



EUMETSAT Cooking Club

2016-05-31

The Recipes

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EUMETSAT Cooking Club 2016-05-31, The Recipes

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First published June 2016

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Foreword

On Tuesday, May 31, the EUMETSAT Cooking Club held its 3rd 2016 event on the theme of Spanish Food.

21 club members cooked for themselves and 8 additional dining guests a wonderful menu of not-so-well-known Spanish Food from a variety of Spanish Regions.

Stephan presented an amuse gueule of Radish Salad with Leave Spinach and Cress and was followed suit by a cold tomato soup, Gazpacho topped with cubed Avocado, prepared by Gigi and his group.

Then, Silvia and her group served Pimientos Rellenos, peppers stuffed with cod and potatoes.

As another starter, Cristina and her group prepared Empanada de Atún, a tuna and vegetable pie.

Mikel and his group served for the main dish Fideuá (noodles with seafood).

Finally, Geraldine and her team prepared Torrijas as a dessert, a kind of French toast, typical for a Spanish Easter.

As is practice in the club, all dishes were accompanied by matching wine chosen by Gigi.

That left the usual cleaning, and at 23:00 the kitchen doors could be locked, to be opened again in roughly 2 months.

THE EDITOR



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The Recipes

Radish Salad Amuse Gueule

Gazpacho

Empanada de Atún (tuna pie)

Pimientos Rellenos (stuffed peppers)

Fideuá (noodles with seafood)

Torrijas



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Radish Salad

Ingredients

Serves 4 (or 30 as amuse gueule)

amount	unit	description	
30	pcs.	round red radish	
20	pcs.	leave spinach leaves	
50	g	fresh cress	
	some	salt	
	some	black pepper	
2	tbsp.	olive oil	
1	tsp.	mild vinegar	

Preparation

1. Wash and clean the vegetables.
2. Grate the radishes coarsely.
3. Chop spinach leaves and cress.
4. Mix all together in a bowl and season with salt, pepper, olive oil and vingar.





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Gazpacho with Avocado

Ingredients

Serves 6

amount	unit	description	
1	kg	unpeeled, well ripe, tomatoes	
1	pcs.	big cucumber, peeled	
2	pcs.	garlic cloves	
½	pcs.	small red pepper	
	some	salt	
	some	cumin	

Preparation

1. Mix all ingredients together well with a mixer. If the tomatoes are not well ripe or you are unsatisfied with the tomato taste, add some concentrated tomato purée.
2. Add a wine-glass of oil and a soup spoon of vinegar.
3. Mix a bit more.
4. Decorate with little cubes of avocado.





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Pimientos Rellenos (stuffed peppers)

Ingredients

Serves 4

amount	unit	description	
20	pcs.	Piquillo pepper	
250	g	cod (wet and desalted)	
2-3	pcs.	garlic cloves	
200	ml	Mild olive oil	
	some	potato purée	
200	ml	whipped cream	

Preparation

1. Put in a pot the pieces of cod (you can crumble them before if you prefer) , olive oil and entire garlic cloves without skin and let boil slowly.
2. When you feel that the garlic is soft, it is the moment to add the whipped cream, let it boil a bit and take the pot of the fire.
3. Let dampen and blend the mix (with a fork or the mixer).
4. Once you have a homogenous mix, you will see that is quite liquid.
5. Put again to boil and add the potato purée till the mixture gets a compact density.
6. Let cool the mix.
7. In parallel you can prepare a tomato sauce.
8. Once the mix is cooled down, you can start to fill the peppers.
9. Once fully filled either coat in batter, fry and put on the tomato sauce , or put directly on the tomato sauce and put them in the oven.





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Empanada de Atún (tuna pie)

Ingredients

Serves 4-5

amount	unit	description	
Dough			
500	g	flour	
50	ml	olive oil	
200	g	water	
10	g	salt	
	pinch	leavening	
Filling			
3	pcs.	onion	
1	tin	chopped tomato	
3	tin	tuna	
1	pcs.	bell pepper	
2	pcs.	egg	
	some	sugar	
	some	salt	
Decoration			
2	pcs.	egg	

Preparation

1. Start with the dough as it will need some time to settle. The fried tomato also needs some time, so that should be your second task.
2. **Dough:**
3. Mix all the dough ingredients in a bowl, pouring the water slowly, to check the consistency. More water can be added if needed.
4. Once it is mixed, knead it for about 5 minutes.
5. Put it back in the bowl, cover it with a kitchen towel and leave it for about 1 hour.
6. **Filling:**
7. Chop 2 onions into small pieces.
8. In a pan with olive oil, fry 1 onion slowly. After a few minutes, add the tomatoes, a bit of sugar and a bit of salt. Leave it over low heat for about 30-45 minutes.
9. For the rest of the filling, fry 1 onion it slowly in a different pan, also with olive oil.
10. Chop the pepper and add it to the pan.
11. Boil the eggs. Once they are cold, cut them.
12. Once the pepper and the onion are done, add the tuna and the eggs to the pan and heat the mix for couple of minutes.
13. When the fried tomato is ready, mix it with a mixer and add it to the pan with the onion and the pepper.
14. Pre-heat the oven to 180°.



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15. Once the dough has settled for about one hour, split it in two and roll out one part. Put it in the oven tray (or any other tray that can be used in the oven).
16. Add the filling on top of the dough leaving a ½ cm edge to allow sealing.
17. Roll out the remaining dough and use it to cover the filling.
18. Fold the lower part of the dough onto the upper to form a seal. Crimp together both parts and perforate the upper dough with a fork (this will prevent it from inflating).
19. If there is any dough left over (the upper part is usually smaller than the lower part), you can use them to decorate your empanada.
20. Baste the surface with a beaten egg. If you don't want to waste an egg (you will use very little) for this, you can also do it with milk.
21. Cook in the oven (preheated at 180°) for about 40 minutes.
22. Note that you can put any filling you want inside (it is also very good with meat instead of tuna!).





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Fideuá (noodles with seafood)

Ingredients

Serves 6

amount	unit	description	
Fideuá			
350	g	short capellini pasta (e.g. 3 Glocken “Die mag ich” Fadennudeln)	
300	g	sunflower oil	
1	pcs.	red bell pepper	
2	pcs.	medium-sized onions	
3	pcs.	garlic cloves	
350	g	cuttlefish (sepia)	
350	g	raw prawns	
1	tsp.	paprika powder	
2	tblsp.	tomato sauce	
	some	olive oil	
	some	salt	
Broth			
1.5	l	water	
1	pcs.	leek	
1	pcs.	carrot	
1	pcs.	onion	
	some	parsley	
		heads and skin of prawns	
	some	olive oil	
	some	salt	
Aioli			
1	pcs.	egg	
1	pcs.	garlic clove	
	some	sunflower oil	
	some	olive oil	
	some	salt	
	some	vinegar	

Preparation

1. Start off by peeling the prawns and removing the heads. Save separately the body from the heads and skin.
2. Begin with the broth. Take a pot with 3 spoons of olive oil in it and stir-fry the heads and skin of the prawns for 5 minutes. Pour the water into the pot, add the vegetables, and salt it. Leave it boiling for an hour.



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3. Meanwhile, chop finely the onion, pepper and garlic needed for the fideuá. (clean and) cut the cuttlefish in 1-2 cm cubes.
4. Next step is to fry the capellini. Pour sunflower oil into a pan and warm it. Once it's warm, drop the capellini and fry them gently, stirring, for about 5 minutes, until they get a brownish color. The heat should be moderate. Once they get the toasted colour, get them out of the pan and drain the excess oil. Save the capellini for the end.
5. Take a wide and open pot for the fideuá. Take into account that once all the ingredients are in, the fideuá shouldn't be more than 3 cm deep, like in a paella.
6. In this wide pot, pour 5 spoons of olive oil. Warm it and fry the bodies of the prawns. Do it quickly, just a couple of seconds per side, and take the prawns out. They will be totally cooked later.
7. After taking the prawns out, introduce the onion, pepper and garlic, put some salt and cook them for about 10 minutes with moderate heat. Introduce the cuttlefish and cook for another 15 minutes.
8. Once this base is cooked, it's time to add the capellini and cook everything. This takes only a couple of minutes, so it should be done shortly before serving. One can have the 3 things ready (the fried capellini, the broth and the vegetables-cuttlefish mixture of the wide pot) and finish the preparation at convenience.
9. Once ready, and with the pot already warm, add a small spoon of paprika powder and the 2 spoons of tomato sauce, and stir everything together for a minute. Add some spoonfuls of broth and bring it to a gentle boiling. Add the fried capellini and more broth, until everything is covered, and boil for 3 minutes. Add the prawn bodies, add some more broth and let it boil for another 2 to 3 minutes. At this point, the capellini will be cooked. It is important to control the amount of broth: at the end, the capellini should have absorbed all of it.
10. Once they are cooked, remove the pot from the heat and let it rest, covered, for 10 minutes. Serve with alioli-sauce.
11. **Alioli:**
12. The traditional alioli (allioli) is just olive oil and garlic, but this recipe is for garlic-mayonnaise, which is commonly (although purists will argue that incorrectly) also called alioli.
13. Put 1 egg, the garlic, some salt and vinegar into a vessel, and mix it with a blender. Start pouring oil and blending everything together until the desired consistency is achieved. More oil will result in a denser fluid.
14. One can do it with olive oil, sunflower oil, or a mixture of both.



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Torrijas

Ingredients

Serves 30

amount	unit	description	
2	l	milk	
200	g	sugar	
5-6	pcs.	cinnamon sticks	
6-8	pcs.	eggs (depending on size, start with 6 and keep 2-3 more to hand in case you run out)	
4	pcs.	large loaves of bread (we used short, chunky baguette/French sticks – if possible with dense centre and not very crunchy crust)	
100	g	sugar	
2-4	tsp.	Powdered cinnamon	

Preparation

1. Cut the bread into slices (~2cm).
2. Beat the eggs and pour into a large flat bowl.
3. Mix cinnamon powder and 100g sugar in a separate bowl.
4. In a pot, heat the milk with the sugar and the cinnamon stick (medium heat).
5. When it starts boiling, remove it from the heat and wait for it to cool down.
6. Once it is cold enough to handle (so that you don't burn yourself when touching it), soak/dip the bread slices (both sides) in the milk, then in the beaten egg and fry them in olive oil.
7. Once they are well fried and browned, wrap them in kitchen paper and pat off any excess oil.
8. Place them onto another plate and sprinkle the mixture of sugar and cinnamon on them with a teaspoon while still hot.
9. Allow to cool.
10. Serve as dessert, or with breakfast.





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