

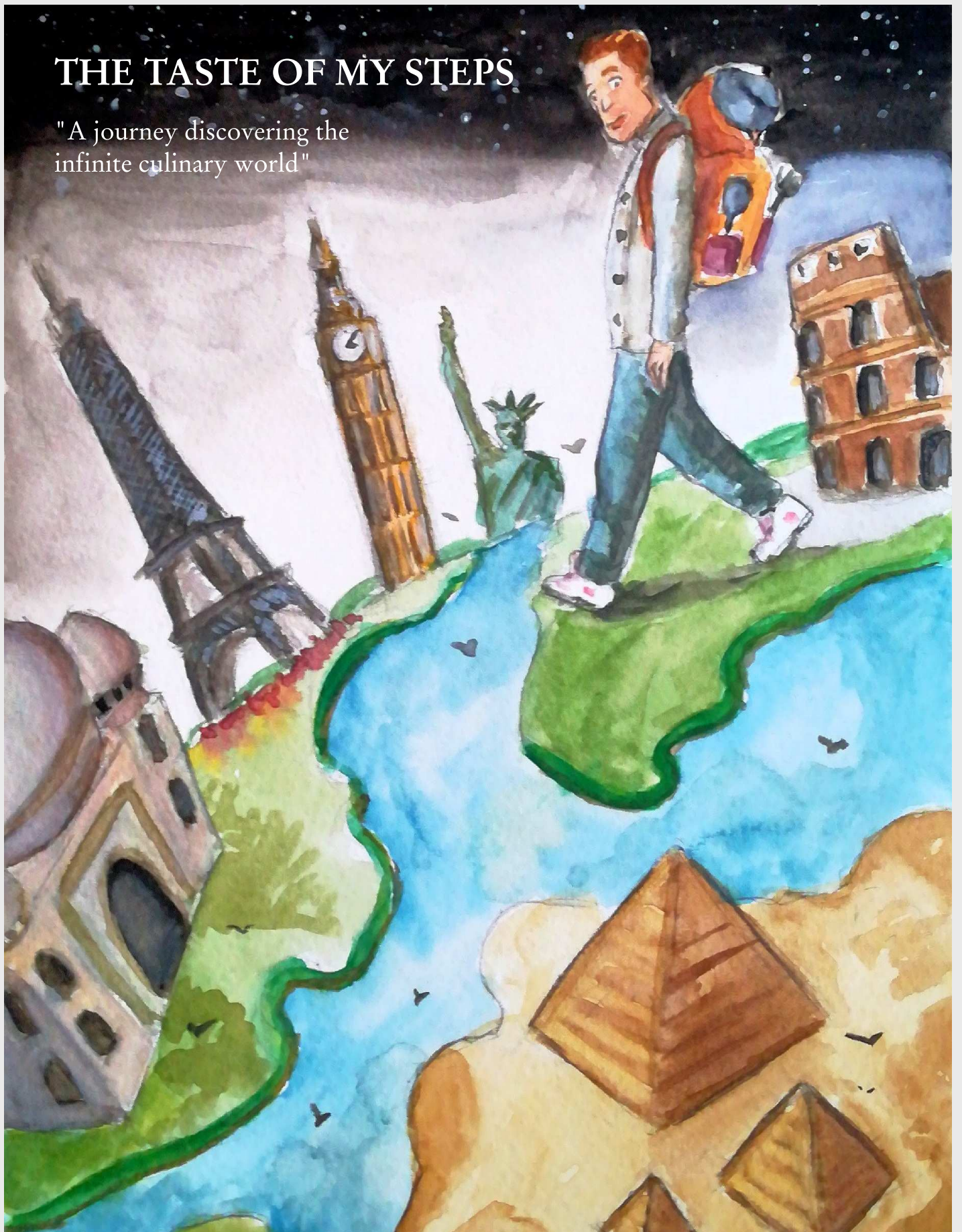
THE TASTE OF MY STEPS



A world travel with culinary feature

THE TASTE OF MY STEPS

"A journey discovering the infinite culinary world"

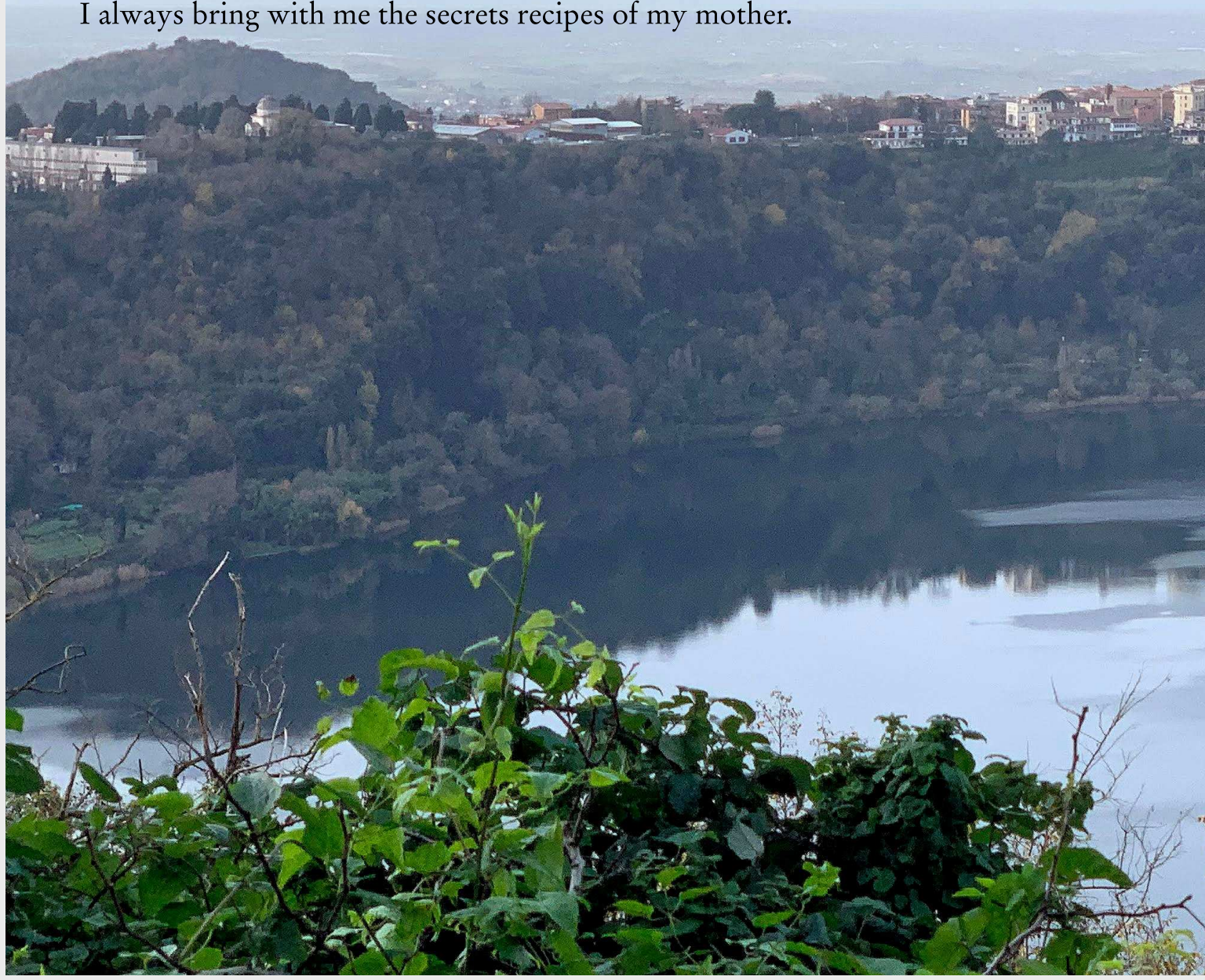


I am Born in a small town in the Roman castles, Genzano di Roma, and I discovered the culinary passion over the years. Son of a family of restaurateurs, bakers, pasta makers, I began my culinary journey at a young age with my mother recipes, who ran a fresh pasta shop with her sister.

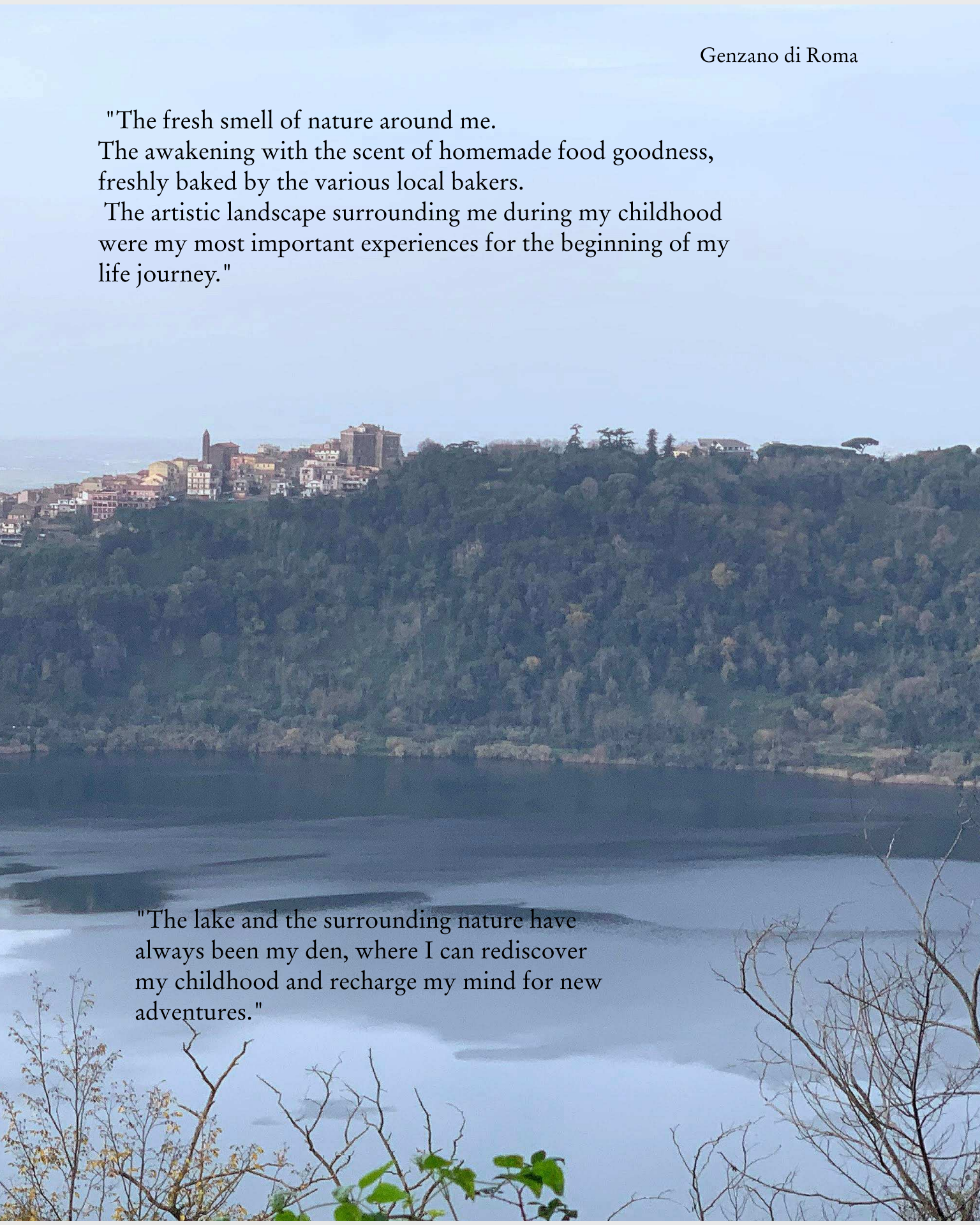
My mother, Caterina, has been always cooking special food for all family, she could stay inside the kitchen from early morning, until meal time, to prepare perfect tasty food.

I took my passion of cooking from her, whom let me explore the various and infinite world of cooking.

I always bring with me the secrets recipes of my mother.



"The fresh smell of nature around me.
The awakening with the scent of homemade food goodness,
freshly baked by the various local bakers.
The artistic landscape surrounding me during my childhood
were my most important experiences for the beginning of my
life journey."



"The lake and the surrounding nature have
always been my den, where I can rediscover
my childhood and recharge my mind for new
adventures."

The Philosophy:

The infinite world of cooks is a space where the ingredients become a taste with a flavor that varies according to the different cooking methods.

Traveling around the world, tasting the different culinary species, I learned to create my own recipes, using the fragrances and techniques of different kitchens.

From my local home-style cooking until the modern cooking technique, I made of my culinary travel a unique experience.

An experience made on learning and teaching new recipes of world culinary.

Those moments are significant for a culinary traveler. Savoring the different traditional meals from each country visited will improve your cooking knowledge.

The taste of my steps will immerse you in a fascinating journey, to discover new culinary and cultural horizons.



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The mother sign

I never thought about becoming a chef in my childhood; however, even as a young man, my culinary journey was already part of my daily life. In short, my culinary life, shortly thereafter, became my hidden secret while traveling the world. The weekends spent preparing fresh pasta with my mother, or during holidays when the traditional recipes filled the tables with unique flavors and smell. Walks in the historic center of my village, where even today, at the very thought, the smells of bread, freshly baked sweets, and the traditional food from the various gastronomic shops come back in my mind all the time.

My mother, Caterina, has always been passing most of her time in a kitchen, where every day, the smell of cooking could arrive until the street.

When you Walk in a small village around Italy, you can easily get attracted by the smell of homemade cooking accompanied by the fresh wind

The culinary journey began from various hotels in Rome and then went beyond the borders. Holland, United Arab Emirates, France, Finland, Qatar, Kazakhstan, Belarus, Seychelles, and some trips to Asian countries, Indonesia, Thailand, Cambodia, Vietnam, Malaysia, Philippines.

However, my culinary passion was born from the cultural background of my family and the place where I have grown up.

Today, I still bring with me the recipes of my home cooking, developing them with new ingredients and flavors from the different countries where I am living. The beauty of cooking is always to keep with you the basics of your mother food culture.

Have a good culinary journey!.

Carciofi alla Romana

**Carciofo alla
Romana:**
2 Artichoke
100 ml oil
1 clove garlic
1 pinch of parsley
(Roman)
60 g breadcrumb
1 pinch of mint
1/4 lemon
salt & black pepper

clean the artichokes, deprive them of the stem, the spiny tips, the hardest external leaves
spread the leaves so that the central part is open
immerse them in a bowl with slightly acidic water, squeezing the lemon on it

For the artichoke filling:

Chopped garlic, parsley, and mint mix with breadcrumb and oil, stuffed artichoke

Put the artichokes upside down in the cooking pot, salt externally, sprinkle with oil, and cook for about 2 minutes, then add water and wine and cover the pot, cook for about 30 minutes checking that the sauce does not dry out too much in which case add again with water

It is time to plate and eat!

Buon appetito

The artichoke is one of the characteristic vegetables of Roman and Lazio cuisine, the protagonist of refined recipes that from November to April return to the menus of restaurants and taverns such as coratella with artichokes, artichoke alla giudia, and artichokes alla Romana

The mother sign



Baccalà fritto

1 kg Salted cod fish (baccalà)	Remove the skin from the salted codfish
50 g parsley	Cut the thread into equal portions
500 g flour	Chopped parsley
350 ml mineral water	Prepare the batter by mixing the water with the flour and add chopped
1 lt sunflower oil	parsley
	Wrap the fillets in the batter
	Fry the fillets in boiling oil, few times x ten minutes

Simple and tasty recipes are a traditional dish prepared primarily during the Christmas season and enjoy all year. You can accompany it with mixed vegetables cooked in the same way.

The mother sign



The mother sign



Tortelloni pasta with Ricotta cheese, Provola cheese and Speck

Pasta dough:

1 kg Semolina flour
8 eggs
50 ml water

Stuffing:

300 g ricotta cheese
150 g provola cheese
150 g speck
1 egg

Sage butter Sauce

200 g butter
10 g sage leaves
water from boiling pasta

Mattarello (roller) in hand,
semolina flour in the table like
fountain.

Time to mix all ingredients
forming a solid dough.
the scene is a typical Sunday time
at home.

Chopped speck and provola
cheese finally, mix it with ricotta
cheese and egg.

After the dough rested in fridge
for 1/2 hour, roll it until 2 mm and
fill it with stuffing prepared.

The Sunday's Cannelloni

Sunday's Cannelloni

400 grams of flour
4 eggs
1 tablespoon of extra virgin olive oil
5 tablespoons of extra virgin olive oil
1/2 onion
1 carrot
1 stick of celery
300 grams of lean minced veal
150 grams of cooked ham
1 glass of dry white wine
1 grated nutmeg
300 grams of tomato sauce
30 grams of butter
Parmesan grated in abundance
salt and black pepper

Baked cannelloni is one of the most popular recipes in Rome and its province. They are prepared every Sunday, but it is at Christmas, and during every party, the cannelloni makes their appearance with no ifs and buts.

The mother sign



The Sunday's Cannelloni

Prepare fresh pasta by placing the flour on a surface and opening the eggs in the center; add a tablespoon of oil and knead to obtain an elastic mixture.

Roll out with a floured rolling pin and make eight rectangles of dough; blanch each rectangle in boiling water for a couple of minutes then dip into a bowl of frozen water and leave to cool on a cotton cloth.

Prepare the filling and the sauce.

Heat 3 tablespoons of oil and fry the chopped onion, celery and carrot for 5 minutes then add the minced meat, the chopped cooked ham, salt and pepper and cook for 10 minutes; blend with the white wine, add the tomato purée and cook until the sauce has tightened well, adding salt.

Allow the meat sauce to cool then fill the pastry with this by rolling each rectangle of dough on itself and without exaggerating otherwise the filling risks coming out during cooking.

Grease a baking dish with butter, arrange the cannelloni tightly next to each other and cover with the remaining sauce. Grate plenty of Parmesan cheese on the cannelloni then bake for 15 minutes at 180 °C and leave to cook. Once ready, let them cool for a few minutes then serve a couple each.

The artistic, historical, and cultural villa near the capital of Rome. In this image, the famous infiorata of Genzano, which every year dresses with colorful flowers, petals, and different designs by local artists.

The mother sign



Abbacchio alla Cacciatora

1 kg lamb meat
100 ml white wine
vinager
100 ml white wine
1-2 anchovies fillet
2 cloves garlic
rosemary
sage
e.v. olive oil
chili pepper
salt
black pepper
500 g potatoes

Lamb preparation:

Cut the lamb in cubes, put it in a bowl with half a glass of wine, rosemary and sage and leave to infuse for 24 hours.

Prepare mirepoix to cook beef, chopping, onion and carrot, pan-fried with oil when the vegetables began gold color, add pancetta ,beef drained from marinade and sauteed for some minutes, add tomato sauce, mixed until get stick to meat, stirring constantly, low the heat, add the wine and cover. Leave to cook for about an hour, stirring and checking continually, if become dry add more water or wine. Add olives after half of the cooking time. Season with salt and pepper only at the end of cooking.

Does not matter How many countries you will change, your homeland life style will stay forever inside your path

The mother sign



The mother sign



Italian Cherry Tart



200 g Flour
120 g Butter
150 g Sugar
3 pcs Egg yolks
1 l e mon zest
1 l kg talian Cherry
100 g Brown Sugar

prepare the shortcrust pastry with a food processor adding flour, butter until getting the right pastry consistency. continually mixing the pastry add, sugar, and lemon zest.

Clean the cherry from their stalk, wash and cook in a pan with brown sugar until to get a jam.

Roll out the shortcrust and prepare the base of the tart inside a tart pan.

Spread the jam in the base, and decorate the surface of the tart with shortcrust strips

brush them with egg yolk

Bake the tart in the oven for 30 minutes at 180 degrees

Porcini Soup with Pheasant Tortellini

Mushroom soup

500 g porcini mushrooms

1 cloves garlic

2 shallots chopped

1/2 bunch parsley

50 ml extra vergin olive oil

1 lt chicken stock

salt

pepper

tortelli

250 g flour

8 eggs yolks

a bit water

Pasta filling

400 g Pheasants

50 g red onion chopped

30 g chopped celery

20 g sage

2 garlic cloves chopped

100 ml red wine dry or red wine vinager

50 ml olive oil

30 g breadcrumbs

50 g pecorino romano

salt, pepper

Porcini soup

Sauté the garlic, shallots and parsley with the olive oil.

Add the sliced mushrooms and sauté for a few minutes

Add the bouillon and let cook for 10 minutes.

Blend with the mixer and sieve

Season to taste

Tortellini filling

Sautee the vegetables and pheasant minced meat with the herbs and the olive oil for a few minutes until well cooked

Add tcheese, breadcrumbs and season with salt, pepper

Tortellini dough

Mix the flour and the eggs with the salt

Knead to make a dough

prepare tortellini

Boiled the pasta for 5-7 minutes, strain and add in top of soup 3 to 5 pieces.

Soup must be creamy liquid

Pasta e fagioli

Ingredients for 4 people

400 g fresh beans

200 g short pasta for minestrone

100 g ham rinds (alternatively bacon or bacon)

250 g ripe tomatoes celery, onion

100 g ham oil,

salt, pepper

Preparation and cooking:

Boil the beans in water and salt for about 1 hour and a half. Half an hour before the end of cooking, add the pork rinds cut into pieces. In a pan put the oil, chopped onion and add the ham, the chopped celery and the tomatoes and cook everything for 20 minutes over low heat add salt and pepper to taste; add the mixture 1/4 hour before the beans are cooked. Then add the pasta, let it thicken and finish cooking.

Checca pasta

Ingredients for 4 people

400 g short pasta (penne, farfalle, casarecce)

200 g mozzarella

100 g sweet Roman caciotta

4 ripe tomatoes

basil, olive oil

salt and pepper

Preparation: Dice the mozzarella, the Roman caciotta and the tomatoes.

Cooking: Bring the pot for cooking the pasta to a boil. On a plate put the mozzarella and Roman caciotta, tomatoes, fresh basil, olive oil, salt and pepper. Drain the pasta and pour it into the bowl with the sauce and mix well.

Risotto ai porcini

Ingredients

350g fresh porcini mushrooms cleaned and sliced 5mm thin.
 1.5 litre clear beef bouillon
 100g unsalted butter
 1 medium sized onion, finely chopped
 350g carnaroli rice
 100g parmesan cheese, freshly grated
 2 tbsp chopped fresh Italian flat leaf parsley
 salt and pepper to taste

Keep the stock simmering next to your risotto pan.

Put 75g of the butter in a Saute pan and saute the onions until soft but without colour.

Add the carnaroli rice and stir to coat all the grains with butter.

Add the first ladle of hot stock, which will be absorbed almost instantly, and stir. Add a second ladleful and stir until absorbed again. Continue this way until all the stock has been added to the rice.

Add the porcini and continue to stir and cook, adding more liquid as necessary. After approximately 15 minutes, taste the risotto. It should be al dente, but not soup like.

Add the 25g of the butter, the grated parmesan and the parsley.

Adjust the seasoning with salt and pepper if needed

Fettuccine alla papalina

Ingredients for 4 people

400 g fettuccine pasta
 100 g parma ham
 100 g butter
 50 g cream
 onion
 125 g peas
 100 g parmesan
 2 eggs
 oil, salt, pepper

Preparation Cut the ham into strips, cut the onion into thin slices, beat the eggs with a pinch of salt. Grate the Parmesan.

Cooking: Bring the pot for cooking the pasta to a boil. In a pan, melt the butter, add the onion, the ham into strips, the peas and also the beaten eggs, add the grated Parmesan cheese, season with salt and pepper to form a compact sauce. Add the cream. Drain the pasta and mix it in the pan with the sauce.

Peperoni ripieni

Ingredients for 4 people

8 color capsicums
 3 pieces of day before bread
 200 g tuna in oil
 100 g black olives
 salt and pepper
 olive oil

Fill the peppers cut in half with a mixture of wet and squeezed bread, crumbled tuna, pitted and chopped olives, salt and pepper. Place the peppers in an oiled baking pan and cook for 40 minutes at 170 °. They are served both hot and cold.

Zucchini ripiene

Ingredients for 4 people

8 zucchini

200 g beef pulp

2 eggs

breadcrumbs

tomato sauce

olive oil

nutmeg

salt and pepper

grated Parmesan cheese

Preparation and cooking:

Mix the meat with the Parmesan, the eggs, the herbs, the soaked and squeezed breadcrumbs, season with salt.

Fill the emptied zucchini with the mixture and brown them in a pan with olive oil over low heat. Add a few tablespoons of tomato sauce diluted with a little warm salt water and cook over low heat with a covered pan. Serve the courgettes both hot and cold.

If the courgettes are large they can be cut into pieces before emptying them.

Saltimbocca alla romana

Ingredients for 4 people

500 g thin slices of veal

200 g ham

butter, sage salt and pepper

Preparation and cooking:

Roll out the slices and place on each a fresh sage leaf and a slice of raw ham that you will stop with a toothpick. Brown the meat in a pan with a little melted butter, salt and pepper. lively for a few minutes. As soon as the meat has browned, turn it over and place it on a plate. Add a tablespoon of water and a knob of butter to the cooking juices. As soon as the butter is liquefied, pour the sauce over the meat. Serve the saltimbocca very hot.

Coratella With Artichokes

Ingredients for 4 people

4 artichokes

500 g lamb offal

olive oil

salt, pepper, lemon

Preparation and cooking:

Cut the artichokes into wedges and cook them in a pan with a tablespoon of olive oil for about 20/25 minutes. If they become too brown during cooking, wet them with a little water. Season with salt and pepper. Add the artichokes to the coratella, which will have been cooked separately with a little oil for about half an hour, and add the sauce of half a lemon at the end of cooking. Cook everything for another 10 minutes.

The mixture should be neither too dry nor too soft.

Chicken With Peppers

Ingredients for 4 people

1 kg chicken in pieces

400 g roasted peppers

200 ml tomato sauce

50 g anchovies

garlic,

salt, pepper

olive oil

parsley

1/2 glass of white wine

Preparation and cooking:

In a pan with the olive oil put the garlic to brown with the anchovies, add the chicken pieces and brown them. Season with salt and pepper, add half a glass of white wine. When it has evaporated, add the tomato sauce and the peppers already roasted and cut into strips. Cook for about 15 minutes over high heat.

Saint John's cream puffs

Ingredients:

250 g flour
 25 g granulated sugar
 8 eggs
 150 g butter
 olive oil

Preparation and cooking:

Boil a quarter of a liter of water, butter, sugar and a pinch of salt in a pan. Remove the pan from the heat and add the flour all at once, stirring constantly with a wooden spoon. Put back on the heat, stirring constantly until the mixture dries, it will come off the walls.

Remove the pan from the heat, let it cool and add the eggs one at a time. Let the dough rest and it should be soft. Fry the cream puffs by pouring them by teaspoons in abundant olive oil and cooking a few at a time. Dry them on absorbent paper. Arrange them in a pyramid on a plate and sprinkle with icing sugar. They are also served filled with cream or ricotta processed with sugar, cream liqueur, according to the most ancient Roman tradition.

Ricotta ice cream

Ingredients:

500 g ricotta
 5 eggs
 100 g granulated sugar
 rum or cognac

Preparation

Mix the egg yolks and sugar in a bowl until a creamy mixture is obtained. Add the liqueur and the sieved ricotta. Pour the mixture into a mold lined with greaseproof paper or from the refrigerator and leave it in the fridge for at least 3 hours. Invert the mold onto a serving dish. The secret of this dessert is in the ricotta which must be very fresh.

Maritozzi con la panna

Ingredients

300 g flour
 100 g raisins
 50 g granulated sugar
 50 g pine nuts
 50 g candied citron
 50 g bread dough
 olive oil
 salt, 2 eggs

Preparation and cooking:

Work the bread dough with 100 gr. of flour, a pinch of salt, a tablespoon of oil and a whole egg. Make a ball of it, put it in a bowl and cover with a napkin. Let it rise in a warm place for 4 hours. Then put the dough back on the pastry board, add the remaining flour gr. 40 of oil, sugar, salt and the other egg. Mix by incorporating a little hot water (the dough must be soft). Add the raisins, soaked in warm water and then dried on a cloth, the pine nuts, the chopped cedar.

Tozzetti biscuit

Ingredients

3 eggs
 150 g sugar
 500 g flour
 450 g butter
 300 g hazelnuts (or almonds) (half chopped)
 1 sachet of vanilla yeast
 1 small glass of liqueur

Preparation and cooking:

Mix everything, excluding the hazelnuts left whole, together with butter. Divide the dough and form sticks on which to line the hazelnuts (very close) that you will push inside, work them well until they have a diameter of about 3 cm. and a length of about 30 cm. Place them well apart on a parchment paper. Cook in oven 170 degrees 20 minutes. after cooled, cut crosswise into 1 cm slices. Toasted in the oven for short time that will be enough to color them just (about 5 minutes) and to make them crunchy.



The Netherlands

After a few years of learning in two important hotels in Rome, St. Regis Grand and Hotel De Russie, where I took my first steps in international companies, I decided to venture on my first culinary journey outside Italy. In October 2006, I landed in Northern Europe, and precisely in Holland. The Hilton in Amsterdam thus became my first culinary adventure outside my country. Roberto's restaurant has been my home place for some years. I learned and deepened my culinary knowledge with General Manager Roberto Payer, a master of excellence in hospitality and Italian cuisine. From classic trattoria cuisine to more refined and elegant cuisine, so-called "fine dining" The period in Amsterdam went very fast and after a few years, I found myself facing a new exciting challenge outside the European borders.

My young age and passion for cooking and travel gave a strong positive impact on what I was looking for in the next chapter of my adventurous career.



Bitterballen

I couldn't start the Dutch dining experience without introducing the fantastic Bitterballen

Bitterballen are a Dutch meat-based snack, made by making a very thick stew thickened with a bit roux, beef stock and generously loaded with meat, refrigerating the stew until it firms, and then rolling the thick mixture into balls which then get breaded and fried. Seasonings in the base stew usually include onions, salt and pepper, parsley and add nutmeg to flavour. You can use even curry instead nutmeg.

110 g butter
 120 g Flour
 650 ml Beef stock
 2 pcs Onion minced
 2 pcs Carrots
 2 1/2 bunch Parsley
 250 g Boiled Beef
 Salt
 Pepper
 Nutmeg
 Curry powder

Breading:
 Flour
 Eggs
 Bread crumb

cut the onion and carrot into cubes, heat the pan with oil and sauté the vegetables. Add the previously boiled meat, curry, nutmeg, parsley, and pepper
 Prepare the roux with flour and butter, add beef bouillon and cook until become very thick
 Mix all ingredients together and let cool down
 when cold, prepare the balls and breaded with flour, eggs and bread crumb, passing on it 2 times.
 Freeze the bitterballen before fry.
 Serve with Dijon mustard



Scalops and Salmon ceviche, potato cylinder stuffed with carrots saffron puree, basil chlorophyll

Ceviche Curing Mixture

100 ml lime juice
 1 g salt
 1/2 small onion, cut brunoise (very small dice)
 1 garlic cloves, finely grated
 1 red chillies, deseeded and finely chopped
 pinch of lime zest
 pinch of fresh coriander, chopped

Ceviche

2 scallops
 100 g Scottish salmon (trimmed)
 40 ml ceviche curing mixture
 5 ml olive oil

Salad

5 g Sakura mix
 5 g spring onion, finely chopped
 olive oil for drizzling

Ceviche Curing Mixture

Combine all the ingredients, Marinated the fishes inside mixture and after 10 minutes strain and reserve the liquid. Plated ceviche using a square cutter medium size.

Carrot Saffron Mousse

1 leek, white part only, chopped
 1 clove garlic, chopped
 30 g butter
 1 pinch of saffron
 1 lt chicken stock
 500 g carrots
 150 g potatoes
 thyme
 Salt and pepper

Basil Chlorophyll

200 g Fresh Basil
 100 g parsley
 1 lt water
 100 ml olive oil
 salt and pepper

1 Potato cut cylindric

250 ml Saffron Chicken stock



Carrot Saffron mousse

Cut 1 potato cylindric, using a small round cutter, and boiled in chicken saffron stock until lightly soft.

Peel carrots, potatoes and slice them 6-7 mm

In a pot melt the butter, add Thyme, leek, garlic and after golden all ingredients, add carrots and potatoes.

Mix them for few minutes and add the stock and saffron.

Cook until completely soft.

Blend everything and seasoned.

Basil Chlorophyll

Blend all the ingredients. Make sure the water is very cold, strain and wring out as much as possible. Boil the liquid to 55°C and place the chlorophyll clot in a bowl with ice.

Take the basil paste (Chlorophyll) and emulsionate with olive oil, until to get smooth sauce.





Open Raviolo

Fresh Pasta dough

350 g flour
150 g semolina flour
4 eggs

Lobster bisque

4 lobsters carcasses
1 red onion (chopped)
1 Carrot (chopped)
2 celery stalk (chopped)
2 Garlic cloves
1 Star Anise
2 Cloves
4 Bay leaves
1 Lt water
200 g tomato paste
100 g butter
30 ml olive oil
10 ml Brandy
Salt
Black Pepper

Procedure:

Arrange the flour and semolina in top the table, add eggs and mix until getting an homogeneous, smooth and elastic dough.

Keep in refrigerator for an hour

Stand the dough until 2 mm

Sautéed onion, carrot, celery, garlic, bay leaves, star anise and cloves in a pot with olive oil.

Add lobster carcasses, and crush them to get aroma for few minutes.

Flambes with Brandy and add tomato paste, mix for a while and add 16water, let cook for few hours in low fire.

Remove Star anise and Cloves, blend the stock and strain in a chinos.

Before to serve warm up adding butter and emulsion to get foam)



Workshop of
traditional
homemade pasta's

Eggplant Parmigiana

700 g Eggplant
250 g Tomato sauce
70 g grated parmesan
1 bunch of basil
50 ml olive oil
Salt to taste.

Tomato Sauce

500 g tomatoes sammarzano
1 onion
2 garlic cloves
100 ml olive oil
50 g tomato paste
1 bunch basil leaves
salt & pepper

Tomato sauce

Blanch the tomatoes and peeled.
Panfried in a pot onion and garlic, add
peeled tommatoes and tomato paste,
mashed with a spoon.
Leave to cook minimum half hour,
adding some vegetables stock if needs.
when finish the cooking, seasoned
and blend everything.
Leave to cool down

Peel and clean the aubergines Slice at
a height of ½ cm Put in a perforated
gastronorm and season with salt Let
the vegetation water drain out wash
and dry the aubergines Grease a pan
with olive oil and cook over bo-
shaped eggplant add the tomato sauce
to the bottom of the pan, slice the
aubergines Sprinkle with Parmesan
and basil leaves. Continue until four
levels have been created Finish with
the Parmesan
Gratin in salamander





The art of plating giving an emotional experience to guest eyes, the best smell under the nose, the right crunchy and softness impact with touch, and finally an explosion of flavor to the mouth

Il Tiramisu

Ingredients for the coffee dip

360cc Italian espresso coffee
2 teaspoons sugar

Ingredients for the zabaglione filling

4 egg yolks
100 gr sugar
120 cc Marsala wine
450 gr mascarpone cheese,
at room temperature

Ingredients for the base

285 gr savoiardi (ladyfinger cookies)
(approximately 40 pcs)
2 tablespoons bitter cocoa powder

Preparing the coffee dip

Prepare a strong espresso coffee 360 cc. Dissolve 2 teaspoons sugar in it, when the coffee is still hot. Let the coffee cool at room temperature.

Preparing the Zabaglione

Beat egg yolks in a heat proof bowl until fluffy.

Beat in sugar and Marsala wine.

Whisk over a pan of simmering water, until the cream thickens, just below boiling point, when small bubbles appear.

With a rubber spatula, mash the mascarpone cheese in separate bowl until creamy.

Add the zabaglione into the mascarpone cheese, and beat to mix very well.

Whip the cream. By hand, fold the whipped cream into the zabaglione and mascarpone cream, until smooth.





A mix of baby vegetables blanched in water and marinade with olive oil, salt and mixed herbs.
Served with blue cheese and sundried tomatoes and crispy flat bread

Mixed of leaves with beetroot sponge, dill cream cheese,
rosemary potatoes and herbs oil
elegant and tasty salad to impressed your guests



Pate di Fegatelli al tartufo

200 g Chicken or duck livers
 10 g shallots chopped
 100 ml Brandy or Cognac
 4 Bay leaves
 300 g Butter
 10 g black Truffles
 Clean the livers and cook with hot butter, shallots and the bay leaves
 After 4 – 5 minutes, add the alcohol and flambé
 Take the livers out and evaporate the liquid by half
 Puree with the butter and truffles in the food processor and then sieve.
 Adjust the seasoning with salt and pepper.
 Let mature in the fridge for 1 day and serve with toasted brioche

Tartara di Branzino

Fish tartar
 400 g seabass fillet
 150 g Cucumber brunoise:
 Sal & pepper to taste
 60 ml Olive oil:

Garnish

200 g baby asparagus:
 caviar: optional, to taste

Tartar

Salt the cucumber brunoise. Let the water drain for 10 minutes, rinse and dry
 Hand-chop the fish, season with oil, citrus, salt and pepper
 add the cucumber brunoise
 Make the desired shape and garnish with salicornia, caviar and toast or crostini

Garnish

Blanch the asparagus in boiling water for 30 seconds
 Refresh in cold water
 Season with olive oil

Poached Asparagus with gratin oysters and Prosecco foam

400 g Asparagus
 Peeled asparagus and boil for a minute
 Marinate it with a bit lemon juice and olive oil
 16 oysters
 Open oyster with proper knife, “advice, don’t use kitchen knife for it, it can be dangerous and injure you”.
 After opened, clean inside part removing the meat from muscle.
 Turn back the meat and oyster is ready to gratin with hollandaise sauce

Hollandaise sauce

2 Eggs
 100 g Butter
 10 ml lemon juice
 If need a spoon of apple vinegar
 Salt and pepper

Start by separating the eggs – you will need two eggs yolk. Melt 100g of unsalted butter in a small pan
 Put the bowl of egg yolks over a pan of gently simmering water. Add 1 tablespoon of lemon juice, Whisk together well.

Gradually add small splashes of butter to the bowl with the yolks, whisking well between each addition.
 Once all the butter is incorporated, you should have a smooth, thickened sauce. Loosen the mixture with some white wine vinegar if needed.

Prosecco foam

500 ml prosecco
 10 g shallots
 Fresh thyme
 1 egg white
 Pan-fried chopped shallots and thyme in a bit olive oil
 Add champagne, and leave to reduce half.
 When finish reducing, straining the champagne and cooling down.
 Blend with 1 egg white to get foamy

Herbs tuna micuit breaded with yellow capsicum coulis

Herbs breadcrumb

200 g left over bread

20 g parsley

20 g dill

20 g coriander leaf

Heat the oven at 200*

Baked the bread for 10 minutes

Cool down and blend with herbs, until get green color

500 g tuna loin

100 ml soya sauce

3 cloves of garlic

20 g fresh ginger

2 shallots

Salt

pepper

Marinate tuna with all ingredients for 30 minutes

Pan-fried 8 seconds per each part

Breaded the tuna with herbs crumb

Yellow capsicum coulis

2 yellow pepper

Lemon gras

A pinch of curry powder

20 g shallots

3 Bay leaves

250 ml vegetables stock

Roasted pepper in oven at 170 degrees.

Cool down, and removed the skin from pepper.

In a pot pan-fried onion with bay leaves, add curry powder and ginger

When everything is mix well, add peppers sliced and flambé with white wine.

Add some vegetable stock, prepared with “onion, carrots, celery, leek and black pepper corn”

Cook the pepper for 10 minutes, add salt enough for your taste and blend.

Result need to be a coulis thick.

Tagliolini con gamberi e lenticchie di casteluccio

pasta

450 g flour

18 eggs yolks

fish fumet

300 g Fish and seafood trimmings:

mirepoix (carrot, celery, onion)

1 lt Water

100 ml white wine

3 bay leafs

50 ml olive oil

lentils

100 g lentils

mirepoix (carrot, celery, onion)

herbs: sage, rosemary, thyme

30 ml olive oil

3 per persons Red prawns of Mazara

basil

parsley

olive oil

Pasta

Mix the flour and the eggs with the salt

Knead to make a dough, shape the tagliolini

Fish fumet

Wash the fish bones, and scallop trimmings

Put in a pot of boiling water with the vegetables

Simmer for 10 minutes

lentils

Sautee the vegetables and herbs with the olive oil

Add the lentils and add just enough water to cover

Simmer until the lentils are tender

Keep adding water as needed

Prawns and pasta

Sautee the prawns and keep warm

Add the lentils and some fish fumet to the pan

Mix in the cooked pasta

Add the basil and parsley and sprinkle some olive oil,

Slow cooked Duck breast orange sauce

450 g Duck breast
50 g Carrots
50 g Beetroot
200 Ml orange juice
5 g thyme
30 g shallots
30 ml olive oil
50 ml demi glazed
50 g potatoes

Marinate duck in red vinegar, red onion, carrots and thyme for 24 hours

Pan-fried skin of duck in butter before to cook in oven

Put back to marinating the duck, and cover with aluminum paper.

Bring the oven at 80 degrees and cook the duck for 1 ½ hour.

Keep the duck in sauce and slice before to serve

Boiled vegetables until soft, marinated with cherry vinegar

Orange sauce

Pan-fried shallots and thyme add orange juice and reduce half

Add demi glass and finish to cook for another few minutes.

End with salt and pepper for your taste.

Roast venison with Barbaresco with celeriac puree

Venison

1.2 kg Venison rack

Sauce

Olive oil

150 g Carrots

1 celery

1 onion

garlic:

10 g Rosemary, thyme

1 g spices cinnamon, coriander

500 ml red wine

Celeriac puree

130 g Potatoes

2 celeriac

30 g Butter

50 ml milk

Salt & pepper

Venison “sugo”

Roast some venison trimmings and bones together with the vegetables until they are golden to dark roast

Add the red wine

Celeriac puree

Cook the potatoes and celeriac in boiling water until soft

Drain well and add milk and butter

Take again to a soft simmer and the rest of the butter while beating vigorously off the fire

Serve immediately

Venison

Roast in the oven at 180 C in with some herbs, onion and garlic until the desired temperature is reached

Serve with the sauce, the puree and your choice of vegetables

Mousse di cioccolato bianco al tartufo e cremoso alla nocciola

Caramel sauce

100 g Sugar
75 g Cream
75 ml Water

Mousse

150 g White chocolate
1 Egg
1 Egg yolk
10 ml Truffle oil
100 g Cream

Hazelnut ganache

130 g Cream
2 Egg yolks
30 g Sugar
50 g Hazelnut paste
2 g Gelatine

Caramel sauce

Cook the water and the sugar until caramelized
Add the cream off the fire, mix well and let cool down

Hazelnut ganache

Soak the gelatine in cold water
Take the cream to a boil, meanwhile mix the egg yolks, the hazelnut paste and the sugar
Add the hot cream to the egg mixture whisking constantly and continue cooking until temperature reaches 85 C
Take off the fire, add the gelatine and let cool down

Mousse

Melt the white chocolate with the truffle oil
Mix well the egg and the egg yolks until fluffy
Whip the cream
Mix carefully the chocolate with the eggs and then with the whipped cream
Fill moulds with this mousse
Present the mousse with a piece of the hazelnut ganache and dress with caramel sauce

Tortino al cioccolato

1 kg Dark chocolate
400 g Butter
20 Eggs
400 g Sugar
400 g Flour

put the butter and chocolate in a container in bain marie
clarified the eggs
add the half of the sugar to the yolks and whip till become white
wait till the melted chocolate become colder and add the eggs yolks mix and after the white eggs mix with care
finally add the flour and mix slowly
put the final mix in a piping bag
put some butter and flour in the containers
fill 20 talluminium containers with the mixture until the top
Keep in chiller for 1 hour
cook 10 minutes in a oven at 180C

Walnut cookies

240 grams of butter
500 gram of sugar
2 whole eggs
6 egg yolks
800 gram of flour
400 gram of walnuts (finely chopped)

Mix the cream, butter and sugar in the kitchen mixer
Add on egg at a time. Wait until each egg is incorporated before adding the next egg
Fold in dry ingredients until everything is just mixed
Portion the dough into 65 gram portions the place in a ring
Bake at 175C for 20 minutes
Allow cookies to cool down, and cut again in smaller ring



The new Cultural life style

My first experience outside Europe was in the Middle East, in U.A.E. 2009 and after in Qatar, 2011.

The first impact with new lifestyle cultural places was very difficult in the first period; however, with the time and experiences, I learned and understood their life concepts and way to be.

As always, when you reach a new country, I started to discover the landscape around me, completely different from my previous places; I tried immediately to change my life perspective, with different activities and meeting new people to understand more the style of living in those places.

In front of me, it was a difficult path; However, I was ready to go in deeply, even I already knew to face a tough time.

I began to bring out my culinary and hospitality philosophy, quickly achieving a lot of satisfaction, creating a fantastic atmosphere around me. But not everything was going the right way.

The loneliness, the need to have more space for my private life brought depression inside me, which not even the work results, such as being named one of the best sous chefs in the Emirates by the caterer awards middle east, they managed to improve my deep feeling.

During the Christmas season in 2009, I decided to leave everything to recover then; what for me was freedom. Today I would say a mistake because I lacked psychological experience and the vision of a precise career. Leaving everything led me to lose what I had achieved in a year. At that moment, it was no longer myself, but inside me, there was a hurricane in full force, which it needed freedom to find its own self. In a short time, I left my work to discover a new place; a month around Indonesia, new food culture, different lifestyle.

Crossing between cities like Jakarta, Surabaya, Bali to natural areas of forests and ocean, my mind recharged fast for a new career adventure.

Not easy to deal and I will say, without having some negative compromising period, it arrived the day where I got my expected recognition.

A new challenge came into my hands, and I didn't wait long to accept and take it as my new career page.

Asparagus Truffle Salad

Mixed greens, quail eggs, red wine dressing

100 g green asparagus
30 ml olive oil
fresh rosemary
30 g mixed leaves
3 quail eggs
30 ml truffle oil
1 g black truffle grated
50 ml red wine dressing
a pinch of salt
a pinch of black pepper

150 ml olive oil
100 ml red wine vinegar
5 g Dijon mustard
2 g thyme
Salt and freshly ground black pepper

Clean the asparagus and blanch for a minute.

Sliced asparagus in half and marinated with olive oil, rosemary, salt and pepper.

Boiled quail eggs for a minute and put in ice water to cool fast.

Prepare the red wine dressing mixing all ingredients

sprinkle the dressing in top of salad
grated fresh truffle, add the quail eggs





Baby Calamari A la Plancha With Burghul Salad

10 baby calamari
Squid Ink
2 Cucumbers
200 g Burghul
500 ml fish stock
2 shallots
1 celery stick
1 carrot
2 tomatoes
1 g zaatar
1 clove garlic
100 ml olive oil
salt
black pepper
cumin
frisse lettuce for decor

Squid ink Sauce
500 ml fish stock
1 teaspoon Squid ink
half bunch basil leaf
salt

Clean the calamari and wash under running water for at least 10 minutes.
In main time clean and cut brunoise all vegetables. Keep 1 cucumber to slice thinly in machine.
Prepare a fish stock (pag.)
Strain the stock and cook on it Burhhul.
In a pan, sauteed with a bit olive oil, shallots, ceelery stick, carrots, garlic, adding spices (cumin and zaatar)
With half of fish stock, we will prepare squid sauce ,adding ink and basil leaves, reduce to half the liquid.
Dry the calamari in a cloth or tissues, marinade with salt pepper, olive oil, and
fried calamari in a saucepan.
Keep 1 whole Calamaro for each plate and the rest chopped it to mix with burghul and all vegetables.
Keep 1 whole Calamaro for each plate and the rest chopped it to mix with burghul and all vegetables.
Use a brush to mark the plate with ink sauce.
With help of a small round cutter, add a slice of cucumber on it, filled with burghul, and decorate with frisse lettuce.
sprinkle extra-virgin olive oil in top lettuce

Chicken Galantine

Spiced vegetables tapenade, Pomegranate Dressing, Basil veloute

1.8 kg Organic chicken
 5 g mixed spices for chicken
 50 ml red wine
 10 g salt
 2 lt chicken stock

Farce

60 g shallots
 5 g thyme
 1 g coriander powder
 1 g ginger powder
 100 g asparagus chopped
 100 g dried apricot chopped
 50 g walnuts
 100 g chicken liver
 300 g boneless chicken legs
 50 g duck liver
 20 g clarified butter
 salt & pepper

Spiced vegetables tapenade

200 g red capsicum
 200 g zucchini
 200 g Red onion
 200 g tomatots
 100 ml olive oil
 2 cloves garlic
 2 g cumin
 1 g sweet paprika powder
 salt & pepper

Bone chicken, remove some leg meat and breast fillets. The trimmed chicken should be a rectangular piece about 1.2cm thick, reserve meat Place on sheet pan, skin down, season with pate spice, white pepper and sherry wine, cover and marinate refrigerated for 30 minutes.

Drain off and reserve the marinade, salt chicken lightly

For Farce:

Saute shallots, livers in clarified butter, after cook remove the livers and add to the dripping in pan the spices.

mix the dripping with livers and refrigerate.

In another pan, sauteed asparagus, apricot and walnuts golden.

Method:

Grind chicken meat, and livers. Add in ground fatback last, process until finely ground

Pass/strain mixture through wire sieve, mix with asparagus, walnuts and dried apricot and refrigerate

Place chicken on table, skin down, and fill center evenly with farce

Roll tightly and sew closed

Wrap tightly in buttered aluminium foil, twist ends or roll up in kitchen towels, tie with twine puncture foil

Poach until center temperature is 65C, let cool in stock until chilled

Untie, wrap tightly once again, and chill thoroughly

Basil veloute

basil chlorophyll (see recipe pag. 28, without to add olive oil)

1 shallot

1 clove garlic

50 g butter

50 g flour

100 ml white wine

300 ml Chicken stock

½ lemon

1 pinch cinnamon powder

salt pepper

pomegranate dressing

100 ml olive oil

250 ml pomegranate moesses

10 g dijon mustard

20 ml balsamic vinager

salt pepper

Basil veloute

Finely dice shallot and set aside. Crush garlic clove and remove the shoot.

Finely dice the garlic

Melt butter in a saucepan over medium heat and add the shallot and garlic.

Sauté for approx. 2 - 3 min. until translucent. Sift the flour into the saucepan. Stir constantly until a golden brown roux forms. Add white wine, basil chlorophyll and stock, whisk thoroughly until smooth creamy and final seasoned.

Vegetables Tapenade:

Slice vegetables 2-4 mm and seasoned with oil, garlic salt and spices.

Grill all vegetables and blend using a food processor. Leave the mixture in a strainer to drip away liquid.

Pomegranate dressing:

mixed all ingredients in a food processor for last olive oil, until smoothy sauce.

Plate using round cutter to help the vegetables tapenade in center, add in top chicken Galantine, crispy flat bread (gursan) decor with some vegetables sprinkle the liquid of vegetables in top of chicken for flavor, add pomegranate dressing in plate and 5 drops of herbs velloute.





Red Wine Spaghetti Panfried smoked duck and porcini Mushrooms

100 g Spaghetti
100 ml Red wine sauce
80 Gr Porcini mushrooms
100 g smoked duck breast
10 g shallots
2 g parsley
1 g chili pepper
1 clove garlic
olive oil

Parmesan cheese

Red wine sauce

500 ml red wine
50 g tomato paste
20 g shallots
50 g carrots
30 g celery stick
1 clove garlic
2 cloves
1 star anise
1 stick rosemary

Red wine foam

250 ml red wine sauce
2 gelatine sheet
2 N20 Cartridges

Red wine Sauce

Chopped shallots, carrots, celery stick and garlick finely.

In a pot fried the ingredients and stir until golden immersing on it cloves, star anise and rosemary.

Add the tomato paste and mix for a minute before to immerse on it Red wine. Let simmer it and reduce the heat slowly for 20 minutes.

In main time cut brunoise porcini mushrooms, smoked duck, shallots, panfried with olive oil and garlic and keep on the side.

Boil the spaghetti for the time required, always keep al dente to get better mix with sauce.

Add in the mushrooms and duck red wine sauce and mix the cooked pasta on it, finishing with parmesan cheese and olive oil.

The rest of the wine sauce put it in a whipping siphon and insert 2 N2O cartridges. Shake it and serve in top of pasta like in picture



The spices are the main flavors of every Arabic dish. There are many kinds of mixture that combined with poultries, meat, or fish are giving an amazing touch to the palate of a meal.



Wild Seabass with Tahini Sauce

1 Seabass
50 ml Olive oil
1 Red Onion
1 yellow capsicum
1 Red Capsicum
100 g walnuts
50 g pinenuts
3 lemons
1/2 bunch fresh coriander
1 g coriander seeds
1 g cumin
1 oinch white pepper
3 g salt
1 clove garlic
150 ml Tahini sauce
250 ml fish stock

Fillet the seabass and cut in equal pieces.
With bones make a basic fish stock with onion, carrots, lemon, Bay leaf, parsley and celery. cook at least 30 minutes.

Chopped onion, capsicum and coriander finely.

squeeze lemons

Roasted in pan pinenuts and walnuts

in a non-stick pan, sear the sea bass fillets on the skin side remove from the pan the seabass and add with a bit oil, onions, capsicum, garlic, nuts , spices and sauted for few minutes.

Remove half of the mixture for decor.

At this point add fish stock, lemon juice and reduce half. then add the thaina, and let cook for 2-3 minutes and finally add the fish, leaving the skin on top, cook the sea bass until done.

In case the sauce become to tick, add more fish stock, add salt and pepper.

Leave the fish in the pan, decorate it with mixture and sprinkle some fresh coriander in top



Organic chicken breast with orange turmeric Sauce

Chicken Marinade:

4 chicken breast
1 garlic clove
2 g cumin
2 g paprika powder
50 ml olive oil
20 ml apple cyder
fresh zaatar
salt and pepper

Marinate the chiccken with all ingrediendt for 12 hours

Pan fried the chicken breast and finalize cooking in oven at 175 degrees, adding some of marinade liquid, to keep it soft.

Orange turmeric sauce

in a pot sauteed onions with all spices, herbs, cloves and black lemon, without turmeric, add orange juice and reduce half.

Orange Turmeric sauce

0,5 lt chciken stock
250 ml orange juice
10 grams turmeric powder
1 black lemon
3 cloves
50 g red onion
1/2 bunch coriander fresh
cardamom
1 small red chili pepper
salt
pepper

In another pot prepare your chicken stock with chicken carcasse, celery, carrots, onion, garlic and bouquet garni (mixed herbs)

After half hour simmering, strain the stock and add turmeric powder, leave to cook until reduce half

Mix orange sauce with chicken turmeric stock and reduce until thick

Spinach dumpling

Pasta dough

(recipe pag. 8)

250 g Spinach

100 g feta cheese

20 g bread crumb

nutmeg

salt and pepper

Half dried cherry tomatoes

sakura cress

Spinach dumpling

Blanch the spinach and leave to dry in strainer, or with help of a kitchen cloth. chopped finely the spinach and mix with all ingredients.

Shape the dough as in picture filling with stuffing mixture





Pomegranate Molesses glazed Lamb Rack with stuffed leaves, Red cabbage with artichoke

Lamb marinade

250 g Lamb Rack
 50 ml apple cyder
 2 g mint leaf
 2 cloves garlic
 30 ml olive oil
 1 g Mix arabic spices
 50 ml Lamb jus
 30 ml pomegranate molesses

Stuffed leaves

grape leaves
 1/2 bunch parsley
 1/2 bunch mint
 1 red onion
 2 tomatoes
 1 lemon juice
 30 ml olive oil
 2 g all spices
 100 g long grain rice

200 g Red cabbage

100 g artichoke

2 cherry tomatoes

10 g pomegranate

Sauce

1 kg lamb bones (no fat)

1 lt red wine

1/2 lt chicken stock

100 g carrots

100 g onions red

100 g leeks

1/2 garlic

bouquet garni (bayleaf, thyme, rosemary)

Clean the rack and divide it.

Marinate the lamb rack with all ingredients for at least 12 hours.

Sauce:

Roast in the oven the bone of lamb at 200 degrees celsius.

prepare in a pot base of sauce with carrots, onion, garlic and leek .add the bones on it with 2 spoons of tomato paste.

Mix all ingredients, pour on it red wine with some extra chicken stock and bouquet garni.

Leave to cook at least 24 hours in slow heat.

The next day, remove the excess of fat, strain the sauce and leave to reduce half.

At this moment you are ready to finalize your sauce, adding pomegranate moesses and seasoning it, as you wish.

Stuffed leaves

To make filling, combine all the ingredients except vine leaves in a large bowl. Season with salt and pepper.

Place a vine leaf, smooth-side down, on a work surface and place 2 teaspoons filling in the centre along the base of the leaf. Fold in both sides, then roll up fairly tightly to enclose filling. Repeat with remaining leaves and stuffing. Makes 40. Reserve liquid from filling in bowl.

Tightly pack stuffed vine leaves in a deep, 28cm-wide frying pan. Strain reserved liquid over pan, then weigh down stuffed leaves with a large plate; this will help to prevent the leaves from unravelling and keep their shape. Pour enough water around plate to just cover vine leaves, then cook over low heat for 40 minutes or until rice is tender. Cool.

Serve drizzled with oil and pan juices.



Labneh blueberry pannacotta with zaatar streusel, mixed berries

panna cotta	English cream
100 g blueberry	500 g cream
150 g sugar	500 g milk
½ lemon juice	200 g egg yolks
200 g cream	100 g sugar
300 g labneh	
8 g gelatine	Blueberry
	strawberry
streusel	blackberry
150 g butter	raspberry
150 g brown sugar	currant berry mint
150 g almond flour	
150 g flour	
5 g zaatar powder	
1 g salt	

In a pot cook blueberry with, 50 grams of sugar, half lemon juice and strain when blueberry are completely soft.

Once blueberry are strained add the liquid into a pot together with cream, labneh and bring to boil, add gelatine and let dissolve it.

Arrange the liquid inside a rectangular container and leave in chiller to cool down.

With a round cutter shape the pannacotta.

Mixed all ingredient and cook in the oven at 150-160 degrees for 10 minutes.

with a medium round shape cutter shape the streusel

in a bain marie prepare the english cream starting with eggs yolk with sugar and adding slowly mixture of cream and milk hot.

use a mix of berries to decorate the plate



The tour before new adventure

After returning for a short period to Italy, I moved around various European countries for a short period, such as France, Spain, Finland, Holland, Germany, with a very specific target to finalize, in the main time a new adventure in the Middle East was coming up.

This time towards Qatar = as Chef of the Italian restaurant in a big Hotel Chain, where I brought the flavor of traditional Italian cuisine.

Over time I modified Italian flavors, mixing them with an Arabic touch, however, without forgetting the true Italian culinary tradition.

A mix of spices and delicious combinations immediately caught the interest of local and international customers.

During the year, I had the opportunity to launch my culinary vision in different magazines and in a reality TV show, where I am presenting Labneh blueberry pannacotta with zaatar streusel, mixed berries. A mix of Italian and Arabic flavor dessert.

The time in Doha was full of satisfaction; however, I was always looking for the next page of my career, against every decision, and whoever was trying to stop my wishes.

Not easy to deal and I will say, without having some negative compromising period, it arrived the day where I got my expected recognition.

A new challenge came into my hands, and I didn't wait long to accept and take it as my new career page.



**Hammour gravlax fava beans
mousse, vegetables mashuiya,
tamarind mayonnaise**

500 grams hamour fillet

30 ml coarse salt

30 ml caster sugar

15 ml of ground black pepper

2 ml ground allspice

2 ml ground cloves

8-10 pieces of fresh dill

Fava beans mousse

500 g fava beans, shelled

100 ml cream

Salt to taste about 1 teaspoon

1 garlic clove, mashed in a mortar and
pestle with 1/4 teaspoon salt

30 ml extra virgin olive oil

A pinch of mint

Vegetables mashuiyah

250 g mix capsicum

30 ml Olive oil

Salt

Pepper

Thyme

Tamarind mayonnaise

4 eggs yolk boiled

70 ml olive oil

5 g tamarind concentrate

10 ml fresh lime juice

20 g Dijon mustard

5 g fresh ginger grated

pinch salt

.

Marinate hammour fillet with all
ingredients for 12 hours.

Clean and wash before to slice

Bring a saucepan of water to the boil and
pour the beans in. Boil for 5 minutes only.

Remove and plunge into a bowl of iced
water. When cold slip off and discard the
skins. Purée in the food-processor bowl
with the cream, scraping down the sides of
the bowl and pulsing alternately. Scrape
into a medium-sized bowl, chop the mint
leaves finely and stir in. Add salt to your
liking as you go. Refrigerate for at least a
couple of hours.

Vegetables mashuya

Clean and cut the vegetables before to
marinate

Grill nicely and in a food processor mix
until tapenade

Strain the liquid from vegetables, and keep
for last touch drizzling.

Boiled the eggs and divide yolks from
white eggs.

Using a thin strainer make egg yolks as
much possible powderly.

Add to yolks mustard, lime juice and and
grated ginger start to mix.

slowly ad olive oil, until the mixture will be
creamy, and will disappear all granules of
eggs.

Add a pinch of salt, tamarinde concentarte
and mix well. refrigerate for 1-2 hours
before to serve

Chicken tagine

500 g of chicken thigh
 1 cinnamon stick
 pinch saffron
 10 g ginger
 2 g turmeric
 1 red onion
 2 garlic cloves
 10 g harissa
 2 lemons
 800 g tomatoes chopped and skinless
 200 g chickpeas
 50 g kalamata olives
 80 g of apricot dried
 10 g coriander fresh
 40 g almond flakes
 vegetable oil

Couscous

200 g cous cous
 270 ml chicken stock
 1 coriander chopped

Mix garlic, saffron, ginger, paprika, cumin and turmeric together. add salt, pepper to taste. Rub chicken with mixture, cover, refrigerate and marinate 3 to 4 hours. Heat oil in heavy skillet. Add chicken, and brown on all sides. Remove to platter. Add onions, harissa, tomatoes to skillet, and cook over medium-low heat about 15 minutes, until lightly browned. Transfer to tagine, if you are using one, or leave in skillet. Add cinnamon stick. Put chicken on onions, tomato and harissa. Scatter with olives. Quarter the lemons, remove pulp and cut skin in strips. Scatter over chicken. Mix stock and lemon juice. Pour over chicken. Cover tagine or skillet. Place over low heat, and cook about 30 minutes, until chicken is done. Scatter coriander on top.

in main time prepare cous cous. let chicken stock boil and remove from heat, add cous cous and cover with aluminium foil. Leave to steam 10 minutes or until couscous has completely absorbed the broth. plate the cous cous and lay in top chicken with marination.

Lamb shank with couscous

4 lamb, shanks

1 onion

2 garlic cloves

50 ml olive oil

30 g tomato paste

70 g red wine

400 g canned tomatoes

1 g chili flakes

1 g allspice, ground

1 g cinnamon, powder

1 g cumin, powder

for couscous

500 g couscous

1 lt chicken stock

salt

pepper

70 g cashews, coarsely chopped

30 g raisins

Mint chopped

In a large bowl, add the lamb pieces and dredge them with flour.

Place a pot over medium heat.

Add the lamb inside, and sauté it for 4-5 minutes until it is nicely golden on all sides.

Remove from the heat, add the lamb into a bowl, and set it aside.

Finely chop the onion and the cloves of garlic.

In the same pot add the olive oil, onion, garlic, and sauté them for 2-3 minutes until

they are tender.

Add the tomato paste and keep sautéing for two more minutes.

Deglaze the pot with the red wine and let the alcohol evaporate, for 2-3 minutes.

Add the canned tomatoes, chili flakes, allspice, cinnamon, cumin, water, chicken

bouillon cube, salt, pepper, and mix with a serving spoon.

Lastly, add the meat.

Cover the pot with a lid and let it boil at low heat for 60-90 minutes, until the meat is tender.

When the meat softens, turn off the heat, remove it from the pot, and add the couscous

into the pot.

Mix with a fork and allow 10 minutes for the couscous to rise.

Lastly, add the cashews coarsely chopped and the raisins.

Serve with the lamb, the fresh coriander finely chopped, and the couscous.

Arabic Tiramisu
cinnamon sponge

2 eggs
 50 g flour
 60 g glucose
 24 g sugar
 1 pinch salt
 30 g cinnamon
 10 g baking powder

arabic coffee

1 lt water
 60 g coffee powder
 2 g cardamom
 a pinch cloves ground
 3 cloves
 a pinch ginger ground
 a pinch saffron

Arabic coffee jelly

1 liter arabic coffee
 50 g sugar or honey
 10 g agar agar

Mascarpone Cream

150 g whipping cream
 200 g egg yolks
 150 g sugar
 1 stick vanilla
 300 g mascarpone

cinnamon sponge

In a food processor whisk eggs with sugar, glucose, cinnamon add a pinch of salt, flour and baking powder.

Pass the mixture into paper cups, just half of cup, cover with clingfilm and cook in microwave for 1 minute maximum.

Arabic coffee jelly

when arabic coffee is ready add 50 grams of honey and 10 g agar agar.

Mix until completely dissolved and dip into a tray deep 1-2 cm, cool down in chiller.

When stabilized cut in medium cube

Mascarpone cream

whisk in a food processor eggs with sugar until thick, and add slowly mascarpone,

Remove eggs mascarpone mixture and beat the cream with vanilla until thick peaks form.

mix the two cream slowly and keep in refrigerator for 1 hour at least.

Break the sponge in big pieces and plate it in the dish, add arabic coffee jelly and prepare 3 quenelles of mascarpone cream putting them between sponge and jelly.

Decorate the dish with some greens and cocoa powder



The inspiration travel

In 2010 and 2011, I visited Asian countries three times, discovering more and more the secrets of Asian cuisine, from Indonesia, Thailand, Cambodia, Vietnam, Malaysia, and the Philippines, to then face new work adventures in other continents. In short, Asia opened my new culinary vision, which over time took more and more breadth and direction.

The authenticity and simplicity of the Asian lifestyle led me to live those moments in the most familiar way possible.

From floating markets, street food places, my journey was a real adventure in the countryside.

I visited the local areas tasting the true flavors of the mother cuisine, among the various street foods, together with people known in the place.

The smell of the various spices accompanied me along the streets of the local markets, tasting everything that was offered to me.

From there, I understood that the various culinary flavors were an infinite mix of ingredients that give an unparalleled experience.

The greatest world of cooking will always be the best presentation to welcome people in your home.

King Crab with Green peas Wasabi Puree, Mango Sorbet

Crab toast

122g of unsalted butter
 100g of egg white
 100g of plain flour
 480ml of maple syrup
 35ml of reduced crab stock
 Sesame seeds
 Black onion seeds

Sweet pea mousse

300ml of chicken stock
 335g of peas
 150g of unsalted butter
 50ml of double cream
 20g of caster sugar
 8g of salt
 3/4 bronze gelatine leaf

Crab

1 crab, live
 1 tbsp of white wine vinegar
 3 egg yolks
 1 tsp Dijon mustard
 salt to taste
 200ml of vegetable oil
 2 2/3 handfuls of breadcrumbs

Mango sorbet

200g of mango purée
 200ml of water
 40ml of glucose syrup

For the mango sorbet, dissolve the glucose with the mango purée and water, churn in an ice cream maker and freeze until required.

For the tuiles, start by making a beurre noisette.

Heat the butter until it turns a nut-brown colour immediately pass through a sieve into a cold pan to stop the cooking process and avoid burning.

Weigh out 100ml of the beurre noisette and blend together with the egg white. Mix in the flour until smooth, then add the maple syrup. Add the crab stock and leave to rest for 6 hours. Once rested, spread the mixture evenly and thinly onto a non-stick slip mat and evenly sprinkle over sesame and black onion seeds. Preheat the oven to 145°C/gas mark 1.5. Cook the tuiles in the oven until they are slightly set. Remove from the oven and cut into 4cm squares, then place back into the oven for a further 4 minutes at 155°C. Using a palette knife, carefully remove the tuiles from the sheet and set aside until ready to serve.

For the sweet pea mousse, bring all ingredients apart from the gelatine up to a gentle simmer for 5 minutes. Blitz and pass the liquid through a strainer and check seasoning.

Soak 3/4 of a bronze leaf of gelatine in cold water until soft.

Weigh out 400g of the sweet pea cream and whisk in the gelatine whilst still warm.

Pour a small amount into the bottom of each serving glass and store in the fridge until set.

Render the crab insensate by placing it in the freezer for an hour or so. Steam or boil the crab for 12-15 minutes depending on size and refresh in ice cold water.

Meanwhile, make the mayonnaise by whisking the egg yolks, mustard and vinegar together in a large bowl. Whilst continuously whisking, pour in the oil in a slow, steady stream so that it emulsifies and thickens to the consistency of mayonnaise. Season and store in the fridge until required.

Crack the crab claws and pick out all the white crab meat. Pick through the meat a few times to remove all the shell.

Mix with a small amount of the mayonnaise until the right consistency and check for seasoning. Remove all of the brown meat from the crab's body and mix with breadcrumbs. Season and mix until it has a more pliable consistency. Peel the lemons, keeping the strips as whole as possible. Blanch them 3 times in separate pans of boiling water

Meanwhile, to make a stock syrup, combine the white wine vinegar and sugar in a pan and reduce until you are left with a syrupy consistency. Remove from the heat and chill. Slice the blanched lemon very thinly and add the slices to the chilled syrup. To serve, place a spoonful of crab mayonnaise onto each pea panna cotta and flatten down. Top with the popped garden peas, the confit lemon strips, followed by the sweet cicely and or pea shoots. Make sandwiches using the toasts and the brown crab meat and serve next to the mousse on each plate. Arrange a quenelle of the mango sorbet on the top of each mousse and serve



Traveling for your life experience

The beauty of traveling and, at the same time, pursuing one's professional career is a dream that everyone would aspire to. At the same time, it is not always easy to get used to different rhythms and cultures. Sometimes you risk encountering misunderstandings and different ways of living and working that can compromise your mood and vision perspective.

Not always the people who will join you in your path will be accepting your style. However, you must always be ready to accept and understand others without compromise your goals to be achieved.

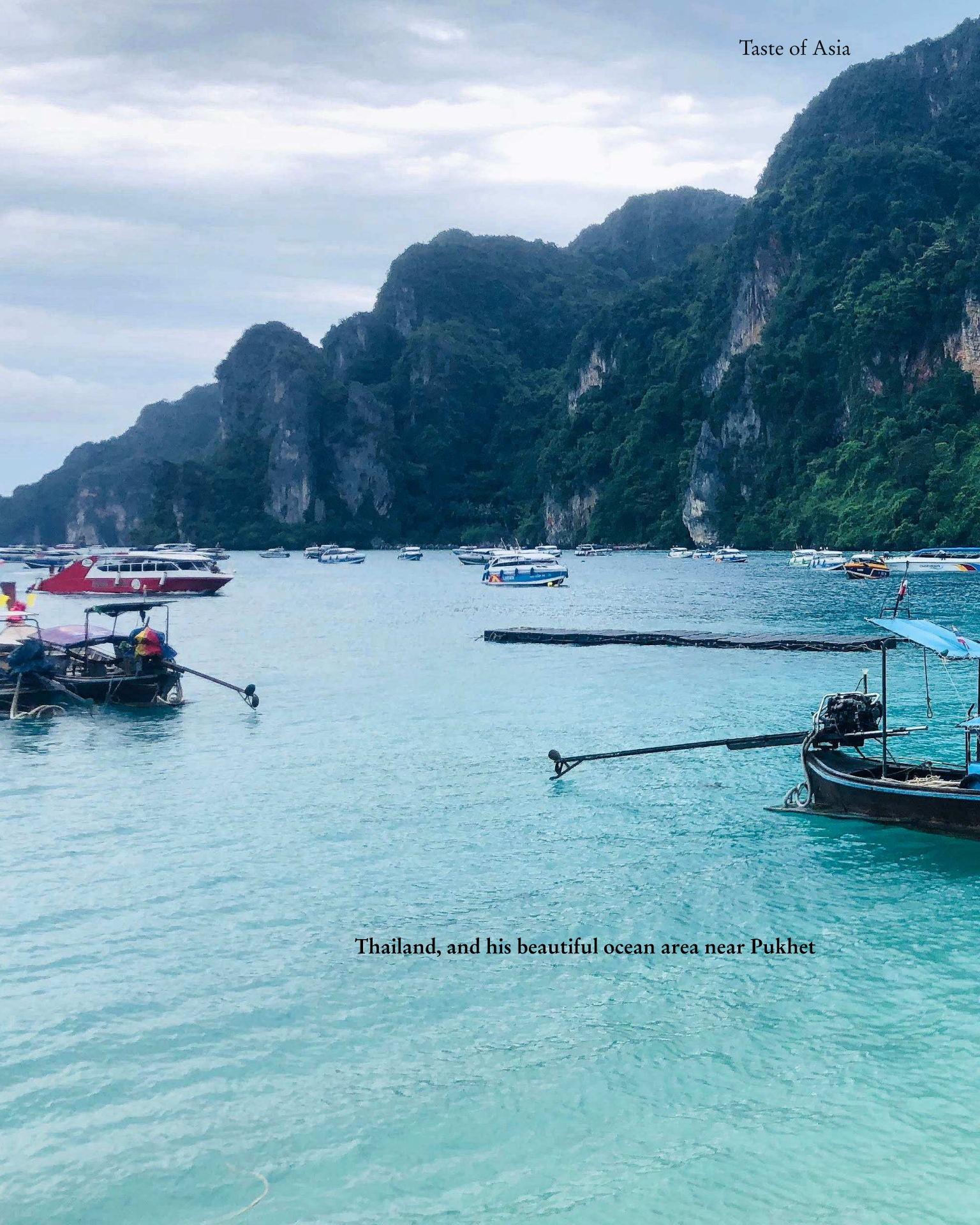
Those moments will be the ones you will need later on your journey; that memory will help you always to choose the people that suit your needs.

Aware of your means, you must always be able to remain calm, not react to those who will try to stop you or will put you in uncomfortable situations.

It is not easy; however, remember, if you do not fail and fall, you will never be able to achieve the success you seek.

Traveling to learn, to enjoy, and to achieve your targets, with love, smile, and respect, even in difficulty, and when you are lost in your way, you will always find your path again because life is a crossroad with different ways and opportunity.

Believe in what you know and what it will be your life path because only you can write the steps of your lifestyle.



Thailand, and his beautiful ocean area near Pukhet



Vegetables Dumpling

crispy vegetbales, caramelize pumpkin and saffron sauce

Dumpling dough

500 g flour
220 ml water

vegetables stuffing

100 g carrots
200 g onions
100 g mushrooms
100 g potatoes
50 g red capsicum
100 g zucchini
100 g pumpkin
1/2 bunch parsley
olive oil
1 g all spices

Saffron sauce

2 pinches saffron
2 shallots
50 g leek
1 clove garlic
lemon grass
fresh dill
500 ml vegetbales stock
roux (mix of butter and flour)
salt and pepper

Place the flour in a large mixing bowl.

Put bowl on top of a moist kitchen towel to help the bowl stay in place while you stir. Slowly drizzle the water in a steady stream while mixing with your hand or a pair of chopsticks. Once incorporated, the dough should still look a bit scraggly with some loose, dry bits throughout. Start kneading the dough with your hands, only sprinkling teeny bits of water over very dry areas as needed.

Knead for 8-10 minutes until very smooth. Shape the dough into a ball and allow to rest 15 minutes under a tea towel. Knead again for 3 minutes

Drizzle a tiny bit of oil into the mixing bowl and roll the dough ball around to lightly coat all over. Cover with tea towel again and this time, rest for at least 1 hour or up to overnight (use food wrap to wrap tightly if resting overnight). The longer the dough rests, the softer it gets. Softer dough is easier to handle but you also want the dough to retain some chewiness. Meanwhile, make the filling.

saffron sauce

in a pot sauteed shallots, leek, garlic and dill with oil, add vegetables stock and lemon grass, leave to boil and add saffron.

Reduce a bit and start to mix with roux to get thick sauce. seasoned before to serve

Vegetables stuffing

cut juliennes a bit amount of carrots, onion, red capsicum for decoration.

The rest of vegetables cut very small and panfried until soft with olive oil.

seasoned with spices salt and pepper

Prepare the dumpling following the picture below
cook in a dumpling steamer or in oven with steam program.

Fry vegetbales julienne and caramelized pumpkin in a pan with oil garlic and parsley.



Vietnamese Women with conical hat
selling street food in the morning
market. The simplicity life style and
importance of food in every place of
world.



Ginger Halibut Green chili coriander puree , poached vegetables

250 g Halibut fillet
30 ml white wine
1 g cumin
1 g red pepper corn
1 clove garlic
dill
olive oil
lemon juice
5 g fresh ginger
salt pepper
10 g butter
200 ml fish stock
30 g butter

1 g fresh green chili
1/2 bunch fresh coriander
100 g spinach
200 g potato
10 ml olive oil
poached vegetables
30 g purple cauliflower
50 g Romain Cabbage
10 ml lemon juice
pinch of dill
Olive oil
Salt & pepper



Marinate the fish fillet with oil, lemon juice, garlic, red pepper corn, cumin and dill for an hour.

Green Puree

Peel your potatoes and boil them in salty water until tender and starting to fall apart. Drain and return to the pot. Add the butter, and mash gently with a potato masher or a large fork. Meanwhile, puree the herbs, green chili, and dairy together until smooth. Stir the herb mixture into the mashed potatoes, add salt and pepper.

Poached Vegetables

Poach the Cauliflower and Cabbage in separate water, marinate with lemon dressing and dill.

Panfried Halibut with butter in all side of the fillet, pour on it white wine and the marinade liquid used for the fillet, reduce it and seasoned.

Plate the fillet with vegetables and puree as in picture and pour in top of fish his butter sauce

Grilled Beef Tenderloin, Japanese Mayonnaise Rice noodles, Turnips puree, shallots and red wine sauce

250 g Beef Tenderloin	Turnip puree
Olive oil	50g unsalted butter
Sea salt & Crushed Black Pepper	250g turnips, peeled and finely sliced
	1/2 garlic clove, crushed
	ml double cream
	10ml sherry vinegar
Japanese Mayonnaise	60 ml cooking cream
2 pasteurized eggs yolk	salt and pepper
2 tsp dijon mustard	
360 ml sunflower oil	Shallots Red wine sauce
1 tsp sea salt	10 ml olive oil
2 tsp sugar	2 shallots, chopped
pinch of dashi powder	Sprig of rosemary or thyme
30 ml rice vinegar	200 ml red wine
1/2 lemon juice	200 ml Beef stock
	½ tsp cornflour mixed with 1 tbsp of cold water
50 g rice noodles	30 g butter
pinch chopped coriander fresh	Salt and pepper
100 g fried leek	

Mayonnaise

In the food processor or hand mixer or immersion blender, put the egg yolk and mustard and process for 20 seconds.

Add oil slowly with processor running, until emulsify. Add kosher salt, granulated sugar, and dashi powder and give everything a whirl again. Finally add the rice vinegar, lemon juice, and the remaining oil and process for an extra 10 seconds, *just* until the ingredients are combined and emulsified

Turnips puree

Melt the butter in a large pan over a medium heat. Add the turnip slices and gently cook for 10 minutes until they start to turn golden, stirring often and taking care not to let them burn. Keep turning them and let the butter slowly turn nut brown, adding the garlic for the final 2 minutes.

When the turnip slices are really soft, Pour into a blender and whizz until smooth, Add the sherry vinegar, then taste and season.

Red wine Shjallots sauce

Put a little olive oil in the pan, add the shallots and cook until golden

Add the herbs and cook for another few minutes while stirring.

Pour in the wine, turn up the heat and scrape up any browned bits from the bottom of the pan. Cook until reduced by two thirds.

When reduced, add the stock and the cornflour paste and simmer until the liquid is further reduced and starts to thicken. Remove the herbs.

Add the butter and stir through.

Clean and cut juliennes the leek.

In a pot pou sunflower oil and fried leeks





molecular spaghetti with pecorino cheese
and black pepper with truffled capon
broth and rocket chlorophyll

Dark Chocolate & Yuzu Millefeuille

375 grams unsalted butter
 350 grams all-purpose flour
 5 g salt
 150 grams ice cold water

Yuzu Ganache
 80g Whole milk
 10g Inverted sugar
 265g yuzu inspiration

Dark chocolate cremoso

85 g of dark chocolate
 30 g of egg yolks
 15 g of granulated sugar
 85 g of milk
 85 g of fresh cream

Puff Pastry

Cube and freeze butter for 30 minutes.

In a food processor, place flour and salt; pulse until combined.

Add frozen cubed butter to flour mixture, and pulse until butter is dime-sized. With processor running, gradually add ice cold water, processing just until mixture forms a ball. Turn out dough onto a lightly floured surface, and shape it. Wrap in cling film, and refrigerate for at least 30 minutes.

Roll dough into rectangle. Fold dough in thirds. Turn dough 90 degrees, and repeat procedure twice. Refrigerate for at least 20 minutes.

prepare the oven at 200 degrees and cook the dough for 10-15 minutes.

cut in small square the puff pastry when still warm.

Dark chocolate cremoso

In a saucepan, heat the egg yolks, cream, sugar and milk. When the cream reaches a temperature of 82 ° C, remove it from the heat and pour it over the previously chopped chocolate. Blend until a homogeneous emulsion is obtained.

Yuzu Ganache

Heat the milk and the inverted sugar. Slowly pour this mixture over the melted couverture. Immediately mix using an electric mixer to make a perfect emulsion. Set aside.

Chocolate sheets

Grate or chop the desired amount of chocolate. Place two-thirds of the chocolate in the top pan of a double boiler. Heat over hot but not boiling water, stirring constantly, until chocolate reaches 40°–45°C

Pour in top of laminated paper already cutted into square and rectangular shape, with help of a spatula.

Let it dry and use to build the millefeuille as in picture.

Decor with edible flowers and red current.





Around the various food market in
different Asian country.
Discovering new tasty food and learn their
secret recipes process to inspire my
culinary knowdlege to develop new
flavoured dishes

Chicken terriyaki with vegetables gyoza**Vegetables gyoza**

5 onion chopped
 650 g mushrooms
 500 g cabbage
 50 gr soy sauce
 Salt
 Pepper
 Sesame oil
 Chopped onion, mushrooms and cabbage,
 add in a bowl mix with soy sauce, salt
 pepper and sesame oil
 Prepare dumpling

60 gyoza wrapper

200 g Plain flour
 200 g Bread flour
 200 ml boiling hot water
 1 pinch of salt
 2 tbsp Sesame seed oil

Gyoza dipping sauce

120 ml rice vinegar
 120 ml soy sauce
 4 garlic cloves, pressed or finely minced
 10 g ginger, grated or finely minced
 1 green onion, finely chopped
 10 g sesame oil
 5 g hot sauce (Sriracha or hot chili
 flakes)

Chicken Terriyaki

3 KG chicken boneless
 1 LT teriyaki sauce
 500 G spring onion
 250 GR edamame garnish

Begin by slicing chicken into strips
 Place it in a bowl and pour teriyaki
 marinade on it

Marinate it at least 1 night

Grilled chicken and when cooked
 prepare the insert adding chicken and
 dumpling decorating it with spring onion
 and some left mushrooms and cabbage

Tomkha gay soup

3 red onion, diced
 90 g ginger, sliced
 100 g lemon grass
 90 g galangal root sliced
 12 lime leaves or lemon
 2 lt chicken broth
 1.5 kg chicken boneless (breast, thigh)
 500 g mushrooms sliced
 2 fresh green chilies
 150 ml fish sauce
 Salt

 300 gr coconut milk can
 90 gr lime juice
 30 gr brown sugar

Stir fried all ingredients, except of chicken broth, fish sauce and coconut milk juice

Add fish sauce, chicken broth and coconut milk, cook at least 20-30 minutes, using pressure cook 10-15 minutes

Nasi Goreng

2 kg cooked rice
 10 eggs fried
 5 red onion chopped
 3 cloves garlic
 100 ml cooking oil
 5 carrots diced
 300 ml soy sauce
 100 ml sweet soy sauce
 250 g beans sprout
 3 long red chili
 200 gr fried onion
 2 sliced lime décor
 Coriander leaves for garnish
 200 g Boiled broccoli garnish

Heat oil, add onion, garlic.

Add rice, soy sauce, sesame oil, carrots and sweet soy sauce

Combine ingredients and served with garniture of eggs, bean sprout, chili, coriander, fried onion, boiled broccoli

Chicken Tikka Masala

Chicken tikka

500g of boneless chicken thighs, cut into small chunks

30g of gram flour

30ml of vegetable oil

20g of ginger-garlic paste

75g of yoghurt

1/2 tsp Kashmiri chilli powder

1/2 tsp sweet paprika

1/4 tsp turmeric powder

1/2 tsp garam masala

salt

Makhani sauce

20g of ginger-garlic paste

1 Indian green chilli, fresh

400g of tinned chopped tomatoes, puréed

2 tsp honey

1/2 tsp Kashmiri chilli powder

1/4 tsp ground cardamom

1/4 tsp ground kasoori methi

1/4 tsp garam masala powder

20ml of vegetable oil

50g of unsalted butter

salt

In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 10 minutes to an hour (or overnight if time allows). Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)

Melt the butter in the same pan. Fry the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan.

Add garlic and ginger and sauté for 1 minute until fragrant, then add garam masala, cumin, turmeric and coriander. Fry for about 20 seconds until fragrant, while stirring occasionally.

Pour in the tomato puree, chili powders and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.

Stir the cream and sugar through the sauce. Add the chicken and its juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce

Stir fry beef sirloin with vinegrette watercress and roasted peanuts

250 g sliced beef sirloin
 1 g black pepper
 1 g salt
 30 ml vegetable oil
 1 small onion (slice thin)
 2 cloves garlic (mince)
 1 bunch watercress (cut into 1 inch segments)
 60 ml fish sauce
 30 g crushed roasted peanuts

Vinaigrette

150 ml white vinegar
 10 g granulated sugar

Combine tomatoes and watercress in a mixing bowl.

In a small bowl, mix together vinegar and sugar. Add to tomatoes and watercress salad and lightly tossed.

Season beef with pepper and salt.

In a frying pan, heat up vegetable oil on medium-high. Add onion and saute for 30 seconds. Add garlic and beef. Stir-fry for 1 minute until browned.

Add beef and all its juices to the watercress and tomato salad.

Add fish sauce dipping sauce. Lightly toss. Top with crushed peanuts.

Cambodian Pork green curry

30 ml peanut oil
 50 g Shallots chopped
 1 clove Garlic chopped fine
 10 g Galangal chopped fine
 15 g Lemon Grass chopped fine
 10 g Coriander leaves chop fine
 600 g Pork cut into cube
 200 ml Coconut milk
 30 g Curry paste (Thai Green)
 10 ml Lime zest
 15 g Lime leaves shredded
 25 g Thai basil shredded
 Fish sauce to taste
 2 g Chili paste (green)
 200 g Peas

First, prepare the curry paste and coconut milk seperately. Add the paste with some of the 'cream' form the coconut milk and heat until the oil starts to separate. Then, in a separate pan, heat peanut oil, shallots, garlic, galangal and lemon grass. Stir fry 1 minute until oil is aromatic.

Add pork, stir fry 3 minutes until browned and add the curry paste/ coconut milk mixture.

Add the rest of the coconut milk, coriander leaves, lime zest, lime leaves, basil, fish sauce and chili paste, bring to a boil, and reduce heat. Simmer 20 minutes until pork is tender.

Add peas, simmer 5 minutes until tender.



The Central Asia and Eastern Europe A new culinary experience

My culinary journey continued to cross the European border. A new adventure brought me to Kazakhstan, a wonderful country waiting to be discovered. In November 2012, on a cold night, I arrived in Astana, the capital, where my adventure began towards the opening of the first 5-star resort in the country, purely wanted by the then-president Nursultan Nazarbayev.

It all started with the pre-opening, planning the work in Astana with a management team from different countries; we left to Borovoe, a natural countryside area of forests, lakes, and icing winter, near the border of Russia.

One month to be ready for the opening of the resort, between freezing temperatures and accumulating tensions, on December 21, the first customers were guests of the new property.

The first months after the opening, I was living in a hotel to control better all service operations from morning until night shift.

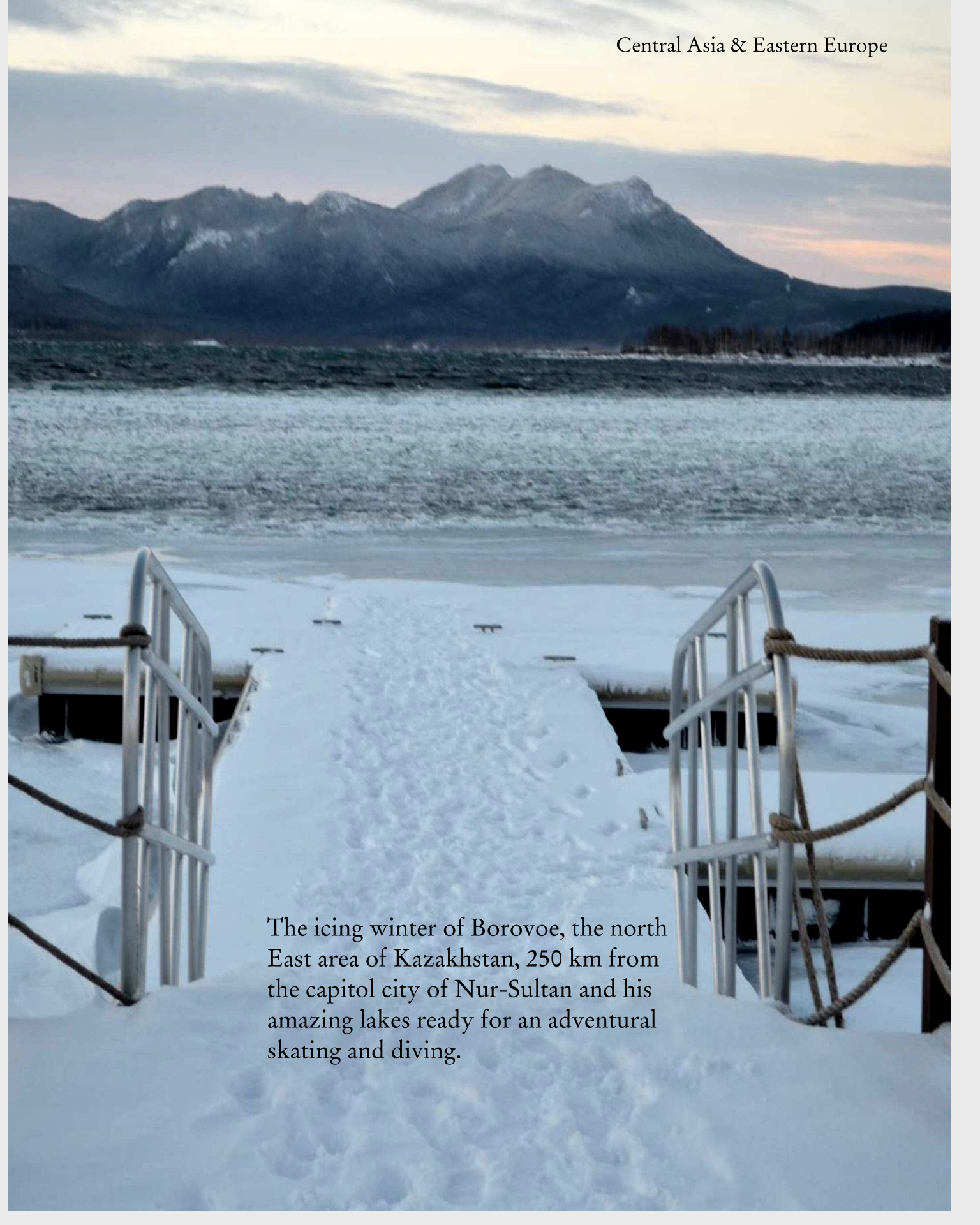
I was completely living the hotel lifestyle to make sure all standards were always followed by the local young teams.

Two years spent developing and teaching local people with training about hotel hospitality and international cooking.

After two months, I have been living in the small village of Shchuchinsk, where I immersed myself in the traditional life of the local people.

During the years I lived in Borovoe, I had the opportunity to established culinary development plans and programs with the local hospitality school of the village.

I managed to establish a good relationship with the team, which gradually became my new family. I began to discover their daily habits, organize dinners and group trips to the neighboring areas; they led me to understand more about their culture and their being.



The icing winter of Borovoe, the north East area of Kazakhstan, 250 km from the capitol city of Nur-Sultan and his amazing lakes ready for an adventural skating and diving.

The view from the hotel terrace of the beautiful lake Borovoe, which freezes completely during the winter.

An amazing place to create and develop new culinary path with local and international recipes, Borovoe inspired the chef to a natural and healthy food presentations, that became fast popular around the entire Kazakhstan.

And when everything melted, the image in front of myself, it made the feeling lto be child again, it seemed I was back in my little village between lakes and hills.

Nature, parks, lakes, a marvelous view, fresh air far away from busy cities "



Beshbarmak

Beshbarmak is probably the most popular Kazakh dish. The dish's name can be translated as five fingers, referring to the nomadic tribes who lived in Central Asia and would eat with their hands. Cooked horse, mutton, beef, or a combination of those three types of meat are served along traditionally prepared thin pasta squares.

The dish is then combined with a flavorful sauce made with meat broth, onions, salt, and pepper, and the finished meal is typically paired with a bowl of meat broth on the side. Nowadays, there are numerous versions of beshbarmak, and the event of consuming the dish is often ritualized - different parts of meat are served to people based on their gender, rank, and age in the social structure.



pasta dough:

2 eggs

200 ml water,

salt

550 g. plain flour

1. In a bowl mix the sifted flour (300-400 g), the eggs (you can lightly whip the eggs before you add into flour), add salt and pour water (or cold stock).
2. Knead pastry, adding flour as needed. Knead the dough well, wrap in cling film and leave for 20-30 minutes.
3. Sprinkle the work top with sifted flour and divide your pastry on it into manageable sized (size of a medium apple) balls, keep the rest wrapped so that it's not exposed to drafts.
4. Then keeping the worktop lightly covered with flour roll each piece of pastry into a fairly thin layer about 2mm. Keep sprinkling with flour so that it doesn't stick to your hands or work surface. A good pastry should require a little bit of effort to roll out.
5. Cut into squares (10x10cm). Leave them on a worktop lightly covered with flour. Each square has to sit away from the other. By the time you are ready to cook the pastry it should be dry a bit. And that's what you want.

For stock:

lamb (and / or beef) with bone about 1.5 kg, salt not too much, as you'll have salt from the pastry when you boil it in the stock 2 medium sized onions peeled and sliced in a ring shape, ground pepper

Put your meat in a deep enough dish to cover it with cold water leaving enough space on the top so that it doesn't boil over.

Bring to the boil constantly removing the foam, otherwise your stock will not be clear. Reduce heat when it starts to boil. Leave it covered to simmer. Skim the fat from top and keep it in a cup as you'll be using it later to make the sauce (that's if you don't mind the fat in food). (Meat should take about 2-2.5 hours to be ready.)

30 minutes before your meat is ready, add half an onion (cut in a ring shape), pepper and salt into your stock.

When the meat is ready get it out of the stock and set aside to dry a bit.

Make a sauce. Pour the fatty stock you gathered in the cup over the rest of the onions, pepper and salt in a separate dish. And boil it on a low heat for about 7-8 minutes.

Now cook the pastry in batches in the same stock for about 7-8 minutes. Sieve them out on to the big plate leaving the space in the center for meat. Then add your meat chopped in sizes that you prefer and put it in the center of the dish. Pour the sauce over the meat. Sprinkle some greens if you wish.

асың дәмді болсын



Manti

Stuffed dumpling with Pumpkin and lamb meat

Dumpling Dough

500 g whole purpose flour
250 ml water
salt

Stuffing for Manti

400 gr of pumpkin
3 onions
4 tbsp of butter
Salt, pepper, ground coriander, cumin
for taste
100 gr Lamb meat

Prepare dough

Put flour, water and salt in a food processor.
Knead everything into a smooth dough.
Wrap the dough in plastic wrap.
Let rest in the refrigerator for about half an hour.

Prepare the filling

Peel the onion skin and finely dice the onions.
peel the pumpkin and cut in small cubes
Add salt, pepper and cumin if desired.
Wash the meat thoroughly and cut into small cubes.
Mix with the tail fat and onions.
Add water and mix everything well.

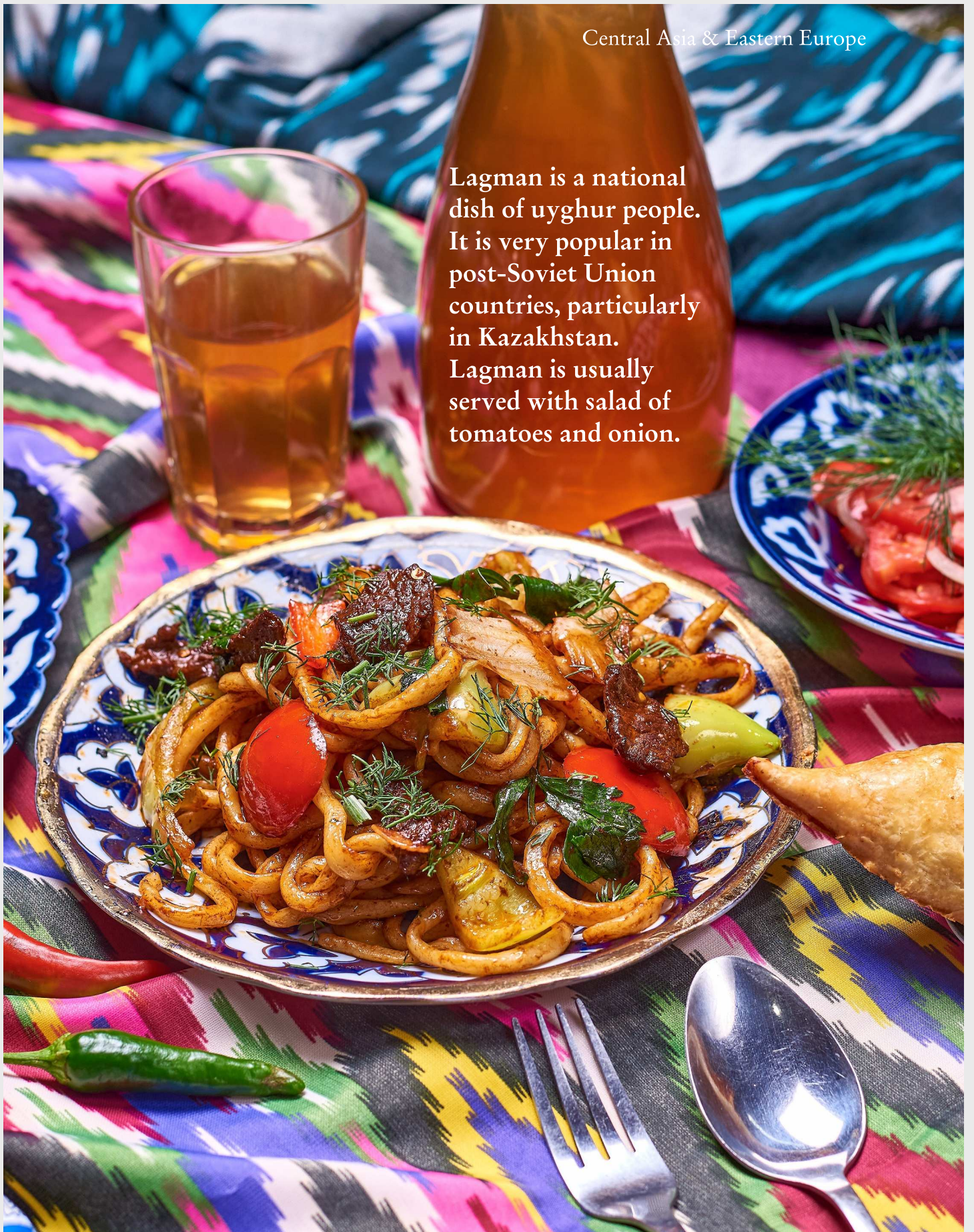
Shape and cook the dumplings

Knead the dough again and divide it into 2 halves.
Dust the work surface with flour.
Roll out each piece of dough thinly and cut into squares with 15 cm sides.
Place 1 tablespoon of filling on each square.
Join all four corners over the filling and press the sides together so that the dough completely covers the filling.
Join the adjacent corners in pairs to give the manti a somewhat round shape.
Grease the shelves of the pressure cooker with oil.
Dip manti in the oil before putting them in and place them in small intervals.
Steam the dumplings for about 35-40 minutes.
Serve manti with sour cream, ketchup or butter.





Lagman is a national dish of uyghur people. It is very popular in post-Soviet Union countries, particularly in Kazakhstan. Lagman is usually served with salad of tomatoes and onion.



Laghman

Lamb stew with noodles and vegetables

Lagman Sauce	Noodles dough
500 g lamb or goat meat	500 g whole purpose flour
50 ml vegetable oil	2 pc Eggs
2 pcs red onions	2 g Salt
2 cloves of garlic	150 ml water
3 different colors capsicum	
2 tomatoes chopped	
1/2 bunch dill	
water	
red vinager	
salt	
black pepper	

After prepared the dough mixing all ingredients together, and leave it at least 30 minutes inside the fridge, prepare the Lagman sauce.

Cut the meat, vegetables in cubes, medium size, chopped garlic and dill.

In a pan warm the oil and add red onion, garlic. half of dill and capsicums, fried it for few minutes and add the meat.

Panfried all ingredients for at least 5 minutes, after add red vinager and water. slowly add salt and pepper and leave to cook until meat will be soft.

Boiled the noodles in water for 3-4 minutes, strain it inside the sauce and leave the noodles mix well with sauce.

Serve in a deep plate sprinkle some dill in top for decor

Rolled Carp fillet
Wild mushrooms, Spinach Chlorophyl jelly,
Caviar, potato creme, river crayfish sauce

300 g filleted carp
2 g dill
1 cloves garlic
1 g cumin
oil
30 ml lemon juice
salt
pepper

marinate the carp with all ingredients for some hours.

Divide the fish in four smallest fillet, roll each one with carta fata, and steamed in oven or poach in water for 5-6 minutes.

cool down in a blast chiller or in ice water.

Cut the fillet in 1-2 cm roll and warm up, before to serve.

sauce

500 g crayfish
50 g leek
30 g carrots
1 red onion
2 cloves garlic
1 jar of salmon roe
100 g tomato paste
1 dl of white wine
salt and pepper
chili pepper to taste

Crush the crayfish carcasse and sauteed in a pot with vegetables.

Pour on in tomato paste, mix well and add white wine.

Let it evaporate and pour on it 1 lt water.

Cook for 1 hour at least, blend all the ingredients and strain with a fine chinoix or white cloth.

Keep the liquid and reduce half, adding seasoning in the end.

To make the sauce thick, you can add a roux (butter/flour)

It's now ready to serve.

potato creme

1 potato
1 pinch saffron
salt
pepper
30 g butter
50 ml cream

Boil the potatoes in water until soft, strain it and mashed with potato masher.

Warm up cream in a pot with saffron, and add slowly to the potatoes until you get creamy mixture. seasoned and serve

40 g Rocket leaf
160 ml water
3 g agar agar
salt & pepper

Blend Rocket's leaves with water, strain and bring to heat adding agar agar. Let the powder melt and season with salt and pepper.

Using a syringe fill the silicon tube with liquid and submerge the full tubes in cold water so that the liquefied arugula sets in a few minutes.

With an empty syringe, inject air into the tube to obtain the spaghetti



Astana 2016, a great Italian excellence dinner with participation of local and international chefs, to delight guest with authentic and fresh meal.

A combination of Kazkah cultural experience with top italian touch.

Shashlik mixed meat barbecue

The main technique of *shashlik* (or *shashlyk*) is to marinate the meat in an acid liquid, typically based on vinegar, wine, lemon or other, for a few hours before grilling on a BBQ. The meat that is traditionally used is lamb but shashlik can also be made with beef or pork and even chicken or fish.

500 g boneless lamb (or beef), cut into cubes
 1 onion , sliced
 50 ml red wine vinegar
 50 ml dry red wine
 3 garlic cloves , minced
 2 g ground coriander
 2 g sweet paprika powder
 ½ bunch parsley , chopped
 2 g Salt
 2 g ground black pepper
 150 ml vegetable oil

Mix all the ingredients in a glass bowl. Cover and marinate in the refrigerator for a few hours and up to 24 hours. Drain the meat and pat dry with paper towels. Discard marinade and onion. Divide the meat evenly among 4 skewers and grill on BBQ (preferably charcoal) for about 15 minutes, turning them occasionally. serve it with mixed salad and grilled vegetables



Shashlik is native to Central and West Asia. The term shashlik is derived from the Turkish word shish (also used in the term shish kebab) which means “skewer”.

During Minsk, Belarus experience. Two years of developing, great catering concepts, cooking classes and approach to locals with new culinary view for the country.



Draniki

Belarussian Potato Pancakes

Recipe:

10 potatoes
 2 onions
 eggs
 flour
 oil
 salt
 black pepper
 sour cream
 Mix mushrooms
 thyme
 Garlic

Into a large bowl, grate potatoes on the star grater. It should be the consistency of applesauce. Use a spoon to skim off 1 Tbsp excess potato water that floats to the top.

Grate onion into the same bowl (reserving 1 Tbsp grated onion for the meat mixture). The onion will keep potatoes from browning.

Add 1 egg, 3 Tbsp flour, 1 Tbsp sour cream, 1 tsp salt and 1/8 tsp black pepper and stir well.

Heat a large non-stick skillet over medium heat and add 2-3 Tbsp oil. Once oil is hot, add 1 Tbsp of the mixture at a time into the skillet, flattening it out. Top with a thin meat patty and cover the meat with another Tablespoon of potato batter. Saute until potatoes are golden brown then flip and continue sautéing until golden brown and cooked through (about 4 min per side). Repeat with remaining batter, adding more oil as needed.

After cook the draniki, in same pan, sauteed chopped garlic, thyme with mix mushrooms

Plate draniki in plate forming layers with mushrooms, decor with rucola salad, dill, crispy onion and sour cream



Draniki is one of the most popular dish in Belarusian cuisine. Although there are many similar recipes for potato pancakes in various countries, Belarusian *draniki* is famous for its rich taste, national culinary secrets and the floury Belarusian potatoes "bulba" with their fluffy, dry texture that is perfect for making potato pancakes.

Central Asia & Eastern Europe



Herring Under the Fur Coat Herring potato salad

2 potatoes	Wrap beets, carrots and potatoes
1 onion	in foil and bake them at 200 °C for
2 beetroot	30- 45 minutes.
2 carrots	Potatoes and carrots enough 30
100 ml homemade	minutes.
mayonnaise	Clean beets, potatoes, and carrots.
2 g dill	Grate each separately on a cheese
2 g basil	grater. Slice herring and onion into
100 g rye bread	small pieces.
1 egg	Mix the ingredients individually
	with chopped dill and
	mayonnaise.
	In a glass jar start to lay the
	ingredients from bottom,
	potatoes, onions and herrings,
	carrots, beetroot and in the hand
	crumble rye bread.
	Decorate the top with some basil
	leaves, celery leaves and a boiled
	eggs wrap in olives dough

The delicious Dressed Herring Salad (literally translating to “herring under a fur coat”) has become a traditional dish for the festive and New Year's table. The salad consists of small pieces of herring fillet laid out on a flat dish and successively covered with layers of grated boiled potatoes, carrots and beets. Here we play with presentation in a glass cup and in top crumble rye bread



Holodnik

Cold Beetroot and vegetables soup

3 large red beets or 5 small beets
2 quarts water
1 quart buttermilk
1 medium onion or 3 green onions
4 cucumbers
Sea salt to taste
1 tsp sugar
1 bunch dill

Fill the bottom of a medium pot with 2 inches of water and bring it to a boil. Place a colander over the pot making sure the water doesn't touch the bottom of the basket.

Fill the basket with halved beets, cover pot with a lid and steam for 20-30 minutes or until beets are tender. Remove beets from the basket and let them cool. Using a paper towel, rub the skin off the beets and grate them against the large vegetable grater.

While beets are steaming, bring a medium pot of water to a boil, add 4 eggs and cook for 10 minutes. Drain and transfer the eggs to a bowl with cold water. Peel the eggs and grate them against the large vegetable grater.

In a large pot or bowl combine grated beets, eggs, cucumbers, chives, dill, mustard, lemon juice and sour cream. Slowly start adding water and mix it all together. Season with salt and pepper and serve.

A food presentation with natural decor for freshness and flavored colorful fruits or vegetables tree







When you decide to be a chef, you will have to adapt, sacrifice yourself until you reach your goal.

Nobody will ever give you anything, but only your faith and your confidence to achieve your targets will make you the person you want to be.

Pumpkin Samsa

Ingredients:

300 g wheat flour
140 g water
2 g salt
400 g pumpkin
80 g fat of sheep's tail
100 g onion
10 g ground pepper

Cooking Instructions:

Cut pumpkin and fat into small cubes, add some chopped onion, salt and pepper, and mix everything. Bake for 25 to 30 minutes at a temperature of 200-220 degrees Centigrade. The pumpkin samsa can be served hot or cold.

Boursaks

Ingredients:

For dough:
3 pialas Flour
10 g Yeasts
0.6 piala Water
0.7 piala Milk
2 Eggs
30 g Margarine
1 t Salt
1 T Sugar

For frying:

1-2 pialas Oil

Cooking Instructions:

Adding all ingredients leavened dough is made. Of ready dough plaits are made which are cut in pieces 3- 3.5 cm each; they are left for 15-20 minutes, then fried in heated fat.

Fish a la Irtysh

Servings: 4

Ingredients:

120 g fish (perch or sheat)
160 g potato
100 g fresh or pickled cucumber
60 g tomato
4 boiled eggs
80 g mayonnaise

Cooking Instructions:

Fillet the fish and fry it lightly on both sides. Then cool and slice it. Chop cucumbers and potatoes and mix with fish and mayonnaise. Arrange the salad in a pyramid and decorate with slices of fish, tomatoes and eggs. Pour mayonnaise on top.

Babka

600 g potatoes

1 onion

salt

100 g bacon/ oil for baking

Grate the potatoes, without squeezing out the liquid.

For the vegetarian alternative: cut the onion finely and fry in the pan.

For the original „babka“: cut the onion and bacon finely and fry together in the pan.

Mix the contents of the pan with the grated potatoes, season with salt and turn into an earthenware pot. Place in the oven and bake for 40 minutes at 180-200°.

Babka is eaten hot and served with milk.

Kazakh lemon chicken

Ingredients:

1 tbsp Olive oil
2 ea Whole chickens (3-lbs ea)
2 tsp Ground ginger
1 tsp Paprika
3 ea Cloves garlic minced
1 ea Large onion chopped
1/4 tsp Saffron
1/2 tsp Nutmeg
2 tsp Salt
2 tbsp Black pepper Fresh grnd
2 cup Chicken stock
1 cup Green olives chopped
4 tbsp Lemon

Cooking Instructions:

Heat olive oil in a roasting pan and place chickens, breast down in the pan. Combine ginger, paprika, garlic, onion, saffron, salt & pepper in a bowl. Rub this mixture onto the chickens and season to taste with add enough water to cover chickens halfway. Cook on high heat until boiling. Remove pan from heat and place in 400F Oven. Bake, uncovered, for 30 mins. Turn chickens & continue baking until tender & golden brown, approx. 25 mins. Move chickens to serving platter. Place pan on stove top & bring the chicken juices to a boil. Add olives and lemon rind. Reduce heat to low & simmer 5 minutes. Spoon sauce over chickens & serve.

Kazakh Pilaf

Ingredients:

600 g lamb
3 tb fat
4 ea onion
5 ea carrot
1 c dried apricots
1 c rice
1/2 c water
Salt
Pepper

Cooking Instructions:

Slice onion and put it on the bottom of a well-heated cauldron and fry until light golden. Slice meat and fry with onion. Add julienned carrot, salt, pepper and stew. Wash rice under running water and put evenly on meat layer (1 cup rice - 1 1/2 cup water). Bring to boil, making holes to let air get out. Put finely chopped dried apricots, cover and cook, not stirring, on low heat for an hour. Take off from the heat, cover warm and leave for 15 minutes. Stir carefully and serve on a large dish.

Kuyrdak from Kazakhstan

1 1/2 lbs beef
3 onion
2 tomato
1/4 cup vegetable oil
2 bay leaf
2 cups broth
1 1/2 teaspoons mixed spice
1 lb bread dough

For Sauce:

2 bunches spring onion
1 bunch fresh parsley, chopped
1/4 cup fresh basil, chopped
1/2 cup fresh dill, chopped
1 garlic clove, crushed
1/2 cup vegetable oil
1 cup yogurt

Cooking Instructions:

Cut meat into serving sized pieces and fry with chopped onions. Make balls with bread dough. Add broth, bread dough, spice mix, chopped tomatoes, and bay leaves. Bring to a boil, then stew about an hour or until tender.

Meanwhile, fry garlic and spring onions until golden, then add all other sauce ingredients except yogurt and fry another minute or so. Set aside.

When ready to serve Kuyrdak, add yogurt to sauce and stir well. Remove bay leaves, spoon meat onto a bed of rice and serve sauce on the side, as people will prefer different amounts.

Veraschtschaka (Minsk version)

0.5 kg pork with ribs
2 onions
200 g kvass
salt
pepper
1 laurel leaf

Season the pork with salt and pepper and sear both sides briefly in the pan. Remove the meat and sauté the finely chopped onions in the fat. Lay the meat, onion and laurel leaf in a sauté pan, cover with kvass and simmer for 10 minutes on a low heat.

Serve with mashed potato or blinis which are dunked in the veraschtschaka.

Kazakh Tea (Chai)**Ingredients:**

6 c water
 6 tsp loose black tea
 6 cardamon pods
 1 ½ ts fennel seeds
 3 cups milk
 Sugar or honey to taste

Cooking Instructions:

Combine water, tea, cardamon and fennel seeds into large sauce pan and simmer over low heat for 3 minutes. Add milk and simmer addition 2 minutes. Strain tea into cups, add sugar or honey taste.

Kulaga (traditional berry dessert)

400 g berries (*blueberries, cranberries, raspberries or rowan berries*)

70 g honey

2-3 *tbsp wheat flour*

Sort through the fresh berries, rinse and place the saucepan with the berries on the hob. Mix the wheat flour with a little water and add to the softened berries with the honey. Bring to the boil at medium temperature, constantly stirring until creamy and thick. Kulaga is a traditional accompaniment to pancakes, white bread and milk.

Mazurka dessert

250g roasted almonds

3 eggs

120g butter

140g flour

100g sugar

Crumble the butter with the sugar until you get a homogenous mix, add blended roasted almonds, flour and eggs. Knead it well, put into a dish, cover with a film and put it in the refrigerator for 30 minutes.

Roll the dough until it gets 1cm thin, spread it on a baking dish and bake for 25-30 minutes at 180 °C. You can apply sugar syrup on top on the dough five minute before you take it out.

After the dish cools down, pour the icing made from egg whites and powdered sugar.

Serve mazurka with butter sauce, fresh berries or ice cream.

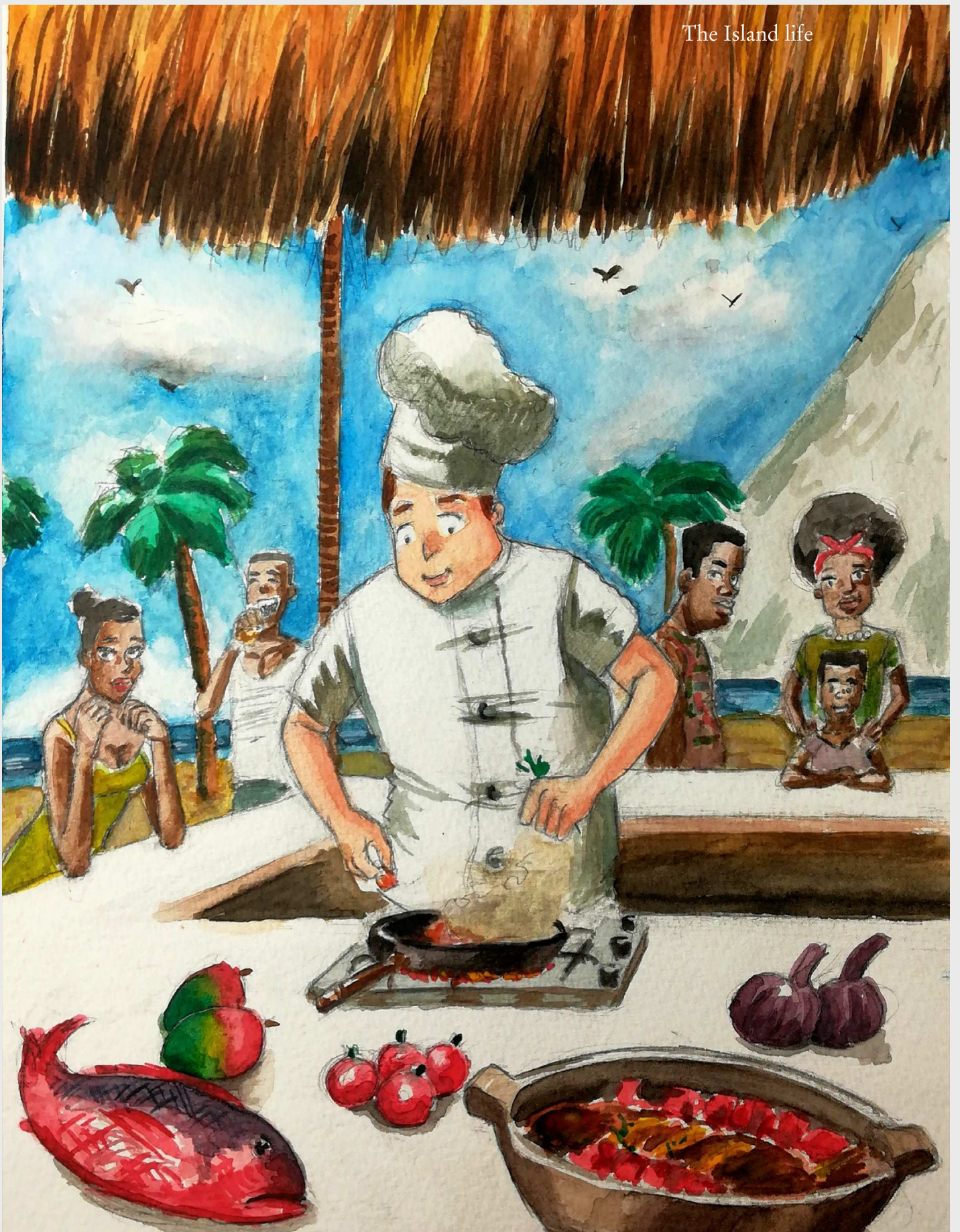
The Island Life style

A short period in the natural paradise of the Seychelles, to savor and immerse myself in the purity of life between fauna and ocean. Immediately defined as working vacation, it lasted no more than six months; but this short period helped me to capture brilliant new culinary ideas. The kitchen overlooked the splendid ocean beach, fantastic colors that accompanied by the scent of freshly caught fish and the infinite varieties of exotic fruits opened the mind to fantastic flavored recipes.

A different life style, between hard daily work and enjoyable time to the beach and around to discover the fabulous areas around the island.

However, after the first 3 months of pure interest on this new world life style, the days began to get a little repetitive, to the point that, like all the best holidays, it was time to return to the mainland.

The simplicity of local people living the island life was so interesting, enjoying the natural ambiance and living the day as always best they could. Music, great food, parties, and of course work with a smiley face, always ready to welcome the guest visiting the island.



Exotic Avocado Tartar with Mango dressing,

1 medium Avocado + lemon juice

50 g Roma Tomatoes diced

30 g Red Onion finely diced

30 ml Extra Virgin Olive Oil

20 ml Lime juice

10 g Capers drained

30 ml soya sauce dressing

5 g baby spinach

30 g baby endive

20 g radicchio

10 g coriander chopped

Salt & Pepper to taste

10 g sliced bread baguette



In a small bowl, combine the oil, onion, lime juice and coriander.
Season with salt and pepper.
Finely dice and pat some of the moisture from the tomatoes. Toss with capers.
Dice the avocado and lightly toss with some marinade and add tomatoes.
mix everything to get well seasoned.
Place a round cookie or biscuit cutter into position on your serving plate.
Lightly press the avocado mixture into the bottom of the cutter.
Top with other vegetables
Garnish with cherry tomatoes, edible flowers and some greens
Remove the cutter by lifting straight up using a spoon to help if necessary.
Season with additional salt if desired.
drop the dressing in the plate.

The wide range of ingredients and the different cooking methods make culinary art, make this experience, a continuous pleasure in learning and teaching new recipes and composition techniques.

The art of plating inspiring your culinary knowdlege
with flavoured and decorating food presentation.
Here a fresh lemon garlic poached seafood salad
with saffron sauce



Poached Lobster in a sea asparagus dashi broth, black caviar, lemon foam

Dashi broth
0.5 lt water
5 gr konbu
10 gr bonito flakes
30 g thin asparagus from sea
2 baby carrots
2 cherry tomatoes half dried
1 baby beetroot
10 ml soya sauce
1 g ginger ground
salt
white pepper

1 g Beluga Caviar
1/2 Fresh Lobster
30 ml Foam of Lemon

Lemon foam
100 g Water
30 g Sugar
3 g Gelatin
16 g Egg white
100 g Lemon juice

Bring cold water and kombu just to a boil in a large saucepan over high heat. Remove from heat and remove kombu. Sprinkle bonito flakes over liquid; let stand 3 minutes. Pour through a cheesecloth-lined sieve or a coffee filter into a bowl.

Blanch in separate waters the baby vegetables, marinated with soya sauce ginger, salt and pepper

Blanch lobster and use half for each portion plate

Combine the water, sugar, and gelatin, and warm until the dry ingredients have dissolved.

Chill the syrup until cold

Combine the syrup with the egg white and lemon juice. Mix with an immersion blender, and then pour into a cold one-liter whipping siphon.

Charge the siphon with one N₂O cartridge. Shake well.

Test the foam for consistency. It should have a velvety appearance but be too soft to hold a peak. If the foam dissipates too quickly, charge the siphon a second time.

Lemon foam using soy lechitin

200 ml fresh lime juice
100 ml fresh lemon juice
50 ml water
2 g Soy Lecithin Powder

Drop dashi broth in the plate, add asparagus, vegetables,
Lobster and in the end lemon foam.





Baby Calamari marinated in liquid red cabbage with mixed herbs, stuffed with Salmon and asparagus.
Served with black rice salad, yellow capsicum orange dressing

Kari Koko coconut curry

300 g chicken
2 can coconut milk
350 g rice
2 apple grated
250 g grated carrots or turnips
1 onion chopped
3 cloves garlic grated
1 ginger grated
1-2 lemons for juice
sunflower oil
salt & pepper

Rice

Cook rice according to package instructions.

Salad

Mix apples, carrots, and/or turnips.
Add to taste: lemon juice, salt & pepper.
Add oil. Mix well.
Cover and let rest for 15 minutes.

Kari Koko

In a pot, heat oil l. Fry onions until translucent.

Add garlic, ginger, and Kari Koko Spices. Finish to cook the fish and seasoned Stir-fry 1 minute.

Add chicken and salt to taste. Stir-fry 3 minutes.

Mix in coconut milk. Cook about 20-30 minutes over medium-low heat, until the chicken is cooked and the sauce thickened. Stir occasionally.

Kari Koko mix spices:

turmeric, cinnamon, coriander, onion, chili, cumin, garlic, curry leaves, fenugreek, ginger, yellow mustard, cardamom, black pepper

Red Snapper fillet with tomato mango salsa

4 red snapper fillet skin on
1/2 bunch coriander fresh
4 lime juice and zest
300 g mango cleaned cut cube
200 g Roma tomatoes
100 g red onion
50 ml olive oil
1-2 g red chili fresh
2 cloves garlic
30 ml takamaka rum
salt and pepper

Cut tomatoes, onion and mango brunoise.

Marinade with garlic, chili, lime juice and zest olive oil, coriander. seasoned with salt and pepper

in a skillet, panfried the snapper to sin part first, with olive oil, turn the fish and flambe with takamaka rum.

serve accompined by Mango tomato salsa

Fish Biryani

750 g of tuna fish cut into chunks
350 g of basmati rice (previously soaked for 1 hour)
3 tablespoons of spices for briyani
1 pot of natural yoghurt
1 bunch of coriander
1 bunch of mint
1 tomato
2 small green chillies
1 tablespoon of saffron threads
1 tablespoon of ground cumin
1 red onion
3 onions, chopped
4 large potatoes cut in four and stained with a dash of yellow dye
2 tablespoons of liquid honey
3 tablespoons of ghee
3 tablespoons of cumin seeds
2 cinnamon sticks
A pinch of yellow dye diluted in half a glass of water
4 cloves
3 tablespoons of crushed garlic and ginger
5 Cardamoms
1 can of peas
5 tablespoons of oil
Salt and pepper
Put salt and pepper in the pieces of tuna meanwhile fry the potatoes, until they are half cooked then the onion and keep them all aside. Then fry the pieces of tuna, to seize them, however they need to be raw inside.

Put all the ingredients in a blender: the mint, coriander, tomato, red onion, chillies and garlic and ginger, then grind till you get a paste.

Mix this paste with the yogurt and 2 tablespoons cumin seeds, 1 cinnamon stick, 2 cloves, 3 tablespoons of spices for briyani, 3 cardamoms and 1 tablespoon ground cumin.

Add it to the fish and mix gently.

Mix well together the colored water, half of the fried onions, half of peas, honey, 5 tablespoons of oil and a tablespoon of ghee. Add the potatoes after, mix again and let rest 10 minutes

Meanwhile put 1 liter of salted water to boil. A cinnamon stick, 2 cloves, 2 cardamoms pod, 1 tablespoon of cumin seeds need to be added in the water.

When it starts to boil put the rice until it is half cooked.

Pour about half a glass of water on the mixture you may taste at this stage and add some ingredients if you want. You must still be able to see the fish and potatoes. Mix well.

After covering the fish mixture with half of the rice, sprinkle half the peas, half of the remaining fried onions, half of the saffron and 2 tablespoons of colored water.

Add remaining rice then the rest of the rest of all the ingredients and finish by adding two tablespoons of ghee.

Cover and simmer over medium heat for 45 minutes.

The basic recipes for sauce and dressings are the starters to achieve your best flavours for any dishes you will prepare. Stocks, mother sauce and all the rest you find here are the main steps for your best tasty food.

Vegetables stock

60 ML Vegetables oil
 900 g Mirepoix
 250 g Leeks
 4 Garlic cloves
 120 g Fennel
 60 g Turnip
 60 g Tomato
 250 ml White wine
 4 lt Water

Sachet

2 Bay leaves
 2 g Dried thyme
 2 g Pepper corn
 8 Parsley stems

Court bouillon

4l Water
 180 ml Vinegar
 60 ml Lemon juice
 650 g Mirepoix
 2 Bay leaves
 2 g Dried thyme
 2 gP epper corn
 8 Parsley stems

Fish stock

4.5 kg Fish bones or crustacean shells
 5 ltW ater
 450 g Mirepoix
 250 g Mushroom trimming
 Sachet
 2 Bay leaves
 2 g Dried thyme
 2 g Pepper corn
 8Parsley stems
 6-8 hours cooking simmering and skimming the stock

Fish fumet

60 g Whole butter
 500 g Onion diced
 12Parsley stem
 5 kg Fish bones
 750 ml Dry white wine
 60 ml Lemon juice
 7 lt Cold water or fish stock
 60 g Mushrooms trimming
 1 sprig Fresh thyme
 10Lemon slices

White stock

7 kg Bones of veal, chicken, or beef
 11 kg Cold water
 1 kg Mirepoix (onions, carrots, celery, leek, garlic)
 Sachet:
 2 Bay leaves
 2 g Dried thyme
 2 g Pepper corn
 8 Parsley stems
 6-8 hours cooking simmering and skimming the stock

Brown stock

7 kg Bones of veal, chicken, or beef
 11 kg Cold water
 1 kg Mirepoix
 250 g Tomato paste
 Sachet:
 2 Bay leaves
 2 g Dried thyme
 2 g Pepper corn
 3 Garlic cloves
 8 Parsley stems

Béchamel

1 Onion
 4 lt Milk
 250 g Flour
 250 g Clarify butter
 Salt pepper
 Nutmeg
Cream sauce add 250 ml cream drops of lemon juice
Cheddar add 250 g cheddar cheese 15 ml dry mustard
Mornay add 120 gr gruyere 30 gr parmesan 60 gr butter
Nantua add 120 ml heavy cream 180 gr cray fish butter paprika powder to achieve color
Soubise (modern) 30 g butter 500 g onion sweat in pan without browning add to béchamel cook and strain

Veloute

250 ml Clarify butter
 250 g Flour
 5 lt Chicken, veal, fish stock
 Salt pepper
Bercy sauted 60 gr shallots add 250 vinola white, 250 fish stock, reduce add veloute
Cardinal 250 ml fish stock, 1 lt fish veloute reduce half add 500 ml heavy cream and dash of cayenne pepper boil and add 45 gr lobster butter
Normandy add 120 gr mushrooms trimming 120 ml fish stock 1 lt fish veloute, finish with an egg yolk and cream liaison.

Veloute

250 ml Clarify butter

250 g Flour

5 lt Chicken, veal, fish stock

Salt pepper

Bercy sauted 60 gr shallots add 250 vinola white, 250 fish stock, reduce add veloute

Cardinal 250 ml fish stock, 1 lt fish veloute reduce half add 500 ml heavy cream and dash of cayenne pepperboil and add 45 gr lobster butter

Normandy add 120 gr mushrooms trimming 120 ml fish stock 1 lt fish veloute, finish with an egg yolk and cream liaison.

Allemande sauce

4 lt Veal or chicken volute sauce

8 Egg yolks

675 ml Heavy cream

Salt pepper

Aurora sauce add 60 gr tomato paste and 30 g butter

Horseradish add 120 ml heavy cream 5 ml dry mustard 60 gr freshly grated horse radish

Mushrooms sautéed 120 g sliced mushrooms 15 gr shallots 30 gr butter, 10 ml lemon juice and add allemande sauce

Supreme sauce

4 lt Chicken veloute sauce

225 g Mushrooms trimming

1 lt Heavy cream

Salt pepper

Albufera 90ml glace de volaille 60 gr pepper butter

Hungarian sweat 60gr diced onion 15 ml butter 15 ml paprika stir into supreme sauce cook 2-3 min strain

Ivory add to supreme 90 ml glace de volaille

Espagnole (brown sauce)

1 kg Mirepoix

250 ml Clarified butter

250 g Flour

5 lt Brown stock

250 g Tomato puree

Sachet

2 Bay leaves

2 g Dried thyme

2 g Pepper corn

8Parsley stems

Demi-glace

1 lt Brown stock

1 lt Brown sauce

Combine and reduce by half

Bordelaise 250 ml red vinola, 60 gr shallots, 1 bay leaf, 1 sprig thyme, black pepper in sauce pan, reduce and add demi-glace, 60 gr butter

Chasseur sautéed 120 gr mushrooms, 15 ml shallots in butter, add demi-glace and diced tomatoes.

Chervil 170gr bacon or game trimmings to the mirepoix, finish with 120 ml red vinola and cayenne pepper

Mushroom, blanch 250 g mushroom, 250 ml water and lemon juice, **reduce** liquid to 30 ml add to demi-glace, stir mushroom with butter

Piquant, combine 30 gr. Shallots 120 ml white vinola, 120 ml white vinegar, reduce in 2/3 add demi-glace, 60 gr cornichon, 15 g tarragon, 15 gr parsley, 15 g chervil

Poivrade, 340 g mirepoix, 10 ml oil.1 bay leaf, thyme, 4 parsley leaves, add 500 ml white vinegar, 120 white vinola, reduce by half. Add demi-glace, and cook for 40 min. crushed peppercorn, cook 5 mins, and strain, add 50 gr butter

Robert, Sautéed 250 g onion, with 30 gr butter.

250 ml white vinola, reduce by 2/3. Add Demi-glace, cook 10 mins and strain. 10 g Dijon mustard, 10 g sugar.

Lobster beurre blanc

30 ml Shallots

15 ml Butter clarified

1 sprig Tarragon

1 Bay leaves

250 ml White vinola

450 ml Lobster stock

15ml Champagne vinegar

10 ml Lemon juice

30 g Ginger chopped

180 ml Heavy cream

120 g Butter unsalted

Salt pepper

Tomato sauce

750 g mirepoix
3 lt Peeled Tomatoes
1 lt Tomato paste
45 g Salt
if need 10 g Sugar
2 lt Vegetables stock
1 bunch Basil leaves
50 ml Olive oil

Beurre Blanc

30 ml White vinola
120 ml White vinegar
7 ml Salt
2 ml White pepper
45 g Shallots
1 kg Whole butter

Reduce until 30 ml all ingredients
except butter

After bring butter to 43-50 degrees
together with 30 ml liquid

Strain in chinois

500 gr butter

Basil butter 60 g basil minced, 60 gr
shallots 10 ml lemon juice add to
butter

Herbs butter, 250 g mixed herbs

Lobster or crayfish, grind 250 gr
lobster or crayfish meat 500 gr butter
place in sauce pan and clarify. Strain
butter in chinois

Pepper coulis

1, 25 kg Red, yellow or green pepper
20 ml Vegetable oil
10 g Garlic
90 g Onion
250 ml White vinola
450 ml Chicken stock
Salt pepper

Tomato salsa

5 Tomatoes seeded small dice
1 bunch Green onion
1 Garlic
½ bunch Cilantro
2 Jalapeno
50 ml Lemon juice
2 ml Cumin
Salt pepper

Thyme scented celery essence

1 lt Celery juice
500 ml Tomato juice
15 g Fresh thyme
180 g Whole butter
Salt
Tabasco

Shallots Curry Oil

225 ml Canola oil
1 Shallots
60ml Curry powder
60 ml Water

Barbecue sauce

250 g Onion
 30 g Garlic
 30 ml Vegetable oil
 180 ml Red wine vinegar
 30 g Brown sugar
 50 g Honey
 250 ml Beef stock
 300 g Ketchup
 30 g Dry mustard
 30 ml Worcestershire
 Salt pepper
 Cayenne pepper

Duxelles Sauce

250 g Mushrooms, chopped fine
 90 g Shallots, chopped
 30 ml Clarified butter
 30 ml Olive oil
 700 ml White vinola
 500 ml Demi-glacé
 60 ml Heavy cream
 Salt pepper
 Parsley chopped

Roasted garlic sauce

60 ml Shallots
 15 ml Butter clarified
 120 ml Red vinola
 1 sprig Fresh thyme
 1 Bay leaf
 1 Garlic
 450 ml Demi-glacé

Red Wine thyme sauce

250 ml Red vinola
 5 g Garlic
 60 g Shallots
 1 lt Veal stock
 1 sprig Rosemary fresh
 1 sprig Thyme fresh
 1 sprig Bay leaves
 30 g Butter

Pesto sauce

360 ml Olive oil
 90 g Pine nuts
 180 g Basil fresh
 10 g Garlic
 120 g Parmesan
 Salt pepper

Citrus beurre blanc

225 ml Orange juice
 15 ml Lime juice
 15 ml Lemon juice
 225 ml White vinola
 225 ml White vinegar
 15 g Shallots chopped
 15 ml Heavy cream
 350 g Butter
 Salt pepper
 Orange zest blanched
 Lime zest blanched
 Lemon zest blanched

Although I grew up in a small village, my dream has always been to travel from childhood. Traveling to know the world, new people, new cultures, and the best way to do it was to find a passion as a job to allow me to cross my country's borders. During my travels, I have had the opportunity to meet many people who have played essential roles in developing my culinary and cultural vision. A path that has broadened my knowledge on the diversity of living and seeing one's work. The most important value of this trip has always been respecting myself, which has sometimes led me to make very drastic decisions, which have always seemed unprofessional in the eyes of others. Only by respecting yourself first, over time, will you be able to understand how to respect others, maintain stability in making the right choices. After everything, each of us has a clear path in life, and if we care about ours, we will always respect the choices of others. In recent years I had the opportunity to meet people who have left a mark on my professional life.

Today, if I have built my career path, thanks to them, they have been the stone that I put to walk through my path. A big thanks to all of them, even if today we are no longer in touch, is deserved, because You can't process life without facing and meeting other people's mentality if you are a traveler life lover. Learn and get inspired by others will make your lifestyle full of unforgettable experience moments.

Taste of my step will continue with amazing recipes and life moments from more countries with a new chapter; it's just the beginning.



It all started during a day of pandemic, which closed us in on ourselves, within the walls of our home, I found in a childhood friend, the right way to explain the culinary adventures of a lifetime. Simone Catalano, who is a painter by trade, gave light to images that depicted the various moments of my culinary travels. Hence the title, 'the Taste of my steps' was ready to be written. A journey through watercolor paintings, traditional recipes from various countries around the world, which will continue with new chapters.

Daniele Chiari

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It has always been my dream
to travel around the world
and continuously learn about
new people's cultural
lifestyles.

I made my culinary taste the
secret of my journey,
introducing myself and
entering different countries
around the globe, with the
awareness of always leaving a
part of my cultural
experience in every place and
bringing away new cultural
baggage of the countries who
hosted me.

In the end, eating is life, and
life without a good meal has
no flavor. From North to
South, from East to West,
traveling has always inspired
me to create new recipes and
new flavors of dishes.

My travel has always been a
work lifestyle, enjoying the
discovery of different places
in the globe with the infinite
culinary world path.