The perfect recipe for every month – with Hettich

With 38 subsidiaries and production sites in America, Europe and Asia, the Hettich group of companies is represented all over the world. Our recipe calendar contains the favourite recipes of some of Hettich’s staff. This means you have a companion throughout 2013 who will quite literally make your mouth water, whether this is with a risotto in June, chili in February or paella in August.

We hope you enjoy cooking these international delights – bon appetit!
Karelian roast

Serves 4

**Ingredients roast:**
- 500 g beef (e.g. shoulder)
- 500 g pork (e.g. shoulder)
- 500 g mutton (e.g. shoulder)
- 15 bay leaves
- 15 black peppercorns
- 300 ml water

**Ingredients mashed potato:**
- 700 g floury potatoes
- 700 ml salted water
- 200 ml milk
- 1 tbsp butter
- 1 tsp salt
- bunch parsley
- 5-6 pickled gherkins

**Directions roast:**
1. Place the roast and the seasoning in an ovenproof dish.
2. Heat the water and pour over the meat.
3. Preheat the oven to 150°C, then roast in the oven for 3 hours. Baste the meat occasionally with its own juices.

**Directions mashed potatoes:**
1. Peel the potatoes and cook in boiling salted water. Drain the potatoes.
2. Pour the milk over the hot potatoes and mash well. Add a little more milk if required to achieve the desired consistency.
3. Season to taste with salt, butter, and parsley.
4. Serve the mashed potatoes with the roast and gherkins.

**TIP:** Fry the roast on all sides to seal it before putting it in the oven for even juicier results!

**Hyvää ruokahalua!**

*Recipe by: Stefan Nybohm, Hettich Skandinaviska*
Chili

Serves 4

**Ingredients:**
- 1600 g mince (half beef, half pork)
- 4 garlic cloves
- 2 onions
- 250 ml tomato sauce
- 250 ml water
- 1 can beer
- 3 tbsp ground chili
- 2 tbsp beef stock powder (or 6 stock cubes)
- 2 tbsp caraway seeds
- 2 tsp ground paprika
- 2 tsp grated oregano
- 2 tsp sugar
- 1/2 tsp ground coriander
- 1 tsp cocoa powder
- 1/2 tsp hot sauce (e.g. Louisiana Hot Sauce)
- 1 tsp maize flour
- 1 tsp flour
- 1 tsp warm water

**Directions:**
1. Fry 700 g mince in a large saucepan. Pour off the fat when the meat is cooked, and remove the meat from the saucepan. Fry the remainder of the mince and drain all but 2 tablespoons of the fat.
2. Finely chop the garlic and onions and add to the meat. Cook, stirring continuously, until soft.
3. Return the cooked mince to the saucepan, then stir in the tomato sauce, water, beer, chili powder, stock, caraway seeds, ground paprika, oregano, sugar, coriander, cocoa and the hot sauce and bring to the boil. Reduce the heat. Cover with a lid and simmer for 2 hours.
4. Combine the maize flour and flour in a small bowl, and add enough warm water to make a smooth mixture. Add to the saucepan and stir in. Cover with a lid, and simmer for a further 20 minutes.

**TIP:** Double the amount of hot sauce to make the chili hotter!

Enjoy!

*Recipe by: Annette Duetz, Hettich America*
Directions:
1. Cut the chicken into 2.5 cm pieces. Marinade in oyster sauce in a bowl for 10 minutes.
2. Combine the ingredients for the sauce in a bowl.
3. Place a wok over high heat until hot. Add 2 tablespoons oil, swirling to coat sides.
4. Add chilies and cook, stirring, for about 10 seconds until fragrant. Now add the chicken and stir fry for 2 minutes. Remove the chicken and chilies from the wok. Add 1/2 tablespoon oil to wok and again swirl to coat the sides.
5. Add garlic and cook, stirring, for about 10 seconds until fragrant.
6. Dice the celery and bell pepper. Drain the bamboo shoots and slice. Put in the wok and stir fry for 1 1/2 minutes.
7. Return the chicken and chilies to the wok and stir fry for 1 minute. Add the prepared sauce and bring to a boil.
8. Dissolve the cornstarch in water and add to the wok. Cook, stirring, until the sauce thickens.
9. Add the peanuts at the end.

TIP: Have all the ingredients ready before you start cooking. Chinese cooking is fast cooking!

Recipe by: Marilyn Xu, Hettich China

Serves 4

Ingredients chicken:
350 g chicken, boned and skinned
2 tbsp oyster sauce
2 1/2 tbsp vegetable oil
8 small dried red chilies
4 tsp minced garlic
2 stalks celery
1/2 red bell pepper
1 can bamboo shoots
2 tsp cornstarch
1 tbsp water
70 g roasted peanuts

Ingredients sauce:
3 tbsp Chinese rice wine or dry sherry
50 ml balsamic vinegar
50 ml chicken stock
1 tbsp soy sauce
2 tbsp hoisin sauce
2 tsp sesame oil
2 tsp chili garlic sauce
2 tsp sugar
Olivier Salad

Serves 4

Ingredients:
- 300 g beef or chicken fillet
- 4 potatoes
- 1 carrot
- 5 eggs
- 1/2 onion
- 2 cucumbers
- 100 g tinned green peas
- dill
- mayonnaise
- salt

Directions:
1. Cook the meat, potatoes, carrot and eggs separately and refrigerate. Do not peel the potatoes and carrot before cooking.
2. Peel the carrots, potatoes and eggs.
3. Dice the meat, potatoes, carrot, eggs, onions and cucumbers into small pieces. Place in a bowl and combine.
4. Drain the peas and add to the salad.
5. Wash and dry the dill, then chop and add to the salad.
6. Add mayonnaise and salt to taste.

TIP: Cold pork sausage is a good substitute for the meat!

April

Recipe by: Olga Kalugina, Hettich Russia

Приятного аппетита!
Crêpes Suzette

Serves 4

Ingredients:
8 crêpes  
200 g butter  
12 sugar cubes  
2 oranges  
1 lemon  
10 cl Grand Marnier  
icing sugar

Directions:
1. Cut the butter into small pieces. Place in a salad bowl and heat over hot water until soft.
2. Meanwhile, wash the oranges and lemon in warm water and dry them. Now rub 8 sugar cubes over the rind of the orange and 4 cubes over the rind of the lemon.
3. Use a zester or small knife to cut thin strips of rind from the citrus fruit. Then squeeze the oranges and lemon.
4. Place the sugar cubes in a saucepan with the orange and lemon juice and the Grand Marnier. Stir to dissolve the sugar until you have a syrup.
5. Whisk the softened butter with a whisk or mixer until creamy, and gradually add the syrup to make a smooth mixture. Stir in the citrus fruit zest. Arrange the Suzette butter in a bowl and chill for half an hour.
6. Melt a good-sized knob of Suzette butter in a pan, spreading it evenly across the surface of the pan.
7. Place a crêpe in the pan and fry quickly on both sides. Fold the cooked crêpe into quarters and place on a serving dish with the melted butter. Dust it with icing sugar and keep warm.

TIP: Flambe a little Grand Marnier in a small saucepan and pour over the crêpes!

Bon appétit!

Recipe by: Isabelle Oplatka, Hettich France
Risotto Val d’Aosta

Serves 4

Ingredients:
1 tbsp oil
1 tbsp butter
1 onion
1 can peeled tomatoes
300 g rice (risotto or pudding rice)
2 glasses dry white wine
1 ltr stock
250 g cheese (e.g. Fontina or Parmesan)
salt
pepper
nutmeg

Directions:
1. Heat the chopped onion in a pan in the oil and butter. Add the peeled tomatoes and simmer for 5 minutes.
2. Wash the rice and add to the pan. Stir well, and when it has turned slightly brown pour over the wine and allow it to evaporate.
3. Simmer, stirring continuously, and gradually add the stock.
4. Grate the cheese and add to the pan a few minutes before turning off the heat. Season with salt, pepper and nutmeg, then stir well and serve.

TIP: Stir constantly to prevent the risotto from burning.

Buon appetito!

Recipe by: Martina Dal Bianco, Hettich Italy
Steamed barramundi fillets with lime, ginger & shiitake

Serves 4

**Ingredients:**
100 g shiitake mushrooms (or oyster mushrooms)
4 x 180 g barramundi fillets, skin on, bones removed
3 tsp grated ginger
50 ml light soy sauce
50 ml lime juice
1 tbsp sesame oil
1 tsp sesame seeds
bunch fresh coriander

Serve with: steamed rice or noodles

**Directions:**
1. Half fill a wok or large pan with water and bring to a boil.
2. Line a steamer insert with baking parchment or place a plate inside.
3. Trim and slice the shiitake, then spread them over the steamer and place the fillets on top. If the fillets are thick, score the skin side with a knife.
4. Stir together the ginger, soy sauce, lime juice and sesame oil.
5. Place the steamer insert over the wok or pan, and spoon the soy sauce mixture over the fish. Cover with a lid and cook for 10-12 minutes until the fish is opaque and breaks apart easily with a fork.
6. Dry fry the sesame seeds in a pan, stirring gently.
7. Arrange the fillets and shiitake mushrooms on plates, scatter over the sesame seeds and coriander and spoon over the cooking juices. Serve with steamed rice or noodles.

**Tip:** Other types of fish that can be used in this recipe are mulloway, Antarctic butterfish or silver perch.

Enjoy!

*Recipe by: Leanne Christie, Hettich Australia*  
*(Recipe from the Sydney Seafood School)*
Paella Valenciana

Serves 4

Ingredients:
700 g chicken
300 g rabbit
400 g thick runner beans
100 g lima beans
100 g cannellini beans
3-4 artichokes
12 tbsp strained tomatoes
1 tbsp (level) ground paprika, sweet water
150 g native olive oil
320 g rice
salt
saffron threads

Directions:
1. Cut the chicken and rabbit into medium-sized pieces.
2. Heat the oil in a pan. Once it starts to steam, fry the meat until golden.
3. Slice the artichoke hearts, then add to the pan with the beans and simmer for a few minutes.
4. Make a well in the middle of the pan. Pour in the strained tomatoes and simmer for a few minutes. Then add the ground paprika and simmer for one minute over a low heat.
5. Add water almost to the top of the pan. Season with a little salt and simmer over a low heat for 20 minutes.
6. Reduce the liquid until the stock reaches the handle rivets. Season the stock with salt. It must be very spicy and slightly salty.
7. Stir in the rice and saffron. Now fold the rice evenly into the contents of the pan and cook over a high heat for approx. 8 minutes.
8. Reduce the heat as far as possible and simmer for about 7 minutes.
9. Depending on the amount of liquid left, finish by simmering over a low heat for approx. 4 more minutes. If the paella still contains lots of stock, continue simmering over a medium heat.
10. Remove the pan from the hob and leave to stand for 5 minutes.

TIP: Remove the paella from the hob while there is still some liquid left, otherwise it will become too dry.

Buen Provecho!

Recipe by: Gorka Aldasoro, Hettich Spain
Fried jack mackerel with leek sauce

Serves 4

Ingredients fish:
4 whole jack mackerel
pinch salt
wheat flour
oil

Ingredients sauce:
1 tbsp sake
1 tbsp sugar
4 tbsp soy sauce
2 tbsp vinegar
2 tbsp sesame oil
4 cloves garlic
small piece ginger
1 leek
1 red bell pepper

Directions:
1. Cut the gill covers off the mackerel with a knife and gut the fish.
2. Holding the fish firmly in one hand, angle the knife against the tail joint and scrape off the scales. Rinse under cold water and sprinkle with salt.
3. Combine the sake, sugar, soy sauce, vinegar and sesame oil in a bowl. Peel and grate the garlic and ginger, then chop the leek and bell pepper and combine.
4. Coat the salted mackerel in wheat flour, and heat the oil in a pan. Fry the mackerel on both sides until golden, then cover with a lid and cook for approx. 3 minutes.
5. Garnish the fish with the leek sauce.

TIP: The fish is traditionally served with steamed rice.

どうぞ召し上がれ

Recipe by: Naoko Takayama, Hettich Japan
# Pumpkin soup

Serves 4

**Ingredients:**
- 750 g pumpkin (e.g. Hokkaido)
- 1 onion
- 1 tbsp butter
- 800 ml chicken stock
- 1 – 2 tbsp brown sugar
- salt
- pepper
- cinnamon
- curry powder
- ginger
- 200 ml cream

**Directions:**
1. Peel and dice the pumpkin and onions.
2. Sauté both in the butter in a pan. Pour over a little of the stock and simmer for 15 minutes. Then strain through a hair sieve, or puree with a stick blender.
3. Heat the remainder of the chicken stock, add the mixture and stir well. Briefly return to the boil.
4. Season to taste with brown sugar, salt, pepper, curry powder, ginger and cinnamon.
5. Finally, stir in the cream and reheat.

**TIP:** Once the soup has been ladled into bowls, drizzle over a few drops of pumpkin seed oil!

**Guten Appetit!**

*Recipe by: Gabriele Wüller, Hettich Germany*
Roast pork with dumplings and sauerkraut

Serves 4
Ingredients roast pork:
1 tbsp each of vegetable oil, prepared mustard, garlic powder, salt
2 tbsp caraway seeds
1 kg roast pork
1 medium onion
125 ml beer (or water)
1 tsp cornstarch
2 tbsp butter

Ingredients yeast dumplings:
1/2 sachet dry yeast
1 tsp sugar
500 ml warm water
500 g flour
2 tsp salt
1 egg
1 bread roll

Directions roast pork:
1. Mix together the vegetable oil, mustard, caraway seeds, garlic powder, salt and pepper and rub over the roast pork.
2. Dice the onion, then place in a large roasting pan and pour in the beer. Put the roast in the roasting pan and cover with foil.
3. Preheat the oven to 165 °C and roast for 1 to 1 1/2 hours, basting and turning it occasionally.
4. Remove the roast from the oven. Save the juices in the roasting pan and add the cornstarch and butter, simmering gently until thickened.

Directions yeast dumplings:
1. Dissolve the yeast in lukewarm water with the sugar.
2. Combine the flour, salt, egg and diced bread roll in a large bowl.
3. Allow the yeast to rise, then add to the ingredients in the bowl and knead for approx. 10 minutes. Dust a baking sheet with flour. Shape the dough into 4 rolls and place on the sheet. Cover, and allow the dough to rise.
4. Bring salted water to a boil in a saucepan, then carefully lower the dough rolls into the water, one or two at a time. Cover with a lid, and simmer for approx. 20 minutes.
5. Test the mixture with a toothpick, they should be light and airy when ready.
6. Remove the dumplings from the water and cut into slices.

Directions sauerkraut:
1. Cut the bacon into strips and dry fry in a pan until brown and crispy. Remove and set aside.
2. Chop the onion and fry in butter until translucent. Add the sauerkraut and its liquid to the pan and cook until tender. Stir in the bacon, and season to taste with salt, pepper and caraway seeds.
3. Dissolve the starch in water and stir into the sauerkraut. Simmer for a few minutes, then remove from the heat.
4. Season to taste with sugar and vinegar.

TIP: Allow the roast to absorb the seasoning for 45 minutes before putting it in the oven.

Dobrou chut’

Recipe by: Petr Stanek, Hettich Czech Republic
Yorkshire Parkin

Serves 6

Ingredients:
125 g flour
1 tsp baking soda
2 tsp powdered ginger
250 g oatmeal
250 g Demerara sugar (brown sugar)
250 g margarine
250 g molasses (black treacle)
1 egg
milk

Directions:
1. Sift the flour, baking powder and ginger. Fold into the oatmeal, sugar and margarine and combine well.
2. Make a well in the middle of the mixture, and place the warm treacle and egg in it. Combine, adding enough milk to make a firm mixture.
3. Preheat the oven to 180°C. Pour the mixture into a greased baking tray and bake for approx. 1 1/2 hours.
4. Leave the parkin to cool in the tray, then cut into squares.

TIP: Parkin will stay moist and tender for a long time if stored in an airtight container!

Enjoy!

Recipe by: Colin Patterson, Hettich UK