

2. #AroundTheTop: a journey of the best cooking in Europe
4. Italy
24. Austria
28. Germany
36. The Netherlands
40. United Kingdom
44. France
54. Spain
73. Kitchen Masterpieces
88. Credits
94. SapienStone, dress your kitchen

#AroundTheTop

1 Truck +
2 Kitchens +
23 Products +
40sq m...

... x 2 years!

Our project turned two!
A great achievement to celebrate.

It's been a great trip in the world of kitchens
and we thought it would be worthwhile
to collect all the memories of the last two
years into a tiny cookbook celebrating
European kitchen.

Around

A tour of different places, different cultures,
different styles and techniques of cooking.

The Top

Top meaning countertop,
with all the textures and benefits
of top quality SapienStone porcelain
stoneware for the kitchen.
Top meaning excellence in cooking.

The Tour

A tour of Europe, of the continent's most
famous capitals as well as its smaller towns,
to discover and experiment with produce
and search for original tips to share.

The Truck

The SapienStone truck,
set up with two kitchens with integrated
induction cooking systems, has been
our home, our moving hub around Europe.





Italy

- 6. Sicilian Sliced Tuna Steak
- 8. Rice, Potatoes and Mussels
- 10. Carbonara
- 12. Chocolate Salami
- 13. Tomato Jam
- 14. Tortellini
- 16. Black Forest Cheesecake
- 17. Parmesan Quiche
- 18. Tiger Prawn Salad
- 20. Risotto alla milanese
- 22. Greek Focaccia



500g Sicilian yellowfin tuna
4 dried Tropea onions
40g pomegranate coulis
40g parsley coulis
40g fresh pomegranate
20g fresh parsley
20g foraged leaves
10g xanthan gum
Water



#1
Palermo

Sicilian Sliced Tuna Steak

A sliced tuna steak seared outside and raw inside

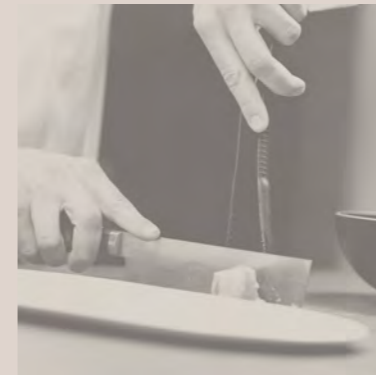
Rinse the Tropea onions and bake them whole in their skins on a layer of coarse salt in an oven dish for 2 hours at 140°C.

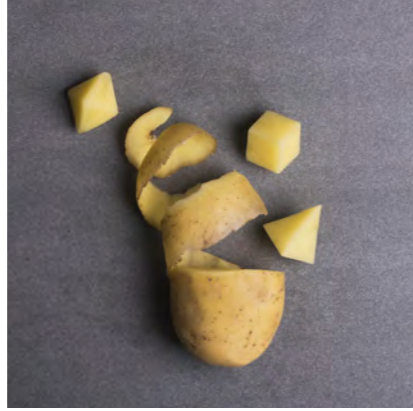
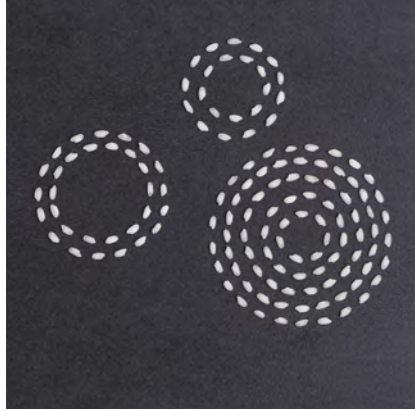
Meanwhile prepare the parsley coulis by blanching the leaves in boiling water and blending them with ice. While in the blender, add the xanthan gum until you obtain the desired consistency.

Season the tuna steak with salt and pepper. Heat the extra virgin olive oil in a non-stick pan and sear the tuna on both sides.

Once peeled, serve by putting the onion in layers on the bottom and add the sliced tuna on top. The tuna should be seared outside and raw inside.

Decorate with pomegranate coulis, parsley coulis, pomegranate seeds and salad leaves.





2 garlic cloves
4 potatoes
1kg mussels
50g parsley
400g rice
Fish broth



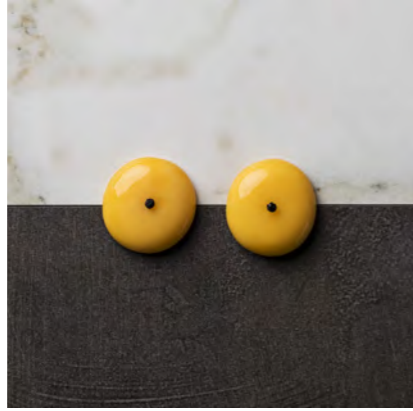
#2
Bari

Rice, Potatoes and Mussels

A creamy rice, with potatoes and mussels

Sauté garlic in a little olive oil.
Add rice and plenty of fish broth.
Dice potatoes into cubes measuring about 1.5cm per side and add.
Cook for 10 minutes, then add mussels and chopped parsley.
The dish is ready when all the fish broth has been absorbed and the rice is cooked.





4 egg yolks
100g guanciale
10g pepper corns
20g chopped shallot
320g spaghetti



#3
Rome

Carbonara

A nest of large spaghetti with egg yolks, crispy bacon and crushed black pepper

In a non-stick pan heat the extra virgin olive oil and add the finely chopped shallot and the roughly crushed pepper.

Fry with a spoonful of cooking water.

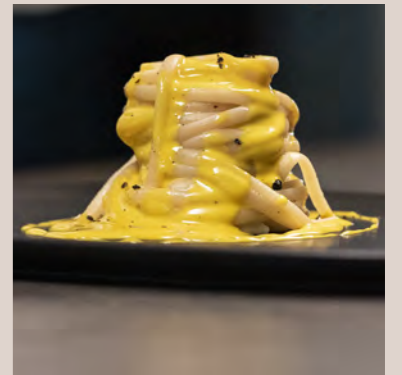
Meanwhile cook the spaghetti in salted boiling water.

Add the guanciale cut into strips to the pan and turn off the heat. Let it melt gently.

Whisk the eggs in a bowl above the pasta cooking water to heat it to 70°C, so that it is pasteurised but not completely cooked.

Drain the pasta and toss it in the pan with the guanciale.

Make a nest of pasta on the plate, add the whisked egg on top, grated pecorino cheese and crushed pepper.



#4

Colle Val d'Elsa

Chocolate Salami



A cocoa and biscuits dessert

Recipe by
"Juls' Kitchen"
Colle Val d'Elsa, IT

100g of biscuits
(digestives or similar)
100g of butter
(room temperature)
150g of sugar
100g of good quality
unsweetened cocoa powder
2 eggs
Icing sugar
Butcher's twine

Break the biscuits with your hands: do not use a blender, as we need some texture here, we want the biscuits to look like the fat in the salami. Cream the butter and sugar, then add the cocoa powder. Once the cocoa powder has been incorporated, add the eggs, one at a time. Scrape the sticky dough from the working surface and mix in the broken biscuits. With a spatula, or with wet hands, place the dough on a piece of cling film, wrap it and try to give it a shape of a cylinder. Stash it in the fridge for a few hours, until cold and solid. Remove the "salami" from the fridge and roll it in icing sugar, then tie it with butcher's twine as if it were really salami. Serve it sliced. Keep in the fridge for a few days.

#5

Colle Val d'Elsa

Tomato Jam



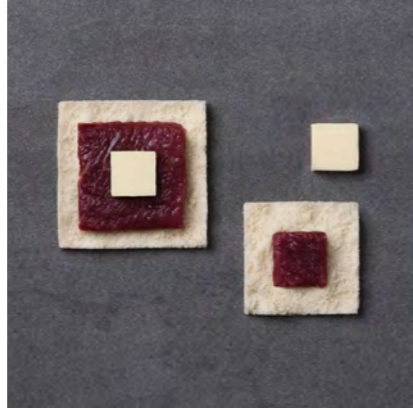
Spicy tomato jam for cheese

Recipe by
"Juls' Kitchen"
Colle Val d'Elsa, IT

2kg of tomatoes
(to make 600g of pulp)
300g of sugar
60ml of apple cider vinegar
1 tsp of cumin powder
1 fresh hot chilli pepper

Rinse the tomatoes and cut a cross on the bottom with a small knife, so as to skin them easily after. Bring a pot of water to a boil and, as soon as it boils, remove from the heat and plunge the tomatoes in the water. Leave the tomatoes in the hot water for five minutes, then drain them and immediately plunge them in a bowl of ice water. Peel the tomatoes, remove the seeds and collect them in a colander. Let them drain for at least half an hour, to lose most of the water. Now weigh the tomato pulp and you need 600g of tomato pulp. From here you can calculate the amount of sugar needed, which will be half of the tomato pulp weight. Cook the tomato pulp for about 10 minutes over medium heat, then add the sugar, the apple cider vinegar, the cumin powder and the chilli pepper, without seeds, cut into strips.

Stir and cook for about 20 minutes, or until the jam is firm and shiny. Purée the jam with a hand blender and test with a saucer that you stashed in the freezer for a few hours earlier. If the jam is thick and slides slowly, it is ready, otherwise bring it back on the stove for a few more minutes. Pour the jam into two sterilized jars and close them well with a lid. If you are not using the jam straight away, put the jars in a large pot, cover with water and bring the pot to a boil. Simmer the water for 20 minutes, then turn off the heat and let the jars cool down there. You can keep the jars for several months in the pantry.



Pasta

400g finely ground flour
4 eggs

Filling

100g pork tenderloin
100g topside of beef
30g mortadella
80g freshly grated parmesan cheese
2 eggs
Salt

Béchamel sauce

250g milk
50g butter
25g flour
2g salt
10g freshly grated parmesan cheese



#6
Modena

Tortellini

Filled egg pasta with béchamel sauce

Make a mound of flour with a hollow centre; break the eggs into the hollow part and beat with a fork, working the flour into the eggs a bit at a time. Knead until dough is smooth, then wrap in plastic film and leave to rest for at least 30 minutes.

Roll out the dough to a thickness of about 1 mm.

Slice pork tenderloin and topside of beef, sauté in a frying pan with butter.

Make a roux with flour and butter, bring milk to a boil and add roux, parmesan cheese and salt; whisk energetically while heating for 5 minutes.

Cook tortellini in boiling meat broth for 5 minutes, drain and serve with béchamel sauce.



#7
Parma



A chocolate dessert with cherries

Recipe by
"Frames of Sugar"
Parma, IT

Crust

200g cocoa biscuits
100g butter
1 tsp honey

Filling

200g mascarpone
100g robiola
200g ricotta
120g icing sugar
4g gelatine leaves
250g whipping cream
(+5 tablespoons)
120g dark chocolate
(chopped)
1 tsp vanilla extract

Garnish

100g whipping cream
1 tbsp icing sugar
40g dark chocolate
(shaved or grated)

Butter a 22-24cm springform pan and cover the sides and the bottom with baking paper.

Crush the cocoa biscuits in a food processor until they form fine crumbs.

Put them in a large bowl.

Melt the butter in the microwave or in a little pot and mix this into the biscuits crumbs, combine well. Press the mixture into the springform pan and use a spoon to press it evenly into the bottom. Put it in the fridge for 20 minutes.

Soak the gelatine leaves into cold water for 10 minutes until soft. Melt the dark chocolate in a saucepan over a very low heat (you can also use a bain-marie or the microwave in 20 second bursts if you prefer).

Set aside to cool. Cut the cherries in half and remove the pits.

Mix mascarpone, ricotta, robiola and vanilla extract in a bowl.

In another bowl, whip cream with icing sugar until soft.

Heat the 5 tablespoons of cream, but do not bring it to a boil.

Carefully crush the gelatine and stir it in the hot cream until fully dissolved. Let the cream and gelatine mixture cool completely and combine it with the mascarpone, robiola, and ricotta mixture.

Using a spatula, gently fold the whipped cream into the cream cheese mixture.

Divide the cream cheese frosting in two parts.

Add the melted cooled chocolate in one part and keep the other as it is.

Pour the white filling into the pan and smooth the top, cover with sour cherries and cherries.

Pour dark filling over, and smooth the top again.

Cover pan with plastic wrap and place in the fridge for at least 4 hours, or until completely set.

Whip the 100g of cream with the tablespoon of icing sugar until soft.

Garnish cheesecake with whipped cream, cherries and shaved or grated dark chocolate.

#8
Parma



Parmesan quiche with apple and speck

Recipe by
"Frames of Sugar"
Parma, IT

Crust

200g all purpose flour
50g Parmesan (grated)
80ml extra virgin olive oil
100ml water
(room temperature)
1 tsp salt
1 tsp baking powder
A pinch of pepper

Filling

1 medium egg
50ml milk
3 apples
60g speck
20g Parmesan
Chives
Thyme
Salt
2 tbsp extra virgin olive oil

Parmesan Quiche

Preheat oven to 190-200°. Tightly holding each apple, cut the flesh away from the core in 4 large pieces.

With the cut-side down, cut each apple piece lengthwise into 2-3mm thick slices, keeping the pieces together.

Drizzle the apples with lemon juice to prevent them from oxidising.

For the crust: place the flours, grated parmesan, salt, baking powder on a board, make a well in the centre, pour the oil and water into it, mix until combined.

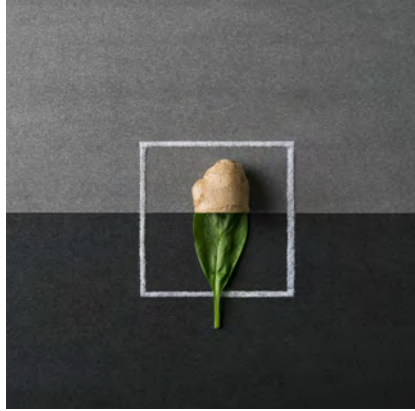
Grease and flour a springform pan of 23cm of diameter and roll the dough with your hands directly inside the mold.

Cover the bottom of the quiche with speck slices, then arrange the apple slices and the onion slices over the top.

Beat the egg with salt, pepper, parmesan and milk until well combined.

Sprinkle the apples with salt, pepper, chives, thyme and olive oil, then pour the egg mixture onto the apples, trying to make it penetrate the bottom.

Bake for about 35-40 minutes, or until the apples have softened and the edges of the quiche are golden.



250g mixed summer green
20 tiger prawns
Sesame seeds
30 bread cubes
1 ginger root
Extra virgin olive oil
Salt



#9
Genoa

Tiger Prawn Salad

A fresh, flavourful Italian dish

Sear prawns in a little olive oil in a frying pan.

Put brown bread cubes in a little olive oil in another frying pan to make croutons, and toast sesame seeds in another, non-stick frying pan.

Dress the salad with olive oil and salt, sesame seeds, tiger prawns, croutons and grated ginger



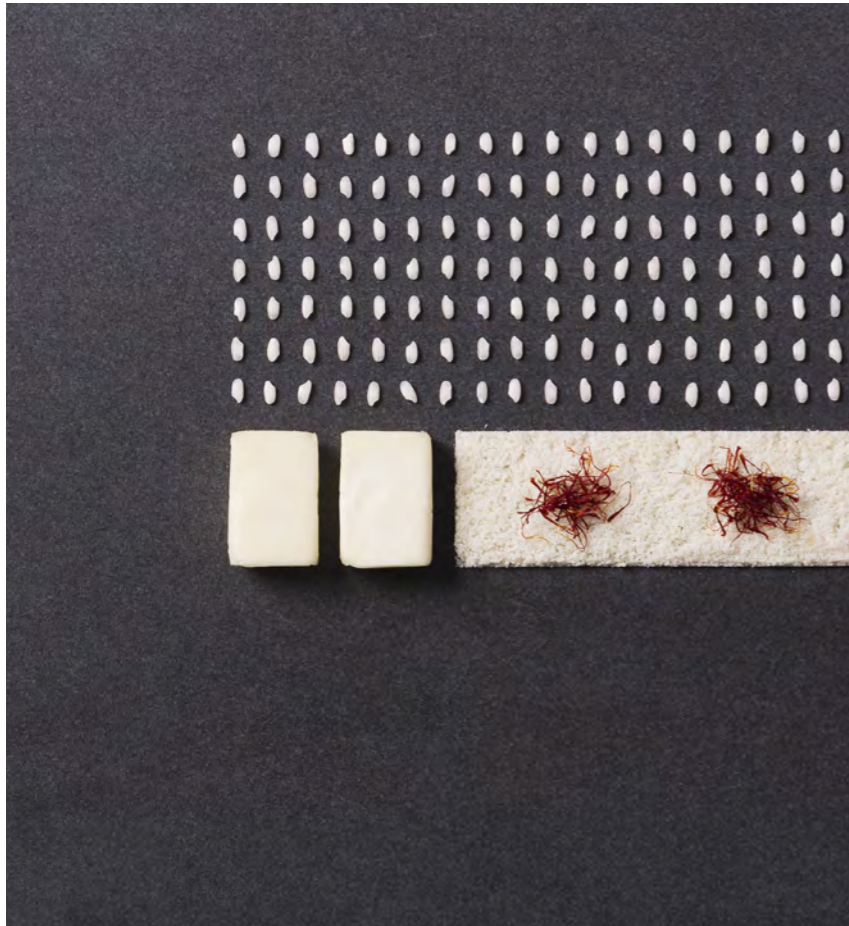


Saffron cream sauce

250g milk
40g flour
40g butter
5g powdered saffron
70g parmesan cheese

Risotto

320g Carnaroli rice
80g butter
100g grated parmesan cheese
Saffron pistils for garnishing
Salt to taste
White wine



#10
Milan

Risotto alla milanese

A lighter version of the traditional Milanese risotto

Make a roux with butter and flour, bring milk to a boil and add roux, parmesan cheese and saffron; whisk and cook for 5 minutes. Make a vegetable broth using celery, carrot and onion, and boil for 20 minutes.

Toast rice, without browning, and add a splash of white wine, then add broth a little at a time.

Keep the texture of the risotto runny enough to form a "wave"; beat in butter and parmesan cheese energetically.

Turn out onto serving plates with the help of a mould, serving the risotto around the outside and the saffron cream sauce in the middle, keeping the two separate.

Garnish with saffron pistils.



#11
Milan

Greek Focaccia



A greek version of Focaccia

Recipe by
"Nonsolofood"
Milano, IT

Focaccia

400g bread flour
10g instant mashed potato mix
300ml water
1 tbsp honey
10g fresh yeast
10g salt
Coarse salt
4 tbsp extra virgin olive oil
(2 tbsp for greasing the pan)

Filling

1 tin chickpeas
50g spinach
80g Greek yogurt
1 tbsp tahini
1 tbsp extra virgin olive oil
Juice ½ lemon
1 tbsp honey
Salt
Mint
Pepper
Feta cheese
1 cucumber

Sieve the flour with the instant mashed potato mix and pour into the food processor. Use the bread hook and turn on at speed 1 for a few seconds, just long enough to blend the two ingredients, then turn off.

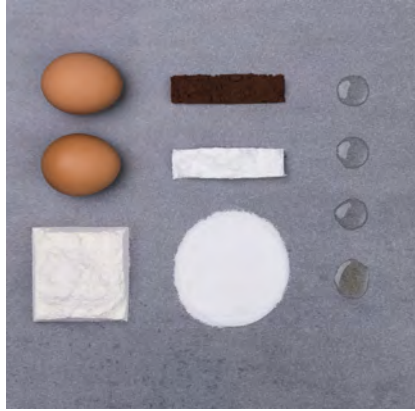
Dissolve the yeast and honey in a small bowl of lukewarm water. Turn on the food processor on speed 2 and gradually add the water to the mix. Continue to blend until the ingredients are mixed together. Now add two tbsp olive oil and salt. Process at speed 4 until the dough is smooth and comes away from the edges of the bowl. Turn off the food processor, cover the bowl with shrink wrap and leave the dough to rise for about two hours. When the dough has risen, lightly dust your work surface with flour and gently slide the dough out onto it, without kneading it. Now "fold" the dough over as if sealing a package: take the right side and fold it toward the left, then take the left and fold it toward the right, take the lower edge and fold it upwards towards the middle of the dough, then take the top and fold it downwards. Turn this "package" over onto work surface so that the folds are on the bottom. Cover the loaf with the food processor bowl and leave it to rise for 20 minutes. Grease a round baking

dish 26 cm in diameter with extra virgin olive oil, spreading it with your fingers or a bit of kitchen paper. Turn over the dough into the dish, spreading it out with your fingers to cover all of the base of the mould. Pour two tbsp extra virgin olive oil over it and spread it out over the focaccia with your fingertips. Sprinkle with coarse salt and leave to rise for 20 minutes, while preheating the oven to 230°. Bake the focaccia for 5 minutes with the dish in the lower part of the oven, then move the dish to the middle of the oven and bake for another 15 to 20 minutes. While the focaccia is in the oven, prepare the filling. Drain the canned or precooked chickpeas, rinse them and put them in a blender with the Greek yogurt, lemon juice, spinach and olive oil. Turn on the blender, or use a hand blender, to blend into a smooth cream. Store in a jar and place in the refrigerator if not using right away. Put the focaccia together just before serving: spread the cream over the surface of the focaccia. Add a few spinach leaves, some thin slices of cucumber, curled if you like, feta cheese crumbled with your hands (amount to taste), a few mint leaves and a sprinkle of pepper.



Austria

26. Sacher torte



Chocolate sponge cake

300g eggs (at room temperature)
180g sugar
87g flour
36g potato starch
24g cocoa

Rum solution for soaking

150g water
75g sugar
20g rum

Raspberry and Star Anise Jam

700g fresh raspberries
350g sugar
15g star anise
5g lemon juice

Bitter chocolate glaze

340g sugar
34g water
165g whipping cream
80g unsweetened cocoa
45g water
12g gelatine



#12
Vienna

Sacher Torte

The world's most famous chocolate cake

Beat eggs with sugar until stiff. Sieve dry ingredients together.

Add dry ingredients to mixing bowl and fold in gently by hand.

Pour dough into a 24cm round oven dish and bake at 180° for about 20 minutes.

Cool and refrigerate.

Put all ingredients in a small saucepan, bring to a boil and cook over medium heat for about 4 minutes.

Cool and refrigerate.

Put raspberries, sugar and lemon juice in a small saucepan and cook over low heat.

Add anise as soon as the mixture starts to warm up. Bring to a boil and cook for about 5 minutes over medium heat, stirring constantly. Filter jam and remove anise.

Cook until the jam reaches desired consistency.

Heat whipping cream with 34g water and 260g sugar in a saucepan.

Add the remaining sugar and the cocoa. When the mixture is hot, add cocoa and beat. Bring to a boil.

Add the remaining water and continue to boil for about 4 minutes, whipping constantly.

Take off the heat and add the gelatine, having first soaked it in cold water.

Pour into a container and cool for one hour before putting the glaze in the refrigerator.

Cut the sponge cake into two layers.

Place one layer on a 22cm round cake mould. Brush its surface with the rum solution.

Apply a layer of jam over it and top with the other sponge cake.

Brush the second layer with rum solution.

Cover the cake with jam and refrigerate; unmould the cake and cover the sides with more jam.

Refrigerate for about one hour.

Warm up the glaze, put the cake on a wire cake rack and ice it, then put the cake on a serving dish and garnish it with raspberries and chocolate flakes.





Lohne

Bonn

Mainz

30

Germany

- 30. Vegan Blackberry Sorbet
- 31. Spinach Waffles
- 32. Leek and Potato Cream
- 34. Sauerbraten

#13
Mainz

Vegan Blackberry Sorbet



A vegan and gluten-free sorbet
(without refined sugar or soy)

Recipe by
"Freiknuspfern"
Meinz, DE

600ml grape juice
170g blackberries
50g chocolate
(vegan and unsweetened)
150ml maple syrup
180ml water
Fresh mint (handful)
½ tsp Vanilla extract

Chop the mint.
Put the maple syrup with vanilla
extract, chopped mint and water
in a saucepan.
Boil the mixture and cook
stirring for 10-15 minutes.
Then allow to cool completely.
Chop chocolate roughly.
Puree frozen blackberries.
Mix grape juice with blackberry
puree.
Stir in the cooled syrup.
Put the mixture in the
refrigerator for 1 hour.
Then either put in an ice cream
machine or fill a box shape and
freeze.
The chocolate pieces should
only be added when the mixture
is already frozen a bit.
Put the ice cream in the freezer
for at least 3-4 hours.

#14
Mainz

Spinach Waffles

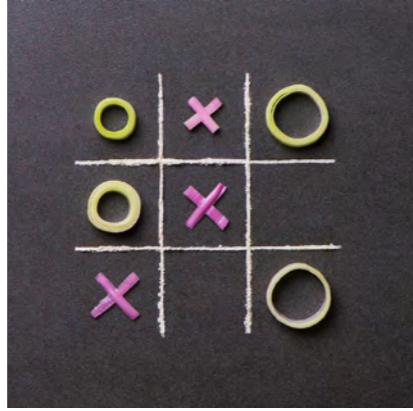


Gluten-free vegan spinach waffles
with cumin

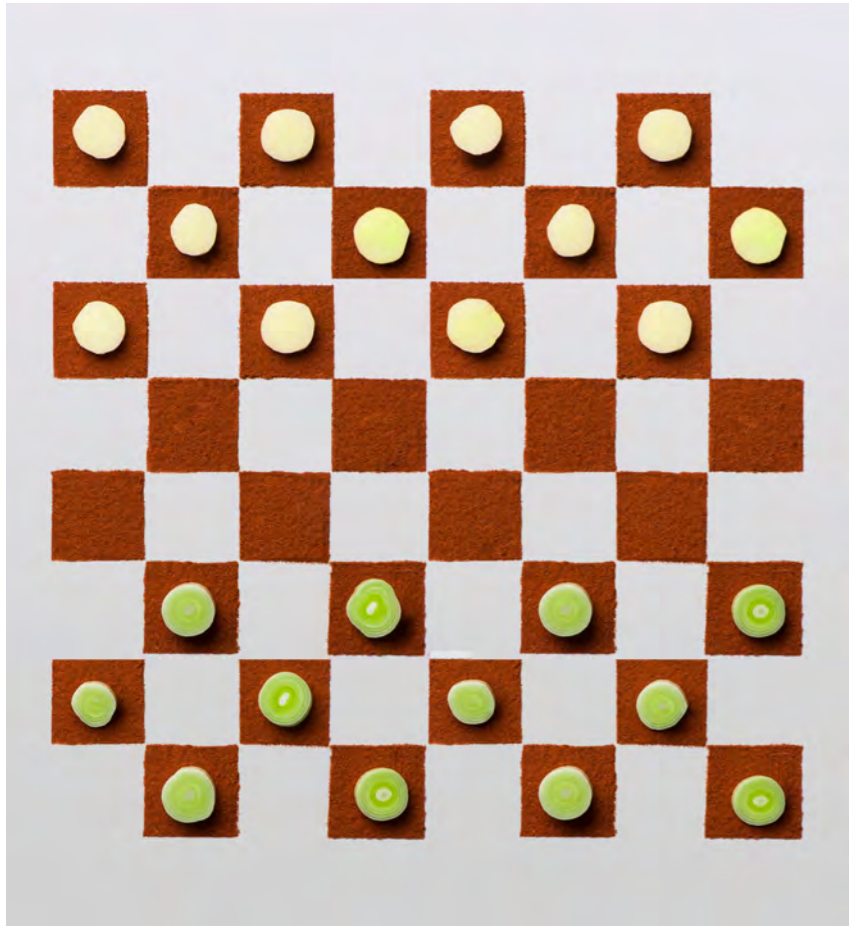
Recipe by
"Freiknuspfern"
Meinz, DE

100g rice flour
50g potato starch
40g millet flakes
1 tbsp chia seeds
1 1/2 teaspoon baking powder
1/2 tsp soda
150 ml herbal milk
1 tbsp lime juice
50g fresh spinach
3 tbsp water
1/2 tsp cumin
Salt and pepper (as needed)

Puree spinach with water.
Mix dry ingredients.
Mix the spinach mixture
with milk and lime juice.
Stir in the dry ingredients
with a whisk.
Stir until a slightly thick dough
is formed.
Let the dough rest
for 10 minutes.
Meanwhile preheat
and grease the waffle iron.
Cook the waffles
one after the other.



- 4 raw potatoes
- 3 raw leeks
- 30g shallot
- 10g fresh beansprouts
- 50g flour for frying
- 40g paprika sauce
- 2l stock
- Extra vergin olive oil



#15
Bonn

Leek and Potato Cream

Leek cream in a deep white dish
with a broad rim

Wash and peel the potatoes and cut them
into irregular cubes.

Wash and roughly chop the leek.

Finely slice the shallot, put it in a deep
baking casserole dish and fry with a little
extra virgin olive oil.

Add the leeks and potatoes to the casserole
dish and fry for a couple of minutes.

Add cold vegetable stock to cover the
ingredients and cook.

Flour the shredded raw leek and fry in oil,
drain and leave to rest on absorbent paper.

Reduce vegetable stock in a pan with
powdered paprika and add corn starch
to thicken the sauce.

When the potatoes and leeks are cooked
and the stock has reduced,
use a hand blender to create a smooth
cream.

Serve decorated with fresh beansprouts,
drops of paprika sauce and shreds of fried
leek.



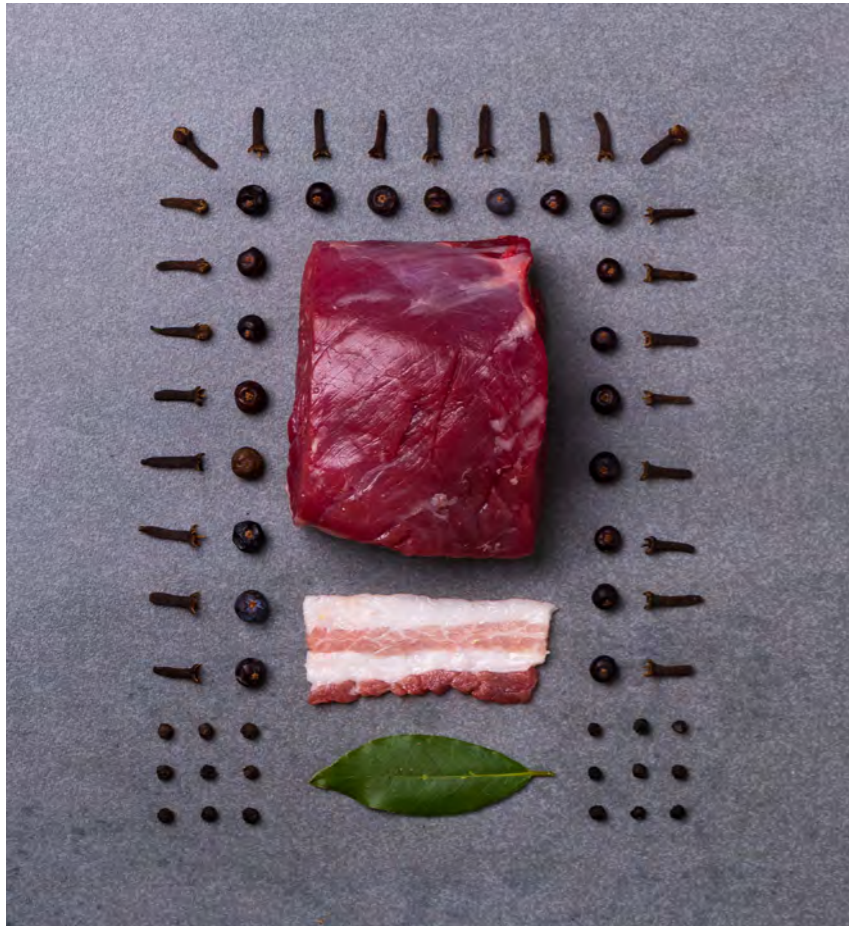


Marinade

- Red wine
- 1l red wine vinegar
- 1kg beef (muscle meat)
- 25g black pepper
- 100g onion
- 100g carrot
- 100g celery
- 4 bay leaves
- 25g cloves
- 25g juniper berries

Sauerbraten

- 100g celeriac
- 2l chicken broth
- 500g pork bacon



#16
Löhne

Sauerbraten

A traditional German stew

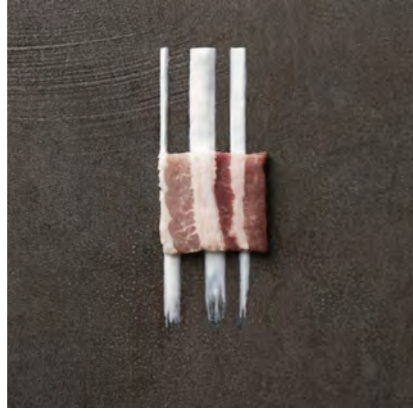
Dice beef and chop celery, carrot and onion. Make a marinade for the beef with wine, vinegar, juniper berries, pepper, bay leaves, cloves and minced celery, carrot and onion; marinate overnight in the refrigerator. After marinating, remove celery, carrot and onion and sauté in a frying pan with minced bacon. Add beef and celeriac and sauté, then add a ladle of marinade and a ladle of broth. Continue cooking, adding chicken broth as necessary. The dish is ready when the meat starts to fall apart, after 2 or 3 hours.





The Netherlands

38. Smoked Herring



4 whole smoked herring
8 slices of unsmoked bacon
20g chopped shallot
200g yogurt
60g chopped chives
120g carrot cream



#17
The Hague

Smoked Herring

Smoked herring bacon roll on a carrot and yoghurt cream

Prepare the carrot cream by roughly chopping the carrots and cooking them in a little water. Then place in the blender and blend to a cream.

Prepare the smoked herring fillets by laying a slice of unsmoked bacon on each one. Season with fresh herbs.

Roll the fillets and tie with chives.

Place the roll in a vacuum pack with a drizzle of extra virgin olive oil.

Cook the roll in a steam oven for 15 min at 100°C.

Meanwhile, chop the chives and add them to natural Greek yoghurt with a pinch of salt, pepper and oil.

Serve by placing the carrot cream on the bottom of the plate, the roll on top and decorate with a few drops of yoghurt sauce.





United Kingdom

42. Gnocchi alla Sorrentina

43. Tofu and Avocado Salad

#18
Chelmsford

Gnocchi alla Sorrentina



A potato gnocchi dish with a tomato sauce, and mozzarella

Recipe by
"Greedy Gourmet"
Chelmsford, UK

500g (2lbs) gnocchi
30ml (2 tbsp) olive oil
1 onion, peeled and finely chopped
4 garlic cloves, peeled and crushed
250g tomatoes
15ml (1 tbsp) tomato puree
5ml (1 tsp) sugar
125ml parmesan
125g (4oz) mozzarella
Seasoning of choice

Boil the gnocchi according to manufacturer's instructions. Drain and set aside. Preheat the oven to 200°C/390°F gas mark. Gently fry the onion and garlic in the oil until soft. Peel the tomatoes first by plunging them in a bowlful of boiling hot water, then chop finely and add to the onions. Continue to cook for about 10 minutes, season to taste then blend in a food processor until smooth. Pour the sauce back in the frying pan along with the gnocchi. Stir until the pasta is evenly coated with tomato sauce.

Divide the pasta between two individual ovenproof dishes then cover with parmesan and mozzarella. Place the dishes in the oven and bake for 15 minutes or until the cheese is melted and browning. Serve with a light green salad. Instead of making the fresh tomato sauce from scratch you can use passata.

#19
London

Tofu and Avocado Salad



A filling yet fresh salad, a perfect main meal for late summer

Recipe by
"The Little Plantation"
London, UK

Dressing

6tbsp soya sauce
(or gluten-free tamari sauce)
2tbsp sugar

Salad

200g firm tofu
500g watermelon
2 handfuls of seasonal green leaves
1 handful of micro greens
½ cucumber
1 Chioggia beetroot
1 avocado
½ lime (optional)
2 tbsp of sesame seeds
1 spring onion

Prepare the dressing by placing the soya/tamari sauce and sugar in a saucepan and gently reducing over a low to medium heat for about 7-10 minutes. Stir continuously and if the mixture starts to bubble reduce the heat. The dressing should be thick and sticky. Once done, set aside. Take your tofu and press out any excess water using kitchen towels. Once this has been done, cut your tofu into cubes and spread them evenly into two bowls. Then take your watermelon, peel away the tough skin, remove the black seeds and cut into cubes. Next take your washed greens and spread them evenly into your two bowls. Baby spinach is used here because it's mild, but you can use heavier greens such as kale, just cut into smaller pieces if doing so and remove the stems.

Next take your micro greens and distribute evenly into your two bowls. Do the same with your cucumber slices and Chioggia beetroot slices. If you can't find Chioggia beetroot you can also use golden beetroot or regular red beetroot. Then place your avocado half in each bowl; you can use the juice of ½ lime to stop the avocado from browning and to add an acidic taste to the salad dressing balancing the sweet and salt. Top everything off with the sesame seeds, spring onions and dressing.



France

- 46. Pasta Primavera
- 47. Chocolate Cake with Praline Cream
- 48. Soupe à l'Oignon
- 50. Fruit Tart
- 51. Pizza with Red Kuri Squash
- 52. Daube Provençale

#20
Paris

Pasta Primavera



A fresh kind of pasta with ricotta sauce

Recipe by
“Eat me Baby One More Time”
Paris, FR

140g orecchiette pasta
1 egg
5 tbsp ricotta
100g frozen peas
100g asparagus
1 small courgette

Salad

3 garlic cloves
½ organic lemon
4 tbsp olive oil
Mint leaves (a few)

Put the ricotta and olive oil in a large bowl.
Chop the mint leaves and add to the ricotta mixture.
Squeeze the lemon and add the grated lemon zest to the mixture.

Add salt and pepper, blend and refrigerate.

Preheat the oven to 180°C
Cover an oven dish with ovenproof paper.
Clean asparagus and cut off the end.
Cut in half and place in the oven dish.

Put the garlic cloves, with their peel still on, in the oven dish, and dress with olive oil, salt and pepper.

Bake the asparagus for 10 - 15 minutes and remove, then bake the garlic for another half hour.

In the meantime, cube the courgette and sauté in a frying pan, leaving it slightly crunchy.
Cook peas in salted water and cook egg in boiling water for 7 minutes.

Cook pasta according to directions on package.
When the garlic is fully cooked, scrape out the pulp and add it to the ricotta sauce.

Combine all ingredients except sauce in serving dishes, heating them if necessary.

Add the sauce at the last minute.

#21
Paris

Chocolate Cake with Praline Cream



A sweet chocolate cake

Recipe by
“Eat me Baby One More Time”
Paris, FR

Cake

200g salted butter
(+ a little more to grease the cake pan)
200g dark baking chocolate
125g sugar
40g flour
4 eggs

Cream

200ml whipping cream
150g hazelnut chocolate

Caramelised hazelnuts

20g hazelnuts
70g sugar

Preheat oven to 180°C.
Melt the salted butter and chocolate in a small pan over low heat or in the microwave (start with 30 secs at 800w and then another 30 secs at a time for as long as necessary).

Separate the eggs.
Add the sugar to the yolks and beat until pale in colour.
Add the chocolate to the sugar and egg yolks and blend energetically.

Then add flour and mix until blended well.

Beat the egg whites until stiff and then fold gently into the cake dough.
Generously butter the cake dish. A deep, narrow dish will produce a cake with a soft centre, whereas a cake dish of classic size will produce a soft, light cake.

Bake for 45 minutes.

Melt the hazelnut chocolate in a small pan over low heat or in the microwave (start with 30 secs at 800w and then another 30 sec at a time for as long as necessary)

Whip the cream with an electric mixer.

Work the melted hazelnut chocolate into the whipped cream, one half at a time, mixing gently to blend.

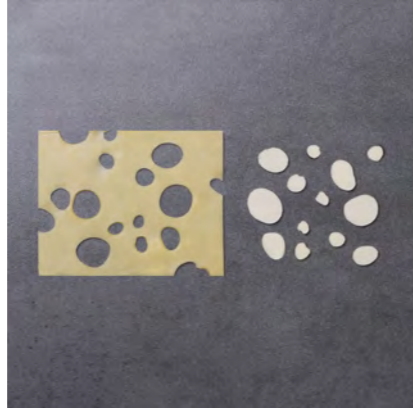
To make the caramelised hazelnuts: melt the sugar in a pan over low heat.

As soon as it has melted, add the hazelnuts and keep stirring until the sugar is caramel in colour.

Pour onto ovenproof paper and leave to cool.

Put the caramelised nuts in a freezer bag and crush using a rolling pin.

Cover the cake with the hazelnut chocolate cream and then sprinkle it with the crumbled caramel and hazelnuts.



4 onions
30g butter
Bay leaves
Thyme
Olive oil
4 slices country-style bread
200g grated gruyere cheese
Chicken broth



#22
Versailles

Soupe à l'Oignon

A traditional French dish

Sauté onions in a knob of butter and a little olive oil until golden. Add plenty of broth to cover halfway up the onions, adding thyme and bay leaves. Stew onions. Toast a slice of bread in a frying pan and melt a little grated gruyere cheese over it. Serve onion soup in a bowl with the slice of bread and gruyere.



#23

Aix-en-Provence

Fruit Tart



A summer dessert

Recipe by
“Un déjeuner de soleil”
Aix-en-Provence, FR

Crumbly dough

120g maize flour (available in organic, Italian, oriental or Indian food shops)
100g all-purpose flour
100g ground blanched almonds
100g soft butter (unsalted or semi-salted)
80g icing sugar
1 egg
Grated small lemon zest (organic)

Lemon custard

300ml whole milk
2 medium eggs
100g mascarpone
80-90g sugar
20g cornstarch
Grated large lemon zest (organic)
4 or 5 tbsp limoncello (optional)

Fruit topping

10 raspberries
10 strawberries
1 nectarine
1 small white peach
1 apricot
1 tbsp slivered almonds
A little lemon peel
A few basil and mint leaves

Make the pastry (can be made a day before). Blend the two types of flour and the ground almonds, pour onto the worktop, make a well in the centre and put the butter, cut into small pieces, the sugar and the lemon zest into it. Blend the butter with the sugar and lemon zest to form a sort of cream, then add the egg and blend.

Work the flour around the outside into the butter and egg mixture using your fingertips, without working the dough too much, but only handling it as much as is necessary to blend the ingredients. It will be soft. Make the dough into a flat disk 1/2 cm thick, cover it with shrink wrap and refrigerate for at least one hour. Refer to my advice on making pastry.

Make the custard (this can also be done a day before). Blend eggs with sugar and cornstarch. Add lemon zest. Boil milk, add half of it to the egg mixture and blend; pour back in the pan with the rest of the milk and scald for one minute, stirring constantly (refer to my article on making custard cream). Add limoncello. If the custard cream is not perfectly smooth, blend it with a hand blender. Put the custard cream into another container and let it cool slightly (to a temperature of about 35-40°C, which feels just warm

to your fingers) and then add half of the mascarpone; blend and add the rest. Cover with shrink wrap and chill for an hour or two.

Take out the dough and let it rest at room temperature for a few minutes. Sprinkle maize flour over the work surface and then roll out the dough on it to a thickness of about 3mm. Cut out a circle of 22cm in diameter (with a knife, an adjustable circle, or using a round baking dish to help you...). Dust your rolling pin with flour and roll the pastry dough onto it, then unroll it into a baking dish lined with ovenproof paper.

Refrigerate for 5 - 10 minutes while you preheat the oven to 170°C (conventional oven). Bake for about 15 minutes (checking frequently, as cooking time depends on your oven): the pastry should turn golden, but it will not take long; it is like cooking a big biscuit. It is normal for it to still be slightly soft in the centre, and it will harden as it cools. Wash and slice the fruit in the meantime. Top the pastry base with the custard cream, after whipping it gently to relax it, using a pastry bag or a spoon, then top with fruit. Sprinkle with slivered almonds, then add basil and mint leaves and lemon zest. Serve immediately.

#24

Aix-en-Provence

Pizza with Red Kuri Squash



A special pizza

Recipe by
“Un déjeuner de soleil”
Aix-en-Provence, FR

Pizza Dough

300g gluten-rich flour
100g semi-whole, wheat whole, wheat flour
230ml water
8g fine salt
3g active dry yeast (or 9g fresh yeast)
A generous pinch of oregano
Extra virgin olive oil

Topping

1 small (or 1/2 medium) Red Kuri Squash
1 small (or 1/2 medium) Butternut Squash
200g mild gorgonzola cheese
Squash seeds
Salt
Pepper
Sage leaves
Extra virgin olive oil

Make the pizza dough: in a large bowl, or in the bowl of a food processor, combine flour with yeast and oregano and then add salt. Make a well and pour the water into it. Blend (with a spoon or with the food processor dough hook) until the dough is soft and smooth and comes away from the walls of the bowl. This will take 5 to 10 minutes. Shape the dough into a ball, oil it and put it in the bowl, then cover the bowl with shrink wrap.

Leave to rise in a warm place for an hour or two: the dough should double in size. In the meantime, prepare the pizza topping. Preheat the oven to 200°C and cover a baking dish with ovenproof paper. Wash the Red Kuri squash, empty out the flesh and cut it into cubes. Peel the butternut squash, remove the seeds, and cut it into cubes. Put the squash cubes into the baking dish, with the Red Kuri squash on one side and the butternut squash on the other. Add salt, sprinkle with sage, drizzle with olive oil and bake for 20 – 30 minutes. The squash must be roasted, and become tender without falling apart. Put the butternut squash into the blender and blend it to make a thick cream.

Add salt. Divide the pizza dough into 4 parts; shape them into balls and then disks. If the dough shrinks back too much, let it rest for a few minutes and then resume. Each disk should be a few millimetres thick, with a crust. Place it on oven-proof paper (so you can later slide it onto the hot oven tray). Preheat the oven to 220°C (conventional oven) with two oven drip trays in it. Carefully take out the hot trays and slide two disks of dough from the oven-proof paper onto each tray. Top them with a thin layer of butternut squash cream and then with cubes of roasted Red Kuri squash. Add cubes of gorgonzola cheese, sprinkle with salt and drizzle with olive oil. Put one oven tray (with two pizzas on it) in the lower part of the oven and bake for about ten minutes. The crust should be golden, and the cheese should melt, but above all the underside of the pizza dough should be cooked (golden). Keep hot while you cook the other two pizzas. Garnish with sage and squash seeds.



- 2kg beef (sirloin)
- 2 small-medium sized yellow onions
- 2 carrots
- ½ litre red wine
- 1 tsp red wine vinegar
- 100g lard
- Dried orange peel
- 1 tsp unsweetened cocoa
- Nutmeg
- 2 cloves
- 4 juniper berries crushed in a mortar
- 2 bay leaves
- 1 garlic clove
- 1 tsp extra virgin olive oil
- 2 bouquet garnis
- White pepper
- Salt



#25
Marseille

Daube Provençale

A classic beef stew, with a red wine and vinegar marinade

Cut the beef sirloin into pieces and marinate it for 5 hours in the wine, with the vinegar, chopped onions and carrots, a bay leaf, a bouquet garni (including rosemary, thyme, chives, sage, parsley and marjoram), crushed juniper berries, nutmeg and cloves. Mince lard and put it in the bottom of a large saucepan that has a lid; melt lard with one tbsp olive oil. Drain and dry the meat and vegetables. Sauté the onions used in the marinade, add meat, carrots and all the herbs and spices, setting aside only the bouquet garni and the bay leaf. Add the other bay leaf, the orange peel and a clove of garlic, cocoa and a bouquet garni. Brown over medium heat.

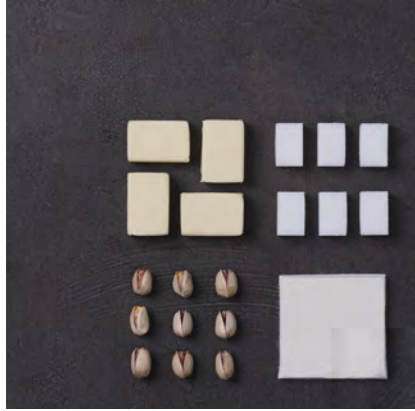
Add salt and pepper with moderation, then add the filtered marinade and a glass of hot water, if necessary. Cover and cook over low heat for 4 hours. Half an hour before taking the stew off the flame, add salt, and add a little hot water if the stew is getting too dry; daube must be served with plenty of sauce. Remove bouquet garni before serving.



Spain

- 56. Crema Catalana
- 58. Aubergines Stuffed
- 59. Chocolate Cake
- 60. Sofrit Pagès
- 62. Arroz De Mariscos
- 64. Arroz Negro Y Calamares
- 66. Cerdo Iberico
- 68. Basque Piperrada
- 70. Salt Cod Kokotxas
- 71. Fresh Spinach Pasta





Custard cream

- 500g milk
- 100g fine cane sugar
- 80g egg yolk
- 30g potato starch
- 1g pink pepper
- 1g ginger
- 1g lemon peel
- 1g orange peel

Pistachio crumble

- 50g softened butter
- 50g castor sugar
- 20g ground pistachios
- 80g flour



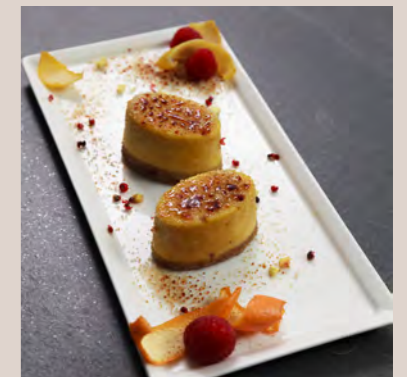
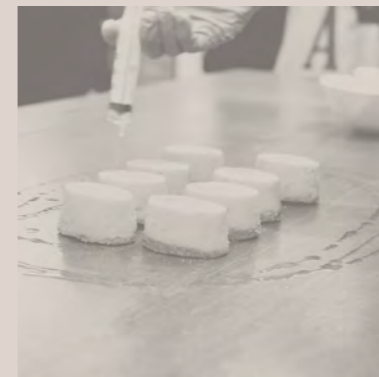
#26
Barcelona

Crema Catalana

A delicate custard cream

Bring the milk to a boil in a small saucepan. Blend egg yolks and sugar in a bowl; add potato starch and flavourings and whip for a few minutes. When the milk comes to a boil, add it very slowly while continuing to beat the mixture. When the custard cream is ready, pour it into a mould, filling it. Bake in a bain-marie in the oven for about 10 minutes at 170°. Cool in the refrigerator, and then freeze. Mix all the dry ingredients together in a bowl, and work in the butter. Roll out onto an oven sheet covered with ovenproof paper and bake at 170° for 14 minutes.

Stir all the crumble mixture and bake for another 5 minutes. Repeat until completely cooked. Cool at room temperature. Spread over the custard creams, still in their moulds. Refrigerate. Remove crema catalana from moulds. Brush surface with 90° alcohol and sprinkle with cane sugar. Caramelize with a torch. Refrigerate for about 2 hours before serving. Turn out onto serving plates, pour a few drops of alcohol over each, and serve flaming.



#27
Barcelona



Aubergines Stuffed

Buckwheat-stuffed aubergines

Recipe by
"Delicious Martha"
Barcelona, ES

4 large-5 medium aubergines
½ onion
½ red pepper
80g buckwheat
3 cups water or broth
2 garlic cloves
A few celery leaves
30g fennel
Extra virgin olive oil
Salt
1 ½ tsp cumin
A pinch of nutmeg
Black pepper
½ tsp turmeric
¼ tsp cinnamon
4 tbspc coconut milk
100g tomato puree
Grated cheese yeast flakes for gratin topping

First wash the aubergines and cut them in half lengthwise. Make shallow cuts on the inside of each half, sprinkle with salt and pepper and drizzle with extra virgin olive oil. Place them on an oven dish lined with ovenproof paper and bake for 30 minutes at 200°C. When the aubergines are tender, take them out of the oven and scoop out most of the pulp, leaving only a little, without scooping all the way down to the skin. Set aside. Mince onion, pepper, fennel and garlic and sauté in 2 tbspc olive oil for 5 minutes. In the meantime, rinse the buckwheat in running water, drain and cook in the water or broth until it has absorbed all the liquid. Set aside.

Add the spices to the sautéed vegetables and stir gently. Add the tomato puree and coconut milk, still stirring, and cook over medium heat for about 10 minutes. Add buckwheat to vegetables and stir. Blend the aubergine pulp and add to the rest of the filling ingredients. Stuff the aubergine shells with a generous amount of filling, sprinkle with grated cheese or yeast flakes and grill in the oven for 5 minutes before serving.

#28
Barcelona



Chocolate Cake

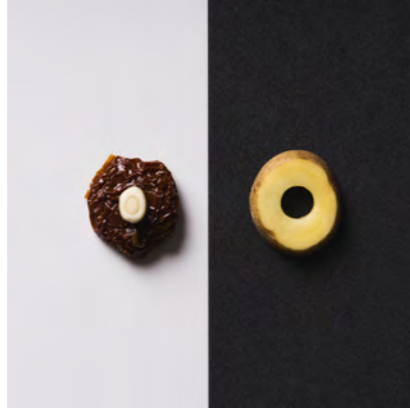
A special chocolate cake

Recipe by
"Delicious Martha"
Barcelona, ES

110g whole-grain spelt flour
65g coconut sugar-unrefined cane sugar
35g cocoa
½ tsp baking powder
½ tsp baking soda
2 medium eggs
250ml plant-based milk
50g extra virgin olive oil
1 tsp vanilla
1 tsp cinnamon

Break the eggs into a bowl, add milk and vanilla, and beat until foamy. Add olive oil and continue to beat until well blended. Add coconut sugar or unrefined cane sugar and blend. In another bowl, combine flour, baking powder, cocoa, cinnamon and baking soda. Blend and sieve into the egg mixture. Fold in with a rubber spatula or a whisk and blend until smooth. Grease a cake pan 14cm in diameter or line it with ovenproof paper. Preheat oven to 180°C and bake for 35 minutes, or until a cake tester comes out clean.

Remove from oven and leave to cool at room temperature before carefully removing from pan. This sponge cake is a perfect base for a variety of fillings, jam, fruit butter or dried fruit. Here it's filled with dried fruit butter, covered it with melted chocolate and decorated it with coconut flakes.



3 potatoes
200g dried tomatoes
2 garlic cloves
300g lamb
200g sausage
200g sobrassada
(a raw, cured sausage from Ibiza)
1 chicken

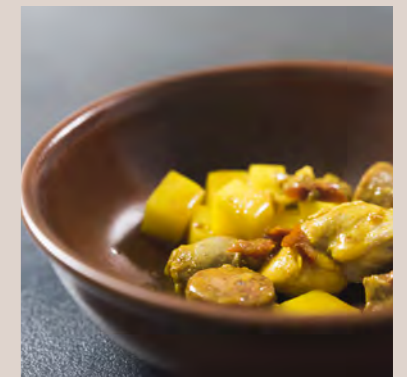


#29
Ibiza

Sofrit Pagès

A lamb, chicken and pork stew

Cube potatoes and sauté garlic in a little olive oil in a pot.
Cut up the remaining ingredients.
Sauté chicken, lamb and sausage then add sobrassada and dried tomatoes.
Finally, add potatoes and a large ladle of water.
Cook for a couple of hours, adding water as necessary, until the meat is falling apart.





- 2 garlic cloves
- 1 onion
- 1 hot pepper
- 400g rice
- 1 Sachet powdered saffron
- 2 bell peppers
- 10g sweet paprika
- 100g tomato purée
- 500g calamari
- 20 shrimp
- 1kg mussels
- 4 scampi
- Fish broth



#30
Valencia

Arroz De Mariscos

A creamy risotto with saffron and seafood

Sauté garlic in olive oil, minced onion and hot pepper.

In the meantime, wash and trim the bell peppers and cut them into cubes.

Add rice and plenty of fish broth.

Add bell peppers and calamari, paprika, saffron and tomato purée and cook for 10 minutes.

Next, add shrimp, mussels and scampi, and finish cooking the rice in the fish broth.





320g rice
 40g squid ink
 6 cleaned whole calamari
 300ml seafood bisque
 1g saffron threads
 Extra virgin olive oil
 2l fish stock
 Salt
 Pepper



#31
 Novelda

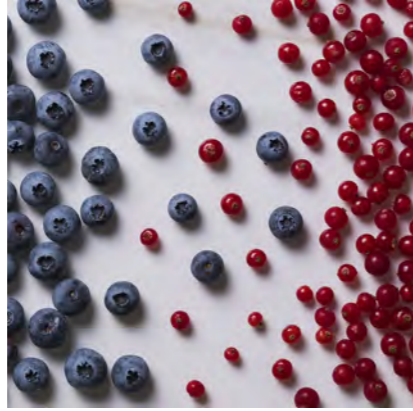
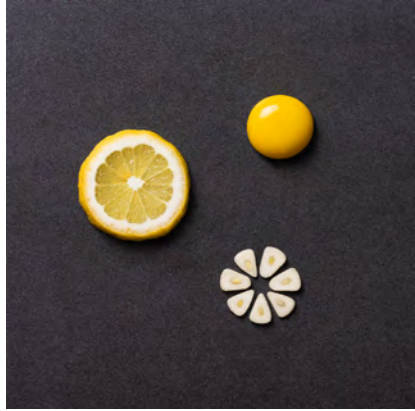
Arroz Negro Y Calamares

A white plate with splashes of thick saffron sauce, rice and calamari

Clean the calamari and cut them into cubes, keeping one whole.
 It should be opened butterfly-style and cut Japanese-style.
 Heat the extra virgin olive oil in a "paella pan", add the cubes of calamari and a splash of white wine.
 Add the rice and toast.
 Add the fish stock and the squid ink and mix.
 Leave it to cook over a medium heat without stirring the rice.
 Prepare a saffron sauce by reducing the fish stock in a pan and adding the saffron threads.
 Add the corn starch to obtain a thick, yellow sauce.

Sear the calamari, cut Japanese-style, in a boiling hot non-stick pan with a drizzle of oil.
 When the rice is ready, decorate the plate with the saffron sauce, then place the black rice on top and the Japanese-style calamari on top of the rice.
 Decorate with saffron threads.





- 600g whole fillet of Iberian pork
- String
- 4 eggs
- 4 garlic cloves
- 400g vegetable oil
- 10g apple vinegar
- Salt
- 10g lemon
- 200g fresh mixed berries
- 30g thyme
- 30g rosemary
- 10g maldon salt flakes
- 50g corn starch



#32
Cordoba

Cerdo Iberico

Pork fillet tied with string

Remove the fat from the black Iberian pork fillet. Cut it into cubes of approx 120g. Tie the meat tightly on four sides with string. Prepare the berry sauce by frying a shallot and oil and adding the meat trimmings. Then add the fresh berries and meat stock and leave to cook. Remove the meat trimmings and put the sauce in the blender. Add the corn starch until you get the creamy texture you want. Prepare the aioli by blanching the peeled garlic for a few minutes and leaving to cool. Use a hand blender to blend the egg yolks, garlic, a pinch of salt, lemon juice and vegetable oil until the mixture turns to mayonnaise. Heat the oil in a non-stick pan, add the seasoned fillet and cook on all sides. Remove the string and serve. Pour the warm berry sauce on the fillet and decorate with the garlic mayonnaise.





4 tomatoes
2 red peppers
1 green pepper
4 onions
2 garlic cloves
½ tsp oregano
Olive oil
4 slices toasted home-style bread
Salt and pepper



#33
Bilbao

Basque Piperrada

A typical Basque dish prepared with onion, green peppers, and tomatoes

Wash and trim tomatoes and peppers; peel garlic and onions. Chop all the vegetables and put them in a large frying pan. Add olive oil, oregano, salt and pepper. Cook over medium heat, uncovered, for 20-25 minutes, stirring occasionally. Put the lid on if the vegetables start to dry out too much.

A few minutes before serving, make four hollows in the vegetables with a spoon; break an egg into each hollow and cook. Sprinkle eggs with salt and pepper. Place a slice of bread on each plate and ladle the piperrada over it, being careful not to break the egg yolks.



#34
Bilbao

Salt Cod Kokotxas



A delicious fish dish

Recipe by
"Sweet & Sour"
Bilbao, ES

800g of fresh cod kokotxas
4 sliced garlic cloves (without
germ)
250ml of soft extra virgin olive oil
1 sliced chilli pepper
Salt
Chopped parsley

Start by cleaning the kokotxas. Cut them in two or four pieces, depending on the size, if they are very large salt them slightly. Put a casserole dish on the fire with oil and garlic until it turns light brown. When it starts to fry add the chilli pepper and, when they both turn brown, remove the pepper and the garlic and put them onto a plate and save them for decoration.

Remove the oil from the pan to reheat it. When it is hot, cover the base of the casserole dish with oil and put the kokotxas with the skin facing upwards. Let it brown, moving the casserole dish back and forth. If the oil heats up, remove the casserole and put it on the countertop, and continue to blend.

You will get a light yellowish emulsified sauce. Little by little add more olive oil and continue to blend, moving the casserole with back and forth movements, until you get the desired density in sauce. The more oil and blending, the more creamy will be the sauce. I like keeping it light, but it's up to you. Once the fish is cooked, remove from the fire, sprinkle the kokotxas with finely chopped parsley and decorate them with the slices of golden garlic and chili pepper. Ready to serve with a lot of bread to dip and a good txakolí.

#35
Bilbao

Fresh Spinach Pasta



Spinach tagliolini with cherry
tomatoes and burrata

Recipe by
"Sweet & Sour"
Bilbao, ES

Fresh egg pasta

210g flour
90g of semolina
3 bio eggs (M)
1 spoonful of water

Green Pasta

150g fresh spinach leaves
50ml water
280g flour
120g wheat semolina
Salt

Sauce

15g butter
1 spoonful extra virgin olive oil
1 fresh spring onion
250g cherry tomatoes
Fresh sage leaves
1 burrata
Ground Espelette Pepper

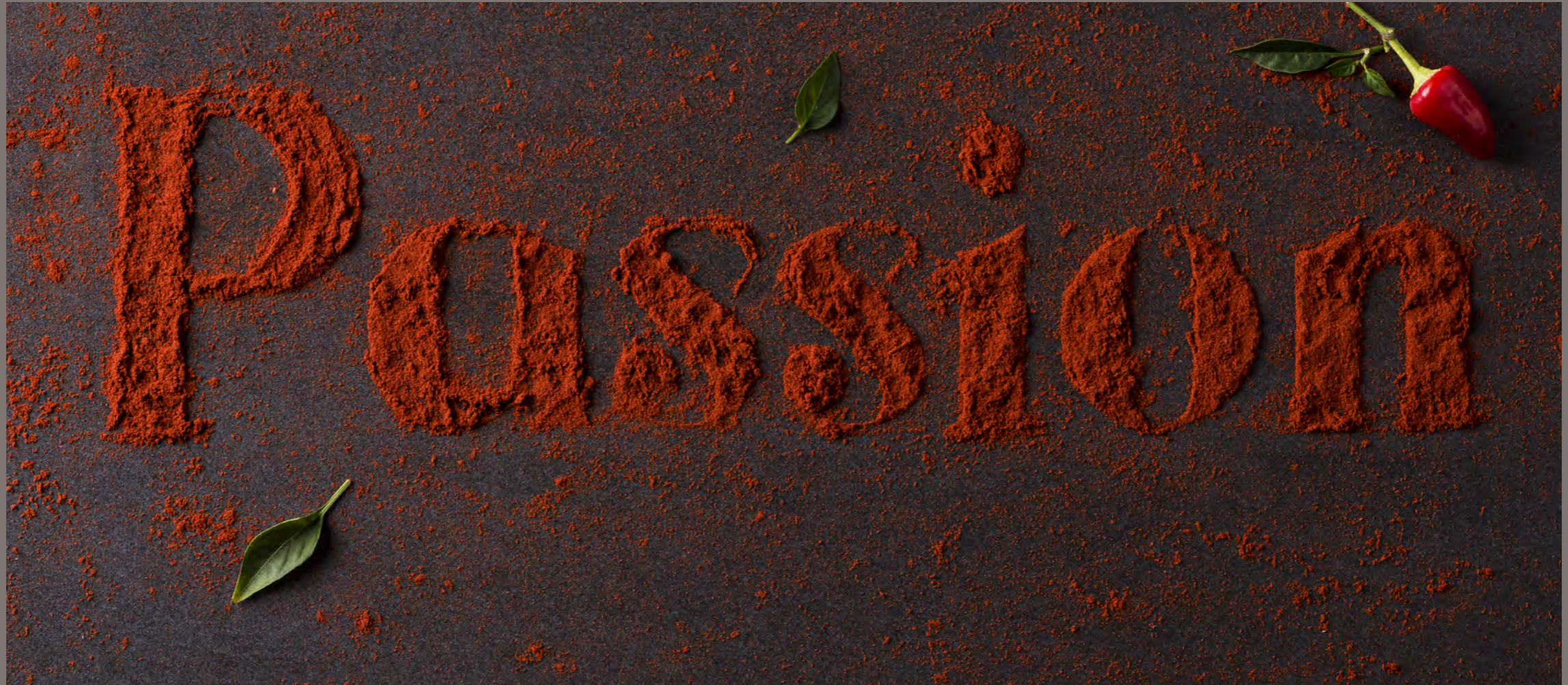
Remove stems of spinach and putleave the leaves aside. Clean them under a tap of running water. Then cook the leaves in a covered cocotte for a minute. Grind with a blender until you have a puree or a paste.

Mix the flour and the semolina on the countertop, make a well in the center and add the eggs there, along with the spinach paste and a pinch of salt. If you opt for egg-free green pasta blend, the fresh spinach with water and add the mixture to the flour and semolina mix. Keep in mind that you may need to add water or flour to get a smooth and manageable dough: it should be neither too hard and dry, nor too soft. With a fork, mix the liquid ingredients well and then add the flour from the outside in until you get a paste. Smooth until you get an elastic dough. Wrap in film and let it sit at room temperature for about 30 minutes. Once ready, cut the dough into four parts. Wrap three of them in film and stretch the other one in thin sheets of about 1.3mm thick. To do this, use either the pasta machine, which is faster and easier, or a roller. Repeat the operation with the rest of the dough.

Cutting each piece in two, you will get sheets of about 20cm. Once the pasta is made into sheets, cut each into strips 2-3mm wide, which is the standard size of the tagliolini and let them dry on a surface and lightly sprinkle with semolina. Prepare the sauce. Put butter and olive oil in a large cooking pan, and when hot, add the chopped fresh onion cut very finely. Let it fry lightly. Take half of the tomato cherries, then cut each in half and add to the cooking pan with the cut-side down. Cook them until they have softened. Add the rest of the tomatoes and let them cook. Finally, add the sage leaves and tear with yourfingers. While preparing the sauce, put a pot to cook with about 5 liters of water for 500g of pasta (1l of water for every 100g). When it starts to boil, add the salt and the the pasta immediately after. Leave them in water for 1 minute. Remove the pasta from the water with tongs and bring it directly to the cooking pan where the hot sauce is. Mix well and leave it for 1 minute for the pasta to soak and absorb the sauce. Serve immediately, sprinkled with ground espelette pepper and the burrata chopped over the hot pasta.

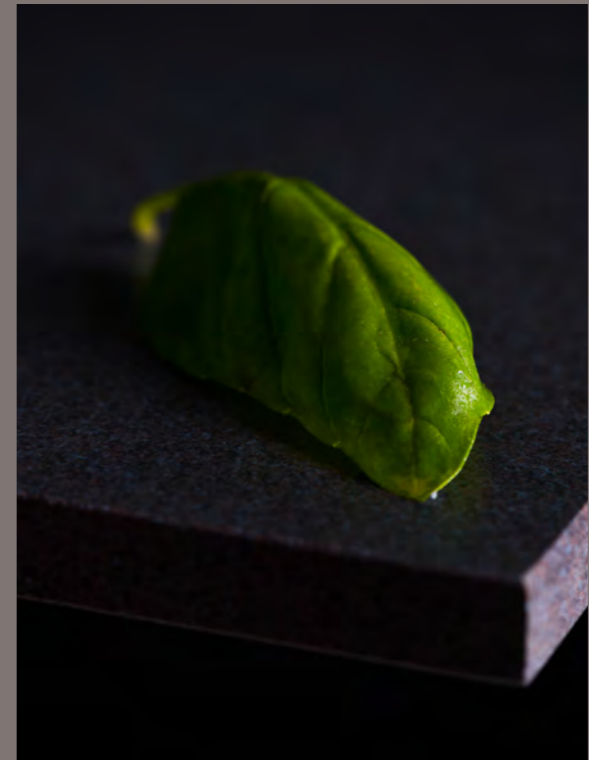
Kitchen Masterpieces



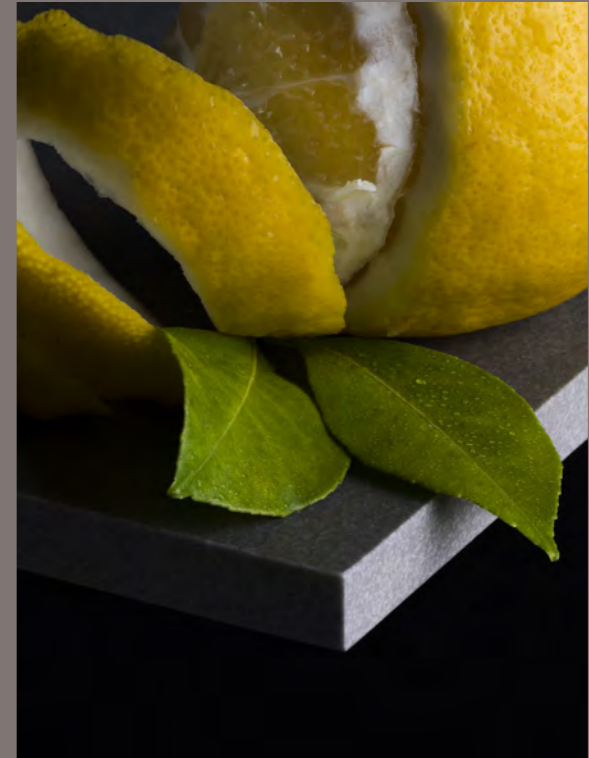














Recipes at pages 12-13
by Juls' Kitchen

julskitchen.com



Giulia Scarpaleggia e Tommaso Galli

Tommaso was born in the outskirts of Florence Giulia in a farmhouse in the countryside near Siena, but now they both call home a peaceful corner in the hills of Tuscany, where Giulia's family has been living since the 1920s. Giulia, a food writer and food photographer, loves honest simple food: seasonal produce, family recipes, memories and stories. She started her blog in 2009. Tommaso, the head tester, joined Giulia, embracing her life project, contributing to Juls' Kitchen with his passion for social media,

photography and video making. Juls' Kitchen transports you to a Tuscan kitchen, showing you the honest and seasonal food of Tuscany using beautiful photography. Giulia and Tommaso tell you the stories that are often the inspiration behind a recipe. Their mission is to inspire people to cook simple meals with an unmistakable Italian twist, where the quality and freshness of the ingredients shine through in every recipe. After all, Tuscan food is all about sharing and passing on knowledge.

Recipes at pages 16-17
by Frames of Sugar

fotogrammidizucchero.com



Antonella Pagliaroli

In 2013 I started my blog, Fotogrammi di Zucchero (Frames of Sugar), where I present recipes with simple, seasonal ingredients and try to tell stories through images with my inseparable friend the camera. I learned to cook by watching my mother and grandmother, who were really good at it, and I later learned more about cooking by working for a while at "Il giardino dei mandorli", the farm accommodation project run by my sister who is also a professional chef. My happiest memories are linked to the aromas of our old kitchen:

my mother's apple cake, my grandmother's meatballs, the mandarin peel burning in the open fire, my father's coffee, the jam made from wild blackberries gathered in the woods in summer, and a bunch of mimosa picked by my sister to make the table prettier. The kitchen is a magical place and recipes have the power to recreate links with our roots and our tradition, but they can also be a good way to express emotions and feelings. Photography is what makes all this tangible on my blog.

Recipe at page 22
by Nonsolofood

nonsolofood.com



Lidia Forlivesi

I was born in Cesena, but I have lived in Milan, Rome and New York. I love to travel and go to different countries. Sophisticated yet simple is how Enrico described me once, before he became my partner. I appreciate things that are simple but not banal, everything that has to do with love of goodness and wholesomeness, but is not nostalgic. I am a morning person adore breakfast: it has to be big, slow, and savoury. I also love ice cream, even in winter I need to go to New York and Copenhagen at least once a year, and my refrigerator is always packed, because I might need to be able to put together a last-minute dinner if someone rings my doorbell!

Food has always played a central role in my life. I made my first jam tarts in my "Dolce Forno" toy oven when I was only five, and it became my profession when I studied in the Master's Programme in Food and Wine Communications and Reporting at Gambero Rosso. From Rome to New York, where I lived for six years, organising events and marketing initiatives for a prominent restaurant group. I started writing Nonsolofood in 2012 because I wanted a space to talk about my passion for food, hospitality, photography and travel. And so I used social networks to tell the story of my daily life and share my experiences and recipes on my blog.

Recipes at pages 30-31
by Freiknuspern

freiknuspern.de



Fabienne Engel

I'm a food blogger and a culinary photographer, and I develop recipes. My whole life revolves around food: good food without problems! I've had asthma for five years, along with a number of dietary intolerances and allergies, and I've had to revolutionise my diet. In October 2015 I created my blog, Freiknuspern, to help other people with the same kind of problem. It shares my recipes and offers valuable advice. Freiknuspern is intended to help people with allergies and intolerances enjoy life. I want to show my readers that even if they have allergies, they can

still enjoy food and need not give up their favourite dishes! As well as recipes for allergic people, on Freiknuspern I shares personal travel experiences, suggestions for trouble-free living with allergies product reviews and recommendations.

Recipe at page 42
by Greedy Gourmet

greedygourmet.com



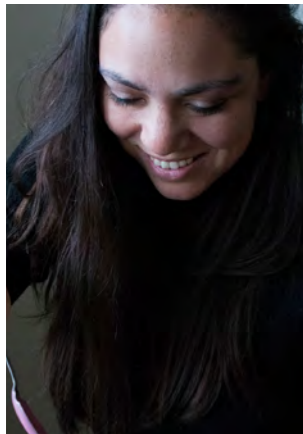
Michelle Minnaar

Michelle was born in South Africa and has been living, with her two children Gabriel and Robyn, in the UK since 2004. She has always enjoyed traveling, good natural homemade food, puzzles, games and her family. With this in mind, she set out on a journey to become a food blogger and photographer in 2007, giving up a career as a computer programmer. Subsequently, Greedy Gourmet has blossomed and she regularly collaborates with brands, only showcasing the best on the market with the aim of saving readers time and money. With +11 years of food

photography experience under her belt, she regularly shoots restaurant and client photo shoots. She is on a slow journey of converting to veganism and encourages readers to follow her monthly entries on the blog.

Recipe at page 43
by The Little Plantation

thelittleplantation.co.uk



Kimberly Espinel

I'm Kimberly, I was born in New York City, I am of South American/Caribbean descent but now live in cool and cosmopolitan London, England where I work as a food photographer, prop stylist and food stylist, food photography teacher and plant-based food blogger. My blog The Little Plantation is essentially the result of my mini mid-life crisis! You know when you stop and reflect on who you are and what's important to you and suddenly realise that your dreams and hopes are taking a bit of a backseat?

Well, plant-based food, teaching, food photography and food styling are important to me, so – tada! In May 2014 The Little Plantation was born. As the blog grew I left my job as a social worker, decided to follow my heart and move into photography, styling, food and nutrition full-time in the summer of 2016. Crazy, right!?! But I couldn't be happier and now spend my days photographing and styling the most delicious and gorgeous food and teaching students from all around the world to do the same.

Recipes at pages 46-47
by Eat Me Baby One More Time

eatmebaby.fr



Albane Hemon

It's been almost 7 years that I've been interested in good food and especially desserts, which are an opportunity for me to express my creativity to the full. And that's what I do on my blog, Eat Me Baby One More Time, where share sweet and savoury recipes with my readers. I try and present simple dishes and desserts to make the preparation phase that is a little more technical more accessible. The blog also got me interested in food photography which became my profession.

Today I'm a freelance food photographer and stylist in Paris. I arrange dishes, prepared by myself or others, and it's a real pleasure. I like creating the composition of the images, experimenting with textures, materials, colours and light. I try as much as I can to eat seasonal, local ingredients and, above all, homemade dishes, but I admit that as I have a busy lifestyle I sometimes fall into the trap of eating junk food. However, it only makes me appreciate the delicious dishes prepared by my favourite chefs more.

Recipes at pages 50-51
by Un Déjeuner de Soleil

undejeunerdesoleil.com



Edda Onorato

My name is Edda Onorato, I was born and raised in Rome. I lived 13 years in Paris and now lives in Aix en Provence with my husband and children. My father is Italian and my mother is French and so I've grown up with the two cultures and have remained attached to both. I love these two countries, I love the light of the Mediterranean, its flavors, its perfumes and its simple cuisine. Gourmande and curious, is how quite naturally began to be passionate about cooking. It is really part of my life. The magic is still there.

With the blog, two other great passions were born: writing and photography. By the way, by personal challenge and because I love the refinement of French pastry, I've gained a CAP de pâtisserie... a very formative experience but hey, I did not open a pastry shop or changed my approach.

Recipes at pages 58-59
by Delicious Martha

deliciousmartha.com



Marta Sanahuja

Behind Delicious Martha is Marta Sanahuja, an advertising executive with a passion for cooking who decided she wanted to continue working in communications but with a gastronomic twist. And so, when her life changed, she decided to start a blog and the emphasis is on food photography. Because the best way to convey a recipe, if you can't actually smell it or taste it, is to attract attention visually. Marta says that food comes in through our eyes, and this is what she has attempted to convey right from the start.

Her twin passions for food and photography encouraged her to continue and built a totally different future for herself.

She published her first recipe book in October 2016: Delicious Martha: ideas, recipes and style on your table.

All her recipes are intended to be simple, so that anyone can make them at home, because Marta is not a professional cook, and never studied cooking. This is why her recipes don't require in-depth knowledge or technique to obtain good results and make appetising dishes at home.

Recipes at pages 70-71
by Sweet & Sour

sweetandsour.es



Virginia Martín Orive

I used to be a lawyer, practicing with my husband in Bilbao (Basque Country). I now combine my work as a barrister with the profession of photographer and stylist, also in partnership with my husband Jose, who makes it possible for me to combine two very different professions.

It started six years ago when I began to share my gastronomic experiments on social networks, and it turned out to be quite popular. It was only logical for me to start a blog.

In Sweet & Sour I express all my love of cooking and good food as well as my other great love, photography.

I inherited these two passions from my family, we have always had excellent cooks in the family (my mother and grandmothers) and celebrated important events around the table. To this I may add a passion for art and painting. I was initiated when still small by my uncle Agustín, an outstanding painter. I have now replaced my paint brushes with the lens of my camera.

If I add to all this the fact that I enjoy receiving guests in my home with a well-designed table setting, I believe I have provided you with all the ingredients you need to guess what you will find on Sweet & Sour.

SapienStone is the first brand of porcelain designed specifically for kitchen worktops, for both residential and professional use (restaurants and cafés). The outstanding quality of SapienStone worktops is the main factor of a long-lasting, unwavering product.

It is resistant to the most common forms of damage and wear, such as blows, scratches abrasion, fire, frost and temperature shock.

This is the natural result of careful selection of raw materials experience as makers of porcelain and the best product development laboratories.

SapienStone is a brand owned by the holding company Iris Ceramica Group.

For more than 50 years the Group has been a world leader in the production of top quality porcelain and high-tech ceramics serving more than 100 countries with a vast range of solutions for covering walls and floors.

From the contract industry to wellness, hospitality, residential projects and large-scale public works projects responding to all the requirements of construction and living.

There is a focus on the creation of high-tech porcelain surfaces. It combines outstanding technical qualities with refined aesthetics in line with the latest trends in international design Iris Ceramica Group includes numerous brands. The Group has always been a leader in the sector on an international scale.

With cutting-edge production technology in nine industrial plants in Europe and the United States, advanced logistics and a constant focus on the environment.



