- Croque Monsieur / Croque Madame
- Grüne Soße with eggs and potatoes
- Judd mat Gaardebounen
- Kniddele mat Speck

Who are we?

We are the international team of #studentsofTUdarmstadt! As ambassadors of TU Darmstadt, we provide a deeper look into our courses, what studying at the TU is all about and what life in Darmstadt is actually like. With our tips and experiences, we want to make it easier for you to find your way around Darmstadt and the TU as you start your studies.

Check out our blog www.studentsofTUdarmstadt.de or @studentsofTUdarmstadt on Instagram, Facebook and TikTok. There you will find many videos and you can ask us questions!

If you need further information or support, you can contact these offices directly:

- Central Student Advisory and Orientation Office ZSB: Individual advice on all matters relating to studying at TU Darmstadt, including questions on study orientation and choice: www.zsb.tu-darmstadt.de
- International Student Services ISS: Contact point for international prospective students in non-academic areas: www.tu-darmstadt.de/iss
- All information bundled for the start of your studies: www.tu-darmstadt.de/einfachstudieren

Online version available in English and German.

