



# EUMETSAT Cooking Club

2015-07-29

*The Recipes*

Stephan Zinke (Editor)

---

EUMETSAT Cooking Club 2015-07-29, The Recipes

(c) Stephan Zinke, 2015

First published August 2015

All rights reserved

Published and Licensed under the GNU Free Documentation License, Version 1.3

(<http://www.gnu.org/licenses/fdl-1.3-standalone.html> )



# Contents

Foreword.....	4
Pimms.....	6
Salpicon de Marisco .....	7
Salmorejo .....	9
Egyptian Fish .....	10
Toasted Egyptian Rice .....	11
Almond Orange Florentines .....	12



EUMETSAT Cooking Club – 2015-07-29

## Foreword

The EUMETSAT Cooking Club cooked colourful summer dishes during another successful dining event at Kochstudio Darmstadt on Wednesday, 29 July 2015.

Sixteen members of the EUMETSAT Cooking Club, including two new members, prepared a summer menu for themselves and an additional 11 dining guests from EUMETSAT and ESOC.

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

This time, dinner began with a colourful Pimms cocktail from England prepared by Raj.

The first course served was salpicon de marisco, a seafood salad from the Spanish region of Galicia, prepared by the team lead by Cristina from ESOC.

This was followed by salmorejo, a cold thick tomato soup originating from the Spanish region of Andalusia, prepared by the team headed by Gigi.

The main course was Egyptian-style white fish fillet (monkfish) topped by tomatoes, onions, garlic and coriander, prepared by club chair Stephan and his group. Egyptian roasted rice was served as a side dish, prepared by Kevin from ESOC and his team.

The meal ended with almond orange Florentines, prepared by Jamie from ESOC and her team.

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

THE EDITOR



EUMETSAT Cooking Club – 2015-07-29

## The Recipes

---

*Pimms*

*Salpicon de Marisco*

*Salmorejo*

*Egyptian Fish with Toasted Egyptian Rice*

*Almond Orange Florentines*



EUMETSAT Cooking Club – 2015-07-29

# Pimms

## *Ingredients*

**Serves 15-20**

0.75	l	Pimms
3	l	lemonade
0.5	pcs.	cucumber
1	pcs.	orange
	some	strawberries
	some	mint leaves
	some	ice cubes

## *Preparation*

1. Mix 75cl of Pimms in large bowl with 3l of lemonade (diet lemonade is also fine.) [vary the PIMMS to Lemonade portion according to taste an alcohol strength] Cut half a cucumber, an orange and some strawberries into small chunks.
2. Add to the bowl.
3. Throw in some fresh mint leaves and add some ice cubes.
4. Keep in fridge for a while before serving in a tall glass.
5. For 1 to 2 people vary Pimms to Lemonade portion to taste.





EUMETSAT Cooking Club – 2015-07-29

# Salpicon de Marisco

## Ingredients

### Serves 4

1	kg	Octopus
1	kg	Prawn
1	unit	Red Pepper
1	unit	Green Pepper
0.5	unit	Onion
0.09	l	Olive oil (6 tablespoon)
0.03	l	Vinegar (2 tablespoon)
0.3	bunch	Parsley
	some	Salt
1	some	paprika powder

### Serves 20/30

3	kg
2	kg
2	unit
2	unit
1.5	unit
0.45	l
0.15	l
1.5	bunch
	some
	some

## Preparation

### 1. Octopus

- If the octopus is frozen (recommended), it should be defrosted 24 hours before being used.
- Make sure that the octopus is clean, removing eyes and mouth.
- Boil water and when the water starts boiling, the octopus should be put in and brought out 3 times. After that, boil the octopus for about 30-40 minutes (~1kg octopus). (Note: The exact boiling time, depends on the size of the octopus. It should be tasted and the thickest part should be soft).
- Once the octopus is soft, turn off the heat and leave it (inside the water) for about 10 minutes.
- Cut the legs of the octopus in small pieces.
- The head of the octopus is usually not used for salpicón, you can keep it and do something else with it.

### 2. Prawns

- Boil the prawns (even if they are frozen and already cooked) for ~10 minutes.
- Put the prawns and the octopus in a pan with a bit of oil, the garlic and peppers.

### 3. Salad

- Cut the peppers and the onions in small pieces and put them in a bowl. Add the octopus and the prawns.

### 4. Dressing (Vinagreta)

- Mix the oil, the vinegar, the parsley (cut very small) and salt. You can also add a bit of paprika powder. Proportions may vary depending on your taste.



EUMETSAT Cooking Club – 2015-07-29







EUMETSAT Cooking Club – 2015-07-29

# Salmorejo

## Ingredients

### Serves 4

1	kg	tomatoes
2	pcs	bread from day before
1	clove	garlic
0.15	l	olive oil
0.06	kg	iberic ham
12	pcs	quail eggs

### Serves 20/30

3.33	kg
6.67	pcs
3.33	clove
0.5	l
0.2	kg
40	pcs

## Preparation

1. Clean the tomatoes cut in cubes.
2. Cut the bread in cubes, too.
3. Mix tomatoes and bread cubes and squeeze a bit. Wait for a while till the bread is soaked with the tomato liquid.
4. Add the olive oil, the salt and the garlic.
5. Make a purée with a mixer. Put in the fridge.
6. Boil the quail eggs and cut them in eights or quarters. Cut the ham in little cubes.
7. Before serving in individual bowls, decorate with egg and ham.





EUMETSAT Cooking Club – 2015-07-29

# Egyptian Fish

## Ingredients

### Serves 4

0.4	kg	white fish filet
2	pcs	onion
5	clove	garlic
0.05	kg	butter
3	pcs	tomato
0.3	bundle	parsley
0.3	bundle	fresh coriander
0.004	kg	salt
0.004	kg	pepper
0.05	l	Olive oil
	some	Lemon or lime juice

### Serves 20/30

3	kg
15	pcs
37.5	clove
0.375	kg
22.5	pcs
2.25	bundle
2.25	bundle
0.03	kg
0.03	kg
0.375	l
	some

## Preparation

1. Peel onions and garlic and chop finely.
2. Melt butter in a pan and add onions. Stir-fry until golden brown on middle fire. Add garlic add the end and fry shortly (~1min).
3. Cut/chop tomatoes into small pieces, add to the onion-mix and cook on middle fire until soft. Add one glass of water for each 4-portions.
4. Chop parsley and coriander finely and add to tomatoes-onion mixture. Add salt and pepper.
5. Cook until it becomes a thick sauce. Add some lemon juice and apply more salt/pepper to your taste.
6. Salt and pepper fish on both sides in some olive oil, fry on each side very shortly (<1min).
7. Oil a baking tray and put fish inside.
8. Cover with the sauce and cook in the oven (180°C) for about 20mins.





EUMETSAT Cooking Club – 2015-07-29

# Toasted Egyptian Rice

## Ingredients

### Serves 4

425	g	Basmati Rice
1	pcs	Onion, large
0.125	l	Vegetable oil
0.008	kg	Salt
0.012	kg	Cumin
0.008	kg	Lemon Pepper
0.008	kg	Ground Coriander
0.004	kg	Cinnamon

### Serves 20/30

2125	g	
5	pcs	
0.625	l	
0.04	kg	
0.06	kg	
0.04	kg	
0.04	kg	
0.02	kg	

## Preparation

1. Heat the oil over med-high heat.
2. Add the onion, and stir for just a minute to coat with the oil.
3. Add the rice and coat well with the oil, stir and fry until it becomes a nice brown color.
4. Now, add the spices and the water (but be careful in case it sputters at you).
5. Once it is boiling, cover and simmer over low heat about 20 min or until done.



EUMETSAT Cooking Club – 2015-07-29

# Almond Orange Florentines

## Ingredients

### Serves 4 (20pcs.)

260	g	Almond flakes
100	g	Icing Sugar
2	ea	Eggs
1	ea	Orange (bio)
0.015	l	Orange Flower Water
	some	Fresh fruit

### Serves 20/30

780	g	
300	g	
6	ea	
3	ea	
0.045	l	
0	some	

## Preparation

1. Preheat oven to 150°C. Line a baking tray with baking parchment (if not non-stick, brush lightly with vegetable oil).
2. Have a small bowl of cold water next to you. Place all the ingredients in a bowl and gently mix. Dip your hand in the water and pick up portions of the mix to make little mounds on the lined tray. Make sure there is plenty of space around each one. Take a fork, dip it in the cold water and flatten out the mounds. Make them as thin as possible without too much space between the almond flakes.
3. Place baking tray in oven and bake 12 minutes. The biscuits should be golden brown. Check underneath to make sure they are cooked through.
4. Allow to cool and then gently remove from the baking sheet using a palette knife. Store in a sealed jar or tin if not eating immediately.







## EUMETSAT Cooking Club – 2015-07-29







EUMETSAT Cooking Club – 2015-07-29







EUMETSAT Cooking Club – 2015-07-29

