



EUMETSAT Cooking Club

2015-05-06

The Recipes

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EUMETSAT Cooking Club 2015-05-06, The Recipes

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Foreword

The EUMETSAT Cooking Club heralded in the spring with another successful dining event at Kochstudio Darmstadt on Wednesday, 6 May 2015.

Sixteen members prepared a spring menu for themselves and an additional 11 dinner guests from EUMETSAT and ESOC.

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

Dinner began with a refreshing cold asparagus soup as amuse gueule and asparagus wrapped in ham gratinéed with parmesan as a starter prepared by the team led by club chair Stephan, followed by tasty gnocchi with pesto and cherry tomatoes, prepared by the team captained by Barbara.

The main course was delicious Sicilian sword fish with capers, olives and cherry tomatoes, prepared by the team headed by Gigi.

The meal ended with a divine strawberry lemon tiramisu, prepared by Alessandro's team.

Each course was accompanied by a matching southern European wine selected by Gigi.

THE EDITOR



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The Recipes

Cold Asparagus Soup

Asparagus wrapped in Ham and gratinéed with Parmesan

Gnocchi with Pesto alla Genovese

Sicilian Sword Fish with Olives, Capers and Cherry Tomatoes

Strawberry Tiramisu



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Asparagus-Soup (cold)

Ingredients

For 3 litres of soup

6	pcs	asparagus
	some	parsley
	some	salt
	some	pepper
	some	bouillon
0.4	l	cream

Preparation

1. Take cooking water (2.5 l) from asparagus (see starter), measure 250ml per person (soup) or ~50ml amuse-gueule.
2. Peel asparagus, cut asparagus in small pieces, cook asparagus (see starter).
3. Mix with kitchen machine together with the liquid. Add chopped parsley, some salt and pepper (if needed) and cream.
4. Mix well, season to taste. Add some starch if too liquid.
5. Cool down, serve. (or serve hot)





Asparagus wrapped in Ham

Ingredients

Serves 4 (starter)

4	pcs	asparagus
4	slices	cooked ham
0.05	kg	parmesan
Sauce		
2	pcs	egg-yolk
0.125	kg	butter
1	TBLspoon	lemon juice
	some	salt
	some	pepper
	some	sugar
1	TBLspoon	instant bouillon

Serves 20/30

30	pcs
30	slices
0.25	kg
10	pcs
0.625	kg
5	TBLspoon
	some
	some
	some
5	TBLspoon

Preparation

1. Peel asparagus:
 - a. Take one stick of asparagus between thumb and forefinger of left hand, stabilize with your palm. Peel from just under the head down to the bottom with an asparagus-peeler (or potato-peeler). Move the stick a little and repeat until once completely around the stick. Cut bottom 1cm away. If the asparagus is properly peeled no fibres will remain when cutting. Hold the stick against the light, if not properly peeled this will be visible.
2. Boil asparagus peel and cut-away ends in enough water (the stuff should be roughly covered), add ~1 teaspoon of sugar for each ~2-3 l of water, add ~1 TBLspoon of bouillon for each ~2-3 l of water.
3. Cook for ~10 minutes.
4. Strain the cooking liquid through a strainer and collect liquid, throw peels away.
5. Bring liquid to boil again and add asparagus sticks.
6. Cook for 12-15 mins.
7. Remove asparagus from liquid, let cool. Keep liquid for asparagus soup.

Sauce:

8. Melt butter, let cool down.
9. Put egg-yolks in metal-bowl, add lemon juice, some salt and pepper. Stir.
10. Warm egg-yolks over water-bath until yolks start to thicken, always stir. Keep attention not to have too high temperature in water-bath. The yolks shall not coagulate/harden completely.
11. Remove from water-bath.
12. Add, constantly stirring, bit by bit the melted butter. At the beginning very slowly.
13. Season to taste

Prepare wraps:

14. Lay out one slice of ham, put a little of the sauce on top and spread.



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15. Lay one stick of cooked asparagus on top. Roll together.
16. Put in heat-resistant oven-form.
17. Add some sauce on top.
18. Sprinkle with grated parmesan cheese
19. Put in pre-heated (150°C) oven for ~10min until the cheese is melted.
20. Put wraps on plate, add a little sauce. Serve.





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Gnocchi with Pesto alla Genovese

Ingredients

Serves 4

1	kg	Potato
1	pcs	Egg
0.23	kg	Flour
1	clove	Garlic
40	g	Basil
20	g	pine nuts
70	g	Parmesan/pecorino
0.1	l	Olive oil
1	pcs	Garlic clove
		Coarse salt

Serves 20/30

5	kg	
5	pcs	
1.15	kg	
5	clove	
200	g	
100	g	
350	g	
0.5	l	
5	pcs	

Preparation

Gnocchi

6. Hints:
 - a. Try to find potatoes that are neither too floury, nor too waxy.
 - b. If you do half portion you can still use one egg.
 - c. You may need more flour depending on the potatoes used.
7. Boil the potatoes. Place unpeeled potatoes into a large sauce pan and add enough water to cover them.
8. Place on a high heat, add 3 tsp (1 tbsp) of rock salt, then leave to boil.
9. Drain potatoes. When the potatoes are tender, after about 20 minutes of boiling, turn the heat off and tip them into a colander to drain.
10. Peel the potatoes. Mash the potatoes. Pass the still hot potatoes through a passatutto (potato ricer). If you don't have a passatutto handy, you can use a masher instead.
11. Add the flour and make a hole where you crack the egg. Stir in quickly before the temperature of the potato cooks the egg. You can also wait to do the gnocchi until the potatoes are tepid.
12. Form a dough. Turn the potato mash onto a wooden surface (wood will also absorb the humidity of the potatoes) and tip the flour on top. Mix with the hands and after a minute or two it will form into a dough. Knead lightly. When it reaches a pliable consistency, it's ready.
13. Form a ball and put it aside putting some flour below it.
14. Form the gnocchi. Sprinkle the surface with flour. Roll the dough into finger thick strips and cut into 1/2-inch pieces using additional flour if needed, such that while rolling the dough it will not stick to your hands.
15. Use a flexible knife to cut off 2 centimetres (0.8 in) pieces. Slice off another fist sized piece and repeat until you have used all of the dough.

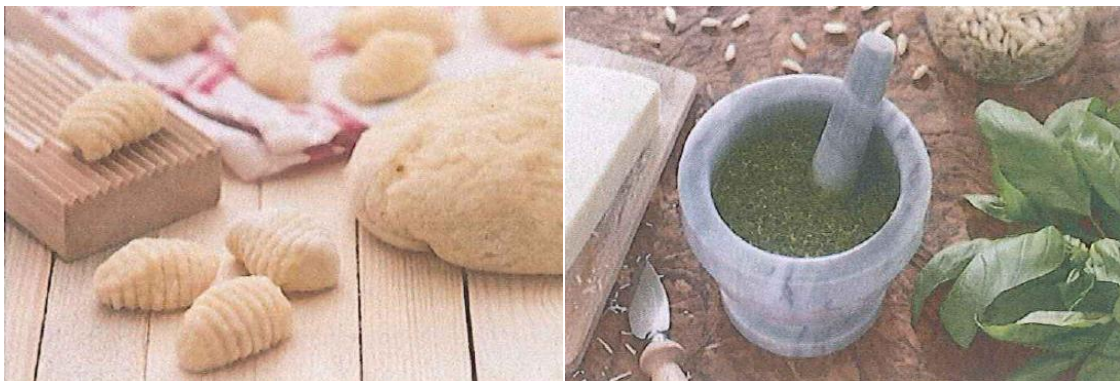


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16. Using the tines of a fork and the tip of your thumb take one segment and roll it downward toward the tips of the tines. This action will give your dumpling a deep indentation on one side and a ridged surface on the other.
17. Boil water. Fill a large pan with water and add 3 tsp of rock salt. Place over a high heat, put on the lid, and bring to boil.
18. Tap the gnocchi from the tray into the boiling water. This method will stop the water from splashing your hands. Give them a little stir and leave to cook.
19. Wait for them to reach the surface. When the gnocchi have all bobbed to the surface, they're ready to serve.
20. Cook the gnocchi straight after you have prepared them or freeze them.

Pesto alla Genoves

1. The first step is to clean the leaves of basil: do it with a soft cloth, without wetting. Alternatively, wash them but let them dry thoroughly; this step should be done gently, because if the leaves are rubbed or break they will be blackened and make the taste of the pesto bitter.
2. Use a marble mortar and a wooden pestle to reduce one peeled garlic clove and a pinch of salt into a pulp.
3. Then add the basil leaves and the remaining salt, and in a circular motion continue to smash. You'll see that the basil releases a vivid green liquid, this is the time to put the pine nuts;
4. Finally, continuing to stir, add the grated cheese and the oil.
5. Very important is the time for the preparation, it should be as less as possible to avoid the oxidation of the basil or other ingredients.
6. A risk in the success is linked to the use of the mixer, which warms the pesto and makes it bitter; if you do not have a mortar followed these tricks: operated at the lowest speed and blend jerky to not raise the temperature of the compound. The pesto can be kept in the fridge up to ten days covered with olive oil.





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Sicilian Sword-Fish

Ingredients

Serves 4

0.4	kg	sword fish
20	pcs	Pachino cherry tomatoes
2	pcs	spring onion
40	pcs	black olives
2	teaspoon	capers
0.2	l	white wine
1	some	thyme
0.02	l	olive oil
0.005	kg	salt

Serves 20/30

3	kg
100	pcs
10	pcs
200	pcs
10	teaspoon
1	l
5	some
0.1	l
0.025	kg

Preparation

1. Cut the Pachino cherry tomatoes in two halves and put them in a pan with a bit of oil, with the cut side on the pan.
2. Cook them on little fire up to when they have lost the water and they are a bit caramelized.
3. Remove and put aside.
4. Cut the long onions in slices and fry them in the same pan (adding a bit more of oil if needed).
5. Add the tomatoes and the olives and let all cook together for a few minutes, adding a bit of salt.
6. At the very end, add the cappers (previously well washed) and the thyme and switch off the fire.
7. Take another pan and put it on happy fire with a bit of oil; when the oil is hot, cook fast the fish a couple of minutes on both sides.
8. Add the wine and let it evaporate a bit, then lower the fire.
9. Cover the fish with the sauce previously prepared and let cook gently for 10 minutes.



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Strawberry Tiramisu

Ingredients

Serves 4

1	g	Gelatine
80g	1 Spoon for each egg ~10/20g	Sugar
50	g	Sponge finger biscuits
0.20	100 g for each egg	Mascarpone
~2	1 egg for each 100 g of Mascarpone	Eggs
0.01	l	Limoncello
0.05	kg	Strawberries
0.1	kg	Lemon

Serves 30 (used)

10	g
200	g
400	g
1.0	kg
10	pcs
0.1	l
0.5	kg
1	kg

Preparation

Preparation of the mascarpone cream:

1. Open the eggs and separate the yolk from the white part of the egg.
2. Mix the yolk with sugar (1 spoon for each yolk) and mount until soft and frothy.
3. Mount the white part of the eggs until well firm.
4. Add the mascarpone cheese with the mounted yolk and mix.
5. Add the mounted white part of the eggs and mix.
6. Add some gelatine which has been previous melt in a very few (few spoon) warm water.
(NOTE : This step is necessary only if there is not enough time to leave the Tiramisu in the fridge, ideally one night).

Preparation of the strawberries

7. Chop the strawberries in small pieces. Remember to leave some half strawberry for the decoration.
8. Mix the chopped strawberries with some sugar (not much) and some lemon juice.
9. Let rest for some time.

Preparation of the syrup used to wet the Biscuits (Savoirdi is the art of biscuits)

10. Grate the lemon zest.
11. Add the grated lemon zest to the water (300/400 ml).
12. Add the sugar (100g) to the water and let boil for few seconds.
13. Add to the warm syrup some Limoncello (This step is optional)

Assemble the Tiramisu.

14. Wet the biscuits in the syrup and place in the cup



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15. Add on top some chopped strawberry.
16. Cover with the mascarpone cream.
17. Add the half strawberry as decoration.





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