

COOLER TOGETHER

A CHART INDUSTRIES COOKBOOK



WEEK OF UNDERSTANDING 2024 EDITION

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Torta Paesana

**Alberto
Ronchi**



SERVES 4

INGREDIENTS

300 g stale bread
1 l Whole milk
2 medium eggs
120g Amaretti
50 g Bitter cocoa powder
120 g Sugar
70 g Raisins
50 g Pine Nuts
1 Orange (zest and juice)

INSTRUCTIONS

1. Start by heating the milk (it shouldn't reach the boil). In the meantime take the stale bread (alternatively you can toast the whole loaf in oven so that it dries) and cut it to obtain slices, then cut it into cubes. Place the bread in a bowl.
2. Grate the zest of an untreated orange (then keep the orange aside, it will be needed later), then pour the hot milk on the bread. Mix with a spoon and cover with cling film; let the bread soak for half an hour. Stir occasionally so that all the bread absorbs the milk soften up well.
3. Meanwhile, squeeze the orange and soak the raisins in its juice. Then in a mixer pour the amaretti and bitter cocoa, operate the blades to reduce everything to a powder. At this point take back the now soft bread, mix with a spoon or fork to flake it further and add the bitter cocoa.
4. Mix it with the bread; then beat the eggs in a separate bowl and pour them in the compound. Mix with a spatula and when they are absorbed, add it too sugar. Then pour the pine nuts and drain the raisins well from the orange juice, before add it to the mixture. Mix well with a spatula to mix all ingredients. Grease and line a 24cm diameter pan with greaseproof paper and pour the mixture inside.
5. Bake in a preheated static oven at 180° for 60 minutes (or at 160° for 50 minutes if you use a convection oven). Once cooked, take the cake out of the oven and let it cool down, then take it out of the mold and let it cool on a wire rack.





Pasta with Tomato Sauce

Pietro Rizzi

SERVES 4

INGREDIENTS

1400 g spaghetti

300 g of tomato pulp

1 clove of garlic

Basil to taste

1 dried hot chili pepper

Extra-virgin olive oil to taste

Salt to taste

INSTRUCTIONS

1. Peel the garlic, cut it in half lengthwise and remove the central core, then heat some oil in a frying pan.
2. As soon as it is hot, add the garlic and let it season for 2 minutes. Remove the garlic and add the chopped chili pepper to the pan, then cook the tomato pulp and leave it on a low flame for about 15 minutes, stirring and adjusting the salt.
3. Meanwhile, bring the water to a boil, salt it and cook the pasta in it for the time indicated on the package.
4. Drain the pasta al dente and add it to the pan with the sauce, toss it by diluting with a little cooking water and, finally, sprinkle on the finely chopped fresh basil.
5. Serve the pasta dish steaming hot!

Spaghetti with Garlic, Oil, and Chili Peppers

Antonio De Sio



SERVES 4

INGREDIENTS

320 g of Spaghetti

3 cloves of Garlic

3 fresh chilies

70 g extra-virgin olive oil

Fine salt to taste.

INSTRUCTIONS

1. Start by putting the pasta to cook in boiling water salted to taste.
2. Cook the spaghetti al dente and in the meantime you can prepare the sauce: peel the garlic cloves, divide them in half and remove the soul (the central green part of each clove).
3. Cut the cloves into fairly thin slices. Take the fresh chili pepper and reduce it to slices by removing the stem.
4. If you prefer less spiciness, you can open it lengthwise and remove the seeds before slicing it.
5. Now pour the oil into a large frying pan. Heat it over a gentle flame and add the garlic and chili pepper. Sauté the seasoning on a very low flame, chili and garlic should not burn but only sauté for a couple of minutes.
6. Once the pasta is cooked al dente, you can transfer it directly to the pan and add a ladle of the cooking water.
7. Saute a few moments to blend the flavors and toss everything together, then you can plate your spaghetti to serve piping hot!





Fried Prawns



Sue Lanlan

SERVES 4

INGREDIENTS

300 grams of prawns

1 gram of scallion

15 grams of cooking wine

25 grams of soy sauce

25 grams of sugar

15 grams of vinegar

500 grams of peanut oil

INSTRUCTIONS

1. Cut off the pliers, whiskers and feet of the shrimp, wash and dry
2. Put peanut oil in the frying pan, and when it is 80% hot, put in the prawns, push them continuously with a spoon, and fry them for about 5 seconds, then pick them up with a colander, control the oil, and set aside
3. Pour out the frying oil, put the shrimp back into the frying pan, add scallions, cooking wine, sugar, and soy sauce, stir-fry over high heat, turn the frying pan upside down, add vinegar, and take it out of the pan.

Cilantro Lime Rice & Mango Salsa

Maria Ramos



SERVES 4

INGREDIENTS

- 1 cup of rice
- 2 cups of chicken stock
- 1 tablespoon butter
- 1 to 2 large limes (juice and zest)
- 1/3 cup of finely chopped cilantro
- Salt and pepper to taste

INSTRUCTIONS

1. Put the 2 cups of chicken stock and 1 cup of rice into crock pot until rice is cooked through and tender.
2. Melt butter in a separate bowl.
3. Transfer cooked rice into bowl then mix/stir in melted butter.
4. Stir in lime juice, lime zest, cilantro, and salt + pepper to taste.

Mango Salsa is optional

- 1 ripe mango
- 1 ripe avocado
- 1/4 cup finely diced red onion
- 1/4 cup finely chopped red pepper
- 1 tablespoon finely chopped jalapeno (optional)
- Fine sea salt and freshly cracked pepper to taste





Penne with Zucchini, Carrots, and Saffron



Marco Galletti

SERVES 4

INGREDIENTS

320 g Penne

4 zucchini

4 carrots

A sachet of saffron

Oil and salt to taste

INSTRUCTIONS

1. The first thing to do is to cut zucchini and carrots into matches. Using a food processor, with the special rotary disk it is done in a snap.
2. The vegetables should then be cooked in a large skillet with a little oil and stock cube. I use the powdered vegetable one.
3. When the vegetables are almost cooked and still crispy, added saffron.
4. In the meantime, I cook the pasta and toss it in the pan with the vegetables. Mind you, the vegetables should be cooked the bare minimum, they should remain a little crispy if you like them smashed then do as you like, but it is not the same.

Sweetie Pie Mac & Cheese

Donnie Buehrig



SERVES 4

INGREDIENTS

- 1 lb elbow macaroni
(COOKED)
- 1 cup milk
- 2 cans (12 oz) evaporated milk
- 3 eggs
- 2 sticks butter (diced up)
- 1 lb shredded Colby Jack
cheese
- 1/2 lb shredded sharp cheddar
cheese
- 1 lb shredded Velveeta cheese
- 1/2 tsp salt
- 1 tbsp white pepper
- 1 tbsp sugar
- 1 cup shredded cheddar (for
topping)

INSTRUCTIONS

1. Spray 9x13 dish with cooking spray
2. Preheat oven to 350°F
3. Pour cooked pasta into an extra large bowl
4. Add the butter, Colby Jack, Sharp Cheddar, and Velveeta cheese into the pasta and toss
5. Pour pasta/butter/cheese mixture into the prepared 9x13 dish
6. Mix milk, eggs, salt, pepper, and sugar until well blended
7. Pour wet mixture on top of pasta mixture in 9x13 dish
8. Sprinkle top of dish with remaining cup of cheddar cheese
9. Bake in oven (uncovered) for 40-45 minutes or until the top is lightly browned





Wild Boar Ragout



Jakub Mocker

SERVES 4

INGREDIENTS

Game from wild boar

Bacon

Lard

Carrots

Red onion

Mushrooms

Garlic

Thyme

Whole pepper

Meat broth (salty)

Red wine

INSTRUCTIONS

Fry the game in lard and then take it out. Saute the bacon, add carrots and onions cut into larger pieces. Fry until golden, stirring more often, then add the mushrooms and fry together again until golden. Add finely chopped garlic and spices - grated thyme, pepper. Saute again for a while and then dust several times with smooth flour and mix. The flour will bake on the bottom - pour approx. 0.3 l of wine and mix properly, the wine will help dissolve the cake on the bottom of the pan. Once the wine has boiled, pour the broth over everything so that everything is submerged. Then slowly simmer for about 3 hours on the lowest setting. Before the end of cooking, check the density of the mixture and if it is still too thin, reduce it to the required density (do not thicken it with anything!).

Couscous with Mussels

**Alessandra
Scalvini**



SERVES 4

INGREDIENTS

200 g. Of hulled millet
350 g. Of green zucchini
350 g. Of carrots
200 g. Shrimp
A clove of garlic
A spoonful of extra virgin
olive oil
A handful of fresh parsley
About 400 ml of cooking
water for the mussels (a
spoonful of extra-virgin olive
oil, mussels, a clove of garlic,
hot pepper; a generous
splash of white wine)

INSTRUCTIONS

1. Thoroughly rinse the millet under running water, in the meantime prepare the cooking water for the mussels;
2. Cooking mussels: fry the oil with the garlic in a pan (keep at a low temperature); after a few minutes remove the garlic and add the mussels; put the flame very lively and cover the pot with a lid; after a few minutes add a sprinkling of hot pepper and a generous splash of white wine; let the wine evaporate; filter the liquid in a fine-mesh strainer, keep the mussels separately in their shells.
3. Millet cooking: fry the oil with the garlic in a pan (keep it at a low temperature); after a few minutes remove the garlic and add the millet; toast it for a few minutes;
4. Add the vegetables previously cut into cubes, add a pinch of salt (not too much as the mussel water will already be tasty on its own); add the water from the mussels, cover with a lid and cook until the liquid is completely absorbed (about 20 minutes);
5. Add the shrimp, cleaned of their carapace, add the parsley, stir well, turn off the heat and leave to rest for a few minutes.
6. N.B: the mussels, once cooked, can be served as an appetizer while the millet is cooking. Enjoy your meal





Mezze Penne al Cartoccio



Cristina Assandri

SERVES 4

INGREDIENTS

350 g. of mezze penne
500 g. of shelled mussels
1 onion
400 g. of tomato pulp
100 g of olives
1 tablespoon of capers
Extra virgin olive oil
Salt and parsley

INSTRUCTIONS

1. Peel and finely chop the onion, brown it in a non-stick pan with a little oil. Add the tomatoes cut into small pieces to the same pan. Cook for 10 minutes, add salt and add the mussels, olives, capers and 4 glasses of water. Cover and cook for 10-15 minutes.
2. Add the mezze penne and cook them in the sauce for 10 minutes.
3. In the meantime, turn on the oven at 180° and prepare 4 A4 size pieces of aluminum foil to be used as parcels. Divide the pasta into individual packets with a few tablespoons of sauce.
4. Close the parcels tightly and bake in a preheated oven at 180° for 10 minutes.
5. Remove the parcels from the oven. Carefully open them slightly and add a sprinkling of parsley. Serve hot.

Kefir Cake with Shredded Coconut

Honza Kříž



SERVES 4

INGREDIENTS

330 dkg semi-coarse flour
30 dkg sugar
2-3 teaspoons of cocoa
1-2 teaspoons of baking soda
2 dcl oil
1 Kefir (450g)

For the Topping:

125g butter
1 tbsp rum
13 dkg icing sugar
1 packet shredded coconut
Cacao

INSTRUCTIONS

1. Mix all the ingredients and whisk until smooth. Pour the mixture onto a baking tray and bake in a preheated oven at 180 degrees. Bake until the bun is cooked through.
2. Topping: Melt the butter with the rum, then add the sugar and let it melt. Finally, add cocoa as desired. Pour the glaze over the baked bun. Finally, sprinkle with shredded coconut.
3. Bon appétit





Gnocchi alla Romana



Alex Lampo

SERVES 4

INGREDIENTS

250 g of semolina

1 liter of milk

100 g of grated Parmesan cheese

50 g of butter

2 egg yolks

Nutmeg

Salt

Pepper

40 g of melted butter

40 g of grated Parmesan cheese

INSTRUCTIONS

1. Place the milk in a large saucepan and do it heat together with the salt, pepper and nutmeg. When will once it comes to a boil, add the semolina and mix continuously to avoid the formation of lumps with a whisk a few minutes, until it thickens. Out of the fire add the butter and mix until a homogeneous mixture is obtained.
2. Add the egg yolks, the grated Parmigiano Reggiano and mix until blended. Transfer the still hot mixture inside of a pan lightly greased with oil. Roll it out with the back of a spoon moistened in order to obtain a surface of 1 cm of thickness. Let cool.
3. With a 4 cm circular cookie cutter, cut out the gnocchi which you will place, little by little, inside a baking dish, they will have to just overlap.
4. Brush the gnocchi with the melted butter provided for the sauce and sprinkle with the grated Parmesan cheese. Cook in preheated oven at 180° for 15 and then cook au gratin for another 5 minutes under the grill at maximum power. Bake the gnocchi Roman style and served piping hot.

Angel Food Delight

Traci A. Leis



SERVES 4

INGREDIENTS

- 1 Angel Food Cake
- 1 Large Cool-Whip container (12-16 oz) or whipped cream
- 2 Packages instant pudding
- 1 cup + of milk
- 3 or 4 Candy Bars (my family's favorite is Butterfinger)

INSTRUCTIONS

1. Tear up the Angel Food Cake into bite size pieces and set aside
2. Break up the candy bars into a crumble to be used as a topping later, set aside
3. Mix milk and pudding together then add Cool-Whip and mix well (if the mixture seems too thick, add a little more milk and mix again)
4. Fold in angel food cake and gently mix
5. Spread this into a 9 x 13 cake pan
6. Refrigerate for a minimum of 30 minutes before serving
7. Sprinkle crumbled candy bars on top just before serving
8. Refrigerate leftovers





Penne 'Nduja e Pate Di Olive Taggiasche



Claudio Croci

SERVES 2

INGREDIENTS

160 grams of pasta

50 grams of nduja

80 grams of Philadelphia cheese

15 grams of Taggiasca olive paté

Coarse salt to taste

INSTRUCTIONS

1. Bring the water to a boil and then salt it with a pinch of salt. Pour the pasta and wait for the correct cooking time baking.
2. Drain the pasta once cooked, keeping approx two or three tablespoons of cooking water.
3. Just before the end of pasta cooking put the cheese and 'nduja in the pot with that little cooking water and melt everything a slow fire. Finally, add the olive paté and mix.
4. Turn off the heat and serve the nduja pasta immediately, garnish it with Philadelphia flakes and pieces of 'nduja.

Sweet Potato & Black Bean Enchiladas

Mindi Sticha



SERVES 4

INGREDIENTS

SAUCE: 1-15 oz can tomato sauce, 1/2 tsp chipotle chile powder, 1 tsp. dried oregano, 1 tsp. onion powder, 1 tsp. ancho chile powder, 1 tsp. chili powder, 1 tsp. garlic powder

FILLING: 1 Tbs extra virgin olive oil, 1 small onion, 1 1/2 lb sweet potatoes peeled and diced (3 cups), 1 12-oz round queso fresco, 1-15 oz can diced tomatoes drained, 1 16-oz jar medium salsa, 2 gloves garlic minced, 1 chipotle chile in adobo sauce drained and minced

ENCHILADAS: 16 6-inch corn tortillas warmed, 2 limes, 1 avocado

INSTRUCTIONS

1. To make Sauce: Bring all ingredients to a simmer in saucepan over medium heat. Whisk to combine, then remove from heat. Season with salt and pepper, if desired.
2. To make Filling: Heat oil in separate saucepan over medium heat. Add onion, and sauté 3 to 5 minutes, or until soft. Add sweet potatoes, tomatoes, salsa, garlic, chipotle chile, and 1/2 cup water; bring to a boil. Reduce heat to medium-low, and simmer 30 to 40 minutes, or until sweet potatoes are soft. Mash mixture with potato masher until combined. Add black beans, and cook 5 minutes. Stir in half of queso fresco, and remove from heat.
3. To assemble Enchiladas: Preheat oven to 350°F. Brush 13- x 9- inch baking dish with oil. Spread 1/2 cup Sauce in bottom of dish. Fill tortillas with Filling. Roll, and pack close together seam-side down in baking dish. Top with remaining Sauce and queso fresco.
4. Bake 15 minutes. Adjust oven to broil. Broil Enchiladas 5 minutes, or until cheese is browned and bubbly.
5. Let rest 10 minutes before serving. Garnish with lime wedges, avocado slices, sour cream, and cilantro sprigs, if using.





Basil Pesto Pasta



Erika Baldassari

SERVES 4

INGREDIENTS

150 grams of basil

90 grams of Parmigiano Reggiano

60 grams of Pecorino cheese

150 grams of pine nuts

140 grams of extra virgin olive oil

2 cloves of garlic

A pinch of salt

400 grams of pasta

2 potatoes cut into chunks

300 grams of green beans

INSTRUCTIONS

1. Put garlic, basil, pine nuts and a pinch of coarse salt in a mortar and start working: pound gently with calm movement. Meanwhile, focus on the movement.
2. When basil is well melted, let's say after 10 minutes, add both kinds of cheese and continue to work, but using a spoon.
3. Now you should have a nice, dense, compact pesto sauce.
4. That's all, now we just need to put some water in a pot, bring it to a boil and cook beans and 2 potatoes.
5. Wait 10 minutes to let them cook, then put inside trofie or orecchiette or linguine.
6. Cook pasta, drain it al dente and season with abundant basil pesto, some oil and a sprinkle of grated Parmigiano.
7. If green beans and potatoes will not tease you, nobody forbids to flavor a classic dish spaghetti with pesto, with few pine nuts and a bunch of basil.

Wild Rice Soup

Traci A. Leis



SERVES 4

INGREDIENTS

1 1/3 cup uncooked wild rice
1 tablespoon canola oil
1 quart water
1 medium onion, chopped
1 celery rib, finely chopped
1 medium carrot, chopped
1/2 cup butter
1/2 cup all-purpose flour
3 cups chicken broth
2 cups half-and-half
1/2 teaspoon dried rosemary

INSTRUCTIONS

1. In a medium saucepan, combine the rice, oil and water; bring to a boil. Reduce heat; cover and simmer for 30 minutes.
2. Meanwhile, in a soup pot, cook the onion, celery and carrot in butter until vegetables are almost tender.
3. Stir in flour until blended; cook and stir for 2 minutes.
4. Slowly stir in broth and undrained rice.
5. Bring to a boil; cook and stir until slightly thickened, 2 minutes.
6. Reduce heat; stir in the cream, rosemary and salt.
7. Simmer, uncovered, until rice is tender, about 20 minutes.





Old Beijing Fried Noodles



Yuan Zhisen

SERVES 4

INGREDIENTS

Edible oil

Salt,

Bean paste

Minced green onion and garlic,

Sweet noodle sauce

Light soy sauce

Starch

Cucumber

Shredded carrot

Tofu skin

INSTRUCTIONS

1. Blanch shredded tofu, blanch shredded carrots, shredded cucumbers and green onions, crush garlic, etc.
2. Deep-fry the sauce, heat the oil, then add the bean paste, light soy sauce, and dark soy sauce, stir evenly and start the pot
3. Boil hot water for noodles
4. Blanch the noodles in cold water and dry them;
5. Pour fried sauce, green onion, garlic shreds, tofu shreds, carrot shreds, and cucumber shreds on the noodles; stir well and enjoy

Dutch Country Soup

Parker George



SERVES 4

INGREDIENTS

- 1 Lb. Hot Dogs
- 1/2 Onion
- 1/4 teaspoon thyme leaves
- 2 tbsp butter
- 1 can Split Pea w/ Ham Soup
- 1 Can Cream of Potato Soup
- 1 Cup Water
- 1 Can (8 Oz.) Crushed Tomatoes

INSTRUCTIONS

1. In large saucepan brown franks (cut into 1" pieces) with thyme, butter, and onion.
2. Add soups, gradually stir in water. Add remaining ingredients.
3. Heat, stirring occasionally.





Blueberry Muffins



Hana Hanusova

SERVES 4

INGREDIENTS

120 g butter
1 cup caster sugar
2 eggs
2 cups plain flour
1 teaspoon baking powder
0.5 teaspoon salt
0.5 cup milk
1 vanilla sugar
2 cups blueberries
Icing sugar for sprinkling muffins

INSTRUCTIONS

1. Preheat the oven to 190 °C.
2. For baking, we need a tray for 12 muffins (can be purchased normally). We either wipe the tray or use paper muffin tins and then there is no need to wipe the tray.
3. Mix sugar and butter in a bowl with an electric mixer. Add eggs one at a time, mix.
4. Mix the flour, baking powder and salt to the side. Add to a bowl with whipped butter, sugar and eggs, pour milk and add vanilla sugar. Mash half a cup of blueberries with a fork and add to the dough.
5. Wash the rest of the blueberries, dry them, sprinkle them lightly with a little plain flour and wrap them in the dough. Put spoonfuls into the tray. Sprinkle the tops of the muffins with a little granulated sugar.
6. Bake for 30 minutes or until the dough does not stick to the stick when inserted into the center of the muffin.

Spaghetti alla Carbonara

**Luca Della
Corna**



SERVES 4

INGREDIENTS

320 g of spaghetti

300 g of aged bacon

5 yolks

50 g grated Pecorino Romano

Salt

Pepper

INSTRUCTIONS

1. First clean the piece of bacon, eliminating the rind. Cut the piece of guanciale into cubes and place them to brown in a large pan. No need for oil, as the guanciale will release its fat during cooking. As soon as the bacon has browned, put out the fire and keep the excess fat.
2. Now dedicate yourself to the eggs, of which you will use only the yolks: beat them in a metal bowl with the fat from the guanciale filtered with a sieve. Bring to a boil some water in a pot. Place the bowl on the edge of the pot and work the yolks with a whisk a water bath. Add the pecorino and continue mixing. Remove from the heat: if you realize that the sauce obtained is too thick, add a few tablespoons of hot water at the end to obtain a shiny and creamy mixture.
3. Boil the spaghetti al dente in not too salty water (the sauce is already very savoury) and add them to the guanciale. You do season for a couple of minutes on the fire and transfer the all in a large bowl. At this point, add the egg yolk cream, black pepper and mix well.
4. Portion into serving dishes and complete with del pecorino cheese and a sprinkling of black pepper. Spaghetti alla carbonara is ready to be served.





Chicken Cucumber Dip



Alena Urbanová

SERVES 4

INGREDIENTS

50 g of butter

2 tablespoons of sour cream

1/2 salad cucumber

Salt

1 teaspoon of fresh oregano

200 g of roasted chicken meat

Pepper

INSTRUCTIONS

1. Beat the butter in a bowl with the sour cream.
2. Grind the meat, cut the peeled cucumber into small cubes.
3. Mix both well with the butter mixture, salt and pepper
4. Add oregano to taste.

Lasagna al Forno

**Fabio
Lacerenza**



SERVES 6

INGREDIENTS

BOLOGNESE MEAT SAUCE q.s.

BECHAMEL to taste

FRESH EGG PASTA LASAGNE

500 gr

GRATED PARMIGIANO

REGGIANO 200 gr

BUTTER pat

SEED OIL 2 tbsp

Salt to taste.

INSTRUCTIONS

1. Preheat the oven to 180 degrees ventilated.
2. Fill a large saucepan with salted water and bring it to boiling to cook the lasagna. Join the seed oil to prevent the lasagna from sticking together during cooking.
3. Grease a rectangular pan large enough with butter to contain your baked lasagna once cooked. Add a base a light layer of Bolognese sauce.
4. Cook the lasagna very al dente necessary to make a layer, drain them, put them in a basin full of cold water and drain them again. Arrange the lasagna in the pan, pour into it on top of the meat sauce and the béchamel, and completed with a good sprinkling of grated parmesan.
5. Continue in this way making other layers of lasagne/ ragù/ béchamel / parmesan until the ingredients are used up, but try to finish with plenty of béchamel sauce.
6. At this point, you can immediately cook your lasagne by placing them in the hot oven for about 45 minutes or until a nice crunchy crust will have formed on the surface.
7. Remove the pan from the oven and let the lasagne rest for about ten minutes before serving them on the table.





Classic Pancakes



Lenka Kolářová

SERVES 4

INGREDIENTS

- 1 egg
- 1 cup all-purpose flour or whole wheat flour
- 1 tablespoon sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- 2 tablespoons vegetable oil or melted butter

INSTRUCTIONS

1. In medium bowl, beat egg with wire whisk until fluffy. Stir in remaining ingredients just until flour is moistened (batter will be slightly lumpy); do not overmix or pancakes will be tough. For thinner pancakes, stir in additional 1 to 2 tablespoons milk.
2. Heat pancake pan.
3. For each pancake, pour slightly less than 1/4 cup batter onto griddle.
4. Cook 2 to 3 minutes or until bubbly on top and dry around edges.
5. Turn; cook other side until golden brown.

Polenta and Bruscitt

Sara Landoni



SERVES 4

INGREDIENTS

For the bruscitt

800 g of beef

60 g of butter

40 g of sliced Colonnata lard

Pepper and salt to taste

10 g of wild fennel seeds

2 cloves of garlic

300ml of red wine

For the polenta

300 g of cornmeal

2 liters of water

1 tablespoon extra virgin olive oil

Salt and Pepper To Taste

INSTRUCTIONS

1. Clean the excess fat from the meat, then cut it into small cubes about half a cm sideways. Also small pieces of lard.
2. Put the fennel seeds and peeled garlic cloves in a small bag of gauze, close it by tying it with white thread.
3. Melt the butter and lard in a saucepan, then add the meat and the sachet of spices and season with salt and pepper. Mix well and cover with a lid. Cook the meat for at least 3 hours on a low flame, wetting from time to time with red wine and mixing from time to time.
4. To prepare the polenta, towards the middle of cooking the sauce, bring a boil 2 liters of salted water and add a spoonful of extra virgin olive oil. As soon as the water boils add the flour. Stir continuously until the mixture is cooked and very soft.
5. When the meat in the pan is well softened, remove the bag with the spices, raise the heat and blend with the remaining red wine. Continue the cooking for another 5 minutes.
6. Arrange the bruscitt in a serving dish accompanying them with the polenta e a few slices of toasted bread.





Babovka Cake



Martin M.

SERVES 4

INGREDIENTS

- 1 cup oil
- 3 eggs
- 2 tablespoons cocoa
- 1 cup semolina sugar
- 1 packet vanilla sugar
- 2 cups semi-coarse flour
- 1 packet baking powder
- 1 cup warm water

INSTRUCTIONS

1. We use a special baking pan to have special shape of the Babovka cake. This shape has a very interesting history that leads to a Hindu ritual that few of those who enjoy this dessert with their Sunday coffee know about.
2. Crack the eggs and separate the yolks from the whites.
3. Mix all the dry ingredients in a bowl.
4. Add three egg yolks, a glass of oil and a cup of warm water. Mix everything together. Beat the egg whites into snow and stir into the batter. Add raisins, nuts or coconut to taste.
5. Pour about $\frac{2}{3}$ of the batter into a greased and floured tin.
6. Add 2 tablespoons of cocoa to the remaining $\frac{1}{3}$ of the batter, stir and pour into the light colored batter in the tin.
7. Place the cake in the preheated oven and bake for the first 20 minutes at 150-160 °C. Then turn the heat up to 180 °C and bake for about 20 - 30 minutes. Test with a skewer to see if it is done inside.

Rice with Mussels and Potatoes

Pasquale Alessio Cariello



SERVES 4

INGREDIENTS

300 g of Carnaroli rice
500 g of very fresh mussels of controlled origin
500 g of potatoes
400 g of copper or fiaschetto tomatoes
1 white onion
2 cloves of garlic finely minced
4-5 tablespoons of grated pecorino
Extra virgin olive oil
Finely chopped fresh parsley
Salt



INSTRUCTIONS

1. Clean the mussels externally by depriving them of all excrescences and barnacles. Then open them with a sharp knife. The Apulian tradition commands that they should not be opened in a pot or pan but if you don't have too certain of the freshness of your mollusks, let them open 5 minutes in the pan and throw away the closed ones. Leave the mussels stuck in half shell. Then remove the green byssus. In the end collect the water from the mussels, filter it in a linen cloth and set it aside.
2. At this point, use a tiella, preferably earthenware. add a generous drizzle of extra virgin olive oil, then the onion cut into thin rings and finally lay a layer of thinly sliced potatoes.
3. Then sprinkle with salt, add the tomatoes cut into thin slices, a handful of finely chopped parsley and mixed together garlic, a pinch of salt, at this point you can add one layer of pecorino (optional) and then the layer of mussels in the shell.
4. Then continue with a new layer of potatoes, one of tomatoes, one handful of parsley + garlic, a drizzle of oil, a pinch of salt finally sprinkle with plenty of pecorino.
5. At this point, add the water from the side slots of the pan some filtered mussels and lots of water mixed with a pinch of fine salt to reach the layer of the last tomatoes, without therefore wetting the pecorino on the surface! Add a drizzle of oil to the surface.
6. Finally cook at 180° – 190° in a preheated oven, in the middle part of the oven for about 30 – 35 minutes, then pass the pan over the base of the oven and continue for another 30 – 35 minutes. The last 10 minutes move it over and activate the grill to brown the pan
7. Remove from the oven and leave to rest for at least 1 hour and a half



Carrot Pumpkin Soup



Tomás

SERVES 4

INGREDIENTS

- 3 potatoes
- 2 carrots
- 1 hokkaido pumpkin
- Cream
- 1 liter of broth
- Salt
- Pepper
- 3 cloves of garlic
- 1 onion
- A piece of butter

INSTRUCTIONS

1. Wash the pumpkin, cut it into pieces, remove the inside and cut it with the skin on.
2. Peel, wash and cut the potatoes.
3. Clean and chop the carrot.
4. Saute chopped onion in butter, add potatoes, carrots and pumpkin, fry everything, season with salt and pepper, add pressed garlic and cover with broth.
5. Boil, mix until smooth and add cream.
6. Decorate the plate with sour cream and parsley.

Cotechino, Lentils and Polenta

Alessandro Brambilla



SERVES 6

INGREDIENTS

- 500 g – cotechino
- 150 g – lentils
- 200 g – cornmeal
- 1 – carrot
- 1 – clove of garlic
- 1/4 – stick of celery
- 1/2 – onion
- 2 – bay leaves
- 2 – tablespoons extra virgin olive oil
- 3 tablespoons – tomato sauce
- Salt and pepper

INSTRUCTIONS

1. Put the lentils in warm water and leave to soak for at least half an hour.
2. In a saucepan, heat two tablespoons of oil and add a peeled clove of garlic and chopped carrot, celery and onion. Flavored with two bay leaves.
3. Now drain the lentils and pour them into the pan. Sauté for a few minutes, then add two tablespoons of tomato puree (or a tablespoon of double concentrate) and two glasses of water. Cook for about 30 minutes over low heat, season with salt and pepper.
4. In the meantime, cook the pre-cooked cotechino, following the instructions given in the packaging. They usually recommend putting the cotechino with the whole bag in a pot with water cold and cook for 20 minutes from when it starts to boil.
5. Prepare the polenta, for convenience I used the pre-cooked one ready in a few minutes. In a pot large, heat the water (add with salt), when it comes to a boil, remove from the heat and pour the corn flour. Proceed slowly to avoid the formation of lumps.
6. Put back on the heat and cook, stirring constantly. The polenta is cooked when it comes off edges of the saucepan.
7. Pour onto a surface covered with a sheet of parchment paper and level the surface of the polenta with a spatula. Let cool; as soon as the polenta has solidified, cut out circles with a pastry cutter.
8. Heat a plate (slightly greased) and grill the polenta discs for 2 minutes on each side. Serve on the plate alternating a slice of cotechino with a slice of polenta. Ultimate with lentils and serve hot.





Veggie Pizza



Jodie Olson

SERVES 4

INGREDIENTS

12 tubes crescent rolls
1 package cream cheese
1/2 cup mayonnaise
1 ranch dressing packet,
Lemon pepper
Garlic salt
1 head broccoli
1 bag baby carrots
1 head cauliflower
Shredded cheese

INSTRUCTIONS

1. Spread crescent rolls flat on a 12 x 18 cookie sheet. Follow baking instructions on crescent roll tubes.
2. In a medium sized bowl, mix cream cheese, mayo, ranch dressing, lemon pepper, and garlic salt.
3. Once crust is cooled, spread mixture on top of crust.
4. Chop up broccoli, carrots and cauliflower.
5. Spread on top of mixture.
6. Sprinkle with shredded cheese.
7. Cut into 3 inch squares.
8. Cover with aluminum foil and keep refrigerated until ready to serve.

Trippa

Filippo Mecarelli



SERVES 6

INGREDIENTS

1 kg Tripe
50g lard
1 clove garlic
to taste White wine
to taste White beans
to taste tomato sauce
1 l broth
1 rib celery
1 carrot
1 white onion
Bay leaves to taste
Sage leaves to taste
1 tablespoon white flour
Butter to taste
Extra virgin olive oil to taste
Salt and Pepper to taste

INSTRUCTIONS

1. To begin with, you need to prepare the tripe and clean it well. Boil it for a few minutes in a saucepan with water, celery, onion, carrot, bay leaf and the spoonful of flour. After having removed it from the heat and drained it, cut it into strips.
2. Meanwhile, take a crock pot and add the minced garlic clove and the lard - also minced - with the vegetables that were in the casserole with the tripe, a spoonful of butter, two of oil, one sage leaf and a bay leaf.
3. Brown the mixture and add the tripe.
4. At this point add salt and pepper, wait a few minutes before pouring a glass of wine white and let it evaporate.
5. In case, you can add some tomato sauce and broth to soften the mixture just in case it was drying too quickly.
6. At this point, take 4 hours of time and let the tripe cook over a very low heat.
7. About ten minutes before the time is up, add the boiled white beans.





Cukes in Cream



Heidi Griffin

SERVES 4

INGREDIENTS

3-4 Cucumbers (sliced thin)

Small onion (chopped)

1/4 cup sugar

3/4 cup heavy whipping cream

3 Tbsp vinegar

Salt & pepper to taste,

INSTRUCTIONS

1. Slice (and peel if desired) cucumbers thin
2. Chop onion
3. Pour whipping cream and vinegar over cukes & onion
4. Add sugar and mix well
5. Salt & Pepper to taste
6. Chill or enjoy right away!

Focaccia

RJ Cavagnaro



SERVES 8

INGREDIENTS

- 3 tablespoons active dry yeast
- 2 teaspoons wildflower honey
- 3 cups AP flour
- 4 teaspoons kosher salt
- 3 teaspoons black pepper
- 2 teaspoons zatar (optional)
- 1 teaspoon mexican oregano (optional)
- 6 tablesoons extra virgin olive oil
- 2 cups warm water
- Aged parmigiano-reggiano, to taste



INSTRUCTIONS

1. Whisk active dry yeast, honey, and warm water in a medium bowl and let sit 5 minutes (it should foam or at least get creamy; if it doesn't do this, the yeast has expired.)
2. Add AP flour and kosher salt and mix with a rubber spatula until a very sticky dough forms and no dry streaks remain. The dough should resemble pancake batter and pull slightly away from the bowl when manipulated.
3. Pour a liberal amount extra-virgin olive oil into a very large bowl. Transfer dough to bowl and turn to coat in oil. Cover with a warm, damp washcloth or plastic wrap and leave to rest in a warm place until the dough has doubled in size (it should look very bubbly and alive), about two to three hours.
4. Generously coat a 13x9" baking pan with melted butter or extra virgin olive oil (for thicker focaccia that's perfect for sandwiches, or an 18x13" rimmed baking sheet, for focaccia that's thinner, crispier, and great for snacking.) The butter may seem superfluous, but it'll ensure that your focaccia doesn't stick. Add the dough to your greased pan and allow to rest for one hour. Using the tips of your fingers, gently spread and stretch the dough until it is covering a majority, of all, of the bottom of the baking pan in an even layer. After that, as though you're playing the piano, quickly press many holes into the top of the dough; the holes should remain imprinted in the dough afterward.
5. Place a rack in middle of oven; preheat to 450°. To see if the dough is ready, poke it with your finger. It should spring back slowly, leaving a small visible indentation. If it springs back quickly, the dough isn't ready. (If at this point the dough is ready to bake but you aren't, you can chill it up to 1 hour.) Lightly oil your hands. If using a rimmed baking sheet, gently stretch out dough to fill (you probably won't need to do this if using a baking pan). Dimple focaccia all over with your fingers, like you're aggressively playing the piano, creating very deep depressions in the dough (reach your fingers all the way to the bottom of the pan). Drizzle with remaining 1 Tbsp. extra-virgin olive oil and sprinkle with freshly-cracked. Bake focaccia until puffed and golden brown all over, 25-30 minutes. Garnish



Crack Pie



Lorenda Eubanks

SERVES 4

INGREDIENTS

1 pound (1/2 kg) Mild Pork Sausage
8 ounces (237 ml) Heavy Cream
1 pound (1/2 kg) Cream Cheese
1 can, 28 ounces (828 ml) Mild Ro-Tel
2 tablespoons (119 ml) of Velveeta cheese
Tortilla Chips

INSTRUCTIONS

1. In a non-stick skillet, over medium heat, stirring occasionally, cook sausage until no longer pink. Drain. Set aside.
2. Combine heavy cream & cream cheese in a larger non-stick skillet until cream cheese is melted.
3. Add Ro-Tel & cooked sausage; mix well. Simmer for 5-10 minutes until desired thickness.
4. Add 2 tablespoons (119 ml) of Velveeta cheese to smooth the consistency.
5. Serve heated with chips.
6. You can use Hot Sausage and/or Original, Serrano, Hot, Ro-Tel for a more spicy dip.

Four Cheese Pizza

**Fath Allah
El Massioui**



SERVES 4

INGREDIENTS

500 g flour (250 g 0 flour and
250 g manitoba flour)

1 sachet of dehydrated brewer's
yeast

2 teaspoons sugar

Little olive oil

Salt to taste

250 ml water

Mixed cheeses of your choice:
emmental, mozzarella,
gorgonzola, dolcelatte, asiago,
sharp provolone, etc.

INSTRUCTIONS

1. In a bowl sift together the two flours, add the brewer's yeast, sugar and give it a stir.
2. Add a couple of tablespoons of oil and then start pouring in the water in a trickle, always stirring. Finally, put in the salt.
3. Take the dough, give it a couple of folds on the pastry board and divide the resulting dough into four smaller loaves. Place back on the pastry board, cover and let rest in a warm place until doubled: times vary depending on the amount of yeast you will use.
4. Once the pizza dough base has doubled in size, take a 30-cm pizza pan, oil it and spread your loaf inside, stuff with cheeses and set aside. Continue in this way for all the buns.
5. Preheat the oven to 220°C static function and bake your pizza for the first 10 minutes on the bottom, checking for doneness, and then 5 minutes under the grill. Serve it piping hot and stringy. Enjoy!





Frico - Italian Potato Pie



Luciano Paolo Scelsi

SERVES 4

INGREDIENTS

500 g of Montasio Cheese

500 g of red potatoes

1 tablespoon of extra virgin olive oil

Salt

Pepper

INSTRUCTIONS

1. First wash and peel the potatoes, dry them and grate them with a grater with large holes. Grated, with the same, even the cheese.
2. Heat the oil in a large pan and add the potatoes. Stir and cook over low heat for 10-15 minutes, until cooked soft. At that point add the cheese, salt and pepper and mix very well so that the ingredients blend together uniform manner.
3. Continue cooking over medium-low heat and stir occasionally meanwhile. When the cheese has completely melted raise the heat a little and cook like an omelet, until when a nice golden crust forms on the bottom.
4. At this point turn the frico, with the help of a plate or a cover, and also cook the second side until formed of the same crust. Transfer the frico to a plate and serve it immediately, piping hot and cut into slices.

Risotto con la Luganega

Matteo Gianoli



SERVES 4

INGREDIENTS

- 160 g Carnaroli rice
- 100 g luganega (Italian Sausage)
- 30 g butter
- 1/2 white onion
- 2 l vegetable broth
- 1/4 glass of dry white wine
- Salt to taste

INSTRUCTIONS

1. Slice the onion into thin cubes and place it with a bit of butter.
2. Take the luganega and remove the skin, cut it into cubes 2-3 cm long.
3. Put the pan on the fire over low heat, it is important to put the oil, the luganega in pieces and the onion together to make less present the flavor and leave the onion more digestible.
4. When the onion has browned and has become almost transparent, add the rice and toast it over medium heat. You do be careful that the risotto does not color or burn, if necessary mix with the silicone spatula.
5. After the 2-3 minutes needed to toast the rice, add the wine and let it evaporate, the white wine must be at room temperature environment and not cold. When the white wine has evaporated completely add the broth by ladles. You don't have to add the broth all together, it is better to add it from time to time, it is necessary that the rice deafens the broth, swelling, before add them again.
6. Continue to add the necessary broth until cooked completed, depending on the type of rice it may take from 12 to 15 minutes (follow the instructions on the package).
7. At the end of cooking you will get a white and creamy risotto with the luganeghe drowned inside, the luganeghe cooked will have released their fat and flavored the risotto which will then be very tasty.





Bertolina Cake



Mauro Bombelli

SERVES 4

INGREDIENTS

- 500 gr flour
- American grapes
- 2 eggs
- 200 gr soft butter
- 250 sugar
- 1 sachet of baking powder
- 1 sachet of vanilla

INSTRUCTIONS

1. Mix all the ingredients except grapes and divide the dough in two parts.
2. Spread one half in a buttered and floured terrine.
3. Put the grapes and spread a spoonful of sugar.
4. Cover with a layer made with the dough left.
5. Seal and make holes with a fork.
6. Bake at 170 degrees Celsius for 50 minutes.
7. Let it cool and spread with sugar.

Pizzoccheri

**Cristina
Longhi**



SERVES 4

INGREDIENTS

500g of potatoes
400g of cabbage
400g buckwheat flour
150g of butter
200g Casera cheese
100g flour 00
6 cloves of garlic
Grated Grana Padano
Salt

INSTRUCTIONS

1. Sift the 00 flour and the buckwheat flour into a bowl; pour 270 g of water, add a pinch of salt and start kneading. Transfer the dough onto a floured work surface and knead it briefly with your hands to make it homogeneous and compact. Roll out the dough with a rolling pin until you get a sheet of 2 mm thick.
2. First cut the dough into 10 cm wide strips, then reduce each strip by cutting it diagonally into 1 cm wide strips.
3. Prepare the vegetables: peel the potatoes and cut them into half rounds; peel the cabbage, remove the core and divide the leaves in half, removing the stem, then cut them into strips 2 cm wide 2-3.
4. Put a large saucepan on the fire with 6 liters of water, add salt and, when boiling, add the cabbage leaves; cook them for 8', add the potatoes and cook again for 8' after they come to the boil again.
5. Peel the garlic cloves, cut them in half and cook them in the butter without letting it brown too much and in the meantime cut the casera cheese into cubes.
6. Throw the pizzoccheri into the water where the cabbage and potatoes are cooking and cook them for 10 minutes.
7. Drain the pizzoccheri, potatoes and cabbage with a slotted spoon, arrange them on the plate and season them in layers with the diced cheese, the butter without garlic and plenty of grated parmesan.





Czech Pancakes



Julie

SERVES 4

INGREDIENTS

140g plain flour

2 eggs

Pinch of salt

250 ml of milk

Oil/butter for frying

Marmalade

INSTRUCTIONS

1. Mix flour and salt
2. Add eggs, mix to a thick paste
3. Gradually add milk, stirring constantly, until a smooth dough without lumps is formed
4. Heat the pan and preferably fry thin pancakes in butter
5. Serve the finished pancakes smeared with marmalade

Culurgiones

Domenico Massafra



SERVES 4

INGREDIENTS

For the Pasta:

- 300 g of 00 flour
- 200 g of re-milled durum wheat semolina
- about 270 g of water
- 1 tablespoon of extra virgin olive oil
- 2 pinches of salt

For the stuffing:

- 1 kg of potatoes
- 100 g of Sardinian pecorino
- 2 tablespoons of extra virgin olive oil
- 1 clove of garlic
- 20 mint leaves
- Salt
- Black pepper (optional)

INSTRUCTIONS

1. First of all, in a cup, add the oil with the garlic clove peeled and mashed and left to infuse.
2. Then boil the potatoes in their skins, mash them with one potato masher, leave to cool, add the grated pecorino the chopped mint leaves, the salt and the flavored oil without it clove. Then mix well until you get a thick dough. In the end, let it rest in the fridge for a minimum of 4 hours up to about 1 day.
3. Then make the dough by mixing all the flours with the salt. Add the oil and gradually the water. You will have to get a dough soft but full-bodied. Seal it and let it rest for 30 minutes
4. room temperature.
5. Finally roll out the dough with the pasta machine, making more folds, until smooth, to a thickness of 3; be careful not to do it again thin, because you will have to obtain a compact, soft, but not mushy base subtle! Always use the flour to get a smooth dough.
6. Cut out circles of about 10 – 11 cm.
7. Add 1 tablespoon of the filling previously in each circle compacted by hand. Don't be afraid it's too much. The stuffing in excess, you will remove it at the end and reuse it.
8. Finally, place it in the center and close it in an ear by making folds concentric on each other.
9. Finally, boil in plenty of water and salt for a few minutes, until they rise to the surface and finally seasoned with tomato sauce, previously sautéed with oil and garlic or onion and a good sprinkling of cheese fresh goat.





Pappa al Pomodoro



Virginia Anichini

SERVES 4

INGREDIENTS

Tomato sauce
Stale bread
Garlic
Oil
Salt
Pepper
Broth or water

INSTRUCTIONS

1. It's a quite simple recipe, the preparation takes more or less 10 minutes, then 1 hours and 15 minutes to cook it.
2. Fry the garlic with oil and pepper.
3. When the garlic browns, add the tomato sauce and salt it.
4. After 5/10 minutes add stale bread.
5. Add some broth or water.
6. Cook the soup for more or less 1 hour and 15 minutes.
7. Stir occasionally during the cook in order to avoid the bread stick to the pan.
8. Season with salt and pepper.
9. Enjoy your soup :)

Potato Dumplings with Smoked Meat

Claudia



SERVES 4

INGREDIENTS

1800g of potatoes

150g coarse semolina

150g coarse flour

50g starch flour

1 egg

Salt

Pepper

Filling:

200g of smoked meat

1 onion

1 tablespoon of oil

Breadcrumbs

Salt

INSTRUCTIONS

1. Peel the boiled potatoes in their skins, let them cool and grate them finely.
2. Salt, add starch flour, semolina, beaten eggs and gradually add coarse flour to make a stiffer dough
3. Fry finely chopped onion in hot oil, add finely chopped cooked smoked meat, fry and let cool
4. Add enough breadcrumbs to combine the filling and let it cool
5. Roll the dough into a roll, cut it into smaller pieces
6. We roll each piece into a pancake and put the prepared filling on each one with a spoon and shape them into round dumplings.
7. We throw them into boiling salted water and cook them on a low flame for about 15 minutes (until they float to the top).





Pesto Di Basilico



Cristina Filippozzi

SERVES 4

INGREDIENTS

50G Basil Leaves

1-2 Garlic (Not Necessary)

15G Pine Nuts

30G Sardinian Pecorino

70G Parmesan

100ml Ligurian oil

Pinch of salt

INSTRUCTIONS

1. In a blender, add Basil Leaves (Clean And Dry), Oil (Add It A Little At A Time), and then add All Other Remaining Ingredients
2. Blend intermittently in order to obtain a creamy mixture.
3. Keep Pesto In The Fridge For About A Week, But You Could Also Eat It Right Away.
4. Make sure that the surface is well covered with oil to prevent clumping. Alternatively, the jars can also be frozen for a few months.

Cassoeula

Matteo Locati



SERVES 4

INGREDIENTS

Savoy cabbage 1,5 kg
Celery 3
Carrots 4
Auburn tomatoes 2
Shallot 1
Pork ribs 1.5 kg
Green salami 8
Bay leaves 2-3
Vegetable broth
Vinegar to taste
White wine 1 glass
Salt to taste.
Pepper as needed.
Extra virgin olive oil q.s.

INSTRUCTIONS

1. Cut the celery, carrots and tomatoes into small pieces, then fry the chopped shallot in a saucepan in extra virgin olive oil, add the pork ribs and blend with the white wine
2. Add the cut vegetables, cover with vegetable stock and salt, cook for about an hour, adding a ladle of stock from time to time every time the sauce dries up
3. In the meantime, clean the cabbage, remove the rib and break each leaf into about four pieces with your hands: the cabbage will be added to the saucepan at the end of the cooking hour and left to cook for another half hour, always adding the broth
4. In another saucepan, boil the salami in water for 15 minutes, then half an hour after the cabbage was added, put the salami in the saucepan, as well as a grind of pepper and see if there is the right amount of salt
5. Leave to cook for another 10 minutes and, at the end, sprinkle lightly with white wine vinegar, and then serve piping hot.





Hummus



Salam Ali

SERVES 4

INGREDIENTS

- 52 cans chickpeas
- 1/2 a cup chickpeas water
- 2 minced cloves of garlic
- Juice of 1 lemon
- 1 cup Tahini
- 1/4 cup water
- Salt (for seasoning)

INSTRUCTIONS

1. In a food processor, blend together all ingredients except for water and half of the lemon juice.
2. Keep blending using the remaining of lemon juice and water bit by bit until you've reached a nice smooth and creamy consistency.
3. Hummus consistency should be like a thick cream cheese.
4. Hummus can be kept in the fridge for up to 4 days, but it is best eaten two hours after it was made (being kept in the fridge)

Pasta con le Sarde

Giuseppe Fornaciari



SERVES 4

INGREDIENTS

320 g of bucatini
320 g of fresh sardines
3 bunches of wild fennel
40 g of sultana raisins
40 g of pine nuts
2 desalted anchovy fillets
Half onion
1 clove of garlic
a bunch of parsley
1 sachet of saffron powder
Flour
Extra virgin olive oil
Salt
Pepper

INSTRUCTIONS

1. First prepare the sardines: remove the head, open them from the belly side, bone them, flour half of them and fry them in hot oil. Keep aside.
2. In a saucepan, heat two tablespoons of oil with the garlic: settle down the remaining sardines, pour half a glass of water, and cook for about 10 minutes. Add the saffron dissolved in very little warm water, some chopped parsley, salt, and pepper, and mix in so that the sardines fall apart. Let it cook for another 5-10 minutes: withdraw and keep it aside.
3. In another saucepan, simmer the chopped onion with half glass of water and three tablespoons of oil. Add the raisins made soak the pine nuts and anchovy fillets in well-squeezed water and finely chopped fennel. Cook for about 10 minutes.
4. In the meantime, you will have boiled in plenty of salted water for the stalks of fennel, for 15 minutes from the boil. Take them off and then cook the bucatini in the same water, drain and transfer them to the pan with the sardines saffron. Drizzle with a drizzle of oil and mix.
5. Arrange alternating layers of pasta in a baking dish layers of fried sardines and sauce with onions, raisins and the pine nuts. Finish with a sprinkling of parsley and if desired a little more chopped fennel.
6. Cook in a hot oven at 180° for 15 minutes. Bake the pasta with sardines, let it rest for a few minutes and then serve.





Winter Party Dip



**Claudia
Dossena**

SERVES 4

INGREDIENTS

Canned tuna
Pickled peppers
Tortilla chips

INSTRUCTIONS

1. Blend tuna and peppers with a mixer in a bowl
2. Enjoy it with tortilla chips

Beignets

**Ilene Rae
Morelan**



SERVES 6

INGREDIENTS

4 large eggs (room temp)
1 cup flour (all purpose)
1 tsp salt
1 tsp sugar
1 cup water
1/2 cup butter
Peanut oil in a fryer
Powdered sugar or cinnamon
sugar for dipping/coating

INSTRUCTIONS

1. Using a 1 qt sauce pan on the top of the stove add in the water and butter with salt and sugar.
2. Melt the butter into the water and bring to a boil.
3. Add flour and remove from the heat once mixed.
4. Add eggs individually beating in each one.
5. You should end up with dough in a ball in the pan. This dough is then placed by small spoonful into heated peanut oil in a fryer at 350 deg F.
6. The dough may need to be flipped over to the other side.
7. Please use care and have a plate of powdered sugar or cinnamon sugar to dip the hot beignets in.
8. Serve while still warm.





Betsy Cake



Kristina Rush

SERVES 12

INGREDIENTS

- 1 Box Yellow Cake Mix
- 1 small box vanilla pudding
- 1 small box chocolate pudding
- 4 eggs
- 1. 1/2 cup water
- 1/2 cup oil
- 1 cup semisweet chocolate chips

INSTRUCTIONS

1. In mixing bowl, mix cake, instant pudding mixes, eggs, oil & water until smooth.
2. Fold in chocolate chips.
3. Pour into a greased and floured Bundt pan.
4. Bake at 350 degrees for 45 minutes to an hour.
5. Cool on baking rack for 5 minutes then turn onto plate. Enjoy!

Mexican Chicken

Stuart Pienaar



SERVES 4

INGREDIENTS

- 1.2 kg chicken legs (drumsticks)
skin off
- 250 g bacon cut into 6 mm x 20 mm strips
- 3 large onions cut into 8 segments
- 3 cloves garlic crushed
- 1/2 teaspoon oregano powder
- 1/2 teaspoon coriander powder
- 1 teaspoon chilli powder
- 1/2 teaspoon salt
- 800 g can tomatoes
- 1 red pepper 10 mm slices
- 1 green pepper 10 mm slices
- Olives seeded 20
- Rice for boiling 1 1/2 cups

INSTRUCTIONS

1. In a large pot with well fitted lid, fry bacon , add onion and garlic, brown then remove from pot.
2. Brown chicken legs then add bacon onion garlic and remaining spices.
3. Add can of tomatoes and crush if not crushed.
4. Bring to simmer and mix well and then simmer covered for 1 hour.
5. Lift mixture occasionally to stop sticking.
6. Add sliced peppers and olives and simmer for further covered for further 20 minutes.
7. Serve with boiled rice and a garden salad on the side.





Weckmann/ Stutenkerl



Nicole

SERVES 4

INGREDIENTS

150g quark

6 tbsp milk

6 tbsp oil

75g sugar

1 sachet vanilla sugar

1 pinch of salt

300g flour

1 sachet baking powder

INSTRUCTIONS

1. Mix the quark with the milk, oil, sugar, vanilla sugar and salt.
2. Mix the flour with the baking powder and then knead into the quark mixture.
3. Shape the dough into a roll, cut into even pieces and shape into round buns, form the "head", carve the "arms and legs", press in raisins for the "face and buttons" and brush with egg yolk or coffee milk for a nice color.
4. Bake for about 20 minutes (depending on your oven) at 180-200 degrees, fan oven 160 degrees until golden brown.

Balsamic Glazed Roasted Brussel Sprouts

**Jodie
Olson**



SERVES 4

INGREDIENTS

- 1-1/2 lbs brussel sprouts
- 3 tbsp olive oil
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 2 tbsp balsamic vinegar (or balsamic glaze)
- 2 tsp honey

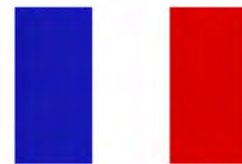
INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. Line a rimmed baking sheet with aluminum foil or use a Silpat silicone baking mat.
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
4. In a large bowl, toss brussel sprouts with olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.
5. Transfer veggies to prepared baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place roasted brussel sprouts back in bowl. Add balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve. (Notes: If using frozen sprouts, thaw and shake off excess water.
7. Roast for 20 minutes, or until they are golden brown and crispy.





Lamb Shoulder



JS Joulie

MAKES 10

INGREDIENTS

One Lamb Shoulder with the bone but without the flat bone

10 saffron pistil

10 anise seed

10 coriander seed

10 Cumin seed

10-12 medium potatoes

Fresh coriander

INSTRUCTIONS

1. Put the Lamb shoulder in a large cast iron casserole on fire, sear the meat 2-3 min each side.
2. Then put all seed inside with 4 clove garlic, add two big spoon of water, close the casserole with the lid and put in the oven at 130-135°C for 4 hours.
3. After 2 hours add potatoes slice in big parts inside the casserole.
4. If it's fully dry inside you can add small water.
5. Just before service, slice fresh coriander and add it into the casserole.
6. For service, bring the full casserole on the table then open it in front of your guests, a perfect smell will appear.

Healthy Chia Seed Cold Cocoa

**Deepali
Nehete**



SERVES 1

INGREDIENTS

1 cup of water

2 tbsp Chia seed

8-10 overnight soaked and peeled almonds. Instead of almond we can use cashew nut, Walnut or any other nut of choice

1 tablespoon of raw cocoa powder

1 - 2 soft Medjool dates.

Increase or decrease dates as per your taste. If dates are not soft. Soak in water for 1 hour and then add it.

Ice cubes •

Optional: A handful of frozen banana slices for extra creaminess

INSTRUCTIONS

1. Prepare the Milk Base:

In a blender, combine the water, chia seed, almonds, raw cocoa powder, Medjool dates and ice cubes.

If using, add the frozen banana slices for a creamier texture.

2. Blend it Up: Blend the mixture until smooth and frothy.

3. Serve Cold: Pour the mixture into a glass filled with ice cubes. 4.

Garnish: For an extra special touch, garnish with a sprinkle of cocoa powder.





Tablet



Eve Watt

MAKES 10

INGREDIENTS

900g granulated sugar (Yes!
250ml full fat milk
1 tin of sweetened condensed
milk
80g butter

INSTRUCTIONS

1. Line a 20cm tin. Cube the butter and melt it in a large saucepan with the milk and the sugar on a low heat making sure it doesn't burn.
2. Add the condensed milk and bring to the boil. Keep stirring, you are going to be doing a lot of that!
3. Turn the heat down to a simmer and keep stirring until the mixture starts to darken, this should take around 20 minutes but might take longer.
4. Don't stop stirring! To test if it is ready drop a small spoon of mixture into a glass of cold water and if it turns into a ball without a tail it's ready to take off the heat.
5. You can also use a sugar thermometer to check if the mixture is 120 degrees.
6. Once off the heat beat the mixture for a few mins till it thickens a little then pour into your tray and leave to set.
7. After 20 mins score the top lightly into lines so it can be cut properly when set. It should take 2-3 hours to set. Then enjoy (one small piece at a time as it's very very sweet!)

Beef Bhuna (Bangladeshi Beef Curry)

**Tahsin
Zaman**



SERVES 6

INGREDIENTS

Beef (with bone)- 2 lbs
Mustard Oil- 4 Tbsp
Onion sliced- 1 Cup
Garlic Paste- 2 Tbsp
Ginger Paste- 2 Tbsp
Turmeric Powder- 1 Tsp
Garam Masala- 1 Tsp
Ground Coriander- 1 Tsp
Ground Cumin- ½ Tsp
Kashmiri Chili Powder-2 Tsp
Tomatoes sliced- 3 Piece
Sugar- ½ Tsp
Salt- ½ Tsp
Water- For beef to be moist
Green Chili- 2 Piece
Coriander/ Cilantro- for garnish

INSTRUCTIONS

1. Heat the mustard oil in a saucepan in a medium heat.
2. Add the onions, ginger paste, and garlic paste and cook gently for 5 minutes.
3. Add in the ground cumin, ground coriander, chili powder, turmeric powder, and garam masala, and stir to toast for 1 minute.
4. Put the tomatoes, sugar, salt, and water and cook for 10 minutes.
5. Add beef and mix well in the seasoning and stir for 10 minutes.
6. Cover with a lid and cook covered on a low simmer for 90 minutes.
7. Stir the curry every 12-15 minutes if the beef is not cooked through add a little bit of water and wait for 30 more minutes.
8. Serve with rice/flatbread.





Octopus Salad



Antonio de Freitas

SERVES 4

INGREDIENTS

- 1 (one) medium size octopus
- 1 (one) raw diced red onion
- 1 (one) pilled whole white onion
- 6 Medium Idaho Potatoes
- Olive Oil
- Salt and black pepper
- Diced fresh green onion and parsley

INSTRUCTIONS

1. Wash the octopus and put it in cooker pressure canner under heat with the whole white onion do not add water, after the pressure valve starts blowing keep it for 8 minutes and turn off the heat.
2. Discard the onion.
3. When it is safe, open the canner and put the octopus under cold water to avoid overcooking. Use appropriate tools to handle it such as kitchen tongs.
4. Separate the head and the small black ball from the tentacles, discard the head and reserve the tentacles, using a sharp knife cut them in thin slices.
5. At the same time, pill the potatoes diced in small cubes and boil for 5 minutes (after the water starts boiling) we want them "al dent" firm to the bite.
6. Now in a glass bowl, add the potato cubes, octopus, raw diced red onion, salt, black pepper, green onion, parsley and olive oil, mix gently and voila! You can eat it with rice and white wine.

Bigos (Hunter's Stew)

Adam Brostow



SERVES 4

INGREDIENTS

- 0.9 lbs Beef, stewing cut into large dice (chuck, brisket, round steak, or short ribs)
- 0.9 lbs Kielbasa
- 1.1 lbs Sauerkraut - with liquid
- 4 Potatoes, medium size - halved, skin on
- 1 Large Carrot - peeled and diced
- 1 Large Onion - diced
- 4 cups Beef Stock
- 1 cup Beer
- 2 Bay Leaves
- 4 Juniper Berries
- 1 tbsp Marjoram
- 1 tbsp Caraway
- 1 tbsp Honey - (add enough to your taste to balance the sourness)
- 1 tsp Black Pepper
- 1 tbsp Tomato Puree

INSTRUCTIONS

1. Heat a frying pan over high heat and sear the diced beef until browned. Transfer the beef to the slow cooker, leaving the fat in the pan.
2. Add sliced sausage to the same pan and continue frying until browned, then transfer it to the slow cooker.
3. In the same pan, sear the diced onions, carrots, and garlic until they are softened and lightly browned. Transfer them to the slow cooker as well.
4. Add all the remaining ingredients to the slow cooker and stir well to combine. Cover with a lid and set the slow cooker to high heat for 6 hours. After the first hour, give it a good stir and repeat every hour or so to distribute the flavours.
5. When the Bigos is ready, remove the bay leaves and serve hot with buttered sourdough bread. Bigos tastes even better with time, so you can store it in the fridge for up to three days, freeze it, or store it in jars if you make a bigger batch. Reheat it gently on the stovetop or in the microwave before serving.





Asparagus Quiche



**Paul
Amsden**

SERVES 4

INGREDIENTS

1 pie crust
3 eggs
1-1/2 cups steamed asparagus
1 cup heavy cream
Salt and pepper to taste
Optional: feta cheese, spinach,
fresh peppers, be creative!

INSTRUCTIONS

1. Blind bake the crust.
2. Whip eggs, cream, salt and pepper together in a bowl. place asparagus pieces into the bottom of the crust, reserve the pretty heads.
3. Add any other optional veggies and/or cheese. Pour in the egg mixture. place the reserved asparagus heads delectably on top
4. Bake at 400F until only slightly jiggly, about 20 minutes.
5. Let cool to room temp at least. It's best to refrigerate if you can wait.
6. Slice and tuck in ;)

Montpellier Earbuds

**Olivia
Fiorini**



MAKES 50

INGREDIENTS

500g of flour

125g sugar

75g butter

2 untreated lemon zest, grated

30ml rum

30ml orange blossom water

5 whole eggs

50ml whole milk

Icing sugar

Oil for frying (1/2 up to 1l of oil in a large pan; at the time of my

great-grand father with olive oil

– I recommend classic frying oil)

INSTRUCTIONS

1. Mix sugar, softened butter, eggs, rum, orange blossom water.
2. When everything is well combined, add the flour.
3. Knead the dough for a few minutes.
4. Add 1/2 dl of whole milk, mix well again and let stand for at least 2 hours at room temperature.
5. Prepare about 40 to 50 small balls of pasta on a floured work surface that you will spread as far as possible, or you spread part of the pasta very thinly and cut with a roll each “oreillette” so that you obtain 40-50 pieces total.
6. Fry until lightly colored, drain on paper towels (modern recipe of course...) and sprinkle lightly with icing sugar.





Halupsi (Cabbage Rolls)



Robert B.

SERVES 4

INGREDIENTS

1-2 large heads of cabbage
1 1/2 cups uncooked white rice
2 pounds of ground beef
2 medium onions
1 teaspoon each of black pepper
& salt,
2 eggs (beaten)
1 can tomato paste
1 - 14.5-16oz crushed tomatoes

INSTRUCTIONS

1. Prepare white rice per package directions - set aside.
2. Boil the cabbage heads in a large pot of boiling water, boil until soft, removing each leaf as it softens. Let leaves cool, then trim the thick rib on each leaf.
3. Dice onions and cook until transparent, add the ground beef, tomato paste, salt/pepper and cook until ground beef is browned.
4. Add the cooked rice and 1/4 cups of the liquid from the crushed tomato can.
5. Preheat Oven to 350F.
6. On each separate cabbage leaf, place 1 scoop of the meat mixture at the bottom of the leaf and roll, tightly tucking the sides to cover the mixture. Line the bottom of a roasting pan with cabbage leaves that are too dark or too small to use for rolling.
7. Place halupsi in roasting pan, making 2 layers.
8. Pour the crushed tomatoes and remaining liquid the halupsi, cover and bake for 45 minutes or until heated through.
9. Traditionally served with sour cream.

Couscous Salad

**Olivia
Fiorini**



SERVES 8

INGREDIENTS

400g medium couscous
semolina
500g ripe tomatoes, ideally
peeled and seeded
500g peeled cucumbers
1 medium onion
25cl of first cold-pressed virgin
olive oil
25cl lemon juice
Handful of chopped herbs –
parsley, coriander, mint, chives
Salt and pepper

INSTRUCTIONS

1. Mix tomatoes, onions and cucumbers with an electric blender quickly (very small pieces – avoid going as far as a puree) – cut into large pieces before putting in mixer.
2. Mix them with the semolina with the oil and lemon juice
3. Put in the refrigerator for 4 to 12 hours
4. Add the herbs just before serving, season with salt and pepper, taste to adjust the seasoning.





BBQ Baked Chicken



John Atterberry

INSTRUCTIONS

SERVES 4

INGREDIENTS

4-6 Large Bone in Chicken breasts

Olive Brine

Sweet Baby Rays Bbq sauce

Aluminum foil

1. Foil a cookie sheet, folding up the corners and sides (makes clean up easier)
2. Place the chicken breasts skin up, leaving approx 2" from edge to edge between the breasts.
3. Brine the skin and wait 3 minutes.
4. Baste with Sweet Baby Ray's.
5. Pre-heat oven to 350 deg F (325F if convection oven) and bake for 118 minutes.

Texas Style Brisket

James Cadenhead



SERVES 7

INGREDIENTS

Whole Packer Brisket
Salt/Pepper Mix
16 Mesh Black Pepper, Garlic
Powder, Onion Powder, Yellow
Mustard
Any Binder you like
Beef Tallow/ Bacon Fat
50/50 Water/Apple Cider
Vinegar mixture
Smoker, Wood Chips, Wood
Splints, Wood Pellets, Charcoal
(optional)
Sharp Knife
Butcher Paper / Tin Foil
Large Cutting Board, Instant
Read Thermometer

INSTRUCTIONS

1. Get Smoker set up and up to Temperature with "blue" smoke rolling
- 2) Trim Brisket to take away any hard fat to include the "tomahawk",
- 3) Trim any "Silver Skin" on the brisket (too chewy wont break down)
- 4) Round off any hard corners to prevent any unnecessary burnt pieces.
- 5) Rub thin layer of Mustard on Brisket on back/ meat side,
- 6) Season with black pepper to get a good solid layer down
- 7) Season with remaining seasonings (Salt/Pepper mix, Onion Power, Garlic Powder)
- 8) Flip Brisket over to Fat side
- 9) Rub thin layer of Mustard over fat side/ any and all sides
- 10) Season fat side and all other sides with Pepper
- 11) Season with remaining seasonings on all sides.
- 12) Let Brisket sit on cutting board on counter for at least 30min to help seasonings set on brisket.
- 13) Once seasonings is set, put on smoker meat side down for at least 5-6hours
- 14) Spritz every 45 min to 1 hour to keep brisket moist
- 15) Once Brisket reaches internal temperature of 170* F pull brisket off smoker.
- 16) Lay out Butcher Paper or Tin Foil on counter, If butcher paper "spritz" with apple cider/water mixture
- 17) Put brisket in middle of butcher paper with a healthy dab of beef tallow or bacon fat on top of brisket
- 18) wrap brisket in preferred method (paper or tin foil)
- 19) Put back on smoker till brisket hits 205* in fattest part of brisket
- 20) Once brisket hits 205* pull brisket and put in cooler or oven preheated to lowest temp oven will allow for at LEAST 2Hrs
- 21) After Brisket has rested, cut brisket in half seperating Flat and Point of brisket
- 22) slice Brisket into slices as needed to prevent brisket from drying out.
- 23) Enjoy!





Butter Biscuits



Claudia Cazzaniga

INSTRUCTIONS

MAKES 20

INGREDIENTS

90 gr butter

80 gr sugar

250 gr flour

1 egg

4 gr yeast

1. In a bowl, place the butter with the sugar and mix with a spoon.
2. We add the egg and then add the baking powder and continue mixing.
3. Add the flour, a little at a time, and mix with the spatula and then with your hands until a soft and compact dough is formed.
4. We cover the bowl and let our pastry rest in the fridge for 20 minutes.
5. Take the dough and roll it out with a rolling pin on a lightly floured sheet of baking paper.
6. Cut out the biscuits using cookie cutters and place them on a baking tray covered with baking paper. We can decorate them with sugar, chocolate chips or anything else according to taste.
7. Place in a ventilated oven at 170° for 15 minutes. We can also decorate them once they have cooled, with jam, Nutella, sugar paste or sprinkles.
- 8.

Maltese Figolli

Faye

Restall



MAKES 8

INGREDIENTS

For the pastry:

- 350 grams caster sugar
- 800 grams plain flour sifted
- 400 grams butter
- Grated rind of 1 lemon
- 4 egg yolks, beaten

For the almond paste:

- 600 g caster or icing sugar
- 2-3 egg whites
- Grated rind of 1 lemon,
- A few drops orange flower water
- 600 grams almonds, ground.

For the icing:

- Cooking chocolate or Royal icing and food colouring

INSTRUCTIONS

1. Mix sugar with flour, then rub in the butter until the mixture resembles to fine crumbs.
2. Add the grated lemon rind and the yolks, mixed with a little water to make a dough. Leave to chill.
3. Add the sugar, orange flower water and lemon rind to the ground almonds, and bind with the egg whites.
4. Roll out the pastry and cut out your shapes. Remember to make two of each figure as they will be sandwiched with almond paste.
5. Lay the first shape on a greased and floured baking tray, spread with almond paste, leaving a small margin.
6. Lay the second shape over the top and press the edges together. It helps if you wet the edges with a pastry brush to stick
7. Bake at 200°C/400°F/gas 6 for 5 minutes, then at 180°C/350°F/gas 4, for about 20 minutes, until pale golden. Cool on the tray.
8. When cold, coat with icing, then decorate with royal icing in a different colour.
9. While the icing is soft, press a small, foil-wrapped Easter egg in the middle of each shape.





Oreo Ice Cream Cake



Leigha

SERVES 15

INGREDIENTS

1 pkg Oreos crushed
1/4 c butter melted
1/2 Gallon cookies and cream ice cream softened
16 oz jar hot fudge warmed
8 oz carton whipped topping thawed

INSTRUCTIONS

1. Add crushed cookie crumbs to a bowl reserving ½ cup for the top. Add butter and mix well.
2. Press into a greased 9×13 pan.
3. Spread softened ice cream over crust and freeze for 2 hours.
4. Drizzle warm fudge over ice cream and freeze for 1 hour.
5. Add whipped topping, sprinkle with reserved Oreos, and freeze for 2 hours.
6. Remove from the freezer and let it set out for 15 minutes before serving. ENJOY!

Cocktail Meatballs

Kristina Rush



SERVES 12

INGREDIENTS

- 1 lb. Ground Beef
- 1/2 cup dry bread crumbs
- 1/3 cup minced onion
- 1/4 cup milk
- 1 egg
- 1 Tlbs. snipped parsley
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. Worcestershire sauce
- 1/4 cup shortening
- 1 bottle (12oz.) chili sauce
- 1 jar (10oz.) grape jelly

INSTRUCTIONS

1. Mix ground beef, breadcrumbs, onions, milk, egg, parsley, salt, pepper and Worcestershire sauce.
2. Gently shape into one-inch balls.
3. Melt shortening in large skillet, brown meatballs.
4. Remove meatballs from skillet, pour off fat.
5. Heat chili sauce and grape jelly in skillet, stirring constantly until jelly is melted.
6. Return meatballs to skillet and stir. Simmer uncovered for 30 minutes.



Mrouzia

El Bou Soufyan



SERVES 5

INGREDIENTS

Meat and Marinade 2.2 lbs

Trimmed lamb with bones
(shanks, neck or shoulder), - cut
into large pieces 1 1/2 tbsp Ras-
el-hanout for Mrouzia, -
preferably freshly ground 1/2
tsp ground pepper, - a mix of
black and white 2 tbsp

vegetable or olive oil For

**Cooking the Meat 4 tbsp olive
and vegetable oils, - mixed 2
tsp ground ginger 1 medium-
size yellow onion, - finely**

chopped, optional 1 tsp smen 1
tsp salt 1 cinnamon stick 1/2 tsp
saffron threads For Cooking the

**Raisins 1.1 lbs dark raisins, -
preferably not too sweet 1 tsp
Ras el Hanout (Mrouzia blend), -
freshly ground preferably 4
tbsp clear honey, - or icing**

sugar 1 tsp ground cinnamon

**Garnishing 5.2 oz whole
blanched almonds**

INSTRUCTIONS

1. Marinate the Meat In a large container, mix the spices with 1 to 2 tablespoons of oil.
2. Brush the meat with this mixture and massage it well. Cover and refrigerate 6 to 12 hours.
3. Cook the Meat In a heavy-bottom pot or a dutch oven, add the meat, the onion, the spices, smen and about 1/4 cup of water.
4. Place on medium heat for 10 minutes, stirring a couple of times to rotate the meat, making sure that all sides have been immersed in the liquid at some point.
5. At this stage, we are helping the meat to absorb as much flavor from the spices as possible so these first 10 minutes are important.
6. Slowly add enough water to cover the meat, taking care to pour the water near the sides of the pot and not directly on the meat itself. (You don't want to wash off those spices.)
7. Add the rest of the oil and bring the liquids to a simmer.
8. Continue simmering the meat over medium-low heat for about two hours, or until the meat is tender.
9. During this period, check the pot frequently to see if it needs more liquid and also to ensure that the meat does not stick to the bottom of the pot and burn.
10. Cooking the Raisins While the meat is cooking, place the raisins in a bowl and cover with cold water. Leave them to soak for at least an hour before draining and using.
11. Once the meat is tender, add drained raisins, the teaspoon of ras el hanout, and the honey or sugar.
12. Carry on cooking over medium-low heat while watching the process carefully.
13. The sauce should be reduced and thickened after 20 to 30 minutes or so. No watery liquid should remain.

Mrouzia

El Bou
Soufyan



INSTRUCTIONS

14. Fry or Roast the Almonds The almonds can be prepped for garnish ahead of time or while the meat is cooking. Use one of the methods below. To Oven-Roast: Preheat the oven to 325° F (160° C). Spread the blanched almonds on a baking sheet and roast them for about 25 minutes, tossing them a couple of times. They should be roasted evenly throughout with a nice crunch and a golden color at the end. Adjust the time according to your oven in order to achieve the right texture and color. To Fry: Pour the oil in a small deep pan and wait until it's warm to start frying the almonds. Oil that is too hot will NOT achieve the desired outcome. Give a stir from time to time and fish all the almonds out once they turn lightly golden. Spread them on paper towels or a kitchen towel to get rid of excess oil.

15. Serving and Storing Always serve mrouzia hot. The meat is first placed in the center of a warm serving plate, topped with the confit of raisins and followed by any drop of that thick dark amber liquid.

16 The dish is garnished with almonds. Some dried rose petals will nicely finish off the presentation.

17. Keep mrouzia in an airtight container in the fridge for a couple of weeks or in the freezer for months. It's advisable to divide the portions in different containers so it's easy to thaw them as needed. I also suggest you keep the almonds separately or fry them as needed. Garnish with them at the last minute.





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