



DEADLY DISCLOSURES MURDER IN CHOCVILLE

A Murder Mystery Dinner

LANDESHAUPTSTADT HANNOVER

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LANDESHAUPTSTADT HANNOVER
DER OBERBÜRGERMEISTER

WIRTSCHAFTS- UND UMWELTDEZERNAT
AGENDA 21- UND NACHHALTIGKEITSBÜRO

Trammpplatz 2
30159 Hannover

Ph: +49 511 168 - 41708 / - 49838
E-mail: agenda21@hannover-stadt.de

Idea:
Holger Busch and Gitta Hesse, Ausbrecher und Komplizen publishing house
www.ausbrecherundkomplizen.de

Editorial check:
Dominic Breyvogel, Ingmar Vogelsang

Responsible according to German press law:
Susanne Wildermann

Drawings and layout:
Studio Oliver Sasse, www.studioolli.de

Translation:
redewert, Bernd Leinenbach

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Table of Contents

PDF	1.0	Host's Manual	34 pages / 17 sheets Din A4
		• Introduction	page 3
		• Acknowledgements	page 5
		• Legal Notice	page 5
		• Background Information	page 6
		• How to Play the Game	page 6 - 8
		• The Sustainable Murder Mystery	page 9 - 17
		• Shopping Tips	page 18 - 20
		• Suggested Recipes	page 21 - 34
PDF	2.1	Personality Profile John Rock	8 pages / 4 sheets Din A4
PDF	2.2	Personality Profile Frank Bellows	8 pages / 4 sheets Din A4
PDF	2.3	Personality Profile Andrew Mason	8 pages / 4 sheets Din A4
PDF	2.4	Personality Profile Jane Doogood	8 pages / 4 sheets Din A4
PDF	2.5	Personality Profile Natalia Petroviczka	8 pages / 4 sheets Din A4
PDF	2.6	Personality Profile Nikos Zanidis	8 pages / 4 sheets Din A4
PDF	2.7	Personality Profile Yusuf Karaca	8 pages / 4 sheets Din A4
PDF	2.8	Personality Profile Rebecca Roller	8 pages / 4 sheets Din A4
PDF	3.0	The Scene of the Crime	6 pages / 3 sheets Din A4
PDF	3.1	Clues Round 1	9 pages / 5 sheets Din A4
PDF	3.2	Evidence Round 2	9 pages / 5 sheets Din A4
PDF	3.3	Witness Accounts Round 3	10 pages / 5 sheets Din A4
PDF	4.0	Resolution	4 pages / 2 sheets Din A4
PDF	5.0	Invitation	form / 1 page Din A6

Host's Manual

Introduction

Dear murder mystery friends,

*we are pleased to present you the first fair murder mystery game of Hannover,
the capital of the state of Lower Saxony in Germany, a game that perfectly
combines the desire for criminal investigation and Fair Trade!*

In September 2015, a total of 193 UN member states signed the Sustainable Development Goals (SDGs).

By 2030, governments around the world intend to eradicate poverty, promote education and health, stop climate change and loss of biodiversity, and generally contribute to sustainable development. Accordingly, the Council of the State Capital of Hanover has decided to implement these elementary goals at local level.

Lasting change of this magnitude can only be realised if our comparatively high quality of life does not continue to be achieved at the expense of the people living in the Global South. In this context, sustainable consumption based on Fair Trade plays a decisive role.

Although many consumers associate Fair Trade primarily with fair pay for producers in the Global South, it has much wider implications. Fair trade stands for dialogue, mutual respect and transparency – for all stakeholders involved. We have it in our hands – by helping to improve social and environmental justice worldwide through our consumer choice!

The Agenda 21 and Sustainability Office of the City of Hannover supports Fair Trade by providing intensive support and promotion both within and outside of the City's institutions. Our goal in this context is to create an awareness for Fair Trade and to promote skills in decision-making and in the use of available options on a broad scale. The state capital has been honoured as a "Fairtrade Town" for this effort – you can find more on this at www.hannover-nachhaltigkeit.de.

Our murder mystery should not only 'shine a light', nor is it just about enlightenment in every sense of the word. Fair Trade is not an annoying moral obligation or personal limitation, but enables us to act in a conscious, globally responsible and sustainable manner. Fair Trade makes us think outside the box – and with this murder mystery, we want to inspire you, among other things, to embark on a journey of discovery through the world of Fair indulgence. This is why there are some 'Fair' recipe ideas in the appendix, which will provide a very special (culinary) ambience for your murder mystery event.

**We wish you fun, excitement
and Fair appetite!**

The team of the Agenda 21 and Sustainability Office

Acknowledgements

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Thorge and Udo.

Legal Notice

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The game is made available free of charge.

The associated files may be used and reproduced for personal use.

Any other, especially commercial, use requires the approval of the City of Hannover (Agenda 21 and Sustainability Office).

Publication by third parties is not permitted without the consent of the City of Hannover.

The game is entirely fictional. Any similarities with living or deceased persons or with actual names or places are purely coincidental and unintentional.

Background Information

A murder has happened and any player in this game could be the perpetrator. Everybody is suspicious, has a shaky or no alibi and at least one motive.

Your job now is to identify the killer. You may ask each other anything that comes to mind. At the same time, you will receive various clues or evidence in different rounds of the game, which the players have to use skilfully. This makes it possible to track down the perpetrator and at the same time distract from yourself.

NOTE: Only the perpetrator may lie!

All other players must tell the truth within their role.

Sometimes, however, it makes sense not to mention information if a direct question is not asked, to avoid incriminating yourself. Of course, you may invent things if the answer to a question is not included or implicit in the role information.

How to Play the Game

I.

For this crime game you need 8 players. As a game arbitrator you can play along and assign yourself one of the roles. It is easily possible to prepare the murder mystery without knowing the solution.

II.

In the run-up you send the players their character profiles along with the invitation. This allows everyone to prepare for their roles and ideally dress up for the occasion or role.

III.

You prepare everything for the game. How to design the room is left to your imagination. What is important is that everyone can sit at a sufficiently large table and has eye contact with everybody else. It makes sense to deposit a name tag as well as pen and paper for notes at each place.

IV.

Your murder mystery will be perfect if you prepare a suitable, Fair Trade dinner for it – for recipe ideas refer to the appendix.

We recommend the following procedure:

1.	Introduction to the initial situation and the course of the evening	approx. 5 mins.
2.	Round of introductions (item V.)	approx. 10 mins.
3.	Crime scene round and first round of clues (item VI.)	approx. 10-15 mins.
4.	Appetizer	
5.	The remaining evidence and rounds of clues (item VII.)	approx. 15-20 mins.
6.	Main course	
7.	Witness accounts and round of clues (item VIII.)	approx. 15-20 mins.
8.	Dessert	
9.	Solution (items IX. - X.)	approx. 10-15 min.

The times indicated are based on our experience and are only a rough guideline. Of course, you are free to take more time. Likewise, you can cut short discussions, if everything has already been said.

V.

When all players are ready, you start the game. All players should briefly introduce themselves and their role. This will allow everyone to learn which person plays which character. Do not forget the name tags!

VI.

Now open the evidence folder 'Crime Scene' and show the evidence (0.1 to 0.6). Then you share the first round clues (1.1 to 1.8), which are specifically assigned to the various participants. Each person will only get their specific clue. The newly gained information is now being discussed by everyone. Of course, questions can also be asked that have nothing to do with the new instructions. Perhaps a person does not share a clue so as not to incriminate him- or herself.

VII.

When all the important clues have been mentioned and there are no further questions, you distribute the evidence from the 'second round'. There are no rules this time as to who should get which piece of evidence. You may decide spontaneously or show the evidence to everyone. With the new clues, new questions arise for the participants. At this point, it will be possible to accuse the first suspects.

VIII.

After all the evidence has been discussed, you share the final witness statements and evidence (3.1 to 3.8). Again, there is no set order or recipient. The last questions are now asked, the last suspicions are made and discussed.

IX.

When everything has been brought up again, you move on to the final round. If there are any open questions, this is the last chance to discuss them. Afterwards, all players indicate who they think is the perpetrator – of course with the best possible explanation.

X.

Finally, you read out the resolution. Those who guessed the murderer correctly can be happy, or the act will go unpunished because the wrong person was accused.

The Sustainable Murder Mystery

Even though the plot and characters of the murder mystery are fictitious, the backdrop is in many places inspired by reality. Fair Trade and Fairtrade Towns really exist. To shed some light on the subject, we would like to clarify some terms and background aspects. Of course, many topics can only be touched upon; this is why you can find links for further reading here if you wish.



What is Fair Trade?

Many consumers associate Fair Trade with the payment of a fair price to the producers in the Global South*.

*The Global South includes the so-called developing and emerging countries in South and Central America, Africa, as well as India, China and Southeast Asia. The Global North includes the developed countries in Europe, North America, Russia, Japan, South Korea, Australia and New Zealand.

But fair trade means much more:

Trade relations are long-term in nature and as direct as possible. Producers in the Global South receive significantly better prices for their goods than on the world market. Not only will producers be able to live dignified lives, but additional bonuses will be paid to strengthen democratic structures and improve health care and education. In addition, Fair Trade promotes the transition to organic farming.

Workers not only receive the statutory minimum wage. They get a 'living wage', which allows them to earn their living without want. Occupational safety and health care are also guaranteed. Of course, exploitative child labour and forced labour are prohibited.

The stakeholders of Fair Trade – traders and producers – rely on dialogue, mutual respect and transparency. Therefore, producers and traders have equal representation in all decision-making bodies of the most important Fair Trade organisation, the World Fair Trade Organisation.



For further information on Fair Trade go to:

wfto-europe.org.



What is a Fairtrade Town?

The 'Fairtrade Towns Campaign' was launched by the international Fairtrade Labelling Organisation, which awards the well-known Transfair Seal. Cities and towns can apply here to be a 'Fairtrade Town'.

To qualify, the town council must have taken the decision to promote Fair Trade, for example, by offering Fair coffee in the town hall, and, among other things, the town must create a steering group with representatives of civil society, trade and administration. In addition, a certain number of businesses (depending on the size of the municipality) must offer Fair Trade products. There must also be Fair Trade events on a regular basis.

After certification, these criteria are regularly checked so that Fair Trade is upheld.

Since 2010, the City of Hannover and its municipal institutions have been required by Council decision not to procure any products made using exploitative child labour. Instead, Fair Trade products are to be given preference. By now, coffee, tea and orange juice from Fair Trade are served at all meetings held at the town hall. Other areas, such as workwear, are still undergoing the process of conversion.

The Agenda 21 and Sustainability Office is actively working to spread Fair Trade through a steering group of representatives from the retail, catering and civil society sectors. For this commitment, Hannover was honoured on 10 May 2010 as the first Fairtrade Town in Lower Saxony.

In addition to towns and municipalities, schools and universities as well as scout groups can be certified as pilot projects. Since 2018 there have been seven Fairtrade schools in Hanover, three more are in the application phase. This makes Hanover one of the leading cities in this field in Germany. One of the first two Fairtrade scout groups has also been based in Hanover since 2015.



For further information on the 'Fairtrade Towns Campaign' www.fairtradetowns.org and information on Fairtrade Schools either www.fairtrade-schools.de (in German) or schools.fairtrade.org.uk (UK) resp. fairtradecampaigns.org (USA). For information on the Fairtrade Scouts campaign, go to: www.fairtrade-scouts.de (in German).

What about seals and labels?

In order to ensure that the Fair Trade idea is not abused, the stakeholders have two important approaches to reassure consumers: transparency and control. To implement these, different stakeholders use different strategies.

The big 'Fair Trade companies' (GEPA, El Puente, Banafair, dwp and Globo) are importers. They focus primarily on the transparency of their trading structures – from production through processing to sale. They buy directly from cooperatives and have the raw materials processed on commission. The finished products are then sold with their brand label in World Shops, on the Internet, and some even in supermarkets.

In addition to the large Fair Trade companies mentioned above, there are many small importers and direct traders. These can be recognised as Fair Trade suppliers by the World Shop umbrella organisation.



For information on the 'recognised suppliers', go to the website of the World Shop umbrella organisation: www.weltladen.de (in German - go to -> *Für Kunde/innen* -> *Unsere Fair-Handels-Importeure*).

In contrast, the well-known Fair Trade label of the Fairtrade Labelling Organisation (FLO) focuses more on independent verification. The seal is awarded after verification of producers for individual commodities, such as coffee or cocoa. They must have their compliance with the FLO criteria certified regularly. Companies can then process these raw materials and sell the products under their brand label. To show

that they use Fair Trade commodities, they are allowed to use the Fairtrade seal. For this they pay a license fee to the FLO to finance its work.

For consumers, it is not always easy to see which of the many seals are verified and trustworthy. This is why we have compiled a list of trustworthy Fair Trade seals for food. We present these in the Host's Manual in the chapter 'Shopping Tips' (pages 18-20).



For an overview and evaluation of seals and labels – not only of Fair Trade goods – go to www.label-online.de (in German).

What about blended products?

Coffee, sugar or bananas are pure products. Ice cream, biscuits or chocolate, on the other hand, are so-called blended products made from various ingredients, only some of which are Fair Trade products.

They also contain conventional ingredients, such as milk or flour, mostly sourced from the Global North.

Under certain circumstances, these products may receive the Transfair seal. For this to happen, all ingredients that can be obtained from Fair Trade (e.g. sugar or cocoa) must be 100% Fair Trade. In addition, at least 20% of the ingredients of a product must be Fair Trade, with the exception of drinking water and milk, if the proportion of these two ingredients exceeds 50%.



For more information, go directly to
www.fairtrade.org.uk/What-is-Fairtrade/FAQs

Look for: *How does Fairtrade labelling work with composite products?*

For the use of the EU organic seal, on the other hand, 90% of the ingredients must be produced according to ecological criteria. Other organic farming seals are even stricter.

What about child labour in the quarries?

All over the world children work for money – to support their family or, as in Germany, to supplement their pocket money.

This work becomes problematic when it is physically exhausting or dangerous, but also when it makes it impossible for the children to go to school, or just be a child. This exploitative kind of child labour is banned worldwide by ILO Convention 182.



Nevertheless, especially in India and other Asian countries, children work in quarries. They handle heavy jackhammers and dangerous explosives to blow huge granite blocks out of the rock. The stones quarried are used in Germany as tombstones or for paving. However, some quarries do not use child labour and also pay attention to labour rights generally. You can have your products independently certified by Xertifix.



For further information on exploitative child labour – not only in quarries – and measures against it go to
www.aktiv-gegen-kinderarbeit.de (in German).
Information in English can be found at
www.un.org/en/events/childlabourday.



Why source products from organic and regional agriculture?

Industrial agriculture pollutes the environment with pesticides and synthetic fertilizers. This leads to a decrease in biodiversity, and in the long term, to desertification. Intensive livestock farming causes additional problems with manure production, feed consumption and high use of medicines. These factors put a strain on soil, groundwater and climate.

In addition, there are social problems. Especially in South America, primary forests are cleared for animal feed cultivation and people are displaced. 90% of soybean production and 60% of grain production are used as feed for export, rather than food for people. In southern Spain and North Africa, the scarce drinking water is used to irrigate fruit and vegetable plantations.

Organic farming with its alternative methods of plant protection, use of natural fertilizers, and animal welfare offers a sustainable alternative. Agriculture becomes sustainable when seasonal and regional products are consumed.

Shopping Tips

Regional means seasonal

However, organic products are not always the best choice. Out-of-season, organically grown vegetables and particularly fruit from Spain, Morocco or even Kenya make their way to our tables. Not only is it true that the less traffic a foodstuff produces, the better it is for the environment. Water consumption is also a major problem in some growing areas, because the water is then no longer available to people for drinking or other uses.

Seasonal fruits and vegetables grown by local producers consume significantly less energy for transport or growth in the greenhouse. Thus, the decision for regional and seasonal food also reduces the impact on the environment. Most seasonal products are also cheaper.



A seasonal calendar for food can be found here:
www.bbc.com/food/seasons.

Out of season – durable instead of fresh foods

Especially in winter, seasonal supply of fruit is possible only to a limited extent. If you wish to avoid imports, dry fruits are particularly suitable. Vegetables, on the other hand, are often available in stock – potatoes, carrots or cabbage and even apples can be kept fresh during the winter even without cooling.

Food seal list

Fair Trade products are no longer exclusively sold in the specialist shops of Fair Trade, the World Shops. Organic food stores, supermarkets and discounters also offer Fair Trade products. In order to help consumers, navigate the jungle of seals, we have compiled the most important seals and labels for Fair Trade here. We have also listed the seals for organically produced foods.

Fair Trade product labels

The following seals guarantee that the products or their ingredients come from Fair Trade.



The best-known product seal in Germany is the Transfair seal.



In addition to Fair Trade, the 'fair for life' programme requires that caring working conditions are observed along the entire supply chain – including further processing.

Suppliers of Fair Trade products

All of the following companies are officially certified and recognised suppliers of World Shops. Their entire product line meets the requirements of Fair Trade.



For information about other recognised suppliers, go to the page of the World Shop umbrella organisation: www.weltladen.de
(in German - go to -> *Für Kunde/innen* -> *Unsere Fair-Handels-Importeure*).



The 'Naturland Fair' seal identifies products, which, in addition to the Naturland requirements for organic farming, also fulfil the criteria of Fair Trade. It can therefore also be used for ingredients from the Global North, e.g. for Fair Trade milk from Germany.



The Rapunzel brand's own label also stands for a combination of socially and biologically sustainable production. It has developed its own criteria based on Fair Trade standards.



Organic agriculture product seals

The German and EU organic seals guarantee that the labelled foods were produced under organic conditions such as the absence of pesticides and synthetic fertilizers.



Furthermore, there are the organic farming seals. Their requirements go beyond the EU organic seal by taking into account further ecological aspects and applying stricter criteria. For example, they do not allow for both organic and conventional production on the same farm.



Shopping Guide for Hannover

The Agenda 21 and Sustainability Office has compiled a shopping guide for Hanover with addresses of stores that stock Fair Trade products called “gat fair”. The shopping guide is available in many public buildings, such as libraries or neighbourhood centres. It can be downloaded in German and English from www.hannover-nachhaltigkeit.de – search for “*get fair english edition*”.

Suggested Recipes

All recipes serve eight unless otherwise stated.

Almost all ingredients can be found in ecological quality in health food stores or in well-stocked supermarkets.

All ingredients marked in bold can be obtained from Fair Trade. Of course, the biggest selection is offered by the World Shops, but many products are also available in a number of supermarkets.

Iced Coffee



Ingredients per portion:

- 100 g cream
- 1 tbsp **vanilla sugar**
- 4 scoops of ice cream (vanilla flavour)
- 300 ml of brewed **coffee**, well chilled

Directions:

Mix the cooled coffee with the vanilla sugar and pour into a suitable container. Add the ice cream, then top with whipped cream. Done!

Banana Kiwi Smoothie

Ingredients per portion:

- 100 g **banana**
- 110 g kiwi
- 50 ml **orange juice**
- 10 ml lemon juice
- 100 g (soy) yoghurt
- 1 tbsp **honey / agave syrup**



Directions:

Peel and chop the bananas and kiwis, then finely puree them in a blender. Add orange and lemon juice, yoghurt and honey. Mix again until a uniform mass is obtained. Refrigerate for at least one hour before serving.

Turkish Red Lentil Soup

Ingredients:

- 3 small onions
- 70 ml **olive oil**
(ca. 1 tbsp per portion)
- 200 g **red lentils**
- 200 g **bulgur**
- 3 l vegetable stock
- 150 g tomato paste
(ca. 1 tsp per portion)
- Salt
- **Pepper**
- **Paprika powder**



Fresh chopped chili to taste

For garnish: fresh chopped mint, unsweetened (soy) yoghurt

Directions:

1. Peel the onions and cut into small cubes, then brown in olive oil.
2. Wash the red lentils and add to the onions with the bulgur, vegetable stock and tomato paste.
Mix everything together well. Add the red chillies to taste.
3. Boil and simmer on a low heat until the lentils and bulgur are cooked (20-30 mins), stirring occasionally so that nothing burns.
4. Add vegetable stock to achieve the desired consistency of the soup, if necessary.
5. Season to taste with salt, pepper and paprika powder.
6. Serve with chopped mint and a dollop of yoghurt.

Black Bean Tacos

Ingredients:

For the filling:

- 300 g **quinoa**
- 200 g **dried black beans** or **kidney beans**
(alternatively from tin / jar, drained net weight 500 g)
- 2 tins of maize (drained net weight ca. 550 g)
- 4 spring onions
- 2 small red onions
- some juice from 2 squeezed lemons (ca. 100-150 ml lemon juice)
- 4 tbsp virgin **olive oil**
- 2 tbsp **pimenton del la vera** (smoked paprika powder) (Fair Trade)
- 3-4 tbsp **chilli flakes**

For the guacamole:

- 2 tomatoes
- 2 ripe avocados
- 2 cloves of garlic
- Remaining lemon juice

Containers for filling:

- 16 maize taco shells

For garnishing:

- 4 tbsp unsweetened yoghurt
- 6-8 stalks of fresh coriander
(or fresh parsley),
finely chopped

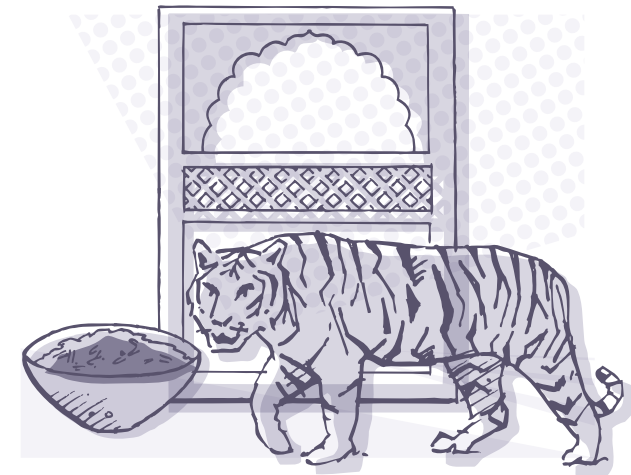


Black Bean Tacos

Directions:

1. Soak beans in plenty of water (so that all beans are covered) overnight.
Then cook with a little salt (depending on the beans 30 mins to 2 hrs).
Then drain and wash.
2. Rinse quinoa in a colander.
Bring to the boil with twice the amount of water and half a teaspoon of salt and cook with open lid for 8-10 minutes on a low heat.
Then take the pot from the heat and allow the quinoa to swell.
3. Drain beans and maize carefully in a colander.
4. Clean the spring onions and cut into fine rolls, then cut onions into thin strips.
5. Mix beans, quinoa, maize, spring onions and onions.
Mix with three tablespoons of lemon juice and the olive oil.
Season with smoked paprika, salt and chilli flakes.
6. Wash the tomatoes and cut into small cubes, removing the stem base.
Peel and finely chop the garlic.
Coarsely crush the pulp of the avocado with a fork.
Mix everything together with the tomatoes and the remaining lemon juice.
7. Wash coriander and shake dry.
To serve, put some bean and quinoa stuffing in the taco shells and add a little avocado on top.
Distribute (soy) yoghurt and chili sauce as desired.
Sprinkle with coriander.

Vegetable Curry with Purple Rice & Curry Lentil Balls



Ingredients Vegetable Curry with Purple Rice:

- 300 g **purple rice**, or **basmati rice** as a substitute
- 2 onions
- ca. 4 tbsp neutral oil for searing
- ca. 2 kg seasonal mixed vegetables, chopped
(e.g. green asparagus, broccoli, peppers, peas, courgettes, celery, chard, spinach, cauliflower, white cabbage, boiled white beans, kohlrabi, carrots)
- 8 tbsp **curry mixture** (powder), or one glass of **curry paste**
- 500 ml **coconut milk**
- If necessary, some flour to thicken
- **Cashews / almonds**, chopped, for garnishing

Vegetable Curry with Purple Rice

Directions:

1. Boil the rice with twice as much water and $\frac{1}{2}$ -1 tsp salt.
Then cook on medium heat until the water has evaporated to the point where the rice is no longer covered.
Then take from the heat and allow to swell in covered pot.
2. Coarsely chop the onions or cut into strips. Wash the vegetables, peel them if necessary and cut into bite-sized pieces.
3. Sauté the onions in oil until soft and opaque.
If curry powder is used, sauté it with the onions.
Add the vegetables one at a time and sauté while stirring until lightly coloured.
First add 'hard' vegetables (carrots, asparagus, cauliflower, kohlrabi) and steam longer than 'soft' and cooked vegetables (zucchini, broccoli, peas).
Add any leafy vegetables last.
4. Quench with water until half of the vegetables are in the water.
Continue to sauté the curry on a medium heat for 10-20 minutes until the vegetables have reached the desired firmness.
Then add the coconut milk and let simmer again for 5-10 minutes on a low heat.
5. If the curry is too thin, mix 1-2 tablespoons of flour in about two to three times as much water, add to the curry and bring to the boil.
6. Then season and, if necessary, thicken again.
7. Chop nuts coarsely and roast dry in a pan until they start to colour; sprinkle over the curry when serving.

Curry Lentil Balls

Ingredients Lentil Balls ca. (30 balls):

- 250 g **red lentils**
- 1 onion
- 2 cloves of garlic
- $\frac{1}{2}$ bunch of fresh coriander
- $\frac{1}{2}$ bunch of fresh mint
- 3 tbsp of lemon juice
- 2-3 tsp of **hot curry powder**
- salt
- 4 tbsp of wheat flour
- **cayenne pepper**
- 1 l neutral oil (for frying)

Directions:

1. For the balls, soak the lentils in plenty of hot water.
Strain through a colander and drain carefully.
2. Peel and chop onion and garlic.
3. Wash the herbs and shake dry, pluck leaves from the stalks and chop coarsely.
4. Put the lentils, onions, garlic, herbs, lemon juice, curry and 1 tsp of salt in a mixing bowl and puree with a hand blender.
Stir in the flour.
Sharply season the mixture with $\frac{1}{2}$ teaspoon salt and cayenne pepper and let rest for 30 minutes.
5. Form small balls from the lentil mass with moistened hands.
Heat the oil in a saucepan, carefully add the lentil balls and fry until golden brown.
6. Lift out with a skimmer and drain on several layers of kitchen paper.
Then add to the finished curry.

Chili sin Carne



Ingredients:

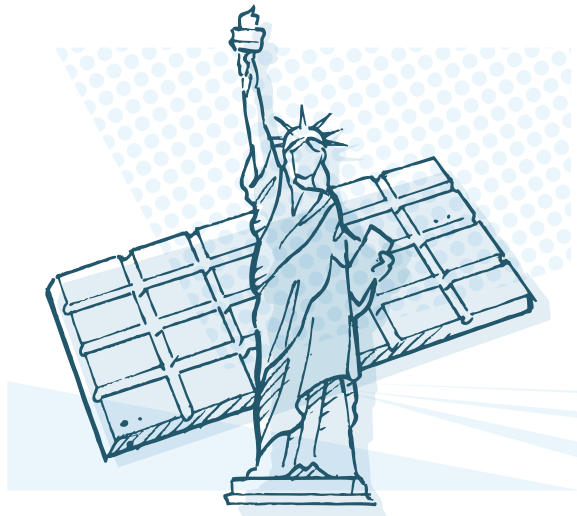
- 400 g fine soy granules, or 500 g **buckwheat** or 400 g lupine tofu
- 2 kg fresh tomatoes or 1 kg of tomato puree
- 300 g **dried kidney beans**
(or from tin / jar, drained net weight ca. 750 g)
- 2 tins of sweetcorn (drained net weight ca. 550 g)
- 3 peppers (red)
- 4 red onions or 2 white onions
- 500 ml vegetable stock
- **olive oil** for searing
- salt and **pepper**
- **paprika powder**
- **chilli flakes**
- 1 bunch of fresh chives, finely chopped, for garnish

Chili sin Carne

Directions:

1. Soak beans in plenty of water (so that all beans are covered) overnight. Then cook with a little salt (depending on the beans 30 mins to 2 hrs). Then drain and wash.
2. Boil up the soy granules with twice the amount of vegetable stock, then take from the hob and allow to swell for about 15 minutes. Alternatively, boil the buckwheat with twice the amount of water, then take from the hob and allow to swell for about 15 minutes. Coarsely crush the lupine tofu with a fork.
3. Cut the onions into small cubes and briefly fry them together with the chunks of soybean (or its alternative) in a pan in a little olive oil. Chop the fresh tomatoes, removing the seeds and stem base, then sauté briefly.
Or add the tomato puree.
Add the vegetable stock and the washed kidney beans and maize.
4. Wash and pit the peppers and cut them into cubes, then add them as well. Season with salt, pepper and paprika and (carefully) add chili to taste.
5. Simmer the chili for about 20-30 minutes at a medium to low temperature; if necessary, add more vegetable stock.
6. Keep stirring, sampling and seasoning regularly, especially to get the right level of spiciness. Start with only a small quantity of chili!!!

Gluten-free Chocolate Muffins



Ingredients:

- 400 g ground **almonds** (or other nuts)
- 6 eggs
- 2 ripe **bananas**
- 300 g pitted **dates**
- 100 ml almond milk or any other milk
- 100 g **cocoa powder**
- 4 tbsp baking powder
- 1 pinch of salt

Gluten-free Chocolate Muffins

For the icing:

- 4 tbsp **coconut oil**
- 4 tbsp **cocoa powder**
- 4 tbsp maple syrup
- **Chopped nuts**
or **dried and chopped fruits** (Fair Trade) to taste

Directions:

1. Pre-heat oven to 180° C (fan oven). Lightly grease the moulds.
2. Pour boiling water on dates and soak for about 20 minutes.
Then drain the water and puree the dates.
3. Puree bananas, eggs, almond milk, ground almonds, pureed dates, cocoa powder, baking powder and salt with a blender or by hand to make a uniform dough.
Pour the dough into the prepared muffin moulds and bake in the pre-heated oven on the centre rack for about 20 minutes, then remove and allow to cool.
4. For the chocolate icing, melt the coconut oil (preferably in a water bath). Mix with the cocoa powder and the maple syrup to make a smooth icing. Then allow to cool slightly, so that it re-thickens a bit.
Brush the chocolate icing on the muffins and decorate them with chopped nuts or fruits.

Fruit Crumble with Vanilla Sauce



Ingredients:

For the crumble:

- 225 g butter or margarine
- 120 g **almonds** or other **nuts**
- 180 g wheat flour
- 220 g **brown sugar**
- 180 g oatmeal
- 1 tsp **cinnamon powder**
- salt

For the filling:

- 1¼ kg seasonal fruit
- 50 g **sugar**

For the vanilla sauce:

- 1 **vanilla pod**
- 15 g starch
- 500 ml milk
- 3 egg yolks
- 75g **sugar**

Fruit Crumble with Vanilla Sauce

Directions:

1. For the crumble, melt the butter in a small saucepan and allow to cool slightly, coarsely chop the almonds.
Pour the liquid butter with almonds, flour, brown sugar, oatmeal, cinnamon and a sizable pinch of salt into a bowl and crush with your hands to make crumble.
Cover and refrigerate for at least 30 minutes.
2. Grease an oven dish and preheat the oven to 200° C.
3. Wash and drain the fruit, pit and cut in small cubes of ca. 2 cm, depending on the fruit and taste. Briefly simmer firm fruit (apples, plums and the like) with the sugar in a pan on a medium heat until it sweats moisture.
Then put in the oven dish. Otherwise, pour the fruit directly into the oven dish, sprinkle with the brown sugar, mix briefly and allow to sweat juice.
Spread the crumbles on the fruit pieces and lightly (!) press in.
4. Bake in a hot oven for 30-40 minutes until the crumbs are golden brown.
5. For the vanilla sauce, mix the starch with 5 tbsp milk, the egg yolks, and sugar.
Slit the vanilla pod lengthwise and scrape out the pulp.
Bring the remaining milk to a boil with vanilla pulp and pod.
Stir in the starch mixture and bring to the boil while stirring.
6. Pour in a bowl through a colander and allow to cool, covering the surface immediately with cling film so that no skin forms.
Or simply vigorously stir with a whisk before serving.
7. Serve crumble with custard.