



SENZ[®]
GERMANY

COOKING IN STYLE

Recipes Book



Spicy Chickpea Stew

Total Cook Time: 25 min

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves (minced)
- 1 tsp chili flakes
- 1 tsp ground cumin
- 1 can diced tomatoes
- 1 can chickpeas (drained)
- 1 cup vegetable broth
- Salt and pepper to taste
- Handful of spinach or kale (optional)

Instructions:

1. Heat oil & Add onion, garlic, chili flakes, and cumin. Cook for 3–4 min.
2. Stir in diced tomatoes, chickpeas, and broth.
3. Stew for 15 minutes without cover the lid.
4. Add spinach in the last 2 min.
5. Adjust seasoning and serve with flatbread or rice.



Japanese Curry Udon

Total Cook Time: 25 min

Ingredients:

- 2 servings udon noodles (frozen or fresh)
- 2 cups water or broth
- 1 carrot (shredded)
- 1/2 onion (sliced)
- 2 blocks Japanese curry roux
- 1 boiled egg (optional)
- Green onion & sesame seeds for garnish

Instructions:

1. Boil broth use CAST IRON POT. Add carrot and onion, cook until soft.
2. Stir in curry roux and stew until thickened.
3. Add udon and cook per pack instructions (usually 3–5 mins).
4. Top with boiled egg, green onion, and sesame seeds.



Butter Chicken

Total Cook Time: 35 min

Ingredients:

- 500g boneless chicken breast or thigh (cubed)
- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 tbsp grated ginger
- 2 tsp garam masala
- 1 tsp cumin
- 1 tsp paprika
- 1 can (400g) crushed tomatoes
- ½ cup coconut milk (or oat cream)
- Salt to taste
- Fresh coriander & lime wedges to serve

Instructions:

1. Heat oil & Add onion, garlic & ginger. Sauté until golden.
2. Add spices and stir for 30 sec. Add chicken and cook until sealed.
3. Pour in crushed tomatoes and stew for 15 min.
4. Stir in coconut milk, stew 5 min.
5. Garnish with coriander & serve with naan or rice.



Salmon & Veggie Steam-Pot

Total Cook Time: 25 min

Ingredients:

- 2 salmon fillets
- 1 lemon, sliced
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1/2 red bell pepper, sliced
- Salt, pepper, garlic powder
- 1/2 cup water or broth

Instructions:

1. Layer lemon slices on the bottom of the CAST IRON POT.
2. Place seasoned salmon fillets on top. Surround with veggies.
3. Add water or broth. Cover with lid.
4. Steam on low heat for 15–20 min, or until salmon is fully cooked.
5. Serve with quinoa or couscous.

Enamel Cast Iron Pots



Lavendar



Mint



Rose

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