Yes, we do admit it: Now and then we are a bit vain and in love with our own ideas.
Well, certainly not in all ideas and also, thank goodness, not all of the time. However, we really do still like our idea of publishing a 'kitchen people cookery book'. And so we felt it was again time to create a new nobilia cookbook.

Export is, of course, the main theme of 'My international recipes'. There are several good reasons for this: for one thing, given our export share of 45 per cent we consider ourselves a truly international company. For another, it is definitely our export department's turn – all our previous cookbooks were solely German editions. And finally, not only are European countries growing closer together, but so is the whole world – including the world of nobilia.

We are delighted that you are part of our nobilia world and sincerely hope you enjoy our recipe collection.

Yours Oliver Streit | management

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MY INTERNATIONAL RECIPES

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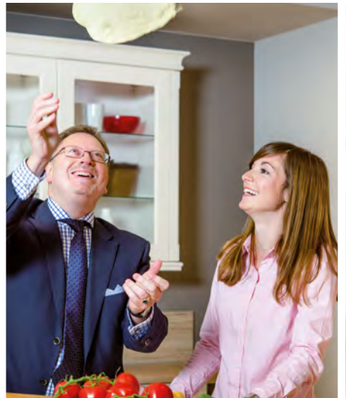
MY INTERNATIONAL RECIPES

A culinary journey around the world of nobilia®



MY INTERNATIONAL RECIPES

A culinary journey around the world of nobilia®

Have fun in the kitchen! Best wishes

nobilia®

CONTENTS

Introduction	4
Scandinavia	6
Great Britain	20
The Netherlands and Belgium	34
Germany	48
France	62
Spain	76
Italy	90
Austria	104
Eastern and South-Eastern Europe	118
United Arab Emirates	132
China	146
Index	158

INTRODUCTION

Yes, we do admit it: Now and then we are a bit vain (okay, we admit our photo tells quite a different story...) and we are in love with our own ideas.

Well, certainly not in all ideas (which is a good thing) and also, thank goodness, not all of the time. However, we really do still like our idea of publishing a 'kitchen people cookery book'. And so, after the 2008, 2009 and 2012 editions, we felt it was again time to create a new nobilia cookbook.

Export is, of course, the main theme of 'My international recipes'. There are several good reasons for this: for one thing, given our export share of 45 per cent we consider ourselves a truly international company. For another, it is definitely our export department's turn – all our previous cookbooks were solely German editions. And finally, not only are European countries growing closer together, but so is the whole world – including the world of nobilia. What was once the adventure of a lifetime is almost normal daily life now.

Our colleagues in the export division have been the force behind the recipes in this collection. Most of them are of course natives of our export markets, so the authenticity of these recipes should be guaranteed. However, the exception proves the rule: observant readers may notice that our Chinese team does not look as though it's made up of locals. Even so, they have daily close contact with our partners in China, both locally and in Verl. It is this kind of experience in particular – the exotic mixed in with the day-to-day – that causes our world to grow closer together. And, quite clearly, our colleagues in China see themselves as 'honorary Chinese' and want to bring their spiritual adopted homeland closer to the rest of the nobilia world. Every year it is fascinating for

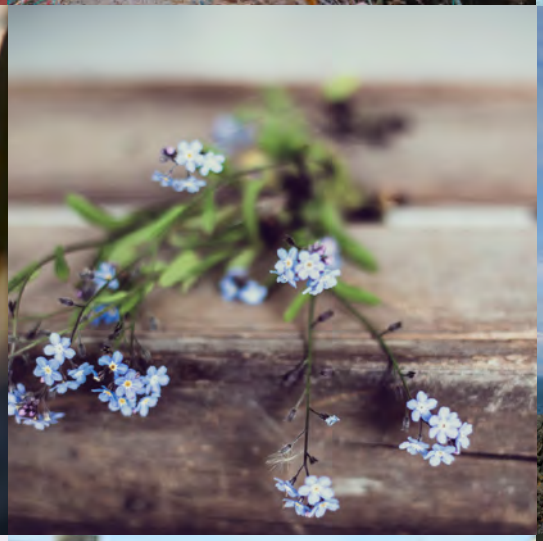
us to observe this international spirit put into practice, this ever stronger growing-together, and it is especially noticeable at trade fairs and during our in-house exhibition in Verl.

We are delighted that you are part of our nobilia world and sincerely hope you enjoy our recipe collection.

Yours

Oliver Streit

Matthias Keudel



3200
TOCKHOLM

l. to r. Kristin Puchtinger, Heiko Rosenow, Trinidad de Cruz

SCANDINAVIA

Welcome to the far north, to the land of the midnight sun, deep fjords, and idyllic rocky archipelagos. Given the magnificence of the Scandinavian landscape, it is no wonder the Scandinavians are very close to nature. And the cuisine is influenced heavily by all that nature offers in abundance, especially the ocean, with its salmon, herring, cod and various other types of fish. Seafood, along with game from the local forests such as elk and reindeer are the basis for beloved classic Scandinavian dishes. Our choice of recipes for both the long and short days will transport you to this wonderful world. We wish you much enjoyment!

Layered marinated herring salad

For best results, this salad should be prepared and kept in the refrigerator up to two days in advance.

Serves 6

INGREDIENTS

1	sweet onion, thinly sliced
250ml (8fl oz)	sour cream
120ml (4fl oz)	plain yogurt
1 tbsp	fresh lemon juice
1	pinch of caster sugar
2	tart dessert apples, peeled, cored, and thinly sliced
2	pickled dill cucumbers, chopped
	salt and freshly ground black pepper
300g (10oz)	marinated herring fillets, drained
2	cooked potatoes, sliced (optional)
1	cooked beetroot, sliced (optional)
1 tbsp	chopped dill, to garnish

1. Put the sliced onion in a bowl, cover with cold water, and leave to soak for 15 minutes. Drain well, then toss with the sour cream, yogurt, lemon juice, and sugar. Stir in the apples and pickled cucumbers and season to taste with salt and pepper.

2. Place half the herring fillets in a serving dish and top with half the potatoes and half the beetroot, if using. Cover with half the sour cream sauce. Repeat with the remaining ingredients.

3. Cover the dish tightly with cling film and refrigerate for at least 5 hours. Sprinkle with dill just before serving. This is good with slices of rye bread or pumpernickel.

Salmon with mint yogurt dressing

A perfect summer snack: very refreshing and surprisingly simple to put together.

Serves 4

INGREDIENTS

2 tbsp	red wine vinegar
2 tbsp	fresh mint, finely chopped, plus a few mint leaves to serve
4 tbsp	Greek-style yogurt
	salt and freshly ground black pepper
500g (1lb 2oz)	salmon fillets, pinboned and skinned
1	handful of fresh dill, chopped
1	unwaxed or organic lemon, sliced

1. Preheat the oven to 200°C (400°F/Gas 6). Whisk together the vinegar, mint, yogurt, salt and pepper in a bowl.

2. Lay the salmon on a large piece of aluminium foil. Season with salt and pepper, sprinkle with the dill, and lay a few slices of lemon on top. Pull up the foil and loosely seal to make a parcel. Place on a baking tray and bake in the hot oven for 20–25 minutes. Allow to cool.

3. Transfer the salmon to a plate, drizzle with the dressing, and garnish with mint leaves. Serve with a cucumber salad.

Janssons temptation

This Swedish potato casserole *Janssons frestelse* is similar to potatoes au gratin. Because of the generous amounts of cream and butter it contains it is quite a rich dish, but that is exactly what makes it irresistible. The Swedish anchovies used here should not be confused with the heavily salted anchovies marinated in olive oil that we know from Southern Europe.

INGREDIENTS

1.2kg (2½lb)	white floury potatoes
2	large onions
100g (3½oz)	unsalted butter
2 × 65g (2¼oz)	cans of Swedish anchovy fillets (drained weight); alternatively, cans of sprats or herring fillets
400ml (14fl oz)	heavy cream
	salt
	freshly ground black pepper
3–4 tbsp	breadcrumbs

Serves 4

1. Peel the potatoes and cut them lengthwise into 3mm (⅛in) thin slices. Cut each slice into equally thin sticks. Put the julienned potatoes in a bowl of cold water. Preheat the oven to 220°C (425°F/Gas 7).

2. Peel the onions and dice them finely. Melt 1–2 tablespoons of butter in a frying pan. Add the diced onions and sauté over a moderate heat for 4–5 minutes until translucent. Meanwhile, lift the anchovy fillets out of the can and drain, reserving the marinade. Whisk together the cream and anchovy marinade and season to taste with a very small amount of salt and some pepper.

3. Remove the potato sticks from the water and drain on a clean kitchen towel. Butter a large casserole dish and arrange half of the potatoes evenly over the bottom of the dish. Layer with the anchovy fillets and sautéed onions, then top with the remaining potatoes. Pour the seasoned cream over the potatoes. Melt the butter in the onion pan and stir in the breadcrumbs. Spread the breadcrumb-and-butter mixture evenly over the potatoes. Bake the casserole in the hot oven for about 1 hour until it is golden brown on top and the potatoes are tender. If the top browns too much before the end of the cooking time, cover loosely with aluminium foil and reduce the temperature to 200°C (400°F/Gas 6).

4. Take Janssons frestelse out of the oven and serve hot, straight from the casserole dish.

TIP

For a slightly lighter version, replace half the cream with 250ml (8fl oz) of milk.

Swedish meatballs with gravy

Traditionally served with mashed potatoes and lingonberry jam, these meatballs are the perfect comfort food.

Serves 4

INGREDIENTS

For the meatballs

450g (1lb)	minced pork
75g (2½oz)	fresh white bread-crumbs
½	onion, finely grated and chilled
1 tbsp	milk
1	egg, beaten
1 tsp	caster sugar
	salt and freshly ground black pepper
25g (scant 1oz)	butter
1 tbsp	sunflower oil

For the gravy

1	heaped tbsp plain flour
250ml (9fl oz)	beef stock
1 tsp	redcurrant jelly
1 tbsp	single cream

1. In a large bowl, mix the pork, breadcrumbs, onion, milk, egg, sugar, and seasoning until well combined. Chill for at least 1 hour. Preheat the oven to 150°C (300°F/Gas 2).

2. Heat the butter and oil in a large frying pan. With damp hands, shape the pork mixture into walnut-sized balls. Fry the meatballs in two batches over a low heat for 10 minutes, turning regularly until browned all over. Transfer the cooked meatballs to the oven and cover loosely with foil to keep them warm.

3. To make the gravy, remove the pan from the heat and sprinkle in the flour. Stir it into the fat in the pan, then gradually whisk in the stock.

4. Return the pan to the heat and let the gravy bubble gently until it thickens. Reduce the heat, add the redcurrant jelly and cream, and simmer for a further 2–3 minutes. Check for seasoning, spoon over the meatballs, and serve with mashed potatoes.

Grilled herring with mustard butter

For this dish, herring is grilled and served with piquant butter. Alternatively you can use sprats, mackerel, sardines or trout.

Serves 4

INGREDIENTS

8	herrings, scaled, gutted, and trimmed, heads removed
1 tbsp	vegetable oil
	salt and freshly ground black pepper
	butter for the foil
120g (4oz)	bunch of watercress, to garnish
	lemon slices, to garnish

For the mustard butter

75g (2½oz)	butter, softened
1 tbsp	wholegrain mustard
1 tsp	thyme leaves
1	splash of lemon juice
	salt and freshly ground black pepper

1. Preheat the grill to its highest setting. Pat the herrings dry with kitchen paper, brush with oil, and season lightly with salt and pepper. Place the herrings on a baking sheet lined with thinly buttered aluminium foil.

2. To make the mustard butter, mix the soft butter with the mustard and thyme. Season with lemon juice, very little salt and a little pepper.

3. Grill the herrings for 2–3 minutes on each side. When cooked, they will feel firm to the touch. Lift the herrings on to a large, warmed serving dish and dot with the mustard butter. Garnish with watercress and lemon slices and serve.

TIP

The mustard butter can be made 1–2 days in advance, wrapped in baking parchment, and refrigerated.

Scandinavian Christmas bread

Julebrød, just like Stollen or Panettone, needs a head start: it is usually made up to one month ahead of Christmas and should be kept well wrapped in a metal tin to allow the flavours to mature.

23 × 12 × 7,5cm (9 × 5 × 3in) loaf tin

INGREDIENTS

1	English Breakfast tea bag
90g (3oz)	currants
90g (3oz)	sultanas
15g (½oz)	fresh yeast or 2½ tsp active dry yeast
530g (1lb 3oz)	unbleached strong white flour, plus more for dusting
½ tsp	ground cinnamon
½ tsp	ground cloves
3 tbsp	sugar
1 tsp	salt
2	eggs, beaten
125g (4½oz)	soft unsalted butter, plus more (melted) for greasing bowl and tin
50g (1½oz)	candied orange peel
2 tbsp	brown sugar

1. Put the tea bag in a jug or bowl and pour over 300ml (10½fl oz) of boiling water. Steep for 5 minutes, then remove the bag. Put the currants and sultanas in another bowl, pour over the tea and leave to soak for 10–15 minutes. Strain the fruit, reserving the liquid, and set aside.

2. If using fresh yeast, crumble it into a small bowl with 4 tablespoons of lukewarm water and stir to dissolve. Sift the flour, cinnamon and ground cloves into a mixing bowl. (If using instant yeast, add it to the flour now). Add sugar and salt. Make a well in the centre and pour in the reserved tea, beaten eggs and dissolved yeast, if using. Use the tips of your fingers or a fork to stir the mixture, gradually incorporating the flour, until you have a soft, slightly sticky dough. Turn out onto a floured work surface and knead for 5–7 minutes until it is smooth and elastic. Shape the dough into a ball.

3. Clean the mixing bowl and brush the inside with melted butter, then put the dough in the bowl and turn it over and around so the surface is lightly buttered. Cover with a damp tea towel and leave to rise in a warm place for 1–1½ hours until doubled in bulk.

4. Knead the dough briefly and rest for 5 minutes. Now work in the soft butter and then turn the dough out on to a floured work surface, knead the dough for 3–5 minutes until smooth again. Cover and rest for another 5 minutes.

5. Brush the loaf tin with melted butter. Knead the sultanas, currants, and candied orange peel into the dough. Cover and rest for 5 minutes, then, on a floured work surface, shape

the dough into a 25 × 20cm (10 x 8in) rectangle. Starting with a long side, roll up into a long sausage and press together well. Carry on rolling and stretching it until the dough sausage is about 45cm (18in) long. With the dough seam-side up, fold the ends to meet in the middle so it fits the tin. Put the dough into the tin seam-side down, cover with a dry tea towel and leave to rise in a warm place for about 45 minutes until it fills the tin.

6. Preheat the oven to 200°C (400°F/Gas 6). Brush the top of the loaf with water and sprinkle evenly with the brown sugar. Bake in the middle of the hot oven for about 15 minutes until it puffs up and begins to brown, then reduce the heat to 180°C (350°F/Gas 4) and continue baking for 45–50 minutes. If the top of the bread browns too much before the end of the baking time, cover it loosely with a sheet of aluminium foil to protect it from scorching. A small ovenproof bowl of water on to the bottom rack helps to prevent the bread from drying out.

7. Turn the loaf out of the tin and tap the bottom firmly. It should sound hollow and the crust should feel crisp when pressed gently. Cool completely on a wire rack, then wrap in one layer each of greaseproof or baking paper and food wrap/cling film and keep in an airtight container. Enjoy at breakfast spread with butter, or as a savoury snack with a full-flavoured, mature cheese.

Swedish pancake gateau

Only the thinnest of crêpes should be used for this delicacy. It is a lovely summery dessert and a favourite with children.

Serves 6

INGREDIENTS

For the pancakes

100g (3½oz)	flour, sifted
1 tsp	sugar
	salt
2	eggs
200ml (7fl oz)	milk, plus more if needed
50g (2oz)	butter, melted and cooled

For the filling and the topping

200ml (7fl oz)	double cream
250ml (8fl oz)	crème fraîche
3 tbsp	caster sugar
¼ tsp	vanilla extract
250g (9oz)	raspberries
	icing sugar, to serve

1. For the pancakes, mix flour, sugar, and a pinch of salt. Make a well in the centre and add the eggs and milk. Whisk to make a smooth batter, adding half the butter as you go. Cover and rest for 30 minutes.

2. Heat a little melted butter in a frying pan over a medium heat. Put 2–3 tablespoonfuls of batter into the pan for each crêpe and tilt the pan to spread the mixture evenly. Cook for 1 minute, then turn over with a spatula, cook for another minute, and lift out of the pan. Repeat to make 6 crêpes, adding butter to the pan as needed. Leave the pancakes to cool.

3. For the filling and the topping, whip the double cream to form stiff peaks, then stir in the crème fraîche, caster sugar, and vanilla extract. Set aside about 4 tablespoons of the mixture to decorate the top of the cake, as well as a handful of raspberries. For the filling, lightly crush the remaining raspberries with a fork and gently fold into the cream mixture.

4. Place 1 pancake on a platter, spread with one fifth of the cream mixture, and top with a second pancake. Continue to layer until all the pancakes and cream are used up. Decorate the top with the reserved cream, scatter with the whole raspberries, dust with icing sugar, and serve.

TIP

This pancake gateau is very versatile: try it with chopped strawberries, blueberries, or Swedish lingonberry jam (similar to sweet cranberry sauce).

Cinnamon rolls

For a sweet treat at the start of the day, prepare the rolls up to step 5 the evening before, leave to prove overnight in the refrigerator, and bake them in the morning. The fresh rolls will keep for two days in an airtight container.

30cm (12in) springform or loose-bottomed tart tin

INGREDIENTS

125ml (4fl oz)	milk
100g (3½oz)	unsalted butter, plus extra melted butter for greasing
42g	fresh yeast or 2½ tbsp active dry yeast
50g (1¾oz)	sugar
500g (1lb 2oz)	plain flour, plus extra for dusting
1 tsp	salt
1	egg
2	egg yolks

For the filling and glaze

3 tbsp	cinnamon
100g (3½oz)	soft light brown sugar
25g (scant 1oz)	unsalted butter, melted
1	egg, lightly beaten
4 tbsp	caster sugar

1. Warm 125ml (4fl oz) water, the milk, and butter until the butter has just melted. Set aside until lukewarm, then whisk in the yeast and a tablespoon of sugar.

2. Put the flour, salt, and remaining sugar in a large bowl. Make a well in the centre and pour in the yeasty milk. Add the egg and egg yolks and stir to make a rough dough. Turn out and knead on a floured surface for 10 minutes. Add a little extra flour if the dough is too sticky. Clean the mixing bowl and brush the inside with melted butter, then put the dough in the bowl. Cover with a damp tea towel and leave to rise in a warm place for 2 hours until well risen.

3. For the filling, mix 2 tablespoons of cinnamon with the light brown sugar.

4. When the dough has risen, turn it onto a floured work surface and knead briefly, then roll out to make a rectangle of about 40 × 30cm (16 × 12in). Brush with the melted butter and sprinkle with the cinnamon sugar. Leave a 1cm (½in) border on one long side and brush it with beaten egg. Gently press the cinnamon sugar on to the dough with the palms of your hands. Roll up the rectangle, not too tightly, working towards the border. Cut the dough into 10–12 equal pieces, taking care not to squash it.

5. Grease and line the springform tin. Pack in the rolls, cover and prove for 1–2 hours until well risen.

6. Preheat the oven to 180°C (350°F/Gas 4). Brush the rolls with beaten egg and bake in the hot oven for 25–30 minutes. Then heat 3 tablespoons of water and 2 tablespoons of sugar until dissolved and brush the rolls with the glaze. Mix the remaining tablespoon of cinnamon with the rest of the sugar and sprinkle on the rolls, then take them out of the tin and transfer to a wire rack to cool.

'A DAZZLING
WHITE HIT'
PALACE THEATRE

FISH
&
CHIPS

TELEPHONE

GREAT BRITAIN

Great Britain is so versatile, with its steep cliffs overlooking the ocean, verdant, gently rolling hills, rugged mountains, and windswept moors! And in terms of cuisine, the UK has a great deal to offer, too. It is the mix of hearty dishes like the famous English breakfast, Sunday roast beef dinner, or casseroles such as Fisherman's Pie, along with multicultural influences that make British cuisine what it is today. Be inspired by our favourite classic recipes! Treat yourself to an authentic British break in the afternoon – a "cream tea", ideally with freshly-baked scones. It's teatime!

l. to r. Margarita Paul, Charles Thomas, Helena Meier

Cornish pasties

These tasty meat and potato hand pies were originally prepared as a portable meal for field workers to carry with them. The thick-pleated crust was used as a handle for the workers' dirty hands, and discarded after use. The pasties will keep for 2 days in the refrigerator.

Makes 4

INGREDIENTS

For the pastry

100g (3½oz)	lard, chilled and diced
50g (1¾oz)	unsalted butter, chilled and diced
300g (10oz)	plain flour, plus extra for dusting
½ tsp	salt
1	egg, beaten, to glaze

For the filling

250g (9oz)	beef skirt, trimmed and cut into 1cm (½in) cubes
80g (2¾oz)	swede, peeled and cut into 5mm (¼in) cubes
100g (3½oz)	waxy potatoes, peeled and cut into 5mm (¼in) cubes
1	large onion, finely chopped
1	splash of Worcester-shire sauce
1 tsp	plain flour
	salt and freshly ground black pepper

1. To make the pastry, rub the lard and butter into the flour until the mixture resembles fine breadcrumbs. Add the salt and enough cold water to bring the mixture together into a soft dough. On a lightly floured surface, knead the dough briefly, then wrap in cling film and chill in the refrigerator for 30 minutes.

2. Preheat the oven to 190°C (375°F/Gas 5). Mix all the filling ingredients together and season well with salt and black pepper.

3. Roll out the pastry on a well-floured surface to 5mm (¼in) thick. Using a side plate or saucer, cut 4 circles of about 15cm (6in) diameter from the dough, re-rolling the offcuts. Fold the circles in half, then unfold again, leaving a slight mark down the centre. Pile one quarter of the filling onto each circle, leaving a 2cm (¾in) border all around.

4. Brush the border of the pastry with a little beaten egg. Pull both edges up over the filling and press the edges together to seal. Crimp the sealed edge with your fingers to form a decorative ridge. Brush a little beaten egg all over the finished pasties.

5. Bake in the middle of the hot oven for 40–45 minutes until golden brown. Set the pasties aside to cool for at least 15 minutes before eating warm or cold.

Toad in the hole

These hearty sausages baked in pancake batter are a traditional British dish and a favourite with both adults and children.

Serves 4

1. To make the batter, put the flour into a bowl with the salt, make a well in the centre, and add the eggs with a little of the milk. Whisk together, gradually incorporating the flour. Add the remaining milk and whisk to make a smooth batter. Leave to rest for at least 30 minutes.

2. Preheat the oven to 220°C (425°F/Gas 7). Drizzle the oil into a roasting tin or shallow ovenproof dish. Add the sausages, toss them in the hot oil, and bake for 5–10 minutes in the hot oven until they are just coloured and the oil is very hot.

3. Reduce the oven temperature to 200°C (400°F/Gas 6). Carefully pour the batter around the sausages and return to the oven for a further 30 minutes until the batter is risen, golden, and crisp. Serve immediately. Good with onion gravy, green vegetables, and wholegrain mustard.

INGREDIENTS

125g (4½oz)	plain flour
1	pinch of salt
2	eggs
300ml (10fl oz)	milk
2 tbsp	vegetable oil
8	Toulouse sausages

Fisherman's pie

Haddock is the fish of choice in this traditional family dish, but you can use your favourite white fish if you like. Serve the pie with steamed broccoli or fresh peas for a healthy midweek supper.

For a 2-litre pie dish

INGREDIENTS

For the topping

625g (1lb 6oz)	potatoes, washed, peeled, and cut into pieces
	salt
4 tbsp	milk
60g (2oz)	butter
	freshly ground black pepper

For the filling

1 litre (1¾pt)	milk
10	peppercorns
2	bay leaves
1	small onion, peeled and quartered
750g (1lb 10oz)	skinned haddock fillets, cut into pieces
90g (3oz)	butter, plus extra, melted, for greasing
60g (2oz)	plain flour
	salt and freshly ground black pepper
4–5 tbsp	chopped parsley
125g (4½oz)	prawns, peeled, deveined, and cooked
3	hard-boiled eggs, coarsely chopped

1. For the topping, cook the potatoes in a saucepan of boiling, salted water for 15–20 minutes until tender. Drain thoroughly in a sieve, then put back into the pan and mash. Heat the milk in a small pan, add the butter, salt, and black pepper, and stir until mixed. Pour the mixture into the potatoes, and beat over a medium heat for 2–3 minutes, until fluffy. Check for seasoning and set aside.

2. For the filling, pour the milk into a pan and add the peppercorns, bay leaves, and onion. Bring to the boil, take off the heat, cover, and leave to infuse at room temperature for about 10 minutes. Add the fish to the milk and return the pan to the cooker. Cover and simmer for 5–10 minutes, depending on the thickness of the fillet; it should flake easily when tested with a fork. Transfer the fish onto a large plate, reserving the infused milk. Let the fish cool, then flake with a fork.

3. Melt the butter in a pan over a medium heat. Whisk in the flour and cook for 30 seconds–1 minute. Remove from the heat. Pour the infused milk through a sieve into the pan and whisk in. Return to the heat and slowly return to the boil, whisking all the time, until the sauce thickens. Season and simmer for 2 minutes. Stir in the parsley.

4. Preheat the oven to 180°C (350°F/Gas 4). Brush the pie dish with melted butter. Ladle one third of the sauce into the bottom of the dish. Layer the flaked fish on top and cover with the remaining sauce. Distribute the prawns evenly on top and sprinkle with the chopped eggs.

5. Spread the mashed potatoes on top to cover the filling completely. Bake for 20–30 minutes in the hot oven until the topping is brown and the sauce bubbling. Serve hot.

Roast beef with Yorkshire pudding

Very British! Roast beef with Yorkshire pudding and a delicious gravy is the quintessential English Sunday dinner.

Serves 6

INGREDIENTS

For the roast beef

1.5kg (3lb 3oz)	roast beef
	salt and freshly ground black pepper
1 tbsp	olive oil
2 tbsp	beef tallow or clarified butter (to taste)
2 tbsp	flour
300ml (10fl oz)	beef or vegetable stock

For the Yorkshire puddings

125g (4½oz)	flour
	salt
2	eggs
300ml (10fl oz)	milk
1–2 tbsp	sunflower oil or corn oil

1. Preheat the oven to 200°C (400°F/Gas 6). To make the roast beef, season the meat with salt and pepper. Heat the oil in a heavy, medium-sized frying pan. Put the meat in the pan and brown it on all sides.

2. Put the browned beef in a roasting pan and roast it in the hot oven for 20 minutes, then reduce the oven temperature to 160°C (325°F/Gas 3). After 1 hour 10 minutes of roasting the beef will be rare, after 1 hour 25 minutes it will be medium rare – which means only the middle of the roast is still raw.

3. While the roast beef is cooking, prepare the Yorkshire pudding batter. Sift the flour into a bowl and stir in a pinch of salt. Make a deep well in the centre, add the eggs and a little milk and stir using a wooden spoon. Gradually incorporate the flour from the sides of the well, adding half the remaining milk a little at a time. As soon as the flour has been used up, add all the remaining milk and whisk vigorously until the batter is smooth. Pour it into a jug and chill for about 30 minutes.

4. Take the cooked roast beef out of the oven and put it on a pre-warmed platter. Cover with aluminium foil and rest for at least 20 minutes. This will keep it juicy. Increase the oven temperature to 220°C (425°F/Gas 7). To make the Yorkshire puddings, distribute the oil among the pans of a six-muffin baking tray. Place the tray in the hot oven for about 5 minutes until the oil is smoking hot. Remove the tin from the oven. Stir the batter in the jug and distribute it evenly between the muffin pans. Bake in the hot oven for 20–30 minutes until the puddings have risen and are golden brown.

5. While the meat is resting and the puddings are cooking in the oven, make the gravy. Put the roasting pan on the cooker and heat the meat juices. Add the tallow or clarified butter as required. Add the flour and cook for 2–3 minutes, stirring constantly. Pour in the stock a little at a time and stir in the juices that have escaped from the roast beef.

6. At the end of the resting time, carve the roast beef into slices. Serve with the gravy and Yorkshire puddings. Steamed vegetables and onion sauce go well with this dish.

TIP

To make a typical English onion sauce, heat 2 tablespoons of olive oil in a small non-stick frying pan. Add 3 finely sliced red onions and sauté for 5 minutes. Reduce the heat, cover, and simmer for 30 minutes, stirring now and then. Add 2 tablespoons of flour and cook over a medium heat for 2 minutes, stirring constantly. Add 300ml (10fl oz) of vegetable stock, a little at a time, stirring all the time. Season to taste with salt, pepper, and a splash of red wine.

Banoffee pie

This combination of banana, chocolate and caramel has long been an absolute favourite in Britain. You'll know why when you've had your first taste!

22cm (9in) springform tin or loose-bottomed tart tin

INGREDIENTS

For the base

250g (9oz)	digestive biscuits
100g (3½oz)	unsalted butter, melted and cooled

For the caramel

50g (1¾oz)	unsalted butter
50g (1¾oz)	soft light brown sugar
400g	can condensed milk

For the topping

2	large, ripe bananas
250ml (8fl oz)	double cream, whipped
	dark chocolate, grated, and dark chocolate curls to garnish

1. Line the tin with baking parchment. Put the biscuits in a freezer bag and use a rolling pin to crush them finely. Mix the biscuits with the melted butter, tip into the tin and press them down firmly and evenly to make the base. Cover and chill for 1 hour.

2. For the caramel, melt the butter and sugar in a small, heavy saucepan over a medium heat. Pour in the condensed milk and bring to the boil. Reduce the heat and simmer for 2–3 minutes, stirring constantly, until the liquid thickens and takes on a light amber colour. Pour the caramel over the biscuit base and leave to set.

3. Once set, remove the biscuit and caramel base from the tin and transfer to a serving plate. Cut the bananas diagonally into thin slices (5mm/¼in) and arrange on the biscuit and caramel base.

4. Whip the cream and smooth it over the bananas using a spatula. Decorate the pie with finely grated chocolate and chocolate curls.

TIP

The biscuit and caramel base firms up nicely when chilled, but do take it out of the refrigerator 30 minutes before topping it with bananas and cream to serve. This will allow for easier cutting. The pie will keep in an airtight container in the refrigerator for 2 days.

Easy treacle sponge

A brilliant last-minute pudding, easily prepared with ingredients all from the store cupboard.

Serves 4

INGREDIENTS

120g (4oz)	butter, plus extra for greasing
5 tbsp	golden syrup
1 tbsp	dried breadcrumbs
120g (4oz)	sugar
	zest of 1 unwaxed or organic lemon
2	eggs, lightly beaten
120g (4oz)	flour
1 tsp	baking powder
1 tsp	ground ginger
	about 60ml (2fl oz) milk

1. Butter a 1.5-litre pudding basin. Spoon in 2 tablespoons of golden syrup and sprinkle over the breadcrumbs. Fill a large pot a quarter full of water and bring to a simmer.

2. Cream the butter and sugar in a mixing bowl. Add the lemon zest and then the eggs, a little at a time, whisking well between each addition. Mix the flour with the baking powder and ginger and sift into the bowl, then fold gently into the butter mixture. Add enough milk to make a soft dropping consistency.

3. Spoon the mixture into the pudding basin. Cover with two sheets of greaseproof paper and one piece of aluminium foil and tie with kitchen string.

4. Place the pudding basin into the pot of simmering water, taking care that the water does not come too high up the sides. Steam, covered, for 90 minutes, adding boiling water as necessary.

5. Shortly before serving, heat the remaining syrup in a small pan. Turn the pudding out onto a plate and drizzle with the warm syrup. Serve with hot custard, whipped cream or vanilla ice cream.

Buttermilk scones

That smell says it's time for afternoon tea! These light, steaming hot scones with a subtle buttermilk flavour are quick and easy to make. Serve them with a pot of tea, butter, jam, and clotted cream.

Makes 8–10

INGREDIENTS

250g (9oz)	unbleached strong white flour
2 tsp	baking powder
½ tsp	salt
2 tbsp	caster sugar
60g (2oz)	unsalted butter, plus extra for greasing
175ml (6fl oz)	buttermilk, plus extra if needed

1. Preheat the oven to 220°C (425°F/Gas 7). Sift the flour, baking powder, and salt into a bowl, then stir in the sugar. Add the butter and cut it into small pieces using 2 knives to keep it as cool as possible. Then quickly rub the butter into the flour with your fingertips until it resembles fine breadcrumbs.

2. Slowly pour the buttermilk and stir it in with a fork as you go – but do not overmix the dough or the scones will be dense and heavy. Add a little more buttermilk if the mixture seems too dry, and stir only for as long as it takes for the crumbs to hold together and form a dough.

3. Turn the dough out onto a floured work surface and knead very lightly for 3–5 seconds. Don't be tempted to make the dough smooth – the rougher it is, the lighter the scones will be.

4. Pat the dough out to a round, 1cm (½in) thick. Cut out rounds with a 7cm (2¾in) pastry cutter, patting out the trimmings and cutting additional rounds until all the dough is used up.

5. Arrange the scones 5cm (2in) apart on a greased baking sheet. Bake in the hot oven for 12–15 minutes until lightly browned and risen. Pile the scones in a basket and serve hot.

Sherry trifle

This versatile dessert works well with other fruits, too. Try strawberries, blueberries, or even canned peaches.

Serves 4

1. To make the custard, pour the milk into a wide saucepan. Split the vanilla pod in half lengthways, scrape out the seeds, and add them to the milk along with the sugar. Over a low heat, bring to just below boiling point. Meanwhile, whisk the egg yolks in a heatproof bowl.

2. Pour the hot milk over the eggs, whisking continuously until well blended. Wash out the saucepan, half-fill with hot water and place it over a low heat, with the bowl on top. Stir the milk-and-egg mixture continuously with a wooden spoon until it coats the back of the spoon. Remove the bowl from the heat and sprinkle the surface with 1 teaspoon of sugar, to help prevent a skin forming, then set aside to cool.

3. Meanwhile, spread the sponge pieces with jam and sandwich together. Cut into 2.5cm (1in) cubes and arrange in the bottom of a 1.5 litre (2¾ pints) serving bowl. Spread the raspberries over the sponge layer, nudging them into any remaining gaps. Sprinkle evenly with the amaretti crumbs, then drizzle with sherry. Spoon the cooled custard over the sponge and fruit. Chill in the refrigerator until ready to serve.

4. Before serving, whisk the cream until it forms soft peaks and spoon it over the custard, then sprinkle with sliced almonds or grated chocolate.

VARIATION

For a chocolate banana trifle, use chocolate spread instead of raspberry jam on the trifle sponges. Substitute 1 or 2 sliced bananas for the raspberries. When making the custard, add 200g (7oz) of dark chocolate, broken into pieces, after whisking the hot milk into the eggs. The chocolate will melt into the custard while it is stirred over the bain-marie.

INGREDIENTS

For the custard

600ml (1pt)	milk
1	vanilla pod
2 tbsp	caster sugar, plus 1 tsp for sprinkling
4	egg yolks

You will also need

8	trifle sponge cakes or 250g (9oz) sponge cake, sliced horizontally
110g (4oz)	raspberry jam
175g (6oz)	raspberries
4	amaretti biscuits, crumbled
100ml (3½fl oz)	Amontillado sherry
300ml (10fl oz)	double cream
2 tbsp	flaked almonds or grated chocolate, to decorate

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I. to r. Wim Vermoezen, Pierre-Alexandre Pensis, Juliane Müller, Geert de Keyzer

THE NETHERLANDS AND BELGIUM

Welcome to the land of windmills, polders, and dikes! Once you have glimpsed the far-flung fields and pastures on a drive in the country here, you will become aware of the origins of Dutch cuisine. Vegetables – potatoes especially, which are favourites in any form – served with fish from the North Sea or meat, are part of traditional Dutch home cooking. The famous variety of Dutch cheeses is attested to by the many cheese markets still found today in cities such as Edam or Gouda. Our recipes will take you on a journey into "our" Holland and Belgium – have fun!

I. to r. Marcel Esser, Peter Vergeer, Jasper Knoef

Endive gratin

In this classic recipe, Belgian endives and ham are enveloped in a creamy, savoury sauce. This way, even children will enjoy the taste of this bitter, flavourful vegetable.

INGREDIENTS

8	Belgian endives, trimmed and cleaned
	unsalted butter, for the baking dish
1 tbsp	sugar
	salt and freshly ground white pepper
8	slices of cooked ham
50g (1¾oz)	mature Gouda, grated

For the béchamel sauce

500ml (scant 1pt)	milk
1	piece of onion
1	bay leaf
6	peppercorns
60g (2oz)	unsalted butter
30g (1oz)	flour
	salt and freshly ground white pepper
	freshly ground nutmeg

Serves 4

1. Preheat the oven to 180°C (350°F/Gas 4). Arrange the endives in a large buttered casserole dish or smaller individual serving dishes, and sprinkle them with sugar, salt, and pepper. Butter a piece of aluminium foil, lay over the endives, and press down. Bake for 45–55 minutes, turning the endives once or twice. When the centres of the endives are tender, lift out onto a plate and leave to cool a little. Clean and butter the baking dish or dishes.

2. Meanwhile, for the béchamel sauce, put the milk in a pot, and add the onion, bay leaf, and peppercorns. Heat the milk without letting it come to a boil, cover the pot, and leave to infuse for 10 minutes over a very low heat. Melt the butter in a second pot, add the flour and cook, stirring constantly. Take off the stove, then pour in the milk through a sieve and whisk it into the flour. Return the pot to the stove and let the sauce thicken, stirring constantly. Season to taste with salt, pepper, and nutmeg and simmer for 2 minutes more, stirring all the time.

3. Preheat the oven to 200°C (400°F/Gas 6). Wrap 1 slice of ham around each endive, leaving the tip of the endive uncovered. Arrange the wrapped endives in the buttered baking dish (or dishes). Ladle over the béchamel sauce and sprinkle with cheese.

4. Bake the endives in the hot oven for 20–25 minutes until they are golden brown, and serve while still hot. Parslied potatoes go well with this dish.

Herring salad with potatoes and beetroot

Herring is oil-rich and packed with omega 3, which is what makes this simple, classic salad so healthy.

Serves 4

INGREDIENTS

500g (1lb)	salad potatoes, scrubbed
	salt
4	large beetroots, cooked, peeled, and diced
4	spring onions, finely sliced
400g (14oz)	cured or pickled herring, or rollmops, cut into 5cm (2in) pieces
	sprigs of dill, to serve

For the dressing

150ml (5fl oz)	mayonnaise
1 tbsp	creamed horseradish
1–2 tsp	German or Dijon mustard
	lemon juice (to taste)
	salt and freshly ground black pepper

1. Cook the potatoes in boiling salted water for about 20–25 minutes until tender. Drain and slice thickly. Put into a bowl, add the beetroots and spring onions, and toss.

2. In a separate bowl, mix mayonnaise, horseradish, and mustard to taste. Stir in the lemon juice and season with salt and pepper. Add the potatoes, beetroots, and spring onions, and toss gently.

3. Divide the beetroot and potato salad between 4 dishes, arrange the fish pieces on top and garnish with dill to serve.

TIP

You can make the beetroot and potato salad 1–2 days in advance, then cover and keep chilled. Bring up to room temperature before serving.

Matjes tartar

This Dutch classic is best enjoyed during the matjes season, which begins in early summer. Don't miss it, since the matjes taste especially mild at that time.

Serves 4

INGREDIENTS

600g (1⅓lb)	very fresh matjes herring filets, skinless
	freshly ground black pepper
4	organic limes
1	fresh red chilli pepper, seeded and chopped
4 tbsp	olive oil
	salt (to taste)
	a few chives, chopped, and/or watercress leaves, to garnish

1. Cut the matjes fillets into small dice and season with pepper. Zest 2 of the limes and set the zest aside. Juice all 4 limes and pour the juice over the diced herring. Cover and put into the refrigerator for 2 hours to marinate.

2. Combine the red chilli with the lime zest and the oil. Drain the marinated herring in a sieve, then combine with the chilli and lime oil dressing. Season to taste with salt.

3. Fill glass serving dishes with the matjes tartar, garnish with chives (or watercress leaves) and serve immediately.

Indonesian chicken satay

What is now Indonesia was once one of the Dutch colonies in East Asia. Those days are long gone, but the deeply rooted love of the Dutch for Indonesian cuisine and its signature dishes remains.

Serves 6

1. Cut the chicken breast fillets lengthwise into thin strips. Put all the ingredients for the marinade in a large bowl and combine. Add the chicken strips and mix until well coated with the marinade. Cover with cling film and refrigerate for 3–12 hours. Soak 18 bamboo skewers in water for 30 minutes.

2. For the peanut sauce, heat the oil in a pan. Roast the peanuts in the hot oil for 3–5 minutes until lightly browned. Transfer to a food processor and blend with the onion, garlic, chilli flakes, ginger, sugar, and lemon juice until very smooth. Add about 375ml (12fl oz) of hot water and blend to make a fairly runny sauce. Transfer to a saucepan, bring to the boil, and simmer for 2 minutes, stirring constantly. Season to taste, remove from the heat and keep warm.

3. Preheat the grill. Thread the chicken strips on to the skewers concertina fashion, using 3 strips per skewer and twisting the strips slightly as you thread them. Brush the grill rack with oil and arrange the chicken kebabs on the rack.

4. Grill the kebabs about 5–7cm (2–3in) from the heat for 2–3 minutes until browned. Turn and cook the other side. Arrange on plates with the warm peanut sauce. A rice pilaf goes well with this.

TIP

Marinate the chicken in the morning, cook and serve in the evening.

INGREDIENTS

1.5kg (3lb 3oz)	skinless, boneless chicken breasts
	oil, for brushing

For the marinade

3	shallots, finely chopped
2	garlic cloves, finely chopped
½ tsp	chilli powder
2 tsp	ground coriander
2 tsp	ground ginger
3 tbsp	soy sauce
2 tbsp	distilled white vinegar
2 tbsp	vegetable oil

For the peanut sauce

1½ tbsp	vegetable oil
175g (6oz)	shelled, skinned, raw peanuts
½	onion, sliced
1	garlic clove, chopped
½ tsp	dried chilli flakes
2 tsp	ground ginger
1 tsp	brown sugar
1½ tbsp	lemon juice
	salt and freshly ground black pepper

Baked plaice with bacon

Plaice is at its most tender, juicy and flavoursome in spring, when it is sold as 'May plaice' at the fishmonger.

Serves 4

INGREDIENTS

2 tbsp	olive oil, plus extra for greasing
4	back bacon rashers, diced
3	spring onions, chopped
4	plaice fillets, 175g (6oz) each
	freshly ground white pepper
50g (1¾oz)	butter
	juice of ½ large lemon
1 tbsp	chopped parsley

1. Preheat the oven to 200°C (400°F/Gas 6). Heat the oil in a large ovenproof frying pan over a medium heat, add the bacon and spring onions, and fry for 2 minutes, stirring frequently. Add the plaice, skin-side down, baste with the oil, and season to taste with pepper.

2. Place the tin in the oven and bake the fish for 15 minutes, basting once or twice.

3. Transfer the cooked plaice to warmed serving plates. Lift the bacon and spring onions from the tin and set aside.

4. Heat the butter in a small saucepan until golden brown, add the lemon juice, bacon, and spring onions, and stir in the parsley. Spoon the lemon butter over the plaice and serve at once. Fresh spinach goes well with this.

Pannenkoeken with cheese and bacon

Oatmeal or wholemeal flour lends these pancakes an earthy flavour that goes particularly well with the savoury cheese and bacon filling, but in the Netherlands they are also frequently served with a sweet filling.

Makes 10

INGREDIENTS

200g (7oz)	fine oatmeal
100g (3½oz)	wholemeal flour
100g (3½oz)	plain flour
½ tsp	salt
2 tsp	fast-action yeast
300ml (10fl oz)	milk
	unsalted butter, for frying

For the filling

20	slices of streaky bacon
250g (9oz)	cheese, such as Edam, grated

1. Mix the fine oatmeal, wholemeal flour, plain flour, salt, and yeast. Add 400ml (14fl oz) of warm water and the milk and stir to make a thick batter. Cover and set aside for 1–2 hours until small bubbles start to appear on the surface.

2. Melt a knob of butter in a large pan and when it begins to sizzle, pour a ladleful of the pancake mixture into the frying pan and tilt the pan to spread evenly around the pan. Cook the pancake for 2 minutes, then turn over using a spatula and cook for another 2 minutes. Repeat with the remaining batter. Keep the cooked pancakes warm.

3. Meanwhile, preheat the grill on its highest setting, and grill the streaky bacon.

4. Sprinkle each pancake with cheese and place it under the grill for 1–2 minutes until the cheese has melted. Place 2 slices of grilled streaky bacon on top, roll up the pancake, and serve.

Perfect fish and chips

The perfect Dutch accompaniment for cod in a crispy crust and delicious chips – also known as *Kibbeling* – is a tangy tartare sauce and the recipe here beats anything you can buy in a jar.

Serves 4

INGREDIENTS

For the tartare sauce

125g (4½oz)	mayonnaise
1	hard-boiled egg, coarsely chopped
1 tsp	drained capers, chopped
2	gherkins, coarsely chopped
1	small shallot, finely chopped
2–3 tbsp	chopped parsley
2–3 tbsp	chopped tarragon

For the chips

6	potatoes, total weight about 750g (1lb 10oz), peeled

For the fish

1 tsp	active dry yeast
150g (5½oz)	plain flour
1 tbsp	vegetable oil
175ml (6fl oz)	lager or ale
30g (1oz)	plain flour
4	skinned cod fillets, total weight 750g (1lb 10oz)
1	egg white

You will also need

salt and freshly ground black pepper
vegetable oil for deep-frying
lemon wedges, to serve

1. For the tartare sauce, mix together the mayonnaise, egg, capers, gherkins, shallot, and herbs. Season with salt and pepper, cover and chill in the fridge until ready to serve.

2. Square off the sides and ends of the potatoes with a knife and cut lengthways into 1cm (½in) sticks. Soak in a bowl of cold water for 30 minutes to remove the starch.

3. Meanwhile, sprinkle the yeast over 4 tablespoons of warm water and stand for about 5 minutes until dissolved. Sift the flour and a pinch of salt into a large bowl and make a well in the centre. Add the yeast mixture, oil, and two thirds of the beer and stir to make a smooth batter. Stir in the remaining beer, but don't overmix. Stand the batter in a warm place for 30–35 minutes until thick and frothy.

4. In the meantime, heat the vegetable oil in a deep-fat fryer to 180°C (350°F). Drain the potatoes, transfer to kitchen paper, and pat dry. Dip the empty frying basket in the hot oil (to prevent the potatoes from sticking), lift out, and add the potatoes. Deep-fry for 5–7 minutes until just tender when pierced with the tip of a knife and starting to brown. Lift out and drain over the deep fryer, then tip onto a plate lined with kitchen paper.

5. Heat the oil to 190°C (375°F). Put the flour on a plate and season with salt and pepper. Coat the fish fillets with the flour, patting them with your hands to make it stick. Whisk the egg white to form stiff peaks. Fold the whisked egg white into the batter with a wooden spoon. Using a 2-pronged fork, dip a piece of fish in the batter, then lift out and let the excess batter drip into the batter bowl. Deep-fry the fish fillets one by one until golden brown and crisp, about 6–8 minutes depending on the thickness of the fillets. Transfer the fried fish to a baking sheet lined with kitchen paper, cover with foil, and keep warm.

6. Put the partially cooked chips back in the frying basket and deep-fry for 1–2 minutes more until very hot and golden brown. Drain on kitchen paper. Serve the fish with the chips, tartare sauce and lemon wedges.

Chilled rice pudding with warm berry sauce

This creamy, delicate dessert works marvellously well with the slight sharpness of the berry sauce. You can use whatever fresh berries are available and in season.

Serves 4

INGREDIENTS

For the rice pudding

800ml (1¼ pt)	whole milk
150g (5½oz)	basmati rice
50g (1¾oz)	sugar
250ml (9fl oz)	whipping cream
80g (3oz)	blanched almonds
1 tbsp	sweet sherry
1 tsp	natural vanilla extract

For the sauce

300g (10½oz)	mixed berries, such as redcurrants, blackcurrants, raspberries, and/or blackberries
50g (1¾oz)	sugar

1. For the pudding, mix the milk, rice, and sugar in a heavy-bottomed pan and bring to the boil, stirring frequently to prevent the rice from sticking. Turn down the heat and simmer, stirring frequently, for 20 minutes until the rice is soft. Turn the rice out into a bowl and leave to cool completely.

2. Whip the cream to form stiff peaks and fold into the cooled rice.

3. Dry fry the almonds in a frying pan over a low heat until golden. Leave to cool, and then chop finely. Fold the chopped almonds, sherry, and vanilla extract into the rice and refrigerate for 3–4 hours or overnight.

4. To make the sauce, heat the berries gently with the sugar and 1 tablespoon of water, and simmer over a low heat for 3–4 minutes until cooked through. Purée the berries and pass through a sieve. Pour the hot sauce over the chilled pudding and serve immediately.

60
63

GERMANY

From the high peaks of the Alps through a landscape criss-crossed by rivers and dotted with castles, dense forests, and lakes to the islands in the North Sea and Baltic Sea, there is so much to discover in Germany! And this is also true for German cuisine. Our selection of delicious Sunday roasts, classic everyday recipes, and famous cakes takes you to different regions of the country and provides insight into traditional, hearty German fare. From sauerbraten from the Rhineland to delicious roulades from Baden to sinfully delicious Black Forest cake, there is something for everyone. We hope you utterly enjoy revelling in the cuisine!

l. to r. Andreas Klewe, Christina Stienhans, Jan Quathammer, Michael Zimmermann, Ralf Bornemann

Potato soup with hot dogs

For a more robust taste, season this potato soup with a generous glug of beer before serving. The hops in the beer give the soup a slightly bitter, tangy flavor.

Serves 4

INGREDIENTS

600g (1lb 5oz)	floury potatoes, such as Russet potatoes
60g (2oz)	celery root
60g (2oz)	carrots
90g (3oz)	leek
4	sprigs of parsley
1	onion
2 tbsp	vegetable oil
1	bay leaf
800ml (1⅓pt)	vegetable stock
1 tsp	dried marjoram
200g (7fl oz)	single cream
	salt and freshly ground pepper
1	pinch of ground nutmeg
4–8	hot dogs
1 tbsp	fresh marjoram leaves

1. Peel the potatoes and cut them into large cubes. Peel the celery root and carrots and cut them into large pieces. Trim the leek and slice into rings. Chop the parsley. Peel the onion and chop it coarsely. Heat the oil in a large pot and sauté the onion. Add the potatoes, celery root, carrots, leek, parsley, and bay leaf and sauté briefly with the onion. Pour in the vegetable stock and simmer over a low heat for about 15 minutes.

2. Remove the bay leaf and purée the soup. Return the soup to the boil and add the marjoram. Reduce the heat, add the cream, and season with salt, pepper, and nutmeg.

3. Slice the hot dogs, stir into the soup and heat until warmed through. Ladle the potato soup into bowls, garnish with the fresh marjoram, and serve.

Bavarian potato salad

This Bavarian version of potato salad is made with a vinegar-and-oil dressing instead of rich mayonnaise and goes well with many dishes. The basic recipe can be adapted to taste.

Serves 4

INGREDIENTS

750g (1¾lb)	salad potatoes, such as Charlotte or Desiree potatoes
	salt
4 tbsp	vegetable oil
1	onion, finely diced
3 tbsp	white wine vinegar
250ml (9fl oz)	vegetable stock
1 tbsp	mustard
	freshly ground pepper
	a few leaves of lamb's lettuce or chopped chives, to garnish

1. Boil the potatoes, unpeeled, in salted water for about 20 minutes until they are done. Drain, allow some of the steam to evaporate, and peel. Let the potatoes cool a little, cut them into slices, and put into a bowl.

2. Heat the oil in a frying pan and sauté the onion. Add the vinegar and vegetable stock, stir in the mustard, and bring to the boil.

3. Pour the hot marinade over the potatoes and toss. Season the potato salad with salt and pepper and leave to marinate for 15 minutes. Serve garnished with lamb's lettuce or chives, to taste.

VARIATIONS

With cucumber: Cut 1 cucumber in half lengthwise, slice the halves thinly, toss with the salad, and marinate for 15 minutes.

With rocket and bacon: Fry 150g (5oz) of finely diced, smoked, well-marbled bacon in 1 tablespoon of vegetable oil until crisp. Mix into the potato salad with 2 handfuls of rocket and marinate for 15 minutes.

With lamb's lettuce and pumpkin seed oil: Add 2 handfuls of lamb's lettuce to the salad and toss, then drizzle with 4 tablespoons of pumpkin seed oil and marinate for 15 minutes.

With radishes and spring onions: Cut off the radish greens of 1 bunch of radishes and chop coarsely. Slice the radishes and 1 bunch of spring onions. Add to the salad and toss, then marinate for 15 minutes.

Beef roulades with red cabbage

Unlike their slimmer cousins these roulades are noticeably plump – because they are stuffed with hard-boiled eggs, and not, as the classic roulades, with pieces of dill pickle.

Serves 4

INGREDIENTS

For the roulades

4	pieces of boneless topside or silverside beef, 250g (9oz) each, flattened to 6mm (¼in) thick
4 tsp	mustard
	freshly-ground black pepper
4	slices of bacon
4	large eggs, hard-boiled and shelled
4 tbsp	vegetable oil
2	large onions
1	bay leaf
1 tsp	cayenne pepper
1 tbsp	sweet paprika
1 tbsp	tomato paste
1 tsp	sugar
	salt
250ml (9fl oz)	dry red wine
1	heaped tbsp cornflour

For the red cabbage

1	red cabbage (about 1kg / 2lb 3oz)
2 tbsp	unsalted butter or clarified butter
1	bay leaf
1	clove
	sugar to taste
	salt to taste
2	tart apples
1–2 tbsp	redcurrant jelly (from a jar)
1–2 tbsp	vinegar

1. Lay out the pieces of beef side by side and spread each piece with 1 teaspoon of mustard, season with pepper, and cover with 1 slice of bacon. Place a hard-boiled egg in the middle of each piece of beef and roll up the roulade. Secure with kitchen twine.

2. Heat the vegetable oil in a casserole and sear the beef roulades on all sides – they should be brown but not too dark. Remove the roulades. Add the diced onions, bay leaf, cayenne pepper and sweet paprika to the casserole and sauté, stirring constantly. Add the tomato paste, sugar, and 1 teaspoon of salt, sauté briefly, then deglaze the pot with the red wine. Return the roulades to the casserole, add 500ml (scant 1pt) of hot water, and bring to the boil. Cover and braise the roulades in the oven at 150°C (300°F/Gas 2) for about 2 hours.

3. Remove the roulades from the casserole and put them in the oven to keep warm. Pour the cooking liquid through a fine sieve into a saucepan, squeezing out all the juices with the back of a spoon. Reheat. If desired, mix cornflour with a little water until smooth and use to thicken the sauce. Bring the sauce to the boil briefly and season to taste with salt and pepper. Turn off the heat and return the roulades to the sauce to rest for about 5–10 minutes before serving.

4. For the red cabbage, quarter the head of cabbage, remove the core, and shred finely. Heat the butter in a large pot, add the cabbage, and sauté for about 5 minutes, stirring constantly. Add the bay leaf, clove, salt, and 300ml (10½fl oz) of water. Cover the pot. Peel and core the apples and cut them into wedges. Put the apple wedges on top of the cabbage and simmer over a low heat for 1 hour, covered, stirring occasionally. Season with sugar, salt, redcurrant jelly, and vinegar to give it a robust sweet and sour flavour. Serve the roulades with red cabbage and potato dumplings (see p.56).

Pan-fried char with lemon-and-parsley butter

Fish dredged in flour and pan-fried with just a few simple ingredients – butter, lemon, and parsley – is the Bavarians' favourite way of preparing the abundant fresh-water fish of the region.

Serves 4

INGREDIENTS

4	whole char, about 350g (12oz) each, gutted
	salt and freshly ground black pepper
	flour, for dredging
	oil, for frying
4 tbsp	unsalted butter
2 tbsp	chopped parsley
	juice of 1 lemon
	lemon wedges, to serve

1. Rinse the char in cold water, pat them dry, and season inside and out with salt and pepper. Sprinkle flour on a large plate. Dredge the fish on both sides in the flour and shake off the excess.

2. Heat some oil in two large frying pans. Place 2 char in each pan, reduce the heat, and fry the fish on each side for about 5 minutes, basting them frequently with the hot oil.

3. Carefully drain off the oil. Melt the butter in the frying pans and carry on frying the fish, shaking the pans back and forth to make the butter foam. Add the parsley and lemon juice, and shake the pans again.

4. Lift the fish out of the frying pans and serve immediately, garnished with lemon wedges and accompanied by parslied potatoes.

Chicken fricassee with rice

This is a delicious Sunday meal that is popular in many parts of Germany. When asparagus is not in season, you can use asparagus from the jar. Add it to the fricassee at the end of the cooking time to warm through.

Serves 4

1. Put the chicken in a pot with the coarsely chopped celery root, carrots, leek, and parsley, the bay leaves, peppercorns, and a pinch of salt. Pour in enough water to just cover the chicken. Bring everything to the boil and simmer for about 1½ hours until the meat is tender and comes away from the bones.

2. Lift the chicken out of the pot and let it cool. Take the meat off the bones and tear it into pieces. Pour the stock through a sieve set over a bowl and set aside.

3. Peel the asparagus spears and cut them diagonally into 3cm (1in) pieces. In a pot, bring water, a little salt, and the sugar to the boil. Add the asparagus and blanch for about 4 minutes. Drain in a sieve. Clean and slice the mushrooms.

4. Prepare the rice according to the package directions.

5. While the rice is cooking, melt the butter in a pot. Add the flour and cook for a few minutes. Stirring constantly, slowly add about 500ml (scant 1pt) of the chicken stock. Bring the sauce to the boil and stir in the white wine, cream, and granulated chicken stock. Add the mushrooms and cook for 5 minutes.

6. Add the chicken and asparagus to the sauce and cook for 8–10 minutes. Season the fricassee to taste with salt, pepper, and lemon juice. Divide the rice among the plates, arrange the fricassee on top, and garnish with parsley.

INGREDIENTS

1	chicken, cleaned
60g (2oz)	celery root
60g (2oz)	carrots
90g (3oz)	leek
4	sprigs of flat-leaf parsley
2	bay leaves
	a few peppercorns
	salt
6	spears of white asparagus
1	pinch of sugar
150g (5½oz)	brown mushrooms
300g (10½oz)	rice
2 tbsp	unsalted butter
2 tbsp	flour
50ml (2fl oz)	white wine
50ml (2fl oz)	heavy cream
1 tbsp	granulated chicken stock
	freshly ground white pepper
1–2 tbsp	lemon juice
	parsley, to garnish

Rhenish sauerbraten with potato dumplings

The smell of sauerbraten is sublime and this Rhenish version makes a perfect Sunday dinner.

Serves 4

INGREDIENTS

For the sauerbraten

1	carrot, finely diced
1	large onion, finely diced
250ml (9fl oz)	red wine vinegar
4	cloves
10	dried juniper berries
10	allspice berries
1 tsp	white peppercorns
1	bay leaf
1kg (2lb 3oz)	boneless topside or silverside beef
1 tsp	salt
1 tsp	freshly ground black pepper
3 tbsp	vegetable oil
80g (3oz)	raisins
1 tsp	cornflour (to taste)
	apple butter or sugar to taste

For the potato dumplings

1kg (2.2lb)	floury potatoes, such as Russet potatoes
	salt
100g (3½oz)	flour
	a little freshly grated nutmeg
2	large eggs, lightly beaten

1. For the marinade, put the carrot, onion, vinegar, and 500ml (scant 1pt) of water in a pot, and bring to the boil. Add the cloves, dried juniper berries, allspice berries, pepper, and bay leaf, and stir. Remove the marinade from the heat and leave to cool down. Put the beef in a large bowl, pour over the cooled marinade, cover, and marinate in the refrigerator for 3 days, turning the meat now and then.

2. Remove the meat from the marinade, pat it dry, and season it with salt and pepper. Pour the marinade through a sieve, retaining the marinade and vegetables.

3. In a heavy casserole, heat the vegetable oil and brown the meat on all sides. Add the vegetables and spices from the marinade, measure out 200ml (7fl oz) of the marinade into the casserole, stirring to loosen the brown bits on the bottom, and bring to the boil. Reduce the heat, cover the casserole and simmer gently over low heat for about 2 hours, turning it now and then. If necessary, add a little water.

4. To make the potato dumplings, boil the potatoes in salted water. Let the steam evaporate and peel the potatoes while they are still hot. Immediately put them through a potato ricer and into a bowl. Cover and chill. Once cool, sprinkle with the flour and season with ½ teaspoon of salt and the nutmeg. Stir in the eggs with a fork. Using your hands, knead the dough until it is smooth and elastic. If the dough is too soft, add a little flour. Shape 12 dumplings and slide them gently into boiling, salted water. Return to the boil, reduce the heat to very low, and simmer the dumplings for 20 minutes. Remove from the pot and keep warm.

5. Remove the sauerbraten from the casserole and put it in a very low oven to keep warm. Strain the roasting liquid through a sieve and pour it back into the casserole. Add the raisins and reduce the sauce to about 250ml (9fl oz). If desired, mix the cornflour with a little water in a cup and use it to thicken the sauce. Season to taste with apple butter (or sugar), salt and pepper. Serve the sauerbraten with the sauce and the potato dumplings. Applesauce is a good accompaniment.

TIP

Use a leakproof freezer bag instead of a bowl to marinate the meat. The meat will be submerged in the marinade and therefore won't need turning.

Savoy cabbage rolls

These are the sophisticated cousins of the common cabbage roll. They originate from the Baden area, whose inhabitants have long been known for their refined taste: tender Savoy instead of common white cabbage; creamy tomato instead of bacon sauce. The inside, too, comes along all spruced up with lean beef mince and fresh herbs – almost a Sunday dinner!

Serves 4

INGREDIENTS

8	large Savoy cabbage leaves
2½ tsp	salt
500g (1lb 2oz)	lean beef mince
1	onion, finely chopped
1	egg
2 tbsp	breadcrumbs
	freshly ground black pepper
	freshly grated nutmeg
1 tsp	fresh thyme leaves
1 tbsp	finely chopped flat-leaf parsley
2 tbsp	vegetable oil
1	large can of peeled plum tomatoes (800g/1¾lb)
1 tsp	sugar
5 tbsp	single cream
1	pinch of saffron threads

1. Trim the centre rib of each cabbage leaf so it opens flat. Add 1 teaspoon of salt to a large pot of water and bring to the boil. Blanch the cabbage leaves for 2 minutes. Using a slotted spoon, remove the leaves and immediately refresh in cold water so they retain their beautiful green colour.

2. Mix the beef mince in a bowl with the onion, egg, breadcrumbs, 1 teaspoon of salt, pepper, nutmeg, thyme, and parsley. Lay the cabbage leaves flat on a work surface. Spoon about 2 tablespoons of the beef mixture onto each leaf. Starting from the centre rib, roll up the leaves, tucking in the edges. Secure with kitchen twine. Preheat the oven to 200°C (400°F/Gas 6).

3. Heat the oil in a large frying pan and cook the cabbage rolls on both sides over a high heat for about 1 minute. Remove from the pan and set aside. Pour the tomatoes into the frying pan and chop them up into small chunks with a wooden spatula while bringing them to the boil. Add the sugar, the remaining ½ teaspoon of salt, cream, and saffron, stirring constantly, and cook for about 5 minutes. Pour the sauce into a shallow baking dish and arrange the 8 cabbage rolls in the dish, pressing them down into the sauce. Bake in the middle of the oven for about 30 minutes. White sandwich bread or boiled potatoes would go well with this.

TIP

A smaller, more elegant version of this dish can be made using spinach leaves – then they are called 'tree frogs'. The disadvantage is that the small, tender leaves are more difficult to stuff, but the advantage is that the spinach does not have to be blanched. Make four spinach rolls per person.

Black Forest gateau

From the home of the cuckoo clock comes many a German's favourite gateau, featuring morello cherries and cream sandwiched between layers of moist chocolate sponge.

INGREDIENTS

6	eggs
175g (6oz)	golden caster sugar
125g (4½oz)	plain flour
50g (1¾oz)	cocoa powder
1 tsp	vanilla extract
85g (3oz)	butter, melted, plus extra for greasing
1 × 720g (1½lb)	jar or 2 × 425g (14oz) cans pitted black cherries
4 tbsp	Kirsch
600ml (1pt)	whipping or double cream
150g (5½oz)	dark chocolate, grated

For a 24cm (9½in) springform tin

1. Preheat the oven to 180°C (350°F/Gas 4). Lightly butter and line only the bottom of the tin with greaseproof paper. Put the eggs and sugar into a large heatproof bowl, and sit on a saucepan filled with simmering water – the bowl must not touch the water. Whisk until the mixture is pale and thick. Remove from the heat and whisk for another 5 minutes until cooled slightly.

2. Sift the flour and cocoa into the bowl and fold into the egg mixture. Fold in the vanilla and melted butter. Pour into the prepared tin, level the surface, and bake in the oven for 40 minutes until risen and just shrinking away from the sides. Turn out onto a wire rack, discard the lining paper, cover with a clean cloth and allow to cool completely.

3. Carefully cut the cake into three horizontal layers. Drain the cherries, reserving the liquid. Mix 6 tablespoons of the juice with the Kirsch and drizzle a third on each layer of sponge. Roughly chop two-thirds of the drained cherries.

4. Whip the cream until it forms stiff peaks. Place one layer of the cake on a serving plate and spread with a thin layer of cream. Scatter with half the chopped cherries. Top with the second layer of sponge and repeat. Top with the final layer of sponge. Using a palette knife, spread a thin layer of cream around the sides of the cake to cover. Spoon the remaining cream into a piping bag fitted with a star-shaped nozzle.

5. Using a spoon or a palette knife, press the grated chocolate onto the side of the cake and scatter it on top. Pipe swirls of cream all around the top edge of the cake and top each swirl with one of the remaining cherries.

Zwetschgendatschi (plum tart)

Yeast-based tray bakes are wonderful, especially when topped with sweet, fully ripe plums. Each area of Germany has its own special plum tart recipe. In southern Germany it is known as *Zwetschgendatschi*, in Rhine Hesse it is called *Quetschekuche*, for example. The plums are cut open accordion-style and closely packed in rows.

Makes 1 baking tray

INGREDIENTS

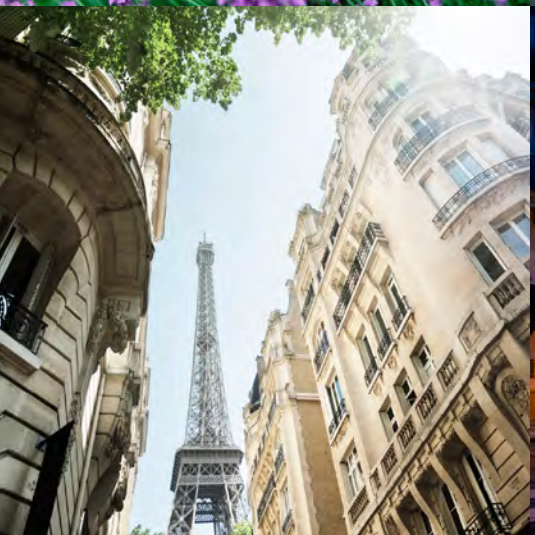
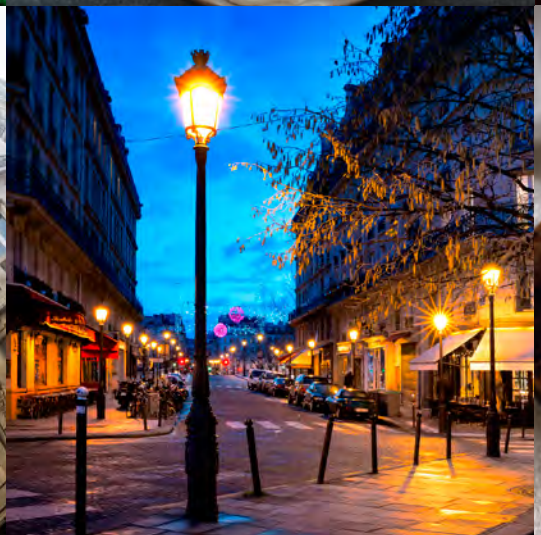
500g (1lb 2oz)	flour
42g (1½oz)	fresh yeast or 2½ tbsp active dry yeast
100g (3½oz)	sugar
250ml (9fl oz)	lukewarm milk
125g (4½oz)	softened, unsalted butter, plus extra for greasing
2	large eggs
1	pinch of salt
1.5kg (3lb 5oz)	fresh plums
50g (1¾oz)	sugar

1. Sift the flour into a bowl and make a well in the centre. Crumble the yeast into the well, then add a little sugar and 4 tablespoons of the milk. Stirring in the well, carefully incorporate a little flour from the sides of the well into the liquid. Cover the bowl and leave the yeast sponge in a warm place for 20 minutes.

2. Melt the butter. Add the rest of the milk and sugar, the eggs, butter, and salt to the yeast sponge. Using your hands, knead the dough until it no longer sticks to your fingers. This takes about 3–4 minutes. Cover and leave the dough to rise in a warm place for another 40 minutes until it has almost doubled in volume.

3. Wash the plums and cut them only along the seam so that the halves still hang together. Remove the pits. Then cut halfway into each half lengthwise so that the fruit hangs together like an accordion. Grease a shallow baking tray or line with baking paper.

4. Turn out the dough onto a floured work surface, roll it out into a rectangle the size of the baking tray, and place it on the tray. Prick the dough all over with a fork. Arrange the plums in closely-packed rows on the dough. Cover with a cloth, and leave to rise for 20 minutes. Preheat the oven to 200°C (400°F/Gas 6). Put the baking tray on the middle rack of the oven and bake for 30 minutes. Remove from the oven and sprinkle with sugar while still hot.

FRANCE

Welcome to the country of baguettes and the finest of wines and cheeses! Life in France revolves around the shared pleasure of eating, for food often is enjoyed in good company and often several courses are served during a meal. From the Alps to lavender fields, and vineyards to picturesque bays – the cuisine of this country is as diverse as its countryside. We have chosen a few delicious classic recipes for you that are guaranteed to bring that French flair into your cooking. Here's wishing you bon appétit!

l. to r. Antonio Martinez, Christophe Ouchene, Andre Dossmann, Gregory Morlet, Arnaud Buszikowski

l. to r. Jean-Luc Geffray, Denis Pinlon, Cedric Caille, Philippe Bercy

Quiche Lorraine

Eggs and bacon are the main ingredients of this savoury French classic, which is ideal for preparing in advance.

For a 24cm (9½in) tart pan

INGREDIENTS

250g (9oz)	plain flour, plus extra for dusting
125g (4½oz)	unsalted butter, cubed
1	egg yolk
	dried beans for blind-baking

For the filling

200g (7oz)	bacon lardons
1	onion, finely chopped
75g (2½oz)	Comté cheese, grated
4	large eggs, lightly beaten
200g (7oz)	double cream
200ml (7fl oz)	milk
	freshly ground black pepper

1. To make the pastry, rub the flour into the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the egg yolk and 3–4 tablespoons of cold water. Knead to make a smooth dough. Turn the dough out on a floured surface and knead briefly, then wrap in cling film and chill for 30 minutes. Preheat the oven to 190°C (375°F/Gas 5).

2. On a lightly floured surface, roll out the pastry and line the bottom and the sides of the tin with it. Prick the base of the pastry all over with a fork, line with baking parchment and fill with baking beans. Blind-bake in the oven for 12 minutes, then remove the paper and beans, and bake for a further 10 minutes or until light golden in colour, remove from the oven, but leave the oven on.

3. Meanwhile, heat a large frying pan and dry-fry the bacon lardons for 3–4 minutes or until the fat is released. Add the onion, fry for a further 2–3 minutes, then spread the onions and bacon over the pastry case and sprinkle with cheese.

4. Whisk together the eggs, cream, milk, and black pepper, and pour over the bacon and onion filling. Place the tart pan on a baking tray and bake for 25–30 minutes or until golden and just set. Allow to cool briefly, then slice and serve.

TIP

Make the quiche up to 2 days ahead, cool, and refrigerate. To serve, reheat in a medium oven.

French onion soup

Rich and full of flavour, onion soup is ideal for warming up on a cold day. Red onions add colour and make the soup sweeter and more flavoursome than brown onions.

Serves 4

1. Melt the butter in a large saucepan. Add the sliced onions and fry, stirring, for 2 minutes. Cover, reduce the heat, and cook gently for 10 minutes until really soft, shaking the pan occasionally.

2. Increase the heat, add the sugar, and let the onions caramelize for 5 minutes, stirring continuously (take care not to burn them). Add the stock and brandy, and season with a little salt and pepper. Bring to the boil, reduce the heat, and simmer gently for 15 minutes.

3. Meanwhile, make the croûtons. Preheat the grill. Line a baking tray with baking paper and place the bread on the tray. Toast the bread on both sides. When ready to serve, sprinkle the bread slices with cheese and grill until just melted and sizzling.

4. Ladle the soup into warmed bowls and float 2 cheese croûtons on each. Add a grinding of pepper and serve immediately.

INGREDIENTS

60g (2oz)	butter
4	large red onions, quartered and thinly sliced
2 tbsp	soft light brown sugar
1 litre (1¾ pt)	vegetable stock
2 tbsp	brandy
	salt and black pepper
8	diagonally sliced pieces of baguette
175g (6oz)	Comté cheese, grated

Coq au vin

This French classic used to be prepared with a slightly older cock bird, but today a boiling fowl is used for preference. The flavour will vary with the wine you use: a Rhône wine gives a rich dark sauce, a Loire wine a fruitier dish, and a Burgundy makes a particularly full-bodied sauce. Think ahead: you will need to allow at least 12 hours for marinating!

Serves 4

INGREDIENTS

For the marinade

1	onion, thinly sliced
1	celery stick, thinly sliced
1	carrot, thinly sliced
1	garlic clove, peeled
6	black peppercorns
375ml (13fl oz)	red wine
2 tbsp	olive oil

For the stew

2kg (4½lb)	boiling chicken, cut into 8 pieces (ask your butcher to do this for you)
20g (¾oz)	butter
2 tbsp	vegetable oil
125g (4½oz)	piece of smoked streaky bacon, diced
18–20	baby onions
250g (9oz)	mushrooms, quartered
2 tbsp	flour
500ml (scant 1pt)	chicken stock or water
1	garlic clove, finely chopped
2	shallots, finely chopped
1	bouquet garni (for example parsley, thyme, and bay leaf)
	salt and freshly ground black pepper

1. Put the onion, celery, carrot, garlic clove, and peppercorns in a saucepan, and pour over the red wine. Bring everything to the boil and simmer for about 5 minutes, then allow to cool completely. Pour the cooled marinade over the chicken pieces, then drizzle with olive oil. Cover and leave to marinate for 12–18 hours in the refrigerator, turning occasionally.

2. Remove the chicken pieces from the marinade and pat dry with kitchen paper. Strain the marinade through the sieve into a bowl, reserving both the liquid and the vegetables.

3. Heat the butter and oil in a casserole. Render the bacon and fry in the hot fat until browned. Remove with a slotted spoon and set aside. Add the chicken to the casserole, skin side down, and cook for about 10 minutes until well browned. Turn and brown the other side, then remove.

4. Put the baby onions in a bowl, pour over boiling water, and leave for 2 minutes. Remove and peel, then sauté the onions in the hot fat of the casserole until lightly browned. Lift out with a slotted spoon and reserve. Add the mushrooms and sauté for 2–3 minutes until lightly browned. Remove and set aside.

5. Discard all but about 2 tablespoons of fat from the casserole. Add the reserved vegetables from the marinade and cook over a very low heat for 5 minutes. Sprinkle with the flour and cook, stirring, for 2–3 minutes, until lightly browned. Stir in the marinade, stock, garlic, shallots, bouquet garni, salt, and pepper. Heat until boiling, stirring well. Put the chicken pieces back into the casserole, cover and simmer over low heat for 45–60 minutes until the meat is cooked through.

6. Remove the chicken pieces and keep warm. For the sauce, put the remaining contents of the casserole into a bowl, and scoop out and reserve a few attractive pieces of carrot. Wipe the casserole with kitchen paper and add the baby onions. Strain the cooking liquid through a sieve into the casserole and simmer over a low heat for 5–10 minutes until the baby onions are almost tender. Add the mushrooms and reserved carrots and continue to simmer for another 2–3 minutes until the sauce has reduced slightly. Adjust the seasoning if necessary.

7. Add the chicken pieces and bacon to the sauce and reheat gently for 3–4 minutes. Spoon the chicken and sauce from the casserole onto warmed plates or shallow bowls and serve with crusty baguette.

Bœuf à la Bourguignon

Few French dishes are better known, and with good reason, than this classic from Burgundy. The secret is using well-aged beef, so find a good butcher you trust. Try to use a red wine such as pinot noir. The dish can be made up to 3 days ahead, which will only improve the flavours.

Serves 6

INGREDIENTS

3 tbsp	olive oil
1.5kg (3½lb)	beef topside, rolled and tied (ask your butcher to do this for you)
1	onion
2	cloves
1	carrot, peeled and quartered
1	bouquet garni (for example parsley, thyme, and bay leaf)
250ml (9fl oz)	red wine
	salt and freshly ground black pepper
250ml (9fl oz)	beef stock, plus more if needed
16–20	pickling onions
250g (9oz)	piece of smoked streaky bacon, cut into 5mm (¼in) lardons
250g (9oz)	mushrooms, sliced
	thyme, to garnish

1. Preheat the oven to 160°C (325°F/Gas 3). Heat 2 tablespoons of the oil in a casserole until very hot. Add the meat and brown well on all sides. Remove the casserole from the heat, take out the meat and discard the excess fat.

2. Replace the meat in the casserole. Peel the onion, stud with the cloves, and add to the meat with the carrot, bouquet garni, red wine, very little salt, and pepper. Cover and cook in the hot oven for 30 minutes.

3. Pour in the stock and stir. Braise for another 3 hours in the hot oven, turning the meat 3 or 4 times, and adding more stock or water if too much liquid evaporates.

4. Put the pickling onions in a bowl, pour over boiling water and stand for 2 minutes to help loosen the skins. Drain and peel.

5. Heat the remaining oil in a frying pan. Add the bacon to the pan and fry to render the fat and brown, then lift out with a slotted spoon and set aside. Add the pickling onions to the pan and fry, stirring occasionally, until lightly browned. Lift out and add to the bacon. Add the mushrooms to the frying pan and cook, stirring occasionally, for 2–3 minutes, until browned. Take out of the pan and add to the bacon and onion.

6. Remove the meat from the casserole. Strain the cooking liquid through a sieve and reserve, discarding the vegetables and herbs. If the liquid is too thin, return it to the casserole and boil until reduced to the desired consistency. Return the meat to the casserole

and add the bacon, pickling onions, and mushrooms. Cover and continue cooking in the hot oven for another 30 minutes until very tender.

7. Transfer the meat to a chopping board and remove the twine. Skim off and discard any fat from the cooking liquid, and check the seasoning. Cut the beef into thick slices, arrange on plates with the bacon, onions, mushrooms, and a little gravy, and garnish with fresh thyme.

Crème brûlée

The delicate vanilla cream in this dish, one of the most popular French desserts, is topped with a crispy caramel crust.

Serves 6

INGREDIENTS

500ml (17½fl oz)	double cream
1	vanilla pod, sliced open lengthways
5	egg yolks
50g (1¾oz)	sugar, plus another 4 tbsp of sugar

You will also need

6	ovenproof ramekins

1. Preheat the oven to 140°C (275°F/Gas 1). Put the cream and the vanilla pod in a saucepan and heat the cream slowly until just simmering, then remove from the heat, and set aside to infuse for 1 hour.

2. Whisk the egg yolks and 50g (1¾oz) sugar in a bowl until well combined. Remove the vanilla pod from the cream and use the tip of a sharp knife to scrape out the seeds into the cream.

3. Whisk the cream into the egg mixture, strain through a sieve into a jug and pour evenly into 6 ramekins. Place them in a roasting tin half filled with boiling water and put in the oven. Bake for 40 minutes until the cream has just set. Remove from the roasting tin, cool, and chill.

4. To serve, preheat the grill to its highest setting. Sprinkle 2 teaspoons of sugar evenly over the top of each pudding. Grill until the sugar caramelizes.

VARIATIONS

With fruit: Put a spoonful of soft berries or cooked fruit (such as apricots or rhubarb) in the bottom of each ramekin before adding the cream.
With chocolate: Replace the vanilla pod with 100g (3½oz) grated white or dark chocolate, and stir to melt.
With ginger: Replace the vanilla pod with 3 tablespoons of freshly peeled and grated ginger.

Normandy pear tart

A classic frangipane-filled tart, this recipe hails from Normandy in northern France where they grow the most wonderful pears. Best eaten warm straight from the oven.

For a 23–25cm (9–10in) tart tin with a removable bottom

1. For the pastry, sift the flour onto a work surface, make a well in the centre, add the egg yolks, sugar, salt, butter, and vanilla, and rub into the flour until the mixture resembles fine breadcrumbs. If it is too dry, add a little water. Knead for 1–2 minutes, wrap and chill for 30 minutes. Grease the tin. Roll out the dough to a circle and use to line the tin. Prick the bottom a few times with a fork and chill for 15 minutes.

2. Meanwhile, grind the almonds finely in a food processor. With an electric whisk, beat butter and sugar for 2–3 minutes until fluffy. Add the egg and the egg yolk one by one and blend in thoroughly. Add 1 tablespoon of Kirsch, the ground almonds, and flour, and fold in gently until well blended.

3. Preheat the oven to 200°C (400°F/Gas 6). Toss the pears with the lemon juice. Spread the almond creme on the pastry and place the pears on top in a spiral pattern. Set the tart tin on a baking tray and bake for 12–15 minutes. Reduce the heat to 180°C (350°F/Gas 4) and bake for another 25–30 minutes. Remove from the oven and leave to cool. Heat the jam with the Kirsch, then push through a sieve. Remove the cooled tart from the tin and brush with the jam.

INGREDIENTS

For the pastry

175g (6oz)	plain flour
3	egg yolks
60g (2oz)	sugar
1	pinch of salt
75g (2½oz)	unsalted butter, plus extra for greasing
½ tsp	vanilla extract

For the filling

125g (4½oz)	whole blanched almonds
125g (4½oz)	unsalted butter
100g (3½oz)	sugar
1	egg, plus 1 egg yolk
1 tbsp	Kirsch
20g (¾oz)	flour

You will also need

3–4	pears, peeled, cored, and cut in wedges
	juice of 1 lemon
150g (5½oz)	apricot jam
2–4 tbsp	Kirsch

Crêpes with orange butter

In this recipe, paper-thin crêpes are served with an elegant, fruity orange butter. For classic Crêpes Suzettes, flambée the crêpes with a mixture of brandy and orange liqueur just before serving.

Makes 12 crêpes

INGREDIENTS

For the crêpes

200g (7oz)	flour, sifted
1 tbsp	sugar
½ tsp	salt
4	eggs
400ml (14fl oz)	milk, plus more as needed
100g (3½oz)	unsalted butter, melted and cooled, plus more as needed

For the orange butter

175g (6oz)	softened, unsalted butter
30g (1oz)	icing sugar
3	large organic oranges – zest 2 of the oranges, remove the peel thinly from 1 orange and cut it into fine strips
1 tbsp	Grand Marnier (orange liqueur)

1. To make the crêpes, mix together the flour, sugar, and salt. Make a well in the middle. Add the eggs and 200ml (7fl oz) of the milk. Using a whisk, stir until the mixture is smooth, adding in 50g (1¾oz) of the melted butter. Then stir in the rest of the milk. Cover the batter and rest for 30 minutes.

2. Meanwhile, make the orange butter. Using a hand mixer, beat the butter and icing sugar together until creamy. Once you have zested and thinly peeled the oranges, carefully peel them to remove all of the white skin. Using a knife, cut along the membranes that separate the orange fillets to section the oranges and catch the juice in a bowl as you work. Add the orange zest, 2 tablespoons of orange juice, and the Grand Marnier to the butter cream, and whisk.

3. Put the strips of orange peel into boiling water for 2 minutes, then drain.

4. Add a little melted butter to the frying pan and heat over a medium heat. To make one crêpe, ladle 2–3 tablespoons of batter into the frying pan and tilt to distribute the batter evenly. Fry the crêpe for 1 minute, turn it with a spatula, fry for another 30–60 seconds and remove from the pan. Repeat with the remaining batter to make 12 crêpes, adding more butter to the frying pan as needed.

5. Spread one side of each crêpe with the orange butter. Reheat the frying pan. Place 1 crêpe in the frying pan, coated side down, and fry it for 1 minute. Fold the crêpe twice. Repeat with the remaining crêpes. Place 2 crêpes on each of the pre-warmed plates, drizzle with the sauce from the frying pan, and garnish with orange segments and strips of orange peel.