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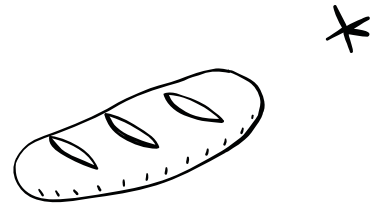
Recipes

**BEYOND
BOUNDARIES**

—
**Discover recipes from Esker's
offices around the world**



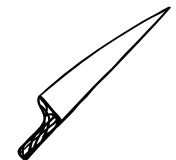
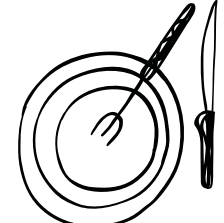
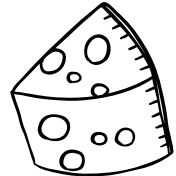




Recipes

BEYOND BOUNDARIES

Discover recipes from Esker's
offices around the world



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**A WORD FROM
OUR MASTER CHEF!**
Jean-Michel Bérard

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Please note that the cooking measurements in this book were converted from the metric system into U.S. equivalents and vice-versa. As a result, the measurements may be imprecise. Please adjust as needed.



Drinking distilled spirits, beer, coolers, wine, and, other alcoholic beverages may increase cancer risk, and, during pregnancy, can cause birth defects.



**ONE TEAM
BEYOND
BOUNDARIES**

We encourage open collaboration between departments and countries. We bring people together and share ideas to grow strong and successful.



**MORE
GRATITUDE
LESS ATTITUDE**

We believe that a successful organization is built on respect and trust. Appreciation and genuine communication create an environment where people feel truly valued.



**DARE TO
INNOVATE
INITIATE AND
ITERATE**

Thinking outside the box is a skill we value greatly. We start small and adapt along the way to reach ambitious goals — one story at a time.



**GOOD VIBES
ONLY**

A positive work environment promotes better performance. We make sure everyone finds the right balance by respecting individual needs.



**ALL ACTIONS
TOWARD
SATISFACTION**

For our customers and employees, satisfaction isn't just a goal, it's our mission. Our experience and perseverance allow us to overcome challenges and deliver value.



A Word From Our Master Chef!

Gathering together around a good meal has always been part of our DNA. Whether it's done to celebrate, give thanks or discover new flavors, the cooking and sharing of food brings us closer together and reflects the human story. It's also a constructive challenge that enables us to learn, overcome and innovate.

Coincidentally, these same values also represent Esker and have united us more than ever during this unprecedented, trying and instructive period of time. Add in Esker's employee talent and cultural richness, mix it all together and you get the (not so) secret recipe to our success. Across the world, every Eskerian puts their hearts into what they do and I thank you for that.

So, to acknowledge and celebrate our collective efforts, please enjoy this exclusive Esker Cookbook, featuring a variety of recipes from our different offices around the world. Learn about the culinary heritage of your colleagues and delight your senses with local delicacies and traditional dishes meant to be enjoyed with coworkers, family and friends! I wish you professional and personal success in 2021.

Now let's get cooking!

Jean-Michel Berard



Did you know?

It is an Argentinian tradition to eat gnocchi (potato dumplings called ñoquis in Argentina) on the 29th of each month, a habit most likely introduced by Italian immigrants.

Gnocchi — made of potato, flour and salt — were a cheap meal, ideal for the last days of the month when money was tight. Argentinians have the custom of placing money under their plate of gnocchi to attract good luck and fortune for the coming month.



Cuisine of Argentina

Argentine cuisine is described as a cultural blending of Mediterranean and Native American influences. Common dishes include cheeses, olives, and cured meats. Fifth largest wine producing region in the world, Argentina is also best known for their high-quality beef.

Argentinian food includes a marked preference for meat, a dietary staple of the gauchos (cowboys) who worked the Pampas for centuries. Today, asado is an essential symbol of national pride. You'll also find delicious desserts that build upon the creamy perfection of dulce de leche. These include everything from ice cream to cakes. Of course, no mention of Argentinian food would be complete without its most iconic beverages, mate and Malbec.

Argentine people have a reputation for their love of eating. Social gatherings are commonly centered on sharing a meal. Invitations to have dinner at home is generally viewed as a symbol of friendship, warmth and integration. Sunday family lunch is considered the most significant meal of the week, whose highlights often include asado or pasta.

Classic Empanadas Saltenas



SERVINGS
8 people



METHOD
Oven



TIME
55 mins



DIFFICULTY
Easy

Directions

Dough

1. Heat the water and add salt. Let the butter melt into the mixture.
2. Put the flour in a large bowl and make a hole in the center of the flour. Add the water and butter mixture and knead until you have a soft dough (this will take around 5-10 mins).

3. Lightly flour the dough and if you have a pasta machine, pass the mixture through it (setting 5 or 6). If not, form the dough into small bowls and flatten them to approximately 10 cm (4 inch) in diameter, or roll out the dough and use a cutter if preferred.

Filling

1. Heat olive oil in a large frying pan and mix the paprika into the oil, taking care not to let it burn. Quickly add the meat and sear it without letting it become too well done. Set aside.

2. In another pan, add the butter and chopped onions. Once the butter has melted add the stock, sugar, cumin and chilli. Allow the mixture to cook until the onions are soft.

3. Add the meat and mix well. Add salt and correct the seasoning if necessary.

Empanadas

1. Preheat oven to 190° C (375° F).
2. Add about ¼ cup of filling to the center of each of your circles of dough, leaving a border of about 2 cm. Wet the edges with a wet fingertip, fold over into a half moon and seal the edges by hand or with the prongs of a fork to form a scalloped edge. Lay out on a baking sheet.
3. Brush the tops of your empanadas with beaten egg if desired. Bake for 20-30 mins until browned on top. Serve warm.

Ingredients

Dough

For every 1 kg of flour:
200 g (¾ cup + 2 tablespoons) butter
450 ml (2 cups) lukewarm water
1 tablespoon salt

Filling

1 kg (2 lbs) minced or finely chopped beef
1 kg (approx. 6 onions), chopped
450 ml (2 cups) beef stock
100 g (1 cup) spring onion, finely chopped
100 g (~½ cup) butter or margarine
3 tablespoons sugar
3 tablespoons cumin
3 tablespoons red chilli, finely chopped
1 tablespoon paprika
Oil as required
Salt to taste

Asado Argentino



SERVINGS
6 people



METHOD
Stovetop



TIME
40 mins



DIFFICULTY
Easy

Directions

Chimichurri sauce

1. In a small frying pan set over medium-high heat, heat oil and paprika until oil shimmers and paprika is fragrant, about 2-3 mins. Remove pan from heat and let cool.

2. In a food processor, combine parsley, oregano, red onion, garlic and chilli pepper flakes. Pulse to chop. Add vinegar and salt; pulse and slowly drizzle in cooled oil with machine running. Chop until sauce is emulsified and chunky.

Steak

1. Heat the olive oil in a well-seasoned cast iron skillet over medium-high heat. Season steak well with salt and pepper. Place steak in skillet on the fatty edge and cook until the fat has rendered into the pan and the edge is brown, about 3 mins. Turn and cook the other

edge for 2 mins. Now cook the wide sides of the steak until nicely browned, about 6 mins per side for medium-rare. Remove from skillet and let rest 10 mins.

2. Slice steak thinly and serve with chimichurri sauce.

Chefs Note

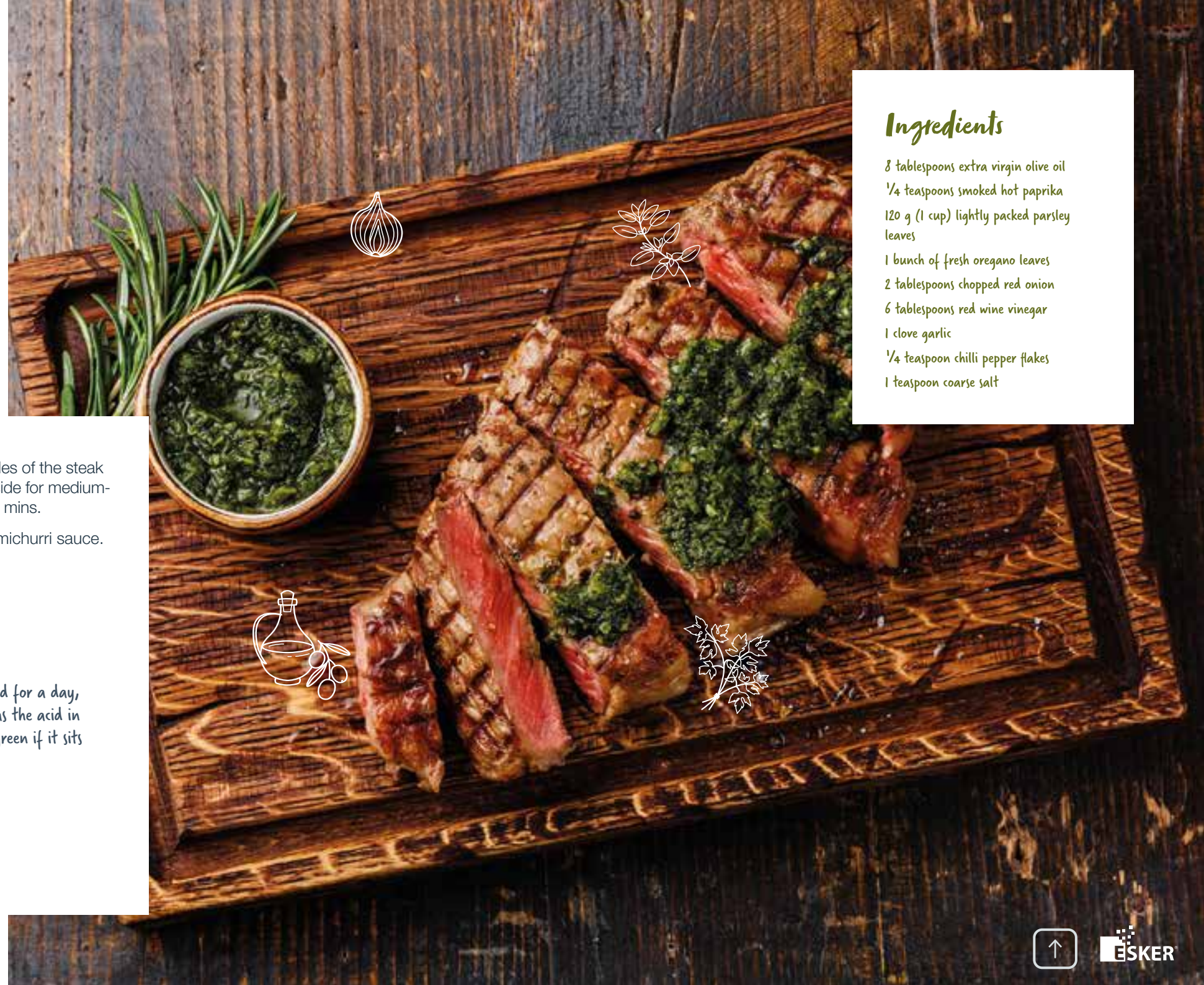
More gratitude, less attitude



Although the chimichurri can be refrigerated for a day, the sauce is best made just before eating, as the acid in the marinade will turn the parsley army-green if it sits for more than a few hours.

Ingredients

8 tablespoons extra virgin olive oil
 1/4 teaspoons smoked hot paprika
 120 g (1 cup) lightly packed parsley leaves
 1 bunch of fresh oregano leaves
 2 tablespoons chopped red onion
 6 tablespoons red wine vinegar
 1 clove garlic
 1/4 teaspoon chilli pepper flakes
 1 teaspoon coarse salt



Alfajores Dulce de Leche



SERVINGS
6 people



METHOD
Oven



TIME
40 mins



DIFFICULTY
Easy

Directions

1. In a large bowl, use a spatula, handheld mixer or wooden spoon to mix butter and sugar until very creamy.
2. Add egg yolks and whole egg; mix well to incorporate.
3. Add cognac, vanilla and lemon zest. Mix well.
4. Gradually add the sifted flour, baking powder and cornstarch, mixing well until no streaks of dry remain.
5. The final dough will be very soft and silky but not sticky.
6. Let rest for 10 mins. If you're not baking the alfajores immediately, wrap the dough in plastic wrap and put it in the refrigerator.
7. Preheat oven to 170° C (325° F).
8. On a floured surface, roll dough to ½ cm (¼-inch) thick.
9. Using a round cutter, cut circles and place them on a buttered cookie tray or use a silpat. They may tend to stick when using parchment paper. Thickness and size is totally up to you.
10. Bake for 10-12 mins or until barely starting to color. Let cool completely on a wire rack.
11. Put a tablespoon of dulce de leche (with a spoon or with a piping bag) and fill one round, flat side up. Press lightly with another round, flat side down forming alfajores.
12. With the back of a spoon, flatten the sides while wiping any dulce de leche that has overflowed. This will leave a path for the coconut to stick.
13. Put unsweetened coconut in a small plate and roll sides of alfajores so that you have an even coating. Or leave it plain.

Ingredients

150 g (¾ cup) unsalted butter,
at room temperature
200 g (1 cup) sugar
2 egg yolks, at room temperature
1 egg, at room temperature
1 tablespoon cognac (or brandy
or whiskey)
140 g (1 cup) all-purpose flour
250 g (2 cups) cornstarch
½ teaspoon baking powder
A few drops vanilla extract
Zest of ⅓ lemon
240 ml (1 cup) of dulce de leche
Unsweetened shredded coconut,
for garnish (optional)



Did you know?

A celebration of Australia Day, happening on the 26th of January every year, is incomplete without lamingtons on the table. Often referred as the "national cake of Australia", it is made of a sponge cake with chocolate and lots of desiccated coconut.

To make it more special, a layer of jam or cream is put in the middle of two lamington halves. Today, you will easily find lamingtons in cafes and bakeries, often paired with coffee or tea. It is also one of the most popular food items sold at fundraisers.



Cuisine of Australia

As a modern nation of large-scale immigration, Australia has absorbed culinary contributions and adaptations from various cultures around the world, including British, European, Asian and Middle Eastern.

The Aboriginal peoples of Australia, Australia's first inhabitants, have for thousands and thousands of years hunted and gathered their food in the Australian bush. This food is known as "bush tucker" and is still eaten today by Aboriginal peoples in remote areas of Australia. Bush tucker includes kangaroo, emu, crocodile, witchetty grubs, Quandong, bush tomato, yams and macadamia nuts. Many of these native foods have been incorporated into contemporary cuisine and you will occasionally find these ingredients on the menu of restaurants and cafés in Australian cities.

Australians love to eat outdoors. A barbeque or picnic is a typical "Aussie" way to enjoy a weekend meal. Most homes have a barbeque and barbeques are readily available in parks and beaches.

Prawn Cocktail



SERVINGS
8 people



METHOD
Fridge



TIME
25 mins



DIFFICULTY
Easy

Directions

1. To make seafood sauce, combine all ingredients in a small bowl. Mix well. Set aside.
2. Peel 8 prawns, leaving tails intact and devein. Set aside to garnish. Peel and devein remaining prawns. Cut in half.
3. Shred lettuce. Place in a large bowl with halved prawns, avocado and radishes. Toss gently. Divide half the prawn mixture among 8 glass serving dishes (2-cup capacity).
4. Drizzle evenly with half the cocktail sauce, about 1 tablespoon in each. Repeat with remaining prawn mixture and cocktail sauce.
5. Garnish cocktails with reserved prawns.

Chef's Note

All actions toward satisfaction



Defrost prawns in the fridge for a few hours, and never in water as they will lose flavour. As they are sold ready-cooked, take great care if re-heating them; they must be piping hot, but don't overdo it or they'll shrivel and dry out.



Ingredients

1.5 kg (3.3 lbs) cooked tiger prawns
2 baby cos lettuces (188 g, ~4 cups)
3 ripe avocados, peeled, chopped
5 radishes, cut into matchsticks

Seafood sauce

230 g (1 cup) whole-egg mayonnaise
75 g (1/3 cup) tomato sauce
1 tablespoon lemon juice
2 tablespoons horseradish cream
1 teaspoon Worcestershire sauce
Salt and pepper, to taste



Rosemary Lamb Roast

With potato bake



SERVINGS
4 people



METHOD
Oven



TIME
45 mins



DIFFICULTY
Moderate

Directions

1. Preheat oven to 220° C (425° F). Wash and pat dry meat with paper towels. Rub lamb all over with olive oil, then sprinkle with rosemary, salt and pepper. Rub in well.

2. Place meat in hot oven. Roast lamb at 220° C (425° F) for the first half hour, then drop the heat to 200° C (400° F) for the rest of the cooking time.

3. After the first half hour, 10-15 mins per 500 g for pink lamb, 15-20 mins for better done lamb and 20-25 mins for well done lamb.

4. When you have 40-50 mins to go on the meat, put the potatoes in so they finish around the same time.

5. Take the meat out of the oven and rest, loosely covered in foil. In the meantime, start making the gravy. Drain most of the fat out of the oven tray and then add a cup of red wine or diluted apple juice and a few shakes of Lea & Perrins Worcestershire sauce. Turn heat up and bring to boil. Make a cornflour slurry

and add to pan to thicken the gravy. Stir furiously with a wooden spoon, making sure to stir in all the crusty, baked-on bits that are full of flavor. Once gravy has thickened, remove to gravy jug.

6. Serve roast lamb and potato bake with steamed carrots and beans.

7. Dribble gravy over the meat. Tuck in. Have seconds. And maybe thirds.

Chef's Note

Good vibes only



Try putting a few parsnips or carrots in with the roast potatoes.

Ingredients

Lamb

- 1/2 leg of lamb
- Rosemary
- Garlic-infused olive oil
- Salt and pepper

Potato bake

- 3-4 large potatoes
- 100 ml (3.4 oz) cream
- 100g (1 cup) grated cheese
- Salt and pepper



Australian Pavlova



SERVINGS
8-10 people



METHOD
Oven



TIME
1h30 mins



DIFFICULTY
Easy

Directions

1. Preheat oven to 140° C (275° F). Line baking sheet with parchment paper and draw an 20 cm (8-inch) circle as a guide for the pavlova. Turn paper over so pencil is facing down. Sprinkle a small amount of extra cornstarch lightly on the circle so pavlova does not stick.
2. When separating eggs, be careful there is no yolk in the whites as this will keep whites from beating properly. In a large very clean bowl, beat whites and pinch of salt til glossy and softly peak. Do not overbeat. Add the superfine sugar 1 tablespoon at a time until mixture makes firm, glossy peaks, but is not dry. Sift cornstarch softly over whites and fold in with lemon juice and vanilla.
3. Spoon mixture over the circle, mounding in center and then spread outward to make a circle with a slight depression in the center. Bake for 1 hour. Turn off oven and cool in oven for 2 hours. Store in airtight container. Best if served the same day. If it cracks or sinks, fill with cream when finishing just before serving.

4. Remove parchment paper and place pavlova on cake stand or plate for serving. Just before serving, beat the cream with the powdered sugar and 1 teaspoon vanilla. Fill depression across the top of pavlova with the whipped cream and sprinkle cream with your choice of fruit. Sliced strawberries, blueberries, kiwi, raspberries, fresh pineapple, passionfruit or what you like. Do not add cream and fruit ahead of time as will make the meringue soggy.

Chef's Note

Dare to innovate, initiate and iterate



To check if the sugar is dissolved — take a little meringue to your finger tip and rub it between your thumb and index finger. If you feel any sugar granules, then it needs more time to whisk.

Ingredients

4 XL egg whites, room temperature
200 g (1 cup) castor (superfine) sugar
2 teaspoons cornstarch
½ teaspoon vanilla extract
1 teaspoon lemon juice
480 ml (2 cups) heavy whipping cream
1 tablespoon sugar
Strawberries, blueberries, kiwi or your choice of fresh fruit
Pinch of salt





Did you know?

The first waffle recipe appeared in the 14th century in a manuscript called *Le Ménagier de Paris*. Apparently it was written by a husband who wanted his wife to have the best instructions in terms of cooking tasty waffles!

There are multiple types of waffles. The most popular ones are: American, Belgian, Scandinavian, Liège, Hong Kong and Dutch stroopwafels.



Cuisine of Belgium

With so many influences among its current varied population, it is not surprising that the Belgians have a passion for food and cooking. Various invaders throughout history including the Romans, Vikings, Spanish, French and English have all left their mark on the national cuisine. The much-quoted saying is that the Belgians cook their food with the finesse of the French, but serve it in generous German-size portions!

Many of the more hearty stews and soups are recipes handed down from one generation to another. Belgian chocolates and beer are internationally renowned and are in themselves a lure for many tourists with festivals celebrating both products.

Street food in Belgium means frites or French fries. Stands serve them in a paper cone accompanied by a variation of sauces, mostly mayonnaise based. Another popular fast food is the Belgian waffle. Stands in outdoor markets bake them with crunchy bits of pearl sugar in the batter. Roasted chestnuts are an aromatic item heating in outdoor stalls in the winter months. Restaurants tend to approach things more seriously and meals are seldom hurried.

Crunchy Endive & Walnut Salad



SERVINGS
2 people



METHOD
Fridge



TIME
20 mins



DIFFICULTY
Easy

Directions

1. In a small bowl add the garlic and mustard. Slowly drizzle the oil into the mustard mixture while stirring to emulsify. Add the pepper and stir to combine. Set aside.

Create the salad

1. Pull the endive leaves apart and arrange on a platter. Add the radish and apple slices, tucking them in and around the endive.

2. Dot the chopped egg over the salad and sprinkle on the walnuts. Drizzle the dressing over the salad.

3. If you're using shredded parmesan cheese, sprinkle it evenly over the endive. If you have a whole block of parmesan, use a vegetable peeler to shave thin slices over the salad.

4. Sprinkle with microgreens and serve.

Chef's Note

All actions toward satisfaction



Be sure to use crisp apples with a tart edge, such as Empire or Winesap.

Ingredients

- 1 tablespoon dijon mustard
- 1 clove garlic minced
- 2 1/2 tablespoons olive oil
- 1-2 grinds black pepper
- 1 head endive
- 1/2 apple cored and thinly sliced, tossed in a squeeze of lemon juice to prevent oxidation
- 2-3 radishes thinly sliced
- 2 tablespoons walnuts toasted, roughly chopped
- 1 hard boiled egg peeled and roughly chopped
- 2 tablespoons parmesan cheese grated
- microgreens optional



Carbonnade Flamande



SERVINGS
4 people



METHOD
Oven



TIME
2 hours



DIFFICULTY
Hard

Directions

1. Marinate the beef overnight in the ale with the garlic and bay leaves. The next day, drain the beef and reserve the marinade. Pat the meat dry with paper towel and toss it in the seasoned flour until evenly coated. Shake off any excess flour.

2. Heat 2 tablespoons of the olive oil in a large oven-safe pan until hot. Fry the beef in 3-4 batches for about 5 mins per batch, stirring occasionally, until it is a rich golden brown all over. You may need to add a little more oil between batches but make sure it is hot again before adding the next batch. Remove the meat with a slotted spoon to a plate and set aside. Don't worry if the bottom of the casserole is starting to brown, this all adds to the flavor of the finished dish.

3. Lower the heat to medium and fry the pancetta in the pan for 6-8 mins, stirring occasionally, until crisp and golden. Scoop the pancetta out with a slotted spoon and set aside with the beef.

4. Preheat the oven 140° C (275° F). Put the carrots, onions and leek into the pan and fry, stirring occasionally, until they start to brown – this takes about 12 mins. Spoon in the tomato purée and continue to cook for 2 mins, stirring constantly.

5. Add the beef and pour in the reserved marinade. Bring to a simmer, scraping any sticky bits off the bottom of the pan, then add all the beef stock and bouquet garni to the pan. Season with salt and pepper and bring everything to a boil. Remove from the heat. Cover with a lid and cook in the oven for 2 hours, stirring once halfway through. (The carbonnade may now be left to cool and can be frozen for up to 1 month. Add 100 ml more stock to the sauce when reheating.) When the beef is ready, taste for seasoning and add more salt and pepper if needed. Scatter the chopped parsley over the top and serve straight from the pan, with creamy mashed or jacket potatoes and buttered greens or cabbage.

Ingredients

- 1 1/4 kg (2.75 lbs) stewing beef, cut into 4 cm cubes
- 400 ml (1 2/3 cup) trappist ale such as Leffe or Chimay, or other dark ale
- 3 garlic cloves, lightly crushed
- 2 bay leaves
- 3 tablespoons plain flour, seasoned with salt and pepper
- 2-3 tablespoons olive oil
- 250 g (0.5 lbs) diced pancetta
- 2 carrots, sliced
- 2 onions, sliced
- 1 leek, sliced
- 1 tablespoon tomato purée
- 350 ml (1.5 cups) beef stock
- 1 bouquet garni (a small bunch of thyme, parsley stalks, a bay leaf and about 6 peppercorns tied in muslin)
- Handful of parsley, chopped

Belgian Waffles



SERVINGS
10 people



METHOD
Stovetop



TIME
30 mins



DIFFICULTY
Easy

Directions

1. Set aside a small bowl of milk.
2. In a large bowl, whisk together the egg yolks, flour, rest of milk, melted butter, vanilla sugar and salt.
3. Heat the small bowl of milk (lukewarm) and dissolve yeast. Stir well. Let stand until foamy, about 10 minutes. Stir the yeast mixture into the batter.
4. Beat the egg whites until they form soft peaks, gently fold into the batter.
5. Cover the large bowl with a clean cloth and let rise the batter in a warm place until doubled in volume, about 1 hour.
6. Bake your waffles using a waffle iron with large holes. Preheat the waffle iron. Brush it with oil. Spoon a small ladle of batter inside the edges of the iron. Close the lid and turn the waffle iron over in order for the batter to spread evenly in both parts.

7. Bake until steam no longer escapes from the iron. After a few minutes, the waffle is golden brown.
8. Belgian waffles are best served warm, immediately after baking. Serve with a dollop of whipped cream and fresh strawberries.

Chef's Note

More gratitude, less attitude



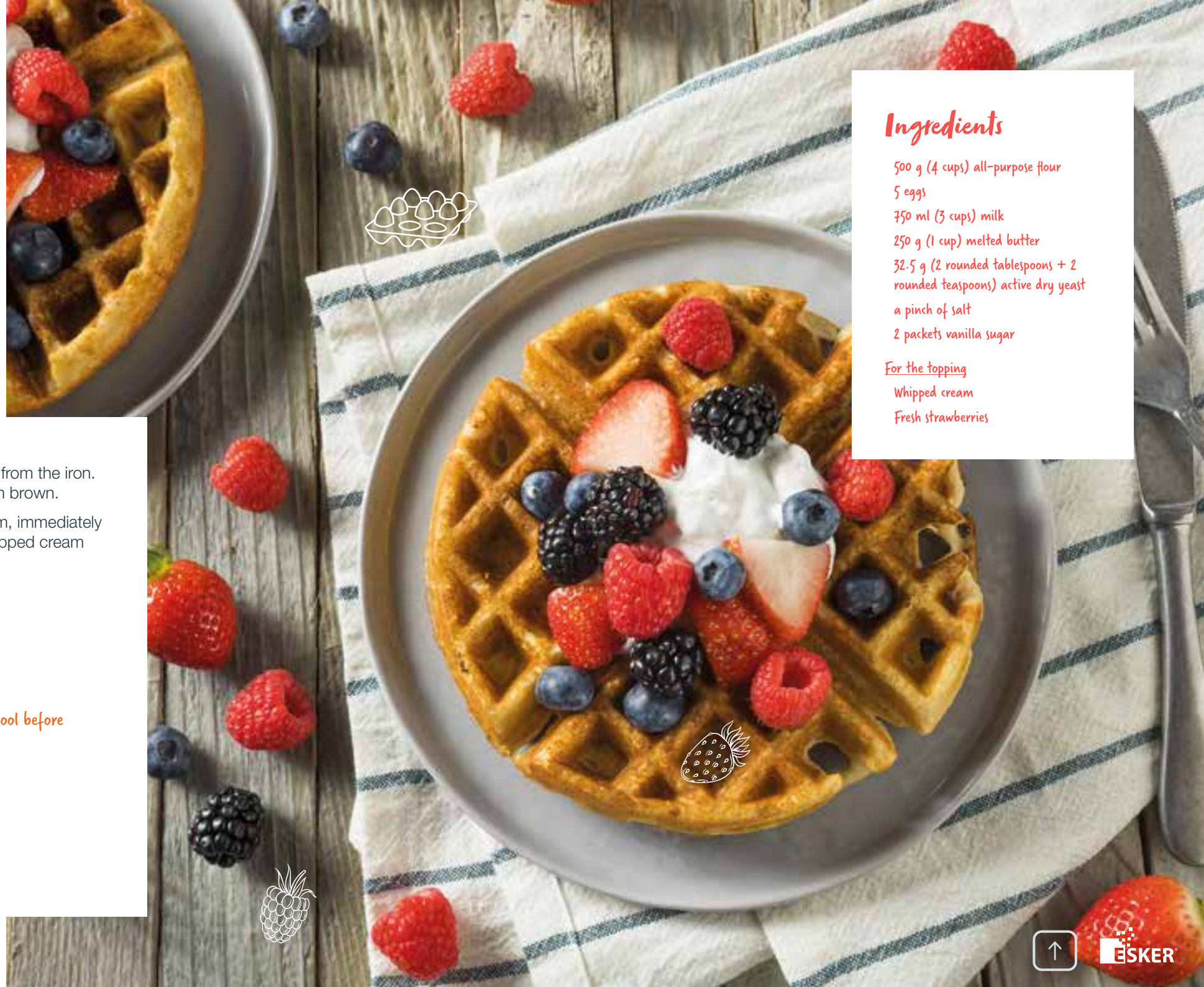
Freeze any leftover waffles (allow them to cool before freezing).

Ingredients

500 g (4 cups) all-purpose flour
5 eggs
750 ml (3 cups) milk
250 g (1 cup) melted butter
32.5 g (2 rounded tablespoons + 2 rounded teaspoons) active dry yeast
a pinch of salt
2 packets vanilla sugar

For the topping

Whipped cream
Fresh strawberries





Did you know?

Canada produces 71% of the world's maple syrup, and of that, 91% comes from Quebec. Maple syrup production requires specific climate conditions that are most common in La Belle Province.

Sap only flows when temperatures rise above freezing during the day and drop below it at night. A tree takes roughly 40 years before it's big enough to tap. It requires about 40 liters of sap to make one liter of maple syrup, and most trees only yield between 35 and 55 litres of sap in a season. Producing syrup is definitely a labor-intensive process!



Cuisine of Canada

Canadian food culture is a changing landscape that has been heavily influenced by many different traditions and recipes from around the world. Every regional cuisine in Canada has its own unique take on food, whether it's the adaptability of Canadian Chinese food or the pervasiveness of Quebecois poutine, food is and always will be the important common denominator that links all as a country.

Its star ingredient, maple syrup, is the flagship of the country. Thanks to its vast territory covered with green meadows and rivers, Canada enjoys very good meat and fish. Of the latter, the most consumed is salmon, which, depending on the area of the country, can be smoked, fresh or baked. Also, vegetables are not lacking in the typical Canadian diet either.

Today, Canada is actually leading the charge for insect foods. One of North America's first food-grade insect farms, Entomo Farms, is based in Norwood, and Third Millennium Farming is currently expanding cricket farming and developing unique architectural solutions to raising bugs!

Apple Walnut & Bacon Green Salad



SERVINGS
4-6 people



METHOD
Stovetop



TIME
25 mins



DIFFICULTY
Easy

Directions

Maple caramelized walnuts

1. Line a baking sheet with a silicone mat or parchment paper.
2. In a small pot, bring the maple syrup and butter to a boil. Cook for 2 mins. Add walnuts. Cook, stirring with a wooden spoon, until the sugar crystallizes (becomes grainy) on the nuts. Remove from heat.
3. Immediately spoon on the baking sheet. With a spatula, quickly spread the nuts. Season lightly with salt. Let cool completely. Roughly crush with a knife.

Maple dressing

1. In a vinaigrette blender, shake all the ingredients until the dressing is creamy. Season with salt and pepper.

Salad

1. In a bowl of cold water, let the onion soak for 5 mins to reduce the flavor. Drain.
2. In a large bowl, combine the lettuce, apple and onion. Add dressing to taste and toss well. Sprinkle with the walnuts and bacon.

Chef's Note

One team beyond boundaries



If you want a vegetarian version of this dish, replace the bacon with some smoked carrots!

Ingredients

Maple caramelized walnuts

- 125 ml (1/2 cup) maple syrup
- 2 tablespoons butter
- 100g (1 cup) walnuts or pecans, toasted

Maple dressing

- 60 ml (1/4 cup) mayonnaise
- 3 tablespoons olive oil
- 2 tablespoons cider or white wine vinegar
- 2 tablespoons maple syrup
- 1 teaspoon Dijon mustard
- 1/2 garlic clove, finely chopped

Salad

- 1/2 red onion, very thinly sliced
- 140 g (6 cups) mesclun lettuce
- 1 Cortland apple or pear, peeled, cored and thinly sliced
- 4 slices bacon, cooked and chopped



Authentic Canadian Poutine



SERVINGS
3 people



METHOD
Stovetop



TIME
60 mins



DIFFICULTY
Moderate

Directions

Gravy

1. In a small bowl, dissolve the cornstarch in the water and set aside.
2. In a large saucepan, melt the butter. Add the flour and cook, stirring regularly, for about 5 mins, until the mixture turns golden brown.
3. Add the beef and chicken broth and bring to a boil, stirring with a whisk. Stir in about half the cornstarch mixture and simmer for a minute or so. If you'd like your gravy thicker, add more of the cornstarch mixture in small increments as needed to thicken. Season with pepper. Taste and add additional salt, if necessary. Make ahead and reheat or keep warm until your fries are ready.

Fries

1. Prepare your potatoes and cut into 1.2 cm (½-inch) thick sticks. Place into a large bowl and cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 150° C (300° F).

2. Remove the potatoes from the water and place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.
3. Add your fries to the 150° C (300° F) oil and cook for 5-8 mins, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil and scatter on a wire rack. Increase oil temperature to 190° C (375° F). Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown. Remove to a paper towel-lined bowl.

Poutine

1. Add your fried or baked fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy. Add more gravy as needed to mostly coat the fries.
2. Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.



Ingredients

Poutine gravy

- 3 tablespoons cornstarch
- 2 tablespoons water
- 6 tablespoons unsalted butter
- 30 g (¼ cup) unbleached all-purpose flour
- 590 ml (20 oz) beef broth
- 295 ml (10 oz) chicken broth
- Pepper, to taste

Deep fried fries

- 1 kg (2 lbs) Russet potatoes (3-4 medium potatoes)
- Peanut or other frying oil

Toppings

- 300 g (1 ½ cups) white cheddar cheese curds (or torn chunks of mozzarella cheese would be the closest substitution)

Pouding Chômeur



SERVINGS
7 people



METHOD
Oven



TIME
70 mins



DIFFICULTY
Easy

Directions

1. With the rack in the middle position, preheat the oven to 200° C (400° F).
2. In a saucepan, bring the maple and corn syrup to a boil. Simmer until a candy thermometer reads 108° C (226° F), about 10 mins. Remove from the heat, add the cream and stir to combine. Pour the mixture into a 20 cm (8-inch) Pyrex baking dish. Set aside.
3. In a bowl, combine the flour, baking powder and salt. Set aside. In another bowl, cream the butter and sugar using an electric mixer. Add the egg and beat until smooth. With the mixer on low, add the dry ingredients, alternating with the milk and vanilla.
4. Using an ice cream scoop, drop about 9 balls of dough, about 45 ml (3 tablespoons) each, into the syrup mixture. Bake until a toothpick inserted in the center of a ball comes out clean, about 40 mins. Serve warm or cold.

Chef's Note

Dare to innovate, initiate & iterate



A more traditional approach is to place the dough in the baking dish and pour the partially cooled syrup mixture over it before baking. Note that the cake will be more thoroughly soaked if you use this method.

Ingredients

650 ml (2¾ cups) maple syrup
2 tablespoons corn syrup
120 ml (½ cup) whipping cream
155 g (1¼ cup) all-purpose unbleached flour
1¼ teaspoon baking powder
¼ teaspoon salt
120 g (½ cup) unsalted butter, softened
50 g (¼ cup) sugar
1 egg
150 ml (⅔ cup) milk
1 teaspoon vanilla extract



Did you know?

The famous French chef Paul Bocuse has kept his three stars in the Michelin guide for over 51 years, making his Lyon-based restaurant, L'Auberge du Pont de Collonges, the oldest best restaurant.

Lyon currently has 14 Michelin-starred restaurants and is allegedly home to 22 of the best places to eat in France!



Cuisine of Lyon France

The world capital of gastronomy and home of Paul Bocuse, one of France's most celebrated chefs, Lyon is blessed with an incredibly diverse range of food.

This is thanks to its geographic location as a hub for regions offering top-quality produce and the excellence of its talented and creative chefs. With more than 4,000 restaurants, Lyon offers a wide variety of cuisines to suit all budgets, from the "bouchon", a traditional Lyonnais restaurant, to Michelin-starred restaurants, along with modern bistros and hundred-year-old brasseries.

The city also boasts some wonderful farmers markets and gourmet "halles" (traditional covered food halls) that are regular stomping grounds for chefs and gourmets in search of top-quality ingredients.

Last but not least, Lyon is an ideal wine-tasting hub: situated at the crossroads of several prestigious French wine-making areas and appellations, the city has easy access to numerous acclaimed vineyards and cellars around the Rhone Valley — and beyond.

Salade Lyonnaise



SERVINGS
4 people



METHOD
Stovetop



TIME
30 mins



DIFFICULTY
Easy

Directions

1. Put frisée or other greens in large salad bowl. Put olive oil in skillet over medium heat. When hot, add bacon and cook slowly until crisp, about 10 mins. Add shallot or onion and cook until softened, a minute or two. Add vinegar and mustard to the skillet and bring to a boil, stirring, then turn off heat.

2. Meanwhile, bring about 2.5 cm (1-inch) of salted water to a boil in a small, deep skillet, then lower heat to barely bubbling. One at a time, break eggs into a shallow bowl and slip them into the bubbling water. Cook eggs for 3-5 mins, just until the white is set and the yolk has filmed over. Remove each egg with a slotted spoon and drain briefly on a paper towel.

3. If necessary, gently reheat dressing, then pour over greens (they should wilt just a bit), toss and season with salt and pepper to taste. Add bacon and croutons. Top each portion with an egg and serve immediately.

Chef's Note

One team beyond boundaries



Salade Lyonnaise makes a nice appetizer or light lunch!

Ingredients

300 g (4 cups) torn frisée or other strong-tasting greens, washed and dried
2 tablespoons extra virgin olive oil
About 220 g (0.5 lb) bacon or pancetta, cut into cubes
1 shallot, chopped, or 1 tablespoon chopped red onion
2-4 tablespoons top-quality sherry vinegar
1 tablespoon dijon mustard
Salt
4 eggs
Black pepper
100 g (1½ cup) bread croutons



Petit Salé aux Lentilles



SERVINGS
4 people



METHOD
Stovetop



TIME
2h



DIFFICULTY
Moderate

Directions

1. Soak the meat in fresh water for 3 hours, changing the water every hour to remove the excess salt. Drain and pat dry.

2. Heat a little olive oil in a large heavy pot. Add the carrots and shallots and cook for a few mins over medium heat, until they start to sweat a little. Add the flavorings (cloves, mustard seeds, peppercorns, thyme, 3 of the bay leaves), toss to coat and cook for a couple more minutes to revive their aromas. Add the meat, water and bring to a simmer. Cover and cook for 2 hours, stirring the vegetables and flipping the meat every once in a while.

3. After 30 mins, a greyish seafoam-like goop will have gathered at the surface. Scoop it out and discard.

4. After an hour and a half, transfer one cup of the stock into a medium saucepan. Add the lentils and one bay leaf to the saucepan and top with 3 cups of water. Bring to a simmer and cook for whatever time the package says.

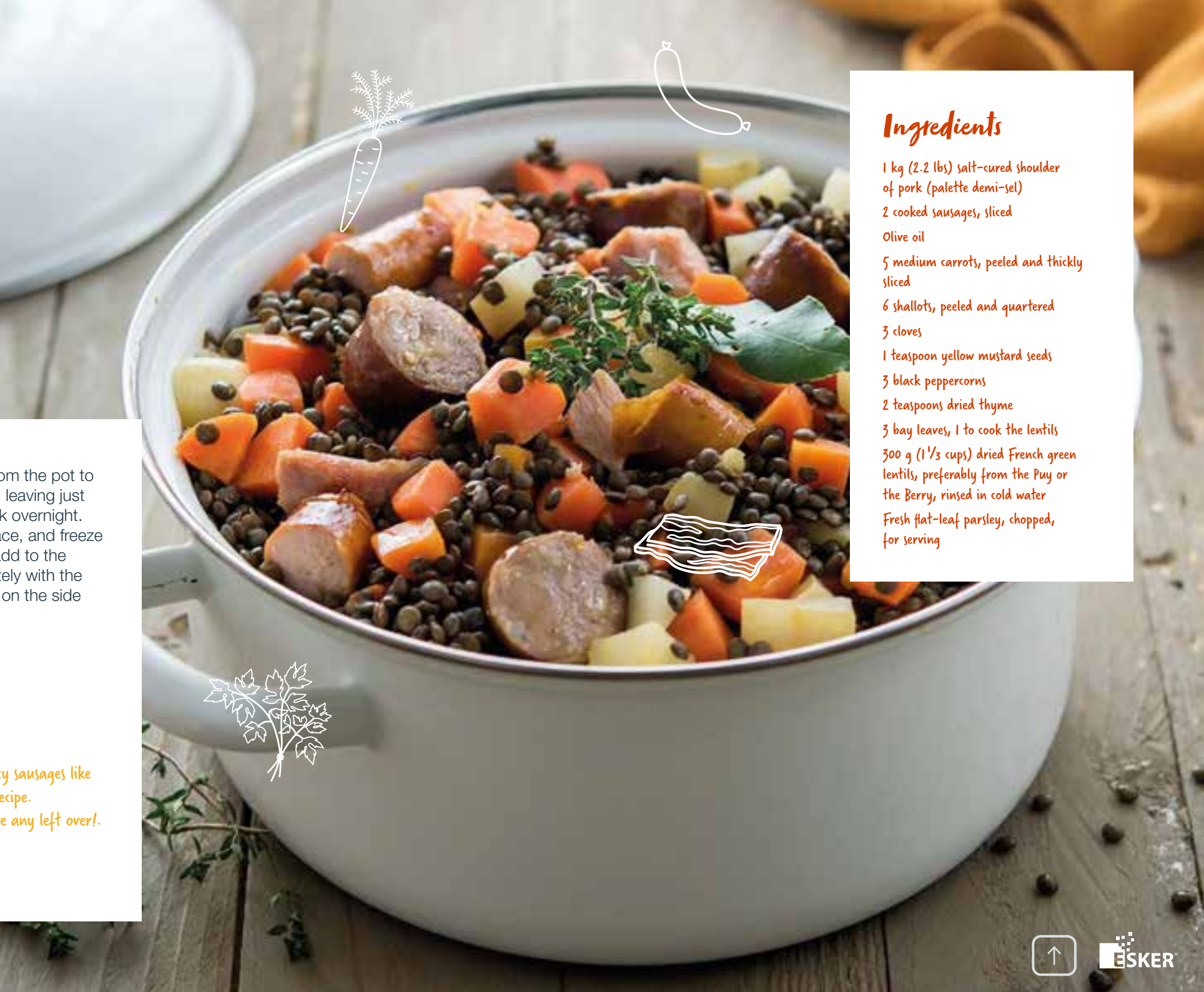
5. Transfer most of the cooking stock from the pot to a freezer-friendly container using a ladle, leaving just a little for moisture. (Refrigerate the stock overnight. The next day, skim the fat from the surface, and freeze for use in a soup.) Drain the lentils and add to the pot. Stir to combine and serve immediately with the cooked sausages and chopped parsley on the side for everyone to sprinkle on their plate.

Chef's Note

Dare to innovate, initiate and iterate



If you can get hold of smoked sausages or spicy sausages like Merquez, it adds an extra dimension to this recipe.
Also, Petit Salé is excellent reheated if you have any left over!.



Ingredients

- 1 kg (2.2 lbs) salt-cured shoulder of pork (palette demi-sel)
- 2 cooked sausages, sliced
- Olive oil
- 5 medium carrots, peeled and thickly sliced
- 6 shallots, peeled and quartered
- 3 cloves
- 1 teaspoon yellow mustard seeds
- 3 black peppercorns
- 2 teaspoons dried thyme
- 3 bay leaves, 1 to cook the lentils
- 300 g (1 1/3 cups) dried French green lentils, preferably from the Puy or the Berry, rinsed in cold water
- Fresh flat-leaf parsley, chopped, for serving

Tarte aux Pralines



SERVINGS
6 people



METHOD
Oven



TIME
2 days



DIFFICULTY
Moderate

Directions

The day before, prepare the pastry shell

1. Following the order given, combine the butter, sugar and salt. Cut the vanilla bean in half vertically. Scrape the seeds from the inside of the stick. Stir into the butter/sugar mixture. Then, add the almonds and stir to combine.

2. Add the eggs one by one, then add the flour and stir until you obtain a homogenous mixture.

3. Knead the pastry until it forms a compact mass.

4. Wrap in plastic wrap and refrigerate overnight.

The following day

1. Preheat the oven to 160° C (320° F).

2. Roll out the pastry shell and cut into a circle the size of your tart pan.

3. Bake for 30 mins at 160° C (320° F).

Filling

1. Bring the cream to a boil in a large saucepan.

2. Add the pralines and boil until the temperature reaches 104° C (219° F) turn off the heat.

3. Carefully pour the mixture into the baked tart shell.

4. Bake the tart for 5 mins in a 200° C (400° F) oven.

5. Refrigerate for 4 hours before serving.

Chef's Note

More gratitude, less attitude



*Store the Pink Praline Tart in the fridge for up to one week.
Take the tart out of the fridge 15 mins before serving.*

Ingredients

Pastry shell

320 g (1³/₈ cups) butter softened

5 teaspoons salt

200 g (1 cup) sugar

66 g (2²/₃ cup) ground almonds

2 eggs

533 g (4¹/₄ cups) flour

1 vanilla stick

Filling

500 g (2 cups) whipping cream

500 g (2 cups) French pink pralines



Lyon Guided Tour

Best tips and places to enjoy France's gastronomical capital

If you ever find yourself in Lyon, you must test, try and enjoy the food; you'll truly learn about the origins of a common passion in France — a love of French food. Lyon is the ideal place to discover and fall in love with French cuisine. With more than 1,500 eateries, Lyon city has one of the highest concentrations of restaurants per capita in France.

One team beyond boundaries

Paul Bocuse Brasseries

A chain of brasseries in Lyon, operated by Top Chef Paul Bocuse, with each restaurant specializing in a different aspect of French gourmet and traditional cuisine.

brasseries-bocuse.com



Sirha Lyon

Founded in Lyon in 1983, Sirha Lyon is the biggest professional and international trade fair dedicated to food service and hospitality.

sirha.com



Les Halles de Lyon — Paul Bocuse

Les Halles de Lyon is Lyon's mythic indoor food market with an international reputation for offering the very finest gourmet food. The indoor market is filled with over 50 different stands selling cheese, cured meats, wine, seafood, bread, chocolates, sweets and a few counters for eating. It offers an incredible variety of the finest quality food all assembled under one roof. halles-de-lyon-paulbocuse.com

La Croix Rousse Food Market

one of Lyon's biggest and liveliest outdoor food markets that lines the Boulevard de la Croix Rousse which is part of Lyon's UNESCO world heritage site.



Dare to innovate, initiate & iterate



La Commune

Mixing cultural events and gastronomy, La Commune welcomes chefs who opt for original and authentic creative cuisine. It offers savory and sweet compositions through ten thematic stalls that are renewed according to inspiration. lacommuune.co



Food Traboules

A unique 660-m² food hall, where 12 chefs across three floors use fresh, local ingredients to create a range of sweet and savory dishes cooked right in front of your eyes from within their open kitchens.

foodtraboules.com



More gratitude, less attitude



Traditional Bouchons Lyonnais

A bouchon is a typical restaurant with a counter, picturesque and warm décor: tables close together, red and white checked tablecloths, wooden furniture, pans hanging from the ceiling... in other words, a place preserved in time that serves popular and quality traditional Lyonnaise cuisine. Must try:

Notre Maison bouchonnotremaison.com

Les Lyonnais restaurant-lyonnais.com

La tête de lard bouchonlatetedelard.fr

Daniel et Denise danieletdenise.fr/en



Good Vibes only



Confectionery and Chocolates

Colorful, tangy, crunchy or tender, artisanal sweets are among the delicious nuggets abounding in the city. Many establishments continue the tradition by crafting them according to the rules of the art. Most of them are on sale in the best confectionery shops in town, such as Bernachon, Seve, Délices des Sens or Richart Chocolat.



Must Try: The coussin de Lyon, one of the most emblematic lyonnaise specialties, composed of chocolate and marzipan and created by Voisin, a renowned local chocolate maker. chocolat-voisin.com

Bugnes Lyonnaises

A typical sweet treat usually prepared for Mardi Gras. This lemon scented pastry is deep fried and rolled in sugar. Yummy!



The Jocteur Bakery

The king of praline tart and the official baker of Bocuse. What else? boulangeriejocteur.com



All actions toward satisfaction



Gourmet Restaurants

Lyon is home to several restaurants which have been awarded stars by the celebrated Michelin guide, including:

Auberge du Pont de Collonges*** bocuse.fr/en

Mère Brazier** lamerebrazier.fr/en

Le Neuvième Art** leneuviemeart.com/en

Restaurant Christian Tetedoie* tetedoie.com

Les Terrasses de Lyon* villaflorentine.com/en

Les Loges* courdesloges.com/en/gastronomy



Around Lyon

Lyon sits among some of the finest raw materials in France. As a result, it's a hub for a variety of ingredients and top-quality regional products.



Savoy Raclette
Fondue & Tartiflette
for cheese lovers



Wines from
Beaujolais and the
Rhône Valley



Charolais beef and
Bresse chicken



Did you know?

Some say pretzels were originally called "bracellae", the Latin term for "little arms", from which Germans later derived the word "bretzel". The pretzel has been used as an emblem of bakers and formerly their guilds in southern German areas since at least the 12th century.

The pretzel has long been considered a good-luck symbol. German children used to wear pretzels around their necks on New Year's Day.



Cuisine of Germany

Germany has a long culinary history reflecting its rural roots and geography. Over the years, German food has evolved as a national cuisine through centuries of social and political change. Each region has its specialty and distinct flavor.

Pork is the most consumed meat: Schweinshaxe (braised pork hock) and Saumagen (pork stomach) are a couple of traditional pork dishes. Bratwurst, a form of sausage, is closely associated with German food. Cabbage, beets and turnips are commonly incorporated into meals, as they are native to the region, and potatoes and sauerkraut are also stars of German cuisine.

Beer is the most popular alcoholic beverage and the country is known as the birthplace of a number of beer varieties, including Pilsner, Weizenbier (wheat beer) and Alt. These beers were crafted according to Reinheitsgebot, or the "Purity Law", a 16th-century Bavarian law that decreed that beer could only be brewed from barley, hops and water. Yeast was included later and the modern basic law now declares that only malted grains, hops, water and yeast are permitted.

Düsseldorf Mustard Soup



SERVINGS
3-4 people



METHOD
Stovetop



TIME
35 mins



DIFFICULTY
Easy

Directions

1. Clean the leek and cut into rings. Heat the butter in a saucepan and sauté the leeks. Dust with the flour, pour in the stock, bring to a boil and cook for about 10 mins on low heat.
2. Stir in the crème fraiche and mustard, season with salt and sugar to taste.
3. Serve with some mustard seeds and chopped parsley on top if you wish.

Chef's Note

All actions toward satisfaction



Traditionally, this soup is served with ham or bacon.



Ingredients

- 1 leek, large
- 2 tablespoons butter
- 2 tablespoons flour
- 1 L (4 cups) of vegetable stock
- 250 g (1 cup) crème fraîche
- 2 tablespoons mustard, very hot
- 1 tablespoon mustard, medium hot
- 1 tablespoon mustard, Bavarian sweet
- salt to taste
- 2 teaspoons of sugar
- Mustard seeds to taste
- Chopped parsley

Traditional German Beef Rolls



SERVINGS
2 people



METHOD
Stovetop



TIME
1h50 mins



DIFFICULTY
Moderate

Directions

1. Place slices of beef on a work surface and season both sides with salt and pepper. Spread mustard on one side. Place bacon strips on the mustard and sprinkle with paprika. Arrange onion slices cross-wise on the beef. Then evenly space 3 pickle slices across each slice of beef. Keep about 2.5 cm (1-inch) of the narrowest end of the beef slice free of toppings to facilitate rolling it up.
2. Roll each slice of meat, beginning from the wider of the two short ends, working to keep all ingredients inside the roll. Rolls should be nice and tight. Secure the rolls (seam side down) with 3 loops of butcher's twine, one in the middle and one at each end. Trim excess string.
3. Heat vegetable oil over medium-high heat in a large saucepan. Cook beef, turning and browning well on all sides, about 8 mins. Remove meat from pan. Reduce heat to medium-low. Melt butter in the pan; whisk in

the flour, cooking for about 1 minute. Pour in cold beef broth and whisk vigorously to combine. Raise heat to medium-high and simmer until sauce begins to thicken, about 1 minute.

4. Transfer beef rolls to pan along with accumulated juices. Reduce heat to very low. Simmer gently, covered, turning rolls every 20 mins or so, until beef is tender, about 1½ hours. When the tip of a sharp knife can easily be inserted into the beef roll, the meat is done.
5. Transfer meat to dish to allow it to rest. Raise heat to high and bring cooking liquid to a simmer to thicken slightly to make a gravy, about 1 minute. Serve rouladen with gravy.
6. Serve the Rouladen and gravy with Homemade Rotkohl and either Homemade Spätzle, Homemade Semmelknödel (or Kartoffelknödel) or boiled potatoes.



Ingredients

170 g (0.4 lbs) (½ cm / ¼-inch thick) slices of beef
2 teaspoons table salt
1 teaspoon freshly ground black pepper
2 tablespoons Dijon mustard
4 bacon strips
paprika to taste
½ onion, sliced into half-rings and separated
6 dill pickle spears
1 tablespoon vegetable oil

Gravy

2 tablespoons butter
30 g (¼ cup) all-purpose flour
720 ml (3 cups) beef broth
salt to taste



Bayerische Creme



SERVINGS
3-4 people



METHOD
Fridge & stovetop



TIME
1h



DIFFICULTY
Easy

Directions

Bavarian cream

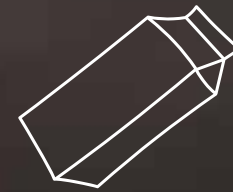
1. Chill a metal bowl and the whisk attachment of an electric mixer in the freezer for a few minutes. Then whip the cream until it stands in soft peaks. Chill until needed.
2. Soak the gelatin in 160 ml (2/3 cup) cold water for 10 mins.
3. Beat the egg yolks with the confectioners' sugar in a large metal bowl until they are pale yellow and have a thick, creamy consistency.
4. Bring the milk and the vanilla seeds to a boil in a saucepan, stirring occasionally to make sure the milk does not burn at the bottom of the pan. Remove from the heat and slowly pour the milk into the egg yolks, stirring constantly.
5. Transfer the mixture to a double boiler, or place the metal bowl over a pot of gently boiling water. Continue stirring until the mixture coats a wooden spoon.

6. Gradually stir in the dissolved gelatin and place the bowl over a large bowl of ice water. Make sure that the mixture is lump-free. If you discover any lumps, quickly strain the cream through a fine sieve. Continue stirring vigorously until the cream starts to cool and stiffen. This is the time to fold in the whipped cream.

7. Immediately pour the Bavarian cream into a large glass serving bowl or individual serving dishes and chill for several hours until set.

Coulis

1. Cook the raspberries and confections' sugar over low heat for 10-15 mins, stirring occasionally. Strain through a fine sieve to remove any seeds and chill.
2. Take the Bavarian cream and the coulis out of the refrigerator 30 mins before serving so they can develop their full flavor. Top each serving of Bavarian cream with a few spoonfuls of coulis.



Ingredients

Bavarian cream

- 360 ml (1 1/2 cups) heavy cream
- 3 envelopes (1/4 oz) unflavored gelatin
- 6 egg yolks
- 130 g (1 cup) + 2 tablespoons confectioners' sugar (powdered sugar)
- 480 ml (2 cups) milk
- Seeds from 2 vanilla beans, or 2 tablespoons pure vanilla paste

Coulis

- 750g (1 1/2 pints / 3 cups) fresh raspberries or 340 g (12 oz) packages frozen raspberries
- 65 g (1/2 cup) confectioners' sugar (powdered sugar)
- Seeds from 2 vanilla beans, or 2 tablespoons pure vanilla paste





Did you know?

Fish balls are a typical Hong Kong snack made of fish meat. The most famous variety is made of fried fish meat with spicy or sweet sauces and sold by street vendors since the 1950s. The other kind is sold uncooked and usually served as an important ingredient of hot pot, or cooked with noodles in hot soup.

Earlier statistics say about 3.75 million fish balls a day are made in Hong Kong, however, it may be far more than this number!



Cuisine of Hong Kong

Hong Kong cuisine is mainly influenced by Cantonese cuisine, European cuisines (especially British) and Chinese cuisines (especially Hakka, Teochew, Hokkien and Shanghainese), as well as Japanese, Korean and Southeast Asian cuisines, due to Hong Kong's past as a British colony and a long history of being an international port of commerce.

Hong Kong people are extremely fond of seafood. In Hong Kong, there are many types of food and ways of cooking seafood. The most common dish in a seafood banquet is steamed lumpfish, which can be made fresh by adding a little ginger and soy sauce.

Drinking tea in Hong Kong is routine while people have snacks in tea houses in the morning or at lunch time. A pot of tea and several boxes of dim sum is a crucial part of an enjoyable Hong Kong breakfast. Morning tea is usually had at roadside stalls or tea houses. Inviting friends to have a morning tea together is a unique phenomenon in Hong Kong.

Roasted Pork Belly

Served with Mustard



SERVINGS
8 people



METHOD
Stovetop & oven



TIME
1 day 2 hours



DIFFICULTY
Easy

Directions

1. Rinse the pork belly and pat dry. Place it skin-side down on a tray and rub the Shaoxing wine into the meat (not the skin). Mix together the salt, sugar, five-spice powder and white pepper. Thoroughly rub this spice mixture into the meat. Flip the meat over so it's skin-side up.

2. For the next step, you'll need a sharp metal skewer. Systematically poke holes all over the skin, which will help the skin crisp up rather than stay smooth and leathery. The more holes there are, the better. Let it dry out in the fridge, uncovered, for 12-24 hours.

3. Preheat the oven to 190° C (375° F). Place a large piece of aluminum foil (heavy duty foil works best) onto a baking tray and fold up the sides around the pork snugly, so that you're creating a kind of box all around it, with a 2.5 cm (1-inch) high border going around the sides.

4. Brush the rice wine vinegar on top of the pork skin. Pack the sea salt in one even layer over the skin, so the pork is completely covered. Place in the oven and roast for 1 hour and 30 mins. If your pork belly still has the rib attached, roast for 1 hour and 45 mins.

5. Take the pork out of the oven, turn on the broiler to low and position the oven rack in the lowest position. Remove the top layer of sea salt from the pork belly and unfold the foil. Put the pork back under the broiler to crisp up. This should take 5-10 mins. The broiler should ideally be on "low" so that this process can happen gradually. If your broiler gets pretty hot, be sure to keep the pork as far away from the heat source as possible. Keep a close eye on it to prevent burning!

6. When the skin has puffed up and gotten crispy, remove from the oven. Let it rest for about 15 mins, then slice.

Chef's Note

Dare to innovate, initiate & iterate



You can use an air fryer as well!

Ingredients

1.3 kg (3 lbs) slab of pork belly
2 teaspoons shaoxing wine (dry cherry)
2 teaspoons salt
1 teaspoon sugar
1/2 teaspoon five spice powder
1/4 teaspoon white pepper
1 1/2 teaspoons rice wine vinegar
110 g (1/2 cup) coarse sea salt



Cantonese Wonton Noodle Soup



SERVINGS
8 people



METHOD
Stovetop



TIME
1h15 mins



DIFFICULTY
Hard

Directions

1. Start by making the filling. Add the pork, $\frac{3}{4}$ teaspoon salt, sugar, sesame oil, white pepper, wine, oil, water and cornstarch to a bowl and whip everything together by hand for 15 mins, or in a food processor for 5 mins. You want the pork to look like a paste. Mix in the chopped shrimp.

2. To make the wontons, take a wrapper and add only about a teaspoon of filling. Use your finger to coat the edges with water (this helps the two sides seal together) and fold in half so you have a triangle shape. Bring together the two outer corners and press to seal. Continue assembling until you've used up the filling (this recipe should make about 3 dozen wontons).

3. To assemble the dish, heat up the chicken broth in a medium-sized pot. Adjust seasoning by adding salt, to taste.

4. Bring a large pot of water to a boil and boil the noodles just until al dente. Divide among 6 bowls. Add the wontons and boil for about 4-5 mins until they float and the filling is cooked through. Divide wontons among the bowls and cover with hot broth. Serve!

Chef's Note

All actions toward satisfaction



If you want your soup a little more flavorful, you can also add a couple drops of sesame oil, chopped scallion and white pepper on the top!



Ingredients

- 225 g (0.5 lbs) ground pork
- $\frac{3}{4}$ teaspoon salt (plus more to taste)
- $\frac{3}{4}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon sesame oil
- $\frac{1}{8}$ teaspoon white pepper
- 1 tablespoon shaoxing wine
- 2 teaspoons oil
- 1 tablespoon water
- $\frac{1}{2}$ teaspoon cornstarch
- 170 g ($\frac{3}{4}$ cup) of chopped shrimp
- $\frac{1}{2}$ pack wonton wrappers (the square-shaped egg wonton skins)
- 340 g (12 oz) wonton egg noodles
- 2 liters (8 cups) high quality, low sodium chicken broth



Hong Kong Egg Tart



SERVINGS
6 people



METHOD
Oven



TIME
45 mins



DIFFICULTY
Easy

Directions

Pastery shell

1. Cream butter with powdered sugar, egg yolk and egg white using a hand-held mixer.
2. Add in flour and mix well. Once it is well mixed, using hand, press the mixture together and form a dough. If the dough is too wet or oily, add some flour. Knead it a few times, being mindful to not overwork the dough.
3. Wrap the dough in plastic wrap. Put it into the fridge for 10-15 mins to let it cool.
4. Take the dough out of the fridge. Cut pastries into 6 equal portions. The individual dough should weight about 38 grams each.
5. Roll individual dough into a ball. Using both palms, press the pastry ball into a flat piece. Line dough in the middle of tart cases, lightly press the dough into the tart cases.
6. Refrigerate the tart cases for 30 mins and it is ready to use.

Filling

1. Add castor sugar into hot water, mix until sugar completely dissolves. Set aside and let cool.
2. Beat eggs with milk, vanilla essence and salt. Pour in sugar water. Mix well.
3. Sift egg mixture twice to achieve smooth egg mixture.
4. Carefully pour egg mixture into each tart shell. Bake tarts for 25 mins at 180 °C (350 °F), with fan on.

Chef's Note

Dare to innovate, initiate & iterate



Do not substitute butter with margarine or butter blends (e.g., Planta, Buttercup, Farm Cows, etc.). It won't taste the same!

Ingredients

Pastry shell

- 140 g (1 cup) plain flour
- 1 tablespoon powdered sugar
- 1 egg yolk
- 1/2 egg white
- 75 g (1/3 cup) salted butter

Filling

- 75 g (1/3 cup) castor sugar or fine sugar
- 5 ml (1/3 cup) hot water
- 2 eggs
- 125 ml (1/2 cup) fresh milk
- 1/4 teaspoon vanilla extract
- Pinch of fine salt





Did you know?

Parmigiano Reggiano, the most famous Italian cheese, is produced in 3.75 million pieces per year for a total of 120 million kilos. It is worth 2.6 B€ on its own. The cheese is sold in Italy and exported to 48 countries around the world.

Parmigiano is made by several small creameries that collect the milk from a few cowsheds and make no more than 20 whole cheeses per day. This is the secret to quality parmigiano reggiano — quality that has remained the same for eight centuries and involves making the cheese based on ancient methods and a tradition dating back to the 12th century.



Cuisine of Italy

Pizza and pasta may be the ubiquitous face of Italian cuisine, but the country's culinary history is much more diverse and is reflected in the great variety of its regional cuisines. Some dishes and ingredients have their roots in Italy's ancient Etruscan and Roman civilizations, while others were brought from distant shores by merchants and conquerors, but all have merged to create one of the world's most delicious and lauded cuisines.

Each region of Italy has their own proud specialties, not primarily at regional level only, but even at provincial level. These regional differences come from the influence of a bordering country (such as France or Austria), close proximity to the sea or mountains. Italian cuisine is not only highly regional, but Italians like their ingredients fresh and subtly seasoned and spiced.

Traditional Italian dishes are deeply rooted in the Italian culture and recipes are often passed down between generations and are cherished for their authentic origins.

Farinata Antipasto



SERVINGS
6 people



METHOD
Oven



TIME
1h45 mins



DIFFICULTY
Easy

Directions

1. Whisk the chickpea flour with 400 ml (1¾ cups) water, then whisk in the salt and 2 tablespoons of extra virgin olive oil. Cover the mixture and set aside at room temperature for at least 1 hour or as long as 12 hours; the longer the better.

2. If you're using the onion, sauté the thin slices in extra virgin olive oil until soft and translucent but not brown. Just before finishing, stir in the herbs to cook for a few moments, then add the cooked onions to the mixture.

3. Heat an oven to 200° C (400° F). Heat a few teaspoons of extra virgin olive oil in a 30 cm (12-inch) ovenproof nonstick skillet over medium-high heat. When the oil is hot, add the flour and onion mixture to the skillet. Transfer the skillet to the oven and cook for about 20-30 mins. Check the "doneness" by inserting a knife in the center; if the knife comes out clean, it's done. If the top has not already browned, place the pancake under a broiler for 1-2 mins until it is flecked with tasty brown spots.

4. Remove the skillet from the oven and let it cool for a minute. Carefully transfer the farinata to a cutting board. Cut it into wedges, drizzle with extra virgin olive oil and top with a lot of freshly and coarsely ground black pepper. Serve warm.

Chef's Note

More gratitude, less attitude



You can add herbs such as rosemary to the batter to infuse or even add in veggies that need using up.

Ingredients

125 g (1 cup) chickpea flour

1 teaspoon fine sea salt

2 tablespoons extra virgin olive oil, plus more for sautéing and finishing

½ small yellow onion, thinly sliced (optional)

1 tablespoon chopped fresh rosemary (optional)

Freshly ground black pepper, to taste



Pizzoccheri Pasta



SERVINGS
4 people



METHOD
Stovetop



TIME
45 mins



DIFFICULTY
Easy

Directions

Pasta

1. Mix the white flour with buckwheat one on a flat work surface, then knead with the water. Work the dough with your hands or with the mixer for at least 15 mins, anyway until it will be smooth and velvety to the touch.
2. Using a rolling pin or with the aid of a pasta machine, roll the dough into very thin sheets, about 2 mm.
3. Overlap the strips obtained alternating them with a dusting of flour to make sure that they do not stick to each other and cut them lengthwise obtaining noodles of about 5 mm wide and long 7-8 cm (3-inch). Let them rest on a floured plan sprinkling of flour.

Dressing

1. Peel the potatoes and cube them. Wash the cabbage and cut into strips wide about 2-3 cm (1-inch) along their height.
2. Bring a large pot of water to a boil and add a generous pinch of salt. Add the potatoes. Let them boil for 5 mins, then add the pizzoccheri and cabbage.

Let them boil for 8-10 mins. Before you drain the pasta, check to make sure it is al dente.

3. In the meantime cut the Casera cheese into slices or small cubes and set aside. You can replace the Casera with Bitto to have a stronger flavor, or mix them too.
 4. Remove some of the pizzoccheri and cabbage from the pot using a slotted spoon and place them in a baking dish; sprinkle with grated Grana Padano and Casera or Bitto.
 5. Continue alternating layers of pizzoccheri and cheese, until you have used all the ingredients. Meanwhile, melt the butter over low heat in a pan with peeled garlic cloves. When butter has melted remove the garlic and pour it over the pizzoccheri.
- Serve immediately or, place them into the oven for less than 10 mins at 180° C (350° F).



Ingredients

Pasta

- 250 g (2 cups) buckwheat flour
- 80 g (2/3 cup) flour
- 165 ml (5.5 oz) water

Dressing

- 300 g (2 cups) potatoes
- 350 g (4 cups) cabbage
- 250 g (2 cups) Casera or Bitto cheese
- 60 g (1/4 cup) butter
- 100 g (1 cup) grated Grana Padano
- Salt to taste
- 2 cloves of garlic



Classic Tiramisù



SERVINGS
10 people



METHOD
Fridge



TIME
30 mins



DIFFICULTY
Moderate

Directions

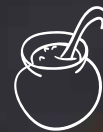
1. Separate the egg yolks from the whites into two different bowls.
2. Stir the yolks with the sugar and mascarpone until the mixture is pale and sugar dissolved. Separately, whip the egg whites until stiff peaks form. Using a wooden spoon, gently fold the egg whites into the mascarpone mixture and then gently fold in the whipped heavy cream.
3. Pour the coffee into a wide bowl and quickly dunk each cookie into it. Arrange about half of the cookies so that they completely cover the base of a shallow (3.8 cm / 1½-inch deep) rectangular (28x18 cm / 11x7-inch) dish. Cover the cookies with half of the mascarpone mixture.
4. Arrange another layer of soaked cookies and top with remaining mascarpone mixture. Sprinkle with cocoa powder on top.
5. Cover the dish with plastic wrap and refrigerate for 4 hours before serving.

Chef's Note

Dare to innovate, initiate & iterate



If you can't find ladyfingers, you can use sponge cake, angel food cake or as a last choice pound cake. Cut the cake into 10 cm (4-inch) oblongs and dry them in a 250° C (482° F) oven before assembling the tiramisù.



Ingredients

475 g (2 cups) mascarpone cheese
5 farm-fresh eggs
5 tablespoons sugar
480 ml (2 cups) heavy cream, whipped into stiff peaks
4 espresso shots of hot espresso
1 package Ladyfinger cookies
A sprinkling of cocoa powder





Kuala Lumpur
Malaysia



Did you know?

The smelliest fruit in the world grows in Malaysia! Durian is known as the world's smelliest fruit, and when ripe, its odor can be detected several hundred meters away. The persistence of its odor, which may linger for several days, led certain hotels and public transportation services in Southeast Asia to ban the fruit!

Durian is native to Malaysia, and there are many Malaysian varieties of the fruit. The flesh can be consumed at various stages of ripeness, and it is used to flavor a wide variety of savory and sweet desserts in Southeast Asian cuisines. The seeds can also be eaten when cooked.



Cuisine of Malaysia

Malay food is strong, spicy and aromatic, combining the rich tastes of the many herbs and spices commonly found in Southeast Asia. It is one of three major cuisines in Malaysia and together with Chinese and Indian food, continually delight visitors to the country with its incredible variety and flavors.

Malay food is often eaten with the hands. No utensils needed! Diners simply scoop mouthfuls of rice mixed with curry, vegetables or meat onto their palms and then ladle this into their mouths with the back of their thumbs. It is an art to keep the rice from escaping through the fingers but, with some practice, it can be mastered.

There are regional differences to Malay cuisine. From Thai flavors to Negri Sembilan and South Indian laborers, brought in by British colonialists as well as ingredients from southern India are often used in Malay dishes today.

With so many different influences from around the region, Malay cuisine has become an interesting and varied adventure, something that can be savored and enjoyed with family and friends.

Fresh Spring Rolls

Popiah



SERVINGS
3-4 people



METHOD
Stovetop



TIME
1h30 mins



DIFFICULTY
Easy

Directions

Wrapper

1. Mix salt and all purpose flour and then pour in water. Keep stirring until well combined.
2. Strain the batter to remove any lumps.
3. Prepare a non-stick pan and a small brush. Heat your pan over slowest fire and then quickly brush the batter on the pan to form a round wrapper. Slightly turn up the fire and heat the wrapper until white. Transfer to cool down aside.
4. Clean the pan with a wet cloth and then repeat the process until all the batter is finished.

Filling

1. Heat up your wok with 60 ml (1/4 cup) oil, shallow fry the bean curd until lightly browned. Dish out and drain on paper towels.
2. In a deep pot, add in the remaining oil until heated. Transfer the garlic into the deep pot and stir fry until aromatic, add in the prawn and stir fry until slightly cooked.

3. Add in the yambean or jicama, french beans, salt, pepper, sugar and water, stir well. Reduce the heat and simmer until the yambean or jicama turns soft, for about 30 mins. Taste the filling, add more salt and sugar to taste. Dish out the filling and keep aside to cool. The filling might be slightly watery.
4. Lay a piece of the Popiah wrapper on a flat board. Spread a little sweet sauce or hoisin sauce and a little chili sauce on it. Place a lettuce leaf over the sauces. Spoon 3 tablespoon of filling onto the leaf. Top with the fried bean curd and fried shallot crisps. Fold up the two sides of the wrapper and roll up. If you wish, you can scoop a tablespoon of the filling juice on top of the Popiah. Serve immediately.



Ingredients

Spring roll wrapper

- 200 g (1 1/2 cups) all-purpose flour
- 300 ml (1 1/4 cups) water + 20 ml more if necessary
- 1/2 teaspoon salt

Fillings

- 80 ml (3/4 cup) cooking oil
- Fresh lettuce leaves
- 3 cloves garlic, finely minced
- 226 g (8 oz) shrimp, shelled, deveined and cut into small pieces
- 1 kg (2 lbs) yambean or jicama, grated
- 56 g (2 oz) french beans, sliced
- 4 bean curd (tofu), diced into small pieces
- Some store-bought fried shallot crisps, (optional)

Seasonings

- 1 teaspoon salt
- 1/2 teaspoon white pepper powder
- 1 teaspoon sugar
- 240 ml (1 cup) water

Sauces

- 120 ml (1/2 cup) sweet sauce, tee cheo or hoisin sauce
- 60 ml (1/4 cup) chili sauce, sriracha or Lingham hot sauce

Tok Wan Beef Rendang



SERVINGS
3-4 people



METHOD
Stovetop



TIME
1h45 mins



DIFFICULTY
Moderate

Directions

1. Chop the spice paste ingredients and then blend it in a food processor until fine.
2. Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, cardamom and stir-fry until aromatic. Add the beef and the pounded lemongrass and stir for 1 min. Add the coconut milk, tamarind juice, water and simmer on medium heat, stirring frequently until the meat is almost cooked. Add the kaffir lime leaves, kerisik (toasted coconut), sugar or palm sugar, stirring to blend well with the meat.
3. Lower the heat to low, cover, and simmer for 1 to 1½ hours or until the meat is really tender and the gravy has dried up. Add more salt and sugar to taste. Serve immediately with steamed rice and save some for overnight.

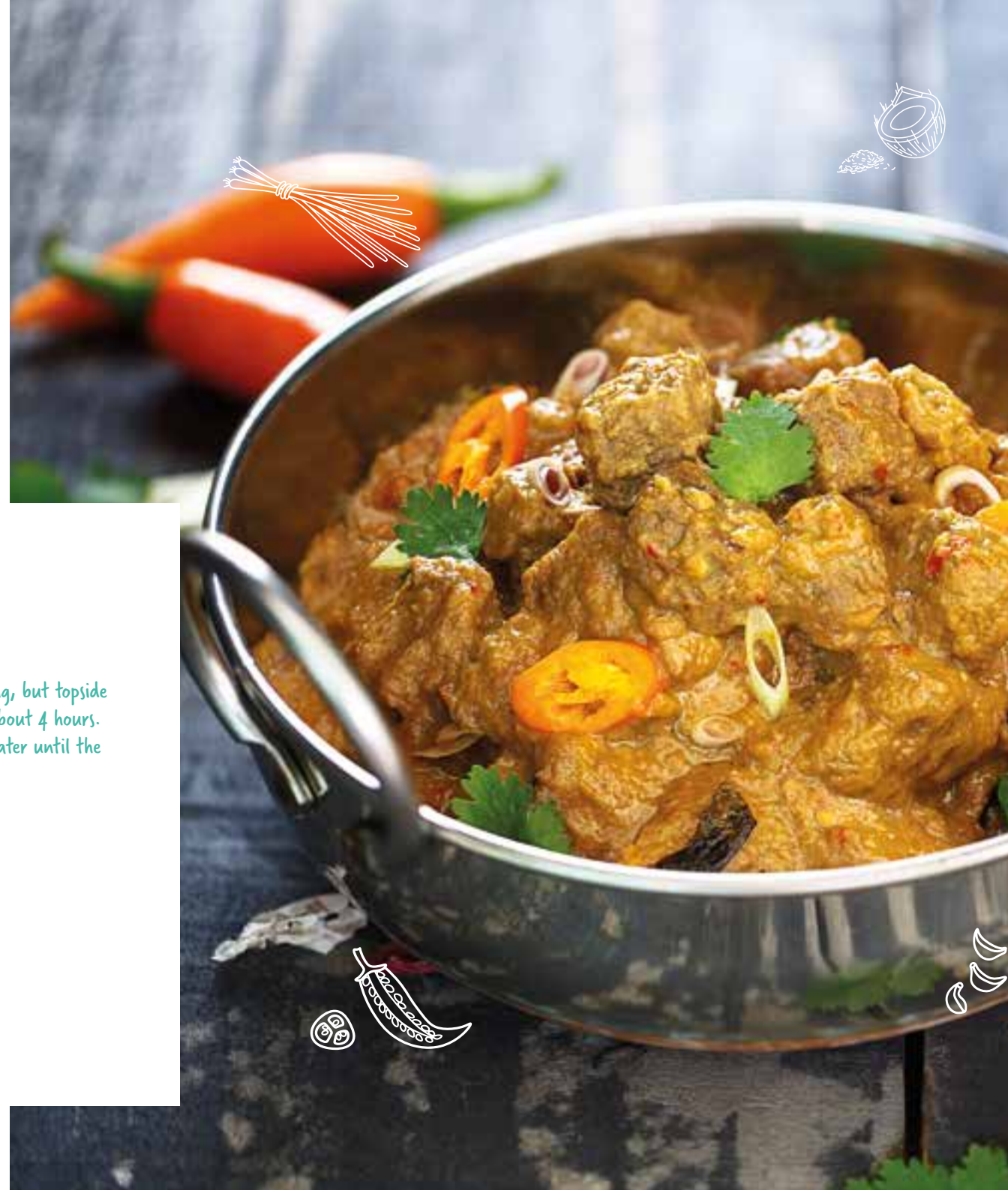
NOTE: To prepare the kerisik or toasted coconut, just add the grated coconut to a dry wok and stir continuously until it turns golden brown.

Chef's Note

Good vibes only



Sirloin is the choice for more tender rendang, but topside is good to use since the beef is stewed for about 4 hours. You can stew the meat longer by adding water until the beef is tender enough.



Ingredients

- 225 g (½ lbs) boneless beef short ribs, cut into cubes
 - 5 tablespoons cooking oil
 - 1 stick cinnamon, about 5 cm (2-inch) length
 - 3 cloves
 - 3 star anise
 - 3 cardamom pods
 - 1 lemongrass, cut into 10 cm (4-inch) length and pounded
 - 240 ml (1 cup) thick coconut milk, coconut cream
 - 240 ml (1 cup) water
 - 2 teaspoons tamarind pulp, soaked in some warm water for the juice and discard the seeds
 - 6 kaffir lime leaves, very finely sliced
 - 6 tablespoons kerisik, toasted coconut
 - 1 tablespoon sugar or palm sugar to taste
 - salt to taste
- Spice paste
- 5 shallots
 - 2.5 cm (1-inch) galangal
 - 3 lemongrass (white part only)
 - 5 cloves garlic
 - 2.5 cm (1-inch) ginger
 - 10-12 dried chilies, soaked in warm water and seeded

Cendol

Ice Dessert



SERVINGS
3-4 people



METHOD
Fridge



TIME
30 mins



DIFFICULTY
Easy

Directions

Cendol jellies

1. Prepare an ice bath by placing ice into a large bowl filled with water.
2. Combine all the cendol jelly ingredients in a medium saucepan. Turn on the heat to high and stir the mixture with a spatula.
3. Once the mixture starts to thicken, reduce the heat to low and continue to cook until it becomes a translucent paste. Cook for another 2 mins.
4. Remove the pan from heat and carefully transfer the paste to a potato ricer — working in batches, squeeze the paste through the ricer over top of the ice bath, ensuring the "cendol noodles" are submerged in the ice water.
5. Leave the cendol in the ice water for 15 mins.
6. Drain the cendol and set aside in the refrigerator until ready to assemble.

Sugar syrup

1. In a small saucepan, combine the palm sugar and water and heat until thickened, about 5 mins.
2. Transfer to a jar and let cool.

Finished dessert

1. To assemble, layer azuki red beans, yellow mung beans, cendol jellies and crushed ice in a bowl or glass.
2. Drizzle with coconut milk and sugar syrup.
3. Serve immediately.

Chef's Note

More gratitude, less attitude



Leftover cendol jelly can be kept in a container and put in a fridge for up to 3 days. Do not freeze.



Ingredients

Cendol jellies

- 50 g (~1/2 cup) cornstarch
- 10 g (1 tablespoon) mung bean flour starch, (rice starch may be substituted)
- 10 g (1 tablespoon) wheat starch, (omit if not available)
- 30 g (2 1/3 tablespoons) granulated cane sugar
- 400 ml (1 2/3 cups) water
- 70 g pandan leaves, (if you can't find fresh or frozen pandan leaves, you can omit and use pandan extract instead)
- 1/4 teaspoon green pandan extract
- 1/4 teaspoon lye water (optional)

Sugar syrup

- 100 g (1/2 cup) palm sugar
- 60 ml (1/4 cup) water

Finished dessert

- Cooked red azuki beans
- Cooked yellow mung beans
- Coconut milk
- Crushed ice



Did you know?

The Dutch eat more licorice than any other nation in the world! If you like licorice, then you'll literally feel like a kid in a candy store in the Netherlands. You'll be spoiled with choices, with shops in the Netherlands selling over 80 different kinds of drop (the Dutch word for licorice).

This drop-loving nation can't get enough of the stuff and consume around 32 million kilos of it every year! That works out at more than 2,000g per person; the highest per capita consumption of licorice in the world.



Cuisine of Netherlands

The country's cuisine is shaped by its location in the fertile North Sea river delta of the European Plain, giving rise to fishing and farming. Traditionally, Dutch cuisine is simple and straightforward, with many vegetables and little meat. Without many refinements, it is best described as rustic, though many holidays are celebrated with special foods.

During the 20th century, Dutch cuisine and diet changed. Influenced by the eating culture of its colonies (particularly the Dutch East Indies), it became more cosmopolitan and most international cuisines are represented in the major cities.

The beauty of Dutch cooking lies in its simplicity, with honest-to-goodness comfort foods like root vegetable mash and brown bean soup and what can only be described as the best apple pie in the world. There's only one crucial thing to remember: the secret to making simple food soar is to use the best ingredients you can afford. Buy locally-grown, seasonal and organic — and let the ingredients do the talking.

Asparagus Hollandaise



SERVING
4 People



METHOD
Stovetop



TIME
45 mins



DIFFICULTY
Easy

Directions

1. Soak the asparagus in cold water as soon as you get them home.
2. Rinse and peel with a potato peeler, starting from just under the head and work your way down. Cut about 1.2 cm (½-inch) of the woody bits off the ends.
3. Place the asparagus and salt in a large soup pot or a special asparagus pot. Cover with cold water and bring to a boil. Temper the heat slightly and allow to simmer for about 10 mins. Take off heat and leave the asparagus in the hot water for 15-20 mins, or until tender.
4. Meanwhile, boil the whole eggs.
5. Once boiled, chop finely. Thinly slice the ham.
6. For the Hollandaise sauce, beat the egg yolks and wine until light and frothy. Place the rest of the wine back in the fridge to cool.
7. Pour the egg-wine mixture into a saucepan and warm over a low heat on the stovetop, beating continuously until the sauce thickens.

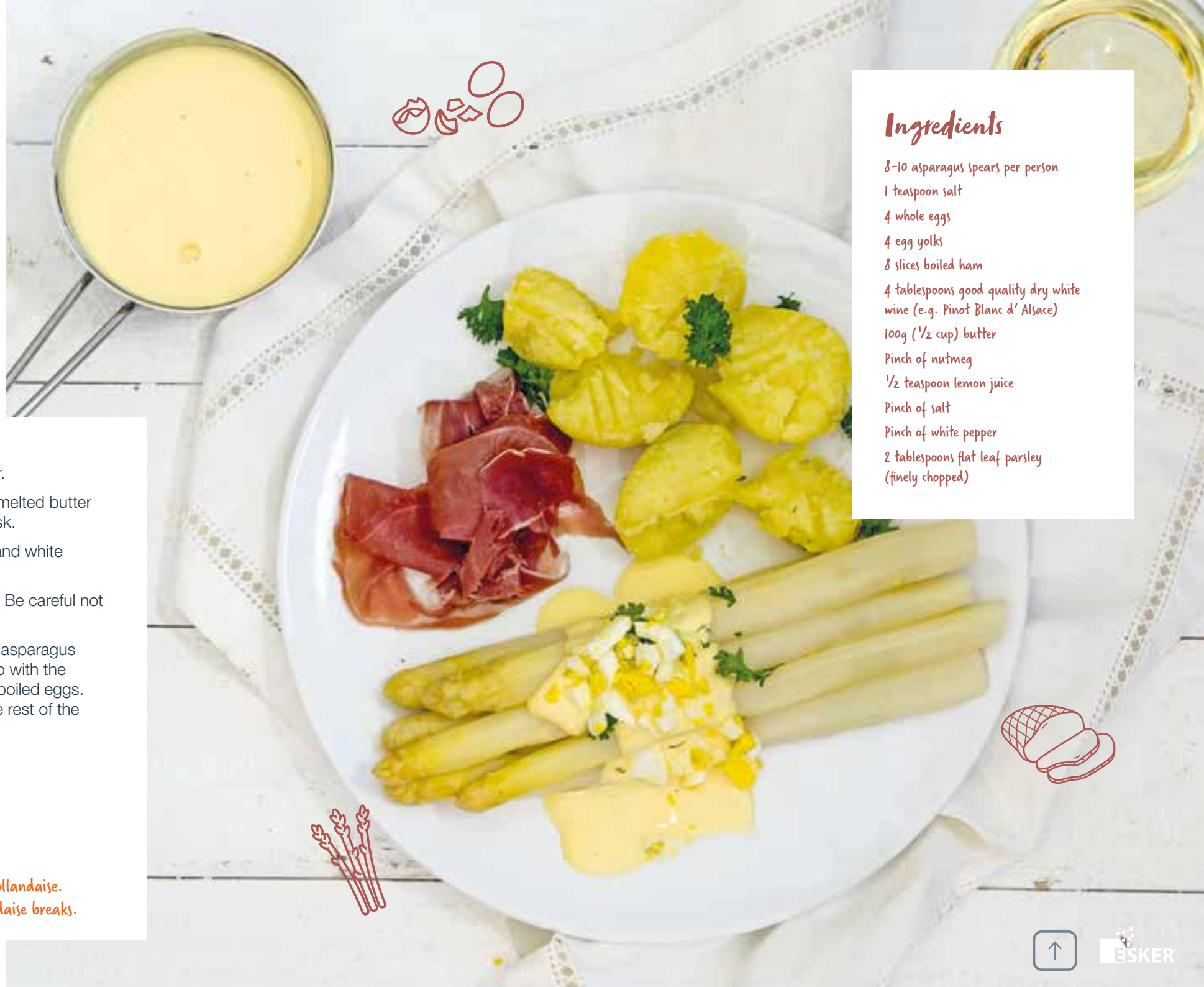
8. In another saucepan, melt the butter.
9. Remove from the heat and add the melted butter in a thin trickle, while continuing to whisk.
10. Add the nutmeg, lemon juice, salt and white pepper. Whisk again and set aside.
11. Gently drain the cooked asparagus. Be careful not to damage the tender heads.
12. Arrange on a serving plate with the asparagus spears facing in the same direction. Top with the Hollandaise sauce, chopped ham and boiled eggs. Sprinkle with parsley and serve with the rest of the chilled wine.

Chef's Note

More gratitude, less attitude



*In a hurry? Use melted butter instead of Hollandaise.
It's also a good backup plan if your Hollandaise breaks.*



Ingredients

- 8-10 asparagus spears per person
- 1 teaspoon salt
- 4 whole eggs
- 4 egg yolks
- 8 slices boiled ham
- 4 tablespoons good quality dry white wine (e.g. Pinot Blanc d'Alsace)
- 100g (½ cup) butter
- Pinch of nutmeg
- ½ teaspoon lemon juice
- Pinch of salt
- Pinch of white pepper
- 2 tablespoons flat leaf parsley (finely chopped)

Dutch Stampopot



SERVINGS
4-5 people



METHOD
Stovetop



TIME
40 mins



DIFFICULTY
Moderate

Directions

1. Put potatoes and 2 teaspoons salt in a large pot. Cover with cold water. Bring to a boil over high heat. Reduce to a simmer and cook until potatoes are tender, 10-15 mins. Scoop out a cup of potato cooking-water and set aside. Drain potatoes and return them to the pot. Add butter, milk, 2 teaspoons salt and ½ teaspoon pepper. Mash potatoes with a potato-masher. For creamier potatoes add potato cooking-water, a little at a time, stirring, until you get the desired texture.

2. In a large heavy skillet or pot with a lid, heat 2 tablespoons oil over medium-low heat. Add onion and cook, stirring occasionally, for 6-7 mins, until translucent. Add garlic and cook for 30 seconds. Raise heat to medium. Add kale, ¼ cup water and ½ teaspoon vinegar. Cover pot and wait 2-3 mins for the kale to wilt. Remove cover and cook, stirring occasionally, for 3-4 mins longer or until the kale is tender. Sprinkle with a pinch of salt and a few grinds of black pepper. Add kale mixture to potatoes and mash until thoroughly combined.

3. In the same heavy skillet used for the kale, heat 1 tablespoon olive oil over medium-high heat. Cook the sausages for 4-5 mins, until nicely browned on both sides and heated through.

4. Divide the kale-potato mash between 4 or 5 bowls. Arrange sausages on top. Drizzle on a teaspoon of olive oil per bowl and sprinkle with chopped scallions, if you like. Enjoy!

Chef's Note

All actions toward satisfaction



Start by peeling and slicing the potatoes. Put them into the pot over the heat. It will take a while for that pot to boil. You should be able to get everything else sliced and diced while the potatoes cook.

Ingredients

5 large potatoes, peeled and cut into 2.5 cm (1-inch) pieces

4 teaspoons kosher salt, divided (plus more for seasoning)

2 tablespoons unsalted butter

120 ml (½ cup) 2% milk (or whole milk)

½ teaspoon freshly ground black pepper (plus more for seasoning)

3 tablespoons extra virgin olive oil, divided

1 medium onion, peeled and finely chopped

2 large cloves garlic, peeled and minced (1 tablespoon)

1 bunch of curly kale, stemmed and chopped into 3 cm (7.6 inch) pieces

60 ml (¼ cup) water

½ teaspoon white wine vinegar

450 g (1 lb) fully-cooked, smoked pork sausage such as Dutch Rookworst (or substitute Spanish Chorizo or Polish Kielbasa), cut crosswise into thin slices

4-5 teaspoons olive oil, optional garnish

4 green onions, trimmed and chopped, optional garnish

Vlaai Cherry Pie



SERVINGS
8 people



METHOD
Oven



TIME
1h40 mins



DIFFICULTY
Hard

Directions

Dough

1. In the bowl of a stand mixer, mix the yeast in half the warm milk. Add the 2 tablespoons of caster sugar. Let stand for 10 mins then add the powdered sugar and flour and mix.

2. While mixing using the dough hook, gradually add the milk and egg yolk. When a ball forms, add the salt and then the soft butter. Knead for 5 mins.

3. Grease a bowl and place the dough in it. Cover and let sit for 30 mins in a warm place away from drafts.

Filling

1. Mix the potato starch and the caster sugar.

2. Pour the cherry juice into a saucepan and add the vanilla, spices, and the orange and lemon juice and zest. Add the potato starch and sugar mixture.

3. Slowly bring to a boil, while stirring as the liquid becomes clear. When the liquid reaches the boiling point, boil it gently for an additional minute and add the drained cherries. Simmer for 10 mins over low heat, stirring regularly.

4. Remove from heat and allow to cool completely.

Assembly

1. Preheat the oven to 220° C (450° F).

2. Divide the dough into two pieces of $\frac{2}{3}$ and $\frac{1}{3}$. Roll out the largest dough piece into a 3 mm ($\frac{1}{8}$ -inch) thick circle.

3. Butter and flour a pie mold then place the dough in the mold and pierce it with a fork, pressing on it to stick it to the sides of the mold. This will prevent it from swelling too much. Place the dough for 15 mins in the refrigerator.

4. Add the cherry garnish evenly.

5. Roll out the second dough piece to a thickness of 3 mm ($\frac{1}{8}$ -inch). Cut into 7 mm ($\frac{1}{4}$ -inch) wide strips.

6. Make a lattice on top of the pie using these strips. Brush with egg yolk and sprinkle with sugar.

7. Bake for 20-25 mins. If the top browns too quickly, lower the temperature to 180° C (350° F) after 15 mins of baking.

8. Let cool before transferring to a pie dish for serving.



Ingredients

For the dough

312 g (2 1/2 cups) flour, sifted
120 ml (1/2 cup) milk
(at 36° C / 97° F)
90 g (3/4 cup) powdered sugar
2 tablespoons caster sugar
2 teaspoons active dry yeast
4 tablespoons butter (soft)
1/2 teaspoon fleur de sel (or salt)
1 egg yolk

For the filling

680 g (1 1/2 lb) cherries in syrup (net weight, drained)
360 ml (1 1/2 cup) cherry juice
67 g (1/3 cup) caster sugar
1 tablespoon vanilla extract
2 1/2 tablespoons potato starch
1 lemon (juice and zest)
1 orange (juice and zest)
1/2 teaspoon cinnamon
1/2 teaspoon freshly grated nutmeg

For the assembly

Butter (for the mold)
Flour (for the mold)
1 egg yolk beaten
50 g (1/4 cup) sugar



Did you know?

Hawker centers are a unique aspect of Singapore culture and lifestyle. These food centers are the heart and soul of the local food scene. You'll find cheap food and locals eating and mingling together. Typically, hawker centers are open air complexes with many stalls selling a wide variety of dishes. They are conveniently located near large housing complexes, where locals live.

The world's cheapest Michelin food can be found at a hawker center in Singapore – for just S\$2!



Cuisine of Singapore

Singaporean cuisine encompasses the diverse elements of culinary culture of Singapore — derived from several ethnic groups which have developed through centuries of political, economic and social changes of this cosmopolitan city-state.

Influences include the cuisines of the Malays, the Chinese and the Indians as well as Indonesian, Peranakan and Western traditions (particularly English and Portuguese-influenced Eurasian, known as Kristang). Influences from neighboring regions such as Japan, Korea and Thailand are also present.

In Singapore, food is viewed as crucial to its national identity and a unifying cultural thread. Singaporean literature declares eating a national pastime and food a national obsession. Food is a frequent topic of conversation among Singaporeans. Singapore is a multicultural country with different dietary restrictions that varies in different groups. However, people from different communities often eat together, while being mindful of each other's culture and choosing food that is acceptable for all.

Singapore Chicken Satay



SERVINGS
12 people



METHOD
Oven



TIME
30 mins



DIFFICULTY
Easy

Directions

Marinade

1. Blend Group A into paste.
2. Marinate cut chicken thigh with Group A and B for at least 2 hours.

Roasting

1. Preheat oven to 180 °C (350 °F) for at least 20 mins.
2. Roast chicken skewers in the oven at 180 °C (350 °F) for 10 mins.
3. Increase temperature to 240 °C (475 °F) and bake for another 10 mins.

Chef's Note

Good vibes only



They are best served with peanut sauce, sliced cucumber and cut onions. The cucumber and onion clean the palate between each skewer.

Ingredients

3 pieces of chicken thighs, cut into small pieces

Group A (cut into smaller pieces for easy blending)

- 4 stalks lemongrass (only use the white portion)
- 15 cloves shallots
- 3 cloves garlic
- 4 thin slices of galangal 4 mm (0.15-inch)

Group B

- 6 tablespoons sugar
- 2 teaspoons turmeric powder
- 2 tablespoons coriander seed (dry roasted and pounded)
- 2 teaspoons cumin
- 1.5 teaspoons salt
- 1 tablespoon kichap manis



Nasi Lemak



SERVINGS
4 people



METHOD
Stovetop



TIME
4h50 mins



DIFFICULTY
Moderate

Directions

1. Just like making steamed rice, rinse your rice and drain. Add the coconut milk, a pinch of salt and some water. Add the pandan leaves into the rice and cook your rice.
2. Rinse the dried anchovies and drain the water. Fry the anchovies until they turn light brown and put aside.
3. Pound the prawn paste together with shallots, garlic and deseeded dried chillies with a mortar and pestle. You can also grind them with a food processor. Slice the red onion into rings. Soak the tamarind pulp in water for 15 mins. Squeeze the tamarind constantly to extract the flavor into the water. Drain the pulp and save the tamarind juice.
4. Heat some oil in a pan and fry the spice paste until fragrant. Add in the onion rings. Add in the ikan bilis and stir well. Add tamarind juice, salt and sugar. Simmer on low heat until the gravy thickens. Set aside.

5. Clean the small fish, cut them into half and season with salt. Deep fry. Cut the cucumber into slices and then quartered into four small pieces. Dish up the steamed coconut milk rice and pour some sambal ikan bilis on top of the rice. Serve with fried fish, cucumber slices and hard-boiled eggs.

Chef's Note

Dare to innovate, initiate & iterate



If tamarind paste or pulp is not available, you may substitute with vinegar or lime juice.



Ingredients

Coconut milk steamed rice

- 400 g (2 cups) rice
- 3 screwpine leaves, tie them into a knot
- Salt to taste
- 1 can (165 ml / 5.5 oz) coconut milk
- Some water

Tamarind juice

- 240 ml (1 cup) water
- Tamarind pulp, size of a small ping pong ball

Sambal ikan bilis

(dried anchovies sambal)

- 1/2 red onion
- 1 cup ikan bilis, dried anchovies
- 1 clove garlic
- 4 shallots
- 10 dried chillies
- 1 teaspoon belacan, prawn paste
- 1/4 teaspoon salt
- 1 tablespoon sugar

Other ingredients

- 2 hard boiled eggs, cut in half
- 3 small fish, sardines or smelt fish
- 1 small cucumber, cut into slices and then quartered

Pandan Chiffon Cake



SERVINGS
10 people



METHOD
Oven



TIME
1h20 mins



DIFFICULTY
Easy

Directions

1. Preheat oven to 175 °C (350 °F).
2. Combine the flour, baking powder, salt and ½ cup of sugar in a bowl. Stir well to blend. Add the oil, egg yolks, coconut milk and pandan paste. Beat with an electric mixer until smooth.
3. In a separate bowl, beat the egg whites and cream of tartar until moist peaks form. Gradually add ¾ cup sugar, beating until stiff and shiny peaks are formed.
4. Fold ⅓ of the egg whites into the egg yolks mixture, fold to mix and then add the rest of the egg whites. Fold gently but thoroughly. Turn batter into ungreased 25 cm (10-inch) tube pan.

5. Bake for 60 mins or until a toothpick inserted in the center comes out clean. Invert cake and cool completely in pan. When cool, loosen the edges and shake pan to remove cake.

Chef's Note

One team beyond boundaries



In case you are wondering what pandan is, it is a leaf.
Also known as screw pine leaf.

Ingredients

220 g (1¾ cup) all-purpose flour sifted
1 tablespoon baking powder
1 teaspoon salt
250 g (1¼ cup) sugar divided
120 ml (½ cup) vegetable or canola oil
6 egg yolks
180 ml (¾ cup) coconut milk
1 teaspoon pandan paste
6 egg whites
½ teaspoon cream of tartar



Did you know?

There are a lot of different stories surrounding the origin of tapas. According to the most popular, barkeepers started to cover their customers' drinks with a slice of bread and small piece of cheese and ham as a way of preventing dust and flies from entering the patron's glass.

Today, tapas are an integral part of the Spanish culture, as they combine delicious food and spending time with friends into one.

The customs surrounding the eating of tapas vary greatly between regions, and you would have a very different experience eating tapas in Barcelona than you would in Granada.



Cuisine of Spain

Spanish cuisine is famous the world over because it is flavorful, healthy, traditional, creative and varied, and also because of its popular restaurants and fine dining, as demonstrated by the international recognition of its chefs.

Spanish cuisine is influenced by Spain's location, surrounded by the Mediterranean Sea and the Atlantic Ocean. Seafood is plentiful and popular in traditional Spanish dishes. Spanish cuisine has also been highly influenced by the many international destinations in which Spain once conquered, like Arabic ingredients such as rice, sugar cane, eggplant, almonds and lemon in their cooking.

Spain's most common food is the tortilla de patata, or potato omelet. Other gastronomical delicacies include seafood paella, chorizo sausage, gazpacho soup and tapas. Lunch is the biggest meal of the day, typically consisting of a soup or salad course followed by a main entree and a small dessert. Locals also love to snack on tapas in the evening while enjoying glasses of wine or sherry.

Classic Andalusian Gazpacho



SERVINGS
3-4 people



METHOD
Fridge



TIME
15 mins



DIFFICULTY
Easy

Directions

1. Wash and dry all of the vegetables very well — if you prefer to peel the tomatoes you can.
2. Cut the tomatoes into 4 slices (leaving the core behind) and put into your blender.
3. Halve, core and de-seed the pepper. Cut it into a few slices and add to the blender.
4. Peel the garlic and slice it in half. Remove the core (which often results in bitterness when not cooked).
5. Peel the cucumber and cut it in half. Add half to the blender and save the other half for a topping.
6. Blend the vegetables at a high speed until it is completely puréed.
7. Add the salt and vinegar and, while blending on a slow speed, slowly add the olive oil.
8. Taste and adjust salt and vinegar. If the texture is too thick for your liking, add some cold water.
9. Refrigerate and serve very cold! Add as many (or as few) toppings as you like.

Chef's Note

One team beyond boundaries



You can make the gazpacho without worrying about peeling the tomatoes or removing the seeds if after doing so you pass it through a fine strainer to get the finest cold soup texture. Also you can say it's a delicious way to introduce the kids to vegetables! As a last step you can add suggested toppings: finely chopped onion, tomato and pepper pieces.

Ingredients

6-7 medium tomatoes
1 long green Italian pepper (not a bell pepper)
1 cucumber
1 clove of garlic not too big
3 tablespoons extra virgin olive oil
A splash of sherry vinegar (vinagre de Jerez), although red or white wine vinegar can be substituted
A pinch or two of salt
Optional toppings: diced cucumber, diced pepper, croutons, and hard-boiled eggs



Paella Valenciana



SERVINGS
10 people



METHOD
Stovetop



TIME
1h30 mins



DIFFICULTY
Moderate

Directions

This dish, when made authentically, is cooked in a large "paella pan" directly over an open wood fire. You can adapt this recipe to make at home by using a barbeque or even a conventional stovetop as your heat source.

1. Place the pan (paella) over a wood burning fire, barbeque or stovetop. Heat momentarily and add the oil.
2. When the oil is hot enough (should be smoking), add the chicken and rabbit pieces. The fire should be at medium-high heat. Sear the chicken and rabbit pieces until they are lightly browned all over. Add the green beans and butter beans. Cook for 2 mins and then add the chopped tomatoes to the pan, keeping the fire at medium-high heat.
3. Once all the ingredients are well seared in the oil and caramelized, add the water and fresh rosemary and increase the heat to maximum. Next, add the salt and saffron. As soon as the liquid starts to boil, add the rice and remove the rosemary sprig.
4. Stir the ingredients to distribute them evenly throughout the pan with a wooden spoon, using

gentle but firm movements. Keep the fire at maximum heat for 8-10 mins. After this time, if working over a wood-burning fire or barbeque, reduce the fire level gradually until there is no more fire and the paella is just resting over hot coals. Let the paella stand for 2-3 mins more, over the coals. If using a conventional stovetop, reduce the heat gradually to low heat and let paella stand for 2-3 mins more over low heat.

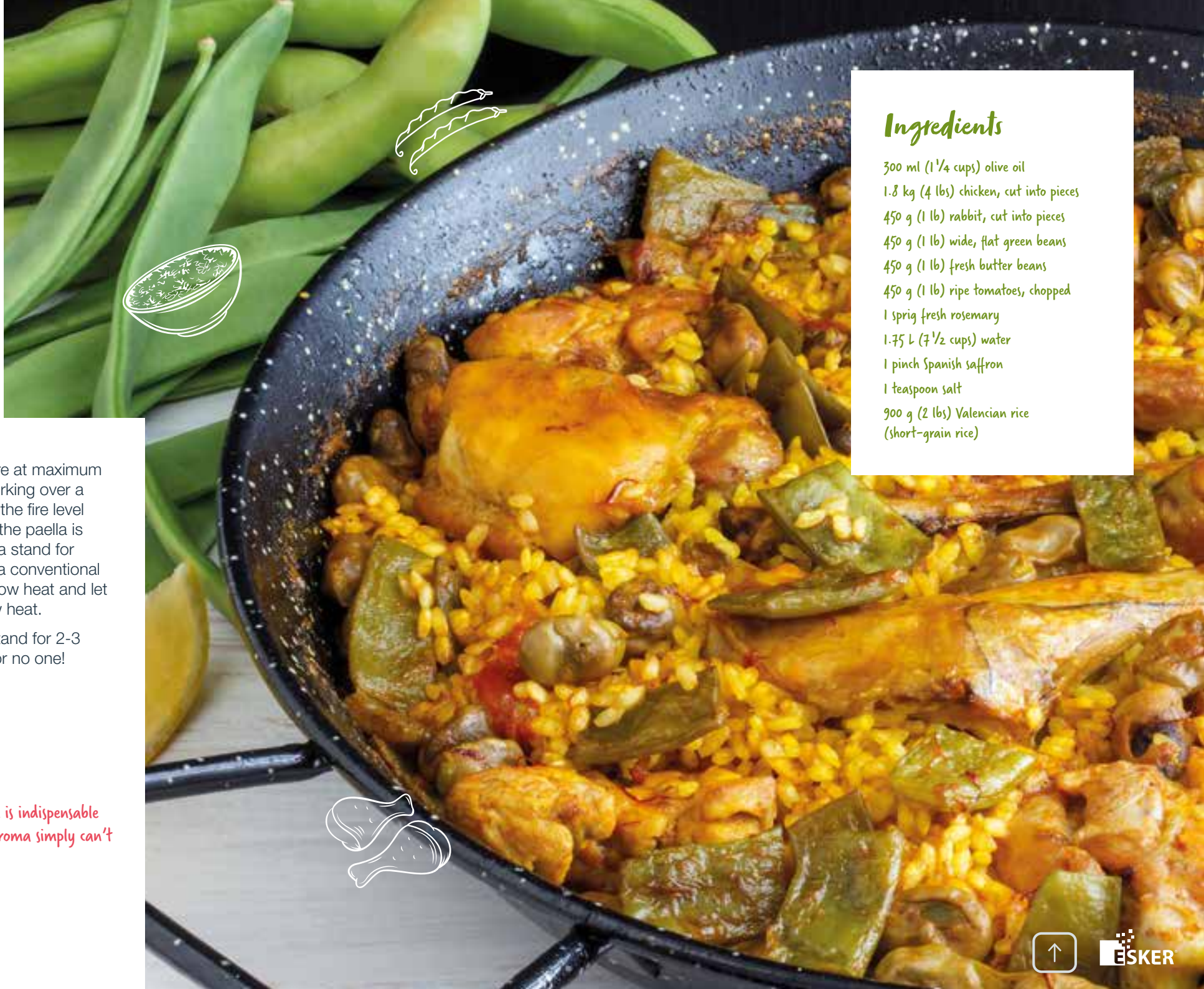
5. Take the paella off the heat and let stand for 2-3 mins. Serve immediately. Paella waits for no one!

Chef's Note

Good vibes only



Don't skip the saffron! Much like rice, saffron is indispensable when making paella. Its unique flavor and aroma simply can't be duplicated by anything else.



Ingredients

300 ml (1 1/4 cups) olive oil
1.8 kg (4 lbs) chicken, cut into pieces
450 g (1 lb) rabbit, cut into pieces
450 g (1 lb) wide, flat green beans
450 g (1 lb) fresh butter beans
450 g (1 lb) ripe tomatoes, chopped
1 sprig fresh rosemary
1.75 L (7 1/2 cups) water
1 pinch Spanish saffron
1 teaspoon salt
900 g (2 lbs) Valencian rice
(short-grain rice)

Crema Catalana



SERVINGS
6 people



METHOD
Stovetop



TIME
40 mins



DIFFICULTY
Easy

Directions

1. Put the milk, orange and lemon zest, and cinnamon in a saucepan. Split the vanilla pod lengthways and add this too, then gently bring to the boil.
2. Remove from the heat and allow to infuse for 15 mins.
3. Meanwhile, whisk the egg yolks with the sugar and cornflour until pale and creamy.
4. Pass the milk through a sieve and discard everything else, then return the milk to the pan and place over a medium heat.
5. Just before it reaches boiling point, slowly add the egg mixture, whisking continuously for about 7 mins, or until it begins to thicken and coats the back of a wooden spoon.
6. Remove it from the heat and pour into individual dishes or ramekins.
7. Cover each serving with a disc of greaseproof paper to prevent a skin from forming and let it cool before placing in the fridge.

8. To serve, remove the greaseproof paper, sprinkle 1 tablespoon of sugar on top of each crema and caramelize using a blowtorch. Alternatively, place the sugared cremas on a tray under a preheated gas grill for a few minutes, until the sugar turns dark brown. Allow the sugar to harden, then serve immediately.

Chef's Note

All actions toward satisfaction



Make sure the sugar caramelizes well or you will miss out on the best part of this dessert. The trick is to tap gently a spoon several times to break the caramel: just take a moment to listen when it breaks, it is a real pleasure before you even taste it!

Ingredients

500 ml (2 cups + 1 tablespoon)
whole milk
1/2 an orange
1/2 a lemon
1/2 a stick of cinnamon
1 vanilla pod
7 large free-range egg yolks
95 g (1/2 cup) sugar, plus extra to serve
1 heaping teaspoon cornflour





Did you know?

Every year on April 21, the United Kingdom (UK) celebrates National Tea Day, their drink of choice for the past two centuries. Indeed, more than 163 million cups of tea are drunk every day in Britain. That's enough to fill about 20 Olympic swimming pools!

Each year, citizens of the UK hold their "Fes-Tea-Val" on this day as a chance to showcase new teas, share the ultimate afternoon tea experience and rally around the hundreds of incredible tastes this one drink has to offer. Although tea can be found in all corners of the world, the UK has made it clear that nobody celebrates tea better than they do.



Cuisine of United Kingdom

British cuisine is the heritage of cooking traditions and practices associated with the UK. Although Britain has a rich indigenous culinary tradition, its colonial history has profoundly enriched its native cooking traditions.

Although some traditional dishes remain popular (e.g., roast beef and Yorkshire pudding, Cornish pasties, steak and kidney pie, bread and butter pudding, treacle tart, spotted dick or fish and chips, etc.), there has been a significant shift in eating habits in the UK. Rice and pasta have accounted for the decrease in potato consumption and the consumption of meat has also fallen. Vegetable and salad oils have largely replaced the use of butter.

Today, there is more emphasis on fine, fresh ingredients in the better restaurants, and markets in the UK offer food items from all over the world. Salmon, Dover sole, exotic fruit, Norwegian prawns and New Zealand lamb are choice items. Wild fowl and game are other specialties on offer.

Split Pea & Green Pea

Smoked Ham Soup



SERVINGS
8 people



METHOD
Stovetop



TIME
3h30 mins



DIFFICULTY
Easy

Directions

1. Put the gammon in a very large pan with 2 liters water and bring to the boil. Remove from the heat and drain off the water – this helps to get rid of some of the saltiness. Recover with 2 liters cold water and bring to the boil again. Put everything but the frozen peas into the pan and bring to the boil. Reduce to a simmer and cook for 1½-2½ hours, topping up the water when you need to, to a similar level it started at. As the ham cooks and softens, you can halve it if you want, so it is all submerged under the liquid. When the ham is tender enough to pull into shreds, it is ready.

2. Lift out the ham, peel off and discard the skin. While it is still hot (wear a clean pair of rubber gloves), shred the meat. Remove bay from the soup and stir in the frozen peas. Simmer for 1 min, then blend until smooth. Add a splash of water if too thick and return to the pan to heat through if it has cooled, or if you are making ahead.

3. When you are ready to serve, mix the hot soup with most of the ham – gently reheat if made ahead. Serve in bowls with the remaining ham scattered on top and eat with crusty bread and butter.

Chef's Note

Dare to innovate, initiate and iterate



For a spicy alternative: Add 1-½ teaspoons dried oregano, ¼ teaspoon black pepper, ⅛ teaspoon ground cumin and a few chilli flakes for good measure!

Ingredients

1 kg (2.2 lbs) gammon or ham hock
200 g (1 cup + 2 fully rounded tablespoons) split peas, soaked overnight
2 onions, roughly chopped
2 carrots, roughly chopped
2 bay leaves
1 stick celery, roughly chopped
300 g (2 cups + half of a tablespoon) frozen peas
Crusty bread and butter, to serve



No Fuss Shepherd's Pie



SERVINGS
4 people



METHOD
Oven



TIME
1h15 mins



DIFFICULTY
Easy

Directions

1. Heat sunflower oil in a medium saucepan, then soften chopped onion and chopped carrots for a few mins.
2. When soft, turn up the heat, crumble in lamb mince and brown, tipping off any excess fat.
3. Add tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.
4. Pour over beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
5. Meanwhile, heat the oven to 180° C (350° F), then make the mash. Boil the potatoes, cut into chunks and place in salted water for 10-15 mins until tender. Drain, then mash with butter and milk.
6. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.

7. Bake for 20-25 mins until the top is starting to color and the mince is bubbling through at the edges. (To bake from frozen, cook at 160° C (320° F) for 1-1hour and 20 mins until piping hot in the center. Flash under the grill to brown, if you like.)
8. Leave to stand for 5 mins before serving.

Chef's Note

All actions towards satisfaction



To prevent the pie from falling apart, make sure the ratio of meat to potato is 1:1. Too much potato topping can prevent evaporation causing excess moisture. The potatoes ought to be mashed to creamy richness and spread over the meat in an even layer.

Ingredients

- 1 tablespoon sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500 g (1.1 lbs) pack lamb mince
- 2 tablespoons tomato purée
- large splash Worcestershire sauce
- 500 ml (2 1/4 cups) beef stock
- 900 g (2 lbs) potatoes, cut into chunks
- 85 g (3 oz) butter
- 3 tablespoons milk

Sugared Scones



SERVINGS
7-8 people



METHOD
Oven



TIME
30 mins



DIFFICULTY
Easy

Directions

1. Heat oven to 200° C/180° C (400° F/ 350° F). Whisk butter into flour. Tip into a bowl and stir in salt with bicarbonate of soda and sugar. Using a cutlery knife, quickly stir in milk – don't overmix.
2. Tip out onto a lightly floured surface and turn over a couple of times to very gently bring together with your hands. Gently pat to about 2.5 cm (1-inch). Thick, then stamp out rounds with a floured cutter. Pat together trimmings to stamp out more. Brush the tops with a splash more milk, then scatter with crushed sugar cubes.
3. Bake on a baking sheet for 10-12 mins until risen and golden.

Chef's Note

Good vibes only



For a better rise, use cold butter — or even frozen butter. The colder the better and that extends beyond just ingredients, too. It's ideal to have a chilled bowl and pastry cutter as well.

Ingredients

85 g (3 oz) diced butter
350 g (2.5 cups) self-raising flour
1/4 teaspoon salt
1 1/2 teaspoon bicarbonate of soda (baking soda)
4 tablespoons caster sugar
200 ml (6.8 ounces) milk, warmed to room temperature, plus a splash extra (crushed sugar cubes, to decorate)

Madison, WI
Americas Headquarters
USA



Did you know?

Wisconsin is the No. 1 cheese-producing state in the U.S., making up 26% of the country's cheese. Wisconsin cheesemakers use about 90% of Wisconsin's milk supply to make more than 2 billion pounds of cheese every year.

Wisconsin ranks first among all states in the production of Cheddar, American, Mozzarella, Brick, Muenster and Limburger cheeses. The state is also home to more than 126 cheese plants – more than any other state in the country – that produce more than 350 varieties, types and styles of Wisconsin cheese – nearly double that of any other state.



Cuisine of Madison Wisconsin, USA

The capital of "America's Dairyland," Madison is Wisconsin's foodie capital, combining locally sourced produce with all-American tradition and a dash of international flavor.

Home to two lakes, over 260 parks, and the vibrant campus life of The University of Wisconsin, Madison is a Midwestern oasis. Couple that environment with a constantly growing food and drink scene — complete with the Dane County Farmers' Market, the largest producers-only market in the country — and it's no wonder the city sees more than 17 million visitors each year.

Madison's agricultural heritage means that buying from local producers and eating fresh has always been a way of life. In the city, you can shop at a local market seven days a week in summer, take part in tastings at local farms and vineyards, and enjoy eateries that embrace farm-to-table philosophies.

Beer Cheese Soup

Wisconsin style



SERVINGS
4 people



METHOD
Stovetop



TIME
30 mins



DIFFICULTY
Easy

Directions

1. Heat a heavy bottom pot/large saucepan over medium heat. Add the butter and let it melt.
2. Add the diced onion, celery, carrots, pepper and garlic and sauté until softened, stirring occasionally. About 5-6 mins.
3. Sprinkle the flour and mix well. Cook for about a minute, stirring frequently.
4. While stirring add the chicken broth, the cream and the beer. Mix well and add the seasonings — salt and pepper, mustard, a bay leaf, Worcestershire and cayenne/red pepper flakes.
5. Let simmer for about 5 mins and then remove from the stovetop. Take out the bay leaf.
6. Use an immersion blender to purée the soup. Alternatively, transfer to a food processor or blender to purée but work in small batches to avoid the hot liquid blowing up.
7. Add the cheese to the puréed soup base working in batches and stirring. Place the pot back on the

stovetop. Heat up over low heat to blend all the flavors, about 3-5 mins.

8. Serve right away, garnished with green onions and croutons (optional).

Chefs Note

Dare to innovate, initiate and iterate



For best results choose a beer that is not aggressively hoppy such as English or American amber ale or lager, brown ale, German helles, Vienna lager, dunkel, bock, doppelbock. This is a very rich, very flavorful soup — serve in combination with lighter fare or as main course, especially if accompanied by soft pretzels. The beer cheese soup can be reheated — for best results warm up leftover quantity in a small saucepan over medium-low heat.



Ingredients

- 60 g (1/4 cup) butter
- 1 yellow onion, large, diced
- 2 celery stalks, diced
- 2 carrots, medium, diced
- 1/2 red or orange bell pepper, diced
- 2 cloves garlic, minced
- 1 bay leaf
- 40 g (1/3 cup) flour
- 600 ml (2 1/2 cups) chicken broth (or vegetable as substitute)
- 240 ml (1 cup) cream
- 341 ml (1.44 cup) beer, well-balanced or malty
- 2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dry mustard, (ready powdered or grind whole mustard seed)
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon cayenne or red pepper flakes (optional)
- 250 g (3 cups) shredded cheddar cheese, (white cheddar works too)
- 3 stalks green onion, green part only, chopped, for garnish
- Bread croutons for garnish (optional)

Wisconsin Beer Brats



SERVINGS
10 people



METHOD
Stovetop



TIME
30 mins



DIFFICULTY
Easy

Directions

1. Preheat grill over medium-high heat. Clean and oil grate.
2. In a large pot over medium-high heat, add brats, onion and beer.
3. Bring to a boil, reduce heat and simmer until brats are cooked through, about 10-12 mins. Remove brats to a bowl or platter. Continue cooking onions in beer while grilling the brats (use as a topping if desired).
4. Increase heat to medium and cook brats, turning frequently, until browned, about 5 mins. Serve in buns with your favorite toppings.

Chef's Note

All actions towards satisfaction



If you are looking for a way to make Wisconsin Beer Brats without beer, substitute ginger ale in its place.

Ingredients

12 uncooked bratwurst
1 onion, thinly sliced
720 ml (3 cups) beer
12 brat buns split, for serving
Ketchup, mustard, relish, sauerkraut
and cooked onions, for serving



State Fair Cream Puffs



SERVINGS
10 people



METHOD
Oven



TIME
60 mins



DIFFICULTY
Easy

Directions

1. In a large saucepan, bring the water, butter and salt to a boil over medium heat.
2. Add flour all at once; stir until a smooth ball forms. Remove from heat; let stand for 5 mins.
3. Add 1 egg at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.
4. Drop by ¼ cupfuls 7.5 cm (3-inch) apart onto greased baking sheets. Combine milk and egg yolk; brush over puffs.
5. Bake at 205° C (400° F) until golden brown, 30-35 mins. Remove to wire racks. Immediately cut a slit in each for steam to escape; cool.

6. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until almost stiff.
7. Split cream puffs; discard soft dough from inside. Fill the cream puffs just before serving. Dust with confectioners' sugar. Refrigerate leftovers.

Chef's Note

Good vibes only



For best results, avoid ultra-pasteurized cream.



Ingredients

- 240 ml (1 cup) water
- 120 g (½ cup) butter
- ¼ teaspoon salt
- 125 g (1 cup) all-purpose flour
- 4 large eggs
- 2 tablespoons 2% milk
- 1 large egg yolk, lightly beaten
- 480 ml (2 cups) heavy whipping cream
- 25 g (¼ cup) confectioners' sugar (powdered sugar)
- ½ teaspoon vanilla extract
- Additional confectioners' sugar





Madison Guided Tour

Where to Eat in Madison, Wisconsin for foodies

Madison has a blossoming food scene that is recognized throughout the Midwest as a cutting-edge, ingredient-focused town. From ice cream to artisan cheese, breweries, wine and distilleries — if you love craft culture, you'll love Madison. So take a taste. Take a tour. Take it all in. Come see what Madison has on tap for you.



One team beyond boundaries



Memorial Union Terrace

One of the most beloved destinations on UW-Madison's campus and located on the shores of Lake Mendota, the Memorial Union Terrace is a great place to socialize, relax, study and be nourished. The Terrace is a favorite spot for anyone looking to enjoy sunny day or beautiful evening in the summer, spring or fall. union.wisc.edu/visit/terrace-at-the-memorial-union



Ian's Pizza

Known for unusual toppings, quality local ingredients and late-night crowds; featuring pizza by the slice, whole pies and salads prepared fresh daily.

ianspizza.com



More gratitude. less attitude

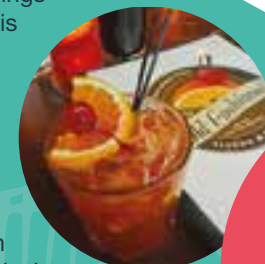


Old Fashioned

Tavern & Restaurant that pays tribute to all things Wisconsin. If you want a taste of the state, this is where you should go! From cheese curds to walleye it celebrates it all. Order the curds with the roasted garlic sauce, and if it is your first time in Wisconsin, you have to try a Wisconsin Old Fashioned. theoldfashioned.com

Quivey's Grove

Quality food and tradition since 1980 — often regarded as one of Dane County's best fish fries! The buildings at Quivey's Grove were built in 1855. They're now listed in the National Register or Historic Places. quiveysgrove.com



Wisconsin Cheese Curds

You'll definitely get addicted to these snackable, bite-sized chunks of unaged cheese, breaded and deep-fried for a warm buttery crunch.



Dare to innovate, initiate & iterate



The Wonder Bar Steakhouse

The Wonder Bar was once a hangout for Chicago gangsters during the Prohibition and is rumored to be haunted. Guests can now enjoy the same atmosphere that people still remember from years gone by. The menu has gone back to offering great steaks and seafood, along with a wonderful list of appetizers, and as always, great cocktails and service. wonderbarmadison.com



All actions toward satisfaction



Fresco — Rooftop restaurant

Fresco's modern American menu is a mixture of updated classics and seasonal fare. It is thoughtfully developed to match the sommelier-curated wine list, and the rooftop provides patrons with stunning panoramic views of downtown Madison. frescomadison.com

Eno Vino Downtown

Eno Vino offers over 150 wines by the bottle and 40 by the glass as well as a full bar featuring their own specialty martinis and other original libations. Great view of the Capitol. enovinodowntown.com

Dane County Farmer's Market

America's largest producers-only farmers' market. You'll find the season's best bounty of vegetables, flowers, meats, cheeses, and specialty products from approximately 275 vendors throughout the year

dcfm.org



Good vibes only



Graze

Graze is a farm-to-table Madison restaurant with menus that feature a range of classics executed on a higher level than traditional pub fare. grazemadison.com

Dotty Dumpling's Dowry

Home to heaven-sent burgers and an endless horizon of good times, Dotty Dumpling's Dowry has been treating friends like family and family like friends for 47 years. dottedumplingsdowry.com



Tips

TO REDUCE WASTEFULNESS



Did you know?

One-third of the world's food production is wasted.

The world's agricultural production could feed 12 billion people!

Let's eat!

Your eyes are bigger than your stomach!
ADJUST PORTIONS according to the proposed menu.

Don't be shy, ask for a **DOGGY BAG** to take home any uneaten food.

Get rid of paper and plastic disposable dishes – switch to reusable!
At the office, use your **ESKER MUG** OR **ECO-CUP!**

Enjoy a **VEGETARIAN MEAL** from time to time – go green!



Smart sorting

- **Separate organic waste** from its packaging to facilitate sorting.
- **Compost organic waste.**
- **Apply these good practices** at the office with the various bins provided.

Recycle, recycle, recycle

- **Get creative** with leftovers!
- **Differentiate between "Best before" and "Use by" dates.** Check smell, taste and appearance if you have a doubt whether something is OK to eat or not.
- **Download an anti-food waste application** like Food for All (foodforall.com), or Too good to go (toogoodtogo.org/en) for surplus food so it can be enjoyed instead of wasted.

Smart shopping

- ✓ Plan your meals and make sure to check your cupboards before making your grocery list.
- ✓ Avoid unnecessary packaging for non-perishable items.
- ✓ Favor locally sourced food and producers.
- ✓ Choose bulk products to best meet quantity requirements.
- ✓ Misshaped vegetables taste just as good as normal ones!

Storing food

- **Store food in airtight jars** in a cool, dry, dark place.
- **Separate fruits and vegetables:** some fruits, such as apples and pears, release ethylene, a ripening agent that speeds up spoilage.
- **Organize your refrigerator** so that items with shorter expiration dates are placed in front.
- **Freeze fresh foods** that can't be prepared before their expiration date.



Before throwing away your fruits and vegetables, try **CONVERTING** them into another edible form!



Wilted vegetables
into soups, purees, gratins, sauces or dips



Root vegetables
(parsnip, carrot, potato beet or turnip) into chips



Over-ripe fruits
into smoothies, jam, compotes or incorporated in cake recipes



Stale bread
into croutons, biscotti, cakes or French toast







This cookbook was created by Esker's Corporate Creative team with assistance from the U.S. Creative team, using local recipes provided by Esker's Marketing teams from all over the world. Special thanks to all of those who contributed to making this possible — a true testament to our **"One team beyond boundaries"** philosophy!

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the digital version



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