



ZWERGENWIESE®

Recipes

Health food from organic farming

Prepared with love

Recipes of Zwergenwiese Health food products

Enjoy Zwergenwiese Spread

- Pure on bread
- Pure for little snacks or canapés
- Pure for decorating
- Pure as stuffing for tomatoes, ravioli or filled pasta squares

Dilute with water, soy or cow-milk and serve as warm or cold sauce to vegetables, fish or meat.

Salad sauce:

Stir for example chives spread with a little water, oil, vinegar. This sauce goes well with tomatoes, cucumbers and green salad.

Dips:

Stir ½ glass of horseradish spread with a little water or cream.

And..who likes it a bit hotter , install a teaspoon horseradish from the glass. Nice as stuffing for tomatoes, with fish or meat.

Warm bear's garlic cream for veggie plate.

Stir ½ glass of bear's garlic and mix it with ½ glass of water and warm it up

Tip: Season it with a dash of white wine and fresh herbs.

Nice as with cauliflower, kohlrabi and green beans

Quick Pasta:

Turn the cooked pasta on your plate into 2 – 3 teaspoon pepper spread.



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Italian “Bruschetta” (starter)

Ingredients (4-6 persons)

1 Baguette bread

500g tomatoes

1 glass basil spread

olive oil

garlic

salt and pepper

preparation: Slice the bread and spread it with basil spread. Dice the tomatoes and season it with garlic, olive oil, salt and pepper and pit it over the slices of bread (with a teaspoon). Possible that you put in the oven for a short time, but it is also tasty served cold.

Tip: Sprinkle with fresh basil and decorate with basil leaves and olives.

Party plate for kids:

Spread chives spread on slices of bread (or anything else the kids like too) and create faces from vegetable pieces, e.g. a pepper mouth, cocktail tomatoes as eyes and cheese cubes as nose.

Tomato - Mozzarella – Basil – Antipasto

Slices of mozzarella slices on tomatoes slices, spread with basil spread and put on top a basil leave, put more tomatoes + mozzarella around a nice plate.

Also very tasty with herb- tomato spread

Sweet vanilla – apple sauce

Ingredients:

1 glass of nature spread, 1 apple, 4 spoons of sugar or honey, mark of ½ of vanilla, 1 ½ table-
spoons lemon juice, 3 tablespoon water



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preparation:

Rub the apple and sprinkle with lemon juice, fill remaining ingredients in bowl and puree.
This cream is very tasteful with baked apples

Baked apples :

Cut out the core and fill it with raisins and put it on a backing tray. 160 degrees approx. backing 20- 30 minutes

Semolina pudding with natural spread f. 3-4 pers.

Ingredients:

1 glass of nature spread 330g, 6 tablespoon water, 3 tablespoons sugar, 1 ½ tablespoons whole wheat semolina

preparation:

Stir and cook all ingredients in a bowl and puree them

Strawberry shake f. 2 pers.

Ingredients

100g strawberries – frozen or fresh, 1 glass of nature spread 330g, 2 tablespoon lemon juice, 4 tablespoons sugar or honey, 6 tablespoons water

Preparation:

Put all ingredients in a bowl and puree them

Strawberry cream:

1 glass of nature spread, 180g strawberries – frozen or fresh, 2 heaped tablespoon sugar, 1 tablespoon honey

Preparation:

Put all ingredients in a bowl and puree them.

Comment: Strawberry cream can be prepared a day in advance or can be frozen as ice-cream.

Rolls:

Ingredients:

1 glass of nature spread 330g, 2 cups whole-wheat flavour, 3 heaped teaspoon of backing powder, ½ teaspoon sugar, 9 tablespoon sunflower oil, 7 tablespoon water

preparation:



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Mix all ingredients (possible a food processor), form 6-8 rolls and put them on a backing tray and spread sunflower oil it. Oven: 200 C 20-25 min.

Changes: Mix dough with sauerkraut, seitan or raisins.

Stuffed tomatoes with natural spread f. 2 pers.

Ingredients: 4 tomatoes, 1 glass of nature spread 330g, 1 tablespoon water, 1 pinch of curry, 3 heaped tablespoon dices of pepper, salt and pepper after taste

preparation:

Cut off the top of the tomatoes and take out the whole core. Mix well natural spread, water, curry, salt and pepper and pepper dices.

Put the mixture with a teaspoon into the tomatoes. Decorate the tomatoes with a few pepper dices.

Stuffed and baked potatoes with natural spread f. 3-4 pers.

Ingredients: 8 medium-seized potatoes, 1 glass nature spread 330g, pepper from the mill and salt as you like, 1 tablespoon lemon juice, 2 tablespoon parsley frozen, 4 tablespoon olive oil, possible tomatoes for decoration

preparation:

Brush potatoes and cook them in slightly salty water, pour off and let potatoes cool, cut off the upper third on the flat side laying potato and hollow out the tuber with a teaspoon until 1-2 cm of the potato are left. Mix the potato mixture with nature spread, salt, pepper, lemon juice and parsley (food processor). Fill the hollow potatoes with the mixture, sprinkle with olive oil and bake them in the oven approx. 10-15 minutes (5 min. at 250 degrees).

Baked-potatoes with sour cream (Nature spread)

Ingredients:

4 medium-seized potatoes, clean the skin and cook al dente in slightly salted water.

Herbs- and Oil mixture:

3 tablespoon sunflower oil with ½ teaspoon basil. 1/2 teaspoon oregano, ½ teaspoon marjoram, ½ parsley. Cut a hole into the cooled jacket potatoes and spread them with the herbs- oil mixture and wrap them in tinfoil. Bake in oven at 180 degrees.

Sour cream:



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Mix 1 glass of nature spread with 2 tablespoon water, ¼ teaspoon salt, ¼ teaspoon pepper, ½ teaspoon garlic powder, 1 teaspoon onion powder.

Short pastry

Ingredients:

Stir 250 gr. of fresh grinded spelt flour, 2 tablespoon Acacia honey, 1 glass of nature spread, 1 pinch of salt and cool it for ½ hour. At one's pleasure you can put fruits on the pastry, e.g. create with apple juice a fruit tart.

Comment: Pastry is also suitable well as biscuits.

Unripe spelt dumplings (as an addition in vegetable soup)

Ingredients:

100g fine grinded unripe spelt, 100g fine grinded of spelt, 4g salt, 6 tablespoon nature spread, 4 tablespoon of chopped parsley. 2 tablespoon olive oil, 100ml water (add slowly until the mixture is smooth), after your own taste add nutmeg

prep:

Mix all ingredients and let them soak for ½ hour, during that time you cook the vegetable soup, form small dumplings from the mixture and add them to the slightly boiling soup. When the dumplings come to the surface, turn off the stove and let the soup simmer for a few minutes.

Cheese cake

Ingredients:

250g whole wheat-flour, 125g margarine, 1 pinch of salt, 70g honey,

Ingredients for the nature spread mixture:

1 glass of nature spread (330g), 1 glass nature spread (180g) or 3 glasses of 180g, 1 packet of vanilla sugar, ½ cup of sunflower oil, 175g cane sugar, 40g vanilla pudding powder, 1 teaspoon lemon juice

prep:

Knead flour, margarine, salt and honey. Stir nature spread, vanilla sugar, sunflower oil, vanilla powder and lemon juice well with a whisk. Spread the short pastry in a spring form up the rim and spread the nature spread mixture on the dough. Let it bake at 180 degrees in the preheated oven for about 60min.

Important: Let the cake cool in the oven, otherwise it will collapse.



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Avocado – Walnut dip

Ingredients:

1 avocado (150g), 1 glass of nature spread 330g, 2 tablespoon well chopped walnuts, salt and pepper as you like

prep:

peel the avocado, remove the stone and mash the fruit with a fork. Mix all the ingredients (together)

Herbs dip:

Ingredients:

1 glass of nature spread, 2 tablespoon fresh herbs (chive, parsley, basil) or use frozen herbs mixture, salt , pepper

prep: Mix all ingredients

Chocolate ice cream f. 5 pers.

Ingredients:

2 glasses of nature spread 330g, 2 tablespoon de-oiled cocoa , 5 tablespoon raw sugar cane or honey, 2 tablespoon of grated chocolate

prep:

Mix all ingredients, fill into small plastic moulds and let frets for ½ hour.

Cream cake with nature spread

Ingredients:

Produce yeast dough: 300g flour (whole-wheat or part whole-wheat), ½ dice of yeast, 1 tea-spoon salt, water

Roll it thinly on the baking-tray.

Topping:

Dilute nature spread (330g) with some water or rice-milk and spread in evenly on the dough. Sprinkle with onion rings, Sunflower seeds and cheese.

Time: 25min at 220 degrees



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Unripe spelt grain “Bratlinge”

1 onion, 200g unripe spelt grain, 1 red pepper, ½ leek, 150g nature spread, 75g crushed oats, spices: oregano, basil, pepper sweet, pepper, salt

preparation:

Stew the chopped onion lightly, add the unripe spelt grain, fill up with water, cook it and let it swell for 20min. Chop the vegetables, let the unripe spelt grain cool off in a bowl, add nature spread, crushed oats, vegetables and spices and season it. Form small meat balls from the mixture and fry them in a pan. Tomato sauce and wild rice go nicely with the dish.

Cinnamon waffles

Ingred.: 250g flour, 125g nature spread, 150g honey, 4 teaspoon cinnamon.

Prep: Knead all the ingredients roll out the mixture. Cut 2x3cm rectangles and bake them at 180 degrees for about 15 minutes.

Coconut gingerbread

Ingredients:

300g whole-wheat flour, 250g cocoa flakes, 290g honey, 400ml cocoa-milk, 50 g milled nuts, 50g milled almonds, 4 tablespoon oat flakes, 3 heaped tablespoon, basil spread, 2-3 tablespoon rum, 2 teaspoon baking powder, 1 teaspoon salt of hartshorn, 1 pinch of salt, 1 ½ teaspoon gingerbread spice, 1 ½ teaspoon cinnamon

prep: Mix it all, spread it on a fatted baking tray and decorate with half almonds. Bake at 160 degrees for about 35-40 min

Gingerbread biscuits

Ingredients:

500g flour, 300g, honey, 200g milled almonds, 90g nature spread, 90 ml hazelnut oil, ½ teaspoon baking powder, 4 teaspoon gingerbread spice, maybe some water

prep: Knead all ingredients, roll and cut it out and bake it at 180 degrees for about 15 minutes.

Marzipan croissants

Ingredients:

200g flour, 250g marzipan, 50 g nature spread, 1 teaspoon vanilla, 50g honey, juice from ½ lemon



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prep: Stir all ingredients, form with flavoured hands croissants and bake it at 160 degrees for about 15 minutes

Vegetarian Lover Classical Variations

Hot cup:

Pour hot water over 1 tablespoon vegetable or peppercorn-ginger spread, season it as you like

Mushrooms wedges:

Mix 1 glass of mushrooms spread with 125g cottage cheese and 1 egg
As you like add fried fresh onions and mushrooms. Maybe put more salt and pepper in.
Put into the prepared puff paste, into the pasties or as a filling.

Pan ginger-cabbage

Poach carrots, onions and chinees cabbage “al dente” with some butter in the pan, add some water until a gravy comes up. Stir 125g glass of pepper-ginger spread, add cream, pepper and soy sauce- well...ready!
Serve it with rice

Onion melt – as yummy as grandma’s

For the original Zwergenwiese Schmaltz Bread it is better to take a juicily or strong brown bread!

Even though onion melt has a high fat content you can enjoy it with a good conscience, just because you save butter and e.g. cheese or meat. Zwergenwiese onion melt is also excellent right for spicing and refining.

Potato tip:

Take for the fried potatoes only the half of the usual cooking fat and a half of onion melt.

Red cabbage tip:

Cut the red cabbage in thin pieces and cook it in a little bit water – together with some sour apples and one onion in which you press one whole coronation.

In the end stir carefully some vinegar, salt and pepper, something sweet (sugar, figs....) and some teaspoon onion melt into it.

Somebody who likes it can pour a dash of red wine onto it.



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Pasta Tip:

Just simply turn the hot pasta into 2 teaspoon Onion melt

Zwergenwiese Bread Salad, something really palatable

- Pure on bread
- As a side-dish for raw vegetables
- As a dip for a barbecue
- For jacket potatoes
- As stuffing for tomatoes and pepper
- As stuffing for pita
- On toast
- For the office and away
- Create delicious garnished titbits

Are you having fun to create your own specialities?

Zwergenwiese Tofu Spread, light, digestible and refreshed different

- on whole wheat bread or rice wafers
- for delicious titbits at the cold buffet
- As spice in dressings or mayonnaise
- For small and fast dishes
- For cottage cheese and crème fraiche
- For sushi rolls
- and many more...

Indian Vegetable Curry:

Poach onions, carrots leek and celery with butter and some in the wok.

Add some raisins and cashew seeds. Stir a 200g glass of Zwergenwiese Curry Pineapple

Tofu spread with water or cream and lift it under the curry.

Serve with rice

It goes with:

Tofu slices in bread with sesame seed and soy sauce and slightly browned.

Get used to cook and spice with Zwergenwiese Premium Mustard

Strong curry sauce:

For tofu, potatoes, pasta.....vegetable curry



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Dice 1 onion and brown it with 2 tablespoon oil. Add 2 teaspoon sweet mustard, 1 teaspoon whole grain mustard and 2 teaspoon tomato puree. Fry it for about 1 minute and quench it 1 cup of water. Add 1 teaspoon curry spice lift under ½ mug of crème fraiche.

Vinaigrette:

2 teaspoon vinegar

2 teaspoon fine mustard or herb mustard

1 small well chopped onion,

leek,

salt,

pepper

Mix all the ingredients in the food processor and use it as soon as possible

“Mustard butter” after a special Zwergenwiese recipe

As bread spread or for jacket potatoes.

Brown 12 almonds in a dry pan, mill it well in the food processor and mix it with 125g soft butter and 3 teaspoon Viking mustard.

Red Fondue Sauce:

1 tablespoon oil, 1 tablespoon medium mustard, Puree 1 tablespoon hot mustard with 200g onions and 200g cranberries

Mayonnaise:

Stir with a whisk 1 egg yolk with 2 teaspoon zwergenwiese mustard. Pour oil carefully and continue stirring.

Season with salt and pepper

Tip: Egg yolk and oil should have the same temperature

Fancy cold or hot tomato?

Cold “pure tomato sauce”:

When it’s hot and sunny just enjoy the sauce as a chilled soup.

The national dish of the Spaniards – Gazpacho – tastes delicious.



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Hot “Pure tomato sauce”

When it's cold outside just the soup to heat you up or as a starter. Maybe you add a little bit creamready!

Pure Tomato Sauce

It perfectly suits as a basis of pizza or baked baguettes (1 glass may be enough for the whole tray)

All sauces are spiced already and they just need to get warmed up.

As you like, you can refine it with vegetable, cream or crème fraiche.

Pan of Aubergines

(for 2-3 persons, time for preparation: 25 minutes)

Cut 1 aubergine into pieces of 3cm and brown it with hot oil, quench with water, and let it cook (covered).

Add 1 small minced garlic and 4 big pieces of fresh tomatoes together with 1 glass of tomato sauce “Naples” into the pan and let it cook with open top.

Dice 200g sheep's milk cheese and put it in the pan and let it meltfinally, garnish it with few basil leafs.....Ready!

Devil Kisses

(ca. 12 pieces)

1 pack (500g) baking mixture Ciabatta bread

½ jar Tomatosauce Arrabbiata

Olive oil

Please form the ready ciabatta bread dough into little miniballs ca. 5 cm diameter, make a little deepening and fill it with a tablespoonful tomatosauce Arrabbiata and a drop of olive oil.

Bake it ca. 15 min. golden with 200 ° C (top heat and bottom heat).

Enjoy your meal!

Zwergenwiese ketchup

as a spicy sauce for :

French Fries

Pasta

Fried potatoes

Egg dishes

Pita

Salad dressing with ketchup:

Stir 1 cup of Nature yoghurt with ½ cup of Zwergenwiese ketchup with a dash of vinegar.

Tastes fresh and fruity with all crispy salads

Tofu spits in a meat juice of ketchup:

Dices of tofu, Peck up cherry tomatoes or quarter of tomatoes with pieces of onions on spits and brown in hot oil.

Quench with Zwergenwiese tomato ketchup or curry ketchup. Add a little bit crème fraiche.



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Rice and Pasta sauces (Recipe of success)

Chilli Tortillas:

(for 2.3 persons, time: 20-30 minutes)

Stir 100g Indian corn, 2 tablespoon roll oats and 1 egg into 200ml water and let them soak for a few minutes. Mince 20g leek and 1 big carrot and stir into the flour. Fry in a pan on both sides with hot oil. Warm up 1 glass of Rice –Pasta sauce in a small pot and serve it to hot tortillas.

As a refreshment: Tomato juice with salt and pepper

Mango Cherry Chutney

(for 2-3 persons, time: 15minutes)

Cook 1 cup of Basmati rice in two cups of water. Poach 1 onion and a fine minced garlic with butter. Add 1 glass of Pasta sauce Curry and let it cook....

Cut 1 mango into pieces and add it.

Then lift under ½ mug of sweet cream. Tastes great with rice and as a dip.

Tip:

Add a little bit orange juice or ginger marmalade and it may taste even more interesting....

Delicious recipes with Zwergenwiese FruchtGarten:

Strawberry Shake:

Ingredients:

1 jar strawberry FruchtGarten, ¼ l milk, 1 scoop of vanilla ice cream

Preparation:

Put all ingredients in a bowl and puree, or add the vanilla ice cream later.

Morello Cherry Fruit Sauce:

Ingredients:

1 jar of Morello Cherry FruchtGarten, 1 tbsp honey, and the seeds from ½ a vanilla pod

Preparation:

Heat all the ingredients together in a pan.

This sauce tastes excellent with rice pudding or vanilla ice cream.

Semolina Pudding with Blueberry FruchtGarten:

Ingredients:

½ l milk, 5 tbsp semolina or wholegrain wheat semolina, 3 tbsp sugar, 1 egg yolk, 1 beaten egg white

Preparation:

Stir all ingredients together and cook for 3 minutes, then stir an egg yolk into the hot mixture and fold in the beaten egg white. Then fold in one jar of Wild Berry FruchtGarten or heat it with a little water and serve as a sauce.



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Strawberry Vanilla Crème as Dessert:

Ingredients:

½ l milk, 40 g vanilla custard powder, 2 tbsp honey, 1 jar Strawberry FruchtGarten

Preparation:

Heat milk, stir in the pre-mixed vanilla custard powder and boil for 1 minute. Remove from heat and stir in the Strawberry FruchtGarten.

Raspberry Ice Cream:

Ingredients:

200 ml cream, 1 jar raspberry FruchtGarten, 2 tbsp honey

Preparation:

Whip cream until stiff, puree the Raspberry FruchtGarten and fold into the whipped cream. Fill into small plastic ice cream moulds and freeze overnight.

Curd with Wild Berry FruchtGarten:

Ingredients:

250 g curd, 2 tbsp milk, sugar or honey as required (c. 2 tbsp),

1 jar wild Berry FruchtGarten

Preparation:

Whip curd and milk with a hand mixer for 3 minutes and then mix in Wild Berry FruchtGarten

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Short crust pastry with Apricot FruchtGarten:

Ingredients for the short crust pastry:

250 g flour, 125 g butter or margarine, 65 g sugar or honey, 1 pinch of salt, 1 egg.

Mix the ingredients into a smooth dough and fill into a round baking tin.

Baking time: 30 minutes at 160 ° C, then let the pastry cool

Ingredients for the filling:

1½ jars Apricot FruchtGarten

¼ l milk

c. 20 g almond slivers

Preparation:

Spread the cooled pastry with ¾ jar Apricot FruchtGarten, make vanilla custard with ¼ l milk and spread over the apricots.

Fill ¾ jar Apricot FruchtGarten into an icing bag and apply to the vanilla custard in circles.

Garnish with c. 20 g almond slivers.



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Swiss Roll with Wild Berry FruchtGarten:

Ingredients for the pastry:

5 eggs, 150 g sugar, 60 g flour, 30 g corn flour, 1 heaped tsp baking powder

Baking time: 15 - 20 minutes. Top/bottom heating 160 - 180 ° C

Filling:

1 jar Wild Berry FruchtGarten, 2 x 200 g beaker double cream

Preparation of pastry:

Beat the egg whites until very stiff, then slowly add sugar and beat for at least 5 minutes. Fold in the egg yolk, then add the flour-baking-baking powder mixture and fold in.

Spread the dough on baking paper on a baking sheet and bake until lightly golden.

Place the pastry square upside down on a sugared tea towel, wipe the baking paper with a moist cloth and remove carefully. Roll the pastry using the tea towel and allow to cool for 1 hour.

For the filling:

Beat double cream until stiff, slowly mix 4 tsp whipped cream into the Wild Berry FruchtGarten. Then fold the remaining wild berry and cream mixture into the rest of the cream, spread over the pastry and roll once again. Lightly flour with icing sugar.