

Tempting Flavours of Christmas

~ Ocean Edition 2017 ~



Appetizer

Tuna tartare

Starter

Salmon, prepared in three ways

Soup

Avocado – Cucumber soup with shrimps

Main Course

Salmon with a cranberry-orange topping
Risotto with lemon and truffle oil
Salad of raspberries, goat cheese and pear

Dessert

Grilled banana with caramel sauce



Tuna Tartare



10 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

- 150 gr fresh tuna
- 1 avocado
- salt and pepper
- 1 egg
- 1 teaspoon mustard
- 1 lime
- 50 – 100 ml sunflower oil

How to prepare it:

Chop the tuna into very thin and small pieces. Put them in a bowl and add some salt and pepper. Stir well. Chop the avocado as well and add the avocado to the tuna.

Put the egg, the lime juice, the mustard salt and pepper in a jar that you can use with your food processor.

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.

Put a bit of the tuna and avocado on a serving spoon. Finish off with a drop of the lime-mayonnaise.



Empanadas with salmon



20 minutes

Easy

0 – 5 euro pp

Ingredients for 8 empanadas.:

- 4 slices of puff pastry
- 100 gr smoked salmon
- ½ red onion
- 1 lemon
- ¼ red chili pepper
- fresh parsley
- yolk of 1 egg
- pepper

How to prepare it:

Pre-heat your oven at 180 degrees.

De-freeze the puff pastry, put the slices on you (cleaned) counter top with the dry side on the bottom. Remove the foil from the other side.

Cut the salmon into thin pieces. Chop the parsley, the red chili pepper and the red onion into very small pieces as well. Grate the skin of the lemon. Put a baking pan on the stove. Add a bit of oil. Once the oil is hot put the onions in the pan. Let them fry for 2 minutes, add the salmon, the lemon zest and the parsley. Bake all for about 5 min. Add a bit of pepper if you prefer. Stir well and take the pan of the stove.

Knead the puff pastry to one and clean your counter top and dry it so you can roll out the dough. Cover your counter top with some flour and roll out the dough till it is thin enough to form empanadillas. Use a mug or a small bowl to create rounds for the empanadillas. Cut them out neatly.

Put two teaspoons of the salmon mixture on the pastry. Make sure you put the filling on the below half. We'll fold the pastry by taking getting both edges on each other.

Close the pastry and use a fork to push the edges inside each other. This will also give the pastry a nice creative look.

Split the yolk from the egg white and use the yolk to grease the top of the empanadillas.

Bake the empanadillas in the oven for 12 minutes.



Salmon with avocado spread



20 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

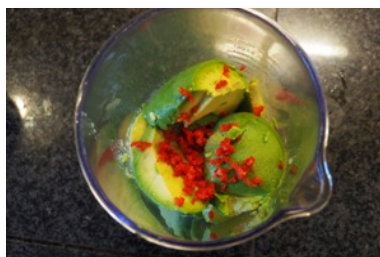
- 🌿 4 slices of smoked salmon
- 🌿 1 avocado
- 🌿 ½ red chili pepper
- 🌿 1 lemon
- 🌿 salt and pepper

How to prepare it:

Cut the avocado in half. Take out the seed and use a spoon to take out the avocado meat. Usually I blend everything in my blender but you can also use a fork to mash the avocado. Squeeze the lemon and add the juice to the avocado. Chop the red pepper and add it as well. Mash everything well with your blender or by hand.

Put the pieces of salmon on a piece of tin foil or kitchen plastics. Place them in a way so that the sides lay on top of each other. Use a spoon to put the avocado spread in a straight line on top of the salmon. Place the line at approx.. $\frac{3}{4}$ of the salmon. Roll the salmon, start with the side closest to the avocado. Put the salmon roll into the fridge to have it cool down for about 2 hours. Save the avocado spread so that you can use it as a garnish.

Take the salmon and avocado spread out of the fridge. Use a small spoon of avocado to swipe over the plate. Cut the salmon roll into small bonbons and place these over the avocado spread.



Salad with Shrimp and Salmon



15 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

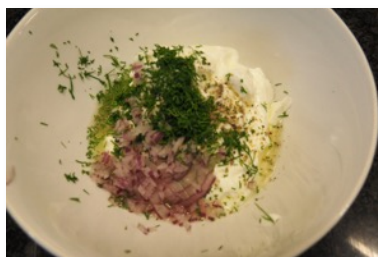
- 🌿 100 gr smoked salmon
- 🌿 100 gr pink shrimps
- 🌿 fresh young lettuce
- 🌿 greek yogurt
- 🌿 fresh dill
- 🌿 ½ lemon
- 🌿 salt and pepper
- 🌿 ½ red onion

How to prepare it:

Get yourself a mixing bowl, add 2 tablespoons of Greek yogurt. Squeeze out the lemon. Peel the onion and trim and fine slice it. Add the lemon juice and the onion to the yogurt. Chop the dill and add the dill as well. Add a bit of salt and pepper, according to your own preferences. Stir well.

Add the shrimps and stir again.
Cut the salmon into small pieces.

Get your service glasses out. Start with a small layer of lettuce. Add one spoon of the shrimp mixture. Put a couple of salmon pieces on top and finish off with a bit of dill.



Avocado – Cucumber soup with shrimps



30 minutes

Easy

0 – 5 euro pp

Ingredients for 4 pers.:

- ✿ 2 cucumbers
- ✿ 2 avocados
- ✿ 1 green bell pepper
- ✿ ½ green chili pepper
- ✿ 3 spring onions
- ✿ juice of 1 lemon
- ✿ olive oil
- ✿ 150 gr small shrimps
- ✿ A handful of pine nuts
- ✿ salt and pepper

How to prepare it:

This avocado – cucumber soup is meant as a cold soup, perfect as a starter for a summery dinner or as part of a tapas table. To make sure it's cold enough, it's smart to make the soup early in the day so that it's got time to cool down enough. The easiest way to make the soup is by using a food processor or blender to mash up the vegetables. Wash all the vegetables. Cut the cucumber in pieces and put them in the blender. Cut the green bell pepper, take out the seeds and add it to the cucumber. Cut the green chili pepper in half, take out the seeds and chop it smaller before adding to the cucumber. Cut the avocados in half, take out the pulp and add it to the cucumber. Squeeze the lemon and add the juice to the vegetables.

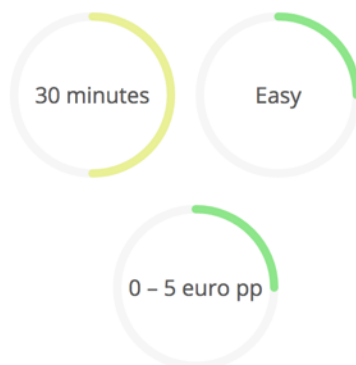
Chop two of the spring onions. Add the onions together with some salt and pepper to the vegetables. You need to mash the vegetables until a soft and creamy soup forms. This might take a long time. After a couple of minutes, you can add some olive oil. Keep blending the vegetables. You can add some extra olive oil if needed. Once the soup is soft enough and without clumps it's ready. In principle it shouldn't be needed to sift the soup, just let it blend a bit more until it's soft enough. Taste the soup before putting it in the fridge, add some extra salt and pepper if required.

Before serving the soup; chop the remaining spring onion into small rings. Fry the pine nuts shortly.

Put the soup into small serving glasses, garnish it with some shrimps, pine nuts and spring onions.



Salmon with a cranberry-orange topping



Ingredients for 4 pers.:

- 250 gr cranberries
- 600 gr salmon fillet
- 1 orange
- bread-crumbs (2 slices of bread)
- fresh parsley
- salt and pepper

How to prepare it:

Pre-heat your oven to 200 degrees.

Put the cranberries into a small pan with a bit of water and put them on the stove. Let them boil for about 5 min and take them off the stove. In the meantime, you can grate the skin of the orange and squeeze out the juice. Chop the parsley and roast the bread.

Sprinkle some salt and pepper on both sides of the salmon and put the salmon in a greased oven dish.

Put the cranberries in a mixing bowl, add the orange zest, the orange juice, the parsley and the bread crumbs. Keep a bit of the zest and the parsley aside. Mash everything and taste well, add a bit of sugar if you feel the mixture is too bitter. Add a bit of salt and pepper as well. Mash again till it is a soft and smooth mixture.

Put the cranberry mash on top of the salmon, spread it out evenly. Put the salmon in the oven for 20 minutes.

Take it out of the oven and cut 4 equal slices of salmon. Put them on a plate and garnish with some orange zest and parsley.



Risotto with lemon and truffle oil



Ingredients for 4 pers.:

- 300 gr risotto rice
- 1 onion
- 1 lemon
- 150 ml white wine
- 900 ml chicken bouillon
- 1 small dash of white truffle 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 bit of the olive oil in your pan. Weigh your rice to get the right amount. Heat up your stove, once the oil is hot you can add the onion. Fry the onion for 2 minutes before adding the rice. After you've added the rice, stir everything well until the rice is glazy from the oil. Let them bake for another minute. Add the wine, your pan should be really hot, so the wine is cooking immediately. Make sure you keep stirring. Once the wine is evaporated you can start adding the bouillon. Add the bouillon in separated fases, approx.. 100-200 ml at a time. You need to stir very regularly so the rice is not sticking to the bottom of the pan.

In the meantime you can already grate some of the lemon skin. We will add this later to the rice. Squeeze the juice from ½ of the lemon.

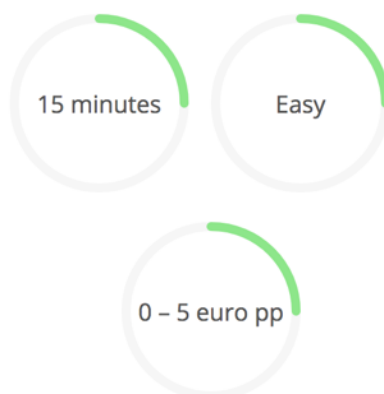
The rice needs to cook until all the bouillon is evaporated. At the moment that you add the last bit of the bouillon you can also add the lemon juice and the lemon skin. Stir everything again.

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 you won't add too much, the rice needs to remain sticky.

If you think the rice is ready you can add a small dash of truffle oil. Stir everything once more and it's ready to go!



Salad with raspberries, goat cheese and pear



Ingredients for 4 pers.:

- 🌿 200 gr mixed salad
- 🌿 50 gr raspberries
- 🌿 1 pear
- 🌿 50 gr soft goat cheese
- 🌿 balsamic
- 🌿 olive oil

How to prepare it:

Put the salad in a big serving bowl. Skin the pear, cut it in long slices and put them on top of the salad. Cut the raspberries in quarters, add them to the salad.

Cut the goat cheese in thin slices, put them on top of the salad.

Sprinkle some balsamic syrup and olive oil over the salad. Add salt and pepper by taste.



Grilled banana with caramel sauce



20 minutes

Average

0 – 5 euro pp

Ingredients for 2 pers.:

- 2 bananas
- 200 gr sugar
- 125 ml whip cream
- vanilla ice-cream
- fresh mint

How to prepare it:

Use a bit of butter to grease the oven dish. Cut the bananas in half and cut both sides in half again, but now over the length.

Put the bananas in the oven dish and sprinkle a bit of honey on top. Put the dish in the grill for 15 minutes.

Put a small sauce pan on the stove. Add the sugar. Now you have got to be very patient. Honestly, not my best side but for this recipe it is extremely important. Melt the sugar without stirring, you will see that the sugar will slowly melt and will color during the process. Do not touch the pan until all the sugar has melted. Take the pan of the stove. Now you can put another small pan on the stove to heat up the whip cream. This will only cost a couple of minutes. Once the cream is hot, put the stove with the caramel back on the stove and gently start to pour the whip cream with the caramel. The caramel will react heavily on this, but you can start to stir immediately. Keep stirring whilst adding the cream. You should be able to get out all the lumps but if not, not to worry just use a sieve to filter them out.

Take the bananas out of the oven once they are soft and warm. Put them on a plate. Add a bit of ice cream. Pour the hot caramel on top and finish with a leave of mint. Serve it quickly as the ice will melt rapidly.

