

THE LIVING CUISINE

A Recreational Gastronomy Movement

“Every dish has a story, and guests should be made a part of it.”

HÜSEYİN BÖLÜK



Chef Hüseyin Bölük's Recipes

A source of healing: Fig

Belonging to the Mulberry family, fig, which is native Asia Minor and Mediterranean basin, is mentioned to be “The Fruit of Heaven”. Judging from the fact that it can be consumed both in dried and fresh form and that it contains protein, carbohydrate, phosphorus, calcium, iron, sodium, potassium and magnesium, this is no exaggeration. The dried form of this mysterious fruit, which is rich in vitamins A, B1, B2, B3, B6, C and folic acid, is more nutritious than its fresh form. It has countless health benefits, especially for the digestive system and cholesterol levels.

Growing in almost every region of our country and having a distinct reputation especially in İzmir and Aydın regions, fig has different types one of which appears in Bodrum. Much as it is not a widely-known type, I recommend you to try the ones in Yalıçiftlik town in Bodrum, which are smaller and sweeter.

As you all know, fig is used in a variety of different recipes including molasses, jams, desserts and cookies. Let's now continue to go beyond the ordinary with classical and groundbreaking living cuisine recipes What do you say?

Then, here is the stuffed figs with olive oil!



Stuffed Figs with olive oil (for 4 people)

Ingredients for the stuffing:

Rice (200 gr.), Pimento (10 gr.), Onions (600 gr.), Cumin (10 gr.), Olive oil (50 ml.), Ground cinnamon (5 gr.), Pine nuts (50 gr.), Zante currants (20 gr.), Dried mint (10 gr.), Fresh parsley (1/4 of a bunch), Fresh mint (1/4 of a bunch), Salt (10 gr.)

Other Ingredients:

Ripe black or green figs (1 kg.), Olive oil (50 ml.)

Preparation:

Sauté the pine nuts in olive oil until the pine nuts turn brown. Next, add the chopped onions. After sweating and sautéing them until tender, add the washed and strained rice. Stir and sauté them together for about ten minutes. Then, add all the spices and zante currants soaked in warm water for about 5 minutes. You don't need to add any water. The juice that onions release will suffice. At this point what is important is that onions you use must be three times as much as rice you use. Put a lid on the saucepan, and cook in low heat for minutes. After that, empty the ingredient in the saucepan into a large tray, add finely cut parsley and fresh mint, and stir them. Now, the stuffing is ready. You can stuff the figs. Cut the fig necks to open lid on figs, and scoop their seeds out a little. Stuff the scooped figs. Place them on an oven tray if you are going to cook them in an oven, or place them on a frying pan if you are going to cook them on a cooker. In either method, it is a good idea to place parsley branches, fresh mint stems or thin slices of zucchinis at the bottom of the tray or the frying pan. Before starting to cook, you should drizzle some olive oil over the figs as well as sprinkling a little salt, pouring a small cup of (50 ml.) water and placing a few slices of oranges onto them. Cover the frying pan or the tray with a moistened baking paper, and cook in low heat for about ten minutes.

Presentation:

You can serve the stuffed figs with fresh mint dip sauce, yogurt or fresh tomato sauce as per your preference.

Mediterranean Style Crispy Eggplant Salad with Honey Mustard Dressing (for 1 person)



For Eggplant:

Ingredients

1 medium-sized eggplant, Corn flour (50 gr.), Sunflower oil (50 ml.), Enough salt

Preparation

Cut off the both ends of the eggplant to get a cylinder of about 10 cm. Next, slice it lengthwise and get slices as thick as half a centimeter. Sprinkle some salt over them, and leave to rest in water for about 30 minutes to allow its bitter juice to leach out. Then, rinse and dry the slices of eggplant. After that, cover them with corn flour and fry in boiling sunflower oil.

For Salad:

Ingredients

Boiled chickpeas (50 gr.), dried tomato (2 slices), 1 capia pepper, green beans (50 gr.), 1 medium-sized tomato, 1 medium-sized onion, 2 artichoke hearts, freshly-squeezed orange juice (200 ml.), olive oil (50 ml.), 1 medium-sized red beet, garlic (2 cloves), 2 geranium leaves, parsley (1 branch), fresh mint (1 branch), salt and black pepper.

Preparation

Boil the chickpeas that you soak overnight until they soften, and skin them.

Boil the red beet in a separate pot, and dice it up. Next, roast it in the oven heated to 180° together with garlic for 10 minutes.

Grill the capia pepper on embers, skin and julienne it along with dried tomato slices and lay them on a bed of finely-chopped geranium leaves and olive oil.

Slice green beans lengthwise. Put them on a separate frying pan. Place the finely-chopped onion and peeled, deseeded and diced tomato onto it. Drizzle 50ml. of orange juice and 50 ml. of olive oil over it. Add enough salt. Put a lid on the frying pan and cook it in low heat for about 30 minutes.

In a separate frying pan, cook the artichoke heart with the remaining orange juice and 50 ml. of olive oil.

On a cutting board, chop the fresh mint and parsley finely.

Put all the ingredients which you prepared separately into a bowl, add salt, black pepper, olive oil for seasoning and blend them together.

For the dressing:

Ingredients

Strained yogurt (50 gr.), extracted honey (50 gr.), grain mustard (5 gr.), a head of fresh garlic olive oil (10 ml.), salt

Preparation

Put all the ingredients into a bowl, and get a liquid consistency by stirring well.

For service:

Ingredients

A few leaves of Mediterranean green Lollo Rosso and endive, grated lemon zest, olive oil.

Preparation

Take a slice of eggplant to the plate you want to serve in. Gently, spread the mixture with chickpeas onto it. Then, put another slice of eggplant, and spread the mixture with chickpeas onto it. Repeat it until you use up all the eggplant slices. Put a slice of eggplant on the top. Finally, pour the dressing over it, and make it flow down the side of the eggplant. Place on the side the Mediterranean greens along with an artichoke heart cooked in orange juice and serve.

Veal Carpaccio Ravioli (Mantı) with Pistachio and Cottage Cheese

Served with Parmesan Cheese and Orange Sauce (for 2 people)



For Carpaccio:

Ingredients

½ veal beef tenderloin (about 650 gr.) ¼ bunch of fresh sweet basil, ¼ bunch of fresh thyme, a clove of garlic, Salt (10gr.), black peppercorns (5 gr.), olive oil (10 ml.)

Preparation

Take out the nerves from the beef tenderloin. On a separate cutting board, chop the sweet basil, thyme and garlic finely. Season the beef tenderloin first with salt and black pepper. Then, oil the beef tenderloin with olive oil to make sure that the finely-chopped spices stick onto it. On a well-preheated grill, grill every part of the beef tenderloin quickly. Leave it to cool. After it cools, wrap it with cling film firmly till you get a circular shape, and deepfreeze it.

For Orange Sauce:

Ingredients:

Freshly-squeezed orange juice (250 ml.), Japanese radish (100 gr.), cream (20 gr.)

Preparation:

Put orange juice into a cooking pot and add the Japanese radish into it. Boil the mixture until the Japanese radish softens totally and the half of the orange juice vaporizes. Then, purée the mixture using a food processor, and leave it to cool. After it cools, add the cream and stir it.

For Ravioli (Manti):

Ingredients:

Cottage Cheese (100 gr.), Pistachios (50 gr.), Walnuts (50 gr.), fresh sweet basil (20 gr.), a few drops of truffle oil,

Preparation:

Chop the pistachios, walnuts and basil finely and mix them with cottage cheese. Next, take the beef tenderloin out of the freezer and slice it thinly using a slicer. Before it defrosts, put some cottage cheese mixture into the middle of each slice of beef tenderloin and close the slices making their sides meet in the middle. Prepare as many raviolis (manti) as you wish in this way. You must pay attention to immediately place on a plate the raviolis (manti), whose sauce has been previously prepared. Otherwise, you cannot hold them with your hand and they deform. As seen in the photo, you can serve it after decorating with arugula and balsamic cream along with thinly-sliced parmesan cheese and truffle oil.

Garden Greens Salad with Oil-Lemon Dressing and Salmon Slices with Dashi Sauce (For 1 person)



For the Dashi Sauce:

Ingredients

Soy sauce (30 ml.), freshly-squeezed orange juice (100 ml.), fresh coriander (10 gr.), fresh ginger (5 gr.), salmon fillet (120 gr.)

Preparation

Chop the coriander and ginger finely. Add the soy sauce and orange juice and stir them. Slice salmon fillets as thick as a finger, and leave them to rest in this sauce for 30 minutes. Then, glaze them on a frying pan. Add the sauce you have used to marinate the salmon fillets to the pan in small amounts and reduce it over a high heat.

For the salad:

Ingredients

3 artichoke hearts, cherry tomatoes (60 gr.), large capers (10 gr.), Mediterranean greens (90 gr.), rockets (60 gr.), olive oil (20 ml.), freshly-squeezed lemon juice (10 ml.), fresh red bell peppers (40 gr.), fresh yellow bell peppers (40 gr.)

Preparation

After boiling the artichoke hearts for about 10 minutes, cut them in half and grill them. After rinsing and drying the greens, divide them into two by tearing them rather than cutting. Blend the lemon juice and olive oil with the help of a mixer until they have a certain consistency. Then, add the lemon dressing to the greens, blend and put them into the plate you will use to serve. Decorate the sides of the greens using the artichoke hearts, large capers and cherry tomatoes. Cut out the fleshy parts of yellow and red peppers. Leave the outer parts of pepper in thin slices to rest in ice. Put the salmon slice glazed in dashi sauce onto the sides of the salad. Add the pepper slices onto the salad and serve.

Rocket Salad with Vanⁱ Herby Cheese, Caramelized Apple, Sugary Walnuts and Balsamic Dressing



For the dressing:

Ingredients

Balsamic vinegar (10 ml.), olive oil (20 ml.)

Preparation

Blend the olive oil and the balsamic vinegar with a blender until you get a certain consistency.

For the salad:

Ingredients

An apple, walnuts (10 gr.), sugar (10 gr.), cherry tomatoes (60 gr.), Van herby cheese (60 gr.), leek (20 gr.), carrot (50 gr.), rockets (150 gr.), half a lemon, sunflower oil (50 ml.)

Preparation

Peel the apple and cut into quarters and chop them into cylinders. Sautee the apple slices in a frying pan with a little sugar and half a lemon until they are caramelized. Mix the rest of the sugar with a glass of water to get a sherbet. While boiling the sherbet (for 5 minutes), add the walnuts into it. Next, take them out of the sherbet and deep fry them. Cut the cheese into thin triangular slices. Slice the leek and carrot thinly and leave the slices to rest in ice. After washing and rockets, tear them into two. Put them into a container and add the balsamic dressing. After blending them with the dressing, take the rockets to the plate you will use to serve. Put the sugary walnuts, caramelized apple and cherry tomatoes on its sides. Decorate the salad with carrot and leek slices and serve.

ⁱ A city in the eastern Anatolian part of Türkiye

Angel Hair (Kadayıf)

Kadayıf is the plural form of the Arabic word 'kadife' (velvet), and its history dates back to Seljuks. Kadayıf, which we come across in the kitchen logs of Anatolian Beyliks (Principalities) era called 'Berayı Hassa', is used commonly not only in our country but also in the Middle East and the Balkans.

Throughout history, kadayıf, also known as Angel Hair in English, has been used as a dessert where it is known. Having a really simple recipe consisting of flour and water, this miraculous invention can, thanks to your magic hands, be used as cold or hot appetizers or even as main courses due to the neutral nature of its taste. How? Before moving onto our recipe, we have a few small tips which may change the way you see Angel Hair (Kadayıf) differently. You could sprinkle crunchy Angel Hair (Kadayıf) over your favorite salad by frying Angel Hair (Kadayıf) in oil or in the oven just like crunchy phyllos over the Fettuş salad of the Arabic or the Panzanella of the Italian served with crunchy bread. It goes really well with purslane salad with dried tomatoes, artichoke heart and olives.

Or, you can get a mixture by mashing the white meat of your favorite fish and shrimp with the flat of a knife and by adding some caper, green olives, basil and even some ginger purée into it. Then, with help of Angel Hair (Kadayıf), you can wrap this mixture around Jumbo shrimps, and prepare yourself a feast.

The recipe for magic touches in the kitchen is actually obvious:

- Knowing the taste and structure of every ingredient really well.
- A little imagination
- And a little courage.

At this very point, it is time for a mouth-watering Angel Hair (Kadayıf) pastry recipe, one made with spinach and cottage cheese.

Angel Hair (Kadayif) pastry with spinach and cottage cheese

Served with tomato sauce and fresh mint dip sauce (for one person)



For Angel Hair (Kadayif) pastry:

Ingredients

Cottage cheese (50 gr.), 5 kalamata green olives, butter (20 gr.), 1 medium-sized onion, garlic (2 cloves), mushrooms (50 gr. Cultivated, oyster or portobello as per your wish), fresh spinach (250 gr.), uncooked Angel Hair (Kadayif) (50 gr.), enough salt and black peppercorns.

Preparation

Put the butter into the frying pan and sauté the julienned onions and garlic respectively. When they changed their colors, add julienned mushrooms and when mushrooms are about to be cooked add Kalamata olives and spinach. Sauté them all. Season this spinach mixture with enough salt and ground black pepper. You can add chili pepper, powdered red pepper or your favorite spices as per your wish. Then, strain the mixture and leave it to cool. After it cools, add the cottage cheese and blend it gently.

Butter the heat resistant cup or bowl which you will use as a mold for your pastry. On a dry counter top, spread the uncooked Angel Hair (Kadayıf) as large as 10x10 cm dimensions as a thin layer. Next, take this Angel Hair (Kadayıf) into the mold gently. Make sure that its thickness the same in every part of it. Butter it using butter in room temperature. Then, fill it with the spinach filling you have prepared and close the Angel Hair (Kadayıf). While closing, take the extra Angel Hair (Kadayıf) on the top. It is important that the thickness of Angel Hair (Kadayıf) be the same in every part.

For tomato sauce:

Ingredients

Ripened tomatoes (1/2 kg.), fresh sweet basil (10 gr.), butter (20 gr.), enough salt and black peppercorns.

Preparation

Peel the tomatoes, deseed them, and dice them. Put the butter into a frying pan and add the tomatoes. Add 50 ml of water and close the lid of the pan and boil it over a low heat for 20 minutes. When tomato juice and water are reduced add the finely-chopped basil, salt and ground black pepper.

For mint dip sauce:

Ingredients

High quality strained yogurt (50 gr.)-if possible use your homemade yogurt after straining it, pureed garlic (1 clove), cold pressed extra virgin olive oil (1dessert spoon), fresh mint leaves (2 stems), enough salt.

Preparation

Blend and season all the ingredients in a container. If your strained yogurt is sour, you can add a dessert spoon of honey or enough brown sugar.

Bake the Angel Hair (Kadayıf) pastries in the oven pre-heated up to 180°. Then, take them out of cups and bake for another 10 minutes.

Presentation

Put the fresh mint dip sauce into the plate that you will use for service. Spread it a little and put the fried Angel Hair (Kadayıf) pastries on it. Add the tomato sauce on top of the Angel Hair (Kadayıf) pastries in a way it will flow down one side of it.

Note: You can make this pastry with sea food, vegetables, chicken or red meat. If you make it with sea food we recommend tartare sauce instead of tomato sauce.

Fried scallops with butter and lemon sauce on a Bulghur cake with kiwi



For bulghur cake:

Ingredients

One kiwi, white cheese (50 gr.), fresh sweet basil (10 gr.), walnuts kernels (20 gr.), fine bulghur (50 gr.), half a potato, powdered sweet red pepper (5 gr.), 1 orange, enough salt.

Preparation

Put the fine bulghur into a container with a lid and add boiled water no more than its height and close the lid. Leave it to rest for 20 minutes without opening the lid. In a different container, boil the potato after you peel it. Grate the boiled potato and orange peel into the bulghur. Next, knead it for 10 minutes. When you get the consistency of a paste add the powdered sweet red pepper and salt. Spread it on clink film as a thin layer. On a separate cutting board, peel and dice the kiwi. Take it into a bowl and add grated white cheese, chopped walnut kernels and sweet basil. Spread this mixture over the bulghur cake on the clink film and roll with the help of clink film. Then, remove the clink film and fried the both size of the bulghur cake after you smooth out the sides of it. Bake it in the oven heated up to 180 °C for 10 minutes.

For the butter lemon sauce:

Ingredients

Butter (30 gr.), one lemon, cream (20 gr.), salt.

Preparation

Put the cream into a frying pan and heat it. When it starts boiling, add the butter slowly. Then, slowly add the lemon juice checking the consistency. Grate the lemon peel into the sauce. Season it with salt and take it off the heat when it has a consistency.

For scallops:

Ingredients

3 scallop, fresh coriander (5 gr.), one lemon stick, sweet basil, fresh ginger (2 gr.), olive oil (20 ml), lemon juice (5 ml), garlic (one clove).

Preparation

Chop garlic, sweet basil, coriander and lemon stick finely. Marinate the scallops with finely chopped spices, olive oil and lemon juice after you season them with salt and ground black pepper. Next, cook both sides of them for two minutes on a heated frying pan. After you take the bulgur cake on the service plate, place scallops on to it. Serve it with butter, lemon sauce and the decoration as per your wish.

Croquettes (Kadinbudu) with sea food

Served with Fennel Tartar and Potato Rösti with Orange (For 2 people)



For Croquettes (Kadinbudu)

Ingredients

1 small octopus, 1 lemon stick, 1 tube squid, fresh ginger (5 gr.), small shrimps (50 gr.), fresh coriander (5 gr.), sea bass or sea bream fillet (40 gr.), fresh sweet basil (5 gr.), salmon fillet (20 gr.), a carrot, an onion, a head of garlic, parsley (10 gr.), rice (50 gr.), half a lemon, olive oil, 3 black pepper corns, salt (10 gr.), 1 egg, flour (20 gr.), bay leaf.

Preparation

Put the octopus on a tray along with coarsely-chopped half a carrot and half an onion, half a lemon, bay leaves, black pepper corns, olive oil and half a liter of water, and roast it (for an hour) in dry heat (220° C) with its lid closed. After it cools, rinse the octopus under running water and dice it. Boil the tube squid in a pan with garlic and lemon slices. After it is boiled, take it out of the pan, and leave to cool. Next, dice one half of the squid just like the octopus. Boil 10 grams of rice and strain it. Chop the ginger, coriander, lemon stick, sweet basil and parsley finely. In a container, blend the boiled octopus, boiled squid, mixed minced fish meat, finely-chopped fresh spices and the boiled riced. Grate the lemon peel into this mixture and add some lemon juice too. Then, season the mixture with salt and ground black pepper corns. Get round slices. After leaving them to rest in the freezer for 20 minutes, shape them with your hands. Put some flour and scrambled eggs into each plate. After dipping the croquettes (Kadinbudu) first into flour and then into the egg, deep fry them in a frying pan.

For the Potato Rösti with Orange:

Ingredients

One orange, salt (5 gr.), one large potato, black pepper corns (2 gr.), fresh sweet basil (5 gr.), one clove of garlic, cream (5 gr.)

Preparation

After peeling the potato and the orange, grate them separately using smaller side of the grater. Chop the garlic and sweet basil finely. After squeezing the juice of the potato, blend the grated potato and orange with finely chopped garlic and sweet basil. Next, season the mixture with cream, salt and ground black pepper. After that, take the mixture into a container of your preferred size and fry the both sides of it in a teflon frying pan.

For the Fennel Tartar:

Ingredients

One fennel sugar (5 gr.), one lemon, butter (10 gr.), salt (5 gr.)

Preparation

After washing the fennel, divide the root part lengthwise into four parts using a knife and place them into a tray. Put salt, sugar, lemon slices, butter and 50 ml. water and roast it in the oven pre-heated up to 180 °C with its lid closed for 20 minutes checking it from time to time. After they are cooked, slice them thinly. Next, place them between two potato rösties and put it into a service plate.

For the butter-lemon sauce:

Ingredients

Butter (30 gr.), 1 lemon, cream (20 gr.), salt

Preparation

Put the cream into a frying pan on the cooker. When it starts boiling, add the butter slowly. Then, add the lemon juice checking the consistency of the sauce. Grate the lemon peel into the sauce. After seasoning it with salt, take it off the cooker when it gets a consistency.

Sea bass fillet coated in Tarhana

Served with roasted vegetables (for 2 people)



For garniture:

Ingredients

1 large potato, salt (5 gr.), 1 tomato, black pepper corns (3 gr.), fresh spinach (300 gr.) 2 cloves of garlic, 1 medium-sized onion, butter (50 gr.)

Preparation

Peel the potato and slice it length wise using a slicer and get 1.5 cm thick slices. Fry them in deep fryer. Season them with salt and ground black pepper. Cut the tomato into two widthwise. Flatten the bottom parts so that they stay up right. Remove the seeded parts. Mash the garlic and put on the tomato. Season the tomato with salt and black pepper. In a separate frying pan sauté the spinach along with onion and butter. Then, place it on the tomato.

For the Sea bass fillet:

Ingredients

1 sea bass (800 gr.), fresh sweet basil (10 gr.), 4 jumbo shrimp, mini-size shrimps (100 gr.), fresh thyme (5 gr.), cream (10 gr.), 1 dried tomato, 1 clove of garlic, crushed green olives (20 gr.), ½ lemon stick, salt (5 gr.), 1 lemon, black pepper corns (5 gr.), tarhana (20 gr.), fresh coriander (5 gr.).

Preparation

Boil the dried tomato to soften it. After you take out the fillet of the sea bass rinse and dry it, adjust its size by cutting from the edges. Remove the skins from the parts you cut and put them into a mixer. Then, put the mini-size shrimps, cream, garlic, lemon stick, sweet basil, thyme, dried tomato, tarhana and crushed green olives. Mix them in the mixer until they become a paste. Next, season the mixture with salt and ground black pepper. After seasoning the sea bass fillet with salt, ground black pepper, coriander and lemon, spread the ground sea food mixture onto the sea bass fillet with the help of a pastry brush. Sprinkle some tarhana over the fillets. Place jumbo shrimps onto the sea bass fillets after you cut them round-shaped. Finally, season with enough salt and ground black pepper. Before serving it fry it in the teflon frying pan skin-side down for 3 minutes. Next, roast it in the oven pre-heated up to 180°C for 10 minutes. Place the potato garniture on it. Put the sauce on it and serve.

Lamb loin fillet with pistachio

Served with wild thyme sauce (for one person)



For the lamb loin fillet:

Ingredients

1 lamb loin, 1 clove of garlic, 1 loaf of frozen bread, fresh sweet basil (10 gr.), crushed pistachio kernels (30 gr.), thyme (5 gr.), cream (10 gr.), salt, black pepper corns.

Preparation

Rinse the lamb loin and cut a small slice from the tip. Get a ground meat by mixing that small piece of meat cream and garlic together in a blender. Then, season the mixture with enough salt and ground black pepper. Season the whole lamb loin with finely-chopped fresh spices, salt and ground pepper. Slice the frozen a loaf of bread into 5 mm. slices using a slicer. Place two slices of bread side by side on clink wrap. Spread some ground lamb meat onto it and sprinkle some crushed pistachio kernels. Then, wrap the lamb loin with the bread with the help of clink wrap. Remove the clink wrap. Cut out the extra parts of the bread. Fry the lamb loin in a deep fryer using sunflower oil for 2 minutes. In this way, wrapped by the bread tightly, the meat will retain its juice. Next, roast it in the oven pre-heated up to 180°C for 10 minutes.

For wild thyme sauce:

Ingredients

Lamb bones (500 gr.), tomato paste (20 gr.), bay leaves (2 gr.), ½ carrot, 1 onion, butter (30 gr.), 1 bell pepper, 2 cloves of garlic, honey (5 gr.), salt (5 gr.), wild thyme (20 gr.)

Preparation

Break lamb bones into two. Roast them in the oven heated up to 200°C for 20 minutes. Then, sauté the coarsely-chopped onion, garlic, carrot and bell pepper in a sauce pan using butter and add tomato paste when the vegetables start to turn brown. Sauté them with tomato paste for 5 more minutes and then add 2 liter of water. Next, add the roasted lamb bones and leave to boil over low heat for 12 hours. After that, strain the sauce into a sauce pan. Place the sauce pan on the cooker, add the wild thyme and boil it for about 20 minutes. Slowly, add the butter cubes. After the sauce becomes thicker, season it with salt and honey.

Chicken drumsticks glazed with Maple syrup (for 2 people)



Ingredients

2 chicken drumsticks, sweet basil (5 gr.), fresh orange juice (80 ml), garlic (1 clove), maple syrup (50 ml), salt, black pepper.

Preparation

Open the chicken drumsticks so as to leave a single bone on the tip of the meat. Season them with salt, grated garlic, finely chopped sweet basil and ground black pepper. In a different container mix the orange juice and maple syrup. Leave the marinated chicken drumsticks in this sauce and leave them to rest in the fridge for one hour. Next, sear the both sides of chicken drumsticks in a well heated frying pan. Then, add a little of marinade. When it reduces, add a little more of the marinade. After cooking the drumsticks in this way for 10 minutes, roast it with the rest of the marinade in the oven heated up to 180°C for 15 minutes.

Caramelized artichoke pie (for 4 people)



For caramel sauce:

Ingredients

Sugar (40 gr.), butter (15 gr.)

Preparation

Boil the butter and sugar in a frying pan over low heat until they turn brown and take it off the heat.

For artichoke compote:

Ingredients

4 frozen artichokes, caramelized sugar (80 gr.), sugar (200 gr.), water (300 ml).

Preparation

Boil all the ingredients in a pan over low heat for 30 minutes.

For almond cream:

Ingredients

Soft butter (20 gr.), powdered sugar (20 gr.), flour (20 gr.), semolina (20 gr.), powdered almond (20 gr.).

Preparation

Mix all the ingredients using a mixer slowly for 3 minutes and 2 minutes in high speed.

For pie dough:

Ingredients

Soft butter (80 gr.), sugar (40 gr.), 4 eggs, flour (120 gr.), vanilla sticks (2 gr.), green olive paste (10 gr.), orange juice (4 gr.) (You may also use grated orange peels as per your wish.)

Preparation

Mix all the ingredients using a mixer for 2 minutes. Put caramel sauce into the silicone muffin pans. Then add artichoke compote. Next, add the almond cream and finally close the top of them with pie dough. Bake it in the oven heated up to 180 °C for 20 minutes. Put caramel gel on it and serve it with or without ice cream as per your wish.