



# XING'S COOKING FRIDAYS

EL COOKBOOK





# NAOISE'S BLACK PAELLA

PREP TIME: 20 MIN. - COOK TIME: 40 MIN. - TOTAL TIME: 1 HOUR - YIELDS: 4

- A big squid
- 5 cups of rice for paella
- 12 cups of fish broth
- 2 tbsp of squid ink, diluted in a bit of warm water

For the sauté:

- 420 gr. of grated tomato
- 1 big onion
- 2 small cloves of garlic
- Thyme, rosemary, bay leaf
- Salt
- 1 tbsp extra virgin olive oil

For the "green paste":

- 3 or 4 parsley branches
- A handful of hazelnuts
- Extra virgin olive oil



#### Preparation of the sauté:

1. Chop garlic and onion and sauté for 10 min. in olive oil.
2. Add a tsp of thyme, a tsp of rosemary and 2 bay leafs. Stir carefully.
3. Finally add the tomato and salt and cook on low fire for 20 min.
4. Let cool and process to obtain an homogeneous paste.



#### Preparation of the paste:

1. Hand-blend the parsley and hazelnuts together.
2. Add olive oil while you blend to create a green thick paste.



#### Preparation of the paella:

1. Cut the squid into small squares and stir-fry in a *paella* at medium heat for 1 or 2 min.
2. Add 6 tbps of the sauté, stir and cook for 10 min. Add water if necessary so it doesn't get stick.
3. Slowly add the rice without ceasing to stir. Cover with broth and bring up to a boil, then let it simmer at medium heat for 8 min.
4. Add 3 tbsp of the green paste, salt to taste, the ink and mix.
5. Let cook at medium-low heat for 20 min without stirring. Add a bit of broth if it dries out too soon.
6. Once the rice is cooked, let it sit for a few minutes before serving.
7. Enjoy with a bit of *alliolí* on the side!





## DEMA'S MOTHER' BAKLAVA

PREP TIME: 15 MIN. - COOK TIME: 20 MIN. - TOTAL TIME: 35 MIN. - YIELDS: 4

- 200 gr of peeled natural walnuts
- 200 gr of peeled natural almonds
- 1kg white sugar
- 1 liter water
- 250 gr of butter
- 6 layers of filo pastry
- cinnamon



1. Heat the water in a sauce pan and add the sugar until it melts, creating a syrup, and let cool.
2. Grind the walnuts and almonds into small but crunchy pieces. Add 3 tbsp of sugar, 1 tsp of cinnamon, and mix.
3. Melt the butter and add until you get a mix consistent enough so it doesn't fall apart. Save the rest of the melted butter for later.
4. In a flat surface covered with melted butter, spread a layers of filo pastry, brush a bit of butter on the top of the pastry and create a roll filled with the mix. Use melted butter to stick the end of the roll together – pretty much like rolling a joint.
5. Cut the rolls into slightly skewed pieces and grill in a preheated oven until toasted on the top.
6. Drown the toasted pieces in the syrup for a few seconds and then let them dry.
7. Enjoy with mint tea!





# ERICK'S TOM KHA GAI

PREP TIME: 20 MIN. - COOK TIME: 40 MIN. - TOTAL TIME: 1 HOUR - YIELDS: 6

- 2-3 red Thai bird's eye chilis
- 4-5 kaffir lime leaves
- 1 thumb-sized piece of galangal
- 1-2 pieces of lemongrass
- 1 small chicken breast
- a handful of cherry tomatoes
- a handful of small white mushrooms
- a lime
- 7-8 tablespoons of fish sauce
- 400ml of coconut milk
- 500ml of chicken broth



1. Deseed and chop the chillies into very thin rings. Slice galangal into paper-thin pieces.

2. Chop lemongrass into 10cm long pieces and crush with the butt-end of a knife. Add lime leaves.

3. Put chili, lemongrass and galangal into a pot with the coconut milk.

4. Slice chicken into thin strips, quarter the mushrooms and half the cherry-tomatoes.

5. Bring the coconut milk almost to a boil and add the chicken. Allow the chicken to cook on high heat for a good 5 minutes.

6. Add broth, tomatoes and mushrooms and simmer for another 20 minutes.

7. Flavor with the juice from a squeezed lime and fish sauce.

8. Serve with rice and... enjoy!





## MEL'S ADOBO FILIPINO

PREP TIME: 10 MIN. - COOK TIME: 30 MIN. - TOTAL TIME: 40 MIN. - YIELDS: 4

- 4 chicken legs, jointed
- 1 large onion, grated
- 4 cloves garlic, smashed
- 3 bay leaves
- 5 peppercorns
- 1 lemon, zested and juiced
- Generous splashes of soy sauce
- Splash of vinegar (optional)
- Olive oil



1. In a large pot, mix together all the ingredients until the chicken is coated. Cover and bring to a boil. Turn heat down to medium and cook about 35 minutes or until the chicken is cooked.

2. Preheat the oven grill to super high. Place the chicken pieces skin side up on an oven tray and cook under the grill until the skin gets crispy.

3. Simmer the leftover cooking sauce until thickened.

4. Serve with steamed white rice. Drizzle the sauce all over the rice and chicken.

5. Enjoy!





## LADISLAV'S SWEET DUMPLINGS

PREP TIME: 15 MIN. - COOK TIME: 5 MIN. - TOTAL TIME: 20 MIN. - YIELDS: 8

- 300g to 1kg flour
- fruits
- 4 or 5 (500g) boiled potatoes
- 1 egg
- Butter
- Vanilla Sugar
- Cocoa Powder



1. Boil the potatoes in their skins. Then, peel and press or grate.
2. Wash fruits and cut into medium-sized pieces.
3. Potatoes and salt in a bowl, mix the flour, egg and prepare dough and then use roller to make a layer.
4. Cut layer into equal square pieces and carefully wrap each plum, making a ball.
5. Cook in boiling lightly salted water. Cook until the dumplings rise to the surface.
6. Cover them with melted butter and sprinkle with sugar or cocoa powder.





# CHARLES' AJIACO

PREP TIME: 10 MIN. - COOK TIME: 40 MIN. - TOTAL TIME: 50 MIN. - YIELDS: 4

- 8 small starchy potatoes, peeled and diced
- 8 small red potatoes, cut into quarters
- 8 small yellow or white potatoes, cut into quarters
- 2 onions
- 1 chicken cut into eighths
- 1 liter water
- 2 maize, cut into thick slices
- 2 cloves of garlic
- 2 avocadoes as a complement, diced
- 400 ml cream
- coriander
- guascas (or bay leaf)
- capers (alcaparras)
- rice on the side
- oil for cooking



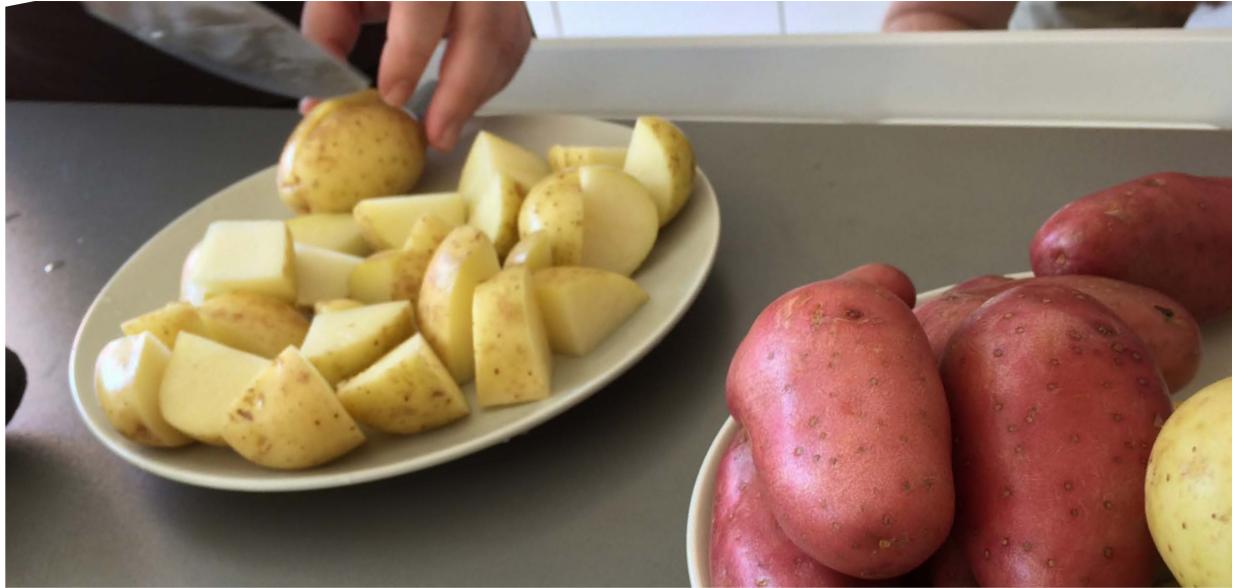
1. Heat a bit of oil on a casserole and fry chicken, onions and garlic until golden.

2. Add potatoes and guascas to taste, fry for 5 min, stirring so it doesn't get stick.

3. Add the maize, coriander to taste and water until covered. Cook for 40 min. The starchy potatoes should disintegrate but the other ones should be well-cooked without disintegrating.

4. When cooked, serve on soup bowls and add 100ml of cream, half avocado, and capers to taste.

5. Enjoy with some rice on the side!





## MEL'S FISH TACOS

PREP TIME: 15 MIN. - COOK TIME: 10 MIN. - TOTAL TIME: 25 MIN. - YIELDS: 10

- Corn tortillas (3 per person)

For the pickled onions:

- $\frac{1}{2}$  cup red wine vinegar or apple cider vinegar
- 1 Tbsp sugar
- 1.5 tsp salt
- Red onion thinly sliced

- Some whole cumin seeds
- Some whole pepper-corns
- Some dried oregano
- Sliced garlic (optional)

For the chipotle mayo:

- Mayonnaise
- Chipotles en adobo
- For the fish:
- 2 Tbsp olive oil
- 1 Tbsp lime juice
- 1 Tbsp mel's secret chili powder
- Salmon fillet

- Salt

For the garnish:

- Cilantro leaves picked off the stem
- Thinly sliced radishes
- Thinly sliced cabbage
- Limes



To make the pickled onions:

1. Whisk together first three ingredients
2. Mix in the rest of the ingredients
3. Put in a jar with a lid, shake and let sit for about an hour before serving
4. This will keep indefinitely in your fridge. Just top up with more onions, vinegar, etc...



To make the chipotle mayo:

1. Blitz the chipotles and mayo together until smooth. Add more of either to adjust to your taste.

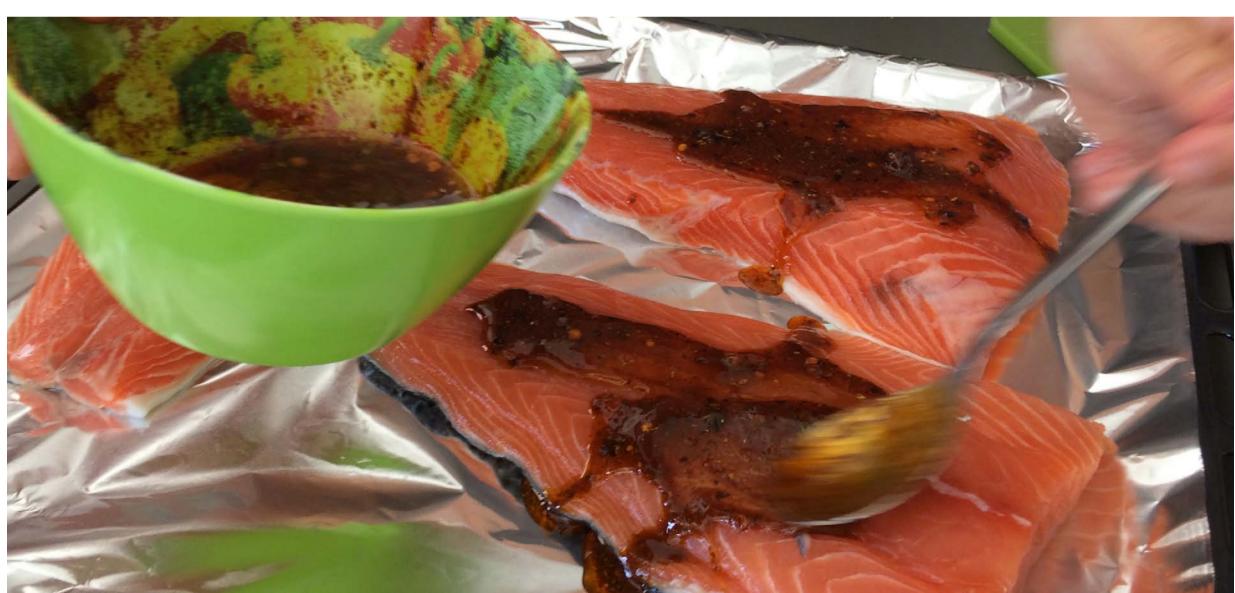
To make the fish:

1. Mix the first 3 ingredients together.
2. Preheat oven grill to super high
3. Put the fish skin side down on a tray covered with foil
4. Season each salmon fillet with salt and spread the spice mix on top of the flesh
5. Grill in the oven for 8 minutes



To assemble a fish taco:

1. Reheat the tortillas in a microwave: wrap in damp paper towel and microwave for 30 seconds on high
2. Put some fish on the tortilla
3. Follow with whatever garnish you want
4. Drizzle some chipotle may over the top
5. And finish with a squeeze of lime
6. Enjoy!





# JOÃO'S BACALHAU À BRÁS

PREP TIME: 10 MIN. - COOK TIME: 15 MIN. - TOTAL TIME: 25 MIN. - YIELDS: 8

- 800 gr cod, fresh
- 3 big onions
- 1 garlic clove
- 12 eggs
- 750 gr matchstick potato chips
- parsley
- black olives
- pepper
- salt
- olive oil



1. Chop the onions and garlic to small pieces and mince the cod.

2. In a deep pan, sweat the onions and garlic until golden, then add the pieces of cod, and cook for a few minutes, until it soaks up the oil.

3. Then add the potatoes and stir whilst adding the beaten eggs with salt and pepper to taste. (Remember: the chips and the cod are already salty enough!)

4. Stir for a few minutes, until the chips moisten but before the eggs become an omelette.

5. Serve hot, with chopped parsley and black olives.





## RAUL'S MISO EMPOWERING BOWL

PREP TIME: 15 MIN. - COOK TIME: 15 MIN. - TOTAL TIME: 30 MIN. - YIELDS: 2

- 1 big potato (or even better, sweet potato), cut into ~1cm rounds
- 1 1/2 tsps olive oil
- Fine-grain sea salt
- Freshly ground black pepper
- 1 cup uncooked quinoa
- 1 cup frozen shelled edamame, thawed

- 1 medium carrot, julienned
- 2 green onions, thinly sliced
- 1/4 cup fresh cilantro leaves, chopped (optional, we didn't had this)
- 1 tsp sesame seeds
- 1 tbsp hemp seeds
- 1/2 cup sprouts

For the Orange-Maple Miso dressing:

- 3 tsbps (45 mL) light miso
- 2 tsbps (30 mL) rice vinegar
- 1 tbsp (15 mL) toasted sesame oil
- 1 tbsp (15 mL) tahini
- 1/4 cup (60 mL) fresh orange juice
- 1 tsp (5 mL) maple syrup (or honey)
- 1 tsp (5 mL) water



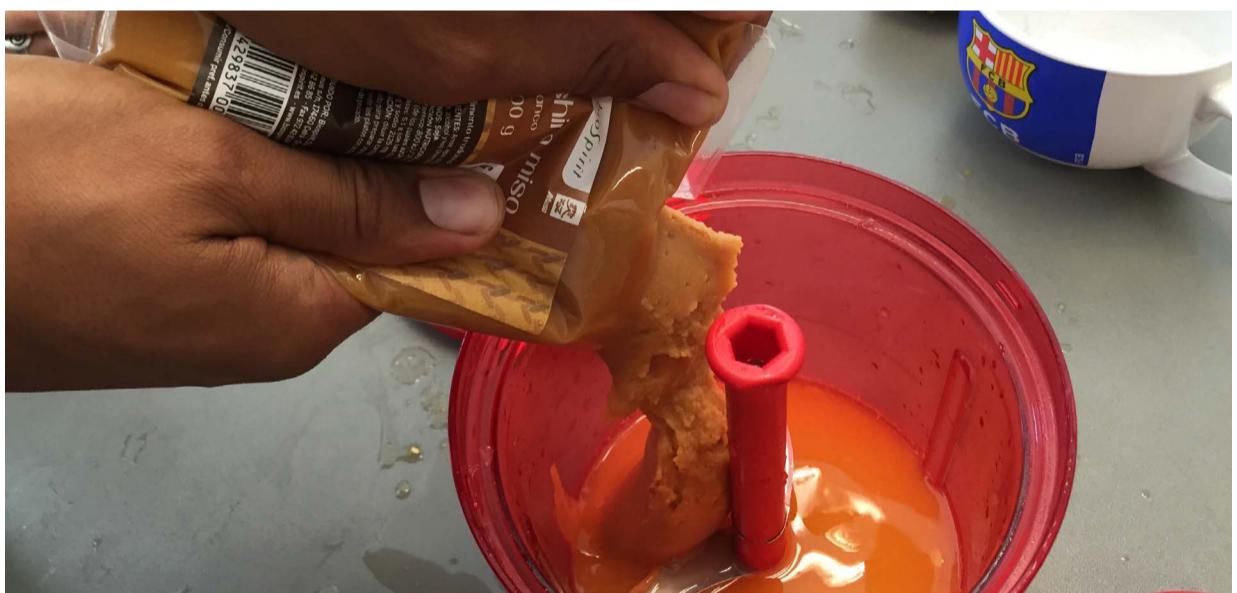
1. Preheat the oven to 400°F. Place the potato rounds on a baking sheet and drizzle them with the oil, rubbing it on both sides to coat. Sprinkle with salt and pepper. Roast for 20 minutes, then flip and roast for 8 to 10 minutes more, until tender and lightly browned.



2. Meanwhile, combine the quinoa with 1½ cups water in a saucepan and bring to a slow boil. Turn the heat down, cover, and simmer until the water is absorbed, about 15 min.



3. To assemble, divide the cooked quinoa evenly between 2 plates or bowls and season it with salt and pepper. Top with the roasted potato rounds, the edamame, carrots, green onion, cilantro, the sesame seeds, hemp seeds, and sprouts.



4. Drizzle with Orange-Maple Miso Dressing and enjoy!

For the Orange-Maple Miso dressing:

1. In a mini or regular food processor, combine the miso, vinegar, sesame oil, tahini, orange juice, water, and maple syrup and process until well combined.





## JORGE'S AREPAS

PREP TIME: 30 MIN. - COOK TIME: 15 MIN. - TOTAL TIME: 45 MIN. - YIELDS: 6

### For the arepas

- Pre-cooked white corn flour
- Water
- Salt

### For the filling

- Yuca
- Plantain
- Avocado
- Limes
- Garlic

- Fresh cheese
- Butter
- Ham
- Cheese slices
- Olive oil to fry
- Salt



## For the arepas

1. In a bowl, put in the water and salt, and then add the flour while you squash and mix with your hands to avoid crumbles. Keep adding flour until the though is not sticky.
2. To make the arepas make a ball of the size of a paddle ball, and craftily convert it into a kind of UFO. This part is tricky.
3. Cook them on a pan at medium-high until they are golden on the outside and patting them makes a hollow sound, and store wrapped on cloth.



## For the filling

1. Peel and cut the yuca and boil it until soft, about 10 min.
2. For the yuca to be even softer, you can optionally put the cut pieces of yuca on the freezer overnight. Allow more time to cook in that case.
3. Finely cut or squash the garlic and mix with squized lima juice and a pinch of salt. Sprinkle the cooked yuca with this sauce.
4. Cut the banana into oblique, 1-inch pieces and fry in a pan with half an inch of oil until crunchy on the outside.
5. Cut or slice the rest of the ingredients conveniently to fill in the arepas.



## Preparing the arepas

1. Cut open the arepa bread on one side.
2. Fill in with the desired filling.
3. Enjoy with Venezuelan music (Reynaldo Armas) on the background!



TO BE CONTINUED...