



# THE COOKING BEES





## Zucchini with Ricotta and Herbs Recipe for 24 rolls

5 courgettes, approx. 20 cm long  
250g ricotta  
200g Fresh cheese.  
8 sheets basil, finely sliced  
1 tomato, finely diced  
1 tbsp Primerba Italian herbs  
Salt, pepper  
1/2 clove garlic, peeled, finely diced

### Preparation

Cut zucchini into 0.25 cm thin, long slices. Season with salt and pepper, garlic, fry or grill with thyme and rosemary and olive oil in the pan.

Lay out the rings and set them cold. Mix the ricotta and fresh cheese well with the remaining ingredients. Taste and adjust if necessary. Fill the courgette rings and chill.

Before serving, arrange the ring with zucchini and filling on a plate.

Remove the metal ring and garnish with parsley leaves, olive oil and a little pepper and garnish.



## Octopus-Salat mit Orangen, Fenchel und Avocado Recipe for 8 portions

### Ingredients

1 octopus, 600g - 800g  
0.1 l white wine  
1 onion  
1 bay leaf  
Fillets of 3 oranges  
2 fennel (cut and store fennel green)  
1 avocado  
1 tbsp parsley, chopped  
1 Tbsp Citrus Fresh Top Note UFS  
Salt and pepper  
Olive oil

### Preparation

Bring water to the boil in a 5 l pot, add the wine, onions and bay leaf. Put the octopus with your arms down in the boiling water and simmer for 5 minutes. Continue to cook for 1 1/2 hrs in the Wonderbag.

Meanwhile, peel the avocado, peel the fennel and fillet oranges and cut everything into fine cubes and place it in layers in a bowl, starting with the avocado, then fennel and finally add oranges, olive oil, salt, pepper, white wine and DO NOT stir, simply marinate.

Get the octopus out of the wonderbag, still process lukewarm. Cut the arms into 5 cm long diagonal slices. Season with fennel green, chopped parsley and olive oil. Mix the avocado fennel-orange salad well, season and place on the plate. Cover with 1-2 slices of octopus and serve.

## Parmigiana di Melanzane Eggplant mozzarella gratin

### Ingredients

For 6 portions

1 aubergine (approx. 500 g)

1 Tomato sauce Knorr

200 g mozzarella type "fior di latte" (from cow's milk)

1 tsp Primerba basil

6 El Parmigiano Reggiano, freshly grated

Extra virgin olive oil

Salt, freshly ground pepper

### Preparation

Wash the aubergine, cut into slices about half an inch thick, place them in a sieve and sprinkle with a little salt. Leave to pull for half an hour, then rinse the slices well and drab. Preheat the oven to 180 degrees, top and bottom heat.

Heat plenty of oil in a frying pan and fry the eggplant slices in portions. You have to take some color. Pour in new oil again and again (is not a dish for a diet!). Place the fried slices on kitchen paper so that the excess oil is absorbed again.

In a bowl, season the peeled tomatoes vigorously with salt and pepper. Pick cow's milk mozzarella into small pieces. Rinse basil leaves briefly. Parmigiano.

Put a layer of fried eggplant slices in a refractory form. Then some tomato sauce, a few basil leaves and some mozzarella. Continue until all ingredients are used up. Only on the last layer, which finishes with mozzarella, give the grated Parmigiano.

Bake in a preheated oven on the middle rail at 180 degrees for about 40 to 45 minutes. Cover the mould with aluminium foil for the first 20 minutes. Allow to cool slightly and serve lukewarm as an appetizer or side dish.





## Vitello Tonnato

### Braised cold veal in Tuna Sauce

#### For the sauce

Egg yolks of 3 boiled eggs  
1 can of tuna in oil, 150 g total weight  
4 anchovy fillets in oil from the glass  
2 go. Tl. Capers  
1/4 l veal stock from the veal nut  
250g mayonnaise  
5 tsp lemon juice  
1/2 tsp pepper, black coarsely ground

#### Decoration:

Egg white chopped from 3 boiled eggs  
Anchovy fillets, leaf parsley

#### For the meat

1 veal nut 500 g season with salt and pepper  
1 large carrot, peeled, halved  
4 shallots, peeled, halved  
1/4 Celery bulb, peeled  
1 tbsp Primerba Italian  
1 glass of white wine  
250 ml Fond UFS

#### Preparation:

Heat the oil in a saucepan and fry the veal nut for about 5 minutes per side over medium heat from all sides. Add the vegetables and rosemary and fry for another 10 minutes.

Drain with wine and water and let the meat simmer from each side for 5 minutes.

Place in the "Wonderbag", close and 2 hrs. continue to cook. Then remove the meat and leave to cool. Measure 1/4 l of the resulting veal fund and place through a sieve and set aside for the sauce. The vegetables can be used as a garnish or for a salad.

Put the ingredients for the sauce in a blender and mix until a creamy consistency has been formed. Veal is best served on a slicer, or alternatively with a sharp large knife, thin, cut into even instalments and place on a plate. Wet with the tuna sauce. Decorate with capers, anchovies, leafy parsley and the chopped boiled egg whites. Place cold and serve cold.



## Herbal tagliatelle al Limone , Olive oil, Pancetta, Parmesan

For the Tagliatelle

200 g Pancetta

1 onion

5 nold olive oil

Salt, pepper

The Tagliatelle homemade

Sugar

0.5 Tl grated organic lemon zest

5 tbsp lemon juice

150 ml vegetable stock

2 tbsp chopped basil

2 tbsp grated parmesan

For the pasta dough

300g wheat flour Type 405

3 eggs, 4 egg yolks

1 tbsp olive oil, 1/2 tsp salt

Water according to need

Pasta dough

Add a bowl to flour, eggs, olive oil and salt. First, mix roughly with a fork. Add water as needed and knead the mixture into a smooth dough with slightly moistened hands. Remove from the bowl after about 1 minute and continue kneading on a clean, lightly dusted with flour. To do this, shape a dough ball again and again and flatten it with the hand bales, fold it and repeat the process. Wrap the finished dough in cling film and leave to rest at room temperature for 30 minutes.

Sauce

Dice pancetta approx. 0.5 cm tall. Dice 1 onion. Fry the pancetta in 2 tablens of hot olive oil, season with salt and pepper and remove. In time, cook 200 g tagliatelle in abundant boiling.

Add the onion and 1/2 tsp of sugar in a meat roasting tin in 1 tbsp olive oil. Simmer 1/2 tsp grated organic lemon zest, 5 tablebsp lemon juice, 150 ml vegetable stock, a little salt, pepper and open 3 minutes. Add the pancetta, simmer for another 2 minutes.

Drain the noodles, catching some cooking water. Stir 2 tbsp olive oil and 2 tbsp grated parmesan under the sauce, seasoning. Mix the noodles, add some boiling water if necessary. Serve garnished with 2 napped basil.

## Risotto with red radicchio and cured bacon



### Ingredients

2 lt. vegetable stock  
300g radicchio trevigiano  
40 g butter 250g carnaroli rice  
60 g Parmesan cheese 2 shallots, finely diced  
75g pancetta, finely diced 75 ml red wine  
Pepper black a.d. mill  
1 bd. smooth parsley

### Preparation:

Steam the shallots in butter, then add the pancetta and fry lightly. In the meantime, cut the radicchio into very fine strips (keep some heart leaves as a garnish) and add.

Add the rice and fry until it becomes glassy.

Quench with red wine and let it be reduced completely. Gradually, add the broth and continue to simmer over a low heat until the rice is "al dente". Or simmer for 5 minutes and place in the Wonderbag.

Now complete the risotto with the "Mantecatura" (Parmesan cheese and butter) and with the help of a wooden spatula. Season with black pepper.

Serve on a hot plate and garnish with the reserved, tender radicchio heart leaves and the crispy pancetta.

Ideal for veal roulade



## Involtini from Chicken with Parma ham and red pesto

6 Chicken escalop a 160g room warm,  
not directly from the refrigerator  
8 tsp Red pesto  
6 slices Parma ham  
200g Provolone at a time

6 tbsp olive oil  
1 clove garlic, peeled, crushed  
8 shallots peeled, whole  
2 large carrots peeled, sliced  
500ml Veal stock UFS  
1 tsp flour  
1 heaped tsp tomato paste  
Small wooden skewers

### Preparation

Pat the chicken escalopes dry, put it in a freezer bag and flatten evenly with a flattening or a small pot.

Place each other, sprinkle thinly with pesto and cover with slices of ham.' Cut the provolone into 8 finger-thick rods and place on one end of the roulade, roll up the roulades and fix them with wooden skewers or tie them with kitchen yarn.

In a saucepan, heat the oil and fry the roulades from all sides, then remove from the pot. Add the garlic, shallots, carrots to the pan, add the flour and tomato paste, stir briefly, wipe off with a portion of the meat broth and cook the frying pan. Stir diligently so that no lumps form. Put the remaining broth and roulades in the pot and simmer for 5 minutes with the lid closed. Then put in the Wonderbag for 30 min.



## Mozzarella bundle with Tagliolini al Pesto Recipe for 6 people

### Ingredients for 6 mozzarella

For the mozzarella ball:

6 g mozzarella bell PDO

240g tagliolini noodles

60g Primerba Italian Pesto red

50g grated cheese Grana Padano DOP

5 egg

50 g flour

200g breadcrumbs breadcrumbs,

polenta, breadcrumbs

frying oil

salt and pepper

For the tomato sauce

500g fresh tomato, 500g can tomato

2 tsp Primerba garlic

10g extra virgin olive oil

Salt to taste

### Preparation

#### **For the tomato sauce**

In a frying pan, brown the garlic with oil. Add the tomato and allow to season for a few minutes, combining a ladle of cooking water. Season with salt and pepper. Blend the tomato with a heat blender or an immersion blender.

#### **For the pasta**

Cook the egg noodles, drain al dente and sauté with the pesto and grated Grana Padano. Prepare 4 equal portions.

#### **For mozzarella balls**

Place the mozzarella in two plates and let them loose in the microwave at 800 W for 1-2 minutes, depending on the consistency of the mozzarella. Proceed to enlarge the mozzarella with your hands and place the tagliolini in the pesto in the center.

Quickly close the sides of the mozzarella taking into account that this process must be done before the mozzarella cools.

Form with the hands of the spheres to give the mozzarella its initial shape. Dry these stuffed mozzarella balls and pass them into the flour and three times in the egg and white bread previously toasted and grated. Fry the mozzarella in hot peanut seed oil at 170 degrees Celsius. Serve the mozzarella ball in the center on the tomato sauce.



## Beef fillet in Red wine and shallot sauce

Serving: 4 people

### Ingredients:

600g beef fillet  
200ml Barolo wine  
500 ml UFS Veal Stock  
75ml of red port wine  
50ml Madeira  
30g butter  
6 shallots  
2 tsp Primerba Italiana  
10 pressed black peppercorns  
2 bay leaves  
1 tablespoon sugar  
50g carrots, peeled and cut in brunoise  
50g celeriac, peeled and cut in brunoise  
5g tomato paste

Sear the beef fillet on bot side until light brown. Remove and set aside.

Cut the shallots lengthwise and fry in a pan with some butter until golden brown. Caramelize with sugar.

Quench with wine and reduce.

Sauté the carrots and celery, until softened.

Add the tomato paste and continue to sauté until caramelized.

Deglaze with Barolo wine, then add port wine, Madeira, Veal Stock, Primerba Italiana, peppercorns and bay leaves and bring to a gentle simmer.

Add the fillet and bring to a constant 80°C and poach for 10 minutes. Place the pot with the fillet in the Wonderbag and allow to rest 30 min. Use the thermometer to check core temperature.

In the meantime, prepare the polenta (main course 2).

Once cooked, remove the beef from the Barolo and wrap in foil. Keep warm in the oven. Reduce the stock to the wish consistency.

## **Creamy polenta with a roasted assortment of mushrooms, parsley and parmesan cheese**

**Serving: 4 people**

### **Ingredients:**

500g assorted mushroom:

Boletus, Chanterelles and Oyster

30g olive oil

15 g balsamic vinegar

2 minced garlic cloves

1 onion, sautéed

Salt and black pepper, to taste

20 g chopped flat leaf Italian parsley

### **Polenta:**

1 lt. water

2 Knorr vegetable stock pot

200g polenta

50g butter

Preheat the oven to 180°C.

Place mushrooms in a medium bowl and drizzle with olive oil and balsamic vinegar. Add in garlic and onion and toss. Season with salt and pepper.

Spread mushrooms evenly onto a large greased baking sheet. Roast for 15-20 minutes or until mushrooms are tender, stirring once. Remove from the oven and stir in parsley.

While the mushrooms are roasting, make the polenta. In a medium saucepan, bring 1 lt. of water to boil and add 2 vegetable stock pot. Add in the polenta and whisk to combine.

Reduce heat to low and partially cover the pan with a lid and cook, whisking vigorously for 5 minutes.

Remove from the heat and place in the Wonderbag for 30 min. Once ready, take it out and add in some of the mushroom and the butter to the polenta. Stir well.



# Red pesto according to Carola's family recipe



## Ingredients

25 g garlic cloves

50 g pine nuts

30 basil leaves

150 g sun-dried tomatoes in oil

40 g tomato paste 3 times konz.

130 g Parmesan cheese grated

270 g olive oil

1 yesterday teal salt.

## *Preparation:*

*Peel the garlic cloves and cut them into small pieces.*

*Roast the pine nuts in the pan, carefully, burn quickly.*

*Wash basil leaves and dry well, e.g. salad slingshot*

*Now put the dried tomatoes with oil, garlic, tomato paste, pine nuts, basil and olive oil in a blender and puree.*

*It depends on your personal taste, whether you prefer a piecemeal pesto, in this case not to puree for as long, or a very soft, creamy pesto, in this case may puree longer.*

*Then add the grated parmesan and stir briefly.*

*Fill the pesto in screwglasses and cover with olive oil.*

*How to keep it in the fridge for a few days*

# Elisabeth`s Tiramisu

Rezept für 10 Personen

## Ingredients

500 g mascarpone

300 g spoon biscuits

100 g sugar

3 eggs

400 ml espresso (12 small espresso cups)

4 cl brandy (best Vecchia Romagna)

Cocoa powder

For decoration:

Berries, fresh (earth, rasp berries or blackberries)

Separate the eggs. First, beat the egg whites stiffly with a little sugar.

Then beat the egg yolk sortwith the sugar and the brandy in a bowl that is in the hot water bath, creamy.

This melts the sugar and increases the volume of the cream. The expert calls this "to pull off the rose".

Up to this, you can work with a hand stirrer.

Remove the bowl with the egg cream from the water bath. Loosen the mascarpons in the packaging with a fork and stir them under the egg yolk mixture with a whisk and then lift the egg whites.

Put half of the spoon biscuits in a mould and soak with espresso. The art is not to too little, the tiramisu will dry, and not too much espresso, then it will be suppig to use With half of the mascarpone mass, smooth swipe and repeat the process.

Allow to cool in the fridge for at least 4 hours, preferably overnight. Before serving, sprinkle vigorously with cocoa. Decorate with fresh berries.





## Spiced Panna cotta with Campari Orange confit

Serving: 4 people

Preparation time 20`

Cooking time 20`

Cooling time 2 hrs.

Ingredients:

### Spiced Panna Cotta

210ml milk 3,5%

120ml cream 30%

75g sugar

½ lemon for zest

½ orange for zest

2 cloves

1 vanilla pod

1 cinnamon stick

2-3 gelatine sheets, soaked

till soft

### Campari confit

Campari Orange Juice

125g fresh orange juice

2tbs glucose

40g sugar

12ml Campari

Some freshly squeezed lemon

to taste

Garnish:

Orange peeled and sliced in segments

Caramelized Basil and Mint

Butter fried

For the Spiced Panna Cotta:

Bring the milk, cream, sugar, lemon zest, orange zest, cloves, vanilla pod, and cinnamon stick to boil in a sauce pan.

Add the softened gelatine sheet and stir well until they are completely dissolved.

Remove from the heat and strain the mixture, then pour in to small moulds and leave to set in the fridge in a ice/water bath to speed the cooling.

For the Campari Orange Juice:

Bring fresh orange juice, glucose, sugar and Campari to boil in a sauce pan. Add lemon juice to taste, then remove from the heat, and strain the liquid in to a bowl or jug and chill in the fridge.

In another pan, add butter and sugar, and caramelize. Sauté the orange segments for a short amount of time.

Unmould the panna cotta in to the middle of a serving plate, pour a little of Campari Juice around and garnish with the orange segments and fried herbs.