



EUMETSAT Cooking Club

2014

The Recipes

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EUMETSAT Cooking Club 2014, The Recipes

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EUMETSAT Cooking Club 2014 Recipes

Foreword

The EUMETSAT Cooking Club was founded in 2014 based on an idea by Chairman, Stephan Zinke, to share the passion for cooking amongst the members, as well as to give newbies a chance to learn something.

The EUMETSAT Cooking Club meets approximately every two months at *Kochstudio Darmstadt*.

Meanwhile 5 events have taken place where the club members enjoyed the cooking experience, and, alongside external participants, the finished results.

This booklet is the compendium of the 2014 events providing all the recipes and some nice pictures.

March 2015, THE EDITOR



EUMETSAT Cooking Club 2014 Recipes



EUMETSAT Cooking Club 2014-04-09

2014-04-09



EUMETSAT Cooking Club 2014-04-09

Foreword 2014-04-09 Event

On Wednesday, 9 April 2014, the recently established EUMETSAT Cooking Club held its first cooking and dining event at *Kochstudio Darmstadt*.

Some 15 club members prepared a 4-course menu for themselves and for 15 additional diners invited to come along to enjoy the food.

Four groups of cooks were set up to prepare one of the four courses. Each group was headed by a captain who organised the purchase of the proper amount of ingredients, distributed the work, and oversaw the timely preparation of the food.

Thanks to the excellent organisation of the chairman and the captains of each group, everything ran very smoothly.

At 19:30 the diners arrived to see a group of 15 cooks calmly preparing 30 portions of delicacies.

After a short speech by club chairman, Stephan Zinke, an amuse geule of tomato jelly with herbs was served, followed by wild garlic and nettle cream soup with Tyrolean semolina "Nockerl", prepared by the soup group headed by Stephan.

Diners then went on to enjoy the hand-made tagliatelle with a sauce of green asparagus, Black Forest speck and saffron, prepared by Gigi Righetti and his group.

The main course, two types of lamb chops or, alternatively, monkfish with warm asparagus and strawberry salad, posed a complex challenge to the main course group, headed by Alessandra Nanni, but a lot of "ahs" and "ohs" were heard around the tables after they were served.

Finally, lemon drizzle cake prepared by Jamie Davies of ESOC and her group closed the menu.

Gigi selected wines to match each course: Chambave Muscat della Valle d'Aosta for the soup, Corte Giara Valpolicella Allegrini with the pasta, Cala Muri Primitivo del Salento with the meat, La Cala Vermentino di Sardegna Sella e Mosca to go with the fish, and Isimbarda Pinot Nero Oltrepo' Pavese to accompany the dessert.

That just left the washing-up of all the pots, pans, cutlery and china to end a successful event.

THE EDITOR



The Recipes

*Wild Garlic - Stinging Nettle - Crème Soup
with a Semolina “Nockerl”*

*Handmade Tagliatelle with a Sauce of green
Asparagus and Black Forest Speck and
Saffron*

*Warm Strawberry-Asparagus-Salad and
Lamb Chop or White Fish Filet*

Lemon Drizzle Cake



Tomato Jelly

Ingredients

Serves 4			Serves 30 3/4 or 25 full portions	
0.133333	l	puréed tomatoes	1	l
0.002667	kg	rosemary	0.02	kg
0.002667	kg	thyme	0.02	kg
0.002667	kg	lemon juice	0.02	kg
0.001067	kg	salt	0.008	kg
0.000533	kg	pepper	0.004	kg
0.001067	kg	aga aga ¹	0.008	kg

Preparation Steps:

1. Cook puréed tomatoes for approx. 1 min.
2. Add all spices and mix well.
3. Add aga aga (approx. 1-2 tablespoons for 1l) and mix into the warm mixture.
4. Pour into a mould for cutting later into cubes or into small shot glasses.
5. Cool in fridge for ~1h (can be sped up by putting in deep freezer for approx. 15min).
6. Serve in cut cubes, or remove from shot glasses, and put on plate.

¹ A natural substance for thickening, similar to gelatine.



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Wild Garlic – Stinging Nettle Creme Soup

Ingredients

Serves 4				Serves 30	
0.100	kg	Wild Garlic		0.500	kg
0.100	kg	Stinging Nettle		0.500	kg
0.100	kg	Onion		0.500	kg
0.800	l	Water		4.000	l
0.012	kg	Organic Vegetable broth instant		0.060	kg
0.030	l	White wine		0.150	l
0.150	l	Cream		0.750	l
0.004	kg	Salt		0.020	kg
0.004	kg	Pepper		0.020	kg
0.020	l	Oil		0.100	l
0.005	kg	Garlic		0.025	kg
0.035	kg	Butter		0.175	kg
1.000		Egg		5.000	pcs
0.085	kg	Semolina		0.425	kg
0.010	kg	Wild Garlic		0.050	kg
0.002	kg	Salt		0.010	kg
0.002	kg	Pepper		0.010	kg
0.002	kg	Nutmeg		0.010	kg
0.750	l	Water		3.750	l

Preparation

Soup:

1. Wash wild garlic and cut very fine.
2. Use young leaves only from stinging nettle (wear gloves when handling them prior to cooking). Wash and cut very fine.
3. Put wild garlic and stinging nettle in lightly salted boiling water, remove from heat and leave for 1-2 min .
4. Peel onion and cut into small cubes.
5. Heat oil in pot, add onions, fry until slightly brown.
6. Add wild garlic / stinging nettle, drained, but still wet. Leave there, while stirring for approx. 2min.



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7. Add water, organic vegetable broth and wine. Increase heat to boiling, then reduce to low, and let simmer for approx.5min.
8. Blend soup.
9. Add cream.
10. Blend again.
11. Add salt and pepper to taste.

Semolina “Nockerl”:

1. Mix very soft or melted butter with eggs, semolina, fine cut wild garlic, salt, pepper and nutmeg into a dough.
2. Boil water.
3. Form “nockerl” with a tablespoon and let simmer for approx.20min in hot, but not boiling water.





Pasta with Asparagus (Ricetta)

Ingredients

Serves 4			Serves 30		
0.300	kg	wheat flour	1.500	kg	
0.150	kg	water	0.750	kg	
0.015	l	olive oil	0.075	l	
0.400	kg	green asparagus	2.000	kg	
0.100	kg	Black forest speck	0.500	kg	
2.000	pcs	long fresh onions	10.000	pcs	
1.000	pkg	saffron	5.000	pkg	
0.050	kg	Ricotta cheese	0.250	kg	
0.100	kg	Parmesan cheese	0.500	kg	
0.100	l	olive oil	0.500	l	

Preparation

Dough

1. Prepare a "mountain" with the wheat flour and make a well in the middle.
2. Bit by bit add the water and the oil in the middle and mix in the wheat flour absorbing the liquid using a fork.
3. Work the dough into a ball until it is soft and silky.
4. Cover and let rest for 30 minute.
5. Take a little ball of dough.
6. Make it flat with the hand.
7. Pass the dough through the pasta machine at least 4 times on the largest (widest) setting (folding the sheet in two each time and sprinkling some wheat flour on top to avoid the pasta sticking to the pasta machine).
8. Gradually reduce the setting on the pasta machine (again, folding the sheet in two each time and cutting it in two when too long).
9. When the desired thickness is reached (1/2 millimetre) pass it in the cutting tool of the pasta machine with the desired size to cut into tagliatelle.
10. Leave to rest for another 15 minutes with a bit of wheat flour on top.

Sauce

1. Cut the asparagus into small pieces, removing the hard end and putting the heads aside; peel the lower third only.
2. Cut the speck and the onions into small pieces and put them in a pan with enough oil.
3. Lightly fry speck and onion and afterwards add the asparagus pieces (not the heads).
4. When the onions are soft, add a bit of warm water and gently cook until the asparagus is soft.
5. Shortly before the asparagus is done, add the heads and, a few minutes later, the saffron (all the water should have gone away).
6. When the heads are soft (but not too much), turn off the heat, and mix in the ricotta cheese.



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Finalize

1. Cook the pasta in a lot of lightly salted, well boiling water for three minutes (add a bit of oil in the water if the pot is too small to avoid the pasta glueing together).
2. Mix the pasta with the sauce as soon as out of the water (no need to have it too dry).
3. Add parmesan to each portion.





Warm Strawberry-Asparagus-Salad

Ingredients

Serves 4			Serves 30		
0.500	kg	Strawberries	3.000	kg	
0.500	kg	White asparagus (not too thick)	3.000	kg	
0.030	l	Crema Aceto Balsamico	0.150	l	
0.015	l	Aceto Balsamico	0.075	l	
0.030	l	good olive oil	0.150	l	
0.002	kg	Salt	0.010	kg	
0.002	kg	Pepper	0.010	kg	
0.010	kg	Sugar	0.050	kg	

Preparation

1. Clean strawberries, cut in halves or quarters depending on size, and put in a bowl.
2. Clean/peel asparagus, remove bottom 1cm, cut into pieces of approx. 3-4cm in length.
3. Cook asparagus in salted water with sugar for approx. 15 min.
4. Strain asparagus and add warm to the strawberries.
5. To make sauce, mix together: Crema di Aceto Balsamico (see recipe below), Aceto Balsamico, good olive oil; and salt and pepper lightly.
6. Lightly toss strawberries and asparagus in sauce.

Crema di Aceto Balsamico

0.250	l	Aceto Balsamico
1	tea spoon	honey
3	pcs	Juniper berries
3	pcs	clove buds

1. In a pot put the Aceto Balsamico and start warming it up and add the honey, juniper and clove buds. Mix and adjust to own taste adding more honey, juniper or clove.
2. Lightly boil until it reduces to approximately half of the original amount of the Aceto Balsamico used.
3. Filter and let it cool down then serve cold. For a denser cream let it boil longer or store in the refrigerator.

Note: if the Aceto Balsamico does not contain sugar then add a tablespoon (instead of a teaspoon) of honey plus a tablespoon of sugar. (The tip of a knife of starch can be used to make it thicker)



Breaded Monkfish with Capers and Olives

Ingredients

Serves 4				Serves 21	
0.600	kg	monkfish		3.150	kg
0.171	l	white wine		0.900	l
3.429	table spoons	bread crumbs		18.000	table spoons
0.571	table spoons	salted capers		3.000	table spoons
0.571	handful	olives		3.000	handful
1.143	table spoons	chopped parsley		6.000	table spoons
1.143	table spoons	pine seeds		6.000	table spoons
0.029	l	olive oil extra vergine		0.150	l

Preparation

AROMATIC TOPPING - PREPARATION

1. Wash capers well.
2. Chop capers, olives, and the pine seeds.
3. Chop parsley and add the bread crumbs mixing with a spoon or using your hands.

Note: the capers should not be too salty, if the mixture gets too salty then add more bread crumbs.

PREPARE THE FISH

1. Wash the fish filet and remove all external skin or fat.
2. Pour olive oil in a baking dish and place fish on top.
3. Pour the white wine in the baking dish and onto the fish.
4. Cover fish with the aromatic topping.
5. Pour a drizzle of oil on top of each fish filet.

OVEN

Cook in oven for 15-20 minutes at 180 °C.

Note: If you are using several levels in the oven, use the convector (fan) mode and cook at 200 degrees for 20-30 minutes. The fish is ready when the wine has solidified into a sauce.

Note: as the aromatic topping adds to the volume to the fish, calculate 130gr of fish per person as a suitable portion.



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Lamb Chops

Ingredients

Serves 4			Serves 10		
8.000	psc	lamb chops	20.000	psc	
4.000	pcs	eggs	10.000	pcs	
0.120	kg	breadcrumbs	0.300	kg	
0.100	kg	grated Parmesan	0.250	kg	
1.200	teaspoon	salt	3.000	teaspoon	
1.200	teaspoon	pepper	3.000	teaspoon	
0.060	l	Olive oil extra vergine	0.150	l	

Preparation Steps

PREPARATION

1. Wipe any fluid from the meat.
2. Whip the eggs with salt and pepper using a fork.
3. Dip the meat in the eggs and leave for at least 10 mins.

BREADING

4. Dip the meat into the bread mixture, pressing on both sides.
5. Dip a second time into the egg mixture.
6. Bread the meat a second time, or
6. Cover instead of bread with parmesan.

Note: the amount of eggs needed may vary depending on the size of the egg and the size of the meat.

OVEN

Put the meat on a baking tray prepared with baking paper and pour a drizzle of oil on top of the meat. Lightly salt again only the simple breaded ones. Cook at 200 °C for 15-20 mins (until golden brown), turn and continue to cook for another 15 mins (again, until golden brown).

Note: If you are using several levels in the oven, use the convector (fan) mode and cook at 200 °C for 20 minutes each side (total 40-45 minutes).

SERVE



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Breaded Simple Rib Chops can be served with a slice of lemon. Breaded with Parmesan Rib Chops can be served with a mint sauce by putting in a mixer 30 mint leaves, a handful of grated almond, a sufficient amount of olive oil as to reach a cream like consistency, salt and pepper as needed.





Lemon Drizzle Cake

Ingredients

One baking tray		
250	g	Butter, softened
250	g	Caster sugar
275	g	Self-raising flour
2	teaspoons	Baking powder
4	pcs.	Large eggs
3	pcs.	Zest of unwaxed lemons
Crunchy Topping		
175	g	Granulated sugar
4	pcs.	Juice of lemons

A baking tray or roasting tin 30 x 23 x 4 cm (12 x 9 x 1 ½ inches)

Preparation

The cake still needs to be warm when the topping is added so that it absorbs the lemon syrup easily, while leaving the sugar on top to form a sour-sweet crust. The cake must cool a little, though – if it is too hot, the syrup will run straight through.

Cuts into about 30 squares

1. Cut a rectangle of non-stick baking parchment to fit the base and sides of a traybake tin or roasting tin, 30 x 23 x 4 cm (12 x 9 x 1 ½ inches). Grease the tin and then line with the paper, pushing it neatly into the corners of the tin. Pre-heat the oven to 160°C/325°F/Gas 3.
2. Put the butter and sugar into a large bowl and beat until light and fluffy, about 3-5 minutes. Add the lemon zest. Beat in the eggs, one at a time. The mixture will be quite loose. Mix the baking powder into the flour and sift into the mixture. Gently fold it in with a metal spoon. Using a spatula, scoop the mixture into the prepared tin and spread. Level the top gently with the back of the spatula.
3. Bake in the middle of the pre-heated oven for about 35-40 minutes or until the cake springs back when pressed lightly in the centre and is beginning to shrink away from the sides of the tin.
4. Remove the cake from the oven and allow to cool in the tin for a few minutes then lift it out of the tin still in the lining paper. Carefully remove the paper and place the cake back in the tin. Spike the top of the cake all over with a skewer (or knitting needle).
5. To make the crunchy topping, mix the lemon juice and granulated sugar together – the sugar need not dissolve. Pour this mixture evenly over the top of the cake



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while it is still just warm. Cut into about 30 squares when cold.





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EUMETSAT Cooking Club – 2014-06-04

2014-06-04



EUMETSAT Cooking Club – 2014-06-04

Foreword 2014-06-04 Event

The EUMETSAT Cooking Club's second cooking and dining event at *Kochstudio Darmstadt* on Wednesday, 4 June 2014, had a summer flavour.

This time, 13 club members prepared a light summer menu for themselves, and an additional 12 dinner guests were invited to come along to enjoy the food.

Each of the four courses was prepared by a group of cooks assigned to that particular dish. Each group was headed by a captain who organised the purchase of the ingredients, allocated the work and supervised the timely preparation of the food. Thanks to the excellent organisation and experience gained from the first event, everything went very smoothly.

The dinner guests arrived at 20:00 ready to begin their delicious meal. After a short opening speech by club chairman, Stephan Zinke, an avocado-apple tartar amuse geule was served, and the guests' pallets were further tempted by African-style roasted aubergine soup, which was prepared by the "soup group" headed by Jamie Davies of ESOC.

The guests then went on to enjoy hand-made ravioli filled with lemon ricotta and served with sage butter, prepared by Alessandro Loretucci and his group. The main course was sammlar tartar with apples and cress, prepared by the group headed by Stephan Zinke. Finally, Piedmont-style baked peaches prepared by Antonio Fanigliulo and his group were served for dessert.

Of course, no dinner party is complete without the accompanying wine. Alessandro and Antonio selected wines to bring out the best of each course: Corvo Bianco, Corvo Rose, and Grecale Moscato.

That just left a good deal of washing-up to end the event.

THE EDITOR



EUMETSAT Cooking Club – 2014-06-04

The Recipes

Roasted Aubergine Soup

*Hand-made Lemon Ravioli (filling of Ricotta,
Nutmeg & Lemon) served with Sage Butter*

Fish Tartar with Apples and Cress

Baked Peaches Piedmont-Style



Apple-Avocado Tartar

Ingredients

Serves 4			Serves 25 3/4 or 20 full portions		
0.48	pcs	green apple		3	pcs
0.64	pcs	lime		4	pcs
0.48	pcs	avocado		3	pcs
0.48	pcs	shallot		3	pcs
0.96	cm	ginger		6	cm
0.0192	l	olive oil		0.12	l
0.008	l	white balsamico vinegar		0.05	l
0.0024	kg	salt		0.015	kg
0.0024	kg	pepper		0.015	kg
0.0024	kg	sugar		0.015	kg
0.16	pcs	chili		1	pcs
0.032	kg	reddish sprouts		0.2	kg
0.00064	kg	lemon gras (ground)		0.004	kg
0.16	clove	garlic		1	clove

Preparation

1. Peel avocado, remove pit, cut into cubes (approx. 5mm), put in bowl, cover with lime juice.
2. Peel apple, remove apple core, cut into cubes (approx. 5mm), add to avocado.
3. Peel shallot and chop very fine, add to bowl.
4. Chop chilli and ginger very fine, add to bowl.
5. Add olive oil and vinegar, mix together and add spices (salt, pepper, sugar, ground lemon-grass, finely-chopped garlic); mix again.
6. Serve.



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Roasted Aubergine Soup

Ingredients

Serves 4			Serves 25 3/4 or 20 full portions		
1	pcs	Aubergine, large	5	pcs	
0.1	l	Olive oil	0.5	l	
2	pcs	Red bell peppers	10	pcs	
1	tin	Tomatoes, chopped	5	tin	
1	pcs	Onion	5	pcs	
8	cloves	Garlic	40	cloves	
1	l	Vegetable stock	5	l	
0.004	kg	Cumin (jeera), ground	0.02	kg	
0.06	l	Crème fraîche	0.3	l	
5	leaves	Basil	25	leaves	

Preparation Steps

1. Roast aubergine and peppers until charred. Remove skins and seeds. Chop roughly. Add tomatoes, set aside.
2. In large pot, heat olive oil. Add cumin, onion and garlic, sauté until tender.
3. Add aubergines, peppers and tomatoes. Add vegetable stock and simmer for 45 minutes.
4. Stir in crème fraîche. Purée. Garnish with sliced basil.



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Lemon Ravioli w/ Sage Butter

Ingredients

Serves 4			Serves 25 3/4 or 20 full portions		
2	pcs.	Eggs	13	pcs.	
0.2	kg	Flour	2	kg	
0.012	kg	Sea Salt (for the water).	0.06	kg	
0.25	kg	Ricotta Cheese	1.5	kg	
2.5	pcs.	Lemon	12.5	pcs.	
0.1	kg	Parmigiano Cheese	0.5	kg	
7	Leaves	Sage (25 leaves are for decoration only)	35	Leaves	
0.004	kg	Nutmeg	0.02	kg	

Preparation Steps:

- 1) Prepare the flour on the table creating a small mountain with a well in the middle.
- 2) Make a hole in the flour mountain.
- 3) Put the eggs in the hole (1 egg for 100 g of flour).
- 4) Optional step : to change the colour of the dough, add tomato paste or sepia ink.
- 5) Using a fork start to mix together the flour and the eggs.
- 6) The dough has to be worked until it becomes smooth and elastic (by hand it takes 8-10 minutes).
- 7) Put the dough to rest in the fridge for 20-30 minutes.
- 8) For the filling:
Mix the ricotta cheese with the grated parmigiano cheese, grated lemon peel, pepper, nutmeg and a bit of salt. The quantities mentioned above are indicative, only. Adjust when needed. The ricotta filling has to be tested until the desired taste is reached.
- 9) Start to prepare the ravioli using, if available, a pasta machine, to make the dough thin, otherwise roll it out manually.
- 10) For the shape of the ravioli there are two possibilities:
 - a. Use a glass or something circular to create round ravioli.
 - b. Cut the pasta into squares (this way is a bit faster because there is less work to do)
- 11) For each type of shape: use approx. half a tea spoon of filling in the middle.
- 12) Layer two shapes on top of each other, or fold shape around filling.
- 13) Boil for approx. 5 mins in salted water.



EUMETSAT Cooking Club – 2014-06-04





EUMETSAT Cooking Club – 2014-06-04

Samlet-Tartar with apples & cress, and roasted potato chips

Ingredients

Serves 4			Serves 25 3/4 or 20 full portions	
0.8	kg	potatoes	4	kg
0.1	l	simple oil	0.5	l
0.004	kg	salt	0.02	kg
1	pcs	lemon	5	pcs
0.2	kg	fish filet (Samlet)	1	kg
0.004	kg	pepper	0.02	kg
2	pcs	apple	10	pcs
2	boxes	cress	10	boxes

Preparation Steps:

1.
 - a. Peel potatoes, wash and cut into very thin slices (using a slicer).
 - b. Heat oil and fry the potato slices in portions until crisp.
 - c. Remove from oil and place on kitchen paper to absorb the oil; salt lightly.
2. Wash and dry lemon. Grate the peel of the lemon, put aside. Juice the lemon, put aside.
3.
 - a. Briefly wash fish filet (samlet), dry with kitchen paper.
 - b. Cut in very small pieces or chop.
 - c. Mix fish with lemon juice and lemon peel.
 - d. Lightly salt and pepper.
 - e. Mix
 - f. Put in fridge to marinate for approx. 45 mins.
4.
 - a. Peel and quarter apple and remove core.
 - b. Cut into very small cubes.
5. Cut cress from the tray.
6. Mix fish, apple, cress.
7. Sample and adjust taste accordingly (lemon, salt, pepper).
8. Place on plate preferably with the aid of a round ring, serve with potato chips. Garnish with cress or herbs.
9. Serve

Alternative: Do step 1 at the end to have warm potato chips.



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EUMETSAT Cooking Club – 2014-06-04

Pesche al forno ripiene alla piemontese

(Baked stuffed peaches – Piedmont style)

Ingredients

Amounts per Person		
1	pcs.	Peach
2	pcs.	Amaretti biscuits
		Almonds (same weight as amaretti biscuits)
2	teaspoons	Cocoa powder
1	scoop	Vanilla ice-cream
		Butter
		Orange juice (or liqueur or vino moscato, or...)

Preparation

(very easy... even a child can do it ...)





EUMETSAT Cooking Club – 2014-06-04



1) Wash the peaches under cold water,



2) cut them in halves,



3) then take out the stones.



4) With the help of a spoon, lightly carve out the pulp of the peaches to make a shallow bowl shape.

5) Turn the oven on to 180 degrees. Butter a casserole big enough to take all the peach halves side by side



6) Place the pulp in a bowl and mash it using a fork. Put the bowl to one side.



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7) Put the amaretti biscuits in a plastic bag (one amaretto biscuit per peach half),



9) Add a teaspoon of bitter cocoa powder per peach half to the crushed amaretti biscuits.



8) and crush them using a rolling pin (you can also use a bottle)



10) Break the sliced almonds into little pieces and add them to the amaretti biscuits mixture - stir well.



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11) Take the bowl with the fruit pulp and add the almonds, amaretti and cocoa powder mix.



12) Add a bit of orange juice (or liqueur if you prefer, e.g. amaretto di saronno or vino moscato) so that it is not too dry. Stir well until the mixture is uniform.



13) Take a peach half and fill with the mixture.

14) Repeat for the other peach halves. When you finish, each peach half should have a small amount of the mixture on top.



15) Lay the half peaches side by side in the buttered casserole dish - ensure they are tightly packed.



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16) Put a small knob of butter on each filled peach.



17) Place the casserole in a preheated oven at 180 °C for about 25-30 minutes. After this time, remove the stuffed peaches from the oven and serve while still warm.



18) Serve the stuffed peaches with a scoop of vanilla ice cream or whipped cream.

19) Decorate by sprinkling a bit of cocoa powder on the dish and a mint leaf on the ice cream.



EUMETSAT Cooking Club – 2014-06-04





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EUMETSAT Cooking Club – 2014-08-13

2014-08-13



EUMETSAT Cooking Club – 2014-08-13

Foreword 2014-08-13 Event

At the EUMETSAT Cooking Club's third cooking and dining event at *Kochstudio Darmstadt* on Wednesday, 13 August 2014, the members tried their hands at French cuisine from the Provence region of southern France.

This time, 15 club members prepared a light summer menu for themselves and for an additional 12 dinner guests who were invited to come along to enjoy the food. A special appearance was made by one of Eddy's cooks, Tobias Graf, who provided a professional point of view and gave many tips and tricks to club members. The club would like to express special thanks for his dedication.

Each of the four courses was prepared by a group of cooks assigned to that particular dish. Each group was headed by a captain who organised the purchase of the ingredients, allocated the work and supervised the timely preparation of the food.

By 20:00, all dinner guests were present and club chairman, Stephan Zinke, opened the event with an amuse geule of tapenade, a black olive purée with tuna fish and anchovies.

One club member, Marie Spilsbury, said: "I think many really enjoyed your tapenade, so please also include this on the recipes to follow." As usual, all recipes will be provided electronically to all members and dinner guests and are available upon request for others.

The starter, *salade du chèvre chaud*, a mixed salad of lollo bianco, lollo rosso, and rucola, topped with pieces of Parma ham, walnuts, and a blackberry vinaigrette, and served with melted goat cheese on toast, was prepared by Stephan Zinke and his group.

The next course, *soupe au pistou*, a vegetable soup with home-made pesto (pistou), was prepared under the joint supervision of Agnieszka Troelsen of EUMETSAT and Jamie Davies of ESOC.

For the main course, Emmanuel Alao and his group prepared lemon and herb chicken, with marinated grilled courgettes as a side dish.

Dessert was a *crème brûlée* with saffron presented by Alessandro Loretucci and his group.

Of course, no dinner party is complete without the accompanying wine, which was selected by Gigi to bring out the best of each course: red Cuvée Mathique (Languedoc-Roussillon) for the salad, rosé Sable de Camargue (Languedoc) for the soup and main dish, and champagne Brut d'Argent blanc de blancs for the dessert.

That left just a good deal of washing-up to end the event.

Anne-Marie Andrieux summed up the feelings of everyone who participated: "Thanks a lot to Stephan and all members of the great cooking team! As usual, it was a very enjoyable evening in a relaxed atmosphere, chatting with EUMETSAT colleagues outside work while being served like in a restaurant...the first Michelin star will come, you will see! I don't want to miss the next event!"

THE EDITOR



EUMETSAT Cooking Club – 2014-08-13

The Recipes

Tapenade

Salade Chèvre Chaud

Soupe au Pistou

*Lemon Chicken with Herbs and marinated
Courgettes*

Crème brûlée with Saffron



EUMETSAT Cooking Club – 2014-08-13

Black Tapenade (Olive Paté)

Ingredients

8 portions			35 portions (as amuse geule)		
0.1	kg	black olives (no pits)	0.400	kg	
1	TBLspoon	pine nuts	3.0	TBLspoon	
0.025	kg	anchovy filet	0.120	kg	
0.05	kg	tuna in brine	0.200	kg	
1	TBLspoon	tomato paste	3.0	TBLspoon	
0.075	l	olive oil	0.250	l	
0.004	kg	salt	0.013	kg	
0.004	kg	pepper	0.013	kg	

Preparation

For the tapenade put all ingredients in a blender or puree in a flash hacker. Add pepper and very little salt.

Season to taste.





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Salade Chèvre Chaud

Ingredients

4 portions				25 portions	
1	roll	goat's cheese		6	roll
4	slices	sandwich bread		20	slices
1	head	green salad		5	head
1	bunch	rocket (rucola)		5	bunch
0.15	kg	walnuts		0.75	kg
4	slices	Parma ham		20	slices
Dressing					
0.09	l	olive oil		0.45	l
0.03	l	honey		0.15	l
0.03	l	Dijon mustard		0.15	l
0.06	l	white wine vinegar		0.3	l
0.004	g	salt		0.02	g
0.004	g	pepper		0.02	g
2.000	TBLspoon	herbs of the Provence		10	TBLspoon
0.050	kg	raspberries		0.250	kg

Preparation

Instructions

1. Chop walnuts coarsely and toast shortly in a hot pan without oil
2. Fry Parma ham shortly in a hot pan, until golden and crispy. Cool down and crumble coarsely.
3. Cut sandwich bread in 4 pieces, fry in a hot pan or toast (not too long before serving as it becomes stale!).
4. Slice up the roll of goat's cheese (3-4 pcs/head) and place a slice of cheese on top of the pieces of bread.
5. Grill in oven (150°) for approx. 3-5 minutes.
6. Dressing:
 - a. Mash raspberries and mix with vinegar. Leave for a while and then strain if desired. Alternatively, leave the raspberries inside. You can also use prepared raspberry or blackberry vinegar.
 - b. Mix all dressing ingredients together – be sure to whip it well. Taste!
7. Clean and wash salad then cut or tear into pieces according to your taste.

Serving

1. Arrange salad on plate.
2. Sprinkle 2-3 tablespoons of dressing over the salad.
3. Sprinkle with the walnuts and the crumbled Parma ham.



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4. Top with the goat's cheese toasts.





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Soupe au Pistou

Ingredients

Serves 4 person main (8 for starter)				Serves 20 portions main (40 for starter)		
0.2	kg	green beans		1	kg	
0.2	kg	carrots		1	kg	
0.25	kg	courgettes		1.25	kg	
1	pcs	leek		5	pcs	
0.5	kg	potatoes		2.5	kg	
4	pcs	tomatoes		20	pcs	
0.075	l	olive oil		0.375	l	
0.004	kg	salt		0.02	kg	
0.25	kg	white beans (can)		1.25	kg	
0.004	kg	pepper		0.02	kg	
2.000	pcs	garlic		10	pcs	
0.002	kg	coarse salt		0.01	kg	
0.5	Plants	basil		4	Plants (15cm diameter)	
0.050	kg	Parmesan cheese		0.25	kg (or pecorino)	
0.125	l	olive oil		0.625	l	

Preparation

Step 1

1. Clean, wash and cut the beans into pieces.
2. Clean, peel and slice the carrots.
3. Wash, clean and slice the courgettes.
4. Clean, wash and cut the leek into rings.
5. Peel potatoes, wash and dice.
6. Blanch the tomatoes, remove the skin. Cut the tomatoes into pieces.

Step 2

1. Heat oil in a large pot. Add vegetables and cook for ten minutes while turning.
2. Season with salt.

Step 3

1. Cold rinse and drain white beans. Add to vegetables.
2. Add water such that the vegetables are covered plus a little more, put the lid on the pot and cook for 30 minutes.



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Step 4

1. Season with salt and pepper.

Step 5

1. For the pistou (herb paste), peel the garlic and chop finely. Mix with coarse salt, basil leaves and cheese in a food blender.
2. Stir in olive oil.

Step 6

1. Serve the soup with pistou.





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Lemon Chicken with Herbs

Ingredients

Serves 4				Serves 26	
4	pcs	chicken leg		26	pcs
3	pcs	lemon		15	pcs
6	branches	fresh estragon		30	branches
6	branches	fresh thyme		30	branches
2	cloves	Garlic		1	Large bulb of garlic
0.075	kg	pine nuts		0.375	kg
0.05	l	olive oil		0.25	l
0.5	l	white wine		2.5	l
0.008	kg	salt		0.04	kg
0.008	kg	pepper		0.04	kg

Preparation

Step 1

1. Wash and dry lemons and herbs. Cut lemons into thin slices, put 10 slices aside.
2. Dice the remaining lemon slices into small cubes.

Step 2

1. Crush and dice the garlic.
2. Chop the fresh thyme and estragon finely, mix in to the chicken
3. Salt and pepper the chicken legs.
4. Put lemon slices on bottom of baking tray.
5. Layer chicken legs in baking tray.
6. Put lemon slices on top of chicken.
7. Leave to marinate for a while.

Step 3

1. 75 min before meal: Preheat oven to 180°.
2. Sprinkle olive oil over the chicken.
3. Roast in oven for 50 mins.

Step 5

1. Meanwhile, dry-roast the pine nuts.



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Step 6

1. Remove chicken from baking tray but keep warm in oven until ready to serve.
2. Remove lemon pieces from the cooking juice and cook the juice with wine until reduced to one third.

Step 8

1. Sprinkle pine nuts over the chicken before serving.





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Marinated Courgettes

Ingredients

Serves 4				Serves 20	
2.000	pcs	courgette		10.000	pcs
0.050	l	olive oil		0.250	l
1.000	pcs	peperoncino		5.000	pcs
1.000	pcs	garlic clove		5.000	pcs
3.000	TblSpoon	tomato purée		15.000	TblSpoon
2.000	TeaSpoon	capers		10.000	TeaSpoon
2.000	TblSpoon	thyme		10.000	TblSpoon
1.000	TblSpoon	aceto balsamico		5.000	TblSpoon
0.004	g	salt		0.020	g
0.004	g	pepper		0.020	g
0.030	l	olive oil		0.150	l

Preparation

Step 1

Cut courgettes into long, thin slices. Fry in hot olive oil on each side until golden brown.

Step 2

Mix well all ingredients for marinade.

Step 3

Layer courgettes in a casserole dish and sprinkle each layer with the marinade.

If they are to be served cold: Cover the casserole with cling film and leave the zucchini in refrigerator for a few hours.]

If they are to be served warm: Bake for 20 minutes at 150 °C in the oven.



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Crème brûlée with Saffron

Ingredients

Serves 6				Serves 20	
1	teaspoon	saffron		3.333	TL
0.06	l	milk		0.200	l
0.5	l	cream		1.667	l
0.05	kg	sugar		0.167	kg
6	pcs	egg yolk		20.000	pcs
0.015	kg	starch		0.050	kg
0.001	kg	salt		0.003	kg
0.05	kg	icing sugar		0.167	kg

Preparation

Step 1

The best is to prepare the dessert a day before serving to allow the cream to set.

Grind saffron threads to powder in a mortar. Stir with 3 Tbsp milk. Let stand for at least 1 hour.

Step 2

Pour cream and milk in a saucepan and bring to boil.

Step 3

Using a large whisk, stir egg yolks with sugar, starch (4 level tsp) and 1 pinch of salt until smooth.

Step 4

Stir the hot cream into the egg yolk, return to the pot, stir over medium heat until the liquid is thickened. Be careful - this goes pretty quickly. Should the mixture get too hot and start to coagulate, immediately remove from heat and continue stirring; it will then become smooth again.

Step 5

Pour into shallow bowls (rather small portions because cream is very rich), allow to cool. Cover with plastic wrap and leave to set in the refrigerator overnight.

Step 6

Remove from the refrigerator one hour before serving.

Just before serving, sprinkle icing sugar onto the cream and melt with a gas burner (if available).



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EUMETSAT Cooking Club – 2014-10-22

2014-10-22



EUMETSAT Cooking Club – 2014-10-22

Foreword 2014-10-22 Event

As the leaves began to fall, the EUMETSAT Cooking Club's fourth dining event was held at *Kochstudio Darmstadt* on Wednesday, 22 October 2014. This time, the theme was mushrooms.

Fourteen members prepared an autumn menu for themselves and 16 additional dinner guests. For some dinner guests, it was already their fourth event, and the cooking club was also happy to see some new faces.

Each course was prepared by a group of cooks assigned to that particular dish. Each group was headed by a captain who organised the purchase of the ingredients, allocated the work and supervised the timely preparation of the food.

This time, a dedicated group led by Gigi expertly prepared the amuse geule, a quiche with ricotta cheese and truffles topped by Italian San Daniele ham.

It was followed immediately by the soup, a creamy mushroom soup prepared by Kevin of ESOC and his team.

The next course, risotto with mushrooms, prepared by Alessandro and his team, was also well received, but the diners had to struggle to control themselves and keep some room in their stomachs for the courses to come.

For the main course, club chairman Stephan and his group prepared filet of deer hunted in the local area, served with a sauce made of hand-picked forest mushrooms, red cabbage and potato gratin.

Dessert was a mushroom-shaped ice cream topped with cookies on a chocolate square, prepared by Antonio and his group.

Once again, Gigi made an excellent selection of matching wines: Lugana white wine for the amuse geule, Bianco del Borgo for the soup, Tenuta Olim Bauda La Villa for the risotto, red Secco Bertani for the main course, and Valpolicella for the dessert.

Raj Patel, a dining guest since the first event, summed up the evening: "Thanks for a very entertaining evening. Once again, the cooking club delivered top marks. The food was tasty all round and an improving pattern is being developed by the members."

THE EDITOR



EUMETSAT Cooking Club – 2014-10-22

The Recipes

Quiche Tartufo

Mushroom Soup

Risotto with Mushrooms

*Doe Back Filet with Red Cabbage and Potato
Gratin*

Coffee Mushroom Dessert



EUMETSAT Cooking Club – 2014-10-22

Quiche Tartufo

Ingredients

8 portions (or 30 as amuse geule)		
0.400	kg	Flour
0.200	kg	Butter
0.150	l	Olive oil
3.000	cloves	Garlic
1	pcs	Alici (Anchovies)
0.050	kg	Tartufo nero
0.500	kg	Ricotta Cheese
2.000	pcs	Eggs
0.14	ml	Cold water

Preparation

Recipe is for 2 pieces of quiche

1. Pastry dough:
 - a. To prepare the pastry crust, put the flour in a blender.
 - b. Add the butter pieces, cold from the fridge.
 - c. Add a pinch of salt and whisk well until the mixture is sandy and chalky-looking.
 - d. At this point, place the mixture on a surface of cold metal, glass or marble in the classical shape of a mountain with a well in the middle and knead quickly adding the cold water little by little to obtain a dough which is sufficiently firm and elastic.
 - e. When ready, wrap the dough in cling film and let it rest in the fridge for at least 40 minutes.
 - f. After 40 minutes the dough is ready to use.
2. Truffle sauce:
 - a. Pour 150 ml of extra virgin olive oil in a casserole dish.
 - b. Add a pinch of finely chopped parsley, three cloves of garlic and three anchovies (cleaned from salt, scrubbed and cut into small pieces).
 - c. Heat over a low heat and when the garlic is browned, turn off and cool; remove the garlic cloves and add 50 grams of black truffle, cheese, pepper and salt.
3. Quiche preparation:
 - a. Take one roll of pastry dough each.
 - b. Take 250 g of cow's milk ricotta.
 - c. Take Truffle sauce (100 g).
 - d. Take 1 whole egg and a pinch of salt.
 - e. Roll out the dough, place in a quiche dish and fill it with a cream made by mixing the truffle sauce, ricotta, egg and salt.
 - f. Level well and bake at 180 °C for about 20 minutes.



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4. Garnish the quiche with a piece of San Daniele ham and parsley.





Mushroom soup

Ingredients

Serves 4			Serves 25	
1	pcs	medium to large onion	5	pcs
80	g	bacon (optional)	0.4	kg
300	g	mixed mushrooms (Boletus/Steinpilz, Champignon, etc.)	1.5	kg
600	ml	water/bouillon	3	l
1	pcs	soft cheese with herbs (<i>Kräuterschmelzkäse</i>), approx. 100g	5	pcs
200	ml	cooking cream	1	l
some		parsley	0.1	kg
20	ml	olive oil	0.1	l
1	g	salt	0.005	kg
2	g	pepper	0.005	kg

Preparation

Instructions

1. Peel onion and cut into cubes.
2. (optional) Slice bacon into cubes (or if using sliced bacon, slice finer).
3. Heat olive oil in a pot, add onions, fry and stir until golden brown.
4. (optional) Add bacon and fry until crisp.
5. Clean mushrooms and cut into cubes/pieces (do not wash!), add to pot.
6. Simmer for approx. 20min. Add a little water as necessary.
7. Add water or bouillon and bring to boil. [if water is used, add bouillon powder]
8. Add soft cheese (“Schmelzkäse Kräuter”) and let it melt.
9. Add cream.
10. Add chopped parsley.
11. Purée using a kitchen blender.
12. Taste and season with salt and pepper as desired.
13. Sprinkle some parsley on top of each serving.



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Risotto with Mushrooms

Ingredients

Serves 4			Serves 25		
0.4	kg	Yellow Boletus mushrooms	2	kg	
0.05	l	Olive oil	0.25	l	
0.06	kg	Butter	0.3	kg	
0.05	kg	Parmesan cheese	0.25	kg	
0.05	kg	Onion	0.25	kg	
0.01	kg	Salt	0.05	kg	
0.02	kg	Parsley	0.1	kg	
0.1	l	White wine	0.5	l	
0.32	kg	Rice	1.6	kg	
0.8	l	Broth	4	l	
0.005	kg	Pepper	0.025	kg	
0.05	kg	Scamorza cheese	0.25	kg	

Preparation

Instructions

- 1) Using a large pan (as the volume of the rice increases during cooking), add some oil and the shallot and fry for a couple of minutes.
- 2) Add the rice and let it fry gently for few minutes. The rice has to look slightly translucent.
- 3) Add the white wine and let it cook until it's evaporated.
- 4) Then add a ladle of broth and stir the rice continuously until the broth is absorbed by the rice.
- 5) Repeat the step above until a few minutes before the rice is ready. Important : The rice must never be too dry.
- 6) Approx. 4 minutes before the rice is ready add the mushrooms cut into small pieces. Note: The mushrooms must be already previously cooked with some oil.
- 7) As soon as the rice is ready remove from the heat and add the parsley, the cheese (Parmesan and Scamorza) and some butter.
- 8) Serve the rice immediately, the risotto should be eaten immediately.

The perfect Risotto has to be creamy, not too dry and not too liquid.



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Doe Back Filet

Ingredients

Serves 4			Serves 25-30		
0.4	Kg	doe filet, or doe back fillet (w/o bones)	2.5	kg	
0.08	Kg	Bacon	0.4	kg	
0.02	L	olive oil	0.5	l	
0.25	Pcs	greens (<i>Suppengrün</i>)	1	pcs	
0.01	Kg	Coarsely ground pepper	0.05	kg	
0.01	Kg	juniper berries	0.05	kg	
1	pcs	Thyme	5	pcs	
		Salt			
0.1	l	Champagne/Sekt	0.5	l	
0.1	l	wild stock / bouillon	1	l	
0.01	kg	dried mushrooms	0.05	kg	
0.075	l	Cream	0.375	l	
1		wild meat stock / bouillon	5		
		gravy thickener (optional)			

Preparation

Instructions

1. Clean greens and chop coarsely, put aside
2. Clean doe back filet, remove any fat, tissue, etc.
3. Grind pepper, juniper berries coarsely, add salt and thyme (and other spice-mix optionally), mix everything together well with olive oil until you get a thick paste.
4. Rub doe back filet with spice mixture. Leave for ~30min.
5. Heat some olive oil in pan.
6. Fry doe back filet, sharply but very shortly (max. 10-15 seconds each side), put aside and cool a little.
7. Wrap thinly sliced bacon around filet, and fry again very shortly but sharply. Put aside into oven form.
8. Pour some Champagne in the pan to release the frying stock.
9. Add greens and simmer for ~30 mins, add wild stock and champagne as needed.
10. Remove greens from the sauce add the end.
11. Add dried mushrooms. Continue simmering.
12. Add cream, simmer.
13. If needed, thicken sauce with gravy thickener or flour/butter mix.
14. Taste sauce, add salt, pepper, spices if necessary.



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15. Heat oven to 80-100° and put filet inside for 20-30 mins. (depending on thickness of filet).
16. Cut filet into medallions / slices. Serve with some sauce.





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Red Cabbage

Ingredients

Serves 4			Serves 25-30		
0.3	kg	red cabbage	1.5	kg	
0.025	l	olive oil	0.125	l	
0.4	pcs	onion	2	pcs	
0.6	pcs	apple	3	pcs	
0.012	kg	sugar	0.06	kg	
0.02	l	vinegar	0.1	l	
0.075	l	water	0.375	l	
0.004	kg	salt	0.02	kg	
0.600	pcs	laurel leaf	3	pcs	
1.000	pcs	clove	5	pcs	
0.060	l	Champagne/Sekt	0.3	l	

Preparation

Instructions

1. Remove dead leaves from red cabbage, quarter the head and remove the stalk.
2. Shave or finely cut cabbage into a bowl.
3. Peel onion and cut into small cubes.
4. Peel apple, remove stalk, and cut coarsely.
5. Heat olive oil and stew the onion and apple for a little while.
6. Add cabbage and immediately add vinegar, mix well.
7. Simmer with closed lid for approx. 10min.
8. Add water, salt, sugar, and spices.
9. Simmer with closed lid for approx. 45min.
10. Add a little champagne every few minutes.
11. Taste, add sugar, salt and vinegar if needed.



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Potato Gratin

Ingredients

Serves 4				Serves 25-30	
0.400	kg	Potato		2	kg
0.100	l	Milk		0.5	l
0.100	l	Cream		0.5	l
0.500	pcs	Garlic clove		3	pcs
0.004	kg	Salt		0.02	kg
0.004	kg	Pepper		0.02	kg
1.000	pcs	Rosemary		5.000	pcs
0.010	kg	Butter		0.050	kg
0.030	kg	Parmesan cheese		0.150	kg

Preparation

Instructions

1. Peel potatoes.
2. Cut into thin slices using a slicer.
3. Mix milk and cream, add finely chopped or pressed garlic, salt, pepper and rosemary.
4. Bring liquid to just under the boil, add potatoes, reduce temperature.
5. Let it slowly simmer for 10min, mix from time to time to prevent it sticking to the bottom of the pot.
6. Rub oven-dish with butter or oil.
7. Fill with potato-liquid mix.
8. Sprinkle gently with grated cheese.
9. Cook in oven for 20min at 220°C.



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Coffee mushroom dessert

Ingredients

Serves 6				Serves 30	
0.6	l	good quality coffee ice cream		2.500	l
0.25	kg	dark chocolate		1.042	kg
0.003	kg	cocoa powder		0.013	kg
0.15	kg	icing sugar		0.625	kg
0.075	kg	butter		0.313	kg
2	pcs	eggs		8.333	pcs
0.075	kg	plain flour		0.313	kg
0.012	kg	instant coffee		0.050	kg
0.024	kg	caster sugar		0.100	kg
0.125	l	double cream		0.521	l

Preparation

Instructions

1. Preheat the oven to 200°C.
2. To make the stalks of the mushrooms, take two large and two small Dariol moulds (ramekins) or shot glasses and brush the inside of each mould with a little olive oil and then line them with cling film. Fill with the slightly softened ice cream and re-freeze until set hard again.
3. To make the biscuits, cream the butter and caster sugar. Then add one egg white at a time being very careful not to overbeat the mixture. Gently fold in the flour.
4. Make a plastic template by cutting two differently-sized circles from each of two lids of ice cream containers. Place the templates on a non-stick baking tray leaving ample space between to allow the mixture to spread. Spread the biscuit mixture thinly on the circles.
5. Bake the biscuits in the pre-heated oven for 3 to 4 minutes until lightly golden brown. Remove, leave for 15 seconds to firm up slightly and, working quickly, press two of the biscuits one after the other over a small greased upturned Dariol mould and two over a slightly larger greased upturned mould, forming four mushroom cap shapes in all. Leave to cool completely.
6. Dissolve together the sugar and double cream over a gentle heat to make a syrup. Stir in the coffee granules. Leave to cool completely.
7. To serve, scatter the grated chocolate on a large oval platter. Spoon some of the coffee sauce around the chocolate and dust with a little icing sugar to give the effect of moss! Unmould the ice cream by first placing your hands around the mould to warm them. The



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cling film and the ice cream should come out easily. Stand the ice cream stalks upright on the grated chocolate.

8. Place the small caps on the small stalks and the large caps on the large stalks to form the mushroom caps. Using a small sieve, dust the caps heavily with cocoa powder and then a little icing sugar. Serve at once.





EUMETSAT Cooking Club – 2014-10-22





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EUMETSAT Cooking Club – 2015-01-28

2015-01-28



EUMETSAT Cooking Club – 2015-01-28

Foreword 2015-01-28 Event

EUMETSAT's Cooking Club Christmas Party didn't take place until January, and 10 members met on Wednesday, 28 January 2015, as usual at Kochstudio Darmstadt.

This time, the team prepared a hot and cold buffet for themselves. It was originally not planned to invite externals, but that changed at the last minute as some members had to decline due to sudden illness. So the trusted diners of 2014, Raj, Anne-Marie and Stéphane were invited to come along and help eating the delicacies.

More or less, each member present prepared (in a kind of mini-group) their own dish such that we ended up with 13 different dishes.

As suited for a Christmas party, and once the buffet was ready, it was a very relaxed evening with a lot of talking and laughter.

That left, as usual, the cleaning-up.

THE EDITOR



EUMETSAT Cooking Club – 2015-01-28

The Recipes

Salmon pickled Swedish style (“Graved Lachs”) with Dill-Mustard-Honey-Sauce

Dried Fruits wrapped in Bacon

Guacamole Variation 1

Beef Roast

Sardinian Cannelloni

Waldorf Salad

Involtini di zucchini with Gorgonzola and Dried Tomatoes

Fagottini di bresaola, Ricotta Cheese, Celery and Lemon

Crostini with Soft Cheese, Honey and Soy Sauce

Crostata

Vitello tonnato

Pear and Arugula salad

Guacamole Variation 2



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Cured Salmon (“Graved Lachs”)

Ingredients

20-40 portions		
2 x 1.2	kg	Fresh salmon filet (whole side, with skin)
100	g	Coarse sea salt
3	bunch	Dill
2	pcs	Lemon
5	g	Pepper

Sauce (for 20 portions)		
50	g	Dijon Mustard
40	g	Honey
1	g	Salt
1	g	Pepper
1	bunch	Dill
10	ml	Olive oil



Preparation

Instructions

Fish:

1. Dry the salmon with kitchen towel.
2. Check if any fishbones are left (by moving your finger over the places where the fishbones would be, i.e. in the cleft left by the fishmonger). Remove them if necessary (e.g. use pincers).
3. Collect the leaves from the dill (removing the stalks), finely chop leaves.
4. Pour $\frac{1}{2}$ the salt on each side of the fish (meat-side only).
5. Pour $\frac{1}{2}$ of dill on top of the salt.
6. Place 2 sliced lemons (washed under hot water) on top.
7. Put 1 side of salmon on top of the other, such that the meat-sides meet.
8. Put salmon onto large platter.
9. Wrap everything in cling film
10. Place wooden board or similar on top of fish.
11. Weigh the wooden board with 2 heavy field stones (scrubbed and washed) or similar.
12. Leave cold (e.g. in fridge) for at least 2-3 days.
13. Cut into thin slices transversal-diagonal.



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Sauce:

1. Collect the leaves from the dill (remove the stalks), finely chop leaves.
2. Mix all ingredients.
3. Season to taste.



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Beef Roast

Ingredients

10-15 portions			
1	kg	Beef, e.g. faux filet	
1	bunch	Greens (carrot, leek, celery, parsley)	
1	bunch	Rosemary	
1	bunch	Thyme	
3	pcs	Shallot	
0.5	l	Red wine	
0.5	l	Vegetable broth	
		Salt	
		Pepper	
2	tbsp	Dijon mustard	
2	tbsp	Olive oil	



Preparation

Instructions

1. Dry meat if necessary, pepper and salt lightly, coat with mustard.
2. Remove stalks from ½ the thyme and rosemary, chop coarsely and put on mustard coating.
3. Heat olive oil and meat, fry shortly from all sides.
4. Add wine and broth.
5. Add all vegetables coarsely chopped/cubed.
6. Add rest of herbs.
7. Put in oven, 180°C pre-heated, for approx. 1h, from time to time pour the cooking liquid over the roast.
8. Allow to cool.
9. Blend sauce.
10. Slice thinly and serve with the sauce.



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Plums, Figs, Apricots wrapped in Bacon

Ingredients

40 pieces		
500	g	Breakfast Bacon in slices (40 slices)
200	g	Dried figs
200	g	Dried plums
200	g	Dried apricots
	some	Tabasco or piri-piri sauce



Preparation

Instructions

1. Wrap each fruit with one slice of breakfast bacon.
2. Spear with a toothpick to fix the two together.
3. Fry in pan until bacon is crisp.
4. Pour some chilli-sauce on top, according to taste.
5. Serve warm.



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Guacamole (Avocado Cream)

Stephan's Recipe

Ingredients

10-15 portions		
3	Pcs	Avocado
2	Pcs	Tomato
1	Pcs	Onion
1	clove	Garlic
1	Pcs	Lemon (juice of)
		Pepper
		Salt



Preparation

Instructions

1. Half avocados, remove the stone.
2. Peel avocado, slice/cube flesh coarsely.
3. Wash tomato and slice/cube coarsely.
4. Peel onion and slice/cube coarsely.
5. Pour all ingredients into a bowl and mix to a fine paste (as fine as you prefer) using a blender.
6. Season to taste.



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Sardinian Cannelloni

Ingredients

6 portions		
300	g	Sardinian bread (<i>pane carasau</i>)
300	g	Fresh sheep ricotta cheese (or 200 grams of dry sheep ricotta cheese and 100 grams of cream)
1		Big chard
150	g	Bacon
5	pcs.	Shallots
2	cans	Tomatoes
150	g	Half-dry sheep's cheese
		Olive oil
12	pcs.	Quail eggs



Preparation

Instructions

1. Boil the chard after having chopped it in small pieces - and keep the water.
2. Fry 3 shallots (chopped into small pieces) and the bacon in olive oil and then add the chard and let it lose the water.
3. Mix everything together with the fresh sheep's ricotta cheese (or with the dry ricotta cheese, previously grated, mixed with the cream).
4. Cut the breads into quarters (each bread is round) and pass them in the chard water for few seconds.
5. When the bread is soft, put in each quarter a spoon of ricotta mix and roll the bread around.
6. Place the rolls (cannelloni) in an oven dish, close to each other.
7. Prepare a tomato sauce with the two remaining shallots, previously fried in olive oil, and the cans of tomatoes.
8. Pour the sauce onto the cannelloni and top with the grated sheep's cheese.
9. Cook in the oven at 180 degrees for 20 minutes. Fry the quail egg and decorate the cannelloni directly on the plate.



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Waldorf Salad

Ingredients

4 portions		
120	g	Walnut halves
2	tblsp	Flat-leaf parsley
½	pcs	Lemon, zest finely grated
200	g	Yoghurt
1	tblsp	Mayonnaise
1	teasp.	Honey
		Freshly ground black pepper
2	pcs	Large crisp apples
2	ribs	Celery with leaves
60	g	Golden raisins
½	pcs	Lemon, juiced
½	head	Boston Lettuce (<i>Kopfsalat</i>)



Preparation

Instructions

1. Preheat the oven to 180°C, spread the nuts on a baking sheet, toast the nuts for 8-10 mins, cool and break the nuts up into small pieces.
2. Finely Grate the lemon zest, chop the parsley.
3. Whisk all ingredients in a large bowl.
4. Season generously with pepper.
5. Halve, core and cut apples into 1cm pieces, skin intact, sprinkle with the lemon juice to prevent browning.
6. Slice the celery ribs 1 cm thick, chop the leaves.
7. Add the apples, celery, raisins to the bowl.
8. Toss with the dressing.
9. Trim, wash, dry the lettuce.
10. Arrange the leaves on a large platter, or divide them amongst 4 plates.
11. Toss walnuts into the salad just before placing the salad on the lettuce and serving.



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Involtini di Zucchini

(Roasted Courgette Rolls)

Ingredients

10-15 portions		
2-3	pcs	Large Courgettes
		Salt
100	g	Gorgonzola, roughly chopped into chunks
6	pcs.	Sun-dried tomatoes in oil, finely sliced
1	bunch	Basil Leaves
Marinade		
4	Tbsp.	Extra virgin olive oil (plus some extra oil for oiling the rolls)
1	pcs.	Large Garlic clove, finely chopped
		Black pepper, freshly ground



Preparation

Instructions

This is a really tasty starter, which is ideal to serve at parties with a glass of Prosecco. It is a modern antipasto, combining a typically southern Italian vegetable with a classic northern cheese.

1. Preheat the oven to 180°C/Gas 4.
2. Combine the marinade ingredients in a small bowl and set aside.
3. Cut the courgettes lengthways into slices about 5mm thick.
4. Arrange the slices on a plate, sprinkle with salt and leave to rest for 40 minutes, until they have exuded some liquid and are soft.
5. Pat the courgette slices dry with a tea towel, place on a lightly oiled baking tray and brush with some of the marinade.
6. Roast the courgettes in the oven for 10-15 minutes, until the edges begin to golden.
7. Turn the courgette slices over, brush with the remaining marinade and cook for a further minute. Remove from the oven and leave to cool.
8. Place a few pieces of the Gorgonzola, a couple of slices of sun-dried tomato and a leaf or two of basil at one end of each courgette slice and roll up.
9. Arrange on a serving dish and garnish with basil leaves.



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Fagottini di bresaola

Ingredients

10-15 portions		
100	g	Bresaola della Valtellina
80	g	Ricotta cheese
10	pcs.	Walnuts
4	Tblsp.	Extra virgin olive oil
1	pcs.	Carrot
1	bunch	Chives
1	pcs.	Lemon (zest of)
		Salt
		Black pepper



Preparation

Instructions

1. Shred 3 chives using scissors and mix them in a bowl with the ricotta cheese and chopped walnuts.
2. Add the oil and the (organic) lemon zest, salt and pepper and mix everything together.
3. Arrange the slices of bresaola on the kitchen countertop.
4. In the centre of the bresaola slice put a teaspoon of the mixture and close it to form a bundle, tying it with a piece of chive knotted. Repeat for the other bresaola slices.
5. Season the bundles (fagottini) with an emulsion of oil, lemon juice, salt and freshly ground pepper.



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Crostini di Formaggio Cremoso

Ingredients

For 2 people		
4 -6	slices	crackers or thin slices of toasted bread
		Creamy cheese (e.g. goat cheese)
		Honey
		Soy sauce
		Mint leaves



Preparation

Instructions

1. Spread a generous layer of creamy cheese on the crackers.
2. Add honey, some chopped mint leaves and freshly ground pepper.
3. Finish by adding some drops of soya sauce.



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Crostata

Ingredients

1 tray		
2	pcs	Egg
100	g	Butter
120	g	Sugar
200	g	Flour
		Jam (any choice). You can also use nutella or custard or ricotta cheese



Preparation

Instructions

1. Mix together the flour, the butter, the two eggs and the sugar. The result must be a ball of shortbread quite elastic and not sticky. (If it is sticky add a bit of extra flour).
2. Cover the shortbread with cling film and put it in the fridge for ~30 minutes (even longer is not a problem, sometimes I prepare it the day before and leave it in the fridge overnight).
3. Take a baking tin and spread some butter and flour on it to avoid that the crostata sticks to it.
4. Lay the shortbread (not all) in the baking tin. Make small holes in the shortbread using a fork.
5. Cover the shortbread with the jam.
6. With the remaining part of the shortbread create the borders.
7. Cook it in the oven for 35-40 minutes at 180 °C.



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Vitello Tonnato

Ingredients

10-15 portions		
1	kg	white veal ("magatello" or "girello")
1	pcs	carrot
1	stick	celery
1	pcs	onion
Tuna sauce		
2	pcs	egg
0.4	l	sunflower oil
2	tbsp.	lemon juice
330	g	tuna in olive oil
5	pcs	anchovy fillet
		capers



Preparation

Instructions

1. In a saucepan just large enough to contain the meat, put in the meat, carrot, celery, onion and enough water to cover. Having put in the right amount of water, remove the meat, cover the saucepan and bring the water to the boil. When the water begins to boil, add the meat, cover the saucepan again and reduce to simmering point. Cook for about 1 hour for each kg of meat. Remove the saucepan from the heat and allow the meat to cool in the cooking liquid.
2. Mayonnaise: Combine the egg-yolks, oil and lemon juice in the container of a blender. Blend until the mixture emulsifies and thickens. The eggs and oil must be very cold. It's better from the fridge.
3. Drain the cans of tuna and put in a food processor together with the anchovies and capers. Process until creamy and well-blended. Remove the sauce from the bowl of the food processor and fold it gently into the mayonnaise.
4. When the meat is cold, take it out of the cooking liquid, wipe clean and cut into uniformly thin slices. (Make sure to remove any string).
5. On a serving platter, place a single layer of meat slices, then cover with the sauce. Make another layer of meat and cover again with the sauce.
6. Cover with cling film and refrigerate for at least 24 hours (maximum a week). Bring to room temperature before serving.
7. When ready to serve, remove cling film, smooth over top if necessary and garnish.



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Arugula (Rocket) – Pear-Salad

Ingredients

10-15 portions		
		Rocket (Rucola) with nice wide leaves if possible so that it is not as spicy as the thin leaves
		Pears
		Dried cranberries (raisins could work but the tartness of cranberries is quite special)
		Candied pecans
		Goat's cheese – optional
4-6	table-spoon	Olive oil
2-3	table-spoon	Balsamic vinegar
1	tea-spoon	Dijon (fine) mustard
		Coarse Salt
		Pepper



Preparation

Instructions

- Vinaigrette:
 - Put mustard in a bowl.
 - Add balsamic vinegar.
 - Add olive oil.
 - Add coarse salt and pepper to taste.
 - Whisk with a plastic spoon (the plastic seems to help with making the dressing creamy).
 - It's best to make a lot of vinaigrette and use what's required. That way you have more for later.
- Wash rucola and make sure it is well dried.
- Peel pears, remove core and slice into long thin slices.
- In a bowl, add the vinaigrette at the bottom and then put in the rucola. Toss well.
- Add pears, candied pecans, dried cranberries and pieces of goat's cheese.
- Toss again when ready to serve (that way the pears stay white as long as possible).



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Guacamole (Avocado cream)

Ravi's Recipe

Ingredients

10-15 portions		
3-4	pcs	Avocado
1/2	pcs	Tomato (ripe)
2-3	pcs	Shallot
1/2	pcs	Lemon (juice of)
		Coriander
		Pepper
		Salt



Preparation

Instructions

1. Cut the tomato into small pieces.
2. Finely chop the shallots.
3. Cut avocados in half, remove stone.
4. Using a sharp knife, cut the flesh (still in the skin) into small cubes by making cuts down to the skin in both directions.
5. With a wide spoon, scoop out all but one avocado into a bowl.
6. With a fork, gently mash the avocado flesh into a lumpy paste.
7. Add the lemon juice, a little at a time, tasting the result. Mix well to keep avocados from turning black.
8. Add the shallots and tomatoes into the avocados.
9. Using the fork mix well and continue to mash lightly.
10. Add the last avocado and mix well (don't mash to keep the pieces intact)
11. Add salt and pepper and chopped coriander. Add more lemon juice as desired.
12. Eat with corn tortilla chips.



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EUMETSAT Cooking Club 2014 Recipes

Notes



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EUMETSAT Cooking Club 2014 Recipes

If you are interested joining the EUMETSAT Cooking Club, please contact the Chairman, Stephan Zinke, at stephan.zinke@eumetsat.int, or the Vice-Chairman, Pier Luigi Righetti, at pierluigi.righetti@eumetsat.int.

