



EUMETSAT Cooking Club

2014-10-22

The Recipes

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EUMETSAT Cooking Club 2014-10-22, The Recipes

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Foreword

As the leaves began to fall, the EUMETSAT Cooking Club's fourth dining event was held at Kochstudio Darmstadt on Wednesday, 22 October 2014, on the theme of mushrooms.

Fourteen members prepared an autumn menu for themselves and an additional 16 dinner guests. For some dinner guests, it was already their fourth event, and the cooking club was also happy to see some new faces.

Each course 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.

This time, a dedicated group led by Gigi expertly prepared the amuse geule, a quiche with ricotta and truffles topped by Italian San Daniele ham.

It was followed immediately by the soup, a creamy mushroom soup prepared by Kevin of ESOC and his team.

The next course, risotto with mushrooms, prepared by Alessandro and his team, was also well received, but the diners had to struggle to control themselves and keep some room in their stomachs for the courses to come.

For the main course, club chairman Stephan and his group prepared filet of deer hunted in the local area, served with a sauce made from hand-picked forest mushrooms, red cabbage and potato gratin.

Dessert was a mushroom-shaped ice cream topped with cookies on a chocolate square, prepared by Antonio and his group.

Once again, Gigi made an excellent selection of matching wines: Lugana white wine for the amuse geule, Bianco del Borgo for the soup, Tenuta Olim Bauda La Villa for the risotto, red Secco Bertani for the main course and Valpolicella for the dessert.

Raj Patel, a dining guest since the first event, summed up the evening: "Thanks for a very entertaining evening. Once again, the cooking club delivered top marks. The food was tasty all round and an improving pattern is being developed by the members."

THE EDITOR



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The Recipes

Quiche Tartufo

Mushroom soup

Risotto with Mushrooms

*Doe Back Fillet with Red Cabbage and Potato
Gratin*

Coffee mushroom dessert



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Quiche Tartufo

Ingredients

8 portions (or 30 as amuse geule)

0.400	kg	Flour
0.200	kg	Butter
0.150	l	Olive oil
3.000	cloves	Garlic
1	pcs	Alici
0.050	kg	Tartufo nero
0.500	kg	Ricotta
2.000	pcs	Eggs
0.14	ml	Cold water

Preparation

1. Pastry crust (recipe for 2 times):
 - a. To prepare the pastry crust, put the flour in a blender.
 - b. Add the butter pieces cold from the fridge.
 - c. Add a pinch of salt and whisk well until the mixture is sandy and chalky-looking.
 - d. At this point, place the mixture on a surface of cold metal, glass or marble in the classical shape of a fountain and knead quickly adding little by little the cold water to obtain a firm dough, firm and elastic enough.
 - e. Once ready, wrap your dough crust around a sheet of plastic and let it rest in the fridge for at least 40 minutes.
 - f. Past the 40 minutes the pastry crust is ready for use.
2. Truffle sauce (recipe for 1 time):
 - a. Place in a casserole dish 150 grams of extra virgin olive oil.
 - b. Add a pinch of finely chopped parsley, three cloves of garlic and three anchovies (cleaned from salt, scrubbed and cut into small pieces).
 - c. Heat over a low heat and when the garlic is browned, turn off and cool; Remove the garlic cloves and add 50 grams of black truffle, cheese, pepper and salt.
3. Quiche preparation (recipe for 2 times):
 - a. Take one roll of pastry crust each.
 - b. Take 250 g of cow's milk ricotta.
 - c. Take Truffle sauce (100 g).
 - d. Take 1 whole egg and a pinch of salt.
 - e. Roll out the dough and fill it with a cream made by mixing the truffle sauce, ricotta, egg and salt.
 - f. Level well and bake at 180 degrees for about 20 minutes.
4. Garnish the quiche with a piece of San Daniele ham and parsley.



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Mushroom soup

Ingredients

4 portions			25 portions		
1	pcs	middle-big onion	5	pcs	
80	g	bacon (optional)	0.4	kg	
300	g	mixed mushrooms (Boletus/Steinpilz, Champignon, etc.)	1.5	kg	
600	ml	water/bouillon	3	l	
1	pcs	soft cheese (Kräuterschmelzkäse, approx. 100g)	5	pcs	
200	ml	cooking cream	1	l	
some		parsley	0.1	kg	
20	ml	olive oil	0.1	l	
1	g	salt	0.005	kg	
2	g	pepper	0.005	kg	

Preparation

Instructions

1. Peel onion and cut in cubes.
2. (optional) Slice bacon into cubes (or if using sliced bacon, slice finer).
3. Heat olive oil in pot, add onions, fry and stir until golden.
4. (optional) Add bacon until crisp.
5. Clean mushrooms and cut in cubes/pieces (do not wash!), add into pot.
6. Simmer for approx. 20min. Add a little water as necessary.
7. Add water or bouillon and bring to boil. [if water is used, add prepped bouillon powder]
8. Add soft cheese ("Schmelzkäse Kräuter") and let it melt
9. Add cream
10. Add chopped parsley
11. Purée with kitchen tool
12. Taste and spice with salt, pepper as necessary
13. Sprinkle some parsley for serving.



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Risotto with Mushrooms

Ingredients

4 portions

0.4	kg	Yellow Boletus
0.05	l	Olive oil
0.06	kg	Butter
0.05	kg	Parmigiano
0.05	kg	Onion
0.01	kg	Salt
0.02	kg	Parsley
0.1	l	White wine
0.32	kg	Rice
0.8	l	Broth
0.005	kg	Pepper

25 portions

2	kg
0.25	l
0.3	kg
0.25	kg
0.25	kg
0.05	kg
0.1	kg
0.5	l
1.6	kg
4	l
0.025	kg

Preparation

Instructions

- 1) Put in a large pan (with the time the volume of the rise increases) some oil and the shallot and let it go for a couple of minutes.
- 2) Add the rice and let it toast for few minutes. The rice has to look slightly translucent.
- 3) Add the white wine and let it evaporate.
- 4) Afterwards start to add a ladle of broth and move the rice continuously until the broth is absorbed by the rice.
- 5) Repeat step above until few minutes before the rice is ready. Important : The rice has never to be too dry.
- 6) Approx. 4 minutes before the rice is ready add the mushrooms cut in small pieces. Note: The mushrooms must be already previously cooked with some oil.
- 7) As soon as the rice is ready remove from the fire and add the parsley, the cheese (parmigiano and scamorza) and some butter.
- 8) Serve the rice immediately, the risotto should be eaten immediately.

The perfect Risotto has to be creamy, not too dry and not too liquid.



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Doe Back Fillet

Ingredients

4 portions

0.4	kg	doe filet
0.08	kg	bacon
0.02	L	Olive oil
0.25	pcs	greens (Suppengrün)
0.01	kg	pepperpellets/grit
0.01	kg	juniper berry
1	pcs	Thyme
		Salt
0.1	l	Champagne/sekt
0.1	l	wild stock
0.01	kg	dried mushrooms
0.075	l	cream
1		roast stock

25-30 portions

2.5	kg
0.4	kg
0.5	l
1	pcs
0.05	kg
0.05	kg
5	pcs
0.5	l
1	l
0.05	kg
0.375	l
5	

Preparation

Instructions

1. Clean greens and chop coarsely, put aside
2. Clean doe back filet, remove any fat, tissue, etc.
3. Grind pepper, juniper berries coarsely, add salt and thyme (and other spice-mix optionally), mix all well with olive oil until having a thick paste.
4. Rub doe back filet with spice mixture. Leave for ~30min.
5. Heat some olive oil in pan.
6. Fry doe back filet, sharply but very shortly (max. 10-15sec each side), put aside and cool a little.
7. Wrap thin sliced bacon around filet, and fry again very shortly but sharply. Put aside into oven form.
8. Add some champagne into pan to release frying stock.
9. Add greens and simmer for ~30 mins, add wild stock and champagne when needed.
10. Remove greens add the end.
11. Add dried mushrooms. Continue simmering.
12. Add cream, simmer.
13. If needed, thicken sauce with roast stock or flower/butter mix.
14. Taste sauce, add salt, pepper, spices if necessary.
15. Heat oven to 80-100° and put filet inside for 20-30 mins. (depending on thickness of filet).
16. Cut filet into medallion / slices. Serve with some sauce.



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Red Cabbage

Ingredients

4 portions

0.3	kg	red cabbage
0.025	l	olive oil
0.4	pcs	onion
0.6	pcs	apple
0.012	kg	sugar
0.02	l	vinegar
0.075	l	water
0.004	kg	salt
0.600	pcs	laurel leaf
1.000	pcs	clove
0.060	l	Champagne/Sekt

25-30 portions

1.5	kg
0.125	l
2	pcs
3	pcs
0.06	kg
0.1	l
0.375	l
0.02	kg
3	pcs
5	Pcs
0.3	l

Preparation

Instructions

1. Remove dead leaves from red cabbage, quarter the head and remove the stalk.
2. Plane or cut finely the cabbage into a bowl.
3. Peel onion and cut into small cubes.
4. Peel apple, remove stalk, and cut coarsely.
5. Heat olive oil and stew the onion and apple for a little while.
6. Add cabbage and immediately add vinegar, mix well.
7. Simmer with closed lid for ~10min.
8. Add water, salt, sugar, and spices.
9. Simmer with closed lid for ~45min.
10. Add champagne every few minutes a little.
11. Taste, add sugar, salt and vinegar if needed.



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Potato Gratin

Ingredients

4 portions

0.400	kg	potato
0.100	l	milk
0.100	l	cream
0.500	pcs	garlic clove
0.004	kg	salt
0.004	kg	pepper
1.000	pcs	rosemary
0.010	kg	butter
0.030	kg	parmesan cheese

25-30 portions

2	kg
0.5	l
0.5	l
3	pcs
0.02	kg
0.02	kg
5.000	pcs
0.050	kg
0.150	kg

Preparation

Instructions

1. Peel potatoes.
2. Cut in thin slices on planer.
3. Mix milk and cream, add finely chopped or pressed garlic, salt, pepper and rosemary.
4. Bring liquid to just under boil, add potatoes, reduce temperature.
5. Let slowly simmer for 10min, mix from time to time to prevent sticking to pot bottom.
6. Rub oven-form with butter or oil.
7. Fill in potato-liquid mix.
8. Sprinkle gently with grated cheese.
9. Put in oven for 20min at 220°C.



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Coffee mushroom dessert

Ingredients

6 portions

		good quality coffee ice
0.6	l	cream
0.25	kg	dark chocolate
0.003	kg	cocoa powder
0.15	kg	icing sugar
0.075	kg	butter
2	pcs	eggs
0.075	kg	plain flour
0.012	kg	instant coffee
0.024	kg	caster sugar
0.125	l	double cream

30 portions

2.500	l
1.042	kg
0.013	kg
0.625	kg
0.313	kg
8.333	pcs
0.313	kg
0.050	kg
0.100	kg
0.521	l

Preparation

Instructions

1. Preheat the oven to 200/400/Gas 6.
2. To make the stalks of the mushrooms, take two large and two small dariole moulds and brush the inside of each mould with a little olive oil and then line them with cling film. Fill with the slightly softened ice cream and re-freeze until set hard again.
3. To make the biscuits, cream the butter and caster sugar. Then add one egg white at a time very carefully not to overbeat the mixture. Gently fold in the flour.
4. Make a plastic template by cutting two differently-sized circles from each of two lids of ice cream containers. Place the templates on a non-stick baking tray leaving ample space between to allow the mixture to spread. Spread the biscuit mixture thinly on the circles.
5. Bake the biscuits in the pre-heated oven for 3 to 4 minutes until lightly golden brown. Remove, leave for 15 seconds to firm up slightly and, working quickly, press two of the biscuits one after the other over a small greased upturned dariole mould and two over a slightly larger greased upturned mould, forming four mushroom cap shapes in all. Leave to cool completely.
6. Dissolve together the sugar and double cream over a gentle heat to make a syrup. Stir in the coffee granules. Leave to cool completely.
7. To serve, scatter the grated chocolate on a large oval platter. Spoon some of the coffee sauce around the chocolate and dust with a little icing sugar to give the effect of moss! Unmould the ice cream by first placing your hands around the mould to warm them. The clingfilm and the ice cream should come out easily. Stand the ice cream stalks upright on the grated chocolate.



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8. Place the small caps on the small stalks and the large caps on the large stalks to form the mushroom caps. Using a small sieve, dust the caps heavily with cocoa powder and then a little icing sugar. Serve at once.





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