





MENU

LISI – HOUSE OF THE SOLAR DECATHLON TEAM AUSTRIA



WELCOME TO L.I.S.I THE HOUSE OF TEAM AUSTRIA

We would like to offer you a variation of genuine Austrian dishes. This menu would likely be eaten in summer and is cooked with as many seasonal products as possible.

Our menu starts with "Kürbiscremesuppe mit steirischem Kürbiskernöl" (pumpkin soup with Styrian pumpkin seed oil).

"Steirisches Kürbiskernöl" (Styrian pumpkin seed oil), the most famous export from Styria besides Arnold Schwarzenegger is pressed from the seed of a special pumpkin grown in Styria and widely used in Austrian cuisine.

Our main dish is "gebackene Hühnerbrust mit Kürbiskernpanade" (Baked chicken breast with a coating made of pumpkinseed) with "Erdäpfelsalat" (potato salad). A variation of a typical summer dish which could be served in Austria's famous "Heurige" (wine-taverns).

As dessert we will serve you Apfelstrudel with Zimteis, the famous Austrian apple strudel with cinnamon ice cream.

We hope that you enjoy our menu, feel free to ask if you have any question!

Team Austria wishes you "Mahlzeit" !
(as we say in Austria for "Enjoy your meal")

STARTER

Kürbiscremesuppe mit steirischem Kernöl (2)
pumpkin cream soup with Styrian pumpkin seed oil

ENTREE

Gebackene Hendlbrust im Kürbiskernpanier mit Erdäpfelsalat (1)(3)
baked chicken breast in pumpkin coating with potato salad

DESSERT

Apfelstrudel mit Zimteis (1)(2)
Apple strudel with cinnamon ice cream

BEVERAGE SELECTION

Almdudler, Obi g'spritzt, Holler g'spritzt, Traubensaft g'spritzt
almdudler, apple spritzer, elderflowersirup spritzer, grape spritzer

allergic note: (1) gluten (2) lactose (3) egg





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WELCOME TO L.I.S.I THE HOUSE OF TEAM AUSTRIA

We would like to offer you a variation of genuine Austrian dishes. This menu would likely be eaten in summer and is cooked with as many seasonal products as possible.

Our menu starts with "Rahmsuppe" (creamsoup). A lightly sour and light soup with will make a good start for a dinner in the warm season.

As main dish we will serve you a austrian classic for sunday lunch family gatherings, "Rindsrouladen mit Erdäpfelpüree". These beef roulades are filled with pickles, eggs and bacons and are served with mashed potatoes as side dish.

For dessert we will have the famous "Kaiserschmarrn" (sugared pancake with raisins) with "Apfelkompott" (applesauce). Another typical Austrian which sometimes is eaten as a sweet main dish.

A lot of myths are told about the creation of this dessert. Maybe you will get to know some of them!

We hope that you enjoy our menu, feel free to ask if you have any questions!

Team Austria wishes you "Mahlzeit" !
(as we say in Austria for "Enjoy your meal")

STARTER

Rahmsuppe (2)
creamsoup

ENTREE

Rindsrouladen mit Erdäpfelsterz (2)(3)
beef roulades with mashed potatoes

DESSERT

Kaiserschmarrn mit Apfelkompott (1)(2)(3)
Kaiserschmarrn with applesauce

BEVERAGE SELECTION

Almdudler, Obi g'spritzt, Holler g'spritzt, Traubensaft g'spritzt
almdudler, apple spritzer, elderflowersirup spritzer, grape spritzer

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MOVIE NIGHT

LISI – HOUSE OF THE SOLAR DECATHLON TEAM AUSTRIA



WELCOME TO L.I.S.I THE HOUSE OF TEAM AUSTRIA

Welcome to the movie night of Team Austria

A movie night with friends isn't complete all over the world without little snacks and beverages and so we want to offer you a variation of three different snacks which are eaten a lot in Austria for different occasions and a variation of non alcoholic beverages.

1. Vegetable sticks with yoghurt dip (2)

Simply chopped seasonal raw vegetables with a yoghurt dip. Easy to make, tasty and healthy too!

2. Puff pastry cheese sticks (1)(2)

Are a very common snack in Austria, often served besides a good red wine and come sprinkled with different coatings of seeds or spices.

3. Sweet and savoury stuffed pancakes. (1)(2)(3)

Thin pancakes are very often used in Austria's cuisine for a lot of dishes and this variation is another way to use a pancake. It can be easily prepared for an evening or a picnic and serves all tastes from sweet to savory!

We hope that you enjoy the movie and our snacks!

If you need anything, feel free to ask!

allergic note: (1) gluten (2) lactose (3) egg





RECIPES

LISI – HOUSE OF THE SOLAR DECATHLON TEAM AUSTRIA



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MENU DINNER PARTY 1

STARTER

PUMPKIN CREAM SOUP WITH STYRIAN PUMPKIN SEED OIL



Ingredients for 8 servings:

1 kg	Pumpkin (p.e. Hokaido)	6	Onions
3	Clove of garlic		Salt
	Pepper (white)	1,0 l	Water
0,5 l	Milk	0,5 l	Whipped cream
100 g	Pumpkin seeds		Pumpkinseedoil
	Parsley for decoration		

Preparation:

Heat oil in a pot with finely chopped onions and sauté with white pepper. Meanwhile, cut the pumpkin into small cubes.

When the onions are translucent, add the pumpkin cubes and sauté over medium heat.

Chop garlic and ginger finely and add it to the pumpkin. Pour in water and cook until the squash is soft (about $\frac{3}{4}$ hour).

Then puree with a handblender. Now stir in the milk and whipped cream.

Heat the soup again slightly, but do not let boil (otherwise it loses its smoothness). If the soup is too thick add some more water.

When serving, draw a pattern with pumpkin seed oil snail using a skewer, and garnish with toasted nuts and herbs.

ENTREE

BAKED CHICKENBREAST IN PUMPKIN SEED COATING



Ingredients for 8 servings:

1,6 kg	Chicken breast fillets	Flour
8	Macaroni	Salt
4	Eggs	Oil (for baking)
200 g	pumpkinseeds (chopped)	

Preparation:

First, remove the fat and cartilage from the chicken fillets. Flatten the fillets and if necessary, cut them into smaller pieces.

Poke holes with a knife and add salt and pepper. Place the macaroni inside the holes as a bone substitution.

Prepare 3 plates for the breading. One with flour, one with a salted and peppered swirled egg, and one with the grated pumpkin seeds. Place the filets in each plate, and flip them to create the breading.

Heat oil in a large pan and place the filets into it. Bake them until they are golden yellow. Take them carefully out of the pan and place them on a plate with a paper towel. For warm-keeping, place the plate into the oven.

ENTREE SIDE DISH

POTATO SALAD

Ingredients for 8 servings:

1 l	Vegetable stock	200 g	Lamb's lettuce
1,6 kg	Low-starch potatoes	1 tsp	Honey
4	Red onions (finely chopped)	Salt	
120 ml	Red wine vinegar	Pepper	
2 tbs	Tarragon mustard	Sugar	

Preparation:

Bring the vegetable stock in a large pot to the boil, add the potatoes and cook until they are done.

While the potatoes are cooking start preparing the dressing by finely chopping the onions and mixing them with salt, pepper, sugar and the mustard. Add the red wine vinegar and stir until everything is evenly mixed.

When the potatoes are done, peel them and cut them into thin slices. Season with salt and add the dressing, saving some for the lamb's lettuce.

Add honey to the remaining dressing and use to dress the lamb's lettuce.

To serve, garnish the potato salad with the lamb's lettuce.

DESSERT

APPLE STRUDEL WITH CINNAMON ICE CREAM



Ingredients for 8 servings:

12	Apples		Mix of strudel spices
2 tsp	Sugar		Cinnamon
8 tbs	Grated almonds		Cardamom
500 g	Butter		Strudel dough
100 g	Raisins		
3 tbs	Bread crumbs		
1	Lemon (only the juice)	1000 g	Vanilla ice cream
20 g	Vanilla sugar		Cinnamon

Preparation:

Wash, peel and dice the apples. In a large bowl, mix the apples with lemon juice and sugar, add cinnamon and cardamom and stir in the grated almonds. Then add vanilla sugar and the mix of apple strudel spices.

In a pan, heat butter and toast the bread crumbs until golden. Add a little sugar and take the pan off the heat.

Unfold the strudel dough and cut it into 8 pieces of equal size. place the bread crumbs evenly onto all 8 pieces and spread the apple mixture on top. Roll each piece of dough into a log (strudel), tucking under the edges and placing the seam on the bottom.

Place the strudel on a baking tray and coat with butter.

Preheat the oven to 160°C (fan oven) and bake the strudel for about 15 minutes until golden.

Ice cream:

Mix cinnamon into the vanilla ice cream according to taste and it is ready to serve.



MENU DINNER PARTY 2

STARTER

CREAM SOUP



Ingredients for 8 servings:

1,5 l	Water	2	Bunch of chives
0,5 l	Sourcream	2 tsp	Caraway
2 tbsp	Flour		Salt
8	Laurel leaves		Pepper
6	Medium sized potatoes		Nutmeg

Preparation:

Add salt and pepper to sour cream and sprinkle with nutmeg. A tablespoon of flour is added. Boil the water with the laurel leaves, caraway, 1 teaspoon cumin and salt. Meanwhile, peel the potatoes, dice (1x1 cm) them and place them in the boiling water. When the potatoes have softened, add 1-2 ladles of soup to the sour cream and stir until it is smooth. Then add this mixture to the soup. Garnish with chives.

ENTREE

BEEF ROULADES



Ingredients for 8 servings:

8	Thin slices of roast beef	2 tbsp	Tomatopaste
4	Hard boiled eggs	2 tbsp	Mustard
8-16	Strips of bacon (depending on size)	4	Cloves of garlic
	Pepper	120 ml	Balsamicvinegar
	Salt	2 tbsp	Cranberryjam
8 tsp	Mustard	1,5 l	Vegetablebroth
8	Pickles	4	Onions

Preparation:

Place the meat in between plastic wraps and pat until it is large enough. Then place the meat flat on the work surface. Add salt and pepper and spread mustard on it. Place bacon on the mustard. On each piece of meat, place half an egg. Next to the eggs, on the left and right, half a pickle is placed. With the help of the plastic wraps, now roll the meat into a roll and fix with spears. Again, add salt and pepper on the outside.

Heat oil in a pan and fry the rolls on all sides. Put the pan with the brew aside, it will be needed later for the sauce.

Smear oil on a plate covered with aluminum foil and place in oven at 110°C for about 15 minutes (for swifter cooking, raise the temperature 120°C)

Meanwhile, peel and finely dice the onions for the sauce. Sweat the onions in the pan with the brew from the meat. Add a heaping tablespoon of tomato paste. Two finely chopped cloves of garlic are added along with mustard.

As a substitute for red wine, we now infuse the sauce with a mixture of balsamic vinegar, cranberries and vegetable broth. Let it boil for a short time and keep it hot until the sauce is ready to use.

ENTREE SIDE DISH

POTATO MASH

Ingredients for 8 servings:

8	Large potatoes	Nutmeg
0,5 l	Milk	Salt
80gr	Butter	Pepper

Preparation:

Peel the potatoes and cut in half or quarters, depending on size and cook them in salted water. Once the potatoes are soft, drain the water and mash the potatoes. Add butter and milk as needed to the mashed potatoes and season with nutmeg, salt and pepper. Loosen the mix with a whisk.

DESSERT

KAISERSCHMARRN



Ingredients for 8 servings

8 Eggs
80 g Sugar
20 g Vanilla sugar
400 ml Milk
300 g Flour

60 g Raisins
Zest of one lemon
Butter
Powdered sugar
Salt

Preparation:

Start by separating the eggs. Add a pinch of salt to the egg whites and start beating. Mix in sugar and vanilla sugar and beat until stiff.

In a separate bowl, whisk the milk into the egg yolks and little by little add flour until a creamy consistency is reached. Then stir in lemon zest and gently fold in the Yolk-mix.

In a large pan, melt the butter, pour in the egg-mix and sprinkle the raisins on top. Set the heat to medium/high and bake on one side until the pancake is half done then flip over and tear it into pieces using two forks. Continue baking until the pieces are done.

Sprinkle powdered sugar on top and serve with applesauce on the side.

DESSERT SIDE DISH

APPLE SAUCE



Ingredients for 8 servings

10	Apples	4	Cinnamon sticks
500 ml	Apple juice	10	Cloves
2 tbs	Sugar	1	Lemon (only the juice)

Preparation:

Wash the apples and cut them in half. Then remove their core and dice the apples. Prepare a pot with apple juice and add lemon juice, sugar, cinnamon sticks and cloves. Stir and add the diced apples. Bring to a boil and let it simmer for about 10 minutes on low heat.

Allow the applesauce to cool down, add sugar to desired taste and let it sit for 30 minutes.

Before serving remove cinnamon sticks and cloves.

BEVERAGES

ELDERFLOWER SYRUP

Ingredients:

1 l	Water
1 kg	Sugar
25 gr	Citric acid
150 gr	Elderflowers

Preparation:

Wash the elderflowers thoroughly.

Add the sugar to the water and bring it to a boil. Allow it to cool down a couple of minutes.

Mix the elderflowers and the citric acid into the sugar water.

Let the syrup rest for 3 days in a cool and dark place.

Prepare some bottles for filling.

Pour the elderflower syrup through a strainer and fill the bottles.

