



# EUMETSAT Cooking Club

2017-01-25

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2017-01-25, The Recipes

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## Foreword

The year 2017 started up for the EUMETSAT Cooking Club under the spell of “Something to warm you up”, well suited for the cold temperatures outside, and took place on Wednesday, January 25, as usual at Kochstudio Darmstadt.

As an amuse gueule surprise Stephan prepared a fine mixture of litchis, shrimps and a lot of spices.

This was followed by the starter, Brandacajun, an Italian recipe of cod and potatoes, prepared by Barbara and her group.

For the intermediate dish Stephan and his group prepared a clam chowder, and for the main dish, Gigi and his group followed suit with Gumbo, an African-American stew from New Orleans.

Finally, Stephan and his group prepared the dessert, a German speciality inspired by his childhood: Hefeklöße with blueberries and vanilla sauce.

As usual, all dishes were accompanied by matching wines, selected by Gigi. Thanks to our vice-chair for taking care of this at all events.

The usual cleaning took a while, but by 23:30 the doors could be shut.

Waiting for the next feast.

THE EDITOR



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## The Recipes

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*Litchi-Shrimp Amuse Gueule*

*Brandacujun*

*Clam Chowder*

*Gumbo*

*Hefeklöße with Blueberries and Vanilla Sauce*



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# Litchi-Shrimp Amuse Gueule

## Ingredients

Serves 30

amount	unit	description
60	pcs.	fresh litchis
200	g	small shrimps
1	pcs.	fresh chilli
1/2	pcs.	lemon
4	cm <sup>3</sup>	ginger
4	pcs.	garlic clove
	some	parsley, chopped
	some	salt
	some	pepper
2	tbsp.	olive oil

## Preparation

1. Peel litchis, remove pits, collect in bowl.
2. If not done, peel shrimps and put in bowl.
3. Cut chilli in half, de-seed, and cut in very small pieces. Put half amount to litchis, and half to shrimps.
4. Squeeze ½ lemon and add juice to shrimps.
5. Cut 4cm<sup>3</sup> of ginger in very fine cubes and add to litchis
6. Cut garlic cloves and add to shrimps.
7. Add some chopped parsley to litchis.
8. Lightly salt and pepper both bowls, then mix well.
9. Heat olive oil to high temperature and shortly (!) fry shrimps.
10. Add to litchis bowl and mix all.
11. Leave marinating for a while.
12. Serve mixture with a bit of liquid.



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# Brandacujun

## Ingredients

Serves 6			Serves 30		
amount	unit	description		amount	unit
300	g	stockfish (or salted codfish, already soaked in water)		28	1500
300	g	potatoes		2	1500
150	ml	olive oil, extra virgin		10	700 ml
1-2	cloves	garlic minced		1	8
1	tblsp.	parsley, chopped		2	5
1/2		juice of lemon		1	2
2	tsp.	pine nuts		5	6
	some	olives		3	
	some	bread			
	some	salt			
	some	black pepper, freshly ground			

The Brandacujun is a traditional recipe of the Ligurian cuisine, made with potatoes and stockfish (or cod): the name comes from one phase of the preparation, in fact, the name is compound by “brandato”, which means “shaken vigorously” until the mixture is well mixed.

## Preparation

1. Cover the cod in unsalted water and boil for 30 minutes. Lift out of the pot and allow it to cool before deboning, but save the cooking water for the potatoes (you can also alternatively cook all together but you need to cut the potatoes in small cubes). Save the water which can be used to make the final mixture more creamy.
2. Boil the potatoes in the cold water and when they are fork-soft, add them to the deboned cod.
3. In a pan fry a clove of chopped garlic and the pine nuts until they are a bit brown.
4. Put the stockfish and the potatoes in another pan with oil and with low fire and smash them with a fork or use a mixer and if need add a bit of water you used to boiled the cod to make it more creamy. Add as well some olive oil if needed.
5. As soon as the mixture looks as a soft emulsion add the garlic and the pine nuts, the chopped parsley, some pepper and the lemon juice and mix again. At last put the olives which you can also use it for the decoration.
6. You can toast some breads and present the dish as in the following picture.



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# Clam Chowder

## Ingredients

Serves 4			Serves 20-30		
amount	unit	description		amount	unit
1000	g	mussels		4000	g
2	tblsp.	tablespoons olive oil		8	tblsp.
0.5	pcs.	onion, diced		2	pcs.
0.5	pcs.	onion, sliced		2	pcs.
0.5-1	stalks/ball	celery, sliced		2-4	stalks/ball
2	cloves	cloves garlic, chopped		8	cloves
1	tblsp.	teaspoon golden spice mix (see below)		4	tblsp.
200	ml	white wine		800	ml
200	ml	water		800	ml
1/2	cube	fish bouillon instant		2	cube
1	pcs.	medium carrots, peeled and diced		4	pcs.
1	pcs.	small leeks		4	pcs.
200	ml	heavy cream		800	ml
some		rind of one preserved lemon, rinsed and finely diced (or a tablespoon of fresh lemon zest)		some	
some		saffron threads, roasted and crushed		some	
1	tblsp.	tablespoon thyme leaves		4	tblsp.
2	pcs.	medium tomatoes, seeded and finely diced		8	pcs.
	some	freshly ground black pepper		some	
	some	sugar		some	
		<b>For the golden spice mix</b>			
0.25	tblsp.	ground coriander		1	tblsp.
0.25	tblsp.	ground cumin		1	tblsp.
0.125	tblsp.	ground turmeric		0.5	tblsp.
0.125	tblsp.	ground ginger		0.5	tblsp.
0.0625	tblsp.	chilli powder		0.25	tblsp.

## Preparation

1. If not clean, scrub the mussels clean and pull off the beards. Discard any broken mussels.
2. Clean and cut vegetables in small cubes (leek, celery, carrot ca 1x1cm<sup>2</sup>), ½ amount of onions into fine rings, ½ in cubes, garlic into fine cubes.
3. In a heavy-based saucepan, sauté first onion cubes, celery, leek, carrot, and golden spice mix in the olive oil for about a minute or two, then add garlic and fry shortly, then add the wine, water, fish bouillon and then the mussels.



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4. Cover, turn the heat up and steam for ~10 minutes. Turn the mussels in between until all the mussels have opened.
5. Remove the pan from the heat and take off the lid and strain the liquor through a fine sieve to catch any dirt. Reserve the liquor.
6. Throw any unopened mussels back into the pot and steam for another minute or two. Discard any that stubbornly refuse to open or where the shell is cracked. Allow the mussels to cool, and then remove them from their shells. Put the vegetables aside.
7. Return the mussel liquor to the pot, add the cream and bring to a boil. Add the vegetables, tomatoes, and preserved lemon (or zest) then the saffron and thyme. Heat thoroughly.
8. Add the mussels and warm through briefly. Season with pepper.
9. Fry onion slices/rings in some olive oil until golden and brown, sprinkle with some sugar while frying.
10. Serve by straining the mussels and vegetables onto soup-plates or bowls, then add liquid as required, sprinkle with onion rings.





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# Gumbo

## Ingredients

**Serves 30 (15 meat, 15 fish)**

amount	unit	description
400	ml	vegetable oil
600	g (6 units)	smoked sausage
2	kg (15 units)	chicken skinless thigh
1.2	kg	fish (barracuda) filet
800	g (6 units)	squid (without tentacles)
250	g	flour
200	g	unsalted butter
4	small unit	medium green bell pepper diced
6	small unit	medium onion diced
8	sticks	chopped celery
6	cloves	minced garlic
500	g	canned tomatoes (chopped)
1/2	tube	crab paste
3	tblsp.	Creole seasoning
1	tblsp.	smoked paprika
2	tblsp.	thyme fresh or dried
4	units	bay leaves
1.5	l	vegetable stock
1200	g	shrimp
2	small bunches	chopped parsley
1	kg	basmati rice

## Preparation

1. Lightly season the chicken with salt and pepper; do the same with the fish.
2. Heat the oil over medium heat in two heavy bottomed pans.
3. In one pan, cook the chicken until browned on both sides and remove. Add the sausage and cook until browned, and then remove. Set aside.
4. In the other pan, cook the fish until browned on both sides and remove.
5. In 2 heavy bottomed saucepans combine melted butter, oil and flour until smooth (half of the ingredients in each saucepan).
6. Cook on medium heat, stirring continuously, for about 20-30 minutes or until it turns a rich dark brown colour - just like chocolate. Don't walk away from the stove during this process. It might burn.
7. When you have achieved your desired colour, remove from stove and let it cool.



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8. Return the saucepans back on the stove. Add the onion, garlic, green pepper and celery and cook for 8- 10 minutes, stirring frequently (half of the ingredients in each saucepan).
9. In one saucepan add chicken, sausage, crab paste, Creole seasoning, paprika, thyme, bay leaves and let it cook for 5 minutes.
10. In the other saucepan add fish crab paste, Creole seasoning, paprika, thyme, bay leaves and let it cook for 5 minutes.
11. In both saucepans add the tomatoes and the vegetable stock (half in each saucepan), bring to a boil and let it simmer for about 45 minutes.
12. In the fish saucepan, add the squids sliced 30 minutes after.
13. Add the shrimp (in both saucepans, half in each), simmer for 5 more minutes.
14. Cook the rice and serve with the Gumbo.





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# Hefeklöße with Blueberries and Vanilla sauce

## Ingredients

Serves 6			Serves 30		
amount	unit	description		amount	unit
100	g	flour		500	g
	some	pinch of salt		some	pinch of salt
1/5	cube	fresh cooking yeast		1	cube
50	ml	milk		250	ml
20	g	butter		100	g
20	g	sugar		100	g
2/5	pcs.	egg		2	pcs.
150	ml	blueberries (canned)		1000	ml
1	tsp.	starch		5	tsp.
200	ml	vanilla-sauce (canned or selfmade)		750	ml
		<b>Vanilla-sauce selfmade</b>			
		starch		2	tblsp.
150	ml	milk		750	ml
30	g	sugar		150	g
1	pcs.	egg yolks		3	pcs.
0.5	pcs.	vanilla beans , split lengthwise		1-2	pcs.

## Preparation

1. Mix flour with salt, sugar and yeast (crumbled).
2. Heat milk to low temperature (<40°C), melt butter in it. Stir in eggs.
3. Add to flour and knead well (use kitchen machine or your hands).
4. Cover with clean dish cloth and let rest for ~30mins.
5. Knead again and add flour to get a nice soft (but not wet nor dry) dough.
6. Flour your hands and pull off small amounts, form to balls.
7. Put dish cloth on cooking grate, leave some distance to each other. Sprinkle a little amount on flour on top.
8. Put balls on top. Sprinkle a little amount on flour on top.
9. Cover with another dish cloth.
10. Heat oven to 180°C. Put an oven-resistant pan filled with water into the oven.
11. Bake (steam!) balls for 10-15 mins depending on size of balls.



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12. Meanwhile heat blueberries.
13. Take some of the juice and mix thoroughly with starch, add to blueberries.
14. Stir while heating until mixture becomes thick-ish.
15. Sprinkle the cornstarch over 1/2 cup of the milk in a small bowl and whisk to dissolve. Add the sugar and egg yolks and whisk well.
16. Bring the remaining amount of milk and the vanilla bean just to a simmer in a heavy-bottomed medium saucepan over low heat. Remove the bean, scrape the vanilla seeds into the milk, and discard the bean. Gradually whisk the egg yolk mixture into the milk.
17. Cook, whisking often, until the sauce comes to a full boil, about 3 minutes. If using vanilla extract, stir it in now. Strain, if necessary, through a wire sieve into a bowl. Serve warm.
18. (The sauce can be prepared up to 1 day ahead, cooled, covered, and refrigerated. Reheat in the top part of a double boiler over simmering water.)





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