



EUMETSAT Cooking Club

2016

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2016, The Recipes

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EUMETSAT Cooking Club 2016 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 third book in a series of providing the recipes cooked at the EUMETSAT Cooking Club events.

This booklet is the compendium of the 2016 events providing all the recipes and some nice pictures.

December 2016, THE EDITOR



EUMETSAT Cooking Club 2016 Recipes



EUMETSAT Cooking Club 2016-02-10

2016-02-10



EUMETSAT Cooking Club 2016-02-10

Foreword 2016-02-10 Event

The EUMETSAT Cooking Club held its first event in 2016 on Wednesday the 10th of February on the theme of St. Valentine & Aphrodisiac Food.

15 club members cooked for themselves and 8 additional dining guests a superb menu full of aphrodisiac surprises.

After a pomegranate cocktail as aperitif made by Antonio, and an *amuse gueule surprise* (beetroots, salmon and figs) prepared by Stephan, Cristina and her group served the first dish, “Beet”ing Hearts, a combination of pickled beet roots and goat cheese.

This was followed by Fried Feta with Honey and Sesame Seeds prepared by Andriana and her group.

Antonio and his group then served the main dish, Salmon with Chilli-Ginger Sauce, Cream potatoes and stir-fried Vegetables.

Finally, Chocolate-on-Chocolate Tart with Maple Almonds, prepared by Geraldine and her group, was put on the table.

The end made Delicate Rose Tea with Petits-Beurre Biscuit, prepared by Alessandro and Brian.

As usual, all dishes were accompanied by matching wine chosen by Gigi.

Each dish was introduced by the group captains and was accompanied with a special excursion into the supposedly aphrodisiac properties of the ingredients – which in most cases revealed surprises and a lot of amusement; see more details in the annex to this recipe booklet.

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

THE EDITOR



EUMETSAT Cooking Club 2016-02-10

The Recipes

Prosecco and Pomegranate Cocktail

Beetroots-Salmon-Figs Amuse Gueule

“Beet”ing Hearts

Fried Feta with Honey and Sesame Seeds

Salmon with Chilli-Ginger Sauce, Cream Potatoes and stir-fried Vegetables

Chocolate-on-Chocolate Tart with Maple Almonds

Delicate Rose Tea with Petits-Beurre Biscuit



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Prosecco and Pomegranate Cocktail

Ingredients

Serves 8		
750	ml	prosecco, chilled
1	pcs.	pomegranate
100	ml	pomegranate juice, bottled, chilled

Preparation

1. Cut pomegranate in half and scoop out seeds. Place seeds in a bowl.
2. Place several pomegranate seeds in the bottom of a flute, add a splash of juice and fill with prosecco.





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Beetroots-Salmon-Figs Amuse Gueule

Ingredients

Serves 8			Serves 24		
80	g	salmon Fillet	250	g	
80	g	beet roots, boiled and peeled	250	g	
50	g	dried, soft figs	150	g	
1	tsp.	lemon juice	2	tblsp.	
1	tsp.	soy sauce	2	tblsp.	
	some	salt		some	
	some	pepper		some	

Preparation

1. Cut salmon fillet in small cubes/pieces (~5mm), marinate with soy sauce and lemon juice.
2. Cut beetroots in small cubes/pieces, do likewise with dried soft figs; add to salmon.
3. Chop peeled ginger in very small pieces; add.
4. Season with salt and pepper, mix well.





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“Beet”ing Hearts

Ingredients

Serves 24 (1 unit per person)

16	pcs.	pickled beet roots
4	pack	goat cheese
0.5	plant	chives
100	g	pistachios

Preparation

1. Laminare the beets and cut them with a heart shaped cookie cutter. (You can either cut all of them or just the ones that would go on the top). Leave them aside, if possible in a strainer so that they lose as much water as possible.
2. Finely chop the chives and mix it with the goat cheese.
3. Using a coffee grinder, grind pistachios into a superfine dust.
4. Alternately place one slice of beet and the cheese mousse until you have 4-5 layers (start and end with the beet).
5. Sprinkle the pistachio dust on top.





Fried Feta with Honey and Sesame Seeds

Ingredients

Serves 4			Serves 24		
0.4	kg	feta cheese	2	kg	
1	pcs.	country Style Pastry (Phyllo)	4	pcs.	
1	pcs.	egg	6	pcs.	
0.02	kg	sesame	0.1	kg	
0.001	kg	black sesame	0.005	kg	
0.04	l	honey (thyme or sage)	0.2	l	
0.1	l	olive oil	0.5	l	

Preparation

- Two hours in advance, remove the “phyllo” from the freezer and leave it in the fridge for two hours.
[TIP: There are many types of phyllo pastry typically used in the Mediterranean and Balcan cuisine. For this recipe it is important to use a good country (rustic) type of Phyllo, so that the feta cheese is covered by a relatively thick layer of pastry that matches the feta’s culinary profile and will allow a perfectly crispy outcome. This phyllo is thicker than the one readily available in supermarkets (used for Burek for example), it is the type typically used for the greek country pies. Two brands are exported and can be found in greek and turkish supermarkets (“Χωριάτικο Φύλλο” from «Χρυσή Ζύμη” and “Φρέσκο Χοντρό Φύλλο με Ελαιόλαδο” from Kanaki). These are only sold frozen outside Greece, hence the need to de-frost]
- Start by cutting the feta cheese into little blocks, approximately 0.5cm thick. [TIP: Any kind of feta will do, the bolder fans of feta cheese may opt for a saltier/harder type to increase the culinary contrast with the honey; this was also our choice for this event]
- Separate the white of the egg into a bowl and beat softly with a fork.
- Prepare the “phyllo” pastry. Cut each “phyllo” foil into three parts, to accommodate three blocks of feta.
- Place each block of feta on top of each “phyllo” pastry leaving 1-2cm from each corner so they are easy to fold into an “envelope”. Using a kitchen brush, wet the remaining part of the “phyllo” with egg white focusing on the parts that need to stick together. Wrap the block of “phyllo” pastry into an “envelope”, first by rolling the feta carefully along the long side of the pastry, then by folding the edges towards the inside of the “envelop”, always using the kitchen brush with the egg white, to ensure the pastry layers stick to each other.



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6. Cover each “envelope” in transparent foil and place on the freezer for at least 1 hour. *[TIP: this is the key twist of this recipe, compared to those you will find on the internet; if the envelopes are not frozen, the feta cheese may melt too much and the pastry once fried will turn very quickly into a dark brown colour and will not be crispy enough, having absorbed the water that will come out of the feta cheese].* It is possible (and recommended) to prepare and freeze several “envelopes”, ready to cook directly from the freezer.
7. When it is time to prepare the Saganaki, remove the “envelopes” from the freezer and dispose of the foil. Commence by heating the white sesame in a small pot, (without oil) in medium heat. Stir constantly and remove from the fire once the first seeds start popping (approx. 1 minute). Let aside for the decoration.
8. Add the olive oil into a frying pan in medium heat, and once hot (but not smoking) add the feta envelopes directly from the freezer. Turn them around every 30” gently, ensuring the sides are cooked as well. Normally 3-5 minutes should be sufficient to achieve a golden brown colour on the outside; the feta on the inside should reach a semi-solid state. *[TIP: Don't use a fork, holes in the pastry may cause the feta cheese to escape and oil to start jumping out of the pan, onto the unsuspecting cook!]*
9. Place the feta envelopes directly on the serving plate, cover generously with honey and sprinkle some white and black sesame seeds on top. *[TIP: Sage or Thyme honeys are the most suitable options for this recipe. Some fresh rosemary twigs on top are commonly used as a decoration.]*
10. Fried feta Saganaki in pastry with honey can accompany almost every meal as a starter and can be enjoyed with wine or beer any time of the year. It is to be consumed within 5-10 minutes from preparation, while it is still hot and crispy.





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Salmon with Chilli-Ginger sauce, Cream Potatoes and stir-fried Vegetables

Ingredients

Serves 4			Serves 24		
Fish					
2	pcs.	stem ginger	10	pcs.	
2	tblsp.	honey	8	tblsp.	
2	pcs.	garlic cloves	10	pcs.	
3	tblsp.	dark soy sauce	10	tblsp.	
1/2	pcs.	(bio) orange, the zest	3	pcs.	
1	pcs.	orange, the juice (125ml)	6	pcs.	
1/2	pcs.	long red chilli,	3	pcs.	
4	pcs.	salmon fillet, skin on, 125-150g each	24	pcs.	
	some	freshly ground pepper		some	
Potatoes					
500	g	potatoes	2	kg	
1/3	pcs.	egg	1	pcs.	
20	g	chives or parsley	120	g	
	some	potato flour		some	
	some	salt		some	
	some	pepper		some	
20	ml	beet root juice	50	ml	
Vegetables					
1	pcs.	carrot	4	pcs.	
1	pcs.	red bell pepper	3	pcs.	
10	pcs.	green beans	40	pcs.	
50	g	peas	250	g	
20	ml	olive oil	100	ml	
5	g	ginger, freshly cut	80	g	
5	ml	soy sauce	50	ml	
	some	salt		some	
	some	pepper		some	



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Preparation

Fish:

1. Put the ginger on a board and slice them thinly.
2. Pile up the slices and cut through them to make thin matchstick strips. Put these in a bowl that's large enough to hold the salmon and add 2 tablespoons of honey.
3. Peel the garlic cloves and slice them thinly, then add them to the bowl with the ginger. Stir in the soy sauce, orange zest, orange juice and thinly sliced red chili.
4. Put the salmon in the bowl with the marinade.
5. Season with lots of ground black pepper and turn a couple of times, ending with the fish skin side up. Cover and chill for 30 minutes.
6. Preheat the oven to 220°C/Fan 200°C. Line a small baking tray with baking parchment.
7. Take the salmon fillets out of the marinade, scraping off any bits and pieces, and place them on the tray, skin side down.
8. Season with more ground black pepper.
9. Bake for 10—12 minutes, depending on the thickness of the salmon.
10. While the salmon is cooking, prepare the sauce.
11. Pour the marinade into a small non-sticking saucepan and bring to the boil. Cook for 6 minutes or until the liquid has reduced and the garlic is softened. You need enough of the marinade to pour over the salmon but not to swamp it completely.
12. Put the salmon fillets on warmed plates, carefully lifting off the skin as you go.
13. Spoon the hot sauce over the salmon and serve with a small portion of cream potatoes and stir-fried vegetables.

Potatoes:

1. Peel potatoes, cut coarsely and boil in salty water until done, approx. 20mins.
2. Press potatoes through a potato press or grate finely.
3. Add beet root juice, salt, pepper egg(s), and finely chopped chives or parsley.
4. Mix with your hands. Add as much potato flour to get a not too soft mass.
5. Spoon heaps of the mixture (approx. 1 tblsp.) on a baking parchment and bake for approx. 10-12 mins. in the oven at 180°C.

Vegetables:

1. Peel carrots and slice in matchsticks.
2. Wash bell pepper, remove seeds and cut in thin slices.
3. Clean green beans.



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4. Boil peas for 10 mins.
5. Boil beans for 5 mins.
6. Heat olive oil in a large pan and add first the carrot matchsticks, stir fry for approx. 4 mins.
7. Add bell pepper and stir fry for another 3-4 mins.
8. Add green beans, keeping stirring. Add peas. Stir 2-4 minutes.
9. Season with salt, pepper, ginger and soy sauce.





Chocolate-on-Chocolate Tart with Maple Almonds

Ingredients

Serves 20		
Crust		
4	tblsp.	unsweetened cocoa powder
4	tblsp.	sugar
1.5	tsp.	salt
325	g	all-purpose flour, plus more for rolling
230	g	chilled unsalted butter, cut into pieces
2	pcs.	large egg yolks
Maple almonds		
1	cup	raw almonds
220	g	maple sugar or (packed) brown sugar
2	tblsp.	pure maple syrup
0.5	tsp.	teaspoons salt
Filling and assembly		
625	g	bittersweet chocolate (at least 70% cocoa), chopped
115	g	unsalted butter, cut into pieces
700	ml	high-fat cream (if nothing above 30% available, add another 200 ml)
6	tblsp.	honey
1	tsp.	salt
		Special equipment: A 9"-diameter tart pan with removable bottom (For true romantics, heart-shaped tart pans are available in kitchen stores)

Preparation

1. For crust: Pulse cocoa powder, sugar, salt, and flour in a food processor to combine. Add butter; pulse until mixture resembles coarse meal. Beat egg yolks and 6 tablespoons ice water in a small bowl; add to flour mixture and pulse until dough just comes together. Form into a 3/4"-thick disk, wrap tightly in plastic, and chill in freezer/chiller until firm, at least 20 mins. (If making in advance, allow to cool at room temperature for at least 4 hours.)
2. Preheat oven to 180° C. Roll out dough on a lightly floured surface to a 12" round. Transfer to tart pan; lift up edges and let dough slump down into pan, then gently press into edge of pan. Trim dough,



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- leaving about a 1" overhang. Fold in overhang; press to adhere. Prick bottom with a fork. Chill in freezer/chiller for 15 minutes. (If making in advance, chill in refrigerator for at least 1 hour.)
3. Line pie with parchment paper or heavy-duty foil, leaving a 1 1/2" overhang. Fill with pie weights or dried beans. Place on a rimmed baking sheet and bake until crust is dry around the edges, about 30 minutes.
 4. Remove parchment and weights and bake until crust is firm and looks dry all over, 5–10 minutes longer. Transfer pan to a wire rack and let crust cool.
 5. **For maple almonds:** Preheat oven to 180° C. Toast almonds on a rimmed baking sheet, stirring occasionally, until slightly darkened, 6–8 minutes. Let cool.
 6. Bring almonds, maple sugar, maple syrup, salt, and 1/4 cup water to a boil in a medium saucepan. Reduce heat and cook, stirring often, until mixture turns mahogany, about 5 minutes.
 7. Remove pot from heat and stir vigorously until almonds are coated with a dry, crystallized sugar coating (they will look sandy). Spread out on a parchment-lined baking sheet; let cool, then coarsely chop.
 8. **For filling and assembly:** Combine chocolate and butter in a large heatproof bowl. Bring cream, honey, and salt to a boil in a small saucepan, whisking to dissolve honey. Pour cream mixture over chocolate mixture; allow to stand for 2 minutes. Whisk until chocolate is melted and mixture is smooth. If mixture is too runny, gradually add more cocoa powder and whisk until desired consistency is achieved. Pour filling into crust and chill until set, either in freezer/chiller (at least 30 minutes) or in refrigerator (at least 4 hours).
 9. Top tart with maple almonds just before serving.





Delicate Rose Tea with Petits-Beurre Biscuit

Ingredients

Serves 10		
Biscuits		
140	g	butter, soft
180	g	sugar
2	pcs.	egg
150	g	flour
1	tblsp.	cocoa powder
2	pinch	salt
Tea		
20	g	leaf tea, "English rose", e.g. from <i>Whittard</i>
1.5	l	water

Preparation

Biscuits:

1. A) light dough: Put $\frac{1}{2}$ of soft butter into a bowl. Add $\frac{1}{2}$ of sugar and whisk together until you get a creamy mixture. Add one egg yolk and 1 pinch of salt, whisk again.
B) dark dough: Put $\frac{1}{2}$ of soft butter into a bowl. Add $\frac{1}{2}$ of sugar and whisk together until you get a creamy mixture. Add one egg yolk and 1 pinch of salt, whisk again.
2. A) light dough: Add $\frac{1}{2}$ of the flour and stir delicately. Make a ball of dough and cover it with plastic wrap. Put it 30 minutes in the refrigerator.
B) dark dough: Add $\frac{1}{2}$ of the flour, but exchange one tblsp. of flour with one tblsp. of cocoa powder and stir delicately. Make a ball of dough and cover it with plastic wrap. Put it 30 minutes in the refrigerator.
3. Preheat oven to 180 °C.
4. Roll out the dough such that the dark and light dough overlap and intersect, and cut it in shapes of cookie pieces. Arrange the cookies on a baking tray lined with baking parchment and bake for 10 minutes.
5. Remove the tray from the oven and remove the parchment together with the cookies and let cool down for 15 mins before serving.



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Tea:

1. Add one teaspoon (around 2g) of loose leaf tea per cup and always use freshly drawn and boiled water. Allow to brew for 3-5 minutes according to taste. Can be enjoyed with or without milk.





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Annex: Aphrodisiac Ingredients

Almond

A symbol of fertility throughout the ages. The aroma is thought to induce passion in a female. Try serving Marzipan (almond paste) in the shapes of fruits for a special after-dinner treat.

Whether you prefer walnuts, almonds or macadamias, nuts have had a reputation as aphrodisiacs for centuries. During harvest festivals in Rome, maidens passed out bowls of nuts as symbols of fertility.

Arugula

According to gourmetsleuth.com, this peppery plant has been documented as an aphrodisiac since the first century A.D. The minerals and antioxidants found in dark leafy greens like arugula have also been proven to block environmental contaminants that could negatively harm libido, says Dr. Walt Larimore MD, a medical journalist, author and physician.

Arugula or “rocket” seed has been documented as an aphrodisiac since the first century A.D. This ingredient was added to grated orchid bulbs and parsnips and also combined with pine nuts and pistachios. Arugula greens are frequently used in salads and pasta.

Beetroots

One of the first known uses of beets was by the ancient Romans, who used them medicinally as an aphrodisiac. Many plants have been considered an aphrodisiac by some culture at some time, but in this case it may be more than just wishful thinking.

As noted above, beets can increase blood flow due to their nitrates. Increased blood flow to the genital areas is one of the mechanisms Viagra and other pharmaceuticals create their effects. Beets also contain high amounts of boron, which is directly related to the production of human sex hormones.

Carrot

Carrots are believed to be an aphrodisiac. Because of its phallic shape (personally, I don't think its shape resemble anything close to a dick, aside from the fact that it's long and sometimes slender), carrot has been associated with stimulation since ancient times and was used by early Middle Eastern (Afghanistan) royalty to aid seduction. Because of its vitamin A (good for eye-sight) and beta-carotene, it is ascribed the power to feed sexual appetites, but to tell the truth I don't know anyone who gets excited over eating a carrot strictly in terms of just consumption, of course. Aside from the belief that it is a stimulant to the male, carrots have great medicinal properties which have been shown to be anti-cancerous and protects the arteries. It also has diuretic and abortifacient powers, because its wild carrot seeds regulate menstruation and have anti-pregnancy effect. If you chew a spoonful of seeds few hours before and after sex, it was said to avoid pregnancy. Also, this nutrient-rich vegetable.

Chive

Historians have dated chives to 3000BC, with origins reported as either Siberia, China or Greece. Medieval gardeners often used chives around their borders for both decoration and to ward off insects. At that time it was also thought that hanging bunches of chives around the house would ward off evil.



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Around a hundred years ago chives were used by gypsies in their fortune telling. It is said that the Siberians treasured chives and used them as a gift to god. They were believed to be given to Alexander the Great, when he came to Siberia to marry Princess Roxiana. They were given as they believed that chives were to greatest aphrodisiac known to man.

Chives are claimed to be a natural antibiotic and an effective antiseptic. Chives are said to be rich in calcium, phosphorous, sulphur, folic acid and vitamin A and C. The mild anti-inflammatory properties in chives mean that it can lower the chance of getting rheumatoid arthritis if eaten every day. Chives contain a high amount of vitamin K which studies have shown has the potential in promoting bone strengthening and limiting damage in the brain.

The allicin content in chives may lower cholesterol and blood pressure. During digestion chives eliminate bacterial, yeast and fungi from intestinal tracts letting your digestive system work fully. Chives are great to keep on hand in case of getting wounds, if chives are rubbed on open wounds it can reduce the chance of fungal infections.

Chili Peppers

This invigorating spice has an exotic reputation and a bright red color, which could be why it's considered an aphrodisiac and a symbol of love. But there's scientific backing, too. Chili peppers stimulate endorphins (the brain's feel good chemicals), speed up heart rate and make you sweat, which all mimic how you feel when you're aroused.

Capsaicin, a chemical found in fiery peppers, increases circulation to get blood pumping and stimulates nerve endings so you'll feel more turned on.

With a large amount of vitamin C, red, green and Cayenne pepper chilies stimulate circulation, which is why it is considered to be a potent aphrodisiac.

Spicy foods have long been considered to be sexual stimulants. There is some scientific truth to this claim in that foods that are heavily spiced often contain capsaicin, the active ingredient in cayenne pepper. Eating capsaicin can cause a physiological response — increased heart rate and metabolism, sometimes even sweating — that is quite similar to the physical reactions experienced during sex.

Chocolate

Chocolate is sensual, from its taste to its aroma, but dark chocolate has also been shown to cause a spike in dopamine, which induces feelings of pleasure.

The Aztecs referred to chocolate “nourishment of the Gods.” Chocolate contains chemicals thought to effect neurotransmitters in the brain and a related substance to caffeine called theobromine. Chocolate contains more antioxidant (cancer preventing enzymes) than does red wine. The secret for passion is to combine the two. Try a glass of Cabernet with a bit of dark chocolate for a sensuous treat or let us tempt you with our recipe for Chocolate Espresso Pots de creme.

Figs

Used by Adam and Eve in the Garden of Eden, the fig paradoxically symbolizes both sexuality (the ripe fruit with seeds representing fertility) and modesty (the fig leaf). They are full of potassium and are an antioxidant powerhouse.



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An open fig is thought to emulate the female sex organs and traditionally thought of as sexual stimulant. A man breaking open a fig and eating it in front of his lover is a powerful erotic act. Serve fresh Black Mission figs in a cool bowl of water as it is done in Italy and be sure to eat with your fingers!

Garlic

Garlic is the mother of all aphrodisiacs - if you can get past the fact that you might both whiff a bit!

It works by increasing the blood flow around the body meaning it gets to the bits it needs to even quicker.

This helps to make both your sensitive bits even more sensitive and it's been thought to help your man get an erection more easily.

This pungent member of the lily family has been used to treat a wide variety of illnesses from the common cold to heart disease. Garlic has been used as an aphrodisiac by the Egyptians, Greeks, Romans, Chinese, and Japanese. Garlic mixed with lard used externally to bring on an erection has been suggested by a professor at USC medical school. (Do not try this around a hungry German Sheppard.) Garlic stimulates the appetite, awakens the senses and makes food taste great!

Ginger

Ginger warms up the body and increases the heart rate, much in the same way that chili does. It mimics how the body feels during sex, and makes you start thinking about it.

Goat Cheese

Specially stimulating in smell and taste. Goat's cheese will release explosive amounts of phenylethylamine hormones into your brain, equaling the effects of having sexual intercourse. That is why this cheese is considered to be a magnificent aphrodisiac.

Honey

It's sweet and sticky and can be smothered over anything! Some research has also shown that honey can boost testosterone production because it's rich in B vitamins.

Honey is made through pollination and is a symbol of procreation. Birds and bees ring a bell? In fact, the word 'honeymoon' got its name from mead, an alcoholic beverage made from honey given to the happy new bride and groom. It also contains boron, which helps regulate estrogen and testosterone levels and provides a natural energy boost.

Lemon Juice

Lemon is a little-known aphrodisiac and these yellow, citrus beauties are a veritable sensual wake-up call! The rind of a lemon contains essential oil with mood-elevating properties, and the juice cleanses toxins from your digestive system, oxygenates your blood, and increases circulation – all to heighten your senses and inspire the body and mind for intimacy!

Add lemon to your food to brighten the flavor and turn your senses up.

Nutmeg



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Nutmeg was highly prized by Chinese women as an aphrodisiac. In quantity nutmeg can produce a hallucinogenic effect. A light sprinkling of the spice in a warm pumpkin soup can help spice up your evening.

Olive oil

Packed with antioxidants, olives and their oil have been used for centuries for health. The Greeks believed they made men more virile as well. Olive oil is a good source of monounsaturated and polyunsaturated fats, which are critical for a healthy heart, blood flow and hormone production, says Beverly Whipple, of the World Association of Sexology.

Pepper

According to The Perfumed Garden (an ancient Arabic love manual), ground pepper mixed with cardamom or lavender, galanga, musk, honey and ginger is a potent topical aphrodisiac for men. In India pepper corns are crushed with almonds, mixed with milk and consumed as an aphrodisiac.

Pomegranate

These bright gems enclosed in a thick rose husk are filled with antioxidants which support blood flow. One study by The Male Clinic in California found that pomegranate juice had a positive effect on erectile dysfunction.

Potatoes

Potatoes, both sweet and white, were once known as an aphrodisiac in Europe, probably because they were a rare delicacy when they were first transplanted from the Americas.

Salmon

Packed with omega-3 fatty acids, which keep sex-hormone production at its peak.

Soy sauce

The key to soy's aphrodisiacal powers for men lie perhaps in the soybean's ability to promote prostate health. This is because soybeans are rich in a type of flavonoids called Isoflavones. The major isoflavones in soya are genistein, daidzein and glycerin which are mainly found in the form of glycosides. Studies have shown that the isoflavones in soy may be effective in preventing prostate cancer besides aiding the healthy functioning of the prostate. This is a vital gland among men which tends to get enlarged among middle-aged and elderly males leading to urinary problems and even impotence since an enlarged prostate restricts blood flow in the penis. Soy's ability to protect the prostate from enlargement and cancerous growth ensures that blood flow remains unimpeded, thus leading to healthy urinary function and normal sexual performance.

Soybeans are packed with proteins and contain all the essential amino acids. This is important for men who want to build muscle mass to enhance their sexual appeal. More importantly protein has been shown to



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naturally boost levels of dopamine and norepinephrine, two chemicals in the brain that heighten sensitivity during sex. Again amino acids like arginine are necessary for sperm production and sperm mobility. However the best part of using soy protein is that unlike animal protein like beef, it is healthy for the heart. Soy foods have in fact been proven to reduce cardiovascular disorders by lowering total cholesterol, LDL-cholesterol and triglycerides as well as by supplying omega-3 and omega-6 fatty acids which are believed to be essential for a healthy heart. The heart is the main organ pumping oxygen-rich blood to all parts of the body including the genitals and this makes a healthy heart crucial to enjoyable sex.

Soybeans are rich source of several vitamins and minerals essential for a healthy sex life. Soy is particularly loaded with vitamins B1, B2, B6 and Vitamin E which are necessary for the optimum functioning of sex hormones in the body. Among the minerals found in significant amounts in soy are calcium, magnesium, zinc and selenium. Among these, zinc and selenium are particularly beneficial for boosting the male libido and enhancing sexual performance in men. While zinc increases testosterone production and semen volume, selenium aids sperm mobility and motility. Nearly 50% of all selenium in a man is found in the testes and seminal ducts. This makes intake of adequate selenium important for healthy sex life.

Finally soy is one of the best natural sources of dietary fiber. Fiber should be made part of daily diet to keep the body weight within normal limits. One of the major causes of male impotence among industrialized societies is obesity which not only makes men sexually unattractive and sexual performance difficult but plays a major role in male infertility and decline of overall health. Intake of dietary fiber in the form of soy-based products together with cutting down on fats can lead to prevention of obesity and all-around health.

Tomatoes

Known as love-apples by the French, the humble tomato may have been the real culprit that got Adam and Eve kicked out of Eden. Fresh, ripe tomatoes, locally grown and eaten in season are a very seductive food. Try them with a little fresh mozzarella cheese and some basil. Tomatoes are rich in the phytochemical lycopene which can help prevent prostate



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EUMETSAT Cooking Club – 2016-03-23

2016-03-23



EUMETSAT Cooking Club – 2016-03-23

Foreword 2016-03-23 Event

The 2nd EUMETSAT Cooking Club of 2016 was held on Wednesday the 23rd of March on the theme of International Easter Food.

16 club members cooked for themselves and 14 additional dining guests a delicious menu of Italian, German and English typical Easter dishes.

After an *amuse gueule surprise* (vegetable jelly) prepared by Stephan, Barbara and her group served the first dish, *Torta Pasqualina*, a Ligurian Easter Cake.

This was followed by *Culurjones*, a Sardinian Potato-Ravioli dish, prepared by Gigi and his group.

Stephan and his group then served the main dish, Back of Lamb with Mediterranean Spices, Spinach and Roast Potatoes.

Finally, a Salt and Malt Easter Brownie Dessert, prepared by Antonio and his group, was put on the table.

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

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

THE EDITOR



EUMETSAT Cooking Club – 2016-03-23

The Recipes

Vegetable Jelly Amuse Gueule

Torta Pasqualina (Easter cake)

Culurjones (Sardinian Potato-Ravioli)

Back of Lamb with Spinach and Roast Potatoes

Salt and Malt Easter Brownies



EUMETSAT Cooking Club – 2016-03-23

Amuse Gueule: Vegetable Jelly

Ingredients

Serves 30

amount	unit	description
1	pack	Greens (carrots, leek, celery, parsley)
200	ml	Vegetable stock
	some	Salt
	some	Pepper
2	teasp.	Agar-agar
2	tblsp.	Ginger
2	teasp.	Fresh horseradish

Preparation

1. Cook peeled, chopped greens in vegetable stock, or
Use the backbones from the lamb, fry in some oil, add 1l of water and add peeled, chopped greens in vegetable, salt and pepper.
2. Cook until vegetables are soft.
3. Drain, but keep liquid.
Remove bones if necessary.
4. Add 100-200ml stock to the vegetables, purée with a mixer.
5. Add ginger and horseradish.
6. Add agar-agar and cook again for 5 mins, continuously stirring.
7. Remove from heat and fill in some container, cool down, best over night in fridge.
8. Cut into cubes and serve.



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Torta Pasqualina (Easter cake)

Ingredients

1 cake

amount	unit	description
Dough		
300	g	flour
3	tbsp.	olive oil
	some	salt
	some	Water
Filling		
8	pcs-	artichokes
1	can	peas
3+3	pcs.	eggs
	some	parmesan cheese
½	pcs.	onion
	some	olive oil
	some	salt

Preparation

1. Prepare a bowl with water and some drops of lemon juice. Clean the artichokes removing the hard leaves and put them in the bowl. Cut the artichokes in fine slices leaving them in the water. Cut the onion and brown it in a pan with the oil. Add the artichokes, the peas, the chard and cook them on medium heat for around 30 minutes.
2. In the meantime prepare the dough for the cake.
3. Put the flour on a wooden board making a little mountain and create a hole in the middle. In the hole put warm water, oil and salt. Mix the flour little by little with the water and the oil and knead until you get a ball, which should not stick anymore to your hand but keeping it soft.
4. When the vegetables are cooked and they are cold add the eggs and the parmesan cheese and mix all together
5. Divide the dough in two pieces, 1/3 and 2/3. Stretch the 2/3 piece of the dough with a rolling pin until is thin and then put it into the backing tin making a large border outside it. Add the filling and create three small holes on it breaking the eggs and keeping the yellow part intact. Stretch the other piece of the dough and place it on top of the filling, covering the rest of it by bowing the border left outside of the backing tin.
6. With a fork make some holes in the cake (this is to avoid that the cake is inflating) and spill some olive oil and some warm water on top to avoid that the cake will become too dry.
7. Back the cake in the oven for 1 h to 200°



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Culurjones (Sardinian Potato-Ravioli)

Ingredients

Serves 4/5			Serves 30		
amount	unit	description	amount	unit	
250	g	Potatoes	1500	g	
100	g	Sheep cheese	600	g	
3	cloves	Garlic	18	cloves	
5	leaves	Mint	30	leaves	
200	g	Flour 00 from hard wheat	1200	g	
100	ml	Warm water	600	g	
150	g	Canned tomato	1000	g	
40	g	Hard sheep cheese	250	g	
2	pinches	Salt	12	pinches	
3	tblspoon	Olive oil extra virgin	18	tblspoon	

Preparation

1. Cook the potatoes well in boiling water after having being peeled.
2. Cook gently 12 cloves of garlic with no skin in 6 spoons of olive oil, till they are soft.
3. Mash the potatoes very finely into a purée.
4. Add the grated sheep cheese to the mashed potatoes, with the oil where the garlic was cooked (but removing the garlic) and the mint chopped very finely.
5. Let the filling rest few hours (if time allows!).
6. Mix the flour with the warm water, 6 pinches of salt and 6 spoons of olive oil, till getting an elastic and soft dough.
7. Work a bit of the dough into the pasta-machine to get a thin sheet.
8. Cut into the pasta sheet a disk of around 10 cm (you can help yourself with a large glass).
9. Put a little spoon of filling in the disk of pasta and close it by folding it around the filling and pinching the edges, once to the right, once to the left; your first colurjone is ready!!!
10. Take another disk of pasta and repeat till the sheet is full of holes (the remaining dough can be re-worked and reused for more disks).
11. Take another bit of dough and continue till either the dough or the filling is over (if you manage to get them over at the same time, you are a genius!!!).
12. Take the remaining 6 cloves of garlic, chop them and cook them into the remaining 6 spoons of olive oil till the garlic is soft.
13. Add to the garlic the tomato and the remaining 6 pinches of salt and let cook gently during at least one hour, smashing the tomatoes with a wooden spoon.
14. Cook the Culurjones in a lot of boiling salty water for 4 minutes.
15. Serve with a bit of tomato sauce and a spoon of grated hard sheep cheese on the top.



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Lamb

Ingredients

Serves 4			Serves 30		
amount	unit	description	amount	unit	
0.4	kg	lamb fillet / back	3	kg	
3	cloves	garlic	22.5	cloves	
0.2	bunch	thyme	1.5	bunch	
0.2	bunch	rosemary	1.5	bunch	
0.5	tblsp.	mustard	3.75	tblsp.	
0.02	l	olive oil	0.15	l	
	some	salt	0	some	
	some	pepper	0	some	
	some	olive oil	0	some	
0.1	l	stock	0.75	l	
	some	herbs	0	sime	

Preparation

1. Chop garlic finely add into a bowl.
2. Remove leaves from thyme and rosemary; chop rosemary leaves finely; add to bowl.
3. Add mustard and olive oil.
4. Season with salt and pepper.
5. Stir into a fine paste/mixture.
6. Clean lamb fillet from any fat or sinews. Lightly salt and pepper on all sides.
7. Brush the lamb with the paste and leave for ½h.
8. Heat olive oil in pan and fry lamb sharply and shortly from all sides at hot temperature.
9. Prepare the sauce: Pour stock (vegetable or lamb stock) in frying pan and reduce liquid to ~ ½ the original amount. Season with herbs (thyme, rosemary, parsley, etc.), salt and pepper.
10. Line an oven form with oil and put lamb inside.
11. Heat oven to 80-100° and put filet inside for 20-30 mins. (depending on thickness of filet).
12. Cut filet into medallion / slices. Serve with some sauce.



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Spinach

Ingredients

Serves 4			Serves 20		
amount	unit	description		30	unit
1	cloves	garlic		7.5	cloves
0.04	l	olive oil		0.3	l
0.2	kg	spinach		1.5	kg
1	pcs.	shallots		7.5	pcs.
0.05	kg	sour cream (Schmand)		0.375	kg

Preparation

1. Chop garlic and shallots finely.
2. Wash and clean spinach. Drain.
3. Heat oil in big pot and first fry the shallots golden, then add garlic and fry shortly.
4. Add spinach and let collapse, stir.
5. Reduce heat to lowest and let simmer for ~30mins.
6. Add sour cream, stir. Simmer for 5-10 mins.



EUMETSAT Cooking Club – 2016-03-23

Herb Potatoes

Ingredients

Serves 4			Serves 20		
amount	unit	description		30	unit
0.3	kg	potatoes		2.25	kg
10	g	sugar		75	g
	some	herbs		0	some
	some	salt		0	some
	some	pepper		0	some
1	tblsp.	butter/olive oil		7.5	tblsp.

Preparation

1. Peel potatoes, wash, preferably small potatoes. If too big, cut in smaller pieces.
2. Cook potatoes in salty water for 20mins. Drain.
3. Heat butter/olive oil in frying pan, add sugar, salt, pepper, herbs. Mix well.
4. Add potatoes and fry for 5-10 mins, stir/mix well but cautiously.



Salt and Malt Easter Brownies

Ingredients

Makes about 20

amount	unit	description
Brownie Ingredients		
300	g	dark chocolate broken into pieces
250	g	unsalted butter at room temperature
325	g	light brown sugar
5	tbs	malted milk powder or Horlicks
4		large eggs
150	g	plain flour
50	g	cocoa powder
	some pinches	sea salt flakes
Decorative nest		
15	handful	cornflakes/ rice crispies
200	g	dark chocolate broken into pieces
1 in each nest		small sugar coated eggs
700	g	ice cream

Preparation

1. Heat oven to 180C.
2. Grease and line a 20cm x 30cm baking tin with baking parchment.
3. Put the chocolate (for the brownies), butter, brown sugar and malt powder in a pan and heat gently. Stir occasionally until it has all mixed and melted together. Leave to cool for 10-15 minutes.
4. Meanwhile beat the eggs in a bowl.
5. Sift the cocoa powder and plain flour together.

Make the decorative nests.

6. Melt the chocolate in a bowl over boiling hot water (bain marie).
7. Crush the cornflakes a little and put into the melted chocolate.
8. Coat thoroughly. Press the chocolate covered corn flakes into patty tins to make tiny nest shapes. Leave to cool.



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9. Gradually add the beaten egg to the cooled brownie mixture. Mix well after each addition. Put the flower and cocoa mix in next gradually. Mix well.
10. Pour the thick mixture into the prepared baking tins.
11. Place in the oven and bake for 30 minutes on the middle shelf.
12. When cooked, leave to cool for about ten – fifteen minutes. Sprinkle salt on the surface. Cut into squares and serve with a blob of ice cream and a nest on top. Place a small egg into each nest to finish the Easter decoration.

P.S. Brownies are delicious served warm or cooled too!





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EUMETSAT Cooking Club – 2016-05-31

2016-05-31



EUMETSAT Cooking Club – 2016-05-31

Foreword 2016-05-31 Event

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

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

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

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

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

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

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

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

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

THE EDITOR



EUMETSAT Cooking Club – 2016-05-31

The Recipes

Radish Salad Amuse Gueule

Gazpacho

Empanada de Atún (tuna pie)

Pimientos Rellenos (stuffed peppers)

Fideuá (noodles with seafood)

Torrijas



EUMETSAT Cooking Club – 2016-05-31

Radish Salad

Ingredients

Serves 4 (or 30 as amuse gueule)

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

Preparation

9. Wash and clean the vegetables.
10. Grate the radishes coarsely.
11. Chop spinach leaves and cress.
12. Mix all together in a bowl and season with salt, pepper, olive oil and vingar.





EUMETSAT Cooking Club – 2016-05-31

Gazpacho with Avocado

Ingredients

Serves 6

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

Preparation

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





EUMETSAT Cooking Club – 2016-05-31

Pimientos Rellenos (stuffed peppers)

Ingredients

Serves 4

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

Preparation

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





EUMETSAT Cooking Club – 2016-05-31

Empanada de Atún (tuna pie)

Ingredients

Serves 4-5

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

Preparation

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



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





Fideuá (noodles with seafood)

Ingredients

Serves 6

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

Preparation

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



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



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Torrijas

Ingredients

Serves 30

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

Preparation

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





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EUMETSAT Cooking Club – 2016-07-21

2016-07-21



EUMETSAT Cooking Club – 2016-07-21

Foreword 2016-07-21 Event

On Thursday, July 21, the EUMETSAT Cooking Club held its 4th 2016 event on the theme of Indian cooking.

20 club members cooked for themselves and 10 additional dining guests a delicious menu of Indian food.

While different groups prepared the food and were lead by their group captains, Raj oversaw everything.

Members and guests then enjoyed a real feast.

THE EDITOR



EUMETSAT Cooking Club – 2016-07-21

The Recipes

Poppadoms

Pani Puri

Tarka Dal

Chicken Korma

Prawn Curry

Pillau Rice

Chappati

Puffed Puri

Gajar Halva

Raita



EUMETSAT Cooking Club – 2016-07-21

Poppadoms

Ingredients

Serves 5-6

amount	unit	description
240	g	Urid flour (made from dried black urad lentils that have been skinned and split), or chickpea garbanzo-bean flour, alternatively use normal flour
	some	Salt, to taste
		Water
		Spices, as you like

Preparation

13. Mix a cup of flour with a little salt to taste and just enough water to make a stiff paste.
14. Knead gently till it is worked into a stiff dough (1-2 minutes).
15. Take a little at a time and roll out as thin as you can go. You may need a very thin sharp knife to peel the dough off the work surface.
16. Add spices as you wish, e.g. powder, crushed black pepper, dried chillies, dried garlic, etc.
17. Deep fry in hot oil in small batches until they are golden brown. They will take longer to cook than dried shop bought poppadoms as the water content needs to be evaporated.
18. Drain on kitchen roll and serve as usual!

P.S. for the event we used bought pappadoms, but if you want to make them yourself, the recipe above can be used.





EUMETSAT Cooking Club – 2016-07-21

Pani Puri

Ingredients

Serves 24-30 pieces

amount	unit	description
Pani		
1/2	cup	chopped mint leaves
3/4	cup	chopped coriander leaves
1	inch	ginger, chopped
1	pcs.	green chili, chopped (for a spicy pani, add about 2 to 3 green chilies)
1	tbsp.	seedless tamarind, tightly packed
3-3.5	tbsp.	crumbled or powdered jaggery/sugar or as required OR 1.5 tbsp chopped seedless dates & 1.5 tbsp powdered jaggery (the sweetness can be adjusted as per your taste)
1	tsp.	roasted cumin powder (bhuna jeera powder)
1	tsp.	chaat masala powder
2-3	cups	water (add water as per the consistency you want)
1-1.5	tbsp.	boondi/fried tiny gram flour balls (optional)
	some	black salt, as required
Stuffing		
2-3	pcs.	medium potatoes
1	pcs.	onion, small to medium
1-1.5	tbsp.	chopped coriander leaves
1	tsp.	roasted cumin powder
1	tsp.	chaat masala powder
¼	tsp.	red chili powder (optional)
	some	black salt, as required
Others		
24-30	pcs.	Puris (you could buy these puris readymade or make them at home)
1	small bowl	tamarind chutney or tamarind dates chutney

Preparation

Preparing the Stuffing:

1. Boil the potatoes till they are cooked completely.
2. Peel them and then chop them.
3. Finely chop the onion.
4. In a small bowl, mix the potatoes, onions, coriander leaves, cumin powder, chaat masala powder and black salt. Mix well and keep aside.

Method to make the Pani:

1. In a blender add all the ingredients mentioned above for the pani.



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2. Add little water and grind to a fine chutney.
3. Remove the green chutney in a large bowl. Add 2 to 3 cups water. Mix well. Check the seasoning. Add more black salt or jeera powder or chaat masala if required. If you want a thin pani, you could add some water. But keep on checking the seasoning, as per your taste.
4. Add the boondi to the pani.
5. You can chill the pani in the fridge or add some ice cubes to it..

Assembling Pani Puri:

1. Crack the top of the puri with a spoon.
2. Add 2 to 3 tsp of the boiled potato-onion filling in the poori.
3. Stir the green pani first and then it and the sweet chutney as per your taste.
4. Serve the pani puri immediately.
5. You can also make individual portions with the puris, potato-onion mixture and the pani. Let the individual assemble the pani puri for himself/herself as per his/her taste.





Tarka Dal

Ingredients

Serves 2

amount	unit	description
pressure cooking		
½	cup	Yellow moong dal (split and skinless) -
1	cup	Water
Dal Fry		
1	tbsp.	Oil
¼	tsp.	Mustard seeds
½	tsp.	Cumin seeds
1	tsp.	Ginger paste
1	tsp.	Garlic paste
1	pcs.	Green chili, chopped finely
5	pcs.	Curry leaves
½	pcs.	Onion , medium size
	some	Salt, to taste
1	tsp.	Red chili powder -
½	tsp.	Turmeric powder
½	tsp.	Coriander powder
½	Cup	Tomatoes, chopped
1-1.5	Cup	Water
1	tsp.	Lemon juice, to taste

Preparation

1. Wash the moong dal under running cold water till water runs clear.
2. Take washed moong dal in pressure cooker with 1 cup of water. Cover with lid, put the weight on and turn the heat on medium. Let it cook for 2 whistles on medium heat. Let the pressure go down by itself then open the lid. It should be cooked, soft and almost mushy.
If no pressure cooker available, then cook for ~ 30-40 minutes until soft.
3. Heat the oil in a pan on medium heat. Once hot add mustard seeds and let them pop. Now add cumin seeds and let the sizzle.
4. Now add ginger paste, garlic paste, green chilies and curry leaves. Saute for a minute or till the raw smell of ginger-garlic goes away.
5. Then add chopped onions, sprinkle the salt to speed up the cooking process.
6. Cook till onions get translucent and soft or light pink in color. Add tomatoes, cook till



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tomatoes are slightly soft.

7. Now add red chili powder, turmeric powder and coriander powder.
8. Mix well and cook for a minute.
9. Then add cooked dal along with about 2l of water. Mix well. Add more water if the consistency is too thick.
10. Let it simmer for 5 minutes. Lastly add lemon juice and mix.
11. It is ready to serve. You can add chopped coriander leaves at the end for garnishing.



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Chicken Korma

Ingredients

Serves 4

amount	unit	description
4	pcs. (~600g)	Small boneless, skinless <u>chicken breasts</u>
	some	Freshly ground black pepper
25	g	Low-fat natural <u>yoghurt</u>
1	tbsp.	<u>Sunflower oil</u>
2	pcs. (400g)	Large <u>onions</u> , chopped
4	pcs.	<u>Garlic</u> cloves, peeled and sliced
20	g	Fresh root <u>ginger</u> , peeled and finely grated
12	pcs.	<u>Cardamom</u> pods, seeds crushed
1	tbsp.	Ground <u>cumin</u>
1	tbsp.	Ground <u>coriander</u>
½	tsp.	Ground <u>turmeric</u>
¼	tsp.	Hot <u>chilli powder</u>
1	pcs.	<u>Bay leaf</u>
4	pcs.	Whole <u>cloves</u>
1	tbsp.	<u>Plain flour</u>
	small pinch	<u>Saffron</u>
2	tsp.	<u>Saster sugar</u>
½	tsp.	<u>Salt</u> , plus extra to season
3	tbsp.	<u>Double cream</u>
	some	<u>Fresh coriander</u> , roughly torn, to garnish

Preparation

1. Cut each chicken breast into eight or nine bite-sized pieces, season with black pepper and put them in a non-metallic bowl. Stir in the yoghurt, cover with cling film and chill for a minimum of 30 minutes but ideally 2–6 hours. *(This step will be done before the start of the event).*
2. Heat the oil in a large, non-stick saucepan and add the onions, garlic and ginger. Cover and cook over a low heat for 15 minutes until very soft and lightly coloured. Stir the onions occasionally so they don't start to stick.
3. Once the onions are softened, stir in the crushed cardamom seeds, cumin, coriander,



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turmeric, chilli powder and bay leaf. Pinch off the ends of the cloves into the pan and throw away the stalks. Cook the spices with the onions for five minutes, stirring constantly.

4. Stir in the flour, saffron, sugar and 2 ½ teaspoon of salt, then slowly pour 1.5l cold water into the pan, stirring constantly.
5. Bring to a gentle simmer, then cover and cook for 10 minutes, stirring occasionally.
6. Remove the pan from the heat, take out the bay leaf and blend the onion mixture with a stick blender until it is as smooth as possible. You can do this in a food processor if you prefer, but let the mixture cool slightly first.
7. The sauce can now be used right away or cooled, covered and chilled until 10 minutes before serving.
8. Drain the chicken in a colander over the sink, shaking it a few times – you want the meat to have just a light coating of yoghurt.
9. Place a non-stick frying pan on the heat, add the sauce and bring it to a simmer.
10. Add the chicken pieces and cream and cook for about 10 minutes or until the chicken is tender and cooked through, stirring regularly. Exactly how long the chicken takes will depend on the size of your pieces, so check a piece after eight minutes – there should be no pink remaining.
11. Adjust the seasoning to taste, spoon into a warmed serving dish and serve garnished with fresh coriander if you like.





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Prawn Curry

Ingredients

Serves 2

amount	unit	description
1	pcs.	Large onion
1	pcs.	Large tomato
1.5	tbsp.	Fresh or frozen coconut
2	pcs.	Turmeric
½-¾	tsp.	Red chili powder
½	tsp.	Coriander powder
½	tsp.	Garam masala
1	tsp.	Grated ginger
250	g	Prawns
1 ¼	cup	Water (adjust, you may need more or less)
1	sprig	Curry leaves
1	pcs.	Garlic clove
¼	tsp.	Cumin
	some	Chopped coriander leaves for garnish
1.5	tbsp.	Oil

Preparation

1. Slice onions, chop tomatoes, grate or make a paste of ginger garlic. Set aside all these.
2. Devein and wash the prawns. set aside
3. Add 7 tbsp. / 100 ml oil to a pan and fry onions till transparent, add ginger garlic paste and fry till the raw smell disappears.
4. Add tomatoes, add salt and turmeric and fry till the tomatoes turn mushy. Add red chili powder, garam masala, coriander powder and then the coconut. Fry everything well for about 3 to 5 minutes without burning. Cool this and blend with 2l water to smooth. To speed up the process you can use ice cold water to blend the hot mix.
5. Add another 7 tbsp. / 100 ml oil to the pan and heat up, add cumin and garlic, when the garlic is lightly roasted add curry leaves and saute till they turn crisp.
6. Add the prawns and fry, just for about 2 minutes, for the raw smell to disappear.
1. Pour the ground mixture and add water as needed. Cook till the prawns are cooked, they swirl up when cooked. Do not overcook they turn hard.



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Pillau Rice

Ingredients

Serves 4

amount	unit	description
450	g	<u>Basmati rice</u>
1	pcs.	Medium <u>onion</u> , finely chopped
1	large knob	<u>Butter</u> , plus extra to serve
4	pcs.	<u>Cardamom</u> pods
8	pcs.	<u>Cloves</u>
1	pcs.	<u>Cinnamon</u> stick
	pinch	Pinch <u>saffron</u> threads (optional)
2	pcs.	<u>Bay leaves</u>
600	ml	Water
	some	<u>Salt</u> , to taste

Preparation

1. Wash rice in several changes of cold water, then leave to soak for about 30 minutes in fresh cold water.
2. Cook the onion in the butter for around 5 minutes until softened. Add the spices, saffron and bay leaves and cook for a couple more minutes. Add the rice and stir until the grains are coated in the butter before stirring in the stock or water and salt. Bring to the boil and then cover with a tight-fitting lid. Turn the heat down low and leave to cook for 10 minutes before turning off the heat. Don't remove the lid; just leave the rice to continue cooking in the pan for about 5 minutes until you're ready to serve.
3. The rice should have absorbed all the water and will just need fluffing up with a fork. Add a knob of butter before serving.





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Chappati

Ingredients

Serves 8-10

amount	unit	description
1	tea-mug	Chappati flour
½	tsp.	Butter
1	pinch	Salt
	some	Heated water

Preparation

1. making a dough: using the above ingredients make a smooth elastic dough. It should be elastic enough to roll, too hard and the chappatti will be hard to bake and cook, too soft and it is difficult to roll.
2. from the dough make 8-10 small balls and flatten them so that they take the shape of an egg yoke. Keep some dry chapatti flour for use when rolling otherwise the chappatti will stick to the rolling pin.
3. take one ball and roll the chappatti into a round full-moon shape, even thickness all round (about 14cm diameter).put away the rolled chappatti. Repeat for each ball ensuring that they do not stick to each other.
4. Baking: two baking plates are needed (one solid metal or porcelain plate) and other meshed plate (oven grill is better to use than a meshed plate). The chappatti has two sides - I refer to side A as the side that was rolled and side B as the underneath side of A.
5. Bake side B first on a preheated medium heat baking plate for 40 secs to 1 minute. Then bake side A similarly.The chappatti is not baked yet but transfer the chappatti on the second plate (or grill, higher temperature than plate A) with side B on top. the chappatti should rise and balloon up. Bake the other side and when cooked (less than 1 minute all told) place the chappatti on a plate and spread some butter on it.
6. Repeat for each rolled chappatti.



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Puffed Puri

Ingredients

Serves 3-4

amount	unit	description
280	g	Whole wheat flour
¼	tsp.	Salt
1	tsp.	Oil
120	ml	Warm water (or as required)
		Oil for deep-frying

Preparation

Prepare dough:

1. Add flour, salt and oil together in a large bowl.
2. Mix well to incorporate all the oil into the flour.
3. Add a little warm water at a time and knead to form a dough.
4. Once the dough is ready, smear a couple of drops of remaining Oil coat it.
5. Cover and allow the dough to rest for at least 10 minutes.

Rolling dough balls to flat discs:

6. After the rest time, knead the dough once again and divide the dough into small balls.
7. Take one ball and roll it into a nice, smooth round ball with the palm of your hands and press it flat.
8. Roll it out with a rolling pin to form even round discs. (see notes)
9. The puris are usually made smaller than chapattis and a little thicker so they can puff up.
10. Heat Oil for frying the Puris over medium heat. Allow it to heat very well.

Deep-frying Puris:

11. Once the Oil is very hot, gently slide the Puris in from the side.
12. The Puri will settle at the bottom for a few seconds before it comes up to float.
13. Once it starts floating, gently press on one side with a frying ladle. This will help the Puri to puff up.
14. Flip the Puri and cook on the other side till golden brown.
15. Scoop the Puri to the side and drain out all the excess oil.
16. Remove the Puri and put it on an absorbent paper towel.
17. Repeat the process with the rest of the dough balls.
18. Serve



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Gajar Halva

Ingredients

Serves 2

amount	unit	description
3	pcs.	Carrot
3	tsp.	Sugar
	some	Raisins
	some	Cardamon pods, de-seed and ground
2	tsp.	Ghee (purified butter)
50	ml	Full-fat cream
	some	Almonds, grated

Preparation

1. Grate the carrot and squeeze off the water.
2. in a pan heat the ghee and cook the grated carrot until the hardness of the carrot is gone and carrot is not fully cooked yet.
3. add the sugar and stir well.adding the cream to get a smooth texture.
4. cook until the cream is boiled of
5. add sugar and cream to taste.
6. add raisins and de-seeded cardamon, cook for 1/2 minute.(or use the heat to slightly cook the raisins)
7. add grated almonds before serving.



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Raita

Ingredients

Serves 4

amount	unit	description
1	pcs.	Cucumber
500	ml	Yoghurt, 3.8% fat
1	pinch	Salt

Preparation

1. grate cucumber in a bowl and and squeeze out the water from grated cucumber.
2. add the pinch of salt to the cucumber and pour about 250 g yogurt. Mix and stir. the mix should be smooth and add more yogurt to get a smooth finish.
3. Place in the fridge until ready to serve.



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Foreword 2016-09-21 Event

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

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

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

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

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

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

After the feast, only the usual cleaning was left.

THE EDITOR



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The Recipes

Sardine Turnover

Tunisian Red Pepper Salad on Soaked Bread

Makhdouda Nahna (Tunisian mint quiche)

Chicken or Fish Chermoula

Zaalouk (Moroccan aubergine)

Egyptian Spinach and Chickpea Omelette

Zucre Coco (Moroccan coconut fudge)

Gazelle's Horns (pastry stuffed with almond paste)



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Sardine Turnover

Ingredients

Serves 16 pieces

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

Preparation

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



Tunisian Red Pepper Salad on Soaked Bread (Canapés)

Ingredients

Serves 30 pieces

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

Preparation

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



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





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Makhdouda Nahna (Tunisian mint quiche)

Ingredients

Serves 4-6

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

Preparation

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

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

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



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Chicken or Fish Chermoula

Ingredients

Serves 8

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

Preparation

Chermoula

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

Prepare chicken/fish:

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



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Zaalouk (Moroccan aubergine)

Ingredients

Serves 4-6

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

Preparation

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



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Egyptian Spinach and Chickpea Omelette

Ingredients

Serves 4

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

Preparation

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



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Zucre Coco (Moroccan coconut fudge)

Ingredients

Serves 30 pieces

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

Preparation

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

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



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Gazelle's Horns (pastry stuffed with almond paste)

Ingredients

Serves 48 pieces

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

Preparation

Almond Paste

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

Pastry Dough

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



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

Egg Wash

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



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Foreword 2016-11-23 Event

The last event of EUMETSAT's Cooking Club in 2016 took place on Wednesday, November 23, on the theme of Alpine Cuisine.

Stephan, the club chair, organised the event, provided most of the recipes and gave tips and tricks for the captains.

Jamie prepared as amuse gueule Savory Bavarian Obazda with marinated pears to start the feast.

This was followed by a Cheese-Applewine Soup with Weißwurst chips, prepared by Stephan and his group.

To relax from too much cheese, Antonio and his group prepared a light Autumn Salad with caramelized Walnuts.

Back to feasting, Kevin and his group prepared the Hearty Baked Apple with Meat Stuffing, which was accompanied by Tartiflette, a French potato dish with Reblochon cheese, prepared by Gigi and his group.

Although nobody was really looking forward for a dessert, the Weißbiermousse prepared by Clemens and his groups was too tempting to resist.

Luckily, some cleaning was done in between such that the final cleaning was not too much effort with overstuffed bellies.

THE EDITOR



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The Recipes

Savory Obazda

Cheese-Applewine Soup with Weißwurst chips

Autumn Salad with caramelized Walnuts

Hearty Baked Apple with Meat Stuffing

Tartiflette

Weissbier-Mousse



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Savory Obazda

Ingredients

Serves 4

Serves 30 (as amuse)

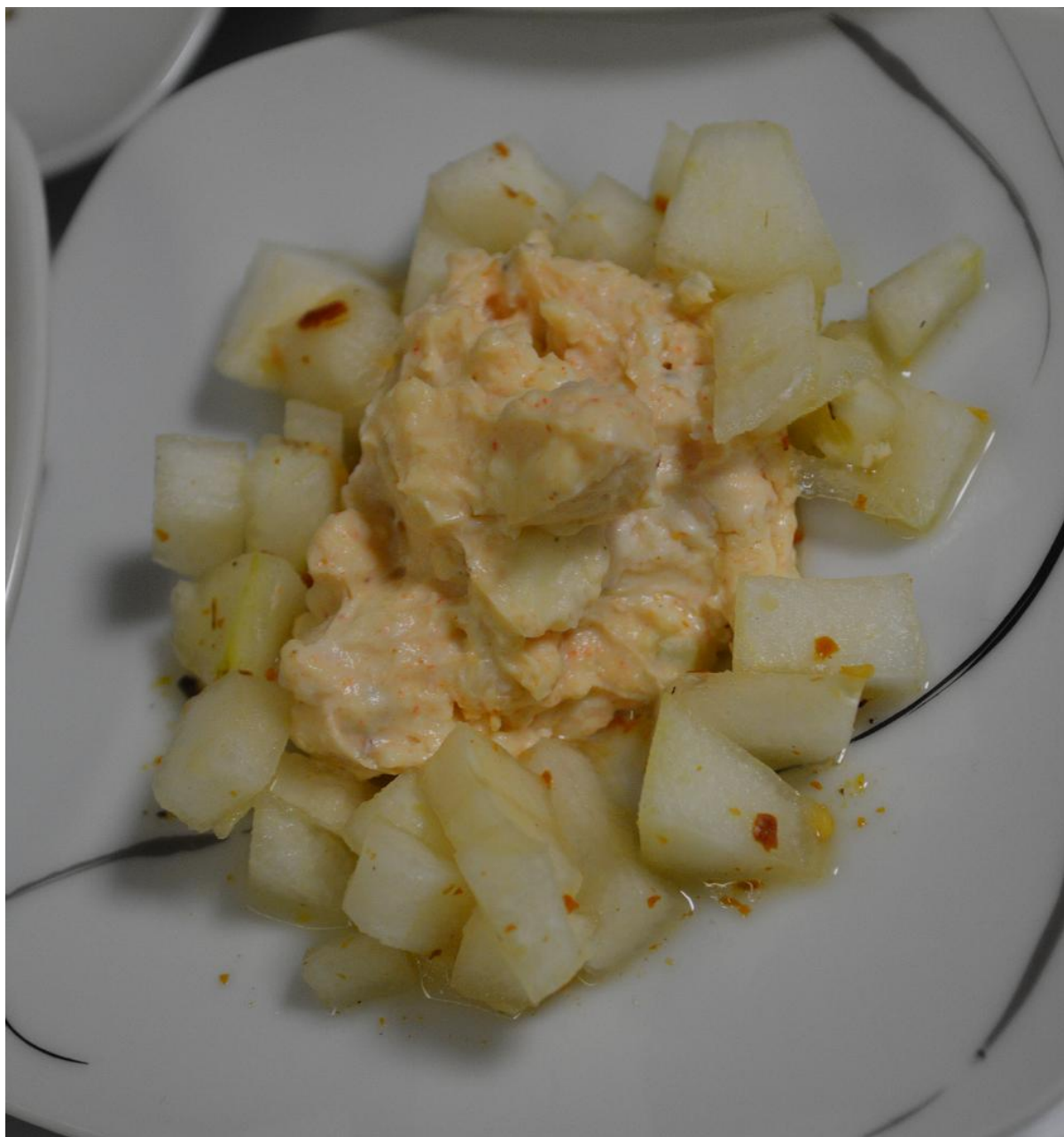
amount	unit	description		amount	unit
0.2	kg	soft brie		0.5	kg
2	tblsp.	creme fraiche		5	tblsp.
2	tblsp.	sour cream (schmand)		5	tblsp.
0.075	kg	curd cheese		0.1875	kg
1	pcs.	small shallot		2.5	pcs.
	some	salt			some
	some	pepper			some
	some	paprika powder (sweet)			some
	some	paprika powder (hot)			some
1	pcs.	pear		2.5	pcs.
	some	chilli powder			some
	some	lemon juice			some

Preparation

6. Mash brie with a fork finely.
7. Add curd-cheese, crème fraiche, sour cream, mix.
8. Cur shallot finely, add.
9. Flavour crème with salt, pepper and paprika.
10. Peel and clean pear, cut in pieces and flavour with chilli and lemon juice.
11. Serve Obazda with pears.



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Cheese-Applewine-Soup with Weißwurst chips

Ingredients

Serves 4			Serves 20-30		
amount	unit	description		amount	unit
0.2	kg	mountain cheese (old)		1	kg
0.08	kg	mild mountain cheese		0.4	kg
1	pcs.	onion, medium sized		5	pcs.
0.05	kg	butter		0.25	kg
0.25	l	apple-wine		1.25	l
0.5	l	vegetable stock		2.5	l
0.15	l	cream		0.75	l
	some	salt		0	some
	some	pepper		0	some
	some	nutmeg		0	some
1	pcs.	apple		5	pcs.
0.02	kg	butter		0.1	kg
	some	thyme		0	some
1	tblsp.	honey		5	tblsp.
1	clove	garlic		5	Clove
1-2	pcs.	Bavarian sausage (weißwurst)		10-15	pcs.

Preparation

1. Grate cheese finely.
2. Chop onion and garlic finely.
3. Heat butter and stew onion, add garlic only at the end.
4. Add wine, heat and reduce a little.
5. Add stock, cook for a while.
6. Add cream, cook.
7. Add cheese, bit-by-bit, until melted, keep stirring.
8. Flavour with salt, pepper and nutmeg
9. Peel apple and remove pit, cut in not-too-big pieces.
10. Melt butter, add honey, stew apple in this a little, add thyme.
11. Cut Weißwurst in small slices and fry sharply in a little oil.
12. Put apple and Weißwurst-chips in middle of soup-bowl and cover with soup, serve.



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Autumn Salad with caramelized Walnuts

Ingredients

Serves 4

amount	unit	description	
100	g	Each of different leaf salads, ca. 500g in total	
4	pcs.	Tomatoes	
70	g	Walnuts	
10	g	Butter	
40	g	Sugar	
50	ml	Olive oil	
20	ml	Vinegar	
1	tblsp.	Mustard	
	some	Salt	
	some	Pepper	
1	pinch	Sugar	
2	tblsp.	Parsley chopped	

Preparation

1. Wash/clean the salad, cut/tear in smaller pieces and arrange on plates.
2. Wash tomatoes and cut in slices, arrange.
3. Crack nuts, cut in smaller pieces.
4. Heat butter and sugar until both are liquid and a caramel has formed.
5. Add walnuts and fry shortly. Pour on baking parchment, cool down.
6. Once cool, break down the bigger pieces or chop coarsely with a knife.
7. Mix oil, vinegar, mustard with an egg whisk until emulsified.
8. Add parsley.
9. Season with salt, pepper and sugar to taste.
10. Sprinkle walnuts over salad.
11. Sprinkle vinaigrette over salad.



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Hearty Baked Apple with Meat Stuffing

Ingredients

Serves 4			Serves 20/30		
amount	unit	description		amount	unit
0.25	kg	minced meat		1.25	kg
1	pcs.	onion, medium size		5	pcs.
1	pcs.	carrot, medium sized		5	pcs.
1	pcs.	leek, small		5	pcs.
2	clove	garlic		10	clove
	some	thyme		0	some
	some	marjoram		0	some
1	pcs.	egg-yolk		5	pcs.
2	tblsp.	sour-cream (schmand)		10	tblsp.
0.15	l	vegetable stock		0.75	l
0.03	kg	grated cheese		0.15	kg
4	pcs.	apple		30	pcs.
2	tblsp.	oil		10	tblsp.
	some	salt		0	some
	some	pepper		0	some

Preparation

1. Clean, peel, wash vegetables and chop finely.
2. Peel and chop onion and garlic finely.
3. Heat oil in pan and stew vegetables, onion and garlic until soft.
4. Add minced meat, fry such that the meat becomes crumbly. Remove from heat and cool down.
5. Add thyme, marjoram, egg-yolk and sour-cream, mix.
6. Flavour with salt and pepper.
7. Wash apples, remove pit and hollow out apple generously.
8. Put apples into an oven-form and fill with filling, add grated cheese on top.
9. Surround with stock.
10. Heat oven at 180°C (160° convection).
11. Bake apples for 25-30 mins.



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Tartiflette

Ingredients

Serves 8

amount	unit	description	
2	pcs.	Reblochon cheese, ca. 500g each	
1.5	kg	Potatoes	
0.3	kg	Bacon	
0.3	kg	Onions	
0.3	l	White wine	
0.2	l	cream	

Preparation

1. Cook the potatoes unpeeled; peel and cut in slices.
2. Cut the bacon and the onions in little cubes and fry golden.
3. Add the potatoes and let cook a bit.
4. Add the wine and let evaporate.
5. Put in an oven plate, add cream.
6. Cover with the cheese cut in two disks, with crust on the top.
7. Cook in oven 30 min at 200 °C.



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Weissbier-Mousse

Ingredients

Serves 6

Serves 20-30

amount	unit	description		amount	unit
2	pcs.	egg		7	pcs.
	some	salt		0	some
0.195	kg	sugar		0.6825	kg
1	bag	vanilla-sugar		3.5	bag
0.04	kg	flour		0.14	kg
0.025	kg	starch		0.0875	kg
1	tsp.	baking powder		3.5	tsp.
6	sheets	gelatin		21	sheets
0.25	l	weißbier		0.875	l
1	tsp.	lemon-zest, grated		3.5	tsp.
0.25	kg	cream		0.875	kg
2	pcs.	egg-white		7	pcs.
0.15	kg	curd cheese		0.525	kg
0.06	l	elderberry syrup		0.21	l
0.2	l	orange juice		0.7	l

Preparation

1. Mix eggs and a pinch of salt creamy, add 75g sugar per 6 portions and vanilla-sugar bit-by-bit, keep stirring.
2. Add sieved flour, starch and baking powder, mix.
3. Cover a baking tray with baking parchment. Put biscuit-mix on it.
4. Bake for approx. 15 mins at 170° pre-heated oven. Cool down.
5. Cut circles with the food-“rings”, leave rings around the circles.
6. Heat beer with rest of sugar (120g per 6 portions) and lemon-zest. Fill in bowl.
7. Water gelatine as indicated, press-out and add to beer-mix, stir.
8. Put into fridge.
9. When beer-mix starts thickening, whip egg-whites and cream separately.
10. Add curd cheese to beer-mix, then whipped cream, then whipped egg-white.
11. Add cream to rings and cool for min. 2h.
12. Reduce syrup and juice under heat to approx. ¼.
13. Take dessert out of rings and serve with syrup-mix.
14. Decorate as needed.



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Special thanks to Susanne, our good fairy ☺



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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.

