



# EUMETSAT Cooking Club

2016-09-21

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2016-09-21, The Recipes

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## Foreword

While the leaves start to fall slowly, the EUMETSAT Cooking Club met on Wednesday, September 21, to hold its 5<sup>th</sup> 2016 event on the theme of North-African cooking.

Jamie organised this event and oversaw that everything was properly prepared by the captains and their teams, with military precision, including even pre-planned oven usage times. Good job!

Stephan prepared as an amuse gueule a sardine turnover, filou pastry filled with sardines, parsley and lemon juice.

This was followed by 2 starters, prepared by Antonio (Tunisian Red Pepper Salad on Soaked Bread) and Mikel (Makhdouda Nahna, a Tunisian mint quiche) and their teams, respectively.

For the main dish Chicken or Fish Chermoula, prepared by Kevin and his team, Zaalouk (Moroccan aubergine) prepared by Jamie and her team, Egyptian Spinach and Chickpea Omelette prepared by Cristina and her team, were served, accompanied by Couscous.

As desserts, Jamie oversaw the preparation of Zucré Coco (Moroccan coconut fudge) and Gazelle's Horns (pastry stuffed with almond paste), assisted by teams of willing helpers.

After the feast, only the usual cleaning was left.

THE EDITOR



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## The Recipes

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*Sardine Turnover*

*Tunisian Red Pepper Salad on Soaked Bread*

*Makhdouda Nahna (Tunisian mint quiche)*

*Chicken or Fish Chermoula*

*Zaalouk (Moroccan aubergine)*

*Egyptian Spinach and Chickpea Omelette*

*Zucre Coco (Moroccan coconut fudge)*

*Gazelle's Horns (pastry stuffed with almond paste)*



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# Sardine Turnover

## Ingredients

**Serves 16 pieces**

amount	unit	description
2	tins	sardines in lemon or olive oil
1	pcs.	lemon, juice and grated rind
30	g	butter, soft
1	tbsp.	parsley, chopped
8	pcs.	feuilles de brick (circular phyllo sheets)
2	tbsp.	oil from the sardine tins
	some	Ras al hanout (Moroccan spice mix)
1	pcs.	egg white

## Preparation

1. Using a fork, mash the sardines with the butter, lemon rind and juice and parsley.
2. Cut the phyllo circles in half. Brush the edges with egg white and fold in half from left to right.
3. Place a teaspoon of the mixture in the centre of the phyllo and fold the edges around to form a triangular shape. Brush the top with a bit of oil.
4. Line a baking sheet with parchment paper and bake at 180°C for 20 min (turn over the triangles after 10 min so that both sides are golden).
5. When done, sprinkle with ras al hanout and serve hot with a sliver of lemon.



# Tunisian Red Pepper Salad on Soaked Bread (Canapés)

## Ingredients

Serves 30 pieces

amount	unit	description
<b>Soaked Bread</b>		
30	slices	crusty baguette (ca. 1 cm thick)
700	ml	tomato juice
300	ml	olive oil
120	ml	red wine or white wine vinegar
4	tbsp.	harissa paste
2 ½	tbsp.	(17g) ground cumin
	Some	salt
	Some	pepper
<b>Salad:</b>		
4	pcs.	red bell peppers
8	pcs.	fresh tomatoes, deseeded and chopped
2x 195g	tin	tin of tuna in its own juice, drained and flaked
8	pcs.	hard-boiled eggs, quartered
15	pcs.	black olives, pitted and halved
4	tbsp.	small capers (if desired)
75	g	anchovies, rinsed and chopped (if desired)
250	ml	olive oil
2	pcs.	juice of lemon
	some	salt
	some	pepper

## Preparation

1. Place the eggs in a pot of cold water and bring to a boil for ca. 20 min.
2. Chop the tops off the red peppers, deseed, devein and cut in half. Place on a foil-covered grill with the skin sides up. Roast the red peppers until the skins are charred (ca. 20 min). When cool, remove the charred skin and slice each half into 4 strips.
3. Toast the bread slices on both sides and lay out on a platter.
4. To soak the bread: In a bowl, whisk together the tomato juice, olive oil, vinegar, harissa paste, cumin, salt and pepper. Pour evenly over the bread slices.



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5. Decorate the bread slices with the red peppers, tomatoes, tuna, hard-boiled eggs, olives, capers and anchovies.
6. For the salad dressing: Mix the oil with the lemon juice, salt and pepper and pour over the decorated bread slices.





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# Makhdouda Nahna (Tunisian mint quiche)

## Ingredients

Serves 4-6

amount	unit	description
60	ml	olive oil
2		onions, chopped
8		eggs
100	g	ground almonds
250	g	cheddar or Gruyère, grated
1	big bunch	flat-leaved parsley, minced in a food processor
1.5	tbsp.	dried mint leaves, crushed (organic nana tea is a great time-saver)
1	tbsp.	sweet paprika
1	tsp.	bharat*

## Preparation

1. Pre-heat oven to 200°C.
2. In a large skillet, heat the oil and cook the onions 8 to 10 min over medium-high heat until lightly browned. Set aside.
3. In a large bowl, beat the eggs and add the onion, almonds, cheese, parsley, mint, paprika and bharat.
4. Grease a 2-litre soufflé dish or line a 20cm baking tin with parchment paper sprayed or brushed with olive oil. Pour in the egg mixture and bake on the middle rack until golden brown and firm (ca. 40 min) or until a knife inserted in the centre comes out clean. Allow to cool 15 min before removing from the dish. Cut into wedges or small cubes.
5. Serve at room temperature with a lemon wedge on the side.

\* Bharat is a mixture of dried rosebuds (available from natural food shops and Middle Eastern shops), cinnamon and pepper typically used to flavour Tunisian couscous, ground meats, egg tajines and crustless quiches. Make fresh for best flavour. Grind the following into a fine power in a spice grinder or with a mortar and pestle:

1 tablespoon dried rosebuds (stem and calyx removed)  
½ teaspoon (1g) freshly ground pepper  
¼ teaspoon (0.575g) ground cinnamon



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# Chicken or Fish Chermoula

## Ingredients

Serves 8

amount	unit	description
<b>Chermoula</b>		
½	cup	chopped fresh coriander, thick stems removed (1 big bunch)
½	cup	chopped flat-leaf parsley, thick stems removed (1 big bunch)
4	pcs.	large cloves of garlic
120	ml	fresh lemon juice (need 2-3 lemons)
2	tbsp.	sweet paprika
1	tsp.	salt
½	tsp.	turmeric
2	tsp.	ground cumin
¼	tsp.	cayenne
120	ml	olive oil
<b>Chicken/Fish</b>		
1	pcs.	boneless, skinless chicken breast per person
150	g	thick white fish fillet (spined loach – Steinbeisser is good) per person

## Preparation

### Chermoula

1. Place all the ingredients except the olive oil in a food processor and blend until smooth. Slowly drizzle in the olive oil with the machine running.
2. Set aside half the chermoula to use as a dip / sauce later.

### Prepare chicken/fish:

3. Cut the chicken breasts / fish into 3cm cubes. Pour the remaining chermoula over the chicken or fish and marinate in a bowl or ziploc freezer bag for at least 4 hours in the fridge or overnight (or ca. 1 hour at room temperature, if ambient temperature allows).
4. To cook, remove the chicken or fish from the marinade. Discard the marinade. Fry in a non-stick pan until done. (The chicken or fish could also be put on skewers and grilled.)



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# Zaalouk (Moroccan aubergine)

## Ingredients

Serves 4-6

amount	unit	description
2	pcs.	aubergines, medium sized (or 1 large)
1	400g tin	tomatoes, crushed
3	pcs.	large cloves of garlic, chopped
1	pcs.	long red chilli pepper, chopped
	some	olive oil (for making paste and cooking)
	some	salt
	some	pepper
1	tbsp.	ground cumin
1	tbsp.	hot paprika
1/3	cup	fresh coriander, chopped

## Preparation

1. Prick the aubergine with a fork 3 or 4 times and charbroil until soft (ca. 20-30 min). When cool, peel, deseed and mash. Set aside.
2. Put the garlic, chilli pepper and a good glug of olive oil in a small blender and purée.
3. Place the purée in a bowl and add the tomatoes, spices and fresh coriander.
4. Heat olive oil in a large skillet, add the mashed aubergines and tomato-spice mixture and cook over medium-high heat for 30 min. Stir from time to time so that mixture does not burn.
5. May be served hot or cold and garnished with black olives and preserved lemon or fresh lemon slices.



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# Egyptian Spinach and Chickpea Omelette

## Ingredients

**Serves 4**

amount	unit	description
250	g	fresh or frozen spinach leaves
1	pcs.	large onion, chopped
60	ml	sunflower oil
1	400g tin	tomatoes, crushed
1	400g tin	chickpeas, rinsed and drained
4	pcs.	large eggs
	some	salt
	some	Pepper
1/2	tsp.	nutmeg

## Preparation

1. If using fresh spinach, wash and remove the hard stems. Let drain and squeeze out extra water. In a closed pot, cook the spinach leaves with no additional liquid over low heat until it wilts. Then drain in a sieve and squeeze out any extra liquid.  
If using frozen spinach leaves, thaw completely and squeeze out liquid thoroughly.
2. In a skillet, cook the onions until golden in 2 tablespoons of oil. Add the tomatoes, salt and pepper, and simmer for 15 min.
3. In a bowl, whisk together the eggs, salt, pepper and nutmeg. Add the tomato sauce, spinach and chickpeas.
4. Heat the rest of the oil in a Teflon-coated pan. Add the egg and spinach mixture and allow the bottom to cook over low heat for 10 min.
5. Place the pan under the pre-heated oven grill and further cook the omelette until it is set and lightly browned.
6. Cut into slices and serve hot or cold.



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# Zucre Coco (Moroccan coconut fudge)

## Ingredients

**Serves 30 pieces**

amount	unit	description
200	g	moist grated unsweetened coconut
200	ml	condensed milk 10%
400	g	granulated sugar
30	g	butter
2	tbsp.	lemon rind, grated (2 medium-large lemons)

## Preparation

1. Line a 20cm x 20cm pan or similar sized round pan with foil. If your pan is larger or smaller, the fudge will be correspondingly thinner or thicker.
2. Using oil, grease a heavy bottomed 2-litre saucepan\* then add the coconut, condensed milk and sugar using a wooden spoon to combine.
3. Simmer gently over medium low heat, stirring until the sugar dissolves; then stir occasionally and then more regularly when the temperature reaches 100°C. Heat until reaching the soft ball stage (115°C). If you do not have a candy thermometer, you can test by dropping a spoonful of the mixture into a small bowl of cold water. If when using your fingers, the mixture makes a pliable ball that can be flattened, it is ready.
4. Remove from the heat. Allow to cool to 43°C. Stir in the butter and lemon rind and beat with the wooden spoon until thick and glossy as you would for fudge.
5. Pour into prepared pan and chill 2 hours. Cut into 2.5cm squares.

\* It is very important that the saucepan be at least this size because the mixture spatters when boiling.



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# Gazelle's Horns (pastry stuffed with almond paste)

## Ingredients

Serves 48 pieces

amount	unit	description
<b>Almond paste</b>		
500	g	ground almonds
275	g	sugar
75	ml	orange flower water
60	g	butter, melted
½	tsp.	cinnamon
<b>Pastry</b>		
375	g	flour
½	tsp.	salt
2	pcs.	small eggs
170	g	butter, melted
75	ml	orange flower water
<b>Egg Wash</b>		
1	pcs.	Egg
15	ml	orange flower water

## Preparation

### Almond Paste

1. Mix the ground almonds with the sugar, orange flower water, butter and cinnamon.
2. Knead by hand to form a moist paste.
3. Take a small portion of the paste and shape into sticks the size of your little finger. Repeat with the remaining paste, cover with plastic wrap and set aside.

### Pastry Dough

4. Using a food processor or a stand mixer with a dough hook, knead all the dough ingredients for 10 min or until you have a smooth, elastic dough. You can also do this by hand, if you prefer, for 20 min.
5. Divide the dough into 4 portions, cover with plastic and leave to rest for at least 15 min before rolling out. Keep any dough not being used under plastic as you work.
6. Lightly dust a work surface with flour. Roll a portion of the dough until quite thin, about as thick as a thin piece of cardboard. Lift up and reposition the dough several times as you work to make the rolling out easier.



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7. Lay sticks of almond paste\* about 5cm from the top of the dough. Place the sticks about 4cm apart. Fold the top edge of the dough snugly around the almond paste to conceal it, stretching slightly if necessary. Allow a slight overlap of the dough. Press the folded dough to seal it lightly around the almond paste.  
\* Depending on the width of the dough you have rolled out, you should be able to arrange 2-3 sticks in a row before folding over the dough.
8. Use your fingers to pinch and mould the almond paste into a crescent shape with the outside of the curve facing you (like the letter U). Further mould the crescent into the traditional gazelle horn shape tapered at the tips and wider along the base. The horns swell slightly when baked so it is OK if they appear a bit narrow.
9. Carefully cut the crescent using a fluted pastry wheel. Check to be sure the cut edges are sealed. If not, pinch the dough to enclose the almond paste. Transfer the crescent to a parchment-paper lined baking sheet.
10. Repeat with the remaining dough and paste. Gather up the dough scraps as you work, shape into a ball and keep under plastic wrap before rolling out again.
11. If time allows, leave the crescents to rest, uncovered, for an hour or longer before baking. Pre-heat oven to 180°C.

#### Egg Wash

12. Beat the egg with the orange flower water.
13. Lightly brush the wash onto the crescents. With a long pin or needle, prick several holes along the top of each crescent.
14. Bake in the middle of the oven, one baking sheet at a time, about 12 min or until barely golden. Avoid overbaking as this hardens the pastry and toughens the almond paste.
15. Transfer to a rack and cool thoroughly before transferring to a plastic container.



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