



BOOK OF DELIGHTS

“Latin Lover” KinoVino

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QUICHE PEPPERS & FETA

Quantity for 1 quiche (6 portions) or 4 mini-quiches (1 portion each)

For the dough:

- 200 gr flour
- 100 gr butter
- 70 ml cold water

For the filling:

- 3 eggs
- 3 medium peppers
- 1 red onion, 2 garlic cloves
- 200 ml Milk cream (around 12% fat)
- 150 gr Feta cheese
- Salt, pepper, nutmeg, chili
- 1 tablespoon olive oil
- Parsley or fresh rosemary



Instructions

1. Prepare “brisè” (“crumble”) dough. Mix flour, cold butter in cubes, a pinch of salt and mix until homogeneous and with a grainy aspect.
2. Lay the mixture on a cold (metal or marble or glass) surface in the “fountain” shape, quickly knead adding the cold water gradually, until you obtain a compact and quite elastic dough.
3. Wrap in a transparent cooking film and let rest in fridge for at least 45 minutes.
4. You can use ready-made dough or also puff pastry.
5. Wash and chop the peppers in 1-inch pieces. Warm up the oil in a pan, add the chopped onion and pressed garlic until golden.
6. Add the peppers and cook for 5 minutes, keeping them still crunchy. Add salt and pepper and minced parsley.
7. Whisk the eggs in a cup, add the cream and a pinch of nutmeg and mix. Dice the feta.
8. Take the brisé´ dough out of the fridge, spread it out with a rolling pin in a thin rounded pastry and lay it in a rounded baking tray of 24-28 cm diameter, previously covered with baking paper. Alternatively, spread some butter on a piece of kitchen paper, use it to “grease” the tray and spread some flour on it. Pierce the dough with a fork.
9. Lay the peppers and feta on the dough, then pour the egg and cream mixture evenly. Optionall, you can add chopped anchovies and capers at your pleasure
10. Bake in the pre-heated oven at 180°C for approx. 50 minutes (or a bit less if ventilated), until the quiche will look “golden” on the surface, then serve warm or at room temperature. Decorate with fresh marjoram or thyme leaves.

**Timing**

- 1 hour brise' dough preparation & cooling, 30' quiche preparation
- 50' baking

Gourmet tips

- Prepare 3 or 4 mini-quiches using a combination of different ingredients, such as: Lorraine (roasted diced bacon, toasted white onions, grated gruyere cheese), zucchini, leek and gruyere or caciocavallo cheese or let your guests unleash their creativity to compose their own mini-quiche!
- Instead of sautee the peppers, you can bake them at 200°C for approx. 40 minutes, let them cool down completely, and peel off. Chop half and use them as described above, and cut the other half in regular filets. Bake the quiche for 20 min, remove it from the oven, decorate with the pepper filets in a regular grid shape and rolled anchovies, and complete the baking for 20 more minutes.

PANNA COTTA

Quantity for 4 portions (125 ml each)

- 500 ml whipping cream (30% fat)
- 80 grams confectioners' (icing or powdered) sugar
- 6 grams unflavoured powdered gelatine or in sheets
- ½ teaspoon pure vanilla paste or pure vanilla extract (or vanilla sugar)
- 200 gr crystal sugar (for caramel)
- 100 ml water (for caramel)



Instructions

1. Prepare the caramel: melt 200 gr of white crystal sugar at mid fire in a flat pot with thick bottom, with the aid of a wooden spoon, until brownish. When fully melted, add 100 ml of boiling water and stir energetically. Let cool down for a few minutes.
2. Have ready 4 small (125 ml) custard cups, ramekins, ceramic bowls, or other small dessert cups. Coat the inside with a thin layer of thick caramel using a teaspoon.
3. If using powdered gelatine: in a small bowl, sprinkle the gelatine over the cold milk and let this mixture sit for about 5 - 10 minutes. If using gelatine in sheets: soften them in cold water one at the time, then add to the hot milk mixture and melt.
4. Combine the cream and sugar in a medium saucepan and bring it just to a boil, stirring to dissolve the powdered sugar.
5. Optional: you can add a shot of your favorite spirit, preferably rum or Amaretto
6. Once the cream is very hot, remove the saucepan from the heat and stir in the gelatine mixture. Stir until the gelatine has completely dissolved. If necessary, return the saucepan to the stove and stir over low heat until you no longer see any gelatine particles. Stir in the vanilla paste or extract.
7. Sprinkle the inside of the cups with a little water to facilitate the extraction, pour the cream into the cups and place in the refrigerator to chill for four hours, or until set.
8. To extract the cream on a flat dish: slide the blade of a knife around the border to detach from the cup, simmer the lower half of the cup in very hot water to help detaching the cream. Then garnish with additional caramel.

Timing

- 20' preparation
- 3-4 hours cooling

**Gourmet tips****Coffee Panna cotta**

Add 1 small cup of freshly brewed hot coffee to the creamy mixture; before serving, garnish with chocolate melted together with another cup of coffee, or with crumbled amaretti.

Geisha's Apricot kiss

Add 1 shot of sake' to the creamy mixture. Garnish with dry apricot and raisins marinated for 3 hours in sake' or rum

Rhubarb & strawberries

Peel off and dice in 1-inch pieces around 1 rhubarb stick per portion. Squeeze 1 orange, keep the thinly grated orange peel for the final garnish. Put the chopped rhubarb in a pot with the orange juice and a teaspoon of sugar per person. Cook for around 10 minutes, remove the rhubarb and filtrate. Continue cooking the juice for around 5 more minutes to obtain the syrup for decoration. You might add half teaspoon of potato starch as thickener. Let it cool down.

Garnish the panna cotta with sliced strawberries and rhubarb cream, decorate with syrup and roasted almonds or crumbled amaretti cookies.



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