

Rupertwinkel & Horokhiv


 GERMAN-UKRAINIAN
COOKBOOK





Topic 1

FESTIVE FOODS

Celebrating Together:
German and Ukrainian Christmas Traditions"



Christmas traditions

In Germany & Ukraine

UKRAINE



Christmas is one of the most important holidays in Ukraine. It is celebrated on December 25th, but the feast begins on Holy Evening when the first star appeared in the sky (December 24th).

There should be 12 fasting dishes on the table, each of which should be tried by all family members. The main dish is kutya, which is usually placed in the center of the table next to a lighted candle. Kutya is prepared from rice or wheat, supplemented with raisins, poppy seeds, nuts and honey.

Christmas carols and Vertep are integral parts of celebration. They are carried on by church members and groups of young children who walk house to house greeting and wishing people the best for the next year, and receiving sweets and money in return.

GERMANY



When: Main celebration on Christmas Eve (December 24th), followed by two public holidays on December 25th and 26th.

Food: Most popular Christmas Eve dish is potato salad with sausages, followed by fondue and raclette. On Christmas Day, traditional roast goose with red cabbage and dumplings.

Tree: Christmas tree is traditionally decorated on December 24th. Most of the German homes have a real tree.

Gifts: Presents are brought by the Christkind (Christ Child) and opened on December 24th evening.

Markets: Famous Christmas markets open end of November.

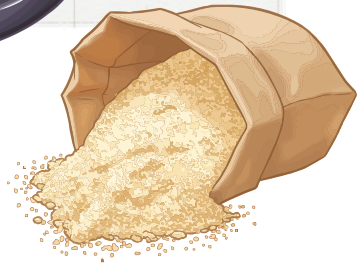
German pancake soup

INSTRUCTION

1. Whisk together the flour, salt, baking powder (if using), milk, and eggs until the batter is smooth and lump-free.
2. Heat a non-stick or lightly greased pan over medium heat. Pour a thin layer of batter to cover the bottom, swirl to evenly coat, and cook until the underside is light brown and the pancake sets. Flip and cook briefly on the other side.
3. Transfer pancakes to a plate and let them cool slightly. Roll them up and slice into thin strips to make your "noodles".
4. (Optional) For a richer broth, simmer leek, carrot, and celeriac in the stock for 30 minutes then strain.
5. Divide the pancake strips into soup bowls. Heat the broth until steaming and pour over the noodles.
6. Sprinkle with chives or parsley and serve immediately. For best texture, do not let the pancakes soak too long before eating.

INGREDIENTS

- 1 cup all-purpose flour (125 grams)
- 3/4 cup milk (177 ml)
- 2 large eggs
- Pinch salt
- 1/8 teaspoon baking powder (optional, for fluffiness)
- Chopped chives or parsley for garnish





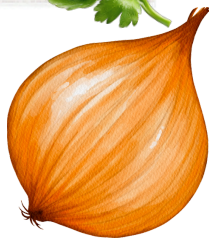
Dumplings with mushroom sauce

INSTRUCTION

1. Cut the bread into small cubes and place in a large bowl.
2. Heat the milk in a large saucepan and then immediately remove it from the stove. Let it cool down briefly.
3. In the meantime, cut the onion into small cubes and sauté in a pan with the oil until translucent. Finely chop the parsley and swish briefly with it. Remove from heat and add to bread rolls.
4. Add the eggs to the milk and whisk together. Season with salt & pepper & nutmeg. Pour the egg milk over the rolls and knead everything with your hands.
5. Cover with a kitchen towel and let rest for about 20 minutes.
6. In the meantime, cut the other onion into small cubes. Clean and cut mushrooms.
7. Heat the oil in a large pan and fry the onion. Add mushrooms and sauté.
8. Deglaze with white wine and let it boil down briefly.
9. Deglaze with the broth and then turn the stove down a little and add the cream. Season well with salt and pepper and simmer. Stir occasionally.
10. Heat a large saucepan with water and season with plenty of salt.
11. Shape 8 dumplings from the bread mixture with wet hands.
12. Put the dumplings in the pot, switch the stove back so that the water is just below the boiling point and leave it for about 15-20 minutes. The water should not boil.

INGREDIENTS

- 300 g white bread rolls or toast
- 250 ml milk
- 1 onion
- 3 eggs
- 1 Tbsp sunflower oil
- salt & pepper
- 1 pinch ground nutmeg
- 2 sprigs parsley
- 400 g button mushrooms
- 1 onion
- 1 Tbsp sunflower oil
- 250 ml cream
- 100 ml vegetable broth
- salt & pepper







Cinnamon stars



INSTRUCTION

1. Preheat the oven to 120° C (do not turn on the fan, it can cause the egg white topping to brown before the cookies are done). Place the rack on the bottom rung of the oven.
2. Beat the egg whites in a medium-sized bowl until soft peaks form (be careful not to over-beat the egg whites or the frosting/glaze won't turn out correctly). Sift the powdered sugar and stir it into the egg whites until combined. Reserve 2/3 cup of the egg white mixture to glaze the cookies.
3. Add the almond meal, cinnamon, vanilla sugar and salt and mix until the dough comes together in a fairly stiff but pliable mass. If it's too soft or sticky to work with add a little more nut meal and powdered sugar.
4. Press/roll the dough onto a non-stick surface sprinkled with powdered sugar to a thickness of about 1/3 inch. Use a 3-inch star cookie cutter to cut out the cookies and transfer them to a lined or non-stick cookie sheet. Form the scraps of dough into a ball, roll it out again and cut cookies out of the remaining dough.
5. Place a little of the egg white mixture on each cookie and use a toothpick or a pastry brush to smooth all the way to the edges. Alternatively you can use a pastry bag or condiment bottle to apply the egg white mixture.
6. Place the sheet on the bottom rack of the oven. Bake the Zimtsterne for 30 minutes. Turn off the oven and open the oven door just a crack and let the cookies sit for another 10-15 minutes to further dry out. Then transfer them to a wire rack to cool completely.
7. The cookies can be stored in a dry, airtight container in a cool place for up to 2 weeks.

INGREDIENTS

- 3 large egg whites
- 2 cups powdered/confectioner sugar
- 3 1/4 cup non-blanchd almond meal
- or hazelnut meal
- 2 teaspoons ground cinnamon
- 1 packet vanilla sugar
- 1/8 teaspoon salt







Varenyky



INSTRUCTION

1. Beat the egg into the warm water, add salt. Gradually add the flour and mix well until a thick, elastic dough is formed. Wrap in cling film and leave for 30-40 minutes.
2. Preparing the filling
3. Potato: Boil the potatoes, fry the onion in oil until golden brown. Mash the potatoes, add the onion, salt, pepper and mix.
4. Berry: Cherries or other berries can be used fresh or prepared. If the berry is juicy, you can sprinkle it with a little sugar and starch.
5. **Forming Varenyky:** Roll the dough into a layer 0.5 mm thick, cut out circles with a glass.
6. Place the filling on each circle.
7. Connect the edges of the dough, pinching carefully so that the filling does not leak out.
8. Boiling
9. Carefully place dumplings in boiling salted water.
10. Stirring, bring to a boil, then reduce heat.
11. Cook for 5-7 minutes after dumplings float to the surface.

INGREDIENTS

- Flour
- Egg
- Salt

For the potato filling:

- Potatoes
- Onions
- Oil (for frying onions)
- Salt
- Pepper

For the berry filling:

- Cherries or other berries (fresh, frozen or canned)
- Sugar (optional)
- Starch (if the berries are very juicy)





Baked potatoes with garlic sauce

INSTRUCTION

1. Wash the potatoes thoroughly. Peel them if you like, then cut into wedges or cubes.
2. Toss the potatoes with oil, salt, and pepper. Spread evenly on a baking tray.
3. Bake in a preheated oven at 200°C (400°F) for 30–35 minutes, turning halfway through, until golden and crispy.
4. To make the garlic sauce: mix sour cream (or yogurt) with minced garlic, salt, lemon juice, and mayonnaise. Stir until smooth and creamy.
5. Place the baked potatoes on a plate, drizzle with garlic sauce, and sprinkle with chopped parsley.

Serving Suggestion:

Serve with a fresh salad of cucumbers, tomatoes, and lettuce. This dish also pairs wonderfully with grilled chicken or fish.

INGREDIENTS

- 4 medium potatoes
- 2 tablespoons of sunflower oil (or olive oil)
- Salt and black pepper to taste
- Fresh parsley for garnish

For the garlic sauce:

- 3 tablespoons of sour cream (or natural yogurt)
- 2 cloves of garlic (minced or pressed)
- 1 tablespoon of mayonnaise (optional)
- A pinch of salt
- A few drops of lemon juice or vinegar





Shuba Salad



INSTRUCTION

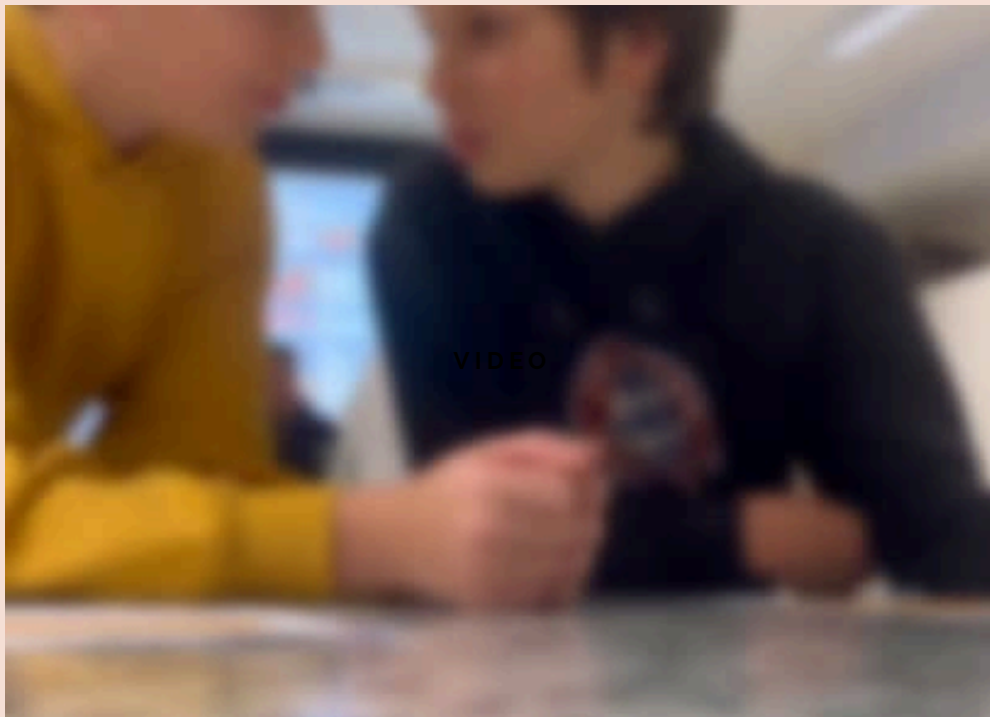
1. Boil beets for 45 minutes in a small pot. In a separate pot, boil potatoes and carrots for 25 minutes. Remove all ingredients from the boiling water and let them cool off.
2. Another way to cook ingredients is by baking them in the oven. Wrap beets, carrots and potatoes in foil and bake them at 400 °F for 30- 45 minutes. Carrots and potatoes cook sooner, check using a fork to confirm they are cooked thoroughly.
3. Clean beets, potatoes, and carrots. Grate each separately on a cheese grater. Slice herring and onion into small pieces.
4. Get the layering order right. It goes: onions, herring, potatoes, thin layer of mayonnaise, carrots, mayonnaise, beets and then another thin layer of mayonnaise to top it all off.

INGREDIENTS

- 3 small potatoes
- 1 lb Herring (see image below for reference)
- 1 small onion finely chopped
- 3 medium beets
- 3 medium carrots
- 1 cup of mayonnaise







Video





Video



Video





Sources



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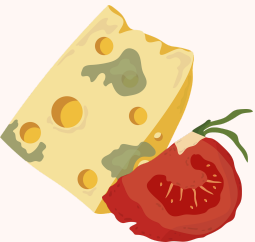


Topic 2



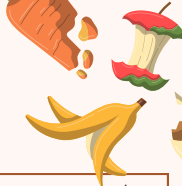
ZERO WASTE COOKING

Save food, save the planet:
zero waste recipes





Zero Waste



Did you know? 30% of all food produced globally is wasted. That's 1.3 billion tons every year! By cooking smart and using every part of our ingredients, we can make a real difference for our planet.

R**efuse:** Say no to what you don't need, like single-use items, freebies, and excessive packaging.

R**educe:** Buy and consume less by choosing quality over quantity and avoiding unnecessary purchases.

R**euse:** Use items again and again by repairing, refilling, sharing, or repurposing what you already have.

R**ecycle:** Recycle properly to keep materials in circulation when they can no longer be refused, reduced, or reused.

R**ot:** Compost organic waste so food scraps can return to the soil instead of ending up in the trash.

Stuffed baked apples

INSTRUCTION

1. Wash the apples, remove the core.
2. Crush the cookies into small pieces.
3. Chop the nuts.
4. Mix cookies, nuts, honey or sugar and cinnamon in a bowl.
5. Fill the apples with the mixture.
6. Put a small piece of butter on top of each apple.
7. Put the apples into a baking dish.
8. Bake at 180° for 20-25 minutes until the apples are soft.
9. Serve warm or cold.



INGREDIENTS

- 4-5 large apples
- 50 - 70g cookies
- 50g nuts
- 2 - 3 teaspoons honey or sugar
- 20g butter
- cinnamon







chicken sandwich

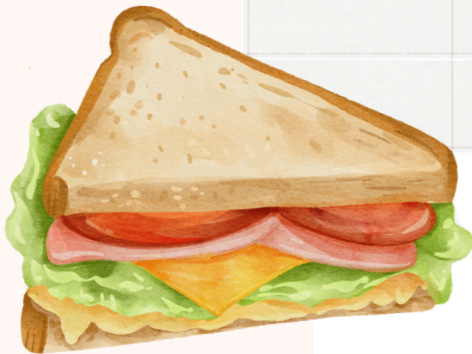


INGREDIENTS

- 2 slices bread
- 1 cooked chicken breast
- lettuce
- tomato
- mayonnaise

INSTRUCTION

1. Toast the bread.
2. Spread some mayonnaise.
3. Slice the chicken.
4. Add the chicken pieces.
5. Add lettuce and tomato.
6. Tip with the other bread slice.





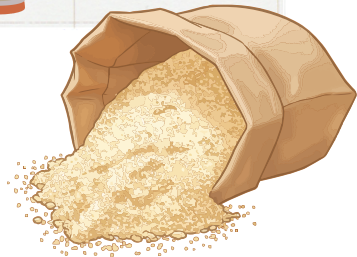
Palushky

INSTRUCTION

1. Peel the potatoes and boil in salted water for about 20-25 minutes. Then mash the hot potatoes with a fork, beat the egg, add the starch and some greens. You can also grate the potatoes. Roll out the dough and form it into elongated rolls.
2. Boil water in a large saucepan, adding a little salt. Pour the prepared dough sticks into the boiling water, stir with a wooden spoon so that they do not stick to the bottom, and cover the pan. When the boiling water boils again, reduce the heat and wait until the sticks rise to the surface. Then cook them for another 2 minutes and remove with a skimmer or strain into a colander.
3. Grease boiled sticks with butter with herbs, or roast onions, or cracklings. Serve with sour cream.

INGREDIENTS

- Potatoes — 1 kg,
- 1 Egg,
- Fat — 3 tbsp.,
- Potato starch — 2.5 cups,
- Butter (for watering) — 2
tbsp. spoons,
- Salt, herbs.







Deruny



INSTRUCTION

1. Peel the potatoes and onion and put them through a meat grinder or grate them on a fine grater (star grater). Add egg, flour, salt and pepper, and mix well.
2. Spoon the potato mixture into a hot pan with oil and fry on both sides.
3. For the sauce, blend water, garlic, dill and salt in a mixing cup with an immersion blender. Serve in a small bowl alongside.

Deruny is a very traditional and classic Ukrainian dish. A quick evening meal. In Ukraine, Deruny are usually served with garlic sauce or with smetana (crème fraîche/sour cream). Garlic and dill are essential in Ukrainian cuisine and appear in many Ukrainian dishes.

INGREDIENTS

- 6 big potatoes
- 1 onion
- 2 tbsp. flavour
- 1 egg
- salt & pepper
- oil

Sauce:

- 200g sour cream
- 3 cloves garlic
- a few sprigs of dill
- salt









Banana bread



INSTRUCTION

1. Preheat the oven to 175°C / 350°F. Grease a loaf pan or line it with parchment paper.
2. In a large bowl, mix the mashed bananas with the melted butter.
3. Stir in the sugar, egg, and vanilla extract until combined.
4. Sprinkle the baking soda and salt over the mixture and mix well.
5. Add the flour and gently stir until just combined. Do not overmix.
6. Fold in any optional add-ins if using.
7. Pour the batter into the prepared loaf pan.
8. Bake for 50–60 minutes, or until a toothpick inserted into the center comes out clean.
9. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

INGREDIENTS

- 3 ripe bananas, mashed
- 1/2 cup (115 g) unsalted butter, melted
- 3/4 cup (150 g) sugar (white or brown)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups (190 g) all-purpose flour







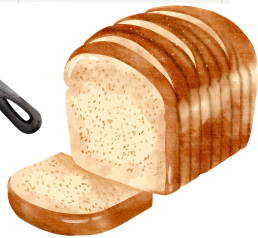
Arme Ritter (German french toast)

INSTRUCTION

1. In a shallow bowl, whisk together the eggs, milk, vanilla extract, and cinnamon.
2. Heat a pan over medium heat and add a little butter or oil.
3. Dip each slice of bread into the egg mixture, letting it soak briefly on both sides (do not oversoak).
4. Place the soaked bread into the hot pan.
5. Fry for 2-3 minutes per side, until golden brown and crispy.
6. Remove from the pan and serve immediately.

INGREDIENTS

- 4 slices of stale bread (white bread, brioche, or challah work well)
- 2 eggs
- 1/2 cup (120 ml) milk
- 1 teaspoon vanilla extract (optional)
- 1/2 teaspoon cinnamon (optional)
- Butter or oil for frying





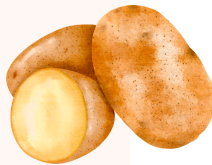
Pan-fried potatoes

INSTRUCTION

1. Boil the potatoes with their skins on in salted water until just tender. Drain, let cool, then peel and slice into rounds. (You can also use potatoes cooked the day before.)
2. Heat the oil or butter in a large skillet over medium heat.
3. Fry the bacon until it is crispy. Remove and set aside, leaving the fat in the pan.
4. Add the potato slices in a single layer. Let them cook undisturbed for a few minutes until golden and crispy.
5. Carefully flip and continue frying until browned on both sides.
6. Add the onion slices and fry for another 3–5 minutes until soft and lightly caramelized.
7. Season with salt and pepper, then add the bacon back in if using.
8. Sprinkle with fresh parsley and serve immediately.

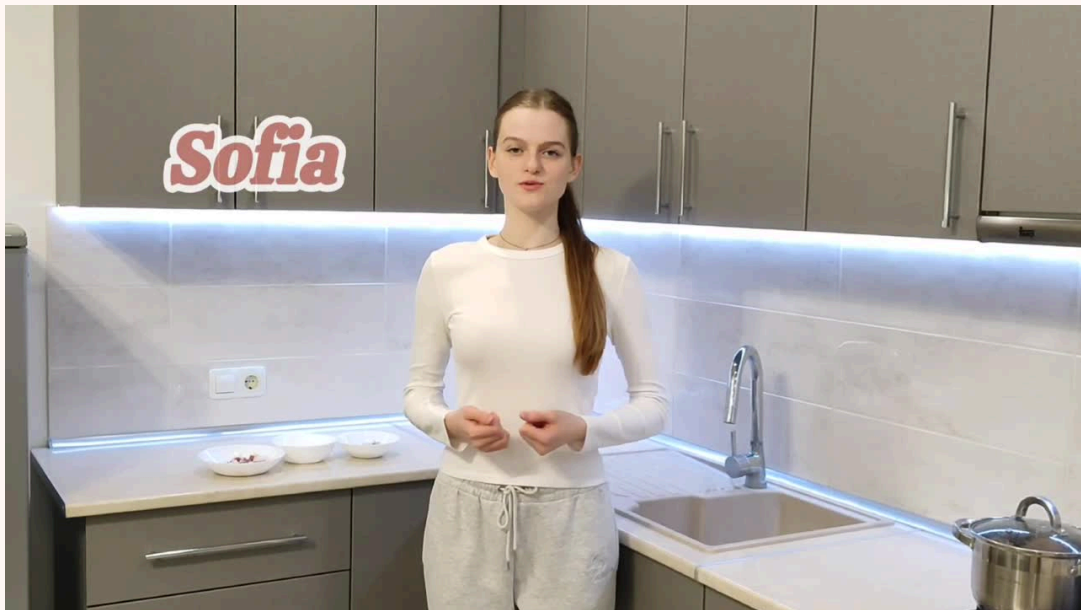
INGREDIENTS

- 1 kg (2 lb) potatoes (waxy potatoes work best)
- 1 small onion, finely sliced
- 2–3 tablespoons oil or butter
- Salt, to taste
- Black pepper, to taste
- 100 g (3.5 oz) bacon, diced
- Fresh parsley, chopped
- A pinch of caraway seeds or paprika





Sofia



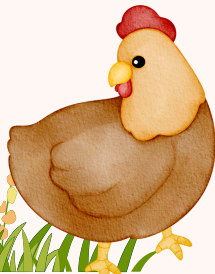


Topic 3



REGIONAL & SEASONAL

Short journeys, fresh flavors:
regional & seasonal dishes



Why regional & seasonal matters



HERE'S WHY IT MATTERS:

For the Planet

Every apple that travels 18,000 kilometers from New Zealand creates a bigger carbon footprint than one from the local orchard. Every tomato flown across the world uses fuel and energy we need for our future. When we eat seasonally and regionally, we reduce CO₂ emissions by up to 90% compared to imported produce. That's not just a number – that's real action against climate change.

For Our Health

Seasonal food reaches your table fresher, picked at peak ripeness. More vitamins. More flavor. More nutrition. Strawberries in May taste nothing like strawberries shipped from the other side of the world in January.

For Our Communities

When you buy from local farmers, your money stays in your region. Farmers can plan better, live more sustainably, and pass their knowledge to the next generation. You support not just a product – you support a person, a family, a community.

For Our Connection to Nature

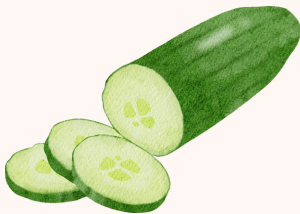
Eating seasonally reconnects us to nature's rhythms. Spring brings fresh greens and new energy. Summer explodes with color and abundance. Autumn is harvest time – time to celebrate and preserve. Winter teaches us to appreciate stored treasures and root vegetables. We stop fighting nature and start dancing with it.

Spring green salad

A light, fresh, and healthy salad full of spring flavors and colors.

INSTRUCTION

1. In a large bowl, combine mixed greens, radishes, cucumber, peas, and herbs.
2. In a small bowl, whisk together olive oil, lemon juice, dijon mustard, salt, and pepper.
3. Pour the dressing over the salad and toss gently.
4. Sprinkle with crumbled cheese and serve immediately.



INGREDIENTS

- 4 cups mixed greens (arugula, spinach, lettuce)
- 1 cup radishes, thinly sliced
- 1 cucumber, sliced
- 1 cup green peas (fresh or steamed)
- 50 g feta cheese or goat cheese, crumbled
- 2 tbsp fresh herbs (dill, parsley, green onions)
-

For the dressing:

- 3 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and black pepper to taste





Spring strawberry salad

A light, creamy, and fruity dessert that perfectly captures the taste of spring.

INSTRUCTION

1. Wash and slice the strawberries. Set some aside for decoration.
2. Whip the cream with sugar and vanilla until stiff peaks form.
3. Gently mix in the mascarpone or cream cheese.
4. In a glass or bowl, layer ladyfingers, cream, and strawberries.
5. Repeat layers and finish with cream and strawberries on top.
6. Refrigerate for at least 1 hour before serving.

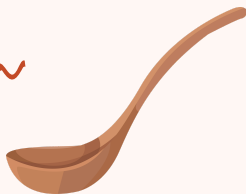
INGREDIENTS

- 250 g fresh strawberries
- 200 ml heavy cream
- 2 tbsp sugar
- 1 tsp vanilla extract
- 150 g mascarpone or cream cheese
- 100 g ladyfingers or sponge cake





White Asparagus Soup



INSTRUCTION

1. Wash and peel the asparagus, cut off the ends. Don't throw away the peels and ends! Put them in a pot with water, salt, and sugar. Bring to a boil, then let steep for 20 minutes with the lid on.
2. Strain the broth through a fine sieve. Bring to a boil again, add the peeled asparagus spears, and cook for 20 minutes over medium heat with the lid closed.
3. Remove asparagus and cut into small pieces (keep the tips whole for garnish).
4. Melt butter in another pot. Add chopped shallot and sauté until translucent. Add flour and stir for 1 minute. Gradually add asparagus broth until you reach your desired consistency.
5. Add cut asparagus pieces and puree. Stir in cream, pepper, and lemon juice. Add asparagus tips as garnish. Serve with fresh herbs.

INGREDIENTS

- 500 g white asparagus
- 2 liters water
- 1 tbsp salt (up to 2 tbsp to taste)
- 2 tbsp sugar
- 5 tbsp butter
- 3 tbsp flour (heaped)
- 1 small shallot or onion, chopped
- 200 ml cream
- Pepper to taste
- Juice of 0.5 lemon
- Fresh parsley to taste
- Optional: chives to taste





Traditional spinach Spätzle



INSTRUCTION

1. Clean and wash spinach thoroughly. Put wet spinach in a pot, cover, and cook over high heat until wilted. Drain in a sieve and let cool. Squeeze out excess water and puree finely.
2. Put spinach in a bowl and mix in sifted flour. Whisk together milk, eggs, and salt. Stir into the spinach-flour mixture to form a medium-firm dough. Beat vigorously.
3. Dice ham into small cubes. Heat butter in a pan and sauté the ham. Add wine, stir in cream, and bring to a boil. Season with salt and pepper, then stir in Parmesan cheese.
4. Bring a large pot of salted water to a boil. Press dough through a spätzle maker into the boiling water (or scrape from a wet wooden board). The spätzle are done when they float to the top. Drain and mix with the sauce. Serve immediately.

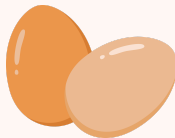
INGREDIENTS

For the Spätzle:

- 500 g fresh spinach
- 300 g flour
- 200 ml milk
- 3 eggs
- 1 tsp salt

For the sauce:

- 150 g lean ham or bacon
(South Tyrolean style)
- 30 g butter
- 130 ml dry white wine
- 100 g cream
- 100 g Parmesan cheese
- Black pepper from the mill



THIS IS HOW TO MAKE THE SPÄTZLE



Spätzle schaben: Anleitung | Gewusst wie | eat.de
eat

Spätzle schaben

Anleitung



Watch on  YouTube





Traditional spinach Spätzle



Rhubarb crumble cake

INSTRUCTION

1. Mix flour and 150 g sugar, add melted butter and vanilla, and work into crumbles. Press 2/3 of the crumbles into a springform pan as the base.
2. Peel the rhubarb and cut into pieces about 1 cm long. Mix with 1 tablespoon of sugar and let it sit.
3. Mix the remaining ingredients (cream, quark, egg, lemon juice, and remaining 50g sugar) until very creamy. Stir in the pudding powder last and spread the mixture onto the base.
4. Distribute the rhubarb on top. Sprinkle the remaining crumbles over everything.
5. Bake at 200°C (390°F) for 45-50 minutes. Let cool and cut into 12 pieces.



INGREDIENTS

For the crumble:

- 250 g flour
- 200 g sugar
- 150 g butter, melted
- A little vanilla extract

For the filling:

- 600 g rhubarb
- 1 tbsp sugar
- 3 tbsp cream
- 250 g low-fat quark (or cottage cheese)
- 1 egg
- 0.5 package vanilla pudding powder (instant)
- Juice of 1 lemon





Rhubarb crumble cake



☀ Visiting "Vi-sad"







Visiting Markus Hager



**ARE YOU
READY?**

- Tucked into the hills of Obergeisenfelden, just south of Fridolfing, Markus Hager grows more than thirty varieties of organic vegetables on three hectare of land — from potatoes and carrots to peppers and ginger. He founded his farm from scratch in 2020, guided by a simple principle: "I want to work with and for nature."
- Certified by the Naturland organic association, Markus relies on crop rotation, mixed cultivation and beneficial insects rather than artificial fertilisers or pesticides. He sells his freshly harvested produce at weekly markets in the region and to local restaurants and organic shops — always within just a few kilometres of the field.





This cookbook was born out of a simple idea: food brings people together — across languages, borders and cultures.

In 2024, the Mittelschule Salzachtal and the ILE Zukunftsregion Rupertiwinkel joined forces to connect students from Bavaria and Ukraine through cooking. Paired with their pen pals in Horokhiv, pupils exchanged favourite recipes, family traditions and the stories behind the dishes they grew up with. What started as letters across borders grew into this shared collection — a small but meaningful bridge between two communities.

We hope these recipes find their way into your kitchen and bring a little of that same joy to your table.





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