



EUMETSAT Cooking Club

2017-06-07

The Recipes

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EUMETSAT Cooking Club 2017-06-07, The Recipes

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Foreword

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



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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



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.



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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 frostbox 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



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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 chiliflocks		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.



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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 fraîche 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 fraîche 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 fraîche (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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