



EUMETSAT Cooking Club

2017

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2017, The Recipes

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EUMETSAT Cooking Club 2017 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 fourth book in a series of providing the recipes cooked at the EUMETSAT Cooking Club events.

This booklet is the compendium of the 2017 events providing all the recipes and some nice pictures.

December 2017, THE EDITOR



EUMETSAT Cooking Club 2017 Recipes



EUMETSAT Cooking Club 2017-01-25

2017-01-25



EUMETSAT Cooking Club 2017-01-25

Foreword 2017-01-25 Event

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

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

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

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

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

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

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

Waiting for the next feast.

THE EDITOR



EUMETSAT Cooking Club 2017-01-25

The Recipes

Litchi-Shrimp Amuse Gueule

Brandacujun

Clam Chowder

Gumbo

Hefeklöße with Blueberries and Vanilla Sauce



Litchi-Shrimp Amuse Gueule

Ingredients

Serves 30

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

Preparation

1. Peel litchis, remove pits, collect in bowl.
2. If not done, peel shrimps and put in bowl.
3. Cut chilli in half, de-seed, and cut in very small pieces. Put half amount to litchis, and half to shrimps.
4. Squeeze ½ lemon and add juice to shrimps.
5. Cut 4cm³ of ginger in very fine cubes and add to litchis
6. Cut garlic cloves and add to shrimps.
7. Add some chopped parsley to litchis.
8. Lightly salt and pepper both bowls, then mix well.
9. Heat olive oil to high temperature and shortly (!) fry shrimps.
10. Add to litchis bowl and mix all.
11. Leave marinating for a while.
12. Serve mixture with a bit of liquid.



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Brandacujun

Ingredients

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

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

Preparation

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



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Clam Chowder

Ingredients

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

Preparation

1. If not clean, scrub the mussels clean and pull off the beards. Discard any broken mussels.
2. Clean and cut vegetables in small cubes (leek, celery, carrot ca 1x1cm²), ½ amount of onions into fine rings, ½ in cubes, garlic into fine cubes.
3. In a heavy-based saucepan, sauté first onion cubes, celery, leek, carrot, and golden spice mix in the olive oil for about a minute or two, then add garlic and fry shortly, then add the wine, water, fish bouillon and then the mussels.



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





Gumbo

Ingredients

Serves 30 (15 meat, 15 fish)

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

Preparation

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



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





Hefeklöße with Blueberries and Vanilla sauce

Ingredients

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

Preparation

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



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





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2017-03-22



EUMETSAT Cooking Club – 2017-03-22

Foreword 2017-03-22 Event

The 2nd event of the year 2017 was themed “Mexican Food”, and took place on Wednesday, March 22, as usual at Kochstudio Darmstadt.

This event was jointly organised by Geraldine, Jamie and Paula. Many thanks to the trio for delicious food and military planning.

For appetizers we had Guacamole (Stephan), Salsa (Stephan), Refried Beans (Cristina, Barbara) and Pico de Gallo (Paula), served with tortilla chips.

Paula and her group then served the starter, Ceviche.

After final preparations, the main dish, prepared by Jamie and her group, Enchiladas with chicken and cheese, or beans and cheese, with Mole Poblano, was served.

Finally, Geraldine and her group had prepared Tequileras, chocolate sandwich cookies with a chocolate buttercream and orange liqueur filling.

This time, Gigi took care of bringing along Mexican beer, which went very well with the spicy food.

The usual cleaning took place with Spanish musical background and Cooks and Guests dancing along – a great fun. By 23:30 the doors could be shut.

THE EDITOR



EUMETSAT Cooking Club – 2017-03-22

The Recipes

Refried Beans

Pico de Gallo

Salsa

Guacamole

Ceviche

Corn Tortillas

Mole Poblano

Vegetable Stock

Enchiladas

Tequileras



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Refried Beans

Ingredients

Serves 30

amount	unit	description
1	kg	Pinto beans (you can also use Peruvian or black beans)
1	pcs.	onion
5	l	water
2	tsp.	dried epazote – a Mexican herb that assists digestion, available at www.holamexico.de
2	tbsp.	coarse sea salt (or to taste)
1	pcs.	onion
6	tbsp.	corn oil
	some	salt to taste

Preparation

1. Rinse the beans in cold water and drain. Place in a big heavy pot and cover with enough water to come to at least 8cm above the top of the beans, about 2.5l of water. Add the ½ onion and bring to a boil. Let the beans simmer, partially covered for 75 minutes. Add the epazote, then simmer a further 15 minutes or so until the beans are soft and then add the salt. (Do not add salt at the beginning – the beans will toughen.)
2. Continue simmering for another 15 minutes or until the beans are so soft that they come apart if you hold one between your fingers and the broth has a soupy consistency. If the beans are not yet soft and the broth is drying out, add more boiling water. When done, remove the cooked onion with a slotted spoon.

For the refried beans (use all the beans and 1l of cooking liquid from above):

1. Pour the oil into a large pan over medium heat and heat until hot, but not smoking, about 1 to 2 minutes. Add the other ½ onion and sauté 3 to 4 minutes, or until soft, translucent and slightly brown around the edges.
2. Add a cupful of beans at a time over the sautéed onions and mash with a potato masher. Repeat until all the beans are mashed.
3. Add salt to taste and let thicken for 8 to 10 minutes, stirring and mashing until they are of a thick purée consistency.



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Pico de Gallo

Ingredients

Serves 12-15

amount	unit	description
500	g	ripe tomatoes, halved, cored, seeded and chopped
1	pcs.	onion, small, finely chopped
1	pcs.	Jalapeño chili (5.5 relative heat scale), stemmed, finely chopped (seeding optional)
½	bunch	fresh coriander, leaves and upper stems, roughly chopped
3	tblsp.	fresh lime juice, more or less to taste (about 2 limes)
2	tblsp.	olive oil
1	tsp.	sea salt, more or less to taste

Preparation

1. Place all ingredients in a bowl. Toss well and serve...as a dip, topping on tacos, anything!





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Salsa

Ingredients

Serves 30

amount	unit	description
2	pcs.	400g tins of tomatoes, diced or whole with juice
½	bunch	fresh coriander
½	pcs.	small red onion, roughly chopped
2	pcs.	Jalapeño chilies (5.5 relative heat scale), stemmed, deveined, seeds removed, chopped
2	pcs.	garlic cloves, roughly chopped
2	tbsp.	fresh lime juice (1 lime or more, depending on size and juiciness)
1	tsp.	cumin
½	tsp.	salt

Preparation

1. Combine all ingredients in a blender or food processor and pulse to as chunky or smooth as you like, scraping the sides with a spatula as needed.
2. Taste and adjust seasoning (add more lime juice, cumin or salt if needed).
3. Refrigerate at least 30 minutes or up to a week to allow flavours to blend.





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Guacamole

Ingredients

Serves 6-8

amount	unit	description
2	pcs.	avocados, nice and ripe
½	tsp.	salt
1	pcs.	lime (or lemon), juiced
2	tblsp.	red onion, minced
1	pcs.	Jalapeño (5.5 relative heat scale) or serrano (7) chili, stem and seeds removed, minced
¼	bunch	fresh coriander, leaves and upper stems, finely chopped
½	pcs.	ripe tomato, pulp and seeds removed, chopped
	some	freshly grated black pepper

Preparation

1. Cut the avocados in half, remove the pit, scoop out the flesh and place in a bowl. Roughly mash with a fork.
2. Add the salt and lime or lemon juice (in addition to adding some acidity, the juice helps keep the avocado from turning brown). Stir in the onion, chili (if the chili is very spicy, you may wish to start with half the amount and then add to taste), coriander, tomato and pepper.
3. Place plastic wrap on the surface of the guacamole to cover it and prevent air from reaching it (otherwise, it will turn brown). Refrigerate until ready to serve.





Ceviche

Ingredients

Serves 4-6

amount	unit	description
500	g	red snapper filet (or other fish such as grouper, trout, flounder or sole), cut in small dice
175	ml	freshly squeezed lime juice (about 6 limes)
175	ml	freshly squeezed orange juice (about 2.5 oranges)
60	ml	Olive Oil
1	pcs.	Jalapeño chili (5.5 relative heat scale), stemmed and coarsely chopped (it will be spicier if seeds are not removed)
1	pcs.	celery stalk, sliced
1	pcs.	red onion, halved and thinly sliced
1	bunch	fresh coriander, leaves and upper part of stems, chopped
1	pcs.	large mango, diced
1	pcs.	large avocado diced
2	pcs.	tomatillos, husked and scrubbed, diced
2	tblsp.	cacao nibs (optional)
1	tsp.	sea salt, to taste

Preparation

1. Combine the lime juice, orange juice, olive oil, jalapeño, celery, half of the onion, half of the fresh coriander and salt in a blender and purée until smooth.
2. Place the fish in a bowl, add the puréed mixture and toss well. Cover and let marinate 20-25 minutes before serving, stirring from time to time. If marinating for more than 25 minutes, cover and refrigerate.
3. When ready to serve, add the rest of the onion and coriander, the mango, avocado, tomatillo and cacao nibs, if using. Toss well and taste to see if more salt is needed. Serve with tortilla chips.



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Corn Tortillas

Ingredients

Serves 30-35

amount	unit	description
500	g	corn tortilla flour (masa harina) (available from Mexican online shops – do not use standard corn flour or polenta)
450	ml	hot water (amount of water needed depends on climate conditions)
2	tsp.	salt

Preparation

1. Mix the flour and salt in a bowl. Add hot water and knead until dough is smooth, but not sticky. The dough dries out fast, so cover with a moist kitchen towel or cloth when not using.
2. Set aside for 15 minutes – do not refrigerate!
3. Heat a non-stick frying pan or cast-iron griddle, ungreased and dry, over medium heat until thoroughly heated (if it is not hot enough, the tortillas will stick).
4. Form the dough into balls approximately 4cm in diameter and press between two sheets of plastic, such as a freezer bag – not plastic wrap! – or parchment paper either in a tortilla press or using a rolling pin to form a thin flat disk. Check for dryness (are there cracks in the dough?). If too dry, add some water.
5. Remove the plastic and place the tortilla in the pan. After a few seconds the edges will begin to dry out; at this point flip over and let cook for slightly longer until the second side is slightly browned. Flip back onto the first side and let it finish cooking. The whole process should take about two minutes.
6. Keep wrapped in a clean kitchen towel or cloth to avoid drying out. The tortillas can be used as is and stuffed for wraps or enchiladas or made into taco shells or chips.
7. The tortillas can also be kept in a freezer bag and refrigerated for several days or frozen.

To make fried (or baked**) tortilla chips:

12 tortillas = 72 chips

1. The chips fry better if dry, so either leave the tortillas out overnight exposed to the air or place on a baking sheet in a single layer and bake at 175°C for 5 minutes.
2. Cut each tortilla into 6 triangle-shaped wedges.
3. Pour corn oil into a medium-sized pan to a depth of about half a centimetre and heat over medium heat until a piece of tortilla placed in the oil sizzles. (Do not let the oil get so hot that it smokes!)
4. Have a large plate covered with a paper towel nearby and several other sheets of paper towel at hand.
5. Place the tortilla chips in the pan in a single layer. They should be covered in the oil so that both sides are fried evenly. Fry for approximately 2 minutes until lightly browned and firm.*



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Use metal tongs or a slotted spoon to remove and place on the paper towel. Sprinkle with salt. Place another paper towel on top ready for the next batch.

*Because so little oil is being used, when the tortilla chips are added to the pan, the temperature of the oil is lowered. You can compensate for this by increasing the heat to high. As soon as the chips start to colour, reduce the heat to low.

**For the healthy alternative, bake the triangle-shaped wedges in a single layer on a baking sheet in a pre-heated oven at 175° for 6 minutes. Sprinkle with salt. Use metal tongs to turn over and bake another 6 to 9 minutes until just beginning to colour. Remove from the oven and let cool. Sprinkle with more salt and serve.



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Mole Poblano

Ingredients

Serves 24

amount	unit	description
8	tblsp.	corn oil
7	pcs.	Ancho chilies, dried, stems, seeds (reserve!) and veins removed, 3-5 relative heat scale
13	pcs.	Pasilla chilies, dried, stems, seeds (reserve!) and veins removed, 3-5 relative heat scale
6	pcs.	Mulato chilies, dried, stems, seeds (reserve!) and veins removed, 2-4 relative heat scale
4	pcs.	Chipotle chilies, dried, stems, seeds (reserve!) and veins removed, 5-6 relative heat scale
½	pcs.	onion, roughly chopped
4	pcs.	garlic cloves, chopped
3	tblsp.	raw almonds with skin
3	tblsp.	raw peanuts, shelled
3	tblsp.	raisins
1	tblsp.	pumpkin seeds
4	tblsp.	sesame seeds
5	tblsp.	reserved chili seeds (if you like it very spicy, you can add up to 8 tblsp.)
5	pcs.	whole cloves
½	tsp.	anise seeds
¼	tsp.	coriander seeds
20	pcs.	black peppercorns, whole
1	pcs.	stick Ceylon (not cassia!) cinnamon
¼	tsp.	ground allspice
2	pcs.	Roma tomatoes, charred or roasted
2	pcs.	tomatillos, husked, rinsed, charred or roasted
2	pcs.	corn tortillas, sliced into 8 pieces
1	pcs.	bread roll (or ½ baguette), thickly sliced (if a couple of days old, even better)
180	g	mexican-style chocolate (or bittersweet chocolate)
1.2	l	vegetable stock (plus 950ml for diluting later on) – 2.15 litres total (recipe follows)
1	tsp.	sea salt (or more to taste)
8	tblsp.	sesame seeds, toasted, for sprinkling on top at end

Preparation

1. Heat the oil in a large casserole pot over medium-high heat. When hot (about 2 minutes later), add the chilies in 2 or 3 batches and sauté, stirring often. Do not let them burn



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completely. Remove with a slotted spoon and place in a mixing bowl. Cover with boiling water. Set aside.

2. In the same oil, sauté the onion and garlic 2 to 3 minutes stirring, until they soften.
3. Stir in the almonds, peanuts, raisins and pumpkin seeds and cook 2 to 3 minutes.
4. Stir in the sesame seeds, chili seeds, cloves, anise seeds, coriander seeds, peppercorns, cinnamon and allspice. Cook 3 to 4 minutes, stirring frequently.
5. Make room and add the tomatoes, tomatillos, tortilla and bread pieces. Cook everything for 2 minutes.
6. Add the sautéed chilies and the water they were soaking in plus 1.2 litres of the vegetable stock. Stir and once it comes to a simmer, add the chocolate pieces and salt. Mix well and let simmer 12-15 minutes. Turn off the heat, cover and let rest for 15 minutes until the chilies are completely softened.
7. In batches, purée the mixture in a blender or food processor until smooth. You can store this mole, covered, for up to a month in the refrigerator or freeze for up to one year.
8. When ready to eat, dilute a cup of mole with a half cup vegetable stock in a saucepan and simmer for 2 to 3 minutes. Pour over cooked chicken or turkey and sprinkle the sesame seeds on top or use as a sauce for enchiladas.



EUMETSAT Cooking Club – 2017-03-22

Vegetable Stock

Ingredients

Creates ~3l

amount	unit	description
4	pcs.	onion, medium sized
4	pcs.	carrots, large
5	pcs.	celery stalks
6	pcs.	garlic cloves
1	tbsp.	corn oil
2	pcs.	bay leaves, roughly torn
1	bunch	fresh coriander
15	pcs.	black peppercorn, whole
200	ml	dry white wine (optional)
3	l	water

Preparation

1. Coarsely grate the onions, carrots, celery and garlic – or chop in small pieces.
2. Heat oil in a large soup pot over medium heat and tip in all ingredients except the wine. Sauté, stirring from time to time, for about 5 minutes or until the vegetables have begun to soften.
3. Add the (optional) wine and 3 litres of boiling water from the kettle. Bring back to the boil and simmer, uncovered. If your veg were grated, the stock will be ready in 10 minutes. If the veg were chopped, give it 20-30 minutes. Strain the stock and use straight away or allow to cool and then refrigerate or freeze.



EUMETSAT Cooking Club – 2017-03-22

Enchiladas

Ingredients

Serves 6-12

amount	unit	description
		Mole poblano
4	tbsp.	corn oil
12	pcs.	corn tortillas
700	g	shredded cheddar cheese
300	g	chicken, cooked and shredded (optional)
1	pcs.	onion, chopped (optional)
1	bunch	fresh coriander, leaves and upper stems, chopped (optional)

Preparation

1. Preheat oven to 175°C.
2. Spread thin layer of mole poblano on the bottom of a casserole dish. Place dish near stove and a pile of three paper towels as well.
3. Heat the oil in a small pan over medium heat. Add a tortilla and heat it in the oil for 15 seconds. Remove the tortilla with tongs and place on the paper towels.
4. If using chicken in the enchiladas, warm some mole poblano (may need to be thinned with chicken stock or water if too thick) in a separate pan and using tongs, quickly dip the tortillas one by one to cover. Place some of the shredded chicken on each tortilla plus...
5. Sprinkle some cheese and onion down the middle of the tortilla. Roll the sides over one another and place seam-side down in the casserole dish.
6. Repeat with the remaining tortillas until all are aligned side-by-side in the dish. Cover with an even and ample coat of mole poblano. Sprinkle remaining cheese on top. Bake 20 minutes until cheese inside is melted and the edges of the tortillas are slightly crispy.
7. Remove from the oven and top with chopped coriander.



EUMETSAT Cooking Club – 2017-03-22





EUMETSAT Cooking Club – 2017-03-22

Tequileras

Ingredients

Makes 20-24 cookies

amount	unit	description
Cookies		
125	g	butter, unsalted, at room temperature
75	g	brown sugar
50	g	granulated sugar + 2 tablespoons (25g) for sprinkling
1	tsp.	vanilla extract
1	pcs.	large egg, at room temperature
60	g	cocoa
125	g	all-purpose flour
1	pinch	salt
Filling		
90	g	Mexican or bittersweet chocolate, cut in chunks
115	g	butter, unsalted, at room temperature
125	g	powdered sugar
1	tblsp.	orange liqueur (Agavero – this is a blend of agave nectar, tequila and natural orange essence), Cointreau, Triple Sec, Grand Marnier, etc.)

Preparation

To make the cookies:

1. In the bowl of a mixer, beat the butter with the brown sugar and 50g of the granulated sugar at medium speed until soft. Add the vanilla and egg, reduce the speed, then add the cocoa powder. Scrape the sides of the bowl if necessary, add the flour and salt, and continue beating until thoroughly combined. The dough should be soft and a bit cakey. Gather into a ball, wrap in plastic and place in the fridge 20 to 30 minutes.
2. Preheat the oven to 175°C. Line two baking sheets with parchment paper and set the oven racks in the upper and lower third positions.
3. Generously flour the countertop and a rolling pin. Roll out the dough into a rectangle about 3mm thick. Cut into rectangles of about 5cm x 4cm. Use a metal spatula to place on the baking sheets. With a toothpick, mark a 'T' with 4 dots going up and 2 dots on each side of the top. Sprinkle with the remaining 2 tablespoons of granulated sugar. Reuse any scraps of dough and roll out again.
4. Bake 7-8 minutes, until firm. Remove from the oven and allow to cool.



EUMETSAT Cooking Club – 2017-03-22

To make the filling:

5. Place the chocolate in a bowl in a double boiler over simmering water until it melts.
6. In the bowl of a mixer with the paddle attachment, beat the butter until creamy. Add the powdered sugar and beat until completely mixed. Add the melted chocolate and the orange liqueur and continue beating until very creamy.

To assemble:

7. Turn half the cookies upside down so that the sugar coating is on the bottom. Cover with a dollop of filling and top with the other half of the cookies. Store covered at room temperature.





EUMETSAT Cooking Club – 2017-03-22





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EUMETSAT Cooking Club – 2017-03-22



EUMETSAT Cooking Club – 2016-03-23



EUMETSAT Cooking Club – 2017-06-07

2017-06-07



EUMETSAT Cooking Club – 2017-06-07

Foreword 2017-06-07 Event

EUMETSAT's Cooking Club 3rd event in 2017 featured something special: Danish journalist and cookbook author Anne Larsen joined the club as the main instructor, and all recipes are based on her cookbooks. The event took place on Wednesday, June 06 at Kochstudio Darmstadt.

This event was jointly organised by Anders and Stephan, and Anne.

On the day of the event, Anne introduced us to anti-inflammatory food, guided us, inspired us, and even sometimes shouted at us, to achieve the best results possible.

As usual, different groups prepared the different dishes:

As amuse gueule we had a greenie, jointly prepared by Iryna and Stephan.

This was followed by the starter, Salad with hot-smoked mackerel and pearl spelt, prepared by Michele and Ander (welcome to the club!).

As an intermediate dish, Jamie, Teresa and Anders prepared Beetroot soup with garlic and sage chips.

For the main dish we had Fried Salmon with spinach, two kinds of onion, tomatoes and cauliflower, prepared by Kevin, Mayte, Hsin, Brian and Domenico (welcome as well!).

Finally, Geraldine, Antonio and Alessandro prepared Berries with vanilla-ginger-lime cream.

This time, due to Gigi's absence, Michele and Antonio took care of arranging for the accompanying wine.

Anne gave extended speeches during the meal and was ready to answer any questions.

After the usual cleaning we shut the doors at 00:15.

THE EDITOR



EUMETSAT Cooking Club – 2017-06-07

The Recipes

Greenie

Salad with hot-smoked mackerel and pearl spelt

Beetroot soup with garlic and sage chips

Fried Salmon with spinach, two kinds of onion, tomatoes and cauliflower

Berries with vanilla-ginger-lime cream



EUMETSAT Cooking Club – 2017-06-07

Greenie

Ingredients

Serves 2			Serves 30 (as amuse gueule)		
amount	unit	description		amount	unit
0.2	l juice	Juice of Savoy cabbage, broccoli. Alternatives: Black cabbage, green cabbage		1.5	l juice
1	pcs.	cucumber		5	pcs.
0.4	l	unfiltered apple juice		~2	l
50	g	baby spinach		250	g
1	pcs.	kiwi		6	pcs.
1	handful	mint leaves		3-4	handful
1	table spoon	Lime or lemon juice		6	table spoon
some		Fine grated ginger		1	Root, approx. 6cm
some		Extra virgin olive oil		100	ml
some		Sea salt		some	

Preparation

Cabbage Juice:

1. Wash the savoy cabbage leaves thoroughly, remove the hard stem.
2. Wash the broccoli thoroughly, remove last 2cm of stem and peel the stem until the hard fibres disappear.
3. Process the cabbage in a slow juicer and collect the juice.
4. Wash the cucumbers, remove 2cm at each end (those are bitter).
5. Process the cucumbers in a slow juicer and collect the juice.

Mixing:

6. Peel kiwi, wash spinach, mint. Peel ginger and grate very finely.
7. Blend the cabbage juice with apple juice, spinach and kiwi.
8. Add olive oil, mint, lime or lemon juice, ginger and some sea salt (add to taste!), and a few ice cubes.
9. Strain through a sieve to remove bigger particles. Scratch with a tablespoon to get the most liquid.
10. Pour in cooled glasses. They can be cooled shortly in the freezer or for a longer period in the refrigerator.



EUMETSAT Cooking Club – 2017-06-07





Salad with hot-smoked mackerel and pearl spelt

Ingredients

Serves 2			Serves 30		
amount	unit	description	amount	unit	
80	g	pearl spelt	800	g	
some		sea salt	some		
50	g	Edamame beans without pods are found in the deep freezer in most supermarkets	500	g	
1	tsp.	Extra virgin olive oil	10	tsp.	
100	g	asparagus	1000	g	
1	tsp.	Cold pressed rapeseed oil	10	tsp.	
50	g	Mixed baby green salads	500	g	
1	small handful	dill	10	small handful	
10	pcs.	Small cherry tomatoes	100	pcs.	
150	g	Hot-smoked mackerel	1500	g	
		Dressing:	4		
1	tblsp.	fine dijon mustard	4	tblsp.	
0.05	l	white wine vinegar	0.2	l	
0.2	l	Extra virgin olive oil	0.8	l	
some		Sea salt	some		
some		freshly ground black pepper	some		

Preparation

1. Boil pearl spelt according to the instructions of the package. Let them cool in a sieve.
2. Put the frozen Edamame beans in hot water to defrost them, remove the pods (if any). Fry the edamame beans with garlic in a pan for a short time. Add some salt.
3. Peel lower 3rd of green asparagus, only. Remove lower 1 cm. Cut in sticks of approx. 3-4cm. Boil water with salt and a little sugar. Add asparagus and simmer for approx. 7 min. Drip off in a sieve.
4. Rinse the salad and dill and swing dry them. Rinse and dry the tomatoes and cut them in half.
5. Arrange the salad with mackerel, spelt, beans, broccoli, asparagus, fish, tomatoes and dill.
6. Drip with 1 tbsp. dressing per person



EUMETSAT Cooking Club – 2017-06-07





Beetroot soup with garlic chips

Ingredients

Serves 2			Serves 30		
amount	unit	description		amount	unit
1	pcs.	shallot		6	pcs.
3	pcs.	Garlic cloves		18	pcs.
3	tblsp.	Extra virgin olive oil		18	tblsp.
400	g	beetroot		2400	g
0.7	l	chicken/vegetable broth		4.2	l
5	tsp.	sage leaves		30	tsp.
2	tsp.	Finely grated ginger		12	tsp.
0.25	tsp.	Crushed chili flakes		1.5	tsp.
1	tblsp.	Apple Cider Vinegar		6	tblsp.
some		Sea salt flakes		some	
some		freshly ground black pepper		some	

Preparation

1. Peel the shallot and 1 clove of garlic, finely chop and steam in a pan in 6 tablespoons of oil. Peel and cut into cubes the beetroot (wear kitchen gloves). Steam briefly on the pan together with the garlic. Pour in the broth and boil everything for 10 minutes until the beetroot is cooked.
2. In the meantime, fry the sage leaves in a pan, in a quantity of oil such as the leaves are not touching the bottom of the pan, for a short time. Remove the leaves from the oil and drain them on kitchen paper, salt them with the salt flakes. Peel the remaining cloves of garlic, cut into fine slices, preferably with a mandolin. Sauté the slices in the hot sage leaf oil until they are golden brown. Let the garlic chips drain on kitchen paper. Add the salt flakes.
3. Boil the soup with 1 tablespoon of oil, ginger, chili and vinegar and season to taste with salt and pepper.
4. Decorate with garlic-chips and sage leaves.



EUMETSAT Cooking Club – 2017-06-07





Fried Salmon with spinach, two kinds of onion, tomatoes and cauliflower

Ingredients

Serves 2			Serves 30		
amount	unit	description		amount	unit
1	pcs.	shallot		10	pcs.
2	pcs.	Garlic cloves		20	pcs.
2	tblsp.	Extra virgin olive oil		20	tblsp.
200	g	spinach		2000	g
8	pcs.	cherry tomatoes		80	pcs.
some		Sea salt		some	
200	g	cauliflower		2000	g
1	tsp.	Cold pressed rapeseed oil		10	tsp.
300	g	salmon		3000	g
some		freshly ground black pepper		some	
1	small handful	dill tips		10	small handful
1	pcs.	Lemon		3	pcs.
1	small handful	pea sprouts		10	small handful

Preparation

1. Chop the shallot in ultra-fine pieces and slice the garlic very thinly, preferably on a slicer.
2. Fry the shallots and garlic with a drizzle of olive oil while you wash the spinach thoroughly and then dry.
3. Fry the spinach until soft in the pan with the other ingredients and turn well. Then turn off the heat. The spinach should still have some texture and not be completely soggy.
4. Halve the tomatoes and find a small area on the pan where they can lie and get a little warmth. The spinach is now reduced a lot. Add salt to taste, mix and drain the liquid into a pan.
5. Cut the cauliflower into small florets (about 1cm diameter), removing the stalks. Boil the bouquets in lightly salted water with a drop of rapeseed oil - in a cooking pot or in a pan - for two minutes.
6. Meanwhile, prepare the salmon – either halve for serving at the table, or cut into steaks for plating up and season with sea-salt and pepper. Drizzle with olive oil and bake for 12 minutes at 200°C with the skin at the bottom (this time is approximate and will depend on the size). Remove from the oven and allow to rest for 5 minutes before serving. *[When serving small numbers it is also possible to fry the salmon at a high heat instead of baking].*
7. Prepare the pea-sprouts and dill tips and cut the lemon into small pieces



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8. Warm through the vegetables at 100°C for 5-10 minutes or place in the oven once the salmon is taken out. Warm up the saved spinach water and place in sauce jugs.
9. Arrange the spinach in a ring and place tomato halves and cauliflower florets evenly spaced on the spinach ring. Place the fish in the middle. Decorate with dill tips and pea sprouts and garnish with a lemon piece.





Berries with vanilla-ginger-lime cream

Ingredients

Serves 2			Serves 30		
amount	unit	description	amount	unit	
0.15	l	skyr	1.2	l	
0.15	l	Crème fraiche 18%	1.2	l	
some		ginger	1	root	
1/2	Pods	vanilla	4	Pods	
some		Lime juice (from ½ lime)	5	Juice of pcs.	
some		mint leaves (for decoration)	some		
450	g	Blueberries, strawberries, raspberries, redcurrants, blackcurrants	3600	g	
1	tsp.	Honey	4	tblsp.	
30	g	Shelled walnuts	300	g	
5	g	Sugar	50	g	
50	g	Strawberries (e.g. the overripe ones)	500	g	

Preparation

1. Mix the Skyr and crème fraiche together.
2. Grate the ginger.
3. Open the vanilla pods along the length with a sharp knife and scrape out the inside.
4. Then add the ginger, vanilla extract, honey and empty vanilla pods to the yoghurt mixture and mix well. ^[1]
5. Taste after adding half of each ingredient and assess flavour. Add as much more as needed.
6. Add lime juice to taste. Allow to sit for 30 mins and taste again if flavour has sufficiently developed. If not, add more of what is needed.
7. Place in the fridge for at least an hour to set (if not, add more crème fraiche (not mentioned in ingredients list)).
8. Wash all the fruit and dry well. Chop the strawberries in half and place with the cut side upwards on kitchen paper to keep dry.
9. Place walnuts on a baking tray and crush by hand into small pieces. Bake in a hot oven (180°) until roasted.
10. Just before serving, take out yoghurt mixture from fridge, remove vanilla pods and scoop a serving onto a flat plate.
11. Decorate with fruit as desired, making sure to use all the blue fruit.

Strawberry Coulis:



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- a. Put the extra strawberries (e.g. the overripe ones) in a pot and add the sugar, 10g for each 100g of strawberry, and a bit of water.
 - b. Boil for 5-10 minutes. The longer this is boiled, the thicker the sauce becomes.
 - c. Use a mixer to remove any solid part and filter to remove the seed.
 - d. Let's the coulis get cold.
12. Garnish with roast walnuts, mint sprigs and coulis and serve.

^[1] The vanilla and ginger flavours may disappear in the cold yoghurt. You can improve this if you'd put the vanilla pods and hunks of ginger into warm milk for 15 mins to bring out the flavour first





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EUMETSAT Cooking Club – 2017-09-27

2017-09-27



EUMETSAT Cooking Club – 2017-09-27

Foreword 2017-09-27 Event

EUMETSAT's Cooking Club 4th cooking event in 2017 featured specialities from Tuscany. This event was jointly organised by Roberto M., Alessandro, Michele and Domenico, headed by Roberto M.

As a surprise amuse gueule Stephan prepared a salad from courgettes and beet roots from his garden.

This was followed by the starter, Crostini di Fegatini di Pollo, taken care of by Kevin, Ander and others.

As an intermediate dish, Domenico and his team prepared the Pappa al Pomodoro.

For the main dish Roberto and his team cooked a delicious red wine roast-beef with roasted potatoes and Fagioli all'uccelletto (birdy style beans).

Finally, Alessandro headed the group for the desserts: Ricciarelli and Cantuccini al vin santo.

As usual, Gigi took care of excellent accompanying wine.

After the usual cleaning we shut the doors at 23:00.

THE EDITOR



EUMETSAT Cooking Club – 2017-09-27

The Recipes

Courgette-Beetroot Salad

Crostini di Fegatini di Pollo

Pappa al Pomodoro

Roast Beef al Vino Rosso with Fagioli all'uccelletto and Roasted Potatoes

Ricciarelli and Cantuccini al vin Santo



EUMETSAT Cooking Club – 2017-09-27

Courgette-Beetroot Salad

Ingredients

Serves 4 as salad or 30 as amuse gueule

amount	unit	description
450	g	beetroots
550	g	courgette
1	pcs.	chili, red, fresh
1	clove	garlic
50	g	figs, dried
	some	salt
	some	pepper
	some	chili powder
3	tbsp.	vinegar
6-8	tbsp.	olive oil
	some	cocktail tomatoes for decoration

Preparation

1. Wash courgette and beetroots, peel beetroot and remove 1cm at beginning/end of courgette.
2. Grate courgette coarsely and beetroots finely; chop garlic, chili and dried figs finely.
3. Mix oil with vinegar, then add spices. Add vegetables. Season to taste.
4. Serve garnished with cocktail tomatoes.





EUMETSAT Cooking Club – 2017-09-27

Crostini di Fegatini di Pollo

Ingredients

Serves 30

Amount	unit	description
250	g	butter
2-3	pcs.	onion
1.5	kg	chicken livers and hearts
2	l	broth (made of meat/chicken or bouillon cubes)
20	pcs.	anchovies fillets
½	jar	capers
½	jar	pickles
	some	salt
	some	pepper
5	pcs.	baguette or other white bread

Preparation

1. Heat butter in a large casserole and fry onions cut into thin slices.
2. As soon as the onion starts to get golden, add the liver.
3. Fry the liver in medium to high heat then low by turning often until it begins to dry (~20mins).
4. Blend in a mixer.
5. Add anchovies, drained capers, pickles, blend again.
6. Season with pepper (salt coming with anchovies should be sufficient).
7. Boil for another 20 minutes, adding broth if needed. The dough should remain quite liquid, so it will solidify when cooling down. Do not be afraid to add broth.
8. Cut the bread into slices (8 to 10 mm thick ideally) and toast them briefly in the warm oven on both sides until they start getting brownish.
9. Dip each slice very quickly (1 second) in the warm broth on the bottom side only (the upper side will be moistened by the mixture itself) and lay them on one or more trays.
10. Pour a spoonful of the mixture on each slice and serve.



EUMETSAT Cooking Club – 2017-09-27





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Pappa al Pomodoro

Ingredients

Serves 7			Serves 30		
amount	unit	description		amount	unit
300	g	Tuscany "pane raffermo", i.e. old not salted bread		2	kg
1	kg	tomato sauce		4.5	kg
1.5	l	water		6	l
10	leaf	basil		30-40	leaf
2	tsp.	sugar		10	tsp.
	some	olive oil			some
1	pcs.	onion		5	pcs.
1	pcs.	potato		5	pcs.
2	pcs.	carrots		10	pcs.
300	g	celery		1	kg
	some	salt			some

Preparation

Prepare vegetable broth:

1. Clean and cut the onions, potatoes, carrots and celery into bigger pieces and put in water.
2. Switch on the fire at maximum power until the boiling moment is reached.
3. Reduce the fire and let it cook for around 45 minutes.
4. Remove from the fire and strain the broth for later use.

Pappa al Pomodoro:

5. Break the old (and hard) bread into pieces, if the bread is not old enough, bake it for 5 minutes at around 180°C, without letting it burn.
6. Put the pieces of bread into a pot, covering the base, and put it on a stove. Switch on the fire.
7. Add the tomato sauce and ~2/3 of the broth until the bread is totally covered.
8. Cook for around 40-45 minutes.
9. During the cooking, add a bit of salt, the sugar and 1/3 of the basil cut in small pieces.
10. During the cooking part, mix it every 5 minutes and if needed, depending on the consistency, add the residual broth.
11. Be careful to the final consistency of the pappa.
12. Serve it in a dish decorating it with a bit of crumbled small bread pieces, 2/3 basil leaf and a bit of olive oil.



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Roast Beef al Vino Rosso (Roast Beef with Red Wine)

Ingredients

Serves 30

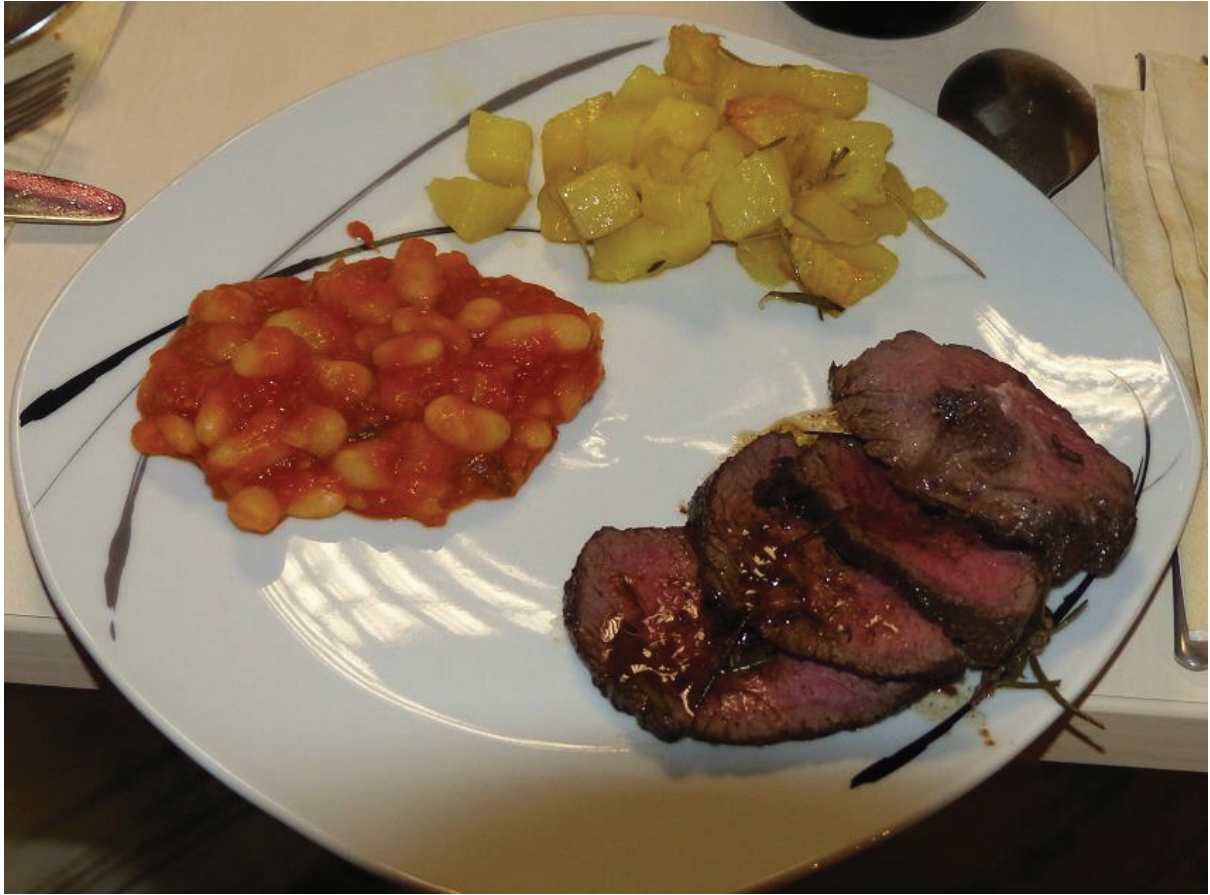
amount	unit	description
3	kg	roast beef, high quality
	some	garlic
	some	rosemary, fresh (or dry)
20	g	salt
20	g	pepper
12	tblsp.	olive oil extra vergine
300	ml	red wine

Preparation

1. Mix salt and pepper.
2. Cut meat in three pieces of 1kg each (approx. 10cm diameter).
3. Cut 2-3 deep holes into each piece of the meat with a slim knife and stuff with a generous pinch of salt-pepper-mix, a twig of rosemary and one or two cloves of garlic into each hole.
4. Massage the residual salt-pepper mixture into the surface of the beef.
5. In a large casserole, or three small casseroles, pour 3-4 tablespoons of oil for each kilogram of meat and roast the meat well on high heat, turning often on all sides until it becomes dark brown but not black. Move the pieces of beef frequently to avoid that any part of the pot bottom gets burned (should become brown but not black).
6. After good roasting (it will take about 15 minutes or a little more) add half a glass of red wine for each kilogram of meat. Turn the meat to allow the wine to dissolve the residue from the frying on the bottom of the pan. Add some more wine if needed.
7. Don't cover the casserole.
8. When the wine sauce thickens and the bottom begins to stick again, take the casserole off the fire. The roastbeef is ready. Put the roastbeef in a covered tray, or cover the casserole, and keep it at ambient temperature until it is time to serve it (no problem if not served hot).
9. Slice the beef in thin or medium-thin slices onto each plate and add a spoonful of the wine sauce on top.



EUMETSAT Cooking Club – 2017-09-27





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Fagioli all'uccelletto (birdy style beans)

Ingredients

Serves 4			Serves 30		
amount	unit	description		amount	unit
400	g	cooked white beans (also canned)		4	kg
200	g	canned tomatoes		2	kg
1	clove	garlic		10	cloves
4	leaves	Sage		40	leaves
2	tblsp.	Olive oil		10	tblsp.
	some	salt & pepper			some

Preparation

1. If dry beans are used, cook them 1 hour in boiling water after having kept them one day bathing in cold water; if canned beans are used, just wash them in cold water.
2. Brown the garlic (just squashed) in the olive oil together with the sage leaves.
3. Add the tomatoes, squash them and let all cook gently for at least 20 minutes, till the sauce is dense.
4. Add the beans and let cook another 20 minutes (or more, if the sauce is not dense enough).
5. Season to taste with salt and pepper.



EUMETSAT Cooking Club – 2017-09-27

Roasted Potatoes

Ingredients

Serves 4			Serves 30		
amount	unit	description		amount	unit
1	kg	potatoes		6	kg
	some	olive oil			some
	some	rosemary			some
	some	salt			some

Preparation

1. Peel potatoes and cut in smaller cubes (~2cm), and let rest in water for 1 hour.
2. Drain potatoes thoroughly and put them on baking tray lined with baking parchment.
3. Sprinkle with some olive oil, rosemary and salt.
4. Bake for 40 mins at 180°C.



EUMETSAT Cooking Club – 2017-09-27

Ricciarelli

Ingredients

Serves 30

amount	unit	description
500	g	almond (white)
500	g	sugar
62.5	g	flour
2.5		egg white
25	ml	water
1	vial	bitter almond aroma
1	tsp.	yeast (for cakes)
100	g	powder sugar

Preparation

1. Mix together almonds and sugar (450g) and reduce to powder by blending.
2. Mix sugar (50g) and water, and warm until the sugar is completely melted (it must not become a caramel!).
3. Mix the almond and sugar powder with the egg white (just a bit mounted), the flour, the yeast, the warmed sugar with the water, and the bitter almond aroma.
4. Let rest for some time (ideally overnight); covered to avoid that it becomes too dry.
5. Shape small oval biscuits and cover with powder sugar (a lot).
6. Put in the oven (160°C) for 10/15 minutes. The ricciarelli shall remain white but just a bit crusty.



EUMETSAT Cooking Club – 2017-09-27





EUMETSAT Cooking Club – 2017-09-27

Cantuccini

Ingredients

Serves 30

amount	unit	description
5	pcs.	egg
312	g	sugar
0.5	tsp.	yeast (for cakes, only a bit)
250	g	almond
500	g	flour

Preparation

1. Put the almonds in the oven (180°C) and let them toast (~10 minutes, but check from time to time).
2. Mix all the ingredients together (eggs, sugar, yeast, almonds, flour).
3. Create a number of cylinders.
4. Put in the oven at 180°C for ~15/20 minutes.
5. Cut in slices and put onto an oven plate.
6. Put again in the oven and let the biscuit toast/dry on both sides.

The biscuits should be served together with a special wine from Tuscany called “Vin Santo”.



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EUMETSAT Cooking Club – 2017-11-28

2017-11-28



EUMETSAT Cooking Club – 2017-11-28

Foreword 2017-11-28 Event

EUMETSAT's Cooking Club 5th cooking event in 2017 themed "I am dreaming of a white Christmas" was jointly organised by Antonio, Francesca, Franz, Alessandro and Michele.

As a surprise amuse gueule Stephan prepared a trout mousse on pumpernickel.

This was followed by a selection of starters created by Francesca and her team: Cauliflower Pakora, Coconut Shrimps and White Bean Hummus.

As an intermediate dish, Franz and his team prepared Risotto with Pear, Walnuts and Gorgonzola cheese.

For the main dish Antonio and his team provided White Fish filet in cheesy Béchamel sauce, accompanied by roast potatoes and parsnips.

Finally, Alessandro headed the group for the dessert: Mont Blanc, whipped cream on a cookie topped with chestnut puree.

As usual, Gigi took care of excellent accompanying wine.

THE EDITOR



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The Recipes

Smoked Trout Mousse

*Cauliflower Pakora * Coconut Shrimp * White Bean Hummus*

Risotto w/ Gorgonzola, Pears & Walnuts

*White Fish Fillet in Cheesy Béchamel Sauce with Roast Potatoes and
Parsnips*

Mont Blanc



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Smoked Trout Mousse

Ingredients

Makes ~60 appetizers

amount	unit	description
500	g	smoked trout filet
2	cup	Mirée cheese with horseradish cream cheese
1	cup	crème fraiche with herbs
2	tblsp.	marinated green pepper
1	pcs.	lemon, juice of
1	bunch	dill
2	pcs.	red onion, medium size
2	packages	Pumpernickel (round, sliced black bread)
	some	coarse sea salt, grated
	some	olive oil

Preparation

1. Peel onion and cut into small cubes. Fry in some olive oil until deep golden, nearly crispy. Pour in bowl, let cool down.
2. Cut trout fillet in very small pieces, add to bowl.
3. Add Mirée, crème fraiche, finely chopped dill, lemon juice.
4. Drain green pepper from marinade, cut into pieces and squash with broad-side of heavy kitchen knife. Add to bowl.
5. Mix well and season to taste with sea salt.
6. Put a generous teaspoon on each pumpernickel circle.





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Cauliflower Pakora

Ingredients

Serves 6			Serves 30		
amount	unit	description		amount	unit
½	head	cauliflower		2	head
½	cup	gram flour (chickpea flour)		2	cup
1	tsp.	Ajwain seeds		4	tsp.
½	tsp.	red chili powder		2	tsp.
½	tsp.	Amchur (dried mango powder)		2	tsp.
½	tsp.	salt		2	tsp.
	some	water			some
½	l	vegetable oil		1	l

Preparation

1. Chop the cauliflower into bite-sized pieces and set aside.
2. Mix together the flour and the spices in a large bowl.
3. Add water, little by little, mixing with a hand blender, until the consistency of the batter is similar to beaten eggs.
4. Taste the batter and add more of any spices if necessary.
5. Heat up the oil until it is very hot.
6. Dip the cauliflower, one piece at a time, into the batter, then into the hot oil.
7. Stir the pieces around as little as possible. Remove from the oil when they are golden brown.

Serving suggestion: Can be served with cilantro chutney: chop a bunch of cilantro together with 3 tsp. cumin seeds, 1 tblsp. olive oil, and a pinch of salt with a hand blender until smooth.





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Coconut Shrimp

Ingredients

Serves 6			Serves 30		
amount	unit	description		amount	unit
18	pcs.	shrimp		90	pcs.
1	pcs.	egg		4	pcs.
½	cup	white flour		2	cup
½	cup	Panko breadcrumbs		1 ½	cup
½	cup	shredded coconut		1 ½	cup
½	tsp.	salt		2	tsp.
½	l	vegetable oil		1	l

Preparation

1. Peel the shrimp and take off the heads, leaving the tails on. Put them aside.
2. Pour the flour into a bowl.
3. Beat the egg and put it into a second bowl.
4. In a third bowl, mix the panko, the coconut, and the salt.
5. Holding onto the tail, dip each shrimp into the flour, then the egg, then the coconut mixture. Put the prepared shrimp onto a plate until you are finished with all of them and ready to fry.
6. Heat up the oil, and when it is hot deep-fry the shrimps, a few at a time, until they are golden brown.



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White Bean Hummus

Ingredients

Serves 6			Serves 30		
amount	unit	description		amount	unit
1	can	white beans		5	can
2	cloves	garlic		1	cloves
½	pcs.	lemon, juiced		2	pcs.
½	tsp.	coriander powder		2 ½	tsp.
½	tsp.	paprika powder		2 ½	tsp.
½	tsp.	ground cumin		2 ½	tsp.
3	tblsp.	olive oil		½	tblsp.
2	tblsp.	Tahini (sesame paste)		½	tblsp.
2	sprigs	parsley		1	sprigs
	some	black pepper, to taste			some
	some	salt, to taste			some
	some	red chili pepper, to taste			some

Preparation

1. Roast the garlic by putting it, with the skin still on, into a pan, drizzle it with olive oil, and put into the oven at 180 degrees for 15 minutes.
2. Combine the beans, roasted garlic, lemon juice, tahini, and olive oil in a large bowl and blend them with a hand blender until the mixture is smooth.
3. Add all the spices to the mixture and blend for a few seconds until they are mixed in.
4. Chop the parsley coarsely then add to the mixture and blend for another few seconds.
5. Taste and add more lemon/olive oil/spices if necessary.



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Risotto w/ Gorgonzola, Pears & Walnuts

Ingredients

Serves 4			Serves 30		
amount	unit	description	amount	unit	
320	g	rice	2400	g	
100	g	Gorgonzola cheese	750	g	
1	pcs.	onion	7.5	pcs.	
2	pcs.	pears	15	pcs.	
40	g	walnuts	300	g	
50	g	butter	375	g	
200	ml	white wine	1500	ml	
100	g	Parmesan cheese	750	g	
1	l	vegetable broth	7.5	l	
Broth:					
½	tblsp.	olive oil	3.75	tblsp.	
½	pcs.	onion, large	3.75	pcs.	
1	stalks	celery, incl. some leaves	7.5	stalks	
1	pcs.	carrots, large	7.5	pcs.	
½	bunch	green onions, chopped	3.75	bunch	
4	sprigs	fresh parsley	30	sprigs	
3	sprig	fresh thyme	22.5	sprig	
1	pcs.	bay leaves	7.5	pcs.	
½	tsp.	salt	3.75	tsp.	
1	l	water	7.5	l	

Preparation

1. Start by preparing a vegetable broth:
2. Chop scrubbed vegetables into 2cm chunks. Remember, the greater the surface area, the more quickly vegetables will yield their flavour.
3. Heat oil in a soup pot. Add onion, celery, carrots, green onions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently.
4. Add salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.
5. Chop nuts and put them aside.
6. Peel the pears, remove the seeds and cut into cubes. Blend 50% of the pears with a mixer.



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7. Finely chop the shallots or onions, then put it in a pan with 30 g of butter and let them brown.
8. Add the rice and toast it for a few minutes.
9. Add the white wine and let it evaporate.
10. As the rice absorbs the fluids, add a ladle of broth at a time until the rice is fully cooked (about 15 minutes).
11. In the meantime, take away the crust of the gorgonzola and cut it into cubes.
12. About 5 minutes before the risotto is ready, add the cubed gorgonzola, the pear cubes and the mashed pear.
13. Turn off the fire, add the grated Parmesan cheese and stuff with the remaining butter (20 g).
14. Serve the rice and garnish it with the previously chopped walnuts (and if you want, pear slices and Parmigiano flakes).





Fish with Cheesy Parsley Sauce

Ingredients

Serves 4			Serves 30		
amount	unit	description		amount	unit
25	g	butter		190	g
25	g	flour		190	g
250	ml	milk		1900	ml
3	tblsp.	parsley, finely chopped		1 (23)	Bunch (tblsp.)
75	g	mature cheddar cheese, grated		560	g
700g	fillets	chunky white fish fillets, about 175g each		5	kg
200	g	cherry tomatoes on the vine		1500	g
1	tsp.	lemon juice		2	tblsp.
15	ml	white wine		100	ml
	some	salt			some
	some	pepper			some
	some	nutmeg powder (optional)			some
		potatoes and vegetables of your choice, to serve			

Preparation

1. Preheat the oven to Gas Mark 6, 200°C, fan 180°C.
2. In a small pan, melt the butter, let it brown a little. Stir in the flour to make a thick paste, let it take colour, then gradually whisk in the milk. Note, you need to add more milk at the beginning and whisk vigorously to avoid the sauce to get lumpy.
3. Cook the sauce over a low heat for a few minutes, stirring regularly, until it's thickened.
4. Season with salt and pepper, and optionally nutmeg powder, and stir in the parsley and cheese.
5. Make sure that the fish has no bones left, place the fish in a gratin dish, season with salt and pepper, and pour over the sauce.
6. Scatter the tomatoes on top of the sauce.
7. Cook for 10-15 minutes, or until the fish is just cooked through, then place the dish under the grill for a few minutes more, until the sauce is golden and bubbling.
8. Serve with new potatoes and vegetables.



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Mont Blanc

Ingredients

Serves 30

amount	unit	description
1500	g	boiled and peeled chestnuts or chestnuts
1000	ml	milk
500	g	sugar
4	tsp.	teaspoons of vanilla essence
1000	ml	cream
1	tsp.	powdered chocolate

Preparation

1. Cook the boiled and peeled chestnuts with the milk, the sugar (400g) and the vanilla for at least 30minutes.
2. Whisk the outcome in order to make a puree.
3. Put the puree in the fridge and let it cool from some hours (if not time available the deep-freezer can be used instead)
4. Whip the cream with the sugar(100g).
5. To prepare the dish use as base a Meringue or as alternative a biscuit pastry, add a bit of whipped cream on top and using a tool to crush potatoes make a small spaghetti mountain on top. Decorate with powder sugar.





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