

Witchcraft of Cooking

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August 28, 2023

Preface

This book is a very personal compilation of dishes whose techniques the authors found particularly appealing. It includes dishes from various cuisines around the world, such as German, Italian, Thai, or Pakistani cuisine. In this book, we do not limit ourselves to a specific theme, but rather focus on the method of preparation. We specifically emphasize that our dishes can be prepared intuitively, with as little measuring as possible. We aim to highlight the intuition of cooking in this book, so that the timing of a specific cooking step can be determined by tasting, the sense of smell, or simply by observation of changes in the cooking utensil. Our goal is to extract these markers in order to convey an understanding of ingredient combination and processing to the reader.

Our sources include oral traditions from various trips to the respective countries and traditional home cooking that is passed down orally, as well as selected cooking videos from YouTube featuring Michelin-starred chefs.

In particular, all dishes have been cooked and refined multiple times by the authors, so preparation techniques and ingredients may differ from traditional recipes. New recipes are constantly being added to the book. In the bibliography at the end, you will find all our sources listed in alphabetical order.

Most of the dishes presented here can also be transformed into a vegetarian or vegan version. We deliberately refrain from making this distinction as we want to focus on cooking techniques and introduce traditional dishes. Therefore, we also refrain from providing corresponding labels. We hope that you, dear reader, will adapt the dishes to your dietary preferences or consciously modify them to avoid any allergies. We sincerely thank you for your understanding. Furthermore, we would like to avoid providing overly detailed measurements. The dishes are quite forgiving in terms of taste and can tolerate small changes in quantities. If this is not the case, we will explicitly state it and provide an exact cooking time or measurement. Of course, dear reader, you are also encouraged to try your own variations of the dishes and modify them as needed.

If you would like to contribute or provide feedback, suggestions, or criticism regarding the recipes, please email us at melodia.luciano@proton.me.

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Chapter 1

Sauces

“A sauce adds something, really two things: a taste as well as the opportunity to think about how the thing was made. This is the same kind of pleasure we derive when we look at a painting; the eye is pleased, while the mind explores the esthetic windings of a technique and a willed structure.”

— Raymond Sokolov

1.1 Mayonnaise

This is the classic recipe of a mayonnaise, refined in such a way that the basic taste of egg, mustard and oil is supported by citric acid and bitter substances from green

tea. You will need a large bowl and a whisk, or optionally a hand blender.

This recipe makes 2 *servings*. It takes about 10 *minutes* and has an *easy* level of difficulty.

Items

- ❶ A pinch of green tea powder.
- ❷ 1 teaspoon of dijon mustard.
- ❸ 1 teaspoon of medium mustard.
- ❹ 1 egg.
- ❺ 100 ml sunflower oil.
- ❻ Lemon juice or a small lemon.
- ❼ Salt and pepper.

Instruction To make the mayonnaise, first add the egg to our bowl. then add the juice of a small lemon half and the Dijon mustard as well as the medium hot mustard. We also add a pinch of green tea powder, salt and pepper.

Then we start whisking the ingredients and slowly add the sunflower oil. It is also possible to use rapeseed oil, but the oil should not have too pronounced taste of its own. If you use a hand-held dusting mixer for beating, it should be sunk over the egg yolk, like a protective dome over it, and then switched on at the highest speed. The operations are carried out until a solid paste is obtained, just the finished mayonnaise.

The mayonnaise can be steered in different directions with flavor nuances, such as a clove of garlic in the hearty spicy direction or a chili pepper towards the spicy one. Adding a bit of *hoisin sauce* or *sriracha sauce* also leads to an omami result or mild spiciness, respectively.

1.2 Raspberry Chutney

The raspberry chutney is a base for sauces and can also be used as a burger sauce when combined with a mayonnaise [1.1]. However, it is also suitable as a stand-alone sauce for dark meat dishes, such as red or venison. Optionally, this recipe can also be done with *blackberries*, *blueberries*, *gooseberries*, *strawberries* or *black cherries*. A winter version with *oranges* or a summer version with *bitter oranges* as a base is also possible.

This recipe makes 2 *servings*. It takes about 15 *minutes* and has an *easy* level of difficulty.

Items

- ❶ 300 g of raspberries.
- ❷ 1 onion.
- ❸ 1 tablespoon of brown sugar.
- ❹ 1 tablespoon of rice vinegar.
- ❺ 1 chilli.
- ❻ 2 tablespoons of olive oil.

- ⑦ 3 tablespoons of soy sauce.
- ⑧ Salt, pepper and cinnamon.

Instruction We put on a medium size pot and add the olive oil. The oil should then be heated over medium heat. While the olive oil is heating up, we chop the chili pepper as small as possible and add it to the oil. A stewing time of about five to seven minutes should be allowed so that the oil can absorb the flavors of the chili. Here you can vary the degree of spiciness to your liking, but Thai chilies are best, as the chutney should be fiery at the end.

Then we add the chopped onions and let them become translucent. Once the state is reached, the brown sugar is added. We now increase the heat slightly and let the sugar caramelize. When the onions are covered with the caramel layer and as a result are golden brown, we add the raspberries. You can use fresh or frozen raspberries. Only the cooking time is delayed, because of the additional water in the case of the frozen option.

We can add the rice vinegar and soy sauce at the same time and let the chutney boil down over medium heat.

Lastly, we add a glass of tap water and reduce the heat. Stirring occasionally, we reduce the broth until we get a thick, creamy consistency. At last we taste with a little cinnamon, salt and pepper. We should save on the salt, because the soy sauce contains enough sodium.

Chapter 2

Pasta

“Everything you see I owe to spaghetti.”

— Sophia Loren

2.1 Spaghetti Carbonara

There is hardly a more controversial dish than *spaghetti carbonara*. Contrary to many opinions, cream is not a component of this dish. It is even frowned upon. The carbonara can be made very well with other pasta, ideally even with tagliatelle or ziti. However, we will stick to the most popular variant. The challenge with this dish is the process of preparation.

This recipe makes 2 *servings*. It takes about 20 *minutes* and has an *intermediate* level of difficulty.

Items

- ❶ 250g of spaghetti.
- ❷ 60g of pecorino romano or pecorino sardo.
- ❸ 60g guanciale or pancetta.
- ❹ 3 eggs.
- ❺ Salt and black pepper.

Instruction As we can see, we do not need many ingredients. First, we fill a large pot two-thirds with water. It is said that for every 100g of pasta, one liter of water is needed. We salt the water with three tablespoons of table salt and bring it to a boil.

While the water is boiling, we prepare the sauce. To do this, we grate the pecorino as finely as possible on the square grater. At this point you can also mix 30g pecorino with 30g parmesan, or a ratio of your choice. Just keep in mind that the pecorino is much saltier and gives the dish a much spicier note.

To create the cream, we put the grated cheese in a bowl. Now we add the three raw eggs. You can also use only the yolk at this point. The result is a different color of the sauce and a much more intense flavor. If you discard the egg whites, the relative fat content is much higher and you have a stronger flavor carrier for

the guanciale and pecorino. However, the original recipe calls for the use of all the ingredients. The cheese is then whisked with the eggs until a thick, fairly homogeneous mass is obtained. Here is now added abundant black pepper, freshly ground. Subsequently, the mixture is whisked again. The amount of pepper I leave to you, but feel free to overdo it. It must be generous. Now the base for the cream is ready.

We now add the *spaghetti*, *ziti*, *tagliatelle* or other form of pasta to the pot and cook it for the same amount of time as indicated on the package, or one minute shorter to get the pasta really all dente. Pasta with a large surface is particularly suitable.

We cut the guanciale into thin short strips. Next, we heat a skillet over medium heat and add to the pan, without the addition of any fats, again freshly grated pepper. We roast the pepper until the respiratory tract is irritated by the rising steam. Then we add the guanciale. We let it roast until the guanciale becomes crispy. A large amount of fat will come out of the pork cheeks, this fat is the flavor carrier for the dish and should not be discarded. Feel free to taste here to see if the guanciale is crispy enough. If it is, turn off the heat completely. Now we take a ladle of pasta water and add it to the pan to release the adhering pepper and roasted flavors from the fat. The pasta should be cooked, now. We skim it and put the finished cooked pasta in the pan with the guanciale and pepper. However, the pasta water should

be saved! At this point it is necessary to watch carefully. The pasta will steam, but slowly cool from this point on. As soon as there is only a little steam, or even no steam at all, take a quarter of a ladle of pasta water and add it to the cheese to obtain a slightly thinner cream. We then add this cream to the warm pasta and mix vigorously.

The result is the classic carbonara cream, thus we are ready to serve.

Chapter 3

Main Courses

3.1 Grandma's Lentil Stew

This recipe is a simple stew that is particularly affordable to prepare. The stew can be enjoyed as a hot or cold meal, especially during the cold season. Optionally, you can add a knob of ginger, cooked along with the stew, a few cloves of garlic, according to taste, or one to two chili peppers to give it a different flavor profile. However, let's start with the original recipe. In Germany, this is a traditional recipe from the rural bourgeois cuisine and is therefore called Grandma's Lentil Stew.

This recipe makes about 6-8 *servings*. It takes about 45 *minutes* and has an *easy* level of difficulty.

Items

- ❶ $\frac{1}{4}$ celery.
- ❷ 1 leek.
- ❸ 1 handful of parsley.
- ❹ 2 carrots.
- ❺ 2 slices of bacon.
- ❻ 500g lentils.
- ❼ Salt and black pepper.

Instruction

Bibliography

- [1] Vincenzo Prospero (2023): “How to Make Spaghetti alla Carbonara Like a Roman,” *Vincenzo's Plate YouTube*, https://www.youtube.com/watch?v=0NX_Y6HjBZI.