

TEAR THE FOLLOWING PAGES FROM THIS BOOKLET BEFORE GIVING IT AWAY,

so that you have a copy of the recipe before the recipient makes it!

AS FOR THE STICKERS, you can stick those anywhere you like – maybe somewhere that the sun doesn't shine... (Sorry).

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REMOVABLE RECIPE CARD

FLOWER-SHAPED TEAR-AND-SHARE BREAD 500 g flour/300 ml water/12 g yeast/10 g salt/80 g mixture of half sun-dried tomatoes in oil, olives and pine nuts/3 stalks of thyme/20 g grated, strong mature cheese ■

Knead the flour, water, yeast and salt for 20 minutes into dough in a food processor. Add 1 tablespoon of the oil from the tomatoes. Finely chop the tomatoes, olives and pine nuts, mix in the thyme leaves and grated cheese, then knead through the dough by hand. Shape into a ball, place in a bowl (greased using oil from the tomatoes), cover with a moist dish towel and leave in a warm place. Knead again briefly and divide into small balls. With 9 balls you can make a pretty flower. Cover again and leave to rest for 30 mins. Bake for 25 mins in a preheated oven at 220°C.

SAY IT WITH FLOWERS 2 courgettes/2 tbsp. fresh green herbs/1 clove of garlic/4 tbsp. olive oil/salt & pepper/1 tbsp. capers/1 tbsp. tasty vinegar/100 g mixed green salad leaves/selection of edible flowers ■

Peel and finely chop the garlic with the green herbs and add oil, salt and pepper to make a marinade. Cut the courgettes diagonally into thin slices and marinate them. Drain the slices and grill them at a high setting. Finely chop the capers and mix with vinegar and 3 tablespoons of marinade to make a dressing. Toss the salad through it. Divide salad between 4 plates, lay courgette slices on top in the shape of a flower and garnish with edible flowers.

RAVIOLI STUFFED WITH JERUSALEM ARTICHOKEs, SERVED WITH SCALLOPS AND CHAMPAGNE SAUCE 200 g durum wheat/salt/2 eggs/300 g Jerusalem artichokes/1 tsp. fennel seed/250 ml cream/pepper/1 shallot/2 tbsp. olive oil/200 ml champagne/1 bay leaf/1 stalk of thyme/5 tbsp. hazelnuts/8 scallops/3 tbsp. olive or hazelnut oil ■

Place the flour in a mound on a work surface, add salt, make a well in the centre, break the eggs into it and mix together, starting in middle and working outwards. Knead for 10 mins until dough is elastic, adding water if it's too stiff. Cover with plastic wrap and place in the fridge to rest. ▶Peel the Jerusalem artichokes and boil for 15 mins until done. Mash with 50 ml of cream, ground fennel seed, salt & pepper. ▶Divide dough into 16 equal pieces and roll out. ▶Spoon the mashed Jerusalem artichokes over 8 pieces, brush edges with water, cover with the other 8 pieces, then press down to remove air and seal firmly. Cut away excess dough. ▶Dice the shallot and fry in olive oil. Add the champagne, bay leaf and thyme and allow to reduce by about half. Then add the rest of the cream and let it reduce by half again. Season with salt & pepper. Strain the sauce and keep it warm in a flask. Finely chop the hazelnuts and roast in a dry frying pan. ▶Cook the ravioli. Use a hand-held blender to froth up the sauce. Brush the scallops with oil and cook using a griddle/grill for 1 to 2 mins on each side. Put 2 ravioli on each plate, the scallops on top and garnish with the sauce and roasted hazelnuts.

GIFT-WRAPPED FISH 3 tbsp. olive oil/1 bunch of dill/1 fennel bulb/1 bunch of carrots/1 spring onion/1 orange/4 fish fillets/salt & pepper/kg potatoes/milk/butter/2 tbsp. honey/50 ml warm vegetable stock/4 baking sheets/kitchen string ■

Oil the baking sheet and spread $\frac{3}{4}$ of the dill on top. On each sheet place about 3 tbsp. of thinly sliced fennel, 2 carrots (thinly sliced, lengthwise) and a quarter of the spring onion, cut into rings. Scrub the orange clean, grate the zest and add a pinch to each sheet. >>>

Season the fish fillets with salt & pepper and place on top of the vegetables. Tie the parcels up with the kitchen string. Boil the potatoes with the remaining fennel and mash with milk & butter. Scrape the remaining carrots clean and fry in butter. Add honey and warm stock to cook them gently.

Preheat the oven to 180°C, and cook the fish parcels on a middle shelf for 15 to 20 mins until done. Mould the mash into stacks, prop up the carrots against them and place a sprig of dill on top. Serve alongside the fish parcels, ready to be unwrapped by your guest(s).

AUBERGINE TIMBALE STUFFED WITH ARTICHOKE RISOTTO

2 aubergines/1 clove of garlic/3 tbsp. fresh green herbs/11 tbsp. olive oil/salt & pepper/2 onions/butter/400 g risotto rice/800 ml vegetable stock/100 ml white wine/2 tins of artichoke hearts/1 small tin of tomato purée/1 tin of chopped tomatoes/1 bay leaf/3 stalks of thyme/splash of sweet soy sauce/handful of shelled walnuts/pesto ■

Peel and finely chop the garlic with the green herbs and add 8 tbsp of oil, salt & pepper to make a marinade. Cut the aubergine into 1/2 cm slices and marinate. Grill the slices until done using a hot griddle/grill. ►Heat the stock. Shred 1 onion and fry in butter. Add the risotto rice and fry until the grains are clear. Stir in the wine. Once it has evaporated, add a ladle of stock. Stir again and once the stock has evaporated add another ladle. Keep repeating this process. After 15–17 mins the rice should be cooked. Add the (finely chopped) artichoke hearts. ►Shred the other onion and fry in 3 tbsp. of olive oil. Add the tomato purée, fry briefly, then add the chopped tomatoes and herbs and simmer for 30 mins. Season with sweet soy sauce, salt & pepper. ►Lay the aubergine slices across each other to line a small bowl, letting the ends hang over the edge if you want. Fill the bowl with the risotto and press down firmly. Cover with the remaining aubergine slices. Turn the timbale out onto a plate, spoon some of the tomato sauce beside it and garnish with walnuts and pesto.

ROAST CHICKEN MET ROSE PETAL SAUCE

1 whole chicken/1 kg potatoes/500 g cooked beetroot/1/2 tbsp. cinnamon/1 tbsp. rose petals/1 tbsp. ground cumin/3 tbsp. rose water/1 tbsp. lemon juice/4 tbsp. rose petal jam/1 tbsp. lemon juice/1/2 tsp. cinnamon/1 clove of garlic ■

Mix the ingredients for the marinade, rub into the chicken and marinate for as long as possible. Peel and chop the potatoes and parboil until almost done. Cut the beetroot into segments. Preheat the oven to 160°C. Place the chicken breast-down on an oven rack with a tray underneath to catch any fat. Roast for 45 mins until almost done. Remove from the oven, turn the temperature up to 200°C and spread the potato blocks on the chicken-fat-covered baking tray, coat them, put the chicken back on the rack, breast-up this time, and roast for 10 more minutes.

Remove the chicken from the oven and wrap in aluminium foil to keep warm. Roast the potatoes for another 15 to 20 mins until crispy and cooked through. The beetroot should be added now too. Mix up the ingredients for the sauce (from rose petal jam onwards) and serve cold with the dish.

WHITE CHOCOLATE TART

250 g white chocolate/200 g butter + extra to grease the tin/5 eggs/185 g sugar/1 small sachet of vanilla sugar/50 g flour/3 tbsp. beetroot juice ■

Preheat the oven to 190°C and grease a cake tin with butter. Finely chop 200 g of the chocolate, mix with the cubed butter and melt. Separate the eggs. Whip the whites in a grease-free bowl until stiff and incorporate half of the sugar at the last minute. In another bowl, whip the egg yolks with the rest of the sugar and vanilla sugar until creamy and light yellow. Sieve the flour and stir in the egg yolk and chocolate mixture, then carefully fold in the whipped egg white. Transfer the mixture into the cake tin and bake for 25 mins if you want a soft tart or 35 mins for a slightly firmer texture. Be careful when opening the oven: open it very slightly at first and only open fully once the tart stops sinking. Melt the rest of the white chocolate and stir in the beetroot juice. Use this reddish-pink icing for decoration.

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STICKERS

SORRY

SORRY

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to seal the book

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I MAKE FOR YOU?

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I THINK YOU'D
REALLY LIKE
THE RECIPE ON PAGE

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