

Tempting Flavours of Christmas

~ Ocean Edition ~



Starter

Tuna Carpaccio with Aioli, Avocado mousse
and Mango coulis

Soup

Lobster soup

Main course

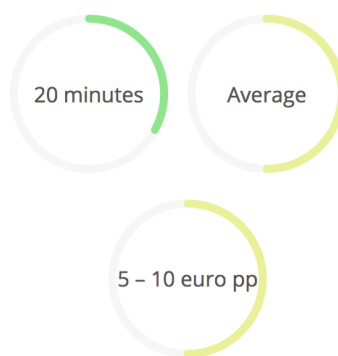
Queen shrimps with fresh herbs
Fennel Risotto
Fried eggplant with herb cheese

Dessert

Caramel Pudding



Tuna Carpaccio with Aioli, Avocado mousse and Mango coulis



Ingredients for 4 pers.:

- 200 gr tuna (very thin slices)
- 2 eggs
- 1 lemon
- 1 clove of garlic
- 1 tablespoon mustard
- 50 – 100 ml sunflower oil
- Olive oil
- Salt and pepper
- 1 avocado
- 2 table spoons crème fraîche
- 1 red chili pepper
- 1 lime
- Fresh mint
- 1 mango

How to prepare it:

Start with prepping the dips. (Tip: make some extra to dip with some nacho chips!)

Aioli:

Put the eggs, the lemon juice, the mustard salt and pepper in a jar that you can use with your food processor. Peel off the skin of the garlic, cut the garlic in half and remove the root. Squeeze the garlic with the rest of the ingredients.

Mix all the ingredients with the food processor. Now add (sip by sip) a bit of sunflower oil whilst you are still mixing. Repeat this until the mayonnaise is firm but airy.

Avocado mousse:

Squeeze the juice out of the lime. Cut the chili pepper and take out the seeds. Chop the chili pepper. Peel off the skin of the avocado, take out the kernel. Since you don't need to keep the avocado into nice pieces the best thing to do is to cut the avocado in half. Take out the kernel by putting the edge of your knife against it and just take out the avocado with a spoon. Put it in your blender. Add the crème fraîche, the juice of ½ lime and ½ of the chopped chili pepper. Blend everything till it's a soft paste.

Mango coulis:

Remove the skin of the mango. Cut the pulp of the seed and put it into a bowl. Add the remaining chopped red chili pepper. Chop the mint and add it to the mango. Use your food processor to mash the mango to a soft coulis.

Now you can prep the dishes. Put the tuna on the dishes, add a spoon of all the dips. Garnish with a bit of lime.



Lobster soup



Ingredients for 2 liter soup:

- 2 lobsters (already cooked)
- 1 zucchini
- 1 onion
- 2 cloves of garlic
- 150 ml white wine
- 1.2 l fish broth
- 2 bay leaves
- 150 ml cooking cream
- 140 gr tomato paste
- 2 tea spoons powdered paprika
- Pepper
- 1 spring onion
- Pine nuts
- 150 gr crayfish

How to prepare it:

Cut the zucchini into small blocks. Peel the onion and the garlic. Trim and fine-slice the onion. Remove the root of the garlic. Squeeze the garlic into the hot oil and add the onion as well. Stir well and let the onions fry for 2 minutes. Add the zucchini and fry for 5 more minutes.

Remove the meat from the lobsters (tricky assignment, so get ready). Twist the lobsters head and put it aside. Put the lobster on its back and cut the shell open at its front. Use a fork to take out the meat. Put the flesh aside.

Twist the scissors of the head of the lobster. Cut off the tips of the scissors and slash (gently) the armor open. Use a fork to remove the meat from the scissors. Put it together with the rest of the meat into the fridge. We will use it at a later stage.

Put all the pieces of the armor of the lobsters in the pan together with the onions and the zucchini. Add a bit of pepper. Heat up the pan and let it stew for 5 minutes.

Add the white wine, let the wine vaporize and add the tomato paste and the powdered paprika. Add the fish broth as well. Heat up the stove and let the soup simmer for 1 hour.

Cut the lobster meat into small pieces. Take the soup of the stove and sift it. Put the clean soup back on the stove, add the lobster meat, the crayfish and the cooking cream. Stir well and taste the soup. Add some salt and pepper if needed. Warm up the soup until it's ready to serve.



Chop the spring onion into small rings. Scoop the soup into small bowls. Garnish with some spring onion and pine nuts.



Queen shrimps with fresh herbs



30 minutes

Easy

5 – 10 euro pp

Ingredients for 4 pers.:

- 4 Queen Shrimps
- Fresh parsley
- Fresh thyme
- Fresh sage
- Fresh oregano
- 2 cloves of garlic
- Olive oil
- Salt and pepper

How to prepare it:

Pre-heat your oven to 200 degrees.

Pour some olive oil into a bowl. Peel off the skin of the garlic, cut the garlic in half and remove the root. Squeeze the garlic into the oil and mix well. Put it aside for a moment.

Remove the twigs of the herbs and chop all the herbs.

Remove the heads of the shrimps. Cut the armor open at the front side of the shrimps and put the shrimp on its back in a (greased) oven dish.

Scoop a bit of the olive oil on top of the shrimps, divide well. Sprinkle some salt and pepper and the herbs on top (don't be thrifty). Finish off with another scoop of the garlic oil.

Put the shrimps into the preheated oven for 15 minutes. You'll see that the color of the shrimps changes when they are ready (from grey to pink).



Fennel Risotto



Ingredients for 4 pers.:

- 300 gr risotto rice
- 1 onion
- 1 lime
- 1 clove of garlic
- 2 fennel bulbs
- 150 ml white wine
- 900 ml chicken broth
- Olive oil

How to prepare it:

Start by cooking some water for the chicken bouillon and put a large cooking pan with a thick bottom on your stove. Chop the onion and add a dash of the olive oil into your pan. Peel the skin of the garlic, cut the garlic in half and remove the root. Weigh your rice to get the right amount.

Cut the fennel in half, remove the root and cut the fennel into thin slices.

Heat up your stove, once the oil is hot you can add the onion and squeeze the garlic into the pan. Fry the onion and the garlic for 2 min before adding the fennel. Fry for another 5 minutes before adding the rice.

After you've added the rice, stir everything well until the rice is glazy from the oil. Let it bake for another minute. Add the wine; your pan should be really hot, so the wine will start cooking immediately. Make sure that you keep stirring. Once the wine is evaporated you can start adding the bouillon. Add the bouillon in separated phases, approx.. 100-200 ml at a time. You need to stir very regularly so that the rice is not sticking to the bottom of the pan.

The rice needs to cook until all the bouillon is evaporated. In the meantime you can grate the skin of the lime and squeeze out the lime juice. You can add the juice with the last bit of the broth.

The risotto is ready once it's a creamy substance without any hard pieces. You can taste a bit to make sure that the rice is ready. But you can also judge the rice by its color, the rice is bright white at the moment you start but it gets a friendlier and softer color once it's ready. If you added all the bouillon but you're not sure if the rice is ready you can always add some extra water, but be careful you won't add too much, the rice needs to remain sticky.



Once you think the rice is ready, add some pepper and the lime grate. Stir well and you are ready to serve.



Fried eggplant with herb cheese



Ingredients for 4 pers.:

- 🌿 1 eggplant
- 🌿 250 gr ricotta cheese
- 🌿 Fresh parsley
- 🌿 Fresh thyme
- 🌿 Fresh basil
- 🌿 Fresh sage
- 🌿 ½ chili pepper
- 🌿 Salt and pepper
- 🌿 4 table spoons flour
- 🌿 2 eggs
- 🌿 4 table spoons double backed bread crumbs
- 🌿 1 lime

How to prepare it:

Cut the eggplants (a mandolin will make this very easy) in very thin slices.

Remove the twigs of the herbs and chop the herbs. Put the herbs together with the ricotta in a mixing bowl. Cut the chili pepper in half, remove the seeds. Chop the pepper and add it to the ricotta cheese. Grate the skin of the lime and squeeze out the juice. Add the juice to the ricotta as well. Finally add some salt and pepper and mix everything well.

Put the eggplant slices on top of your countertop and form pairs. Spread a bit of the cheese mixture on top of one of the eggplants and put the other one on top of it. Finish this for all the pairs.

Get three different plates ready.

Plate 1: add the flour and spread the flour onto the bottom of the plate

Plate 2: add the eggs and stir them well

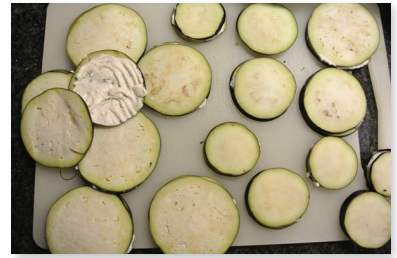
Plate 3: This one is for the twice baked bread crumbs: add some salt, pepper and the lime grate. Stir well.

Take one of the eggplant pairs, stir it through the flour, than through the eggs and finally through the twice baked bread crumbs. Repeat this for all the pairs.

Get your frying pan ready or use a wok, fill it up with olive oil. Heat up the oil (like really hot!)



Fry the pairs of eggplants for a couple of minutes (until the outside turns brown). You can serve the eggplant pairs immediately or get the rest of your menu ready and fry them for another minute just before serving.



Caramel Pudding



Ingredients for 4 pers.:

- 150 gr white sugar
- 160 ml whipped cream (non-whipped)
- 320 ml skinny milk
- 5 eggs
- 2 bags of vanilla sugar
- a bit of salt

How to prepare it:

The preparation time for the pudding isn't too long but just remember that the pudding needs to cool down in the fridge for a couple of hours. You can prepare the dessert a day ahead if needed.

Start by prepping some of the ingredients. Put the whipped cream and milk in a cup. Split the eggs but keep both the egg white and the yolk. Pre-heat your oven to 250 degrees.

Put half of the sugar into a small pan, add a bit of water. Put the pan on the stove, let the water vaporise and finally the sugar caramelise. As long as there is still water in the pan you can stir, once the water is vaporised you shouldn't stir anymore. Especially not when you see that the sugar is caramelising.

Once the sugar is dark enough you can add (be gently) the cream and milk. Take it piece by piece. In the beginning the mixture will almost boil over but once you start stirring it will calm down again. You will see that lumps are forming. Heat up the stove again and keep stirring. The lumps will vaporise again.

Make sure the caramel starts to boil gently.

Stir the yolk, add the vanilla sugar, the salt and the remaining of the regular sugar in a big bowl. Stir firmly. Take the caramel off the stove and gently (piece by piece) add some of the caramel to the yolk. Keep stirring whilst adding.

To prevent you from having any lumps in your pudding, take the caramel through a colander. Divide the caramel over 4 small bowls that you can put in the oven. Put the bowls in a big bowl and pour some water around the small bowls (into the big bowl), just below the surface.

Take a spoon to remove the foam that has formed on top of the caramel. If you leave it on it will most likely burn in the oven and that is just a waste of these delicious desserts. Bake the caramel in the oven for 45 minutes.



After this you need to put the caramels into the fridge for at least 3 hours.

As a garnish I have used the left over egg white to make spiced cookies with Biscuit spices (nutmeg, cinnamon, cardamom). But you can actually use everything, or nothing to dress up the dessert.

