



WORLD RECIPES

TASTY ADVENTURES

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YOU DON'T NEED A SILVER FORK TO EAT GOOD FOOD.
paul prudhomme

Pancakes

INGREDIENTS

- 1 1/2 CUPS ALL-PURPOSE FLOUR**
- 3 1/2 TEASPOONS BAKING POWDER**
- 1 TEASPOON SALT**
- 1 TABLESPOON WHITE SUGAR**
- 1 1/4 CUPS MILK**
- 1 EGG**
- 3 TABLESPOONS BUTTER, MELTED**

ADD ALL INGREDIENTS TO LIST

DIRECTIONS

PROCEDURE

IN A LARGE BOWL, SIFT TOGETHER THE FLOUR, BAKING POWDER, SALT AND SUGAR. MAKE A WELL IN THE CENTER AND POUR IN THE MILK, EGG AND MELTED BUTTER; MIX UNTIL SMOOTH.

HEAT A LIGHTLY OILED GRIDDLE OR FRYING PAN OVER MEDIUM HIGH HEAT. POUR OR SCOOP THE BATTER ONTO THE GRIDDLE, USING APPROXIMATELY 1/4 CUP FOR EACH PANCAKE. BROWN ON BOTH SIDES AND SERVE HOT.

Kourambiedes

INGREDIENTS

- 250g cow milk butter, at room temperature (9 ounces)
- 100g icing sugar (3.5 ounces)
- 100g almonds, whole or roughly chopped, with the peel (3.5 ounces)
- 1 tsp vanilla extract
- 2 tbsps ouzo (Greek drink)
- 1 tbsp rose water
- 450-500g all-purpose flour, sifted (16-18 ounces)
- 6g baking powder (1 1/2 tsp)
- 1kg icing sugar for powdering (35 ounces)

PROCEDURE

Preheat the oven at 200C. Place the almonds whole or roughly chopped (depending on whether you prefer the cookies to have whole or chopped almonds inside) on a baking tray and sprinkle with some water. Bake them for 7-8 minutes, being careful not to burn them.

Use an electric mixer, to mix the butter and the icing sugar (100g/3.5 ounces), for about 20 minutes, until the butter is creamy and fluffy, like whipped cream. (It is very important that the butter is at room temperature.) Add the vanilla extract, the rose water and the ouzo and blend; add the baked almonds and blend again.

In another bowl, blend the sifted flour and the baking powder. (It is very important to sift the flour, so that the cookies will become light and smooth.) Gradually add the flour into the butter mixture (from step 2) and work the mixture with your hands, until the ingredients are combined and the dough is soft and easy to work. You will need 450-500g of flour, depending on the flour.

Preheat the oven to 200C; layer the bottom of 2 baking trays with parchment paper and form the kourampiedes. Roll 1-2 tbsps of the dough into a ball, place on the baking tray and push with your finger in the middle, to form a little dimple.

Continue with the rest of the dough.

Place the baking trays with the kourampiedes in second and fourth grill of the oven and turn the heat down to 180C. Bake for approx. 20 minutes, until they have a very faint golden tint and are cooked through. Be careful not to overcook them.

Leave them aside to cool down for a while. If you try to lift them, while still warm, they will break.

In a large bowl, add 500g/18 ounces of icing sugar and dip the kourampiedes (in batches) in the sugar,

Spanish omelette

INGREDIENTS

- 500g new potato
- 1 onion
- , preferably white
- 150ml extra-virgin olive oil
- 3 tbsp chopped flatleaf parsley
- 6 eggs

PROCEDURE

Scrape the potatoes or leave the skins on, if you prefer. Cut them into thick slices. Chop the onion. Heat the oil in a large frying pan, add the potatoes and onion and stew gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes and onions through a colander into a large bowl (set the strained oil aside).

Beat the eggs separately, then stir into the potatoes with the parsley and plenty of salt and pepper. Heat a little of the strained oil in a smaller pan. Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.

When almost set, invert on a plate and slide back into the pan and cook a few more minutes. Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on to a plate and cool for 10 minutes before serving.

Ratatouille

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INGREDIENTS

- 2 red onions
- 4 cloves of garlic
- 2 aubergines
- 3 courgettes
- 3 red or yellow peppers
- 6 ripe tomatoes
- ½ a bunch of fresh basil
- olive oil
- a few sprigs of fresh thyme
- 1 x 400 g tin of quality plum tomatoes
- 1 tablespoon balsamic vinegar
- ½ a lemon

PROCEDURE

Prep your ingredients before you start – peel and cut the onions into wedges, then peel and finely slice the garlic. Trim the aubergines and courgettes, deseed the peppers and chop into 2.5cm chunks. Roughly chop the tomatoes. Pick the basil leaves and set aside, then finely slice the stalks.

Heat 2 tablespoons of oil in a large casserole pan or saucepan over a medium heat, add the chopped aubergines, courgettes and peppers (you may need to do this in batches) and fry for around 5 minutes, or until golden and softened, but not cooked through. Spoon the cooked veg into a large bowl. To the pan, add the onion, garlic, basil stalks and thyme leaves with another drizzle of oil, if needed. Fry for 10 to 15 minutes, or until softened and golden.

Return the cooked veg to the pan and stir in the fresh and tinned tomatoes, the balsamic and a good pinch of sea salt and black pepper.

- 4 Mix well, breaking up the tomatoes with the back of a spoon. Cover the pan and simmer over a low heat for 30 to 35 minutes, or until reduced, sticky and



Almond Tea Bread

PROCEDURE

Ingredients

1 can (8 ounces) almond paste

1/4 cup butter, softened

1 cup sugar

3 large eggs, room temperature

1-1/2 cups fresh pitted cherries or blueberries

3 cups all-purpose flour, divided

4 teaspoons baking powder

1/2 teaspoon salt

3/4 CUP WHOLE MILK

In a large bowl, combine almond paste and butter; beat until well blended. Gradually add sugar, beating until light and fluffy. Add eggs, one at a time, beating well after each addition. In a small bowl, gently toss cherries and 1 tablespoon flour. Set aside.

Combine the baking powder, salt, remaining flour; add to the creamed mixture alternately with milk, beating well after each addition.

Spoon a sixth of the batter into each of two greased and floured 8x4-in. loaf pans; sprinkle layers with half of the fruit. Cover with another layer of batter and sprinkle with remaining fruit. Top with remaining batter; smooth with spatula.

Bake at 350° until a toothpick inserted in the center comes out clean, about 1-1/4 hours. Cool for 10 minutes before removing from pans to wire racks to cool.

Nutrition Facts

1 SLICE: 130 CALORIES, 4G FAT (1G SATURATED FAT), 25MG CHOLESTEROL, 111MG SODIUM, 21G CARBOHYDRATE (10G SUGARS, 1G FIBER), 3G PROTEIN.