

FOOD REDEFINED RECIPES



Tepache Drink



6 servings



30 minutes

INGREDIENTS

100 g pineapple peel

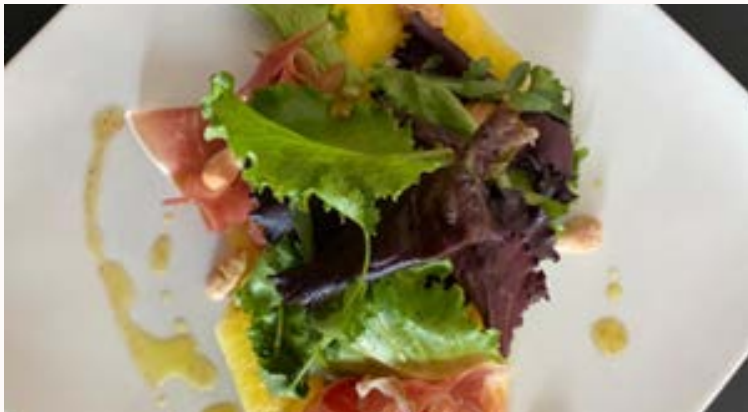
160 g sugar

1 l water

PREPARATION

Put the pineapple peels together with the branch, 160 g of sugar and also 1 l of water in a vacuum bag. When the bag inflates, the drink is ready (approximately 30h). Filter and pour into a jug or bottle. Serve chilled.

Pineapple and Ham Salad with Toasted Almonds



5 servings



30 minutes

INGREDIENTS

300 g salad mix

1 pineapple from the

Azores

200 g sliced smoked ham

100 g almond

200 g rocket salad

250 g balsamic vinaigrette

PREPARATION

Prepare the mise-en-place. Preheat the oven to 180° and toast the almonds. Wash the salad mix and the rocket salad. Peel the pineapple, set the peel aside and cut into thin slices. Place it in layers and season with the balsamic vinaigrette

Monkfish Cream Soup with Pennyroyal



8 servings



1 hour

INGREDIENTS

11000 g onion
1500 g carrot
60 g garlic
1000 g monkfish cubes
1000 g leek
1200 g potato
10 g pennyroyal

PREPARATION

Prepare the mise-en-place. Wash and clean the monkfish and cut into small cubes. Cut the vegetables into mirepoix for the cream soup. Place the vegetables in a pan and add a drizzle of olive oil and cook for about 5 minutes. Cover with the monkfish fumet. Leave to cook. Season and grind. Pass it through the chinois. Add the monkfish cubes and leave to cook. Flavour with pennyroyal oil.

Seabass Fillet with Mediterranean Vegetables



10 servings



1,5 hour

INGREDIENTS

300 g seabass
1000 g courgette (slices)
700 g aubergine (slices)
1000 g mushroom (slices)
1200 g tomato (slices)
800 g red pepper (squares)
250 g balsamic vinegar
400 g oil of lemon grass
salt
150 g chopped garlic
oregano
5 berries pepper
potato peel.

PREPARATION

Prepare the mise-en-place. Wash the flaked sea bass and fillet it with skin. Cut the vegetables into thick slices. Season with salt, pepper, olive oil, oregano and chopped garlic. Bake in the oven at 180° C. Cut the potato peel into thin sticks and fry. Brown the fillet in olive oil. Plate in layers and flavour with a reduction of balsamic vinegar and lemongrass oil.

Abade de Priscos Pudding



10 servings



2 hours

INGREDIENTS

t15 egg yolks
50 g port wine
750 g water
600 g sugar
2 cinnamon stick
50 g raw bacon lard
2 lemon zest
100 g cold water
140 g hot water
300 g sugar

PREPARATION

Prepare the mise-en-place. Prepare a caramel sauce: add 300g sugar and 100ml cold water in a small pan, then add 140ml hot water to make a more liquid caramel. Pour into the pudding mold and let it cool. Prepare a syrup: mix 750ml of water in a small pan with 600g of sugar, the cinnamon sticks, the bacon lard and the lemon zest. Boil until it reaches 115°C, then remove from heat and let it cool down. Remove the bacon lard, cinnamon and lemon. Mix the egg yolks with the port wine, mix it with a fork. Put a little syrup on the egg yolks, pour a little of the egg yolks into the syrup, and the rest into the caramelised mold. In a baking tray, place boiling water so that it covers the bottom of the tray and cook the pudding in a bain marie, covered with aluminium foil. Bake in the oven at 180°C for one hour.

Lamb leg with vegetables



10 servings



2 hours

INGREDIENTS

600 g leg of lamb with bone,
salt ,
60 ml olive oil,
5 peppercorns,
rosemary and bay leaf,
20 g honey,
10 ml lemon juice,
5 g sweet paprika,
100 ml white wine,
10 g chopped garlic,

PREPERATION

Season the lamb with olive oil, salt, pepper, rosemary, honey, lemon juice, sweet paprika, white wine, chopped garlic and bay leaf. Fry the sautéed lamb. Put the lamb on a tray, add the margarine in pieces and bake in the oven at 220 C for 20 minutes.

Vegetables



10 servings



30 minutes

INGREDIENTS

180 g cherry tomatoes,
100 g small carrots,
150 g red, green and yellow
paprika,
160 g sweet potatoes,
75 g broccoli,
20 ml olive oil,
to taste: garlic, salt, 5
pepper seeds and oregano.

PREPARATION

Boil the broccoli and carrots in a pot of salted water. When cooked, remove from heat and cool in cold water. Then drain and fry with olive oil. Season with spices. Put the rest of the vegetables in the pan and season

Baked potatoes



10 servings



30 minutes

INGREDIENTS

500 g white potatoes

50 ml olive oil

100 ml white wine

5 g chopped garlic

to taste: saffron, salt

5 peppercorns

dried thyme

PREPARATION

Cut the potatoes into pieces. Place on the baking tray. Season with olive oil, white wine, salt, peppercorns, dried thyme, chopped garlic and saffron. Bake at 220 C.

Migas



10 servings



30 minutes

INGREDIENTS

200 g sliced cabbage
250 g corn bread
30 ml olive oil
salt, chopped garlic and
peppercorns to taste

PREPARATION

Put the cabbage in the boiling water and leave it there. Boil another portion of water. Drain the cabbage from the water.

Rinse the cabbage with cold water. Pour the olive oil into the pan and heat it over low heat. Add the crumbled cornbread, chopped garlic and drained cabbage. Season with salt and pepper, gradually pour in the previously boiled water.

Red fruit sauce



10 servings



30 minutes

INGREDIENTS

200 g red fruits

50 g sugar

100 ml muscatel wine
(dessert wine)

PREPARATION

Place the red fruit, sugar and muscatel wine in the pan and cook until reduced.

Octopus with vegetable chips



PREPARATION



8 servings



30 minutes

INGREDIENTS

5 bay leaves

200 ml olive oil

bulb of garlic

pepper, salt to taste

Cut out eyes, ink spout, rinse. Bring water to a boil and gradually soak the octopus for 4 seconds. Then put it on for 2 minutes and drain the water. Cook the octopus in water with 3 tablespoons of vinegar, chopped onion, allspice and bay leaves. Slice the octopus, rub with olive oil, garlic and grill in a pan. Bake the octopus at 118°C. Chop the garlic and cut the onion into pieces, add chopped parsley and bay leaves to the tentacles. Finally, season with colored pepper and put in the oven set at 180 degrees, bake for a few minutes.

Octopus with vegetable chips



8 servings



30 minutes

INGREDIENTS

150 ml warm water

250 g flour

10 g yeast

salt to taste

Roasted vegetables

150 g sweet potatoes

vegetables baked in 117°C

PREPARATION

Bake the sweet potatoes for 20 minutes. Then peel and rub through a sieve. Add sweet potato juice, dissolved yeast, a tablespoon of sea salt and flour to 150 ml of warm water. Knead the dough and let it rest for 2 hours. After 2 hours, roll the dough into a thick rectangle and fry in a pan. Fry the onion in olive oil and add some sweet potato juice.

Octopus with vegetable chips



8 servings



30 minutes

INGREDIENTS

pepper

salt

garlic

oregano

olive oil

beetroot

carrot

zucchini

red and yellow paprika

PREPARATION

Cut sweet potatoes, zucchini and beetroot into slices. Peel and slice the carrots and cut the peppers into strips. Season with salt, pepper, garlic and oregano, drizzle with olive oil. Bake at 170 degrees.

Dalmatian shrimp risotto



5 servings



1 hour

INGREDIENTS

400g cleaned shrimps
100 g chopped onion
2 chopped garlic cloves
100 ml white wine
10 g chopped parsley
500 g rice
100 g olive oil
70 g butter
salt, pepper to taste

PREPARATION

Pour olive oil into a saucepan, add chopped onion and fry over medium heat.

After a few minutes add chopped garlic.

Add rice and mix.

Start adding the seafood stock and wine; when the rice begins to absorb the stock, add more stock and continue mixing.


After a few minutes, add the cleaned shrimp - do not overcook them.

Add butter and leave to cool.

Add parsley.

Black risotto of cuttlefish & calamari



 10 servings  1 hour

INGREDIENTS

1.2 kg of cuttlefish or
calamari - the more
cuttlefish, the better
3 liters water
60 grams of peeled prawns
1.5 large onions, diced
1/3 cup extra virgin olive oil
2-3 cloves of garlic, diced
1/2 cup of white wine
1 1/2 cups white rice
salt & pepper
1-2 tablespoons Vegeta
50 g butter
3 tablespoons chopped
parsley

PREPARATION

Remove and save the sack of ink from one calamari without breaking it. Clean the calamari and cuttlefish and cut into small pieces. Place the calamari, cuttlefish, and prawns into a saucepan, pour water and boil. Drain the sea food and keep warm. Do not discard the stock. Peel the prawns. Fry Onions in olive oil until transparent. Add garlic and cook for 1 minute. Add the wine and half of the stock and allow to boil. Add rice. Season with salt, pepper, and Vegeta, cook for 10 minutes on medium heat stirring from time to time. Add the rest of the stock, prawns, ink, calamari, and cuttlefish. Cook for 10-15 minutes on low heat or until the rice is cooked. Add more water if needed. Be sure not to overcook the rice. It should remain firm and not gooey. Mix the butter and sprinkle with parsley and serve.

Croatian Apple Pie



10 servings



1 hour

INGREDIENTS

450 g all-purpose flour
200 g softened butter
5 tablespoons white sugar
1 packet baking powder
2 eggs, room temperature
salt
zest of one lemon
1 kg apples, washed, peeled and
grated
pinch of cinnamon for the
apples
2-3 tablespoons white sugar for
dusting
2-3 tablespoons powdered sugar

PREPARATION

Mix the dry ingredients and then add the eggs, butter and lemon zest. Knead into soft dough and cut it in two same-sized pieces. Wrap them in a plastic foil and put them in the fridge for half an hour. Wash the apples and grate them. Cover them with a few spoons of sugar. Roll out one piece of dough (1 cm/0.3 inch) and place it into a greased baking tray. Squeeze out the excess water from the apples. This is important, as squeezing out the apples is needed just so that the bottom dough layer doesn't get soggy. Cover the dough with all of the shredded (and squeezed) apples. Level out the apples so they cover the entire tray. Roll out the second piece of dough the same as the first, and place over the apples. Use a fork and poke some holes into the top layer of dough – this creates a space for air so that the dough doesn't break. Bake in a pre-heated oven (180°C/350°F) for around 35 minutes or until golden brown. Let it cool for 20-30 minutes and dust with powdered sugar.

Fish stew recipe (Croatian)



10 servings



1,5 hour

INGREDIENTS

1/2 kg of onions
chili pepper
1 soup spoon of tomato
paste
water
2 soup spoons of vinegar
salt
parsley
garlic
frogs (entire)
white fish (gilt-head, sea
bass)
olive oil

PREPARATION

Chop the onions into small cubes. Heat the olive oil in the pot. Add chopped onions and salt them a bit. Add your chili pepper(s). The quantity of chili peppers depends on your taste – medium or very hot. Traditional fish stew is really hot. Cook on the low fire, adding small amounts of water, until your onions turn yellow and they are almost disintegrated. Mix a glass of warm water with two soup spoons of vinegar. When your onions are well done, add this mixture into the pot. Add one soup spoon of tomato paste.

Fish stew recipe (Croatian)



10 servings



1,5 hour

PREPARATION

INGREDIENTS

1/2 kg of onions
chili pepper
1 soup spoon of tomato
paste
water
2 soup spoons of vinegar
salt
parsley
garlic
frogs (entire)
white fish (gilt-head, sea
bass)
olive oil

Cut your fish into the pieces. When everything starts boiling add your fish. Close the pot and cook on the low fire for another 10 minutes. Add your frogs. Shake your pot left and right, so everything falls into the right place. You will need to add enough water to cover your fish and frogs. If you are using frozen frogs, they will release lots of water, so you will need to add less water yourself. Keep simmering until your fish is ready. Check it with your finger. Fish should be firm when pressed. Taste. Add salt or chili pepper if needed. Sprinkle with fresh parsley and chopped garlic. Serve with polenta or boiled potatoes.

Croatian Fritters



10 servings



1,5 hour

INGREDIENTS

900 g all-purpose/plain
flour

500 g plain yogurt

2 eggs

50 g granulated sugar

2 g vanilla

2 g salt

5 g baking powder

50 g rum/brandy/bourbon

– optional

PREPARATION

The cooking time is very short, but be sure the doughnuts are nicely browned before removing them from the hot oil, otherwise they can be soggy and gooey inside. It's advisable to fry just a few balls of batter at a time, shaped with two dessert spoons – too many and they may stick together. And what is very important, fry them on low to medium low heat, otherwise these will fry too fast and again could be soggy and gooey inside. Rum/brandy is optional.

Guineafowl with burglur



10 servings



30 minutes

PREPARATION

INGREDIENTS

800 g guineafowl meat
Fried mushrooms
100 g red onion
50 g dried mushrooms
50 g butter and 50 g oil
50 g pine nuts
50 g dry ham

Clean the mushrooms and cut into small pieces, chop the cleaned red onion and cut the ham into strips. Heat oil in a pan, add butter to the oil. Stew everything with pine nuts and cook for 5 minutes.

Guinea fowl with burgur (mushroom cream)



10 servings



1 hour

INGREDIENTS

100 g quartered
mushrooms
25 g chicken broth
10 g garlic,
10 g dry white wine
5 g olive oil
salt, pepper
bouquet garni

PREPARATION

In a large frying pan, heat the olive oil, add the chopped mushrooms and chopped garlic. Reduce to dryness, deglaze with white wine and reduce again. Add the chicken broth and cream, boil and leave for 20 minutes, covered. Strain through a sieve (do not throw away the mushrooms as they will be used for stuffing). Season the cream to your taste.

Guinea fowl with burglar (poultry stuffing)



10 servings



1 hour

INGREDIENTS

150 g chicken breast

15 g cream

60 g egg whites

salt and thyme

5 g garlic

10 ml water

PREPARATION

Chop the scraped poultry pieces. Mix with salt and then add liquid cream to obtain a homogeneous mass. Add the mushrooms, sour cream and half of the fried mushrooms and pine nuts. Set aside in the fridge.

Guinea fowl with burgur (ballotine and bulgur)



10 servings



8,5 hours

INGREDIENTS

400 g bulgur groats
30 g butter
1 l chicken broth
30 g dried apricots
spices

PREPARATION

Season and then cover the guinea fowl thighs with the stuffing. Place the fillets in the middle. Tie the ballot evenly and place it in an ovenproof dish without a lid. Add thyme, chopped garlic, water and cover. Cook for 8 hours at 80 C. Before cutting, it is best to leave it overnight to cool in the fridge. After heating, serve on a soup plate with broth at the bottom, followed by mushroom cream, poultry and pan-fried mushrooms.

Melt the butter in a saucepan, add bouquet garni, diced dried apricots, and then add bulgur. Mix well and add chicken broth. Cook covered for 10 to 15 minutes. Season.

Boeuf Bourguignon



10 servings



15 hours

INGREDIENTS

1500 g beef meat
30 g concentrated stock of
veal and poultry
500 g red wine
150 g carrot
150 g onion
100 g chopped garlic
200 g cleaned champignons
200 g smoked bacon
25 g potato starch
bouquet garni

PREPARATION

Reduce the red wine. Clean the carrot and cut it into four parts (lengthwise), cut into thin half-slices. Peel the onion and cut it. Slice the mushrooms. Chop the vegetables, bacon, garlic and add to the wine and cook until soft. Put it on a baking sheet to cool. Mix it with potato flour and garlic. Then add to the meat, mix and add reduced wine with vegetables, combine everything in a bowl, and then put into two plastic bags, add bouquet garni and vacuum seal. Put it in sous vide and cook for 12 hours and 30 minutes at 80 degrees C. After that time, put it in ice water for 3 hours, but you can also serve it straight from sous-vide.

Poultry roulades with chanterelles, lentil and stewed pumpkin, carrots



4 servings



2,5 hours

INGREDIENTS

800 g chicken fillet
150 g mould cheese Camembert
200 g chanterelles
120 g semi-dry white wine
200 g onion
100 g butter
150 g margarine
200 g black lentils
500 g water
100 g cream 18%
100 g amber cheese
2 cloves of garlic
200 g pumpkin
200 g carrots,
chive,
mix of spices: salt, black pepper,
ground red paprika, ground cumin.

PREPARATION

Peel one onion, cut into small cubes and fry in butter, add to it finely sliced chanterelles and fry for a while. Wash the meat, break it at four parts and smash. Sprinkle with spices. Cut the blue cheese into slices. Put mould cheese, chanterelles, onions on every fillet meat and form a roll. Fry meat in hot margarine. When it will be golden, add wine and strangle until soft. Cook lentils for about 45 minutes in water. Salt the water at the end of cooking. Peel onion and garlic, cut finely, fry in butter. Add the cooked lentils, cream, grated cheese, chive. Cut pumpkin and carrots into thin strips. Stew vegetables until they are soft. Put the lentils on a plate, arrange the meat, stewed vegetables and decorate with sauce.

Strudel with poppy seed



10 servings



2 hours

INGREDIENTS

1 can of ready-made poppy seed mass
3 tablespoons of honey
package of creamy pudding or
3 tablespoons of potato flour
2 yolks
100 - 1200 gram of flour
370 millilitres of milk
135 gram of butter
vanilla sugar
baking sheet
70 gram of yeast
pinch of salt,
3 tablespoons of sugar

PREPARATION

Wash the eggs, separate egg white from yolk. Heat up the milk, melt the butter. In a bowl crumble the yeast with salt and sugar. Add milk and stir. Add sifted flour (gradually, not all quantity), then add yolk and melted butter. Make a dough, it shouldn't stick to hands. Set the dough aside in a warm place and let it grow. Mix the poppy seed with pudding, honey and 2 yolks. When the dough is ready, divide it into two parts, roll out the dough, spread the poppy seed mass, roll up into two roulades, put it into a narrow form lined with baking sheet, spread it with egg white, bake for 60 minutes at 180 degrees Celsius.

Galettes bretonnes (Breton pancakes)



8 servings



30 minutes

INGREDIENTS

350 g buckwheat flour

75 cl water

1 egg

10 g salt

PREPARATION

Weigh the ingredients. In a bowl put the flour, add the water and mix. When the mixture is homogeneous, add the egg, then season with salt and pepper. Butter the crepe. Cook the crepe (galette) for 1 min. Turn it over and grease the center of the pancake, you can add an egg, ham, cheese (or another product). Season with salt and pepper once cooked fold the galette.

Dôme de saumon et merlan aux salicornes, sauce Beurre blanc



8 servings



1 hour

INGREDIENTS

Fish mousseline stuffing

- 500 g whiting
- 7 g salt
- 3 g pepper
- 2 g nutmeg
- 2 egg white
- 0,3 l liquid cream
- 400 g salmon filet
- 500 g salicornia
- 250 g cherry tomatoes
- Beurre blanc sauce
- 200 g shallots
- 12 cl alcohol vinegar
- 250 g half salted butter

PREPARATION

Make the mousseline stuffing filleting and boning the whiting. Mix the whiting fillets with salt, pepper, nutmeg and add 2 egg whites. Then add the liquid cream. Rest for 1 hour. Make the “dômes”. Cut the salmon into thin slices. Assemble the domes, vacuum seal them and cook them at a low temperature of 63°C for 2 hours. Prepare the filling. Blanch the salicornia (cook them in the English way – boiling salted water).

Wash the cherry tomatoes. Cut them into quarters. Make the “Beurre blanc” sauce. Chop the shallots. Put it in a pan with the vinegar. Allow to reduce. Whip the sauce with the semi-salted butter cut into small cubes. Prepare and serve.

Souffleau fromage (Cheese soufflé)



8 servings



30 minutes

INGREDIENTS

150 g grated cheese

40 cl milk

60 g butter

60 g flour

6 egg

nutmeg, salt, pepper

PREPARATION

Make a roux. Then make a bechamel. Add the cheese and a seasoned egg yolk. Beat egg whites. Mix the 2 preparations. Line the moulds with butter and flour. Incorporate the preparations. Microwave for 2 minutes then 15 minutes at 220°C in the oven. Serve it quickly.

Paris-Brest



PREPARATION



8 servings



1,5 hour

INGREDIENTS

Choux pastry

0,25 l	water
10 g	sugar
125 g	flour
80 g	butter
5 g	salt
4 - 5	egg

Mousseline cream

0,75 L	milk
6	egg yolk
150 g	sugar
100 g	flour, vanilla
135 g	butter
65 g	praliné

Finish

50 g	almond flakes
	icing sugar

Make the choux pastry. In an appropriately sized frying pan or casserole dish the water, salt, sugar and butter, cut into small pieces. Bring the mixture to the boil so that the butter melts and the water boils simultaneously. Remove the pan from the heat, add the flour all at once (to avoid lumps). First, mix slowly with a spatula, then stir the mixture vigorously until the flour is completely incorporated. Put the pan back on the heat and dry out for about 30 seconds until no longer sticks to the sides of the pan or to the spatula.

Pour the mixture into a large bowl. Stir in the eggs. Stir in one at a time at first while stirring vigorously, then two by two as they are absorbed by the dough. Cooking the Paris-Brest.

Paris-Brest



PREPARATION

Using a pastry bag fitted with a plain tip, pipe 2 crowns of choux pastry next to each other, then superimpose a third one in the middle of the first 2. Brown and sprinkle with 0.050 kg of flaked almonds. Bake in the oven at 200 °C for about 35 minutes. Open the oven at the end of baking to help the pastry dry out. Make the custard cream (*crème pâtissière*). Bring the milk to the boil with the vanilla bean half. Clarify the eggs. Blanch the yolks with the caster sugar. Add the sifted flour then mix. Gradually pour the boiling milk over the mixture, stirring with a small whisk. Put the mixture into the pan and cook the pastry cream for a few minutes, stirring continuously.

Remove the vanilla pod. Remove the cream and quickly cool it. Make the “Mousseline” cream. Stir 0.060 kg of butter into the pastry cream. Separately, mix 0.065 kg of butter with 0.065 kg of praliné in a mixer, add the pastry cream. Garnish the Paris-Brest. After baking, open the crown in two. Garnish the inside with praliné mousseline cream (use a pastry bag fitted with a large fluted tip). Place the top of the crown and sprinkle with icing sugar. Serve.

Tarte au citron (Lemon Tart)



PREPARATION



8 servings



1 hour

INGREDIENTS

Sweet dough

- 1 egg
- 100 g icing sugar
- 18 g almond powder
- 250 g flour
- 125 g butter
- 1 g salt
- water

Lemon cream

- 100 g butter
- 25 g cream powder
- 20 cl liquid cream
- 200 g sugar
- 3 egg (yolk)
- 3 egg
- 30 cl lemon juice
- lemon zest
- water

Make the sweet dough and bake this dough "blank". Make the lemon cream. Soften the butter to the consistency of cream. Bring the liquid cream to the boil and set aside. Bring the lemon juice, a little water and the caster sugar to the boil. Blanch the whole eggs, the yolks and the 0.050 kg of sugar in a bowl. Add the cream powder. Gradually mix the mixture with the lemon syrup. Pour the mixture into the pan and bring to the boil. Stir without stopping, using a whisk, as you would when making the custard. Stir in the boiling cream and then remove the mixture to a cap. Strain it.

Tarte au citron (Lemon Tart)



PREPARATION

Bake the dough. Bake the pastry base in a 200°C oven for about twenty minutes. Remove the pie to a rack and let it cool. Garnish the pie. Gradually add the butter to the mixture, smooth it out and blend it carefully (do not whip excessively, as the mixture may become slack.) Fill the entire tart base with the mixture (to the brim). Smooth it out carefully with a spatula. Make the topping and finish the assembly. Whisk the egg whites with the remaining sugar. Cover with the cream. Caramelize the surface of the egg whites with a grill or a blowtorch. Serve.

Filet mignon de porc à la moutarde



8 servings



2 hours

INGREDIENTS

Main ingredients

- 2 tenderloin pork
- 7 g salt
- 3 g pepper
- 60 g mustard
- 0,4 l tied veal stock
- 2 garlic clove
- 1 tarragon branch
- 1 thyme branch
- 0,1 l liquid cream

Garnish

- 500 g new potatoes
- 400 g snow peas
- 400 g sweet pepper
- 400 g new carrots, butter, olive oil

PREPARATION

Vacuum bag. Prepare and cook the tenderloins. Trim the pork fillets, season and brush them with the mustard. Put them in a vacuum bag and cook them at 82°C for 1h30. Prepare the garnish. Wash the new potatoes and cut them into 4 pieces (without peeling them). Roll them in olive oil with salt, pepper and thyme. Bake for 20 minutes at 160°C. Remove the stalks and wash the peas. Cook them "à l'anglaise". Chop the peppers, mix with the olive oil, garlic and season. Cook in a pan. Wash the carrots and steam them.

Make the sauce. Prepare the veal stock. Take the tenderloins out of the bag. Mix the cooking juices from the pork tenderloins with a little mustard, the veal stock, the garlic and the tarragon. Add the liquid cream. Reduce and blend. Prepare and serve.

Charlotte aux fraises (Strawberry charlotte)



PREPARATION



8 servings



1,5 hour

INGREDIENTS

8	gelatin sheet
200 g	sugar
1	lemon
800 g	strawberries
0,4 l	liquid cream
0,10 l	strawberry liquor
32	spoon biscuits

Making the strawberry pulp. Soak 8 gelatin sheets in cold water (0.016 kg). Make a syrup by boiling 0.200 kg of sugar with 0.15 l of water for 1 min. Add the gelatin, carefully drained. Blend 0.800 kg of strawberries and pass the pulp through a regular sieve while whisking strongly. Add the syrup, the juice of 1 lemon and strain through a sieve. Whip the cream. Whip 0.40 l of liquid cream loosely. Finish the Bavarian cream mixture. Gently fold the strawberry pulp into the whipped cream. Mix with a skimmer and if necessary smooth with a whisk, taking care not to let the mixture fall back.

Charlotte aux fraises (Strawberry charlotte)



PREPARATION

Cover with plastic wrap and keep in a refrigerator. Line the mould. Make 0.15 l of syrup at 1.2624° and relax it with 0.10 l of strawberry liquor. Cut out 8 heart-shaped spoon biscuits, soak them in the boiling syrup and place them in a rosette at the bottom of the mould. Trim the ends of 24 other biscuits, soak them in the boiling syrup and place them against the sides of the mould, pressing them tightly together. Fill the mould (put the mixture in place). Make sure that the mixture starts to set, it should be smooth and very soft. Fill the mould and smooth the surface. Wrap in plastic wrap and set aside in a refrigerator for 2 to 3 hours. Arrange the charlotte. Turn the mould over onto a round dish and carefully remove it. It can be soaked for a few seconds in hot water. Decorate with the whipped cream and some strawberries. If desired, drizzle a small amount of strawberry sauce around.

Croustillantau cure Nantais



8 servings



30 minutes

INGREDIENTS

- 4 fillo pastry
- 50 g butter
- 100 g honey
- 100 g hazelnut
- 10 g pepper
- 500 g “Curé Nantais” (soft cheese with washed rind)

PREPARATION

Cut the fillo pastries in 2, butter them. Add the pepper, the honey and the hazelnut. Roll the cheese (70 g) in the dough fillo. Cook in the oven at 180°C, for 10 minutes.

Chou Craquelin, crème Diplomate et fruits d'été



12 servings



1,5 hour

INGREDIENTS

Choux pastry

0,40 L water

7 g salt

15 g caster sugar

120 g butter

150 g flour

5 – 6 egg

Craquelin

100g butter

120g brown sugar

120g flour

Diplomat cream

0,5 L milk

1 egg yolk

1 egg

200 g sugar

62,5 g flour

1/2 pod vanilla

6 g gelatine leaves

0,5 L liquid cream 35%

PREPARATION

Make the choux pastry. In an appropriately sized frying pan or casserole dish the water, salt, sugar and butter, cut into small pieces. Bring the mixture to the boil so that the butter melts and the water boils simultaneously. Remove the pan from the heat, add the flour all at once (to avoid lumps). First, mix slowly with a spatula, then stir the mixture vigorously until the flour is completely incorporated. Put the pan back on the heat and dry out for about 30 seconds until no longer sticks to the sides of the pan or to the spatula. Pour the mixture into a large bowl. Stir in the eggs. Stir in one at a time at first while stirring vigorously, then two by two as they are absorbed by the dough.

Craquelin Add the softened butter to the brown sugar and mix. Add the flour and mix well. Pour the dough onto a sheet of greaseproof paper and close with another sheet. Roll out the dough with a rolling pin (about 2 mm thick), put it on a baking sheet, then put it in a cold room for 15 minutes. Cooking the choux.

Chou Craquelin, crème Diplomate et fruits d'été



PREPARATION

Fill a pastry bag fitted with a plain tip 1 cm to 1.2 cm in diameter with the choux pastry, then place the choux in a staggered pattern on the baking sheet. Leave enough space between them so that they can inflate and dry properly. Cut out the craquelin and place it on the choux on a baking sheet, then bake them. Bake the choux in the oven at 200 °C for 25 to 30 minutes, then open the oven at the end of cooking to release the steam (if necessary). Remove them to a baking rack.

Diplomat Cream

Heat the milk in a saucepan and add the vanilla pods. Blanch the eggs and sugar, add the sifted flour. Add the boiling milk, put back on the heat and cook without stopping stirring with the whisk. Bring to the boil for 5 minutes. At the end of the cooking time, squeeze out the gelatine and add it to the hot cream. Whip the cream, sieve the custard and fold in the whipped cream. Arrange the choux filled with Diplomat cream and fruits

Proziaki



10 servings



2 hours

INGREDIENTS

650 g wheat flour
500 g kefir
2 yolks or 1 egg
2 flat teaspoons of baking
soda
90 g sugar
jam, honey

PREPARATION

Scald the eggs, separate the whites from the yolks, mix the kefir with sugar, salt and baking soda and wait until it starts to form bubbles. Sift the flour into a pot or on a pastry board, add the yolks and combine with kefir, knead. Roll out the dough to a thickness of about 0.5 - 1 cm, tear off the dough and form oval cakes, bake on a baking sheet on both sides until golden brown. Serve with honey or jam.

Russian dumplings



6 servings



2 hours

INGREDIENTS

dough:

400–600 g wheat flour

50 g eggs

100–150 ml water

salt to taste

30 ml milk

20 g oil

filling:

500 g of boiled potatoes

2 onions

250 g of cottage cheese

pepper and salt

herb pepper to taste.

PREPARATION

Grind the potatoes and cottage cheese, add the fried onion and season to taste, chill.

Prepare the dough, roll it out, cut out with a glass. Put a teaspoon of filling and form dumplings. Cook. Serve with melted butter and fried onion.

Dumplings with mushrooms and cabbage



6 servings



2 hours

INGREDIENTS

dough:

400–600g wheat flour

50 g eggs

100–150 ml water

salt

30 ml milk

20g oil

filling:

1000g boiled sauerkraut

450g mushrooms

100g onion

salt, pepper

– 50 g butter

PREPARATION

Clean the mushrooms, chop and stew. Chop the onion, fry. Add the sauerkraut and mushrooms, fry for a moment, season. Chill. Prepare the dough, roll it out. Cut out with a glass. Put a teaspoon of filling and form dumplings. Cook. Serve with melted butter and fried onion

Dumplings with strawberries and vanilla sauce



6 servings



2 hours

INGREDIENTS

dough:

400–600 g wheat flour

50 g eggs

100–150 ml water

salt to taste

30 ml milk

20 g oil

filling:

350 g strawberries

80 g sugar

–vanilla,

200 g cream 18%,

mint for decoration.

PREPARATION

Make the dough, roll it out, cut out with a glass. Put strawberries and form dumplings. Heat the cream. Mix it with sugar and vanilla, cool. Cook the dumplings. Pour with the sauce, decorate with mint.

Red cabbage salad



15 servings



1 hour

INGREDIENTS

1 red cabbage
1 jar of pickled cucumbers
3 apples
50 g of mustard
30 g of olive oil
salt, pepper, sugar, citric
acid to taste

PREPARATION

Shred the red cabbage finely or grate it coarse. Add some salt. After a while squeeze out excess water. Add the grated pickles and apples. Season with pepper, a pinch of mustard, a pinch of lemon juice, sugar and olive oil. Mix thoroughly.

Celery salad



15 servings



1 hour

INGREDIENTS

1.2 kg of celery
-citric acid
500 g of peaches in sweet
syrup
500 ml of cream 30%, salt,
sugar to taste

PREPARATION

Peel the raw celery, soak in water with citric acid, grate it. Cut the peaches into small pieces, add to the celery, pour 30% cream, add a little peach syrup to taste. Add some sugar and salt to taste. You can add walnuts or raisins (soaked in warm water).

Roasted pork



15 servings



3 hours

INGREDIENTS

2 kg pork roast
200 g garlic
150 g mustard
200 g oil,
500 ml water
25 g pickling salt

PREPARATION

Pickle the whole pork in the mixture: pickling salt, garlic, pepper, mustard, oil, water (the pork loin should be dipped in the marinade). Place the meat in the marinade two days earlier, put it in the fridge. Before baking, pour out $\frac{1}{2}$ of the water, top up with clean water, put it in the convection oven. Cook the meat for 10 minutes at 100 degrees C in the full steam range. After this time, set the probe to 168 degrees of heat in the meat or 175 degreesC (with no probe), cook for 1h 20 minutes in half steam. After baking, leave the meat in the stock until it cools down, then it will become juicy. Slice before serving.

Poppy seed cake with apples



30 servings



3 hours

INGREDIENTS

dough:

- 300 g poppy seed
- 250 g butter
- 5 eggs
- 250 g sugar
- 300 g apples
- 70 g semolina
- 1 teaspoon of baking powder

the nut cream:

- 250 g ground walnuts
- 125 ml milk
- 90 g powdered sugar
- 100 g butter.

PREPARATION

Boil the poppy seeds, cool and grind 3 times. Peel the apples and grate them coarse. Cream the butter with $\frac{1}{2}$ glass of sugar. Add the egg yolks, mix. Add the ground poppy seed, apples, semolina, mix. Finally, add the whipped egg whites. Bake at 180 °C for about 30-40 minutes.

Pour hot milk over the walnuts, chill. Cream the butter with the powdered sugar, add the nuts. Spread the cream on the cake. You can sprinkle it with ground walnuts.

Gingerbread with plum jam



30 servings



3 hours

PREPARATION

INGREDIENTS

dough:

- 1 kg flour
- 5 tablespoons honey
- 200 g powdered sugar
- 1 pinch of salt
- 5 g baking soda
- 200 g butter
- 5 yolks
- the cream:
- 800 ml milk
- 250 g semolina
- 350 g sugar
- 250 g butter
- plum jam

Heat the honey. Cream the butter with the powdered sugar, egg yolks, baking soda and salt, add the honey and mix.

Gradually add the flour and knead until smooth. Cool the dough, divide it into 3 parts, roll it out thin, bake each separately at 180 degrees C, for about 20 minutes. Let it cool.

Leave 1 cup of milk and boil the rest with the sugar. Mix the semolina with 1 cup of milk, pour over the boiling milk, bring to the boil and cool. Cream the butter until white, gradually add the cooked semolina and mix until fluffy.

Gingerbread with plum jam



PREPARATION

Spread the first cake with jam, spread half of the cream on it, put the second cake, spread it with jam and the rest of the cream, cover with the third cake. You can decorate the cakes with glaze. Prepare the cake about 5 days before consumption.

Cheesecake



30 servings



3 hours

INGREDIENTS

cottage cheese part:

10 egg whites and 5 yolks

vanilla pudding

1 1/3 cup powdered sugar

160g butter

1.5 kg semi-fat cottage cheese

300 g of plum jam

1/2 cup sugar

dough:

5 yolks

200 g butter

200 g powdered sugar

a pinch of salt

5 g cocoa

800 g flour

parchment paper

PREPARATION

Cream the butter with the powdered sugar and salt, add the egg yolks and mix. Add the flour and mix. Divide the dough into 2 parts, add the cocoa to one part. Knead both parts and chill.

Grind the cottage cheese. Separate the whites from the yolks. Beat 10 egg whites until stiff, add the sugar. In a separate bowl, beat the yolks with the butter and powdered sugar. Add the pudding and ground cottage cheese, mix. Add the whipped whites gradually and mix gently.

Roll out the first part of the dough (with no cocoa), put it on the pan and spread it with jam. Grate half of the dark dough on the jam, put the cottage cheese mixture and grate the rest of the dark dough. Bake for 1 hour at 180 degrees C.

Mini Pavlova



20 servings



3 hours

INGREDIENTS

Meringue:

3 whites

1 tablespoon of potato flour

1 tablespoon of vinegar

1 cup caster sugar

Sauce:

150 g frozen strawberries

20 g powdered sugar

-5 g tabasco sauce

Cream:

500 ml whipping cream (36%)

100 g mascarpone

-200 g white chocolate, melted

PREPARATION

Beat the egg whites until stiff, whisk in the caster sugar. Whisk in the vinegar. Finally, add the potato flour and mix softly. Bake for 1 hour at 130 degrees Celsius. Then turn off the heat and let the Pavlova cool completely inside the oven at least for 30 minutes.

Mix the strawberries with the sugar and sauce.

Whip the cream. Add the mascarpone and mix. Add the chocolate and mix.

Stuff the meringue with the cream, garnish with the sauce and raspberries, blueberries and mint.

Beet salad with goat cheese



20 servings



3 hours

INGREDIENTS

200 g salad mix
30 g roasted sunflower seeds
150 g cooked beets
50 g fresh raspberries
50 g goat cheese
sauce:
50 g oil
30 g of balsamic vinegar
40 g honey
20 g mustard
10 g chopped garlic
salt and pepper to taste

PREPARATION

Arrange the lettuce and sliced beetroot on a plate. Sprinkle with sliced cheese, sunflower seeds and raspberries. Combine the sauce ingredients. Drizzle the salad with the dressing before serving.



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