

Recipe for Haferflockenschleim

Ingredients (for 25 people and one meal): 1 kg of natural oat flakes, 5 l of water, 2 ½ teaspoons of salt

Preparation: Put the water into a large stainless steel pot. Bring it to a full boil. Add the salt. Pour in the oat flakes, stir once, put the lid on, then turn the heat OFF. Go sit silently for 35 minutes and the Haferflockenschleim will then be ready to eat. Before serving please do not stir the oats at all.

Along the way you prepare 5 liters (1 ½ gallons) of tea (herbes and Roibush).

In addition to the Haferflockenschleim you provide the following ingredients in separate bowls, each with its own serving spoon on the breakfast table.

For 25 persons you need per meal:

350 g raisins, 225 g hazelnuts, 225 g walnuts, 270 g almonds, 300 g figs (finely sliced), 300 g dates (finely sliced), 2,5 kg plain yoghurt.

(Soak hazelnuts and almonds each in cool water the night before, let it stand and pour off the water the next morning).