



EUMETSAT Cooking Club

2017-11-28

The Recipes

Stephan Zinke (Editor)

EUMETSAT Cooking Club 2017-11-28, The Recipes

(c) Stephan Zinke, 2017

First published December 2017

All rights reserved

Published and Licensed under the GNU Free Documentation License, Version 1.3

(<http://www.gnu.org/licenses/fdl-1.3-standalone.html>)



Contents

Foreword.....	4
Smoked Trout Mousse	6
Cauliflower Pakora	7
Coconut Shrimp	8
White Bean Hummus	9
Risotto w/ Gorgonzola, Pears & Walnuts	10
Fish with Cheesy Parsley Sauce.....	12
Mont Blanc.....	14



EUMETSAT Cooking Club – 2017-11-28

Foreword

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



EUMETSAT Cooking Club – 2017-11-28

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



EUMETSAT Cooking Club – 2017-11-28

Smoked Trout Mousse

Ingredients

Makes ~60 appetizers

amount	unit	description
500	g	smoked trout fillet
2	cup	Mirée with horseradish cream cheese
1	cup	crème fraîche 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 fraîche, 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.





EUMETSAT Cooking Club – 2017-11-28

Cauliflower Pakora

Ingredients

Serves 6

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

Serves 30

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.





EUMETSAT Cooking Club – 2017-11-28

Coconut Shrimp

Ingredients

Serves 6				Serves 30	
amount	unit	description		amount	unit
18	pcs.	shrimp		90	pcs.
1		egg		4	
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.



EUMETSAT Cooking Club – 2017-11-28

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	psc.	lemon, juiced		2	psc.
½	tsp.	coriander powder		2 ½	tsp.
½	tsp.	paprika powder		2 ½	tsp.
½	tsp.	ground cumin		2 ½	tsp.
3	tbsp.	olive oil		½	tbsp.
2	tbsp.	Tahini (sesame paste)		½	tbsp.
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.



EUMETSAT Cooking Club – 2017-11-28

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.



EUMETSAT Cooking Club – 2017-11-28

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 stuffed 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	tbsp	parsley, finely chopped	1 (23)	Bunch (tbsp)	
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.



EUMETSAT Cooking Club – 2017-11-28





EUMETSAT Cooking Club – 2017-11-28

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.





EUMETSAT Cooking Club – 2017-11-28





EUMETSAT Cooking Club – 2017-11-28

