



RECIPE BOOK

**FOR PATIENTS WITH
EOSINOPHILIC OESOPHAGITIS**

(serve two)

THE MENU

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APPETISERS

CUTTLEFISH CARPACCIO, PEA PURÉE AND CAPER DUST

INGREDIENTS

- 1 cuttlefish
- 100 g peas
- 20 g potatoes
- 20 g brown onions
- 1 lemon
- Extra virgin olive oil
- Herbs
(dill, marjoram
/fresh oregano,
sage, rosemary)
- 20 g capers in salt

PREPARATION

Finely slice the potatoes and onions, lightly fry with the sage and rosemary without browning the vegetables, add a little water and cook for 10 minutes.

In the meantime clean and parboil the peas in salted water for 5 minutes, then cool in salted water and ice.

When the vegetables are ready, blend everything with a mixer, emulsifying with extra virgin olive oil until you obtain a creamy consistency. Pass through a sieve.

Clean the cuttlefish, open along the body and slice extremely thinly in a vertical direction. Leave to marinate in oil, lemon juice, salt and pepper.

In the meantime wash the salt off the capers under running water, dry thoroughly and place between two pieces of kitchen roll on a microwavable plate.

Cook at intervals of 30 seconds until they are completely dry. Leave to cool.

To obtain the dust you can grate the capers with a sieve or finely blend with a mixer before passing the mixture through the sieve.

APPETISERS

SALMON AND CITRUS FRUIT TARTARE, COCONUT MILK AND CURRY SAUCE AND PAPRIKA CORAL TUILE*

INGREDIENTS

- 200 g clean salmon fillet
- 1 orange
- 1 lemon
- 250 ml coconut milk
- 50 g curry powder (you can add whatever spices you prefer)
- 50 g potatoes
- 30 g onions
- 1 garlic clove
- Salt
- Pepper
- Extra virgin olive oil
- Coconut oil
- Herbs (basil, marjoram, dill)
- 55 g vegetable oil
- 65 g water
- 10 g rice flour
- 4 g sweet paprika

PREPARATION

Create a tartare with the salmon fillet, obtaining regular little cubes of 5x5 mm (roughly the size of your middle fingernail).

Leave to marinate with the chopped herbs, the zest of the citrus fruits, salt, pepper and an emulsion consisting of 40 g oil and 20 g orange and lemon juice.

In the meantime finely slice the potatoes and onions and brown in the coconut oil (or extra virgin olive oil) together with a clove of garlic in its skin.

Add the spices and toast everything for about 2 minutes before adding the coconut milk.

When it comes to the boil, cook over a medium heat for 30-40 minutes then blend and sieve everything.

Add the vegetable oil, water, salt, flour and paprika and blend everything with a hand blender.

Cook in a hot non-stick pan until coral-like tuiles begin to form. These will be crunchy and easy to remove from the pan using a spatula.

* Products made using alternative flours

APPETISERS

BEEF TARTARE, ANCHOVY AND BEETROOT SAUCE, FONDANT LEEK HEART AND BREAD WAFER*

INGREDIENTS

- 200 g beef fillet
- 200 g leek heart
- 150 g boiled beetroot
- 30 g anchovies in oil
- 10 g rice flour
- 65 g vegetable oil
- 55 g water
- Salt
- Pepper
- Extra virgin olive oil
- Herbs (thyme, rosemary, bay leaves, marjoram)
- 1 garlic clove

PREPARATION

Chop the beef fillet into a tartare and marinate with oil, salt, pepper and a mixture of thyme and marjoram.

Take the leek heart and remove the three outer layers, parboil for 4-5 minutes then lightly brown in a pan with oil, seasoning with salt. Finish by cooking with thyme, bay leaves and rosemary in a conventional oven for 40 minutes at 160°C.

In the meantime dissolve the anchovies in a pan with some oil and a clove of garlic. When they have dissolved, add the cubes of beetroot and brown.

Pour over a little water and cook for another 5 minutes.

Blend everything and sieve.

Emulsify with vegetable oil, water, salt and rice flour and make the coral tuile (for the tuile: see the “Salmon and citrus fruit tartare” recipe).

* Products made using alternative flours

FIRST COURSES

CREAMY BROAD BEAN SOUP AND SEASONAL EDIBLE FLOWERS

INGREDIENTS

- 400 g fresh broad beans
- 100 g potatoes
- 60 g brown onions
- Extra virgin olive oil
- Salt
- Pepper
- Herbs (rosemary, sage, bay leaves)
- Seasonal edible flowers

PREPARATION

Prepare a fond by gently frying the finely chopped potatoes and onions with the herbs, without allowing them to brown too much.

Add a little water and cook for 10 minutes.

In the meantime, clean the broad beans and parboil in salty water for 5 minutes, then plunge them in salted water and ice and remove the outer skin.

Blend the broad beans with the potato and onion fond and emulsify with oil and the broad bean water.

Season with salt and pepper.

Transfer the soup to a serving dish, pour over a drizzle of extra virgin olive oil and decorate with the edible flowers.

FIRST COURSES

PORK-STUFFED RICE FLOUR GYOZA, BROAD BEAN CREAM, COCONUT MILK AND SAFFRON SAUCE

INGREDIENTS

- 200 g rice flour
- 100 ml water
- 100 g ground beef
- 50 g savoy cabbage
- Cumin
- Paprika
- 20 g ginger
- 10 g garlic
- 150 g broad beans
- 70 g potatoes
- 20 g brown onions
- 150 ml coconut milk
- 6 g saffron
- Rosemary
- Sage
- Extra virgin olive oil
- Coconut oil

PREPARATION

Make the gyoza dough by combining the water and flour in a bowl, leaving to rest.

Prepare the filling by combining the meat, the spices, the finely chopped savoy cabbage and the grated garlic and ginger.

Use 40 g of potato and make a fond with the onion, browning with extra virgin olive oil.

Add some water and cook for 10 minutes.

Parboil the clean broad beans for 5 minutes in boiling salty water then plunge in salted water and ice and remove the shells.

Blend with the vegetable fond and emulsify with extra virgin olive oil and the broad bean water.

Brown the rest of the potatoes in coconut oil (or extra virgin olive oil), add the saffron, leave to toast and then pour over the coconut milk and leave to cook for 20-30 minutes.

Close the dumplings and cook in a pan, browning them in extra virgin olive oil until a crisp crust forms on the bottom.

Pour over a little water and cover, leaving to steam for 5 minutes.

* Products made using alternative flours

FIRST COURSES

RICE GNOCCHETTI, DEHYDRATED OLIVES AND HERB OIL IN A CAPER AND TOMATO SAUCE

INGREDIENTS

- 150 g rice flour
- 75 ml water
- 50 g olives
- 150 g salad /beefsteak tomatoes
- 30 g fresh capers (or capers preserved in salt, washing off the salt under running water)
- 80 g basil
- 30 g parsley
- 30 g marjoram
- Extra virgin olive oil
- Salt
- Pepper

PREPARATION

Slice the tomatoes, add the chopped capers and basil, season with oil, salt and pepper, and leave to rest overnight in the fridge.

Make the gnocchi dough by combining water and flour in a bowl and leave to rest.

Dehydrate the olives in the same way as the capers (see the “Cuttlefish carpaccio, pea purée and caper dust” recipe).

Once dry, crumble the olives with your hands to create a soil.

Parboil the basil leaves, the parsley and the marjoram for 15 seconds then plunge in water and ice.

Dry thoroughly and emulsify with the olive oil.

Pass through a sieve lined with kitchen roll.

Take the tomato salad from the fridge and, using a strainer, extract all of the juice: this will form our sauce.

Use the dough to form gnocchi the same size as the tip of your little finger and score with a fork.

Cook for 1 minute in boiling water.

MAINS

COD FILLET IN PAN OIL, CHICK PEA HUMMUS AND TOMATO REDUCTION

INGREDIENTS

- 200 g cod fillet
- 500 ml vegetable oil
- 150 g plum tomatoes
- 2 garlic cloves
- 150 g chick peas
- 25 g tahina
- Juice of half a lemon
- Cumin
- Salt
- Extra virgin olive oil
- Water
- Herbs (basil, marjoram, dill)

PREPARATION

Cut the tomatoes in half and brown with oil and garlic over a high heat.

After 5-10 minutes cover with water and cook for another 10 minutes.

Remove from heat and add some basil.

Blend the previously boiled chick peas with the tahina, the lemon juice, a pinch of cumin, some grated garlic, extra virgin olive oil and a little water.

If necessary, adjust with oil and water until you achieve a soft and creamy consistency.

Remove the garlic and basil from the tomatoes and pass everything through a vegetable mill.

Reduce the product over a medium/high heat until you obtain a nice uniform sauce.

Cut out two rectangles of cod of about 100 g and cook in the vegetable oil at 80°C for 7 minutes.

If you don't have a kitchen thermometer to monitor the temperature of the oil, you can steam the cod.

MAINS

CREAMED SALT COD, ORANGE AND GREEN APPLE SALAD, POLENTA CHIPS

INGREDIENTS

- 500 ml oat milk
- 250 g salt cod
- Extra virgin olive oil
- 1 orange
- 1 green apple
- 125 g coarse cornflour /polenta flour
- 500 ml water
- 6 g salt
- Pepper
- Parsley
- Basil
- Bay leaves

PREPARATION

Remove the skin from the salt cod and debone (with tweezers if possible).

Boil in the oat milk with 3 shredded bay leaves for 30-40 minutes.

Remove the fish, break up into pieces and whisk with olive oil like mayonnaise until it has a creamy consistency (we recommend using a stand mixer to save time).

Peel an orange, also removing the pith, and cut into very thin slices. Finely slice the apple too, without removing the skin, and leave everything to rest in a bowl.

You can also use a pear or olives or fennel in place of the apple.

Put the polenta flour, the salt and the water in a pan and bring to the boil.

When the polenta begins to thicken but is still liquidy, pour it onto a baking tray lined with oven paper, creating a thin layer.

Cook in a ventilated oven at 200 °C or a conventional oven at 220 °C until golden.

When it has cooled, break up into chips as desired.

MAINS

VENISON TARTARE, POLENTA SAUCE, GLAZED CARROT, BLUEBERRY AND RED WINE COULIS

INGREDIENTS

- 200 g venison fillet
- 2 baby carrots
- Balsamic vinegar
- 100 g blueberries
- 20 g sugar
- 60 ml red wine
- Star anise
- Green peppercorns
- 125 g polenta flour
- 6 g salt
- 500 ml water
- Extra virgin olive oil
- Salt
- Pepper
- Herbs
(thyme, marjoram,
basil and rosemary)

PREPARATION

Finely chop the venison into a tartare and leave to marinate in oil, salt, pepper and the chopped herbs (except for the rosemary).

Wash the carrots under running water, without peeling, and brown in a pan with a drizzle of oil. Add a teaspoon of sugar, a teaspoon of water and three of balsamic vinegar.

Reduce slightly, cover with water and leave to cook for 15 minutes.

Season the blueberries with the sugar and a spoon of water, and start heating on the hob. When the base starts to caramelize, add the red wine and 6 crushed green peppercorns, the star anise and a pinch of salt.

Cook until the wine evaporates then remove the herbs, blend, sieve and reduce until the texture is smooth and enveloping (the sauce should form a veil around the teaspoon).

Combine the polenta flour, the water and the salt in a pan and heat on the hob.

When the sauce starts to set but is still liquidy, drain and put aside.

Season with salt and pepper.

When the carrot is cooked, remove from the pan and leave to rest on a grill.

It can be reheated in the oven at 180°C if it gets cold.

DESSERT

OAT MILK AND CHOCOLATE PUDDING, APRICOT SAUCE

INGREDIENTS

- 250 ml oat milk
- Half a vanilla pod
- 1 small cinnamon stick
- 40 g sugar
- 30 g unsweetened cocoa powder
- 12 g gelatine sheets
- Star anise
- 5 apricots
- 30 g sugar
- Water

PREPARATION

Boil the oat milk with the spices and the sugar. In the meantime, soften the gelatine in a bowl of very cold water.

When the milk has come to the boil, use a whisk to add the sieved unsweetened cocoa powder and then the gelatine sheets, having squeezed out any excess water.

Arrange the mixture in 3-4 mini glass cocottes and leave to cool in the fridge for about 3 hours.

Clean and cut the apricots into pieces. Add a teaspoon of water to the sugar in a pan and when it starts to boil cook the apricots over a low heat, covered, for about 10 minutes.

Carefully blend everything and, when completely cool, pour over the pudding, filling the final quarter of the mini cocottes.

DESSERT

BAKED PINEAPPLE WITH A HONEY AND CINNAMON GLAZE, COCONUT MILK SORBET

INGREDIENTS

- 300 g pineapple
- Honey
- Cinnamon
- 200 ml coconut milk
- 90 g sugar
- 2 teaspoons water

PREPARATION

Combine the water and sugar in a pan and when the mixture gets to 121 °C (about 5 minutes after reaching boiling point) add the coconut milk and cook until it returns to the boil.

When the mixture has cooled, pour into a food container and transfer to the freezer.

Shake and break up the mixture every 30 minutes until it takes on the consistency of a granita.

If desired, blend with a mixer before serving.

Brush the pineapple all over with honey and cinnamon and cook in the oven at 220 °C for 5-10 minutes or, if possible, on a skewer over a grill.

DESSERT

PEAR COOKED IN MULLED WINE, VANILLA AND OAT MILK SORBET, BUCKWHEAT CRISP AND RASPBERRY SAUCE

INGREDIENTS

- 2 pears
- 500 ml wine
- 2 cinnamon sticks
- Star anise
- 180 g sugar
- Zest of 1 orange
- 200 ml oat milk
- 90 g sugar
- 2 teaspoons water
- 1 vanilla pod
- 60 g buckwheat biscuits
- 100 g raspberries
- Juice of half a lemon
- 40 g sugar
- 1 teaspoon water
- Salt

PREPARATION

Prepare the oat milk sorbet following the same procedure as the “Baked pineapple with a honey and cinnamon glaze, coconut milk sorbet” recipe, but adding the seeds of a vanilla pod to the milk.

Add star anise, cinnamon, 180 g sugar and orange zest to the red wine and bring to the boil; when it has come to the boil, turn down the heat and add the two peeled pears, cooking for 15-20 minutes.

When the pears are ready, remove from the wine and leave to cool on a baking tray.

Cook 40 g sugar with 1 teaspoon of water and when it comes to the boil add the raspberries and the lemon juice, leaving to cook for 10 minutes.

When the mixture is cooked, blend everything and sieve.

Toast the roughly crumbled biscuits in a pan with a pinch of salt.



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