

sustainable christmas dinner

For our sustainable Christmas menu, we have asked the German Michelin-star chef Sarah Henke from the restaurant Yoso based in Andernach to join us in our next125 kitchen – and we have summarised her recipes that are very easy to prepare.



next125

starter & side dishes

«food
connects
people and
makes them
happy.»

sarah henke



DUCK SOUP WITH VEGETABLES

one duck carcass
1 l water
one shallot
three spring onions
some star anise, cinnamon,
Kombu seaweed, soy sauce
and miso paste

Vegetables: Shiitake
mushrooms, leeks, carrots,
bean sprouts...)

Roast the duck carcass in the oven, then cover it with water and bring it to a boil with the other ingredients. Let it simmer at low temperature for about 1 1/2 hours. Pour the stock through a sieve and season to taste. Cut the vegetables into small pieces, roast them and add them to the broth.

CUCUMBERS KIMCHI „YOSO STYLE“

one cucumber
1 tbs salt
100 g sugar
80 ml fish sauce
100 ml maize-germ oil
40 g sambal olek
40 g chili sauce
10 g togarashi pepper
a bit pepper- and corean
chili flakes (Gochujang)

Cut the cucumbers into cubes, mix with salt and let them rest for approximately 30 minutes. Pour off the liquid. Mix the rest of the ingredients into a homogenous marinade, add the cucumbers and let them rest in the fridge overnight. The cucumber kimchi can be kept in the fridge for two weeks.

SOBA SAUCE

75 g pepper paste
225 ml soy sauce
10 g pepper flakes
two garlic cloves
15 ml sesame oil, roasted
15 g sesame, roasted
30 ml malt syrup

Mix all ingredients into a homogenous mass. The soba sauce forms the basis for the steamed won-tons and the marinated vegetables.

steamed won-tons

STOCK

one red chilli
30 g fresh ginger
1 p lemon grass
1 EL tomato paste
150 ml soy sauce
1 l pear juice
100 ml sesame oil, roasted

Cut all ingredients finely, mix them and let it boil down in a large saucepan. Pass the stock through a fine sieve and thicken with cornflour if necessary.

ROASTED DUCK LEGS

one vegetable onion
one carrot
one celery
two duck legs

Cut the vegetables finely and fry them in a pan. Stir-fry the duck legs and put everything into a roasting pan with a capacity of approx. 2 l. Cover with the stock. Then cook at 140 °C for approx. 2 hours; the duck legs should loosen from the bone easily.



STEAMED WON-TONS

250 ml soba sauce
20 won-ton leaves

Tear the roasted duck legs into small pieces, mix with the soba sauce and season to taste. Fill the won-ton leaves with the filling, fold them and steam them.

sarah's hacks
for a
sustainable
Christmas
feast with
the family



main course

the dishes are served and eaten in the corean style: everybody helps themselves, fills the pancakes or enjoys the dishes purely.

MARINATED VEGETABLES

PAK CHOI

100 ml soba sauce
50 ml rice vinegar
50 g sugar

SOJA BEAN SPROUTS

100 ml soy sauce
50 ml sesame oil, roasted
a bit sesame

CARROTS

100 ml soy sauce
a bit neutral vegetable oil, sugar,
sesame oil, roasted, sesame
and chili powder

KING TRUMPET MUSHROOMS

a bit Teriyaki sauce

Mix the pak choi with the prepared soba sauce, rice vinegar and sugar. Blanch the soja bean sprouts for about 2 minutes in boiling water and marinate with soy sauce, sesame oil and sesame. Cut the carrots into fine slices, fry in neutral vegetable oil and season with soy sauce, sugar, sesame oil, sesame and chili powder. Fry the king trumpet mushrooms in neutral vegetable oil and season with Teriyaki sauce.



PANCAKES

400 ml soy milk
150 g wheat flour
two eggs
a bit salt and neutr. vegetable oil

Mix the wheat flour and the salt in a bowl. Add the soy milk and the eggs. Grease a hot, coated pan with the neutral vegetable oil. Fry the pancakes on both sides for about 1 – 2 minutes until they are golden.

PINK ROASTED DUCK BREAST

two duck breasts
a bit salt and pepper

Cook the duck breast in the oven at 110 °C for about 15 minutes. Let it rest for approx. 10 minutes, then fry it in a pan (on the skin side). Cut it into slices and serve together with the pancakes and the side dishes.



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