



EUMETSAT Cooking Club

2015-03-11

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2015-03-11, The Recipes

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Foreword

The EUMETSAT Cooking Club's first dining event of the year was held at Kochstudio Darmstadt on Wednesday, 11 March 2015, with an Asian theme.

Eighteen members prepared dishes from all over Asia for themselves and an additional nine dinner guests from EUMETSAT and ESOC.

As usual, each course was prepared by a group of cooks headed by a captain.

The sushi starter was prepared by the team led by club chair Stephan. This was followed by bun bô, a delicious Vietnamese rice noodle salad with beef and vegetarian nôm, prepared by the team captained by Sonia.

The main course was a tasty Indian-style chicken curry with apricots, prepared by the team headed by Alessandro and Stephan, accompanied by baiman ka bharta, spicy mashed aubergines, prepared by Jamie's team, and cardamom rice and garlic and plain nan prepared by the team captained by Maria-Luisa and Alessandro, aided by Raj.

The meal ended with scrumptious srikand, an Indian yoghurt-based dessert with saffron and pistachios, prepared by the captain, Raj, who also made hot (both in the warm and spicy sense) Indian chai.

The meal was accompanied by local wines selected by Gigi.

If you would like to show off your culinary skills, learn some cooking tricks and tips or just find out what good cooks your colleagues are, please contact the EUMETSAT Cooking Club chair, Stephan Zinke.

THE EDITOR



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The Recipes

Fish Tartar with Sea-Grass

Sushi

Vietnamese Bun Bo Xao Salad with Nem (Spring Rolls)

*Chicken Curry with Apricots with Naan (with or w/o Garlic) and Rice and
Bharta (Mashed Aubergines)*

Srikand (Indian Yoghurt Dessert)



Fish Tartar with Sea-Grass

Ingredients

Serves 4

0.03	kg	Fresh Salmon
0.03	kg	Fresh Tuna
0.03	kg	Surimi
0.05	kg	Sea-Grass
1	teaspoon	Lemon juice
1	teaspoon	Soy sauce
0.5	teaspoon	ground lemon grass

Serves 20

0.15	kg
0.15	kg
0.15	kg
0.25	kg
5	teaspoon
5	teaspoon
2.5	teaspoon

Preparation

1. Cut fish in very small cubes.
2. Add cut Sea-grass.
3. Add lemon juice, soy sauce, lemongrass.
4. Mix well.
5. Serve medium-cold (not room temperature).





Sushi

Ingredients

Serves 4

2	pcs	Nori-Leaves
0.2	kg	Sushi-Rice
0.2	pcs	Avocado
0.025	kg	Salmon-fillet, raw
0.025	kg	Tuna-fillet, raw
0.2	pcs	Cucumber
0.025	kg	Surimi
0.2	pcs	carrot
0.05	l	rice vinegar
1.5	tablespoon	sugar
1.5	teaspoon	salt
0.05	l	mirin
0.010	kg	wasabi
0.500	bag	pickled ginger
0.100	l	soy sauce

Serves 20

9	pcs
0.6	kg
1	pcs
0.125	kg
0.125	kg
1	pcs
0.125	kg
1	pcs
0.25	l
7.5	tablespoon
7.5	teaspoon
0.25	l
0.05	kg
2.5	bag
0.5	l

Preparation

Instructions (for 4 persons, for more persons adjust amounts mentioned)

Sushi-Rice (base recipe for any sushi)

1. Put sushi-rice into sieve and rinse under cold water under water becomes clear (this is to remove unnecessary starch). Drain for some time.
2. Put rice with water into pot. Relation: 550g sushi-rice with 750ml water. 1 kg Sushi-rice with 1.36l water. Don't add salt!
3. Bring to boil with open lid. Boil for 5-10 min. until some holes appear on the rice surface.
4. Reduce heat immediately to lowest setting and close lid. Simmer for 12-15 min.
5. Remove from fire, open lid and cover with clean tea towel and let rest for 15 min.
6. Meanwhile prepare dressing: for 1kg of rice (adjust for smaller amounts) mix:
 - a. 10 tbspoons rice-vinegar
 - b. 2 tbspoon mirin (rice-wine)
 - c. 6 tbspoons sugar
 - d. 2 tbspoons salt
 - e. Mix all until sugar and salt are dissolved.
7. Pour rice into flat (not metallic!) bowl, pour dressing over it and stir gently but thoroughly with wooden (not metallic!) spoon.
8. Let rice cool to room temperature. Cover with tea towel until usage.



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Prepare filling:

1. Remove skin from salmon-filet with sharp knife. Cut into thin stripes (approx. 0.5-1cm²).
2. Remove skin from avocado. Cut into thin stripes (approx. 0.5-1cm²).
3. Cut tuna-filet into thin stripes (approx. 0.5-1cm²). Make sure to remove any sinewy parts.
4. Peel carrot and cut into julienne-like stripes (approx. 0.2cm²).
5. Peel cucumber, remove core with spoon. Cut into thin stripes (approx. 0.5cm²).

Maki-Sushi (filled rolls wrapped in nori)

1. Preparation: Wrap bamboo-mat with clingfilm.
2. Put nori-leave with shiny side on bamboo mat.
3. Spread sushi-rice on nori, approx. 0.5-1cm thick. Use your hands. Put your hands first in a mixture of water with some vinegar. That prevents the rice sticking too much to your hands. Spread the rice with as less margin to the sides as possible, and as evenly as possible.
4. Make a line-indentation with your finger approx. 4-5m from the edge.
5. Spread a little wasabi into the indentation with your finger.
6. Add filling on top:
 - a. Stripes of salmon-filet with avocado stripes, OR
 - b. Stripes of tuna-filet with carrot stripes, OR
 - c. Surimi with cucumber stripes.
7. Roll Sushi:
 - a. Lift brim of bamboo mat closest to filling.
 - b. Roll Sushi applying always some pressure.
 - c. Control shape of roll, adjust when necessary by pressing with your hands.
 - d. Any rice escaping the nori shall be pressed back into the nori.
8. Cut Sushi:
 - a. Put very sharp (!) knife into water-vinegar mixture.
 - b. Cut into roll into thin slices (1-2cm thick).

Serve with pickled ginger, soy-sauce and wasabi for each person.





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Vietnamese Bun Bo Xao Salad with Nem (Spring Rolls)

Ingredients

Serves 4			Serves 20-30	
Salad				
200	g	rice vermicelli noodles	1000	g
300	g	beef steak	1500	g
8	leaves	romaine lettuce	40	leaves
1	pcs	small cucumber	5	pcs
1	pcs	carrot	5	pcs
1	handful	bean sprouts	5	handful
1	handful	fresh coriander	5	handful
1	handful	fresh mint	5	handful
1	handful	chopped peanuts	5	handful
0.2	l	vegetable oil	1	l
	some	chilli pepper flakes (optional)	0	some
	some	crispy fried onions (optional)	0	some
			0	0
Beef lemongrass marinade				0
1	stick	lemongrass, chopped	5	stick
4	tblspoon	nuoc-cham sauce	20	tblspoon
2	tblspoon	soy sauce	10	tblspoon
2	tblspoon	sugar	10	tblspoon
			0	0
Sauce				0
6	tblspoon	nuoc cham sauce	30	tblspoon
3	tblspoon	lemon juice	15	tblspoon
2	tblspoon	rice vinegar	10	tblspoon
2	tblspoon	sugar	10	tblspoon
20	cl	water	100	cl
	some	chilli pepper flakes (optional)	0	some
			0	0
Spring rolls				0
250	g	ground veal/chicken/pork or crumbled tofu	1250	g
1	pcs	onion	5	pcs
1	pcs	carrot	5	pcs
6	pcs	Chinese mushrooms	30	pcs
1	handful	sliced rice vermicelli noodles	5	handful



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1	handful	bean sprouts		5	handful
3	pcs	eggs (beaten in a bowl)		15	pcs
1	clove	garlic		5	clove
4	tblspoon	nuoc cham sauce		20	tblspoon
20	pcs	rice paper		100	pcs
1	tblspoon	freshly chopped coriander (optional)		5	tblspoon

Preparation

1. Slice the beef in thin slices. Mix the ingredients of the marinade, add the sliced beef and set aside in the fridge for 30 minutes.
2. Cook the vermicelli noodles according to the instructions, rinse with cold water and cut them roughly into 5 cm portions. Keep a handful sliced into 2cm portions for the spring rolls.
3. Chop the onion, grate the carrot, cut the mushrooms into small dices and roughly cut the bean sprouts in two.
4. In a wok, heat some oil over medium heat and add the onions until golden. Add the grated carrot, mushrooms, bean sprouts and ground meat/tofu. Stir in for a few minutes until the meat is cooked (3-5min) then add the chopped vermicelli noodles. Add the eggs, nuoc cham sauce and pepper to taste (and the fresh coriander if needed). Mix well. Fill in the rice papers with 1 tablespoon of the preparation, roll them (there are plenty of videos available online - it will be worth a thousand words ☺). Start deep frying the spring rolls until they are golden and crispy.
5. Meanwhile, peel the carrot and cucumber, and prepare them in thin slices using a vegetable peeler. Cut the salad leaves roughly if needed. Chop the mint and coriander. Chop the peanuts.
6. Prepare the sauce mixing all the ingredients listed above.
7. Take the meat out of the marinade and cook on high heat in a wok with 1 tablespoon of vegetable oil for 2-3 minutes.
8. Cut the spring rolls in 3.
9. In a large bowl, put the lettuce, rice vermicelli noodles, carrots, cucumber, bean sprouts, beef, sliced spring rolls, mint, coriander, peanuts and onions/chilli pepper flakes if needed. Cover with 5 tablespoons of sauce.



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Chicken Curry with Apricots

Ingredients

Serves 4

0.1	kg	dried apricots
1.5	teaspoon	whitewine vinegar
4	tablespoon	oil (no olive-oil)
2	pcs	onion, chopped
1.5	cm	ginger, chopped
2	cloves	garlic, chopped
7	cm	cinnamon
6	pcs	green cardamom capsules
1.5	teaspoon	red chili powder
0.5	teaspoon	cumin, ground
2	pcs	tomatoes, chopped
3	pcs	chicken leg
0.75	teaspoon	garam masala
0.25	teaspoon	black pepper, ground
		salt
1	teaspoon	sugar

Serves 20

0.5	kg	
7.5	teaspoon	
20	tablespoon	
10	pcs	
7.5	cm	
10	cloves	
35	cm	
30	pcs	
7.5	teaspoon	
2.5	teaspoon	
10	pcs	
15	pcs	
3.75	teaspoon	
1.25	teaspoon	
5	teaspoon	

Preparation

Instructions (for 4 persons, for more persons adjust amounts mentioned)

- Soak the dried apricots (they must be without pit) in 250ml water, mixed with ½ teaspoon vinegar; preferably for 3h. [for the cooking event that might be prepared at home!]
- Heat oil (don't use olive-oil, but a neutral oil, e.g. rape-seed or sunflower) in big pan and fry finely chopped onions on low fire in 12 minutes until gold-brown.
- Add ginger (finely chopped) and garlic (finely chopped); keep on low flame.
- After approx. 3 minutes add whole cinnamon [needs to be removed later!] and cardamom.
- After another 1 minute add chilli-powder and ground cumin.
- Add chopped tomatoes and cook slowly for another 5 min.
- Add whole chicken legs, garam masala and ground pepper. Simmer for 5 min.
- Add salt and 250ml water. Simmer until meat is tender (that can take 30min for 4 persons, possibly longer or higher amounts).
- If the liquid gets to thick, add more water.
- Remove chicken legs from sauce, cool down, and remove the meat from the bones, possibly cut it into bit-sized pieces and add back to sauce.
- Add 1 teaspoon vinegar and sugar and the drained apricots. Simmer for another 10min.
- Remove cinnamon.



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21. Serve (with rice and our naan bread)

Hints:

- 1) Chicken legs taste better than chicken-breast, and the meat stays soft(er).
- 2) You can use lam instead of chicken, if preferred.
- 3) You can use fresh apricots instead of dried apricots. In this case the pit will be removed only after the soaking.
- 4) Garam masala is a spice mix:
 - a. 1 tablespoon ground cumin
 - b. 1.5 teaspoon ground coriander
 - c. 1.5 teaspoon ground cardamom
 - d. 1.5 teaspoon freshly ground pepper
 - e. 1 teaspoon ground cinnamon
 - f. 0.5 teaspoon ground cloves
 - g. 0.5 teaspoon ground nut-meg

mix all.

Ideally roast the whole spices in a hot pan first for a few minutes, then ground.





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Naan (with or w/o garlic)

Ingredients

Serves 8			Serves 20		
0.5	kg	flour	1.25	kg	
1	teaspoon	baking powder	2.5	teaspoon	
0.5	teaspoon	baking soda	1.25	teaspoon	
1	teaspoon	salt	2.5	teaspoon	
1	pcs	egg	2.5	pcs	
1	tablespoon	butter (melted)	2.5	tablespoon	
1	tablespoon	butter (melted)	2.5	tablespoon	
0.125	kg	yoghurt	0.3125	kg	
0.25	l	milk	0.625	l	
1	clove	garlic	2	clove	

Preparation

Instructions

1. Mix flour, baking powder, baking soda and salt.
2. Stir eggs.
3. Add eggs, melted butter and yoghurt, and mix under
4. Add milk bit by bit (approx. amounts indicated) until the dough is soft and fluffy.
5. Let the dough rest (covered with a kitchen towel) for approx. 1h at a warm place.
6. Knead the dough on a flour-topped kitchen top until the dough is smooth.
7. Divide into portions and roll such that you get approx. 15cm long ovals.
8. Lightly top the bread with water and put bread with the wet-side down on a baking tray (use baking paper [we have this already]).
9. Squeeze peeled garlic cloves (or cut in really small pieces and squash with a spoon), and mix it in some melted butter.
10. Cover the top now with the garlic-flavoured melted butter.
11. Bake in pre-heated oven at 200°C for approx. 8-10 minutes.



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Rice

Ingredients

Serves 4			Serves 20		
0.2	kg	basmati rice	1	kg	
5	pcs	cardamom	25	pcs	
0.05	kg	butter	0.25	kg	
½	teaspoon	Salt	2	teaspoon	

Preparation

Instructions

1. Boil water: 2.5 times water of the amount of rice used. Add salt
2. Add rice. Reduce heat to very low simmering temperature.
3. Add cardamom capsules.
4. Cook until water has been sucked up by the rice, ~12-15min. Power out any excess water if necessary.



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Bharta (Mashed Aubergines)

Ingredients

Serves 4			Serves 20		
4	pcs	Aubergine		10	pcs
8	cloves	Garlic		20	cloves
8	pcs	Cloves		20	pcs
0.1	l	Olive oil or ghee		0.25	l
1	pcs	Onions		2.5	pcs
2.5	cm	Ginger		6.25	cm
4	pcs	Green chillis		10	pcs
1	tsp	Red chilli powder		2.5	tsp
0.5	tsp	Turmeric		1.25	tsp
1	can	Tomatoes		2.5	Can
2	tbsp	Fresh coriander		5	tbsp

Preparation

1. Stud each aubergine with 2 cloves of garlic and 2 cloves, brush with ghee. Roast aubergines and turn until skin becomes black.
2. Remove, discard cloves, transfer to pot of water, cool, peel blackened skin and mash flesh (with garlic cloves)
3. Heat ghee in wok, add cumin seeds and stir on medium heat until they begin to pop.
4. Add onions, and sauté until transparent.
5. Add ginger and green chillies, sauté for a few seconds.
6. Add aubergine, red chilli powder and turmeric, stir fry until fat leaves the sides.
7. Add tomatoes and salt, continue cooking until fat leaves the sides.
8. Remove and adjust seasoning.
9. Garnish with green coriander.



Srikand (Indian Yoghurt Dessert)

Ingredients

Serves 6

2	kg	full fat yogurt
0.1	kg	Mascaporne
0.07	kg	Sugar
1	Teaspoon	Cardamon seeds
6	Nut	Almonds
6	Nut	Pistacios
	some	Saffron

Serves 20

6.666667	kg
0.333333	kg
0.233333	kg
3.333333	Teaspoon
20	Nut
20	Nut
0	some

Preparation

Pre-preparation activities (the evening before the day):

- Place a clean kitchen hand towel or a substitute cloth on a big plastic bowl.
- Pour the yogurt into the towel [leaving about 150g still in the container] and wrap the yogurt into the towel.
- Tie the kitchen towel to seal the yogurt and hang the yogurt to drain out all of the water. Make sure the plastic bowl catches the drained water.
- Hang to drain for 12 hours [so it is an overnight job].

There is no easy way for the 4 steps above, the idea is to drain the water out of the yogurt, so innovate.

Preparation:

- Take the seeds out of the cardamom pods and grind the seeds [not powder but small granules]. Collect about 1/2 a tea spoon.
- Dispose the drained water and pour the drained yogurt into a plastic bowl.
- Add to it the mascarpone and sugar and the 150g of original natural yogurt (see (b) above).
- Whisk the mixture with an electric mixer until smooth (add one teaspoon of milk or water to get a smooth finish, repeat if not smooth enough).
- Add sugar to your required sweetness and whisk more if required.
- Add 1/2 teaspoons of cardamom grounded seeds.
- Take a small amount of saffron in a tea spoon and very lightly roast the saffron heating the base of the spoon.
- Crumble the roasted saffron and add some drops of milk into the tea spoon. Slightly heat the saffron again.
- Pour the saffron into the mixture.
- Hand whisk using a fork and mix the saffron and cardamom into the mix.
- Let the mixture cool in a fridge and take out 1/2 hour before serving.
- Once out of the fridge, using a fork, mix the mixture so that the saffron [you should see yellowish saffron colour] is evenly mixed.



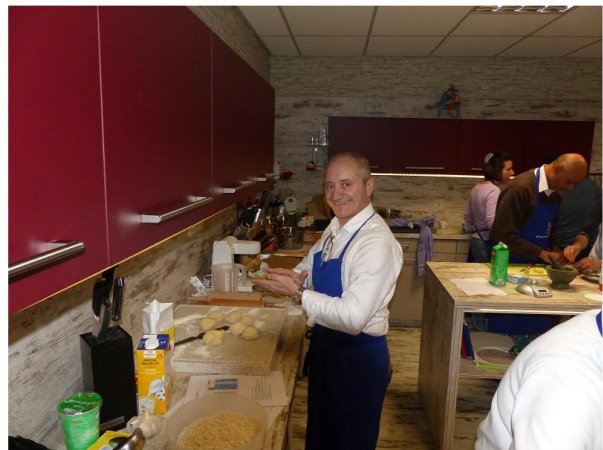
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- 13) Chop pistachios into small granules [Optional - lightly roast the pistachios].
- 14) Serve a small amount with pistachios.





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