

MIRAVA BOOKS

The Taste That Brings Us Together

24 recipes for a shared table and warm conversation

English edition

Free excerpt

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24 recipes for a shared table and warm conversation

English edition · Revised edition · October 2026

This book helps you bring people together over familiar food: a hot bowl of soup, homemade dumplings, vegetables, baking and simple desserts. Choose one main dish and one accompaniment; that is enough for a first shared supper. Read the whole recipe before you start, weigh the ingredients and get the equipment ready. Vegetable weights are after peeling and trimming unless stated otherwise; canned pulses are weighed after draining. Use medium eggs. A teaspoon is 5 ml and a tablespoon is 15 ml. Oven temperatures are for conventional top-and-bottom heat; for a fan oven, usually reduce the setting by 20°C. Times are approximate: the size of the pieces, your cookware and your oven affect the result.

Ask guests about allergies in advance. These recipes use wheat, eggs, dairy, fish, nuts, sesame and mustard; check the labels of substitutes too. Wash vegetables and herbs, but do not wash raw chicken. Keep raw meat, fish and eggs separate from ready-to-eat food, and wash hands and equipment after handling them. Do not taste raw dough or batter. Check chicken with a thermometer: at least 74°C in the thickest part, away from the bone.

Divide leftovers into small, shallow containers and refrigerate within 2 hours. If the room is hotter than 32°C, refrigerate within 1 hour. Do not leave a large pot on the counter until completely cold. Store at 0-4°C and use within 2-3 days; fresh spreads and creamy desserts are best used within 2 days. Reheat hot dishes to 74°C in the centre. Artificial intelligence assisted with the writing and translations. The recipes have been reviewed editorially, but have not been

trial-cooked; use the described signs of doneness and a thermometer.

MIRAVA · Text and translation prepared with AI assistance.

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01

Family Table Borscht

Serves 6 · preparation 20 minutes · about 60 minutes in total. Use a pot with a capacity of at least 4 litres.

Ingredients: beetroot, 300 g; potatoes, 300 g; white cabbage, 250 g; cooked beans, 240 g; onion, 100 g; carrot, 100 g; tomato paste, 30 g; vegetable oil, 30 ml; water or unsalted vegetable stock, 1.8 litres; 5% apple cider vinegar, 15 ml; garlic, 6 g; dill, 10 g; salt, 8 g; black pepper, $\frac{1}{4}$ tsp; sour cream to serve, 80 g, optional.

1. Cut the potatoes into 2 cm cubes and finely shred the cabbage. Coarsely grate the beetroot and carrot, and finely chop the onion. Rinse canned beans and let them drain.

2. Heat the oil in a frying pan. Cook the onion and carrot over medium heat for 5 minutes. Add the beetroot, tomato paste, vinegar and 150 ml of the measured stock. Cover and cook gently for 15-20 minutes, until the beetroot is almost tender; lower the heat a little if necessary.

3. Bring the remaining stock to the boil in the pot. Add the potatoes and cook for 10 minutes. Add the cabbage and cook for another 7-10 minutes: a fork should pass easily through the potatoes.

4. Add the beetroot mixture, beans, salt and pepper to the pot. Simmer for 5 minutes. Turn off the heat, stir in the chopped garlic and dill, and leave covered for 10 minutes. Offer sour cream separately.

Substitution: use 240 g of cooked chickpeas instead of beans. If your stock is salted, start with 4 g of salt and adjust only after all the ingredients have been added.

02

Vegetable Sauerkraut Soup (Kapusniak)

Serves 6 · preparation 20 minutes · about 60 minutes in total.

Ingredients: sauerkraut, drained, 350 g; potatoes, 400 g; millet, 70 g; onion, 100 g; carrot, 100 g; vegetable oil, 30 ml; unsalted vegetable stock or water, 1.5 litres; bay leaf, 1; black pepper, ¼ tsp; salt, up to 3 g, after tasting the finished soup.

1. Rinse the millet several times, then pour boiling water over it and drain. Cut the potatoes into 2 cm cubes. Finely chop the onion and grate the carrot. Cut long strands of sauerkraut into shorter lengths so that the soup is easier to eat.
2. Heat the oil in a pot. Cook the onion and carrot for 5 minutes, stirring. Add the stock, potatoes, millet and bay leaf. Bring to the boil, lower the heat and simmer for 15-20 minutes.
3. Check the potatoes: they should be tender before you add the sauerkraut, because its acidity slows their softening. Add the sauerkraut and pepper. Simmer for a further 15-20 minutes, until the cabbage is as tender as you like it.
4. Remove the bay leaf. Taste the soup and only then add salt if needed; sauerkraut is already salty. Leave covered for 5 minutes. If the soup is too thick, add a little boiling water when reheating an individual portion.

Substitution: replace the millet with 70 g of short-grain rice. If the sauerkraut is very sour, rinse it quickly with cold water and squeeze it well. Avoid a long soak, which would dilute its flavour.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] BfR — Foodborne infections in private households: identifying sources and avoiding risks · www.bfr.bund.de

[2] USDA FSIS — Safe Minimum Internal Temperature Chart · www.fsis.usda.gov

[3] USDA FSIS — Leftovers and Food Safety · www.fsis.usda.gov

[4] BfR — Boiling water a must for herbal teas · www.bfr.bund.de

[5] BfR — Deep frozen berries are better thoroughly cooked before consumption · www.bfr.bund.de

[6] BfR — Rare but avoidable: questions and answers about botulism · www.bfr.bund.de

[7] USDA FSIS — Washing Food: Does it Promote Food Safety? · www.fsis.usda.gov