

09 Foreword

10 Rolf Hiltl in Conversation
with Beat Caduff

Soups

- 14 Carrot Soup
- 16 Lentil and Chestnut Soup
- 18 Cucumber Soup
- 20 Vegetable Gazpacho

Salads

- 24 Guacamole
- 25 Chinese Asparagus Salad
- 26 Carrot Salad
- 28 Taboulé
- 30 Fennel and Apple Salad
- 32 Orange Salad with Dates
- 36 Leek Salad
- 37 Thai Salad
- 38 Pumpkin Salad
- 42 Sweet Potato Salad
- 44 Chickpea Salad
- 46 Nepali Lentil Salad

Vegetables Pasta

- 50 Saffron Artichokes
- 52 Ratatouille
- 54 Cucumber and Tomato
Ragout
- 55 Vegetable Stew
- 56 Provençal Potatoes
- 57 Aubergine Fricassée
- 58 Asparagus with
Mascarpone Sauce
- 64 Caponata
- 66 White Peppers
- 67 Courgettes with
Saffron Sauce
- 68 Sweet and Sour Pumpkin
- 70 Masaman Thai Curry
- 72 Chicory Piccata
- 76 Spaghetti with
Ramsons Pesto

Cereals Mushrooms

- 80 Sweet Corn and Leek Cakes
- 82 Barley Risotto
- 83 Gorgonzola Polenta
- 86 Mushroom Ragout with
Marsala Sauce
- 88 Mushroom Stroganoff

Tofu & Co.

- 92 Tofu Napolitano
- 94 Züri Geschnetzeltes
- 96 Sweet and Sour Tofu
- 98 Lime Tofu
- 99 Paprika Geschnetzeltes
- 100 Casimir

Indian

- 104 Chapatis
- 105 Kachoris
- 106 Jaffna Okras
- 107 Coriander Pilau
- 108 Ravaya
- 110 Curried Eggs from
Southern India
- 111 Indian Snake Beans
- 114 Basmati Rice
- 115 Lemon Rice
- 116 Dushin Rothli
- 117 Vadai
- 118 Aubergine Curry
- 120 South Indian Avial
- 122 Paneer
- 123 Paneer Makhani
- 124 Rajma
- 125 Bengali Vegetables
- 126 White Curry
- 128 Jeera Dal

Arabian

- 132 Arab Bamja
- 134 Couscous Marrakech
- 136 Lebanese Badingal

Sauces Chutneys

- 140 Lime Salad Dressing
- 142 Ginger Raita
- 144 Mayonnaise
- 145 Almonaise
- 146 Date Chutney
- 148 Coconut Chutney
- 150 Home-Made Vegetable
Stock
- 151 Masaman Curry Paste
- 154 Tahini
- 154 Shrikand
- 155 Madras Sauce
- 155 Cress Salad Dressing

Desserts

- 158 Brownies
- 160 Mango Ice Cream
- 162 Walnut Salad
- 164 Easter Cake

Drinks

- 168 The Call of Spring
- 168 Autumn Juice
- 168 Tropical
- 168 Santa's Juice
- 168 Abricotine
- 168 Melo-Melo
- 170 Masala Coffee
- 172 Some Notes on the Recipes
- 174 Team
- 176 Hiltl History
- 182 Hybrid Concept
- 186 To Use at Home
- 188 Guest Statements
- 192 Outstanding