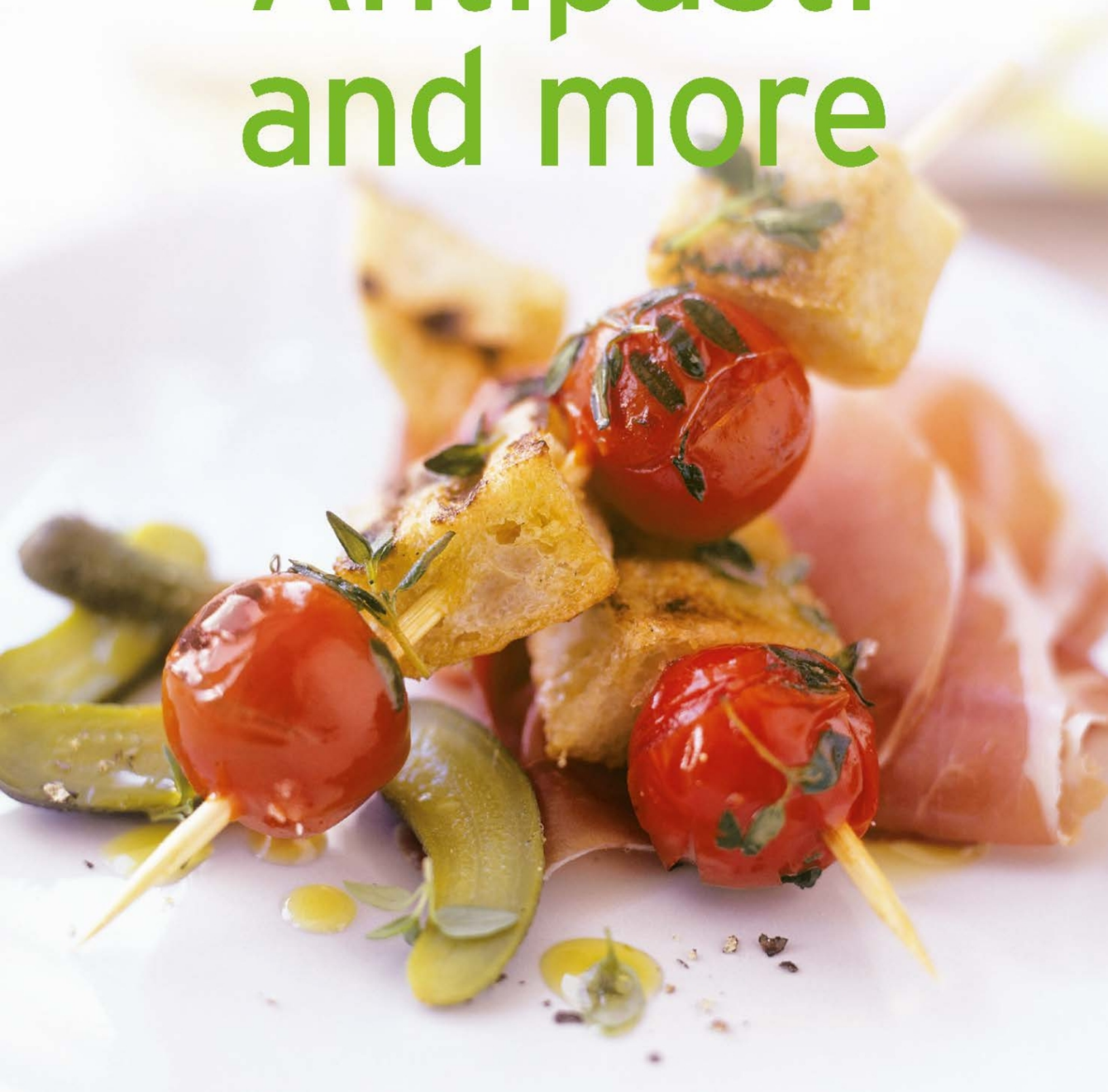




Antipasti and more



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Who doesn't love those little starters that whet the appetite and leave you wanting more? Whether a traditional titbit with vegetables, fish or meat; a classic primo piatto with pasta or risotto; a soup or salad; or a terrine, omelette, frittata and mousse: Antipasti dishes are often so delicious that the main course itself is overlooked.

You can look forward to aromatic delights such as Grilled vegetables with balsamic vinegar, Vitello tonnato, Basil salad with sugar snaps, Pastis prawns, Roast beef with two sauces, Olive and ricotta tartlets and much more.

Antipasti and more

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Starters with fish

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- Spinach roulades with smoked salmon
- Scallops in Champagne sauce

Calamari stuffed with mushrooms and herbs
Prawn cocktail with creamed horseradish
Scampi with tomato sauce
Trout in aspic with vegetables
Avocados stuffed with fish, and a tomato dressing
Boiled eggs with tuna fish sauce
Oysters with hot pepper sauce, au gratin
Calamari with a spicy sauce
Marinated sardines - Sardine marinati
Marinated salmon with Szechuan pepper
Pastis prawns with fennel
Tuna carpaccio with sherry
Stuffed salmon rolls with trout caviar
Char ceviche with pink grapefruit

Starters with meat

Filo tartlets with chicken
Fig and lamb kebabs with chickpea dip
Parma ham with melon
Venison ham with fresh figs
Dates and prunes wrapped in bacon
Stuffed snails - Lumache ripiene
Fillet of veal with cep mushrooms
Fillet of venison with duck liver pâté
Smoked goose breast with apple compote
Roast beef with two sauces
Vitello tonnato Veal with tuna sauce

Pasta, risotto etc.

Nettle noodles - Pasta verde
Spaghetti aglio e olio
Spaghetti with fresh pesto

Spaghetti with fresh king oyster mushrooms
Calabrian-style macaroni
Ricotta gnocchi in stock
Spaghetti alla puttanesca
Pasta alla norma
Gnocchi with spinach sauce
Risotto with mussels and prawns
Lemon risotto with chervil
Risotto with rocket and prawns

Salads and soups

Basil salad with sugar snaps
Salad with chicken breast and lentils
Goat's cheese au gratin with salad
Lamb ham with rocket
Peach and tomato salad with rocket
Vegetable salad with potatoes
Beetroot salad with pine nuts
Dressed goat's cheese with spring onions
Octopus salad with lemon dressing
Mushroom salad with leg of hare
Salad with scallops and cep mushrooms
Watercress with crayfish
Panzanella - Bread salad
Seafood salad with garlic
Green salad with turkey breast
Prawn salad with mint
Mixed salad with pumpkin
Tomato soup with mozzarella
Wild garlic soup with pine nuts
Beef broth with semolina dumplings
Pepper and ricotta soup with honey

Carrot and orange soup with date gremolata
Clear tomato soup with polenta
Pumpkin and orange soup with ginger
Garlic foam soup with sage
Puréed broccoli soup with pine nuts
Asparagus soup with fresh herbs
Venison dumpling soup with nettles
Jellied gazpacho with mint
Beetroot soup with horseradish

Omelettes, frittata, mousse etc.

Pike perch mousse with trout caviar
Mint omelette Frittata alla menta
Terrine with sweet chestnuts and vegetables
Olive and ricotta tartlets with caramelised tomatoes
Fish pie topped with puff pastry
Vegetable frittata with Parmesan
Terrine with hare
Fish and prawn dumplings with trout caviar
Asparagus tart with passion fruit cream
Asparagus tart with goat's cheese
Salmon and rocket terrine with spinach
Smoked fish pies with spring onions
Frittata with tomatoes and courgette
Morel pie with Cognac
Puff pastry tartlets with cheddar
Spring tart with San Daniele ham
Focaccia alla romana
Asparagus in aspic with ham
Tartlets with red pepper pesto and aubergine
Pumpkin seed mousse with goat's cheese

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Starters with vegetables



Sicilian balsamic onions



Preparation time: approx. 15 minutes (plus cooking time)
Per serving approx. 466 kcal/1948 kJ
7 g P, 23 g F, 55 g CH

Serves 4

750 g shallots or small onions
salt
6 tbsp olive oil

1 tsp sugar
125 ml balsamic vinegar
freshly ground sea salt
pepper
1 pinch dried oregano

- 1 Peel the shallots and simmer for 8-10 minutes in salted water. Then pour off and drain thoroughly.
- 2 Heat the olive oil in a frying pan or a large saucepan. Gradually add the shallots in layers, and brown slightly on all sides.
- 3 Sprinkle with the sugar, and add the balsamic vinegar. Season with the sea salt, the not too finely ground pepper, and the oregano.
- 4 Reduce the heat, cover, and gently simmer the mixture for approx. 10 minutes. Remove from the heat and leave to cool, uncovered. Serve with ciabatta.

Asparagus crespelles with black truffles



Preparation time: approx. 35 minutes (plus approx. 20 minutes cooking time)

Per serving approx. 630 kcal/2638 kJ

24 g P, 40 g F, 42 g CH

Serves 4

200 g flour

100-125 ml milk

2 eggs
salt
2 tbsp butter
1 kg white asparagus
150 ml dry white wine
100 g cream
2 tbsp crème fraîche
pepper
nutmeg
1 dash lemon juice
150 g grated Pecorino
10 g black truffles

1 Stir the flour and milk until a smooth consistency is obtained. Mix in the eggs and season the batter with a pinch of salt. Heat a little of the butter each time and cook 8 thin pancakes consecutively. Keep the pancakes warm.

2 Peel the asparagus, and trim off the woody ends. Cut the asparagus spears diagonally into 2–3 cm long pieces. Melt the butter and lightly fry the asparagus for 5 minutes. Add the white wine, cover, and simmer for 10–12 minutes. Pour in the cream, stir in the crème fraîche, and season with salt, pepper, nutmeg and the lemon juice. Pre-heat the oven at 220 °C (Gas Mark 7).

3 Distribute the asparagus ragout over the crespelles. Fold them together and sprinkle with Pecorino cheese. Put in the oven for approx. 8 minutes, until the cheese melts. Place a few truffle slices on top and serve.

Artichoke hearts with prawns



Preparation time: approx. 50 minutes (plus baking time)
Per serving approx. 390 kcal/1633 kJ
36 g P, 19 g F, 16 g CH

Serves 4

4 artichokes
juice of 1 lemon
salt

3 shallots
4 slices cured ham
200 g oyster mushrooms
400 g cooked prawns
3 tbsp butter
pepper
50 g cheese
500 ml fish stock
100 g double cream
fat for the baking tray

1 Slice off the top part of the artichokes, and remove the outer leaves and stems. Remove the chokes from the centre. Drizzle 1 tablespoon of lemon juice over the artichokes. Put 2 tablespoons of lemon juice into a little salted water, bring to the boil, and cook the artichoke hearts for approx. 15 minutes. Then remove from the pan, drain and leave to cool.

2 Peel the shallots and chop finely. Dice finely the ham. Clean the mushrooms and chop finely. Cut the prawns into small pieces. Lightly fry the shallots in 1 tablespoon of butter and brown the mushrooms. Season with salt and pepper. Stir together the diced ham, the mushroom mixture and the chopped prawns. Add to the artichoke hearts. Transfer to a greased baking tray and spread the rest of the butter over the artichokes. Grate the cheese and sprinkle over the artichokes. Bake in a pre-heated oven at 160 °C (Gas Mark 3) for approx. 20 minutes.

3 Reduce the fish stock to half the volume in a pan. Stir in the double cream and reduce again a little. Season to taste and serve with the baked artichokes.

Potato soufflé with spinach salad



Preparation time: approx. 45 minutes (plus baking time)
Per serving approx. 510 kcal/2135 kJ
22 g P, 35 g F, 23 g CH

Serves 4

600 g potatoes
100 g cured ham
50 g Emmental

100 g butter
1 egg yolk
salt
pepper
freshly grated nutmeg
5 egg whites
fat for the moulds

For the salad

4 tbsp rapeseed oil
40 g blue cheese
1 tbsp balsamic vinegar
2 tbsp cider vinegar
1 tbsp apple syrup
400 g young spinach leaves
2 tbsp almond slivers

1 Cook the potatoes in their skins and allow the steam to evaporate. Peel them and then mash through a potato press. Dice the ham. Finely grate the Emmental. Stir the potato mixture together with the butter, the egg yolk, the diced ham and the grated Emmental. Season with salt, pepper and nutmeg.

2 Beat the egg whites until stiff, and stir half into the potato mixture. Carefully fold in the other half.

3 Fill greased soufflé moulds with the potato mixture, so that an edge no thicker than the width of a finger remains. Bake in a pre-heated oven at 180 °C (Gas Mark 4) for approx. 25 minutes.

4 Meanwhile, prepare a dressing by whisking the rapeseed oil, blue cheese, balsamic vinegar, cider vinegar and apple syrup in a blender. Wash and clean the spinach and pour

the dressing on top. Sprinkle the almond slivers over the soufflé before serving.

TIP

If you “disturb” the soufflé whilst it is baking, it will collapse. Therefore, do not open the oven door for the duration.

Pastry parcels with asparagus and feta



Preparation time: approx. 45 minutes

Per portion approx. 210 kcal/879 kJ

4 g P, 19 g F, 5 g CH

Makes 8

100 g butter

1 packet Yufka dough

200 g spinach leaves

100 g feta

1 tbsp raisins

250 g green asparagus

1 tbsp olive oil

salt

100 ml chilli oil

a few chillies for garnish

1 Pre-heat the oven at 180 °C (Gas Mark 4). Melt the butter. Divide the dough sheets into 12 squares with sides of 10 cm in length. Spread butter thinly over each square. Lay 3 squares at a time on top of each other and press into small muffin cases. Bake in the oven until golden brown. Remove them carefully from their cases and leave to cool.

2 Clean, sort and wash the spinach. Drain thoroughly. Crumble the feta. Rinse the raisins under hot water. Peel the lower third of the asparagus, trim off the woody ends and slice the spears diagonally.

3 Heat the olive oil in a pan and lightly fry the asparagus for approx. 2 minutes. Add the spinach and fry with the asparagus, until the spinach collapses. Remove from the pan and season. Stir in the feta and the raisins and fill the pastry parcels with the mixture. Drizzle with the chilli oil, garnish with a few chillies and serve.

Mushroom carpaccio with ham and cheese



Preparation time: approx. 30 minutes

Per serving approx. 233 kcal/976 kJ

19 g P, 16 g F, 1 g CH

Serves 4

1 firm Portobello mushroom

1 pear

4 slices Parma ham

4 slices venison ham

100 g Grana Padano

2 tbsp lemon juice

2 tbsp olive oil

salt

pepper

1 bunch flat-leaved parsley

- 1 Clean, wash and dab dry the Portobello mushroom. Then cut into wafer-thin slices or plane it. Peel and cut the pear in half. Remove the core. Slice the flesh thinly.
- 2 Arrange the mushroom and pear slices on plates. Roll up the slices of ham and place over the top. Slice the cheese and distribute over the top.
- 3 Mix the lemon juice together with the oil, salt and pepper and drizzle over the top. Garnish with the parsley.

Tomato-mozzarella

Insalata caprese



Preparation time: approx. 10 minutes
Per serving approx. 370 kcal/1554 kJ
15 g P, 33 g F, 3 g CH

Serves 4

4 large tomatoes
300 g mozzarella
1 bunch basil

salt

pepper

6 tbsp olive oil

1 Wash the tomatoes. Remove the stalks and cut the tomatoes into ½ cm thick slices. Drain the mozzarella and slice. Wash and shake dry the basil. Pluck off the leaves.

2 Arrange tomatoes and mozzarella alternately on a large dish. Cover each mozzarella slice with 1 basil leaf.

3 Season the salad with salt and pepper. Drizzle the olive oil over the top.