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**Amstel House**  
Hostel Berlin

VOLUME 01

## EASY RECIPES FOR BACKPACKERS

Making your own meals is  
cost-effective and healthy.  
Try these easy-peasy recipes  
and your taste buds will be  
overwhelmed!

To: .....  
From: .....

### HUEVOS RANCHEROS

INGREDIENTS (serves 2)

1 Can of black beans  
1 Tsp of cayenne  
1 Tbsp olive oil  
Salt & pepper

1 Avocado, chopped  
3 Tomatoes, chopped  
1 Red onion, chopped  
1 Tbsp olive oil  
20 gr Coriander, chopped  
Salt & pepper

2 Eggs  
1/2 Tbsp of oil  
2 Tortillas/tacos  
2 Tsp crème fraîche  
Extra coriander to garnish

HOW TO

1. Preheat the oven to 180 and roast the tortillas until crunchy

2. Mix the beans, cayenne and olive oil and season with salt and pepper.

3. Mix avocado, tomatoes, onion, olive oil, coriander in a separate bowl and season with pepper and salt.

4. Bake your egg. In the meanwhile you can start decorating your tortillas.

5. Cover with the beans, followed by the avocado mix and top with baked eggs. Some pepper and coriander to garnish and a dot of crème fraîche on the side....



### CHICKEN SALAD

INGREDIENTS (serves 2)

200 gr. chicken breast (preferable organic), cut into little slices

250 gr. cherry tomatoes  
4 oranges  
1 tsp mustard  
1 tsp honey  
1 tbsp soy sauce  
2 hands full of salad leaves  
salt and pepper

HOW TO

1. Mix the juice of 2 oranges, honey, olive oil, mustard, pepper and salt with the chicken and let rest in the fridge for 15 minutes.

2. Cut off skin of the other 2 oranges. You now section between the skins to obtain all 'skinless' parts of the orange. Squeeze out the rest of the orange as well.

3. Cut the tomatoes in halves and add them to the orange (juice).

4. Fry the chicken together with its juices in a pan and bake until caramelized.

5. Add the pieces of chicken + juice to the oranges and tomatoes. Mix well and add the salad leaves. Season with salt & pepper.



INGREDIENTS (serves 2)

200 gr buckwheat noodles  
2 hands full of mushrooms  
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1. Combine all the ingredients for your dressing in a bowl and whisk well.

2. Cook your noodles shortly as you want to keep them al dente and not fluffy. Drain three minutes should be enough. Drain and let them cool down a bit.

3. Bake your mushrooms in olive oil and with a bit of soy sauce.

4. Now mix your noodles with the mushrooms, spring onions, sautéed bean sprouts and the dressing.

5. Serve topped with the chopped coriander and roasted peanuts.

1 tsp chili pepper, chopped  
1 little piece of chopped ginger  
1 garlic clove, chopped  
1 tsp honey (or sugar)  
1 tsp olive oil  
1 tsp soy sauce  
1 tsp water  
1 tsp tahini (optional)  
2 tsp peanut butter  
2 tsp soy sauce

### NOODLES



INGREDIENTS (serves 8)

250 gr butter  
500 gr all-purpose flour  
4 eggs  
400 gr sugar  
zest and juice of one lemon  
hand full of pine nuts

1. Preheat the oven to 180 degrees and butter a (10 inch) springform pan or loaf pan (9 by 4).

2. Melt your butter in the microwave, au bain marie, or leave it out of the fridge for a while. In the meanwhile you whisk of beat the eggs in a large bowl. Add the yeast and, when melted, the butter.

3. Now add the eggs, the sugar, flour, and lemon zest and juice. Mix together well and pour it into the pan. Cover with some pine nuts and bake for about 40 minutes, or until golden.

### LEMON PIE



INGREDIENTS (serves 2)

1/2 zucchini, cut into rounds  
1/2 eggplant, cut into rounds  
2 tomatoes, cut into rounds  
2 buns  
2 tsp hummus

1. Knead the minced meat, egg, chopped onion in a bowl and season with pepper and salt.

2. Form two burgers with your hands and let them rest in the fridge for about 15 minutes.

3. Now grill your veggies on either a grill pan or in the oven (15 min. 180 degrees).

4. Now bake or (better) grill/BBQ your burgers until they're done, but still a bit juicy and rare on the inside.

5. Cover the bottom of your bun with hummus and serve the burgers with the grilled veggies on top!

### PERFECT BURGERS



INGREDIENTS (serves 2)

200 gr. White fish fillet (dorado, cod, seabass, ...)  
raw shrimps or a mix, in other ingredients for the marinade.

1. Squeeze the tomatoes in a bowl and mix (flesh and juice) together with the marinade. Mix the juices well into the fish and let it rest for approximately 15 minutes. The sour of the lemon juice will green the fish.

3. Season your ceviche with the fresh herbs, and drizzle with olive oil. ENJOY!

Marinade  
Handfull of little tomatoes  
Juice of 2 limes/lemons  
2 tps Olive oil (extra vergin)

### CEVICHE