

 **BORA**



Everyday recipes – healthy and simple

**GRÄFE
UND
UNZER**



Preparation time: 25 min.

Serves 4

For the topping

50 g pine nuts

2–3 sprigs of rosemary

1 preserved lemon

For the lemon linguine

300 g linguine (or tagliatelle)

salt

1 large organic lemon

2 balls of burrata (100 g each)

75 g butter

2 tsp extra virgin olive oil

freshly ground pepper

Lemon linguine with burrata

This pasta in its lemony butter alone is delicious and evokes images of Italy, and with creamy burrata it becomes totally irresistible. But it's not until you add the simple yet sophisticated topping that the dish becomes pure indulgence!

TOPPING

1. Toast the pine nuts in a non-oiled frying pan until golden and leave to cool on a plate. In the meantime, wash the rosemary, shake it dry, pluck the leaves and finely chop them. Quarter the preserved lemons, remove the pulp and cut the peel into approx. 0.2 cm cubes. Mix the pine nuts, rosemary and preserved lemon.

LEMON LINGUINE

2. Bring plenty of salted water to the boil in a large pan and cook the linguine according to the instructions on the pack until al dente. In the meantime, wash the lemon in hot water, dry and finely zest, then squeeze 3 tbsp of juice. Strain the burrata in a colander, dab dry and cut each ball in half crosswise.

3. Drain the pasta, saving a little of the water. Put the pasta back in the hot pan right away. Stir in 2 tbsp of lemon juice, 2 tsp of lemon zest and chunks of butter and stir until the butter melts. Add tablespoons of boiled water until it's all nice and creamy. Season with salt and pepper, and more lemon juice and zest if required.

FINISHING TOUCHES

4. Serve the pasta on pre-heated plates. Place half a burrata ball on each, drizzle with a little olive oil and season with salt and pepper. Sprinkle the topping over the pasta and serve the lemon linguine immediately.





Preparation time: 40 min.

Serves 4

For the bean purée

4 garlic cloves
2 shallots
100 g parsley roots
2 tbsp olive oil
1 tsp agave syrup
2 tins of haricot beans
(240 g drained weight per tin)
200 ml vegetable stock
3 tbsp white almond butter
1 organic lemon
salt
freshly ground pepper
chilli flakes

For the cod

4 skinless cod steaks
(4 cm thick, 150 g each)
2 tsp olive oil
salt
40 g butter
freshly ground pepper

Additional items

2 cherry tomato vines
1½ tbsp olive oil
salt
freshly ground pepper

Pan-seared cod with cherry tomatoes and haricot bean purée

Pan-seared fish with bean purée doesn't have to be bland – in Spain plenty of garlic takes care of that. In winter, instead of cod, you must try skrei – its flesh is particularly firm and flavoursome.

BEAN PURÉE

1. Peel and chop the garlic and shallots. Trim and peel the parsley roots, cut into pieces and then whiz in a food chopper until the size of rice grains.
2. Sauté the shallots in oil until translucent, add the garlic and briefly sauté. Add the parsley roots and sauté, stirring constantly. Stir in the agave syrup and caramelize briefly. Deglaze with stock, cover and simmer for 12–15 minutes.
3. Strain the beans, wash, allow to drain and then add to the mixture. Purée with the hand blender. Stir in the almond butter and add a little more stock. Wash the lemon in hot water, dry it, grate 2 tsp of the zest, then squeeze the juice. Season the purée to taste with salt, pepper, lemon zest and juice, and chilli flakes. Keep warm.

COD

4. Wash the fish in cold water and dab dry. Remove any bones. Heat the oil in a frying pan, season the fish with salt and sear in the hot oil over a medium heat for 3–4 minutes. Reduce the heat, turn the fish over, add the butter to the pan and melt until it turns frothy. Fry for another 3–4 minutes, regularly drizzling the fish with the brown butter.

FINISHING TOUCHES

5. Wash the tomato vines and dab dry. Halve the vines and fry in oil in a frying pan for 4–5 minutes until lightly browned. Season with salt and pepper.
6. Spread the bean purée on 4 plates, arrange the fish on top and drizzle with the remaining butter. Garnish with the tomatoes and serve immediately.



Light chocolate mousse

This is a healthier version of the classic French dessert. Instead of cream and raw egg, we use silken tofu, but that doesn't change how delicious it is – au contraire, made this way, the chocolate really stands out!

1. Melt the chocolate over a bain marie. Put the silken tofu in a mixing jug and blend into a fine purée with a hand blender. Then add the melted chocolate and continue to blend. Add a pinch of salt, vanilla, tonka bean, maple syrup and liqueur, as desired, and mix again.
2. Refrigerate the mousse for about 15 minutes and then divide into 4 dessert bowls. Sort and wash the berries, dab them dry and top the mousse with them. Sprinkle with the chocolate shavings and serve.

TIP

MORE VARIETY

The flavour of the mousse is totally changed if you use orange liqueur instead of coffee liqueur. Orange segments or exotic fruits like Cape gooseberries are a perfect match.



Preparation time: 20 min.

Resting time: 15 min.

Serves 4

150 g dark chocolate
(70% cocoa)
400 g silken tofu
salt
¼ tsp ground Bourbon vanilla
¼ tsp freshly grated tonka
bean
3 tbsp maple syrup
1 tbsp coffee liqueur
(as desired)
125 g mixed berries (e.g.
blueberries or raspberries)
2 tbsp dark chocolate shavings



Everyday inspiration



Healthy enjoyment made easy – draw inspiration from over 90 recipes from Germany, Spain, France, Italy, England and the Netherlands that are bound to delight you with their ‘je ne sais quoi’. This cookbook turns classic recipes into exciting taste combinations which make you really keen to try out some European cuisine. Whether you use it for preparing small dishes, starters, main courses or desserts – its varied dishes and pro tips by BORA experts make everyday cooking fun. There’s a slice of enjoyment and inspiration for all tastes, including a breakfast bowl with granola, leafy salad with scallops and French dressing, pizza bianca or a Black Forest gateau made of ice cream, for a change.

A cookbook that you'll gladly reach for time and again.

