



# EUMETSAT Cooking Club

2015-01-28

## *The Recipes*



Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2015-01-28, The Recipes

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## Foreword

EUMETSAT's Cooking Club Christmas Party took place only in January, and 10 members met on Wednesday, 28 January 2015 as usual at Kochstudio Darmstadt.

This time, the team prepared a cold-warm buffet for themselves. To invite externals was originally not planned, but in the last minute that changed as some members needed to decline due to sudden illness. So the trusted diners of 2014, Raj, Anne-Marie and Stéphane were invited to come along and help eating the delicacies.

More or less, each member present prepared in a kind of mini-group their own dishes such that we ended up with 13 different dishes.

As suited for a Christmas party, and once the buffet was ready, it was a very relaxed evening with a lot of talking and laughter.

That left, as usual, the cleaning.

THE EDITOR



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## The Recipes

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*Salmon pickled Swedish style (“graved lachs”) with dill-mustard-honey-sauce*

*Dried fruits wrapped in bacon*

*Guacamole 1*

*Beef-Roast*

*Sardinian Cannelloni*

*Waldorf salad*

*Involtini di zucchini with gorgonzola and dried tomatoes*

*Fagottini di bresaola, ricotta, celery and lemon*

*Crostini with soft cheese, honey and soya sauce*

*Crostata*

*Vitello tonnato*

*Pear and arugula salad*

*Guacamole 2*



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# Cured Salmon (“Graved Lachs”)

## Ingredients

### 20-40 portions

2 x 1.2	kg	Fresh salmon filet (whole side, with skin)
100	g	Coarse sea salt
3	bunch	Dill
2	pcs	Lemon
5	g	Pepper

### Sauce (for 20 portions)

50	g	Dijon Mustard
40	g	Honey
1	g	Salt
1	g	Pepper
1	bunch	Dill
10	ml	Olive oil



## Preparation

### Instructions

Fish:

1. Dry the salmon with kitchen towel.
2. Check if any fishbones are left (by moving your finger over the places where the fishbones would be, i.e. in the cleft left by the fish dealer). Remove them if necessary (e.g. use pincers).
3. Collect the leaves from the dill (remove the stalks), finely chop leaves.
4. Pour  $\frac{1}{2}$  of salt on each side of fish (meat-side only).
5. Pour  $\frac{1}{2}$  of dill on top of salt.
6. Place 2 sliced lemons (washed hotly) on top.
7. Put 1 side of salmon on top of the other, such that the meat-sides meet.
8. Put salmon onto large platter.
9. Wrap everything in cling film
10. Place wooden board or similar on top of fish.
11. Weigh the wooden board with 2 heavy field stones (scrubbed and washed) or similar.
12. Leave cold (e.g. in fridge) for at least 2-3 days.
13. Cut into thin slices transversal-diagonal



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Sauce:

1. Collect the leaves from the dill (remove the stalks), finely chop leaves.
2. Mix all ingredients.
3. Season to taste.



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# Beef Roast

## *Ingredients*

### 10-15 portions

1	kg	Beef, e.g. faux filet
1	bunch	Greens (carrot, leek, celery, parsley)
1	bunch	Rosemary
1	bunch	Thyme
3	pcs	Shallot
0.5	l	Red wine
0.5	l	Vegetable broth
		Salt
		Pepper
2	tbsp	Dijon mustard
2	tbsp	Olive oil



## *Preparation*

### Instructions

1. Dry meat if necessary, pepper and salt lightly, coat with mustard.
2. Remove stalks from ½ of thyme and rosemary, chop coarsely and put on mustard coating.
3. Heat olive oil and meat, fry shortly from all sides.
4. Add wine and broth.
5. Add all vegetables coarsely chopped/cubed.
6. Add rest of herbs.
7. Put in oven, 180°C pre-heated for ~1h, pour the cooking liquid over the roast from time to time.
8. Cool down.
9. Blend sauce.
10. Slice thinly and serve with the sauce.





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# Plums, Figs, Apricots wrapped in Bacon

## *Ingredients*

### **40 pieces**

	Breakfast Bacon in slices (40 slices)
500 g	Dried figs
200 g	Dried plums
200 g	Dried apricots
200 g	Tabasco or piri-piri sauce



## *Preparation*

### **Instructions**

1. Wrap each fruit with one slice of breakfast bacon.
2. Penetrate with a tooth-stick to fix the two together.
3. Fry in pan until bacon is crisp.
4. Pour some chilli-sauce on top, according to taste.
5. Serve warm.



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# Guacamole (Avocado Cream)

Stephan's Recipe

## *Ingredients*

### **10-15 portions**

3 pcs	Avocado
2 pcs	Tomato
1 pcs	Onion
1 clove	Garlic
1 pcs	Lemon (juice of)
	Pepper
	Salt



## *Preparation*

### **Instructions**

1. Half avocados, remove the pit.
2. Peel avocado, slice/cube meat coarsely.
3. Wash tomato and slice/cube coarsely.
4. Peel onion and slice/cube coarsely.
5. Pour all ingredients into bowl and mix with blender to a fine paste (as fine as you prefer).
6. Season to taste.



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# Sardinian Cannelloni

## Ingredients

### 6 portions

300	g	Sardinian bread ( <i>pane carasau</i> )
300	g	Fresh sheep ricotta (or 200 grams of dry sheep ricotta and 100 grams of cream)
1		Big chard
150	g	Bacon
5	pcs	Shallots
2	cans	Tomatoes
150	g	Half-dry sheep cheese
		Olive oil
12		Quail eggs



## Preparation

### Instructions

1. Boil the chard after having chopped it in small pieces - and keep the water.
2. Fry 3 shallots (in small pieces) and the bacon in olive oil and then add the chard and let it lose the water.
3. Mix all with the fresh sheep ricotta (or with the dry ricotta, previously grated, mixed with the cream).
4. Cut the breads in quarters (each bread is round) and pass them in the chard water few seconds.
5. When the bread is soft, put in each quarter a spoon of ricotta mix and roll the bread around.
6. Put the rolls (cannelloni) into a hoven plate, one close to the other.
7. Prepare a tomato sauce with the two remaining shallots, previously fried in olive oil, and the cans.
8. Put the sauce onto the cannelloni and top with the grated sheep chese.
9. Put in the hoven at 180 degrees during 20 minutes Fry the quail egg and decorate the cannelloni directly on the plate.



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# Waldorf Salad

## Ingredients

### 4 portions

120	g	Walnuts halves
2	tblsp	Flat-leaf parsley
½	pcs	Lemon, zest finely grated
200	g	Yoghurt
1	tblsp	Mayonnaise
1	teasp.	Honey
		Freshly ground black pepper
2	pcs	large crisp apples
2	ribs	celery with leaves
60	g	golden raisins
½	pcs	Lemon, juiced
½	head	Boston Kopfsalat



## Preparation

### Instructions

1. Preheat the oven to 180°C, spread the nuts on a baking sheet, toast the nuts for 8-10 min, cool and break the nuts up into small pieces.
2. Grate finely the lemon zest, chop the parsley.
3. Whisk all ingredients in a large bowl.
4. Season generously with pepper.
5. Halve, core, cut apples into 1cm pieces, skin intact, sprinkle with the lemon juice to prevent browning.
6. Slice the celery ribs 1 cm thick, chop the leaves.
7. Add the apples, celery, raisins to the bowl.
8. Toss with the dressing.
9. Trim, wash, dry the lettuce.
10. Arrange the leaves on a large platter, or divide them among 4 plates.
11. Toss walnuts into the salad just before placing the salad on the lettuce and serving.



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# Involtini di Zucchini

## *(Roasted Courgette Rolls)*

### *Ingredients*

#### **10-15 portions**

2-3	pcs	Large Courgettes
		Salt
100	g	Gorgonzola, roughly chopped into chunks
6	pcs.	Sun-dried tomatoes in oil, finely sliced
1	bunch	Basil Leaves

#### **Marinade**

4	Tbsp.	Extra virgin olive oil (plus some extra oil for oiling the rolls)
1	pcs.	Large Garlic clove, finely chopped
		Black pepper, freshly ground



### *Preparation*

#### **Instructions**

*This is a really tasty starter, which is ideal to serve at parties with a glass of Prosecco. It is a modern antipasto, combining a typically southern Italian vegetable with a classic northern cheese.*

1. Preheat the oven to 180°C/Gas 4.
2. Combine the marinade ingredients in a small bowl and set aside.
3. Cut the courgettes lengthways into slices about 5mm thick.
4. Arrange the slices on a plate, sprinkle with salt and leave to rest for 40 minutes, until they have exuded some liquid and are soft.
5. Pat the courgette slices dry with a tea towel, place on a lightly oiled baking tray and brush with some of the marinade.
6. Roast the courgettes in the oven for 10-15 minutes, until the edges begin to golden.
7. Turn the courgette slices over, brush with the remaining marinade and cook for a further minute. Remove from the oven and leave to cool.
8. Place a few pieces of the Gorgonzola, a couple of slices of sun-dried tomato and a leaf or two of basil at one end of each courgette slice and roll up.
9. Arrange on a serving dish and garnish with basil leaves.



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# Fagottini di bresaola

## Ingredients

### 10-15 portions

100 g	Bresaola della Valtellina
80 g	Ricotta cheese
10 pcs.	Walnuts
4 Tblsp.	extra virgin olive oil
1 pcs.	Carrot
1 bunch	Chives
1 pcs.	Lemon (zest of)
	Salt
	Black pepper



## Preparation

### Instructions

1. Shred with scissors 3 chives and mix them in a bowl with the ricotta cheese and chopped walnuts.
2. Add the oil and the (bio) lemon zest salt and pepper and mix all together.
3. Arrange the slices of bresaola on the countertop.
4. Put in the centre of the bresaola slice a teaspoon of the mixture and close to a bundle, tying it with a rod of chives knotted. Repeat for the other bresaola slices.
5. Season the bundles (fagottini) with an emulsion of oil, lemon juice, salt and freshly ground pepper.



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# Crostini di Formaggio Cremoso

## *Ingredients*

### **For 2 people**

4 -6	slices	crackers or thin slices of toasted bread
		Creamy cheese (e.g. goat cheese)
		Honey
		Soy sauce
		Mint leaves



## *Preparation*

### **Instructions**

1. Spread a generous layer of creamy cheese on the crackers.
2. Add honey, some chopped mint leaves and freshly ground pepper.
3. Finish by adding some drops of soya sauce.



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# Crostata

## Ingredients

### 1 tray

2	pcs	Egg
100	g	Butter
120	g	Sugar
200	g	Flour
Jam (any choice) (It could be used also nutella or custard or ricotta cheese)		



## Preparation

### Instructions

1. Mix all together, the flour the butter the two eggs and the sugar. The result must be a ball of shortbread quite elastic and not sticky. (If it is sticky add a bit of extra flour).
2. Cover the shortbread with the cling film and put it in the fridge for ~30 minutes (even longer is not a problem, sometimes I prepare it the day before and leave it in the fridge all the night).
3. Take the baking tin and spread some butter and flour on it to avoid that the crostata sticks to the baking tin.
4. Lay the shortbread (not all) in the baking tin. With the fork makes small holes in the laid shortbread.
5. Cover the laid shortbread with the jam.
6. With the remained part of the shortbread create the borders.
7. Cook it in the oven for 35-40 minutes at 180 °C.





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# Vitello Tonnato

## Ingredients

### 10-15 portions

1	kg	white veal ("magatello" or "girello")
1	pcs	carrot
1	stick	celery
1	pcs	onion

### Tuna sauce

2	pcs	egg
0.4	l	Sunflower oil
2	tbsp.	lemon juice
330	g	tuna in olive oil
5	pcs	anchovy fillet
		capers



## Preparation

### Instructions

1. In a saucepan just large enough to contain the meat, put in the meat, carrot, celery, onion and enough water to cover. Having put in the right amount of water, remove the meat, cover the saucepan and bring the water to the boil. When the water begins to boil, add the meat, cover the saucepan again and reduce to simmering point. Cook for about 1 hour for each kg of meat. Remove the saucepan from the heat and allow the meat to cool in the cooking liquid.
2. Mayonnaise: Combine the egg-yolks, oil and lemon juice in the container of a blender. Blend until the mixture emulsifies and thickens. The eggs and oil must be very cold. It's better from fridge.
3. Drain the cans of tuna and put it in a food processor together with the anchovies and capers. Process until creamy and well blended. Remove the sauce from the bowl of the food processor and fold it gently into the mayonnaise.
4. When the meat is cold, take it out of the cooking liquid, wipe clean and cut into uniformly thin slices. (Make sure to remove any string).
5. On a serving platter, place a single layer of meat slices, then cover with the sauce. Make another layer of meat and cover again with the sauce.
6. Cover with clingfilm and refrigerate for at least 24 hours (up to a week). Bring to room temperature before serving.
7. When ready to serve, remove clingfilm, smooth over top if necessary and garnish.



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# Arugula (Rucola) – Pear-Salad

## Ingredients

### 10-15 portions

	Rucola (with nice wide leaves if possible so that it is not as spicy as the thin leaves)
	Pears
	Dried cranberries (raisins could work but the tartness of cranberries is quite special)
	Candied pecans
	Goat cheese – optional
4-6 table-spoon	Olive oil
2-3 table-spoon	Balsamic vinegar
1 tea-spoon	Dijon (fine) mustard
	Coarse Salt
	Pepper



## Preparation

### Instructions

1. Vinaigrette:
  - a. Put mustard in a bowl.
  - b. Put in balsamic vinegar.
  - c. Add olive oil.
  - d. Add kosher/coarse salt and pepper to taste.
  - e. Wisk with a plastic spoon (the plastic seems to help with making the dressing creamy).
  - f. It's best to make a lot of vinaigrette and use what's required. That way you have more for later.
2. Wash rucola and make sure it is well dried.
3. Peel pears, remove core and slice into long thin slices.
4. In a bowl, add the vinaigrette at the bottom and then put in the rucola. Toss well.
5. Add pears, candied pecans, dried cranberries and lumps of goat cheese.
6. Toss again when ready to serve (that way the pears stay white as long as possible).



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# Guacamole (Avocado cream)

Ravi's Recipe

## *Ingredients*

### **10-15 portions**

3-4 pcs	Avocado
1/2 pcs	Tomato (ripe)
2-3 pcs	Shallot
1/2 pcs	Lemon (juice of)
	Coriander
	Pepper
	Salt



## *Preparation*

### **Instructions**

1. Cut the tomato into small pieces.
2. Finely chop the shallots.
3. Cut avocados in half, remove pit.
4. With a sharp knife cut the flesh (still in the skin) into small cubes by making cuts down to the skin in both directions.
5. With a wide spoon scoop out all but one avocados into a bowl.
6. With a fork, gently mash the avocado flesh into a lumpy paste.
7. Add the lemon juice a little at a time, tasting the result. Mix well to keep avocados from turning black.
8. Add the shallots and tomatoes into the avocados.
9. Using the fork mix well and continue to mash lightly.
10. Add the last avocado and mix well (don't mash to keep the pieces intact)
11. Add salt and pepper and chopped coriander. Add more lemon juice if desired.
12. Eat with corn tortilla chips.



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