

UEN INTERNATIONAL CHRISTMAS COOKING EVENT

WEDNESDAY 12 December 10, 2018

CREATIVE KITCHEN

Cauliflower salad (on bread) from Romania

Ingredients:

2 large cauliflowers

Potato Masher

2 breads

Homemade mayo

3 eggs

3 spoons mustard

Oil

Salt



Preparation:

In water (no salt) boil the cauliflower until tender. When done, drain and mash it with a potato masher. Place the cauliflower mash in the freezer until cold (avoid freezing it)

In parallel, in a bowl, drop the 3 egg yolks, 3 spoons of mustard and some salt. Start by adding one spoon of oil, mix all ingredients well. Once mixed, add another spoon of oil and mix until uniformly blend. Continue adding one spoon of oil at the time & blending until you get the mayo texture (white and fluffy)

Mix in the cold cauliflower mash the home-made mayo and enjoy!

Romanian meatballs

Ingredients:

1,5 kg half en half minced meat
1 pack natural breadcrumbs
2 parsley bunches
4 bread slices
4 potatoes (rasped)
3 large onions / 5 small onions
3 eggs
Salt
Pepper
1l sunflower oil

Preparation

Soak the bread in water, drain and remove the crust. Peel the potatoes and grate them on the smallest side of the grater.

Clean and cut the onion as small as possible.

Cut the parsley.

Mix all the ingredients in a bowl and mix well by hands.

Heat 750ml oil in a pan (on a medium heat)

With water soaked hands, form small meatballs and place them in the heated oil for 4-5 mins



Potato salad from Czech Republic



Ingredients:

1kg potato - the smaller the better (shorter time for cooking)
4 carrots
2 parsnips
1 small celery
2 onions, chopped
3 eggs
1 pickled cucumber - small jar
1 can of peas
1 jar mayonnaise - middle size would be enough
2 tablespoon of mustard
1 small Greek yogurt
Salt and pepper

INSTRUCTIONS:

Boil the whole potatoes in one pot (15-20 minutes, it depends on a size of potatoes)
Boil carrots, parsnips and celery (all peeled) in another pot because we keep the water from vegetable for next use.
Boil eggs.
When everything is cool down we can start to do the potato salad.

For the potato salad, prepare a bowl, peel potatoes and dice. Carrot, parsnips, celery, eggs and pickled cucumbers dice as well. Add chopped onions, peas, salt and pepper and stir gently.
Add yogurt, mustard, mayonnaise and stir gently again. If necessary, add little water from boiling vegetables for a good consistency.
The potato salad is finished.

Fried fish from Czech Republic

Ingredients:

Fish - filets

3 eggs

Flour

Breadcrumbs

Oil for frying (I use peanut oil, in NL arachide/pinda olie)

Salt, pepper



Instructions:

Fish filets

Cut them in 30 pieces.

First put salt and pepper on the fish, then coat them with flour, then with eggs and finally coat with breadcrumbs.

Fry in a pan.

Tagliatelle alla Bolognese from Italy



Ingredients (please double recipe)

- coarse ground beef 500 gr
- minced pork meat 250 gr
- tomato puree 250 gr
- celery 50gr
- golden onions 50gr
- carrots 50gr
- white wine 200 ml
- 50 ml of cognac when available
- extra virgin olive oil 1 table spoon
- butter 1 table spoon
- vegetable bouillon 3 Lt
- whole milk 40 gr
- tagliatelle 1kg

salt and pepper to taste

Instructions

- finely chop the celery, the carrots and the onion
- pour the oil and the butter in a sauce pan add the minced veggies and let it cook for about 10 minutes, stirring occasionally
- when the veggies are almost translucent add the meat (beef and pork) they should slowly brown for 10 minutes. When the juice from the meat has completely dried out add the wine and the cognac (if using)
- once the alcohol has evaporated add the tomato puree and 1 Lt of the vegetable bouillon
- add a pinch of salt stir and cook for about an hour to an hour and a half. Add the broth when needed, to keep it gently cooking (the traditional Bolognese sauce has to gently cook for around three hours) or until the sauce has considerably reduced its volume
- when the sauce is ready, add salt and pepper to taste and add the milk, stir and voila the Bolognese sauce is ready
- in a big sauce pan put water to boil. When the water is boiling put a hand full of coarse salt in the water and the dry egg tagliatelle
- drain when still al dente
- put the tagliatelle back in the saucepan with a couple of table spoon of Bolognese sauce. Add Parmesan cheese and stir
- serve in a plate add some more Bolognese sauce and Parmesan cheese
- serve warm and enjoy

Black Truffle Risotto from Italy



Ingredients for 4 people (please double recipe)

- 350g Carnaroli Rice
- 1/2 onion or a shallot
- 50 gr of butter
- 1 lt vegetable bouillon (knorr) or 1 lt water and two vegetable jelly
- 50 gr Grated Parmesan cheese
- 1 thick Black truffle or if you can't find it use the carpaccio truffle in jar 1 table spoon (or to taste)
- salsa Tartufata 1 or 2 tea spoon (to taste)
- salt
- fresh ground pepper
- 3/4 cup white wine
- truffle oil

Instructions

- place broth in a medium saucepan and heat to a simmer; reduce heat and keep warm
- mince the onion
- in a heavy bottomed skillet heat the butter over medium heat. Add the onion, reduce heat to medium, and cook until the onion is translucent, stirring often, about 3 minutes. Add the rice and stir to combine; cook for two minutes. Increase heat to medium-high and add the white wine. Cook, stirring, until liquid is almost evaporated, a few minutes.
- At this point you are ready to start adding the broth. Add 1/2 cup warmed broth to skillet. Cook, stirring frequently, until broth is almost absorbed. Repeat gradually adding the broth 1/2 cup at the time and stirring, until rice is tender but still al dente and sauce is creamy (you might not need all the broth). The process should take about 20 to 25 minutes
- Stir in the Parmesan cheese, continue to stir until combined. Remove the dish from heat and stir in the salt (if needed), the truffle paste and the part of the truffle carpaccio (or the fresh truffle thinly sliced). Taste, and adjust seasonings as desired.
- garnish with additional Parmesan cheese, truffle carpaccio (or thinly sliced fresh truffle) and fresh ground pepper and a touch of truffle oil if available.

Stir-fried Beef with oyster sauce from China

Ingredients:

Beef tenderloin, 1 kilo
Straw mushroom : 1 box (200g)
3 Onions
2 green paprika
1 garlic
1 ginger
1 spring onions, oil
Chinese sauces

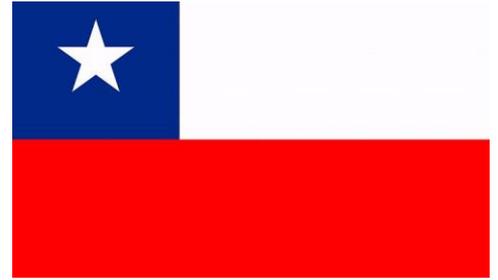


Instructions:

1. Slice beef tenderloin into thin slices.
2. Combine beef, soy sauce, salt, and ground black pepper and farina (20g). Adding some water, mix them slowly. Add olive oil to seal the beef and marinate for at least 45 minutes.
3. Slice onion, cut straw mushrooms, green paprika and spring onions.
4. Slice garlic. Ginger and chili into small pieces.
5. Heat a wok and pour-in cooking oil, fried the beef once the colour changed (very short duration), take the beef out, filter the oil.
6. Heat a wok, add oil and fry the garlic, ginger, and chili till the smells come out.
7. Add oyster sauce, soya sauce, stir-fry onion, mushrooms and green paprika for 2 mins, adding the fried beef and stir fry another 2 min.
8. Add some sugar and finish it with spring onions toppings.
9. Arrange the beef on top the plate, enjoy 😊

Turrón de vino from Chile

30 min / 4 to 6 servings



Ingredients

1 cup of granulated sugar
3/4 cup red wine
3 egg whites
½ cup of roasted nuts and split

Preparation

Put the sugar next to the red wine in a pot. Cook the mixture over medium heat until you have a syrup (when lifting the spoon should be consistent and thread-like at the end).

When the wine mixture (for the syrup) begins to boil, beat the whites to snow. Then little by little, and always beating, add the syrup. Continue beating until the meringue is cold and bright. Put the nougat creme in individual cups, decorate with chopped nuts.

Remember – the longer you boil it, the thicker the syrup will be when cooled.

To test if the sugar is completely dissolved: Using spoon, scoop up a small amount of the syrup. You should not be able to see any sugars crystals in the liquid. **If you do, boil a little longer.**

Red wine Christmas Cake from Germany

Ingredients

375 g of margarine (full fat)

300 g sugar

5 eggs

350 g plain flour

150 g of dark chocolate flakes

2 Tsp sugar

2 tbsp. cocoa

2 – 3 tsp cinnamon

2 sachets of vanilla sugar

1 sachets of baking powder

125 ml red wine

Preparation

Mix the first 3 ingredients to a fluffy batter.

Mix all dry ingredients together and add slowly to the batter. When all is combined add the red wine spoon by spoon.

Heat the oven to 200 degrees. Line a baking tray with baking paper and then pour the cake mix onto the tray and bake for approx. 20 min. I usually check after 15 min. Insert a skewer and it should come out dry.

