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Introduction

Nothing unites people more than a meal. We can have a talk, we can look at each other, we can share... Share our mood, impressions and warmth of the souls.

Whilst we are cooking, we put our energy and love into this exciting process. Every dish includes a part of us, something human and alive. Whilst we are eating, we can take a part in a food concert and listen to each individual sound from its accords.

My family has been travelling much. And cuisine impression always leaves a track in our memory. Every time we try to add something unique to our eating traditions. Inside this ArtCookBook I would like to share with you the variety of dishes which we usually cook at home, in combination with the expression of my personal emotions and perception of tastes, colours and forms from different international dishes.

An abstract painting featuring a woman's face and hands. The woman has dark hair and is wearing a red and yellow patterned top. Her hands are clasped together, with one hand holding a small white bowl containing a yellow egg. The background is composed of various overlapping colors including red, yellow, green, and blue.

Pesto Sauce

1 cup Balsamic Vinegar
3 cups Fresh Basil Leaves
1 1/2 cups chopped Walnuts
4 cloves Garlic, peeled
1/4 cup grated Parmesan Cheese
1 cup Olive Oil
Salt and Pepper to taste

In a food processor, blend together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.



Caprese Salad

1 cup Balsamic Vinegar
1/4 cup Honey
3 Tomatoes, cut into slices
1 package fresh Mozzarella Cheese, cut into slices
1/4 teaspoon Salt
1/4 teaspoon Ground Black Pepper
1/2 cup fresh Basil Leaves
1/4 cup extra-virgin Olive Oil

Stir balsamic vinegar and honey together in a small saucepan and place over high heat. Bring to a boil, reduce heat to low, and simmer until the vinegar mixture has reduced to 1/3 cup, about 10 minutes. Set the balsamic reduction aside to cool.

Arrange alternate slices of tomato and mozzarella cheese decoratively on a serving platter. Sprinkle with salt and black pepper, spread fresh basil leaves over the salad, and drizzle with olive oil and the balsamic reduction.



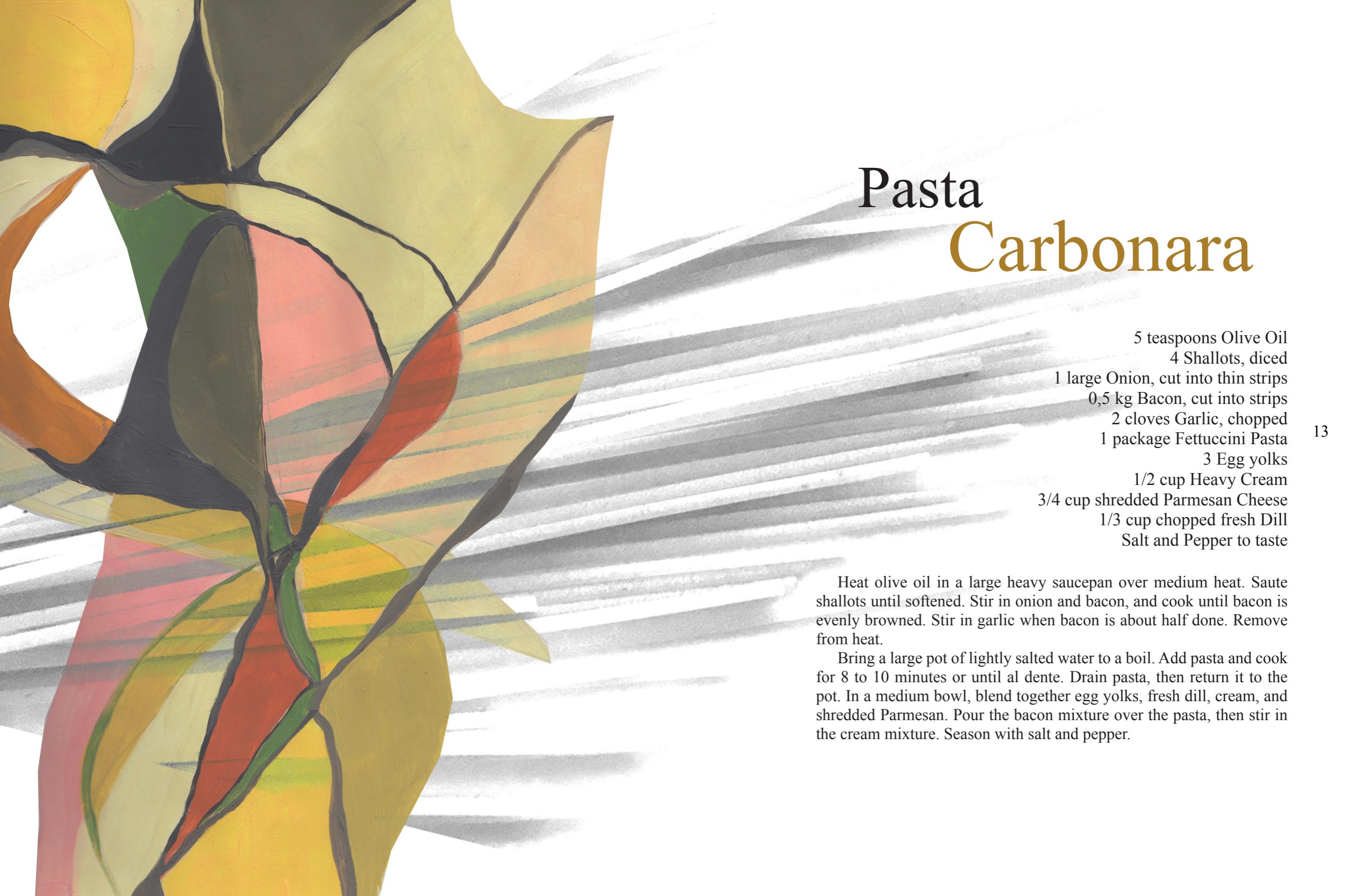
Balsamic Bruschetta

11

2 cups fresh Tomato Juice
4 Tomatoes, diced
1/3 cup chopped Fresh Basil
3 cloves Garlic, minced
1 tablespoon Balsamic Vinegar
3 tablespoons Olive Oil
1/4 teaspoon Salt
1/4 teaspoon Freshly ground Black Pepper
1 loaf French Bread, toasted and sliced

Chop 4 tomatoes and stir them with 2 cups of tomato juice and chopped basil. Add olive oil and vinegar. Season with salt and black pepper.

Arrange alternate slices of french toasted bread. Rub the bread with garlic. Top the bread with tomato mix and serve.

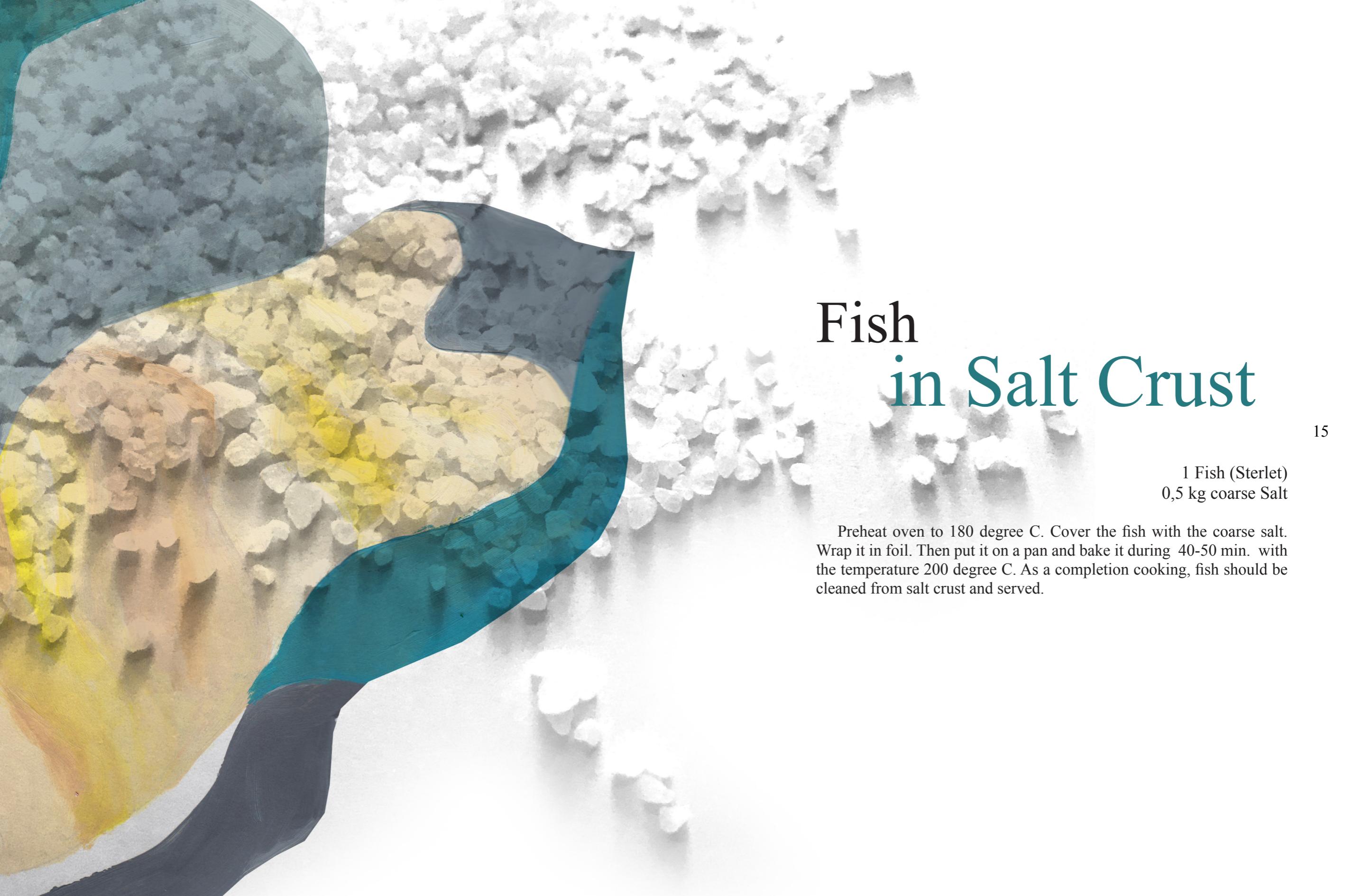


Pasta Carbonara

5 teaspoons Olive Oil
4 Shallots, diced
1 large Onion, cut into thin strips
0,5 kg Bacon, cut into strips
2 cloves Garlic, chopped
1 package Fettuccini Pasta
3 Egg yolks
1/2 cup Heavy Cream
3/4 cup shredded Parmesan Cheese
1/3 cup chopped fresh Dill
Salt and Pepper to taste

Heat olive oil in a large heavy saucepan over medium heat. Sauté shallots until softened. Stir in onion and bacon, and cook until bacon is evenly browned. Stir in garlic when bacon is about half done. Remove from heat.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain pasta, then return it to the pot. In a medium bowl, blend together egg yolks, fresh dill, cream, and shredded Parmesan. Pour the bacon mixture over the pasta, then stir in the cream mixture. Season with salt and pepper.

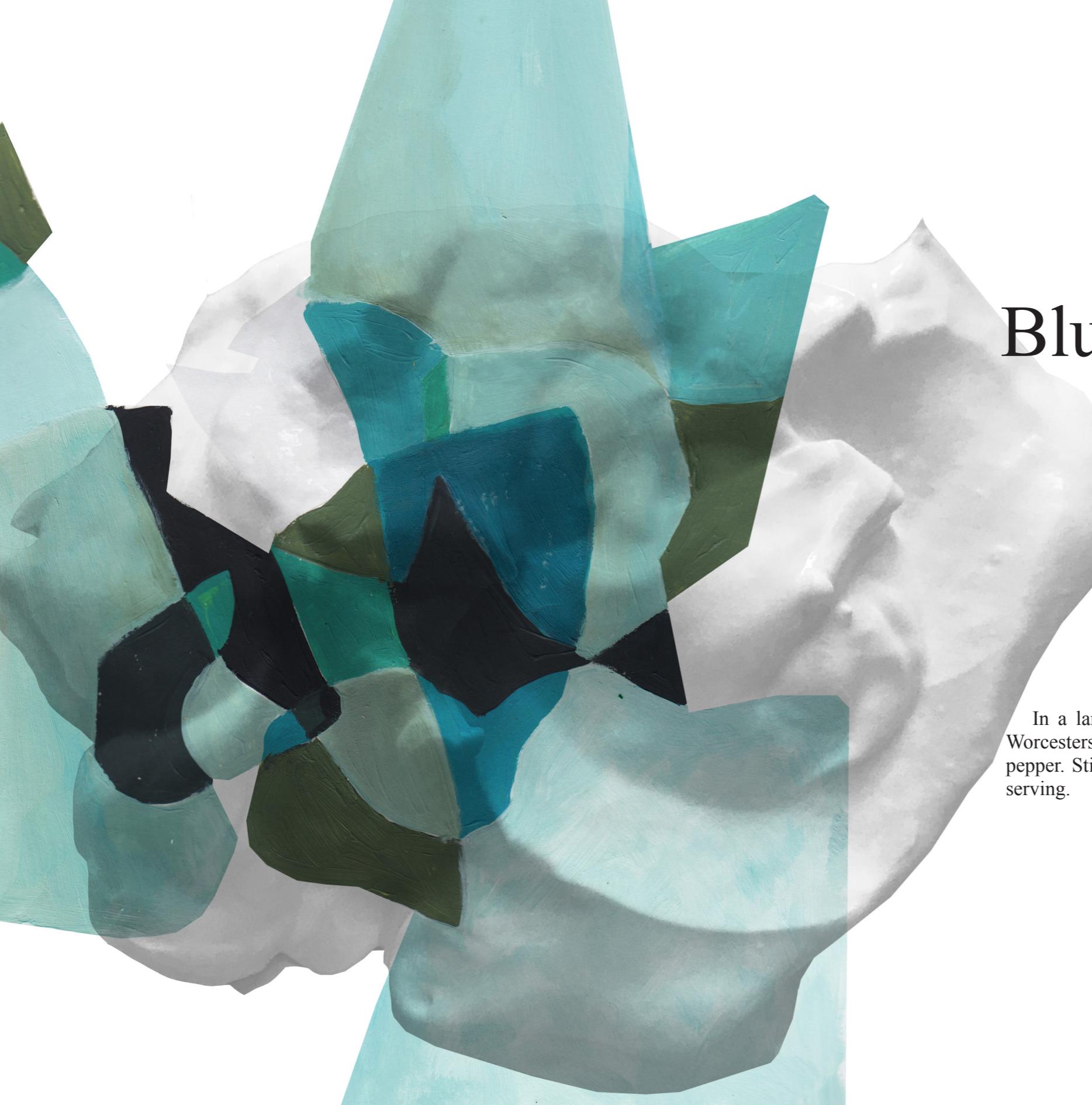


Fish in Salt Crust

15

1 Fish (Sterlet)
0,5 kg coarse Salt

Preheat oven to 180 degree C. Cover the fish with the coarse salt. Wrap it in foil. Then put it on a pan and bake it during 40-50 min. with the temperature 200 degree C. As a completion cooking, fish should be cleaned from salt crust and served.



Blue Cheese Sauce

3/4 cup Sour Cream
1 1/3 cups Mayonnaise
1/2 teaspoon Dry Mustard
1/2 teaspoon Garlic Powder
1/2 teaspoon Salt
1/2 teaspoon ground Black Pepper
150 g Blue Cheese, crumbled

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In a large bowl, whisk together the sour cream, mayonnaise and Worcestershire sauce. Season with mustard, garlic powder, salt and pepper. Stir in blue cheese. Cover, and refrigerate for 24 hours before serving.



Seafood Ravioli

for Pasta Dough:

0,5 kg Flour
2 large Eggs
1 tablespoon Oil

for Filling:

150 g cooked Crabmeat
150 g cooked Prawns
150 g cooked Scallops
150 g cooked Salmon fillet
1 Egg White
2 teaspoons finely chopped Garlic
2 teaspoons Lemon Juice
Salt and ground Black Pepper

19

Make the pasta by mixing all the ingredients together in a food processor with the normal blade. You can also do this by mixing the flour and eggs together by hand on a wooden board. Use your hands to shape it into a ball and draw together any crumbs. Wrap in clingfilm and leave to relax in a cool place for an hour.

Meanwhile, make the filling. Remove the prawns from their shells. Put the crabmeat, prawns, scallops, salmon fillet in the food processor and whiz until smooth. Add the egg white, lemon juice salt and pepper and whiz again until just mixed. Stir in the chives, cover and set aside.

Place teaspoonfuls of the filling in even rows at intervals of 1 1/2 inches over half of the pasta. Fold the other half over the mounds of filling. Press together, firming around each mound to make sure you have squeezed out all the air. Cut between the rows, making sure the edges are sealed.

Cook the ravioli in boiling water for 3-4 minutes until al dente.

Place on the serving dish and decorate with the chives.



Double Fish Rolls With Bacon

300 g Turbot Fish filet
300 g Salmon Fish filet
200 g sliced Bacon
1 teaspoon Olive Oil

21

Fish should be sliced and split on groups, which will include 3 ingredients: bacon, red fish and white fish. Then put 3 pieces above each other with the next rolling. Each triple layer roll should be fixed with toothpick.

In a large pan put all rolls and baked these during 1/2 hour over to 180 degree C. Serve with blue cheese sauce.



Baked Jacket Potato

23

500 g Jacket Potato
1 cup Mayonnaise
1 spoon Salt
1 teaspoon Olive Oil

Cut in half all potato, put it with the cutted side face to a large pan. Add 1/2 teaspoon of mayonnaise, salt and pepper above each half and then baked during 1/2 hour over to 180 degree C. Serve hot with greens.



Butter Chicken Masala

1 cup Butter, divided
1 Onion, minced
1 tablespoon minced Garlic
1 can Tomato Sauce
3 cups Heavy Cream
2 teaspoons Salt
1 teaspoon Cayenne Pepper
1 teaspoon Garam Masala
0,5 kg skinless, boneless Chicken Breast
2 tablespoons Vegetable Oil
2 tablespoons Tandoori Masala

25

Preheat oven to 190 degrees C. Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes.

Meanwhile melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.

While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet.

Bake chicken in preheated oven until no longer pink in the center, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving.



Chicken Tikka Masala

1 kg Chicken Thighs
1 teaspoon Powdered Turmeric
1 teaspoon Red Chilli Powder
1 tablespoon Virgin Olive Oil
1 small Sliced Onion
2 tablespoons Pureed Tomato
1 diced Tomato
1/2 cup Yoghurt (Curd)
1 teaspoon Powdered Cumin
1 teaspoon Coriander Powder
4 g diced Garlic
1/2 teaspoon Ginger Paste
2 tablespoons Garam Masala Powder
1/2 cup Heavy Cream
for Garnishing:
1 handful Mint Leaves

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Cut the chicken thighs in medium size pieces in a shallow dish. Add curd, turmeric powder, cumin powder, 1 teaspoon of chilli and coriander powder. Marinate the chicken and keep in refrigerator for 6-7 hours so that all the flavours are soaked in. Broil the marinated chicken in oven until its crisp and brown from both sides, alternatively you can grill or pan roast/fry the chicken pieces.

Heat oil in a pan. Saute garlic, ginger paste, onions, tomatoes, tomato puree. Add garam masala, 1 teaspoon chilli powder, 1 teaspoon coriander powder. Saute until the oil starts separating from mixture. Add heavy cream and simmer for 5 mins until sauce is thickened.

Add the broiled chicken pieces to the sauce. Simmer for another 5-6 mins until chicken is mixed with sauce.

Serve hot. Garnish with mint leaves.



Chicken Curry

1 kg washed & dried Chicken
100 ml Mustard Oil

2 teaspoons crushed to paste Green Chilli
1 teaspoon crushed to paste Cumin
1 teaspoon Yoghurt (Curd)
1 teaspoon crushed to paste Ginger
200 g Ghee

500 g chopped Onion
3 teaspoons crushed to paste Coriander Seeds
1 teaspoon Garam Masala Powder
1 teaspoon Turmeric
1 teaspoon crushed to paste Garlic

29

Drain and wash the chicken under cold running water and keep aside till it is almost dry. Heat ghee in a pan over moderate flame. Add cumin, garam masala.

Add onions and cook till golden. Now add the chicken, ginger garlic paste, salt and curd. Mix well and cover. Do not let the steam escape. Though you do not need to pressure cook it.

When chicken is half done, add all other spices and cook for few minutes on medium flame. Keep stirring till the chicken is properly cooked.

Cook further till the oil starts separating from the mixture. Add one cup water and allow to simmer for 5-7 minutes. Remove from fire and garnish with chopped coriander leaves. Serve with rice.

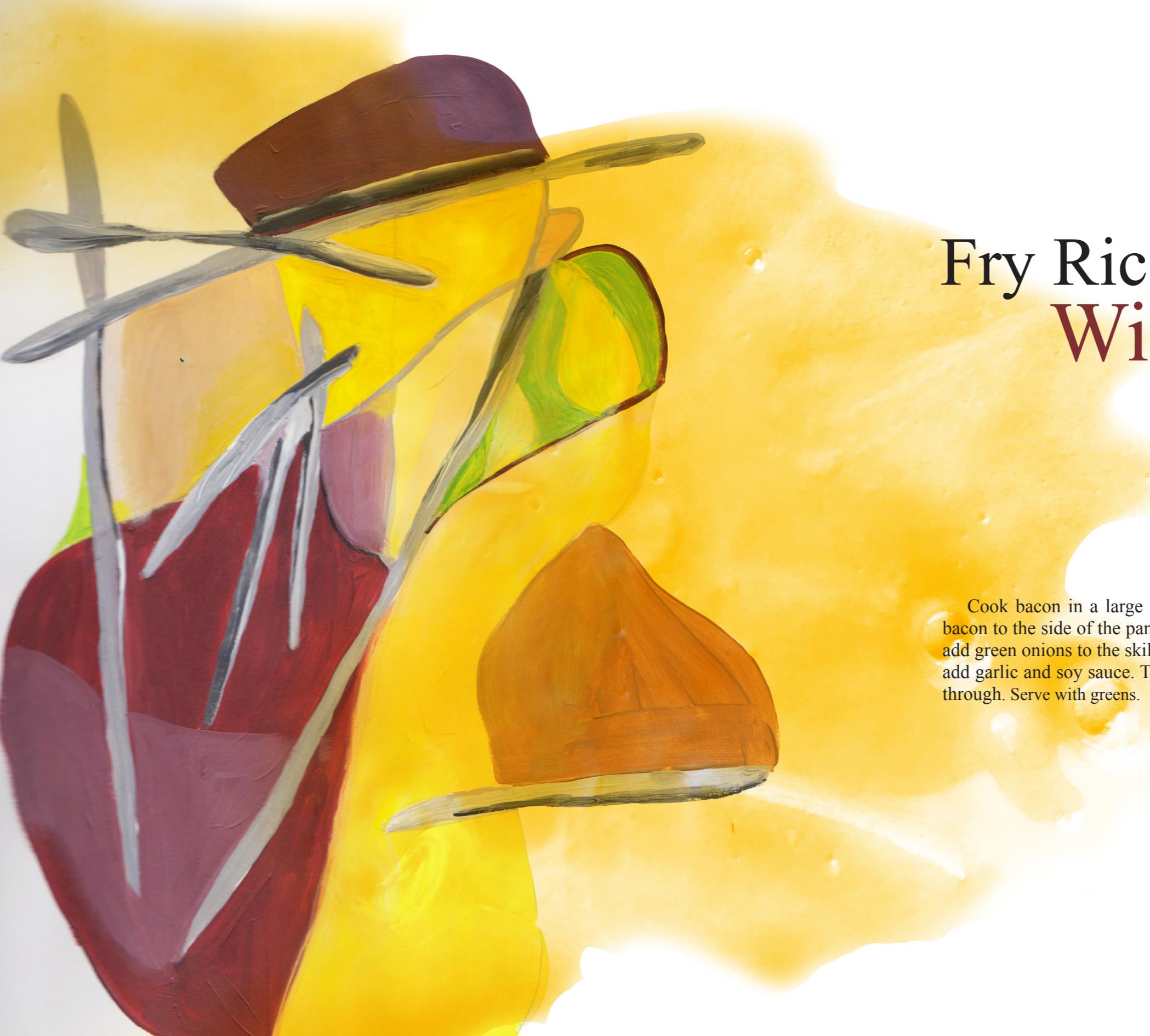


Steamed Squids With Ginger

31

0,5 kg Squids, cleaned
100 g fresh Ginger, sliced
1 spring green Onion, cut into 3 cm lengths
1/2 Onion, peeled and sliced
1 Red Chili, chopped
1 tablespoon Rice Wine
for Fish Sauce:
2 tablespoons Sugar
2 tablespoons Garlic, peeled and finely chopped
2 Red Chili, finely chopped
1 Lime Juice
200 g Ginger, peeled and finely chopped

Combine all sauce ingredients. Mix well and set aside. Slit open squid tubes and flatten. Make diagonal cuts on the inner surface then slice. Place squid on a deep heatproof (flameproof) plate and cut top with ginger, spring onion, onion and chili. Pour rice wine over. Steam for 10 minutes. Serve hot with sauce on the side.



Fry Rice With Bacon

6 strips Bacon, cut into pieces
1 Egg, beaten
8 Green Onions and Tops
Cooked Rice
1 tablespoon minced Garlic
3 tablespoons Kikkoman Soy Sauce

33

Cook bacon in a large skillet over medium heat until crisp. Move bacon to the side of the pan; add egg and scramble. Move egg over and add green onions to the skillet; saute for about a minute. Stir in the rice, add garlic and soy sauce. Toss until mixture is well blended and heated through. Serve with greens.



Crispy Sotong

4 large Squids
1/2 cup Plain Flour
1/2 cup Corn Flour
1/2 teaspoon Salt

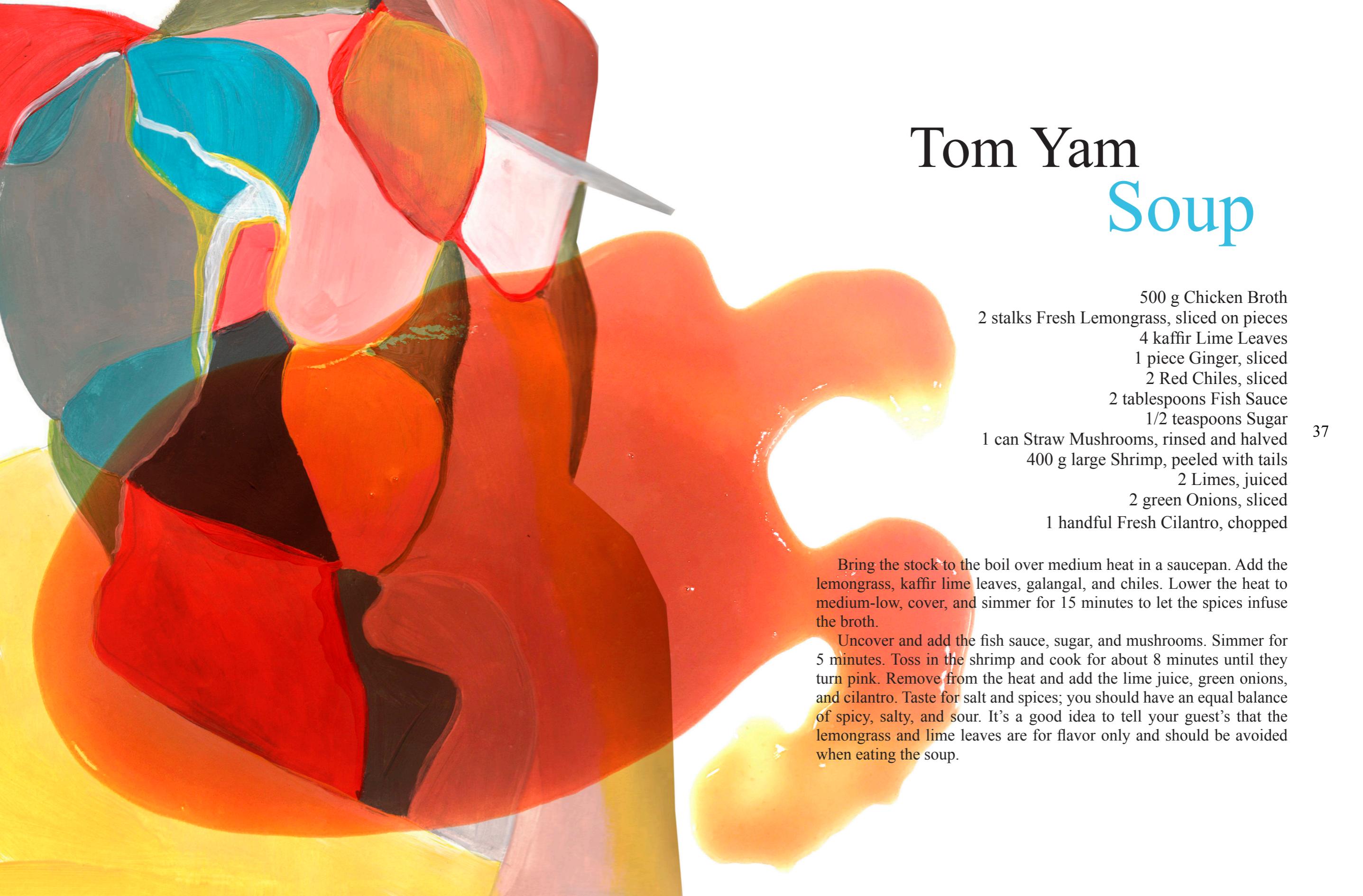
1/2 teaspoon Ground Black Pepper
pinch of Paprika and Cayenne Pepper
Vegetable Oil for deep frying

35

Wash the squids and remove the tentacles. Clean out the inside of the squid and pull out any remaining intestines and the hard membrane. Cut out the squid's beak and eyes. This can be a bit squishy but it's easier just to but below the eyes. Cut the squid into 1cm rings and half the tentacles. Dry the squid with clean tea towel and make sure all the moisture dried out.

Prepare the other ingredients in a bowl. Toss the squid in the flour mixture and set it aside.

Heat the oil for deep frying. The oil has to be really hot to get the squid to be crispy. You'll have to cook it really fast in the hot oil. Shake off any excess flour and add the squid in small batches to the oil so that it will be crispy. Cook until is is golden and crispy. It should take about a 1-2 mins. Remove it and drain over paper towels. You can serve it with all types of sauces but our favourite is mayonnaise.



Tom Yam Soup

500 g Chicken Broth
2 stalks Fresh Lemongrass, sliced on pieces
4 kaffir Lime Leaves
1 piece Ginger, sliced
2 Red Chiles, sliced
2 tablespoons Fish Sauce
1/2 teaspoons Sugar
1 can Straw Mushrooms, rinsed and halved
400 g large Shrimp, peeled with tails
2 Limes, juiced
2 green Onions, sliced
1 handful Fresh Cilantro, chopped

37

Bring the stock to the boil over medium heat in a saucepan. Add the lemongrass, kaffir lime leaves, galangal, and chiles. Lower the heat to medium-low, cover, and simmer for 15 minutes to let the spices infuse the broth.

Uncover and add the fish sauce, sugar, and mushrooms. Simmer for 5 minutes. Toss in the shrimp and cook for about 8 minutes until they turn pink. Remove from the heat and add the lime juice, green onions, and cilantro. Taste for salt and spices; you should have an equal balance of spicy, salty, and sour. It's a good idea to tell your guest's that the lemongrass and lime leaves are for flavor only and should be avoided when eating the soup.



Pita Salmon

39

2 Pitas
250 g Salmon Fish
250 g Cheese
3 Tomatoes
1 bundle green Onion
1 bundle Dill

Grate cheese. Slice salmon, greens and tomatoes into pieces. Put this filling above thin pita layer and make rolls. All rolls should be fried from two sides. So, ready dish could be served with vegetables.



Rowanberry Tea

41

2 teaspoons whole leaf Black Tea
100 g Rawenberry
1/4 Lemon
Sugar

Put the boiling water into jug with the black tea (amounts to 1 teaspoon/500 ml) and rowanberry. Add lemon and sugar to taste. Let it brew for 1/2 hour.

Enjoy!