



Cooking together online

Connecting despite distance

Class highlights

- In advance: welcome letter with a list of ingredients
- During the session:
 - We begin with a toast
 - Step by step guidance with many tips and tricks
 - Room for your topics
 - Cozy meal
- Afterwards: recipe to repeat

Good to know

- Vegetarian option in every recipe
- Flexible starting time
- Bigger groups (>100) manageable
- Individual recipes possible for extra charge
- Family friendly: children are welcome



Featuring Claudia Friedrich



Our show kitchen

local loving lecker

heldenküche GbR

www.heldenkueche.net

Markranstädter Straße 8

04229 Leipzig

FB & Insta @heldenkueche



Our menu

- Homemade pasta with tomato sauce
- »Schnitzel« with potatoes and carrots
- Dumplings with sour cream and fresh herbs
- Creamy chicken stew with fried potatoes and green salad
- Lentil soup and pancakes
- Shakshuka with chickpeas and fresh bread
- Christmas cookies, bread and cheese, punch

Possible topics

- Viva la diversity
- Well cooked with little time
- Food of the future
- Bella Italia



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Our guests



- University of Leipzig
- Hamburg University of Applied Sciences
- Heidelberg Institute of Global Health
- Wittenberg Center for Global Ethics
- Sportivation

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