

Auswahlheft zum Kochbuch „Kochen unverkohlt“

Anleitung:

Seiten 2-18 ausdrucken (einseitig, farbig). Alle Seiten laminieren. Bei den Seiten 2-14 den grauen Teil des Registers wegschneiden. Diese Seiten zusammenbinden.

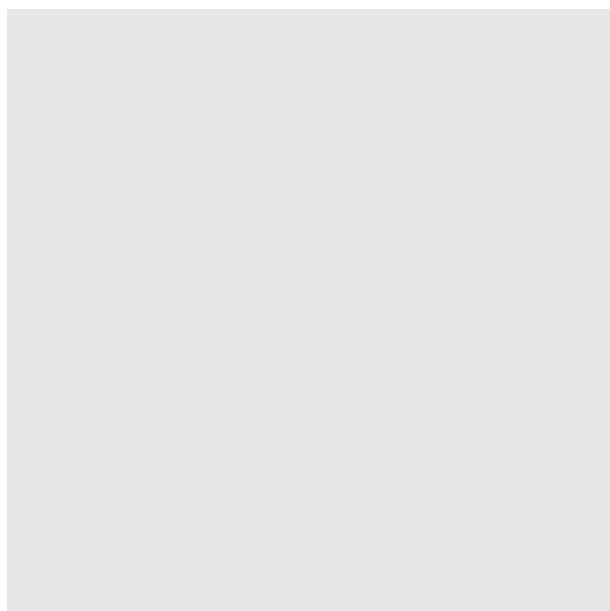
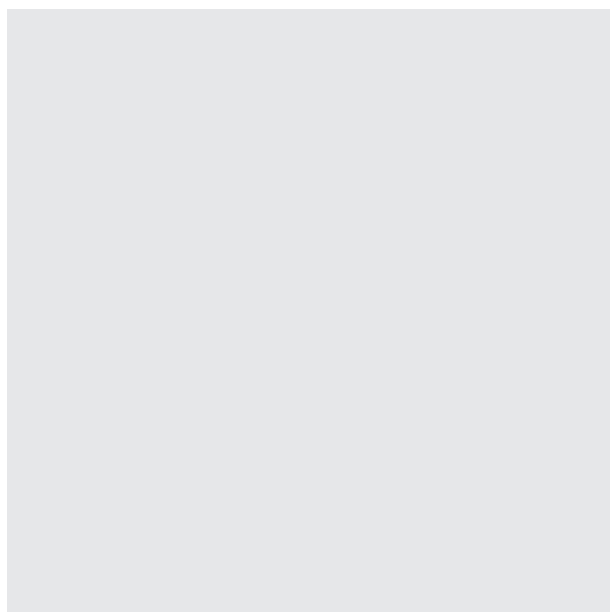
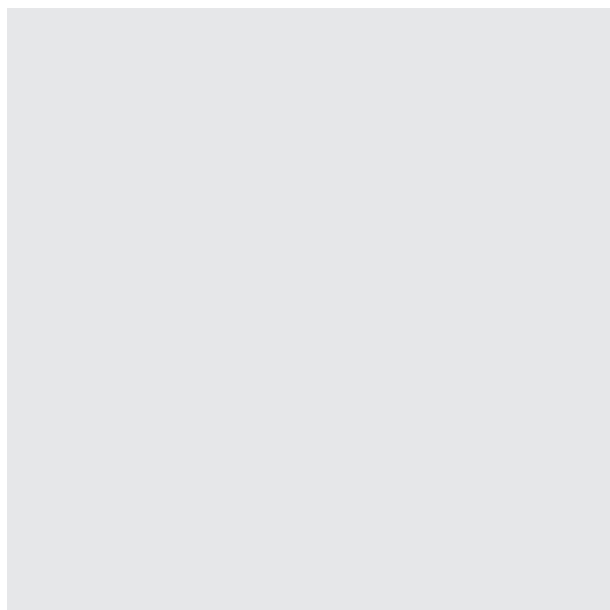
Bei den Seiten 15-18 die Auswahlkärtchen ausschneiden.

Auf die grauen Auswahlflächen weiche Klettunkte kleben. Auf die Rückseite der Auswahlkärtchen harte Klettunkte kleben. Die Auswahlkärtchen bei den richtigen Kategorien des Auswahlhefts ankletten.



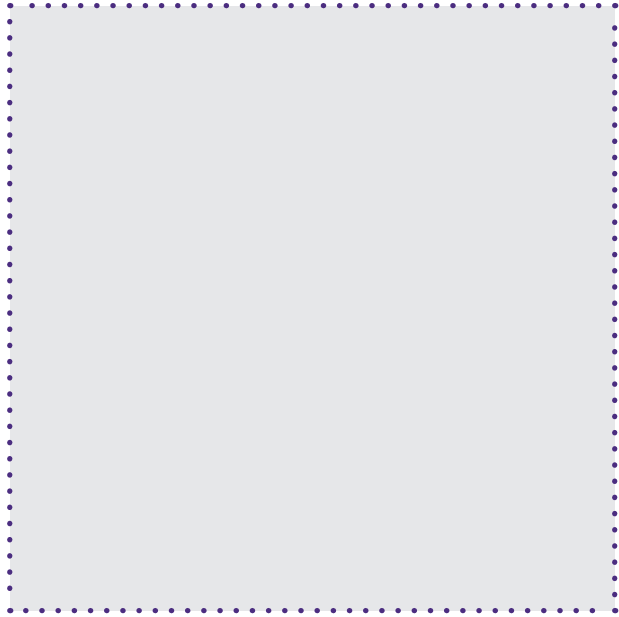
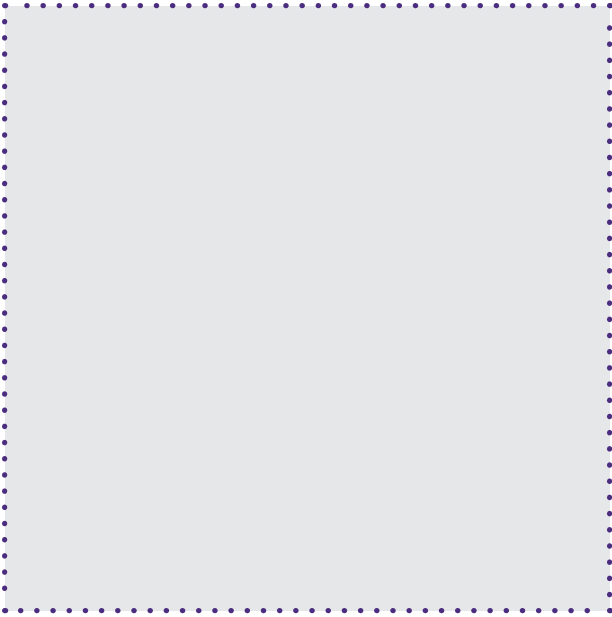


Das möchte ich kochen



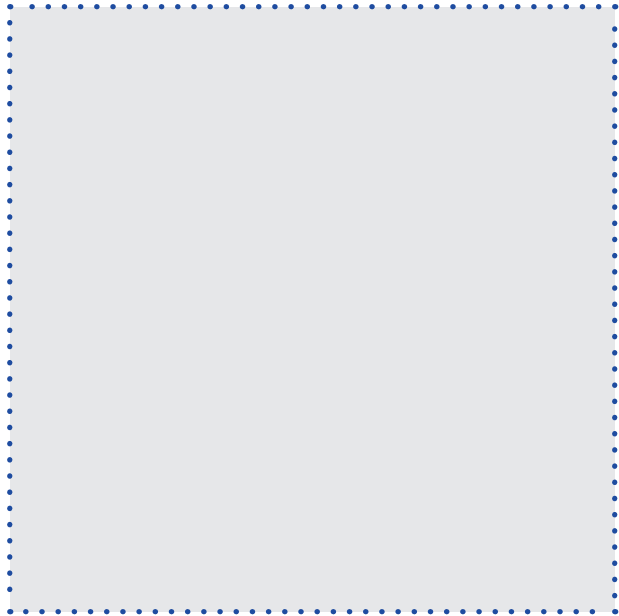
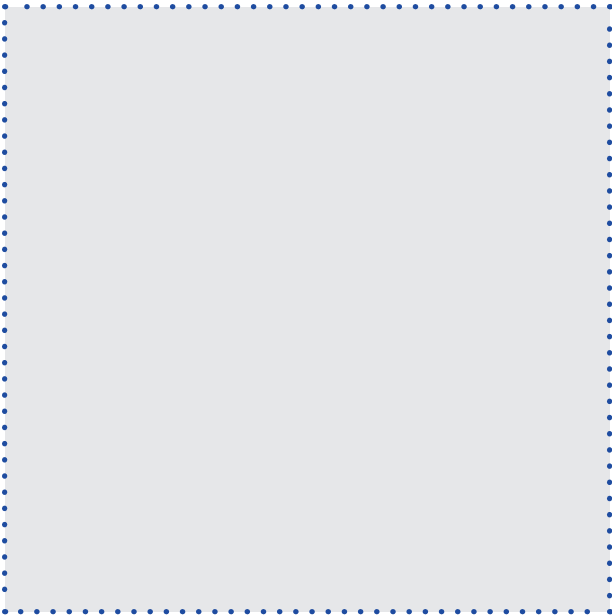
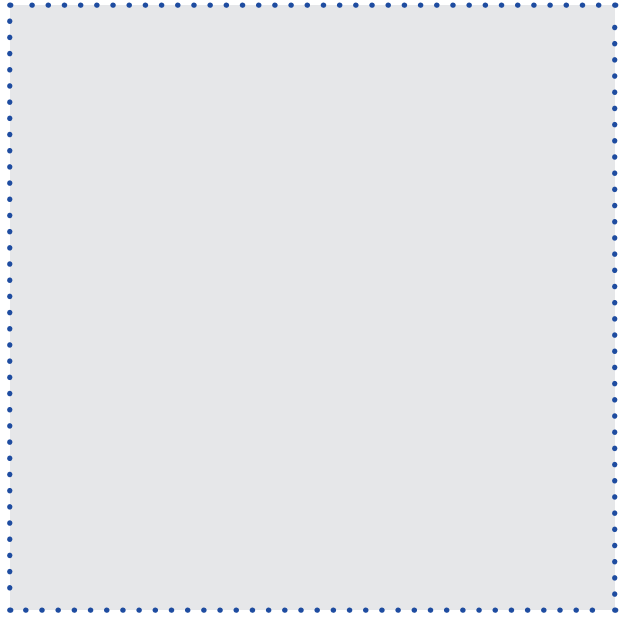
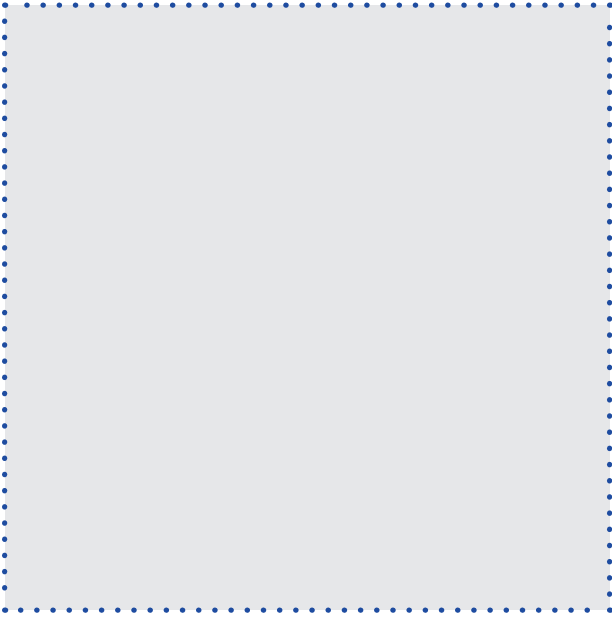
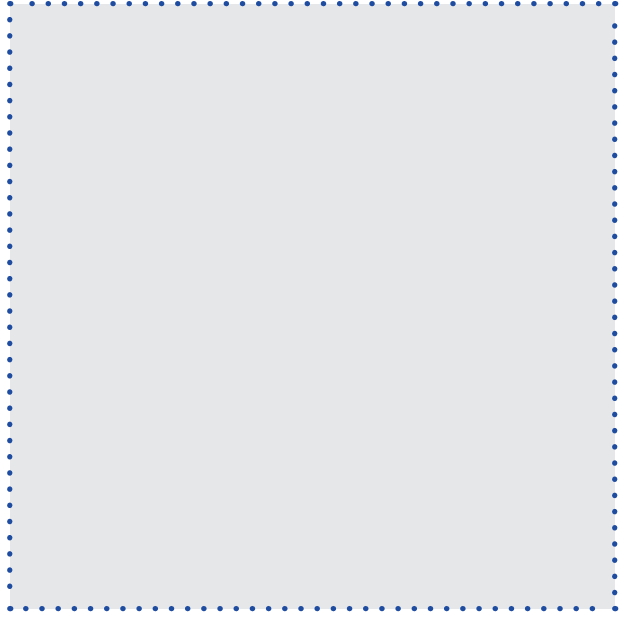
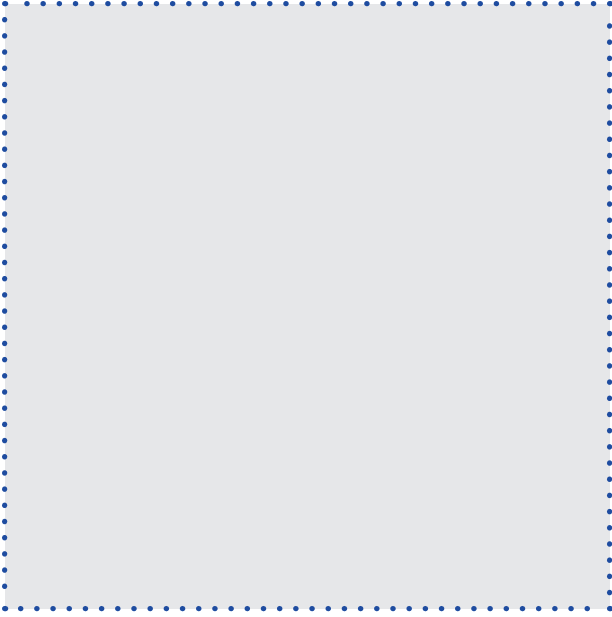


Vorspeisen und Snacks



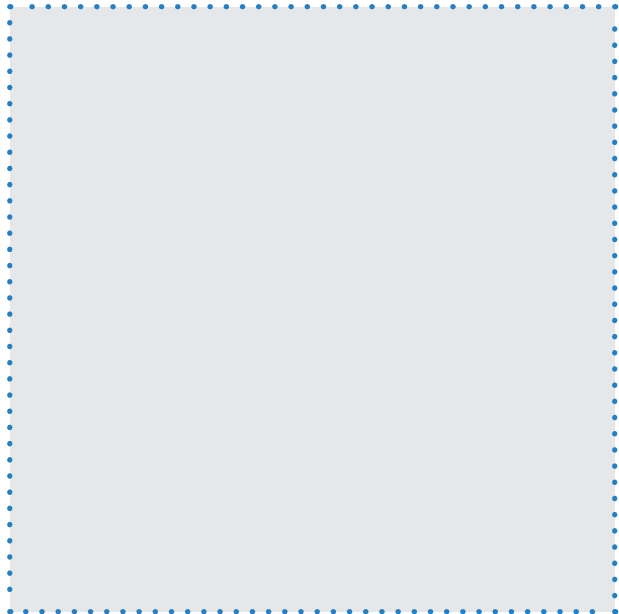
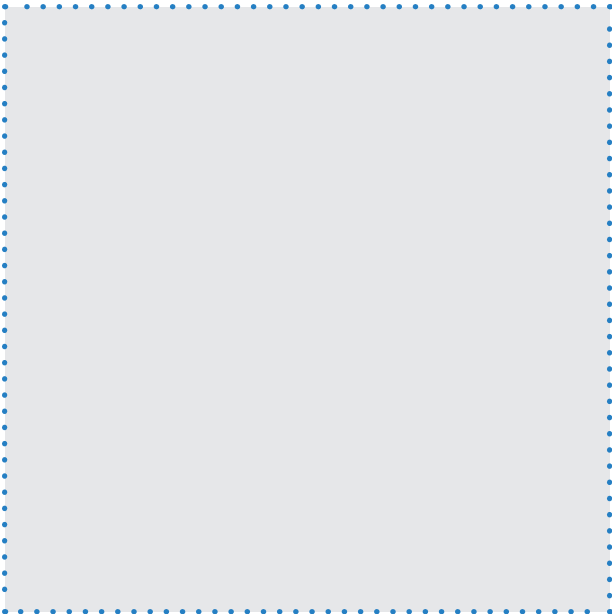
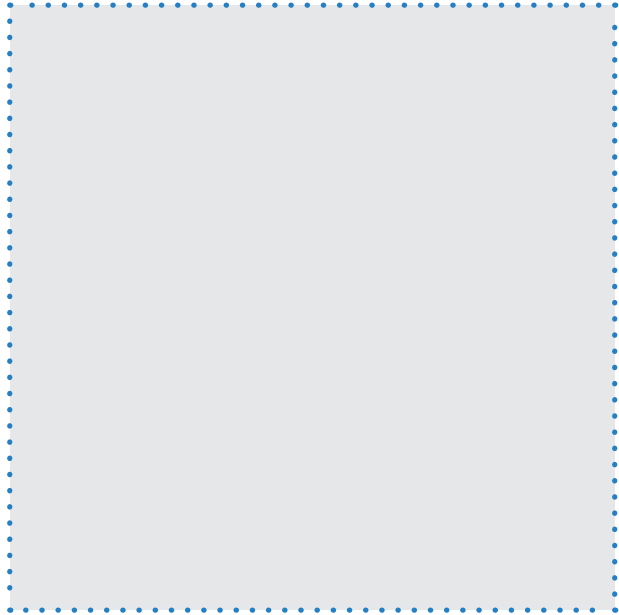
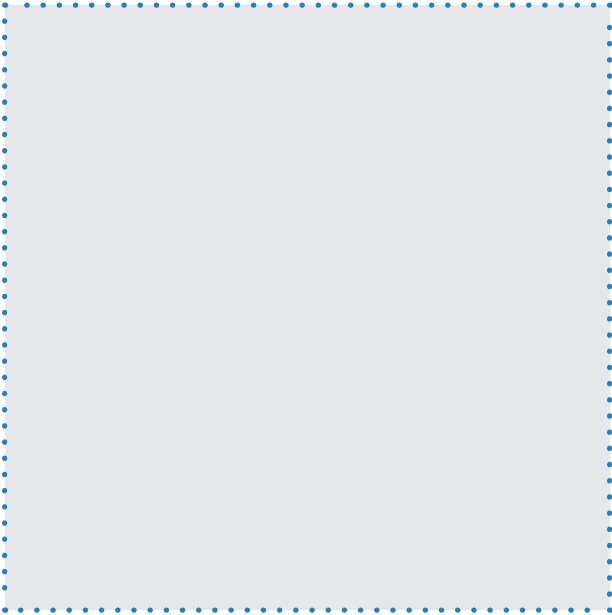
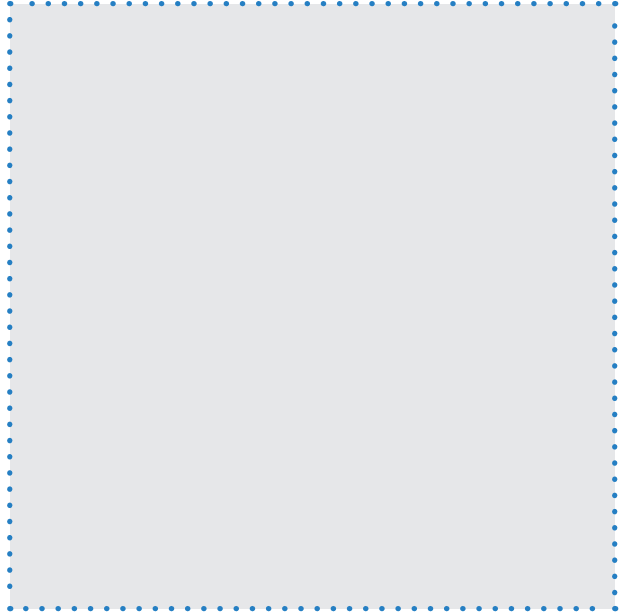
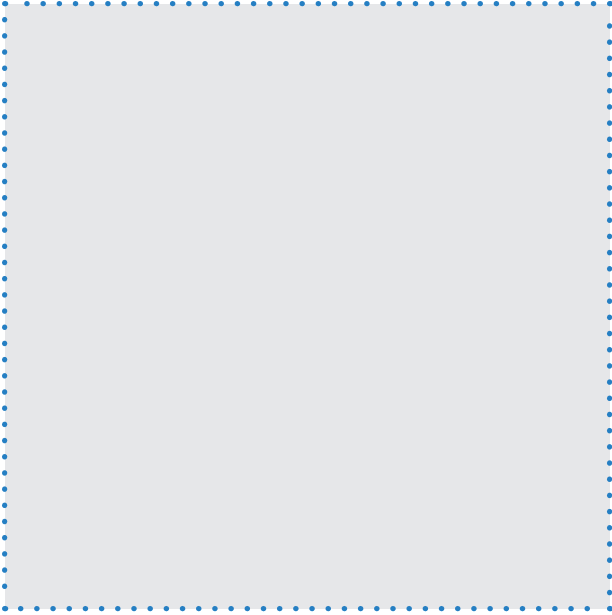


Salate



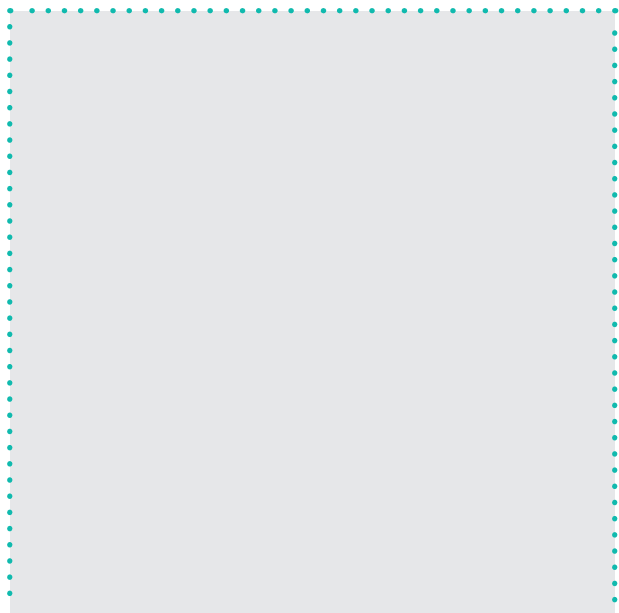
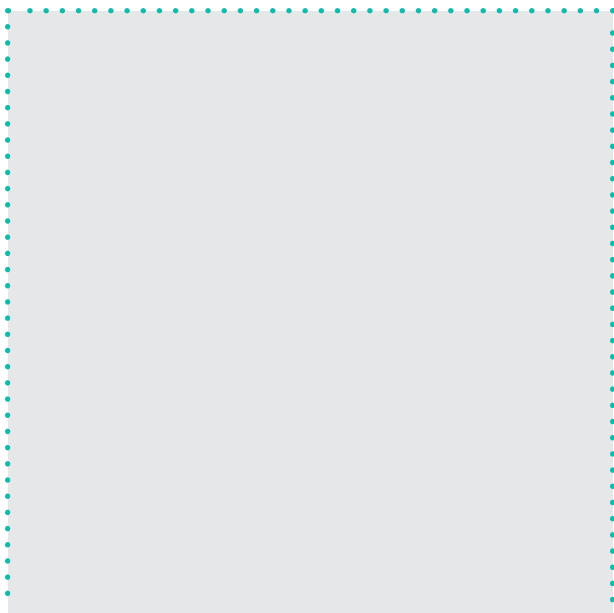
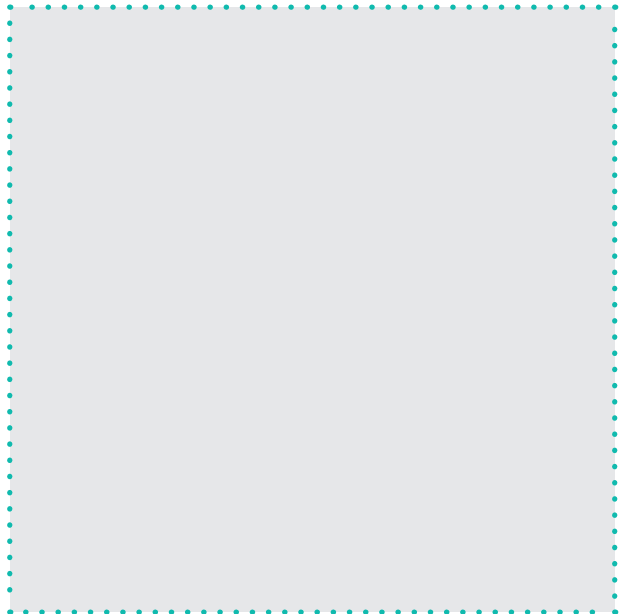
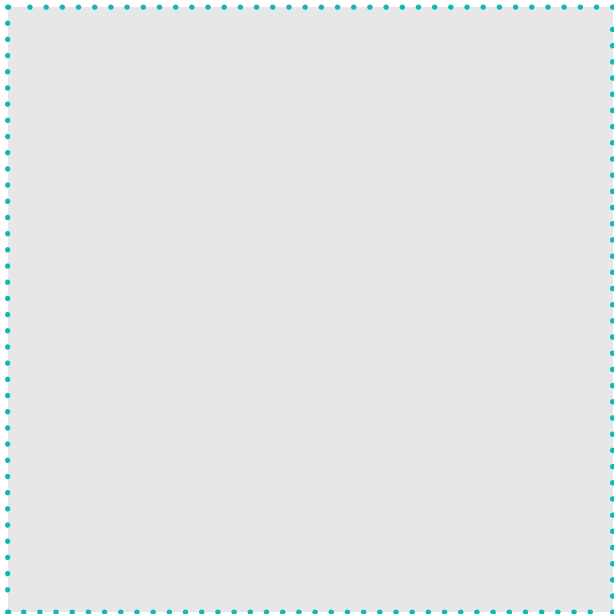
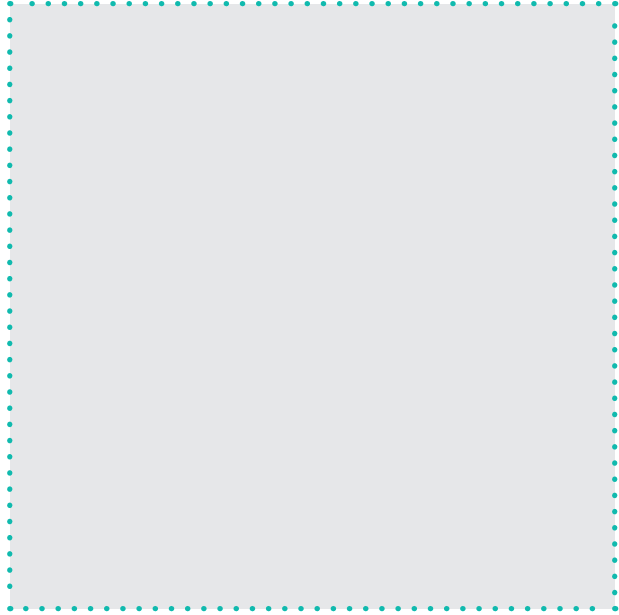
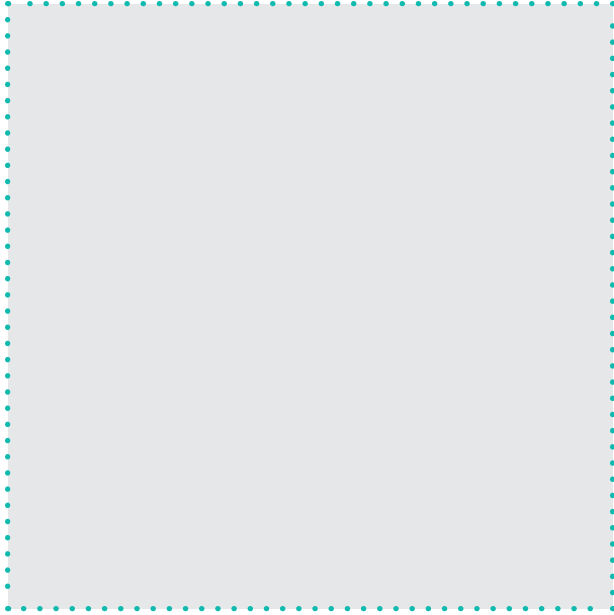


Suppen und Eintöpfe



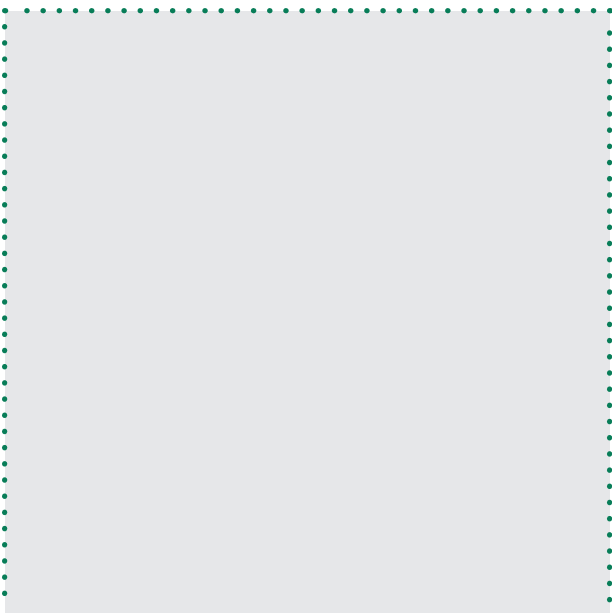
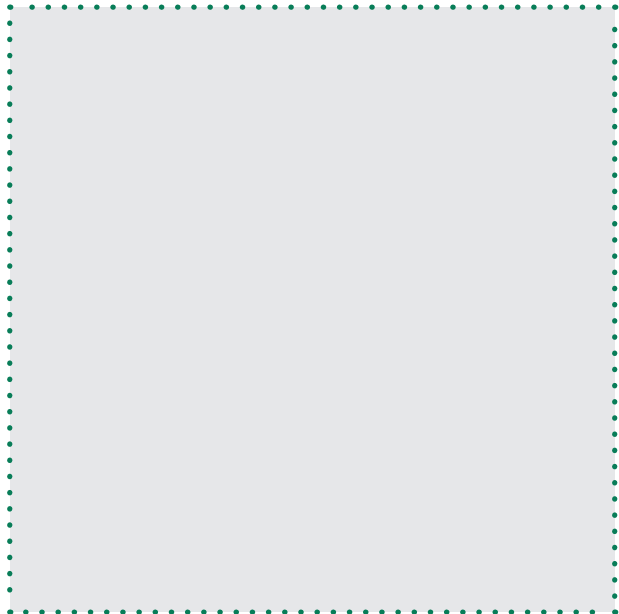
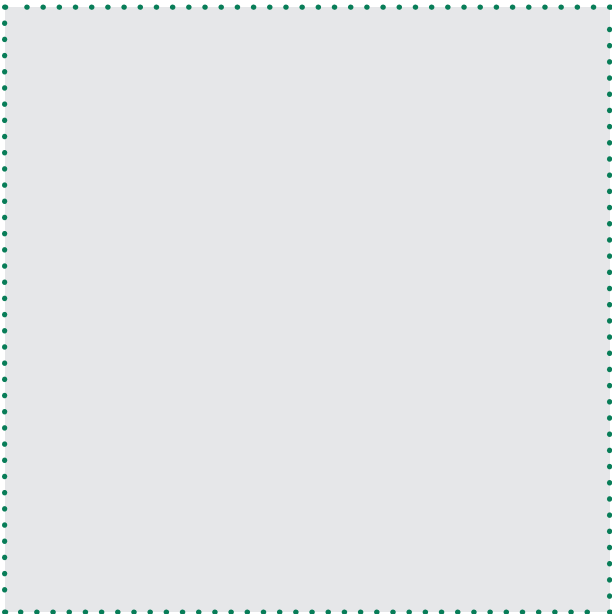
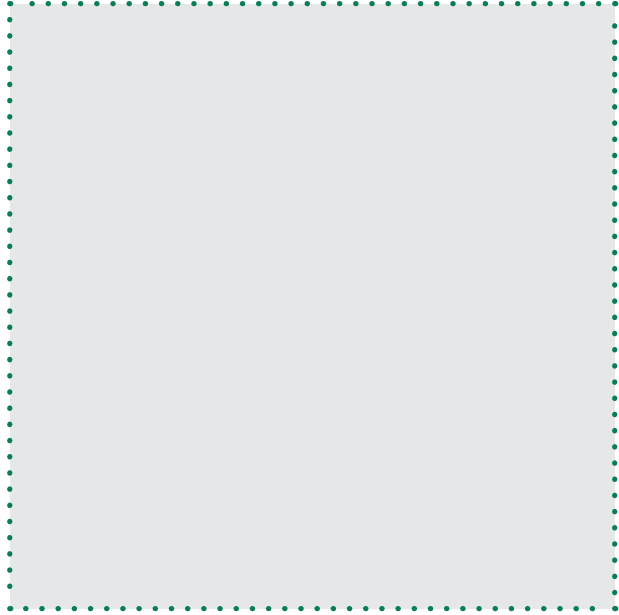
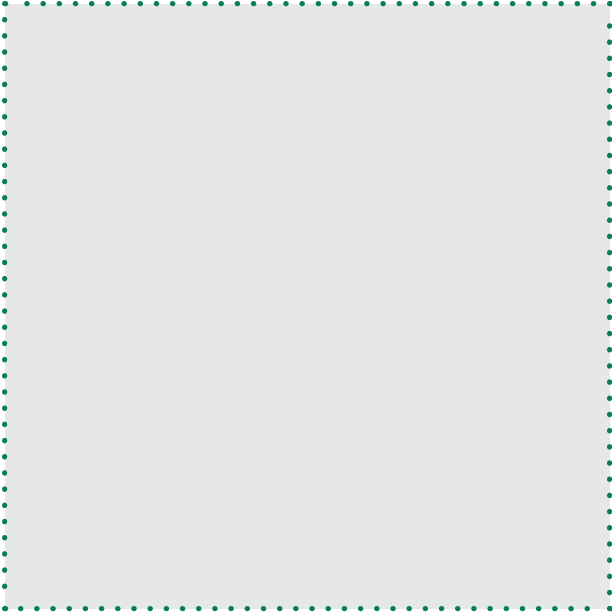


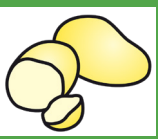
Gemüse



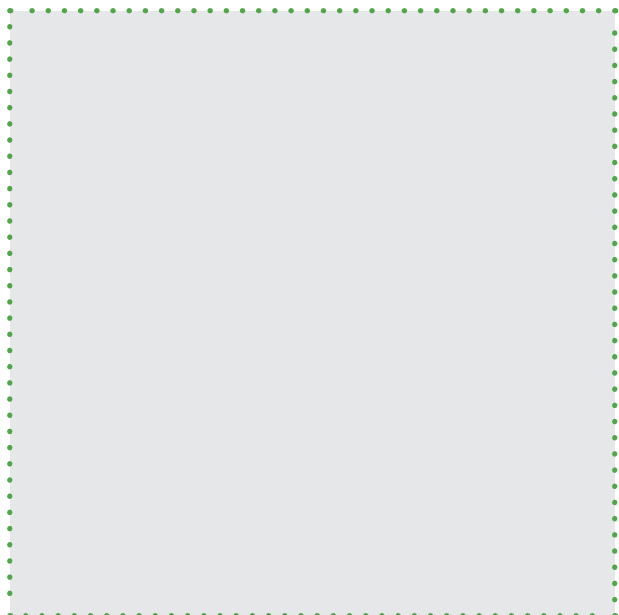
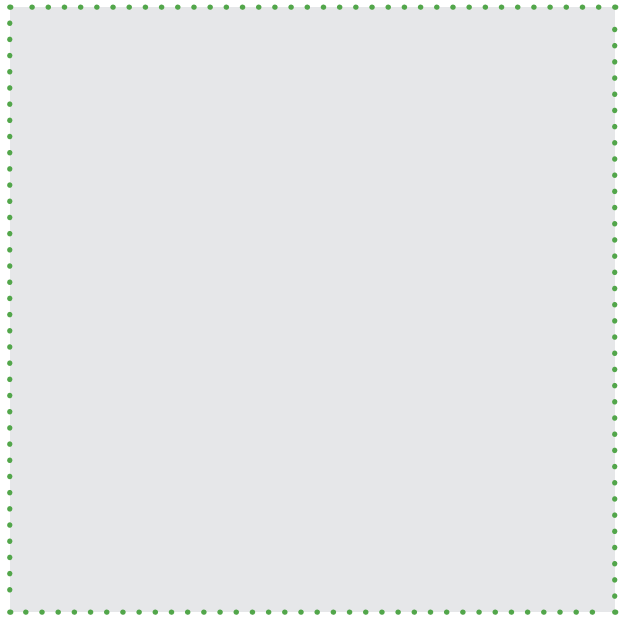
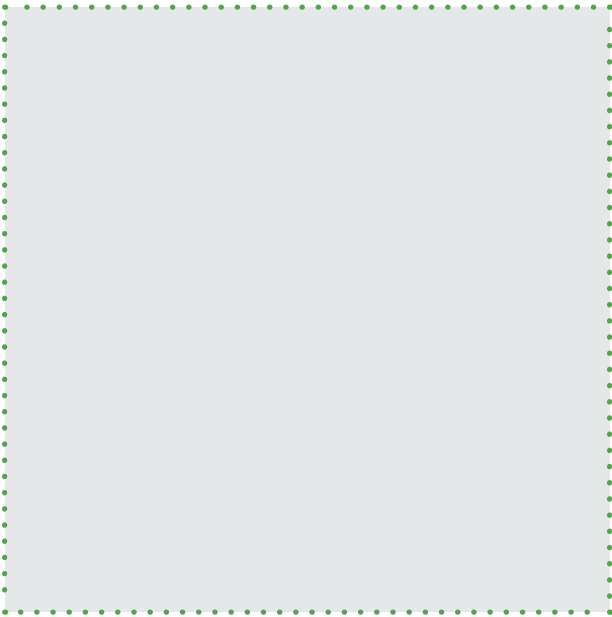
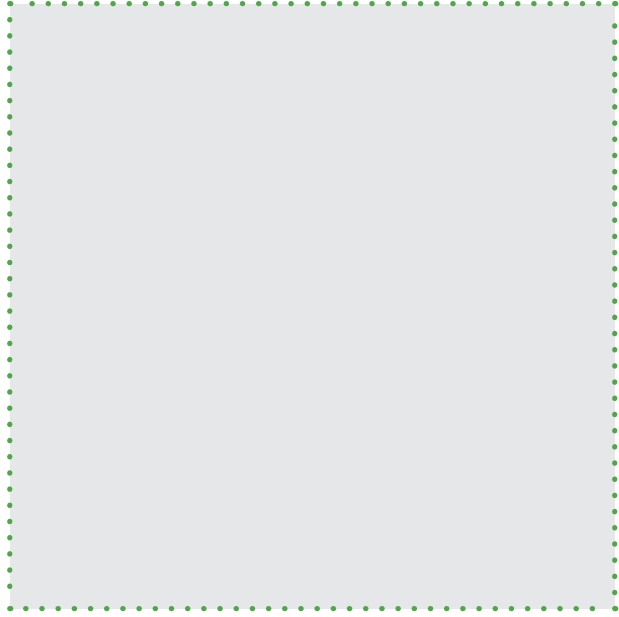
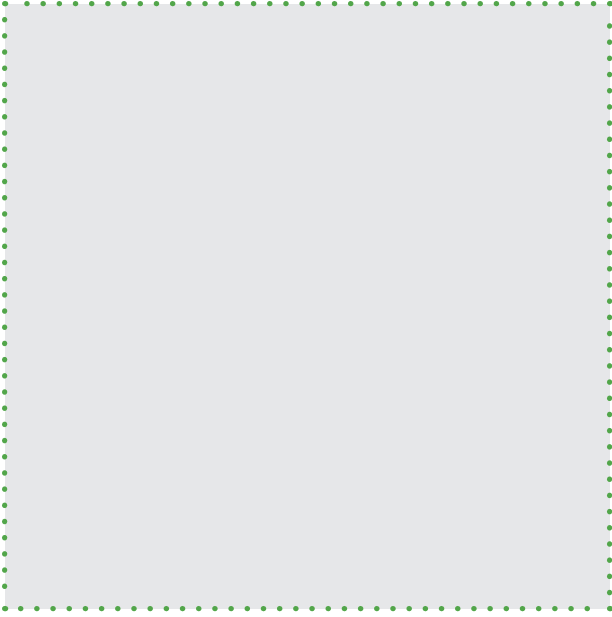


Getreide



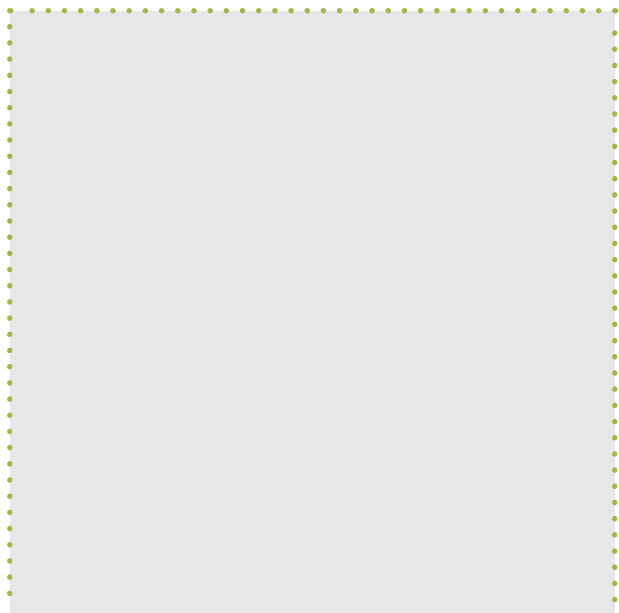
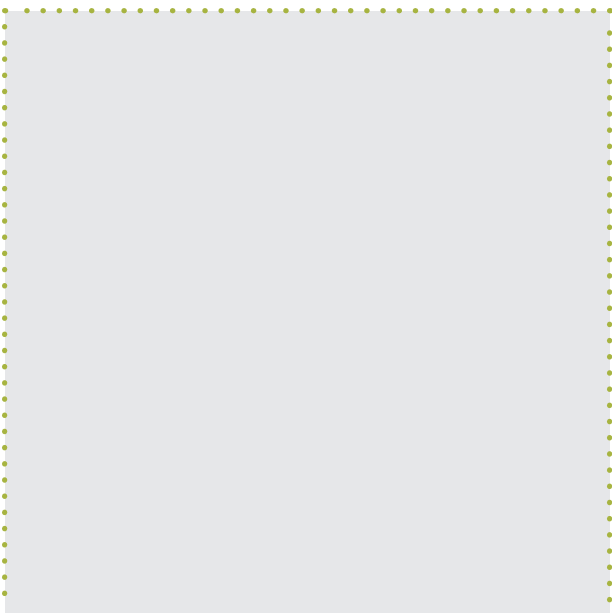
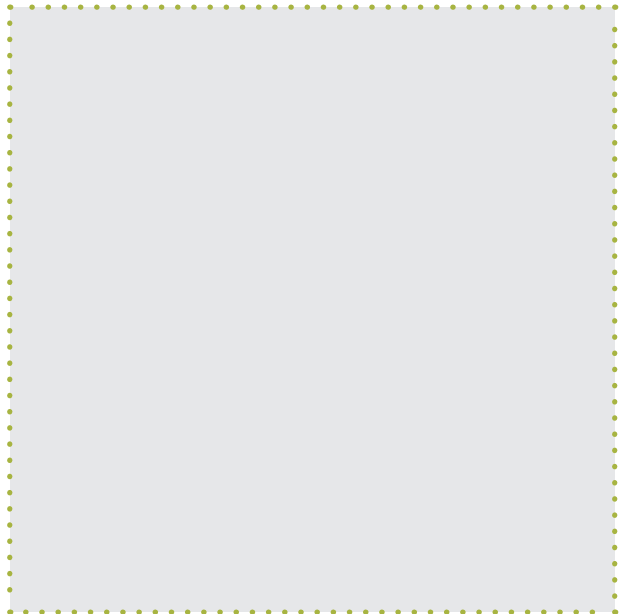
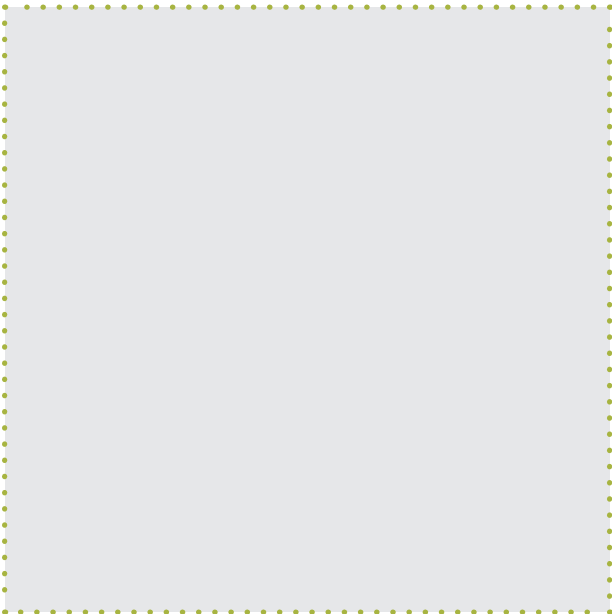
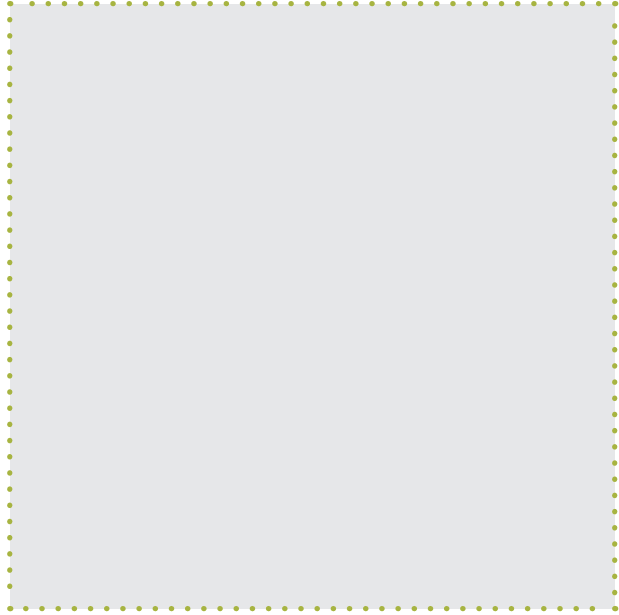
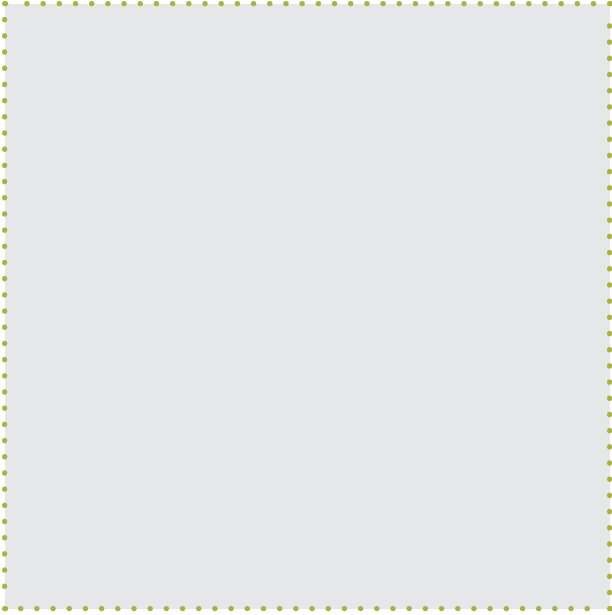


Kartoffeln



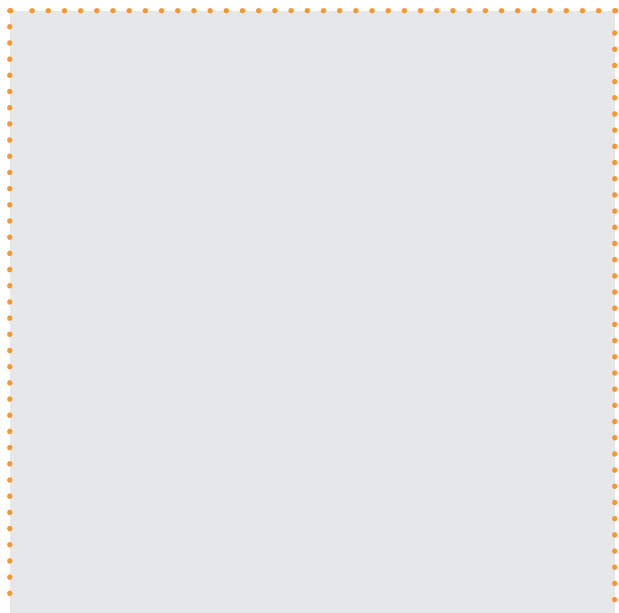
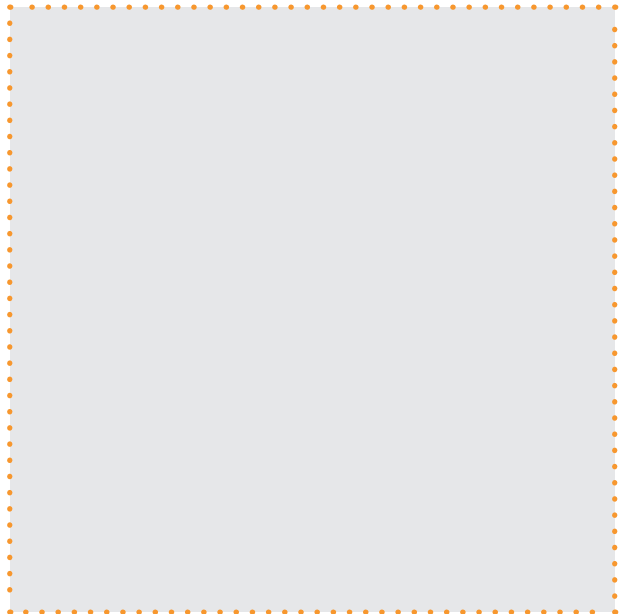
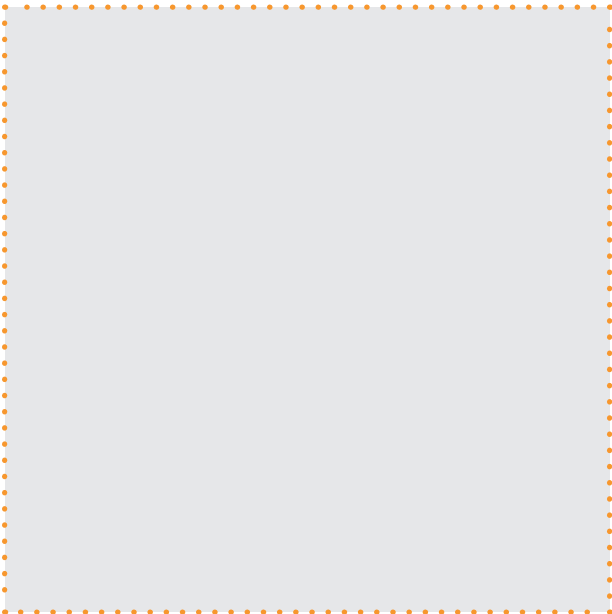
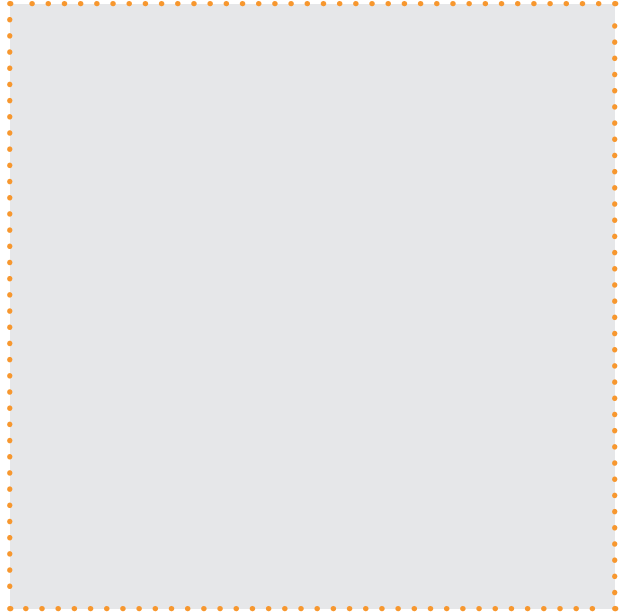
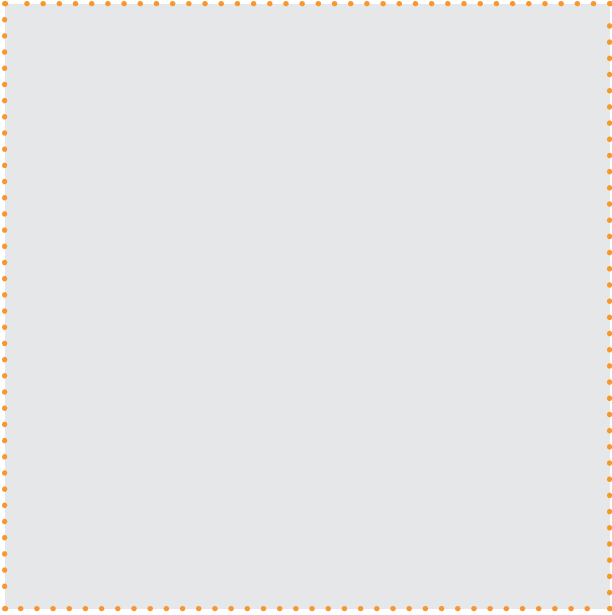


Saucen



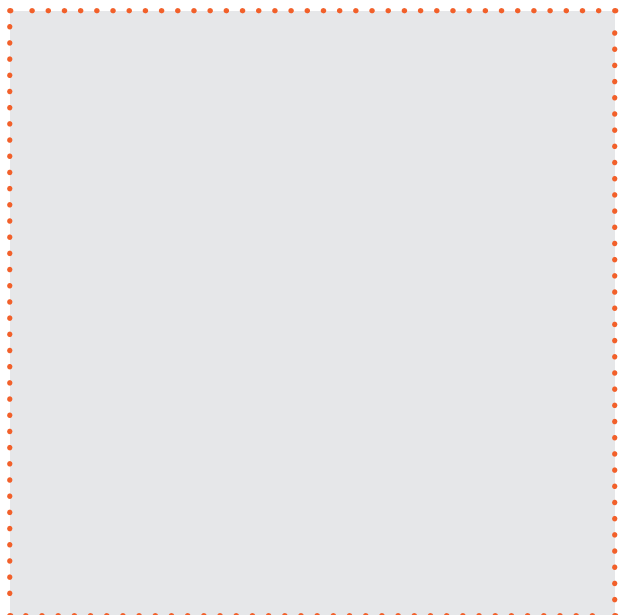
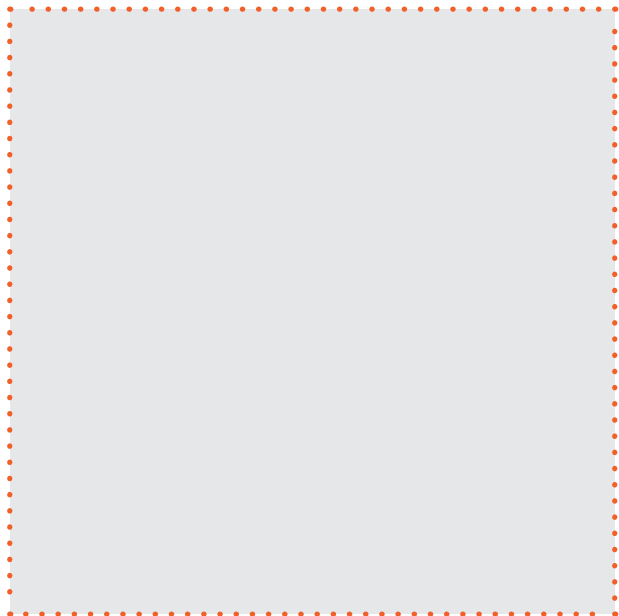
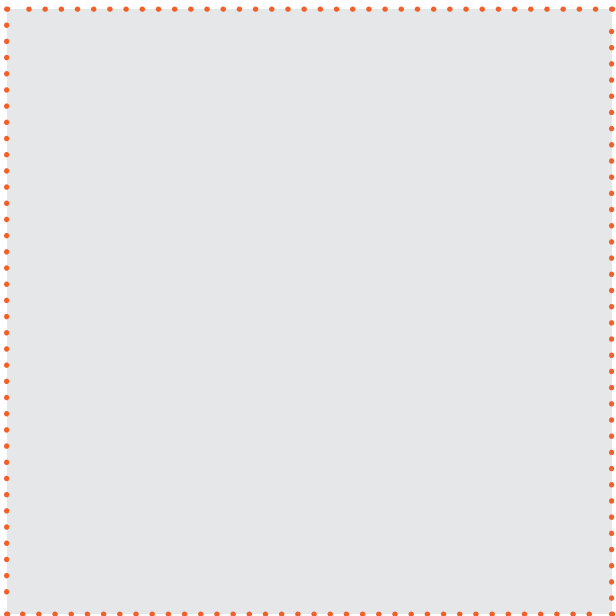
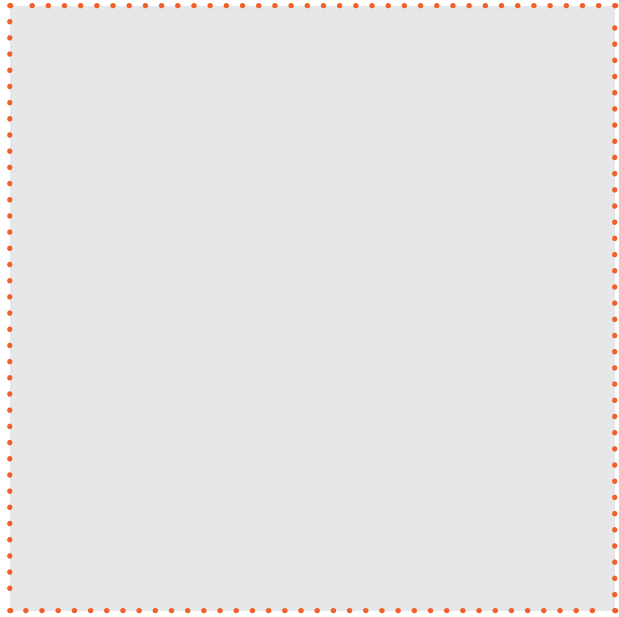
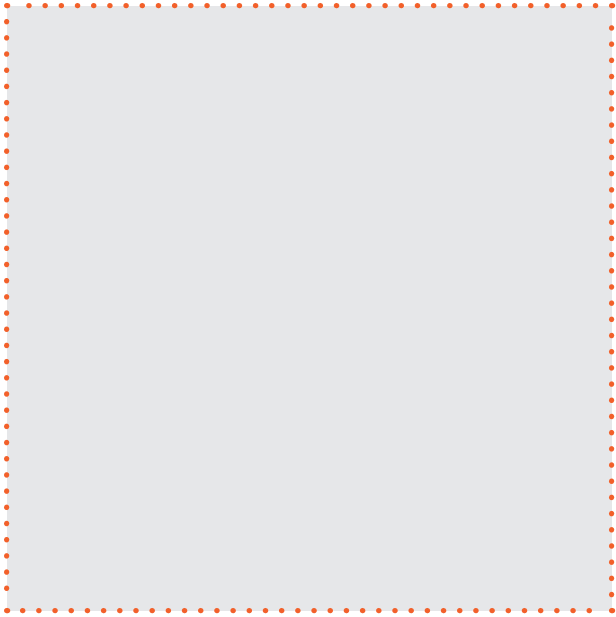


Fleisch und Fisch



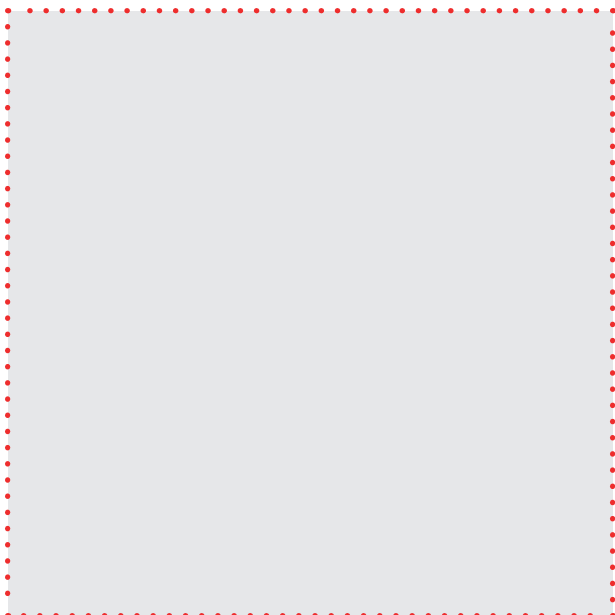
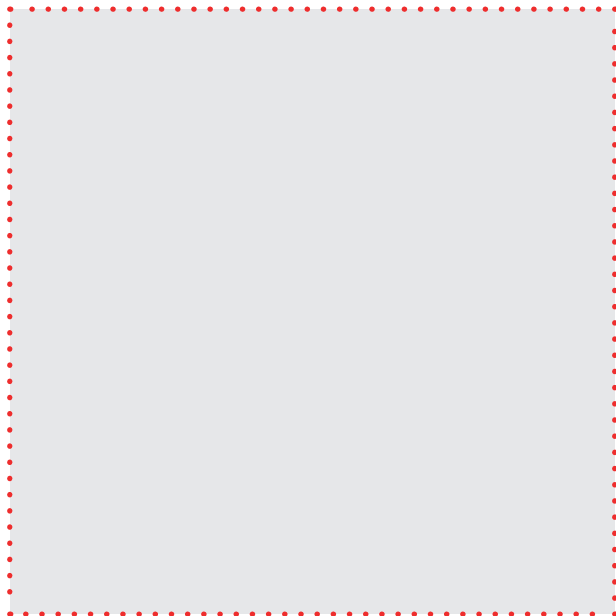
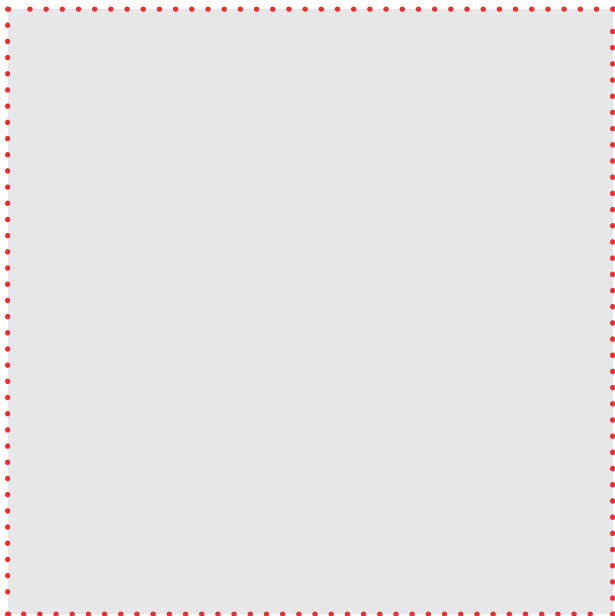
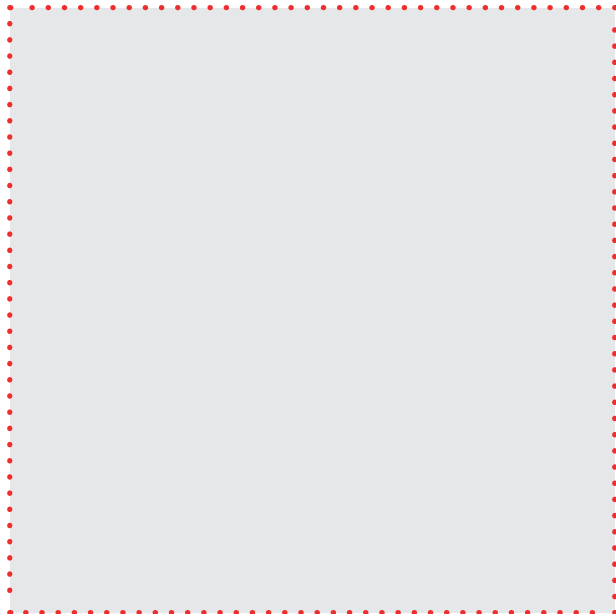
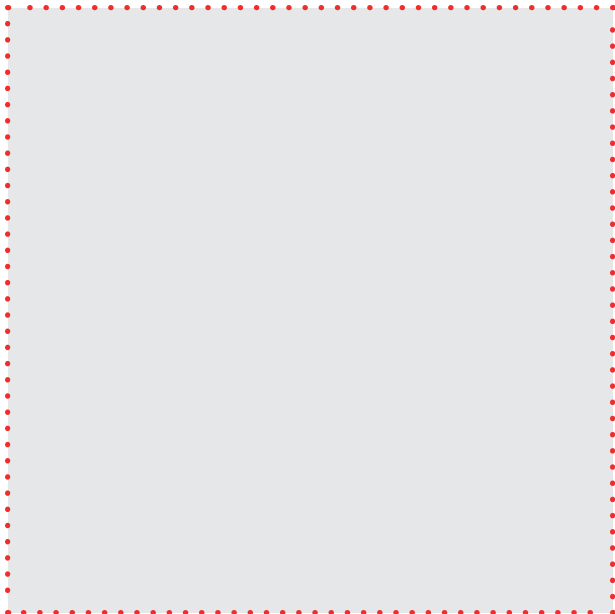


Obst



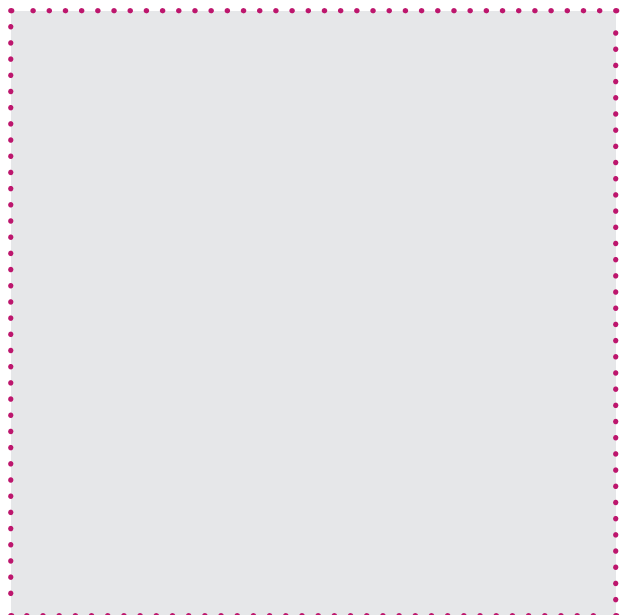
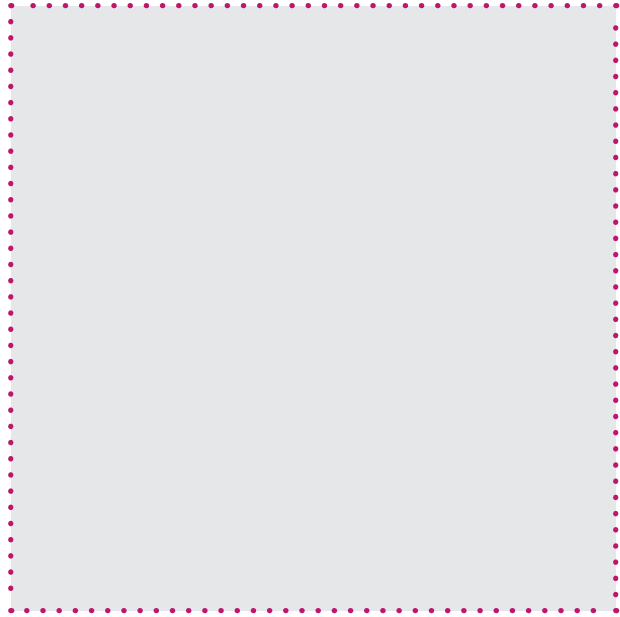
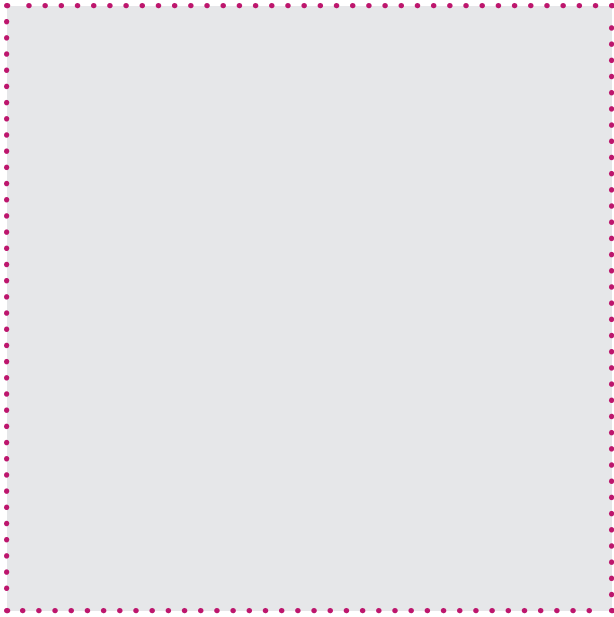


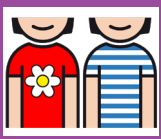
Süßes



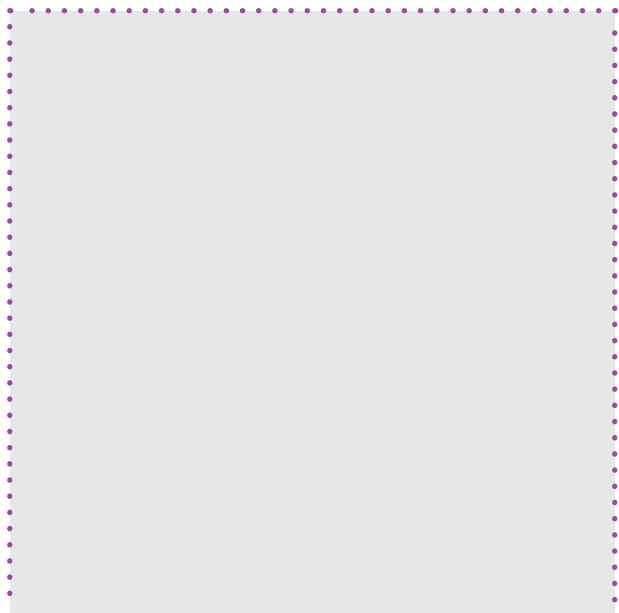
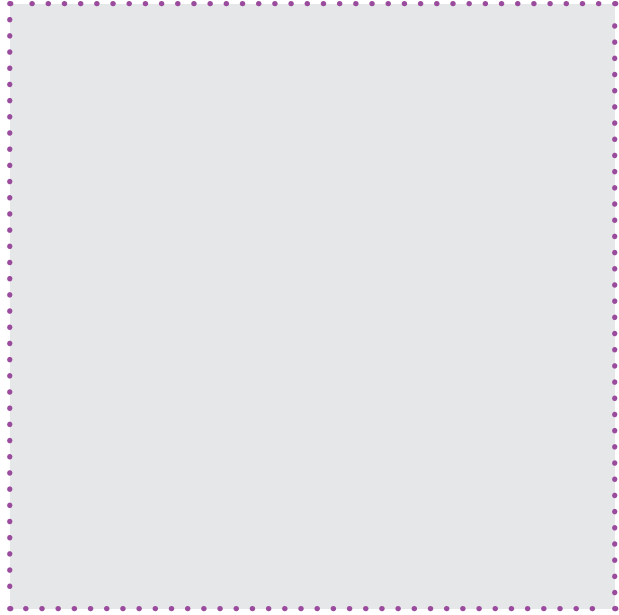
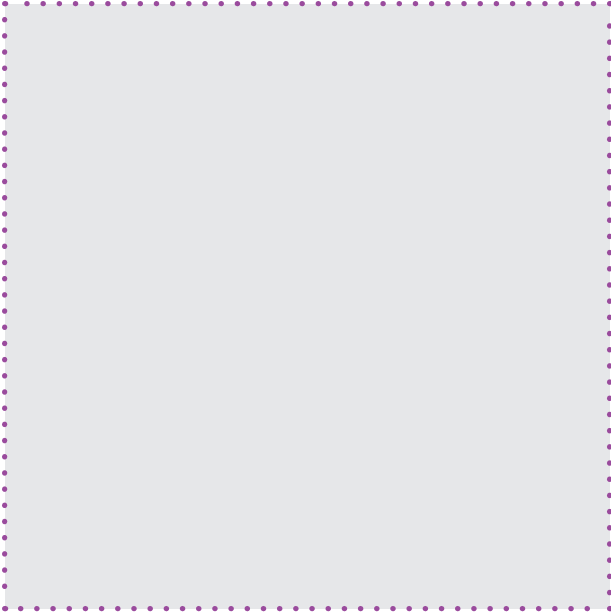


Getränke





Verschiedenes





Fladenbrot



Bruschetta



Griechischer Salat



Lauwarmer Kohlsalat



Karottensuppe



Chili sin Carne



Ofengemüse



Tomaten-Zucchini-Auflauf



Spätzliauflauf



Gemüse-Paella



Kartoffelgratin



Bratkartoffeln



Cinque Pi



Pilzsauce



Hackfleischbällchen



Bratwursttragout



Orangensalat



Bananenbrot



Schokomuffins



Quarktorte



Apfeleiste



Himbeer-Bananen-Drink