

Strawberries with halva ice-cream

500 g plain yoghurt
250 g halva, cut in dices
500 g strawberries
mint leaves for decoration



To prepare the ice-cream mix the halva dices in the yoghurt, let them melt for one hour then mix again until smooth. Pour into ice-cream machine.

Rince and prepare the strawberries cutting into wedges

Serve ice-cream with strawberries decorating with a mint leaf.

Cooking class
Monday April 11 2016



Let's eat green!

with Karin Rivollet

Coral lentils, avocado and kamoun spiced carrots

200 g coral lentils, rinsed
1 ripe avocado, peeled and cut into 8 wedges
2 bunches or 12-15 small carrots with stems
5 table spoons olive oil
1 table spoon balsamic vinegar
1 bunch of fresh coriander, chopped
2-3 table spoons kamoun powder (oriental groceries, Lyzimir or Manor)
salt/peper to taste



To cook the lentils, add plenty of cold water and simmer for 5 to 8 minutes until soft but not mashy. Drain the lentils and set to cool in a bowl.

Peel the carrots leaving a short part of the stems, boil for 5 minutes or until soft and set aside to cool.

Prepare a vinaigrette with 3 tsp olive oil, 1 tsp balsamic vinegar, salt and peper, add the cold lentils, mix, then add 3-4 large tsp of coriander leaves.

Fry the cooked carrots in 2 tsp of olive oil, add the kamoun and one tsp of coriander leaves, mix until the carrots are covered with sauce.

To serve prepare a layer of lentils, add 3-4 carrots on top and decorate with avocado wedges.

Carrot and horseradish mousse

800g carrots
2 jars Philadelphia cheese
3 tsp horseradish paste (my favorite is Migro's tube !)
8 sprigs coriander (or parsley), chopped (you can leave the stems as they are very tasty)
2 tsp olive oil
1 tsp balsamic vinegar
salt/peper to taste



Peel the carrots, cut 2-3 in ribbons using a peeling knife or a gratter, cut and boil the rest for 15 minutes or until very soft. Drain well and mix to puree. Set aside to cool.

Mix the carrot puree with one Philadelphia jar and the horseradish, add more Philadelphia to reach the consistency of soft puree, then add the chopped coriander leaves, salt and peper and cool for minimum 1 hour in the fridge (best overnight).

To serve prepare a vinaigrette with the oil and vinegar, salt and peper, add the carrot ribbons and mix.

Prepare a disc of carrot mousse in the center of the plate, add the carrot ribbons on top and sprinke with chopped coriander leaves.

Labneh with honey glazed beetroot

800 g beetroot, cooked, peeled and cooled (home cooked beetroot are best !)

500g greek yoghurt (9% fat)

3tsp honey

2tsp salt

8 sprigs coriander (or more to taste), chopped

2tsp olive oil

1tsp cream balsamic vinegar

salt and peper to taste



One day before prepare the labne : mix the yoghurt with 2 tsp salt, put in a sieve over a bowl and let drip in the fridge overnight. Prepare a vinaigrette with 2tsp olive oil, 1 tsp cream balsamic vinegar and 3 tsp honey, add the chopped coriander leaves. Cut the beetroot into cubes, add the vinaigrette and mix. To serve prepare a disc of labneh, top with beetroot cubes and decorate with coriander leafs.

Cod with vanilla butter and grilled asparagus

4 pieces of cod about 150 g each

50g butter

20 small green asparagus

2 tsp olive oil

1 tea spoon vanilla concentrate or

1 vanilla pod, opened lenghtwise, the seeds grated.

200 g basmati rice

salt/peper



Cook the rice, for 10 minutes, set aside with lid on, it will continue to cook in it's own steem and be soft when the rest of the dish is ready

Prepare the asparagus keeping only the soft tip, about 10 cm (use the rest for an asparagus soup or risotto), sauté the asparagus in 1 tsp of olive oil for 10 minutes until soft and a little golden.

Fry the cod about 2 minutes each side, or until golden, add salt and peper to taste,

Using the same pan, melt the butter, add the vanilla, salt and peper to taste.

Presentation : scoop some rice on the plate, top with a cod slice, add the asparagus on top and scoop 1 tsp of vanilla butter.