



VEGETARIAN RECIPE BOOK





Why have we created an eBook of vegetarian recipes?



Sustainable food is the future for current and future generations. It is also a transition that challenges our eating and cultural habits.


One of the keys to sustainable food is reducing our consumption of meat and particularly beef.

By eating less meat, we have a positive impact on the environment. The Swiss Society of Nutrition recommends meat meals two to three times a week and fish meals less frequently. This is enough for us to stay healthy. Regularly incorporating balanced and healthy vegetarian meals into our diet requires attention and some cooking.

In order to support us in making changes to what we eat, all the chefs from Novae schools have worked together to propose new 100% vegetarian recipes, which highlight different plant proteins that can be found easily all the usual sales outlets!

Each recipe is adapted to a different season. The quantities listed are enough for 2 adults and 2 children. The difficulty level is represented by the "Aprons".

Choosing Swiss and seasonal food and not wasting anything are also sustainability criteria. If you are very hungry, a starter or a dessert will complete your meal.



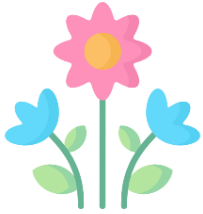
Aprons on & Enjoy!

Would you like to know more about Novae's commitments and the kitchen teams?



VISUALS TO GUIDE YOU!

SEASONS:



Spring



Summer

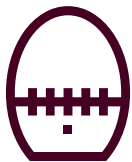


Autumn



Winter

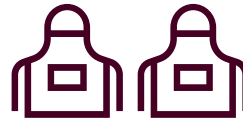
RECIPE:



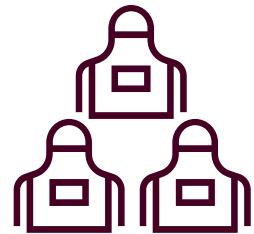
Cooking
time



How difficult
it is to make
(easy)



How difficult
it is to make
(medium)



How difficult
it is to make
(difficult)

Added extra:

You will find the definition of the words in pink in the [*lexicon*](#).



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Your little Chef
lexicon





01

Starters



AMANITA-STYLE

TOMATO AND EGG



An amanita is a kind of toadstool!

INGREDIENTS

4	Fresh eggs
4	Tomatoes
20 g	Mayonnaise
1 small	lettuce
1 pinch	salt

Utensils

1 saucepan
1 knife
1 spoon



20 min



Switzerland



Easy

Preparation

1. Cook your eggs for 11 minutes in boiling water.
2. Scoop out your tomatoes and put salt inside.
3. Turn them upside down on a plate so that they lose their juice.
4. Peel your eggs and cut a small slice off the base so that they stand upright in the dish.
5. Place your salad leaves on the plate and put a stand an egg up on each one.
6. Place the tomato (which you have wiped with paper towels) over the egg like a hat.
7. Decorate with the mayonnaise by making dots with a piping bag or with a toothpick.





FOR YOUR MAYONNAISE

1 tablespoon	Mustard
1	Egg yolk
1 dash	Vinegar
1 dl	Rapeseed oil
1 pinch	Salt
1 pinch	Pepper

THE INGREDIENTS MUST BE AT ROOM TEMPERATURE

1. Mix the egg yolk, salt, pepper, mustard and vinegar together.
2. Whisk the mixture together, pouring in the oil little by little.
3. Your mayonnaise will gradually thicken.



Chef Nicolas' tip:



Choose tomatoes that are not too big, e.g. small vine tomatoes are ideal. Use the tomato juice and pulp to make a vegetarian bolognese or gazpacho to accompany this starter. For smaller appetites, you can make this recipe with quail eggs and cherry tomatoes.





ACHARDS SALAD



INGREDIENTS

200 g	Green beans Cauliflower Carrots White cabbage
1	Onion
2	Cloves garlic
3 tbsp	Cider vinegar
1 tbsp	Swiss rapeseed oil
3 tbsp	Turmeric
1 tsp	Cumin
1 tsp	Ginger (or 20 g fresh)

Utensils

1 frying pan
1 bowl
1 knife

Chef Christophe's tip: : Can be eaten with fresh coriander or chilli.



45 min



La Réunion



Medium

Preparation

1. Peel and wash your vegetables.
2. Cook the green beans in simmering water or steam them until they are crisp.
3. **Blanch** your cauliflower in simmering water or steam.
4. Cut your carrots and white cabbage into strips (**julienne**).
5. **Sweat** your onions with the spices and ginger in a frying pan.
6. Then add all your vegetables and the garlic and allow them to heat up (turn off the heat).
7. **Deglaze** with vinegar and adjust the seasoning to taste (spices).
8. Add a dash of oil before chilling.





CARROT AND CURRY MUFFIN

CRISP AUTUMN SALAD

SALAD INGREDIENTS

¼	White cabbage
2	Carrots
1	Yellow carrot
1 tbsp	Olive oil
1	Organic lemon

Utensils

1 bowl
1 whisk
5 moulds
1 knife
1 chopping board
1 grater
1 peeler



30 min



United Kingdom



Medium

Preparation

Salad

1. Wash and peel your vegetables.
2. Grate your carrots and keep 70 g to one side for the muffins.
3. Thinly cut your white cabbage.
4. Season the white cabbage and carrot mixture with olive oil, lemon juice and pepper.





Preparation

Muffins

1. Put your flour, yeast and curry powder in a bowl.
2. Add your milk and egg and whisk until you have a lump-free dough.
3. Add your grated carrots and gruyere cheese.
4. Put the mixture into the moulds and bake at 180°C for 20 minutes.

After cooling, remove from the moulds and arrange on a bed of salad.

Chef Cedric's tip:

Cut a carrot into an olive shape and cut two strips for the ears, use two pieces of olive for the eyes.

The rabbit will delight children.



PANZANELLA

INGREDIENTS

200 g	Bread cut into croutons
1 tbsp	Olive oil
300 g	Cherry tomatoes (yellow and red) cut in half
½	Red onion, thinly sliced
½	Cucumber, diced
1	Pink garlic clove
3	Chopped basil leaves

Utensils

- 1 bowl
- 1 serrated knife
- 1 board
- 1 frying pan

Preparation

1. Heat your olive oil in a frying pan, add your croutons and brown them for about 6 minutes.
2. In the meantime, whisk the ingredients for your vinaigrette with the pepper.
3. Place your grilled croutons, cherry tomatoes, cucumber cubes, red onion and garlic in a salad bowl and drizzle with your dressing.
4. Place your basil on top of the mixture.

Chef Frédéric's tip:

Use your day-old bread for the croutons.

VINAIGRETTE

2 tbsp	Rapeseed oil
2 tbsp	Balsamic vinegar
1 tsp	Swiss honey or mustard
1 pinch	Pepper



15 min



Italy



Easy

PEA GUACAMOLE

INGREDIENTS

270 g	Fresh or frozen peas
3 tbsp	Cooking water for peas
2 tbsp	Lime juice
2 tbsp	Olive oil
1	Red onion
1	Whole tomato
50 g	Fresh coriander or mint
Hot spices and lemon peel	

Utensils

1 saucepan
1 blender
1 knife
1 bowl



15 min



Mexico



Easy

Preparation

1. Put your peas in boiling water until they are soft.
2. Keep 2 tablespoons of peas to one side for decoration.
3. Put the rest in the bowl of a blender with the 3 tablespoons of cooking water and blend until pureed.
4. Pour everything into a bowl and add your lemon juice and zest, olive oil and spices.
5. Add your diced tomato, red onion and chopped coriander.



APPLE AND CELERY SOUP

INGREDIENTS

500 g	Celeriac
100 g	Red onion
375 g	Granny Smith apple
3 tbsp	Olive oil
½ cube	Vegetable stock
Pepper and croutons	

Utensils

- 1 board
- 1 knife
- 1 saucepan or pot and its lid
- 1 blender
- 1 fine sieve



Chef Antoine's tip: Add garlic and Provençal herb croutons for extra crunch when eating!



50 min



Switzerland



Medium

Preparation

1. Peel and wash your celeriac.
2. Cut into large pieces and set aside.
3. Peel and quarter your onions.
4. **Sweat** them with your celeriac in a little olive oil and brown for 3 minutes over a medium heat.
5. Add 2 dl of water and your vegetable stock.
6. Cover and leave to cook on a low heat for 35 minutes.
7. Peel and cut your apples into eighths.
8. Check your ingredients are cooked, add your apples and blend for one minute.
9. Strain your soup through a fine sieve.
10. Check your seasoning.





VIETNAMESE

SUMMER ROLLS



INGREDIENTS

2	Carrots
75 g	beansprouts
1	Small lettuce
1	Pepper
1	Bunch of mint
1	Bunch of coriander
60 g	Rice vermicelli
6	Rice wrappers

Utensils

1 peeler
1 grater
1 saucepan
1 knife
1 sieve



45 min



Vietnam



Medium

Preparation

1. Peel and grate your carrots.
2. Put some water in a saucepan to boil.
3. Wash your beansprouts and plunge them into boiling water for 10 seconds.
4. Wash your lettuce and cut it into very fine strips.
5. Wash and cut your pepper into strips.
6. Put water on to boil.
7. When it boils, remove from heat and add your rice vermicelli for 3 to 5 minutes.
8. Drain them.
9. Remove the mint and coriander leaves from the stalks.





FOR YOUR SAUCE

2 tbsp	NUOC NÂM
2 tbsp	Lemon juice
1	Small red chilli, minced
1 tsp	Grated fresh ginger

Assembling your rolls

1. Soak your rice wrappers in warm water one by one to soften them.
2. Wipe each wrapper on a clean cloth to remove excess water.
3. Arrange your fillings at the bottom of your wrapper.
4. Holding your filling tightly in your hand, roll your sheet from the bottom to the top, folding the sides to close the roll.
5. The moisture in your sheet will stick the ends together.

Prepare your sauce by mixing all your ingredients.

Chef Christophe's tip:

You can add other vegetables. Make your rolls how you want them!





02

Main Courses





PORTOBELLO BURGER

Burger bun ingredients

275 g	Flour
2	Egg yolks
12 g	Powdered milk
50 g	Olive oil
125 g	Water
½ tsp	Salt
20 g	Fresh baker's yeast
1 tbsp	Seeds of your choice

Utensils

1 beater
1 frying pan
1 blender
1 knife



1h + 2h rising time for
the burger bun



United States



Medium

Preparation

1. Mix your flour, salt and milk powder in a mixer with a hook or by hand.
2. Add the water, your egg yolks and your olive oil.
3. Continue mixing until you have a smooth ball of dough.
4. Leave for two hours at room temperature, covered with a damp cloth.
5. Make 4 balls of 90/100 gr. approximately.
6. Place them on a baking tray with baking paper and add the seeds of your choice.
7. Bake for 12/15 minutes at 180°C.





FOR YOUR BURGERS

6	Portobello mushrooms, stemmed
2	Beaten eggs
50 g	Flour
50 g	Breadcrumbs or corn flakes Sugar-free

Burger preparation

1. Dip your mushrooms in the flour, then in your beaten egg and finally in the breadcrumbs.
2. Pan fry over medium heat with a little oil to obtain a golden colour.
3. Put your burgers to one side.

Silken tofu mayonnaise preparation

1. Pour and mix all your ingredients in a blender.
2. Stop blending and scrape the sides.
3. Then blend again until you have a smooth, even mixture.

FOR YOUR MAYONNAISE

150 g	Silken tofu
10 ml	Lemon juice
½ tsp	Vinegar (your choice)
½ tsp	Mustard





FOR ASSEMBLY

4	Cherry tomatoes
2	Large sweet and sour gherkins
8	Lettuce leaves
8	Pitted olives
4	Slices of cheese (Gruyere type)
8	Toothpicks

Decoration and assembly

1. Preheat the oven to 180°
2. Cut your cherry tomatoes in half to make ears.
3. Prick your olives on toothpicks to make eyes.
4. Cut your cheese slices into points to make teeth.
5. Cut your gherkins lengthwise to make tongues.
6. Spread the mayonnaise on the buns.
7. Arrange your lettuce, your slice of gherkin (making it stick out), your tomato and then a portobello burger (2 for adults).
8. Add your protruding slice of cheese on the top, then cover with the top of your burger bun.
9. Place in the oven for 2 minutes.
10. Then finish by pushing your tomatoes into the buns (use a knife) and your olives on the toothpicks.



Chef Camille's tip:  Serve with a few chips and lots of vegetables!





GREEK TARTA

SEITAN VEGETABLES

INGREDIENTS

3	Courgettes
3	Aubergines
50 g	Cherry tomatoes
300 g	Seitan
1	Puff pastry
1 tbsp	Oil
1	Bunch of fresh thyme
80 g	Mesclun salad
Salt and pepper	

Utensils

1 knife
1 board
1 sieve
1 pie dish

Chef Nicolas' tip:

To be eaten warm or at room temperature, without reheating.



40 min



Greece



Medium

Preparation

1. Wash your vegetables and cut your aubergines and courgettes into 0.5 cm slices.
2. Season them with salt, pepper, fresh thyme and olive oil.
3. Place your mixture in the oven at 180°C for 15 minutes to pre-bake.
4. Then put it in a colander to drain.
5. Place your pastry in your pie dish.
6. Place your vegetable slices in a tight rosette, alternating aubergine and courgette.
7. Arrange a piece of seitan every 4 to 5 slices.
8. Bake your pie at 170 °C for 45 minutes.
9. Once cooled, cut your cherry tomatoes into small slices and place them between the seitan pieces.
10. Serve warm with a good mesclun salad.





SWEET POTATO WAFFLES

SPRING VEGETABLES

HORSERADISH WHIPPED CREAM WITH SEITAN

WAFFLES

1	Sweet potato (300 g)
2	Eggs
100 g	Flour
1	Sachet of baking powder
2 tbsp	Thick cream
1 tbsp	Melted butter
	Rapeseed oil

Utensils

- 1 beater or electric whisk
- 1 waffle maker
- 1 piping bag



35 min



Belgium



Medium

Preparation

1. Peel and dice your sweet potato into 2 cm cubes.
2. Cook it in water.
3. Drain and leave to cool a little, then mix with your eggs and thick cream.
4. Mix in your flour and yeast.
5. Season to taste.
6. Oil your machine and make your 4 waffles.





HORSERADISH WHIPPED CREAM

1.5 dl	Cream 35% fat
1 tbsp	Horseradish sauce
Espelette pepper	

Preparation

1. Whip the mixture with a mixer or electric whisk.
2. Put your whipped cream in a piping bag.
3. Store in a cool place.

Preparation

1. Cook your cut green asparagus in salted water for a few minutes.
2. Then put them in a container of ice water.
3. Do the same with your peas, carrots and radishes.
4. Chop your shallot and crush your garlic, then fry them over a low heat.
5. Add your spinach, miso and seitan.
6. Incorporate your pre-cooked Vegetable mixture.

Place the mixture on your waffle and finish with a nice rosette of horseradish whipped cream on top.

SAUTÉED VEGETABLES

8	Green asparagus
8	Radishes with washed stems or turnips
100 g	Peas or broad beans
250 g	Spinach or chard greens
4	Small carrots
80 g	Seitan
1	Shallot
1	Garlic clove
1 tbsp	Miso





PLANTED

ROUGAIL

INGREDIENTS

200 g	Crushed tomato
1 stalk	Celery
1	Large carrot
240 g	Basmati rice (uncooked)
3	Cloves garlic
1	Large onion
2	Spring onions
4 tbsp	Olive oil
Thyme bay turmeric ginger colombo	

Utensils

- 1 small frying pan
- 1 large frying pan
- 1 casserole dish

Chef's tip:

You can add chilli or fresh coriander.

The colombo can be replaced by curry powder.



40 min



La Réunion



Medium

Preparation

1. Peel your celery stick, carrot, onion, garlic and spring onion.
2. Cut your vegetables into cubes.
3. **Finely chop** your onion and spring onion.
4. Crush your garlic.
5. Sweat your onions in olive oil with the turmeric, ginger and colombo.
6. Add your carrots and celery and **reduce** for 7 minutes.
7. Add the thyme and bay leaf.
8. Let it reduce, your sauce should be concentrated.
9. Add your Planted.

Put the basmati rice in simmering water and cook for about 8 minutes.



CORAL LENTIL DHAL

WITH NAAN BREADS

INGREDIENTS

250 g	Dry coral lentils
2 tbsp	Rapeseed oil
100 g	Spring onion
25 g	Fresh ginger
25 g	Mild chilli
2.5 dl	Coconut milk
1 tsp	Cumin
1 tsp	Turmeric
1	Garlic clove
1 bunch	Coriander

Utensils

1 saucepan
1 small frying pan
1 blender
1 sieve

FOR YOUR NAAN BREADS

250 g	T80 flour
160 g	Water at 20°C
12.5 g	Baker's yeast
5 g	Salt
20 g	Olive oil



1h30



India



Medium






Preparation

1. Heat the olive oil in a saucepan, add the washed and finely chopped spring onions and follow the same procedure with the mild chilli.
2. Peel and dice your ginger and garlic before putting them in the pan.
3. Stir in your cumin and turmeric, then turn down the heat to a minimum so that the spices brown and develop their flavour.
4. Rinse your lentils and cook them in a pot of boiling water.
5. Drain the lentils and pour them into the pan, mixing everything together.
6. Pour in your coconut milk and let it cook slowly for a few minutes.
7. Put the finely chopped coriander and its stems in the dhal.




Naan bread preparation

1. Mix your flour with your salt in a mixer or by hand.
 2. In a bowl, weigh the water and olive oil together, add your yeast and stir.
 3. Take the flour and salt mixture from your mixer bowl and pour it into your mixture
 4. Knead your dough for 15 minutes (you'll know it's ready when it comes off the sides of the bowl).
 5. Put flour on top and cover with baking paper.
 6. Your dough should rise for 1 hour at 60°C (in the oven for example).
 7. Take your dough out of the bowl, having first put flour on your hands and work surface.
 8. Fold it on itself once or twice to degas it.
 9. Cut small pieces of dough and roll them out into fairly thin rounds (feel free to add flour).
 10. Heat a non-stick pan.
 11. When it is hot, place the dough in the pan without fat.
 12. Depending on the temperature, it takes 5 to 8 minutes per side to cook.
- 



Chef David's tip:

This bread recipe can be used in an infinite number of ways and shapes, coiled, as rolls, as baguettes or focaccia.





VEGETARIAN MOUSSAKA

WITH QUORN

INGREDIENTS

600 g	Potatoes peeled and cut into thin slices
3	Tomatoes, diced
500 g	Aubergines in thin slices
230 g	Chopped quorn
40 cl	Milk
1	Chopped onion
1 tbsp	Olive oil
40 g	Butter
3 tbsp	Flour
125 g	Grated cheese
Salt and pepper, cinnamon	

Utensils

- 1 knife
- 1 vegetable peeler
- 1 chopping board
- 1 gratin dish
- 1 saucepan
- 1 whisk



20 min



Greece



Medium

Preparation

1. In a frying pan, fry your aubergines in olive oil, when they are golden, take them out and put them on a paper towel.
2. Fry your onions in a pan with the remaining olive oil until they become translucent.
3. Mix in your quorn mince and fry for five minutes with your diced tomatoes.
4. Add your cinnamon, salt and pepper.





For you bechamel sauce

1. Melt your butter in a pan.
2. Stir in your flour and fry over a low heat without browning.
3. Pour your milk over your mixture and cook on a low heat for another five minutes, whisking regularly.
4. Put your cheese in your mixture.

Assembling the moussaka

1. Arrange a layer of aubergines, a layer of potatoes and the chopped quorn.
2. Repeat the three times.
3. Finish with the aubergines and pour the béchamel over the top.

Bake in the oven at 180 °C for an hour.



Chef Tina's tip:

Use aubergines that are not too big so that they are easier to fry!





CHAKALAKA

INGREDIENTS

1	Onion
1	Red pepper
1	Green pepper
2 tbsp	Rapeseed oil
1 root	Fresh ginger
3	Cloves garlic
3	Medium tomatoes
1 tbsp	Tomato paste
2 tsp	Curry powder
1 tsp	Chilli powder
20 cl	Water
½ bunch	Coriander
120 g	Dry white beans
120 g	Dry chickpeas

Utensils

- 1 knife
- 1 casserole dish
- 1 pestle
- 1 grater
- 1 pair scissors
- 1 spatula

Chef Christophe's tip:

You can add two grated carrots to the mix and replace the chickpeas or white beans with sweetcorn.

Or simply enjoy it with toast for a tasty and original starter.



30 min



South Africa



Medium





Preparation

1. Peel your onion and chop it finely.
2. Cut your peppers, **de-seeds** and dice them .
3. Heat the rapeseed oil in a casserole dish.
4. Add the onion and diced peppers and cook for 5 minutes on a low heat.
5. Peel and crush your garlic cloves and add them to the pan.
6. Grate your ginger and add it to the mixture as well.
7. Cook for 10 minutes, stirring regularly without covering.
8. In the meantime, peel and cut your tomatoes into chunks.
9. Put them in your pot with the tomato paste, curry powder and chilli.
10. Add the water and simmer for 20 minutes on a medium heat without covering.
11. Finely **chop** your coriander.
12. Add it to the pot, along with the chickpeas and white beans.
13. Mix well and simmer for 10 minutes.

Enjoy it hot or cold!





LENTIL DHAL

WITH PLANTED

INGREDIENTS

1	Red onion
2	Cloves garlic
1 tbsp	Rapeseed oil
240 g	Dry coral lentils
500 g	Carrots
800 g	Water
1 tsp	Curry powder
100 g	Planted
	Coriander

Utensils

- 1 board
- 1 knife
- 1 pan

Chef Antoine's tip:

Enjoy with naan bread for a complete ethnic recipe.

A touch of freshly chopped coriander just before serving will add the perfect finishing touch.



40 min



India



Medium

Preparation

1. Peel your onions, garlic and carrots.
2. Wash your coriander.
3. Cut your carrots into 1 cm pieces.
4. Heat the olive oil and add your planted, which you will grill until golden brown.
5. **Put** your planted **on the side**.
6. Brown your onions, then your garlic, then your carrots.
7. Once lightly coloured, add your coral lentils, water and curry.
8. Cook on a low heat for 20 minutes.
9. Stir from time to time and check for when the lentils are cooked.
10. Reheat the planted.

Arrange in a shallow dish.



VEGGIE CAKES WITH CHICKPEAS



INGREDIENTS

2	Eggs
250 g	Cooked chickpeas
30 g	Sliced bread
50 g	Shallot
1 tbsp	Seeds of your choice
1 tbsp	Rapeseed or olive oil
Salt and pepper, parsley	

Utensils

- 1 blender
- 2 mixing bowls
- 1 small frying pan

Chef Bertrand's tip:

You can replace your chickpeas with lentils, or do half and half!



45 min



Italy



Easy

Preparation

1. Put your eggs, chickpeas, shallots, parsley, breadcrumbs, salt and pepper to the blender.
2. Mix until you have a smooth paste.
3. Shape the mixture into patties.
4. Coat each side of your cake with the seeds of your choice.
5. Fry each side in oil until golden brown.





03

Desserts





MANGO LASSI

INGREDIENTS

2	Ripe mangoes
4	Plain yoghurts
3 dl	Whole milk
3 tbsp	Honey

Utensils

1 blender
4 verrines



15 min



La Réunion



Easy

Preparation

1. Put the mangoes in your blender after peeling and cutting them into pieces.
2. Add your yoghurts, milk and the tablespoon of honey.
3. Mix the ingredients together well.
4. Put your mixture in the fridge as it is best eaten cold.

Christophe's tip:

Add a touch of vanilla, cinnamon, or cardamom.



STRAWBERRY SALAD

AND EASTER EGG CHIP CRUMBLE

INGREDIENTS

500 g	Strawberries cut into quarters
50 g	White flour
20 g	Chestnut flour
30 g	Sugar
50 g	Melted butter
1 pinch	Fleur de sel (optional)
Chocolate egg chips	

Utensils

- 1 Pie dish
- 1 Bowl
- 1 Metal salad bowl



20 min



United Kingdom



Easy

Preparing your crumble

1. Mix the flour and sugar together.
2. Knead in your butter and fleur de sel.
3. Divide your dough between your dishes.
4. Place it in a preheated oven at 200 degrees for 7 minutes.

While the crumble is cooling, you'll be doing the fun part of the recipe!

Put your leftover Easter eggs in your bowl and crush them! Take a pretty bowl and place your chopped strawberries and chocolate chips in it.

Put the crumble on top and it's ready, **easy!**





RED FRUIT CLAFOUTIS

INGREDIENTS

250 g	Red fruit (blueberries, blackcurrants or blackberries)
100 g	Flour
4	Eggs
2.5 dl	Milk
25 g	Sugar
½ packet	Baking powder

Utensils

- 1 bowl
- 1 whisk
- 4 small ramekins or 1 mould

Chef Nicolas' tip:

Choose ripe red fruit and enjoy at room temperature.

It will be even more delicious when cool!



20 min



France



Easy

Preparation

Preheat the oven to 180°C.

1. Gently wash your berries.
2. In a bowl, beat your eggs and add the sugar while whisking for 2 minutes.
3. Pour in your flour and baking powder and keep mixing.
4. Once your dough is smooth, add your milk.
5. Arrange your berries in your dish and pour your mix on top.
6. Put in the oven and bake for 30 minutes.





ROTE GRÜTZE



INGREDIENTS

340 g	Mixed berries (raspberries, currants, strawberries, cherries, blackberries)
160 g	Berry juice
25 g	Sugar
16 g	Corn starch

Utensils

- 1 saucepan
- 1 spatula
- 6 verrines
- 1 large bowl



20 min



Germany



Easy

Preparation

1. Cook your berries in a pan with the sugar and half the juice for 15 minutes.
2. Mix your corn starch into the remaining fruit juice.
3. When the fruit is cooked, pour in your diluted cornstarch and let it thicken over a low heat, stirring constantly for 2 minutes.
4. Pour into your verrines (you can also serve in soup bowls).
5. Leave to cool and then place in the fridge 1.5 hours before serving.

Chef Christophe's tip: If it is too acidic, enjoy it with yoghurt or fromage frais. You can use mint leaves to decorate.





STRAWBERRY CHARLOTTE

INGREDIENTS

16	Sponge finger biscuits
24	Strawberries
4	Petits suisses

Utensils

- 1 big bowl
- 1 whisk
- 4 small ramekins or a big mould



30 min



United Kingdom



Easy

Preparation

1. Cut 12 strawberries into small pieces and put them in a large bowl.
2. Blend the remaining 12 strawberries and divide the mixture in two.
3. Add the Petits suisses to part of the mixture.
4. Add hot water to the other part.
5. Count out enough sponge biscuits to go around your mould (or ramekins).
6. Dip them in your strawberry syrup.
7. Line the sides of the mould with your soaked biscuits (domed side towards the side of the mould).
8. Place your strawberries in the bottom of the mould, in the middle of the biscuits.
9. Pour in your Petits suisses and strawberry mixture.
10. Finish by covering the whole thing with whole or cut-up biscuits to make the base of your charlotte.





FRUIT AND BASIL GRANITA

INGREDIENTS

2	Nectarines or peaches
100 g	Berries
20 g	White sugar (or 1 banana)
60 cl	Cold water
4	Basil leaves

Utensils

1 metal tray
1 fork
1 bowl
1 blender



Chef Pablo's tip:

A good way to use your summer fruit that is starting to get overripe.



15 min



La Réunion



Easy

Preparation

1. Peel and cut the nectarines into chunks.
2. Rinse the basil leaves.
3. Mix your fruit, basil, water and sugar (or banana).
4. Strain your mixture and pour it into a stainless steel (or freezer-safe) tray before placing it in the freezer.
5. After 30 minutes you can break the mixture up with a fork and put it back in the freezer.
6. Repeat every 15 minutes until the granita has set sufficiently.
7. Serve in glasses and garnish with basil leaves.





PIÑA COLADA MILKSHAKE

INGREDIENTS

500 g	Pineapple
500 g	Coconut milk
1	Banana
Mint leaves and ice cubes	

Utensils

- 1 knife
- 1 chopping board
- 1 blender
- 1 fine sieve



Chef Antoine's tip: To remove the pulp from the pineapple and retain all the flavour, you can strain the mixture through a fine sieve. It will be easier to eat, especially for children.



15 min



Puerto Rico



Easy

Preparation

1. Peel your pineapple and cut into 1 cm cubes.
 2. Put your pineapple, coconut milk and banana in a bowl.
 3. Blend it all together for at least 30 seconds.
 4. Serve in a glass, preferably on the rocks.
- You can decorate with finely chopped mint for even more freshness.





CHESTNUT PANNA COTTA

INGREDIENTS

320 g	Chestnut cream
250g	Qimiq

Utensils

1 whisk

1 saucepan

1 container

1 ladle

4 verrines



Chef Pablo's tip:

For a lighter recipe, don't hesitate to replace some of the Qimiq with quark.



15 min



Italy



Easy

Preparation

1. Blend your chestnut cream and Qimiq together.
2. Chill for 2 hours.





CARAMELISED APPLE

TIRAMISU

INGREDIENTS

250 g	Golden delicious apples
250 g	Mascarpone
2	Egg whites
30 g	Sugar
20 g	Butter
20	Speculos biscuits

Utensils

- 1 small frying pan
- 1 blender
- 6 verrines
- 1 large bowl



15 min



Italy



Easy

Preparation

1. Peel and dice your apples.
2. Melt the butter in a frying pan and add the apples, which you will caramelize.
3. Beat your egg whites until they are stiff.
4. Take a large bowl and mix your mascarpone with your sugar.
5. Fold your egg whites into the mixture.

Assembly of the tiramisu

In each glass, put a layer of crumbled speculos, a layer of mousse, a layer of caramelised apples.





04

Your little Chef lexicon





Round

A round is a flattened piece of dough, usually flattened with a rolling pin or a rolling machine.

Blanch

Plunge raw food into lightly salted boiling water for a few minutes.

Sweat

Cook a cut vegetable in a fatty substance at low heat, avoiding any colouring, to eliminate some or all of its water.

Finely chop

The action of cutting thin slices that should be as even as possible. The slices are cut with a very fine knife, but a mandolin can also be used to obtain even slices.

Reduce

The process of evaporating the water in a sauce or juice to thicken it and concentrate the flavours. The principle is to boil the preparation very gently and reduce the volume of sauce.

Put to one side / Reserve

To put to one side means to set aside, in a cool or warm place, ingredients, mixtures or preparations for later use.

Mix

A mix is an intermediate mixture of different ingredients that is used with other products to make a recipe. It is therefore an intermediate step in a recipe, usually in liquid form.





De-seed

Remove the seeds from a fruit.

Scoop out

To remove the inside of a fruit or vegetable with a spoon in order to stuff it (frosted fruit, cucumbers, courgettes, peppers, tomatoes, etc.) or to cook it in fritters (apple, pineapple).

Degas

The action of pressing a dough with the flat of the hand on a work surface to release the gas.

Deglaze

The action of pouring a liquid in order to retrieve cooking juices. The result of this operation is a sauce to serve with the dish.

Julienne cut

Action of cutting vegetables into thin sticks.

Tsp

Teaspoon

Tbsp

Tablespoon





The Novae team
wishes you a

BON APPÉTIT