



Yes, we do admit it: Now and then we are a bit vain and in love with our own ideas.

Well, certainly not in all ideas and also, thank goodness, not all of the time. However, we really do still like our idea of publishing a 'kitchen people cookery book'. And so we felt it was again time to create a new nobilia cookbook.

Export is, of course, the main theme of 'My international recipes'. There are several good reasons for this: for one thing, given our export share of 45 per cent we consider ourselves a truly international company. For another, it is definitely our export department's turn – all our previous cookbooks were solely German editions. And finally, not only are European countries growing closer together, but so is the whole world – including the world of nobilia.

We are delighted that you are part of our nobilia world and sincerely hope you enjoy our recipe collection.

Yours Oliver Streit | management

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MY INTERNATIONAL RECIPES

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A culinary journey around the world of **nobilia**



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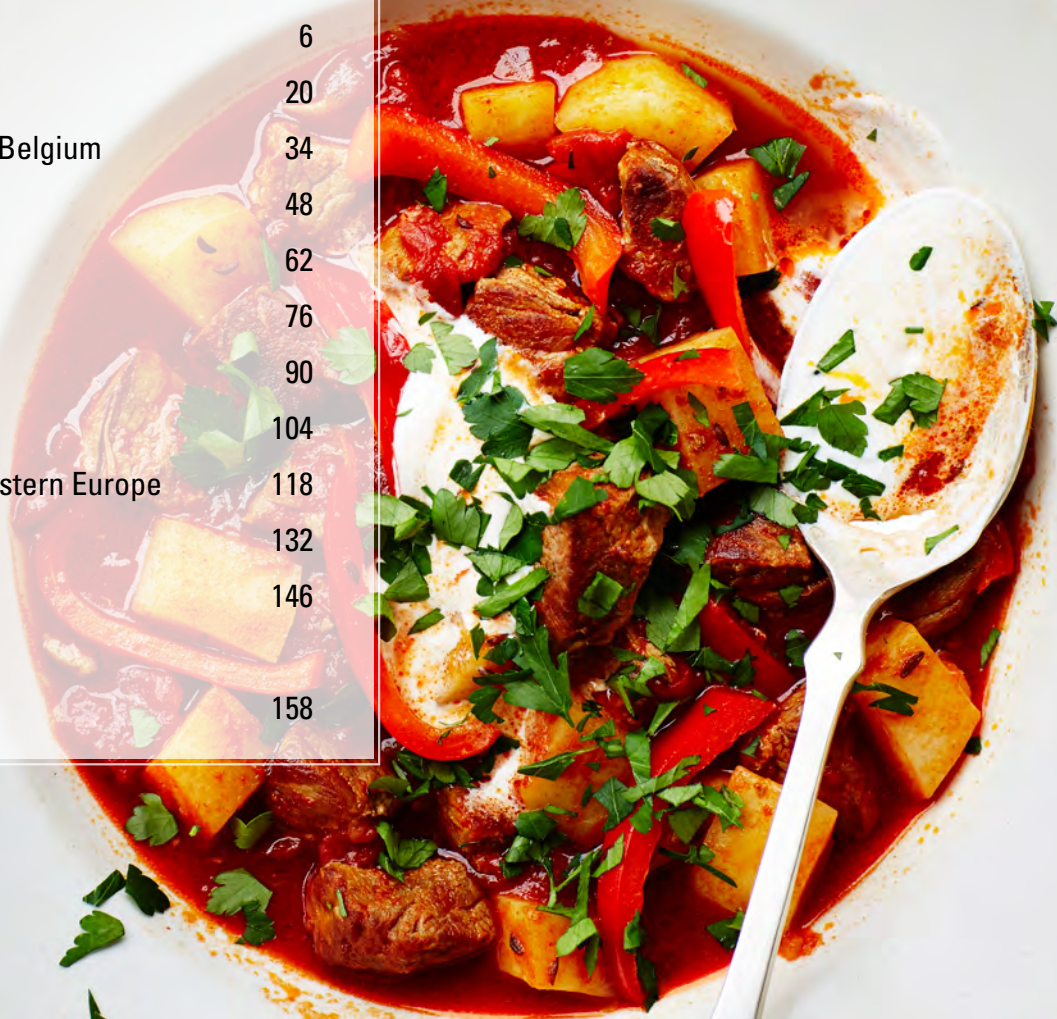
Have fun in the kitchen! Best wishes

nobilia[®]



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INTRODUCTION

Yes, we do admit it: Now and then we are a bit vain (okay, we admit our photo tells quite a different story...) and we are in love with our own ideas.

Well, certainly not in all ideas (which is a good thing) and also, thank goodness, not all of the time. However, we really do still like our idea of publishing a 'kitchen people cookery book'. And so, after the 2008, 2009 and 2012 editions, we felt it was again time to create a new nobilia cookbook.

Export is, of course, the main theme of 'My international recipes'. There are several good reasons for this: for one thing, given our export share of 45 per cent we consider ourselves a truly international company. For another, it is definitely our export department's turn – all our previous cookbooks were solely German editions. And finally, not only are European countries growing closer together, but so is the whole world – including the world of nobilia. What was once the adventure of a lifetime is almost normal daily life now.

Our colleagues in the export division have been the force behind the recipes in this collection. Most of them are of course natives of our export markets, so the authenticity of these recipes should be guaranteed. However, the exception proves the rule: observant readers may notice that our Chinese team does not look as though it's made up of locals. Even so, they have daily close contact with our partners in China, both locally and in Verl. It is this kind of experience in particular – the exotic mixed in with the day-to-day – that causes our world to grow closer together. And, quite clearly, our colleagues in China see themselves as 'honorary Chinese' and want to bring their spiritual adopted homeland closer to the rest of the nobilia world. Every year it is fascinating for



us to observe this international spirit put into practice, this ever stronger growing-together, and it is especially noticeable at trade fairs and during our in-house exhibition in Verl.

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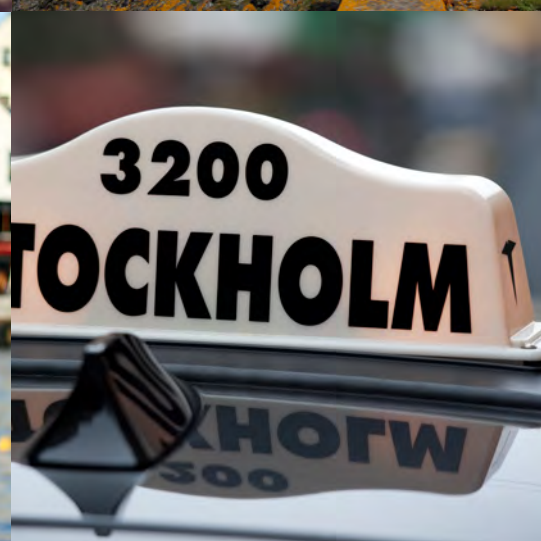
Yours

A handwritten signature in black ink, appearing to read 'Oliver Streit'.

Oliver Streit

A handwritten signature in black ink, appearing to read 'Matthias Keudel'.

Matthias Keudel





l. to r. Kristin Puchtinger, Heiko Rosenow, Trinidad de Cruz

SCANDINAVIA

Welcome to the far north, to the land of the midnight sun, deep fjords, and idyllic rocky archipelagos. Given the magnificence of the Scandinavian landscape, it is no wonder the Scandinavians are very close to nature. And the cuisine is influenced heavily by all that nature offers in abundance, especially the ocean, with its salmon, herring, cod and various other types of fish. Seafood, along with game from the local forests such as elk and reindeer are the basis for beloved classic Scandinavian dishes. Our choice of recipes for both the long and short days will transport you to this wonderful world. We wish you much enjoyment!



Layered marinated herring salad

INGREDIENTS

1	sweet onion, thinly sliced
250ml (8fl oz)	sour cream
120ml (4fl oz)	plain yogurt
1 tbsp	fresh lemon juice
1	pinch of caster sugar
2	tart dessert apples, peeled, cored, and thinly sliced
2	pickled dill cucumbers, chopped
	salt and freshly ground black pepper
300g (10oz)	marinated herring fillets, drained
2	cooked potatoes, sliced (optional)
1	cooked beetroot, sliced (optional)
1 tbsp	chopped dill, to garnish

For best results, this salad should be prepared and kept in the refrigerator up to two days in advance.

Serves 6

- 1.** Put the sliced onion in a bowl, cover with cold water, and leave to soak for 15 minutes. Drain well, then toss with the sour cream, yogurt, lemon juice, and sugar. Stir in the apples and pickled cucumbers and season to taste with salt and pepper.
- 2.** Place half the herring fillets in a serving dish and top with half the potatoes and half the beetroot, if using. Cover with half the sour cream sauce. Repeat with the remaining ingredients.
- 3.** Cover the dish tightly with cling film and refrigerate for at least 5 hours. Sprinkle with dill just before serving. This is good with slices of rye bread or pumpernickel.



Salmon with mint yogurt dressing

A perfect summer snack: very refreshing and surprisingly simple to put together.

Serves 4

1. Preheat the oven to 200°C (400°F/Gas 6). Whisk together the vinegar, mint, yogurt, salt and pepper in a bowl.
2. Lay the salmon on a large piece of aluminium foil. Season with salt and pepper, sprinkle with the dill, and lay a few slices of lemon on top. Pull up the foil and loosely seal to make a parcel. Place on a baking tray and bake in the hot oven for 20–25 minutes. Allow to cool.
3. Transfer the salmon to a plate, drizzle with the dressing, and garnish with mint leaves. Serve with a cucumber salad.



INGREDIENTS

2 tbsp	red wine vinegar
2 tbsp	fresh mint, finely chopped, plus a few mint leaves to serve
4 tbsp	Greek-style yogurt
	salt and freshly ground black pepper
500g (1lb 2oz)	salmon fillets, pinboned and skinned
1	handful of fresh dill, chopped
1	unwaxed or organic lemon, sliced

Janssons temptation

This Swedish potato casserole *Janssons frestelse* is similar to potatoes au gratin. Because of the generous amounts of cream and butter it contains it is quite a rich dish, but that is exactly what makes it irresistible. The Swedish anchovies used here should not be confused with the heavily salted anchovies marinated in olive oil that we know from Southern Europe.

Serves 4

INGREDIENTS

1.2kg (2½lb)	white floury potatoes
2	large onions
100g (3½oz)	unsalted butter
2 × 65g (2¼oz)	cans of Swedish anchovy fillets (drained weight); alternatively, cans of sprats or herring fillets
400ml (14fl oz)	heavy cream
	salt
	freshly ground black pepper
3–4 tbsp	breadcrumbs

- 1.** Peel the potatoes and cut them lengthwise into 3mm (⅛in) thin slices. Cut each slice into equally thin sticks. Put the julienned potatoes in a bowl of cold water. Preheat the oven to 220°C (425°F/Gas 7).
- 2.** Peel the onions and dice them finely. Melt 1–2 tablespoons of butter in a frying pan. Add the diced onions and sauté over a moderate heat for 4–5 minutes until translucent. Meanwhile, lift the anchovy fillets out of the can and drain, reserving the marinade. Whisk together the cream and anchovy marinade and season to taste with a very small amount of salt and some pepper.
- 3.** Remove the potato sticks from the water and drain on a clean kitchen towel. Butter a large casserole dish and arrange half of the potatoes evenly over the bottom of the dish. Layer with the anchovy fillets and sautéed onions, then top with the remaining potatoes. Pour the seasoned cream over the potatoes. Melt the butter in the onion pan and stir in the breadcrumbs. Spread the breadcrumb-and-butter mixture evenly over the potatoes. Bake the casserole in the hot oven for about 1 hour until it is golden brown on top and the potatoes are tender. If the top browns too much before the end of the cooking time, cover loosely with aluminium foil and reduce the temperature to 200°C (400°F/Gas 6).
- 4.** Take Janssons frestelse out of the oven and serve hot, straight from the casserole dish.

TIP

For a slightly lighter version, replace half the cream with 250ml (8fl oz) of milk.



Swedish meatballs with gravy

Traditionally served with mashed potatoes and lingonberry jam, these meatballs are the perfect comfort food.

Serves 4

INGREDIENTS

For the meatballs

450g (1lb)	minced pork
75g (2½oz)	fresh white bread-crumbs
½	onion, finely grated and chilled
1 tbsp	milk
1	egg, beaten
1 tsp	caster sugar
	salt and freshly ground black pepper
25g (scant 1oz)	butter
1 tbsp	sunflower oil

For the gravy

1	heaped tbsp plain flour
250ml (9fl oz)	beef stock
1 tsp	redcurrant jelly
1 tbsp	single cream

- 1.** In a large bowl, mix the pork, breadcrumbs, onion, milk, egg, sugar, and seasoning until well combined. Chill for at least 1 hour. Preheat the oven to 150°C (300°F/Gas 2).
- 2.** Heat the butter and oil in a large frying pan. With damp hands, shape the pork mixture into walnut-sized balls. Fry the meatballs in two batches over a low heat for 10 minutes, turning regularly until browned all over. Transfer the cooked meatballs to the oven and cover loosely with foil to keep them warm.
- 3.** To make the gravy, remove the pan from the heat and sprinkle in the flour. Stir it into the fat in the pan, then gradually whisk in the stock.
- 4.** Return the pan to the heat and let the gravy bubble gently until it thickens. Reduce the heat, add the redcurrant jelly and cream, and simmer for a further 2–3 minutes. Check for seasoning, spoon over the meatballs, and serve with mashed potatoes.



Grilled herring with mustard butter

For this dish, herring is grilled and served with piquant butter. Alternatively you can use sprats, mackerel, sardines or trout.

Serves 4

1. Preheat the grill to its highest setting. Pat the herrings dry with kitchen paper, brush with oil, and season lightly with salt and pepper. Place the herrings on a baking sheet lined with thinly buttered aluminium foil.
2. To make the mustard butter, mix the soft butter with the mustard and thyme. Season with lemon juice, very little salt and a little pepper.
3. Grill the herrings for 2–3 minutes on each side. When cooked, they will feel firm to the touch. Lift the herrings on to a large, warmed serving dish and dot with the mustard butter. Garnish with watercress and lemon slices and serve.

TIP

The mustard butter can be made 1–2 days in advance, wrapped in baking parchment, and refrigerated.



INGREDIENTS

8	herrings, scaled, gutted, and trimmed, heads removed
1 tbsp	vegetable oil salt and freshly ground black pepper butter for the foil
120g (4oz)	bunch of watercress, to garnish lemon slices, to garnish

For the mustard butter

75g (2½oz)	butter, softened
1 tbsp	wholegrain mustard
1 tsp	thyme leaves
1	splash of lemon juice salt and freshly ground black pepper

Scandinavian Christmas bread

Julebrød, just like Stollen or Panettone, needs a head start: it is usually made up to one month ahead of Christmas and should be kept well wrapped in a metal tin to allow the flavours to mature.

23 x 12 x 7,5cm (9 x 5 x 3in) loaf tin

INGREDIENTS

1	English Breakfast tea bag
90g (3oz)	currants
90g (3oz)	sultanas
15g (½oz)	fresh yeast or 2 ½ tsp active dry yeast
530g (1lb 3oz)	unbleached strong white flour, plus more for dusting
½ tsp	ground cinnamon
½ tsp	ground cloves
3 tbsp	sugar
1 tsp	salt
2	eggs, beaten
125g (4½oz)	soft unsalted butter, plus more (melted) for greasing bowl and tin
50g (1½oz)	candied orange peel
2 tbsp	brown sugar

1. Put the tea bag in a jug or bowl and pour over 300ml (10½fl oz) of boiling water. Steep for 5 minutes, then remove the bag. Put the currants and sultanas in another bowl, pour over the tea and leave to soak for 10–15 minutes. Strain the fruit, reserving the liquid, and set aside.
2. If using fresh yeast, crumble it into a small bowl with 4 tablespoons of lukewarm water and stir to dissolve. Sift the flour, cinnamon and ground cloves into a mixing bowl. (If using instant yeast, add it to the flour now). Add sugar and salt. Make a well in the centre and pour in the reserved tea, beaten eggs and dissolved yeast, if using. Use the tips of your fingers or a fork to stir the mixture, gradually incorporating the flour, until you have a soft, slightly sticky dough. Turn out onto a floured work surface and knead for 5–7 minutes until it is smooth and elastic. Shape the dough into a ball.
3. Clean the mixing bowl and brush the inside with melted butter, then put the dough in the bowl and turn it over and around so the surface is lightly buttered. Cover with a damp tea towel and leave to rise in a warm place for 1–1½ hours until doubled in bulk.
4. Knead the dough briefly and rest for 5 minutes. Now work in the soft butter and then turn the dough out on to a floured work surface, knead the dough for 3–5 minutes until smooth again. Cover and rest for another 5 minutes.
5. Brush the loaf tin with melted butter. Knead the sultanas, currants, and candied orange peel into the dough. Cover and rest for 5 minutes, then, on a floured work surface, shape

the dough into a 25 × 20cm (10 x 8in) rectangle. Starting with a long side, roll up into a long sausage and press together well. Carry on rolling and stretching it until the dough sausage is about 45cm (18in) long. With the dough seam-side up, fold the ends to meet in the middle so it fits the tin. Put the dough into the tin seam-side down, cover with a dry tea towel and leave to rise in a warm place for about 45 minutes until it fills the tin.

6. Preheat the oven to 200°C (400°F/Gas 6). Brush the top of the loaf with water and sprinkle evenly with the brown sugar. Bake in the middle of the hot oven for about 15 minutes until it puffs up and begins to brown, then reduce the heat to 180°C (350°F/Gas 4) and continue baking for 45–50 minutes. If the top of the bread browns too much before the end of the baking time, cover it loosely with a sheet of aluminium foil to protect it from scorching. A small ovenproof bowl of water on to the bottom rack helps to prevent the bread from drying out.

7. Turn the loaf out of the tin and tap the bottom firmly. It should sound hollow and the crust should feel crisp when pressed gently. Cool completely on a wire rack, then wrap in one layer each of greaseproof or baking paper and food wrap/cling film and keep in an airtight container. Enjoy at breakfast spread with butter, or as a savoury snack with a full-flavoured, mature cheese.



Swedish pancake gateau

Only the thinnest of crêpes should be used for this delicacy. It is a lovely summery dessert and a favourite with children.

Serves 6

INGREDIENTS

For the pancakes

100g (3½oz)	flour, sifted
1 tsp	sugar
	salt
2	eggs
200ml (7fl oz)	milk, plus more if needed
50g (2oz)	butter, melted and cooled

For the filling and the topping

200ml (7fl oz)	double cream
250ml (8fl oz)	crème fraîche
3 tbsp	caster sugar
¼ tsp	vanilla extract
250g (9oz)	raspberries
	icing sugar, to serve

1. For the pancakes, mix flour, sugar, and a pinch of salt. Make a well in the centre and add the eggs and milk. Whisk to make a smooth batter, adding half the butter as you go. Cover and rest for 30 minutes.

2. Heat a little melted butter in a frying pan over a medium heat. Put 2–3 tablespoonfuls of batter into the pan for each crêpe and tilt the pan to spread the mixture evenly. Cook for 1 minute, then turn over with a spatula, cook for another minute, and lift out of the pan. Repeat to make 6 crêpes, adding butter to the pan as needed. Leave the pancakes to cool.

3. For the filling and the topping, whip the double cream to form stiff peaks, then stir in the crème fraîche, caster sugar, and vanilla extract. Set aside about 4 tablespoons of the mixture to decorate the top of the cake, as well as a handful of raspberries. For the filling, lightly crush the remaining raspberries with a fork and gently fold into the cream mixture.

4. Place 1 pancake on a platter, spread with one fifth of the cream mixture, and top with a second pancake. Continue to layer until all the pancakes and cream are used up. Decorate the top with the reserved cream, scatter with the whole raspberries, dust with icing sugar, and serve.

TIP

This pancake gateau is very versatile: try it with chopped strawberries, blueberries, or Swedish lingonberry jam (similar to sweet cranberry sauce).



Cinnamon rolls

For a sweet treat at the start of the day, prepare the rolls up to step 5 the evening before, leave to prove overnight in the refrigerator, and bake them in the morning. The fresh rolls will keep for two days in an airtight container.

30cm (12in) springform or loose-bottomed tart tin

INGREDIENTS

125ml (4fl oz)	milk
100g (3½oz)	unsalted butter, plus extra melted butter for greasing
42g	fresh yeast or 2½ tsp active dry yeast
50g (1¾oz)	sugar
500g (1lb 2oz)	plain flour, plus extra for dusting
1 tsp	salt
1	egg
2	egg yolks

For the filling and glaze

3 tbsp	cinnamon
100g (3½oz)	soft light brown sugar
25g (scant 1oz)	unsalted butter, melted
1	egg, lightly beaten
4 tbsp	caster sugar

1. Warm 125ml (4fl oz) water, the milk, and butter until the butter has just melted. Set aside until lukewarm, then whisk in the yeast and a tablespoon of sugar.
2. Put the flour, salt, and remaining sugar in a large bowl. Make a well in the centre and pour in the yeasty milk. Add the egg and egg yolks and stir to make a rough dough. Turn out and knead on a floured surface for 10 minutes. Add a little extra flour if the dough is too sticky. Clean the mixing bowl and brush the inside with melted butter, then put the dough in the bowl. Cover with a damp tea towel and leave to rise in a warm place for 2 hours until well risen.
3. For the filling, mix 2 tablespoons of cinnamon with the light brown sugar.
4. When the dough has risen, turn it onto a floured work surface and knead briefly, then roll out to make a rectangle of about 40 × 30cm (16 × 12in). Brush with the melted butter and sprinkle with the cinnamon sugar. Leave a 1cm (½in) border on one long side and brush it with beaten egg. Gently press the cinnamon sugar on to the dough with the palms of your hands. Roll up the rectangle, not too tightly, working towards the border. Cut the dough into 10–12 equal pieces, taking care not to squash it.
5. Grease and line the springform tin. Pack in the rolls, cover and prove for 1–2 hours until well risen.
6. Preheat the oven to 180°C (350°F/Gas 4). Brush the rolls with beaten egg and bake in the hot oven for 25–30 minutes. Then heat 3 tablespoons of water and 2 tablespoons of sugar until dissolved and brush the rolls with the glaze. Mix the remaining tablespoon of cinnamon with the rest of the sugar and sprinkle on the rolls, then take them out of the tin and transfer to a wire rack to cool.





GREAT BRITAIN

Great Britain is so versatile, with its steep cliffs overlooking the ocean, verdant, gently rolling hills, rugged mountains, and windswept moors! And in terms of cuisine, the UK has a great deal to offer, too. It is the mix of hearty dishes like the famous English breakfast, Sunday roast beef dinner, or casseroles such as Fisherman's Pie, along with multicultural influences that make British cuisine what it is today. Be inspired by our favourite classic recipes! Treat yourself to an authentic British break in the afternoon – a “cream tea”, ideally with freshly-baked scones. It's teatime!



l. to r. Margarita Paul, Charles Thomas, Helena Meier

Cornish pasties

INGREDIENTS

For the pastry

100g (3½oz)	lard, chilled and diced
50g (1¾oz)	unsalted butter, chilled and diced
300g (10oz)	plain flour, plus extra for dusting
½ tsp	salt
1	egg, beaten, to glaze

For the filling

250g (9oz)	beef skirt, trimmed and cut into 1cm (½in) cubes
80g (2¾oz)	swede, peeled and cut into 5mm (¼in) cubes
100g (3½oz)	waxy potatoes, peeled and cut into 5mm (¼in) cubes
1	large onion, finely chopped
1	splash of Worcestershire sauce
1 tsp	plain flour
	salt and freshly ground black pepper

These tasty meat and potato hand pies were originally prepared as a portable meal for field workers to carry with them. The thick-pleated crust was used as a handle for the workers' dirty hands, and discarded after use. The pasties will keep for 2 days in the refrigerator.

Makes 4

- 1.** To make the pastry, rub the lard and butter into the flour until the mixture resembles fine breadcrumbs. Add the salt and enough cold water to bring the mixture together into a soft dough. On a lightly floured surface, knead the dough briefly, then wrap in cling film and chill in the refrigerator for 30 minutes.
- 2.** Preheat the oven to 190°C (375°F/Gas 5). Mix all the filling ingredients together and season well with salt and black pepper.
- 3.** Roll out the pastry on a well-floured surface to 5mm (¼in) thick. Using a side plate or saucer, cut 4 circles of about 15cm (6in) diameter from the dough, re-rolling the offcuts. Fold the circles in half, then unfold again, leaving a slight mark down the centre. Pile one quarter of the filling onto each circle, leaving a 2cm (¾in) border all around.
- 4.** Brush the border of the pastry with a little beaten egg. Pull both edges up over the filling and press the edges together to seal. Crimp the sealed edge with your fingers to form a decorative ridge. Brush a little beaten egg all over the finished pasties.
- 5.** Bake in the middle of the hot oven for 40–45 minutes until golden brown. Set the pasties aside to cool for at least 15 minutes before eating warm or cold.



Toad in the hole

These hearty sausages baked in pancake batter are a traditional British dish and a favourite with both adults and children.

Serves 4

- 1.** To make the batter, put the flour into a bowl with the salt, make a well in the centre, and add the eggs with a little of the milk. Whisk together, gradually incorporating the flour. Add the remaining milk and whisk to make a smooth batter. Leave to rest for at least 30 minutes.
- 2.** Preheat the oven to 220°C (425°F/Gas 7). Drizzle the oil into a roasting tin or shallow ovenproof dish. Add the sausages, toss them in the hot oil, and bake for 5–10 minutes in the hot oven until they are just coloured and the oil is very hot.
- 3.** Reduce the oven temperature to 200°C (400°F/Gas 6). Carefully pour the batter around the sausages and return to the oven for a further 30 minutes until the batter is risen, golden, and crisp. Serve immediately. Good with onion gravy, green vegetables, and wholegrain mustard.



INGREDIENTS

125g (4½oz)	plain flour
1	pinch of salt
2	eggs
300ml (10fl oz)	milk
2 tbsp	vegetable oil
8	Toulouse sausages

Fisherman's pie

Haddock is the fish of choice in this traditional family dish, but you can use your favourite white fish if you like. Serve the pie with steamed broccoli or fresh peas for a healthy midweek supper.

INGREDIENTS

For the topping

625g (1lb 6oz)	potatoes, washed, peeled, and cut into pieces
	salt
4 tbsp	milk
60g (2oz)	butter
	freshly ground black pepper

For the filling

1 litre (1¾pt)	milk
10	peppercorns
2	bay leaves
1	small onion, peeled and quartered
750g (1lb 10oz)	skinned haddock fillets, cut into pieces
90g (3oz)	butter, plus extra, melted, for greasing
60g (2oz)	plain flour
	salt and freshly ground black pepper
4–5 tbsp	chopped parsley
125g (4½oz)	prawns, peeled, deveined, and cooked
3	hard-boiled eggs, coarsely chopped

For a 2-litre pie dish

- 1.** For the topping, cook the potatoes in a saucepan of boiling, salted water for 15–20 minutes until tender. Drain thoroughly in a sieve, then put back into the pan and mash. Heat the milk in a small pan, add the butter, salt, and black pepper, and stir until mixed. Pour the mixture into the potatoes, and beat over a medium heat for 2–3 minutes, until fluffy. Check for seasoning and set aside.
- 2.** For the filling, pour the milk into a pan and add the peppercorns, bay leaves, and onion. Bring to the boil, take off the heat, cover, and leave to infuse at room temperature for about 10 minutes. Add the fish to the milk and return the pan to the cooker. Cover and simmer for 5–10 minutes, depending on the thickness of the fillet; it should flake easily when tested with a fork. Transfer the fish onto a large plate, reserving the infused milk. Let the fish cool, then flake with a fork.
- 3.** Melt the butter in a pan over a medium heat. Whisk in the flour and cook for 30 seconds–1 minute. Remove from the heat. Pour the infused milk through a sieve into the pan and whisk in. Return to the heat and slowly return to the boil, whisking all the time, until the sauce thickens. Season and simmer for 2 minutes. Stir in the parsley.
- 4.** Preheat the oven to 180°C (350°F/Gas 4). Brush the pie dish with melted butter. Ladle one third of the sauce into the bottom of the dish. Layer the flaked fish on top and cover with the remaining sauce. Distribute the prawns evenly on top and sprinkle with the chopped eggs.
- 5.** Spread the mashed potatoes on top to cover the filling completely. Bake for 20–30 minutes in the hot oven until the topping is brown and the sauce bubbling. Serve hot.



Roast beef with Yorkshire pudding

Very British! Roast beef with Yorkshire pudding and a delicious gravy is the quintessential English Sunday dinner.

Serves 6

INGREDIENTS

For the roast beef

1.5kg (3lb 3oz)	roast beef
	salt and freshly ground black pepper
1 tbsp	olive oil
2 tbsp	beef tallow or clarified butter (to taste)
2 tbsp	flour
300ml (10fl oz)	beef or vegetable stock

For the Yorkshire puddings

125g (4½oz)	flour
	salt
2	eggs
300ml (10fl oz)	milk
1–2 tbsp	sunflower oil or corn oil

- 1.** Preheat the oven to 200°C (400°F/Gas 6). To make the roast beef, season the meat with salt and pepper. Heat the oil in a heavy, medium-sized frying pan. Put the meat in the pan and brown it on all sides.
- 2.** Put the browned beef in a roasting pan and roast it in the hot oven for 20 minutes, then reduce the oven temperature to 160°C (325°F/Gas 3). After 1 hour 10 minutes of roasting the beef will be rare, after 1 hour 25 minutes it will be medium rare – which means only the middle of the roast is still raw.
- 3.** While the roast beef is cooking, prepare the Yorkshire pudding batter. Sift the flour into a bowl and stir in a pinch of salt. Make a deep well in the centre, add the eggs and a little milk and stir using a wooden spoon. Gradually incorporate the flour from the sides of the well, adding half the remaining milk a little at a time. As soon as the flour has been used up, add all the remaining milk and whisk vigorously until the batter is smooth. Pour it into a jug and chill for about 30 minutes.
- 4.** Take the cooked roast beef out of the oven and put it on a pre-warmed platter. Cover with aluminium foil and rest for at least 20 minutes. This will keep it juicy. Increase the oven temperature to 220°C (425°F/Gas 7). To make the Yorkshire puddings, distribute the oil among the pans of a six-muffin baking tray. Place the tray in the hot oven for about 5 minutes until the oil is smoking hot. Remove the tin from the oven. Stir the batter in the jug and distribute it evenly between the muffin pans. Bake in the hot oven for 20–30 minutes until the puddings have risen and are golden brown.



- 5.** While the meat is resting and the puddings are cooking in the oven, make the gravy. Put the roasting pan on the cooker and heat the meat juices. Add the tallow or clarified butter as required. Add the flour and cook for 2–3 minutes, stirring constantly. Pour in the stock a little at a time and stir in the juices that have escaped from the roast beef.
- 6.** At the end of the resting time, carve the roast beef into slices. Serve with the gravy and Yorkshire puddings. Steamed vegetables and onion sauce go well with this dish.

TIP

To make a typical English onion sauce, heat 2 tablespoons of olive oil in a small non-stick frying pan. Add 3 finely sliced red onions and sauté for 5 minutes. Reduce the heat, cover, and simmer for 30 minutes, stirring now and then. Add 2 tablespoons of flour and cook over a medium heat for 2 minutes, stirring constantly. Add 300ml (10fl oz) of vegetable stock, a little at a time, stirring all the time. Season to taste with salt, pepper, and a splash of red wine.

Banoffee pie

This combination of banana, chocolate and caramel has long been an absolute favourite in Britain. You'll know why when you've had your first taste!

22cm (9in) springform tin or loose-bottomed tart tin

INGREDIENTS

For the base

250g (9oz)	digestive biscuits
100g (3½oz)	unsalted butter, melted and cooled

For the caramel

50g (1¾oz)	unsalted butter
50g (1¾oz)	soft light brown sugar
400g	can condensed milk

For the topping

2	large, ripe bananas
250ml (8fl oz)	double cream, whipped
	dark chocolate, grated, and dark chocolate curls to garnish

1. Line the tin with baking parchment. Put the biscuits in a freezer bag and use a rolling pin to crush them finely. Mix the biscuits with the melted butter, tip into the tin and press them down firmly and evenly to make the base. Cover and chill for 1 hour.

2. For the caramel, melt the butter and sugar in a small, heavy saucepan over a medium heat. Pour in the condensed milk and bring to the boil. Reduce the heat and simmer for 2–3 minutes, stirring constantly, until the liquid thickens and takes on a light amber colour. Pour the caramel over the biscuit base and leave to set.

3. Once set, remove the biscuit and caramel base from the tin and transfer to a serving plate. Cut the bananas diagonally into thin slices (5mm/¼in) and arrange on the biscuit and caramel base.

4. Whip the cream and smooth it over the bananas using a spatula. Decorate the pie with finely grated chocolate and chocolate curls.

TIP

The biscuit and caramel base firms up nicely when chilled, but do take it out of the refrigerator 30 minutes before topping it with bananas and cream to serve. This will allow for easier cutting. The pie will keep in an airtight container in the refrigerator for 2 days.



Easy treacle sponge

A brilliant last-minute pudding, easily prepared with ingredients all from the store cupboard.

Serves 4

INGREDIENTS

120g (4oz)	butter, plus extra for greasing
5 tbsp	golden syrup
1 tbsp	dried breadcrumbs
120g (4oz)	sugar
	zest of 1 unwaxed or organic lemon
2	eggs, lightly beaten
120g (4oz)	flour
1 tsp	baking powder
1 tsp	ground ginger
	about 60ml (2fl oz) milk

- 1.** Butter a 1.5-litre pudding basin. Spoon in 2 tablespoons of golden syrup and sprinkle over the breadcrumbs. Fill a large pot a quarter full of water and bring to a simmer.
- 2.** Cream the butter and sugar in a mixing bowl. Add the lemon zest and then the eggs, a little at a time, whisking well between each addition. Mix the flour with the baking powder and ginger and sift into the bowl, then fold gently into the butter mixture. Add enough milk to make a soft dropping consistency.
- 3.** Spoon the mixture into the pudding basin. Cover with two sheets of greaseproof paper and one piece of aluminium foil and tie with kitchen string.
- 4.** Place the pudding basin into the pot of simmering water, taking care that the water does not come too high up the sides. Steam, covered, for 90 minutes, adding boiling water as necessary.
- 5.** Shortly before serving, heat the remaining syrup in a small pan. Turn the pudding out onto a plate and drizzle with the warm syrup. Serve with hot custard, whipped cream or vanilla ice cream.



Buttermilk scones

That smell says it's time for afternoon tea! These light, steaming hot scones with a subtle buttermilk flavour are quick and easy to make. Serve them with a pot of tea, butter, jam, and clotted cream.

Makes 8–10

- 1.** Preheat the oven to 220°C (425°F/Gas 7). Sift the flour, baking powder, and salt into a bowl, then stir in the sugar. Add the butter and cut it into small pieces using 2 knives to keep it as cool as possible. Then quickly rub the butter into the flour with your fingertips until it resembles fine breadcrumbs.
- 2.** Slowly pour the buttermilk and stir it in with a fork as you go – but do not overmix the dough or the scones will be dense and heavy. Add a little more buttermilk if the mixture seems too dry, and stir only for as long as it takes for the crumbs to hold together and form a dough.
- 3.** Turn the dough out onto a floured work surface and knead very lightly for 3–5 seconds. Don't be tempted to make the dough smooth – the rougher it is, the lighter the scones will be.
- 4.** Pat the dough out to a round, 1cm (½in) thick. Cut out rounds with a 7cm (2¾in) pastry cutter, patting out the trimmings and cutting additional rounds until all the dough is used up.
- 5.** Arrange the scones 5cm (2in) apart on a greased baking sheet. Bake in the hot oven for 12–15 minutes until lightly browned and risen. Pile the scones in a basket and serve hot.



INGREDIENTS

250g (9oz)	unbleached strong white flour
2 tsp	baking powder
½ tsp	salt
2 tbsp	caster sugar
60g (2oz)	unsalted butter, plus extra for greasing
175ml (6fl oz)	buttermilk, plus extra if needed



Sherry trifle

This versatile dessert works well with other fruits, too. Try strawberries, blueberries, or even canned peaches.

Serves 4

- 1.** To make the custard, pour the milk into a wide saucepan. Split the vanilla pod in half lengthways, scrape out the seeds, and add them to the milk along with the sugar. Over a low heat, bring to just below boiling point. Meanwhile, whisk the egg yolks in a heatproof bowl.
- 2.** Pour the hot milk over the eggs, whisking continuously until well blended. Wash out the saucepan, half-fill with hot water and place it over a low heat, with the bowl on top. Stir the milk-and-egg mixture continuously with a wooden spoon until it coats the back of the spoon. Remove the bowl from the heat and sprinkle the surface with 1 teaspoon of sugar, to help prevent a skin forming, then set aside to cool.
- 3.** Meanwhile, spread the sponge pieces with jam and sandwich together. Cut into 2.5cm (1in) cubes and arrange in the bottom of a 1.5 litre (2¾ pints) serving bowl. Spread the raspberries over the sponge layer, nudging them into any remaining gaps. Sprinkle evenly with the amaretti crumbs, then drizzle with sherry. Spoon the cooled custard over the sponge and fruit. Chill in the refrigerator until ready to serve.
- 4.** Before serving, whisk the cream until it forms soft peaks and spoon it over the custard, then sprinkle with sliced almonds or grated chocolate.

VARIATION

For a chocolate banana trifle, use chocolate spread instead of raspberry jam on the trifle sponges. Substitute 1 or 2 sliced bananas for the raspberries. When making the custard, add 200g (7oz) of dark chocolate, broken into pieces, after whisking the hot milk into the eggs. The chocolate will melt into the custard while it is stirred over the bain-marie.

INGREDIENTS

For the custard

600ml (1pt)	milk
1	vanilla pod
2 tbsp	caster sugar, plus 1 tsp for sprinkling
4	egg yolks

You will also need

8	trifle sponge cakes or 250g (9oz) sponge cake, sliced horizontally
110g (4oz)	raspberry jam
175g (6oz)	raspberries
4	amaretti biscuits, crumbled
100ml (3½fl oz)	Amontillado sherry
300ml (10fl oz)	double cream
2 tbsp	flaked almonds or grated chocolate, to decorate





l. to r. Wim Vermoezen, Pierre-Alexandre Pensis, Juliane Müller, Geert de Keyzer

THE NETHERLANDS AND BELGIUM

Welcome to the land of windmills, polders, and dikes! Once you have glimpsed the far-flung fields and pastures on a drive in the country here, you will become aware of the origins of Dutch cuisine. Vegetables – potatoes especially, which are favourites in any form – served with fish from the North Sea or meat, are part of traditional Dutch home cooking. The famous variety of Dutch cheeses is attested to by the many cheese markets still found today in cities such as Edam or Gouda. Our recipes will take you on a journey into “our” Holland and Belgium – have fun!



l. to r. Marcel Esser, Peter Vergeer, Jasper Knoef

Endive gratin

In this classic recipe, Belgian endives and ham are enveloped in a creamy, savoury sauce. This way, even children will enjoy the taste of this bitter, flavourful vegetable.

INGREDIENTS

8	Belgian endives, trimmed and cleaned
	unsalted butter, for the baking dish
1 tbsp	sugar
	salt and freshly ground white pepper
8	slices of cooked ham
50g (1¾oz)	mature Gouda, grated

For the béchamel sauce

500ml (scant 1pt)	milk
1	piece of onion
1	bay leaf
6	peppercorns
60g (2oz)	unsalted butter
30g (1oz)	flour
	salt and freshly ground white pepper
	freshly ground nutmeg

Serves 4

- 1.** Preheat the oven to 180°C (350°F/Gas 4). Arrange the endives in a large buttered casserole dish or smaller individual serving dishes, and sprinkle them with sugar, salt, and pepper. Butter a piece of aluminium foil, lay over the endives, and press down. Bake for 45–55 minutes, turning the endives once or twice. When the centres of the endives are tender, lift out onto a plate and leave to cool a little. Clean and butter the baking dish or dishes.
- 2.** Meanwhile, for the béchamel sauce, put the milk in a pot, and add the onion, bay leaf, and peppercorns. Heat the milk without letting it come to a boil, cover the pot, and leave to infuse for 10 minutes over a very low heat. Melt the butter in a second pot, add the flour and cook, stirring constantly. Take off the stove, then pour in the milk through a sieve and whisk it into the flour. Return the pot to the stove and let the sauce thicken, stirring constantly. Season to taste with salt, pepper, and nutmeg and simmer for 2 minutes more, stirring all the time.
- 3.** Preheat the oven to 200°C (400°F/Gas 6). Wrap 1 slice of ham around each endive, leaving the tip of the endive uncovered. Arrange the wrapped endives in the buttered baking dish (or dishes). Ladle over the béchamel sauce and sprinkle with cheese.
- 4.** Bake the endives in the hot oven for 20–25 minutes until they are golden brown, and serve while still hot. Parslied potatoes go well with this dish.





Herring salad with potatoes and beetroot

Herring is oil-rich and packed with omega 3, which is what makes this simple, classic salad so healthy.

Serves 4

INGREDIENTS

500g (1lb)	salad potatoes, scrubbed
	salt
4	large beetroots, cooked, peeled, and diced
4	spring onions, finely sliced
400g (14oz)	cured or pickled herring, or rollmops, cut into 5cm (2in) pieces
	sprigs of dill, to serve

For the dressing

150ml (5fl oz)	mayonnaise
1 tbsp	creamed horseradish
1–2 tsp	German or Dijon mustard
	lemon juice (to taste)
	salt and freshly ground black pepper

1. Cook the potatoes in boiling salted water for about 20–25 minutes until tender. Drain and slice thickly. Put into a bowl, add the beetroots and spring onions, and toss.

2. In a separate bowl, mix mayonnaise, horseradish, and mustard to taste. Stir in the lemon juice and season with salt and pepper. Add the potatoes, beetroots, and spring onions, and toss gently.

3. Divide the beetroot and potato salad between 4 dishes, arrange the fish pieces on top and garnish with dill to serve.

TIP

You can make the beetroot and potato salad 1–2 days in advance, then cover and keep chilled. Bring up to room temperature before serving.

Matjes tartar

This Dutch classic is best enjoyed during the matjes season, which begins in early summer. Don't miss it, since the matjes taste especially mild at that time.

Serves 4

1. Cut the matjes fillets into small dice and season with pepper. Zest 2 of the limes and set the zest aside. Juice all 4 limes and pour the juice over the diced herring. Cover and put into the refrigerator for 2 hours to marinate.
2. Combine the red chilli with the lime zest and the oil. Drain the marinated herring in a sieve, then combine with the chilli and lime oil dressing. Season to taste with salt.
3. Fill glass serving dishes with the matjes tartar, garnish with chives (or watercress leaves) and serve immediately.

INGREDIENTS

600g (1½lb)	very fresh matjes herring filets, skinless
	freshly ground black pepper
4	organic limes
1	fresh red chilli pepper, seeded and chopped
4 tbsp	olive oil
	salt (to taste)
	a few chives, chopped, and/or watercress leaves, to garnish





Indonesian chicken satay

What is now Indonesia was once one of the Dutch colonies in East Asia. Those days are long gone, but the deeply rooted love of the Dutch for Indonesian cuisine and its signature dishes remains.

Serves 6

1. Cut the chicken breast fillets lengthwise into thin strips. Put all the ingredients for the marinade in a large bowl and combine. Add the chicken strips and mix until well coated with the marinade. Cover with cling film and refrigerate for 3–12 hours. Soak 18 bamboo skewers in water for 30 minutes.
2. For the peanut sauce, heat the oil in a pan. Roast the peanuts in the hot oil for 3–5 minutes until lightly browned. Transfer to a food processor and blend with the onion, garlic, chilli flakes, ginger, sugar, and lemon juice until very smooth. Add about 375ml (12fl oz) of hot water and blend to make a fairly runny sauce. Transfer to a saucepan, bring to the boil, and simmer for 2 minutes, stirring constantly. Season to taste, remove from the heat and keep warm.
3. Preheat the grill. Thread the chicken strips on to the skewers concertina fashion, using 3 strips per skewer and twisting the strips slightly as you thread them. Brush the grill rack with oil and arrange the chicken kebabs on the rack.
4. Grill the kebabs about 5–7cm (2–3in) from the heat for 2–3 minutes until browned. Turn and cook the other side. Arrange on plates with the warm peanut sauce. A rice pilaf goes well with this.

TIP

Marinate the chicken in the morning, cook and serve in the evening.

INGREDIENTS

1.5kg (3lb 3oz) skinless, boneless chicken breasts
oil, for brushing

For the marinade

3 shallots, finely chopped
2 garlic cloves, finely chopped
½ tsp chilli powder
2 tsp ground coriander
2 tsp ground ginger
3 tbsp soy sauce
2 tbsp distilled white vinegar
2 tbsp vegetable oil

For the peanut sauce

1½ tbsp vegetable oil
175g (6oz) shelled, skinned, raw peanuts
½ onion, sliced
1 garlic clove, chopped
½ tsp dried chilli flakes
2 tsp ground ginger
1 tsp brown sugar
1½ tbsp lemon juice
salt and freshly ground black pepper

Baked plaice with bacon

Plaice is at its most tender, juicy and flavoursome in spring, when it is sold as 'May plaice' at the fishmonger.

INGREDIENTS

2 tbsp	olive oil, plus extra for greasing
4	back bacon rashers, diced
3	spring onions, chopped
4	plaice fillets, 175g (6oz) each
	freshly ground white pepper
50g (1¾oz)	butter
	juice of ½ large lemon
1 tbsp	chopped parsley

Serves 4

- 1.** Preheat the oven to 200°C (400°F/Gas 6). Heat the oil in a large ovenproof frying pan over a medium heat, add the bacon and spring onions, and fry for 2 minutes, stirring frequently. Add the plaice, skin-side down, baste with the oil, and season to taste with pepper.
- 2.** Place the tin in the oven and bake the fish for 15 minutes, basting once or twice.
- 3.** Transfer the cooked plaice to warmed serving plates. Lift the bacon and spring onions from the tin and set aside.
- 4.** Heat the butter in a small saucepan until golden brown, add the lemon juice, bacon, and spring onions, and stir in the parsley. Spoon the lemon butter over the plaice and serve at once. Fresh spinach goes well with this.



Pannenkoeken with cheese and bacon

Oatmeal or wholemeal flour lends these pancakes an earthy flavour that goes particularly well with the savoury cheese and bacon filling, but in the Netherlands they are also frequently served with a sweet filling.

Makes 10

- 1.** Mix the fine oatmeal, wholemeal flour, plain flour, salt, and yeast. Add 400ml (14fl oz) of warm water and the milk and stir to make a thick batter. Cover and set aside for 1–2 hours until small bubbles start to appear on the surface.
- 2.** Melt a knob of butter in a large pan and when it begins to sizzle, pour a ladleful of the pancake mixture into the frying pan and tilt the pan to spread evenly around the pan. Cook the pancake for 2 minutes, then turn over using a spatula and cook for another 2 minutes. Repeat with the remaining batter. Keep the cooked pancakes warm.
- 3.** Meanwhile, preheat the grill on its highest setting, and grill the streaky bacon.
- 4.** Sprinkle each pancake with cheese and place it under the grill for 1–2 minutes until the cheese has melted. Place 2 slices of grilled streaky bacon on top, roll up the pancake, and serve.



INGREDIENTS

200g (7oz)	fine oatmeal
100g (3½oz)	wholemeal flour
100g (3½oz)	plain flour
½ tsp	salt
2 tsp	fast-action yeast
300ml (10fl oz)	milk
	unsalted butter, for frying

For the filling

20	slices of streaky bacon
250g (9oz)	cheese, such as Edam, grated

Perfect fish and chips

INGREDIENTS

For the tartare sauce

125g (4½oz)	mayonnaise
1	hard-boiled egg, coarsely chopped
1 tsp	drained capers, chopped
2	gherkins, coarsely chopped
1	small shallot, finely chopped
2–3 tbsp	chopped parsley
2–3 tbsp	chopped tarragon

For the chips

6	potatoes, total weight about 750g (1lb 10oz), peeled
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For the fish

1 tsp	active dry yeast
150g (5½oz)	plain flour
1 tbsp	vegetable oil
175ml (6fl oz)	lager or ale
30g (1oz)	plain flour
4	skinned cod fillets, total weight 750g (1lb 10oz)
1	egg white

You will also need

salt and freshly ground
black pepper
vegetable oil for
deep-frying
lemon wedges, to serve

The perfect Dutch accompaniment for cod in a crispy crust and delicious chips – also known as *Kibbeling* – is a tangy tartare sauce and the recipe here beats anything you can buy in a jar.

Serves 4

1. For the tartare sauce, mix together the mayonnaise, egg, capers, gherkins, shallot, and herbs. Season with salt and pepper, cover and chill in the fridge until ready to serve.
2. Square off the sides and ends of the potatoes with a knife and cut lengthways into 1cm (½in) sticks. Soak in a bowl of cold water for 30 minutes to remove the starch.
3. Meanwhile, sprinkle the yeast over 4 tablespoons of warm water and stand for about 5 minutes until dissolved. Sift the flour and a pinch of salt into a large bowl and make a well in the centre. Add the yeast mixture, oil, and two thirds of the beer and stir to make a smooth batter. Stir in the remaining beer, but don't overmix. Stand the batter in a warm place for 30–35 minutes until thick and frothy.
4. In the meantime, heat the vegetable oil in a deep-fat fryer to 180°C (350°F). Drain the potatoes, transfer to kitchen paper, and pat dry. Dip the empty frying basket in the hot oil (to prevent the potatoes from sticking), lift out, and add the potatoes. Deep-fry for 5–7 minutes until just tender when pierced with the tip of a knife and starting to brown. Lift out and drain over the deep fryer, then tip onto a plate lined with kitchen paper.
5. Heat the oil to 190°C (375°F). Put the flour on a plate and season with salt and pepper. Coat the fish fillets with the flour, patting them with your hands to make it stick. Whisk the egg white to form stiff peaks. Fold the whisked egg white into the batter with a wooden spoon. Using a 2-pronged fork, dip a piece of fish in the batter, then lift out and let the excess batter drip into the batter bowl. Deep-fry the fish fillets one by one until golden brown and crisp, about 6–8 minutes depending on the thickness of the fillets. Transfer the fried fish to a baking sheet lined with kitchen paper, cover with foil, and keep warm.



6. Put the partially cooked chips back in the frying basket and deep-fry for 1–2 minutes more until very hot and golden brown. Drain on kitchen paper. Serve the fish with the chips, tartare sauce and lemon wedges.

Chilled rice pudding with warm berry sauce

This creamy, delicate dessert works marvellously well with the slight sharpness of the berry sauce. You can use whatever fresh berries are available and in season.

INGREDIENTS

For the rice pudding

800ml (1¼ pt)	whole milk
150g (5½oz)	basmati rice
50g (1¾oz)	sugar
250ml (9fl oz)	whipping cream
80g (3oz)	blanched almonds
1 tbsp	sweet sherry
1 tsp	natural vanilla extract

For the sauce

300g (10½oz)	mixed berries, such as redcurrants, blackcurrants, raspberries, and/or blackberries
50g (1¾oz)	sugar

Serves 4

- 1.** For the pudding, mix the milk, rice, and sugar in a heavy-bottomed pan and bring to the boil, stirring frequently to prevent the rice from sticking. Turn down the heat and simmer, stirring frequently, for 20 minutes until the rice is soft. Turn the rice out into a bowl and leave to cool completely.
- 2.** Whip the cream to form stiff peaks and fold into the cooled rice.
- 3.** Dry fry the almonds in a frying pan over a low heat until golden. Leave to cool, and then chop finely. Fold the chopped almonds, sherry, and vanilla extract into the rice and refrigerate for 3–4 hours or overnight.
- 4.** To make the sauce, heat the berries gently with the sugar and 1 tablespoon of water, and simmer over a low heat for 3–4 minutes until cooked through. Purée the berries and pass through a sieve. Pour the hot sauce over the chilled pudding and serve immediately.





GERMANY

From the high peaks of the Alps through a landscape criss-crossed by rivers and dotted with castles, dense forests, and lakes to the islands in the North Sea and Baltic Sea, there is so much to discover in Germany! And this is also true for German cuisine. Our selection of delicious Sunday roasts, classic everyday recipes, and famous cakes takes you to different regions of the country and provides insight into traditional, hearty German fare. From sauerbraten from the Rhineland to delicious roulades from Baden to sinfully delicious Black Forest cake, there is something for everyone. We hope you utterly enjoy revelling in the cuisine!



l. to r. Andreas Klewe, Christina Stienhans, Jan Quathammer, Michael Zimmermann, Ralf Bornemann

Potato soup with hot dogs

For a more robust taste, season this potato soup with a generous glug of beer before serving. The hops in the beer give the soup a slightly bitter, tangy flavor.

INGREDIENTS

600g (1lb 5oz)	floury potatoes, such as Russet potatoes
60g (2oz)	celery root
60g (2oz)	carrots
90g (3oz)	leek
4	sprigs of parsley
1	onion
2 tbsp	vegetable oil
1	bay leaf
800ml (1½pt)	vegetable stock
1 tsp	dried marjoram
200g (7fl oz)	single cream
	salt and freshly ground pepper
1	pinch of ground nutmeg
4–8	hot dogs
1 tbsp	fresh marjoram leaves

Serves 4

- 1.** Peel the potatoes and cut them into large cubes. Peel the celery root and carrots and cut them into large pieces. Trim the leek and slice into rings. Chop the parsley. Peel the onion and chop it coarsely. Heat the oil in a large pot and sauté the onion. Add the potatoes, celery root, carrots, leek, parsley, and bay leaf and sauté briefly with the onion. Pour in the vegetable stock and simmer over a low heat for about 15 minutes.
- 2.** Remove the bay leaf and purée the soup. Return the soup to the boil and add the marjoram. Reduce the heat, add the cream, and season with salt, pepper, and nutmeg.
- 3.** Slice the hot dogs, stir into the soup and heat until warmed through. Ladle the potato soup into bowls, garnish with the fresh marjoram, and serve.



Bavarian potato salad

This Bavarian version of potato salad is made with a vinegar-and-oil dressing instead of rich mayonnaise and goes well with many dishes. The basic recipe can be adapted to taste.

Serves 4

- 1.** Boil the potatoes, unpeeled, in salted water for about 20 minutes until they are done. Drain, allow some of the steam to evaporate, and peel. Let the potatoes cool a little, cut them into slices, and put into a bowl.
- 2.** Heat the oil in a frying pan and sauté the onion. Add the vinegar and vegetable stock, stir in the mustard, and bring to the boil.
- 3.** Pour the hot marinade over the potatoes and toss. Season the potato salad with salt and pepper and leave to marinate for 15 minutes. Serve garnished with lamb's lettuce or chives, to taste.

VARIATIONS

With cucumber: Cut 1 cucumber in half lengthwise, slice the halves thinly, toss with the salad, and marinate for 15 minutes.

With rocket and bacon: Fry 150g (5oz) of finely diced, smoked, well-marbled bacon in 1 tablespoon of vegetable oil until crisp. Mix into the potato salad with 2 handfuls of rocket and marinate for 15 minutes.

With lamb's lettuce and pumpkin seed oil: Add 2 handfuls of lamb's lettuce to the salad and toss, then drizzle with 4 tablespoons of pumpkin seed oil and marinate for 15 minutes.

With radishes and spring onions: Cut off the radish greens of 1 bunch of radishes and chop coarsely. Slice the radishes and 1 bunch of spring onions. Add to the salad and toss, then marinate for 15 minutes.



INGREDIENTS

750g (1¾lb)	salad potatoes, such as Charlotte or Desiree potatoes
	salt
4 tbsp	vegetable oil
1	onion, finely diced
3 tbsp	white wine vinegar
250ml (9fl oz)	vegetable stock
1 tbsp	mustard
	freshly ground pepper
	a few leaves of lamb's lettuce or chopped chives, to garnish

Beef roulades with red cabbage

INGREDIENTS

For the roulades

4	pieces of boneless topside or silverside beef, 250g (9oz) each, flattened to 6mm (¼in) thick
4 tsp	mustard
	freshly-ground black pepper
4	slices of bacon
4	large eggs, hard-boiled and shelled
4 tbsp	vegetable oil
2	large onions
1	bay leaf
1 tsp	cayenne pepper
1 tbsp	sweet paprika
1 tbsp	tomato paste
1 tsp	sugar
	salt
250ml (9fl oz)	dry red wine
1	heaped tbsp cornflour

For the red cabbage

1	red cabbage (about 1kg/2lb 3oz)
2 tbsp	unsalted butter or clarified butter
1	bay leaf
1	clove
	sugar to taste
	salt to taste
2	tart apples
1–2 tbsp	redcurrant jelly (from a jar)
1–2 tbsp	vinegar

Unlike their slimmer cousins these roulades are noticeably plump – because they are stuffed with hard-boiled eggs, and not, as the classic roulades, with pieces of dill pickle.

Serves 4

1. Lay out the pieces of beef side by side and spread each piece with 1 teaspoon of mustard, season with pepper, and cover with 1 slice of bacon. Place a hard-boiled egg in the middle of each piece of beef and roll up the roulade. Secure with kitchen twine.
2. Heat the vegetable oil in a casserole and sear the beef roulades on all sides – they should be brown but not too dark. Remove the roulades. Add the diced onions, bay leaf, cayenne pepper and sweet paprika to the casserole and sauté, stirring constantly. Add the tomato paste, sugar, and 1 teaspoon of salt, sauté briefly, then deglaze the pot with the red wine. Return the roulades to the casserole, add 500ml (scant 1pt) of hot water, and bring to the boil. Cover and braise the roulades in the oven at 150°C (300°F/Gas 2) for about 2 hours.
3. Remove the roulades from the casserole and put them in the oven to keep warm. Pour the cooking liquid through a fine sieve into a saucepan, squeezing out all the juices with the back of a spoon. Reheat. If desired, mix cornflour with a little water until smooth and use to thicken the sauce. Bring the sauce to the boil briefly and season to taste with salt and pepper. Turn off the heat and return the roulades to the sauce to rest for about 5–10 minutes before serving.
4. For the red cabbage, quarter the head of cabbage, remove the core, and shred finely. Heat the butter in a large pot, add the cabbage, and sauté for about 5 minutes, stirring constantly. Add the bay leaf, clove, salt, and 300ml (10½fl oz) of water. Cover the pot. Peel and core the apples and cut them into wedges. Put the apple wedges on top of the cabbage and simmer over a low heat for 1 hour, covered, stirring occasionally. Season with sugar, salt, redcurrant jelly, and vinegar to give it a robust sweet and sour flavour. Serve the roulades with red cabbage and potato dumplings (see p.56).



Pan-fried char with lemon-and-parsley butter

Fish dredged in flour and pan-fried with just a few simple ingredients – butter, lemon, and parsley – is the Bavarians' favourite way of preparing the abundant fresh-water fish of the region.

Serves 4

INGREDIENTS

4	whole char, about 350g (12oz) each, gutted
	salt and freshly ground black pepper
	flour, for dredging
	oil, for frying
4 tbsp	unsalted butter
2 tbsp	chopped parsley
	juice of 1 lemon
	lemon wedges, to serve

- 1.** Rinse the char in cold water, pat them dry, and season inside and out with salt and pepper. Sprinkle flour on a large plate. Dredge the fish on both sides in the flour and shake off the excess.
- 2.** Heat some oil in two large frying pans. Place 2 char in each pan, reduce the heat, and fry the fish on each side for about 5 minutes, basting them frequently with the hot oil.
- 3.** Carefully drain off the oil. Melt the butter in the frying pans and carry on frying the fish, shaking the pans back and forth to make the butter foam. Add the parsley and lemon juice, and shake the pans again.
- 4.** Lift the fish out of the frying pans and serve immediately, garnished with lemon wedges and accompanied by parsleyed potatoes.

Chicken fricassee with rice

This is a delicious Sunday meal that is popular in many parts of Germany. When asparagus is not in season, you can use asparagus from the jar. Add it to the fricassee at the end of the cooking time to warm through.

Serves 4

1. Put the chicken in a pot with the coarsely chopped celery root, carrots, leek, and parsley, the bay leaves, peppercorns, and a pinch of salt. Pour in enough water to just cover the chicken. Bring everything to the boil and simmer for about 1½ hours until the meat is tender and comes away from the bones.
2. Lift the chicken out of the pot and let it cool. Take the meat off the bones and tear it into pieces. Pour the stock through a sieve set over a bowl and set aside.
3. Peel the asparagus spears and cut them diagonally into 3cm (1in) pieces. In a pot, bring water, a little salt, and the sugar to the boil. Add the asparagus and blanch for about 4 minutes. Drain in a sieve. Clean and slice the mushrooms.
4. Prepare the rice according to the package directions.
5. While the rice is cooking, melt the butter in a pot. Add the flour and cook for a few minutes. Stirring constantly, slowly add about 500ml (scant 1pt) of the chicken stock. Bring the sauce to the boil and stir in the white wine, cream, and granulated chicken stock. Add the mushrooms and cook for 5 minutes.
6. Add the chicken and asparagus to the sauce and cook for 8–10 minutes. Season the fricassee to taste with salt, pepper, and lemon juice. Divide the rice among the plates, arrange the fricassee on top, and garnish with parsley.



INGREDIENTS

1	chicken, cleaned
60g (2oz)	celery root
60g (2oz)	carrots
90g (3oz)	leek
4	sprigs of flat-leaf parsley
2	bay leaves
	a few peppercorns
	salt
6	spears of white asparagus
1	pinch of sugar
150g (5½oz)	brown mushrooms
300g (10½oz)	rice
2 tbsp	unsalted butter
2 tbsp	flour
50ml (2fl oz)	white wine
50ml (2fl oz)	heavy cream
1 tbsp	granulated chicken stock
	freshly ground white pepper
1–2 tbsp	lemon juice
	parsley, to garnish

Rhenish sauerbraten with potato dumplings

INGREDIENTS

For the sauerbraten

1	carrot, finely diced
1	large onion, finely diced
250ml (9fl oz)	red wine vinegar
4	cloves
10	dried juniper berries
10	allspice berries
1 tsp	white peppercorns
1	bay leaf
1kg (2lb 3oz)	boneless topside or silverside beef
1 tsp	salt
1 tsp	freshly ground black pepper
3 tbsp	vegetable oil
80g (3oz)	raisins
1 tsp	cornflour (to taste)
	apple butter or sugar to taste

For the potato dumplings

1kg (2.2lb)	floury potatoes, such as Russet potatoes
	salt
100g (3½oz)	flour
	a little freshly grated nutmeg
2	large eggs, lightly beaten

The smell of sauerbraten is sublime and this Rhenish version makes a perfect Sunday dinner.

Serves 4

- 1.** For the marinade, put the carrot, onion, vinegar, and 500ml (scant 1pt) of water in a pot, and bring to the boil. Add the cloves, dried juniper berries, allspice berries, pepper, and bay leaf, and stir. Remove the marinade from the heat and leave to cool down. Put the beef in a large bowl, pour over the cooled marinade, cover, and marinate in the refrigerator for 3 days, turning the meat now and then.
- 2.** Remove the meat from the marinade, pat it dry, and season it with salt and pepper. Pour the marinade through a sieve, retaining the marinade and vegetables.
- 3.** In a heavy casserole, heat the vegetable oil and brown the meat on all sides. Add the vegetables and spices from the marinade, measure out 200ml (7fl oz) of the marinade into the casserole, stirring to loosen the brown bits on the bottom, and bring to the boil. Reduce the heat, cover the casserole and simmer gently over low heat for about 2 hours, turning it now and then. If necessary, add a little water.
- 4.** To make the potato dumplings, boil the potatoes in salted water. Let the steam evaporate and peel the potatoes while they are still hot. Immediately put them through a potato ricer and into a bowl. Cover and chill. Once cool, sprinkle with the flour and season with ½ teaspoon of salt and the nutmeg. Stir in the eggs with a fork. Using your hands, knead the dough until it is smooth and elastic. If the dough is too soft, add a little flour. Shape 12 dumplings and slide them gently into boiling, salted water. Return to the boil, reduce the heat to very low, and simmer the dumplings for 20 minutes. Remove from the pot and keep warm.

5. Remove the sauerbraten from the casserole and put it in a very low oven to keep warm. Strain the roasting liquid through a sieve and pour it back into the casserole. Add the raisins and reduce the sauce to about 250ml (9fl oz). If desired, mix the cornflour with a little water in a cup and use it to thicken the sauce. Season to taste with apple butter (or sugar), salt and pepper. Serve the sauerbraten with the sauce and the potato dumplings. Applesauce is a good accompaniment.

TIP

Use a leakproof freezer bag instead of a bowl to marinate the meat. The meat will be submerged in the marinade and therefore won't need turning.



Savoy cabbage rolls

These are the sophisticated cousins of the common cabbage roll. They originate from the Baden area, whose inhabitants have long been known for their refined taste: tender Savoy instead of common white cabbage; creamy tomato instead of bacon sauce. The inside, too, comes along all spruced up with lean beef mince and fresh herbs – almost a Sunday dinner!

INGREDIENTS

8	large Savoy cabbage leaves
2½ tsp	salt
500g (1lb 2oz)	lean beef mince
1	onion, finely chopped
1	egg
2 tbsp	breadcrumbs
	freshly ground black pepper
	freshly grated nutmeg
1 tsp	fresh thyme leaves
1 tbsp	finely chopped flat-leaf parsley
2 tbsp	vegetable oil
1	large can of peeled plum tomatoes (800g/1¾lb)
1 tsp	sugar
5 tbsp	single cream
1	pinch of saffron threads

Serves 4

1. Trim the centre rib of each cabbage leaf so it opens flat. Add 1 teaspoon of salt to a large pot of water and bring to the boil. Blanch the cabbage leaves for 2 minutes. Using a slotted spoon, remove the leaves and immediately refresh in cold water so they retain their beautiful green colour.

2. Mix the beef mince in a bowl with the onion, egg, breadcrumbs, 1 teaspoon of salt, pepper, nutmeg, thyme, and parsley. Lay the cabbage leaves flat on a work surface. Spoon about 2 tablespoons of the beef mixture onto each leaf. Starting from the centre rib, roll up the leaves, tucking in the edges. Secure with kitchen twine. Preheat the oven to 200°C (400°F/ Gas 6).

3. Heat the oil in a large frying pan and cook the cabbage rolls on both sides over a high heat for about 1 minute. Remove from the pan and set aside. Pour the tomatoes into the frying pan and chop them up into small chunks with a wooden spatula while bringing them to the boil. Add the sugar, the remaining ½ teaspoon of salt, cream, and saffron, stirring constantly, and cook for about 5 minutes. Pour the sauce into a shallow baking dish and arrange the 8 cabbage rolls in the dish, pressing them down into the sauce. Bake in the middle of the oven for about 30 minutes. White sandwich bread or boiled potatoes would go well with this.

TIP

A smaller, more elegant version of this dish can be made using spinach leaves – then they are called ‘tree frogs’. The disadvantage is that the small, tender leaves are more difficult to stuff, but the advantage is that the spinach does not have to be blanched. Make four spinach rolls per person.



Black Forest gateau

From the home of the cuckoo clock comes many a German's favourite gateau, featuring morello cherries and cream sandwiched between layers of moist chocolate sponge.

INGREDIENTS

6	eggs
175g (6oz)	golden caster sugar
125g (4½oz)	plain flour
50g (1¾oz)	cocoa powder
1 tsp	vanilla extract
85g (3oz)	butter, melted, plus extra for greasing
1 × 720g (1½lb)	jar or 2 × 425g (14oz) cans pitted black cherries
4 tbsp	Kirsch
600ml (1pt)	whipping or double cream
150g (5½oz)	dark chocolate, grated

For a 24cm (9½in) springform tin

- 1.** Preheat the oven to 180°C (350°F/Gas 4). Lightly butter and line only the bottom of the tin with greaseproof paper. Put the eggs and sugar into a large heatproof bowl, and sit on a saucepan filled with simmering water – the bowl must not touch the water. Whisk until the mixture is pale and thick. Remove from the heat and whisk for another 5 minutes until cooled slightly.
- 2.** Sift the flour and cocoa into the bowl and fold into the egg mixture. Fold in the vanilla and melted butter. Pour into the prepared tin, level the surface, and bake in the oven for 40 minutes until risen and just shrinking away from the sides. Turn out onto a wire rack, discard the lining paper, cover with a clean cloth and allow to cool completely.
- 3.** Carefully cut the cake into three horizontal layers. Drain the cherries, reserving the liquid. Mix 6 tablespoons of the juice with the Kirsch and drizzle a third on each layer of sponge. Roughly chop two-thirds of the drained cherries.
- 4.** Whip the cream until it forms stiff peaks. Place one layer of the cake on a serving plate and spread with a thin layer of cream. Scatter with half the chopped cherries. Top with the second layer of sponge and repeat. Top with the final layer of sponge. Using a palette knife, spread a thin layer of cream around the sides of the cake to cover. Spoon the remaining cream into a piping bag fitted with a star-shaped nozzle.
- 5.** Using a spoon or a palette knife, press the grated chocolate onto the side of the cake and scatter it on top. Pipe swirls of cream all around the top edge of the cake and top each swirl with one of the remaining cherries.



Zwetschgendatschi (plum tart)

Yeast-based tray bakes are wonderful, especially when topped with sweet, fully ripe plums. Each area of Germany has its own special plum tart recipe. In southern Germany it is known as *Zwetschgendatschi*, in Rhine Hesse it is called *Quetschekuche*, for example. The plums are cut open accordion-style and closely packed in rows.

Makes 1 baking tray

- 1.** Sift the flour into a bowl and make a well in the centre. Crumble the yeast into the well, then add a little sugar and 4 tablespoons of the milk. Stirring in the well, carefully incorporate a little flour from the sides of the well into the liquid. Cover the bowl and leave the yeast sponge in a warm place for 20 minutes.
- 2.** Melt the butter. Add the rest of the milk and sugar, the eggs, butter, and salt to the yeast sponge. Using your hands, knead the dough until it no longer sticks to your fingers. This takes about 3–4 minutes. Cover and leave the dough to rise in a warm place for another 40 minutes until it has almost doubled in volume.
- 3.** Wash the plums and cut them only along the seam so that the halves still hang together. Remove the pits. Then cut halfway into each half lengthwise so that the fruit hangs together like an accordion. Grease a shallow baking tray or line with baking paper.
- 4.** Turn out the dough onto a floured work surface, roll it out into a rectangle the size of the baking tray, and place it on the tray. Prick the dough all over with a fork. Arrange the plums in closely-packed rows on the dough. Cover with a cloth, and leave to rise for 20 minutes. Preheat the oven to 200°C (400°F/Gas 6). Put the baking tray on the middle rack of the oven and bake for 30 minutes. Remove from the oven and sprinkle with sugar while still hot.



INGREDIENTS

500g (1lb 2oz)	flour
42g (1½oz)	fresh yeast or 2½ tbsp active dry yeast
100g (3½oz)	sugar
250ml (9fl oz)	lukewarm milk
125g (4½oz)	softened, unsalted butter, plus extra for greasing
2	large eggs
1	pinch of salt
1.5kg (3lb 5oz)	fresh plums
50g (1¾oz)	sugar



FRANCE

Welcome to the country of baguettes and the finest of wines and cheeses! Life in France revolves around the shared pleasure of eating, for food often is enjoyed in good company and often several courses are served during a meal. From the Alps to lavender fields, and vineyards to picturesque bays – the cuisine of this country is as diverse as its countryside. We have chosen a few delicious classic recipes for you that are guaranteed to bring that French flair into your cooking. Here's wishing you bon appétit!



l. to r. Antonio Martinez, Christophe Ouchene, Andre Dossmann, Gregory Morlet, Arnaud Buszikowski



l. to r. Jean-Luc Geffray, Denis Pinlon, Cedric Caille, Philippe Bercy



Quiche Lorraine

Eggs and bacon are the main ingredients of this savoury French classic, which is ideal for preparing in advance.

INGREDIENTS

250g (9oz)	plain flour, plus extra for dusting
125g (4½oz)	unsalted butter, cubed
1	egg yolk
	dried beans for blind-baking

For the filling

200g (7oz)	bacon lardons
1	onion, finely chopped
75g (2½oz)	Comté cheese, grated
4	large eggs, lightly beaten
200g (7oz)	double cream
200ml (7fl oz)	milk
	freshly ground black pepper

For a 24cm (9½in) tart pan

1. To make the pastry, rub the flour into the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the egg yolk and 3–4 tablespoons of cold water. Knead to make a smooth dough. Turn the dough out on a floured surface and knead briefly, then wrap in cling film and chill for 30 minutes. Preheat the oven to 190°C (375°F/Gas 5).

2. On a lightly floured surface, roll out the pastry and line the bottom and the sides of the tin with it. Prick the base of the pastry all over with a fork, line with baking parchment and fill with baking beans. Blind-bake in the oven for 12 minutes, then remove the paper and beans, and bake for a further 10 minutes or until light golden in colour, remove from the oven, but leave the oven on.

3. Meanwhile, heat a large frying pan and dry-fry the bacon lardons for 3–4 minutes or until the fat is released. Add the onion, fry for a further 2–3 minutes, then spread the onions and bacon over the pastry case and sprinkle with cheese.

4. Whisk together the eggs, cream, milk, and black pepper, and pour over the bacon and onion filling. Place the tart pan on a baking tray and bake for 25–30 minutes or until golden and just set. Allow to cool briefly, then slice and serve.

TIP

Make the quiche up to 2 days ahead, cool, and refrigerate. To serve, reheat in a medium oven.





French onion soup

Rich and full of flavour, onion soup is ideal for warming up on a cold day. Red onions add colour and make the soup sweeter and more flavoursome than brown onions.

Serves 4

- 1.** Melt the butter in a large saucepan. Add the sliced onions and fry, stirring, for 2 minutes. Cover, reduce the heat, and cook gently for 10 minutes until really soft, shaking the pan occasionally.
- 2.** Increase the heat, add the sugar, and let the onions caramelize for 5 minutes, stirring continuously (take care not to burn them). Add the stock and brandy, and season with a little salt and pepper. Bring to the boil, reduce the heat, and simmer gently for 15 minutes.
- 3.** Meanwhile, make the croûtons. Preheat the grill. Line a baking tray with baking paper and place the bread on the tray. Toast the bread on both sides. When ready to serve, sprinkle the bread slices with cheese and grill until just melted and sizzling.
- 4.** Ladle the soup into warmed bowls and float 2 cheese croûtons on each. Add a grinding of pepper and serve immediately.

INGREDIENTS

60g (2oz)	butter
4	large red onions, quartered and thinly sliced
2 tbsp	soft light brown sugar
1 litre (1¾ pt)	vegetable stock
2 tbsp	brandy
	salt and black pepper
8	diagonally sliced pieces of baguette
175g (6oz)	Comté cheese, grated

Coq au vin

This French classic used to be prepared with a slightly older cock bird, but today a boiling fowl is used for preference. The flavour will vary with the wine you use: a Rhône wine gives a rich dark sauce, a Loire wine a fruitier dish, and a Burgundy makes a particularly full-bodied sauce. Think ahead: you will need to allow at least 12 hours for marinating!

INGREDIENTS

For the marinade

1	onion, thinly sliced
1	celery stick, thinly sliced
1	carrot, thinly sliced
1	garlic clove, peeled
6	black peppercorns
375ml (13fl oz)	red wine
2 tbsp	olive oil

For the stew

2kg (4½lb)	boiling chicken, cut into 8 pieces (ask your butcher to do this for you)
20g (¾oz)	butter
2 tbsp	vegetable oil
125g (4½oz)	piece of smoked streaky bacon, diced
18–20	baby onions
250g (9oz)	mushrooms, quartered
2 tbsp	flour
500ml (scant 1pt)	chicken stock or water
1	garlic clove, finely chopped
2	shallots, finely chopped
1	bouquet garni (for example parsley, thyme, and bay leaf)
	salt and freshly ground black pepper

Serves 4

1. Put the onion, celery, carrot, garlic clove, and peppercorns in a saucepan, and pour over the red wine. Bring everything to the boil and simmer for about 5 minutes, then allow to cool completely. Pour the cooled marinade over the chicken pieces, then drizzle with olive oil. Cover and leave to marinate for 12–18 hours in the refrigerator, turning occasionally.
2. Remove the chicken pieces from the marinade and pat dry with kitchen paper. Strain the marinade through the sieve into a bowl, reserving both the liquid and the vegetables.
3. Heat the butter and oil in a casserole. Render the bacon and fry in the hot fat until browned. Remove with a slotted spoon and set aside. Add the chicken to the casserole, skin side down, and cook for about 10 minutes until well browned. Turn and brown the other side, then remove.
4. Put the baby onions in a bowl, pour over boiling water, and leave for 2 minutes. Remove and peel, then sauté the onions in the hot fat of the casserole until lightly browned. Lift out with a slotted spoon and reserve. Add the mushrooms and sauté for 2–3 minutes until lightly browned. Remove and set aside.
5. Discard all but about 2 tablespoons of fat from the casserole. Add the reserved vegetables from the marinade and cook over a very low heat for 5 minutes. Sprinkle with the flour and cook, stirring, for 2–3 minutes, until lightly browned. Stir in the marinade, stock, garlic, shallots, bouquet garni, salt, and pepper. Heat until boiling, stirring well. Put the chicken pieces back into the casserole, cover and simmer over low heat for 45–60 minutes until the meat is cooked through.



6. Remove the chicken pieces and keep warm. For the sauce, put the remaining contents of the casserole into a bowl, and scoop out and reserve a few attractive pieces of carrot. Wipe the casserole with kitchen paper and add the baby onions. Strain the cooking liquid through a sieve into the casserole and simmer over a low heat for 5–10 minutes until the baby onions are almost tender. Add the mushrooms and reserved carrots and continue to simmer for another 2–3 minutes until the sauce has reduced slightly. Adjust the seasoning if necessary.

7. Add the chicken pieces and bacon to the sauce and reheat gently for 3–4 minutes. Spoon the chicken and sauce from the casserole onto warmed plates or shallow bowls and serve with crusty baguette.

Bœuf à la Bourguignon

Few French dishes are better known, and with good reason, than this classic from Burgundy. The secret is using well-aged beef, so find a good butcher you trust. Try to use a red wine such as pinot noir. The dish can be made up to 3 days ahead, which will only improve the flavours.

INGREDIENTS

3 tbsp	olive oil
1.5kg (3½lb)	beef topside, rolled and tied (ask your butcher to do this for you)
1	onion
2	cloves
1	carrot, peeled and quartered
1	bouquet garni (for example parsley, thyme, and bay leaf)
250ml (9fl oz)	red wine salt and freshly ground black pepper
250ml (9fl oz)	beef stock, plus more if needed
16–20	pickling onions
250g (9oz)	piece of smoked streaky bacon, cut into 5mm (¼in) lardons
250g (9oz)	mushrooms, sliced thyme, to garnish

Serves 6

- 1.** Preheat the oven to 160°C (325°F/Gas 3). Heat 2 tablespoons of the oil in a casserole until very hot. Add the meat and brown well on all sides. Remove the casserole from the heat, take out the meat and discard the excess fat.
- 2.** Replace the meat in the casserole. Peel the onion, stud with the cloves, and add to the meat with the carrot, bouquet garni, red wine, very little salt, and pepper. Cover and cook in the hot oven for 30 minutes.
- 3.** Pour in the stock and stir. Braise for another 3 hours in the hot oven, turning the meat 3 or 4 times, and adding more stock or water if too much liquid evaporates.
- 4.** Put the pickling onions in a bowl, pour over boiling water and stand for 2 minutes to help loosen the skins. Drain and peel.
- 5.** Heat the remaining oil in a frying pan. Add the bacon to the pan and fry to render the fat and brown, then lift out with a slotted spoon and set aside. Add the pickling onions to the pan and fry, stirring occasionally, until lightly browned. Lift out and add to the bacon. Add the mushrooms to the frying pan and cook, stirring occasionally, for 2–3 minutes, until browned. Take out of the pan and add to the bacon and onion.
- 6.** Remove the meat from the casserole. Strain the cooking liquid through a sieve and reserve, discarding the vegetables and herbs. If the liquid is too thin, return it to the casserole and boil until reduced to the desired consistency. Return the meat to the casserole



and add the bacon, pickling onions, and mushrooms. Cover and continue cooking in the hot oven for another 30 minutes until very tender.

7. Transfer the meat to a chopping board and remove the twine. Skim off and discard any fat from the cooking liquid, and check the seasoning. Cut the beef into thick slices, arrange on plates with the bacon, onions, mushrooms, and a little gravy, and garnish with fresh thyme.

Crème brûlée

The delicate vanilla cream in this dish, one of the most popular French desserts, is topped with a crispy caramel crust.

Serves 6

INGREDIENTS

500ml (17½fl oz)	double cream
1	vanilla pod, sliced open lengthways
5	egg yolks
50g (1¾oz)	sugar, plus another 4 tbsp of sugar

You will also need

6	ovenproof ramekins
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1. Preheat the oven to 140°C (275°F/Gas 1). Put the cream and the vanilla pod in a saucepan and heat the cream slowly until just simmering, then remove from the heat, and set aside to infuse for 1 hour.

2. Whisk the egg yolks and 50g (1¾oz) sugar in a bowl until well combined. Remove the vanilla pod from the cream and use the tip of a sharp knife to scrape out the seeds into the cream.

3. Whisk the cream into the egg mixture, strain through a sieve into a jug and pour evenly into 6 ramekins. Place them in a roasting tin half filled with boiling water and put in the oven. Bake for 40 minutes until the cream has just set. Remove from the roasting tin, cool, and chill.

4. To serve, preheat the grill to its highest setting. Sprinkle 2 teaspoons of sugar evenly over the top of each pudding. Grill until the sugar caramelizes.

VARIATIONS

With fruit: Put a spoonful of soft berries or cooked fruit (such as apricots or rhubarb) in the bottom of each ramekin before adding the cream.

With chocolate: Replace the vanilla pod with 100g (3½oz) grated white or dark chocolate, and stir to melt.

With ginger: Replace the vanilla pod with 3 tablespoons of freshly peeled and grated ginger.



Normandy pear tart

A classic frangipane-filled tart, this recipe hails from Normandy in northern France where they grow the most wonderful pears. Best eaten warm straight from the oven.



For a 23–25cm (9–10in) tart tin with a removable bottom

1. For the pastry, sift the flour onto a work surface, make a well in the centre, add the egg yolks, sugar, salt, butter, and vanilla, and rub into the flour until the mixture resembles fine breadcrumbs. If it is too dry, add a little water. Knead for 1–2 minutes, wrap and chill for 30 minutes. Grease the tin. Roll out the dough to a circle and use to line the tin. Prick the bottom a few times with a fork and chill for 15 minutes.
2. Meanwhile, grind the almonds finely in a food processor. With an electric whisk, beat butter and sugar for 2–3 minutes until fluffy. Add the egg and the egg yolk one by one and blend in thoroughly. Add 1 tablespoon of Kirsch, the ground almonds, and flour, and fold in gently until well blended.
3. Preheat the oven to 200°C (400°F/Gas 6). Toss the pears with the lemon juice. Spread the almond creme on the pastry and place the pears on top in a spiral pattern. Set the tart tin on a baking tray and bake for 12–15 minutes. Reduce the heat to 180°C (350°F/Gas 4) and bake for another 25–30 minutes. Remove from the oven and leave to cool. Heat the jam with the Kirsch, then push through a sieve. Remove the cooled tart from the tin and brush with the jam.

INGREDIENTS

For the pastry

175g (6oz)	plain flour
3	egg yolks
60g (2oz)	sugar
1	pinch of salt
75g (2½oz)	unsalted butter, plus extra for greasing
½ tsp	vanilla extract

For the filling

125g (4½oz)	whole blanched almonds
125g (4½oz)	unsalted butter
100g (3½oz)	sugar
1	egg, plus 1 egg yolk
1 tbsp	Kirsch
20g (¾oz)	flour

You will also need

3–4	pears, peeled, cored, and cut in wedges
	juice of 1 lemon
150g (5½oz)	apricot jam
2–4 tbsp	Kirsch

Crêpes with orange butter

In this recipe, paper-thin crêpes are served with an elegant, fruity orange butter. For classic Crêpes Suzettes, flambée the crêpes with a mixture of brandy and orange liqueur just before serving.

INGREDIENTS

For the crêpes

200g (7oz)	flour, sifted
1 tbsp	sugar
½ tsp	salt
4	eggs
400ml (14fl oz)	milk, plus more as needed
100g (3½oz)	unsalted butter, melted and cooled, plus more as needed

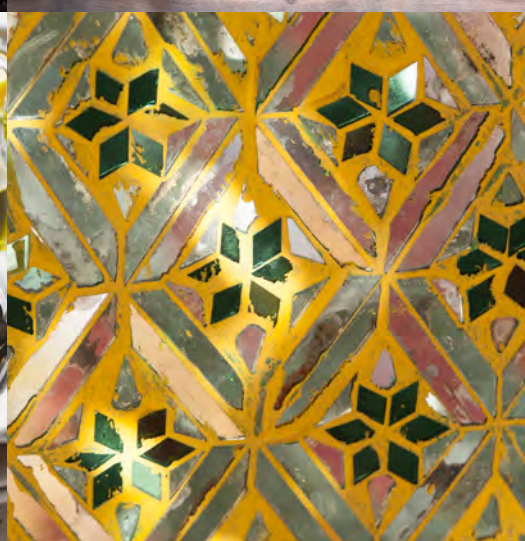
For the orange butter

175g (6oz)	softened, unsalted butter
30g (1oz)	icing sugar
3	large organic oranges – zest 2 of the oranges, remove the peel thinly from 1 orange and cut it into fine strips
1 tbsp	Grand Marnier (orange liqueur)

Makes 12 crêpes

- 1.** To make the crêpes, mix together the flour, sugar, and salt. Make a well in the middle. Add the eggs and 200ml (7fl oz) of the milk. Using a whisk, stir until the mixture is smooth, adding in 50g (1¾oz) of the melted butter. Then stir in the rest of the milk. Cover the batter and rest for 30 minutes.
- 2.** Meanwhile, make the orange butter. Using a hand mixer, beat the butter and icing sugar together until creamy. Once you have zested and thinly peeled the oranges, carefully peel them to remove all of the white skin. Using a knife, cut along the membranes that separate the orange fillets to section the oranges and catch the juice in a bowl as you work. Add the orange zest, 2 tablespoons of orange juice, and the Grand Marnier to the butter cream, and whisk.
- 3.** Put the strips of orange peel into boiling water for 2 minutes, then drain.
- 4.** Add a little melted butter to the frying pan and heat over a medium heat. To make one crêpe, ladle 2–3 tablespoons of batter into the frying pan and tilt to distribute the batter evenly. Fry the crêpe for 1 minute, turn it with a spatula, fry for another 30–60 seconds and remove from the pan. Repeat with the remaining batter to make 12 crêpes, adding more butter to the frying pan as needed.
- 5.** Spread one side of each crêpe with the orange butter. Reheat the frying pan. Place 1 crêpe in the frying pan, coated side down, and fry it for 1 minute. Fold the crêpe twice. Repeat with the remaining crêpes. Place 2 crêpes on each of the pre-warmed plates, drizzle with the sauce from the frying pan, and garnish with orange segments and strips of orange peel.







l. to r. Juan Carlos Sanchez-Molero Mas, José Almansa, Marcus Haderlein

SPAIN

From the snow-capped Pyrenees to the cliffs of Galicia to the orange groves of Almería – welcome to Spain! In this country, tapas, tortillas and paella are an integral part of Spanish national cuisine, but each region has its own typical dishes of which it justifiably is proud. Here, we have gathered together our favourite recipes for you. It is best to enjoy a real Spanish dinner quite late in the day with friends and family and a glass of red wine from Rioja. ¡que aproveche!

Aioli

This Spanish garlic mayonnaise is perfect for dipping spring vegetables: bunched carrots, radishes, peppers, cherry tomatoes, or green asparagus – just cut into bite-sized pieces and get dipping!

INGREDIENTS

2 tbsp	white wine vinegar
1	egg
2	egg yolks
1 tbsp	Dijon mustard
1 tbsp	soft brown sugar
	salt and freshly ground black pepper
300ml (10fl oz)	sunflower oil
3	garlic cloves, crushed
2 tbsp	lemon juice

Serves 4

1. Put the vinegar, egg, egg yolks, mustard, and sugar in a food processor. Season to taste with salt and pepper, then blend until combined. While blending, pour in the oil in a steady stream.

2. When the sauce is thick and creamy, add the crushed garlic and lemon juice. Process until smooth and check the seasoning.

VARIATION

If you have no food processor, make this sauce by the traditional method. Mash the garlic in a mortar, then put in a small bowl set on a folded tea towel, together with the vinegar, egg, and egg yolks (all at room temperature), the mustard, sugar, and salt and pepper. Using a balloon whisk, beat until thick. Add the oil, 1 tablespoon at a time, whisking constantly. Finally, whisk in the lemon juice.



Gazpacho

This is a fabulously refreshing summer soup best served in chilled glass dishes. Simply put the dishes in the refrigerator for 30 minutes.

Serves 6

1. Mix the pepper, spring onions or red onion, garlic, cucumber, tomatoes, and herbs in a bowl.
2. Grate the stale bread or put in a food processor and process to make breadcrumbs. Add to the vegetables in the bowl. Season with the chopped chilli, to taste. Add the vinegar and 5 tablespoons of olive oil. Slowly stir in enough chilled water (about 500ml/scant 1pt) until the mixture has the desired consistency.
3. Whizz the soup briefly in the food processor or with a hand-held blender – it should still contain small chunks. Season to taste with salt and pepper and add a few ice cubes. Ladle the gazpacho into well-chilled glass dishes. Drizzle with a little olive oil.
4. Cut the slice of white bread into cubes or tear it into pieces. Heat the remaining olive oil in a frying pan. Add the bread cubes and fry over a medium heat until golden brown. Garnish the gazpacho with the bread cubes and serve immediately.



INGREDIENTS

1	red pepper, deseeded and finely chopped
10	small spring onions, chopped, or 1 red onion, finely chopped
5	garlic cloves, chopped
1	cucumber, peeled, deseeded, and chopped
1kg (2lb 3oz)	ripe tomatoes, skin removed and finely chopped
1 tbsp	coarsely chopped herbs (thyme, marjoram, parsley, mint and/or basil)
100g (3½oz)	stale white bread
1	fresh red chilli pepper, seeded and chopped (to taste)
2 tbsp	red wine vinegar
7 tbsp	olive oil, plus extra olive oil, for drizzling
	salt and freshly ground black pepper
1	large, thick slice of white bread

Escabeche

A Spanish classic traditionally made with mackerel, bonito, tuna, or sardines, escabeche works well with firm white fish, too.

INGREDIENTS

For the fish

500g (1lb 2oz)	white fish fillets, for example coley, tilapia or sea bass, pinboned and skinned
2 tbsp	flour
	sea salt and freshly ground black pepper
2 tbsp	olive oil

For the marinade

2 tbsp	olive oil
2	garlic cloves, sliced
1 tsp	paprika
1	bay leaf
2	strips of organic orange peel
½ tsp	dried thyme
½ tsp	dried oregano
6	peppercorns
150ml (5fl oz)	white wine vinegar
200ml (7fl oz)	medium white wine

To serve

1	handful of rocket leaves
3	tomatoes, thickly sliced
1	red onion, cut in half and finely sliced
12	black olives, pitted

Serves 4

1. Cut the fish into 5–6cm (2–2½in) pieces. Put the flour on a plate and season well. Dredge the fish in the seasoned flour and shake off the excess.
2. Heat half of the oil in a frying pan, add half the fish and cook for 2–3 minutes each side, or until golden brown. Lift out and transfer to a deep dish. Repeat with the remaining fish.
3. For the marinade, put 2 tablespoons of oil into the pan, add the garlic and paprika, and fry for 1 minute. Add the remaining ingredients with 150ml (5fl oz) of water – take care, as the pan will sizzle when the liquid hits. Bring to the boil and simmer for 3–4 minutes. Remove from the heat and leave to cool.
4. Pour the marinade over the fish and refrigerate for 12 hours, preferably overnight. Trim the hard stalks of the rocket. Lift the fish from the marinade and arrange on a platter, with the rocket, tomatoes, onion, and olives.



Papas arrugadas

Going by the delightful name of ‘wrinkly potatoes’, this dish originates in the Canary Islands. Serve as tapas with other dishes, or as a light lunch with a crisp green salad.

INGREDIENTS

1kg (2¼lb)	new potatoes, scrubbed
	coarse sea salt
100ml (3½fl oz)	extra virgin olive oil
1	red pepper
	juice of 1 lemon
2	heaped tbsp tomato purée
1 tsp	smoked paprika
½ tsp	ground cumin
1	pinch of chilli powder, or to taste
1	garlic clove, crushed
2 tbsp	chopped flat-leaf parsley or coriander (optional)

Serves 4

- 1.** Preheat the oven to 200°C (400°F/Gas 6). Put the potatoes on a baking tray and toss in salt and 1 tablespoon of the olive oil. Rub the pepper in olive oil, add to the potatoes and put the baking tray into the oven.
- 2.** Roast the potatoes for about 45 minutes or until golden brown, turning occasionally. Take the pepper out after 30 minutes – it should be soft.
- 3.** Put the pepper in a plastic bag for 2–3 minutes to loosen the skin, then cool, peel, and deseed. Roughly chop the cooked pepper. Process the pepper, lemon juice, tomato purée, spices, and garlic, together with the remaining oil, in a food processor or using a hand-held blender to make a thick sauce. Add a little more oil if needed. Check the seasoning, add parsley or coriander to taste, and serve with the potatoes.

NOTE

If you have leftover sauce, it can be stored in the freezer for 1 month.



Spanish fish stew

Marinated peppers, hearty chorizo, and green olives give this traditional fish dish a piquant, Spanish twist.

Serves 4

- 1.** Preheat the oven to 160°C (325°F/Gas 3). Heat 1 tablespoon of oil from the pepper jar in a large, heavy-based casserole. Fry the onions for 10 minutes over a medium heat until softened, but not browned, then add the garlic for 1 minute.
- 2.** Pour in the wine, increase the heat, and allow to bubble gently until the liquid has reduced by half. Stir occasionally to prevent the onions from catching on the casserole.
- 3.** Add the potatoes, chorizo, passata, and chopped peppers. Stir in 1 more tablespoon of the reserved oil from the peppers and season with salt and pepper. Bring to the boil briefly, cover, and cook in the hot oven for 1 hour.
- 4.** Remove the casserole from the oven, stir in the fish and olives, and return to the oven for 15 minutes. Serve in warmed bowls with crusty bread.



INGREDIENTS

280g (10oz)	jar roasted peppers in oil, drained and chopped (oil reserved)
2	red onions, cut into chunks
1	garlic clove, finely chopped
175ml (6fl oz)	dry white wine
500g (1lb 2oz)	new potatoes, scrubbed, unpeeled, and chopped into large chunks
175g (6oz)	chorizo, roughly chopped
500g (1lb 2oz)	jar passata salt and freshly ground black pepper
450g (1lb)	white fish fillets, such as pollock, skinned and cut into chunks
40g (1¼oz)	pitted green olives crusty bread, to serve



Tortilla

The ultimate Spanish omelette! This simple tortilla is made with potatoes, onions, and eggs, and is ideal for a party-buffet.

Serves 4

- 1.** Heat the olive oil in a deep-sided, ovenproof, non-stick frying pan. Add the potatoes and cook on a low heat for about 15 minutes, or until the potatoes are soft. Remove with a slotted spoon and put in a large bowl to cool.
- 2.** Tip most of the oil out of the pan (you can sieve and re-use it). Add the sliced onions and a pinch of salt, and cook over a low heat until soft and beginning to caramelize. Add to the potatoes and leave to cool.
- 3.** Beat the eggs with a fork, then pour into the cooled potato and onion mixture, season with salt and pepper, and combine gently so all the potatoes get coated.
- 4.** Preheat the oven to 200°C (400°F/Gas 6). Heat 1 tablespoon of olive oil in the frying pan, then carefully slide in the mixture, spreading it evenly so it covers the base of the pan. Reduce the heat to low-medium and cook for about 10–15 minutes until almost set.
- 5.** Put in the oven and cook for a further 10 minutes, or until set and golden. Alternatively, cook one side, then slide onto a plate and add back to the pan, cooked side up, to cook the other side. Remove from the pan, leave to cool a little, then slice into wedges. Serve warm or cold.

INGREDIENTS

300ml (10fl oz)	olive oil
5	potatoes, peeled and cut into small dices
3	onions, thinly sliced
	salt
5	eggs
	freshly ground black pepper

Paella

This well-known Spanish rice dish has many regional variations. This version contains a delicious mix of seafood.

Serves 4

INGREDIENTS

1.2 litres (2 pt)	hot fish stock
1	large pinch of saffron threads
2 tbsp	olive oil
1	onion, finely chopped
2	garlic cloves, crushed
2	large tomatoes, skinned and diced
12	raw tiger prawns, peeled and deveined
250g (9oz)	squid, gutted, cleaned, and sliced into rings
400g (14oz)	paella rice
100g (4oz)	peas
4	Dublin Bay prawns, or very large raw tiger prawns
12–16	mussels, prepared
1 tbsp	chopped flat-leaf parsley, to garnish

1. Pour a little of the hot stock into a small bowl, add the saffron, and set aside. Heat the oil in a large frying or paella pan and fry the onion and garlic until softened. Add the tomatoes, cook for 2 minutes, then add the king prawns and squid for 1–2 minutes.

2. Stir in the rice, the saffron and its liquid, peas, and 1 litre (1¾ pt) of stock. Simmer, uncovered, over a low heat for 12–14 minutes, or until the stock has been absorbed and the rice is just tender. Add extra stock if necessary.

3. Meanwhile, cook the Dublin Bay prawns in 150ml (5fl oz) of simmering stock for 3–4 minutes until cooked through. Transfer to a warm plate with a slotted spoon. Tap the mussels and discard any that do not close. Add the closed mussels to the stock, cover, and cook over a high heat for 2–3 minutes. Remove with a slotted spoon, discarding any that have not opened.

4. Reserve 8 mussels for the garnish. Take the rest out of their shells and stir into the paella. Arrange the reserved mussels and Dublin Bay prawns on top, garnish with parsley, and serve.





Cinnamon churros with chocolate chilli sauce

These cinnamon- and sugar-sprinkled spanish snacks take minutes to make, but will be devoured just as quickly.

Makes 20

- 1.** Measure 200ml (7fl oz) of boiling water into a jug. Add the butter and stir until it melts. Sift together the flour, half the sugar, and the baking powder into a bowl. Make a well in the centre and slowly pour in the hot butter liquid, beating continuously, until you have a thick paste. Leave the mixture to cool and rest for 5 minutes.
- 2.** Pour the oil into a large, heavy-based saucepan or deep-fat fryer to a depth of 10cm (4in) and heat it to 190°C (375°F). Keep a saucepan lid nearby and never leave the hot oil unattended. Make sure the temperature remains even, or the churros will burn. Place the cooled mixture into a piping bag fitted with a 2cm (¾in) star-shaped nozzle. Pipe 7cm (2¾in) lengths of the dough directly into the hot oil and use a pair of scissors to snip off the ends. Do not crowd the pan, or the temperature of the oil will go down too much. Cook the churros for 1–2 minutes, turning them once when they are golden brown. Remove the churros from the oil with a slotted spoon and drain on kitchen paper.
- 3.** Mix the remaining sugar and the cinnamon together on a plate and toss the churros in the mixture while still hot. Leave to cool for 5–10 minutes, then serve while still warm.
- 4.** For the chocolate chilli sauce, put the chocolate, cream, sugar, and butter in a medium heat-proof bowl over a saucepan of barely simmering water. Heat the mixture, stirring constantly, for 3–4 minutes until the chocolate melts and the sauce thickens. Take the sauce off the heat and stir in a pinch of salt. Add the chilli powder or cayenne pepper to taste, a pinch at a time, and taste as you go. The sauce does not taste hot or spicy immediately; rather it should produce a slowly developing heat in your mouth. Transfer to a bowl and serve immediately with the freshly made churros.

INGREDIENTS

25g (scant 1oz)	unsalted butter
200g (7oz)	plain flour
50g (1¾oz)	sugar
1 tsp	baking powder
1 litre (1¾pt)	peanut or sunflower oil
1 tsp	ground cinnamon

For the chocolate chilli sauce

50g (1¾oz)	good-quality dark chocolate, broken into pieces
150ml (5fl oz)	double cream
1 tbsp	caster sugar
1 tbsp	unsalted butter
1	pinch of salt
¼ tsp	chilli powder or cayenne pepper, to taste





l. to r. Lazlo Stoya, Ewa Grzeskowiak

ITALY

Crystal-clear lakes at the foot of the alps, idyllic bays, vineyards, and olive groves – it's no wonder that the country "where the lemon trees blossom" is, for many of us, a place we long for. Everyone who enjoys the fresh fish and seafood, sun-ripened fruits and vegetables, and the fabulous variety of wines in Italy knows why the pleasure of eating is seen all over the country. Our dishes taste best when eaten in typical Italian style in a large group of friends and family: Buon appetito!



l. to r. Bernardo Lollobrigida, Patricia Mertensotto

Polenta al forno

In this dish from northeast Italy, where cornmeal replaces wheat-based pasta as the staple grain food, slow-cooked polenta is baked between layers of fontina, a cooked-curd Alpine cheese that melts to buttery smoothness.

Serves 8

INGREDIENTS

	salt
300g (10½oz)	coarse-ground polenta
4 tbsp	butter
	freshly ground white pepper
250g (9oz)	fontina cheese or taleggio, thinly sliced

1. In a saucepan, bring 1.5 litres (2½pt) of lightly salted water to a boil. Add the polenta, stirring continuously. Boil for 2–3 minutes, stirring all the time, until the cornmeal begins to splatter. Reduce the heat to a gentle simmer, cover, and cook for 25–30 minutes, stirring occasionally, until the polenta is thick and smooth. Add more boiling water if necessary. Remove from the heat, beat in half the butter, and season with pepper.

2. Preheat the oven to 220°C (425°F/Gas 7). Rinse a medium baking dish, leaving it damp. Spread one third of the polenta over the bottom, top with half the fontina, then spread with another layer of polenta, top with the rest of the fontina, and smooth the remaining polenta over the top. Dot with the remaining butter. Bake for 15–20 minutes until the cheese has melted and the top is brown and bubbling. Season to taste with salt and pepper and serve hot. A salad of endive or escarole and chicory goes well with this.



Beef carpaccio

The lean beef fillet used here is semi-frozen so it is easy to cut into paper-thin slices. The success of the dish will depend on using top quality lean beef, so your best bet is to buy it from a butcher you can trust.

Serves 4

- 1.** Wrap the beef fillet tightly in aluminium foil and freeze for 2½–3 hours until firm but not frozen solid.
- 2.** Meanwhile, coarsely chop the larger capers, wash and dry the rocket and trim off any tough stalks.
- 3.** Take the beef out of the freezer and unwrap it. If the meat is too hard to cut, let it thaw slightly at room temperature. Using a very sharp knife, cut paper-thin slices from the fillet. (A small piece of meat will be left at the end of the fillet.)
- 4.** As you slice the beef, arrange it, overlapping, on 4 plates. Sprinkle with the chopped onion and capers and drizzle with lemon juice and olive oil. Using a vegetable peeler, shave Parmesan over the carpaccio. Arrange the rocket on top. Serve at room temperature and grind a little pepper over the carpaccio at the table.



INGREDIENTS

500g (1lb 2oz)	beef fillet
50g (1¾oz)	drained capers
125g (4½oz)	rocket
1	small onion, very finely diced
	juice of 2 lemons
125ml (4fl oz)	extra virgin olive oil
125g (4½oz)	Parmesan cheese
	freshly ground black pepper

Monday night ribollita

This aromatic and economical dish originates in Tuscany. Of course you can eat it not just on Mondays, but also on any other day of the week.

Serves 4

INGREDIENTS

1	leftover roasted chicken carcass
2	sticks of celery, 1 roughly chopped and 1 finely diced
2	carrots, 1 roughly chopped and 1 finely diced
2	small onions, 1 roughly chopped and 1 finely diced
1	bay leaf
1	bouquet garni (for example parsley, thyme, and bay leaf)
	salt and freshly ground black pepper
100g (3½oz)	dried haricot beans, soaked overnight
2 tbsp	extra virgin olive oil
50g (1¾oz)	pancetta, diced
2	garlic cloves, finely chopped
2	sprigs of thyme
2	handfuls or 100g (3½oz) kale, shredded
25g (scant 1oz)	Parmesan cheese, grated

1. Put the chicken carcass and roughly chopped celery, carrot, and onion into a large saucepan, along with the bay leaf, bouquet garni, seasoning, and 2 litres (3½ pt) of water. Bring to the boil and simmer for 1½ hours until the carcass has broken down completely. Strain the stock into another pan, reserving the carcass until cool enough to handle, then prise out all the bits of cooked meat and add them back to the stock.

2. Meanwhile, rinse the soaked beans and place in a pan with plenty of cold water. Bring to the boil, skim the top, and turn down the heat to a simmer. Cook the beans for about 1 hour, until softened. Drain and set aside.

3. Heat the olive oil in a large saucepan and add the pancetta. Fry for 2–3 minutes on medium heat until crisp. Add the finely diced onion, carrot, celery, and the garlic and thyme. Continue to cook, stirring, for a further 2–3 minutes. Pour in the chicken stock and the meat, and add the drained beans. Simmer the stew for 30–40 minutes, uncovered, until the beans are very soft.

4. Add the kale, cover, and cook for 5–8 minutes until wilted. Season to taste, add the Parmesan, and serve with bread.





Zuppa di lenticchie e finocchio

Unlike other pulses, lentils do not need preliminary soaking, which makes them a great fast-food option. Choose the brownish green lentils of Castelluccio in Umbria, or the nutty, aromatic Puy lentils from France.

Serves 4

INGREDIENTS

350g (12oz)	small brown lentils
1	fennel bulb, trimmed and diced (reserve the fronds)
1	medium potato, peeled and diced
2–3	garlic cloves, roughly chopped
1 tsp	crushed fennel seeds
6	black peppercorns, crushed
½ tsp	salt
1.5 litres (2¾pt)	vegetable stock
100ml (3½fl oz)	olive oil
	finely chopped fennel fronds, to garnish

1. Put all the ingredients, except the stock, oil and fennel fronds, into a large pot. Add the vegetable stock and bring to the boil. Reduce the heat, cover the pan loosely with a lid, and simmer for 30–40 minutes until the lentils are soft and the potato has collapsed into the soup. Top up with boiling water as necessary.
2. Stir in half the oil and boil for 1–2 minutes to thicken the soup. Check the seasoning and ladle into warm bowls. Finish each portion with a drizzle of oil and a sprinkle of finely chopped fennel fronds.

Mushroom risotto

You can vary the mushrooms in this dish. Cultivated mushrooms, such as button mushrooms or oyster mushrooms, can be used year-round to make a tasty risotto. In autumn, try using fresh porcini mushrooms or a mix of wild forest mushrooms – absolutely glorious!

Serves 4

1. Heat the oil in a large pot. Add the diced onions and sauté them for 5 minutes until translucent. Stir in the butter, mushrooms, and garlic, and sauté the mushrooms over a medium heat, stirring constantly, for another 5 minutes.
2. Stir in the rice. Add 150ml (5fl oz) of stock and cook over a low heat, stirring now and then, until the rice has absorbed the liquid. Continue stirring in stock until absorbed, 50–100ml (1¾–2½fl oz) at a time, until the rice kernels are tender yet firm to the bite. This takes about 20 minutes. Stir in the cooked chicken to warm through. If necessary, add in a little stock.
3. Finally, stir in the pepper, parsley, and half the Parmesan. Serve the remaining Parmesan with the risotto.



INGREDIENTS

3 tbsp	olive oil
1	onion, diced
30g (1oz)	butter
300g (10½fl oz)	mixed mushrooms, such as brown mushrooms and oyster mushrooms, cut into quarters or coarsely chopped
2	garlic cloves, finely chopped
300g (10½oz)	Arborio rice
	650ml (1–1¼pt) hot chicken stock
200g (7oz)	cooked chicken, torn into bite-size pieces
1 tsp	freshly ground black pepper
3 tbsp	chopped parsley
60g (2oz)	Parmesan cheese, grated



Spaghetti frutti di mare

This pasta classic should be on every Italian restaurant's menu. Have your fishmonger prepare the frutti di mare for you, then it should be a doddle to make this dish at home, and it will taste just as it does at the restaurant.

Serves 4

1. Heat the oil in a large saucepan and fry the onion and garlic over a low heat, stirring, for 3–4 minutes. Add the chopped tomatoes and the chilli flakes, then simmer for 1 minute.
2. Tap the mussels and discard any that do not close. Put the mussels and squid in a large pan with the wine and lemon, cover, and bring to the boil. Cook on a high heat for 3–4 minutes until the mussel shells have opened. Strain the liquid through a sieve and reserve. Discard the lemon and any unopened shells. Reserve a few mussels in their shells and shuck the rest.
3. Cook the spaghetti in lightly salted boiling water according to the packet instructions.
4. Meanwhile, add the mussel liquid to the tomato sauce and simmer, uncovered, for 2–3 minutes, to reduce. Add the prawns and simmer for 2 minutes. Add the mussels, squid, and parsley, and season to taste with salt and freshly ground pepper.
5. Drain the pasta and stir into the sauce. Garnish with the reserved mussels in their shells and serve.

INGREDIENTS

3 tbsp	olive oil
1	small onion, finely chopped
2	garlic cloves, very finely chopped
400g (14oz)	tin of chunky chopped tomatoes
¼ tsp	chilli flakes
500g (1lb 2oz)	mussels (prepared)
500g (1lb 2oz)	baby squid, gutted, cleaned, and cut into rings
4 tbsp	white wine
½	organic lemon, sliced
500g (1lb 2oz)	spaghetti
	salt
12	large raw tiger prawns, peeled and deveined, tails left on
3 tbsp	chopped parsley
	freshly ground black pepper



Saltimbocca

In Italian, the name of this dish literally means ‘jump in the mouth’ – the delicious small schnitzels are very quickly cooked. In this version of the dish, slices of grilled aubergine give the dish a Mediterranean touch.

Serves 4

- 1.** To make 12 small schnitzels, place each schnitzel between two pieces of parchment paper. Using a rolling pin, pound them flat until they are just 3mm (1/8in) thick. Peel away the paper and cut each schnitzel into three pieces. Remove the fat from the Parma ham. Cut each slice of ham into three pieces. The aubergine slices can be left whole or cut into two or three pieces, depending on their size. Place one piece of ham, one slice of aubergine, and one sage leaf on each piece of veal. Lay a piece of parchment paper on top of each and pound them very gently to press everything into the meat. Peel off the parchment paper carefully. If desired, use toothpicks to keep the ham, aubergine, and sage together.
- 2.** Melt the butter in a frying pan. Put a few schnitzels in the pan and brown over a medium heat for about 2 minutes. Turn the schnitzels and brown the other side for 1–2 minutes. Transfer the schnitzels to a plate and keep warm. Repeat with the remaining saltimbocca.
- 3.** Add the wine to the frying pan and bring to the boil while stirring to deglaze the pan. Check the sauce for seasoning (you probably won't need to add salt since Parma ham is quite salty).
- 4.** Arrange the saltimbocca on a pre-warmed platter or individual plates, spoon over the sauce, and garnish to taste with slices of lemon.

TIP

In summer, this goes well with a vegetable side dish of aubergine and shallots. Slice 1 aubergine into rounds. Fry in a large lidded frying pan with 2 tablespoons of olive oil for 3–5 minutes, turning often. Add 50g (1¾oz) of very small shallots and continue frying, stirring constantly. Add 50ml (2fl oz) of white wine and season with salt and pepper. Cover and simmer over a low heat for 10–15 minutes.

INGREDIENTS

4	veal schnitzels (about 125g/4½oz each)
4	large, thin slices of Parma ham or another kind of air-cured ham
4–12	grilled slices of eggplant, marinated in oil (from the jar), drained
12	sage leaves
60g (2oz)	butter
75ml (2½oz)	white wine
	salt and freshly ground black pepper
½	organic lemon, cut into slices, to taste

Spinach and ricotta cannelloni

INGREDIENTS

For the cannelloni

1 tbsp	oil
500g (1lb 2oz)	cooked spinach
250g (9oz)	ricotta cheese
1	egg, beaten
60g (2oz)	Parmesan cheese, grated
	freshly grated nutmeg
	salt and freshly ground black pepper
16	cannelloni tubes

For the Napoli sauce

1 tbsp	olive oil
1	small red onion, finely chopped
1	celery stick, finely chopped
2	garlic cloves, crushed
400g (14oz)	can chopped tomatoes
75ml (2½ fl oz)	vegetable stock
1	handful of basil leaves, torn

For the béchamel sauce

1	small onion, halved
4	cloves
600ml (1pt)	milk
1	bay leaf
50g (2oz)	butter
50g (2oz)	flour
	salt and freshly ground white pepper
	freshly grated nutmeg

Stuffed cannelloni come with a rich béchamel and tangy Napoli sauce. Enjoy straight from the oven.

Serves 4

1. Lightly oil a rectangular baking dish. Drain the spinach, squeeze out any extra water, then chop roughly. Mix the ricotta with the beaten egg and half the Parmesan. Stir in the spinach, then season to taste with nutmeg, salt, and pepper. Spoon the filling into the cannelloni tubes and put them side by side in the baking dish.
2. To make the Napoli sauce, heat the oil in a saucepan and fry the onion for 5–6 minutes. Add the celery and garlic, cook for 2 minutes, then stir in the tomatoes and stock and simmer for 15 minutes until the vegetables are soft and the sauce has reduced a little. Stir in the basil.
3. In the meantime, make the béchamel sauce. Pierce the onion with the cloves and put in a saucepan with the milk and the bay leaf. Heat the milk almost to boiling point, then leave to infuse for 3–4 minutes on a very low heat.
4. In a second saucepan, melt the butter on a low heat. Sweat the flour in the butter for 30 seconds and take the pan off the cooker. Pour the infused milk through a sieve into the butter-and-flour mixture, stirring vigorously while you do so until the sauce is smooth. Then, on a medium heat and stirring continuously, bring the sauce to the boil, turn down the heat and simmer for another 5 minutes until thick and shiny. Season with salt, pepper, and nutmeg.
5. Preheat the oven to 190°C (375°F/Gas 5). Pour the béchamel sauce over the cannelloni, then spoon the Napoli sauce on top, and sprinkle with the remaining Parmesan. Bake in the hot oven for 35 minutes until the top is golden and bubbling and the cannelloni are cooked through.





AUSTRIA

Whether it is enjoyed during a meal at a rustic Viennese restaurant known as a “Beisl,” or a snack on an high alpine meadow, Austrian cuisine is truly original. Its hearty dishes often reflect the turbulent history of the country itself. According to legend, Kaiserschmarrn, a kind of pancake, takes its name from the Kaiser’s (Emperor Franz Joseph I) preference for this dish. And the goulash, adapted from the Hungarian original, is a reminder of the close ties to Hungary during the monarchy. But wonderful pastries, cakes, and coffee houses are also a part of Austrian cuisine. So if you’re still looking for recipes to expand your repertoire, we’ve got a few sweet and fantastic ideas for you ...



I. to r. Florian Glaser, Guido Pfeiffer, Peter Lenzofer, Thomas Kühmayer, Helmut Humer, Günter Rassner

Viennese schnitzel with pan-fried potatoes

An authentic Wiener schnitzel is made from topside veal, but schnitzels made from pork or turkey also taste delicious.

INGREDIENTS

For the pan-fried potatoes

800g (1¾lb)	waxy potatoes, such as Yukon Gold (or boiled potatoes left over from the day before)
	salt
2 tbsp	vegetable oil
2	onions, sliced
	freshly ground black pepper

For the schnitzels

4	thinly-cut boneless topside veal cutlets (150g/5½oz each)
	salt and freshly ground pepper
2	eggs
	flour, for breading
	breadcrumbs, for breading
	butter, for frying
1	organic lemon, quartered

Serves 4

- 1.** To make the pan-fried potatoes, boil the potatoes in salted water for about 20 minutes. Drain, let the steam evaporate, and peel. Leave the potatoes to cool for about an hour, then cut them into slices.
- 2.** Heat the oil in a very large frying pan. Add the potatoes and onions and fry over a high heat for about 10 minutes until golden brown, turning often. Season to taste with salt and pepper and keep warm in the oven.
- 3.** Flatten the veal cutlets evenly with a meat pounder until they are each about 3mm (¼in) thick. Season with salt and pepper. Beat the eggs in a soup plate. Put the flour and the breadcrumbs on separate plates. Dip both sides of each cutlet into the flour and shake off the excess. Dip into the egg to coat, and finally dip both sides in the breadcrumbs, pressing slightly to make the breadcrumbs stick. Shake off the excess.
- 4.** In one large or two small frying pans, heat up a generous amount of butter, enough to float the schnitzels. Fry the schnitzels on one side until golden brown, gently shaking the frying pan so the butter flows over them. Turn over, reduce the heat, and fry until the other side is golden brown. Drain the schnitzels on paper towels. Serve with the pan-fried potatoes and lemon quarters.





Potato goulash

Of course Austria also has a potato goulash, and it is especially tasty made with aromatic Kipfler potatoes. These are similar to Bavarian Bamberg potatoes and French Ratte potatoes. You can essentially use any flavourful potatoes that are not too floury. The soup is especially creamy if you stir in a little butter at the end, preferably spiced butter (see tip).

Serves 4

- 1.** Melt the butter in a pot and sauté the onions, garlic, potatoes, carrots, and tomato eighths, along with the thyme leaves, over a medium heat for 5 minutes.
- 2.** Add the paprika and caraway seeds, stir once, and add the stock. Bring to the boil, cover, and cook over medium heat for 10 minutes.
- 3.** If available, cut the leftover roast into small pieces and add to the vegetables towards the end of the cooking time, along with the gravy. Season to taste with salt, pepper, and goulash spices, and serve.

TIP

For spiced butter, beat 100g (3½oz) of soft butter with 2 tablespoons of sweet paprika, 1 teaspoon of chilli flakes, 1 peeled and crushed clove garlic, 1 teaspoon of ground caraway seeds, 1 teaspoon of organic lemon zest, chopped marjoram leaves from 5 sprigs, and a handful of chopped parsley. Season with salt and pepper, then chill or freeze. Stir 1–2 tablespoons of the butter into the goulash.

INGREDIENTS

2 tbsp	butter or vegetable oil
3	onions, diced
2	cloves garlic, finely chopped
600g (1lb 5oz)	potatoes such as Estima, Desiree or Maris Peer, peeled and diced
2	carrots, diced
2	tomatoes, cut into eighths
1–2 tsp	thyme leaves or dried thyme
2 tbsp	sweet paprika
½ tsp	caraway seeds
500ml (scant 1pt)	vegetable or beef stock
	leftover roast and gravy (if available)
	salt and freshly ground black pepper
	goulash spices (to taste)



Baked dumplings with cherries

These baked yeast dumplings – *Buchteln*, also called *Rohrnudeln* outside Austria – come out of the oven golden brown and crisp. In summer they are simply divine prepared with fresh cherries.

Makes 6–12 pieces

INGREDIENTS

For the dough

500g (1lb 2oz)	flour, plus extra for the work surface
20g (¾oz)	fresh yeast or 1¼ tbsp active dry yeast
60g (2oz)	sugar
250ml (9fl oz)	lukewarm milk, plus more for baking
100g (3½oz)	butter, plus more for greasing
2	eggs
	zest of 1 organic lemon
	icing sugar for dusting

For the filling

500g (1lb 2oz)	cherries
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1. Sift the flour into a bowl and make a well in the centre. Crumble the yeast into the well, add a pinch of the sugar and a little of the milk, and stir with a fork to make a yeast sponge, incorporating a little of the flour from the sides of the well. Cover the bowl with a kitchen towel and leave to rise in a warm place for about 15 minutes.

2. Melt the butter. Add half of the butter, the remaining milk and sugar, the eggs, and lemon zest to the yeast sponge. Using your fingers, mix the ingredients to form a dough. Using your hands, knead the dough thoroughly on a floured work surface. Cover and leave to rise for about 1 hour.

3. To make the filling, remove the stems from the cherries and pit them. Preheat the oven to 180°C (350°F/Gas 4). Generously butter an ovenproof dish.

4. Thoroughly knead the dough once more and then divide into 6–12 portions. Flatten each portion slightly and put a few cherries on top. Pinch the dough closed and shape it to form tall dumplings. Arrange the dumplings side by side in the buttered dish. Pour a little milk into the dish and brush with the remaining melted butter. Bake in the middle of the hot oven for about 50 minutes. Dust them with the icing sugar to serve.

VARIATION

This dough is also suitable for making steamed plum dumplings. Fill the dumplings with plum compote and cook, a few at a time, in a steamer insert set over (but not touching) boiling water. Sprinkle with a mixture of melted butter and ground poppy seed and serve dusted with icing sugar.

Poppy seed and apricot strudel

Strudel filled with quark is a very popular dish in Austria. The traditional filling contains raisins, but here, apricots and poppy seed are used for a taste of summer.

Makes 1 strudel (about 12 slices)

- 1.** For the dough, mix flour and salt. Add the eggs, oil and about 150ml (5fl oz) lukewarm water and knead to make a medium firm dough. Rinse a bowl with warm water, sit upside down over the dough and rest the dough at room temperature for 30 minutes.
- 2.** In the meantime, cut the apricots in half, remove the pits, and cut the fruit into wedges. Separate the eggs and whip the egg whites until they form stiff peaks. Set aside 3 table-spoons of the butter. Cream the remaining butter with the sugar and vanilla until frothy. Beat in the egg yolks one at a time. Stir in all of the quark or yogurt and sour cream, the poppy seed, lemon zest, and apricots. Fold the mixture into the egg whites.
- 3.** Preheat the oven to 180°C (350°F/Gas 4). Generously butter a roasting pan. Put the dough on a floured work surface and knead vigorously, then roll out and place on top of a clean kitchen towel dusted with flour. Using your hands, stretch out the dough as thinly as possible until it forms a rectangle of 40 × 60cm (16 × 24in).
- 4.** Spread the filling onto the dough, leaving a 3cm (1in) border along one long edge. Using the kitchen towel, roll up the dough and tuck the ends underneath. Put the strudel into the roasting pan. Melt the remaining butter, brush the strudel with it and bake in the middle of the oven for about 1 hour. Rest the strudel for 15 minutes before serving. Then dust with icing sugar and cut it into thick slices.



INGREDIENTS

For the strudel dough

250g (9oz)	flour, plus extra for the work surface
	salt
1	egg
2 tbsp	vegetable oil
	icing sugar for dusting

For the filling

800g (1¾lb)	apricots
3	eggs
150g (5½oz)	unsalted butter, softened, plus more for the roasting pan
150g (5½oz)	sugar
1 tsp	vanilla extract
500g (1lb 2oz)	low-fat quark (alternatively, use a thick and creamy, plain, non-fat yogurt)
250g (9oz)	quark (40% fat) or sour cream (40% fat)
100g (3½oz)	ground poppy seed
	zest of 1 organic lemon

Kaiserschmarrn

The Austrian Emperor Franz Joseph was supposedly fond of this dish, and today it is a classic in beer gardens, mountain huts, and restaurants. Eaten as a sweet main course, it makes a filling meal for one. Eaten as a dessert, it makes a treat for many.

INGREDIENTS

4 tbsp	raisins
200g (7oz)	flour
½ tsp	baking powder
1 tbsp	sugar
1	pinch of salt
200ml (7fl oz)	milk
4	eggs
	clarified unsalted butter, for frying
4 tbsp	sliced almonds
	icing sugar, for dusting
	lingonberry or cranber- ry compote, for serving

Serves 4

- 1.** Soak the raisins in water. Combine the flour, baking powder, sugar, and salt in a bowl. Add the milk and mix to make a thick batter.
- 2.** Separate the eggs. Whip the egg whites until they form stiff peaks. Stir the egg yolks into the batter, then fold the batter into the egg whites.
- 3.** Melt some clarified butter in one large or two small frying pans. Pour the batter into the pan. Drain the raisins and sprinkle them over the batter, along with the sliced almonds. Reduce the heat and fry the pancake for about 10 minutes until it is golden brown underneath. Cover the pan if necessary. Carefully turn the pancake over and fry the other side until golden brown.
- 4.** Remove the frying pan from the cooker. Using two forks, tear the pancake into bite-sized pieces. Dust generously with icing sugar, return the frying pan to the cooker and caramelize the sugar over a moderate heat, frequently turning the pancake pieces.
- 5.** Portion out onto four plates and dust again with icing sugar. Serve with lingonberry or cranberry compote.

TIP

Apple sauce or plum compote also go very well with Kaiserschmarrn.



Almond and raspberry tart

No shop-bought *Linzer Torte* can compete with this buttery almond pastry and freshly made raspberry filling. This cake is at its most delicious if baked a day or two ahead and left to soak through, stored in an airtight container. Only sprinkle with icing sugar just before serving.

For a 23–25cm (9–10in) tart tin with a removable bottom

INGREDIENTS

For the pastry

175g (6oz)	whole blanched almonds
125g (4½oz)	flour, plus extra for dusting
½ tsp	ground cinnamon
1	pinch of ground cloves
125g (4½oz)	unsalted butter, softened, plus extra for greasing
1	egg
100g (3½oz)	sugar
¼ tsp	salt
1½ tbsp	lemon juice
	zest of 1 organic lemon

For the filling

375g (13oz)	raspberries
125g (4½oz)	sugar
1–2 tbsp	icing sugar, for dusting

1. For the dough, put the whole almonds and half the flour in a food processor and process until finely ground. Sift the remaining flour, cinnamon, and cloves onto a work surface. Mix in the almond flour, then make a well in the centre. Put the butter, egg, sugar, salt, lemon juice, and zest into the well. Mix with your fingertips, gradually incorporating the flour, until coarse crumbs form. Shape the dough into a ball, adding a little more flour if it is sticky.
2. Knead the dough on a floured work surface for another 1–2 minutes until smooth. Wrap in cling film and refrigerate for 1–2 hours.
3. For the filling, pick over the raspberries; wash them only if absolutely necessary. Put the sugar and raspberries in a saucepan. Cook, stirring, for 10–12 minutes to make a thick, pulpy jam. Set aside to cool. Once cool, use a wooden spoon to push half of the fruit pulp through a sieve to remove some of the seeds. Then mix with the remaining jam.
4. Butter the tin. Lightly flour a work surface and roll out two thirds of the dough into a 28cm (11in) round. Rewrap and chill the remaining dough.
5. Wrap the dough circle loosely around the rolling pin and gently ease into the tin. Press it down the sides and onto the bottom. Cut off the excess dough overhanging the rim. Push the dough up the sides of the tin with your thumbs.
6. Spread the jam onto the bottom of the pastry case. Roll out the remaining dough to make a 15 × 30cm (6 × 12in) rectangle. Using a fluted pastry wheel, cut 1cm (½in) strips.



Arrange the strips in a lattice pattern on top of the filling. Trim the overhanging dough strips.

7. Thinly roll out all the remaining dough trimmings. Cut several 1cm (½in) strips with the pastry wheel. Brush the edge of the tart with cold water and press down the pastry strips all the way around the edge. Chill the tart again for about 15 minutes. Meanwhile, put a baking sheet in the oven and preheat to 190°C (375°F/Gas 5).

8. Bake on the baking sheet in the hot oven for 15 minutes until the cake starts to brown. Reduce the temperature to 180°C (350°F/Gas 4) and continue baking for 25–30 minutes until golden brown. Take out of the oven and cool slightly on a cake rack. Loosen, then remove the rim of the tin, then slide the cake from the bottom of the tin onto the cake rack and cool completely. Dust with icing sugar about 30 minutes before serving.

Gugelhupf

Raisins and chopped almonds or nuts are essential ingredients in this classic cake. Dusted with icing sugar, it is twice as lovely.

For 1 gugelhupf or fluted ring mould (1l)

INGREDIENTS

150ml (5fl oz)	milk
2 tbsp	sugar
150g (5½oz)	unsalted butter, plus extra for greasing
20g (¾oz)	fresh yeast or 1¼ tbsp active dry yeast
500g (1lb 2oz)	strong white bread flour
1 tsp	salt
3	eggs, beaten
100g (3½oz)	raisins
100g (3½oz)	blanched almonds
	icing sugar, for dusting

1. Bring the milk to the boil in a saucepan. If using fresh yeast, measure 4 tablespoons of the milk into a cup and leave to cool until lukewarm. Add the sugar and butter to the remaining milk in the pan and stir until the butter has melted. Allow to cool.

2. Crumble the fresh yeast into the lukewarm milk in the cup and stir until dissolved. Sift the flour and salt into a bowl. Add the yeasty milk, the eggs, and the milk-and-butter mixture. Knead to make a soft dough, using a handmixer fitted with dough hooks. Continue to knead for 5–7 minutes until it is elastic and sticky, and comes away from the sides of the bowl. Cover with a damp tea towel and leave to rise in a warm place for 1–1½ hours or until doubled in volume.

3. Meanwhile, butter the mould and freeze for about 10 minutes until the butter is hard, then butter again. Pour boiling water over the raisins and leave to soak.

4. Knock back the dough with your hands. Drain the raisins, reserving 7 of them. Reserve 7 blanched almonds and chop the rest, then knead into the dough along with the raisins. Arrange the reserved raisins and whole almonds at the bottom of the mould. Put the dough into the mould, cover with a tea towel, and leave to prove in a warm place for 30–40 minutes. Preheat the oven to 190°C (375°F/Gas 5).

5. Bake the gugelhupf in the hot oven for 45–50 minutes until nicely risen and golden brown. Take out of the oven and leave to cool slightly in the tin, then turn out onto a wire rack to cool completely. Dust with icing sugar just before serving.

TIP

The dough for gugelhupf must be soft and sticky. Resist the temptation to knead in more flour for a firmer dough.





EASTERN AND SOUTH-EASTERN EUROPE

Extending from the “Borscht Belt” up to the Balkan Peninsula, this region encompasses many countries, and so the cuisine of eastern and south-eastern Europe is extremely diverse. For example, the coastal regions in the southern Balkans are influenced by Mediterranean cuisine. In other parts of the region, you will find dishes that are also popular in Alpine countries. And too, Far Eastern and Asian influences have enriched the cuisine. We have selected several classic recipes for you – from borscht to goulash to beef Stroganoff. A good glass of schnapps is served with the food, not before or after. Cheers!



l. to r. Johann Neufeld, Artur Szwagrzyk



l. to r. Gabor Mosonyi, Tomas Mizerak, Predrag Kadijevic, Mario Lacen





Szegeidine fish soup

This well-known soup originates in southern Hungary and is seasoned – of course – with paprika, which is widely grown in the region around Szeged.

Serves 4

INGREDIENTS

1 kg (2lb 3oz)	white-fleshed fresh-water fish (such as zander, pike, or catfish)
2	onions, finely diced
2	tomatoes, chopped
2	celery stalks, cut into rings, plus celery greens
	salt
½ tsp	paprika
	a few peppercorns
	about 50ml (2fl oz) white wine
	fish stock (from a jar), as necessary
	freshly ground black pepper
4–6	slices of organic lemon, halved

1. Fillet the fish and refrigerate. Put the fish trimmings (head, bones, fins) in a large pot. Add the diced onions, tomatoes, and half of the sliced celery to the fish trimmings. Add the salt, paprika, peppercorns, and 1.25 litres (2pt) of water. Bring everything to the boil and then simmer for 30 minutes.

2. Strain the cooking liquid through a sieve into a pot. Add the wine and season the sauce with fish stock, salt, and pepper. Return to the boil.

3. Cut the fish fillets into bite-size pieces and put them in the hot stock, along with the remaining celery. Poach the fish over a low heat for a few minutes, without stirring, until cooked through.

4. Distribute the slices of lemon among four soup plates. Ladle the fish soup into the plates, tear the celery leaves into small pieces, and sprinkle them over the soup.

Hungarian goulash

Caraway and paprika give this traditional herdsman's supper its uniquely aromatic flavour.

Serves 6

1. Heat the oil in a large casserole over a high heat. Add the meat, in batches, and cook until well-browned all over. Remove with a slotted spoon, transfer to a plate lined with kitchen paper, and set aside.
2. Reduce the heat, add the onion, and cook for 1–2 minutes, until softened. Stir in the garlic, caraway seeds, paprika, and 2 tablespoons of water.
3. Return the meat to the casserole and stir. Add enough water to just cover the meat and bring to the boil, then reduce the heat, cover, and simmer gently for 1 hour until the meat is tender.
4. Add the tomatoes, tomato purée, red pepper, and potatoes. Season generously with salt and pepper and bring to the boil. Then reduce the heat and simmer for another 30 minutes. Garnish with chopped parsley and a dollop of sour cream, and serve.

VARIATION

For a chicken goulash, use chicken in place of pork, and green pepper in place of red. Replace the paprika with smoked paprika and cook as above. Serve with chopped fresh dill and a dollop of sour cream.



INGREDIENTS

3 tbsp	vegetable oil
800g (1¾lb)	pork shoulder, cut into cubes
1	large onion, roughly chopped
1	garlic clove, crushed
½ tbsp	caraway seeds
1–2 tbsp	paprika
2	tomatoes, blanched, peeled, and diced
3 tbsp	tomato purée
1	large red pepper, deseeded and thinly sliced
2	large waxy potatoes, peeled and cut into cubes
	salt and freshly ground black pepper
	chopped parsley, to garnish
	sour cream, to serve

Ražnjići kebabs with djuvec rice

INGREDIENTS

For the kebabs

300g (10½oz)	lean pork shoulder
300g (10½oz)	veal, alternatively turkey breast fillet
200g (7oz)	each of red and green pepper
2	small red onions, quartered

For the marinade

4	garlic cloves, finely chopped
4 tbsp	olive oil
1 tsp	Mediterranean herbs, to taste
1 tsp	hot paprika (pimentón)
1 tsp	salt
½ tsp	freshly ground black pepper

For the djuvec rice

100g (3½oz)	frozen peas
1 tbsp	olive oil
1	small red pepper and 1 small yellow pepper, deseeded and finely diced
1	onion, finely diced
200g (7oz)	long grain rice
250ml (9fl oz)	tomato juice
	salt and freshly ground black pepper
125g (4½oz)	aivar (red pepper relish)

These colourful kebabs served with spicy rice are very popular on the Balkan Peninsula – and not only there.

Serves 4

- 1.** For the kebabs, cut the meat into 2cm (¾in) dice. Soak the skewers in cold water for at least 30 minutes. For the marinade, mix the garlic with the oil, herbs, and spices in a bowl. Add the meat and leave to marinate in the refrigerator for at least 4 hours.
- 2.** For the djuvec rice, thaw the peas. Heat the olive oil in a high-sided frying pan or saucepan, then add the pepper and the onion and fry until softened. Add the rice and stir briefly, deglaze with tomato juice, season with salt and pepper, and stir in the aivar. Cook on a medium heat for about 20 minutes, gradually adding 250ml (9fl oz) of water. Stir in the peas 5 minutes before the end of the cooking time.
- 3.** In the meantime, preheat the grill. For the kebabs, deseed the peppers and cut into bite-size pieces. Take the meat out of the refrigerator and thread the pork and veal cubes on the skewers, alternating them with the onion quarters and pepper pieces. Cook under the grill for 5–6 minutes on each side until cooked through and lightly browned. Arrange on 4 plates and serve with the djuvec rice.



Prekmurian layer cake

INGREDIENTS

For the pastry

100g (3½oz)	strong white flour
100g (3½oz)	plain flour
100g (3½oz)	butter or pork lard, cut into small pieces
	milk or sour cream, for kneading

For the strudel dough

600g (1lb 5oz)	plain flour
4–5 tbsp	vegetable oil
1	egg

For the poppy seed filling

200g (7oz)	poppy seeds, finely ground
80g (3oz)	sugar
1 sachet	vanilla sugar

For the quark filling

1kg (2lb 4oz)	quark (40% fat), alternatively, use full fat ricotta cheese
100g (3½oz)	sugar
2	eggs
1 sachet	vanilla sugar

For the nut filling

300g (10½oz)	shelled walnuts, ground
100g (3½oz)	sugar
1 sachet	vanilla sugar

The Slovenian layer cake *Prekmurska gibanica* cannot be made in a hurry. The original recipe calls for many layers and the preparation is time-consuming. If you don't have much time, use ready-made dough and reduce the number of layers.

For one round ceramic baking dish, 32–35cm (12½–14¾in) diameter, 7–8cm (2¾–3in) high

- 1.** To make the pastry, sift together both types of flour onto a baking sheet. Distribute the pieces of lard and a pinch of salt over the flour. Knead everything together, using just enough milk, sour cream, or water to make a smooth dough. Shape the dough into a ball and refrigerate for 30 minutes.
- 2.** To make the strudel dough, sift the flour onto the baking sheet and make a well in the centre. Add the oil, a pinch of salt, and the egg. Knead the ingredients together, adding just enough lukewarm water to make a smooth, elastic dough. Shape the dough into a loaf, brush with a little oil, and rest for 30 minutes.
- 3.** To make the poppy seed filling, mix together the poppy seeds with the sugar and vanilla sugar. For the quark filling, use a fork to stir together the quark with the remaining ingredients to make a smooth cream. To make the nut filling, stir together the nuts with the sugar and vanilla sugar. To make the apple filling, toss the apple slices with the sugar and cinnamon. For the cream topping, whisk together the sour cream and the eggs. To make the butter topping, melt the butter or lard.
- 4.** Grease the baking dish generously with butter. Roll out the pastry and lay in the baking dish. Prick the base all over with a fork.
- 5.** Cut the strudel dough into 9 pieces. On a large, clean cloth lightly dusted with flour, roll out each piece of dough very thinly, then use your hands to stretch it yet thinner, working from the inside to the outside, to make it fit the baking dish. Brush one piece with oil and place on top of the pastry in the dish.



6. Spread half of the poppy seed filling over the pastry and strudel dough base. Drizzle with a little of the cream topping and the butter topping. Brush the next piece of strudel dough with oil and lay on top. Spread half of the quark filling over the strudel layer and drizzle with a little of the cream topping. Lay the

third layer of strudel dough on top. Spread half of the nut filling on top and drizzle with a little melted butter. Place the fourth layer of strudel dough on top. Spread with half of the apple filling and drizzle with a little of the cream topping. Repeat all four layers to make eight even layers. Drizzle the final layer of strudel dough on top of the gibanica with the remaining cream and butter toppings.

7. Meanwhile, preheat the oven to 175°C (350°F/Gas 4). Using a long wooden skewer, poke several holes through the cake, then bake in the hot oven for about 1¼ hours. Take out of the oven, spread a little sour cream over the top, and let it soak into the cake. Dust the gibanica with icing sugar, to taste.

For the apple filling

1.5kg (3lb 3oz)	tart apples, peeled, quartered, cored, and cut into thin slices
120g (4¼oz)	sugar
	ground cinnamon

For the cream topping

600g (1lb 5oz)	sour cream
4	eggs

For the butter topping

150g (5½oz)	butter or pork lard
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You will also need

- salt
- butter, for the baking dish
- oil, for brushing
- flour, for dusting
- sour cream, for spreading
- icing sugar, for dusting



Borscht

During a spell of cold weather, few things are more cheering on the dinner table than a bowl of this startlingly bright, deep pink broth with its savoury, warming flavours.

Serves 8

INGREDIENTS

6	raw beetroots
	salt
60g (2oz)	butter
2	small carrots, chopped
2	small onions, chopped
1	small white cabbage, cored and sliced
2 × 400g (14oz)	tins chopped tomatoes
2 litres (3½ pt)	chicken stock or water
	freshly ground black pepper
1 tsp	sugar
	leaves from 3–4 dill sprigs, finely chopped
	leaves from 3–4 parsley sprigs, finely chopped
	juice of 1 lemon
2–3 tbsp	red wine vinegar
125ml (4fl oz)	sour cream

- 1.** Trim and wash, but do not peel the beetroots. Bring to the boil in a pan of salted water and cook for about 30 minutes until tender.
- 2.** Drain the beetroots in a sieve and leave to cool, then peel and grate. (Wear kitchen gloves to avoid staining your fingers with beetroot juice.)
- 3.** Melt the butter in a large saucepan. Add the carrots and onions and cook gently, stirring, for 3–5 minutes. Add the sliced cabbage, beetroots, tomatoes, stock, salt, pepper, and sugar, and bring to the boil. Simmer for 45–60 minutes. Taste for seasoning and thin with a little water if necessary.
- 4.** Just before serving, stir in the herbs, lemon juice, red wine vinegar, and salt and pepper, to taste. Pour the soup into warmed bowls and garnish with a dollop of sour cream each.

Salmon coulibiac

The delicately stuffed *kulebjaka* was already enjoyed by the czars. The original dish uses yeast dough.

Serves 4

1. Roll one third of the puff pastry into a 25 × 15cm (10 × 6in) sheet. Lay on a baking sheet and pierce all over with a fork. Chill for 10 minutes. Preheat the oven to 200°C (400°F/Gas 6). Roll out the remaining pastry to about one third larger than the base and chill.
2. Over a low heat, melt the butter in a saucepan, add the diced onion and sweat for 4–5 minutes until translucent. Add the mushrooms and fry over a high heat for 2–3 minutes. Add the milk and simmer until the mushrooms are cooked, then leave to cool.
3. Bake the pastry base in the oven for 5–10 minutes until crisp. Leave to cool on a wire rack.
4. Mix the salmon, hard-boiled eggs, rice, parsley, and dill. Stir in the mushroom mixture and season with salt and pepper. Spread the salmon mixture over the base. Lay the second sheet of pastry on top, tucking the edges under the cooked pastry base – trim any larger overhangs of pastry beforehand.
5. Cut small fish or leaves from the pastry trimmings. Cut a small hole into the top of the pastry, brush the coulibiac with beaten egg, and decorate with the pastry trimmings. Chill for 15 minutes, then brush with egg once more and bake for 25–30 minutes until golden brown.



INGREDIENTS

450g (1lb)	puff pastry
30g (1oz)	butter
1	small onion, finely diced
50g (1¾oz)	mushrooms, finely chopped
5 tbsp	milk
250g (9oz)	cooked salmon, skinned, pinboned, and flaked
2	eggs, hard-boiled and diced
125g (4½oz)	cooked long-grain rice, chilled
1 tbsp	finely chopped parsley
1 tbsp	finely chopped dill
	salt and freshly ground black pepper
1	egg, beaten



Beef Stroganoff

Herbed and aromatic, the famous Beef Stroganoff is composed here of thinly sliced mushrooms, fine beef fillet and the aniseed flavours of tarragon.

Serves 4

- 1.** Cut the meat into 1cm (½in) slices, and each slice into 1cm (½in) strips, about 8cm (3in) long. Heat half the butter and 1 tablespoon of oil in a large frying pan. Add the beef strips, season with salt and pepper, and cook over a very high heat, stirring, for 2–3 minutes, until well browned. Remove with a slotted spoon and set aside.
- 2.** Heat the remaining butter and 1 tablespoon of oil in a pot, add the onions, and sauté until softened and browned, stirring occasionally. Lift out with the slotted spoon and set aside.
- 3.** Add the mushrooms to the pot and sauté for 4–5 minutes until all the moisture has evaporated. Stir in the flour, and cook for 1 minute. Pour in the stock and bring to the boil, stirring until the sauce thickens.
- 4.** Return the onions to the pot and season with salt and pepper. Simmer for 2 minutes, then stir in the mustard, the beef, and its juices, and heat gently for 2–3 minutes, without boiling. Finally, stir in the sour cream and cook for another minute. Take care not to let the sauce come to the boil or it will curdle. Taste for seasoning, sprinkle with chopped tarragon and serve immediately, accompanied by ribbon pasta.

INGREDIENTS

750g (1lb 10oz)	fillet of beef
30g (1oz)	butter
2 tbsp	vegetable oil
	salt and freshly ground black pepper
2	onions, sliced
250g (9oz)	mushrooms, sliced
1 tbsp	plain flour
125ml (4fl oz)	hot beef stock or water
2–3 tsp	Dijon mustard
125ml (4fl oz)	sour cream
	leaves from 4 tarragon sprigs, chopped



Polish crêpes with sour cream and caramelized apples

Polish *Naleśniki* are very easy to make. The caramelized apple gives the paper-thin crêpes a sweet, fruity flavour.

Serves 6

- 1.** Sift the flour and a pinch of salt into a bowl and make a well in the centre. Add the egg and a little milk. Stir together until smooth. Gradually add the remaining milk, then beat with a whisk until there are no more lumps. Chill the batter for 15 minutes.
- 2.** Over a low heat, melt the butter and the sugar in a frying pan. Stir until the sugar has dissolved. Add the apple rings and cook for 5–10 minutes until the sugar has caramelized. Remove from the cooker and keep warm.
- 3.** Heat up a little oil in a small frying pan. Shake the pan back and forth to distribute the oil evenly, then pour it out of the pan. Give the batter a stir. To make the crêpes, ladle 2 tablespoons of batter per crêpe into the frying pan and tilt this way and that to coat the bottom of the pan evenly. Fry for 1–2 minutes, then turn over with a spatula and fry for another minute. Slide the crêpe onto a pre-warmed plate. Repeat with the remaining batter.
- 4.** Stir the sour cream until smooth. Put a little of the caramelized apples and sour cream on each crêpe. Fold the crêpes, sprinkle liberally with grated chocolate, and serve.

INGREDIENTS

50g (1¾oz)	flour, sifted
	salt
1	egg, beaten
150ml (5fl oz)	milk
1–2 tbsp	butter
2–3 tbsp	brown sugar
4	red-skinned apples, cored with an apple corer and cut into rings
	oil, for deep frying
150g (5½oz)	sour cream
125g (4½oz)	dark chocolate, grated



UNITED ARAB EMIRATES

The cuisine of the United Arab Emirates is an absolute feast for the senses! Exotic aromas and typical spices make for unforgettable dishes of lamb, chicken, and beef served with rice and vegetables. All those who love fish and seafood will be delighted, as will those with a sweet tooth, for there are heavenly desserts with dates, honey and nuts. We have selected highlights from this cuisine for you and hope you will be just as enchanted as we are!



I. to r. Mohamed Naoufel Boufaied, Michael Behr



Muhammara

This delicious Arab dip is usually served with strips of toasted flatbread or carrot and celery sticks. Traditionally, a mortar and pestle is used to grind the ingredients to a paste, but you can also use a food processor or electric blender.

INGREDIENTS

3	red peppers
2	red chillies
150ml (5½fl oz)	olive oil
150g (5½oz)	shelled walnuts
2–3 tbsp	fresh white bread-crumbs (alternatively, use dried breadcrumbs)
2 tbsp	pomegranate syrup
	juice of 1 lemon
1–2 tsp	clear honey
2–3	garlic cloves, roughly chopped
1–2 tsp	ground cumin
1	small bunch of flat-leaf parsley, finely chopped
	salt

Serves 4

- 1.** Preheat the oven to 200°C (400°F/Gas 6). Place the peppers and chillies on a baking tray and drizzle with half the oil. Roast for about 1 hour, turning them occasionally in the oil, until the skins are blackened and blistered. Take out of the oven, leave to cool for 5 minutes, then put in a plastic food bag or freezer bag. Close the bag tightly and set aside.
- 2.** Spread the walnuts on a baking tray and roast for about 10 minutes.
- 3.** Place the peppers and chillies on a wooden board, peel off the skins, and remove the stalks and seeds. Roughly chop the flesh and put in a food processor with the walnuts, breadcrumbs, pomegranate syrup, lemon juice, honey, garlic, and cumin. Gradually pour in the remaining oil and add most of the parsley while whizzing. Season with salt, transfer to a serving bowl, sprinkle with the rest of the parsley, and serve.

VARIATION

Creamy muhammara: Combine the basic muhammara recipe with 2–3 tablespoons of the traditional strained yogurt, *labneh*, to make a thicker version.



Falafel

These crisp balls of puréed chickpeas can be enjoyed hot or cold. For a top-notch vegetarian snack, combine with strips of romaine lettuce, cucumber cubes, and yogurt seasoned with salt and pepper, and serve in toasted pitta bread.

INGREDIENTS

250g (9oz)	dried chickpeas, soaked overnight in cold water
1 tbsp	tahini
1	garlic clove, crushed
1 tsp	salt
1 tsp	ground cumin
1 tsp	turmeric
1 tsp	ground coriander
½ tsp	cayenne pepper
2 tbsp	finely chopped parsley
	juice of 1 small lemon
	vegetable oil, for frying

Makes 12

- 1.** Drain the soaked chickpeas and put them in a food processor or blender with the tahini, garlic, spices, parsley, and lemon juice. Process until finely chopped but not puréed.
- 2.** Transfer the mixture to a bowl and refrigerate, covered, for at least 30 minutes (up to a maximum of 8 hours).
- 3.** Wet your hands and shape the mixture into 12 balls. Press down slightly to flatten.
- 4.** Heat 5cm (2in) of oil in a deep pan or wok until very hot. Fry the falafel in batches for 3–4 minutes, or until golden brown. Drain on kitchen paper and serve hot or cold.



Arab omelette

This thick Arab omelette, called *eggah*, is packed with flavour, similar to the traditional Spanish tortilla.

Serves 4

1. Preheat the oven to 180°C (350°F/Gas 4). Sprinkle the courgettes with a little salt, set aside for about 15 minutes, then rinse and pat dry.
2. In a heavy-based frying pan, heat the oil with the butter. Add the onion and cook over a medium heat until it begins to colour. Add the courgettes and fry until the onions and courgettes are golden brown. Toss with the mint, then leave the mixture to cool.
3. Squeeze dry the soaked bread, crumble with your fingers, and add to the eggs. Beat well, stir in the courgette and onion mixture, and season.
4. Grease a heavy-based ovenproof dish, tip in the courgette mixture, and bake for about 30 minutes until risen and lightly browned on top. Divide into 4–6 portions and serve garnished with parsley and lemon wedges.



INGREDIENTS

2	courgettes, thinly sliced on the diagonal
	salt
2 tbsp	olive oil
1 tbsp	butter, plus extra for greasing
1	onion, halved and finely sliced
1	small bunch of mint, finely chopped
2–3	slices of bread, crusts removed, soaked in a little milk
8	eggs, beaten
	freshly ground black pepper
1	small bunch of flat-leaf parsley, finely chopped
4–6	wedges of lemon

Fattet hummus

This simple dish of spicy chickpeas on toasted flatbread is from the Middle East. It is good for using up yesterday's bread and is popular as a snack while out and about, but also as a family meal at home, at any time of day.

Serves 4

INGREDIENTS

250g (9oz)	dried chickpeas, soaked overnight
2	bay leaves
3–4	black peppercorns
600ml (1pt)	thick, creamy yogurt
3–4	garlic cloves, crushed
	salt and freshly ground black pepper
3–4	pitta breads
1	large red onion, roughly chopped
2–3 tbsp	olive oil
	juice of 1 lemon
1–2 tsp	cumin seeds
1–2 tsp	smoked paprika
2 tsp	dried mint

- 1.** Drain the chickpeas and put them into a pan with the bay leaves and peppercorns. Cover with plenty of cold water and bring to the boil. Reduce the heat and simmer for 1 hour until the chickpeas are tender.
- 2.** Meanwhile, mix the yogurt with half the garlic in a bowl and season with salt and pepper. Toast the pitta bread, break it up into bite-sized pieces, and arrange on a serving dish.
- 3.** Drain the chickpeas, reserving about 4 tablespoons of the cooking liquid. Tip the chickpeas into a bowl while still warm, remove the bay leaves and peppercorns, and add the onion, oil, lemon juice, the remaining garlic, cumin seeds, paprika, and most of the mint.
- 4.** Sprinkle the bread with the reserved cooking liquid and spread the chickpeas on top. Spoon the yogurt over and sprinkle with the reserved mint.

VARIATION

In addition, roast 2 tablespoons of pine nuts in a frying pan until they turn golden brown and develop a nutty aroma. Add 1 tablespoon of butter, allow to melt, and pour the mixture over the yogurt with the mint. Serve immediately, while the chickpeas are still warm.





Marinated chicken legs

This flavoursome marinated chicken can be baked in the oven, but is also perfectly suited for cooking on the barbecue. Served with a deliciously pungent garlic sauce, it tastes absolutely wonderful.

Serves 4

- 1.** Using a sharp knife, cut the chicken legs at the joint, then make deep cuts in the meat. Mix all the ingredients for the marinade and season to taste with salt and pepper. Put the chicken in a big freezer bag and add the marinade. Seal the bag and knead until the chicken is evenly coated with marinade. Refrigerate for at least 3 hours, or overnight.
- 2.** Preheat the oven to 180°C (350°F/Gas 4). For the sauce, put the garlic, a pinch of salt, 2 teaspoons of the lemon juice, vegetable oil, and olive oil in a high-sided mixing bowl. Using a hand-held blender or handmixer, whisk for 1–2 minutes until the mixture thickens. Stir in the remaining lemon juice and 1 tablespoon of water and season to taste with salt and pepper.
- 3.** Remove the chicken from the freezer bag and shake off the excess marinade. Season the chicken pieces with salt and place next to one another in a roasting dish, spaced well apart. Cook in the hot oven for at least 12 minutes on each side until the juices run clear. Then cover with foil and bake for another 10 minutes. Turn off the heat and leave the dish in the oven for another 10 minutes. Remove the chicken pieces and scatter over the fresh herbs. Serve with lemon wedges and the garlic sauce.

INGREDIENTS

8 small chicken legs
1–2 tbsp finely chopped fresh herbs, such as coriander, mint, and parsley, to garnish
lemon wedges, to serve

For the marinade

5 tbsp olive oil
1 tbsp Greek-style yogurt
juice and zest of 1 small organic lemon
½ tsp sumac
½ tsp cinnamon
1 tsp dried thyme, ground
1 tsp dried mint, ground
1 tsp ground coriander
salt and freshly ground black pepper

For the garlic sauce

3–4 garlic cloves, crushed
salt
3 tsp lemon juice
3 tbsp vegetable oil
5 tbsp olive oil
freshly ground black pepper

Bulgur wheat with prawns and okra

This sensational dish can be eaten hot or cold. If it is served hot, enjoy it as a meal with a green salad on the side. Served cold, it makes a great addition to a buffet.

INGREDIENTS

400g (14oz)	bulgur wheat
8 tbsp	olive oil
2	large onions, chopped
400g (14oz)	okra, trimmed and cut into chunks
6	garlic cloves, finely chopped
650g (1lb 7oz)	raw prawns, shelled, deveined
1	large handful of dill, chopped
1	glass of dry white wine salt and freshly ground black pepper

Serves 8

- 1.** Preheat the oven to 150°C (300°F/Gas 2). Soak the bulgur wheat in boiling water according to the packet instructions, then fluff up with a fork.
- 2.** Meanwhile, heat the oil in a large heavy pan over a medium heat, add the onions, and cook for 5 minutes until soft. Add the okra and cook for 2 minutes, then add the garlic and prawns and continue to cook, stirring frequently, for 2–3 minutes until the prawns have turned pink.
- 3.** Stir in the dill, add the wine, and cook for 2 minutes, then fold in the bulgur wheat. Season with salt and pepper and transfer to an ovenproof dish. Cover tightly with foil and cook in the hot oven for 20 minutes, stirring occasionally. Serve hot or cold.



Muhallabia

The milk puddings of the Middle East are delectable. They are usually prepared with fine rice flour and often enhanced with floral waters.

INGREDIENTS

60g (2oz)	fine rice flour
1 litre (1¾ pt)	milk
125g (4½oz)	granulated sugar
2–3 tbsp	rosewater
2 tbsp	icing sugar, for dusting
1	handful of pistachios, finely chopped, for sprinkling

Serves 6

- 1.** In a small bowl, combine the rice flour with a little milk to form a loose paste. Pour the remaining milk into a heavy-based pan and stir in the sugar. Bring the milk to the boil, stirring continuously, until the sugar has dissolved.
- 2.** Reduce the heat and stir a spoonful or two of the hot milk into the rice flour paste, then tip the mixture into the pan. Whisk vigorously to prevent lumps. Bring the milk to the boil again, then stir in the rosewater.
- 3.** Reduce the heat to low and simmer for 20 minutes, stirring, until the mixture is thick and coats the back of the spoon.
- 4.** Pour the mixture into a serving bowl, or smaller individual bowls and leave to cool, allowing a skin to form. Chill, dust with icing sugar just before serving, and sprinkle with pistachios.

VARIATION

This dish also tastes wonderful if you replace the rosewater with orange blossom water, or combine the two.



Stuffed dates

This popular Arab sweetmeat is prepared for festive occasions, where dates are offered as a mark of hospitality.

Serves 8

1. Cut the walnut halves in half lengthways to make quarters. Find the opening in each date from which the stone was extracted and stuff it with a walnut quarter.
2. Place the stuffed dates on a lightly greased, shallow baking tray (23 × 18cm/9 × 7in), packing them close together to make a single, even layer.
3. In a small pan, heat the butter with the sugar over a low heat until the butter has melted, then stir in the flour. Keep stirring until the mixture begins to turn golden brown. Spoon the mixture over the dates, filling in any gaps.
4. Leave the mixture to set, then sprinkle the pistachios over the top. Cut the cake into little squares and serve them with tea or coffee.

VARIATIONS

The dates can be stuffed with blanched almonds, a mixture of chopped nuts, or almond paste. Instead of pistachios, you can also use desiccated coconut or toasted pine nuts to sprinkle on the sweetmeat, or dust it with icing sugar.



INGREDIENTS

150g (5½oz)	walnuts, halved lengthways
500g (1lb 2oz)	soft, ready-to-eat, pitted dates
225g (8oz)	unsalted butter
3–4 tbsp	granulated sugar
225g (8oz)	plain flour
1–2 tbsp	pistachios, finely chopped





I. to r. Thomas Johannesmeier, Valentina Lehrmann, Christian Wecek

CHINA

Welcome to the Middle Kingdom! In this ever-changing land with its many traditional regional cuisines, the indispensable wok is ubiquitous. Chinese cuisine even has a name for the unique taste of food cooked in a wok – wok hei. To achieve this flavour, you need to heat a proofed wok over an open flame above 200°C (390°F). The ingredients are cooked only briefly, with constant stirring. They are allowed to burn just a bit to give the desired taste. Discover the variety of flavours of Chinese cuisine, from sweet to sour, salty to spicy. We hope you enjoy our personal selection!

INGREDIENTS

For the marinade and the fish

1 tbsp	light soy sauce
1 tbsp	fish sauce
1 tbsp	toasted sesame oil
1 tbsp	mirin (rice wine)
1 tsp	sugar
	juice of 1 lime
500g (1lb 2oz)	red snapper fillets, pin-boned, skinned, and cut into 2.5cm (1in) cubes

For the mango broth

2 stalks	lemongrass, finely chopped
2 tbsp	vegetable oil
1	red bird's eye chilli, deseeded and thinly sliced into rings
4	spring onions, finely sliced into rings
5cm (2in)	fresh root ginger, cut into fine strips
4	garlic cloves, roughly chopped
4	small green (unripe) mangos, peeled and finely diced
2 tsp	dark muscovado sugar
2 tbsp	rice wine vinegar
1 litre (1¾pt)	fish stock
8	kaffir lime leaves, torn, or zest of 1 organic lime, plus a little lime juice
1 tbsp	fish sauce

You will also need

100g (3½oz)	egg noodles
100g (3½oz)	fine green beans, halved
	salt
2 tbsp	chopped coriander leaves
1 tbsp	mint leaves, cut into strips

Mango and snapper broth

A complete meal in a bowl. Green mangos add bite to a citrusy, fiery soup.

Serves 4

- 1.** For the marinade, combine the soy sauce, fish sauce, sesame oil, mirin, sugar, and lime juice. Pour over the fish and refrigerate for 20 minutes.
- 2.** For the broth, grind the lemongrass to a paste with a dash of water, using a mortar and pestle. Heat the oil in a wok or large pan over a high heat and fry the chillies, spring onions, ginger, and garlic for 30 seconds. Add the diced mango and fry for 1 minute. Stir in the sugar until it begins to caramelize. Add the vinegar, lemongrass, fish stock, lime leaves, and fish sauce, and bring to the boil.
- 3.** Stir in the noodles, beans, and fish pieces (without the marinating liquid). Simmer for 3–5 minutes until the noodles are cooked and the fish flakes easily. Season with salt, sprinkle with the herbs, and serve.



Sweet and sour pork

The sweet and sour sauce perfectly complements the cooked pork and mangetout.

Serves 4

INGREDIENTS

1 tbsp	olive oil
1	onion, peeled and cut into eighths
1 tbsp	cornflour
300ml (10fl oz)	hot vegetable stock
400g (14oz)	leftover roast pork, cut into strips
200g (7oz)	mangetout, halved on the diagonal

For the sweet and sour sauce

2 tbsp	tomato purée
2 tbsp	light soy sauce
2 tbsp	pineapple juice
2 tbsp	white wine vinegar
1 tbsp	sugar
	salt and freshly ground black pepper

1. For the sweet and sour sauce, combine the tomato purée, soy sauce, pineapple juice, vinegar, and sugar in a bowl. Season with salt and black pepper.

2. Heat the wok over a medium heat. Add the oil and swirl around the wok to coat. Add the onion and stir-fry for a few minutes without letting it brown. Pour in the sauce and stir.

3. Mix the cornflour to smooth paste with 1 tablespoon of water and add to the sauce along with the stock. Bring to the boil, stirring constantly.

4. Stir in the meat. Reduce the heat and simmer for 15 minutes until the sauce begins to thicken. Add the mangetout and cook for another 5 minutes. Season with salt and pepper and serve immediately with rice or noodles.



Egg fried rice

The perfect way to use up leftovers, Chinese-style – this dish gives yesterday's rice a new lease of life.

Serves 4

- 1.** Heat a wok or large frying pan over a high heat until very hot. Add the oil and swirl around. Add the onion and pepper and stir-fry for 3–5 minutes, or until softened but not coloured.
- 2.** Add the rice to the pan and stir around until it is mixed with the vegetables and heated through, then push to the side of the wok. Pour the eggs into the centre of the pan and stir until just set.
- 3.** Once the eggs are scrambled, toss all the ingredients together, add the soy sauce, and serve immediately.

VARIATION

For special fried rice (not vegetarian), add chopped celery, peas, sweetcorn, sliced pak choi, deseeded and sliced mild jalapeño peppers, or any other leftover vegetables, along with cubes or strips of cooked meat or Chinese sausage. Add beansprouts only at the last minute or they will lose their crunchiness.



INGREDIENTS

1 tbsp	groundnut or sunflower oil
1	onion, diced
1	red pepper, deseeded and diced
	500–650g (1lb 2oz–1lb 7oz) cold cooked rice
2	eggs, beaten
2 tbsp	soy sauce



Halibut with Chinese seasoning

As the paper cases are opened, everyone will savour the delicious fragrance as it is freshly released, not having been lost on the journey from the oven to the table.

Though the flavourings here are Chinese in origin, the method of cooking food in paper parcels is French. Excellent with noodles and stir-fried vegetables.

Serves 4

- 1.** Boil the mangetout for 1–2 minutes in plenty of boiling salted water, then drain. Coarsely chop three quarters of the fermented black beans.
- 2.** In a bowl, combine the garlic, ginger, whole and chopped black beans or black bean sauce, soy sauce, sherry, sugar, and sesame oil, stir well, then set aside.
- 3.** Fold a sheet of baking parchment (about 30 × 35cm/12 × 14in) in half. Starting from the fold, draw half a heart shape with a pencil. It should be large enough to leave an 8cm (3in) border around a fish fillet. Cut out the heart shape with scissors. Repeat to make 4 paper hearts. Open out the heart shapes and brush with oil, leaving a border of about 2.5cm (1in) all around. Brush the border with egg glaze.
- 4.** Preheat the oven to 200°C (400°F/Gas 6). Arrange a quarter of the mangetout on one side of each paper heart and set a halibut fillet on top. Spoon a quarter of the seasoning on top of each fillet and sprinkle with a quarter of the spring onions. Fold the paper over the fish and run your finger along the edge to stick the two sides of paper together. Double-pleat to seal the edges.
- 5.** Twist the tails of each paper case to seal them, so the juices cannot ooze out during baking. Lay the parcels on a baking tray and bake for 10–12 minutes in the hot oven until puffed up. Transfer to warmed plates, allowing each guest to open their own aromatic fish package.

INGREDIENTS

125g (4½oz)	mangetout, trimmed salt
30g (1oz)	fermented black beans, or 2 tbsp black bean sauce
4	garlic cloves, finely chopped
2.5cm (1in)	piece fresh root ginger, finely chopped
3 tbsp	light soy sauce
2 tbsp	dry sherry
½ tbsp	sugar
1 tbsp	sesame oil
2 tbsp	vegetable oil
1	egg, beaten and seasoned with a little salt
4 × 175g (6oz)	skinned halibut fillets
4	spring onions, thinly sliced into rings

Dan dan noodles

A simplified version of the spicy Sichuan classic.

Serves 4

INGREDIENTS

300g (10oz)	dried Chinese egg noodles
	salt
200g (7oz)	small broccoli florets
4 tbsp	soy sauce
1 tbsp	tahini
1 tbsp	cornflour
2 tsp	sesame oil
2 tsp	chilli oil
1 tbsp	balsamic vinegar
1 tsp	sugar
150ml (5fl oz)	chicken stock
2 tbsp	sunflower oil
2	garlic cloves, finely chopped
1	3cm (1in) piece of fresh root ginger, finely chopped
350g (12oz)	minced pork
1	bunch of spring onions, finely chopped, to serve
50g (1¾oz)	salted peanuts, roughly chopped, to serve (optional)

1. Cook the noodles in a large pan of boiling salted water according to the packet instructions. Drain well, then put in a bowl of cold water until needed, to stop them sticking together. Meanwhile, cook the broccoli for 2 minutes in a pan of boiling salted water, then drain and refresh under very cold water.

2. To make the sauce, stir the soy sauce, tahini, and cornflour to make a thick paste, then stir in the sesame oil, chilli oil, balsamic vinegar, sugar, and stock.

3. Heat the sunflower oil in a large wok. Stir-fry the garlic and ginger for 1 minute until they start to colour. Add the pork and stir-fry over a high heat, breaking it up with a wooden spoon until it browns. Add the sauce and allow to bubble for about 2 minutes until it thickens.

4. Drain the noodles and add them, with the broccoli. Stir well and heat through. Sprinkle with spring onions and scatter with peanuts, to taste, and serve.

VARIATION

Omit or decrease the amount of chilli oil if children are sharing in the meal. Adults can spice up their noodles at the table with chilli oil from the bottle.



Crispy duck in pancakes

A classic Chinese dish, this dish is likely to become a favourite with family or guests. Chinese five-spice seasoning gives the duck legs their typical flavour.

INGREDIENTS

4	duck legs
1	heaped tsp Chinese five-spice seasoning
1 tsp	coarse sea salt
	freshly ground black pepper
1	cucumber, peeled
2	bunches of spring onions
2 × 100g (3½oz)	packet Chinese pancakes
300g	jar hoisin or plum sauce, to serve

Serves 4

- 1.** Preheat the oven to 160°C (325°F/Gas 3). Prick the skin of the duck legs all over with a fork. Mix the five-spice powder, salt, and a good grinding of pepper in a small bowl. Rub the spice mix all over the duck legs.
- 2.** Place the duck legs, skin-side down, on a rack sat in a roasting tray and cook in the hot oven for 45 minutes. Then increase the oven temperature to 220°C (425°F/Gas 7), turn over the duck legs, and cook for another 25 minutes until the skin is crisp and the duck cooked through.
- 3.** Meanwhile, prepare the vegetables. Slice the cucumber lengthways into quarters and scoop out the seeds from each piece with a teaspoon. Cut each quarter into 4 chunks, then slice each chunk lengthways into thin strips, to make cucumber-batons. Slice the spring onions lengthways into thin strips.
- 4.** Place the duck on a chopping board and, using a sharp knife, gently shred the crisp skin and meat off the bones. Discard the bones, transfer the shredded meat and skin to a plate, and keep warm.
- 5.** Heat the pancakes according to the packet instructions. Put a little hoisin or plum sauce on each pancake and top with some of the meat and the vegetables. Roll up and serve.



Chinese-style steamed bass

The fish is prepared in the traditional way, in a bamboo steamer in the wok – really easy, but very impressive.

Serves 4

1. Heat water in a wok and sit a bamboo steamer on top.
2. Stir together the soy sauce, rice wine, and 4 tablespoons of ginger, and set aside. Using a sharp knife, cut slashes on both sides of the fish, 2.5cm (1 in) apart and not too deep. Brush the fish inside and out with the sesame oil and season with salt.
3. Scatter one quarter of the spring onions over a heatproof serving dish that will fit in the steamer and hold 2 fish. Place 2 fish on the dish and drizzle over half the soy sauce mixture.
4. Place the dish in the steamer, cover, and steam for 10–12 minutes, or until the fish flakes easily. Lift out the fish, cover, and keep warm. Repeat with the remaining fish.
5. Meanwhile, heat the sunflower oil in a small saucepan over a medium-high heat. Scatter the fish with the remaining spring onions and ginger, the garlic, chillies, and lime zest. Drizzle the hot oil over the fish and serve.



INGREDIENTS

8 tbsp	dark soy sauce
8 tbsp	Chinese rice wine or dry sherry
6 tbsp	fresh root ginger, chopped
4	small sea bass, scaled, gutted, and rinsed, alternatively use snapper or bream
2 tbsp	sesame oil
1 tsp	salt
4	spring onions, trimmed and sliced
8 tbsp	sunflower oil
4	garlic cloves, finely chopped
2	small red chillies, deseeded and finely sliced
	zest of 2 organic limes

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