



AROMATIC HERBS AND SPICES

An essential cookbook – RECIPES 4A ENO
2018/2019

SHRIMPS, PEACHES AND BASIL

SERVES: 1

INGREDIENTS

- ✓ Shrimps 4
- ✓ Peaches 2
- ✓ Basil 4 leaves
- ✓ Evo Oil to taste
- ✓ Salt, freshly ground black pepper to taste
- ✓ Sugar to taste

METHOD

- Clean and wash the shrimps. Set aside.
 - Core the peaches, divide them in two halves and dice them.
 - Cook the peaches in sugared water until the water has evaporated.
 - In a bowl, snap the basil and season it with evo oil. Set aside.
 - In a hot pan, brown the shrimps for a few minutes and season with salt and pepper.
 - - In another bowl, put the peaches and stir in the basil.
 - Finally, plate the peaches and place the shrimps over them.
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CHOCOLATE & MINT COOKIES

INGREDIENTS

- ✓ 3/4 cup butter
- ✓ 1 1/2 cups peaked brown sugar
- ✓ 2 cups semisweet chocolate chips
- ✓ 2 eggs
- ✓ 2 1/2 cups all-purpose flour
- ✓ 1 1/4 teaspoons baking soda
- ✓ 1/2 teaspoons salt
- ✓ 36 chocolate mint wafer candies

METHOD

- Cook butter, sugar and water in a large pan over low heat, until the butter has melted.
 - Add chocolate chips and stir until partially melted. Remove from heat and continue to stir, until the chocolate has completely melted; pour into a large bowl and let stand 10 minutes to cool off slightly.
 - At high speed, beat the eggs, one at a time, into the chocolate mixture. Reduce speed to low and add the dry ingredients, beating until blended. Chill the dough for about 1 hour.
 - Preheat the oven to 180°C.
 - Roll the dough into balls and place them on ungreased cookies sheet about 2 inches apart.
 - Bake for 10 minutes. **While cookies are baking unwrap mint and divide each in half (balls).**
 - When the cookies are brought out of the oven, put 1/2 mint wafer on top of each cookie. Let the mint sit for up to 5 minutes until melted, then spread the mint on top of the cookie.
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SPAGHETTI WITH MEATBALLS

INGREDIENTS

for the sauce

- ✓ 1 tbs olive oil
- ✓ 1 brown onion, diced
- ✓ 1 clove of garlic, finely chopped
- ✓ 1 tsp dried mixed herbs (sage, rosemary, thyme, basil and dill)
- ✓ 400 g tomatoes
- ✓ 500 ml beef stock
- ✓ 400 g dried spaghetti
- ✓ salt and pepper to taste

for the meatballs

- ✓ 400 g minced beef
- ✓ 1 clove of garlic, finely chopped
- ✓ ½ tsp dried mixed herbs (sage, rosemary, thyme, basil, dill)
- ✓ 1 tbs olive oil

METHOD

- In a large saucepan add the olive oil. Add the onion and cook for 4–5 minutes, or until softened. Add the garlic, continue to cook for 2 minutes, then add the dried herbs, tomatoes and stock.
 - Bring the sauce to a simmer, reduce the heat and simmer gently while you make the meatballs.
 - For the meatballs, mix together the beef, garlic and herbs along with a pinch of salt and pepper. Using your hands roll into 20 balls.
 - Heat a frying pan over a medium heat and add the olive oil. Once hot, fry the meatballs on all sides until nicely coloured. Transfer to the saucepan with the sauce.
 - Continue to simmer the sauce for 10 minutes while you cook the spaghetti.
 - Bring a large pot with water to the boil, add a pinch of salt and cook the spaghetti for 5 minutes. Once cooked, drain the spaghetti and toss them into the saucepan with the meatball sauce.
 - Mix well and serve hot. Add a sprinkle of aromatic herbs.
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SPAGHETTI WITH TARRAGON PESTO

SERVES: 4 people

INGREDIENTS

- ✓ 5 **bark** of tarragon
- ✓ 40 gr nuts
- ✓ Evo oil to taste
- ✓ Salt and pepper to taste
- ✓ 40 gr parmesan
- ✓ 2 spoons of juice lemon
- ✓ 200 gr **tomato**
- ✓ 1 clove of garlic

METHOD

- For the pesto, mix the tarragon, nuts, lemon juice, salt, pepper, parmesan, and garlic,
 - add **at flush** oil, until you obtain the consistency to want.
 - Meantime cook the pasta. Brown the tomatoes in oil.
 - When the pasta is "al dente", sautéed with **tomato** and pesto.
 - Serve hot.
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TAGLIATELLE WITH DUCK SAUCE

SERVES: 1

INGREDIENTS

- ✓ 50 g celery
- ✓ 50 g carrot
- ✓ 50 g white onion
- ✓ 600 g duck
- ✓ 500 g vegetables broth
- ✓ 60 g red wine
- ✓ Salt
- ✓ Pepper
- ✓ Dill to taste

METHOD

- First prepare the stock, and chop the vegetables, add **a few oil**.
 - Wash the duck and slice it, add the duck to the vegetables and add the wine and let evaporate.
 - Cook for 1 hour; season with salt and pepper and cover.
 - Continue the cooking for 30 minutes.
 - Cook the pasta and drain it when “al dente”, sautéed with the sauce and serve with dill and parmesan.
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HICKORY SMOKED RIBS BASKET

Cooking time :4H Makes 4 portions

INGREDIENTS

Ribs

- ✓ 4 portions of baby back ribs
- ✓ 1 tbsp dijon mustard
- ✓ Hickory wood chunks

Rub

- ✓ 3 tbsp brown sugar
- ✓ 3tbsp smoked paprika
- ✓ 1 tbsp ground black pepper
- ✓ 2 tsp salt
- ✓ 1 tsp onion powder

Mop sauce

- ✓ 3 cup cider vinegar
- ✓ 1 cup olive oil
- ✓ 1 chopped onion
- ✓ 1 tbsp red pepper flakes
- ✓ 1 tbsp hot sauce
- ✓ 1/2 tbsp salt
- ✓ 1/2 tbsp pepper

BBQ sauce

- ✓ 3 cup ketchup
 - ✓ 3/4 cup apple cider vinegar
 - ✓ 3/4 cup water
 - ✓ 3 tbsp brown sugar
 - ✓ 2 tbsp molasses
 - ✓ 1 tbsp chili powder
 - ✓ 2 tsp onion powder
 - ✓ 2 tsp cumin
 - ✓ 2 tbsp paprika
 - ✓ 2 tsp garlic powder
 - ✓ 1 tsp yellow mustard
 - ✓ 1 tsp lemon juice
 - ✓ 1 tsp salt
 - ✓ 1 tsp ground black pepper
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HICKORY SMOKED RIBS BASKET

METHOD

1. Preheat your **smoked** at 150°C;
2. With a butter knife and paper towel, remove the thick skin membrane that is under the ribs, then baste the ribs with Dijon mustard;
3. In a bowl, mix the brown sugar, smoked paprika, onion powder, black pepper and salt, then pour the rub on both sides of the ribs;
4. Place ribs in the smoked with hickory wood chunks on top of hot coals and cook for 4 hours at 150°C;
5. Mop the ribs every hour;
6. When ready to come out, glaze the ribs with BBQ sauce and sear over high heat (optional).

Mop sauce

1. mix the cider vinegar, olive oil, chopped onions, red pepper flakes, hot sauce, salt and pepper in a saucepan;
2. bring to a simmer for 15 minutes.

BBQ sauce

1. Mix the ketchup, brown sugar, molasses, chili powder, onion powder, cumin, paprika, **gsrlog** powder, Worcestershire sauce, apple cider vinegar, yellow mustard, lemon juice, water, salt and pepper in a saucepan;
 2. Bring to a simmer for 20 minutes.
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JAPANESE'S ICING SHRIMPS

INGREDIENTS

- ✓ 100 ml water
- ✓ 2 tbsp ketchup
- ✓ 1 tbsp soy sauce
- ✓ 2 **tsp** cornstarch
- ✓ 1 **tsp** honey
- ✓ 1/2 **tsp** crushed red pepper
- ✓ 1/4 **tsp** ground ginger
- ✓ 1 tbsp evo oil
- ✓ 1/4 cup sliced onions
- ✓ 4 cloves garlic, minced
- ✓ 340 g shrimp, tails removed

METHOD

- In a bowl stir water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger and stir until the mixture is homogeneous.
 - Heat oil in a large pan over medium-high heat.
 - Stir in green onions and garlic and cook for 30 **seconds**.
 - Stir in shrimp and the green onion.
 - Cook and stir until sauce is thickened.
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PASTA WITH FIVE FRESH HERBS

SERVES: 4 people

INGREDIENTS

- ✓ 350 g penne rigate
- ✓ 4 tbsp evo oil
- ✓ 50 g chopped fresh basil
- ✓ 25 g chopped fresh oregano
- ✓ Salt
- ✓ Freshly ground black pepper
- ✓ 150 g fresh cherry tomatoes
- ✓ 1 garlic clove, minced
- ✓ 10 g chopped fresh chives
- ✓ 10 g chopped fresh thyme
- ✓ 50 g chopped fresh parsley
- ✓ 60 g parmesan cheese

METHOD

- Cook pasta, drain and place in a large bowl.
 - Add 2 tbsp of evo oil, basil, oregano, salt and freshly ground pepper to hot pasta, and stir well to combine.
 - Pour the remaining oil in a large nonstick pan over medium-high heat. Add tomatoes and garlic, and sauté for 2 minutes.
 - Add chives and thyme and sauté.
 - Add tomato mixture and parsley to the pasta and stir gently to combine.
 - Sprinkle with cheese and serve immediately.
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COD FILLET WITH SPRINGTIME POTATOES

SERVES: 4 people

INGREDIENTS

- ✓ 4 Cod fillets.
- ✓ 4 tablespoons of extra virgin olive oil.
- ✓ 100 g Sliced bread.
- ✓ 800 g Potatoes.
- ✓ 2 tablespoons of olive oil.
- ✓ Some minced herbs and spices: Rosemary, Parsley, Basil, Thyme, Mint, Marjoram, Tarragon, Paprika, Ginger, Black pepper.
- ✓ Salt **t.s.**
- ✓ Pepper **t.s.**

METHOD

- Preheat the oven to 170°C.
 - Put the cod fillets in a baking dish and drizzle with some extra virgin olive oil.
 - Mix a pinch of all the herbs you have with the sliced bread and salt.
 - Sprinkle the herbs mix over and bake for 15 minutes to 170°C.
 - Wash, peel and dice the potatoes.
 - Mix all the herbs and spices you have with a little pinch of salt.
 - Mix the herbs and spices mix with the diced potatoes and some drop of olive oil.
 - Bake the springtime potatoes for 40/45 minutes to 220°C.
 - In a serving dish combine the cod fillets with some springtime potatoes and serve hot.
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“WHEN RED SNAPPER BECOMES GREEN”

INGREDIENTS

- 1 Red Snapper, 3kg
- Coriander, 100g
- Parsley, 50g
- Basil, 50g
- Hot chili peppers, 3
- Lemon Juice, 100ml
- Garlic cloves, 3
- Lime, 1
- Ginger, 1
- Banana Palm leaves, 10



METHOD

With a pestle and mortar grind and blend all the herbs, chili peppers, garlic gloves and ginger.

Mix all the ingredients with the lemon juice; this action creates a paste.

Take the snapper and make four cuts on its meat.

Rub the paste on the fish especially in the cuts.

Halve the lime and put it in the snapper's belly.

Wrap the fish with the banana's palm leaves and bake it for 120 minutes to 160°.

Before serving remove the leaves.

MUSHROOM AND HERB RISOTTO

INGREDIENTS

- ✓ 4 tbsp olive oil
- ✓ 1 onion, minced
- ✓ Kosher salt and pepper
- ✓ $\frac{3}{4}$ cup Arborio rice
- ✓ $\frac{3}{4}$ cup dry white wine
- ✓ 3 $\frac{1}{2}$ vegetable broth
- ✓ $\frac{1}{4}$ cup Parmesan cheese, grated
- ✓ 12 oz small mushrooms
- ✓ $\frac{1}{2}$ cup fresh parsley, minced
- ✓ 1 tbsp fresh tarragon, minced
- ✓ Salt and pepper to taste

METHOD

- In a pan pour olive oil and add the onion. Let the onion brown.
 - Add rice and cook for 1 minute. Add the wine and stir until absorbed. Add the broth and stir. Add mushrooms, salt and pepper to taste. Cook for 18 to 20 minutes. After 10 minutes add tarragon and parsley.
 - When the rice is ready add the Parmesan cheese. Stir.
 - Put the rice into the plate and sprinkle whit parsley and tarragon.
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