



# EUMETSAT Cooking Club

2014-04-09

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2014-04-09, The Recipes

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## Foreword

On Wednesday, 9 April 2014, the recently established EUMETSAT Cooking Club held its first cooking and dining event at Kochstudio Darmstadt.

Some 15 club members prepared the menu for themselves and for an additional 15 diners invited to come along to enjoy the food.

Four groups of cooks were set up to prepare one of the four courses each. Each group was headed by a captain who organised the purchase of the proper amount of ingredients, distributed the work, and oversaw the timely preparation of the food.

Thanks to the excellent organisation of the chairman and the captains of each group, everything went very smoothly.

At 19:30 the diners arrived to see a group of 15 cooks calmly preparing 30 portions of delicacies.

After a short speech by club chairman Stephan Zinke, an amuse geule of tomato jelly with herbs was served, followed by wild garlic and nettle cream soup with Tyrolean semolina Nockerl, prepared by the soup group headed by Stephan.

Diners then went on to enjoy the hand-made tagliatelle with green asparagus, Black Forest speck and saffron, prepared by Gigi Righetti and his group.

The main course, two types of lamb chops or monkfish with warm asparagus and strawberry salad, posed a complex challenge to the main course group, headed by Alessandra Nanni, but a lot of ahs and ohs were heard around the tables after they were served.

Finally, lemon drizzle cake prepared by Jamie Davies of ESOC and her group closed the menu.

Gigi selected wines to match each course: Chambave Muscat della Valle d'Aosta with the soup, Corte Giara Valpolicella Allegrini with the pasta, Cala Muri Primitivo del Salento with the meat, La Cala Vermentino di Sardegna Sella e Mosca with the fish, and Isimbarda Pinot Nero Oltrepo' Pavese with the dessert.

That left just the washing of all the pots, pans, cutlery and china to end the event.

THE EDITOR



## The Recipes

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*Wild Garlic - Stinging Nettle - Crème Soup  
with a Semolina “Nockerl”*

*Handmade Tagliatelle with a Sauce of green  
Asparagus and Black Forest Speck and  
Saffron*

*Warm Strawberry-Asparagus-Salad and  
Lamb Chop or White Fish Filet*

*Lemon Drizzle Cake*



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## Amuse Geule: Tomato Jelly

Ingredients (4 Persons):

Ingredients (30 3/4 or 25 full portions)

amount	unit	description
0.133333	l	sieved tomatoes
0.002667	kg	rosemary
0.002667	kg	thyme
0.002667	kg	lemon juice
0.001067	kg	salt
0.000533	kg	pepper
0.001067	kg	aga aga

amount	unit	description
1	l	sieved tomatoes
0.02	kg	rosemary
0.02	kg	thyme
0.02	kg	lemon juice
0.008	kg	salt
0.004	kg	pepper
0.008	kg	aga aga

### Preparation Steps:

1. Cook sieved tomatoes for ~1min.
2. Add all spices, mix well.
3. Add aga aga (~1-2 tablespoons for 1l) in warm mixture, mix.
4. Pour into form for cutting later into cubes or into small shot glasses.
5. Cool in fridge for ~1h (can be sped up by putting in deep freezer for ~15min).
6. Serve in cut cubes, or remove from shot glasses, and put on plate.





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# Wild Garlic – Stinging Nettle Creme Soup

(Serves 4)

(Serves 30)

0.100	kg	Wild Garlic	Wild Garlic	0.500	kg
0.100	kg	Stinging Nettle	Stinging Nettle	0.500	kg
0.100	kg	Onion	Onion	0.500	kg
0.800	l	Water	Water	4.000	l
		Bio Vegetable broth	Bio Vegetable broth		
0.012	kg	instant	instant	0.060	kg
0.030	l	White wine	White wine	0.150	l
0.150	l	Creme	Creme	0.750	l
0.004	kg	Salt	Salt	0.020	kg
0.004	kg	Pepper	Pepper	0.020	kg
0.020	l	Oil	Oil	0.100	l
0.005	kg	Garlic	Garlic	0.025	kg
0.035	kg	Butter	Butter	0.175	kg
1.000		Egg	Egg	5.000	pcs
0.085	kg	Semolina	Semolina	0.425	kg
0.010	kg	Wild Garlic	Wild Garlic	0.050	kg
0.002	kg	Salt	Salt	0.010	kg
0.002	kg	Pepper	Pepper	0.010	kg
0.002	kg	Nutmeg	Nutmeg	0.010	kg
0.750	l	Water	Water	3.750	l

## Soup:

1. Wash wild garlic and cut very fine.
2. Use young leaves only from stinging nettle (wear gloves when collection). Wash and cut very fine.
3. Put wild garlic and stinging nettle in cooking, lightly salted water, and leave there for 1-2 min (not cooking anymore)
4. Peel onion, cut into small cubes.
5. Heat oil in pot, add onions, let them get color.
6. Add wild garlic / stinging nettle, drained, but still wet. Leave there, while stirring for ~2min.
7. Add water and bio vegetable broth and wine. Increase heat to boiling, then reduce to low, and let simmer for ~5min
8. Blend soup.
9. Add crème.
10. Blend again
11. Add salt and pepper for taste



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Semolina “Nockerl”:

1. Mix very soft or liquid butter with eggs, semolina, fine cut wild garlic, salt, pepper and nutmeg.
2. Boil water.
3. Form “nockerl” with tablespoon and let simmer ~20min in not anymore boiling water.







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## Pasta with asparagus (Ricetta)

### Serves 4

0.300	kg	wheat flour
0.150	kg	water
0.015	l	olive oil
		green
0.400	kg	asparagus Black forest
0.100	kg	speck long fresh
2.000	pcs	onions
1.000	pkg	saffron
0.050	kg	ricotta
0.100	kg	parmesan
0.100	l	olive oil

### Serves 30

wheat flour
water
olive oil
green
asparagus Black forest
speck long fresh
onions
saffron
ricotta
parmesan
olive oil

1.500	kg
0.750	kg
0.075	l
2.000	kg
0.500	kg
10.000	pcs
5.000	pkg
0.250	kg
0.500	kg
0.500	l

### Dough

1. Prepare a "fountain" with the wheat
2. Put bit by bit the water and the oil in the middle and mix with a fork to get the wheat flour drink the liquid
3. Work the mass in a ball till it is soft and silky
4. Cover and let rest 30 minute
5. Take a little ball out of the mass
6. Make it flat with the hand.
7. Work it with the Imperia pasta machine at least 4 times on the largest gap (folding the sheet on two every time and spreading some wheat on top to avoid the pasta to glue on the Imperia)
8. Make gradually the gap smaller (folding the sheet on two every time and cutting it in two when too long)
9. When the desired size is reached (1/2 millimeter) pass it in the cutting tool of the Imperia with the desired size.
10. Let rest another 15 minutes with a bit of wheat on top.

### Sauce

1. Cut the asparagus in small pieces, removing the hard end and keeping the head apart; peel the lower third only.
2. Cut the speck and the onions in small pieces and put them in a pan with enough oil.
3. Bring the oil to fry (lightly) and afterwards add the asparagus pieces (not the heads).
4. When the onions are soft, add a bit of warm water and let the asparagus get soft with little fire.
5. Shortly before the asparagus are done, add the heads and, few minutes later, the saffron (all the water should have gone away).



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6. When the heads are soft (but not too much), stop the fire add the ricotta and mix.

Finalize

1. Cook the pasta in a lot of well boiling light salty water for three minutes (add a bit of oil in the water if there cooking pan is too small to avoid the pasta glue on its own).
2. Mix the pasta with the sauce as soon as out of the water (no need of having it too dry).
3. Add parmesan on each dish.





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# Warm Strawberry-Asparagus-Salad

Serves 4

Serves 30

0.500	kg	Strawberries	3.000	0.500	kg	Strawberries
0.500	kg	White asparagus (not too thick)	3.000	0.500	kg	White asparagus (not too thick)
0.030	l	Crema Aceto Balsamico	0.150	0.030	l	Crema Aceto Balsamico
0.015	l	Aceto Balsamico	0.075	0.015	l	Aceto Balsamico
0.030	l	good olive oil	0.150	0.030	l	good olive oil
0.002	kg	Salt	0.010	0.002	kg	Salt
0.002	kg	Pepper	0.010	0.002	kg	Pepper
0.010	kg	Sugar	0.050	0.010	kg	Sugar

1. Clean strawberries, cut in halves or quarters, depending on size, put in a bowl
2. Clean/peel asparagus, remove bottom 1cm, cut into pieces approx. 3-4cm length
3. Cook asparagus in salt-water with sugar for approx. 15 min.
4. Strain asparagus and add warm to the strawberries
5. Mix sauce: Crema Aceto Balsamico, Aceto Balsamico, good olive oil; salt and pepper lightly
6. Mix sauce under strawberries and asparagus

## Crema di Aceto Balsamico

0.250	l	Aceto Balsamico
1	tea spoon	honey
3	pcs	Juniper berries
3	pcs	clove buds

1. In a pot put the Aceto Balsamico and start warming it up and put the honey, the Juniper and Clove Buds. Mix and adjust to own taste adding more honey, Juniper or Clove.
2. Make it boil lightly until it has reached circa half of the amount of the Aceto Balsamico used.
3. Filter and let it cool down and serve cold. For a denser cream let it boil longer or store in refrigerator.

Note: if the Aceto Balsamico does not contain sugar then add use a table spoon of honey instead of a tea spoon and add a table spoon of sugar. (a point of a knife of starch can be used to make it thicker)



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# Breaded Monkfish with Caper and Olives

Serves 4

Serves 21

amount	unit	description	amount	unit	description
0.600	kg	Monkfish	3.150	kg	Monkfish
0.171	l	white wine	0.900	l	white wine
3.429	table spoons	bread crumbs	18.000	table spoons	bread crumbs
0.571	table spoons	salted caper	3.000	table spoons	salted caper
0.571	handfull	olives	3.000	handfull	olives
1.143	table spoons	chopped parsley	6.000	table spoons	chopped parsley
1.143	table spoons	pine seed	6.000	table spoons	pine seed
0.029	l	Olive oil extra vergine	0.150	l	Olive oil extra vergine

## **AROMATIC CHOP PREPARATION**

1. wash well the capers.
2. chop the capers, olives, and the pine seed.
3. chop the parsley and add the bread crumbs mixing with a spoon or hands.

Note: the capers should not be too salty, if the aromatic chop gets too salty then add more bread crumbs.

## **PREPARE THE FISH**

4. Wash the fish filet and remove all external skin or fat.
5. Pour olive oil in a baking dish and put the fish on it.
6. Pour the white wine in the backing dish and on the fish.
7. Cover the fish with the Aromatic Chop prepared.
8. Pour a string of oil on top of every fish filet.

## **OVEN**

Cook in the oven for 15-20 minutes at 180 degree.

Note: If more oven's cooking layer are used then put on to ventilation mode and at 200 degree for 20-30 minutes. The fish is ready when the wine has become a sauce.



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Note: as the aromatic chop is giving volume to the fish, 130gr of fish per person is also a good portion.





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# Lamb Chops

Serves 4

Serves 10

amount	unit	description	amount	unit	description
8.000	psc	lamb chops	20.000	psc	lamb chops
4.000	pcs	eggs	10.000	pcs	eggs
0.120	kg	bread crumbs	0.300	kg	bread crumbs
0.100	kg	grated parmesan	0.250	kg	grated parmesan
1.200	teaspoon	salt	3.000	teaspoon	salt
1.200	teaspoon	pepper	3.000	teaspoon	pepper
0.060	l	Olive oil extra vergine	0.150	l	Olive oil extra vergine

## PREPARATION

1. Dry the meat from the fluids.
2. With a fork whip the eggs with salt and Pepper
3. Immerse the meat in the eggs and let stay for at least 10 min

## BREADING

4. Bread the meat a first time pressing on both sides
  5. Immerse a second time in the eggs
  6. Bread the meat a second time
  6. Cover instead of bread with parmesan
- (for 11 Rib Chops pieces) (for 9 Rib Chops pieces)

Note: the amount of egg needed may vary depending on the size of the egg and the amount soaked

## OVEN

Put the meat in a baking tray prepared with baking paper and pour a string of oil on top of the meat. Lightly salt again only the simple breaded ones. Cook at 200 degree for 15-20 min (until golden coloured), turn and let them continue cooking for other 15 min (again golden coloured).

Note: If more oven's cooking layer are used then put on to ventilation mode and at 200 degree for 20 minutes each side (total 40-45 minutes).

## SERVE



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Breaded Simple Rib Chops can be served with a slice of lemon. Breaded with Parmesan Rib Chops can be served with a mint sauce by putting in a mixer 30 mint leaves, a hand full of grated almond, olive oil as much as needed to have a sauce like consistence, salt and pepper as needed.





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# LEMON DRIZZLE CAKE BAKED IN A TRAY

## INGREDIENTS

- 250g (8 oz) butter, softened
- 250g (8 oz) caster sugar
- 275g (10 oz) self-raising flour
- 2 teaspoons baking powder
- 4 large eggs
- the zest of 3 large, unwaxed lemons

## CRUNCHY TOPPING

- 175g (6 oz) granulated sugar
- juice of the 3 lemons above, plus one other

**A traybake or roasting tin 30 x 23 x 4 cm (12 x 9 x 1 ½ inches)**

## INTRODUCTION

The cake still needs to be warm when the topping is added so that it absorbs the lemon syrup easily, while leaving the sugar on top to form a sour-sweet crust. The cake must cool a little, though – if it is too hot, the syrup will run straight through.

**Prep time:** 10 minutes

**Cooking time:** 35-40 minutes

Cuts into about 30 squares

1. Cut a rectangle of non-stick baking parchment to fit the base and sides of a traybake tin or roasting tin, 30 x 23 x 4 cm (12 x 9 x 1 ½ inches). Grease the tin and then line with the paper, pushing it neatly into the corners of the tin. Pre-heat the oven to 160°C/325°F/Gas 3.
2. Put the butter and sugar into a large bowl and beat until light and fluffy, about 3-5 minutes. Add the lemon zest. Beat in the eggs, one at a time. The mixture will be quite loose. Mix the baking powder into the flour and sift into the mixture. Gently fold it in with a metal spoon. Using a spatula, scoop the mixture into the prepared tin and spread. Level the top gently with the back of the spatula.
3. Bake in the middle of the pre-heated oven for about 35-40 minutes or until the cake springs back when pressed lightly in the centre and is beginning to shrink away from the sides of the tin.
4. Remove the cake from the oven and allow to cool in the tin for a few minutes then lift it out of the tin still in the lining paper. Carefully remove the paper and place the cake back in the tin. Spike the top of the cake all over with a skewer (or knitting





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needle).

5.To make the crunchy topping, mix the lemon juice and granulated sugar together – the sugar need not dissolve. Pour this mixture evenly over the top of the cake while it is still just warm. Cut into about 30 squares when cold.





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