



# EUMETSAT Cooking Club

2014-06-04

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2014-06-04, The Recipes

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## Foreword

The EUMETSAT Cooking Club's second cooking and dining event at Kochstudio Darmstadt on Wednesday, 4 June 2014, had a summer flavour.

This time, 13 club members prepared a light summer menu for themselves, and an additional 12 dinner guests were invited to come along to enjoy the food.

Each of the four courses was prepared by a group of cooks assigned to that particular dish. Each group was headed by a captain who organised the purchase of the ingredients, allocated the work and supervised the timely preparation of the food. Thanks to the excellent organisation and experience gained from the first event, everything went smoothly.

The dinner guests arrived at 20:00 ready to begin their delicious meal. After a short opening speech by club chairman Stephan Zinke, an avocado-apple tartar amuse geule was served, and the guests' pallets were further amused by African-style roasted aubergine soup, which was prepared by the "soup group" headed by Jamie Davies of ESOC.

The guests then went on to enjoy the hand-made ravioli filled with lemon ricotta and served with sage butter, prepared by Alessandro Loretucci and his group. The main course was samlar tartar with apples and cress, prepared by the group headed by Stephan Zinke. Finally, Piedmont-style baked peaches prepared by Antonio Fanigliulo and his group were served for dessert.

Of course no dinner party is complete without the accompanying wine. Alessandro and Antonio selected wines to bring out the best of each course: Corvo Bianco, Corvo Rose, and Grecale Moscato.

That left just a good deal of washing up to end the event.

THE EDITOR



## The Recipes

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*Roasted Aubergine Soup*

*Handmade Lemon's Ravioli (filling of ricotta, nutmeg, lemon) with sage-butter*

*Fish Tartar with Apples and Cress*

*Baked Peaches Piedmont-Style*



# Amuse Geule: Apple-Avocado Tartar

Ingredients (4 Persons):

Ingredients (25 3/4 or 20 full portions)

amount	unit	description
0.48	pcs	green apple
0.64	pcs	lime
0.48	pcs	avocado
0.48	pcs	shallot
0.96	cm	ginger
0.0192	l	olive oil
		white balsamico
0.008	l	vinegar
0.0024	kg	salt
0.0024	kg	pepper
0.0024	kg	sugar
0.16	pcs	chili
0.032	kg	reddish sprouts
		lemon gras
0.00064	kg	(ground)
0.16	clove	garlic

amount	unit	description
3	pcs	green apple
4	pcs	lime
3	pcs	avocado
3	pcs	shallot
6	cm	ginger
0.12	l	olive oil
		white balsamico
0.05	l	vinegar
0.015	kg	salt
0.015	kg	pepper
0.015	kg	sugar
1	pcs	chili
0.2	kg	reddish sprouts
		lemon gras
0.004	kg	(ground)
1	clove	garlic

## Preparation Steps:

1. Peel avocado, remove pit, cut into cubes (~5mm), put in bowl, cover with lime juice.
2. Peel apple, remove apple core, cut into cubes (~5mm), add to avocado.
3. Peel shallot and chop very fine, add to bowl.
4. Chop chilli and ginger very fine, add to bowl.
5. Add olive oil and vinegar, mix the above and add spices (salt, pepper, sugar, ground lemon-gras, finely chopped garlic; mix again.
6. Serve.



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## ROASTED AUBERGINE SOUP

Ingredients (4 Persons):

amount	unit	description
1	pcs	Aubergine, large
0.1	l	Olive oil
2	pcs	Red bell peppers
1	tin	Tomatoes, chopped
1	pcs	Onion
8	cloves	Garlic
1	l	Vegetable stock
0.004	kg	Cumin (jeera), ground
0.06	l	Crème fraîche
5	leaves	Basil

Ingredients (25 3/4 or 20 full portions)

amount	unit	description
5	pcs	Aubergine, large
0.5	l	Olive oil
10	pcs	Red bell peppers
5	tin	Tomatoes, chopped
5	pcs	Onion
40	cloves	Garlic
5	l	Vegetable stock
0.02	kg	Cumin (jeera), ground
0.3	l	Crème fraîche
25	leaves	Basil

### Preparation Steps:

✧ Roast aubergine and peppers until charred. Remove skins and seeds. Chop roughly. Add tomatoes, set aside.

✧ In large pot, heat olive oil. Add cumin, onion and garlic, sauté until tender.

✧ Add aubergines, peppers and tomatoes. Add vegetable stock and simmer for 45 minutes.

✧ Stir in crème fraîche. Purée. Garnish with sliced basil.





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# Pasta: Lemon Ravioli w/ Sage Butter

Ingredients (4 Persons):

Ingredients (25 3/4 or 20 full portions)

amount	unit	description
2	pcs.	Eggs
0.2	kg	Flour
		Sea Salt (for the
0.012	kg	water).
0.25	kg	Ricotta Cheese
2.5	pcs.	Lemon
0.1	kg	Parmigiano Cheese
		Sage (25 leaves are
		for decoration
7	Leaves	only)
0.004	kg	Nutmeg

amount	unit	description
13	pcs.	Eggs
2	kg	Flour
		Sea Salt (for the
0.06	kg	water).
1.5	kg	Ricotta Cheese
12.5	pcs.	Lemon
0.5	kg	Parmigiano Cheese
		Sage (25 leaves are
		for decoration
35	Leaves	only)
0.02	kg	Nutmeg

## Preparation Steps:

- 1) Prepare the flour on the table creating a small mountain.
- 2) Make a hole in the flour mountain
- 3) Put the eggs in the created hole (1 egg for 100 g of flour)
- 4) Optional step : to change the colour of the dough it possible to add something like tomato paste or sepia ink.
- 5) Using a fork start to mix together the flour and the eggs.
- 6) The dough has to be worked until it remain smooth and elastic. (Doing by and it requires 8/10 minutes)
- 7) Put the dough rest in fridge for 20/30 minutes
- 8) For the filling
- 9) Mix the Ricotta cheese with the grated parmigiano cheese the grated lemon peel the pepper the nutmeg and a bit of salt. For the quantity the ones reported in the recipe are indicative. The Ricotta filling has to be tested until the wished taste is reached.
- 10) Start to prepare the ravioli using if available a pasta machine, to make the dough thin, otherwise this have to be done manually.
- 11) For the shape of the ravioli there are two possibility.
  - a. Use a glass or something circular to create round ravioli
  - b. Cut the pasta into squares (this way is a bit faster because there is less work to do)
- 12) For each is needed ~ half tea spoon of filling to be put in the middle.



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# Main Dish: Samlet-Tartar with apples & cress, and roasted potato chips

Ingredients (4 Persons):

Ingredients (25 3/4 or 20 full portions)

amount	unit	description
0.8	kg	potatoes
0.1	l	simple oil
0.004	kg	salt
1	pcs	lemon
0.2	kg	fish filet
0.004	kg	pepper
2	pcs	apple
2	boxes	cress

amount	unit	description
4	kg	potatoes
0.5	l	simple oil
0.02	kg	salt
5	pcs	lemon
1	kg	fish filet
0.02	kg	pepper
10	pcs	apple
10	boxes	cress

## Preparation Steps:

- Peel potatoes, wash them, cut in very thin slices (on the grater).
  - Heat oil and fry the potato slices in portions until crips.
  - Remove from oil and put them on kitchen paper to suck off the oil; salt lightly.
- Wash lemon, dry it. Grate the skin of the lemon, put aside. Juice the lemon, put aside.
- Briefly wash fish filet (samlet), dry with kitchen paper.
  - Cut in very small pieces or chop.
  - Mix fish with lemon juice and lemon skin.
  - Lightly salt and pepper.
  - Mix
  - Put in fridge to marinate for approx. 45 min.
- Peel apple, quarter them, remove innards.
  - Cut in very small cubes.
- Cut cress from the tray.
- Mix fish, apple, cress.
- Final taste probe (lemon, salt, pepper).
- Place with a help (ring) on plate, serve with potato chips. Garn with cress or herbs.
- Serve

Alternative: Do step 1 at the end to have warm potato chips.



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# Pesche al forno ripiene alla piemontese

*(Baked stuffed peaches – Piedmont style)*

## Ingredients

Peaches (1 per person)

Amaretti biscuits (2 per person)

Almonds (same weight as the amaretti biscuits)

Bitter cacao powder (2 tea spoons per person)

Vanilla ice cream (1 scoop per person)

Butter

Orange juice (or Liqueur or vino moscato etc..)

**Method (very easy... even a child can do it ...)**





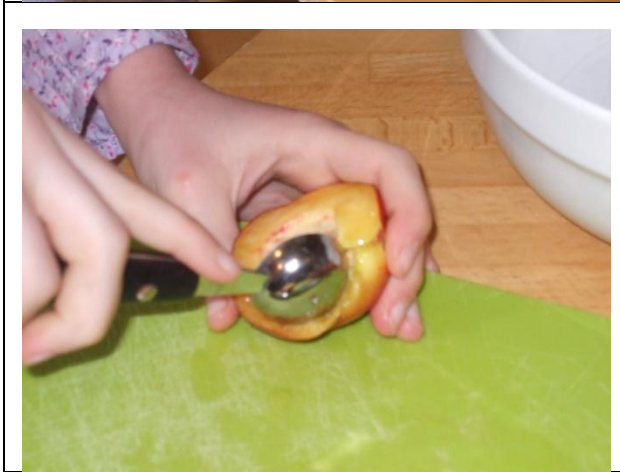
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**Wash the peaches under cold water**



**cut them in halves**



**then take out the stones**



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With the help of a spoon, lightly carve out the pulp of the peaches to make a shallow bowl shape.

Turn the oven on at 180 degrees. Butter a casserole big enough to take all the peach halves side by side



Place the pulp in a bowl and mash it using a fork. Put the bowl to one side.

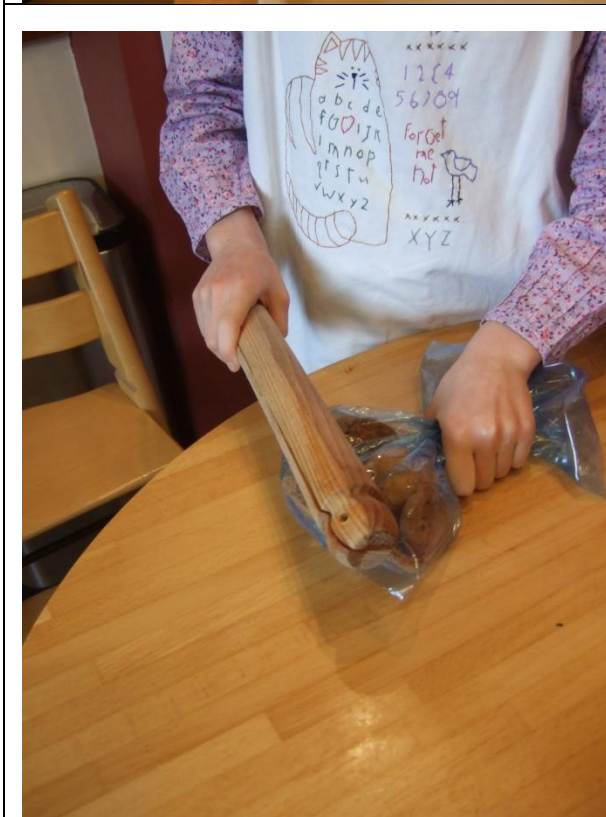




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Put the amaretti biscuits in a plastic bag (one amaretto biscuit per each peach half)



and crush them using a rolling pin (you can also use a bottle)



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**Add a tea spoon of bitter cacao powder for each peach half to the crushed amaretti biscuits**



**Break into little pieces the sliced almonds and add them to the amaretti biscuits mix - stir well.**



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**Take the bowl with the fruit pulp and add the almond, amaretti and cacao powder mix.**



**Add a bit of orange juice (or liqueur if you prefer, e.g. amaretto di saronno or vino moscato) so that it is not too dry. Stir well until the mix is uniform.**



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**Take a peach half and fill with the mixture. Repeat for the other peach halves. When you finish each peach half should have a small amount of the mixture on top.**



**Lay the half peaches side by side in the buttered casserole dish - ensure they are tightly packed**



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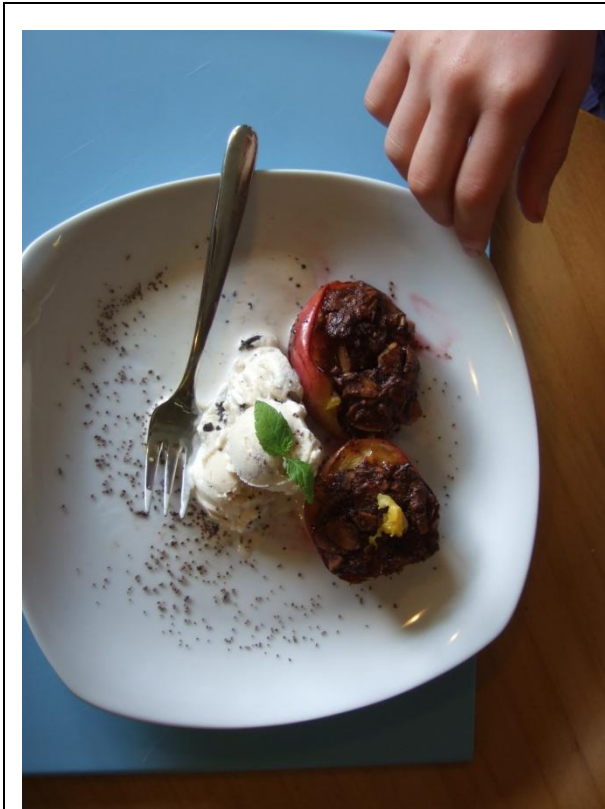
**Put a small knob of butter on each filled peach**



**Place the casserole in a preheated oven at 180 degrees for about 25-30 minutes. After this time, remove the stuffed peaches from the oven and serve while still warm.**



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**Serve the stuffed peaches with a scoop of vanilla ice cream or whipped cream.**

**Decorate by sparkling a bit of cacao powder on the dish and a mint leaf on the ice cream.**



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