



Vaslui



SMOKED PORK RIBS & CABBAGE

- Cabbage
- water
- salt
- horseradish
- bay leaves
- fresh dill
- peppercorns or other herbs
- Pork ribs
- beech wood

Pickled Cabbage:

Cut the cabbage in half or quarters. Put it a wide mouth vase with salty water (3% salt) and the suggested herbs. You may also use nonsalted water, which causes a fermentation producing probiotic enzymes for the digestive system (like kefir without the milk). The temperature for a good fermentation should be around 20 degrees Celcium. It takes 2 to 4 weeks to complete the fermentation.

Smoked Pork Ribs:

Use beech wood for smoking the meat, and if you do not have beech, any strong essence wood will do, but very important is not to use a wood with strong flavour (like cherry tree for example). Smoking takes around 5 hours at a temperature of 120 degrees Celcius.

Once finished with smoking, slice the cabbage in small pieces, and slowly cook them in a big caserole, mixed with the smoked ribs. Add herbs or other vegetables according to taste.

Brussels





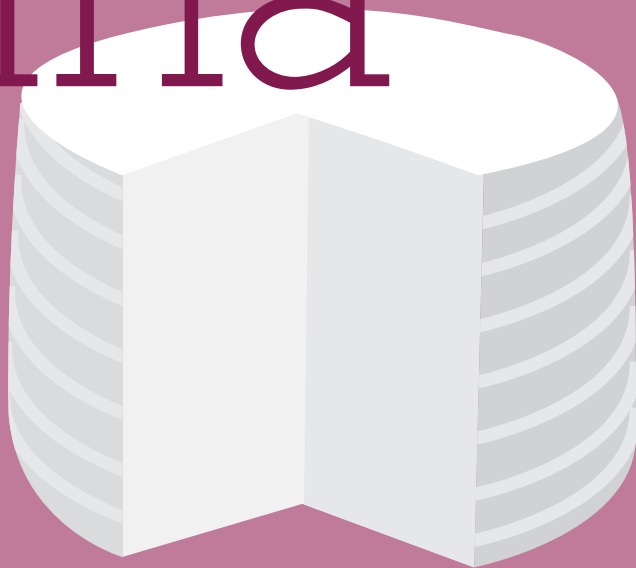
ENDIVE SOUP

- 2 Belgian Endives, cored
- 2 white onion, diced
- 1 garlic clove, diced
- 2 tablespoons butter
- 2 large potatoes, peeled and diced
- 2 cups chicken broth
- 1 cup milk or cream
- salt and pepper to taste
- chopped chives
- dill sprigs for garnish

Mince the Belgian Endives, reserving a few small leaves for garnish. Saute the onion, garlic, and minced Belgian Endives in the butter for three minutes. Add the potatoes and chicken broth and simmer for about fifteen minutes or until the potatoes are soft. Put this in a blender or food processor and process until smooth. Add the milk, salt, and pepper and blend. Serve hot or cold. Garnish with the small Belgian Endive leaves, chives, and dill.



Mess ina





FOCACCIA TRADIZIONALE MESSINESE

(12 portions)

- 1 head of curly endive (400 grams)
- 950 grams of focaccia dough
- 5 tomatoes cut in wedges
- 500 grams. of fresh tuma (rare Italian cheese made of sheep and goat cheese)
- 20 anchovy boneless fillets in oil
- salt, black pepper to taste
- extra virgin oil
- 300 grams. grated mozzarella for pizza or scamorza cheese

Wash endive and pat dry. Chop roughly, season and drizzle with olive oil.

Roll out the focaccia dough in a roasting pan.

Cover base of dough with all of grated mozzarella or scamorza and half of the tuma cheese.

Top cheeses with the curly endive and then the tomato wedges.

Bake for 25-30 minutes in a preheated oven (200 C).

Take focaccia out of the oven and spread the remaining tuma cheese covering all the dough.

Grill for another five minutes until golden.

Serve hot.

Athenis





FAVA WITH CHOPPED ONIONS AND CAPERS

(serves 12 as appetizer)

- 2 cups yellow split peas (fava)
- 1 medium carrot peeled and chopped
- 1 small onion chopped and 1 small onion finely chopped
- 20 small capers
- 1/3 cup extra virgin olive oil
- juice of one small lemon
- salt, pinch of cumin powder (optional)

Rinse fava well under cold running water. Drain.

Put fava, carrot and onion in medium pan and cover with cold water plus one more cup of water.

Bring to boil and let simmer in low heat (adding more hot water if necessary and stirring regularly) until carrot is soft and fava has absorbed all liquid, about 25-30 minutes. Add cumin in the last five minutes of the simmer.

Pulse the fava with the vegetables to a smooth puree while adding olive oil and lemon juice in a steam.

Season well.

Put in serving bowl decorating with chopped onions and capers and a last drizzle of olive oil and a few drops of lemon.



Ourrense



TORTILLA WITH POTATOES AND ONIONS

- 1 kilo potatoes peeled and cut in cubes, rinsed and dried well.
- 2 onions peeled and chopped
- 300 ml olive oil
- 12 eggs
- small bunch parsley chopped finely

In a deep frying pan heat the oil and add the onions. Saute for few minutes and add the potatoes. Season with salt and pepper.

Let both stew well for 30 minutes , partially covered, until potatoes are soft.

Drain the mix in a colander and set drained oil aside.

Beat the eggs in a separate bowl and season well with salt and pepper.

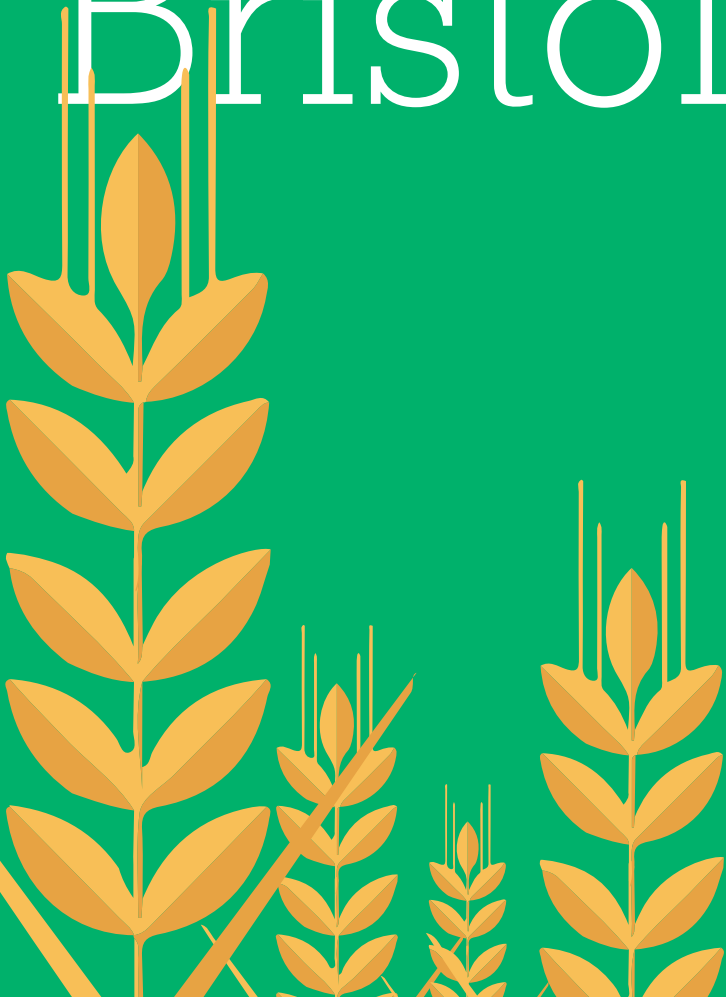
Heat a bit of the reserved olive oil in a smaller pan and drop in the vegetables and then the eggs.

Shape the omelette with potatoes and onions equally distributed in the pan.

Let cook until bottom of the omelette is golden and then, with the help of a big round pot lid, turn the omelette around and fry the other side until golden too, pressing the edges down to keep the shape of a pillow.

When ready, slide omelette onto a round big platter, decorate with parsley and serve hot or cold

Bristol





SPELT WITH AUTUMN VEGETABLES & BERKSWELL CHEESE

- 300 grams Spelt barley (or Italian faro)
- 2 bay leaves
- 1 litre vegetable stock
- 1 glass white wine
- 1 tsp salt
- 4 small finely diced onion
- 250g chestnut mushrooms finely sliced
- 3 sticks of celery, finely diced
- 2 carrots, peeled and finely diced
- 4 cloves thinly sliced garlic
- 200g butternut or other squash, diced 1cm
- 200g celeriac, diced 1cm
- 200g swede, diced 1cm
- 25 g butter, olive oil
- 1 head cavolo nero or kale, shredded into bite size pieces
- 1 bunch parsley chopped
- Juice of 1 lemon
- 100g Berkswell or other hard sheeps milk cheese

Rinse the spelt and drain well.

1. Heat the vegetable stock & wine in a saucepan until simmering, add the bay leaves, salt and spelt, bring to boil and then simmer until spelt is cooked al dente.

2. Leave to cool in the liquor and then drain, reserving the liquor.

Saute lightly the onion, celery, mushrooms, garlic and sweat .

Toss the diced squash, celeriac & swede in oil and season.

Transfer to a roasting tray and roast at 180 or until still firm but coloured.

Keep hot. Wilt the kale in salted water until soft.

Reheat the residual liquor, add the spelt and the onion, celery, carrot, garlic and parsley, combine well, heating gently. Add a little more water if it's too dry; you want it to be moist.

Add the diced root vegetables, kale and lemon juice, combine well, adjust seasoning, drizzle with olive oil and serve with shavings of Berkswell cheese

Amers foort





CREPES WITH STAMPOT AND KALE

Wraps:

- 1 kg organic flour
- 10 eggs
- 1,2 l of milk pinch of salt butter (for baking)
- 3 large onions
- 3 cloves of garlic butter salt and pepper
- Vegetarian or not? 500 grams of bacon 500 grams of oyster mushrooms oil

Kale and mash filling:

- 3 kg potatoes
- 1 kg kale

Wraps

Mix all your ingredients until you have a smooth thick batter. Make sure its just as thick as yogurt.

Heat a frying pan with a little bit of butter.

Use a soup spoon to pour some batter in the pan. Turn it until the whole pan is filled with the batter.

Turn the heat down to make sure the wrap doesn't burn. When the top of the wrap is dry, you can turn it to bake the other side. Bake until you have 26 wraps.

Kale filling

Peel the potatoes and boil them in salted water.

Wash the kale and peel of the leaves off the stems.

Blanche the remaining leaves in boiling salted water.

Chop the onions and garlic finely. Heat a pan with a good knob of butter and simmer the onions and garlic until they are glazed.

Chop the blanched kale finely and mix it with the onions and garlic.

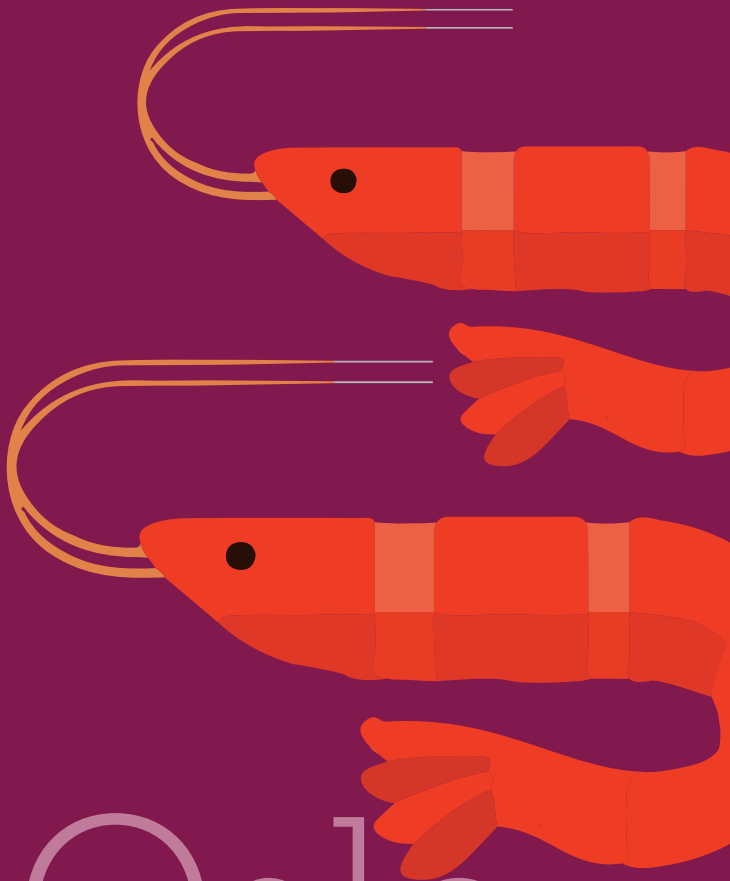
Season with salt and pepper. Mash the kale and potatoes with a knob of butter. Fry the bacon

Fry the oyster mushrooms in some oil or butter Vegetarian or not? So make a vegetarian version with oyster mushrooms or with meat.

Roll a wrap with kale filling. Cut it in five pieces

Mark the vegetarian wraps with a toothpick.

Put away the wraps in a chafing dish



Oslo



CREAMY DILL PRAWN TOASTS WITH CAVIAR

- 1 kg whole boiled prawns
- 250 ml sour cream
- 250 ml mayonnaise
- 2 tablespoons chopped dill, plus 8 fronds to garnish
- 2 tablespoons chopped chives
- squeeze lemon juice
- black pepper
- 25 -50 g butter
- 8 slices rye bread, halved
- 1 teaspoon red caviar (or red lumpfish roe)

Carefully remove the shells and heads from the prawns. Put the sour cream, mayonnaise, chopped dill, chives and lemon juice in a large bowl. Season with salt and pepper, then stir in the prawns. Add more lemon juice if needed.

Melt the butter in a large frying pan.

Working in batches, add the rye bread and fry until golden brown on both sides.

Serve the prawn mixture piled on top of the fried bread and garnish each portion with a dab of caviar or lumpfish roe and a frond of dill.