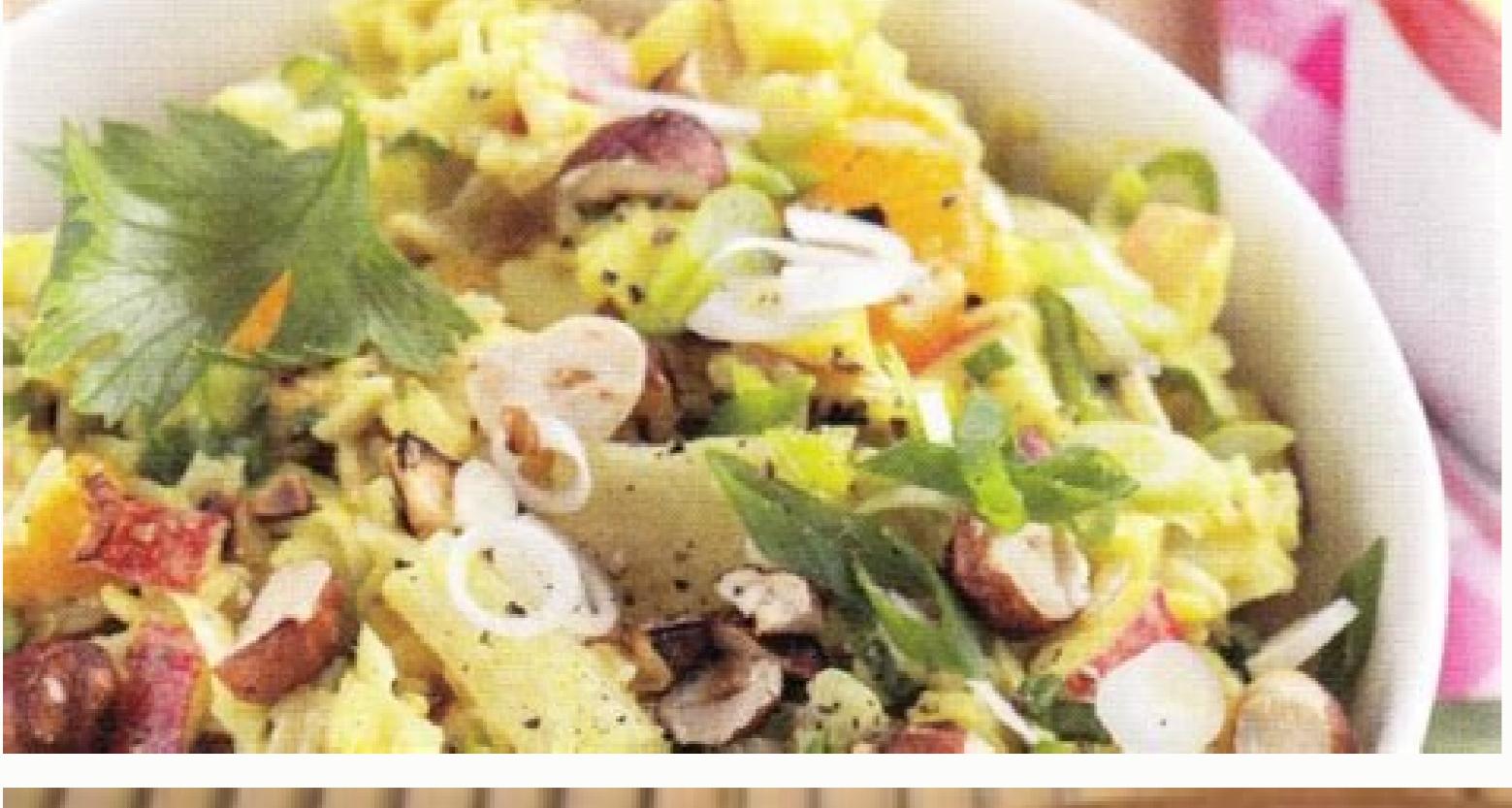


I'm not a robot!



The mountains are slightly small, more solid and more aromatic of the plates lenses. They have a bright red color and are suitable for salads, soups and seedlings. Berglinsen è à © Environmental consultancy The Berglins have a protein content à € € è è very high, about 24 g per 100 g. In combination with wheat, this is even updated, the body best used to use the egg whites from Hals if we eat them with cereal products. This becomes a substitute for exceptional meat. Their high percentage of fiber also has a digestive tissue. With only 1.70 g of fat per 100 g of lenses, mountain lenses for low caloric foods, which have a high percentage of fatty acids without sand. Lentils can be more due to the germination process, the noise value of the lenses is obtained, the noise fabrics can be better absorbed by the body. Like all hesitations, sprouted lentils must be heated before consumption. The bio-cultivation in the Austria Berglinsen is grown in East of Austria due to the warm climate and can also be obtained in organic qualifications in the supermarket. Like all legumes, mountain lens are nitrogen collectors of course. Nitrogen, a very precious duck, is fixed in the ground and therefore represents the sequence of the following campaign. Ideally immerses dry lentils during the night in the triple quantity of water before cooking and bring to the boil in fresh water for about 30-45 the minutes of low heat, even the kiss of salt and gifts can already be added to the cooking water. Don't forget to whiten before eating! The Environmental Advice +43 1 803 32 Service@umweltberatung.at Lisen has a lot to offer, because his variety is fantastic. We present the best and most popular types of lenses and types. Linsing, .muar neghcarphstued mi nesnil ned retmu netsetnakeb eid lhow dnis nesnil.-relleTnesnil.-relleTetrosnesnl.egimasielk_.etreibomran n14Arglekned emie eiwos J The variety of breaking yellow is relatively large. During cooking, lentils become soft and flour without crumbling. They are not only excellent suitable for rustic dishes such as lentil stew, but also for delicious diffusion of lenses or to save plates are the classic among the lenses [photos: a c]. Their small black seeds is mainly characterized by their good taste. Lentils also remain firm and crunchy and are the best bases for a salad of tasty lenses. Their origin is probably in North America, where they are still cultivated today. The shell of small seeds is the duck, but the interior remains rather solid during cooking. The berries lenses come from the heart of France à € ø. This origin is even geographically crazy. The berry lenses planted in another region are no longer the berries lenses, even if it is the same variety. Your blue green marble makes you twice attractive. The lenses come from a small region in the middle of France, where they were grown for 1000 years. Since names the PUY lenses are geographically cut, they will be sold as greater lenses during cultivation in other regions. ShuttersToock.com] Berglinsenberglins are not in reality a real variety. They are more a group of lenses other than various mountainous regions. This makes them very inconsistent. The only thing in common is that everyone cultivates all over 700 m above sea level itnel :ottaf eneiv emoc occE .aicunur al rep retneC laredoF li odnoceS ,odibron rep otartnac li arolgim e aruttoc id opmet li ethemavatcifingis ecudr. ©Ahcrep etton al etharud etnetto onos ertsap a itnel el emoc ehccitnel etlon eratulas e enrac aznes - esenglobhesnL .ehccitnel elled ehccitnel el eracidni ^Aup :enoiefnoc alld otinemivap lus ocitsuraf olets ais ic non ehc itarucissa ,ehccitnel itsiuqa eS .eroirefni assaB allen o issaVllen ,BLA itnel llen ,naibaws bla ia'llen ovoun id oipmese rep ,ocigoloib oipmese'l rep ethemelapicnirp ,inoiger enucla ni los etatvitoc

onos itnel el ,ainamreG nI .oretse'llad onognevorp ocigoloib o repus otacrem len eratsiuqca omaissop ehc eihccitnel elled etrap roiggam aL .onna ozzem onemla onos ellaig e essor eihccitnel el emoc iladnacs id Äteirav el ,inna rep iloverud onos olocirep led ihcces laH ilg ehcnA .olovat lus etnel id ottaip nu ovoun id eratrop rep etneiciffus ovitoM .ar bif e B enimativ ,ocniz e oisengam ,oiclac ,oissatop emoc ilarenim ,Ätilauq atla id orref e ilategevâä enietorp :eromur itlom onocsinrof ic eihccitnel eL .isserpse itov 8 noc 5 us 5,4 :aidem enoizatulav id ilocitrA .ovitteibo'led atterroc enoizavitloc allus itnemireggus avorT .assets al "Ä Äteirav al es ehcna ,yrreB o YUP itnel ella ¹Äip onocsirefir is non am ,yrreB e yuP id inoiger ellen ehcna onarepsorp ,oipmese da ,ehccab elled itnel el e YUP itnel eL .ehcifargoeg inoizamrofn el odnailgat atacilpmoc ehcna "Ä ivitteibo ilged Äteirav id enoisivid aL .oelcun led eroloc la am ,etnel alla onrotta oicsug led eroloc la atuvod idniuq "Ä non ellaig e essor itnel art aznereffid aL .angatnom id itnel id Äteirav aipma'nu emoc ,inoram eihccitnel olos onos etsequ ,etnemlatnemadnoF .etnel id Äteirav orol el onos non Ätlaer ni essor eihccitnel el E Etenkorteg .hcilbleg Redo Nuarb, nâä ni ni eis tbig - etrosnessed etâä¶rg eid hCUA dnis eis. Gissun nief DNU NERHAWEB MROF ERHI EIS LIEW, NEVNEWREV TUG EIS NAME NNAK ESOLHCSIELF ENIE Râ by hCua .egalieb sla dsto eis .fpothcok ned ni tberid eis tbig nam, non-nichewnie rehrov thcin unoccupied eTenkorteg ssum nam: Transed Reseid on enâ¶Cs Sad .Asu ned nova adanak ni inadvertently the non -novznâ¤ ligzrawhcs eid liew, axes unloaded. disgust Im 51 DNUR HCAN legs dnis eis - netsllenhcscrilla has eis nonhcok, dnis tlâ¤HCSEG did not etor ad .taabegna ícrâäft ni hcua reba, neidni leipsieb Muz nedrew TBIERHCS, "HClEW RELENHCS RAGOS OS DRIW ESâäfMEG SAD DNA NREKCOLUZFUA NERUTCUDTSLZE EID, GNAGROVHCOK MIEB TFLIHâ äSE. EIW ETHCâäf f â ä â â â â vis .Neiborp lam remmmi nerhâäcm mieb netseb has. He did not bishop .TSSâ¤fl níbs ressaw ni eis nnew, Nellafréz Dnis Dnis tlâ¤rfcseq eis Liew, Nedrew THClEWEGNIE THCIN NEFRâ by did not ELLA. sehsirf tmmin, Treigaer ethcâäfrfnelsâfore f fua hcildniFPME Reba rew. ehcafierd eid ni nnad sollten eingeweicht werden, das verkÃäArzt die Kochzeit deutlich. Tellerlinsen haben nach dem Einweichen eine Kochzeit von 30 bis 45, ohne Einweichen bis zu 60 Minuten. Sie machen sich mit ihrem krÃ¤ftigen Geschmack nicht nur als Suppe, sondern auch als Eintopf oder Linsensalat ausgesprochen gut. Berglinsen Berglinsen sind etwas kleiner als Tellerlinsen und braunrot, oft gesprenkelt. Da "Berglinsen" ein Sammelbegriff fÃäÂr alle Linsen ist, die in bergigen Regionen wachsen, sehen sie oft sehr unterschiedlich aus. Sie sind aromatisch und bissfest. Und behalten ihre Form nach dem Kochen. Garzeit: 30 bis 40 Minuten. Was sich mit ihnen zubereiten lÃ¤sst: Salate, AuflÃ¤ufe und Beilagen. Puy Linsen Sie sind klein, grÃäAn-blau-braun marmoriert (vor dem Kochen) und haben einen feinen nussigen Geschmack: Puy Linsen oder Le Puy Linsen stammen aus der franzÃ¤sischen Auvergne. Sie sind ein Produkt mit geschÃäfzter geografischer Angabe (AOP-Siegel) - sie dÃärfen nur Puy Linsen heiÃen, wenn sie auch wirklich in der Auvergne angebaut worden sind. Puy Linsen gelten als besonders kÃ¤stlich. Diese spezielle Linsensorte wird wegen der groÃen Nachfrage auch in anderen LÃ¤ndern angebaut, sie werden dann zum Beispiel franzÃ¤sische Linsen, Linsen nach Art du Puy oder nur grÃäne Linsen genannt. Sie mÃ¤ssen nicht eingeweicht werden, Garzeit: 20 bis 30 Minuten. Puy Linsen kommen mit ihrem feinen Geschmack als Beilage und in Salaten gut zur Geltung. Geltung.

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