



Potato salad with octopus

SERVES 4



Ingredients

- 400g cooked octopus
- 2 cloves of garlic
- 2 spoons of capres
- 500g young potatoes
- 200g plum tomatoes
- 1 lemon
- 2-3 fillets of anchovies
- Handful of parsley
- Olive oil
- 2 spoons of butter
- Salt and pepper

Recipe

Scrub young potatoes and cook them.

Heat butter in a large saucepan over a medium heat. Add garlic and cooked octopus. When octopus is warm add a little bit of lemon juice.

Slice potatoes, octopus and tomatoes.

Serve salad in a bowl with anchovies, parsley add some anchovies oil, olive oil, lemon juice, salt and pepper.

Vegetable cream soup with herb infused olive oil

SERVES 4

Ingredients

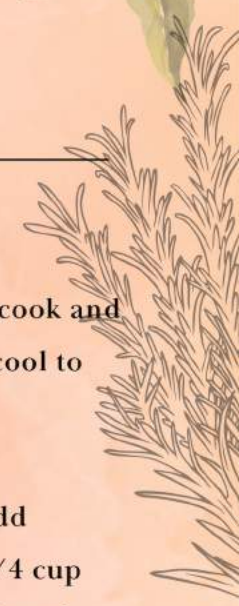
- 4 cloves of garlic
- 1 red onion
- 2 carrots
- 1 celery
- 1 leek
- 200g potatoes
- 1 spoon of dried oregano
- 1 bay leaf
- Handful of fresh basil
- Handful of parsley
- 4 spoons of Parmesan cheese
- 150 ml of olive oil
- 4 spoons of roasted almond flakes
- 100ml heavy cream
- 2 spoons of butter
- Salt and pepper

Recipe

In a small heavy saucepan, combine chocolate and 2/3 cup cream; cook and stir over medium-low heat until smooth. Transfer to a large bowl; cool to room temperature.

In a small bowl, beat remaining cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until soft peaks form. Fold 1/4 cup whipped cream into chocolate mixture, then fold in remaining whipped cream.

Spoon into dessert dishes. Refrigerate, covered, at least 2 hours. If desired, garnish with berries.





Lemon asparagus risotto

SERVES 4



Ingredients

- 2 glasses of Arborio rice
- 400g of green asparagus
- 1 glass of white wine
- 2 cloves of garlic
- 1 white onion
- 4 spoons of butter
- 2 spoons of Parmesan cheese
- 500ml of vegetable stock
- 1 lemon
- Salt and pepper
- Olive oil

Recipe

Heat oil and butter in a pan over a medium heat, Add finely chopped garlic and onion. Season with salt.

Add rice and cook for about 2-3 min.

Add wine, wait until rice gets thick and pour stock – repeat until barely is cooked.

Add lemon skin, butter and cheese.

Cut and cook asparagus for about 5 min. in boiling water with some salt and sugar without closed lid and add to risotto.

White chocolate mousse with fresh fruits

SERVES 4

Ingredients

- 500g white baking chocolate, coarsely chopped
- 3 cups heavy whipping cream
- 1 tablespoon confectioners' sugar
- 1 teaspoon vanilla extract
- Mixed fresh berries, optional

Recipe

- Peel and finely chop garlic and onion. Roughly chop peeled carrots, celery and leek.
- Scrub and dice potatoes.
- Heat oil in a large saucepan over a medium heat. Add garlic, onion, carrots, celery, leek. Pour water and cook slowly stirring occasionally.
- Add potatoes, salt, pepper, oregano and bay leaf. Bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through.
- Take the bay leaf out, add cream and butter and blend everything together.

Herb infused olive oil:

- Put basil and parsley leaves in a tall bowl
- Blend it all together and add a pinch of salt and pepper

Serve soup in a bowl with cheese, almond flakes and a little bit of herby olive oil.

