



EUMETSAT Cooking Club

2017-09-27

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2017-09-27, The Recipes

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Foreword

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



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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



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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.





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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.



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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:

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

Pappa al Pomodoro:

9. 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.
10. Put the pieces of bread into a pot, covering the base, and put it on a stove. Switch on the fire.
11. Add the tomato sauce and ~2/3 of the broth until the bread is totally covered.
12. Cook for around 40-45 minutes.
13. During the cooking, add a bit of salt, the sugar and 1/3 of the basil cut in small pieces.
14. During the cooking part, mix it every 5 minutes and if needed, depending on the consistency, add the residual broth.
15. Be careful to the final consistency of the pappa.
16. 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.



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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.



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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.



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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.



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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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