



SUMMER RECIPES

Seasonal food from Discover the Origin
*Bourgogne Wines. Parma Ham. Douro Wines.
Parmigiano-Reggiano Cheese. Port.*





Courses

Starters

Mains

Desserts



..... **PORT & TONIC**



..... **PARMA HAM & MELON SALAD**



..... **CAESAR SALAD**



..... **SUPERFOOD SALAD**

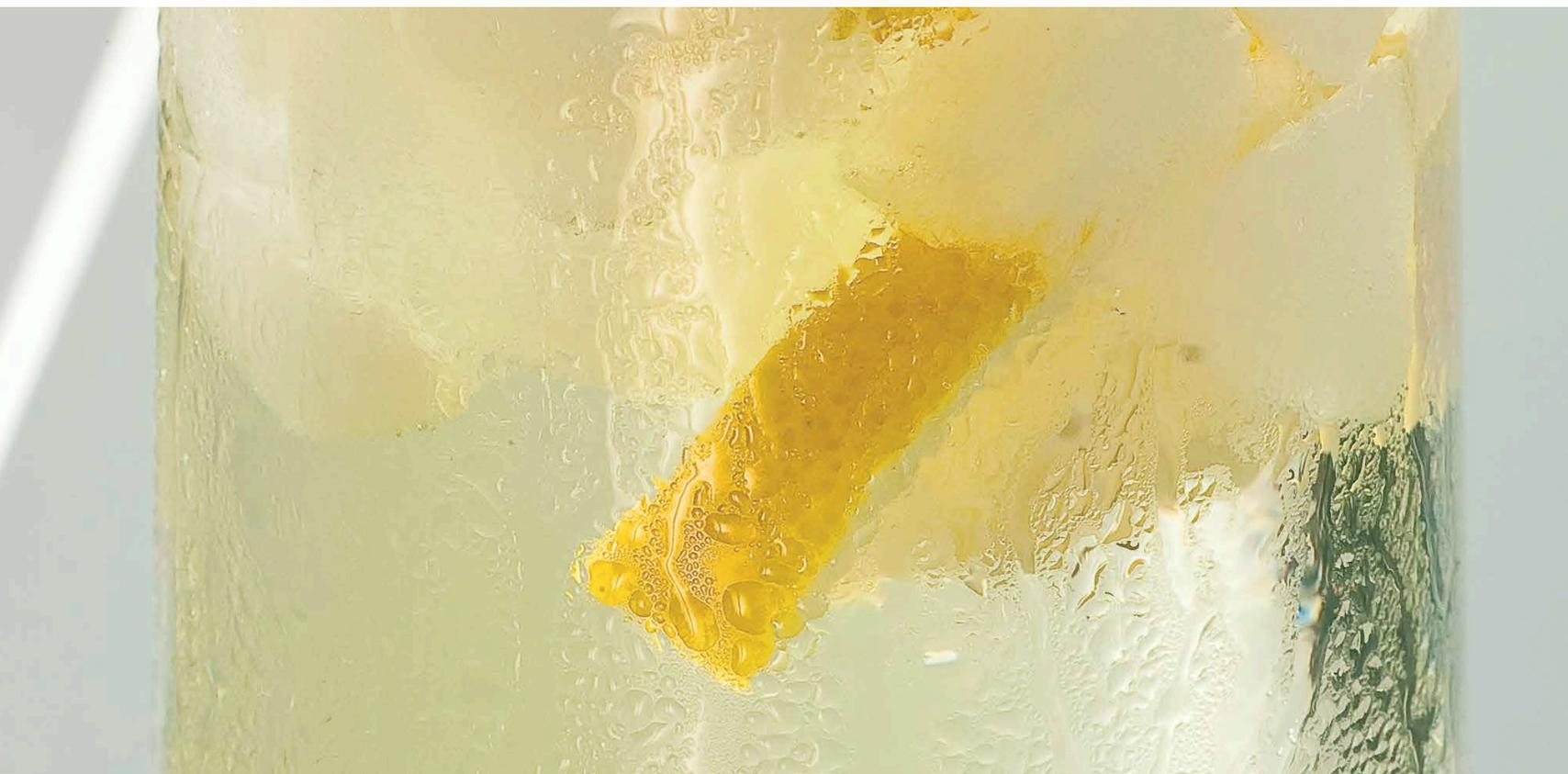


..... **PRAWNS WRAPPED IN PARMA HAM**



PORT & TONIC

With a Slice of Lemon



INGREDIENTS (serves 1)

- White port
- Tonic water
- Sprig of mint
- Slice of lemon
- Ice

PREPARATION

1. Pour a small measure of white Port into a long glass. Fill with tonic water and plenty of ice. Add a slice of lemon and sprig of mint and serve chilled.



PARMA HAM & MELON & MOZZARELLA SALAD

With Chilli Mango Dressing



Wine suggestion: White Douro.

INGREDIENTS (serves 4)

- 2 large ripe mangoes, peeled, halved and pitted
- 2 tablespoons lime or lemon juice
- 2 teaspoons fresh red chilli, finely chopped
- 4 handfuls rocket
- 4 wedges of cantaloupe, Galia or honeydew melon
- 2 balls mozzarella cheese
- Freshly ground black pepper
- 16 slices Parma Ham

PREPARATION

- 1.** Cut one mango into neat slices to use in the salad. Chop the flesh of the other mango roughly and blend this with the lime or lemon juice, chilli and two tablespoons of cold water, using a hand-held stick blender or regular blender.
- 2.** Share the rocket between two serving plates and arrange the sliced mango on top. Remove the skin from the melon, cut the flesh into slices and arrange on the salads.

3. Tear or cut the mozzarella cheese into chunks or slices and share between the salads. Season with a little black pepper and arrange the slices of Parma Ham on top. Drizzle with a little mango dressing and serve at once.



CAESAR SALAD

With Parmigiano-Reggiano Cheese
and Parma Ham



*Wine suggestion: White Bourgogne wine
like Chablis or Bourgogne Aligoté.*



INGREDIENTS (serves 4)

- 175g ciabatta, torn into bite-sized pieces
- 4 tablespoons of olive oil
- 8 slices of Parma Ham
- 2 cos lettuces, washed, dried and roughly torn
- 60g Parmigiano-Reggiano Cheese, grated

For The Dressing

- 2 free-range eggs
- 1 clove garlic, roughly chopped
- 5 anchovy fillets, roughly chopped
- 1 teaspoon of Worcester sauce
- 2 tablespoons of olive oil
- Sea salt and freshly ground black pepper

PREPARATION

- 1.** To make the dressing boil the eggs in a pan of boiling water for one minute and carefully crack them into a food processor, scraping out any of the white bits using a spoon. Add in the garlic, anchovies, Worcester sauce, olive oil and a pinch of salt and pepper and blend until smooth.
- 2.** Pre-heat the grill to high. Put the bread into a baking tray, drizzle over the olive oil and toss everything together. Spread the bread out and arrange the

Parma Ham over the top. Grill for two to three minutes, or until the ham is crispy and the bread golden. Remove from the grill and set to one side.

3. Put the lettuce into a large mixing bowl, pour over the sauce and add the Parmigiano-Reggiano Cheese. Toss everything together so that all the leaves get completely coated. Transfer to a large serving plate, arrange the bread and Parma Ham over the top and tuck in.



SUPERFOOD SALAD

With Lemon and Basil Dressing



Wine suggestion: White Bourgogne.



INGREDIENTS (serves 4)

- 2 medium pomegranates (de-seeded)
- 250g podded broad beans
- 250g edamame beans
- 8 Parma Ham slices
- Handful of pumpkin seeds
- A large handful of rocket

For The Dressing

- 2 teaspoons Pommery mustard
- Freshly squeezed juice of 1 lemon
- 6 tablespoons extra-virgin olive oil
- 16 basil leaves, very thinly sliced (save 12 whole basil leaves for a salad garnish)
- Coarse salt and freshly ground pepper

PREPARATION

- 1.** Bring a pot of water to the boil, add the broad beans and edamame beans and blanch for about two minutes until they are tender. Drain and refresh in a bowl of iced water.
- 2.** For the dressing, whisk all the ingredients together in a bowl, seasoning with salt and pepper to taste.

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3. Heat a tiny drizzle of olive oil in a non-stick pan and fry the Parma Ham slices until golden brown and crisp, turning once.
 4. Take a large serving bowl and toss the rocket, broad beans, edamame beans, pumpkin seeds and pomegranates seeds and toss together with the dressing.
 5. Break the crispy Parma Ham into smaller pieces and scatter over the salad.



TIGER PRAWNS

Wrapped in Parma Ham



Wine suggestion: Crémant de Bourgogne.

INGREDIENTS (serves 8)

- 1 lemon
- 16 tiger prawns with tails, shelled and de-veined (insert a toothpick along the prawn during cooking to prevent it curling)
- 1 teaspoon olive oil
- 16 rocket leaves (each about 10cm long)
- 8 large, thin slices Parma Ham



PREPARATION

1. Finely grate enough lemon rind to make $\frac{1}{2}$ teaspoon and set aside. Halve the lemon; squeeze out $\frac{1}{2}$ teaspoon of juice and set aside. Slice the remaining lemon.

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2. In a large saucepan, bring to the boil two litres of water with the lemon slices. Add the prawns, cook for about two minutes (until opaque), drain and cool under running water.
 3. In a medium-sized bowl, combine oil and the reserved lemon rind and juice. Add the rocket and toss to combine.
 4. To assemble: cut each slice of Parma Ham in half crosswise; fold in half lengthways to make a 2.5cm wide strip. Place a rocket leaf and a prawn on each strip of ham. Wrap the Parma Ham strips around the rocket and prawn.



· · **PARMA HAM WRAPPED SUMMER FISH** · ·



..... **MOULES MARINERE**



..... **PARMA HAM WRAPPED SCALLOPS**



..... **CARAMALISED ONION CHEESE TART**



..... **RACK OF LAMB**

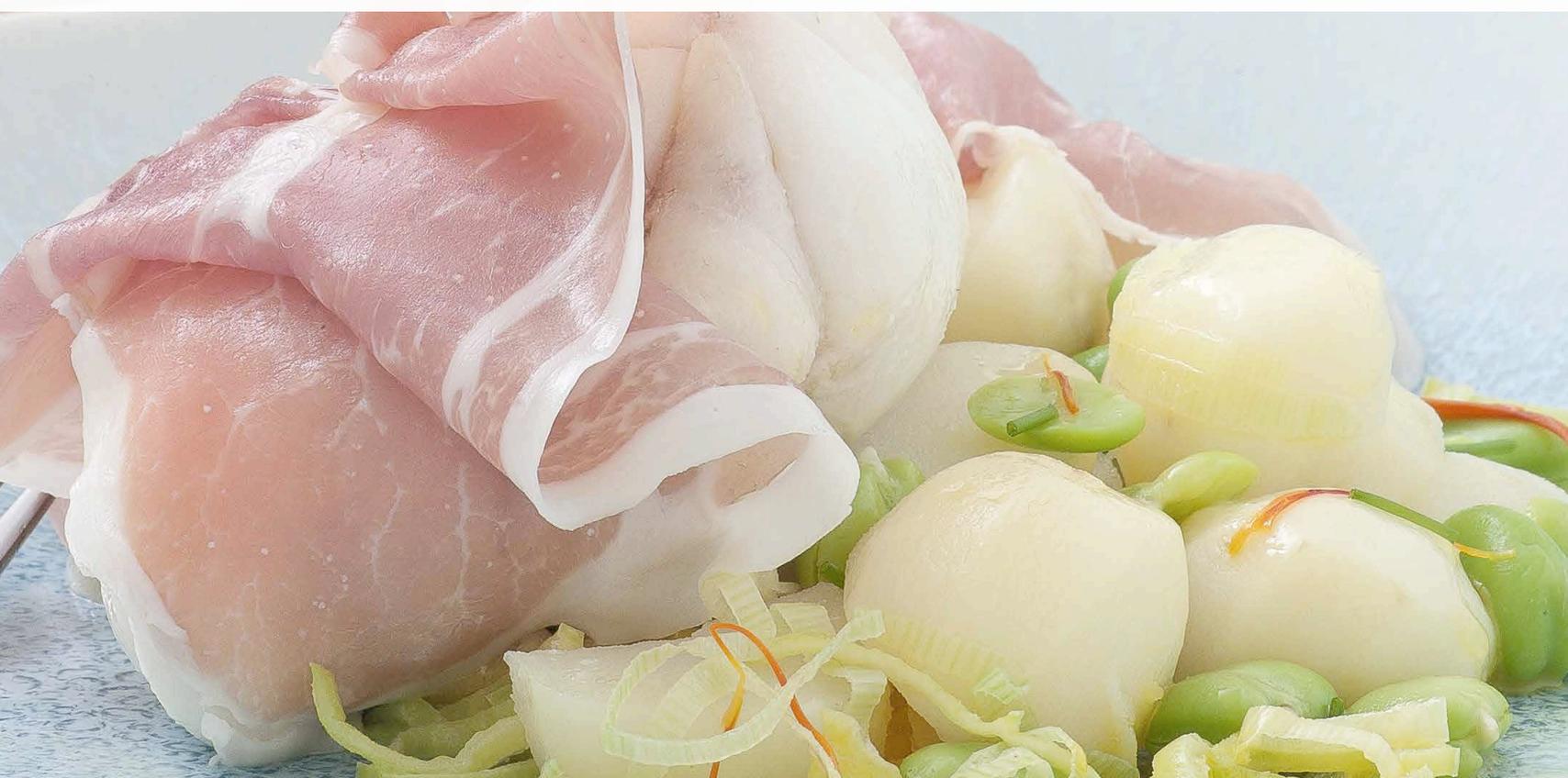


PARMA HAM WRAPPED SUMMER FISH

By Aldo Zilli



Wine suggestion: White Bourgogne.



INGREDIENTS (serves 4)

- 8 thin slices Parma Ham
- 4 x 175g salmon fillets
or 4 x 180g monkfish
- Juice one lemon
- 2 tablespoons extra virgin olive oil

For The Saffron Sauce

- 2 pinches of saffron
- 100ml white wine
- 300ml fish stock
- 50g butter
- Salt and freshly ground black pepper
- 200g leeks, cut into 10cm lengths
- 1 teaspoon lemon juice

For The Broad Bean & Potatoes

- 250g new potatoes
- Black pepper
- 50g butter
- 200g shelled broad beans, blanched
- 1 tablespoon chopped chives
- 1 tablespoon extra virgin olive oil

PREPARATION

1. Cook the potatoes in a pan of salted, boiling water until tender, drain, add the butter and roughly crush with a fork. Add the broad beans and crush with a fork, mix in the chives and olive oil. Season. Pan fry the salmon in a little olive oil for two minutes each side before placing in a 190°C oven for 10-12 minutes.

OR

1. Pan fry the monkfish in a little olive oil for four minutes turning every minute until brown before placing in a 190°C oven for 12-15 minutes. Meanwhile in the same pan over a high heat add the fish stock, wine and saffron and cook for two minutes, add the leeks and cook for eight minutes, add the butter, lemon juice and seasoning.

2. Lay two of the Parma Ham slices on a board slightly overlapping, place the salmon or monkfish in the middle and sprinkle with lemon juice and olive oil, wrap the Parma Ham over. Repeat with the other fish. Cut each fish on the diagonal and serve upright on plate with the broad bean and new potatoes and saffron sauce.



MOULES MARINIÈRE

With Crusty Bread



Wine suggestion: Dry White Port.



INGREDIENTS (serves 4)

- 1.75kg mussels
- 3 garlic cloves, finely chopped
- 4 shallots, finely chopped
- 50g butter
- A bouquet garni of parsley, thyme and bay leaves
- 200ml dry white wine or cider
- 200ml double cream
- Handful of parsley leaves, coarsely chopped
- Crusty bread, to serve

PREPARATION

- 1.** Wash and scrub the mussels under plenty of cold, running water. Discard any open ones that won't close when lightly squeezed.
- 2.** Pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a large knife. Give the mussels another quick rinse to remove any little pieces of shell.

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3. Sweat the garlic and shallots in the butter with the bouquet garni, in a large pan big enough to take all the mussels.
 4. Add the mussels and wine or cider, turn up the heat, then cover and steam them open in their own juices for three to four minutes. Give the pan a good shake every now and then.
 5. Remove the bouquet garni, add the cream and chopped parsley and remove from the heat.
 6. Spoon into four large warmed bowls and serve with lots of crusty bread.



SCALLOPS WRAPPED IN PARMA HAM

With Marsala and Sage



*Wine suggestion: White Bourgogne wine
like Meursault or Viré-Clessé.*

INGREDIENTS (serves 4)

- 400g long-grain rice
- Finely grated zest of 2 lemons
- 2 teaspoons vegetable stock powder, plus an extra pinch
- 24 small fresh sage leaves
- 24 scallops
- 12 slices Parma Ham, cut in half
- 50g butter
- 6 tablespoons Marsala
- 4 tablespoons fresh herbs (chives, parsley, thyme, etc.), chopped
- Salt and freshly ground black pepper

PREPARATION

1. Put the rice on to cook in plenty of boiling water, adding the lemon zest and one teaspoon of stock powder to flavour it. Cook until tender – about 12 minutes.
2. Meanwhile, place a sage leaf on top of each scallop and wrap half a slice of Parma Ham around each one. Heat the butter in a frying pan and add the Parma Ham-wrapped scallops, cooking them for about two minutes before turning them over to cook the other side.

3. Add the Marsala, four tablespoons of hot water and the pinch of stock powder. Simmer for two or three minutes to reduce the liquid a little. Season to taste.

4. Drain the cooked rice and stir through the chopped herbs. Serve with the scallops, along with the cooking juices.



CARAMELISED ONION & PARMIGIANO-REGGIANO CHEESE TART



*Wine suggestion: White Bourgogne wine
like Chablis or Hautes Côtes de Beaune.*



INGREDIENTS (serves 4)

- 50g butter
- 4 large white onions, diced
- Thyme
- 275ml warmed milk (or double cream)
- 85g finely grated Parmigiano-Reggiano Cheese
- 3 large egg yolks
- 5 large egg whites
- Salt and freshly ground pepper, to season
- Fresh Watercress to serve

For The Pastry

- 600g flour
- 300g butter
- 1 egg



PREPARATION

1. For the pastry: Rub together the butter and the flour to reach a breadcrumb-like consistency. Add the egg and mix together until it forms a neat pastry ball. Wrap in clingfilm and let set in the refrigerator for an

hour. Once rested, take the pastry out and roll flat to approximately $\frac{1}{4}$ inch thickness, measure and cut four square pieces (7 x 7 inches) to fit over and line a circular pastry cutter (approx. three inches in diameter). Then blind bake each of the tart pastry cases for 12-15 minutes at 180°C .

2. For the filling: Heat the butter in a large frying pan on the stove. Add the sliced onions and garlic to the pan. Cook over medium heat until lightly coloured and very soft (about 15-20 minutes). Remove the mixture from the heat, and continue stirring for a few seconds while adding thyme.

3. Place the mixture into a bowl and season generously, particularly with black pepper, then set aside to cool. Once cooled, add three egg yolks, milk (or double cream) and Parmigiano-Reggiano Cheese. Gently mix all ingredients together, add black pepper and pour mixture into tart pastry cases. Bake in the oven at 160°C until the tart is set. Remove and serve with dressed watercress.



RACK OF LAMB

With Dauphinoise Potatoes.



Wine suggestion: Douro Red.

INGREDIENTS (serves 4)

For The Herb Crust

- 200g white bread
- 2 tablespoons of chopped parsley
- 1 teaspoon of thyme leaves
- 1 teaspoon rosemary leaves
- 2 large garlic clove, finely chopped
- 4 tablespoons of vegetable oil
- 100g butter
- Sea salt and freshly ground black pepper
- 2 tablespoons Dijon mustard
- 2 lean racks of lamb, trimmed

For The Dauphinoise Potatoes

- 500g King Edward potatoes, thinly sliced
- 200ml double cream
- 100ml milk
- 50g butter
- 1 clove garlic, crushed
- 50g Gruyere Cheese, grated
- 25g Parmigiano-Reggiano Cheese to grate on top

PREPARATION

1. Preheat the oven to 240°C/450°F/ Gas 9.
2. To prepare the herb crust, break the bread and place in a food processor or blender until it has turned to fine crumbs.
3. Add the herbs and garlic and blitz for a further 30 seconds.
4. Heat the oil and butter in a large pan until melted, but not coloured. Season the racks and put in the pan, skin-side

down to cook for three to four minutes on each side. Remove from the pan and leave to rest.

5. Place the racks of lamb, fat side up, on a chopping board, and brush with mustard until well coated.

6. Press a generous handful of the herb crust over the racks and transfer to a roasting tin to roast for five to 15 minutes, depending on how you like your lamb cooked. (Cover the bones with foil if browning too quickly).

For The Dauphinoise Potatoes

1. Preheat the oven to 180°C / gas mark 4.
2. Place the sliced potatoes in a bowl of cold water to prevent them from browning. Rinse, then pat dry with kitchen paper.
3. Place the cream, milk and garlic in a large saucepan and bring to a gentle simmer.
4. Place one layer of potato slices on the bottom of a buttered ovenproof dish and sprinkle some of the Gruyere Cheese on top. Season and add a knob

of butter. Cover in a quarter of the milk and cream liquid.

5. Repeat this process until the dish is full and all your potatoes and liquid are used.

6. Sprinkle over the Parmigiano-Reggiano Cheese and bake for 25 minutes until golden.



..... **GRILLED SUMMER FRUITS**



..... **GRILLED STRAWBERRIES**



..... **DARK CHOCOLATE TERRINE**



.... **PARMIGIANO-REGGIANO ICE CREAM**



..... **SPICED PEAR TATIN**



GRILLED SUMMMER FRUITS

With Mascarpone and Vanilla.



Wine suggestion: Pink Port.



INGREDIENTS (serves 4)

- 2 figs, halved
- 2 apricots, halved
- 8 strawberries, halved
- 50g raspberries
- 50g blackberries
- 50g blueberries

For The Filling

- 250g Mascarpone
- 100ml double cream
- The seeds from a vanilla pod
- 4 tablespoons icing sugar
- Juice of $\frac{1}{2}$ a lemon
- 1 tablespoon Demerara sugar

PREPARATION

- 1.** To make the sauce mix the Mascarpone, cream, vanilla seeds, icing sugar and lemon juice together in a mixing bowl until smooth.
- 2.** Pre heat the grill to high. Place the fruit in an oven-proof dish and dollop half the sauce over the top. Sprinkle over the sugar and grill for 10-12 minutes, or until the Mascarpone has just started to colour. Serve immediately with the remaining cream.



GRILLED STRAWBERRIES

With Balsamic Vinegar Sauce



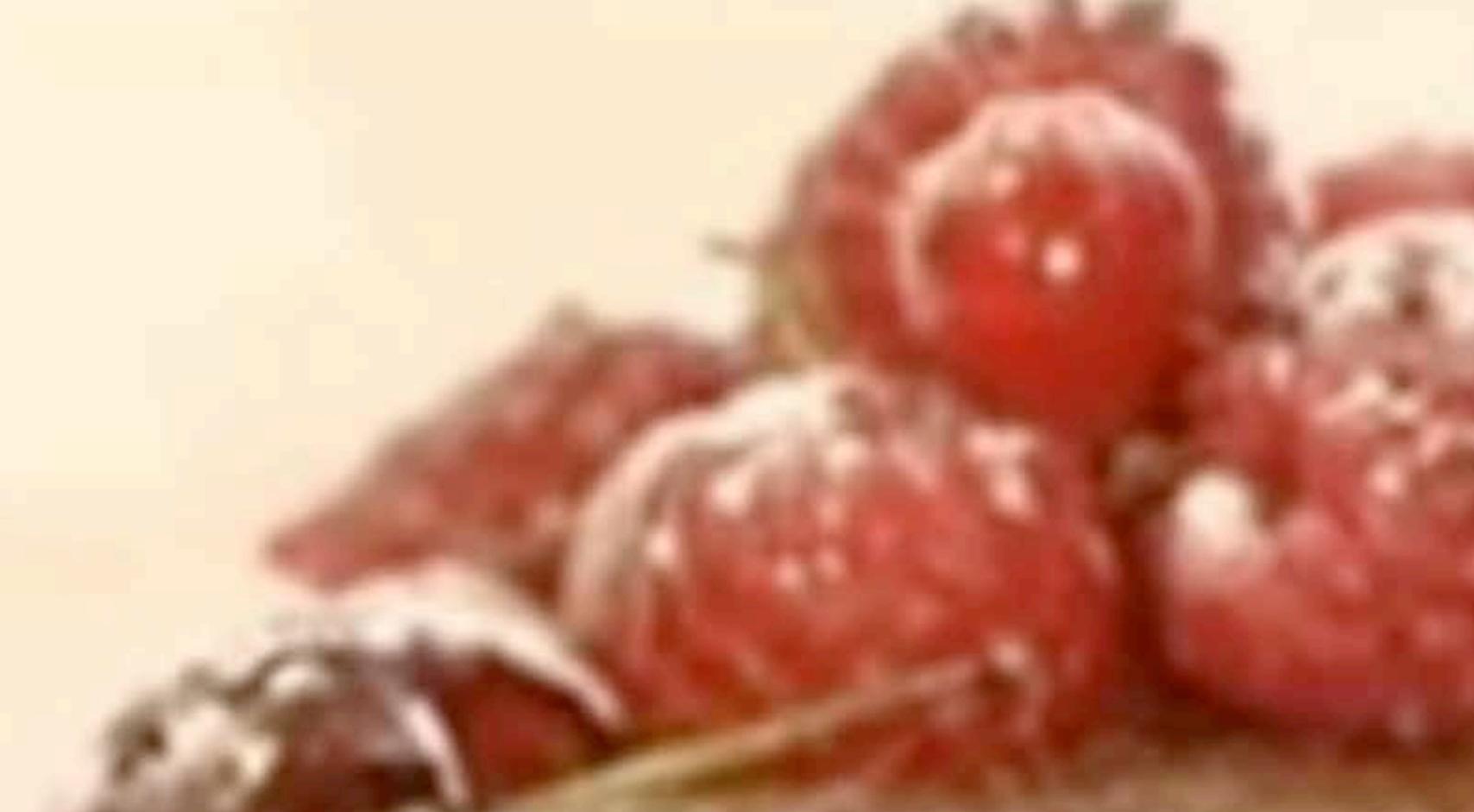
*Wine suggestion: Ruby Reserve Port
or Late Bottled Vintage Port*

INGREDIENTS (serves 4)

- Tub of strawberries
- Balsamic vinegar
- Sugar
- Mascarpone or clotted cream

PREPARATION

- 1.** Wash and slice the strawberries in half and sprinkle with sugar before putting under the grill for about five minutes or until the sugar has dissolved.
- 2.** Reduce some balsamic vinegar until a little thick.
- 3.** Serve with a dollop of double or clotted cream or Mascarpone and serve, if you wish, with a chilled glass of white Port.



DARK CHOCOLATE TERRINE

With Red Berries and Raspberry Coulis



Served with a Vintage Port.



INGREDIENTS (serves 10)

For The Terrine

- 225g dark chocolate
(between 50-70% cocoa solids)
- 150g unsalted butter, cubed
and softened
- 100g unrefined caster sugar
- 3 medium egg whites
- 25g cocoa powder
- 300ml double cream

For The Raspberry Coulis

- 300g raspberries
- 20g caster sugar
- 1 tbsp lemon juice
- Red berries for garnish



PREPARATION

1. Melt the chocolate with 75g of the butter in a bowl over a pan of simmering water. Once melted, stir the mixture until smooth and then allow it to cool slightly.

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2. Line a 900g loaf tin with cling film.
 3. In a large mixing bowl, beat the rest of the butter with the sugar until smooth. Stir in the cocoa powder to form a smooth paste.
 4. In two separate bowls whisk the double cream and egg whites to soft peak stage.
 5. Stir the cooled melted chocolate mixture into the cocoa powder and butter paste in the large mixing bowl. Fold in the gently whipped cream, followed by the egg whites, until evenly mixed.

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6. Pour the mixture into the cling film-lined loaf tin and gently bang the tin on a hard surface to settle the mixture within it. Leave to harden in the freezer.
 7. Blend the raspberries and sugar together until smooth. Strain them through a sieve to remove the seeds. Stir in enough lemon juice to reach the desired consistency.
 8. One hour before serving: transfer the terrine to the fridge and allow to defrost slightly. Just before serving, turn out on to a cutting board and slice.
 9. Serve on a pool of raspberry coulis with some scattered red berries.



PARMIGIANO-REGGIANO CHEESE ICE CREAM

With a Caramelised Onion, Fig and
Parma Ham Tatin



Wine suggestion: Tawny Port.

INGREDIENTS (serves 10)

For The Ice Cream

- 500ml milk
- 200ml double cream
- 2 bay leaves
- 250g Parmigiano-Reggiano Cheese, shaved
- 4 tablespoons Marsala Dolce
- 500g ricotta
- Salt if necessary

For The Tatin

- 50g butter
- 4 large onions, sliced
- 2 teaspoon caster sugar
- 1 teaspoon balsamic or red wine vinegar
- 1 teaspoon fresh thyme, chopped
- 5 fresh figs, halved
- 250g (9oz) ready-to-use puff pastry, thawed if frozen
- 12 slices Parma ham

PREPARATION

For The Ice Cream

- 1.** Boil the milk and bay leaves together in a medium saucepan. Remove from the heat and add the shavings of Parmigiano-Reggiano Cheese stirring to melt them into the milk.
- 2.** Add the Marsala and then leave to cool in a freezer proof container. Remove the bay leaves and add the ricotta whisking it in to smooth any lumps.

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3. Put the container in the freezer. After half an hour whisk again to make the consistency lighter and fluffier. Do this again a couple of times until the cream is the consistency of ice cream and then remove the whisk and leave in the fridge if you are going to use it that day.
 4. Otherwise freeze and remember to bring it out of the freezer and put into the fridge the day before you need it.

PREPARATION

For The Tatin

- 1.** Preheat the oven to 200°C / fan oven 180°C / gas mark 6.
- 2.** Melt 40g of the butter in a large frying pan. Add the onions and cook them over a medium heat until softened, for about 6 minutes.
- 3.** Add the sugar and cook gently until caramelised, then stir in the vinegar and thyme.

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4. Use the remaining butter to grease a shallow 20cm (8inch) baking tin.
 5. Arrange the figs in the base of the tin, cut sides down. Tip the onion mixture over them and level the surface.
 6. Roll out the puff pastry on a lightly floured surface and trim to a circle measuring 23cm (9inch) in diameter. Lift on top of the onion mixture and tuck the pastry edges down the sides of the tin.
 7. Bake for 20-25 minutes until risen and golden brown. Cool for about 10 minutes, then run a knife around the edge of the tin and invert the tart onto a serving plate.

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8. Serve whilst warm, topped with the slices of Parma ham and a large scoop of Parmigiano-Reggiano Cheese ice cream.
 9. N.B The ice cream makes more than is required for this dish so other serving suggestions to use up the leftovers are to serve in place of a cheese course with toasted brioche, or savoury biscotti and some mostarda di frutta.



SPICE PEAR TATIN

With Parmigiano-Reggiano Cheese
Puff Pastry



*Wine suggestion: 10-year-old
Tawny Port.*



INGREDIENTS (serves 6)

- 6 large firm Forelle or Comice pears
- 1 tablespoon lemon juice
- 25g unsalted butter
- 25g demerara sugar
- 1 tablespoon orange zest
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 350g ready made puff pastry
- 150g Parmigiano-Reggiano Cheese
- Chantilly cream to serve



PREPARATION

- 1.** Preheat the oven to gas mark 6/200°C.
- 2.** Peel, halve and de-seed the pears. Cut each pear into quarters and toss in the lemon juice.

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3. Melt the butter in a pan and add the sugar, orange zest, nutmeg and cinnamon. As the butter starts to sizzle, add the pears and cook over a medium heat for 10 minutes or until the pears have started to caramelize.
 4. Roll out the pastry on a lightly floured surface and sprinkle the Parmigiano-Reggiano Cheese over the top. Fold the pastry and re-roll into a 22cm circle.
 5. Transfer the pears to a shallow metal baking dish, measuring 20cm diameter. Pour the excess caramelised butter over the pears then cover with the pastry.

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6. Crimp the pastry edges around the pears and make a couple of slits in the centre. Bake on a baking sheet for 30 minutes.
 7. Remove the pear Tatin from the oven and allow it to cool for a few minutes. Invert the tart on to a serving plate and serve with clotted or Chantilly cream.

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