



*Recipes for when you
are in a Hurry*

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Tomato Soup

- a leek
- a tomato

Firstly take your fresh tomato and puree it in a light blue stainless-steel blender until it resembles a fine paste. Transfer said paste into a large cauldron of your choosing and add a fresh whole leek and season to taste. Let this simmer until the consistency homogenizes and the colour seems appetizing. Serve this mixture on a plate and enjoy!



Bun

The most saturating meal of them all. Best enjoyed with a tomato soup.

- a bag of flour

Start by processing your flour in a food processor. Don't mind the bag, it will be shredded into unnoticeable pieces. Once the dough has a workable consistency take it out of the food processor and put it in the oven until baked. When you take out the loaf, wait for it to cool down, then slice it on a cutting board.



Burger

A rich meal featuring healthy vegetables, bread and a perfectly cooked steak.

- a lettuce
- a tomato
- a piece of cheese
- a raw steak
- a bun

Cut the steak on a cutting board until it becomes a nice round burger patty. Put the patty in a pan and let it cook on medium heat for two minutes. In the meantime, start preparing the vegetables on a cutting board by slicing them into a single slice each. Cut the bun into two halves on a cutting board. When the patty is done, assemble it together with the vegetables and the bun halves on a plate for serving. Et Voilà.

The burger can be prepared in multiple variations, e.g. without cheese or as a Veggie-Burger.

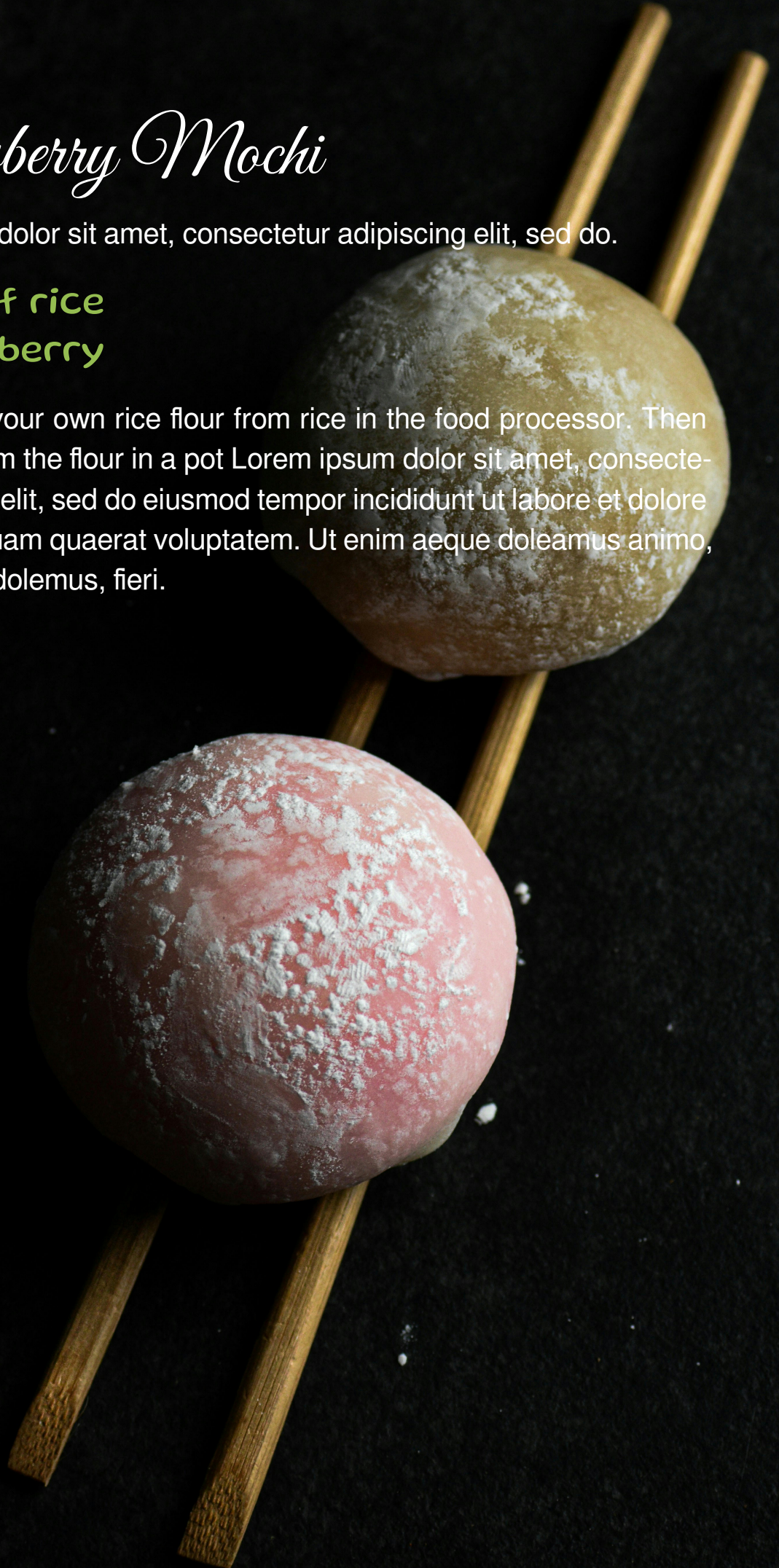


Strawberry Mochi

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- a bag of rice
- a strawberry

Firstly make your own rice flour from rice in the food processor. Then carefully steam the flour in a pot Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim aequo doleamus animo, cum corpore dolemus, fieri.





Curry with Rice

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- a coconut
- a tomato
- a leek
- a bag of rice

The coconut is pureed for its milk. Tomato and Leek are cooked in the milk. The curry is served with separately cooked rice. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim aequaleam animo, cum corpore dolemus, fieri.

Strawberry Icecream

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- a strawberry
- a coconut

Coconut and strawberry are pureed in foodprocessor then frozen while continuously stirring it with the same foodprocessor. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim aequaleamus animo, cum corpore dolemus, fieri.



Nigiri

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- a whole fish
- a bag of rice

Rice is cooked in a pot and combined with a sliced fish. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim aequaleamus animo, cum corpore dolemus, fieri.



Water

A glass is filled with nutritious locally-sourced tap-water in a sink. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat.

Strawberry Shake

- a strawberry
- a coconut

Strawberry and Coconut are pureed in foodprocessor, then transferred to a glass. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim aequaleamus animo, cum corpore dolemus, fieri.



About this book

The Hurry Curry! recipe book.

Background image attribution

Name	Author
Nigiri	Ahtziri Lagarde (unsplash)
Strawberry Icecream	Markus Spiske (unsplash), adapted
Curry with Rice	Andy Hay (unsplash), adapted
Strawberry Mochi	blackieshoot (unsplash)
Burger	Pablo Merchán Montes (unsplash), adapted
Tomato Soup	Julia Kicova (unsplash), adapted