

Once UPon a Time

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AHMED LADARSI



**COOKING AND DINING
ARE
MOMENTS OF HAPPINESS**

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 **Ahmed Ladarsi**



INTRODUCTION

Cooking and dining are moments of joy and happiness; this is the mandate of this cookbook. My goal is to revival a beautiful tradition forgotten and neglected or never experienced.

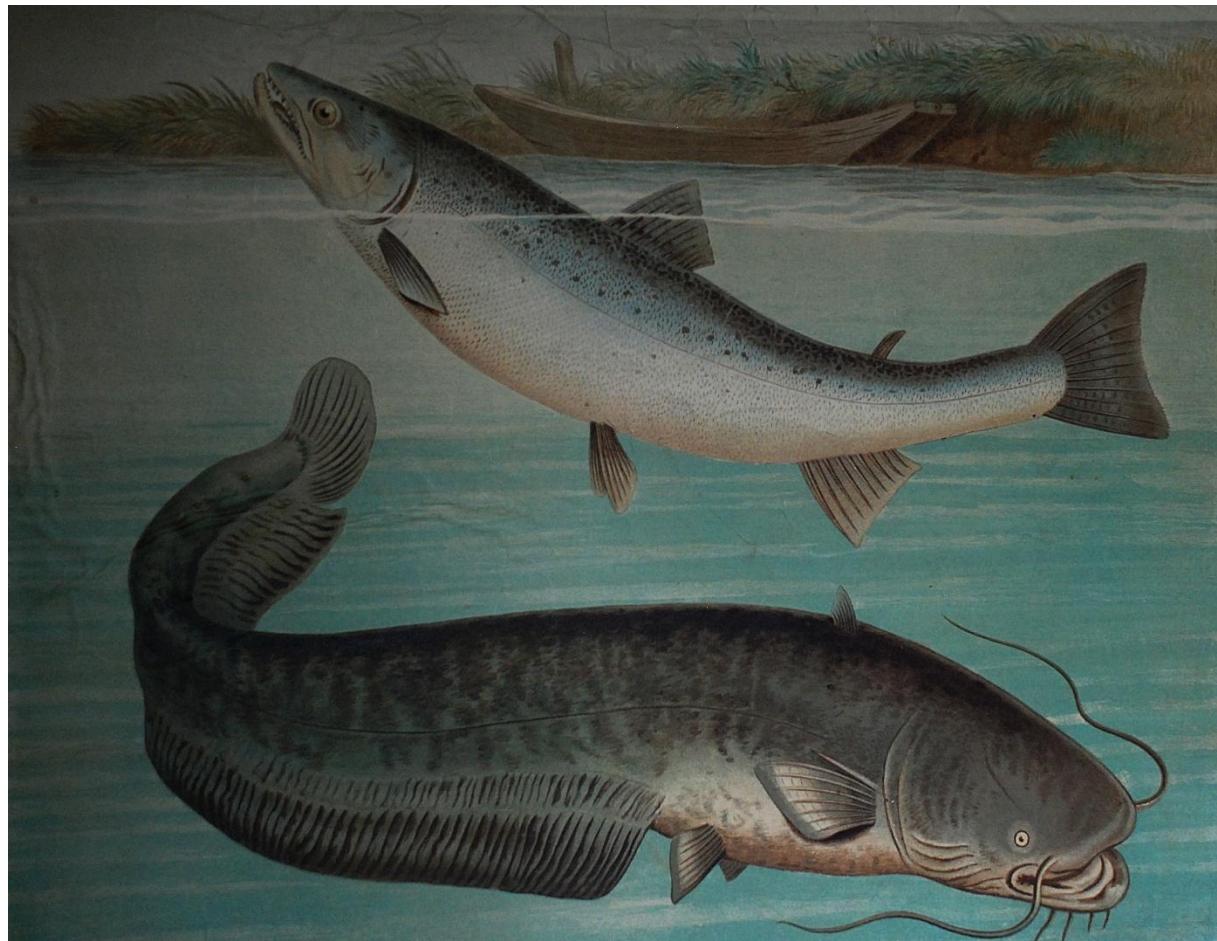
What could be more enjoyable than a family gathered to prepare lunch or dinner on weekends, on a special occasion or just for no special reason. The dishes I introduced should be easy to prepare, to give an unforgettable experience, also to inspire developing own dishes. We prepare food for the family, for friends, for people we love. It is very rewarding for the family and friends to sit together, to enjoy an exquisite meal, have a delightful time with no rush.

I have written this cookbook in a storytale form. Stoyrtales and fairytales are entertainment, a source of hope. Even though they are imagination, because:

Imagination is the most powerful force ever available to humankind

Finland 2025

Ahmed Ladarsi





On a beautiful sunny day, three Fellows, J: the javelin, GB: the golf ball and HP: the hockey puck, are enjoying their summer vacation in a 'mökki' at the banks of the river Kymijoki. 'Mökki' is the finnish word for cottage. 'Mökki' is a typical finnish wooden building, with a bituminous felt roof, 'punamulta' painted exterior walls and white painted window frames. 'Punamulta' is a paint prepared by cooking slowly water, rye flour, ferrous sulphate and linseed oil. The finnish cottage has usually one or several bedrooms, a spacious room called 'tupa' with a wood fired baking oven and a kitchen, which sometimes is situated in the 'tupa'. The tupu is the heart of the 'mökki'.

The sauna is situated mainly in a separate building. For Finnish people the sauna is a sacred place, to clean body and soul. The sauna is not a place for inappropriate behaviour. It is also said, in the sauna, the bile fades. The sauna was once even a place for giving birth. The word 'sauna' is Finnish.

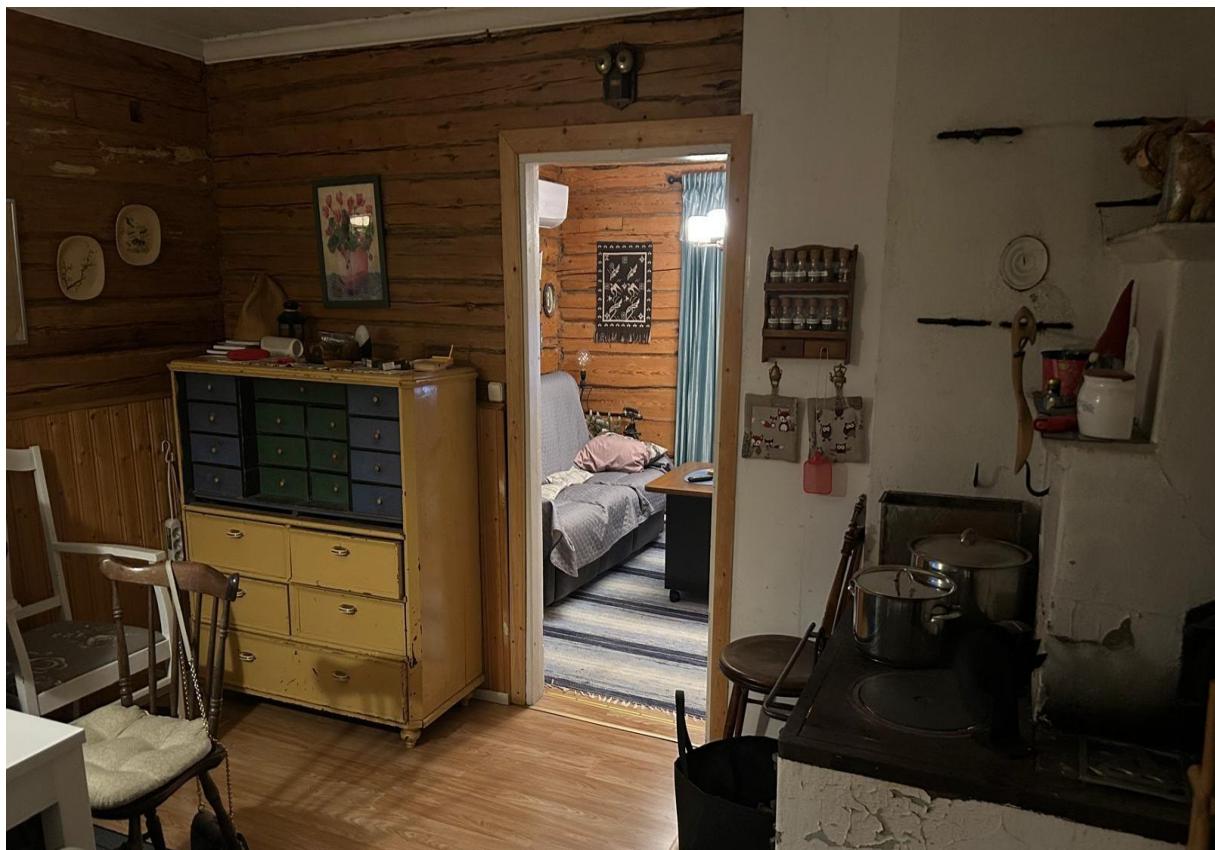
Finnish cottages, like this one, have their own farmyard with different berry bushes, apple trees and sometimes pear and plum trees. In the potager, potatoes, carrots and onions are the main vegetables. Tomatoes, salads, herbs like dill, parsley, peppermint, chives, basilica... grow successfully nowadays in the 'mökki' vegetable garden. Sometimes there are some ducks, chickens, roosters and even goose. To add to their comfort the three fellows have hired two cooks, who are no one else than my two Angels, my Sisters chef Nejia, Chef N and chef Hsaina, Chef H. By the way I am Ahmed Ladarsi: AL, this storyteller.













To start the day, nothing is better than a quick swim in the 'Kymijoki' river before enjoying a tasty breakfast consisting of fresh apple juice, peppermint tea, coffee, hot chocolate, oat porridge, avocado, grapefruit, tomatoes, bread, butter and cheese. Chef Hsaina prepared a scrambled egg with cold smoked salmon on request of J. The cold smoked salmon fillet is first salted for about two days, then smoked in low temperature, not more than 30 degrees Celsius.

*Chef H: **Scrambled eggs with cold smoked salmon**, is a very easy dish to prepare. Here is what you need for two people, of course the amount of ingredients depends on what else is served.*

3 eggs, 30 g butter

1,5 dl cream

100 g cold smoked salmon

salt, rosé pepper, dill

-Melt the butter in a warm but not overheated saucepan.

-Pour the whisked eggs and stir.

-Add the cream while the eggs are still runny.

-Add a pinch of salt, the salmon is salted, and rosé pepper.

-The scrambled eggs must be soft and creamy not dehydrated.





-Serve the scrambled eggs with cold smoked salmon. Finish with dill and rosé pepper.

J: Thank you, Chefs, it was an exquisite breakfast

GB and HP: Thank you Chefs

GB: Why is it called breakfast?

Chef Nejia: You don't eat in your sleep. When you wake up in the morning, you break the fasting by eating. Or do you eat while sleeping? Anyway, you woke up today so late all of you, and just have breakfast, there will be no lunch. For afternoon snacks, you will get **coal grilled corncob with butter and honey**, and **orange salad with olive oil and olives**.

By the way NUONUO from BEIJING who is visiting FINLAND is now joining my Sisters in the kitchen.

HP: Does anyone want to play chess?

GB: No please.

J: Neither me. After a delightful breakfast, all I need is to relax, enjoy the sounds of nature, listen to the breeze through the aspen trees and hear the gentle whisper of the river. I also hope the goose and the ducks bless us with some silence, especially the goose, who doesn't stop vaunting.





GB: Do you know guys; I can fly higher and longer than you!

HP: What are you talking about, are you mad?

GB: Sorry, it just crosses my mind.

J: What is the matter with you, are you out of your mind? We are friends not competitors.

GB: Well, I still think that I can fly higher and longer than you. It is a fact you cannot deny.

HP: Now you think, it did not cross your mind! I have enough of this nonsense. You want to play tough; I tell you this, I am the toughest of the toughest. I am tougher than you and J combined.

GB: Did you hear that J? Don't you say anything?

J: I better stay away from this negative argument.

HP: J, you have the right to say your opinion.

J: I know well my rights. I just tell you both are kicked on your head by a stick and a club.

HP: Thank you, J for your courtesy.

AL: I wish the Fellows will calm down and enjoy their vacation. In addition, many other creatures were witness to this nonsense discussion. They all wonder and think, what a waste of time. Among these creatures are birds, flies, butterflies, chickens, roosters, hedgehogs, deer and even a moose. By the way, the hedgehog does not digest milk. Of course I do not forget to mention the bee, who is always present in all gardens at this time of the year.

Chef N: The grill is ready for your afternoon snack. I think you can grill your own corncobs. Here there is salted butter, honey and drinks, Bon Appetit. Dinner will be served at 19.00 after your sauna. Keep your voice down, please, you are disturbing the neighbourhood.

J: Yes Ma'am, we shall do our utmost.

AL: An appetizing smell of corn rising in the air, the grains on of the corncobs popping, joy and laughter of the Fellows enchanting the surroundings.

AL: Oh, Mr. R, the Rooster with the Chickens approaching the grill. Are they curious about what is going on, or what's on their mind!

GB: Welcome, join us please, there is enough corn for everyone. AL: Mr. R, stepping with comb and beak up, making his way conceitedly with his breast.

Mr. R: Well, I don't insult you by saying no, I accept, and we accept your hospitality.

AL: Everyone is happy enjoying the corn with butter and honey, until someone spoke...







GB: Mr. R, if I may ask you, what's your opinion,

Mr. R: No, you may not. I have heard your conversation. Do you think I have time to solve your problem, or to support your claim? That is what you want, am I right? I must take care of my family and in addition I must crow every hour. I have huge responsibilities! Now Mr. GB, let's enjoy our meal, thank you.

GB: Sorry Mr. R, I just thought...

J: Don't think GB.

AL: quickly everyone is happy, peace and joy.

Mr. R: Thank you, Fellows, duties call, see You.

AL: Mr. R, the Rooster crows, it's 4.00 pm.

Chef N: What's the matter with you GB? Never talk or discuss negative things at dinner. You all know the basic rule which is:

****PREPARING FOOD AND DINING ARE MOMENTS OF JOY****

Now it's time to warm the sauna as well as the water kettle. The rules are, those who take the bath, warm the sauna, move it now!

AL: The Fellows start carrying the water from the river with buckets to fill the kettle in the sauna. The wood to warm the sauna and the water kettle, is chopped and dry, stored outside in the shed.





It will take about 50 minutes to warm the sauna at 80 degrees Celsius, which is an optimal temperature for most Finnish. Our Fellows must watch and add wood in the stove few times until the desired temperature is reached. There are mainly two types of sauna stoves: continuous heated stoves and once heated stoves.

AL: Meanwhile, let's visit the kitchen and see what Chef N and Chef H are preparing for dinner.

AL: Chef H, what will tonight's dinner be?

Chef H: Here is the menu:

Stephen soup with saffron and cardamom

White fish, smocked roe paste sauce and Parmentier

Green salad

Cherry ice cream

AL: It sounds so delicious, can you be more precise, thank you.

Chef H: Actually, our dishes are meant to be prepared by all family members, parents and children, therefore they are very easy. For the vegetables soup you need:

200 g potatoes, 100 g carrots

200 g cauliflower, 200 g sweet potatoes, 200 g cabagge, 1 onion

0,10 g saffron 1,5 dl cream, salt, 1 tsp cardamom

-Peel and cut potatoes, sweet potatoes, carrots and onion in chunks. Cut cauliflower and cabbage.

-Bring all the vegetables to boil in 1.5 l of water, add salt and simmer in medium heat until well cooked.

-Turn the vegetables into a smooth puree with blender. Add saffron, cardamom and salt if needed.

-Serve with baguette or croutons.

The main ingredients of Stephen soup are sweet potatoes, carrots, cardamom and saffron. You can add whatever and as much other vegetables as you wish.

AL: *Chef N, could you, please, tell me about the white fish?*

Chef N: White fish 'Coregonus lavaretus' belongs to the salmon sect. White fish is spread in all Finland, in the inland's sweet waters as well in the sea. It's highly appreciated by the Finns. You can grill it, fry it, roast it and it's also delicious salt cured.

But first the Parmentier:

-Peel 600 g potatoes, cut in chunks and cook in water, not much salt.

-Once the potatoes are well cooked, live about 1 cup of water.

-Turn into puree, with whatever device you have.

-Add 100 g of butter, add water if needed and some cardamom if you wish. I and my sister chef Hsaina, we love cardamom.

-Cover and reserve in warm.

-Meanwhile we shall make the sauce for the fish. It's tasty and easy. Melt 1 tbsp of butter in a saucepan, add 1 dl of cream, 2 tbsp of smocked roe paste, to give some colours add 1/2 tsp of tomato purée. Heat the ingredients shortly, and your sauce is ready.

The fish is quickly done; therefore, it is the last to prepare.

-I recommend drying the fish fillets, seasoning with a bit of salt. It's my way.

-Coat the fillets with a thin layer of corn starch.

-Remove excess of starch if necessary.

-Roast the white fish fillets in frying pan with a small amount of butter and oil mixture, or in butter ghee.

-Season with a bit of salt.

-Serve the white fish with Parmentier, smocked roe paste sauce, and a touch of parsley or dill.



AL: What salad do you use?

Roman lettuce is our favorite. We do not use a knife to chop it, just shred the leaves into small pieces, gently by hand without squeezing. Salt, black pepper, olive oil and lemon juice for seasoning. Nothing fancy.









Chef H: We do not have cherry trees 'Prunus cerasus'. We got the cherries from our neighbours. Cherry trees grow in southern Finland in private gardens.

We made cherry ice cream this morning.

AL: Is it so soon ready to enjoy?

Chef H: Yes, it has been in the freezer for seven hours. We make ice cream not ice cubes. Ice cream must be firm and creamy, easy to scoop and easy to eat.

This dessert is very easy to prepare; in addition, you don't need an ice cream maker.

400 g cherries, 1 tbsp sugar

150 g condensed milk, 2 dl cream

-Pit the cherries

-Add the sugar, cook until sugar well dissolved.

-Let it cool, don't rush.

-Add condensed milk, mix.

-Whip the cream and add to the cherry mixture.

-Transfer into whatever utensil you desire or have.

-Freeze for a few hours. Enjoy it when it is ready.



I am now making 'Bircher muesli' mise en place for tomorrow's breakfast. It's the original Swiss recipe by Doctor Max Bircher.

200 g oat flakes

5 dl milk

2-3 apples

1 tbsp lemon juice

3 tbsp honey

50 g nuts. Whatever you like, hazel, walnut, almonds etc.

50 g raisins

100 g banana

-Mix oat flakes with milk, cover and put overnight in the fridge.

-Grate the apples, mix with lemon juice, cover and put in the fridge. If the apples turn darker, it is not a big deal. Of course you can grate the apples next morning.

-Chop the nuts, cover and reserve.





AL: Yesterday evening, the Fellows did enjoy their sauna and an exquisite dinner and had a good sleep.

It is 7 am, a new day, chef H started by adding oat flakes and milk mixture, grated apples, nuts, raisins and honey.

-Decorate with banana slices, some nuts and raisins.

**Chef H: For vegan version, replace the milk with vegetable milk, the honey by maple syrup or other syrup.*

AL: It is breakfast time. On the table, in addition to the Bircher muesli, there is the usual wide selection of bread and fruits, eggs, jams, cold cuts and salads.

Now let the Fellows enjoy their breakfast; and join chef N in the potager.

Chef N: AL, help me please to dig up some potatoes and carrots. For lunch we will serve:

Beef steak with green pepper sauce

Pommes Pont Neuf

Vegetable selection with olive oil and parsley

Plum tort, for dessert

Chef N: Look who is here! Welcome Mrs. Bee, it's an honour to have you here. We are prepared for your visit. As you see, we have planted all kinds of nectar flowers, blooming from spring until late in autumn. All it's yours, please enjoy.

Mrs. Bee: Thank you. These nectar containing flowers are fantastic. As you know I need nectar to make honey, I use pollen mainly for making 'perga', which is the bread for us the Bees. I heard rumours about an argument between these Fellows!

GB: Good Mrs. Bee, you brought it up. Isn't it true that I can fly higher and longer than HB and J?

HP: Do you agree with Mrs. Bee, that I'm the toughest of all?

Mrs. Bee: What do you say J?

J: They try constantly to pull me into their nonsense argument. I say they are knocked by a stick and a club. However, I can fly without a stick or a club.

Mrs. Bee: I see J, you joined the Bunch, they have succeeded in pulling you in. Grow up all of you, make something nice of your day.

AL: Mrs. Bee has a point; I hope the Fellows got it.







AL: By the way, I did not mention that twice a day, every day in the morning and in the afternoon, at the same time, Mr. D the Donkey passes by, carrying a load on both flanks. I think it's time to raise the question about how humans treat the Donkey: Why throughout time, around the globe, Mr. D is a symbol of stupidity! This hard-working creature, serving humanity, carrying healthy and sick people, carrying their goods, with dedication and obedience. Why this reliable servant and defenceless creature treated by mankind in the cruellest way? If we think about, man has developed technics and ways, that all animals nowadays are defenceless. The Donkey voice is a suffer, a plead for justice. However, though people, without thinking, continue to use the word 'donkey' as an expression of stupidity, fortunately this attitude is changing. A friend of mine said to me, one cannot use words 'intelligent' or 'stupid' when talking about animals. Well, it's his opinion. Anyway, we will have the opportunity to meet with Mr. D, we will get to know him better.





Meanwhile it's time to visit the kitchen.

Chef H: Are many ways to prepare French fries, but pommes Pont Neuf is about form and size. Here is my way:

-Put the peeled and sliced potatoes in water with a bit of salt and sugar for about an hour.

-Rince, drain and dry in a towel.

-Coat with a thin layer of corn starch, brush away excess of starch.

-Fry in oil twice like any other French fries, drain oil excess, add salt.

AL: Chef N. Do you have a secret to preparing beef steak?

-Chef N: There is no secret. First a good quality meat, you can use Wagyu beef or aged beef, if you wish. The second step is to take in consideration what you will eat, is it a tenderloin, or an entrecote! If grilled on charcoal, which is the best way, there must be good embers, no flames anymore. If you roast your meat in a pan, it's what we will do today. It is better to use clarified butter (butter ghee), because it can be heated to higher temperature than butter. Unclarified butter burns easily. For taste salt and pepper are enough, but now we will give more flavour by adding a garlic clove and a rosemary sprig. Some chefs insist on salting the steak before. However, don't be generous with salt.

-Once the steak is roasted, put it aside, enough time to prepare the pepper sauce. -Deglaze with demi-glace or broth, you can use wine too. In our kitchen we use alcohol-free wine.



-Add a tbsp of Dijon mustard, a tsp of green pepper and a couple tbsp of double cream. Add salt if needed.

-Top the steak with sauce and serve.

Chef H: For salted and sweet dishes, we use the same kind of crust. Of course, for sweet dishes we add a bit of sugar to the dough. For a tasty plum tort, you proceed as follows:

-Mix 400 g with 150 g of melted butter

-Add 2 tbsp of sugar and 2 tbsp of yogurt

-Mix with tip of your fingers, don't knead, otherwise the crust will be hard.

-Blind bake the crust in a pre-heated oven 170 degrees for about 15 minutes.

-Fill the tort crust with plums cut in half and pitted. Place the plums up tightly, be generous, good quality plums are not expensive.

-Bake for about 30 minutes 180 degrees. Meanwhile prepare the custard: mix 3 egg yolks with 150 g sugar, 1,5 dl cream and a tsp cardamom.

-Top the tort with the custard and bake for about 20 minutes.

-Let cool before serving.



AL: After having a delicious lunch and as usual, the Fellows relaxing, enjoying the clement weather, small talk and laughter. Suddenly a huge moose appears from the woods at the edge of the mökki courtyard.

J: Guys, don't move, don't say a word.

GB: We can extend an invitation!

HP: GB, it's a moose, not a pet.

AL: The moose stands for a while staring at the Fellows. The while for our Fellows feels as hours. Luckily the moose loses interest, then disappears in the woods.

HP: That was too close.

AL: It's time to visit my sisters in the kitchen.

*Chef N: We are making the dinner's mise en place. **There will be pasta for a start, a veal meatloaf for the main course and for dessert apple chocolate mousse.** Chef H is preparing the sauce for pasta.*

Chef H: As you notice, all ingredients are ready. Onions, garlic, tomatoes, as well carrots are chopped, olive oil, salt pepper, laurel and dry herbs.

AL: I don't see parmesan or any other cheese! Chef H: We do not put cheese in every pasta dish, it's not necessary. In addition, there will be a veal meatloaf for the main course.



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-To start, we warm a bit of olive oil, add chopped onions and the garlic. Some Folks say never heat the olive oil! Do you know that in Mediterranean countries only olive oil was in use until other oils came to the market.

AL: I agree, back then in the Italian embassy in Helsinki, I used only olive oil, in whatever dish I prepared for the Ambassador.

Chef H: Important not to burn the garlic.

-Add the very fine chopped carrots, stir, then add tomatoes, salt pepper, laurel and herbs.

-Don't be too generous with laurel, two leaves enough, otherwise the sauce will be bitter, especially if the laurel is fresh.

-Continue cooking on a moderate heat, remember to stir, avoid the sauce sticking in the bottom of the pan. You don't need to add veggie stock or water, if enough tomatoes are used.

-Let's simmer, no rush. When the oil emerges on top, is a sign, that your sauce is ready. We will use conchiglie, it's a shell shape pasta, we like it most, it takes inside the sauce.



Chef N: The meat loaf is a very tasty dish and easy to prepare

All you need is:

400 g minced meat,

2 tbsp breadcrumbs

1 egg, 2 large carrots,

1 onion, 200 g mushrooms

salt and pepper and veggie stock.

Our veggie stock contains onions, carrots, laurel, cloves, garlic, white radish, cabbage, parsley among other season vegetables.

-Mix well, by hand, meat, egg, breadcrumbs, salt and pepper.

-Give the meat mixture a very tight loaf shape. It is better to give a flat shape than a dome shape.

-Place the meat loaf in a heavy roast casserole dish.

-Roast the loaf in a bit of oil.

-Add chopped carrots, onion and mushrooms.

-Add a liter of veggie stock, cover with a lid.

-Let it simmer, it would be ready in one hour.

-Insert a tip of a knife in the meat, of the juice is clear, the loaf is perfectly cooked. Otherwise let it simmer, no rush.

-For the sauce, blend the carrots, onion and mushrooms and the juice of cooking with blender, you can add double cream if you wish. Season if necessary.

-Top the sliced meat loaf with the sauce. Ready to serve.

AL: I see, you don't cook your loaf in the oven!

Chef N: No. We use the oven only for large pieces of meat, or whole big fish, like salmon. Cooking in an enamelled cast iron casserole with lid, is best, the meat is always juicy.

Back then, before that the ovens came to the market and to almost every household, cast iron casseroles where in use to prepare roasts and stews.

This method is still nowadays used in many kitchens. Not to mention the new trend to bake bread in cast iron casserole.





J: Here comes Captain Goose for breakfast like every morning.

Chef N: I told you, not to feed it from the table, not even berries.

GB: Captain Goose, could you please tell my friends that I fly higher and longer!

Captain Goose: How do I know! I never see you moving, all you do is eat and laze around. Move, go and discover the city and the beauty of the nature.

AL: That was a good point from Captain Goose. Now let's have a look at what is going on in the kitchen. Sisters, what will the Fellows have for lunch?

*Chef H: No lunch today. **We will serve in the afternoon a cold meat loaf sandwich, and apple-chocolate mousse.** We will prepare the snacks ready now, they can help themselves lately. For the sandwich we toast a full corn bread slice, top with Dijon mustard, then in order you like in slices meat loaf, onions, tomatoes and gherkins pickles.*

Suitable apples are the keys of this dessert. A balance of sweetness and sourness gives a fresh and interesting taste. Peel and cut 600 g of apples into small pieces. Place it in a saucepan with a minimum amount of water. Cook tender, remove excess water. Add 250 g melt dark chocolate, we use 50 % cacao. Mix and blend smoothly. Fill ramequins, let set for a few hours in the fridge. In fact, you can make this dessert with bananas, pears, mangoes, avocados and even pumpkins. Apples have the sweet and sour taste.







AL: *I see, you have a lot of cream and milk. What are you going to prepare.*

Chef N: ***Out of the cream, we make butter and out of the milk fresh cheese.***

-Both dishes are very easy and even fun to prepare by parents and children.

-Starting with the butter, take a large vessel at least twice the volume of the cream.

-Whip the cream with an electric mixer, until it turns into butter. It will take a while. You can whip by hand if you wish and have enough strength and patience.

-Once the butter is ready, put it in cold water, it makes it easy to give a shape you desire.

-We don't throw away the whey, we use it as a water substitute to prepare focaccia, bread, pancakes and drinks.

- About the whey drinks, you can add a bit of honey and cranberry juice to give more taste. You can make even a soft drink by adding sparkling water.

Making fresh cheese demands more work, but it's easy and fun.

-Warm 10 liters of milk on a moderate heat, just at the point to start boiling, stir continuously but gently to prevent milk to burn.

Industries use a double walls kettle to warm the milk.







-Remove from heat and add 1,5 dl vinegar and a pinch of salt, stir and leave it set 10–15 minutes.

-Strain the mixture through a cheesecloth over a bowl.

-Let the extra whey drain for about an hour.

-Don't squeeze the cheese mass dry. Don't throw the whey.

-You can freeze the whey for later use. Ten liters of milk give about one and half kilo cheese.

-Give the cheese the shape of flat bread.

-Braise the cheese bread under the grill or beside the open fire.



AL: Time goes by, the Fellows enjoying their journey, everyone is happy. Ducks, geese, rooster, chickens carrying on their stressless life. MR D passes by twice a day. In the kitchen my sisters are inspiring new dishes and are satisfied with everything they do.

Chef H: Today's lunch is simple, like always:

Gnocchi

Poshed salmon steaks, hollandaise sauce

Green salad

Season fruits and local fresh cheese

-No secrets about gnocchi.

-The gnocchi are made of equal parts of flour 300 g and potatoes 300 g.

-Prepare a potato puree, season salt and pepper, add 1 egg, it should be enough.

-Mix the flour and potato puree. Place on a floured work surface. Give a thin sausage shape and cut it into about 2 cm pieces.

-If you wish to give a shape of a shell, press gently and pull the dough piece with the tip of the finger. Let the gnocchi surface dry for an hour or two. We always prepare in advance to avoid the rush.

-We first cook the gnocchi, the usual way, in salted water. Because we don't like them to be mushy, we roast the gnocchi in butter to give them a crispy consistency. Serve with tomato sauce, chopped basil and parmesan.



Chef N: For best result, hollandaise sauce should be prepared in bain-marie.

- In a saucepan, start by heating 3 tbsp of lemon juice. Once done, remove the saucepan from the stove and place it in bain-marie.

-Add 1 tbsp on Dijon mustard and a knob of butter, make sure the mixture is not too hot.

-Add 3–4 egg yolk and whisk continuously, don't need to sweat.

-About 150 g of butter is needed. In Finland we use salted butter.

-Whip up the mixture by incorporating the butter gradually until the sauce is emulsified in a desired consistency.

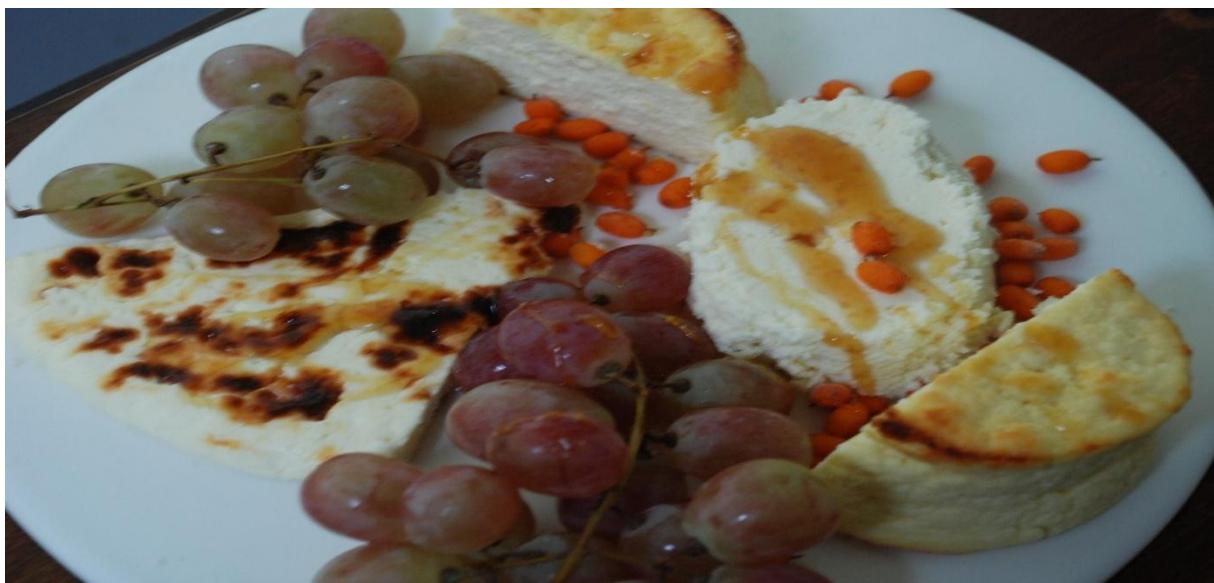
Chef H: Poshed salmon can be cooked in white wine, in lemon flavoured water, it is what we use today, or in veggies or in fish stock. You can of course combine and use the way you wish.

-Place the salmon steaks in half a liter of water and a half decilitre of lemon juice. Add salt and pepper.'

-Simmer in moderate heat, avoid boiling point. The fish must remain in steak shape, not turn in flakes.

-Serve with hollandaise, steamed potatoes or rice.







Chef N: We use the same crust for the pumpkin pie like for the plum tort. The colour of the pie depends on what pumpkin is used, from yellow to orange.

-Peel, cut into small pieces 600 g of pumpkin and cook in water with a pinch of salt.

- Remove water and blend in smooth consistency.

-Add 1/5 tsp cinnamon, 3 eggs, 3 tbsp brown sugar, 2 tbsp double cream.

-Combine all ingredients and pour over blind baked crust.

-Bake in 180 degrees 40 to 50 minutes.

-Let set and cool before serving.

For the sauce caramel

-In a saucepan melt 4 tbsp brown sugar.

-Add 30 g of butter, bring to boil, don't burn.

-Add 2 tbsp crushed walnuts, and mix.

-Top the pumpkin pie slices with sauce, nuts and double cream. Serve.

-Chef N: Could you please have a look what is going in the courtyard!

-AL: The Fellows have a visit! Mr. Joker in person. No wonder they are having fun and making a lot of noise.

Hp: Mr. Joker, will you join us for lunch? We have the best Chefs.

Joker: Yes, thank you. I will not insult you by refusing your hospitality.

*Al: Jokes and good food made an excellent combination. I can in this case confirm the saying: *Think about what you eat and with whom you eat**

Coffee and pumpkin pie are served later. Laughs and jokes continue late in the afternoon. It seems to me the Fellows got the best company they ever had.

Joker: Thank you, guys, it was an excellent lunch, exquisite pumpkin pie. Please convey my greetings to the Chefs.

HP: Shall we see you tomorrow, Mr. Joker?

Joker: Thank you, you are kind, but I cannot abuse your kindness.

HP: We will be happy and honoured if you could visit us again! Joker: Really! Well, I am free tomorrow, I could pass by.

HP: You are always welcome

Joker: Yes, thank you. Could you please tell the Chef, I would like to have caviar à la cuillère and champagne. My stomach is very delicate.

AL: Mr. D is on time, he stops to watch and somehow, he is curious about what's going on. The Joker lost his mood and left suddenly in a hurry.

J: What is the matter with Mr. Joker, it seems as if he saw ghosts!



AL: A new day, new plans. Let's visit my sisters in the kitchen.

Chef H: **We add today fried rice to the usual wide breakfast serving. The rice was cooked yesterday, now we do the rest.**

-Have about 400 g of rice, just put in the frying pan with oil-butter.

-Add salt and pepper nothing more, stir the rice continuously.

-Make sure you fry every grain of rice.

-Remove from the fire and add 4 beaten eggs to the hot rice, mix very well. The result is creamy, not dry, not runny.

-Give a shape you desire, top with parsley, serve.

AL: What will you prepare for lunch? The Joker would like to have Caviar à la Cuillère and Champagne. What does mean à la Cuillère?

Chef N: It means not on toast. It means a lot of caviar to be eaten with a spoon.

AL: Do You have that much?

Chef N: No, have neither a single pearl of caviar, nor a drop of champagne. We will not fulfil his request; I will show you how to deal with him.

-However the Joker is the guest of the Fellows, he can eat with them whatever we prepare. We start to prepare focaccia for tomorrow on time, we have much whey left from the cheese process.



Chef H: We add one liter of whey, about 10 g of dry yeast and one 100 g of wheat flour. Mix well, cover for about 2 hours, then add 100 g of wheat flour and cover. Continue tomorrow.

AL: What will they have for lunch?

*Chef N: **Carbonnades Flamande***

French fries

Tomato salad

Apple ice cream

-To make Carbonnades, we need 1 kg beef for stew

350 g onions, 1 tbsp brown sugar, 1 l brown beer

2 tbsp Dijon mustard, 4 slices of bread

Salt, pepper, 2 bay leaves

-Roast roughly cut beef pieces in bit oil-butter

-Add peeled and sliced onions, give it stir and cook for a few minutes.

-Add half of the beer and the sugar. Mix well

-Add the rest of the beer and bread slices spread with mustard.

-Season with salt, pepper and bay leaves.

-Let it simmer on moderate heat, avoid boiling.

for about two hours. Check and stir the carbonnades few times,

Serve the carbonnades with French fries.



Chef H: I prepared apple ice cream yesterday. It's simple, you don't need an ice cream maker either for this dessert:

-Peel 500 g of apples, cut into small pieces, cook and cool.

-Remove excess water and add 400 g condensed milk, mix well.

-Whip 2 dl of cream and add to milk apple milk mixture.

-Mix, transfer to a dish and freeze for few hours.

-Top with apple slices, honey, nuts...



In the afternoon, we serve Swiss cheese slice (Käseschnitt) and tomato salad. Simple and tasty. In frying pan, roast in butter thick slices of full cornbread, both sides. Top the bread with gruyere, emmental or better alp cheese. Pour about 1 dl of milk or white, cover immediately with lid, let simmer for a minute. The steam will melt the cheese instantly. Season with pepper and nutmeg. Serve with egg and pickles.

It's lunch time, Mr Joker was the first to be seated. We shall see, maybe he will lose his appetite. My elder Sister approach, it won't be easy for the Joker.

Chef N: Mr Joker, was our food not enough tasty?

Joker: It was delicious Ma'am.

Chef N: Tell me why, you left food on your plates yesterday? Do you think we will eat your leftovers? Mister, if you help yourself, eat all what you put on your plate. If someone serves you, say how much you want to eat. It's a major offence to leave food on the plate.

Joker: Thank you, Chef, for the advice.

Chef N: They told me, you want for lunch caviar à la Cuillère and champagne! Would you like to add to your request an Aston Martin sport car? Perhaps you want a dozen grey tailored suits!

Joker: It didn't cross my mind, but yes, it would be a dream come true.

-Chef N: You see Mr Joker; you are not James Bond. Wake up and behave yourself. Remember, when you are as a guest anywhere, appreciate what the hosts offer you. Don't start to eat before your hosts are at table, especially don't praise what you have eaten somewhere else or what you prefer to eat.

-Lunch is served soon, enjoy your meal.

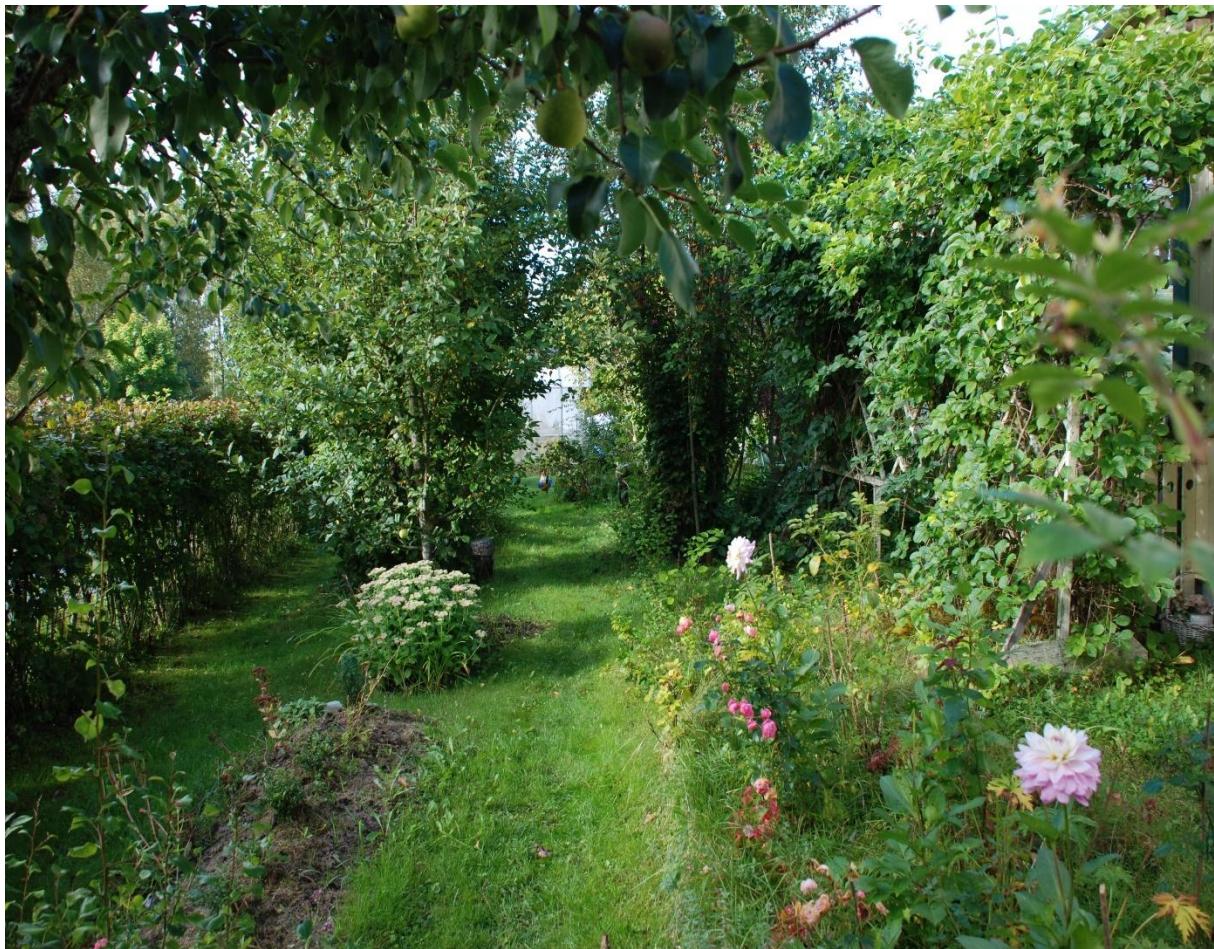
AL: That was something, a lifetime lesson of manners and behaviour. They will have a delicious lunch anyway, meanwhile, let's have a look at what kind of treasures are planted in the farmyard!













AL: Lunch is over, the Joker is in a good mood, it seems he has more fun than the others.

GB: Mr. Joker. What is that red stick you have always with? What is the magnifying glass on top for?

Joker: It's my work tool. It helps me to prevent the sun set, wherever I go. All you need is just looking at the sun through the glass.

J and HP: Nonsense, the sun goes down every night.

GB: Guys, show some respect. Mr. Joker's tool prevents the sun set. Do you sell me the stick Mr. Joker?

Joker: GB, you are the one who went to the moon! You can have it for a thousand dollars.

GB: Did you hear that, guys? Mr Joker confirms, I was on the moon.

AL: Mr. D stops to watch and wonders what is going on. The Joker left in hurry with a thousand dollars in his pocket, GB owns now a magic stick. I leave GB and company prevent the sun set, it's time to visit my sisters in the kitchen. But wait a minute my Sister Chef came out and somehow angry:

-Hey you, the three of you, go away for a while, see others, discover the city, the mills, the factories, go even to Helsinki for a change. Bring something sweet from the bakery.















KYMEN GRANITE

Chef H: This evening will be a food feast; many guests will come. We serve many dishes; there will be a buffet:

Poached Salmon with pickles, Osso Bucco with saffron risotto

Veal blanquette, Pasta with octopus in tomato sauce

Feta spinach pie

Zuercher Geschnetzeltes, Beans and lamb chops

Cheese baskets with pasta, Fresh Cheese with capers and artichokes

Cesar salad, Octopus salad

Butternut pumpkin with blue cheese and honey, Gateau Breton

Poached salmon with fennel and pickles

Homemade pickles

-In a jar dissolve 100 g salt in 1 liter of water and in 2 dl lemon juice. You can change the quantities you desire. It's important to have enough liquid around all vegetables. We use carrots, cucumbers, turnips, cauliflowers, sweet peppers, fennels, olives, white radish, lemons cut in half. I advise dipping the lemon quickly in hot water to get rid of bitterness.

-Put the jar in a cool place. The pickles will be ready in a few weeks.

-Salmon with pickles is not rocket science.

-The pickles are basically cooked in lemon and salt.

-Rinse about 400 g of pickles in water if it is too salty.

- Add 100 g of butter and 1 dl water in a saucepan, heat the pickles.

-Add 1 kg of salmon in large pieces, cook for 3–4 minutes.

-Serve with hollandaise, mustard, or cream-horse radish sauce.





Osso Bucco with saffron risotto

Chef N: Osso bucco is a very delicious dish, widely appreciated and easy to prepare. We do not use tomatoes in our osso bucco.

Veal shanks 4 pcs

Onions 2, Garlic, 4 Carrots

Stock 0,5 liter, 1 Bay leaf, Salt and Pepper corn

Oil, Butter, 1 tbs Flour

-Peel and cut very thin onions, garlic and 2 carrots.

-Cook in oil-butter, in a cast iron casserole, if possible but not necessary.

-Add in flour rolled the veal shanks, give a stir, season with salt and pepper corn.

-Add the bay leaf, 2 whole carrots and the stock. If you use commercial stock, adding salt is not necessary.

-Let the osso bucco cook in a moderate heat until the bone is off from the meat.

-Serve this dish with risotto, is the best way in our opinion. Osso bucco is often served with polenta, which is a classic in some regions in Italy.

Saffron Risotto

Risotto must be creamy not dry, not runny.

Chef H: A high starch rice is best for risotto. We use our own homemade veggie stock to prepare risotto; we never use chicken stock.

The ratio is 1 cup rice to 5-6 cups of stock, or even water if you like.

Our stock is unsalted and based of many vegetables, is not necessary to use onion to start.

-To start, have enough simmering stock, not boiling. Adding cold stock will delay the cooking process.

-Pour the rice in the melted butter, stir well, roast for a couple of minutes until enough heated.

-Add enough stock just to cover the rice.

Cook, but don't let the rice dry before adding more stock. Add stock little by little until the rice is cooked.

-Mix few strands of Saffron with 4 spoons of stock, add it to the risotto.

-Season with salt and fresh ground pepper. Add grated parmesan if you wish.





Blanquette

Chef H: There are many variations to prepare this classic French dish, they are all good. Here is our way:

1 kg boneless lamb or veal

2 onions, 3 carrots, garlic

250 g mushroom, 2 dl stock

2 tbs oil, 2 tbs butter, 1 tbs flour

2 bay leaves, salt, pepper

2 egg yolks, water

-Cut the meat in desired pieces. We wash roughly the meat to remove excess of blood, which can rise on top of the stew. You don't need to wash the meat if you desire to do so; you can skim the foam and impurities later.

-Peel and chop the onions, the carrots and the garlic.

-Roast in oil and butter, add the meat and the flour.

-Stir, add stock and water just enough to cover the meat

-Season with salt, pepper, bay leaves and the mushrooms.

-Cook the blanquette on moderate heat.

-Mix the yolks with a couple spoons of stock, add to the blanquette.

-Blanquette is usually served with rice.



Pasta with Octopus

Chef N: You can buy cooked octopus ready for use, which it's a big help. However, cooking octopus is not difficult, but it demands time, there is no reason to rush.

-Wash the octopus and remove excess ligaments, the beak, the internal organs and the ink sac.

-For a clean procedure and to tenderize the octopus, place it in a plastic bag and press firmly the tentacles with a rolling pin in all directions.

-Remove the octopus from the plastic bag, rinse under fresh water.

-Place in a bowl and cover with milk, place in the fridge overnight.

-Rinse the octopus with fresh water. Simmer until tender in much water seasoned with few pepper corns, bay leaf, onion, carrot and few cloves.

-Let cool and store for further use.

****We Prepare the sauce for pasta as usually, nothing fancy.***

-We simmer in olive oil, onions, garlic, peeled tomatoes. Season salt, black pepper, bay leaf. For this dish we add octopus tentacles from the start.

-We serve our favorite pasta with the octopus's sauce, capers and parsley.



Octopus salad

-We just need to take the octopus ready for use, from the freezer.

-Season the melted octopus tentacles with salt, pepper, olive oil, lemon juice and parsley. You can also serve this salad with vinaigrette, or mayonnaise.



Zuercher Geschnetzeltes

-Chef H: This dish is so simple and very tasty.

-About half a kilo in preference veal.

-1 onion, 3 tbs butter

-2 dl stock, 1 dl double cream

-100 g champignons

2 tbs flour, salt, pepper

-Peel the onion and cut thin.

-Cut the meat in thin strips, about 3 cm long.

-Roast in the butter, add the meat, sauter golden brown.

-Add stock and champignons, simmer until tender.

-Season salt and pepper, add the cream, cook thicken.

-Serve with rösti.

**It's our way to present this dish, the meat on top of the rösti. You can present it the classic way, the rösti beside the meat.*



Cheese baskets

Chef N: This a pleasant way to present snacks or entrées.

-Grate the cheese you prefer in long strips. Press the grated cheese in the bottom and on the sides of a bowl.

-Put a second bowl on top to give the shape of the bowl.

-Bake in hot oven enough time for the cheese to melt.

-Remove the top bowl and the cheese basket to cool.

-Remove from the bowl. Fill the cheese basket with whatever like.



Lamb chops with beans

500 g beans

Lamb chops

Olive oil, rosemary

Salt and pepper, turmeric powder

1 bay leaf, 2 sage leaves

-If cooked large beans are not available in market, soak dry beans overnight.

-Cook the beans in salted water, season with bay leaf and sage.

-If necessary, add always boiling water.

-Add to the cooked beans about a tee spoon of turmeric powder, salt, if necessary, olive oil and pepper.

-Marinate the lamb chops in rosemary-olive oil and garlic, for few hours.

-Remember to cover very well if you put to marinate in fridge.

-Season the lamb chops will salt and pepper, grill on hot coal if possible.

-Serve with turmeric beans, it's a delicious dish.



Fresh cheese with artichokes and capers

Chef H: This a delightful dish, very easy to prepare.

-Assemble on serving plate fresh cheese, capers and artichokes in oil.

-Sprinkle chopped parsley, top with olive oil and rosé pepper.



Spinach feta pie

5 phyllo pastry sheets, 500 g minced spinach

200 g feta cheese, melted butter, 2 dl cream, 3 eggs.

-In nonstick dish put with butter brushed filo sheets.

-Evaporate in a pan the excess of water from the spinach.

-Mix the spinach, the feta, the eggs and the cream.

-Pour the spinach and feta mixture on the phyllo sheets, bake in 170 degrees for about 30-40 minutes.



Salad Cesar

Chef N: Brother Ahmed, I prepare now your favorite salad in the way you wanted always.

-I start by mixing anchovies with olive oil, mustard and capers. Is it so?

AL: Yes, exactly. Just proceed, I know you are a chef.

-I add now the tee spoon of lemon juice, shred the roman salad.

-Now I roast the croutons in olive oil, but you don't want any garlic.

-You want also the parmesan in very slices, not grated.





Butternut pumpkin with blue cheese and honey

-Wash the pumpkin, cut in half, remove the seeds.

-Bake in the oven in 200 degrees until soft.

-Add butter and blue blue cheese, bake again just the time the cheese melt.

-Add honey and roasted almonds and whatever you like.



Brittany cake

Chef H: So delicious and so simple

200 g sugar, 200 g butter, 250 g flour, 5 yolks

-Mix the sugar and the butter in small pieces, by hand or in a blender.

-Add the flour and the yolks, mix and put the dough few hours in the fridge.

-Roll out the dough in a 20 cm mold, brush the surface with milk and yolk mixture, bake in 180 degrees, 35-40 minutes.



AL: A new day is dawning. I came so early to see what GB thinks now. Did he realize that he was fooled by the Joker, we shall hear his answer. Did you succeed in preventing the sun set GB?

GB: No i didn't, because I don't have the knowledge like Mr. Joker has. He is funny, honest and has the experience I don't have, I believe he can prevent the sun set.

J and HP: We agree with, he is funny and experienced, but preventing the sun set, we don't concur. What do you think AL?

AL: We better ask Mr. D

Mr. D: You don't need to ask, I saw and heard everything. You have been fooled by the Joker. One thing is certain, you will never see the Joker again. Anyway, he made you happy and made you laugh, for a thousand dollars. His job is to make people happy and to fool them as well. With the stick you can lose your vision or make fire.

GB: But what about the sun doesn't go down.

Mr. D: If you think about the sun shines day and night for billions of years. The earth spins on its axis 24 hours at about 23.5 degrees angle, at a speed of about 460 m/s. At the same time the earth rotates around the sun at speed of about 30 km/s. That's why there are time zones, days and nights and 4 seasons. However equatorial countries have only one season.

Now who of you flies higher and longer! It's your problem, you must find the answer.

J: If we don't find the answer?

Mr. D: Focus on the solution not on the problem. See you.

AL: I leave the Fellows, and I head to the kitchen. Hello Angels, what are you preparing for today?

Chef N: There will be braised fresh salmon fillet for lunch.

In the afternoon Mille feuille and coffee.

-Braised salmon requires only open fire, simpler to prepare than the smoked salmon. The type of wood used gives the fish a characteristic flavour. You can salt your fish in advance if you wish.

-Fix the fillet on a wooden plank with wooden nails and place it near open fire at an angle of about 60-70 degrees. Different devices for this purpose are sold in markets.

-Adjust the distance of the fish to the fire, if needed, which is always the case.

-Serve the salmon with forest mushrooms and potatoes.

-The forest mushrooms are very tasty, especially in autumn. Whatever mushrooms you can pick yourself from the forest or purchased from the market or the store, chanterelles, porcini mushrooms etc. The preparation is simple.

-Put the mushrooms in a dry nonstick pan to remove excess water. Add butter, salt and pepper and cream. Reduce the sauce and serve. You can use chopped onions if you desire.





KELTAVAHVERO (KANTARELLI) / KANTARELLI
Timo Heikkilä (Luonnonkuva-arkisto)



Napoleon or Mille feuille is an old traditional and exquisite pastry. Nowadays it's very easy to prepare it, due to the choice of ready doughs in stores.

-Defrost the puff pastry and cut it into the desired size

-Bake the pastry slices between two oven trays with parchment for about 20 minutes in 190 degrees. The dough must not rise.

-Let cool and meanwhile, prepare creme patissiere.

-Wisk continuously until it thickens, remove from stove and vanilla and mix rapidly 4 egg yolks. Let cool before icing.

-The icing is not a rocket science, just mix one tbsp lemon juice and 6 tbsp icing sugar.

-You can make your napoleon with one, two or three layers. I recommend two layers; it is easier to eat. Put creme patissiere between the layers and top with icing. Serve and with coffee or jasmine tee as you wish.

-Warm half liter milk with 100 g sugar and 50 g corn starch.

-Wisk continuously until it thickens, remove from stove and vanilla and mix rapidly 4 egg yolks. Let cool before icing.

-The icing is not a rocket science, just mix one tbsp lemon juice and 6 tbsp icing sugar.

-You can make your napoleon with one, two or three layers. I recommend two layers; it is easier to eat. Put creme patissiere between the layers and top with icing. Serve and with coffee or jasmine tee as you wish.





Chef H: We serve for dinner the focaccia with cauliflower soupe, and creme Dubarry.

-I add now to the poolish about 8 dl milk whey and 1,2 kg flour and a bit of oil. The dough is sticky as it should be. I mix roughly, do not knead. I just lift part of dough from the edges, then fold it down, cover and let it ferment in warm place. I repeat the same process three or four times. The dough is ready to bake in about two hours.

-Top the dough with olive oil, herbs and tomatoes in pieces. Bake the focaccia at 190 degrees for 30 minutes.

-Cook the cauliflower, in salt water, i mean a bit of salt.

-Remove water, make a cauliflower puree, add 2–3 tbsp veggie stock.

-We do not make a béchamel. We add to the puree cream and egg yolk. We serve the soupe today with focaccia, usually with croutons.







Chef N: For dinner we will prepare:

Penne rigate in camembert sauce with cold salmon and saffron.

Fondants au chocolat for dessert.

-We start preparing the sauce. Cut the camembert into small pieces, then with a fork turn it into a paste and then add cream.

-On a moderate heat we warm the camembert cream mixture, then add some saffron strands.

-We bring to boiling point, mix with in salt cooked penne.

-We serve the penne with cold smoked salmon.

I will show you an easy way to prepare the chocolate fondant.

We need: 200 g of chocolate, 150 g of butter, 150 g sugar, 3 eggs and 50 g flour.

-Wisk the soft butter and the sugar.

-Melt the chocolate in bain-marie, add to butter and sugar mixture. The chocolate must be runny but not hot.

-Incorporate egg and flour alternately. -Fill buttered and floured ramequins, bake in pre-heated oven at 180 degrees for about 8 minutes.

-Sprinkle with icing sugar, serve with double cream if you desire.











AL: Look what we have here, Mrs. Goat in person, as usual hungry and in a good mood. The goat is cheerful and a very good climber, defeats all laws of physics.

Mrs. Goat: Hi Guys, do you have any goodies?

J: You know well, we are not allowed to feed you. Besides, our food is not suitable for you.

Mrs. No problem, I eat everything. Give me some goodies, in return, I will solve your problem.

J: We don't have a problem, we just disagree.

GB: Take here some cookies. Tell us now your solution.

Mrs. Goat: Do you know what, you are all of you right.

GB: Impossible, only one can be right.

*Mrs. Goat: Is it so? Do you think in the whole world only one can be right?
Goodbye Guys.*



AL: That was an answer almost to any question or thought. Now, our destination is the kitchen.

Chef H: Today's lunch will be,

Zander meunière

Vegetable jardiniere: carrots, potatoes, green beans, courgettes, eggplants etc.

Braised cheese with figs, blue cheese and honey.

-We first clean and cut the vegetables into strips not too thin, not too thick. Potatoes can be cut in half or in four.

-Precook 'al dente' carrots and potatoes and green beans.

-In a large pan, on moderate heat, sauté with butter and oil all vegetables, seasoning salt and pepper, sprinkle with parsley.

-Season the zander fillets with salt and pepper. Coat with corn starch. Remove excess starch if needed.

-Roast the fillet on both sides in butter.

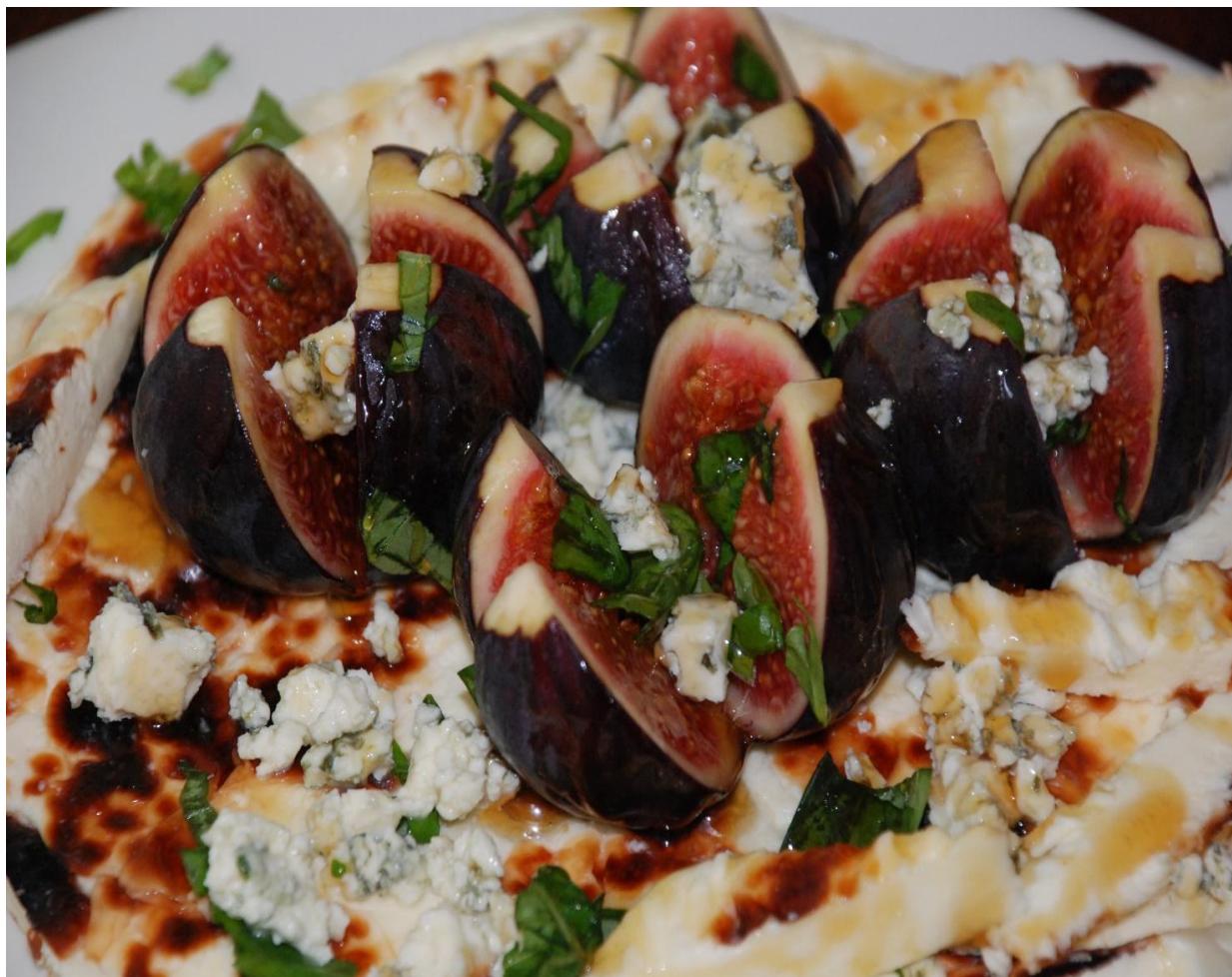
-In a saucepan melt some butter golden brown, add some lemon juice, then top the fish. Serve with lemon wedge.

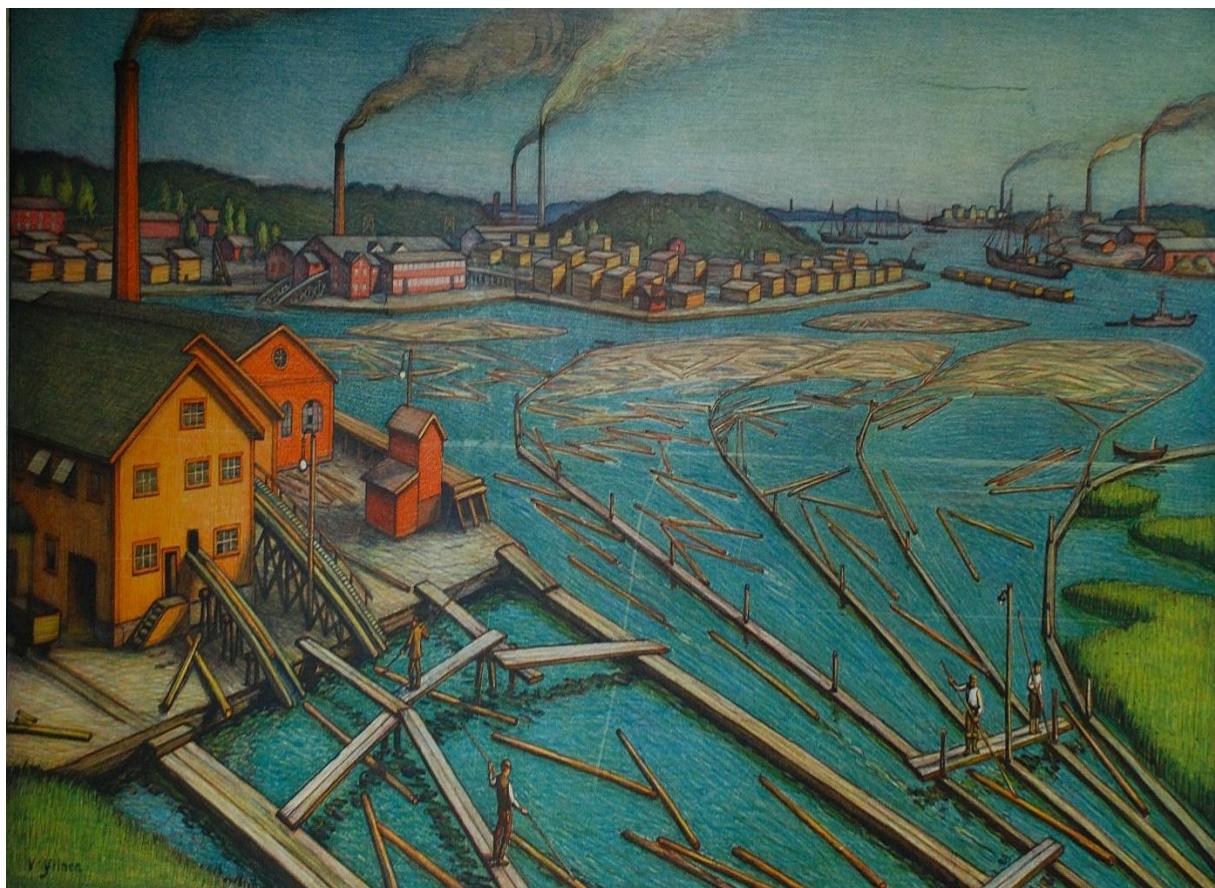
The dessert ingredients are ready; no preparations are needed.

-Assemble cheeses and figs, top with honey. Braised cheese can be substituted with mozzarella.













AL: Mr. D: Just arrived on time.

Mr. D: Hello Guys, any argument, any decision?

J: Nope. We cannot even discuss the matter.

HP: Mr. D. You mentioned the speed of earth rotation. Do all planets rotate at the same speed?

Mr. D: No, every planet has a different rotation speed. Example: Venus rotates on its axis once every 243 earth days, however it takes 225 earth days to rotate one time around the sun, even though closer to the sun than earth or Jupiter.

J: How about Jupiter?

Mr. D: Jupiter is the biggest planet in the solar system. 1300 earths can fit in Jupiter. Despite its enormous size, Jupiter is the fastest planet. Jupiter rotates on its axis every 9,9 hours. However, it takes Jupiter 11,96 days to rotate around the sun one time, even though its distance from the sun is about 588 million km. Venus is 108 million km away from the sun, our planet is 150 million km far from the sun. These are average distances, because the planets move in elliptical orbits.

J: How do you know all these things, Mr. D?

Mr. D: I have served humankind for millenniums. These are what they call common knowledge. I did not make any research; I just repeated what I heard.

GB: What about Saturn?

Mr. D: The distance between the Sun and Saturn is over 1,4 billion kilometres. Saturn orbits the sun in about 30 years. You can discuss together about Saturn rings and moons and how long time it takes to rotates on its axis. Of course, there are all kind of interesting subjects to talk about if you wish. I presume you will have your dinner in a few hours. See you.

-The Fellows: See you soon Mr. D

Chef N: There will be for dinner:

Veal with peas, carrots and backed potatoes

Swiss rösti

Buckwheat with tomatoes, roman salad, olives, eggs, gherkins. Vinaigrette dressing.

Pumpkins in syrup with cardamom and basilica.

-Cut the meat in desired pieces. Peel and onions and garlic

-Braise in a pan with oil and butter, season salt and pepper.

-Add a spoon of flour, stir and veggie stock.

-Cook until the meat is tender, add peeled carrots cut in big chunks and the peas. Serve with baked potatoes.

To prepare Rösti, choose large potatoes.

- Cook the potatoes in salted water with skin and let cool completely.

-Peel and grate in long straps with large holes rasp. In Switzerland they do have a special rasp for rösti.

-Roast the rösti, a layer about 1,5 cm, in a frying pan with some butter, season with salt and pepper.

- Stir gently two times not more, don't turn the rösti in a purée.

-Roast golden brown on both sides. Sprinkle chopped parsley.

**Cook the buckwheat in water with a bit of salt, let it cool.*

-Assemble the salad ingredients: buckwheat, diced tomatoes, diced gherkins, olives, boiled eggs, fresh salad leaves and basilica. Serve with vinaigrette.

-Vinaigrette's main ingredients are oil, vinegar and mustard. You can add honey, parsley etc.

**Peel and cut pumpkins into chunks. Cook in brown sugar-water syrup until it turns to caramel, add a bit of butter. Top with cardamom, honey and basilica.*









Chef N: The Fellows will leave tomorrow. We intend to make the 'mise en place' already today. Now, we prepare dinner first.

White fish in dill butter, Salad (leftover from lunch)

-Clean and dry the whole fish. White fish is very tasty and has very thin skin.

-Roast the fish on both sides in a lot of butter on a moderate heat. Remember fish doesn't stand much heat nor the butter.

-Season salt and pepper, add a lot of chopped dill

-Simmer for a few minutes and serve.

****For departure day we will serve butter beans with olive oil, black pepper, rock salt, basilica and baguette.***

Phyllo stuffed with feta type cheese, mascarpone, raisins and walnut.

-We put the butter beans in cold water over night. We will start cooking them tomorrow, it will take about two hours. The beans must release their starch and become creamy.

**We prepare now the dessert. -Butter the phyllo sheet, add a thin layer of mascarpone, sprinkle feta type cheese and some raisins. Fold like a paper fan. Repeat the procedure until your chosen baking dish is filled.*

-Bake in 180 degrees 30-40 minutes. Top with honey and walnut.







AL: The journey of the Fellows as well this tale come to an end.

Their departure will be after lunch.

But Mr. D is on time and has something in mind.

Mr. D: Well Fellows, have you made any decision?

J: No Sir. Every one of us thinks he is the best. But please have something to eat first. We have corn and vegetables.

Mr. D: Thank you, but I have a busy day. I am listening, tell me.

GB: I am the only who went to the moon.

HP: I am so tough; nothing stands in my way.

Mr. D: Javelin, Golf ball, Hockey puck, could you please show me how you can fly so high or be so tough as you pretend! Well, all three of you, try to jump or fly.

GB: Mr. D, it does not work in that way.

Mr. D: I know very well how it works GB. You did not fly to the moon; it said Alan Shepard took you to the moon. But first. let stay on the ground before flying in the air or leaving to space.

HP: GB, did not fly to the moon.

Mr. D: Let us not discuss details, we live this question to experts. GB, you started this low-minded discussion. Friends do not compete against each other; they support each other. You wanted everyone who passes by to support you! I think you must realise now what a big mistake you made.

My advice is to think very carefully, what subject you want to talk about and with whom. To argue and to discuss are different. Arguing ends always with unpleasant results.

What I will say concerns all three of you. Do you have any idea what it takes to make you move or fly? It has taken decades and generations to develop technics and all kinds of facilities to get the best results. It's not only the athletes who are involved in these disciplines. There are a lot of professionals, more than one can imagine, working to go always forward. Not forget the parents, who make all kinds of sacrifices to help their children to reach their goals. This research continues all the time nonstop, because the competition doesn't stop, everyone wants to be the best, to be the champion.

You GB, I believe you are the one who started this argument. In Golf course you don't move, unless someone hit you with a club.

As I mentioned before, let stay on our planet earth. All of you have been around the globe, or shall I say, you have been taken from one country to another by someone in a car, on a train or on aircraft. Just think about what it takes to build

these vehicles! It has taken centuries to arrive to this point. It's not finished, science and progress continue without stop, will never stop.

-HP, you don't move anywhere on the ice rink unless you are hit with the stick. Are you still a tough guy?

-J, the same rule applies to you. You don't move anywhere, unless an athlete throws you.

-All of you, do you know how much it takes that you can be moved, to give the fans joy and as well disappointment! It takes the athletes years of learning, practicing, sacrifices, injuries.

Nobody succeeds alone, we need each other, we must support each other. The same rule concerns the three of you.

However, without you, there will be no javelin discipline, no ice hockey games, no golf play. Everyone has their own mandate, accept who you are. Enjoy your life, be happy.















COOKING AND DINING
ARE