



EUMETSAT Cooking Club

2015

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2015, The Recipes

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EUMETSAT Cooking Club 2015 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, Wittichstr. 7, 64295 Darmstadt*.

This is the second book in a series of providing the recipes cooked at the EUMETSAT Cooking Club events.

This booklet is the compendium of the 2015 events providing all the recipes and some nice pictures.

December 2015, THE EDITOR



EUMETSAT Cooking Club 2015 Recipes



EUMETSAT Cooking Club 2015-03-11

2015-03-11



EUMETSAT Cooking Club 2015-03-11

Foreword 2015-03-11 Event

The EUMETSAT Cooking Club's first dining event of the year was held at Kochstudio Darmstadt on Wednesday, 11 March 2015, with an Asian theme.

Eighteen members prepared dishes from all over Asia for themselves and an additional nine dinner guests from EUMETSAT and ESOC.

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

The sushi starter was prepared by the team led by club chair Stephan. This was followed by bun bô, a delicious Vietnamese rice noodle salad with beef and vegetarian nôm, prepared by the team captained by Sonia.

The main course was a tasty Indian-style chicken curry with apricots, prepared by the team headed by Alessandro and Stephan, accompanied by baiman ka bharta, spicy mashed aubergines, prepared by Jamie's team, and cardamom rice and garlic and plain nan prepared by the team captained by Maria-Luisa and Alessandro, aided by Raj.

The meal ended with scrumptious srikand, an Indian yoghurt-based dessert with saffron and pistachios, prepared by the captain, Raj, who also made hot (both in the warm and spicy sense) Indian chai.

The meal was accompanied by local wines selected by Gigi.

If you would like to show off your culinary skills, learn some cooking tricks and tips or just find out what good cooks your colleagues are, please contact the EUMETSAT Cooking Club chair, Stephan Zinke.

THE EDITOR



EUMETSAT Cooking Club 2015-03-11

The Recipes

Fish Tartar with Sea-Grass

Sushi

Vietnamese Bun Bo Xao Salad with Nem (Spring Rolls)

*Chicken Curry with Apricots with Naan (with or w/o Garlic) and Rice and
Bharta (Mashed Aubergines)*

Srikand (Indian Yoghurt Dessert)



Fish Tartar with Sea-Grass

Ingredients

Serves 4

0.03	kg	Fresh Salmon
0.03	kg	Fresh Tuna
0.03	kg	Surimi
0.05	kg	Sea-Grass
1	teaspoon	Lemon juice
1	teaspoon	Soy sauce
0.5	teaspoon	ground lemon grass

Serves 20

0.15	kg
0.15	kg
0.15	kg
0.25	kg
5	teaspoon
5	teaspoon
2.5	teaspoon

Preparation

1. Cut fish in very small cubes.
2. Add cut Sea-grass.
3. Add lemon juice, soy sauce, lemongrass.
4. Mix well.
5. Serve medium-cold (not room temperature).





Sushi

Ingredients

Serves 4

2	pcs	Nori-Leaves
0.2	kg	Sushi-Rice
0.2	pcs	Avocado
0.025	kg	Salmon-fillet, raw
0.025	kg	Tuna-fillet, raw
0.2	pcs	Cucumber
0.025	kg	Surimi
0.2	pcs	carrot
0.05	l	rice vinegar
1.5	tablespoon	sugar
1.5	teaspoon	salt
0.05	l	mirin
0.010	kg	wasabi
0.500	bag	pickled ginger
0.100	l	soy sauce

Serves 20

9	pcs
0.6	kg
1	pcs
0.125	kg
0.125	kg
1	pcs
0.125	kg
1	pcs
0.25	l
7.5	tablespoon
7.5	teaspoon
0.25	l
0.05	kg
2.5	bag
0.5	l

Preparation

Instructions (for 4 persons, for more persons adjust amounts mentioned)

Sushi-Rice (base recipe for any sushi)

1. Put sushi-rice into sieve and rinse under cold water under water becomes clear (this is to remove unnecessary starch). Drain for some time.
2. Put rice with water into pot. Relation: 550g sushi-rice with 750ml water. 1 kg Sushi-rice with 1.36l water. Don't add salt!
3. Bring to boil with open lid. Boil for 5-10 min. until some holes appear on the rice surface.
4. Reduce heat immediately to lowest setting and close lid. Simmer for 12-15 min.
5. Remove from fire, open lid and cover with clean tea towel and let rest for 15 min.
6. Meanwhile prepare dressing: for 1kg of rice (adjust for smaller amounts) mix:
 - a. 10 tablespoons rice-vinegar
 - b. 2 tablespoon mirin (rice-wine)
 - c. 6 tablespoons sugar
 - d. 2 tablespoons salt
 - e. Mix all until sugar and salt are dissolved.
7. Pour rice into flat (not metallic!) bowl, pour dressing over it and stir gently but thoroughly with wooden (not metallic!) spoon.
8. Let rice cool to room temperature. Cover with tea towel until usage.



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Prepare filling:

1. Remove skin from salmon-filet with sharp knife. Cut into thin stripes (approx. $0.5-1\text{cm}^2$).
2. Remove skin from avocado. Cut into thin stripes (approx. $0.5-1\text{cm}^2$).
3. Cut tuna-filet into thin stripes (approx. $0.5-1\text{cm}^2$). Make sure to remove any sinewy parts.
4. Peel carrot and cut into julienne-like stripes (approx. 0.2cm^2).
5. Peel cucumber, remove core with spoon. Cut into thin stripes (approx. 0.5cm^2).

Maki-Sushi (filled rolls wrapped in nori)

1. Preparation: Wrap bamboo-mat with clingfilm.
2. Put nori-leave with shiny side on bamboo mat.
3. Spread sushi-rice on nori, approx. $0.5-1\text{cm}$ thick. Use your hands. Put your hands first in a mixture of water with some vinegar. That prevents the rice sticking too much to your hands. Spread the rice with as less margin to the sides as possible, and as evenly as possible.
4. Make a line-indentation with your finger approx. $4-5\text{m}$ from the edge.
5. Spread a little wasabi into the indentation with your finger.
6. Add filling on top:
 - a. Stripes of salmon-filet with avocado stripes, OR
 - b. Stripes of tuna-filet with carrot stripes, OR
 - c. Surimi with cucumber stripes.
7. Roll Sushi:
 - a. Lift brim of bamboo mat closest to filling.
 - b. Roll Sushi applying always some pressure.
 - c. Control shape of roll, adjust when necessary by pressing with your hands.
 - d. Any rice escaping the nori shall be pressed back into the nori.
8. Cut Sushi:
 - a. Put very sharp (!) knife into water-vinegar mixture.
 - b. Cut into roll into thin slices ($1-2\text{cm}$ thick).

Serve with pickled ginger, soy-sauce and wasabi for each person.





EUMETSAT Cooking Club 2015-03-11





Vietnamese Bun Bo Xao Salad with Nem (Spring Rolls)

Ingredients

Serves 4			Serves 20-30	
Salad				
200	g	rice vermicelli noodles	1000	g
300	g	beef steak	1500	g
8	leaves	romaine lettuce	40	leaves
1	pcs	small cucumber	5	pcs
1	pcs	carrot	5	pcs
1	handful	bean sprouts	5	handful
1	handful	fresh coriander	5	handful
1	handful	fresh mint	5	handful
1	handful	chopped peanuts	5	handful
0.2	l	vegetable oil	1	l
	some	chilli pepper flakes (optional)	0	some
	some	crispy fried onions (optional)	0	some
			0	0
Beef lemongrass marinade				0
1	stick	lemongrass, chopped	5	stick
4	tblspoon	nuoc-cham sauce	20	tblspoon
2	tblspoon	soy sauce	10	tblspoon
2	tblspoon	sugar	10	tblspoon
			0	0
Sauce				0
6	tblspoon	nuoc cham sauce	30	tblspoon
3	tblspoon	lemon juice	15	tblspoon
2	tblspoon	rice vinegar	10	tblspoon
2	tblspoon	sugar	10	tblspoon
20	cl	water	100	cl
	some	chilli pepper flakes (optional)	0	some
			0	0
Spring rolls				0
250	g	ground veal/chicken/pork or crumbled tofu	1250	g
1	pcs	onion	5	pcs
1	pcs	carrot	5	pcs
6	pcs	Chinese mushrooms	30	pcs
1	handful	sliced rice vermicelli noodles	5	handful



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1	handful	bean sprouts		5	handful
3	pcs	eggs (beaten in a bowl)		15	pcs
1	clove	garlic		5	clove
4	tblspoon	nuoc cham sauce		20	tblspoon
20	pcs	rice paper		100	pcs
1	tblspoon	freshly chopped coriander (optional)		5	tblspoon

Preparation

1. Slice the beef in thin slices. Mix the ingredients of the marinade, add the sliced beef and set aside in the fridge for 30 minutes.
2. Cook the vermicelli noodles according to the instructions, rinse with cold water and cut them roughly into 5 cm portions. Keep a handful sliced into 2cm portions for the spring rolls.
3. Chop the onion, grate the carrot, cut the mushrooms into small dices and roughly cut the bean sprouts in two.
4. In a wok, heat some oil over medium heat and add the onions until golden. Add the grated carrot, mushrooms, bean sprouts and ground meat/tofu. Stir in for a few minutes until the meat is cooked (3-5min) then add the chopped vermicelli noodles. Add the eggs, nuoc cham sauce and pepper to taste (and the fresh coriander if needed). Mix well. Fill in the rice papers with 1 tablespoon of the preparation, roll them (there are plenty of videos available online - it will be worth a thousand words ☺). Start deep frying the spring rolls until they are golden and crispy.
5. Meanwhile, peel the carrot and cucumber, and prepare them in thin slices using a vegetable peeler. Cut the salad leaves roughly if needed. Chop the mint and coriander. Chop the peanuts.
6. Prepare the sauce mixing all the ingredients listed above.
7. Take the meat out of the marinade and cook on high heat in a wok with 1 tablespoon of vegetable oil for 2-3 minutes.
8. Cut the spring rolls in 3.
9. In a large bowl, put the lettuce, rice vermicelli noodles, carrots, cucumber, bean sprouts, beef, sliced spring rolls, mint, coriander, peanuts and onions/chilli pepper flakes if needed. Cover with 5 tablespoons of sauce.



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Chicken Curry with Apricots

Ingredients

Serves 4

0.1	kg	dried apricots
1.5	teaspoon	whitewine vinegar
4	tablespoon	oil (no olive-oil)
2	pcs	onion, chopped
1.5	cm	ginger, chopped
2	cloves	garlic, chopped
7	cm	cinnamon
6	pcs	green cardamom capsules
1.5	teaspoon	red chili powder
0.5	teaspoon	cumin, ground
2	pcs	tomatoes, chopped
3	pcs	chicken leg
0.75	teaspoon	garam masala
0.25	teaspoon	black pepper, ground
		salt
1	teaspoon	sugar

Serves 20

0.5	kg	
7.5	teaspoon	
20	tablespoon	
10	pcs	
7.5	cm	
10	cloves	
35	cm	
30	pcs	
7.5	teaspoon	
2.5	teaspoon	
10	pcs	
15	pcs	
3.75	teaspoon	
1.25	teaspoon	
5	teaspoon	

Preparation

Instructions (for 4 persons, for more persons adjust amounts mentioned)

- Soak the dried apricots (they must be without pit) in 250ml water, mixed with ½ teaspoon vinegar; preferably for 3h. [for the cooking event that might be prepared at home!]
- Heat oil (don't use olive-oil, but a neutral oil, e.g. rape-seed or sunflower) in big pan and fry finely chopped onions on low fire in 12 minutes until gold-brown.
- Add ginger (finely chopped) and garlic (finely chopped); keep on low flame.
- After approx. 3 minutes add whole cinnamon [needs to be removed later!] and cardamom.
- After another 1 minute add chilli-powder and ground cumin.
- Add chopped tomatoes and cook slowly for another 5 min.
- Add whole chicken legs, garam masala and ground pepper. Simmer for 5 min.
- Add salt and 250ml water. Simmer until meat is tender (that can take 30min for 4 persons, possibly longer or higher amounts).
- If the liquid gets to thick, add more water.
- Remove chicken legs from sauce, cool down, and remove the meat from the bones, possibly cut it into bit-sized pieces and add back to sauce.
- Add 1 teaspoon vinegar and sugar and the drained apricots. Simmer for another 10min.
- Remove cinnamon.



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21. Serve (with rice and our naan bread)

Hints:

- 1) Chicken legs taste better than chicken-breast, and the meat stays soft(er).
- 2) You can use lam instead of chicken, if preferred.
- 3) You can use fresh apricots instead of dried apricots. In this case the pit will be removed only after the soaking.
- 4) Garam masala is a spice mix:
 - a. 1 tablespoon ground cumin
 - b. 1.5 teaspoon ground coriander
 - c. 1.5 teaspoon ground cardamom
 - d. 1.5 teaspoon freshly ground pepper
 - e. 1 teaspoon ground cinnamon
 - f. 0.5 teaspoon ground cloves
 - g. 0.5 teaspoon ground nut-meg

mix all.

Ideally roast the whole spices in a hot pan first for a few minutes, then ground.





Naan (with or w/o garlic)

Ingredients

Serves 8				Serves 20	
0.5	kg	flour		1.25	kg
1	teaspoon	baking powder		2.5	teaspoon
0.5	teaspoon	baking soda		1.25	teaspoon
1	teaspoon	salt		2.5	teaspoon
1	pcs	egg		2.5	pcs
1	tablespoon	butter (melted)		2.5	tablespoon
1	tablespoon	butter (melted)		2.5	tablespoon
0.125	kg	yoghurt		0.3125	kg
0.25	l	milk		0.625	l
1	clove	garlic		2	clove

Preparation

Instructions

1. Mix flour, baking powder, baking soda and salt.
2. Stir eggs.
3. Add eggs, melted butter and yoghurt, and mix under
4. Add milk bit by bit (approx. amounts indicated) until the dough is soft and fluffy.
5. Let the dough rest (covered with a kitchen towel) for approx. 1h at a warm place.
6. Knead the dough on a flour-topped kitchen top until the dough is smooth.
7. Divide into portions and roll such that you get approx. 15cm long ovals.
8. Lightly top the bread with water and put bread with the wet-side down on a baking tray (use baking paper [we have this already]).
9. Squeeze peeled garlic cloves (or cut in really small pieces and squash with a spoon), and mix it in some melted butter.
10. Cover the top now with the garlic-flavoured melted butter.
11. Bake in pre-heated oven at 200°C for approx. 8-10 minutes.



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Rice

Ingredients

Serves 4				Serves 20	
0.2	kg	basmati rice		1	kg
5	pcs	cardamom		25	pcs
0.05	kg	butter		0.25	kg
½	teaspoon	Salt		2	teaspoon

Preparation

Instructions

1. Boil water: 2.5 times water of the amount of rice used. Add salt
2. Add rice. Reduce heat to very low simmering temperature.
3. Add cardamom capsules.
4. Cook until water has been sucked up by the rice, ~12-15min. Power out any excess water if necessary.



Bharta (Mashed Aubergines)

Ingredients

Serves 4

4	pcs	Aubergine		10	pcs
8	cloves	Garlic		20	cloves
8	pcs	Cloves		20	pcs
0.1	l	Olive oil or ghee		0.25	l
1	pcs	Onions		2.5	pcs
2.5	cm	Ginger		6.25	cm
4	pcs	Green chillis		10	pcs
1	tsp	Red chilli powder		2.5	tsp
0.5	tsp	Turmeric		1.25	tsp
1	can	Tomatoes		2.5	Can
2	tbsp	Fresh coriander		5	tbsp

Serves 20

Preparation

1. Stud each aubergine with 2 cloves of garlic and 2 cloves, brush with ghee. Roast aubergines and turn until skin becomes black.
2. Remove, discard cloves, transfer to pot of water, cool, peel blackened skin and mash flesh (with garlic cloves)
3. Heat ghee in wok, add cumin seeds and stir on medium heat until they begin to pop.
4. Add onions, and sauté until transparent.
5. Add ginger and green chillies, sauté for a few seconds.
6. Add aubergine, red chilli powder and turmeric, stir fry until fat leaves the sides.
7. Add tomatoes and salt, continue cooking until fat leaves the sides.
8. Remove and adjust seasoning.
9. Garnish with green coriander.



Srikand (Indian Yoghurt Dessert)

Ingredients

Serves 6

2	kg	full fat yogurt
0.1	kg	Mascaporne
0.07	kg	Sugar
1	Teaspoon	Cardamon seeds
6	Nut	Almonds
6	Nut	Pistacios
	some	Saffron

Serves 20

6.666667	kg
0.333333	kg
0.233333	kg
3.333333	Teaspoon
20	Nut
20	Nut
0	some

Preparation

Pre-preparation activities (the evening before the day):

- Place a clean kitchen hand towel or a substitute cloth on a big plastic bowl.
- Pour the yogurt into the towel [leaving about 150g still in the container] and wrap the yogurt into the towel.
- Tie the kitchen towel to seal the yogurt and hang the yogurt to drain out all of the water. Make sure the plastic bowl catches the drained water.
- Hang to drain for 12 hours [so it is an overnight job].

There is no easy way for the 4 steps above, the idea is to drain the water out of the yogurt, so innovate.

Preparation:

- Take the seeds out of the cardamom pods and grind the seeds [not powder but small granules]. Collect about 1/2 a tea spoon.
- Dispose the drained water and pour the drained yogurt into a plastic bowl.
- Add to it the mascarpone and sugar and the 150g of original natural yogurt (see (b) above).
- Whisk the mixture with an electric mixer until smooth (add one teaspoon of milk or water to get a smooth finish, repeat if not smooth enough).
- Add sugar to your required sweetness and whisk more if required.
- Add 1/2 teaspoons of cardamom grounded seeds.
- Take a small amount of saffron in a tea spoon and very lightly roast the saffron heating the base of the spoon.
- Crumble the roasted saffron and add some drops of milk into the tea spoon. Slightly heat the saffron again.
- Pour the saffron into the mixture.
- Hand whisk using a fork and mix the saffron and cardamom into the mix.
- Let the mixture cool in a fridge and take out 1/2 hour before serving.
- Once out of the fridge, using a fork, mix the mixture so that the saffron [you should see yellowish saffron colour] is evenly mixed.



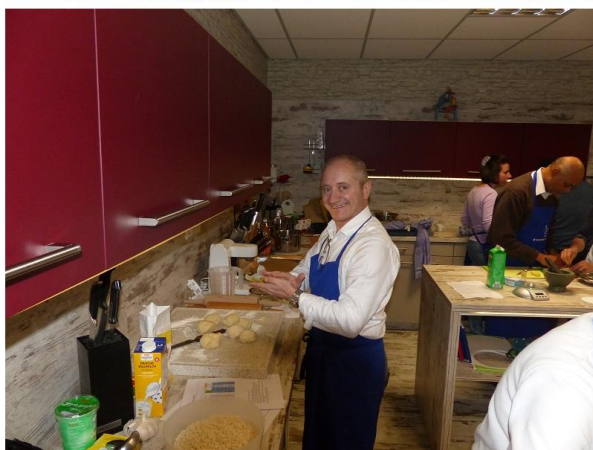
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- 13) Chop pistachios into small granules [Optional - lightly roast the pistachios].
- 14) Serve a small amount with pistachios.





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EUMETSAT Cooking Club – 2015-05-06

2015-05-06



EUMETSAT Cooking Club – 2015-05-06

Foreword 2015-05-06 Event

The EUMETSAT Cooking Club heralded in the spring with another successful dining event at Kochstudio Darmstadt on Wednesday, 6 May 2015.

Sixteen members prepared a spring menu for themselves and an additional 11 dinner guests from EUMETSAT and ESOC.

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

Dinner began with a refreshing cold asparagus soup as amuse gueule and asparagus wrapped in ham gratinéed with parmesan as a starter prepared by the team led by club chair Stephan, followed by tasty gnocchi with pesto and cherry tomatoes, prepared by the team captained by Barbara.

The main course was delicious Sicilian sword fish with capers, olives and cherry tomatoes, prepared by the team headed by Gigi.

The meal ended with a divine strawberry lemon tiramisu, prepared by Alessandro's team.

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

THE EDITOR



EUMETSAT Cooking Club – 2015-05-06

The Recipes

Cold Asparagus Soup

Asparagus wrapped in Ham and gratinéed with Parmesan

Gnocchi with Pesto alla Genovese

Sicilian Sword Fish with Olives, Capers and Cherry Tomatoes

Strawberry Tiramisu



EUMETSAT Cooking Club – 2015-05-06

Asparagus-Soup (cold)

Ingredients

For 3 litres of soup

6	pcs	asparagus
	some	parsley
	some	salt
	some	pepper
	some	bouillon
0.4	l	cream

Preparation

6. Take cooking water (2.5 l) from asparagus (see starter), measure 250ml per person (soup) or ~50ml amuse-gueule.
7. Peel asparagus, cut asparagus in small pieces, cook asparagus (see starter).
8. Mix with kitchen machine together with the liquid. Add chopped parsley, some salt and pepper (if needed) and cream.
9. Mix well, season to taste. Add some starch if too liquid.
10. Cool down, serve. (or serve hot)





Asparagus wrapped in Ham

Ingredients

Serves 4 (starter)

4	pcs	asparagus
4	slices	cooked ham
0.05	kg	parmesan
Sauce		
2	pcs	egg-yolk
0.125	kg	butter
1	TBLspoon	lemon juice
	some	salt
	some	pepper
	some	sugar
1	TBLspoon	instant bouillon

Serves 20/30

30	pcs
30	slices
0.25	kg
10	pcs
0.625	kg
5	TBLspoon
	some
	some
	some
5	TBLspoon

Preparation

1. Peel asparagus:
 - a. Take one stick of asparagus between thumb and forefinger of left hand, stabilize with your palm. Peel from just under the head down to the bottom with an asparagus-peeler (or potato-peeler). Move the stick a little and repeat until once completely around the stick. Cut bottom 1cm away. If the asparagus is properly peeled no fibres will remain when cutting. Hold the stick against the light, if not properly peeled this will be visible.
2. Boil asparagus peel and cut-away ends in enough water (the stuff should be roughly covered), add ~1 teaspoon of sugar for each ~2-3 l of water, add ~1 TBLspoon of bouillon for each ~2-3 l of water.
3. Cook for ~10 minutes.
4. Strain the cooking liquid through a strainer and collect liquid, throw peels away.
5. Bring liquid to boil again and add asparagus sticks.
6. Cook for 12-15 mins.
7. Remove asparagus from liquid, let cool. Keep liquid for asparagus soup.

Sauce:

8. Melt butter, let cool down.
9. Put egg-yolks in metal-bowl, add lemon juice, some salt and pepper. Stir.
10. Warm egg-yolks over water-bath until yolks start to thicken, always stir. Keep attention not to have too high temperature in water-bath. The yolks shall not coagulate/harden completely.
11. Remove from water-bath.
12. Add, constantly stirring, bit by bit the melted butter. At the beginning very slowly.
13. Season to taste

Prepare wraps:

14. Lay out one slice of ham, put a little of the sauce on top and spread.
15. Lay one stick of cooked asparagus on top. Roll together.



EUMETSAT Cooking Club – 2015-05-06

16. Put in heat-resistant oven-form.
17. Add some sauce on top.
18. Sprinkle with grated parmesan cheese
19. Put in pre-heated (150°C) oven for ~10min until the cheese is melted.
20. Put wraps on plate, add a little sauce. Serve.





Gnocchi with Pesto alla Genovese

Ingredients

Serves 4

1	kg	Potato
1	pcs	Egg
0.23	kg	Flour
1	clove	Garlic
40	g	Basil
20	g	pine nuts
70	g	Parmesan/pecorino
0.1	l	Olive oil
1	pcs	Garlic clove
		Coarse salt

Serves 20/30

5	kg	
5	pcs	
1.15	kg	
5	clove	
200	g	
100	g	
350	g	
0.5	l	
5	pcs	

Preparation

Gnocchi

11. Hints:
 - a. Try to find potatoes that are neither too floury, nor too waxy.
 - b. If you do half portion you can still use one egg.
 - c. You may need more flour depending on the potatoes used.
12. Boil the potatoes. Place unpeeled potatoes into a large sauce pan and add enough water to cover them.
13. Place on a high heat, add 3 tsp (1 tbsp) of rock salt, then leave to boil.
14. Drain potatoes. When the potatoes are tender, after about 20 minutes of boiling, turn the heat off and tip them into a colander to drain.
15. Peel the potatoes. Mash the potatoes. Pass the still hot potatoes through a passatutto (potato ricer). If you don't have a passatutto handy, you can use a masher instead.
16. Add the flour and make a hole where you crack the egg. Stir in quickly before the temperature of the potato cooks the egg. You can also wait to do the gnocchi until the potatoes are tepid.
17. Form a dough. Turn the potato mash onto a wooden surface (wood will also absorb the humidity of the potatoes) and tip the flour on top. Mix with the hands and after a minute or two it will form into a dough. Knead lightly. When it reaches a pliable consistency, it's ready.
18. Form a ball and put it aside putting some flour below it.
19. Form the gnocchi. Sprinkle the surface with flour. Roll the dough into finger thick strips and cut into 1/2-inch pieces using additional flour if needed, such that while rolling the dough it will not stick to your hands.
20. Use a flexible knife to cut off 2 centimetres (0.8 in) pieces. Slice off another fist sized piece and repeat until you have used all of the dough.
21. Using the tines of a fork and the tip of your thumb take one segment and roll it downward toward the tips of the tines. This action will give your dumpling a deep indentation on one side and a ridged surface on the other.



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22. Boil water. Fill a large pan with water and add 3 tsp of rock salt. Place over a high heat, put on the lid, and bring to boil.
23. Tap the gnocchi from the tray into the boiling water. This method will stop the water from splashing your hands. Give them a little stir and leave to cook.
24. Wait for them to reach the surface. When the gnocchi have all bobbed to the surface, they're ready to serve.
25. Cook the gnocchi straight after you have prepared them or freeze them.

Pesto alla Genoves

1. The first step is to clean the leaves of basil: do it with a soft cloth, without wetting. Alternatively, wash them but let them dry thoroughly; this step should be done gently, because if the leaves are rubbed or break they will be blackened and make the taste of the pesto bitter.
2. Use a marble mortar and a wooden pestle to reduce one peeled garlic clove and a pinch of salt into a pulp.
3. Then add the basil leaves and the remaining salt, and in a circular motion continue to smash. You'll see that the basil releases a vivid green liquid, this is the time to put the pine nuts;
4. Finally, continuing to stir, add the grated cheese and the oil.
5. Very important is the time for the preparation, it should be as less as possible to avoid the oxidation of the basil or other ingredients.
6. A risk in the success is linked to the use of the mixer, which warms the pesto and makes it bitter; if you do not have a mortar followed these tricks: operated at the lowest speed and blend jerky to not raise the temperature of the compound. The pesto can be kept in the fridge up to ten days covered with olive oil.





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Sicilian Sword-Fish

Ingredients

Serves 4

0.4	kg	sword fish
20	pcs	Pachino cherry tomatoes
2	pcs	spring onion
40	pcs	black olives
2	teaspoon	capers
0.2	l	white wine
1	some	thyme
0.02	l	olive oil
0.005	kg	salt

Serves 20/30

3	kg
100	pcs
10	pcs
200	pcs
10	teaspoon
1	l
5	some
0.1	l
0.025	kg

Preparation

1. Cut the Pachino cherry tomatoes in two halves and put them in a pan with a bit of oil, with the cut side on the pan.
2. Cook them on little fire up to when they have lost the water and they are a bit caramelized.
3. Remove and put aside.
4. Cut the long onions in slices and fry them in the same pan (adding a bit more of oil if needed).
5. Add the tomatoes and the olives and let all cook together for a few minutes, adding a bit of salt.
6. At the very end, add the cappers (previously well washed) and the thyme and switch off the fire.
7. Take another pan and put it on happy fire with a bit of oil; when the oil is hot, cook fast the fish a couple of minutes on both sides.
8. Add the wine and let it evaporate a bit, then lower the fire.
9. Cover the fish with the sauce previously prepared and let cook gently for 10 minutes.



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Strawberry Tiramisu

Ingredients

Serves 4

1	g	Gelatine
80g	1 Spoon for each egg ~10/20g	Sugar
50	g	Sponge finger biscuits
0.20	100 g for each egg	Mascarpone
~2	1 egg for each 100 g of Mascarpone	Eggs
0.01	l	Limoncello
0.05	kg	Strawberries
0.1	kg	Lemon

Serves 30 (used)

10	g
200	g
400	g
1.0	kg
10	pcs
0.1	l
0.5	kg
1	kg

Preparation

Preparation of the mascarpone cream:

1. Open the eggs and separate the yolk from the white part of the egg.
2. Mix the yolk with sugar (1 spoon for each yolk) and mount until soft and frothy.
3. Mount the white part of the eggs until well firm.
4. Add the mascarpone cheese with the mounted yolk and mix.
5. Add the mounted white part of the eggs and mix.
6. Add some gelatine which has been previous melt in a very few (few spoon) warm water.
(NOTE : This step is necessary only if there is not enough time to leave the Tiramisu in the fridge, ideally one night).

Preparation of the strawberries

7. Chop the strawberries in small pieces. Remember to leave some half strawberry for the decoration.
8. Mix the chopped strawberries with some sugar (not much) and some lemon juice.
9. Let rest for some time.

Preparation of the syrup used to wet the Biscuits (Savoardi is the art of biscuits)

10. Grate the lemon zest.
11. Add the grated lemon zest to the water (300/400 ml).
12. Add the sugar (100g) to the water and let boil for few seconds.
13. Add to the warm syrup some Limoncello (This step is optional)

Assemble the Tiramisu.

14. Wet the biscuits in the syrup and place in the cup



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15. Add on top some chopped strawberry.
16. Cover with the mascarpone cream.
17. Add the half strawberry as decoration.





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EUMETSAT Cooking Club – 2015-07-29



EUMETSAT Cooking Club – 2015-07-29



EUMETSAT Cooking Club – 2015-07-29

2015-07-29



EUMETSAT Cooking Club – 2015-07-29

Foreword 2015-07-29 Event

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

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

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

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

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

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

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

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

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

THE EDITOR



EUMETSAT Cooking Club – 2015-07-29

The Recipes

Pimms

Salpicon de Marisco

Salmorejo

Egyptian Fish with Toasted Egyptian Rice

Almond Orange Florentines



EUMETSAT Cooking Club – 2015-07-29

Pimms

Ingredients

Serves 15-20

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

Preparation

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





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Salpicon de Marisco

Ingredients

Serves 4

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

Serves 20/30

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

Preparation

1. Octopus

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

2. Prawns

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

3. Salad

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

4. Dressing (Vinagreta)

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



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Salmorejo

Ingredients

Serves 4

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

Serves 20/30

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

Preparation

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





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Egyptian Fish

Ingredients

Serves 4

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

Serves 20/30

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

Preparation

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





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Toasted Egyptian Rice

Ingredients

Serves 4

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

Serves 20/30

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

Preparation

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



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Almond Orange Florentines

Ingredients

Serves 4 (20pcs.)

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

Serves 20/30

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

Preparation

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





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EUMETSAT Cooking Club – 2015-09-29

2015-09-29



EUMETSAT Cooking Club – 2015-09-29

Foreword 2015-09-29 Event

As the leaves began to fall the EUMETSAT Cooking Club met for its September event on Wednesday the 29th.

13 club members cooked a menu on the theme Thanksgiving for themselves and an additional 8 dining guests.

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

This time, dinner began with Southern-style bourbon glazed ham prepared by Geraldine and her team.

Then, as an intermediate dish, a Corn Chowder prepared by Raj and his team followed.

The main course this time was Turkey Breast with Cranberry glazing and Cranberry sauce with Pearl Onions and Raisins, prepared by Stephan and his team, with Glazed Sweet Potatoes as a side-dish, prepared by Antonio and his team.

Finally, Pumpkin Pie, prepared by Kevin and his team finalized the dinner.

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

THE EDITOR



EUMETSAT Cooking Club – 2015-09-29

The Recipes

Southern-style bourbon glazed ham

Grandma's Corn Chowder

*Turkey Breast with Cranberry glazing and Cranberry sauce with Pearl Onions
and Raisins with*

Glazed Sweet Potatoes

Pumpkin Pie



EUMETSAT Cooking Club – 2015-09-29

Southern-style bourbon glazed ham

Ingredients

20/30 portions

1	pcs.	spiral sliced ham
1	large can	pineapple slices
		pineapple juice from the canned pineapple
15-20	pcs.	cloves (whole)
1	jar	maraschino cherries
100	g	brown sugar
110	g	maple syrup or honey
4	tablesp.	Creole or Dijon mustard
1	teasp.	allspice (piment)
50	ml	Bourbon whiskey
Sauce		
20	ml	Bourbon whiskey
50	g	brown sugar
200	g	apricots
		pineapple juice from the canned pineapple

Preparation

1. Preheat the oven to 160° C.
2. Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2 inch deep; insert a clove in each diamond.
3. Bake, uncovered (45mins – 1 hr, depending on weight – 15 mins for every 450 g).
4. Remove the ham from the oven. Stand for 10 minutes to cool. Turn oven up to 180°.

Meanwhile, make the sauce and the glaze:

Make the sauce:

5. Drain pineapple, reserving juice in 2 portions.
6. Chop the apricots into small pieces.
7. Place the apricots, sugar and bourbon with 2 tablespoons of pineapple juice into a small pan.
8. Cook at low heat until apricots soften. Mash to a paste with a mixer.
9. Cook gently until flavours have infused. Set aside and keep warm.

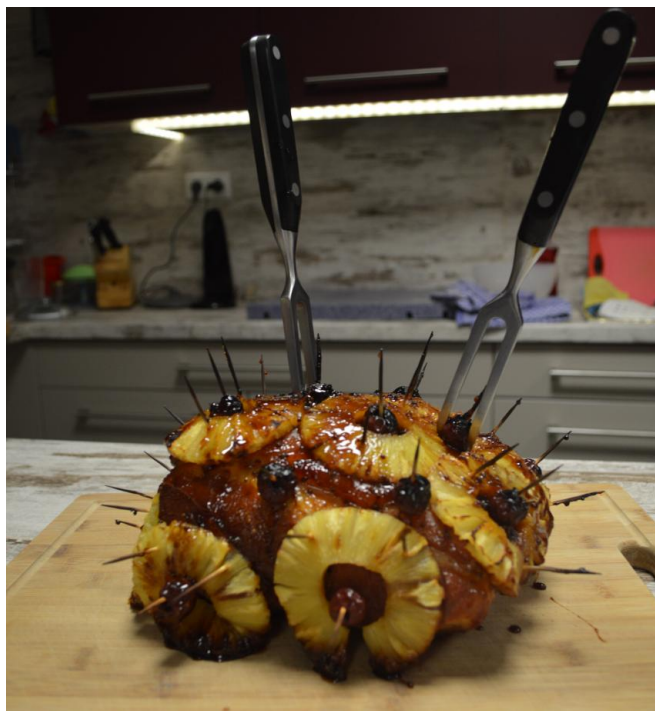
Make the glaze:

10. In a small saucepan, combine brown sugar, mustard, allspice, bourbon and small amount of pineapple juice – enough to make a thick glaze.
11. Bring to a boil, stirring constantly.
12. Cook and stir for 10 minutes or until slightly thickened.



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13. Spoon half the glaze over the ham.
14. Decoratively arrange the pineapple slices on top of the ham. Secure with cloves or toothpicks.
15. Place a cherry in the centre of each pineapple ring and secure with a clove or toothpick.
16. Bake for a further 30 minutes or until thermometer reads 140°, basting twice with remaining glaze.
17. Remove the ham from the oven. Allow to stand for 15 minutes.
18. Transfer to a cutting board and carve. Arrange on plates and spoon a teaspoon of sauce on the side.





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Grandma's Corn Chowder

Ingredients

20 portions

110	g	diced bacon
4	pcs.	medium potatoes, peeled and chopped
1	pcs.	medium onion, chopped
450	ml	water
660	g	cream-style corn
2	teasp.	salt
		ground black pepper to taste
450	ml	cream

Preparation

1. Place the bacon in a large pot over medium-high heat, and cook until crisp. Drain and crumble, reserving about 2 tablespoons drippings in the pot.
2. Mix potatoes and onion into the pot with the crumbled bacon and reserved drippings. Cook and stir 5 minutes. Pour in the water, and stir in corn. Season with salt and pepper. Bring to a boil, reduce heat to low, and cover pot. Simmer 20 minutes, stirring frequently, until potatoes are tender.
3. Warm the half-and-half in a small saucepan until it bubbles. Remove from heat before it boils, and mix into the chowder just before serving.





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Turkey Breast with Cranberry glazing and Cranberry sauce with Pearl Onions and Raisins

Ingredients

Serves 10

Sauce		
75	g	sugar
2.5	jar	small pickled onions
150	g	raisins
500	g	cranberries
625	ml	water
1-2	tablesp.	Dijon mustard
Turkey		
1.5	kg	turkey breast
2	pcs	onion
1	pcs	greens (suppengrün)
		salt
		pepper
3	tblspoon	oil
400	ml	vegetable or chicken stock
50	ml	Sherry or fruit wine
200	g	cranberries (jar)

Serves 15/20

100	g
3.75	jar
225	g
750	g
937.5	ml
3	tablesp.
2.25	kg
3	pcs
1.5	pcs
4.5	tblspoon
600	ml
75	ml
300	g

Preparation

Turkey Breast:

31. Chop half of the onions finely, half of it coarsely.
32. Clean the greens and chop coarsely.
33. (if needed), wash the meat, dry it with a kitchen towel.
34. Salt and pepper the meat completely.
35. Heat a few tablespoons of oil in a roasting pan and fry the meat shortly from all sides.
36. Add the coarse onion pieces and the greens; let it fry for a few minutes.
37. Add the vegetable (or chicken) stock.
38. Put in the oven for ~ 1 – 1.5h at 180°C.
39. For the glazing fry the finely chopped onions until light gold-brown, add Cranberries and Sherry (or fruit-wine in this case); heat it.



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40. Pour or brush the meat every so often with the glazing. Repeat once the meat is taken from the oven.
41. Use the rest of the mixture to add to the sauce (see below).
42. When the turkey is soft and ready to be served, take it from the oven and the vegetables and cut in slices.
43. Blend the vegetables with some of the stock into a purée and serve as side-dish.

Sauce:

1. Caramelize sugar in a pan on medium heat and constant stirring.
2. Remove pan from heat and add slowly hot water, keep stirring. (Alternatively, add the water at the beginning and boil until it thickens and browns.)
3. Put on heat again and while stirring bring to boil on medium heat until all the caramel is solved.
4. Add pearl onion, raisins and cranberries, cook on medium/low heat for ~ 10min.
5. Season to taste with mustard, salt and pepper.





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Glazed Sweet Potatoes

Ingredients

20-30 portions

800	g	sweet potatoes
100	g	brown sugar
6	tablesp.	orange juice
		salt
		butter

Preparation

1. Wash sweet potatoes and cook for 10 mins in lightly salted water (closed lid) to near ready.
2. Drain potatoes, dry and peel.
3. Pre-heat oven to 175°C.
4. Butter a casserole dish.
5. Cut potatoes in 1-2cm thick slices and layer into casserole dish imbricative.
6. Give sugar and orange juice in small pot and melt on low fire. Add butter, melt.
7. Pour sauce over potatoes.
8. Bake for another 20 mins at 160° in the oven.





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Pumpkin Pie

Ingredients

3 x 24cm pies

Pastry		
500	g	plain flour
200	g	butter (cold)
1	pinch	Salt
2-3	tablesp.	water
Pumpkin Mix		
2	pcs.	(Hokaido)pumpkin
100	g	ginger (fresh)
500	g	sugar
3	teasp.	cinnamon ground
2	teasp.	nutmeg
2	teasp.	cloves ground
2	teasp.	allspice(piment) ground
8	pcs.	egg
2-3	cans	condensed milk (0.5-0.75l)
Topping		
		whipped cream

Preparation

Pastry:

1. Make sure all utensils used for pastry are cold. Make sure the butter is cold. Ideally, cool the mixing bowl in the fridge before starting.
2. Sift the flour into a large bowl, add the butter and cut the butter into small chunks with a knife.
3. Remove any rings from your fingers :-)
4. Cool your hands with cold water or ice.
5. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.
6. Stir in the salt, then add 2-3 tbsp water and mix to a firm dough. Don't too much water. Knead the dough briefly and gently on a floured surface. Wrap in cling film and chill while preparing the filling.

Pumpkin Pie:

19. Peel pumpkin and remove seeds and inner flesh. Chop into reasonably small chunks.
20. Peel and finely chop the ginger
21. Put pumpkin pieces and ginger in a pot, add a little water, cover and cook for 20 minutes or



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until soft.

22. Drain off the excess water using a sieve, and put in a bowl.

23. Puree the pumpkin for 2-3 minutes.

24. Pre-heat the oven to 210 deg C

25. Add

1. Sugar
2. Cinammon
3. Piment (allspice)
4. Nutmeg
5. Eggs
6. Condensed milk

and puree. Do not be afraid that the mix seems too runny. It will set when cooked.

Serve with whipped cream





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EUMETSAT Cooking Club – 2015-09-29



EUMETSAT Cooking Club – 2015-11-23

2015-11-23



EUMETSAT Cooking Club – 2015-11-23

Foreword 2015-11-23 Event

The EUMETSAT Cooking Club held its Christmas Party and Cooking Event on Monday the 23rd of November.

16 club members cooked for a cold and warm buffet on the theme International Christmas for themselves and an additional 10 dining guests, whereas the dish captains selected typical Christmas dishes from their region of origin.

Starters from the USA, Poland and Germany were accompanied by Main Dishes from Ireland, Germany, Italy and Spain, and the desserts were exclusively Italian.

Due to the high amount of dishes and mini-groups, the cooking studio teamed with activity for more than 2 ½ hours, until the dining guests arrived and everybody settled down to enjoy the food.

Although everybody was stuffed more than full, the cleaning was still to be done and by 23:00 the cooking studio gleamed in new shine and everybody has left.

THE EDITOR



The Recipes

Starters

Cheese Ball

Barszcz Wigilijny (no-meat barszcz) with Uszka (dumplings)

Herring salad

Main Dishes

Cordero al Chilindron (lamb stew typical from Navarra)

Salmon in Puff Pastry with Blueberries

Goose Legs with Potato Dumplings and Green Cabbage

Roast Winter Vegetables

Lasagne with Radicchio and Taleggio

Desserts

Panettone with Mascarpone Cream

Panforte

Mandorle ricoperte di cioccolato



EUMETSAT Cooking Club – 2015-11-23

Cheese Ball

Ingredients

Serves 8-15

250	g	cream cheese (Philadelphia)
125	g	sharp cheddar cheese, grated
1/2	tablespoon	lemon juice
1	tablespoon	Worcestershire sauce
1	teaspoon	garlic powder
1/2	pcs.	green bell pepper, minced
2	pcs.	green onion, minced
1/2	cup	pecan nut, chopped
		crackers for serving

Preparation

1. This is easiest to make if the cream cheese is at room temperature when you start.
2. Combine the cheeses in a medium bowl.
3. Dice and add the green pepper and green onions. Mince finely so there are no big chunks. Toss into the mix.
4. Next, add all the spices and stir together well.
5. Use your hands to form into a ball.
6. Chop a few handfuls of pecans and roll the cheese ball in them.
7. Let the ball sit in the fridge for an hour or two to set.





EUMETSAT Cooking Club – 2015-11-23

Barszcz Wigilijny (no-meat barszcz) with Uszka (dumplings)

Ingredients

Serves 15-20

Stuffing		80-100 dumplings
40	g	Boletus (mushroom) dried
2	pcs.	Onions
3	tblsp.	Butter
		Pepper, ground
		Salt
0.5	l	Water
Dough		
300	g	Wheat flour, fine
3	tblsp.	Butter or oil
1	pcs.	Egg
		Salt
3/4	glass	Hot water
Soup		
0.5	l	Mushroom water
1	bundle	Greens (big bundle)
2.5	kg	Beetroots (or 3l beetroot juice)
3	l	Water
100	ml	Vinegar 10% or lemon juice
2	tblsp.	Sugar
3	pcs.	Garlic cloves
4	pcs.	Bay leaves (laurel)
4	pcs.	Allspice (piment)
10	pcs.	Pepper grains
2	tblsp.	Marjoram
		Pepper, ground
		Lemon juice
		salt

Preparation

Uszka (dumplings)

Stuffing

44. Put mushrooms into water and leave over night.



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45. Cook slowly in the water for 20-30 min.
46. Cool.
47. Drain well (add the water to barszcz, see below).
48. Chop very finely (pass through a mincer).
49. Chop onions very finely.
50. Fry onions until transparent (not yet gold).
51. Cool.
52. Stuffing: Mix mushrooms and onions, adding ground pepper and salt.

PIEROGI, i.e. dough for uszka

1. Melt butter in hot water.
2. Mix flour in a bowl with some salt.
3. Add the egg.
4. Mix adding slowly the water+butter-mixture.
5. Make 3 portions out of the dough.
6. Roll a portion out 2mm thin.
7. Cut with a glass diameter ~4,5 cm.
8. Stuff and stick the edges together.
9. Stick the corners together into a ring.
10. Put them under a cloth if they wait for more than 10 min for cooking.
11. Cook in boiling water until they come up.

Barszcz (soup)

1. Beetroot juice (two days before): Clean and slice the beetroots.
2. Add the vinegar, sugar and half a teaspoon salt.
3. Mix well to extract juice over night.
(alternatively: use beetroot juice instead of water below)
4. The soup basis (a day before): Clean and chop the greens.
5. Add water, bay leaves, allspice, pepper grains.
6. Boil the soup slowly for 60-80 min.
7. Add the beetroots (with the juice), pressed garlic, marjoram.
8. Cook without a lid SLOWLY until the soup is boiling.
9. Take it off the cooker.
10. Let the soup acquire taste and (more) colour over night.
11. Before serving:
12. Strain the greens and beetroots out.
13. Warm, but do not boil, adding the mushroom water.
14. Add lemon juice, salt, ground pepper to taste.
15. Serve with uszka.



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Herring salad

Ingredients

Serves 8-15

750	g	pickled herring (Matjes)
3	pcs.	red onion
350	g	pickled cucumbers
3	pcs.	apple
50	g	dill, chopped
400	g	crème double (or crème fraiche)
400	g	sour cream
3	teaspoon	horseradish
3	teaspoon	mustard (hot)
2	teaspoon	lemon juice
		salt
		pepper
		sugar

Preparation

1. Mix crème double with sour cream, horseradish, mustard, lemon juice and chopped dill. Lightly salt and pepper; add a pinch of sugar.
2. Clean onions, cut in very thin $\frac{1}{4}$ slices; add.
3. Cut pickled cucumbers into small slices or cubes; add.
4. Peel apples, remove pits, cut in small cubes; add.
5. Cut herring in small pieces; add.
6. Mix everything and keep cool for ~2h.





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Cordero al Chilindron (lamb stew)

Ingredients

Serves 4

600	g	lamb in pieces
2	pcs.	onions (medium size)
8	pcs.	garlic cloves
3	pcs.	dried pepper (ñora or equivalent, not chilli)
4	cl	Brandy or Cognac
		Flour
		Salt
		Black pepper
50	ml	Olive oil



Preparation

1. The dried pepper is usually found in specialized Spanish stores, best is to use the sweet variety (Ñora or Pimiento choricero). Open the dried peppers and remove the seeds and tail. Put them in temperate water and let them hydrate for 2 hours.
2. Apply salt and black pepper to the lamb pieces and cover them with flour, removing the excess flour.
3. In a wide and low pot, add olive oil (less than a finger in depth). Heat it and fry the lamb pieces on all sides, for about 3 minutes, until the surface is toasted. Control the heat, it should be hot but not to the point of burning anything. The lamb pieces should have enough space and contact with the pot; if necessary, split the frying in two.
4. Once all the pieces are fried, put them back together in the pot and add the onions (each one cut in 8 pieces), the garlic cloves (without peeling them) and the hydrated peppers, and stir all together, frying it for 2 minutes.
5. Increase the heat and add the Brandy. Let it boil for some minutes, until the alcohol is properly evaporated. Cover the pot and let everything boil together for about 30 minutes. If at any time the stew asks for some water, add a bit of the water used to hydrate the peppers. Try the stew halfway through the boiling process to check for the salt quantity.
6. Let the stew boil until the lamb is properly cooked, which should be around 30-40 minutes. The stew is best eaten after it has rested for some days.



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Salmon in Puff Pastry with Blueberries

Ingredients

Serves 2-4 (12 pieces)

250	g	Salmon filet
1	jar	Blueberries (125g fruits), 370ml jar
½	stick	Leek
1	roll	Puff pastry (275g)
1	box	Cream cheese with horseradish (150g)
1	handful	Fresh spinach leaves
1	pcs.	Egg
		Salt
		Pepper
1	tblsp.	Lemon juice
1	teasp.	Soy sauce
1	tblsp.	Honey
		Ginger powder
		Flour

Preparation

1. Cut puff pastry roll in half, roll out (use flour!) to double size each, matching size.
2. Spread half of cream cheese each thinly on each tile.
3. Clean and wash spinach leaves, dry very carefully, cut of stalks.
4. Spread spinach in thin matte on one tile of pastry.
5. Wash and clean leek, cut in small pieces and fry shortly in olive oil; let cool and spread over spinach matte; salt and pepper lightly.
6. Cut salmon in mouth-sized pieces of approx. 2x2x3cm, marinate with a little bit of lemon juice, salt and pepper.
7. Put salmon pieces with enough distance to each other in a grid of 3x4 onto the spinach matte.
8. Strain/drain blueberries (juice is not needed for this recipe). Add honey, soy sauce, salt pepper and ginger powder. Mix carefully but well. Taste!
9. Top each piece of salmon with one heaped teaspoon of blueberries.
10. Cover everything with the 2nd tile of pastry, cheesy side down.
11. Depress the indentations between the salmon with your fingers / back of hand (several times).
12. Paint egg yolk on top.
13. Bake in the oven at 180° for ~15-18 min.
14. Cut in pieces along the indentations; serve warm



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Potato Dumplings

Ingredients

Serves 8-15

2.5	kg	Potatoes (soft/semi-soft cooking)
2-4	pcs.	Egg
	some	Potato flour (starch)
	some	Marjoram
	some	Salt
	some	Pepper
1-2	slices	Toast
	a little	Olive oil

Preparation

1. Boil potatoes with skin till ready (20mins), cool down in cold water, cool down completely, remove skin, grate finely into a bowl.
2. Add 2-4 eggs, salt, pepper, marjoram to taste, and potato flour (starch) until it becomes a not-too-sticky dough.
3. Cut toast in cubes and fry in a little olive oil until crisp.
4. Wet hands and form small or bigger dumplings, incise the middle with your finger and add 1-2 toast cubes, close again.
5. Boil in not-anymore-boiling salt-water for approx. 20 mins. The dumplings should move to the surface when ready.





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Green Cabbage

Ingredients

Serves 4

4	slices	Bacon (optional)
1	kg	Green cabbage
2	tblsp.	Butter or oil
2	pcs.	Onion
1	tblsp.	mustard
400	ml	Vegetable stock
		Salt
		Pepper
		Megnut

Preparation

1. Heat butter or oil in pot.
2. Add onion cubes and optionally bacon slices. Simmer until onions are translucent.
3. Add green cabbage (kitchen ready). Stir-fry for a few minutes. The cabbage should be coarsely cut. If you use fresh green cabbage: clean/wash carefully (check for insect eggs on underside), cut away stalk, cut coarsely.
4. Add vegetable stock and spices (mustard, salt, pepper, megnut).
5. Cook on slow fire for 1h.
6. Cool down and let rest over night.
7. Heat again and cook another 1h on slow fire.
8. Either serve as sidedish or
9. Add Mettwurst (1-2 per person), or Kassler and let heat it for another 20min, for a main dish.





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Goose Legs

Ingredients

Serves 4

4	pcs.	Goose legs (alternatively chicken legs)
		Salt
		Pepper
2	tblsp.	Condensed milk

Preparation

1. Paint some condensed milk on the legs, salt and pepper.
2. Put into oven 180°-200° for at least 1h. The skin should be nicely brown and crunchy.





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Roast Winter Vegetables

Ingredients

Serves 8-15

3	kg	potatoes (any floury type, “mehlig kochend”)
2	kg	carrots (large if possible)
1.5	kg	parsnips (large if possible, try to get “Pastinaken” and not “Petersilienwurzeln, which are usually smaller)
2	kg	celeriac
		Rosemary, fresh if possible
		Cooking oil that has a high burning point (rapeseed, sunflower, NOT olive oil unless you’ve tried it out already)

Preparation

1. Preheat oven to 180° C
2. Put a large pot of water to boil on the stove
3. Line 2 large baking trays (size of the oven) with aluminium foil and brush generously with oil
4. Peel the potatoes and cut into pieces all roughly the same size.
5. When water comes to the boil, add potatoes and boil for ca. 10-15 mins until just below fully cooked (not yet falling apart).
6. While waiting for potatoes to cook, chop rosemary finely (unless using dried variety).
7. Remove pot from heat, strain potatoes into a colander.
8. Coat potatoes liberally with oil and shake gently in colander so that they are slightly rough all around the outside.
9. Sprinkle with 3-4 tablespoons of rosemary.
10. Spread on one of the foil-lined baking trays and place in top shelf of oven.
- 11.
12. Peel carrots, celeriac and parsnips and cut into chunks ca. 1cm thick and 6cm long. (Celeriac can be left in wider chunks)
13. Arrange carrots and celeriac on the second baking tray and coat liberally with oil, leaving space for the parsnips.
14. Place in oven to bake underneath potatoes.
15. After 20-25 minutes, add the parsnips (they don’t take as long and go very dry if baked too long).
- 16.
17. Bake potatoes for 1hr-1hr 15 or until crisp on the outside.
18. Cook’s note: The floury potato crisps up better than salad (festkochend) potatoes, and shaking the cooked potatoes before baking them gives them a crispier crust too.
19. If carrots, celeriac and parsnips are already baked, remove from tray and place in a covered bowl to keep warm, or cover snugly with foil to seal in moisture and return to oven.
20. Heat covered serving bowls before use.
21. Remove potatoes and other vegetables from oven and place in covered serving bowls. Serve with roast goose or turkey, stuffing and cranberry sauce. If cranberry sauce is not available, “Preiselbeergelee” comes very close in flavour.



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Lasagne with Radicchio, Speck and Taleggio

Ingredients

Serves 4

Pasta		
200	g	Flour type 00
2	pcs.	large free-range eggs
Sauce Béchamel		
1	l	Milk
100	g	Butter
100	g	Flour
		Salt
		Nutmeg
		Pepper
200	g	Taleggio cheese (or similar, e.g. Munster)
Radicchio		
3	pcs.	Radicchio (possibly Radicchio trevigiano)
		Olive oil
Additional		
150	g	Speck (thin slices)
100	g	Parmesan cheese

Preparation

Pasta

- Place the flour on a board or in a bowl. Make a well in the centre and crack the eggs into it. Beat the eggs with a fork until smooth. Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined. Knead the pieces of dough together – with a bit of work and some love and attention they'll all bind together to give you one big, smooth lump of dough!
- There's no secret to kneading. You just have to bash the dough about a bit with your hands, squashing it into the table, reshaping it, pulling it, stretching it, and squashing it again. It's quite hard work, and after a few minutes it's easy to see why the average Italian grandmother has arms like Frank Bruno! You'll know when to stop – it's when your pasta starts to feel smooth and silky instead of rough and floury. Then all you need to do is wrap it in cling film and put it in the fridge to rest for at least half an hour before you use it. Make sure the cling film covers it well or it will dry out and go crusty round the



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edges (this will give you crusty lumps through your pasta when you roll it out, and nobody likes crusty lumps!)

10. Dust your work surface with some Tipo '00' flour, take a lump of pasta dough the size of a large orange and press it out flat with your fingertips. Set the pasta machine at its widest setting - and roll the lump of pasta dough through it. Do the same with the middle setting and then last time with the last setting.
11. Cook lasagna noodles in large pot of boiling salted water with a little bit of oil for 2 minutes and arrange them in single layer on a cloth.

Sauce Béchamel with Taleggio

1. Melt the 1/2 cup butter in a pan over medium heat. Take out of the fire and stir in the flour with a fork and mix whole together.
2. Warm up the milk and gradually ladle into the pot with the butter-flour mixture, whisking constantly while bringing the mixture to a boil. Reduce the heat, and simmer for about 15 minutes.
3. Season the sauce with freshly grated nutmeg, salt, and pepper.
4. Add half of Taleggio cheese in 4 batches, whisking to melt before adding more, about 4 minutes.

Radicchio

1. Wash the Radicchio and cut it in small slides. Toss it in a pan with the oil already warm with medium Fire. Cooked until the Radicchio is soft but not brown, about 12 minutes. The radicchio should not be hard but well stuffed.

Lasagne

1. Arrange 3 noodles, crosswise and side by side, in a buttered dish; trim ends if necessary to fit. Put some sauce Béchamel and taleggio, slices of speck, some radicchio and Parmesan. Do the same for three or four layers.
2. Preheat oven to 200°. Bake lasagna uncovered until heated through and sauce is bubbling, about 30 minutes.





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Panettone with Mascarpone Cream

Ingredients

Serves 8

1	pcs.	Panettone or Pandoro
250	g	Mascarpone
3	pcs.	Eggs
3	tblsp.	Icing sugar
1	small glass	Marsala or Rum (optionally)

Preparation

1. Mix all yolks with the sugar until it becomes frothy/foamy, then add the Marsala or Rum (if you like) and finally the mascarpone, mix well. Beat the eggs white until they turn stiff and dry, then incorporate them to the mascarpone cream mixing gently with a wooden spoon. Put the cream to rest into the refrigerator.
2. Cut the Pandoro or Panettone into slices and put them to toast into the oven at 100 °C. After 7-8 minutes take them out, put them on a plate and pour some mascarpone cream on top. You can decorate it with a bit of cacao powder or small fruits (cherries or berries).





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Panforte

Ingredients

Serves 20

125	g	Natural almonds with skins
100	g	Blanched almonds
125	g	Whole shelled hazelnuts
75	g	Soft dried figs, roughly scissored in 2x1 cm pieces
200	g	Chocolate covered candied clementines or mixed orange and lemon or citron peel, roughly scissored in 2x1 cm pieces
½	teasp.	Cloves, ground
1	teasp.	Cinnamon, ground
		Grating of freshnutmeg
50	g	Flour, plain
		White pepper grating
1	tblsp.	Cocoa powder
150	g	Sugar
150	g	Honey
30	g	Butter
1	tblsp.	Icing sugar

Preparation

1. Preheat oven to 170° C (gas 3).
2. Line bottom and sides of a single sandwich tin (20cm) with bake-o-glide or baking parchment.
3. Mix together the nuts, dried fruits and snipped-up chocolate-covered candied clementines (or peel) in a heatproof bowl.
4. Add the cloves, cinnamon, nutmeg, flour, white pepper and cocoa powder.
5. Put the sugar, honey and butter into a saucepan and melt together gently.
6. Take off the heat and pour into the dry ingredients in the heatproof bowl. Stir softly and patiently to mix everything together well.
7. Tip into the sandwich tin and, using wet hands or wearing vinyl disposable gloves, pat and press down on the top to get as smooth a surface as you possibly can.
8. Bake in the oven for 40 minutes; the top of the cake will be bubbling when it is ready.
9. Let the cake cool completely in the tin, then remove all the lining and push the icing sugar thickly through a small sieve over the top of the cake before removing to an airtight tin.



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Mandorle ricoperte di cioccolato

Ingredients

Serves 4

2	pcs.	(4 oz.) bars chocolate
2	cups	Roasted almonds
1	tbsp.	powdered or liquid stevia

Preparation

1. Break up chocolate bars into small pieces then add to the top of a double boiler.
2. Stir constantly with a spoon until the chocolate melts and is smooth.
3. Place the bowl of melted chocolate into a bowl filled with ice water; slowly mix chocolate with a spoon. The chocolate will start to thicken (this is when the tempering occurs and you can then remove the cold water).
4. Warm the chocolate again without overheating it and without losing the tempering; this can be tricky but it is possible. Place the bowl filled with chocolate over the pot of warm water if need be, to loosen the chocolate.
5. Transfer roasted almonds to a large mixing bowl. Pour $\frac{1}{4}$ of the melted chocolate over the almonds to coat them; stir until the chocolate starts to set.
6. If the chocolate isn't setting after 8 minutes, place chocolate covered almonds in the fridge for 4-5 minutes.
7. Using your hands or a small knife, gently separate any clusters that have formed so that each almond is separate and not clustered.
8. Pour $\frac{1}{2}$ of the remaining chocolate over the almonds; mix well until the chocolate sets. Add remaining chocolate and set over almonds. Using hands or a small knife, separate any clusters that formed so almonds are in individual pieces.
9. Sprinkle almonds with stevia and set aside or in the fridge/freezer until ready to serve.





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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.

