

Cook with us

RECIPES



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FLAT BREAD ("KESRA")



For the measures, take any same measurement for all ingredients (cup, small glass...)

- 3 cups of fine semolina (available in local continental shop)
- $\frac{3}{4}$ cup of olive oil, rapeseed oil.
- 1 Tsp of Nigella seeds
- 1 Tsp of linseeds
- 1 Tsp of Hemp seeds
- 1 Tsp of fine sea salt
- Up to 1 cup of water depending on semolina absorption
- Combine dry ingredients together

○ Make a well in the centre and add oil, combine without kneading the dough

Add water slowly, pressing with the palms of your hands until making a soft dough.

Separate to make 3 to 4 balls and leave to rest for 20 min.

○ Roll the dough in a medium thickness circle.

○ Cook on a heavy pan at medium heat and press with a tea towel to make sure that the whole surface cooks and colour brown lightly.

○ Cut into squares and enjoy!



PEPPERS AND TOMATOES “HMISS”



- 1 kg of red and green peppers.
 - A few chillies (optional).
 - 1 kg of large cooking tomatoes.
 - 3 to 4 cloves of garlic.
 - Olive oil.
 - Salt and pepper.
 - Roast the peppers in the oven until skin become brown.
 - Place them in a plastic bag to sweat and make it easier to remove the skin and seeds from the peppers.
 - Grate the tomatoes and with garlic add seasoning + oil, cook until it reduces.
 - Cut the peppers in cubes and chillies.
 - In a pan add cubed peppers with olive oil, garlic, salt and pepper.
 - Let it simmer and reduce like a compote consistency with the lid on.
 - At the end combine the tomatoes reduction to the peppers prep and cook further up to 1 min.
- Serve warm or cold.

“TCHAKCHOUKA”



- 1 kg of Roscoff onions, or mix red with white onions.
- 2 cloves of garlic
- 1 kg of large cooking tomatoes
- Olive oil
- Salt and peppers for seasoning
- Cut the onions in halves and slice them thinly
- Chop the garlic thinly
- Add a bit of olive oil with seasoning.
- Sweat the onions until they caramalise
- Grate the tomatoes and cook them separately with 1 clove of garlic until they release their water and reduce.
- Combine the tomatoes with the onions.
- Cook gently until water is removed and serve.

Can be eaten warm or cold, variations include adding eggs at the end.

SOBA NOODLES AND ACCOMPANYING BROTH



- One pack of Soba Noodles.
- 500g of cubed vegetables (parsnips, carrots, pumpkin, cabbage...).
- 2 lemon grass sticks.
- Ginger cut in thin batons.
- Lime leaves.
- Salt and pepper.
- Soya sauce.
- One sachet of bouquet garni.
- Sesame oil or rapeseed oil.
- Garlic thinly sliced.
- Combine oil with garlic and lime leaves with seasoning and lightly sauté in a pan.
- Add the vegetables and cover with boiling water.
- Bash the lemon grass and cut in 3 to release the flavour and add to the broth.
- Add the ginger.
- Bring to simmer for about 10 min or until vegetables become soft.
- Before serving add a dash of soya sauce.
- Cook the Soba noodles in boiling water for 4 minutes.
- Remove water and rinse them thoroughly to remove starch with cold water.
- Set aside.

When serving place a portion of noodles, add the broth and any seafood, fried egg on top and garnish with Sesame seeds, coriander and spring onions.

PRAWNS



- Garlic.
- Ginger.
- Salt and pepper.
- Lemon.
- Olive oil or sesame oil.
- Fish sauce (optional).
- In a hot pan, combine thinly sliced garlic, ginger and seasoning, add the prawns and cook them for about 2 minutes.
- Add lemon on top when about to serve.



SCALLOPS

- Garlic
- Ginger
- Salt and pepper
- Lemon
- Soya Sauce (optional)
- Butter (10gr)
- Olive oil
- Combine butter and olive oil, add garlic and ginger, while hot place the scallops and cook for 1 min on each side and then place the lid on to let the steam finish the cooking.
- Add a drizzle of lemon and soya sauce when about to serve.



CAULIFLOWER VELOUTE



- 1 or 2 small to medium cauliflowers
- 2 bay leaves
- 1 bouquet garni
- 1 onion
- 1 clove of garlic
- 1 tsp of turmeric
- 1 tsp of cumin
- 1 tsp of Curry powder
- Salt and pepper
- 1 sprig of Rosemary
- 2 Tsp of crème fraiche
- Olive oil

In a sauce pan, sizzle the diced onion, crushed garlic, spices and bay leaves with olive oil.

Once browned, add the cauliflower florets and cover with boiling water.

- Add the bouquet garni bag (it comes like tea bags).
- Simmer gently for about 20 min, check regularly the liquid level and seasoning.
- Water should cover the cauliflowers when cooking to have enough at the end to make the Veloute.

Once cooked, place in a blender and add crème fraiche until smooth texture achieved.

Serve warm and garnish with any seed you like, bread croutons, goat or stilton cheese, chillies...



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