

Summer of Fun-Raising
COOKBOOK

The central graphic features a large yellow sun on the left and an illustration of three children (two girls and one boy) holding hands and dancing on the right. The text "Summer of Fun-Raising" is written in a bold, dark grey font, and "COOKBOOK" is written in a larger, bold, black font below it.



In the summer of 2020, amidst COVID-19 social distancing, a determined committee of women from the AWC Berlin; My Linh Kunst, Karen Castellon, Dawna Grand and I created and implemented the Summer of Fun-Raising Campaign for The FAWCO Foundation and the FAWCO Target Project. We offered over forty online workshops for our membership and guests from all around the world.

Thank you to all of our workshop presenters, participants, and donors. This initiative brought our community together, taught us new skills, showcased the many talents of our members and raised much needed funding during these very uncertain times.

In this book are the recipes from the popular cooking workshops - including recipes from France, India, Israel, Korea, Mexico, Morocco, Thailand, Turkey, the U.S. and Vietnam.

Stay safe and stay healthy,

Stephanie Biery, Philanthropy Chair, AWC Berlin



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Challah Bread

*Beth van Amerongen
(AWC Amsterdam)*

Ingredients:

¾ C warm water (175 ml)
2 eggs
1/3 C (80 ml, or 5 Tbsp plus 1 tsp)
sunflower, canola or other vegetable oil
4 1/2 cups (550-575g) bread flour
4 Tbsp (60 ml) honey (the liquid kind)
1 ½ tsp salt
2 tsp (1 packet) dry yeast
Recommended for garnish: one additional
egg, poppy seeds and/or sesame seeds.



Instructions:

Beth usually makes the dough in her bread machine, but will do it by hand with a regular bowl for this class. You can use a mixer with a dough hook or a bread machine if you have one. It is also good to have ready a pastry brush and a baking sheet lined with baking paper or a Silpat liner.

At the end of the workshop you will have 2 delicious full-sized loaves of challah or the equivalent (you will have the option to divide your dough into smaller loaves or rolls). You will also have a sense of community and shared accomplishment! Beth will also provide all participations with full written instructions so they can continue to bake challah week after week.

Instructions for making dough by hand or in a mixer with a dough hook:

in a large bowl combine warm water and yeast until dissolved. If the yeast isn't the instant kind, add a pinch of sugar to activate it (it will bubble/foam).

Add the wet ingredients and the salt and then slowly incorporate the flour.

Let rise in a bowl covered with a towel in a warm place for 30-60 minutes until roughly double in size. If necessary, turn on your oven for one minute, then turn it off and put the bowl in the oven.

Instructions for making the dough in a bread machine:

Load ingredients in order, according to manufacturer directions.

Run the machine on dough cycle, which should stop after the first rise.

Proceed here for all methods:

Remove the dough, punch it down and place it on a floured surface.

Form into loaves or knot rolls:

For loaves, divide the dough in half and then further into thirds to have 6 pieces. Form each piece into a rope. Pinch the ends of three ropes together and braid loosely. Pinch the other ends after braiding and tuck the pinched parts under on each side.

For knot rolls, divide the dough into 20 pieces. Form each piece into a rope and loop it once to form a loose knot.

Place the loaves/rolls on a baking sheet and allow them to rise for ~30 minutes.

Preheat oven to 325°F/165°C (145°C for hot air oven)

Beat an egg with a bit of water and brush lightly on top of the risen dough. Sprinkle with sesame and/or poppy seeds.

Bake loaves for 20-25 minutes and rolls 15-20 minutes or until golden brown.

Transfer to a rack and allow to cool.

Notes:

Do not put the bread in plastic bags until after several hours of cooling.

Once thoroughly cooled, the challah freezes well. When you are ready to use it, thaw for an hour and warm it 5-10 minutes to refresh the "just baked taste".





Fried Mozzarella with Anchovy/Garlic Sauce

Deborah Lillian (AAWE Paris)

Ingredients (for 8 portions):

2 8-oz balls fresh water-packed mozzarella cheese, drained.
Approx 1 cup all-purpose flour
1 large egg, beaten to blend
2-3 cups fresh breadcrumbs made from crustless French bread (approximately 8 oz)
2 Tbsp butter
6 garlic cloves, minced
1 c packed fresh flat-leaf parsley
½ c olive oil
⅓ c drained capers
1 2-oz can anchovy fillets, drained
1 ½ tsp fresh lemon juice



Instructions:

1. Slice cheese into ⅓- to ½-inch rounds. Coat cheese in flour, then egg, then breadcrumbs. Pat cheese slices gently so breadcrumbs adhere. Place on baking sheet, cover, and refrigerate until cold (at least two hours).
2. Meanwhile, make sauce: melt butter in small skillet over low heat. Add garlic, saute about 3 minutes. Transfer mixture to food processor, add parsley leaves, ¼ cup oil, capers, anchovies, and lemon juice. Blend until coarse paste forms. Season with salt (careful!) and pepper.
3. Cheese and sauce can be prepared 1 day ahead. Cover separately and refrigerate. Rewarm sauce slightly over low heat before serving.
4. Heat ¼ cup oil in large skillet over high heat. Working in batches, fry cheese until brown, about 2 minutes per side.

5. Transfer fried cheese to plates. Spoon warm sauce over cheese.

For an alternative to the anchovy garlic sauce, use Deborah shared Pierre Franey's Sauce Verte

Sauce Verte

(Green sauce)

1/3 cup coarsely chopped parsley, loosely packed	1 clove garlic, finely minced
1/3 cup coarsely chopped raw onion	1/2 cup olive oil
2 tablespoons coarsely chopped chives	3 tablespoons wine vinegar
1 teaspoon chopped fresh tarragon	1 tablespoon imported mustard such as Dijon or Düsseldorf
	1 hard-cooked egg, quartered.

1. Combine the parsley, onion, chives, tarragon, garlic, olive oil, vinegar, and mustard in the container of a food processor or electric blender. Blend until herbs are finely chopped. Do not overblend, however. The ingredients should retain some texture.

2. Add the egg and blend briefly until coarsely blended.

Yield: About one-and-a-quarter cups.





Guacamole

Silvia Malo

Ingredients:

- 3 slightly ripe tomatoes, medium sized not super hard but also not very soft
- 3 ripe avocados, medium, very soft to the touch
- 1 medium red onion
- 1 lemon or lime
- 1 bunch of coriander (if buying at Edeka, buy 2 packs)
- 1 jalapeño pepper (they normally have them at the Turkish supermarkets or also in Edeka/Rewe).



Instructions

The ordering of the ingredients is very important to bring out the flavor. It should be onion, lemon, cilantro, jalapenos, tomatoes and avocados last.

Chop tomatoes and place them in a colander over a bowl, then add a little salt to draw out the water and let them sit.

Chop the onion and place in a separate bowl, and squeeze the juice from $\frac{1}{4}$ to $\frac{1}{2}$ of a lemon over the onions to help develop the flavor.

Then rinse the cilantro in warm water to help bring out the aroma and natural oils. Cut, and remove, only the very bottom of the cilantro. All other parts can be used. Cut off the stem end and smell it. If it is very fragrant, it is likely to be spicier than ones that have a more dull aroma. Add a bit more lemon and some salt and pepper to the cilantro, onion and lemon mix.

Cut the chili pepper in half and remove the vein and seeds (the vein and seeds are where a lot of the heat is).

Cut avocados in half and remove the pit. Use a wooden spoon to gently mash while scooping the flesh from the avocado skin. Never use a metal spoon to remove the avocado as the metal can make the fruit turn brown more quickly.

Reserve 1/2 avocado at the end and chop it into bigger pieces to give a chunkier texture. If there is too much water after combining all ingredients, pour some of the liquid off. Season to taste with more salt and pepper if needed.

TIPS

- NEVER add the following to guacamole: garlic, olive oil, canned/jarred pickled jalapeno.
- General proportions are 1/3 tomato, 1/3 onion and cilantro and 1/3 avocado.
- The tomato mix can be a little on the salty side. When the avocado is added, it will balance out.
- Never refrigerate avocados or tomatoes.
- Aqui Espagne has tortillas so you can make your own corn chips.
- If you buy store bought chips, and find they are too salty, you can put the chips in a plain paper bag, close it and gently shake it to remove some of the salt.
- To choose a perfect avocado, gently squeeze the fruit. If it feels slightly soft to the touch, it's likely a good one. You can also remove the stem and look at the color underneath the stem. If the color is brown, it's too ripe, if it's yellow it's under ripe. You want a nice green color.

To speed up the ripening process, wrap avocados in newspaper and place them in your oven (not heated) overnight.





Thai Chicken Salad

Nikki Thomas

Ingredients:

400 grams chicken breast filets or chopped chicken
1 bag of mixed salad greens
1 carrot
1 cucumber
2 capsicums
1 red onion
1 bunch of spring onions
1 bunch of coriander
1 bunch of mint
1 bunch of Thai basil (or regular basil)
3-4 large cloves of garlic
2 Tablespoons of neutral cooking oil
1 Tablespoon palm sugar (or brown sugar will be ok)
2 Tablespoons of fish sauce
Juice of 2-3 limes.

Optional, 2 cups of good quality jasmine rice.

The herbs, fish sauce and palm sugar are widely available at most Asian supermarkets.



Instructions:

To make dressing:
1 lime = 2 tsp sugar, 1 Tbsp fish sauce

The power of Thai Cooking is fish sauce, lime and brown sugar (or palm sugar)

To prepare rice:

Saute in oil

Add salt

Add 2x boiling water

Turn heat off & cover.

Dice chicken (or tofu)

Chop garlic, slice red onion, slice green onions and red peppers

Tear leaves of herbs, discard stems: coriander, mint, thai basil

Fry chicken on hi-med to brown.

Put onion & herbs in bowl

Add salad

Add garlic to chicken once it's done.

Peel carrots, make ribbons

Slice cucumber, remove seeds to remove water

Take chicken off heat when garlic smells like it's done and chicken is brown.

Mix Salad.

Put lemon on chicken

Add salted peanuts & crispy onions.





Vietnamese Summer Roll

Suzy Nguyen

Ingredients for 12 rolls:

- 12 rice paper wrappers (Bánh tráng), 8.5" diameter is what Suzy is using but any size will work.
- 4 oz rice noodles (Bún)
- 24 shrimps, no shells, boiled, halved lengthwise
- ½ lb of pork, boiled, chilled then thinly sliced
- 1 cup of carrots (sliced into ½" wide x 3" long x 1mm thick strips)
- 1 cup of cucumber (sliced into ½" wide x 3" long x 1mm strips)
- 1 cup bean sprouts
- 1 bunch of mint
- 1 bunch of cilantro
- 1 bunch of Thai basil
- 1 bunch of chives
- 12 lettuce leaves
- ½ cup peanuts

Note: You can use any vegetables you like and can delete any vegetables you cannot find. As well, use whatever herbs you can find but at least mint and cilantro which are easy to find.

For the dipping sauce:

- ¾ cup of peanut butter (if your peanut butter is unsweetened, 1/2 tablespoon sugar)
- 3 tablespoons hoisin sauce
- 1/3 cup of water (more or less to thin the sauce)



Instructions:

- Boil the pork, chill to make the meat easier to slice. Slice thinly.
- Cook shrimps and halve them lengthwise (along the spine).
- Wash herbs, lettuce, bean sprouts. Pat dry.
- Slice cucumbers and carrots.
- Fill a big bowl with hot water. You will dip your rice paper in this water to soften.
- Crush peanuts.

Cook noodles (bún):

Boil water.

Turn off heat.

Put squares of bún noodles into the hot water.

Cover with lid for 7 minutes.

Drain and plate.

Supplies needed:

- Several bowls/container to separate ingredients
- 1 bowl big enough for hot water to dip rice paper in
- 1 dinner plate (to roll the rolls)
- 1 serving plate (big enough to hold all 12 rolls)
- 1 small bowl for dipping sauce
- Small pot to heat dipping sauce
- Whisk

Make the rolls:

1. Wet rice paper lightly in bowl of water.
2. Put content of roll on rice paper - shrimp and meat first, then a bit of noodle, then greens. Don't put too much or rice paper would break.
3. Fold the sides of the rice paper in - then roll.

Serves with dipping sauce.





BBQ Sauces and Rubs

Kristie & Mike Pommerance

In this workshop, you will learn the different cuts of meat and the best BBQ rub and sauce to use, for what cut. You will also have hands-on experience making 2 different rubs and our award winning Kansas City BBQ sauce.

Ingredients for sauce:

Ketchup
 Lemon juice
 Maple Syrup
 Worchester Sauce
 Raw garlic
 Black pepper
 Brown Sugar
 Hot Sauce (Tabasco like)
 Cayenne Pepper
 Onion Powder

Ingredients for Rubs :

Brown Sugar
 Black pepper
 Paprika
 Chili powder
 Course Salt
 Garlic powder (granulated if possible)
 Onion powder (granulated if possible)
 Celery Salt or Seed
 Cayenne pepper
 Cumin
 Seasoning salt (similar to All purpose Lawrys)



Instructions:

See Appendix “Kristie and Mike BBQ Class”



Quick and Easy Chinese Dumplings

June Lee

Quick and easy Chinese dumpling-making with ready made dumpling skin from Asian supermarkets. (Please see pictures below for some examples.)

Materials and supplies:

*This suggested amount of salmon and spinach will make around 13~15 dumplings. Could also prepare with minced pork and cabbage.

- **Package of dumpling skin** (It's usually frozen when you find it in Asian supermarkets. Please defrost before the workshop.)

This is the one I always use and you can find it in Vinh-Loi Asian Supermarket:



These are what I found in other Asian supermarkets:



When looking for a pre made (packaged) dumpling skin, make sure you look for a round one. (You can often see square ones, but they are not for the type of dumplings we are making this time.)

- **Salmon 120g** (no skin and defrost before workshop)
I always use frozen ones from the supermarket. This is an example:



- **Spinach leaves** 80g (If you're frozen spinach, please defrost before workshop)
I always use frozen ones from the supermarket. This is an example:



- 1 clove of garlic
- 10g ginger
- Knife and cutting board
- mixing bowls
- A grater
- soy sauce
- sesame oil (optional)
- Flour (small amount)

Preparation:

- Defrost all the materials and premade dumpling skin.
- Cut salmon into 0.5 ~ 1 cm small cubes



- Chop Spinach leaves (Doesn't need to be very fine)



- Chop ginger finely or grate it into fine pieces
- Chop ginger finely or grate it into fine pieces

Instructions:

Mix all ingredients for filling - ginger, garlic, salmon, spinach, soy sauce and sesame oil.

Have a bowl of water, flour 2 plates - one to use to make dumpling, the other to put prepared dumplings on.

1. Take 1 dumpling skin
2. wet outer edge with water
3. put a small spoonful of filling in the middle
4. fold and close the middle together
5. make dumpling folds from middle outwards
6. Close with water.



To cook dumplings:

1. Boil water with a dash of oil and salt
2. Stir so that water is going around in circle, then put in dumplings one by one in the circular motion.
3. Dumplings will sink - when they are done, they float.



4. They can be eaten as boiled dumplings or better yet, prepare a pan and fry them.





EGG AND POTATO CURRY

Robina Lillecrapp

Ingredients:

6 + 2 hard boiled eggs
2-3 medium potatoes, peeled and quartered
or 12 baby new potatoes, washed and par-boiled
1 medium sized onion, chopped finely
1 can tomatoes, liquidized
1 tsp cumin seeds
1 tsp black onion seeds (kalongi)
1 tsp each garlic & ginger paste
1 tsp cumin powder
1 tsp coriander powder
1 tsp salt
½ tsp red chili powder
1 tsp turmeric powder
1 tsp garam masala
3 tblsp sunflower oil
fresh coriander, pinch garam masala & lemon to serve
1 tsp cumin seeds extra, dry-roasted and crushed with pestle and mortar



Instructions:

Heat oil in a heavy based pan and fry onion on medium heat until golden brown. This can take 5 minutes. Then add cumin seeds and onion seeds and fry for a further 2-3 minutes. Now add the garlic and ginger paste and fry for 1-2 minutes. Stir in the chili, salt, coriander powder, cumin powder and turmeric powder and mix well. Fry gently for several minutes. Splash a little water if spices begin to stick. Next add the liquidized tomatoes in 3-4 increments, frying off as you go to reduce the liquid amount.

Add the chopped or par-boiled potatoes and stir-fry these in the spicy tomato mix, reducing the sauce in the process. You may need to add a little water intermittently to avoid the sauce from burning. After about 5 minutes, add 2 cups of hot water, place lid on top and allow to simmer gently for a further 5-10 minutes.

In the meantime peel the eggs and prick them all over with a fork. Carefully add 6 of them to the potatoes. Slice the remaining two in half lengthways, reserving them for decoration when serving. Add another half a cup of water, bring back to boil and now reduce the heat.

Place lid on top and allow to simmer gently for about 15-20 minutes, stirring occasionally. Check flavouring and adjust if necessary. When the potatoes are cooked through and curry has slightly thickened, remove from heat. Serve with the reserved sliced eggs, chopped fresh coriander, garam masala and a squeeze of lemon. Delicious with basmati rice or naan bread.



Information on the benefits of the spices in this recipe

Spices are aromatic, natural substances that come from various parts of plants, such as the root, bud, or seed. For thousands of years, we have incorporated spices into our diets as a way to enhance flavor without adding additional calories . They also come with their own amazing health benefits.

Spices can promote good digestion by stimulating motility and enzyme production in the gut. Some have anti-inflammatory properties; some provide powerful antioxidants; some are linked to controlling appetite.

There's even evidence that many spices play a role in cancer prevention. All of these benefits are owed to their high density of phytonutrients and trace minerals.

In Ayurveda there are six tastes: sweet, sour, salty, pungent, bitter and astringent. Each of these tastes has a distinct effect. Depending on your constitution and the season, these effects can contribute to or disturb your state of balance.

Examples of these six tastes and their effects:

Sweet: Ghee and Rice, ginger

Sour: Tomato, lemon juice, yoghurt

Salty: Grounding, moistening, promotes proper electrolyte balance

Pungent: Chilies, cayenne, peppers (heat)

Bitter: Kalongi (cooling effect, cleansing) , Turmeric

Astringent: Coriander, cooling, grounding

Spices used in our recipe and their effects:

Ginger is a powerful antioxidant and anti-inflammatory agent, aiding in digestion and settling tummy troubles, it subsequently helps us better absorb and assimilate nutrients from the food we consume.

Garlic is the best known natural antibiotic, and helps reduce toxins and impurities.

Turmeric, boosts the immunity and particularly its antioxidant component, curcumin, helps improve conditions like high cholesterol, high blood pressure, inflammation, diabetes.

Cayenne pepper provides both heat and health due to its active component, capsaicin, which is linked to weight loss and lower blood pressure and improved digestion .Cayenne can also relieve pain related to arthritis, skin conditions, and other ailments when applied directly to the skin.

Cumin seeds are known for their distinctive earthy, nutty flavor. Believed to boost the activity of digestive enzymes and facilitate the release of bile from the liver, speeding digestion and easing the digestion of fats. Can also reduce symptoms of irritable bowel syndrome (IBS), such as abdominal pain and bloating

Coriander seeds are abundant with antioxidant, antimicrobial, detoxifying and anti-infectious properties which help boost the immune system.

Kalongi: Also known as Nigella seeds are high in antioxidants, can reduce cholesterol levels and have anti-bacterial properties. Also anti-inflammatory and blood-sugar regulatory properties.

Eggs are among the most nutritious foods you can find, providing virtually all the vitamins and minerals you need. exceptional superfood.

It's very important to realize that almost all the nutrients are contained in the yolk, the white contains only protein.

Eggs are loaded with vitamins, minerals, high-quality complete protein, good fats and various other lesser-known nutrients. They very high in the antioxidants lutein and zeaxanthin, which can drastically reduce the risk of macular degeneration and cataracts.

A large egg contains 77 calories, with 6 grams of quality protein, 5 grams of fat and trace amounts of carbohydrates.

Eggs also contain small amounts of almost every vitamin and mineral required by the human body, including calcium, iron, potassium, zinc, manganese, vitamin E, folate and many more.

Potatoes sometimes get a bad press for causing obesity, but in fact they are low in fat and can be part of a healthy diet: it is how we cook the potatoes and the ingredients that we add to them, such as butter or oil, that potentially racks up the calories.

New potatoes have thin, wispy skins and a crisp, waxy texture. They are young potatoes and unlike their fully grown counterparts, they keep their shape once cooked and cut. They are also sweeter because their sugar has not yet converted into starch so are perfect for curries because they don't disintegrate when cooking.

As well as being low in fat, potatoes are also a good source of vitamins and minerals. They contain vitamin B1 (thiamin), which our bodies need to help release energy from carbohydrate and is needed for healthy heart function. Potatoes contain other B vitamins too, including folic acid, vital for healthy cells and particularly important for pregnant women.

Potatoes are also one of our main dietary sources of vitamin C - which can help us fight stress, infections, allergies and asthma. Vitamin B6, needed for red blood cells and the nervous and immune systems, is also found in potatoes.

Tomatoes are high in vitamin A, vitamin C, potassium, phosphorus, and B vitamins. Canned tomatoes are usually picked at their peak ripeness or nearly ripe, then processed almost immediately in a nearby factory. Their quality is consistent and their flavor is usually better than supermarket tomatoes. However, if tomatoes are in season, go ahead and substitute fresh for canned.

Lycopene is a bright red pigment and a phytonutrient (think antioxidant effects...a cancer fighter!) that is found most commonly in tomatoes and tomato products.

Unlike most fruits and vegetables, where cooking decreases nutritional content, processing tomatoes actually increases the concentration of lycopene. Our bodies absorb lycopene from tomato paste four times better than from fresh tomatoes!





Crepes

Ferah Laue

This savory crêpes is a very light supper for Kids. With red wine it's a delicious dinner for adults.

Ingredients for 6 people:

- | | |
|--------------------|----------------------|
| 3 | Bio-Eggs |
| ½ kg/500 grams | Flour |
| 750 ml | Milk |
| 500 gr | Grated Mozzarella |
| 500 gr | Sliced Mozzarella |
| 1 kg | Tomatoes sliced thin |
| Big bunch of Basil | |
| Salt | |
| Black paper | |



Instructions

Mix eggs, milk and flour. Batter should be thin.

Heat a round, flat pan on medium and add a small amount of butter. Pour a very thin layer of batter in the pan. Flip the crepe when the top starts to look dry. Add the ingredients on one half; cheese, tomatoes, basil, salt and pepper. Flip the empty side of the crepe over the fillings. Allow cheese to melt. Fold in half again so the crepe looks like ¼ of a circle/a triangle.





Salmon & Spinach Quiche

Ferah Laue

Ingredients:

250 gr Flour
7 Eggs
120 gr Butter
300 gr Salmon fish
100gr Spinach
2 big Onions
200 gr Gouda or Emmental or Mozzarella
250 gr Cream Fraîche
1 Tbsp Horseradish
1 bunch Dill
Salt
Black paper
Dash of nutmeg

Need a Quiche baking pan



Instructions:

Cut onion, dill and fish in small pieces.
3 eggs - separate yolk & white (white will not be used)

Preheat oven 180 Celsius

Start by making dough:

250 gr flour
120 gr butter
1 egg

Mix your butter & egg first

Add flour slowly

If dough is hard, add a bit of water. Dough should be smooth, not so hard - add a bit flour

to make it softer. Sprinkle flour on table, roll dough out to flatten. Use baking pan bottom to cut dough to size. Butter your baking pan. Fill bottom of pan with dough. Take a fork and make lots of holes in dough at bottom of pan.

Bake bottom dough only - about 10 minutes. should be golden color.

For the crust edges, take remaining dough, knead, roll into tube, then flatten it, and cut a long flat piece (to edge height of the pan).

Caramelize chopped onions:

Stir onions in butter (high fire). Add a bit of brown sugar. Add a bit of salt, pepper. When caramelized, turn heat off. Keep onions in pan.

Prepare Creme Fraiche:

200-300 gr creme fraiche

Add 3 whole eggs and 3 yolks

Mix with hand

Add a bit of salt (because salmon is not salted, if use ham, don't have to add salt)

Add pepper, nutmeg

When dough is ready golden, take out of oven, add edges to pan.

Then layer filing:

- Put cheese (mozzarella) to bottom of pan
- Then caramelized onions
- Then add spinach
- Then place salmon on top
- Add dill on top of salmon
- Pour creme fraiche on top

Bake for 35 minutes - 180 degrees.



Korean Bulgogi BBQ

Elizabeth Kang

Ingredients:

500 gram sirloin(Lenden) or tenderloin (Filet) thinly sliced

Ssamjang (soy bean paste)



Marinade sauce:

- 2 tbs of soy sauce
- 3 tbs of water
- 1 tbs of brown super
- 1 tbs of honey
- 1 tbs of toasted sesame oil
- 1 tbs of toasted seaside seeds
- 2 chopped green onions
- 4 cloves of minced garlic
- ½ ts of black Pepper



Instructions:

1. Thinly slice 500 gm of sirloin or tenderloin beef against the grain
2. Mix all ingredients to make marinade.
3. Add the beef to marinade and keep refrigerated at least 30 minutes. If the beef is tough, you can marinate longer to make it tender.
4. Cook it on a pan or grill
5. When serving on a plate, sprinkle chopped green onions and sesame seeds lightly on top.
6. Wrap a piece of *Bulgogi* in a lettuce leaf with a little bit of *Ssamjang* (soy bean paste).



Mexican Brunch

Silvia Malo

MENU

Chilaquiles verdes

Huevos ahogados

Frijoles refritos

Salsa roja

Salsa verde

Salsa Borracha (optional)

Ensalada de frutas



POTS AND PLATES

You will need the following:

- A pot to prepare the chilaquiles sauce
- The baking sheets for the totopos
- Another pot to prepare the eggs (huevos ahogados)
- A pan to do the refried beans
- Another pan to roast the tomatoes and tomatillos, onions and chiles for the salsas, and to toast and sugar the sesame seeds for the fruit salad
- A bowl for the fruit salad
- A serving plate for the chilaquiles

FOR 4 TO 6 SERVINGS

Chilaquiles Verdes

INGREDIENTS:

- 1 1kg pack of corn tortillas

For the broth:

- 1 small can of tomatillo (or ½ large can)
- ½ bunch of fresh cilantro
- 2 small onions
- 1 to 2 garlic cloves
- Salt, pepper and a pinch of dry oregano
- A pinch of baking soda
- 1/3 cup of vegetable oil

To serve:

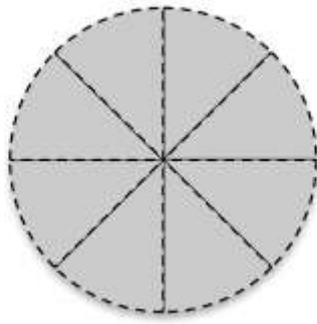
- Sour cream or crème fraîche
- 1 bag of shredded cheese (gratin, pizza cheese)

INSTRUCTIONS:

PREP WORK

For the Chilaquiles:

We will start by making our tortilla chips (in Mexico they are called totopos):



Note: can be made ahead of time and bagged for a few days. One stack of tortillas will take 3-4 cookie trays to cook.

- Heat oven to 220 celcius
- Cut the tortillas into wedges (8ths)
- Spread on cookie sheet in single layer
- Brush on vegetable oil and sprinkle salt (one side)
- Place both trays in the oven and cook for about 15 to 20 minutes
- After that time, the upper tray will be ready to take out. Move the lower tray up and cook for another 5-10 min depending on how dark you want them.

For the refried beans (Frijoles refritos)

If you want to make the refried beans from scratch:

Buy the grains uncooked and soak the grains in water for at least 4 hours (grains plus enough water to cover the beans by 3 to 4 inches)

Rinse well and cook with enough water to cover the beans by 4 inches. Do not add any seasoning.

Do this the day before so that you will only have to “refry” the beans during our session

As an option, get the canned whole black beans.

SAUCE

Note: can be made a bit ahead then reheated. Must be served very hot (for cheese to melt) and eaten immediately after plating or chips will be too soggy.

- Heat about 3 tablespoons of vegetable oil in large pot
- Blend the following (in blender or using immersion blender), 2 small cans (or one large can of tomatillos (depends on taste and consistency), ½ bunch cilantro (just the ends of the stems cut off -about 1 cm, 1 small onion quartered, 1 clove chopped garlic, ½ of a serrano or jalapeno pepper (or more for a spicier broth. chopped and with no seeds), about 2 cups of water.
- Pour the sauce into the pot of hot oil to fry for a few minutes on med/high heat. It will change to a darker color.
- Add salt, pepper, oregano to taste (vegetable cube if desired)
- The ideal consistency is that of the broth in a hearty vegetable soup
- Simmer for 5 minutes on low heat so that it thickens somewhat and the flavors develop.
- If the sauce is too acidic, add a mini-pinch of baking soda

- To serve, use a serving plate and place the tortilla chips. Bathe them with the sauce generously and sprinkle grated cheese and thin cut onion slices. Add a few dollops sour cream. As an option, add some refried beans around the edge of the serving plate.

Huevos Ahogados

INGREDIENTS:

- 6 to 8 eggs
- 1 can of Poblano peppers (optional) or
- 1 small can of zucchini blossoms (optional)

For the broth:

- 4 to 6 medium ripe tomatoes
- 1 can of tomato pulp
- 1 small onion
- 1 to 2 garlic cloves
- ½ bunch of fresh cilantro
- 1 to 2 dried chiles (optional, it can be pasilla, morita or guajillo)

INSTRUCTIONS:

- If you are using dried chiles, soften 1 or 2 in a cup on water with no seeds for about 1 minute in the microwave
- Preheat about 3 tb oil in a big pot.
- Blend the following (in blender or with immersion blender): 4-6 small, 1 can of tomato pulp, small onion (quartered), 1 clove garlic (chopped up), ½ bunch cilantro (cut ends of stems off and run under warm water first), the dried chiles
- Pour blended sauce into pot and cook for about 5 minutes on medium heat
- Season with salt, pepper, oregano and veg cube (optional)
- Look for the same consistency as described above.
- Optional - Add 4+ zucchini flowers and/or poblano peppers (seeded and cut into strips)
- Lower heat to about 4
- Crack eggs (4-6) directly into the pot and do not stir, cover and lower heat to about 3, let sit for about 15-20 minutes
- Serve in bowl like a soup with a dollop of beans

Frijoles Refritos

INGREDIENTS:

- 2 cans of whole black beans or 2 cups of cooked black beans (*read more about this on the prep instructions*)
- 1 small onion
- ½ bunch of cilantro
- A pinch of epazote (optional). In Germany you find something very similar called “bohnenkraut”
- 1 fresh jalapeno pepper
- a pinch of oregano
- salt and pepper to season
- 1 ½ to 2 tablespoons of lard or olive oil

INSTRUCTIONS:

- Heat 1-2 tablespoons of lard or vegetable/olive oil in large pan (heat at 6)
- Dice onion, mince garlic and gently fry both for about a minute (heat on 5)
- Meanwhile remove seeds and slice a serrano and incorporate
- Let them all continue to fry for several minutes until the onion turns softens, but be sure not to let the garlic burn.
- Optional - Add some chili and/or jalapeno (seeded and chopped up)
- Add cilantro (chop of ends of stems, run through warm water and chop fine)
- Mixture should be a bit like a chunky paste
- Drain two cans of black or pinto beans (reserving liquid) and add to pan
- Once mixture is bubbling a bit, use an immersion blender or potato masher to mash mixture (leaving some chunkiness). Add liquid as needed.
- Return to heat and cook a few more minutes
- Cover so the beans don't dry out, add liquid if needed

Ensalada de Frutas

INGREDIENTS:

- 1 papaya
- 2 mangos
- 2 kiwis
- 1/3 cup of agave syrup
- 1/3 cup of sesame seeds
- 1 to 2 lemons
- Brown sugar

INSTRUCTIONS:

- Cut off the rind of the papaya, scoop the seeds, then cube the fruit
- Cut skin off mango and cube the fruit
- Cut skin off kiwis, slice and half if desired
- Arrange fruit in a deep dish
- Toast sesame seeds in pan (heated to about 7) until brown, then remove from heat and quickly add 1 spoon of brown sugar and stir it in. The sugar should sweat but not melt. Remove from heat and let cool a bit
- Squeeze some orange on the salad
- Sprinkle seeds and drizzle with agave syrup

SHOPPING LIST

PRODUCE

- 6 small onions (or 4 large)
- 2 garlic heads (fresh is best but not necessary)
- 3 bunches of fresh cilantro (we need 2 but it is always good to have an extra one)
- 10 medium tomatoes (avoid the ones from the Netherlands. Ideal kind is the one know as plum tomatoes)
- 3 or 4 jalapeno peppers (fresh)
- 1 small papaya
- 2 ripe (soft) mangos (the kind I normally find is called “Kent”)
- 2 to 3 kiwis
- 2 lemons
- 2 to 3 oranges

MILK PRODUCTS

- 1 small sour cream or crème fraiche
- 1 bag of shredded cheese (pizza or gratin)

DRY GOODS AND CANNED FOOD

- 1 big can of tomatillo
- 1 can of plum tomatoes
- 2 cans of black beans (not refried: “frijoles enteros”, the one I normally buy is from a brand called “La Costeña”) or 1 500 g pack of black beans
- Dry chiles (guajillo, pasilla or morita), a 100 g bag. If you want to buy a variety, go for it!
- 1 1kg pack of corn tortillas (the packs I buy are 800 grams), or about 2 dozen tortillas
- 1 small can of zucchini blossoms or poblano peppers (optional)
- 6 eggs
- Dry oregano
- Baking soda – optional (you find it as “Kaiser Natrion”). We will use this to avoid the acidic taste from the canned tomatillos)
- 1 bag of sesame seeds
- Brown sugar
- Vegetable oil
- Agave syrup

OTHER - Lard (in German Schweine Schmalz). *We will only use this for the refried beans. You can substitute with olive oil but the flavor and consistency will be slightly different.*

WHERE TO BUY:

The tomatillos, zucchini blossoms and/or Poblano peppers, tortillas and dry chiles can be purchased in the following stores:

Aqui España

-

<https://www.google.com/maps/place/Aqui+Espa%C3%B1a/@52.5063199,13.3141889,17z/data=!3m1!4m5!3m4!1s0x47a850e3c8672ad1:0xd3dd8159a0c4b938!8m2!3d52.5063199!4d13.3163776>

Chile & Paprika

-

<https://www.google.com/maps/place/Chili+%26+Paprika/@52.536077,13.432247,15z/data=!4m5!3m4!1s0x0:0x80be69e75605ebab!8m2!3d52.536077!4d13.432247>

ONLINE:

- la Tiendita.de
- holamexico.de
- mexgrocer.de

The one recommendation I have is to buy the tortillas at a physical store, the one brand that I use and that I know works perfectly fine to make totopos is called “Moctezuma Corn Tortillas”. I always buy them in Aqui España. You will find them in the refrigerators, be sure to pick the pack with the red label that says “original” because they have a smaller version called “taquera”.

You can of course buy fancier tortillas. There is even a tortilla shop, very typical of Mexico, called Tortilleria Mexa in F'hain, but for this purpose the Moctezuma ones work just fine...

SO, LET'S COOK!!!



Moroccan Tagine -

(Lamb) with caramelized prunes

Rhizland Rose Benchekroun (AWA Rabat)

This lamb tagine is full of North African flavours and is slowly cooked with sweet prunes, and almonds. Serve this hearty tagine with some fluffy couscous, quinoa, brown rice, whole-wheat bread.

Ingredients:

250g (8oz) pitted prunes
350ml hot water
1.5kg (3lb) stewing or braising lamb or beef
1 onion, finely chopped
½ tsp fresh ginger
Safran
1/2 tsp turmeric (fresh better)
½ tsp ras al hanout
2 tsp cinnamon
5 tbsp honey
100g (4oz) blanched almonds, toasted
2 garlicks
You can eat it either with Whole-wheat bread, or couscous, or brown rice, or quinoa to serve.



Cooking instructions:

Put the prunes in the hot water while you prepare the rest of the tagine. Grate onion, garlic, ginger - put in pot. Add spices: salt, turmeric (1tsp), ground ginger, black pepper (½ tsp), stick of cinnamon, saffron & water (pre-soaked), olive oil (2 Tsp). Put the meat in piece by piece. Brown the meat for 5 minutes - add water (on the side, not directly on the meat), until meat is covered. Lock, and pressure cook (30-35 minutes in medium heat until meat is tender). In normal pot, 1-1,5 hour.

Prunes:

Soak prunes in hot water (10-15 minutes). Pour water out. Put prunes in another pot. Add ½ tsp of cinnamon, 3-4 pieces of cloves, some hot water and when the meat is done, add the meat broth - cook for 5-10 minutes. Add honey (2-3 Tsp) right at the end.

Presentation:

sprinkle fried almonds & sesame seeds on top.

Serve with cous-cous or brown rice or quinoa

Video https://youtu.be/Tk9Jcn_gJvQ





Pogacha with cheese filling

Ferah Laue

Ingredients:

1 glass of water
1 glass of milk
1 egg
1 glass of Oil (rapeseeds or sun flower)
1 fresh yeast (Hefe)
2 tp salt
4 teaspoon sugar
6-7 glass of Flour
250 gr. Feta (White cheese)
2 eggs (1 egg yolk)
1 bunch Parsley
Black paper
White and black sesame seeds

Can prepare with other fillings (ham, other cheeses, tomato, peppers) or plain without filling like German Brötchen.



Instructions

Warm milk in pot.

Put flour in bowl - make a hole in the middle, place yeast in the middle, a bit of sugar. If only has dry powdered yeast, put a bit of milk on top.

Pour warm milk in the middle.

Press yeast into the milk, take only a bit of flour from the edges. Leave rest of flour on the side.

Put towel on bowl, and leave it to rise in warm room (about 10 minutes).

Crumble your feta cheese. Put 2 eggs & 1 egg white. Mix with cheese (until it looks like mashed potato). Add black pepper (no salt). Add parsley.

When flour is ready, add 1 cup oil, 1 cup water, pinch of salt - then mix with your hands. Add remaining flour, bit by bit. Dough should be smooth and shouldn't be sticky to your hands. Put a bit of flour on top, put the towel on top again, and wait for it to rise.

Preheat oven 180 degrees.

When dough is ready, divide into small balls, flatten (2-3 mm thick), put in filling, close (like chinese dumplings), smooth into a roll, and put on baking sheet. Brush egg yolk on them. Sprinkle sesame seeds (black & white).

Bake for 20-25 minutes.





Blueberry Cake

Delicious Cream Filling and Almond Base

Ferah Laue

Ingredients:

80 g flaked/sliced almonds
100 g butter cookies
150 g butter
200 g butter
250 g powdered sugar
1 packet of vanilla sugar
300 g cream cheese
3 sheets of gelatin
450 g blueberries (frozen or fresh)
1 tablespoon of lemon juice
4 teaspoons of vanilla pudding powder
A handful of fresh blueberries



Instructions:

For the bottom, briefly roast the sliced almonds in a pan. Smash the biscuits in a plastic bag so they become crumbs. Melt 150g butter and mix with the biscuits crumbs and the sliced almonds. Press everything into a small springform pan (diameter appx. 18-20 cm), distribute evenly and press firmly. Put into the fridge.

For the cream, beat 200g butter with the powdered sugar and the vanilla sugar until creamy. Do not add the cream cheese until the very end. (then do not stir too long here,

otherwise the cream cheese may curdle).

Spread the cream on the biscuits base, smooth it out and put the cake in the fridge for at least 1 hour.

For the blueberry layer soak the gelatine in cold water.

Heat the blueberries (450 gr) in a saucepan with the lemon juice. Cook until berries are soft and juice comes out.

Stir the pudding powder smoothly with 6 tablespoons of water and pour into the pot with the berries. Simmer for 2 minutes and then remove from the heat.

Only squeeze out the gelatin gently and heat it in another saucepan (it must not boil under any circumstances!).

As soon as it is liquid, stir the gelatin under the blueberries. Put the blueberry mass on the cream, spread and let the blueberry pie set for at least 4 hours (ideally even overnight). Decorate with the fresh blueberries before serving.





Limoncello Workshop

Emi Bevacqua

Step 1 takes 20 minutes to get your batch started in a jar, and then you wait 10-40 days (the longer the more delicious)

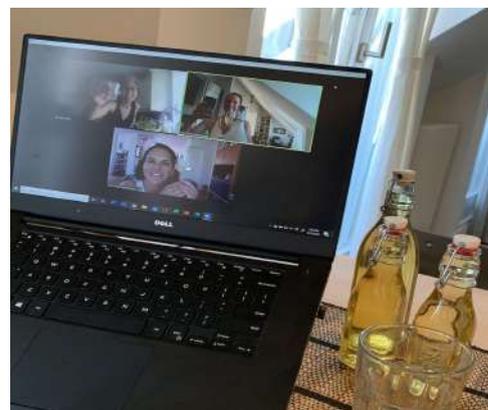
Ingredients:

Vodka: Our recipe calls for two (2) 750 ml bottles of 80-100 proof vodka, but I have a 1-litre bottle plus a 750 ml bottle and that'll be fine. If you want to do a half recipe with just 1 bottle that's fine too.

As far as brand names, you're fine using cheap vodka (the only brand I've heard can be bitter is Svedka, but others say as long as you serve it chilled anything works fine.

Lemons: I suggest 15 organic lemons, a couple extra if they're very small. Organic lemons don't have wax and pesticides on them, but we'll be scrubbing them anyways. Choose thick-skinned lemons that aren't super bumpy and that are yellow (not green-tinted) if you can.

Jar: I use 1-gallon glass jars but if you don't have one quite that big yet, it's okay to use a smaller one for this step (as long as it's big enough to hold your vodka) but then for step #2 next month if you're doing the full



recipe you will need a larger jar. I have used a plastic container before (the empty distilled water bottle) and it worked ok, I wouldn't use a metal container because acid can corrode it.

Zesting tool: I've used a vegetable grater before, and a vegetable peeler, if you have a planer those all work great.

Instructions:

1. Prepare a large, clean jar with a lid by washing and drying it
2. Pour two standard size bottles of 80 or 90 proof vodka or grain alcohol into the clean jar
3. Zest 15 ripe lemons. Only use the yellow part of the skin and avoid the white part under the surface of the skin. The white underskin will make the finished product bitter. Also, do not use green lemon peel.
4. Screw the lid onto your jar and put it in a dark cabinet for 10-40 days. The longer the better.

Step 2 is the easiest, you just make simple sugar, cool it and then add it to your jar from Step 1; and then you wait 10-60 days (the longer the more delicious):

Ingredients:

Sugar: 4 cups of regular white granulated sugar, casting sugar works fine too but I would avoid using powdered sugar, coconut sugar or brown sugar.

Water: 5 cups of either filtered tap water or distilled water. **Saucepan:** Large

Jar: 1-gallon sized to hold your lemon zest-infused vodka plus the simple syrup we're making today.



Instructions:

1. Pour 5 cups of filtered or distilled water into a pan
2. Add 4 cups of white, granulated sugar to the water
3. Heat on medium until the sugar is dissolved.
4. Remove from the heat and allow to cool completely
5. Pour room temperature simple syrup into your jar of zest and vodka
6. Screw lid back onto the jar and return to the dark cabinet
7. Allow to sit for 10 - 60 days. The longer the better

Step 3 is the hardest, but then it's payoff time:

Ingredients:

Straining mechanism: Cheese cloth, or coffee filters, or even a clean t-shirt all work fine as a strainer

Funnel: If you don't have an actual funnel, a mixing bowl with a spout works great too

Bottles: I order 500ml German ones on Amazon, but there are all kinds of sizes. If you're reusing bottles you have on hand, just make sure the caps are airtight and run them through a dishwasher on super hot.



Instructions:

1. Prepare a lined strainer lined and place over a container that is large enough to hold the contents of your Limoncello jar.
2. Slowly pour the contents of your jar through the strainer to remove all zest and particles in the liquid.
3. Use a funnel to fill individual bottles with your finished limoncello.
4. Cap the bottles and add labels with product information and finished date.
5. Store the bottle you are using in the freezer.



What do you do with all those naked lemons after you zest them?

<https://www.maidbrigade.com/blog/green-cleaning-tips/how-to-remove-hard-water-stains>
L

Simply cut a **lemon** in half and rub it over your **glass shower** doors to remove gunk and build-up. If you prefer, you can also squeeze **lemon** juice directly on a sponge and then scrub the tough spots. Adding a bit of Borax to the sponge or surface of the cut **lemon** helps scrub away those really stubborn, hard water stains.

Aside from eating the lemon juice you can also clean with it, thanks to its high acidity: leave half a lemon in the refrigerator to deodorize like baking soda, or use it on glass shower doors to remove hard water stains, pour 1/2 c of lemon juice in your toilet bowl and swish to freshen, also works great to freshen garbage disposal, use diluted juice instead of diluted vinegar to clean windows and mirrors, add a few drops of lemon juice to your dish soap to boost degreasing ability, use with an old toothbrush to whiten grout, get spaghetti stained tupperware clean by soaking diluted lemon juice overnight and then scrubbing with some baking soda; you can make a healthy facial scrub of lemon juice and sugar, dab lemon juice with a cotton ball on acne overnight and wash off in the morning, a little lemon juice in water swished around in your mouth is a good treatment for canker sores, a lemon poultice overnight kills callouses (but can sting!), or be like fashionable ladies in the European Renaissance who used lemon juice to redden their hair.



Mark Bittman's Lemonade Recipe

Makes 4 servings. Time: 5 minutes

Real fresh lemonade is a taste from the past and deserves a home in the present. Also great mixed half and half with ice tea.

3 cups water

1 cup freshly squeezed lemon juice

1/2 cup sugar syrup (2 cups water to 2 cups sugar, heated in saucepan and stirred until dissolved completely)

Combine the water and lemon juice with 1/2 cup sugar syrup and taste. You will need to add more sugar syrup, but add it slowly and keep tasting. The drink should be mouth-puckeringly tart. And the leftover sugar syrup is great for cocktails, or save it for next session when we'll need it for our limoncello.



Lemon Drizzle Loaf Cake

Ingredients:

For the Cake

250 g unsalted Butter/Stork
250 g Caster Sugar
250 g Self-Rising Flour
5 Med Eggs
Zest of 2 lemons (2 tsp lemon extract)

Drizzle

75 ml Lemon Juice
75 g Caster Sugar

Decoration

50 g Icing Sugar
2-4 tsp Lemon Juice
Lemon Zest

Instructions:

Preheat your oven to 180c/160c Fan - grease and line your 2lb loaf tin

Beat together butter and sugar until light and creamy

Add flour, eggs, and lemon - beat again until combined. Should be smooth cake mixture

Add mix to cake tin and bake (this can take 55-65 minutes, check from 50 minutes onwards)

Towards end of baking, mix together 75 ml lemon juice and 75 g caster sugar together in bowl

Once cake is baked, drizzle this over cake whilst still in the tin. Let cake cool fully

Once cake is cooled, remove from the tin

If you want to decorate, mix in lemon juice to icing sugar till you reach desired consistency

Drizzle over cake, sprinkle on some lemon zest for decoration. Enjoy!

Notes

- As mentioned in the post, if you are using large eggs - use four large eggs, and 240g flour, sugar, butter.
- If your cake sinks, it hasn't finished baking! Loaf tin baking times can vary so check on the cake from 50 minutes onwards.
- This cake will last for 4-5 days at room temp! I store it in a cake storage tin.
- You can easily water down the icing for the drizzle with water instead, but the lemon juice is more zingy!
- If you want to make a smaller cake you can - reduce it down by one medium egg, and use 200g of ingredients. Or even reduce by two eggs, and use 150g of ingredients. The fewer the ingredients the quicker the bake time!

Nutrition Facts

Lemon Drizzle Loaf Cake!

Amount Per Serving

Calories 373Calories from Fat 171

% Daily Value*

Fat 19g**29%**

Saturated Fat 11g**69%**

Cholesterol 113mg**38%**

Sodium 29mg**1%**

Potassium 58mg**2%**

Carbohydrates 47g**16%**

Fiber 1g**4%**

Sugar 31g**34%**

Protein 5g**10%**

Vitamin A 620IU**12%**

Vitamin C 3mg**4%**

Calcium 18mg**2%**

Iron 1mg**6%**

* These are only estimates and can vary depending on brands of ingredients and serving sizes.

**Kristie and Michael
Pomerance's Slow Cooked
BBQ Guide
Berlin, Germany**



June 27, 2020



Dear Fellow Barbeque Enthusiasts,

Welcome to Kristie and Mike's Barbeque guidebook. The tips and tricks in this guide are based upon 10 years of competition and catering experience and we are hopeful that they will provide you with a little more confidence and capability so that you can also master the art of slow cooking barbeque in your pellet or wood smoker, your gas or charcoal grill and even your oven.

There still might be times when our description and guidance might not answer your question and you will feel a little anxious. No worries, simply contact us at pomerancek@gmail.com and we will be happy to help you with all of your questions. **Happy Barbequing!**

Cuts of Meat

The best cuts of meat for slow smoking/grilling are as follows and are available in most butcher shops.

1. Pork Shoulder which is also called Boston Butt, or Pork Butt and usually has a bone in it. Outside of the US, we have found that most butcher's get rid of the bone and "tie up" the shoulder to make it look like one piece even though the bone in the middle has been removed. I prefer bone in butts as it provides better flavour but either will work just fine. This cut of meat is typically cook until done and then "pulled apart" in large chunks or chopped in North Carolina into very small pieces. Both of these methods create awesome sandwiches which are great with cole slaw on top! Yum. Typical sizes are 4kg with bone and 3kg without. This will make enough pork for about 20-25 sandwiches.



2. Pork Neck – This cut of meat was recommended by our German butcher and it provides a very similar texture of meat and cooking process as the butt. This will come without any bones, which is fine. Typical sizes are 2.5-3kg and will make a similar amount of pulled pork.



shutterstock.com • 1055257136

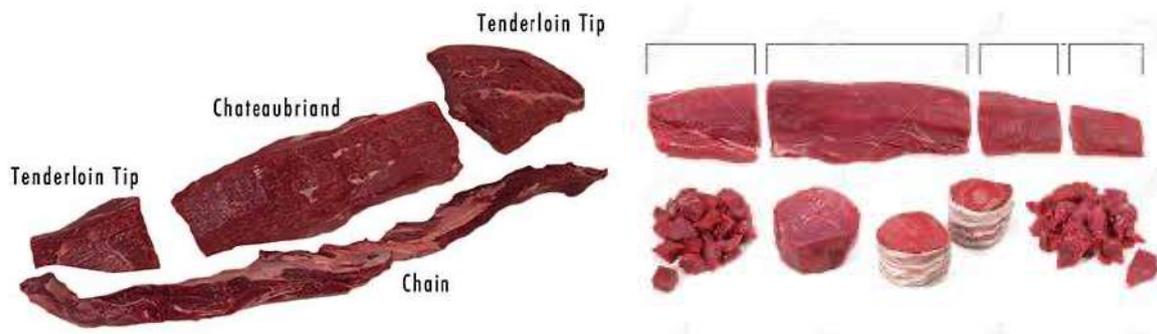
3. Baby Back Ribs – the most tender and fat free ribs you can get. Outside of the US, they seem to run small as compared to the normal baby back ribs in the US. If you are only cooking this meat and sides, allow for 1 slab of ribs per person.



4. Spare Ribs – these ribs are much larger than baby backs and they have cartilage and fat between the bottom and the top as shown below. Many people cut across this cartilage and create a cut of ribs called St. Louis style. These are Kristie and my absolute favourite, and we usually have to make it ourselves as the butchers don't prepare the ribs in this fashion.



5. Whole Filet Mignon also called Chateaubriand – This cut of meat is fantastic and super easy to cook. Super tender and tasty! The Chateaubriand portion of the filet will make 6-8 steaks depending on how thick you want it.



6. Brisket – not for the faint of heart and outside of the US, it is very hard to find and more difficult to cook. But when done right and with a good piece of meat, very, very good.



7. Bulk Italian Sausage – this is one of the easiest things to make and it usually is a crowd pleaser. Outside of the US it seems to be hard to find. One solution is to get the butcher to grind up the neck or butt and you add your own spices to make the sausage the way you like it.



The Rubs and Sauces

Beef Rub

- 3 TB brown sugar
- 3 TB black pepper
- 3 TB Paprika
- 3 TB Chili Powder
- 1 TB Salt
- 1 TB seasoning salt (Lawrey's)
- 1 TB Garlic powder
- 1 TB Onion powder
- 1 TB Celery Salt
- 1 tsp Cayenne (to taste)

Pork Rub

0.50 cup brown sugar

0.25 cup kosher salt

2 TBS paprika

1 TBS black pepper

1.5 tsp onion powder

1.5 tsp garlic powder

1.5 tsp cumin

0.5 tsp cayenne

Kansas City Style Red Sauce

Hunts Ketchup	10	OZ (300 ML)
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Lemon Juice	0.5	TBS
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Cayenne Powder	0.1	tsp
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Sugar Free Syrup	1.0	TBS
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Worcester Sauce	0.4	TBS
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Brown Sugar	0.4	cups
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Chopped Garlic	0.8	TBS
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Black Pepper	0.4	TBS
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Tabasco	0.1	tsp
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Onion Powder	0.3	TBS
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North Carolina Style Mustard/Vinegar Sauce

White Vinegar	8	OZ
US Yellow Mustard	10	OZ
Black Pepper	0.75	tsp
Kosher Salt	0.75	tsp
White Sugar	0.25	cups
Brown Sugar	0.50	cups
Red Pepper Flakes	0.75	tsp
Cayenne	0.75	tsp

Wood Preference

- Fruit (apple, cherry mix with hickory) – Pork and chicken
- Hickory and/or Mesquite - Beef

Meat Preparation

1. Pork neck and pork shoulder (butt) – trim off excess fat and if bone has been removed, please roll tightly and tie with butcher string. Otherwise meat will not cook evenly.



2. Pork ribs all varieties – trim large excess fat from front of ribs (usually not needed and some fat is good). Remove membrane on back by using butter knife and paper towel to pull off. Good video's on YouTube.
3. Whole Filet and/or Chateaubriand – First you need to trim away the silver skin or just ask your butcher to do this. It isn't hard but takes a little practice. Chateaubriand already trimmed is the easiest way to go. As with the pork neck and shoulder it is important to roll up and small pieces of beef and tie it so the thickness is uniform. If you are only cooking the Chateaubriand, this is not needed because it is already uniform.



4. Bulk Sausage – Dice onions, green peppers and apples and mix into the bulk sausage and mix thoroughly. Then form the sausage into something that resembles a meatloaf. Make certain you make the size uniform for even cooking.

Rubbing the Meat

1. Take the appropriate rub (pork and/or beef can go well with poultry such as chicken, so give it a try) and liberally coat the meet so that it is covered well.
2. For ribs rub bone side up first, wait 10 minutes as it becomes wet looking and then flip over and rub the top of the ribs.
3. No need to “push” or actually “rub” the rub into the meat, just let it sit.
4. For filet and pork shoulder it can be rubbed up to 1-3 hours before cooking and wrapped with plastic wrap to allow the spices to sink in.
5. Always bring your meat up to room temperature before cooking if possible. Usually about 30 minutes to 1 hour before you cook, you can pull it out of the refrigerator to warm up.
6. For bulk sausage rub all sides to give even seasoning.

Cook Times and Methodology

Ribs (in all cookers/oven)

- Rub and store for 1 1/2 Hours, note rub sticks better at room temp.
- 250F degrees on temp.
- Cook for 1 hour and spritz.

Pork Spritz (Perfect to use a clean spray bottle only used for cooking)

- Apple Juice
 - 1 pad melted Butter
 - Heat until warm
-
- Spritz again at 1:30 total time and wrap in tin foil. (always place something under it as juices will likely spill out as they cook)
 - Cook at the same temperature for 1-2 hours checking for doneness at 1 hour and every 30 minutes afterward.
 - Unwrap ribs and sauce and cook for 30 more minutes or until as delicious as you want and wrap in tin foil to keep hot.
 - Note this method can be used for all grill types and for your oven. For grill and charcoal, move coals and/or gas heat to the opposite of the grill so that the meat has no flame under it so that it won't catch fire and will cook more slowly.

Butts, Bulk Sausage & Brisket

- Rub and store for 1 1/2 Hours, note rub sticks better at room temp.
- 250F degrees on temp.

Gas Grill, Wood Smoker

- Cook for 1 hour and spritz (beer and hot sauce spritz for beef) every 30 minutes after the first hour.
- At 150F wrap meat and return to the cooker with an aluminium pan underneath to catch juices as it cooks.
- Cook until 198-200F and pull form heat and rest for 30-45 minutes to allow juices to absorb back into the meat.
- Then cut/pull and enjoy.

Charcoal Grill

- Move coals to the side and place meat on cooler side. Attempt to maintain a lower temperature but likely you will hit 300F or more.
- Cook for 1 hour and spritz (beer and hot sauce spritz for beef) every 30 minutes after the first hour.
- At 150F wrap meat and return to the cooker with an aluminium pan underneath to catch juices as it cooks.
- Cook until 198-200F and pull form heat and rest for 30-45 minutes to allow juices to absorb back into the meat.
- Then cut/pull and enjoy.

Oven

- Cook for 1 hour and spritz (beer and hot sauce spritz for beef) every 30 minutes after the first hour.
- At 150F wrap meat and return to the cooker with an aluminium pan underneath to catch juices as it cooks.
- Cook until 198-200F and pull form heat and rest for 30-45 minutes to allow juices to absorb back into the meat.
- Then cut/pull and enjoy.

Whole Filet & Chateaubriand

- Rub and store for 1 1/2 Hours, note rub sticks better at room temp.
- 400F degrees on temp.

Gas Grill, Wood Smoker (adapt to charcoal knowing it will cook faster) & Oven

- Cook for 25 minutes hour, flip meat and reduce heat to 275F.
- Cook until your desired doneness and remove 5-7 degrees below your target as the meat will raise in temperature after wrapping. For example, if you want rare(130F) pull off at 125F.
- Wrap in tin foil and rest for 30 minutes.
- Cut and enjoy.

Tools of the Trade

Two of the most important tools will be an instant read thermometer and a thermometer that can track temps over long periods of time. Otherwise you will be looking to much and letting the heat out. If your lookin, you're not cookin! Invest in these and your day will be so much simpler.



Good Luck to You!

We wish you the very best in your barbecue experience and if we can be of assistance, never hesitate to contact us at pomerancek@gmail.com.



17th out of 600 teams in bulk sausage



St. Louis Ribs



Pork Butt/Shoulder



Brisket



Chicken Thighs (bones removed)