A SET OF RULES FOR A COOKING WORKSHOP

1. The cooking workshop is taking place once a week.
2. Each week, up to six cooks enrol for the workshop.
   No previous knowledge is required.
3. The cooks meet some days in advance to set up a list of ingredients.
4. Each cook can add as many items to the list of ingredients as he or she likes.
5. The list of ingredients is assembled without knowledge of the final menu and no consideration of good fit of the ingredients.
6. At the day the workshop is held, one of the cooks buys all the ingredients on the list.
7. Up to six guests enrol for the dinner.
8. At 6 pm the cooks meet.
9. Each cook invents a menu which comprises all the ingredients.
10. Each cook presents his menu to the other cooks.
11. All the cooks together compose a new menu from the individual propositions.
12. No recipes are used.
13. The final menu is cooked by all the cooks together.
14. Dinner is served at 8.30 pm.
**Participants:** Hans-Werner Klohe, Narges Hashempour, Ben Hooker, Marlena Kudlicka, Michael Guggenheim

**Menu:** Pureed broccoli soup with roasted onions and lemon juice * Peeled pear halves, filled with an anchovies-pink-pepper paste, grilled, with a little carrot-ginger puree * Whole pig with capers and garlic, steamed in white wine, puree of white beans with olive oil [fig. 1] * Carrot flan with port wine and orange peel, chocolate truffles

**TUESDAY, NOVEMBER 29**

**Participants:** Dion Doulis, Carla Leitao, Jackie Sumell, Benedikt Schiefer, Michael Guggenheim

**Menu:** Fish filets steamed, with chilis and lime juice * Gratinated eggplant filled with eggplant-walnut-basil-pesto with polenta and lardo/truffled cheese * Persimmon puree, caramelized fennel and chocolate sauce

**INGREDIENTS:**
- Carrots
- Broccoli
- Dark chocolate
- Gelatin
- Oranges
- A big pike
- White Borlotti beans
- Pears
- Anchovies
- Ginger (and additionally:
  - Onions)
- Butter
- Powdered sugar
- Sugar
- White wine
- Garlic
- Port wine
- Olive oil
- Lemon

**TUESDAY, JANUARY 20**

**Participants:** Monika Dommann, Angela Matyssek, Anja Utler, Dion Doulis, Michael Guggenheim

**Menu:** Salad of chicorino rosso, mango, avocado, and scallions * Pike perch fried in hazelnut coating, mustard-dill sauce, and potato-pumpkin gratin [fig. 5] * Orange-yoghurt ice cream with fried coconut strips [fig. 6]

**INGREDIENTS:**
- Grapefruits
- Lychees
- Butter
- Rabbit
- Spinach
- Buttermilk
- Fat yoghurt
- Saffron
- Pistachios
- Almonds
- Sweet pepper
- Almonds
- Pine nuts
- Tagliatelle

**TUESDAY, JANUARY 10**

**Participants:** Anja Lutz, Dion Doulis, Angela Matyssek, Julia Warmers, Michael Guggenheim

**Menu:** Chicory ships filled with beet-root purée and mascarpone * Kohlrabi soup with goat cheese-fig dumplings * Squid filled with dried tomatoes, ginger and quince, sweet potato chips * Quince calzone

**INGREDIENTS:**
- Mango
- Chicorino rosso
- Pike, Perch fillets
- Oranges
- Lemons
- Yoghurt
- Cream
- Dill
- Potatoes
- Pumpkin
- Scallions
- Avocados
- Mustard
- Coconut
- Hazelnut

**TUESDAY, NOVEMBER 8**

**Participants:** Hans-Werner Klohe, Narges Hashempour, Ben Hooker, Marlena Kudlicka, Michael Guggenheim

**Menu:** Spinach buttermilk flan with saffron yoghurt * Rabbit in port-wine sauce with garlic, roasted and peeled sweet pepper with roasted pine nuts * Tagliatelle with Amaretto-almond-honey pesto, lychees coated with chocolate

**INGREDIENTS:**
- Grapefruits
- Lychees
- Butter
- Rabbit
- Spinach
- Buttermilk
- Fat yoghurt
- Saffron
- Pistachios
- Almonds
- Sweet pepper
- Almonds
- Pine nuts
- Tagliatelle

**TUESDAY, NOVEMBER 23**

**Participants:** Dion Doulis, Sabina Husicic, Narges Hashempour, Michael Guggenheim

**Menu:** Pumpkin Celery Soup [fig. 2] * Leg of lamb with roasted onions and garlic * Red rice with saffron, fried cranberries and pistachios and cold kefir-lemon-walnut-oil sauce, and carrot salad with garlic [fig. 3] * Passion fruit soufflé with compote of dried apricots in black tea [fig. 4]

**INGREDIENTS:**
- Pumpkin
- Celery root
- Leg of lamb
- Garlic
- Thyme
- Rosemary
- Red rice
- Dried cranberries
- Dried apricots
- Saffron
- Potatoes
- Eggs
- Passion fruit
- Kefir
- Carrots

**WEDNESDAY, NOVEMBER 23**

**Participants:** Dion Doulis, Sabina Husicic, Narges Hashempour, Michael Guggenheim

**Menu:** Pumpkin Celery Soup [fig. 2] * Leg of lamb with roasted onions and garlic * Red rice with saffron, fried cranberries and pistachios and cold kefir-lemon-walnut-oil sauce, and carrot salad with garlic [fig. 3] * Passion fruit soufflé with compote of dried apricots in black tea [fig. 4]

**INGREDIENTS:**
- Pumpkin
- Celery root
- Leg of lamb
- Garlic
- Thyme
- Rosemary
- Red rice
- Dried cranberries
- Dried apricots
- Saffron
- Potatoes
- Eggs
- Passion fruit
- Kefir
- Carrots

**TUESDAY, NOVEMBER 29**

**Participants:** Dion Doulis, Carla Leitao, Jackie Sumell, Benedikt Schiefer, Michael Guggenheim

**Menu:** Fish filets steamed, with chilis and lime juice * Gratinated eggplant filled with eggplant-walnut-basil-pesto with polenta and lardo/truffled cheese * Persimmon puree, caramelized fennel and chocolate sauce

**INGREDIENTS:**
- Pumpkin
- Celery root
- Leg of lamb
- Garlic
- Thyme
- Rosemary
- Red rice
- Dried cranberries
- Dried apricots
- Saffron
- Potatoes
- Eggs
- Passion fruit
- Kefir
- Carrots

**TUESDAY, NOVEMBER 8**

**Participants:** Hans-Werner Klohe, Narges Hashempour, Ben Hooker, Marlena Kudlicka, Michael Guggenheim

**Menu:** Spinach buttermilk flan with saffron yoghurt * Rabbit in port-wine sauce with garlic, roasted and peeled sweet pepper with roasted pine nuts * Tagliatelle with Amaretto-almond-honey pesto, lychees coated with chocolate

**INGREDIENTS:**
- Grapefruits
- Lychees
- Butter
- Rabbit
- Spinach
- Buttermilk
- Fat yoghurt
- Saffron
- Pistachios
- Almonds
- Sweet pepper
- Almonds
- Pine nuts
- Tagliatelle