

David Daniel Vázquez  
Hernández



- Materia/ingles
- Carrera/enfermería
- Semestre/ 2

Todo texto se trabajará con Gill San Mt 12, interlineado 1.5

## **TYPICAL DISHES:**

1. Roast beef and pudding Yorkshire / Fish and chips– England
2. Pasta and pizza – Italy
3. Pad Thai/ Kuay Teow Lui Suan (Fresh Thai Style Rolls)– Thailand
4. Paella/ Madrid Stew – Espain
5. Peking duck/ Pork and shrimp Dumplings – China
6. Sushi/Ramen – Japan
7. Biryani/ Chicken Samosas – India
8. Musaca/ TZATZIKI – Greece
9. Haggis/scotch broth – Scotland
10. Dim sum – Hong Kong.

– England....



### **1. ROAST BEEF Y PUDDING YORKSHIRE :**

#### **Ingredients:**

- 6 servings
- 1 piece top round round loin 500 gr
- 1/4 cup Dijon mustard or classic
- 1 cuc coarse salt
- 1 cuc black pepper powder

#### **For the Yorkshire pudding:**

- 150 gr flour
- 1 egg
- 1 cup milk
- to taste Salt
- amount needed Oil
- 1/4 cup red wine.



#### **STEPS:**

1.\_Season the meat, add oil in a frying pan and seal the piece on all sides, mix mustard, pepper and the rest of the salt spread the piece with the mixture, take it to a baking tray, preheat the oven to 350 • f and bake the meat. bathing it with its juice eventually until it is golden remove it you put it on a tray and reserve, the juice of the meat you use to prepare the sauce.

2.\_ Add red wine in the tray, with the help of a spatula take off all the content (deglaze) take it to the mixer add a splash of oil in the form of a thread to emulate then take it to a pot and cook over low heat 3 minutes Cut into very thin slices thin the meat and reserve.

3.\_ For the YORKSHIRE PUDDING mix the ingredients in a bowl, In a muffin pan add oil in each one about a tablespoon take it to the oven to heat for 15 minutes after the time remove it.

4.\_ And add the mixture in each of the molds, take it to the oven at 350 • f until golden brown, remove them and place them on a rack to cool.

5.\_ You must place the flipped, serve with the meat and inside place the sauce and green bean (pods) and to taste!

## **FISH AND CHIPS:**

### **INGREDIENTS:**

- Wheat flour, 225 g and a little more to flour the fish
- Very cold beer, 285 ml
- Royal yeast, 3 teaspoons
- White fish fillets (hake or cod), 500 g
- Potatoes for frying, 1 medium per person
- Frying oil
- Salt

### **PREPARATION OF FISH AND CHIPS:**

1.\_ In a bowl we put the beer very cold. Besides we mix the flour with the Royal yeast and we sift the mixture over the beer while we beat with some manual rods. The objective is to get a porridge with consistency .

2.\_ We dry the fish pieces well with absorbent paper -this step is important especially if we use fish that we have just defrosted-, we salt them to taste and we pass them through wheat flour shaking the excess, with this we will ensure that the batter does not drain.

3.\_ We heat abundant oil in a deep frying pan over medium high heat and we will not start frying our pieces of fish until the oil is hot but without smoking. We will know that it is at the correct temperature if we drop a teaspoon of the batter and immediately bubbles form around it.

4.\_ When the oil is ready, we pass the floured fish pieces through the batter and carefully place them in the oil to avoid splashing. We fry them for about 3 - 4 minutes on each side, depending on the thickness of the fillets, until they are golden brown.

5.\_ As they are, we are removing them from the oil and let them drain on a rack or strainer, since if we put them on paper they will be less crisp.

We serve accompanied by fried potatoes, cooked peas and hollandaise sauce that we can flavor with some spices.



## ITALY....



**1. SPAGHETTI AGLIO, OLIO E PEPERONCINO: BASED ON OLIVE OIL, GARLIC AND CHILLI, THIS RECIPE COMES FROM THE ABRUZZO REGION, CENTRAL-SOUTHERN REGION OF ITALY.**

### **INGREDIENTS FOR 4 PEOPLE:**

- 350 g of Spaghetti (n°5) Barilla
- 70 ml of extra virgin olive oil
- 1 clove garlic
- 1 red chilli
- 1 tablespoon of fresh parsley
- Salt

### **PREPARATION:**

Cut the peeled garlic and the chilli. Put over medium heat in a wide, low-frying pan. Lightly brown the parsley, garlic and chilli in oil. It is important to add a few tablespoons of cooking water to the pasta so that it does not brown too much. Meanwhile, we cook the pasta in 1 liter of boiling salted water (7 gr of salt). When the pasta is "al dente", remove it, drain it well and sauté it in the pan with the other ingredients. Serve right away.



## **PIZZA:**

## **INGREDIENTS**

- 680 g strength flour
- 485 and water
- 9 g fresh yeast
- 15 g salt
- 30 g sugar
- 25 g extra virgin olive oil
- Flour to sprinkle the table
- Oil to spread the bags



## **DEVELOPMENT STEP BY STEP**

2. Put the crumbled yeast in a large bowl.
3. Add the water of about 25°C.
4. Add the sugar. Stir until sugar and yeast are diluted.
5. Add the oil and stir.
6. Sift the flour.
7. Add the salt. Stir until you can no longer see the flour particles.
8. Close the container and leave the dough to rest for 20 minutes.
9. After time, dip your hands in water and fold the dough into an envelope. The hands get wet so that the dough does not stick when handling it.
10. Close the container and leave the dough to rest for another 20 minutes.
11. After a while, fold the dough into an envelope again. We fold the dough into an envelope to develop gluten.
12. Put the more to rest for another 20 minutes.
13. Fold the dough into an envelope again.
14. Take 3 or 4 plastic bags and spread them inside with a splash of extra virgin olive oil.
15. Weigh the dough and divide it into 3 or 4 pieces, to make 3 large or 4 medium pizzas.
16. Distribute the pieces of dough in the bags, close and keep in the fridge for at least 24 hours, maximum 96 hours, from 1 to 4 days.
17. Rest the dough in the fridge at least 24 is not an eccentricity but during this time the pizza dough accumulates the flavor and aroma. For example, I particularly like the dough that has 2 days of rest and more.
18. The next day remove the bags with the dough from the fridge.
19. Set aside one to make the pizza and defrost the other pieces of dough.
20. The dough that you will not use is necessary to deflate it every day, so that the gluten is destroyed. The day you are going to use it you should not deflate it.
21. The pizza dough is ready to be used.
22. Now I invite you to see how I make the pizza from the beginning and until it comes out of the oven.

23. To start I sprinkle the table with flour.
24. I open the bag and tip the dough onto the sprinkled table. I give the dough a ball shape and leave it to rest.
25. Next I put to heat the oven. To get the maximum heat out of the oven, I put it to the maximum. I put the function only below but if you don't have this function, put above and below.
26. At the bottom of the oven I put the stone to bake breads and pizzas, so that it accumulates the heat inside and then transmits it to the pizza.
27. If you don't have a stone like this, I recommend that you buy it, especially if you like to eat good pizzas and homemade breads. In kitchen shops there is a great variety of them. You can also substitute it with 1-centimeter-centimeter terracotta tiles. You can find them for little money in the stores of the construction material.
28. I heat the stone from 50 minutes to 1 hour.
29. Now I get the sauce.
30. I take a pot of crushed tomato.
31. I open it and put it in a strainer, so that it releases the tomato water. And I leave it like that for 15 minutes.
32. The sauce for pizza must be very thick, so that the dough does not get wet.
33. I put it on a plate and season it with salt, sugar and extra virgin olive oil. To taste. The pizza sauce is ready.
34. That's right, I don't cook it. And believe me, it is delicious and is ideal FOR PIZZA. Easy, fast and tremendously rich.
35. I'm going to make the famous whimsical pizza. This pizza has tomato sauce, cooked or cured ham, black olives, artichoke mushrooms and mozzarella cheese.
36. Mushrooms can be put raw but I like to spend a couple of minutes in the pan. Facts like that taste richer to me.
37. I don't like whole olives on pizza, but rather sliced olives.
38. The artichokes that I am going to put are candied ones that I made the other day. The ones in the can also work.
39. With 10 minutes left to finish heating the oven, roll the dough in a circle of 32 - 34 centimeters. I do it with calm and affection. You can stretch the dough with the help of a roller but I like it much more stretched by hand. That gives the pizza a lot of authenticity, it is richer.
40. I put the dough on the baking paper.
41. I spread it with tomato sauce.
42. I put ham on top. I prefer cured.
43. I put mushrooms.
44. Olives
45. And finally the cheese.
46. Sprinkle with a pinch of basil, oregano and salt.



47. I put the pizza in the oven and then I put the grill on the fan. If you don't have this option, just grill.
48. I bake the pizza until its edges are toasted.
49. Because my oven hits harder on one side than the other, I turn it halfway through cooking at 180°C
50. My pizza took 7 to 8 minutes to bake. Yours may take more or less, depending on the power of your oven.
51. I take it out of the oven and immediately serve it.
52. The next day I made my favorite pizza: pizza with mozzarella di bufala.
53. Buffalo mozzarella has more flavor than normal. Which is pretty silly.
54. As I turned the oven on to heat, I cut the mozzarella into slices. And I put them on a napkin to release the other milk they have.
55. Besides mozzarella di bufala, I like to add small pieces of spicy gorgonzola to this pizza, to give the pizza more flavor.
  
56. 10 minutes before the oven finished heating, I rolled out the dough.
  
57. I put the tomato sauce on top.
58. I put it in the oven for 4 minutes.
  
59. I did not put the cheese so that it would not fall apart becoming a dough. It is much richer when the pieces of mozzarella have melted and the milk has been released but they have not melted.
60. After 4 minutes of baking I put the cheeses and baked the pizza until its edges were toasted.

## THAILAND.....



### INGREDIENTS TO MAKE PAD THAI

- 210 grams of rice noodles
- 5 prawns
- Garlic
- 2 chives
- 1 package of assorted mushrooms
- 1 tablespoon of palm sugar
- 1 tablespoon of fish sauce
- 2 tablespoons of tamarind paste
- Peanuts
- 1 package of tofu
- Soy sauce
- Lime



### HOW TO PREPARE HOME PAD THAI

1.- In a saucepan, put the tamarind paste, the fish sauce, the palm sugar (if we do not have brown sugar) and a little soy sauce to simmer. We let reduce the sauce that will be with which we season our pad thai.

2.- In a wok we sauté the vegetables, we start with the garlic and chives. We can put the vegetables that we feel like.

3.- We add the mushrooms below. We do not put salt because the sauce already has it.

4.- Add the prawns and tofu. We continue cooking the vegetables.

5.- Cook the rice noodles as indicated by the manufacturer. We can use noodles, rice noodles ... whatever we want.

6.- Add the pasta to the wok along with the sauce and the peanuts, sauté everything and serve with a little lime and coriander if you like.

# Kuay Teow Lui Suan (Fresh Thai Style Rolls)

## **INGREDIENTS**

4 servings

- 300 g. chopped chicken
- 100 g. hydrated soy noodles
- 1 beaten egg
- 150 g. cabbage cut into strips
- 150 g. bean sprouts
- 50 g. grated carrot
- 15 g. chopped chives
- 6 sprigs coriander, chopped
- 2 cloves minced garlic
- 1 tbsp soy sauce
- 1 tsp sugar
- 1 cdts salt
- 1/4 cdts white pepper
- vegetable oil.



## **STEPS**

1. Crush the garlic, coriander and pepper in a mortar and reserve for later.
2. Heat a dash of vegetable oil in a frying pan and fry the mortar mixture until it begins to smell.
3. Add the chicken, fry it and move well to separate it into small pieces.
4. Incorporate the cabbage, the bean sprouts, the carrot, the bean noodles, the soy sauce, the salt and the sugar.
5. Saute it just a minute, turn off the heat and add the chives, give it a few more turns and let it cool.
6. To prepare the rolls, spread a sheet of rice paper, put about two tablespoons of the stir fry and roll halfway, close the two sides to the center and continue rolling, to close the roll, spread the tip with a little egg and finish rolling up.
7. Heat a good amount of vegetable oil in a frying pan and start frying the rolls. The oil has to be over medium heat so that we don't get burned on the outside.
8. Fry them until they are well browned and take them out on absorbent paper. They are ready to serve

## SPAIN....

### PAELLA:



**Makes: 4 servings Time: 1 hour**

### INGREDIENTS:

- 3 tbsp. Of olive oil
- 100 g boneless skinless chicken breast, medium pieces
- 2 garlic cloves, minced
- 100 g of chorizo without the skin in medium slices
- 1 chopped onion
- 1 green bell pepper, seeded and minced
- 100 g of pork rib in medium pieces
- 1 red bell pepper, seeded and minced
- 12 cherry tomatoes, halved
- 5 cups chicken broth
- ½ tbsp. saffron strand soaked in hot water
- 375 g of rice for paella
- Salt and pepper to taste
- 12 large shrimp
- ½ tbsp. paprika
- 1 tbsp. chopped parsley
- 12 clams

### **STEP 1**

In a frying pan (preferably special for making paella) heat the oil. Add chicken, chorizo, and pork; cook until golden brown.

### **STEP 2**

Add onion, garlic and peppers and sauté for a few minutes. Add the cherry tomatoes.

### **STEP 3**

Pour in the chicken stock and bring to a boil.

### **STEP 4**

Includes soaked saffron and stir.

### **STEP 5**

Add the rice and move for 1 minute so that everything is integrated. Lower the heat and let cook for 10 minutes without covering: do not move, just shake the pan twice. Season and cook for another 10 minutes.

### STEP 6

When the rice is almost cooked add the shrimp and clams and cook for 2 more minutes.

### STEP 7

Add the paprika and chopped parsley, mix and cook until the broth has been absorbed.

### STEP 8

Remove the paella from the heat and cover with aluminum foil. Let stand 5 minutes before serving.



## MADRID STEW

### INGREDIENTS

- For 6 people
- Chickpeas 300 g
- Black pudding 400 g
- Bacon 200 g
- Veal Knee Bone 2
- Salted pork backbone 3
- Cane bone with marrow 3
- Fresh chorizo 3
- Hair or thick noodles 150 g
- Hen 150 g
- Potatoes 3
- Carrot 2

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## **HOW TO MAKE THE TRADITIONAL MADRID STEW RECIPE**

Difficulty: medium

Total time 20 m

Cooking 20 m

The night before we will put some good Castilian chickpeas to soak on the eve of the stew. Tip: We will also put a handful of coarse salt so that the next day they do not run aground in the cooking. We will start by cooking, starting from cold water, the meats, the ham tip and the indicated bones. Key: During all the cooking, from start to finish, we will remove the foam that is formed with a slotted spoon. Also we will be incorporating water as it evaporates so that our cooked does not stay dry.

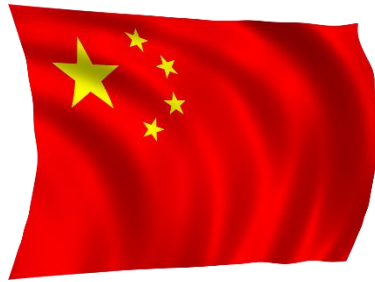
We will have the fire of the stew continuously at half power. When the water begins to boil, add the chickpeas, previously drained and washed. From the time the water returns to a boil, it will take two to three hours for it to be tender, simmering or about 20 minutes if done in a fast pot. Recommendation: put the chickpeas in a mesh to be able to remove them easily at the end of cooking and thus be able to serve the cooked in the three traditional dumps.

In a separate pot, we put the cabbage to cook, and in another saucepan, we cook sausages and blood sausages, so that our broth does not fill with fat. When the stew is practically done, add the peeled potatoes and carrots to the stew of the Madrid stew.

At the end of the process, we remove the meats and serve them in a source to which we incorporate sausages and black pudding. We braise the cabbage and we put it in a source with the chickpeas, the potatoes and the carrots. To make the soup, strain the broth and add the noodles when the broth starts to boil, taking two or three minutes for the fine noodle-like noodles.

## CHINA.....

### Peking duck



#### **Ingredients:**

- 1 duck (2.5 kg approx.)
- For the marinade:
  - 2 tablespoons of sugar
  - 1 tablespoon of Salt
  - ½ teaspoon Five spices powder
  - ½ teaspoon of ginger powder
- Spices:
  - 30 grams peeled ripe ginger
  - 3 pieces of anise
  - 1 bay leaf
- Glazed:
  - 10 grams of maltose
  - 1 tablespoon of Chinese Red Vinegar
  - 2 tablespoons of rice vinegar
  - 2 teaspoons of Chinese red rice wine
- taste
- For the sauce:
  - 30 grams of sugar
  - 1 teaspoon of oyster sauce
  - 2 tablespoons soybean paste
  - 3 tablespoons of hoisin sauce
  - 1 tablespoon of oil
- For the accompanying mandarin-style crêpe dough:
  - 250 grams of flour
  - 125 milliliters of boiling water (anticipate something else)
  - 1½ tablespoons of sesame seed oil
- For the vegetable garnish:
  - 2 fresh red chilli peppers (optional) cut into 3 mm thick rings, without seeds
  - 22 Chives strips 5 cm long (white part only)
  - other vegetables in strips to

#### **STEPS TO FOLLOW TO MAKE THIS RECIPE:**

1.-To prepare the Pekingese-style duck, remove all the viscera and clean it well inside and out. Then let it drain and dry it with a cloth.

2.-Next, carefully mix the marinade ingredients and spread the inside of the duck with it, taking care not to stain the skin. And let it marinate for about 20 minutes.

3.-Then fill the duck with the spices and close it with a toothpick.

4.-Next, immerse it 5 seconds in boiling water, remove it and instantly submerge it in ice water for another 5 seconds to interrupt the cooking process. Remove it again and dry it with a cloth.

5. Next, mix the glaze ingredients and smear the duck's skin so that, once cooked, it acquires that clayey hue and juicy aspect so characteristic of the Peking duck.

6. At this point, hang the lacquered duck and let it dry for 6 hours in a cool place.

7. On the other hand, mix all the ingredients of the sauce (except the teaspoon of oil). Heat the oil in a frying pan, pour the mixture and, while stirring, bring it to a boil. Remove it from the heat and let it cool.

8. Then, heat the oven to 150 ° C. Cook the Peking duck with the chest up on the grill (with a container underneath to collect the juice and fat that comes off), turn it over and leave it cook for 15 minutes.

9. Then remove the Pekingese-style duck from the oven, heat a little oil and pour it over the duck. With a very sharp knife, carefully separate the skin from the breasts, the sides and the back. Cut the skin into pieces (about 4x6 cm), while removing the layer of fat from the skin

10. To make the chive sprigs, cut the white part of the chives into strips of 5 cm and then make four cuts in each part. Put the chive strips in ice-cold water and store in the refrigerator until the ends curl. Before serving, drain well. Also put chilli ring at each end.

11. To make the pancakes or pancakes for the Peking duck, sift the flour into a bowl and make a hole in the center to pour the boiling water. Knead the flour and water to form an elastic dough.

12. Next, roll out the dough on a table sprinkled with a little flour, until it is smooth and 5 mm thick.

13. With the help of a 7 cm diameter circular mold, cut the mass of the Peking duck pancakes as many times as possible. Assemble the remains of it again and repeat the operation. Brush half of the circles with a little sesame oil and cover with the other half. Roll out the dough portions with the help of a rolling pin to form circles of 12 cm in diameter. When rolling out the dough turn it over once.

14. To prevent the crêpes from drying, cover them with a kitchen cloth. Heat a heavy-bottomed skillet over high heat for about 30 seconds. Reduce heat and cook pancakes one at a time without oil. If bubbles form on the surface of the pancake, turn it over. Let cook each side for not less than 1 minute. Stack pancakes for Peking Duck on a plate and serve instantly.

Tip: Mandarin-style pancakes can also be frozen. To defrost them, steam them for 10 minutes directly after taking them out of the freezer.

15. The classic way to serve the Pekingese-style duck is to wrap it with very thin pancakes, accompanied by crispy skin, fresh chives, a pinch of red chilli and the prepared aromatic sauce. Bon Appetite!



## "PORK AND SHRIMP DUMPLINGS"

### INGREDIENTS

- For 4 people
- Flour 100 g
- 200 ml water
- Olive oil 30 ml
- Ground pork 300 g
- Shrimp 200 g
- White onion 1
- Garlic cloves 1
- Bee honey 15 ml
- Soy sauce 20 ml
- Ground black pepper
- Chives 4
- 



### HOW TO MAKE PORK AND SHRIMP DUMPLINGS

1. First, the dough for the dumplings sheets. It is worth mentioning that they also sell them made, so if you want to save a little time they are a good option. However, if you are looking for better flavors, better make them yourself. Is not difficult.
2. In a deep bowl, preferably metal, mix the flour with the warm water. Knead in such a way that the preparation looks uniform.
3. Add the olive oil to the dough. Keep working it and when nothing gets stuck in your hands, let it rest for about 10 minutes. Refrigerate.
4. Finely chop the shrimp, garlic, onion and chives. Then add to this the ground pork and mix everything. It is important that the chopped ingredients remain the same size; if not, your dumplings will be a little uneven or may even break.
5. Add soy sauce, ground pepper, and melted honey to the mixture. Keep kneading, until everything is perfectly incorporated. Let stand.
6. Remove the dough from the refrigerator and, on a floured surface, cut it into 20 equal parts.
7. With your hands and a rolling pin, give them a circular and flattened shape. Try to make the thickness of the dough 2 to 3 millimeters.
8. Stack the slices and refrigerate for an additional 5 minutes.
9. Once the time has passed, remove them and with the help of a spoon begin to fill them with the meat mixture. To close the pastry, wet the tips of your fingers and press with moderate force. If you want to look more pro, fold the edge of the dough. For the Chinese the number

of folds is very important and speaks of the skill of who is dumplings, but you are starting and you can experiment.

10. Once you have them all ready, bring water to a boil. Once it's bubbling, turn it off, wait a few minutes, and carefully tuck in your dumplings. Light the flame and let them boil again for at least 10 more minutes, with very low heat.
11. After the time, remove them, drain them and, if you want them to be crispy, transfer them to normal frying in a pan for a couple of minutes more on each side.

## JAPAN...

## "SUSHI"



### Ingredients

- Sushi rice, 1 large glass
- Water, 1 large glass (\*)
- Rice vinegar, 75 ml (\*\*)
- Sugar, 3 tablespoons (\*\*)
- Salt, 1 teaspoon (\*\*)
- Dehydrated nori seaweed, 2 sheets
- Carrot, 1
- Cucumber, ½
- Avocado, ½
- Salmon, 150 g (\*\*\*)
- Wasabi (\*\*\*\*)
- To vinegar the rice:
- To prepare the makis and nigiris:
- (\*) Always the same volume measurement of rice as of water - I
- used a 375 ml capacity glass - although if you live in an area with very hard water, it is better to use bottled mineral water.
- (\*\*) 80 ml of prepared sushi seasoning can be used.
- (\*\*\*) Preferably from the part of the loin or the belly, which we will have frozen for at least 48 hours.
- (\*\*\*\*) If we want to soften the spice a little, you can use wasabi mayonnaise, mixing 2 tablespoons of mayonnaise with 1 teaspoon of wasabi or something more depending on the intensity of the spiciness desired.

### HOW TO MAKE HOMEMADE SUSHI STEP BY STEP

1. The first thing we have to do is wash the rice thoroughly under a stream of cold water. For that we put it in a strainer and under the tap we rinse it well. I, to make sure, after rinsing it, leave it in the strainer for 5 minutes, rinse it again and leave it to drain for another 5 minutes. This is how I make sure that the rice is not cooked with more water than it needs
2. Now we are going to cook it, we put a saucepan that has a lid on the extinguished fire, we add our well-washed and drained rice and the same measure of water that we used to measure the rice before washing it. We cover the pot and light the fire to full (12/12), we wait for it to start to boil (for the amount that I usually make it takes

*about 3 minutes), if we use a glass lid we will know it easily because we will see it, if not we will have to guide ourselves by ear, but never open the pot.*

- 3. When it boils, reduce the heat to minimum (1/12) and count for 10 minutes. We remove from the fire and, if we are in a very dry place, we leave it 5 more minutes without uncovering the pot, if on the contrary we live in a very humid place, we can uncover and continue. I tell you this, because I have observed that when I lived in Madrid that rest was necessary, but now that I live in Galicia, if I let it rest, it will stop cooking.*
- 4. While the rice is cooking, we prepare the seasoning, for this we heat the vinegar for 20 seconds in the microwave and dissolve the sugar and salt well.*
- 5. When the rice is ready, we spread it on a wooden board, pour the seasoning on top and mix well, preferably with a wooden fork - we should not use anything metallic after adding the vinegar - and we have to cool it, for that we are passing the fork teeth between the rice as if it were a rake while we fan it so that it gets to room temperature in the shortest possible time. Sushi is not eaten cold!*
- 6. We prepare the vegetables by washing them well and cutting them into sticks, as well as the fish, which will ensure that there are no bones left and cut it into strips for the makis and fillets for the nigiris.*
- 7. To make the makis, we cover a bamboo mat (makisu) with a piece of plastic wrap. We place our sheet of nori seaweed on the film, we wet our hands so that the rice does not stick, we take a ball and leave it spreading on the seaweed. We are placing the vegetable sticks.*
- 8. roll up, When we have the roll ready, we will cut it without difficulty with a very sharp knife and with the sheet moistened in water.*
- 9. To make the nigiris, we wet our hands again -the best thing is to have a bowl of water on the side because we will need to wet them several times- and we will form "croquettes" of rice, we put a dot of wasabi or wasabi mayonnaise -or the two things- and on top a fish fillet that will stick thanks to the wasabi. And we can already enjoy our homemade sushi that we will serve with a bowl of Japanese soy sauce.*



## **RAMEN**

## **INGREDIENTS QUANTITY / measure**

- Eggs 2 pieces
- Ramen noodles 2 servings
- Sesame oil 1 c. tureen
- 2 cloves garlic, minced
- Grated ginger 2 c. dessert
- Low-salt soy sauce 3 c. tureens
- Mirin 2 c. tureens
- Low salt chicken broth 750 ml
- Salt to taste
- Chicken (breast) 1 pc
- Shiitake Mushrooms (dehydrated) 6 pcs.
- Chopped chives

15 min Preparation 50min Cooking 65min Total Time

## **PREPARATION**

1. Prepare the mise en place.
2. Prepare the eggs \*: Fill a saucepan with enough water to cover the eggs. Bring to a boil.
3. Lower the heat and with the help of a slotted spoon, dip the eggs. Cook slowly for 6 minutes.
4. Meanwhile, prepare a container with cold water and ice (or very cold water).
5. After 6 minutes, remove the eggs and immediately immerse them in the ice water to cut the cooking.
6. When the eggs are at a suitable temperature to handle them, peel carefully.
7. Prepare the noodles \*: Put water in a pot and bring to a boil.
8. Add the noodles and cook the time specified by the manufacturer (usually no more than 3 minutes).
9. Drain and go through cold water. Add a little sesame oil so that they do not stick (OPTIONAL).
10. Prepare the broth: Heat the oil in a large pot over low heat.
11. Add the garlic and ginger and cook until tender.
12. Add the soy sauce and mirin. Stir for 1 minute.
13. Add the stock. Cover the pot and bring to a boil.
14. Remove the lid and cook 5 minutes. Season with salt.
15. Add the chicken and cook for 10 minutes.
16. Add the shiitake and cook 10 minutes more.
17. When the chicken is well cooked, remove it and separate the meat into pieces in one bite, helping you with a fork.
18. Put the chicken pieces back into the broth.
19. Wait 2 minutes and remove from heat.
20. Plated: Divide the noodles into bowls and pour the broth over it. Cut the eggs in half lengthwise and place 2 egg halves in each bowl. Sprinkle with chives.



**INDIA....**

**"Biryani"**



**INGREDIENTS**

**FOR THE MAIN COURSE:**

- 300 grs. of rice
- 500 grs. boneless chicken
- 3 tomatoes
- 2 onions
- 3 green peppers
- 3 tbsp. Of olive oil
- 4 tbsp. of butter
- 3 cups of water
- 1 plain yogurt
- spices (2 cinnamon sticks, 5 cloves, 2 bay leaves, 4 chopped mint leaves, 2 teaspoons hot paprika, 3 teaspoons coriander, 1/4 teaspoon saffron from India)
- Salt

**INGREDIENTS FOR THE MARINADE**

- 1/4 tsp. of salt
- 3 tsp. lemon juice
- 1/4 tsp. turmeric (saffron from india)
- 1/2 tsp. coriander
- 1/2 tsp. hot paprika
- 1/2 tsp. garlic paste

**ELABORATION**



- In a container, place all the ingredients for the marinade and mix well.
- Clean the chicken meat, cut it into small pieces and put it to marinate in the container.
- In a frying pan place the oil with two tablespoons of butter, and bring to a moderate heat.
- When the temperature has risen, place the bay leaves, cinnamon and cloves there. Add the chopped pepper and mint, and the coriander.
- Cut the onions into thin slices and add to the pan.
- When the onion has been sautéed well (it is noticeable because it acquires a transparent coloring), cut the tomatoes into thin strips and add them.
- Immediately add the garlic paste and the marinated chicken.
- Sprinkle with turmeric, paprika and salt.
- Mix well so that the preparation is uniform and acquires creaminess.
- In a saucepan place three cups of water, the yogurt and one cup of the preparation found in the pan.
- Add the rice and bring to the fire to boil until cooked.
- To serve, part of the preparation is combined with chicken and another part of rice, and both are decorated and flavored with melted butter and coriander.

## **CHICKEN SAMOSAS**

### **Ingredients for 15 dumplings**

#### **For the filling**

- |  |  |
|--|--|
| • 500 g minced chicken breast                | • 1 teaspoon of turmeric                         |
| • 1 onion                                    | • chopped fresh coriander                        |
| • 2 garlic cloves                            | • extra virgin olive oil                         |
| • 1 teaspoon of cumin                        | • seedless and chopped chilies (amount to taste) |
| • 1 teaspoon of curry                        | • Salt   |
| • 1 teaspoon grated fresh ginger (or powder) | • frying oil                                     |

#### **For the mass**

**You can use 8 sheets of phyllo dough or brick dough or make the homemade dough:**

- 400 g of wheat flour
- 12 g fine salt
- 100 g of vegetable oil
- 170-200 g of water
- Flour for kneading



**How to make the dough for samosas**

1. Mix the flour with the salt
2. Add the oil and work the flour with the tips of your fingers, until it absorbs all the oil and we have a kind of crumbs.
3. We incorporate the water little by little, kneading until we have a homogeneous mass.
4. We pass the dough to the oiled table, we oil our hands and knead until smooth and smooth.
5. Wrap in kitchen film and let stand 30 minutes.
6. After this time, we roll out the dough with the rolling pin on the table a little floured, it has to be very finite.
7. We cut discs about 15-18 cm in diameter, and then cut them in half with a knife.
8. We take each semicircle and moisten the edges, and we join the straight side forming a cone. Fill and seal the open side pressing with your fingers.

**TRADITIONAL GREEK MOUSSAKA RECIPE (MOUSSAKA WITH BÉCHAMEL)**

**INGREDIENTS**

**Base ingredients**

- 6 eggplants
- vegetable oil (for frying the eggplants)
- For the meat sauce
- 750g beef or lamb mince
- 2 red onions (chopped)
- 2 cloves of garlic (chopped)
- 1 tin chopped tomatoes
- 2 tbsp tomato puree
- 1 teaspoon sugar
- 1 glass of red wine
- Pinch of sea salt and freshly ground black pepper
- 1 bay leaf
- A pinch of cinnamon or one cinnamon stick
- 1/4 of a cup olive oil

**For the bechamel sauce**

- 900ml milk
- 120g butter
- 120g flour
- a pinch of nutmeg
- 2 egg yolks
- 100g Parmigiano-Reggiano or Kefalotyri
- salt to taste

**INSTRUCTIONS**



1. To prepare this Greek moussaka recipe, begin by preparing the eggplants. Remove the stalks from the eggplants and cut them into slices, 1 cm thick. Season with salt and place in a colander for about half an hour.
2. Rinse the eggplants with plenty of water and squeeze with your hands, to get rid of the excessive water. Pat them dry and fry in plenty of oil, until nicely colored. Place the fried eggplants on some paper, in order to absorb the oil. (For a lighter version of the traditional Greek moussaka try drizzling the aubergines with some olive oil and bake them for 20 minutes instead of frying them).
3. Prepare the meat sauce for the moussaka. Heat a large pan to medium-high heat and add the olive oil. Stir in the chopped onions and sauté, until softened and slightly colored. Stir in the garlic, tomato puree and the mince breaking it up with a wooden spoon and sauté. Pour in the red wine and wait to evaporate. Add the tinned tomatoes, the sugar, a pinch of cinnamon, 1 bay leaf and a good pinch of salt and pepper. Bring to the boil, turn the heat down and simmer with the lid on for about 30 minutes, until most of the juices have evaporated.
4. Prepare the béchamel sauce for the moussaka. Use a large pan to melt some butter over low-medium heat. Add the flour whisking continuously to make a paste. Add warmed milk in a steady stream; keep whisking in order to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat while continuing to stir.
5. Remove the pan from the stove and stir in the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese. Whisk quickly, in order to prevent the eggs from turning an omelette! Season with salt to taste.
6. Assemble the moussaka. For this moussaka recipe you will need a large baking dish, approx. 20\*30 cm). Butter the bottom and sides of the pan and layer the eggplants. Pour in the meat sauce and even out. Add a second layer of eggplants, top with the béchamel sauce and smooth out with a spatula.
7. Sprinkle with grated cheese and bake the musaka in preheated oven at 180-200C for about 60 minutes, until crust turns light golden brown. Even though it will be really hard.. you should wait for the moussaka to cool down for a while before cutting into pieces.
8. Serve the Moussaka with a refreshing Traditional Greek Salad and enjoy over a glass of wine!



## **GREEK TZATZIKI**

### **Ingredients**



For 2 persons

- Greek yogurt 2
- Cucumber 1
- Tablespoon extra virgin olive oil
- 2 tablespoons chopped fresh mint
- Garlic clove 1
- Medium lemon
- Ground black pepper



### **How to make Greek tzatziki**

1. We start by peeling the cucumber and washing it well. Then, with a fine grater, we grate it until it is a kind of cucumber puree. We lightly salt it and leave it in a drainer or strainer to release the water.
2. On the other hand, in a bowl, mix the yogurt, the oil, the minced garlic clove, the juice of 1/2 lemon (or a little less), the minced mint (it can be peppermint) and a pinch of salt and pepper . You can also use normal yogurts, draining the whey that they have in a strainer well, although the result is not so creamy. Greek tzatziki
3. Finally, add the well-drained cucumber, gently stir and serve cold. It can be served immediately, but the Greek Tzatziki is best rested for a couple of hours in the fridge, so that it is colder and a little denser.

**SCOTLAND....**



**“HAGGIS”**

### **INGREDIENTS**

- 1 sheep's stomach
- 120 g tallow
- 1 kg of offal from sheep, liver, heart and lungs
- 250 g of lamb kidneys
- 3 onions, peeled
- 1 teaspoon dried coriander powder
- ½ teaspoon of mace
- 500 g oatmeal
- Salt
- Black pepper (freshly ground)

## **INSTRUCTIONS:**

1. Gently wash the sheep's stomach, turn it over and gently scrape the inside.
2. Let it soak for 8 hours in salted and cold water.
3. Wash the liver, heart, lungs, kidney and fat from sheep, soak them in boiling salted water and cook slowly, covered, for 2 hours.
4. Drain all, remove all cartilage and trachea, and then finely cut everything with a knife or cutter.
5. Blanch onions in large saucepan with boiling water for 10 minutes.
6. Save the cooking water. Drain and chop the drained onions.
7. In a skillet, roast the oatmeal over low heat to make it crisp.
8. Then, mix all the ingredients in the recipe by gradually joining them with a little of the reserved cooking water from the onions. The mixture should be somewhat firm.
9. Knead by hand for 5 minutes.
10. Insert the filling into the sheep's stomach to fill it to  $\frac{3}{4}$ .
11. Remove the air and tie it in the middle.
12. Pierce the stomach several times with a fine needle so that it does not open or burst during cooking.
13. Cook covered and simmer for 3 1/2 hours in a large saucepan of boiling water.
14. Remove the strings.
15. To serve, open the hot stomach, remove the filling and serve it on plates accompanied by mashed potatoes and / or kohlrabi with chopped parsley and black pepper, and with rustic bread.



## **SCOTCH BROTH:**

## **INGREDIENTS**

- Lamb meat
- Onion
- Peppercorns
- Carrot
- Pearl barley
- Dried peas
- Leaf cabbage
- Water
- Leek
- Celery



## **PREPARATION**

1. . At the beginning we will place the lamb meat in a pot, and fry it over high heat, until the meat is done, which we will notice because it acquires a dark brown color.
2. . When it is ready we put cold water in the pot with the peas (if they are dry) and the barley. Once these ingredients are put, we will let them cook for an hour over moderate heat.
3. . When it begins to boil we lower the heat and add the vegetables, and let it boil again. If the peas we have used are fresh they must be added now. Once two hours pass, we salt it and let it rest to serve later.
4. . We recommend serving the soup a day later as it improves a lot from one day to the next. If you want your soup to be healthier, let it cool and remove the layer of fat that will form when it solidifies

AUTHOR

MER BONILLA

Contact the author

TAGS

RECIPES

READING TIME 3 min

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Asian food is tasty and generally healthy, so preparing it at home is the best way to simulate the rich dishes that can be enjoyed in restaurants serving oriental cuisine.

Making these types of dishes at home is much easier than you think. Just take a look at this recipe for Dim Sum, the classic steamed snack usually served on the tables of Chinese establishments. If you don't have all the necessary ingredients, you can improvise on the go.

Preparation: 10 minutes / Cooking: 8 minutes / Difficulty: 1/5 - Units: 20

Dim Sum Recipe

Ingredients to make Dim Sum

- 250 g of minced pork
- 250 g of chopped raw shrimp (\*)
- A quarter teaspoon of salt
- Pepper to taste
- A tablespoon of chopped chives
- A tablespoon of soy sauce
- A tablespoon of oyster sauce
- A tablespoon of sesame oil
- A tablespoon of cornstarch
- Carrot pieces to decorate
- 20 'wonton' wafers (\*\*)

(\*) If you use frozen prawns, expect that they will release a lot of water when thawed, so it will take about 400 g.

(\*\*) It can be obtained in Asian products stores, but if you get away, preparing it at home is very easy following our recipe for homemade 'wonton' dough.

### Easy Dim Sum Preparation

1.- In a bowl mix the minced pork, the minced prawns, the salt, a little freshly ground pepper, the chopped chives, the soy and oyster sauce, the sesame oil and the cornstarch. Mix everything very well with the help of a fork or chopsticks and we will have the filling ready.

2.- Take a wafer of 'wonton' dough, put a tablespoon of the filling in the center and close the dough to make a kind of bag. Decorate with a piece of carrot.

3.- Prepare a steamer by placing a perforated piece of baking paper in the bottom to prevent our Dim Sums from sticking, place them on the paper, cover the steamer and allow to steam for 8 minutes. If you don't have a steamer, it's no excuse, since you can use this trick to steam without a steamer.