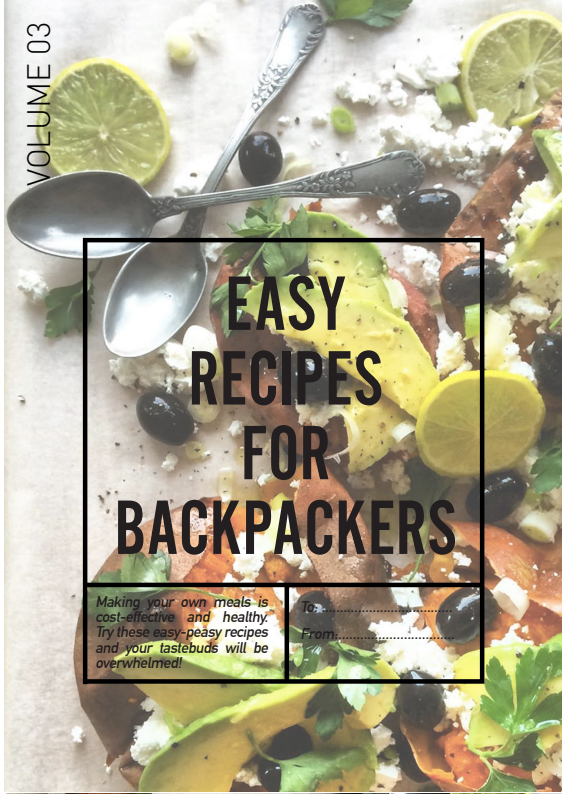




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**EASY  
RECIPES  
FOR  
BACKPACKERS**

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

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

### SHAKSHUKA

**INGREDIENTS** (serves 2)

- Olive oil
- 1 ts cumin
- 2 ts sugar
- 1ts cayenne powder
- 1 yellow pepper
- 1 red pepper
- 3 tomatoes, chopped
- 1 big onion, in rings
- 2 eggs
- handful of parsley leaves
- handful of coriander leaves (optional)
- pepper and salt to taste
- ½ lemon

**HOW TO**

In a large saucepan, dry-roast the cumin on high heat for two minutes. Add the oil and sauté the onions for two minutes. Add the peppers, sugar, part of the parsley and coriander (keep some for garnish), and cook on high heat to get a nice colour.

Add the tomatoes, cayenne, salt and pepper. Cook on low heat for 15 mins, adding enough water to keep it the consistency of a pasta sauce.

Place the sause on medium heat and break two eggs into the pan, pouring into gaps in the mixture. Sprinkle with salt, cover and cook very gently for 10-12 minutes, until the egg just sets. Serve with fresh (pita)bread.



### POLENTA

**INGREDIENTS** (serves 2)

- 1 cup vegetable oil
- 1 medium eggplant, dices
- 2 teaspoons tomato paste
- ¼ cup dry white wine
- 1 cup chopped peeled tomatoes (fresh or canned)
- 5 tablespoons water
- ¼ teaspoon sea salt
- 1/4 teaspoon sugar
- 1 tablesp. chopped oregano

**HOW TO**

Heat up the oil in a large saucepan and fry the eggplant on medium heat for about 15 minutes. Drain off as much oil as you can and discard it. Add the tomato paste to the pan and stir with the eggplant. Cook for 2 minutes, then add the wine and cook for 1 minute. Add the tomatoes, water, salt, sugar and oregano and cook for a further 5 minutes to get a deep-flavored sauce.

Bring the water/milk to boil and add the polenta. Keep on stirring until the polenta turns into a thick 'porridge'. Take of the fire and add butter, salt and Parmesan. Serve on a plate and pour the sauce on top of it. Season with some basil leaves and pine nuts or almonds on top.

**for the polenta**

- 125 gr polenta
- 125 ml water or milk (for more creaminess)
- 20gr butter
- Parmesan cheese

### BULGUR SALAD

**HOW TO**

Cook the bulgur in 1 1/2 cup of water. When all the water is absorbed and the bulgur starts to get chewy, cover the pan and let it sit for about 15 minutes. Then prepare the veggies. Mix the onion, sweet potatoes, pumpkin and garlic with the chili, cinnamon and olive oil and roast in a 180 C preheated oven for about 15 minutes (or until soft).

In a bowl, mix lime and orange juice with a bit of olive oil, pepper and salt. Now mix this with the bulgur. Then add the pomegranate seeds and parsley.

**INGREDIENTS** (serves 2)

- 1 Cup bulgur
- 1 Red onion, cut in quarters
- 2 Sweet potatoes, chopped in 2 cm chunks
- 1/2 Baby pumpkin, chopped
- 2 cm chunks
- in 2 cm chunks
- 2 Garlic cloves, cut in half
- 20 Gr parsley, chopped
- 50 Gr. Feta
- 1 Pomegranate, seeds
- 1 Tsp chili
- 1 Tsp cinnamon
- 1 Orange, juice
- Olive oil
- Pepper and salt to season



### CHEAP BUT YUMMY PASTA

**HOW TO**

Heat a tablespoon of olive oil in a pan and add the garlic and capers. Bake until the capers get a bit crispy.

In the meanwhile you cook your pasta. Drain the pasta and add it to the capers and garlic.

Mix the pasta with the lemon juice, grated lemon skin, the olive oil, and parmesan and parsley.

Season with pepper and salt and it's ready to serve!

**INGREDIENTS** (serves 8)

- 250 gr pasta (spaghetti/linguini)
- 40 gr capers
- Hand full freshly grated parmesan
- 2 tsp olive oil
- 2 garlic cloves, chopped
- Hand full parsley, chopped
- 1 lemon, juice and skin
- Pepper and salt to season



### STUFFED AND ROASTED SWEET POTATOES

**HOW TO**

Preheat the oven to 200 C. Prick the sweet potatoes with a fork and sprinkle with the olive oil. Roast for 30-45 minutes (the potatoes are done when you can easily pierce the skin with a knife and when the inside is soft).

Remove the sweet potatoes from the oven and slice each one down the centre. Open up and stuff with your topping.

Season with pepper and salt, serve and enjoy!

**INGREDIENTS** (serves 2)

- 4 Sweet potatoes
- 2 Tbsp olive oil
- Topping
- 1/2 Avocado, sliced
- 20 Black olives
- Juice of 1 lime
- 20 Gr. parsley, chopped
- 100 Gr. feta
- Pepper and salt to season



### CHICKEN STEEM

**HOW TO**

Season the chicken pieces with salt and freshly ground black pepper and put them into a bowl. Add the bay leaves and rosemary sprigs and the crushed clove of garlic and cover with the wine. Leave to marinate for at least an hour. Preheat oven to 180°C. Drain the chicken, reserving the marinade, and pat dry with kitchen paper. Dust the chicken pieces with flour and shake off any excess. Heat a pan, add a splash of olive oil and add the sliced garlic. Fry until golden brown, then add the anchovies, olives, tomatoes and the chicken pieces with their reserved marinade. Bring to the boil, cover with a lid and let simmer for until chicken is done. Serve with rice or potatoes.

**INGREDIENTS** (serves 2)

- 400 gr chicken, drumsticks,
- wings or fillets
- sea salt & black pepper
- 2 bay leaves
- 2 sprigs of fresh rosemary
- 1 clove of garlic, peeled
- (1 crushed, 2 sliced)
- 200 ml red wine flour,
- extra virgin olive oil
- 2 anchovy fillets
- 1 handful olives
- 300 g tomatoes