

S M E G



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STARTERS

GAZPACHO

WITH CHOPPED HAZELNUT



Easy



2 servings



20 minutes

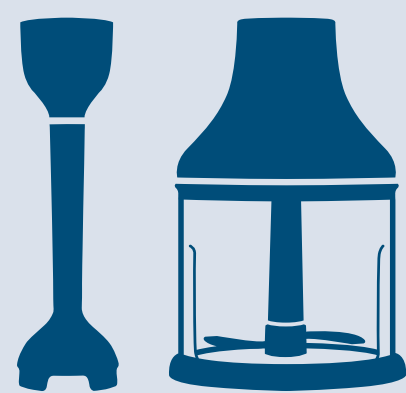


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INGREDIENTS

300g ripe tomatoes
100g cucumber, peeled
100g red pepper
100g green pepper
1/2 red onion
50ml white wine vinegar
50g stale bread
50g toasted hazelnuts
1 clove of garlic
25ml Extra virgin olive oil
Salt
Black pepper
Water

ACCESSORIES



METHOD

- 1.** Put the bread into a large bowl, and cover with the white wine vinegar and water. Once well soaked, drain the bread and set aside.
- 2.** Wash the tomatoes, cut them in half and remove the seeds. Cut the peeled cucumber into batons. Cut the peppers into strips taking care to remove the seeds. Remove the skin from the red onion and garlic.
- 3.** Add all the ingredients into the blender jug. Drizzle over extra virgin olive oil, salt and pepper. Blend everything until a smooth, creamy consistency is reached. To remove any seeds, sieve the mixture for an extra smooth consistency.
- 4.** Put the gazpacho back in the jug and add the soaked bread. Adjust the pepper and vinegar to taste and blend for a few seconds. Put the mixture in the fridge.
- 5.** Using the chopper, slightly chop the hazelnuts.
- 6.** Serve the gazpacho in a bowl, add the hazelnut crumb and enjoy cold.



STARTERS

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POTATO MEATBALLS, TUNA AND MINT WITH VEGAN MAYONNAISE



Easy



14 meatballs



35 minutes



20 minutes

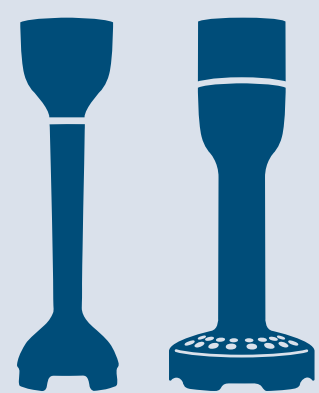
INGREDIENTS

600g potatoes
100g tuna
130g breadcrumbs
2 eggs
Vegetable oil
Mint
Salt
Black pepper
Zest of 1/2 lemon

For mayonnaise:

60ml soy milk
210ml corn oil
3 tablespoons lemon juice
1 teaspoon mustard

ACCESSORIES



METHOD

1. Prepare the vegan mayonnaise first by pouring soy milk, lemon juice and mustard into a bowl. Using the hand blender at high speed, stir in the corn oil until the mayonnaise is whipped and put in the refrigerator.
2. Boil the potatoes in a pressure cooker for about 15/20 minutes, until tender. Once cooked, peel and mash all the potatoes, using the vegetable masher accessory.
3. Chop the mint and stir into the warm potatoes. Adjust salt and pepper to taste. Add the tuna, lemon zest and check the consistency. If it is too soft, add some more breadcrumbs.
4. Prepare the tuna and mint meatballs. Heat the oil up to 170°C in preparation for frying. Roll the meatballs into the beaten egg and then coat in breadcrumbs. Fry the meatballs in the hot oil for about 3 minutes, until golden.
5. Transfer the meatballs to a sheet of greaseproof paper or paper towel to drain. Serve well warm accompanied by vegan mayonnaise.



STARTERS

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SALTED MADELEINE WITH COURGETTE AND OLIVES



Easy



12 madeleines



10 minutes

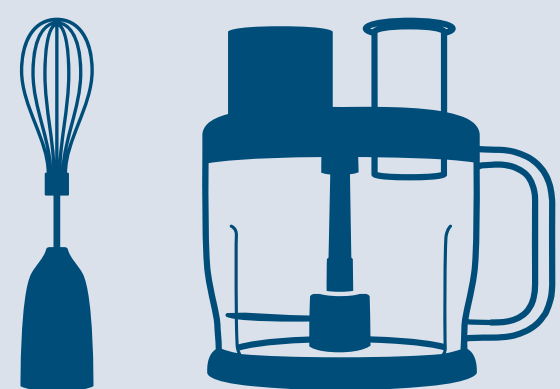


20 minutes

INGREDIENTS

100g plain flour
40g whole milk
1 egg
30g parmesan cheese
20g green olives
50g courgette
10g corn oil
3g salt
4g instant yeast

ACCESSORIS



METHOD

1. Use the food processor with the coarse grating disc to grate the courgette.
2. In a bowl, add the flour, parmesan cheese, salt and instant yeast.
3. Stir gently and add the egg. On a low speed, using the wire whisk attachment, whisk the mixture. Combine the milk and oil, stirring at low speed.
4. Cut the olives into thin slices and add them to the mixture along with the grated courgette. Lightly stir the mixture and pour into a buttered madeleine mold, filling to $\frac{3}{4}$ full.
5. Bake in a static oven at 200°C for about 20 minutes. Remove from the oven and allow to cool slightly before removing from the tin.



STARTERS

EGGS STUFFED WITH SALMON AND PISTACHIO GRAINS



Easy



4 eggs



10 minutes



10 minutes

INGREDIENTS

6 eggs
130g cream cheese
250g smoked salmon
Salt
Parsley
30g pistachios

METHOD

1. Put the water to boil in a saucepan and add the 6 eggs. Start a 10-minute timer from the boil. After 10 minutes remove the eggs from the water and let them cool.
2. Once cooled, peel the shells from the eggs and cut in half. Scoop out the yolks and place into the food processor with the S shaped blade attached.
3. Add the cream cheese, parsley and salt. Blitz the ingredients in the food processor for 30 seconds, until the mixture is smooth.
4. Spoon the mixture into a piping bag and fill the egg whites.
5. Top with the smoked salmon. Chop the toasted pistachios and sprinkle over the eggs to garnish.

ACCESSORIES





FIRST COURSES

.....

PASTA WITH ROCKET SALAD PESTO, DRIED TOMATOES AND GRATED AUBERGINE



Easy



2 servings



10 minutes

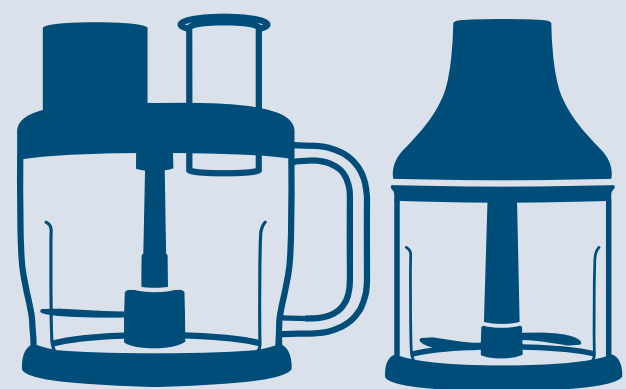


20 minutes

INGREDIENTS

200g durum wheat pasta
1 small aubergine
150g extra virgin olive oil
100g sundried tomatoes
50g rocket
25g Grana Padano
25g pine nuts
1 clove of garlic
Salt

ACCESSORIES



METHOD

1. In a large saucepan, bring lightly salted water to the boil.
2. Using the food processor's coarse grater disc accessory, grate the aubergine. Sauté in a non-stick frying pan with a drizzle of extra virgin olive oil. Add a clove of garlic and gently fry until crispy. Once crisp, remove from the pan and allow to drain on kitchen roll.
3. Add the pine nuts, Grana Padano, garlic, washed rocket salad and half the amount of extra virgin olive oil in the chopper. Blitz in the blender for a few seconds, until the ingredients are all combined. Add the remaining oil little by little, continuing to blitz for a few seconds until the desired consistency is reached.
4. When the water has reached a boil, add in the pasta and cook according to pack instructions.
5. Drain the pasta, reserving a little and spoon into a large dish. Add the rocket pesto and mix it briefly with a tablespoon of reserved cooking water. Serve and add the sliced sundried tomatoes and crispy aubergine to garnish.



FIRST COURSES

.....

PURPLE POTATO

GNOCCHI WITH

4 CHEESE CREAM



Easy



4 servings



20 minutes



35 minutes

INGREDIENTS

For gnocchi:

1kg of purple potatoes

300g plain flour

1 egg

Salt

For the seasoning:

150g whole milk

100g Parmigiano

Reggiano cheese

100g sweet gorgonzola

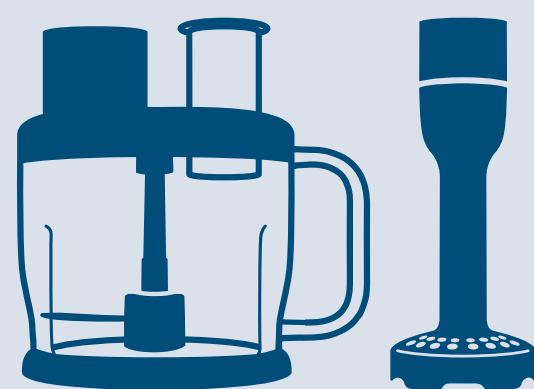
100g soft taleggio

100g fontina

Salt

Black pepper

ACCESSORIES



METHOD

1.

Wash the potatoes and cook them in a pressure cooker for about 20 minutes. Once cooked, peel and using the vegetable masher accessory, mash all the potatoes.

2.

Add the flour, egg and a pinch of salt into the mashed potatoes. Knead until the dough is smooth and well combined. Roll the dough into a thin sausage shape and cut into 1cm dumplings. Roll the dumplings down a fork, to create classic gnocchi rifling. Place the gnocchi on a floured tray and covered with a cloth.

3.

Bring a pan of salted water to a rolling boil. Prepare the 4-cheese cream by cutting all the cheeses into cubes, discarding the rind. In a saucepan, warm the milk over a gentle heat. Add the cheeses and stir until completely melted and creamy. Taste for seasoning, remove from heat and allow to cool.

4.

When the water has reached a boil, add the gnocchi. They are cooked once they float to the surface of the water. Using a slotted spoon, remove the gnocchi from the water and place into a dish.

5.

Add the 4-cheese cream in the food processor bowl with the emulsifying disc accessory. Blitz the sauce in the food processor for about 30 seconds, or until the sauce reaches the desired creaminess. Pour generously over the cooked gnocchi. Serve with cracked black pepper.



FIRST COURSES

.....

PEA CREAM WITH CRISPY BACON



Easy



4 servings



10 minutes

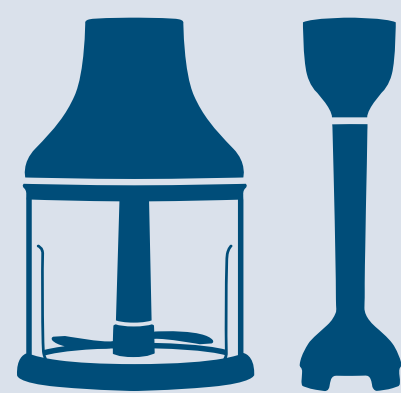


20 minutes

INGREDIENTS

800g fresh peas
2 shallots, finely diced
150g bacon
125ml fresh cream
25g butter
Extra virgin olive oil
Vegetable stock
Salt
Pepper

ACCESSORIES



METHOD

- 1.** In a saucepan melt the butter and add the extra virgin olive oil. Fry the shallots over a gentle heat, until softened. Add the peas and allow to cook for a few minutes.
- 2.** Cover the peas with vegetable stock, add salt and pepper to taste. Cook over low heat for 20 minutes.
- 3.** Meanwhile, brown the bacon in a non-stick frying pan, or in the oven until crispy. Once cooked, allow to cool completely and chop coarsely using the chopper for a few seconds.
- 4.** After 20 minutes on the heat, add the fresh cream and using the hand blender, blitz everything until smooth.
- 5.** Spoon the pea cream into a bowl and garnish with the crispy bacon crumble.



MAIN COURSE

.....

VEGETABLE BURGER

WITH PUMPKIN MAYONNAISE



Easy



4 servings



10 minutes



30 minutes

INGREDIENTS

For burgers:

100g courgette

100g carrots

250g potatoes

75g peas

200g broccoli

1 egg

50g Parmigiano Reggiano
cheese

Breadcrumbs

Extra virgin olive oil

Parsley

Salt

Pepper

For mayonnaise:

60g pumpkin

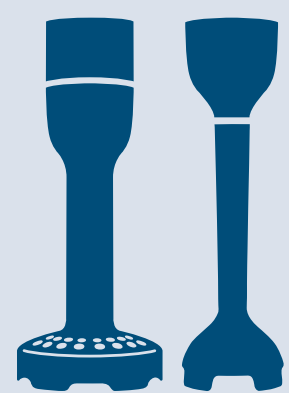
60g milk

120g oil

20g apple cider vinegar

Salt

ACCESSORIES



METHOD

1.

Wash and roughly chop all the vegetables into even sized chunks. Boil the all of the vegetables for the burger in salted water until tender. Drain the vegetables and lightly press to drain away excess water.

2.

Using the vegetable masher, puree the vegetables until smooth. Add the egg and mix well until combined. Add salt and pepper to taste, then add the chopped parsley and Parmigiano Reggiano.

3.

With the vegetable mixture, form two similar sized burger patties. Roll them in breadcrumbs until fully coated.

4.

Bake in a pre-heated oven at 200°C for about 20 minutes, topping with a drop of extra virgin olive oil.

5.

Meanwhile, prepare the pumpkin mayonnaise. Bring a pan of water to the boil and add the pumpkin. Cook until tender. Blend the pumpkin and allow to lightly drain, to remove excess moisture. In the blender jug, add the pumpkin, milk and apple cider vinegar. Using the hand blender, blitz the ingredients on maximum speed. Whilst blending, gradually add the oil into the jug, until it is all used. Season to taste.

6.

Once the burgers are cooked, serve hot, with a side of pumpkin mayonnaise.



MAIN COURSES

.....

SAVOURY CAKE WITH SLICED VEGETABLES AND FETA CHEESE



Easy



4 servings



10 minutes



40 minutes

INGREDIENTS

1 roll of puff pastry
2 courgettes
1 large aubergine
1 red pepper
1 red onion
150g feta
1 egg, beaten
Extra virgin olive oil
Salt
Pepper

ACCESSORIES



METHOD

1. Spread the puff pastry in a baking tray and pierce the bottom with a fork.
2. Clean the vegetables and cut off the ends. Mount the slicing disc accessory. Adjust the blade to a thickness of 2 mm and slice all the vegetables.
3. Season the vegetables with salt, pepper and extra virgin olive oil.
4. Cut the feta cheese into cubes. Spread the vegetables evenly in a large pan and add the feta cubes. Create a border with the puff pastry and brush with the egg glaze.
5. Bake at 180°C in a static oven for about 35/40 minutes, until all the vegetables are cooked and the pastry is golden.



MAIN COURSES

.....

STUFFED TOMATOES WITH MIXED VEGETABLES AND MINCED MEAT



Medium



4 servings



20 minutes

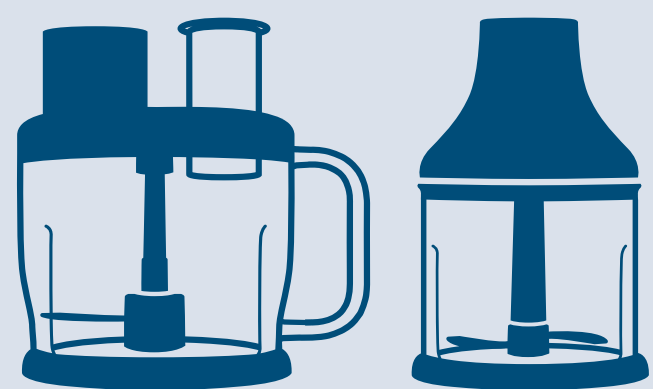


30 minutes

INGREDIENTS

8 ripe beef tomatoes
200g ground beef
50g Grana Padano
1/2 aubergine
1/2 courgette
1/2 yellow pepper
1 small red onion
1 clove of garlic
Extra virgin olive oil
Salt
Pepper

ACCESSORIS



METHOD

1. To prepare the tomatoes, cut a hole in the top, scooping out the seeds, to allow space for the filling. Retain the cutout top and the seeds.
2. Using the reversible grating disc, grate all the vegetables into even sizes.
3. With the chopper, blitz the meat for about 20 seconds.
4. In a non-stick frying pan, add a clove of garlic and extra virgin olive oil and turn onto a medium heat.
5. After cooking for 1 minute, add the vegetables and sauté them over a high heat for 5 minutes. Add the minced meat and cook for another 5 minutes, until browned. Season with salt and pepper to taste.
5. Add the Grana Padano to the mix and stir well to combine.
6. Fill each tomato with the filling and place the top of the tomato back on.
7. Bake in a pre-heated oven at 180°C for about 30 minutes, or until golden brown.



MAIN COURSES

.....

BASKETS OF BRISE

PASTA WITH TUNA TARTARE

AND LIME



Medium



4 servings



15 minutes



15 minutes

INGREDIENTS

400g fresh tuna
1 roll of shortcrust pastry
40 g extra virgin olive oil
2 limes
Black pepper
Salt

ACCESSORIES



METHOD

1. Mix together the extra virgin olive oil, juice of two limes and grated peel. Add a pinch of salt.
2. Unroll the shortcrust pastry and using a pastry cutter with a diameter of 10 cm, cut into rounds. Using a muffin tin, butter the molds and place the pastry rounds in the base. Pierce the bottom of each pastry case with a fork. Fill the pastry with a layer of greaseproof paper and then baking beans, to prevent the pastry from rising whilst cooking the base. Bake at 180°C for 10/15 minutes. Allow to cool before turning out.
3. For the filling, thaw, wash and dry tuna with kitchen roll. Cut the tuna into cubes of about 3 cm. Chop using the S shaped blade for about 30 seconds.
4. Add the blended tuna into a bowl and season with the oil and lime mix. Mix everything to combine.
5. Fill the pastry cases with tuna tartare, add a sprinkling of black pepper and decorate with a sprig of fennel.

To prepare the tuna: blast chill and freeze for 96 hours at -18°C.

DESSERTS

CAKE

WITH CHOPPED HAZELNUTS



Easy



8 servings



10 minutes



20 minutes

INGREDIENTS

220g dark chocolate
120g caster sugar
105g unsalted butter
4 eggs
85g toasted hazelnuts
65g plain flour
Icing sugar

ACCESSORIES



METHOD

1. Melt the dark chocolate in a bain-marie, over a medium heat. Add the butter to the melted chocolate, stirring until completely melted. Remove from heat and stir occasionally.
2. Chop the hazelnuts using the chopper for about 30 seconds.
3. Separate the egg yolks from the egg whites. Add half the sugar to the egg whites and whisk on the highest speed, until the mixture is firm, foamy and soft peaks are formed. Beat the egg yolks with the remaining sugar, until light and fluffy. Add the warm chocolate to the whipped yolks and stir well to fully combine.
4. With a spatula, incorporate the whipped egg whites, by folding carefully into the mix, to avoid knocking out air. Add the sifted flour and chopped hazelnuts little by little until a thick, smooth mixture is achieved. Pour the batter into a lined 24cm cake tin. Bake in a static oven preheated to 175°C for about 20 minutes. Check with a toothpick the cooking in the center of the cake. It must be soft and not completely dry. Wait 20 minutes before churning out. Serve at room temperature.



DESSERTS

MANGO CHEESECAKE



Easy



6 servings



20 minutes



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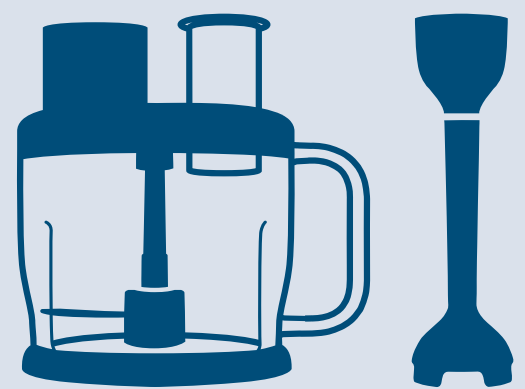
INGREDIENTS

250g digestive biscuits
120g butter
500g cream cheese
100ml single cream
500g mango flesh
Juice of 1/2 lemon
80g icing sugar
15g gelatin sheets

Topping:

500g mango flesh
Juice of 1/2 lemon
20g sugar
10g gelatin sheets

ACCESSORIES



METHOD

- 1.** Prepare the cheesecake base by blitzing the biscuits in the food processor with the S shaped blade for 30 seconds.
- 2.** In a saucepan, melt the butter and add it to the crushed biscuits. Mix well and pour into an 18cm cake tin lined with baking paper. Press the mixture well to form a solid base and place in the fridge for at least 30 minutes to set. Meanwhile, put the gelatin sheets in cold water, to soak for 10 minutes. Drain and heat them for a few seconds in a saucepan. Allow to cool.
- 3.** Peel the mango and blend the flesh with the hand blender for about 20 seconds, until smooth. In a bowl, add the cream cheese, sugar, blended mango, cream, lemon juice, gelatin and stir until you get a smooth cream, pour into the mold over the now solid base and leave in the refrigerator for a couple of hours.
- 4.** Repeat the process previously carried out for the gelatin. Blend the mango flesh and mix together with the sugar, gelatin, lemon juice and pour over the chilled base. Level and refrigerate for an hour and a half to set solid. Turn out the cheesecake and serve cold.



DESSERTS

PANCAKES

WITH STRAWBERRY COULIS



Easy



4 servings



15 minutes



20 minutes

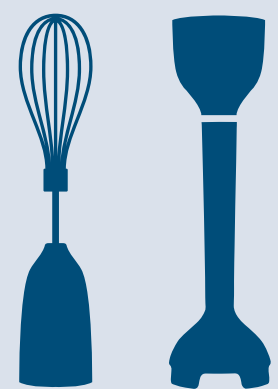
INGREDIENTS

125g plain flour
200ml semi-skimmed milk
2 eggs
15g caster sugar
25g butter
6g fast action dried yeast

For coulis:

250g strawberries
200g icing sugar
2 tablespoons lemon juice

ACCESSORIES



METHOD

1. In a bowl, whisk the yolks at low speed. Add the milk and then the melted butter and continue to whisk. Sift in the flour and yeast and add to the mixture, continuing to whisk.
2. Next, in a clean bowl, whisk the egg whites on the highest speed, until stiff peaks form. Add in a teaspoon of sugar at a time, until the mixture is glossy and the sugar is all used. Add the egg whites to the yolk mixture, carefully folding in, to avoid knocking out the air.
3. Heat a non-stick pan over medium heat with a little butter. Spoon in $\frac{1}{2}$ a ladle of batter into the centre of the pan.
4. Turn the pancake when bubbles form on the surface. The base should be golden. Cook both sides well and continue until the batter runs out.
5. To prepare strawberry coulis, cut strawberries in half, removing the stalk. Using the hand blender, blend the strawberries until smooth. Add 2 tablespoons of lemon juice, icing sugar and blend for a few more seconds. Use a sieve to ensure the coulis is smooth.
6. Serve the pancakes hot, with a drizzle of strawberry coulis.



DESSERTS

TIRAMISÙ WITH PEACHES



Easy



2 servings



10 minutes

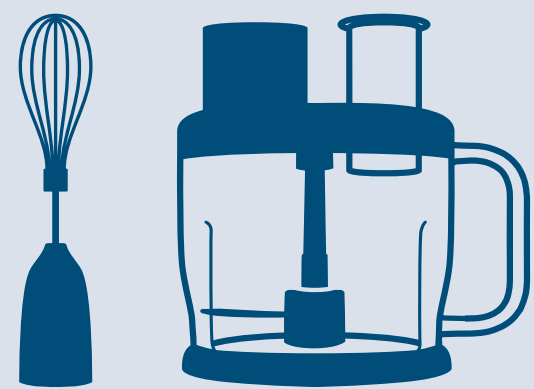


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INGREDIENTS

250g mascarpone
8 peaches in syrup
8 sponge fingers
2 eggs
50g caster sugar

ACCESSORIES



METHOD

1. Separate the egg whites from the yolks and whisk the egg whites on a high speed until soft peaks form. Continue whisking the egg whites, adding the sugar in, 1tbsp at a time, until smooth and glossy.
2. Beat the egg yolks with the sugar until the mixture becomes pale and fluffy. Add the mascarpone little by little, gently stirring, until combined.
3. Gently combine the two egg mixtures together gently, without knocking out too much air.
4. Remove the peaches from the syrup, retaining the syrup for later. Use the food processor with the slicing disc and cut the peaches into 6mm slices. Soak the sponge fingers in the reserved syrup until well coated, then remove. Assemble the tiramisu alternating the mascarpone cream, the sponge fingers soaked in peach syrup, the sliced peaches and the chopped almonds to garnish.
5. Allow to chill in the fridge for 2 hours and serve cold.