

---

---

# KITCHEN FAVOURITES

---

---

MY RECIPE COLLECTION

EDITED BY  
NICO GUBA



2018

# Contents

<b>1</b>	<b>Stocks</b>	<b>1</b>
1.1	Basic Principles . . . . .	1
1.2	Chicken Stock . . . . .	3
1.3	Fond Blanc Ordinaire . . . . .	4
<b>2</b>	<b>Soups</b>	<b>5</b>
2.1	Lilly Schrödinger's Mushroom Soup . . . . .	6
<b>3</b>	<b>Sauces</b>	<b>7</b>
3.1	Red Wine Sauce . . . . .	8
3.2	Bolognese . . . . .	9
<b>4</b>	<b>Meat</b>	<b>10</b>
4.1	Rigani Lamb or Chicken . . . . .	11
4.2	Bavarian Roast Pork "Schweinsbraten" . . . . .	12
<b>5</b>	<b>Accompaniments</b>	<b>13</b>
5.1	Romanesco Purée . . . . .	14
<b>6</b>	<b>Bread</b>	<b>15</b>
6.1	Wheat and Spelt Loaf . . . . .	16
6.2	Baguette de Tradition . . . . .	17
6.3	Miche . . . . .	18
6.4	Egg Pasta . . . . .	19

# Chapter 1

## Stocks

### Contents

---

<b>1.1 Basic Principles</b>	<b>1</b>
<b>1.2 Chicken Stock</b>	<b>3</b>
<b>1.3 Fond Blanc Ordinaire</b>	<b>4</b>

---

### 1.1 Basic Principles

Escoffier once wrote: "*Stock is everything in cooking. Without it, nothing can be done*".

Indeed, the quality of the stock is effectively the most important factor for a satisfactory result. Therefore the cook mindful of success, will naturally direct his attention to the faultless preparation of his stock, exercising the most scrupulous care in their preparation.

The importance of stocks in the kitchen is indicated by the French word for stock: *fond*, meaning “foundation” or “base.” In classical cuisine, the ability to prepare good stocks is the most basic of all skills because so much of the work of the entire kitchen depends on them. A good stock is the foundation of soups, sauces, and most braised foods and stews.

The following observations apply to all manufacture of stock:

- Stocks are never salted since they are ingredients to other dishes.

- Never boil a stock. Bring to the boil and then reduce the temperature by adding cold water and skim immediately. This technique is very efficient for the removal of scum that forms when cooking with meats such as beef.
- Bones should be cooked for at least twelve hours to extract their minimum useful potential.
- Optionally, vegetables may be roasted as well (use a shallow pan for this).
- To avoid fermentation, rapid cooling of the stock is advisable. This can be achieved by adding more cold water. Immersing the finished stock in a waterbath and then rapid transfer to a fridge is also advisable.
- A lot of the clarity of the stock depends on how well it has been skimmed and that its cooking has been conducted under gentle heat.

---

## 1.2 Chicken Stock

*This is a simple and effective method for obtaining a smooth and gelatinous stock, perfect for binding sauces.*

### Ingredients

2kg chicken wings	1 carrot, chopped
2-3 tsp rapeseed or sunflower oil	1 leek, chopped
20g butter, cut into cubes	1/2 head celery, chopped
1 onion, chopped	3 garlic cloves, chopped
	2.5–3.0 litres of water

### Instructions

*Preheat the oven to Gas Mark 4, Electric 180°C, Fan 160°C.*

1. Lay the chicken wings in a roasting tin, add a splash of oil and half of the butter. Roast for about 1 hour or until golden.
2. Place the onion, celery, garlic, carrot and leek into a separate roasting tin or ovenproof dish, add a splash of oil and half the butter and roast until golden.
3. Drain the fat from the chicken wings and put with the vegetables in a large pot. Cover with the water, bring to the boil and simmer gently for 6–8 hours.
4. Pass the stock through a fine-mesh sieve, allow it to cool and then refrigerate in an airtight container until required.

---

## 1.3 Fond Blanc Ordinaire

*This forgotten recipe from the great Escoffier is one of my all time favourites.*

### Ingredients

1.5kg beef bones (shin of beef)	225g turnips
1.5kg lean beef	340g leeks
750g fowls' skeletons	120g parsnips
450g carrots	5.0 litres of water

### Instructions

*Preheat the oven to Gas Mark 4, Electric 180°C, Fan 160°C.*

1. Break the bones as finely as possible, sprinkle with a bit of fat and brown them in an oven. Stir them repeatedly.
2. When the bones are lightly browned, put them into a saucepan with five litres of cold water, add the vegetables and put to the boil.
3. As soon as boil is reached, add a bit more cold water and skim carefully. Then turn the heat to the lowest setting and simmer gently for twelve hours, lid half closed.
4. Then roughly remove the fat (keep it for later), strain the liquid through a sieve and let it cool.
5. Next put the meat in a saucepan just large enough to hold it, brown a little in some fat (ideally from the previous step), and brown it a little. Then drain off fat entirely.
6. Add about half a litre of the previously prepared stock, cover the saucepan and let the meat simmer until the stock is almost entirely reduced, turning it frequently.
7. Now pour in the remainder of the previously prepared stock, bring to the boil and then continue very slowly, gently at a simmer under low heat, in order to cook the meat for about one hour and a half (keep the lid off).
8. As soon as the meat is well cooked, remove the fat and pass the stock through a fine-mesh sieve, allow it to cool and then refrigerate in an airtight container until required.

# Chapter 2

## Soups

### Contents

---

2.1 Lilly Schrödinger's Mushroom Soup . . . . .	6
---	---

---

---

## 2.1 Lilly Schrödinger's Mushroom Soup

*This is a simple and effective method for obtaining a smooth and gelatinous stock, perfect for binding sauces.*

### Ingredients

2kg chicken wings	1 carrot, chopped
2-3 tsp rapeseed or sunflower oil	1 leek, chopped
20g butter, cut into cubes	1/2 head celery, chopped
1 onion, chopped	3 garlic cloves, chopped
	2.5–3.0 litres of water

### Instructions

*Preheat the oven to Gas Mark 4, Electric 180°C, Fan 160°C.*

1. Lay the chicken wings in a roasting tin, add a splash of oil and half of the butter. Roast for about 1 hour or until golden.
2. Place the onion, celery, garlic, carrot and leek into a separate roasting tin or ovenproof dish, add a splash of oil and half the butter and roast until golden.
3. Drain the fat from the chicken wings and put with the vegetables in a large pot. Cover with the water, bring to the boil and simmer gently for 6–8 hours.
4. Pass the stock through a fine-mesh sieve, allow it to cool and then refrigerate in an airtight container until required.



# Chapter 3

## Sauces

### Contents

---

3.1	Red Wine Sauce . . . . .	8
3.2	Bolognese . . . . .	9

---

---

## 3.1 Red Wine Sauce

*Superb sauce made from a whole bottle of cheap cooking wine. This magnificent sauce is excellent with roast meats and game. Choose a wine that is high in tannins, such as a young bordeaux.*

### Ingredients

200g veal or beef trimmings	750ml (1 bottle) red wine
120g shallots or small onions	50ml ruby port
60g butter	1 bay leaf
70g button mushrooms, halved	1 thyme sprig
2 streaky bacon rashers, chopped	700ml chicken stock (see 1.3)
	salt flakes
	pepper

### Instructions

1. Melt half the butter in a large saucepan over a medium-low heat. When it is foaming, lay the trimmings in the pan. Caramelize them gently for 15 minutes, turning them from time to time.
2. Add the onions, mushroom, garlic and bacon. Continue to cook until they are also cramelized; this will take about 5 minutes.
3. Pour in the red wine, then the port, and add the bay leaf and thyme.
4. On a steady boil, reduce by about  $4/5^{th}$  until it is syrupy, concentrated and intense.
5. Pour in the stock, bring to the boil, then reduce to a simmer. Continue to cook at a simmer for 35-40 minutes, skimming regularly.
6. When the sauce is ready it will be velvety and coat the back of a spoon.
7. Correct seasoning with salt and pepper according to taste, then strain through a fine-mesh sieve.
8. When ready to serve, reheat the sauce and mount it by dropping pieces of cold butter whilst whisking. This will add texture and richness as well as rounding the flavours.

## 3.2 Bolognese

*Traditional Italian Ragú. A lot of recipes are way too liquid, preventing the enjoyment of the meat flavours. The method described here ensures it has the right consistency.*

### Ingredients

250g minced beef	25g butter
250g minced pork	1 glass of dry Martini or Noilly
2-3 rashers of high quality Pancetta, finely diced	Prat
2 medium onions, finely diced	1 glass of chicken stock (see 1.3)
2 medium carrots, finely diced	1 1/2 tablespoon tomato purée
2 garlic cloves	salt
	pepper

### Instructions

1. In a sauté pan, coat the bottom with as little olive oil as possible and gently render the Pancetta cubes.
2. Whilst the Pancetta is cooking, melt the butter in a medium saucepan over gentle heat. When it is foaming, add the carrots and onions. Caramelize them gently for 15 minutes, turning them from time to time.
3. To better cook the minced meat, cut it perpendicular to its strands and add both the pork and the beef to the pot. Let it cook for 5-10 minutes at gentle heat with the lid closed. Then increase the temperature and ensure all liquids have evaporated. There is quite a bit of water in both; therefore ensure that there is no more collection of water at the bottom of the pan. Stir frequently as the end approaches in about 10-15 minutes at the higher heat.
4. Add the vermouth and let it reduce and evaporate for 10 minutes. No more water or liquid should be present at the bottom of the pan and the mixture should have a rather dry feel when stirred.
5. Mix the tomato purée with the chicken stock and add to the mix, stirring until it has coated all the meat.
6. Add the pancetta with all its fat and add the garlic.
7. Keep stirring for a few minutes, then let the mixture rest for about 15 minutes, lid closed.

# Chapter 4

## Meat

### Contents

---

4.1	Rigani Lamb or Chicken . . . . .	11
4.2	Bavarian Roast Pork "Schweinsbraten" . . . .	12

---

---

## 4.1 Rigani Lamb or Chicken

*A parculuar favourite in Greece, where the distinct flavour of Rigani is particularly appreciated. A favourite for BBQs*

### Ingredients

150ml olive oil	pieces
juice of 1 lemon	2 teaspoons of dried rigani
2 onions, peeled	pulp of 2 tomatoes
2 bay leaves cut into small	salt and pepper

### Instructions

*I often use a tin of peeled timatoes instead of pulp. Marinading overnight is highly recommended.*

1. Add all the ingredients to a blender and mix in a couple of bursts.
2. Cube the meat and marinate for at least 3 hours, ideally overnight in the fridge.
3. Drain the cubes and thread them on to skewers.
4. Grill whilst basting regularly until the cubes are of a rich brown colour outside, but still pink and juicy within.

---

## 4.2 Bavarian Roast Pork "Schweinsbraten"

*Often enjoyed in many households in Bavaria.  
This particular recipe is adapted to my taste where  
I prefer a rather nice crackling and tender meat.*

### Ingredients

2kg shoulder or belly of Pork	1-2 bottles of Bavarian Dunkel
1 leek, sliced	1 tsp paprika
1 fat carrot, sliced	1 tsp caraway seeds
1 reasonably large onion, chopped	salt and pepper according to taste

### Instructions

*Pre-heat the oven to 160°C*

1. Whilst the oven is pre-heating, rub the meat with paprika and caraway seed.
2. Slightly cover a roasting pan with fat and lay the meat into it, skin side up.
3. Insert into the oven at mid-level and let it roast for about 10 minutes.
4. Take out the pan and insert the vegetables around the meat, adding enough beer so that the liquid is about 15cm (ca 1/2 inch) high.
5. Reintroduce to pan to the oven and gently roast for at least 1.5-2 hours according to taste. Ensure the liquid never dries but remains moist within the vegetable mix. This important for achieving a satisfactory sauce.
6. Roast pork is never served english (ie pink) but rather fully cooked. The gentle slow-roasting prevents it from going tough.
7. Once the meat is done, remove the vegetables and the liquid in order to process the sauce by straining it through a suitable sieve (or chinois).
8. Ensure that the skin is suitably fattened again, and proceed to make the crackling by continuing to roast the joint skin side up at 200°C

# Chapter 5

## Accompaniments

### Contents

---

5.1 Romanesco Purée . . . . .	14
-------------------------------	----

---

---

## 5.1 Romanesco Purée

*My version of a cauliflower purée, inspired by John Williams, head-chef of the Ritz London.*

### Ingredients

30g butter

120g romanesco, finely sliced

120ml crème fraîche

120ml milk, whole or semi-skimmed

### Instructions

1. Melt the butter over medium-high heat.
2. When it starts to foam, add the romanesco slices, cook them for about 5 minutes until they have softened.
3. Pour in the cream and milk and cook over high heat, stirring as the milk and cream bubble.
4. Reduce and thicken.
5. Once cooked, drain and blend to a purée.
6. Season with sea salt according to taste.



# Chapter 6

## Bread

### Contents

---

6.1	Wheat and Spelt Loaf . . . . .	16
6.2	Baguette de Tradition . . . . .	17
6.3	Miche . . . . .	18
6.4	Egg Pasta . . . . .	19

---

---

## 6.1 Wheat and Spelt Loaf

*Country loaf with nutty flavours*

### Ingredients

40% Spelt flour	15% Leven
30% T65 flour	70% Water
30% T85 flour	2.5% Sea Salt

### Instructions

*Ensure the water is free of chlorine or other antiseptic additives.*

1. Dissolve the sourdough starter in the water and add the flour and mix coarsely.
2. Let it autolyse for 3-4 hours.
3. Add the dry yeast and salt.
4. Now knead the flour using the stretch and fold technique, gently making 4 folds every 15 minutes for a total time of about 2 1/2 hours.
5. Prepare oven for hearth baking by adding a pan filled with lava rocks at the bottom and preheat the to the maximum temperature, usually 250°C or higher.
6. Let the dough rise for 1 - 1 1/2 hours, then divide into equal rectangles.
7. Rest for about 30 minutes, then shape the dough into baguette rolls and transfer each baguette to their 'couche'.
8. Leave to rise for 1 1/2 - 2 hours.
9. Pour a glass of water over the lava rocks, make the incisions into the dough and transfer into the oven.
10. Bake until deep golden, usually 20 - 25 minutes.
11. Transfer to cooling rack.

---

## 6.2 Baguette de Tradition

*Made from wheat flour, water, yeast, and common salt. It may contain up to 2% broad bean flour, up to 0.5% soya flour, and up to 0.3% wheat malt flour according to the 'Décret de Pain 1993'*

### Ingredients

200g levain liquide	20g sea salt
8g fresh yeast	620g water
1000g T65 flour (Viron)	

### Instructions

*Ensure the water is free of chlorine or other antistepctic additives.*

1. Mix for 8min slow speed + 3mn fast speed
2. 2h bulk fermentation
3. Fold + 30 mn bench rest
4. Divide and preshape into batons + 10 min bench rest
5. Shape into baguettes
6. 45mn proofing on baker's couche
7. Bake 24-30 min at 240° Celsius
8. Trasfer to cooling rack

---

## 6.3 Miche

*I often like to make this one because it is so simple.  
I even prefer it to the miche from Poilâne.*

### Ingredients

400 g sourdough starter	20g sea salt
1000g french T85 flour	620g water

### Instructions

*Ensure the water is free of chlorine or other antiseptic additives.*

1. Dissolve the sourdough starter in the water and add the flour and mix coarsely.
2. Add the dry yeast and salt.
3. Now knead the flour using the stretch and fold technique, gently making 4 folds every 15 minutes for a total time of about 2 1/2 hours.
4. Prepare oven for hearth baking by adding a pan filled with lava rocks at the bottom and preheat the to the maximum temperature, usually 250°C or higher.
5. Let the dough rise for 1 - 1 1/2 hours, then divide into equal rectangles.
6. Rest for about 30 minutes, then shape the dough into baguette rolls and transfer each baguette to their 'couche'.
7. Leave to rise for 1 1/2 - 2 hours.
8. Pour a glass of water over the lava rocks, make the incisions into the dough and transfer into the oven.
9. Bake until deep golden, usually 20 - 25 minutes at 240° Celsius
10. Transfer to cooling rack.

## 6.4 Egg Pasta

*Pasta dough with a lot of 'bite' due to the increased content in Semolina.*

### Ingredients

100g Semolina  
300g Italian '00' flour

4 large eggs

### Instructions

*Eggs should not come directly from the fridge. They should be at room temperature for best results.*

1. Add the semolina and flour into a bowl.
2. Break all the eggs over the bowl and mix with the round side of the spoon to ensure all flour is hydrated. This is a rather dry dough, don't panic when it looks like there won't be enough water to hydrate all the flour.
3. Continue mixing by hand, ensuring no flour is left over and shape the dough into a ball.
4. Cover with wet towel and rest for 30-45 minutes to autolyse the dough.
5. Knead the dough into a smooth paste.
6. Cover with cling film and rest for one hour, alternatively leave in the fridge overnight.