



Electrolux

A GUIDE TO

# GOOD FOOD

NOW YOU'RE COOKING

## NOW COOKING

Back in 2012, we created a modest margarita recipe and set up a Tumblr page with some nice images to go with it. Who would have thought that it would become this big? (1,411,378 followers on Tumblr and still counting-big)

As the months passed the recipe collection grew. New products and ingredients were put to the test. The months soon turned into years and here we are now with 40 recipes, an interactive video player and a three-day live streamed extravaganza. Simply put: Now You're Cooking has outgrown our wildest dreams of what this platform would become - and how well it would be received. But no matter how big it has become, it has always stayed true to the original idea: creating really, really tasty food and proving that with a simple twist, you can make more out of your everyday.

So to celebrate, we created this nice little brochure. We hope it gives you inspiration for your everyday cooking and, more importantly, gets you cooking. There is nothing more beautiful than a grease-stained, marmalade-sticky and flour-dusty cookbook, so put this one to use. Hit the index and find something that tickles your fancy. Let's get cooking!





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TIME TO START

# A NEW DAY

Are you the banana on the go-person? The take away coffee all over that new shirt-type? The I guess I'll have to wash my hair some other day-kind? Set the alarm earlier than usual and treat yourself to one of these ten dreamy ways to start off the day.

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## SWEET POTATO SMOOTHIE WITH HONEY AND HEMP SEEDS

Sweet potatoes are delicious. Smoothies are delicious. Sweet potatoes can be used to create that creamy base of a smoothie. Smoothies are best when they're as smooth as silk. Are you seeing a pattern emerging here? Good. Now stop reading and get mixing – your morning will thank you for it!

### INGREDIENTS (serves 6)

- 3 medium-sized sweet potatoes, peeled, boiled, mashed and chilled
- 360ml cold sweetened almond milk
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 0,5 tsp ground nutmeg
- 0,25 tsp ground cardamom
- 120g Greek vanilla yogurt (optional)
- 1 tbsp raw honey (optional)

### DIRECTIONS

1. Pour all ingredients into a blender.
2. Purée the mixture until smooth, adding more almond milk (1 to 2 tablespoons at a time) as needed, if mixture is too thick.
3. Pour mixture into 2 glasses and serve with a cup of coffee.

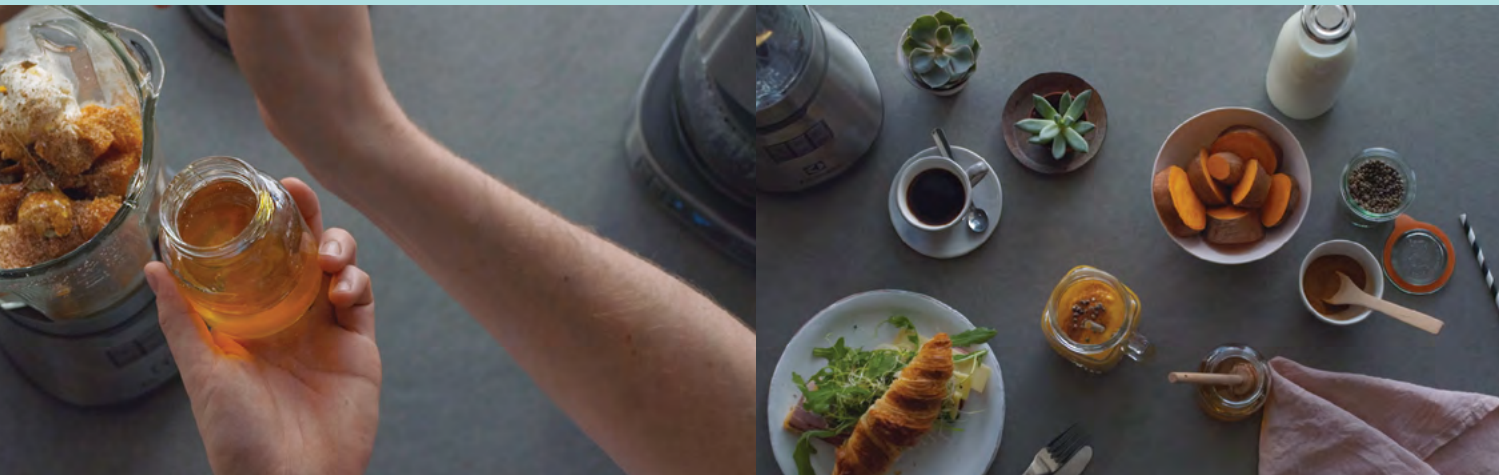
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# SEA BUCKTHORN SMOOTHIE

WITH CONDENSED MILK

## SEA BUCKTHORN SMOOTHIE WITH CONDENSED MILK

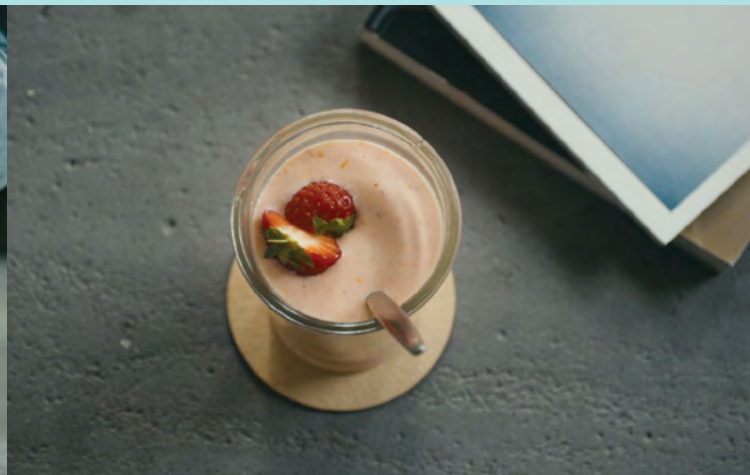
People have been enjoying sea buckthorn berries' medicinal qualities for over 12 centuries. Probably because they have 12 times the vitamin C of oranges. Even the great Genghis Khan swore (quite rightly) that the berries made his soldiers healthier, stronger and more agile than his enemies.

### INGREDIENTS (serves 6)

- 100g frozen sea buckthorn
- 400ml vanilla yoghurt
- 100ml condensed milk
- 200g fresh strawberries
- 100g almonds
- Lemon juice

### DIRECTIONS

1. Boil the almonds.
2. Drain, rinse under cold water and skin the almonds.
3. Add the frozen sea buckthorn and fresh strawberries.
4. Add vanilla yoghurt and the condensed milk.
5. Add the skinned almonds.
6. Mix the ingredients until smooth.
7. Squeeze in lemon juice to taste.



### PREPARE WITH EITHER:





# QUAIL EGG TOAST

## QUAIL EGG TOAST WITH CHÈVRE, BEETROOTS AND CARDAMOM COFFEE

Quail eggs are a delicacy dating back to ancient Egypt. Back then, the quail chick hieroglyph was used by Egyptians for a vowel sound that is somewhere between the letters 'w' and 'u'. A sound that is found in the name Tutankhamun. Top quail egg toast off with a little chèvre and beetroot for a breakfast fit for a pharaoh.

### INGREDIENTS (serves 1)

- 2 slices bread
- 2 quail eggs
- 20g chèvre cheese
- 2 cooked beetroots
- 2 tbsp olive oil
- 1 tbsp sherry vinegar
- 0,5 tbsp dijon mustard
- 0,5 shallots, finely diced
- Fresh baby spinach
- 1 tsp chopped, fresh thyme
- 20g bacon
- 15g cream cheese
- Sea salt and black pepper to taste

### CARDAMOM COFFEE

- 4 scoops of fair-trade coffee
- 2 seeds of cardamom

### DIRECTIONS

1. Fry bacon and strain the fat away.
2. Mix bacon, cream cheese, thyme and black pepper.
3. Whisk together vinegar, oil, mustard and shallots.
4. Open the quail eggs.
5. Boil the water and put the hot water into a bowl with a pinch of salt.
6. Stir and drop the quail eggs in there. Cover the bowl.
7. Toss the rinsed spinach with the dressing.
8. Toast the bagels, smear bacon cream cheese, top with the salad, and beets.
9. Sprinkle crumbled chèvre on top and then finish off with the poached quail eggs and some black pepper.

### CARDAMOM COFFEE

10. Grind it all in your coffee grinder and brew 2 large cups of coffee. If desired, add condensed milk.



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# THE SCREAM

BY IDA FROSK

## THE SCREAM - A PESTO, TOMATO AND MOZZARELLA TOAST BY IDA FROSK

The Scream – probably Edvard Munch’s most famous work. Now made delicious by Norwegian Instagram food artist Ida Frost. Her Art Toast Project is a series of ‘paintings’ by well-known artists, created entirely out of edible food on slices of toast. But don’t let that fool you – you’ll scream when you taste this delicious snack.

### INGREDIENTS (serves 1)

- 1 slice of bread, toasted
- 1 tbsp red pesto
- 1 tbsp green pesto
- 0,5 fresh tomato
- 1-2 mini mozzarella balls
- 2 black olives
- 1 basil leaf (optional)

### DIRECTIONS

1. Toast the bread.
2. Apply the green pesto on the right hand side, swirling in towards the center.
3. Cut thin strips from the outer layers of a tomato to make the railings for the bridge and the swirls in the sky.
4. Scrape away the tomato seeds and even out the strips underneath. Place the pieces on the toast.
5. To make the face, make a slice from the middle of a mini mozzarella ball.
6. Cut off two small pieces on the sides to make the hands and ensure that the face has the right shape.
7. Chop up the rest of the mozzarella ball to create strips to go between the tomato pieces in the sky.
8. Slice a black olive in half to make the upper body of the figure, then quarter the other half to make the two arms on the side.
9. Cut another olive across to make the lower body and use the remaining olive pieces to shape eyes, nostrils and mouth.
10. Place the figure on the toast and finish it off with a basil leaf if desired.



### PREPARE WITH:



# RHUBARB BREAKFAST PARFAIT

## RHUBARB BREAKFAST PARFAIT

A featured recipe by Silvia and Camille

Rhubarb is a vegetable. Except for in the United States, where it is classed as a fruit. Why? Well either a rhubarb merchant had connections in high places, or the people of America simply love rhubarb pie. Because since rhubarb is classed as a fruit, there is a reduction in price. Tariffs are higher for vegetables than fruits in the United States.

### INGREDIENTS (serves 4)

#### COCONUT CREAM

- 85g buckwheat, soaked for at least 30 minutes
- 250ml coconut milk
- 60g hemp seeds
- 2 medjool dates
- 1 tsp cinnamon

#### RHUBARB MIX

- 1 tbsp maple syrup
- 1 tsp coconut oil
- 1 tbsp grated ginger
- 1 vanilla bean, scraped
- Healthy pinch of cardamom
- 2 big rhubarb stalks, cut in thumb-sized pieces and then halved, lengthwise
- 1 blood orange, juice and zest (save zest for serving)
- 1 tsp chia seeds

#### FOR SERVING

- Dry turmeric
- Toasted almonds, chopped
- Zest of 1 orange
- Bee pollen, goji berries (optional)

### DIRECTIONS

#### COCONUT CREAM

1. Put all ingredients in a blender and mix until creamy.

#### RHUBARB MIX

2. Mix chia seeds with the juice of one blood orange and set aside.
3. Melt maple syrup and ghee with ginger, cardamom and vanilla bean and its seeds scraped out.
4. Add rhubarb and cook over medium heat until the rhubarb is soft.
5. Let cool for a few minutes before adding orange juice.

#### ASSEMBLE

6. Add a few pinches of turmeric powder to the bottom of the serving glass; fill halfway with coconut cream.
7. Add 2 Tbsp of rhubarb mix and toasted almonds.
8. Add 2-3 Tbsp coconut cream and a few sprinkles of orange zest.
9. Finish with rhubarb mix; top with bee pollen and goji berries.

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# RAW PEANUT BUTTER & COCOA BARS

BY BELÉN FROM IN THE MAKING BY BELÉN

## RAW PEANUT BUTTER, CACAO BARS AND DIGESTIVE HERBAL TEA

A featured recipe by In the making by Belén

A munch between meals is not a bad thing. But if you're counting the calories it can be. Craving something sweet yet healthy to snack on between meals? Look no further than this mouthwatering raw bar bristling with clean, nutritious super foods. And to wash it down? How about some herbal digestive tea that's soothing for the body and soul.

### INGREDIENTS (makes 12 bars)

#### RAW BARS

- 35 fresh dates
- 3 tbsp coconut oil
- 3 tbsp peanut butter
- 140g sunflower seeds
- 65g pumpkin seeds
- 3 tbsp sesame seeds
- 3 tbsp chia seeds
- 3 tbsp hemp seeds
- 2 tbsp raw cacao powder
- 2 tbsp raw cacao nibs
- 5-6 tbsp quinoa puffs
- 1 tsp vanilla powder
- A pinch of salt

#### DIGESTIVE HERBAL TEA

- 500ml water
- 2 tbsp chamomile flower tea
- 1 tbsp fennel seeds
- 1 tsp fenugreek
- 2 tbsp fresh ginger juice
- 1 tbsp raw honey

### DIRECTIONS

#### RAW BARS

1. Add sunflower, pumpkin and hemp seeds to a tabletop blender and grind to chunky bites. Place the mixture in a bowl and put aside.
2. Add dates, coconut oil and peanut butter into the tabletop blender and mix on high speed until smooth. Mix with the seed mixture and add cacao powder and nibs, quinoa puffs, chia seeds, vanilla powder and salt. Stir by hand to a compact dough.
3. Spread the batter into a metal tray and form a regular surface.
4. Sprinkle sesame seeds and some pumpkin seeds on the top and place the tray in the fridge for 30 min before cutting into bars.

#### DIGESTIVE HERBAL TEA

5. Juice a fresh ginger root.
6. Bring the water to boil.
7. Add fennel seeds, fenugreek and chamomile flowers in a tea strainer.
8. Combine with the water in a big bowl and let it rest for three minutes.
9. Add some honey and serve in small cups.

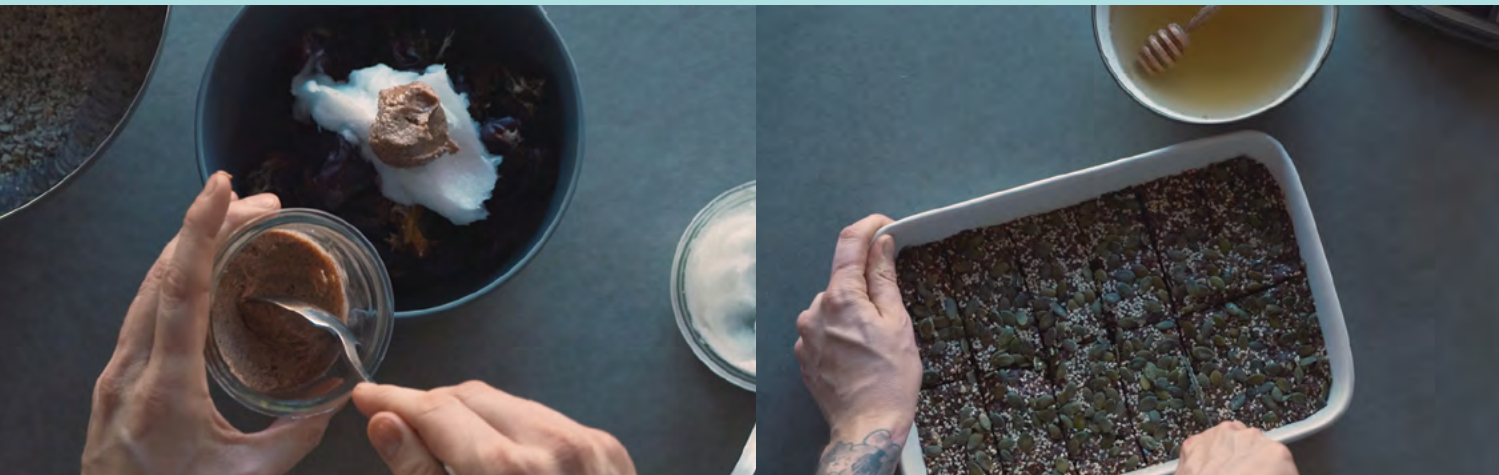
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# INDIAN WALNUT BANANA BREAD WITH CHAI TEA

## INDIAN WALNUT BANANA BREAD WITH CHAI TEA

Ok we're just going to put it out there. Are you ready for it? The banana is as much of a berry as the leading role in your jam. It's true. Botanically speaking, one of the reasons why it's classed as one is that its insides are equipped with lots of seeds, instead of just a single hard one, like the prune. Mind-boggling or not, this tasty banana bread, sorry banana berry bread, will change your life. Promise.

### INGREDIENTS (makes 12 slices)

#### BANANA BREAD

- 175g flour
- 1 tsp baking soda
- 0,5 tsp ground cinnamon
- 0,5 tsp salt
- 2 eggs
- 120ml olive oil
- 4 bananas, very ripe, mashed
- 2 tbsp Crème Fraîche
- 1 tsp vanilla extract
- 125g walnuts, toasted and chopped

#### CHAI TEA

- 375ml milk
- 1 cinnamon stick, broken in half
- 1 vanilla bean, split and beans scraped out
- 5 peppercorns
- 1 tsp cardamom
- 0,5 tsp nutmeg
- 0,5 tsp ground ginger
- 3 tbsp brown sugar
- 700ml of black tea (7,10 dl)

### DIRECTIONS

#### BANANA BREAD

1. Set oven to 175°C. Line the bottom of a loaf pan with parchment paper.
2. Sift together the flour, baking soda, cinnamon and salt.
3. Beat sugar and eggs with a whisk until light and fluffy (about 10 minutes).
4. Drizzle in oil. Add mashed bananas, crème fraîche, and vanilla. Fold in dry ingredients and nuts.
5. Pour into a lined loaf pan and bake for about 45 minutes to 1 hour.

#### CHAI TEA

6. Cook milk with cinnamon, muscat, vanilla, nutmeg, dried ginger and some pepper corns.
7. Leave for five minutes. Sift the milk and mix to a foam with a stick mixer.
8. Add a cup of black tea.

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# BREAKFAST SPREAD WITH CHIA PUDDING TOAST & FRESHLY BREWED COFFEE

## BREAKFAST SPREAD WITH CHIA PUDDING, TOAST AND COFFEE

Behold! The cleverest invention since the toaster and the peanut butter! Welcome to Now You're Cooking, dear chia pudding. Thanks to you, hungry people from all over the world can get the best out of two worlds: A sleep-in (since the making often takes place the night before) and the feeling of a Saturday breakfast on a gloomy Tuesday morning.

### INGREDIENTS (serves 2)

#### CASHEW MILK

- 150g soaked cashew nuts
- 750g water

#### CHIA PUDDING

- 125g frozen blueberries
- Pinch ground vanilla
- 3 tbsp desiccated coconut, unsweetened
- 3 tbsp chia seeds
- 240ml homemade cashew milk
- Pomegranate seeds
- Coconut flakes
- Fresh mint

#### ALMOND CREAM

- Almonds
- Salt

#### TOAST

- 2 slices of rye bread
- 1 apple

### DIRECTIONS

#### CASHEW MILK

1. Soak cashews overnight.
2. Place one part cashews and three parts water in a tabletop blender. Add a pinch of salt.
3. Strain the nut milk in a sieve.

#### CHIA PUDDING

4. Put berries, coconut shreds, chia seeds and vanilla in a glass jar.
5. Pour cashew milk over the mix. Place in fridge for several hours.
6. When ready, add pomegranate seeds, coconut flakes and fresh mint on top of the chia pudding.

#### SPREAD

7. Chop almonds with a pinch of salt until you get a creamy paste.

#### TOAST

8. Toast rye bread.
9. Slice apple into wedges.
10. Spread almond paste on toast and garnish with apple wedges.

### PREPARE WITH:



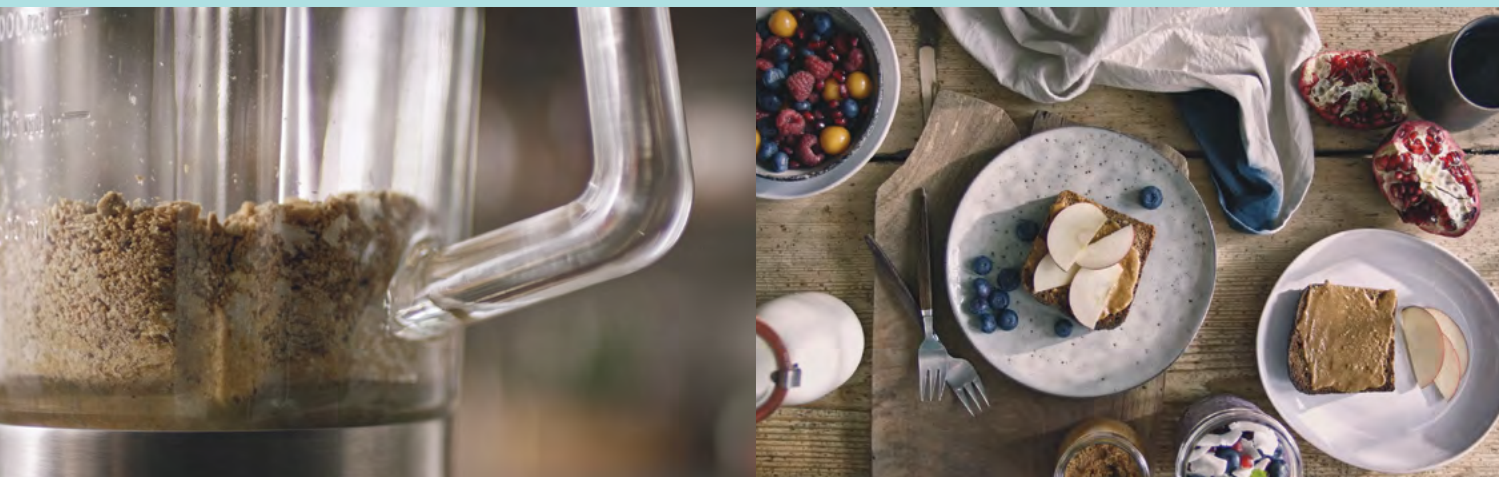
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# RASPBERRY ALMOND PANCAKES

BY DORIAN FROM DORIAN CUISINE

## RASPBERRY ALMOND PANCAKES WITH CHOCOLATE TAPENADE

A featured recipe by Dorian Cuisine

If you skim down the recipe and see the words: berries, chocolate, almonds and maple syrup – you know you're onto a good thing. If you then glance back up and see that the title is pancakes – you know you're onto an even better thing. Need we say more?

### INGREDIENTS (serves 2 – 4)

#### PANCAKES

- 3 eggs
- 100g flour
- 80 ml milk
- 60g melted butter
- 2,5 tsp baking powder
- 3 tbsp powdered sugar
- 125g raspberries
- 3 tbsp flaked almonds

#### TAPENADE

- 100g chocolate 70% (ice cold)
- 0,5dl quinoa puffs
- 1 tbsp coconut oil
- Shredded basil

#### RAW RASPBERRY JAM

- 1dl raspberries
- 1 tbsp muscovado sugar
- Zest from 1 orange

### DIRECTIONS

1. Blend chocolate briefly.
2. Add almonds and repeat.
3. Stir together and put aside.
4. Add eggs, milk, butter and flour to blender and mix to a creamy dough.
5. Add baking powder and sugar. Blend smooth.
6. Pour batter into bowl, add raspberries and almonds and toss. Mash raspberries gently.
7. Fry in hot pan with a knob of butter.
8. Serve piping hot with raspberry jam, maple syrup and chocolate tapenade.

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# ALMOND PANCAKES

WITH BLUEBERRY SAUCE

## ALMOND PANCAKES WITH BLUEBERRY SAUCE

The first pile of pancakes wasn't found in a diner somewhere along the American west coast as one might think. It actually dates back to 1497 BC, found in an ancient tomb in the late 70's somewhere in the outskirts of Cairo. The mural portrayed a group of people fighting. After some professional dusting it became clear what caused the fight. The last pancake.

### INGREDIENTS (makes 12 pancakes)

#### PANCAKES

- 625ml water
- 70g raw almonds
- 1 apple
- 1 tbsp flax seeds
- 300g whole wheat flour
- 1,5 tbsp baking powder
- 0,5 tsp sea salt
- 0,5 tsp ground cinnamon
- Coconut oil for frying

#### JAM

- 100g blueberries
- 2 tbsp açai
- 2 tsp honey
- 75g almonds
- 140g cream

### DIRECTIONS

#### PANCAKES

1. Add water, almonds and apple to a blender and blend on medium to medium-high speed for one minute.
2. Add all remaining ingredients to the jar and blend on medium to medium-low speed for 30 seconds. Allow batter to rest 5 minutes.
3. Heat a pan and grease. Pour some batter onto the heated pan and cook approximately 1 minute or until bubbles break the surface of the pancake and the underside is golden brown.
4. Flip and cook for approximately 30 seconds. Repeat with remaining batter.

#### JAM

5. Blend blueberries, açai and a little bit of honey with the stickmixer. Add some water if necessary.

#### NUTS

6. Grind nuts in the tabletop blender.

#### CREAM

7. Whip cream with a whisk.

#### ARRANGE

8. Top up the pancakes with jam, ground nuts and whipped cream and serve.

### PREPARE WITH:



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STAY CURIOUS,

# COOK EVERYTHING

Hold your hands in the air. Bring the left one to your face. Cover your eyes with it. No peaking. Now bring the right one over to that tasty index and let that pinky of yours decide what to cook for lunch or dinner. Good job! We promise that no one's taste buds will be disappointed.

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# SMOKED DUCK SALAD

## SMOKED DUCK SALAD WITH ORANGE, AVOCADO AND PLUM VINAIGRETTE

The flavor fusion of duck and orange is based on the tradition of combining fatty meats with citrus fruits, dating back thousands of years. But is perhaps famous nowadays for 'Canard à l'Orange', the classic French dish of roasted duck with orange sauce. However you look at it, this dish is low in carbs, high in taste – and simply a great salad.

### INGREDIENTS (serves 2)

- 1 smoked duck breast
- 2 oranges, peeled and segmented
- 1 head romaine washed and cut into thin ribbons
- 2 heads of endive (optional) cut into thin ribbons
- 1 ripe avocado
- Sea salt
- 110g crumbled feta
- 50g chopped cilantro
- 1 tbsp toasted sesame seeds
- 2 yellow beets

### PLUM VINAIGRETTE

- 4 plums
- Apple cider vinegar
- Orange zest
- Olive oil
- Salt

### AVOCADO CRÉME

- 1 large, ripe avocado
- 1 lime
- Cilantro
- 50ml olive oil
- Pinch chili flakes
- Salt and pepper

### DIRECTIONS

1. Remove the stem from the lettuce and endives. Rinse under cold water.
2. Scrub beets and slice thinly, with the skin left on, straight into ice cold water.
3. Zest oranges, save zest for the vinaigrette, and peel the white off with a knife. Filé them and cut into thirds.
4. Remove the stems from the cilantro and chop.

### AVOCADO CRÉME – MIXER/CUTTER

5. Combine the avocado, lime zest and juice and all the rest in a blender.
6. Process until completely smooth. Taste and adjust seasoning.

### PLUM VINAIGRETTE – BLENDER

7. Soak plums in hot water for 10 minutes.
8. Puree the plums in a blender with some of the water and the orange zest. Add vinegar and oil.
9. Slice the duck breast thinly. Fatty side down.
10. Combine the clean greens in a bowl and toss with enough dressing to coat.
11. Assemble the orange segments, avocado, beets, cilantro and feta. Finish with the duck and sesame seeds.

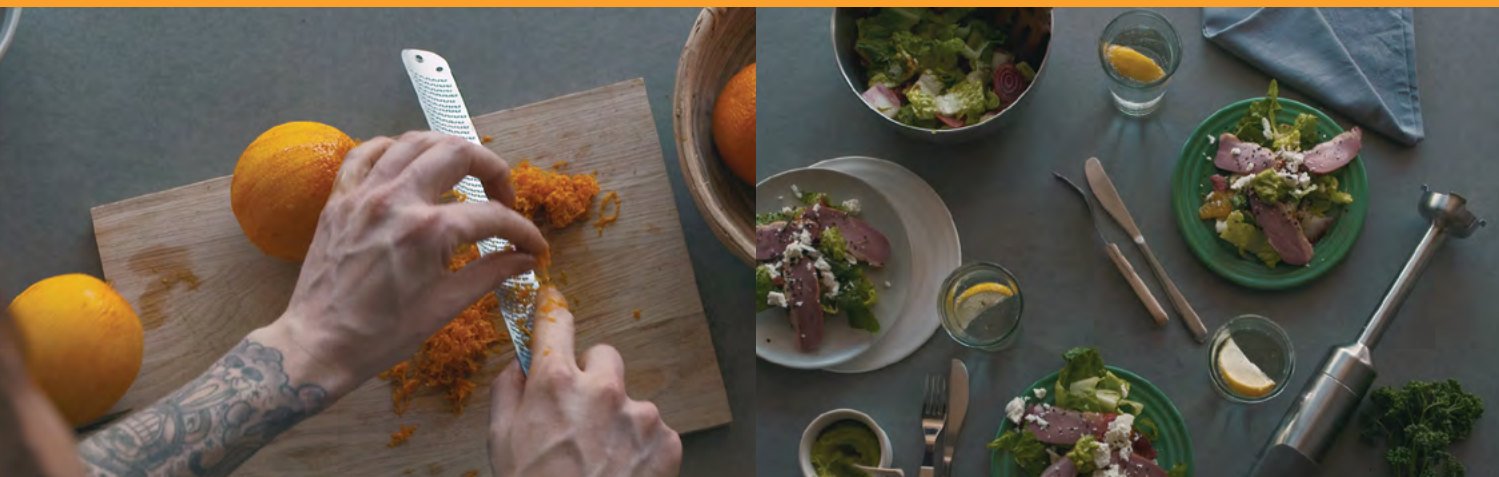
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# NAAN BREAD

WITH HUMMUS AND FETA CHEESE

## NAAN BREAD WITH HUMMUS AND FETA CHEESE

Hummus is often connected to ancient historical figures such as Saladin. The first Sultan of Egypt and Syria, and who led Muslim opposition to the European Crusaders. But, of course, none of that can be truth. Had hummus existed back then, Saladin would have spent his time feasting, not fighting.

### INGREDIENTS (serves 4)

#### NAAN BREAD

- 300g white whole wheat flour
- 0,5 tsp ground cumin
- 0,25 tsp salt
- 0,75 tsp baking powder
- 0,5 tsp baking soda
- 0,5 tbsp sugar
- 120ml warm milk
- 120g yogurt
- 2 cloves garlic, finely minced
- Ghee or coconut oil

#### HUMMUS

- 480g cooked chickpeas
- Handful of chopped cilantro
- 3 tbsp tahini paste
- 1 small lemon
- 55g crumbled sheep's milk feta
- 1 tbsp extra virgin olive oil
- 1 small red onion, very thinly sliced
- 1 tbsp red wine vinegar
- 2 carrots, thinly peeled with a peeler
- 100g sprouts of greens of choice
- Pinch of red pepper flakes
- Fresh ground pepper
- Sriracha for spice (optional)

### DIRECTIONS

#### NAAN BREAD

1. Mix all the dry ingredients together and make a well of flour.
2. Mix milk and yogurt together, pour half of it into the well.
3. Add the liquid slowly and combine it until a soft dough is made. The dough should be soft and tender.
4. Cover with damp cloth and let it sit in a warm place for at least 2 hours.
5. Preheat a cast iron. Knead the dough a few times to work in the minced garlic. Divide the dough into six to eight pieces.
6. Roll sandwiches out thinly.
7. Brush one side with water and add it to the pan, damp side down.
8. Cook for about one minute until it browns, flip and cook the other side for another minute or two.
9. Once lightly browned, run it over an open flame on the stove to get a few char marks.
10. Brush the warm bread with a thin layer of ghee or coconut oil and a pinch of salt.
11. Repeat with remaining dough. Keep covered with a dish cloth until ready to prepare the sandwiches.

#### HUMMUS

12. Rinse and drain the chickpeas.
13. In a tabletop blender, lightly blend beans and cilantro.
14. Transfer to a mixing bowl and add the tahini, lemon juice and zest, pinch of red pepper flakes, feta, olive oil and fresh ground pepper. Stir to blend.
15. Combine the onion and vinegar in a bowl with a pinch of salt.
16. Combine all ingredients to make a sandwich.

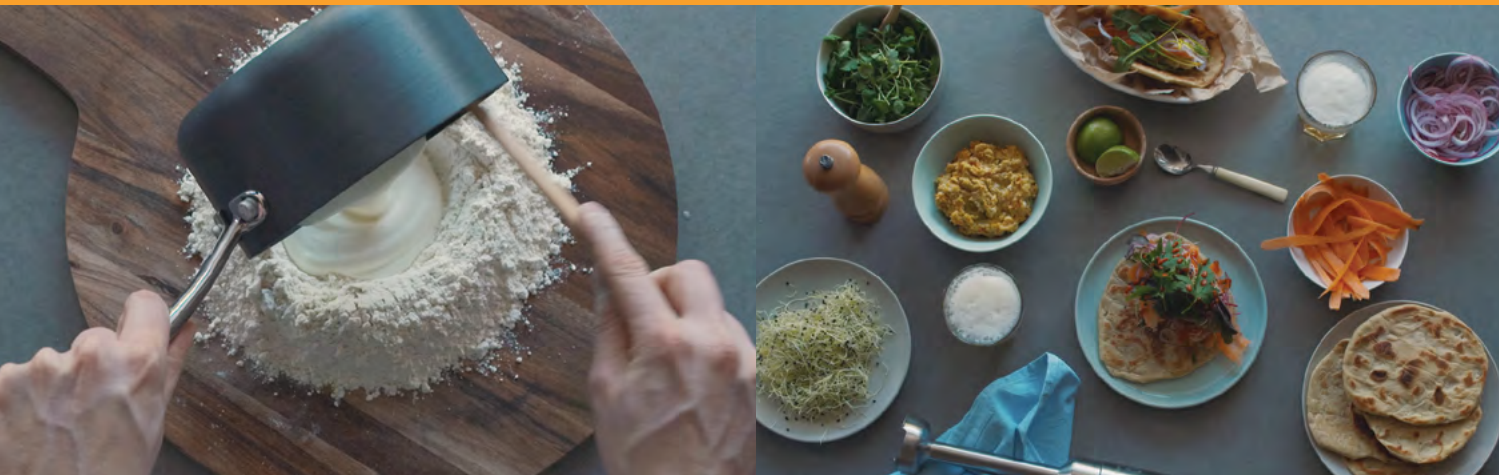
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OPEN PANINO WITH TOMATO

# ORZOTTO

BY KYLIE FROM KYLIE AND PATRICK  
& LINA FROM CASA SPÅNGTORP

## OPEN PANINO WITH CREMA DI CANNELLINI AND TOMATO ORZOTTO

A featured recipe by Kylie and Patrick & Casa Spångtorp

In the Northern Italian region of Friuli-Venezia Giulia, one does not simply eat risotto. One eats Orzotto. A mixture of Orzo and Risotto that uses a pearl barley instead of rice. Add that to an open panino (yes, the origin of 'panini') for a simple, uncomplicated and tasty sandwich (despite the name)!

### INGREDIENTS (serves 4)

#### PANINO

- 450g white cannellini beans
- Pinch of sea salt
- Black pepper
- 1 tbsp dried thyme
- 90g chopped black Kalamata olives
- Olive oil
- Prosciutto
- Two cloves of garlic
- Sourdough bread

#### ORZOTTO

- 2dl pearl barley
- 1,2l boiled water
- 2 cubes vegetable stock
- 1 garlic clove
- 1 shallot
- 100ml dry white wine or juice of 1 lemon
- 1 can of conserved cherry tomatoes
- 1-2dl grated parmesan cheese
- Rapeseed oil
- Salt and pepper

### DIRECTIONS

#### PANINO

1. Put all ingredients in a blender and mix until creamy.
2. Slices sourdough bread and toast until slightly golden.
3. Drizzle oil over the toast.
4. In a bowl, blend 450g can of white cannellini beans, sea salt, black pepper, thyme, chopped black kalamata olives and olive oil until rough and textured.
5. Spread cannellini cream and drizzle with olive oil. Top with prosciutto.

#### ORZOTTO

6. Boil water in a kettle.
7. Finely chop the garlic and shallot.
8. Fry shortly in a bit of oil, don't let them take color.
9. Pour in the pearl barley and stir. Add the vegetable stock, together with a few hundred ml of water.
10. Add water until you are satisfied with the consistency.
11. Add cherry tomatoes and let it simmer for 10 more minutes. Grate Parmesan, and add salt and pepper to taste.

### PREPARE WITH:



EXPRESSIONIST®  
KETTLE



EXPRESSIONIST®  
TOASTER





# APPLE SAUSAGES WITH TRUFFLE

## APPLE SAUSAGES WITH TRUFFLE

Sausages are (traditionally) unwanted cuts stuffed into tubular casings made from animal's intestines. And yet as unappetizing as that sounds, sausages are also among the oldest and most popular foods ever – and even get a mention in Homer's Odyssey.

### INGREDIENTS (makes 6 sausages)

- 750g lean pork
- 250g lard
- 2 apples
- 10ml truffle oil
- 2m sausage casing in water

### DIRECTIONS

1. Cut pork and lard into smaller pieces.
2. Grind the pork and lard.
3. Grate the apples.
4. Sauté the apple in butter.
5. Add the truffle oil and grate fresh truffle to taste.
6. Let the apple cool.
7. Add pork and lard to a large bowl.
8. Add the apple and stir.
9. Spritz sausage mixture into casing by hand.
10. Tie into 15 cm sausages & cut ends.
11. Fry with fresh apple slices.
12. Serve with fresh truffle.



### PREPARE WITH:



KITCHEN ASSISTENT



MEAT GRINDER  
ACCESSORY

# RED WINE SAUSAGES WITH FRESH SAGE

## RED WINE SAUSAGES WITH FRESH SAGE

Sausages are (traditionally) unwanted cuts stuffed into tubular casings made from animal's intestines. And yet as unappetizing as that sounds, sausages are also among the oldest and most popular foods ever – and even get a mention in Homer's Odyssey.

### INGREDIENTS (makes 6 sausages)

- 750g lean pork
- 250g lard
- 100ml red wine
- 15g sea salt
- 2 garlic cloves
- 3g coarse black pepper
- 2g sage
- 2m sausage casing in water

### DIRECTIONS

1. Crush and chop the garlic.
2. Finely chop the sage.
3. Crush the black pepper.
4. Cut pork and lard into smaller pieces.
5. Grind the pork and lard.
6. Add pork and lard to a large bowl.
7. Add chopped garlic, sage and red wine.
8. Stir in sea salt and black pepper.
9. Spritz sausage mixture into casing by hand.
10. Tie into 15 cm sausages and cut ends.
11. Fry with fresh sage leaves.
12. Serve with sage leaves and mashed potatoes.



### PREPARE WITH:



KITCHEN ASSISTANT



MEAT GRINDER  
ACCESSORY



# YELLOW TOMATO GAZPACHO

WITH LEVAIN CROUTONS

## YELLOW TOMATO GAZPACHO

The year was AD 711 when Tariq ibn-Ziyad's army crossed the Strait of Gibraltar to Spain and brought with them the Islamic religion, grandiose architecture and a soup of stale bread, olive oil, water and garlic that would eventually become a signature of Andalusian cuisine and famous the world over.

### INGREDIENTS (serves 4)

- 4 large tellow tomatoes
- 300g cucumber
- 150g yellow onion
- 175g yellow bell pepper
- 100g celery
- 2 tbsp red wine vinegar
- 2 tsp olive oil
- 1 clove garlic
- Salt and pepper

### DIRECTIONS

1. Cut and quarter the tomatoes.
2. Chop the cucumber, onion, celery, garlic and bell pepper.
3. Place in a bowl and add the oil.
4. Mix till desired consistency. Add salt and pepper to taste.
5. Serve in bowls.
6. Garnish with olive oil, parsley and golden croutons.



### PREPARE WITH EITHER:



HOT SMOKED

# SALMON

INSPIRED BY JOHAN FROM MATGEEK

## HOT SMOKED SALMON WITH PUREED SWEDISH TURNIP, POTATO HASH BROWNS AND BUCKRAMS

Nordic Kitchen on the rise and it's no surprise. The wild and seasonal, back to the roots-flavors are pure, simple and fresh. Salmon is always a favorite in the north. In this dish, hot smoked salmon with the genuine, robust character of turnip and potato hash browns come together to spread warmth through any chilly night in the Nordics.

### INGREDIENTS (serves 4)

- 500g hot smoked salmon
- 200g swedish turnip
- 50g butter
- 200ml milk
- 200g potatoes
- Horseradish
- 2 egg yolks
- 1 tbsp red wine vinegar
- 1 tbsp dijon mustard
- 200ml cooking oil
- 1 handful of chervil
- 1 handful of buckrams
- Salt and pepper

### DIRECTIONS

1. Boil diced turnip, butter, milk, salt and pepper for 20-30 minutes until soft.
2. Blend until smooth.
3. Fry diced potatoes in cooking oil until golden brown.
4. Strain off oil and toss in grated horseradish.
5. Blend yolks, vinegar, mustard, salt, pepper and herbs until smooth.
6. Carefully add oil until it forms a mayo.
7. Cut the salmon into squares.
8. Assemble all ingredients on hot plates and garnish with finely chopped buckrams and cold pressed rapeseed.



### PREPARE WITH:



EXPRESSIONIST®  
TABLETOP BLENDER



# ALMOND, GARLIC AND PARSNIP SOUP

BY GREEN KITCHEN STORIES

## ALMOND, GARLIC AND PARSNIP SOUP

A featured recipe by Green Kitchen Stories

Rumor has it that in the 1700s, the then French King was so obsessed with himself that he had his chefs create a soup that would allow him to see his own reflection in the bowl. As a result, consommé (clear soup) was born. For those less vain, try this healthy and delicious alternative – almond, garlic and parsnip soup!

### INGREDIENTS (serves 4)

- 300g parsnips or parsley roots (around 3 roots)
- 1 large yellow onion
- 1 garlic bulb (around 10 cloves)
- 3 tbsp olive oil, extra for serving
- 125g almonds, blanched
- 1l boiling water
- 2 tbsp apple cider vinegar or white wine
- 2 sprigs fresh thyme or 1 tsp dried thyme, some extra for serving
- Sea salt and freshly ground pepper
- 20 organic red grapes, divide and seeds removed

### DIGESTIVE HERBAL TEA

- 500ml water
- 2 tbsp chamomile flower tea
- 1 tbsp fennel seeds
- 1 tsp fenugreek
- 2 tbsp fresh ginger juice
- 1 tbsp raw honey

### DIRECTIONS

1. Preheat the oven to 200°C.
2. Peel the parsnip and onion and cut into bite-size pieces. Place in a bowl and drizzle with 1 tbsp olive oil, salt and pepper, toss to cover.
3. Break the garlic bulb into cloves, but leave the skin on.
4. Line a baking sheet with baking paper and arrange the onion, parsnip and garlic on it. Place in the oven and bake for 25-30 minutes, until soft and lightly browned.
5. Meanwhile blanch the almonds. When the vegetables are done, remove from the oven.
6. Squeeze out the soft garlic paste and place in a blender together with onion, parsnip, blanched almonds, apple cider vinegar, 2 tbsp olive oil, thyme, and salt and pepper.
7. Boil 1 liter of water in a water kettle, add it to the blender and mix on high speed until completely smooth.
8. Serve immediately in serving bowls, garnish with a drizzle of olive oil, thyme and grapes.

### PREPARE WITH:



EXPRESSIONIST®  
KETTLE



EXPRESSIONIST®  
TABLETOP BLENDER



# RICOTTA

At first we wanted to make a provolone patty with pea & pepper pesto and penne pasta. But then we realized that alliteration has no place in great tasting food. So we created ricotta fritters with sweet pea & onion pesto and zucchini noodles instead. Doesn't have the ring to it, but it tastes so much better.

## ZUCCHINI NOODLES

- ## SEMI-DRIED TOMATOES

- ## RICOTTA FRITTERS

- 1 large free-range egg
- 400g ricotta cheese
- 1 whole nutmeg, for grating
- 1 lemon

## NOODLES

- ## FRITTERS

- Whisk egg, ricotta, 1/4 of the nutmeg, lemon zest and parmesan in a bowl. Add flour and beat together.
- Add 1 tbsp olive oil into the frying pan.
- Spoon in 8 large dollops of fritter mixture.
- Turn carefully when golden.

The image displays two KitchenAid Expressionist blenders. On the left is the Expressionist® Tabletop Blender, which has a silver base with a digital display and a clear pitcher. On the right is the Expressionist® Immersion Blender, which includes a silver motor unit, a clear blending cup, and a clear chopper bowl with a whisk attachment.



# STEAK TARTARE CLASSIC WITH QUAIL EGGS

## CLASSIC STEAK TARTARE WITH QUAIL EGGS

Steak tartare is often associated with Parisian bistros, but it's really a cinch. Just ask the butcher for prime and you're halfway there. Why? Because other than a sharp knife or grinder you don't need much else. The best food is simple – and tartare couldn't be more.

### INGREDIENTS (serves 4)

- 600g prime beef
- 4 tbsp capers
- 2 tbsp dijon mustard
- 1 red onion
- 3 yellow beetroots
- 4 quail eggs

### DIRECTIONS

1. Grind the beef.
2. Boil the beetroots, peel and dice.
3. Chop the red onion.
4. Divide beef into 4 round shapes.
5. Add the beetroots, the onion and the dijon mustard.
6. Add capers, salt and pepper.
7. Top with quail yolk.
8. Serve with grilled levain bread.



### PREPARE WITH:



KITCHEN ASSISTENT



MEAT GRINDER  
ACCESSORY

# STEAK TARTARE MEDITERRANEAN WITH PARMESAN

## STEAK TARTARE MEDITERRANEAN WITH PARMESAN

Steak tartare is often associated with Parisian bistros, but it's really a cinch. Just ask the butcher for prime and you're halfway there. Why? Because other than a sharp knife or grinder you don't need much else. The best food is simple – and tartare couldn't be more.

### INGREDIENTS (serves 4)

- 600g prime beef
- 4 fresh tomatoes
- 100g parmesan
- 2 garlic cloves
- 20 pitted olives
- 50g fresh herbs
- 2 tbsp olive oil
- Salt and pepper

### DIRECTIONS

1. Slice the tomatoes.
2. Crush and slice the garlic.
3. Place on a baking tray and sprinkle with olive oil.
4. Oven roast at 100 degrees for 4 hours.
5. Grind the beef, chop the olives and grate the parmesan.
6. Chop the fresh herbs.
7. Divide beef into 4 round shapes.
8. Add olives, roasted tomatoes and fresh herbs.
9. Serve with parmesan and olive oil.



### PREPARE WITH:



KITCHEN ASSISTENT



MEAT GRINDER  
ACCESSORY



# CHILI MAYONNAISE WITH MUSSELS

## CHILI MAYONNAISE WITH MUSSELS

Legend has it that on the 5th of May, 1911, a ship carrying 20,000 jars of mayonnaise on course to Mexico was lost at sea. The people of Mexico were so devastated by the loss that a national day of mourning was declared, and is still observed to this day; Sinko de Mayo – never forget.

### INGREDIENTS (serves 2)

- 2 egg yolks
- 1 tsp dijon mustard
- 1 tbsp white wine vinegar
- 1 red chili
- Olive oil
- Salt
- Black pepper

### DIRECTIONS

1. Separate the yolk in a bowl and add Dijon mustard.
2. Deseed and slice half a red chili.
3. Mix the sliced red chili with the white wine vinegar.
4. Add the chili purée to the eggs and mustard.
5. Add lemon juice and salt & pepper.
6. Slowly whisk in the olive oil to a smooth consistency.
7. Sprinkle with sliced red chili.



### PREPARE WITH EITHER:



# BLACK KALE PIZZA WITH PECORINO CHEESE

## BLACK KALE PIZZA WITH PECORINO CHEESE

You know when you learn something that changes literally everything? Hold on to a chair or a stable friend. It's about to happen right now. In a recent survey we learnt that pizzas actually prefer being cooked on the back of frying pans rather than in ovens. So now it's settled. It's not just humans that care about an even tan.

### INGREDIENTS (serves 4)

#### PIZZA DOUGH

- 50g fresh yeast
- 2 tsp sugar
- 1 tsp fling salt
- 50ml olive oil
- 300ml room-temperature water
- 300g wheat flour

#### TOMATO SAUCE

- 300g cocktail tomatoes
- 2 cloves garlic
- Olive oil
- Salt
- Sugar

#### TOPPING

- Black kale
- Pecorino cheese
- Tomatoes in different colors
- Sea salt

### DIRECTIONS

#### DOUGH

1. Mix yeast, sugar, salt, oil and water (37°C) in a kitchen machine.
2. Start mixing, and add flour, little by little, until you get a firm but elastic dough. Save the rest of the flour for later.
3. Let the dough rise in a bowl covered by a kitchen towel for 25 minutes.
4. Divide the dough into 4 parts and spread these out with a rolling pin.

#### TOMATO SAUCE

5. Heat up the cocktail tomatoes, garlic, oil, salt and sugar.
6. Blend to a sauce with the stick mixer.

#### PIZZA

7. Put the rolled out pizza dough into a pan.
8. Add the tomato sauce.
9. Bake the pizza until the bottom is crispy.
10. Top pizza with kale, cheese, tomatoes and sea salt.

### PREPARE WITH:



EXPRESSIONIST®  
KITCHEN MACHINE



EXPRESSIONIST®  
IMMERSION BLENDER





# RAMEN

# NOODLES

## WITH SRIRACHA CHICKEN

### RAMEN NOODLE SOUP WITH SRIRACHA CHICKEN

Philosophy time! What came first? The chicken or the egg? In our savory world they pretty much hit the plate around the same time. Or at least in this recipe. Before we let you to it, remember: A perfect soft-boiled egg and crispy chicken go together like Sriracha and... basically everything.

#### INGREDIENTS (serves 2)

##### CHICKEN AND MARINADE

- 300g chicken
- 3 tbsp toasted sesame oil
- 3 tbsp tamari
- 1-2 tsp sriracha (depending on how spicy you like it)
- 1 garlic clove
- 2 spring onions
- 0,5 radish
- 1 carrot
- 2 chili

##### BROTH

- 2 inches ginger root, sliced into coins
- 4-6 four inch square sheets kombu
- 6 dried shiitake mushrooms
- 2L water
- 140g sweet white or yellow miso
- 2 tbsp tamari (optional)
- 1 lime (juice of)

##### TOPPINGS

- 100g mung sprouts
- 1 egg
- Bunch of coriander
- Toasted sesame seeds
- 330-440g soba noodles (depending how noodle-y you like it)

#### DIRECTIONS

##### CHICKEN AND MARINADE

1. Squash the garlic with a knife and mix with the other ingredients for the marinade, using a stick mixer.
2. Rub the chicken in the marinade and let rest for 20 minutes.
3. Cut chicken into slices. Fry in a pan on medium heat.

##### BROTH

4. Mix together mushrooms and ginger with miso paste, adding tamari as needed.
5. Bring water to a boil. Add the miso-mix to the water and stir. Add kombu leaves and season with lime juice to taste.

##### TOPPINGS

6. Boil water and put the noodles in the water. Let rest for 5 minutes.
7. Cut radish, leek and chili into small wedges. Keep them in separate bowls.
8. Boil an egg for 3 to a soft consistency.
9. Place noodles into broth, adding the vegetables, chicken and egg.
10. Top with coriander and sesame seeds.

#### PREPARE WITH:



WEST COAST

# MUSSEL SOUP

WITH JERUSALEM ARTICHOKE S



## WEST COAST MUSSEL SOUP WITH JERUSALEM ARTICHOKE S

A FEATURED RECIPE BY DAGMAR'S KITCHEN

Did you know that every mussel in all of the deep oceans of the world actually have the same thing on the top of their bucket list? To experience Jerusalem before they go. So you could see this recipe as a fulfillment of dreams. Both for them and you.

### INGREDIENTS (serves 4)

- 1kg blue mussels
- 400ml water
- 500g Jerusalem artichokes
- 1 onion
- 1 small leek
- 1 clove garlic
- 1 tbsp butter
- 1 tbsp olive oil
- Reserved liquid from mussels + about 500ml vegetable stock
- 6 tbsp white wine
- 6 tbsp cream
- 1 tbsp balsamic vinegar
- Sea salt and white pepper to taste
- Fresh thyme

### DIRECTIONS

#### MUSSELS

1. Scrub each mussel individually and check to make sure their shells are tightly closed. Discard mussels with cracked shells.
2. In a large pot bring the water to a boil and then gently add the mussels. Cover and cook over medium-high heat until the mussels open, about 5 minutes.
3. Reserve the liquid and keep the mussels in the pot with lid on.

#### SOUP

4. Peel the Jerusalem artichokes and cut them into smaller chunks. To prevent from darkening drop the pieces into lemon- or vinegar water while peeling the remaining Jerusalem artichokes.
5. Peel and finely chop the onion, leek and garlic clove.
6. In a medium pot, melt the butter and olive oil over medium heat.
7. Add the Jerusalem artichokes, onion, leek and garlic. Cook on medium low heat for about 5-7 minutes until slightly softened (do not brown).
8. Add the reserved mussel liquid, vegetable stock and wine. Bring to a boil, cover the pot and simmer for 10 minutes.
9. Add the cream and simmer for 5 more minutes.
10. Add the balsamic vinegar, salt and pepper to taste and puree the soup in a blender.
11. Serve the Jerusalem artichoke soup with the mussels and sprinkle with fresh thyme.

### PREPARE WITH:











YOU ALWAYS HAVE ROOM FOR

# DESSERT

It doesn't matter how big of a 7-course meal you just ate or if you just finished a second round of carbonara. There's always some extra room in the world of the sweet-toothed. Are you one of us? We won't tell your dentist. Or your mom.

- 66 WHITE CHOCOLATE MOUSSE WITH BLACK OLIVES
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- 78 NUT WEDGES WITH DARK CHOCOLATE
- 80 CHOCOLATE CAKE WITH LAYERS OF MOUSSE AND RASPBERRY JELLY



# WHITE CHOCOLATE MOUSSE WITH DRIED BLACK OLIVES

## WHITE CHOCOLATE MOUSSE WITH BLACK OLIVES

The Mayans drunk it over 3000 years ago. The Aztecs used it as currency. The Spanish introduced it to Europe. The British opened the first shop selling it. The Nestles, Hersheys and Cadburys made it a household name. The Americans took it to the moon. And the French made a sweet dessert.

### INGREDIENTS (serves 4)

- 100g white chocolate
- 0.5l cream
- 0.5 gelatin sheet
- A splash of bourbon
- Dried black olives

### DIRECTIONS

1. Soak the gelatin in cold water.
2. Put the gelatin in a saucepan and melt with a splash of cream.
3. Whisk 300ml of the cream.
4. Put a bowl over a saucepan of boiling water. Add the white chocolate and the rest of the cream, stir until melted and smooth.
5. Add the gelatin and a splash of bourbon.
6. Carefully stir the white chocolate cream into the whipped cream.
7. Pour into cups and chill at least 3 hours.
8. Serve with crushed dried black olives.



### PREPARE WITH EITHER:



# VEGAN APPLE OAT TARTLETS WITH ALMONDS

## VEGAN APPLE OAT TARTLETS WITH ALMONDS

A featured recipe by Green Kitchen Stories

Child of the tart, cousin to quiche, and grandchild of pie. This flour-free tartlet is made from oats, sunflower seeds and dates. And topped with toasted nut butter, beautifully arranged apple wedges and a touch of cinnamon. Vegan. Gluten free. Delicious. And oh-so simple. Hit your local market, load up on apples, oats and seeds – and you'll have friends and family beaming from ear to ear.

### INGREDIENTS (serves 4)

#### CRUST

- 45g gluten free rolled oats
- 140g raw sunflower seeds
- 8 fresh soft pitted dates
- 2 tbsp coconut oil (room temperature)
- 1 tbsp water
- A pinch of Salt

#### FILLING

- 4 tbsp almond butter

#### TOPPING

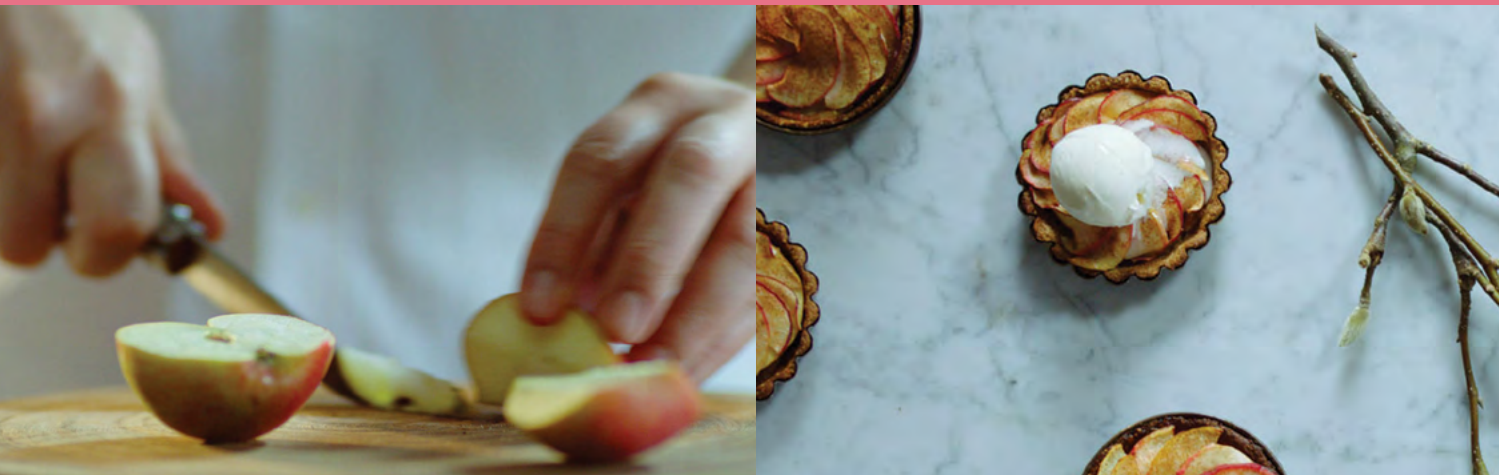
- 3 small red apples
- 0,5 lemon
- 1 tbsp maple syrup or Runny Honey
- 1 tbsp cold pressed olive oil
- 2 tsp ground cinnamon

### DIRECTIONS

#### FILLING

1. Preheat the oven to 200°C.
2. Place the rolled oats, seeds and nuts in the Ultramix/PRO.
3. Grind on high speed until crumbly.
4. Add dates, coconut oil, water and salt.
5. Blend for 30 seconds into a sticky mixture.
6. Grease the tartlet pans with coconut oil.
7. Divide the mixture into the pans and press down firmly.
8. Pre-bake the base for 10 minutes.
9. Remove the apple cores and slice into thin wedges using the Ultramix/PRO.
10. Squeeze lemon juice over the apple to prevent browning.
11. Smear 1 tbsp of almond butter on each crust.
12. Carefully arrange the apple wedges in a circular shape on top.
13. Brush with maple syrup and drizzle with olive oil.
14. Dust off with cinnamon.
15. Bake the tartlets for 10-15 minutes until the apple is golden and soft.
16. Serve alone or with a scoop of vanilla ice cream.

### PREPARE WITH EITHER:





# RASPBERRY MERINGUE WITH AVOCADO PURÉE

## RASPBERRY MERINGUE WITH AVOCADO PURÉE

Light, fluffy, sweet and mysterious. History of the meringue has it linked to Napoleon, a local chef named Gasparini, the wife of Louis XV and none other than Marie Antoinette – who, as rumor has it, liked to take a turn whipping up the meringue herself.

### INGREDIENTS (makes 4 – 6 meringues)

- 4 free-range eggs
- 1 vanilla bean
- 360g sugar
- 200g fresh raspberries
- Pinch of salt
- 2 ripe, chilled avocados
- 1,5 tbsp fresh lemon juice
- 80g chilled cream
- 180ml whole milk
- 10 leafs fresh basil

### DIRECTIONS

1. Slice the vanilla bean in half and scrape out the seeds.
2. Mix with 200g of sugar.
3. Add egg whites and a pinch of salt to a bowl.
4. Whisk the egg whites.
5. Add the sugar mixture and whisk until thick.
6. Mix raspberries and 40g of sugar in a bowl.
7. Add raspberry mix to the meringue & stir.
8. Spritz the meringue onto a baking tray.
9. Bake at 120°C for 50 minutes.
10. Half the avocados, remove the skin and place in mixer.
11. Add lemon juice, milk, salt and 120g of sugar.
12. Mix into a purée.
13. Whisk the chilled cream.
14. Add the avocado purée to the cream.
15. Serve with fresh basil.



### PREPARE WITH:



KITCHEN ASSISTANT



ACCESSORIES

# STRAWBERRY CHEESECAKE

BY LINDA LOMELINO FROM CALL ME CUPCAKE

## STRAWBERRY CHEESECAKE POTS

A featured recipe by Call Me Cupcake

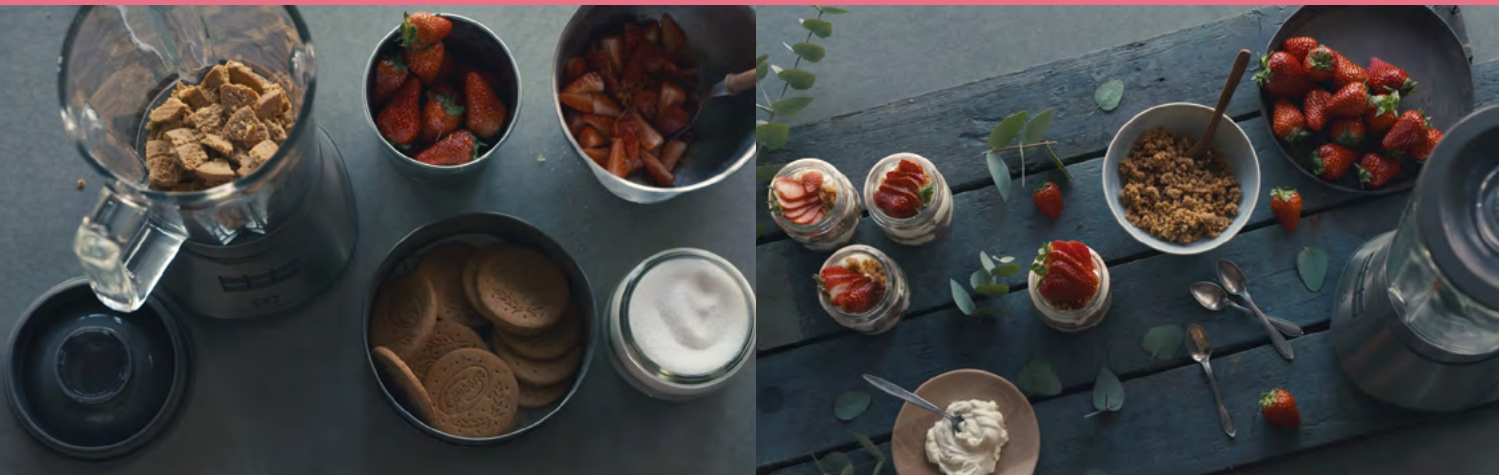
Arnold Schwarzenegger is a... hold on, we know what you're thinking, "what has he got to do with cheesecake", right? Let us tell you. The ex-governor of California shares his birthday with national cheesecake day. So next time you're biting into a delicious, creamy cheesecake on the 30th July, remember to blow out a candle for the big man.

### INGREDIENTS (serves 4)

- 250g fresh strawberries
- 1 tbsp granulated sugar
- Finely grated zest from 1 lemon
- 1 tbsp lemon juice
- 6 graham biscuits
- 25g butter, melted
- 200g cream cheese
- 1-2 tbsp granulated sugar, to taste
- 1,5dl heavy whipping cream

### DIRECTIONS

1. Quarter the strawberries and put in a bowl. Add sugar, lemon juice and zest and gently toss around the ingredients.
2. Leave at room temperature whilst preparing the other ingredients.
3. Blend biscuits to crumbs and mix with melted butter.
4. Beat cream cheese and granulated sugar until smooth. Add whipping cream and beat until soft peaks.
5. Layer all ingredients in small jars. Serve immediately or refrigerate.



### PREPARE WITH:



EXPRESSIONIST®  
TABLETOP BLENDER



# RAW CINNAMONY CUPCAKES

## RAW CINNAMONNY CHOCOLATE CUPCAKES WITH PECANS AND RASPBERRY/LIME SEA SALT

There is an ongoing discussion as to the origin of the cupcake. Was it named after being a cake in a cup? Or because the portions of ingredients were measured in cups? And what's the difference between a cupcake and a muffin? So many questions... Guess there's only one way to find out – let's get cooking!

### INGREDIENTS (serves 4)

#### CHOCOLATE

- 120g melted chocolate
- 100g coconut nectar or date paste
- 75g cacao powder
- 200g melted coconut oil or cacao butter
- 1 tsp freshly ground cinnamon
- 1 vanilla bean (seeds from)

#### RASPBERRY FILLING

- 150ml melted white chocolate
- 50ml coconut cream
- 1 handful freeze dried raspberries
- 2 limes (for zest)
- 8 crushed pecans

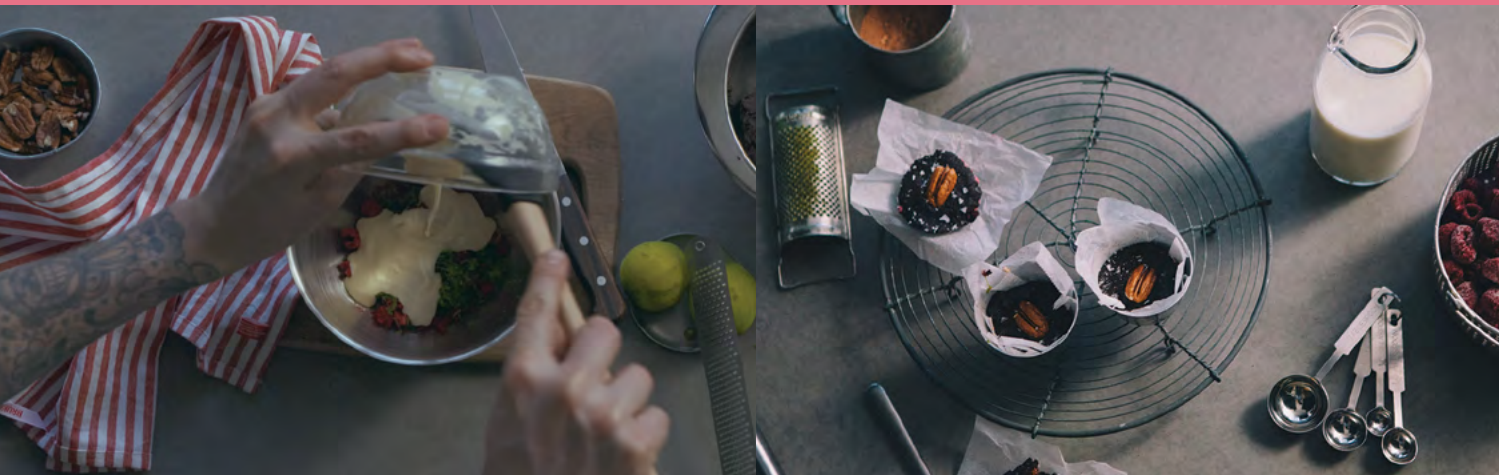
### DIRECTIONS

#### CHOCOLATE

1. Mix all ingredients until smooth.
2. Coat the bottom and sides of cupcake papers with half of the chocolate.

#### RASPBERRY FILLING

3. Combine the melted chocolate and coconut cream with a spatula and gently toss around with the rest of the ingredients.
4. Add pecans for garnish and a sprinkle of Sea salt.



### PREPARE WITH:



EXPRESSIONIST®  
IMMERSION BLENDER

# COFFEE INFUSED RAW BALLS

## WITH BEE POLLEN AND PISTACHIO

### COFFEE INFUSED RAW BALLS WITH BEE POLLEN AND PISTACHIO

Ever wondered if there was a super healthy snack that tasted like chocolate, gave the energy of a double espresso and looked like a chunky universe of beautiful pistachios? Yes? To be totally honest, we actually read your mind and created these babies just for you. No need to thank us. Thank yourself for making them.

#### INGREDIENTS (makes 25 – 30 raw balls)

- 20 fresh dates
- 1,5 tbsp coconut oil
- 2 tbsp ground coffee
- 70g sunflower seeds
- 65g pumpkin seeds
- 1,5 tbsp sesame seeds
- 1,5 tbsp chia seeds
- 1 tbsp raw cacao powder
- 1 tbsp raw cacao nibs
- 3 tbsp quinoa puffs
- 0,5 tsp vanilla powder
- Pinch of salt
- 60g pistachio nuts
- 30g bee pollen

#### DIRECTIONS

1. Mix the sunflower and pumpkin seeds until you get small chunky bites out of them.
2. Place the mixture in a bowl and put aside. Do the same with the pistachio then mix together with the bee pollen (not in a blender).
3. Mix the dates, coconut oil and coffee in the food processor on high speed until smooth. Combine with the sunflower and pumpkin seeds mixture, add cacao powder, nibs, quinoa puffs and chia seeds.
4. Season with vanilla powder and salt. Combine everything with your hands until all the ingredients make a compact dough.
5. Place it in the fridge for about 30 minutes.
6. Take out and make small chocolate balls. Roll them in the mixture of pistachio nuts and bee pollen and put on a tray in the refrigerator for at least 30 more minutes before you serve them.
7. Brew a fresh cup of coffee and enjoy!



#### PREPARE WITH:



EXPRESSIONIST®  
TABLETOP BLENDER



EXPRESSIONIST®  
COFFEE MAKER

#### AND EITHER:



EXPRESSIONIST®  
IMMERSION BLENDER



ULTRAMIX/PRO



# NUT WEDGES

WITH DARK CHOCOLATE

## NUT WEDGES WITH DARK CHOCOLATE

A featured recipe by Green Kitchen Stories

There are two kinds of people. Those who dip and those who don't. Supposedly the people who dip all kinds of food live approximately 4-6 years longer. So what are you waiting for? Life is out there! Make those chewy nut wedges. Melt that dark, rich chocolate – and dip away! You won't regret it.

### INGREDIENTS (makes 20 nut wedges)

- 1 tbsp Golden flax seeds, ground
- 4 tbsp water
- 50g coconut palm sugar
- 200g margarine
- 250g spelt whole grain flour
- 1 tsp baking powder
- 0,25 tsp sea salt
- 0,25 tsp cinnamon
- 1 vanilla bean
- 150g apricot jam
- 100g coconut palm sugar
- 0,5 tsp sea salt
- 150g hazelnuts (50g ground, 100g chopped)
- 100g almond (50g ground, 50g chopped)
- 50g cashew nuts, chopped
- 100g dark chocolate

### DIRECTIONS

1. Preheat oven to 180°C and line a baking tray (20x30 cm) with parchment paper.
2. Mix flax seeds with water and let rest for 10 minutes.
3. Chop butter into small pieces and stir with coconut palm sugar in a kitchen machine until creamy.
4. Scratch out the pulp of the vanilla bean and mix it with flour, baking powder, sea salt and cinnamon. Add flour and flax seed mixture into mixing bowl while stirring.
5. Roll the dough into the baking tray, prick several times with a fork and bake it for 10 minutes. After this spread apricot jam over the hot crust.
6. Boil margarine and sugar until the sugar is dissolved. Remove from heat and stir in all the nuts.
7. Spoon the nut filling over the crust. Bake for about 15 minutes.
8. Remove from oven and let cool completely.
9. Cut the bars into squares, then across the diagonal into triangles. Remove the nut wedges to a work surface lined with parchment paper.
10. Melt the chocolate glaze smooth and warm. Dip two corners of the nut bars into the warm mixture. Then place back on the parchment paper and allow the chocolate to harden.



### PREPARE WITH:



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# CHOCOLATE CAKE

INSPIRED BY JOHAN FROM MATGEEK

## CHOCOLATE CAKE WITH LAYERS OF MOUSSE AND RASPBERRY JELLY

A featured recipe by Matgeek

Do you have a day or two up your sleeve? If so, challenge yourself to create this divinely delicious recipe that was made for kings and queens. Legend has it that that the master of this chocolate creation rules the four corners of the kingdom... or at least the four walls of the kitchen.

### INGREDIENTS (serves 12)

#### CHOCOLATE MOUSSE

- 160g chocolate
- 113g granulated sugar
- 80g egg yolk
- 1 pinch salt
- 400g double cream

#### CHOCOLATE BOTTOM

- 75g flour
- 10g cocoa powder
- 120g egg white
- 60g egg yolk
- 90g sugar

#### RASPBERRY JELLY

- 150g raspberry puree
- 30-40g granulated sugar
- 2 gelatine leaves

#### ICING

- 5 gelatine leaves
- 135g caster sugar
- 100ml water
- 100g double cream
- 50g cocoa powder

### DIRECTIONS

#### CHOCOLATE MOUSSE

1. Finely chop chocolate and melt over a water bath. When melted, let cool it to room temperature.
2. Heat sugar, egg yolks, salt, and 75 g cream to 50-55°C.
3. Strain mixture to remove any lumps. Whip until cool and fluffy.
4. Whip remaining cream (325 g) firm, but not hard.
5. Carefully add egg mixture to the chocolate. Use a spatula to mix it gently but firmly. Add whipped cream and mix well.
6. Pour mousse into piping bag. Fridge for minimum three hours.

#### CHOCOLATE BOTTOM

7. Preheat oven to 180°C.
8. Mix flour and cocoa in a bowl.
9. Whisk egg whites to a firm foam.
10. Carefully add sugar and whisk to a firm meringue.
11. Add egg yolk and whisk lightly.
12. Slowly add flour mixture with a spatula while whisking gently.
13. Spread the mixture to a 1 cm layer onto a baking tray covered with baking paper. Use piping bag or spatula.
14. Bake in center of oven for 10-12 minutes until spongy, not burnt!
15. When ready, let the cake cool on baking tray. Then put in freezer.

### PREPARE WITH:



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RECIPE CONTINUES ON THE NEXT PAGE



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AND RASPBERRY JELLY**

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- ♦ 135g caster sugar
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- ♦ 100g double cream
- ♦ 50g cocoa powder

**DIRECTIONS**

**RASPBERRY JELLY**

1. Let raspberries simmer on medium heat a few minutes, then strain away seeds.
2. Soak gelatine leaves in cold water.
3. Heat raspberry purée and sugar.
4. Stir gelatine leaves into the hot puree until lump free. Allow to cool.
5. Pour puree into a baking tin, covered in plastic film, same size as the cake tray, to a 2-4 mm layer and freeze until firm. Then release plastic and puree from tin.
6. Again, cover the tin with plastic and place one cake bottom onto it.
7. Layer chocolate mousse on top of cake bottom and freeze until firm.
8. Place second cake layer on top of the mousse and cover with raspberry jelly.
9. Add last layer of mousse.
10. Freeze cake overnight.

**ICING**

11. Soaking gelatine leaves in cold water.
12. Boil sugar, water, cream and cocoa. Then stir down gelatine leaves.
13. Get cake from freezer and unleash from baking tray.
14. Pour the 40-45°C frosting over cake.
15. Freeze and let defrost slightly before serving.
16. Cut into bite-sized pieces with a thin knife.
17. Garnish with raspberry and leftover chocolate frosting that have been frozen and crushed.











LIFE IS TOO SHORT FOR NOT HAVING

# SNACKS

Did you know that snacks were invented by French chefs in the mid 1700th century to prevent royal guests from getting bored? No? To be honest, we just made that up on the fly. But still it's a pretty good reason to serve them, right?

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# SWEET POTATO CHIPS

## SWEET POTATO CHIPS

The sweet potato is a distant relative of the potato. And of the two, the sweet one is actually very good for you (not to mention tastier). In some states of America a popular thanksgiving dish is sweet potato and marshmallow casserole, but we decided to stick with chips...

### INGREDIENTS (serves 4)

- 2 medium sweet potatoes
- 2 tsp olive oil
- Sea salt
- 1 lime
- 0,5 tsp smoked paprika

### DIRECTIONS

1. Wash the potatoes and cut into larger pieces.
2. Slice into wedges using the Ultramix/PRO.
3. Heat oil and deep fry the sliced potato until crisp.
4. Drain and let dry on a kitchen towel.
5. Grate the zest from the lime and mix with salt and paprika.
6. Mix the zest, salt and paprika into a fine-grained salt.
7. Sprinkle some of the salt mix over the chips. Save the rest.
8. Serve with cilantro dip.



### PREPARE WITH EITHER:





# FROZEN MARGARITA VERDE

## FROZEN MARGARITA VERDE

Few people know that the word Margarita means 'Daisy' in Spanish. Fewer people know that the first Margarita cocktail was an experiment by bored barman, Don Carlos Orozco, and served to one, Margarita Henkel - daughter of the German Ambassador to Mexico - on a lazy day in Ensenada, 1941.

### INGREDIENTS (serves 2)

- 120ml tequila blanco
- 10-15 fresh coriander leaves
- 140ml cloudy apple juice
- 100ml pineapple juice
- 1-2 fresh pineapple slices
- 0,5 green chili
- A pinch of salt

### DIRECTIONS

1. Add all ingredients into a tall mixing bowl.
2. Pour ingredients into blender.
3. Add the ice, fresh pineapple and blend.
4. Serve in a hurricane glass.
5. Garnish with fresh coriander and a salt rim.



### PREPARE WITH EITHER:



# SPUMANTE GRANITA

WITH FRESH STRAWBERRIES

## SPUMANTE GRANITA WITH FRESH STRAWBERRIES

No one is certain whether Granita evolved from mixing fruit and ice on Mt Etna or Middle Eastern sherbet or something Marco Polo brought back from Asia. But all you need to know is that it can be served in a myriad of flavors from traditional coffee to watermelon and is quite simply delicious.

### INGREDIENTS (serves 6)

- 1 bottle of spumante
- 100ml water
- 100g sugar
- 1 egg
- 0,5 lemon
- Fresh strawberries
- Mint leaves/Melissa

### DIRECTIONS

1. Boil the water with the sugar to make 100ml of syrup.
2. Grate the lemon zest and squeeze.
3. Add zest, juice, syrup and egg white to a large bowl and mix.
4. Add the Spumante.
5. Pour in a metal baking tray and let freeze for 2-3 hours.
6. When ready use a fork and scrape to make Granita.
7. Serve in a dessert glass.
8. Garnish with fresh strawberries and mint leaves.



### PREPARE WITH EITHER:





# SHIITAKE TAPENADE

WITH FRESH THYME

## SHIITAKE TAPENADE WITH FRESH THYME

Physician Wu Juei of the Ming Dynasty noted that the shiitake mushroom was not only tasty, but remedied health problems and boosted Qi. Qi is the vital living force in all things according to traditional Chinese medicine and a key inspiration behind the writing of Star Wars.

### INGREDIENTS (serves 2)

- 300g organic shiitake mushrooms
- 100g black pitted olives
- 1 anchovy filet
- 4 tbsp extra virgin olive oil
- 1 clove garlic
- Sea salt, black pepper & fresh thyme
- Frying butter

### DIRECTIONS

1. Wash and clean the mushrooms.
2. Cut into halves or quarters depending on size.
3. Fry with thyme on a high temperature until golden brown.
4. Add salt and pepper.
5. Remove mushrooms from the heat and place in a bowl.
6. Add the pitted olives, one clove of garlic, extra virgin olive oil and one anchovy filet.
7. Mix into a paste.
8. Season with thyme, salt and black pepper.



### PREPARE WITH EITHER:



# CITRUS GREMOLATA ON ASPARAGUS

## CITRUS GREMOLATA ON ASPARAGUS

A simple yet scrumptious Italian garnish of raw, finely chopped garlic, parsley and lemon zest traditional to Ossobucco alla Milanese. Most often sprinkled over slow-cooked braised meats – you’ll find it adds a packed punch to tasty treats such as seafood, mozzarella and vegetables.

### INGREDIENTS (serves 2)

- 25g fresh parsley
- 1 lemon
- 2 garlic cloves
- Salt
- Black pepper
- Olive oil

### DIRECTIONS

1. Grate the zest of one lemon.
2. Mince two medium garlic cloves.
3. Place the garlic and zest in a bowl and add finely snipped parsley.
4. Add salt and fresh black pepper.
5. Mix the ingredients lightly.
6. Add salt to taste and sprinkle with olive oil.
7. Serve with fresh asparagus and grilled lemon.



### PREPARE WITH EITHER:





# WHITE WINE CRISP BREAD

WITH WHIPPED BUTTER

## WHITE WINE CRISP BREAD WITH WHIPPED BUTTER

Swedish crisp bread has been baked since 500AD. And although it's hard to believe people survived the winter back then, they did. They even found clever ways of using it – like adding ice to their dough to form crispy bubbles as it evaporated.

### INGREDIENTS (serves 4)

- 50g butter
- 340g flour
- 1 tsp salt
- Pinch of bicarbonate
- 1 yellow onion
- 2dl white wine

### DIRECTIONS

1. Preheat oven to 250°C.
2. Finely chop the onion.
3. Fry onion in saucepan and add white wine.
4. Let simmer for 5 minutes.
5. Add flour, salt, bicarbonate, butter and onions to a bowl.
6. Mix into a dough.
7. Place in fridge for 1 hour.
8. Divide into four parts and roll to a 2-3 mm thickness.
9. Prick holes.
10. Bake until golden brown and serve with whipped butter.



### PREPARE WITH:



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ACCESSORIES

# BEETROOT MUFFINS WITH ROASTED CHÈVRE

## BEETROOT MUFFINS WITH ROASTED CHÈVRE

A featured recipe by J'veux être bonne

Repeat after us: Churv. Chevreeei. Chavry. Tch... ah forget it, we're done.

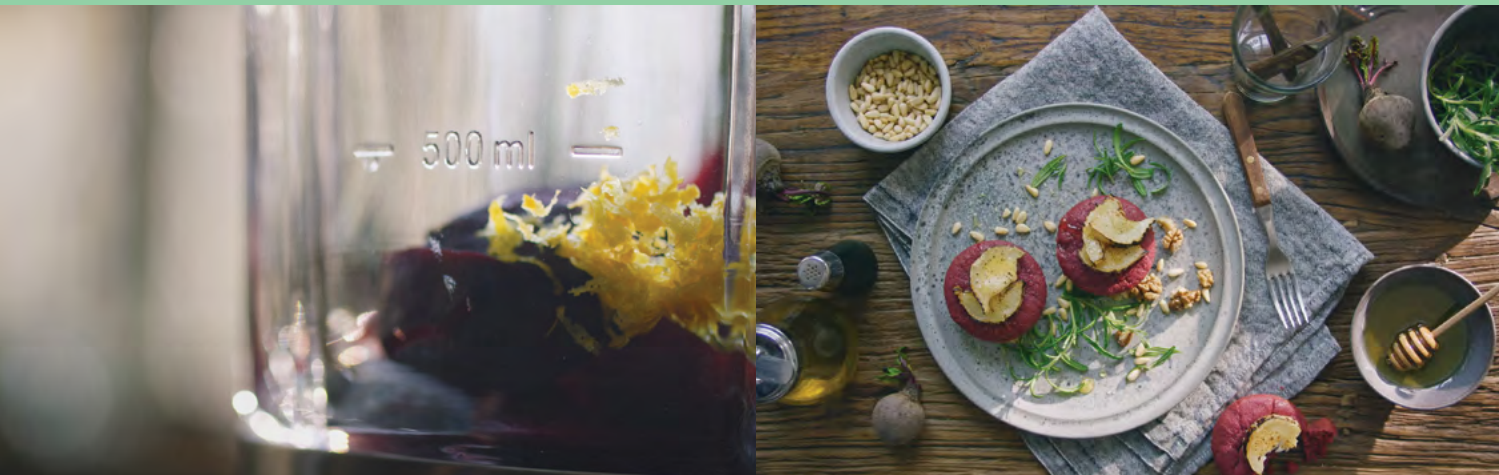
The point with this exercise was to get you to know all of the ways you shouldn't pronounce the name of the beetroots best friend, chèvre. Che-v-rrrr. Just taste those letters. They taste kind of nice, huh? Especially when grilled with some honey sprinkled on top of them.

### INGREDIENTS (makes 6 muffins)

- 200g raw beetroots
- 0,5 lemons (juice and zest)
- 2 eggs
- 60g butter
- 1 tsp baking soda
- 100g flour
- 100g sugar
- 0,5 tsp cinnamon, ground ginger
- Chèvre
- Honey
- Nuts or rosemary

### DIRECTIONS

1. Bake the beetroots in tinfoil for 50 minutes in an oven at 200°C.
2. Peel and let cool. Lower the heat of the oven to 180°C.
3. Mix the beetroots with the lemon juice and zest in a tabletop blender to a purée.
4. Separate the egg yolks from the whites and save both.
5. Whisk the yolks together with the sugar and mix in the beetroot puree. Mix in the flour, baking soda and herbs to a batter.
6. Melt butter and add to the batter. Finally, add the egg whites.
7. Fill into the muffin forms.
8. Bake for 20 minutes at 180°C.
9. Add chèvre on top of the muffins after.
10. Take out of the oven and top with honey and nuts.



### PREPARE WITH:



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# EXPRESSIONIST

## COLLECTION

You can see this section as the part where we just mention a lot of product gibberish. We see it more as the credits to a great movie. These are the real heroes. The ones offstage, making it all happen. Without them there wouldn't be any duck salad or shiitake tapenade.

We always use different products for different recipes, but all of them are there to make cooking as easy and the results as good as possible, so you can focus on the most important part: getting creative and enjoying the process.



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COLLECTION



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