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Datacolor Cookbook





BELGIUM

BEEF STEW

SERVINGS: 2

INGREDIENTS

- one large onion
- 500g pork meat (cut into large chunks)
- knob of butter
- Pinch of salt
- pinch of pepper
- 2 bottles x 33cl Belgian Dark Strong Ale (eg. Sint Bernardus Abt 12)
- 1 bay leaf
- 1 sprig of thyme
- 1 tbsp of Sirop de Liège (apple-pear syrup)
- 1 slice of brown bread
- 1 tbsp of mustard (Tierenteyn)

DIRECTIONS

1. Peel and roughly chop the onions.
2. Heat a large casserole dish and melt a knob of butter in it. Sauté the onions over a medium heat until soft. Do not brown the onions.
3. Heat a frying pan over a medium to high heat and melt a knob of butter in it.
4. Sear the meat in the frying pan until it has a golden brown crust. Season the meat during searing with some ground pepper and a pinch of salt. It is best to brown a large amount of meat in several turns. When the frying pan is completely full of pieces of meat, it may lose too much moisture and “cook” instead of searing.
5. Add the browned meat to the onions. Keep the pan used for searing the meat and pour the brown beer into the leftover juices. While the beer is being brought to a boil, scrape the brown bits from the bottom so they form part of the sauce.
6. Once the beer is boiling, pour the entire contents of the pan into the meat stew. (Never pour cold beer directly into the meat.) Add a bay leaf, a sprig of fresh thyme and the sirop de Liège (apple-pear syrup).
7. Generously spread a large slice of brown bread with mustard. Place the bread on top of the meat, with the mustard side down.
8. Let the stew simmer for one and a half to three hours on a low heat. The lid does not have to be on the pot. The cooking time depends on the quality of the meat. Stir the pot from time to time and check at regular intervals to see if the meat is cooked enough.
9. Only once the stew sauce has the desired thickness should you place the lid on the stew.
10. Taste, and add some more ground pepper and a pinch of salt to preference.

NOTE: Eat with salad and fries



FRANCE



MADELEINES

INGREDIENTS

- 1 madeleine mold
- 90 g of butter
- 3 large eggs
- 70 g sugar
- Zest of one organic lemon
(or 1 teaspoon of lemon extract)
- 110 g all-purpose flour sifted
- 1 tsp baking powder
- ¼ tsp salt

DIRECTIONS

1. Preheat the oven at 180°C.
2. In a saucepan, melt the butter. Then add the honey. Mix well. Set aside.
3. In a medium bowl, beat the eggs and sugar. Whisk until well-combined and the mixture creates a foam.
4. Pour the mix of melted butter-honey in it and add the lemon zest (or lemon extract)
5. Add the sifted flour, baking powder, and salt to the mix and whisk until well incorporated.
6. Grease and flour the Madeleine molds if in metal. No need to grease the mold if silicone. Spoon or pipe the batter in the mold, leaving the madeleines 5 mm from the edge.
7. Put the filled mold in the fridge for at least 10 min before baking.
8. Bake for 10min at 180°C, then turn off the oven and leave them until the bump is formed (about 6-7 min). Keep an eye on the last minute; they can burn very quickly around the edge!
9. After removing from the oven, unmold the madeleines as soon as possible to prevent them from sticking to the mold.

NOTE: Perfect with a cup of tea



UK 

FISH & CHIPS

SERVINGS: 4

INGREDIENTS

- 900 g potatoes
- sunflower oil , for deep-frying
- 225 g white fish fillets, skin off, pin-boned,
- 225 g plain flour , plus extra for dusting
- 285 ml cold beer
- 3 heaped tsp baking powder

DIRECTIONS

1. Preheat the oven to 180°C/350°F/gas 4.
2. Peel and slice the potatoes into chips.
3. Pour the sunflower oil into a deep fat fryer or a large sturdy pan and heat it to 190°C/375°F.
4. Mix ½ a teaspoon of salt and 1 teaspoon of pepper together, then use it to season the fish fillets on both sides – this will help to remove any excess water, making the fish really meaty.
5. Whisk the flour, beer and baking powder together until nice and shiny – the texture should be like semi-whipped double cream (i.e. it should stick to whatever you're coating).
6. Dust each fish fillet in a little of the extra flour, then dip into the batter and allow any excess to drip off. Holding one end, gently lower the fish into the oil one by one, working carefully so you don't get splashed – it will depend on the size of your fryer or pan how many fish you can cook at once.
7. Cook for 4 minutes, or until the fish is cooked through and the batter is golden and crisp, then remove to kitchen paper to drain.
8. Meanwhile, parboil the chips in boiling salted water for 4 to 5 minutes, or until softened but still retaining their shape, then drain and steam dry.
9. When the chips are nice and dry, fry in the oil that the fish were cooked in at 180°C/350°F until golden and crisp.
10. While the chips are frying, transfer the fish from the kitchen paper to a baking tray. Place in the oven for a few minutes to finish cooking – this way they will stay crisp while you finish off the chips.
11. When the chips are done, drain them on kitchen paper, season with salt, and serve with the fish !



ITALY



TORTELLI DI ZUCCA

INGREDIENTS

Stuffing:

- 700 gr of cooked pumpkin
- 50 gr of amaretti
- 250 gr of Parmigiano Reggiano cheese
- salt
- nutmeg to taste

For the dough:

- 4 eggs
- 400 gr of 00's flour
- 1 tsp of extra-virgin oil

DIRECTIONS

1. Squash the pumpkin with a fork, add Parmigiano Reggiano cheese and mix well. Then add crushed amaretti and the nutmeg to taste. Mix well.
2. Make a well in the flour on a pastry board, and in the centre add the eggs and the oil. Beat the eggs with a fork, slowly incorporate the flour and once all the flour has been incorporated, knead with the hands until a smooth mass is obtained.
3. Cover the dough with cling film and leave it to rest at room temperature for 30 minutes.
4. To make the tortellini, roll out the dough with rolling pin. Make strips about 10 cm high and 1 mm thick. Then, using a spoon, form small balls about 2 cm of diameter and place them in a row in the centre of the stripe of pastry, leaving a couple of cm between each one. Fold the pastry over and close the pastry around the filling with your hands to allow the air to escape.
5. Using a pastry cutter or wheel, cut the pastry into rectangles with the filling in the centre and place them on a well-floured paper tray. Cook in boiling salted water for 2 minutes from when they come to the surface,
6. Season to taste with melted butter and grated Parmigiano Reggiano cheese

NOTE: Be creative and try other stuffing as welll



GERMANY 

KARTOFFELNUDELN

INGREDIENTS

Potato noodles

- 1kg prebaked potatoes
- 2 eggs
- 2 tbsp butter
- 1 pinch of salt
- 1 pinch of pepper
- 1 pinch nutmeg
- 150 g of wheat flour
- 5 tbsp wheat semolina

Salad dressing

- 4 tbsp pumpkin seed oil
- 2 tbsp apple cider vinegar
- Salt pepper
- Garlic to taste
- Salad herbs to taste

DIRECTIONS

1. Heat water in a pot and the potatoes are cooked until soft for 25 minutes. Preheat the oven to 180°C.
2. Peel baked potatoes and pressed through the potato press or a sieve while they are still hot.
3. Then shape into a dough with the eggs, nutmeg, salt, flour and semolina.
4. Prepare the work surface by sprinkling flour on it and form a roll of about 2 cm thick and cut into 4 cm long pieces.
5. Place the noodles in a baking dish greased with butter, add additional butter and baked in the oven at 180°C for 20 minutes.
6. The potato noodles are served hot.
7. Prepare salad & serve together

Potato noodles can be prepared as a side dish or as a small starter.

You can also prepare a sweet version of them as a dessert by replacing the pepper and nutmeg by sugar.

NOTE: For the salad dressing, pumpking seed oil is a special local oil from Austria but it can be replaced by nut or olive oil.



SWITZERLAND



VALAIS CHEESE- AND-TOMATO FONDUE

INGREDIENTS

Stuffing:

- 400 g grated Raclette du Valais
- cheese AOP
- 400 g grated Valais alpine cheese
- 3 dl Fendant wine from Valais
- 250 g tomato sauce
- 1 clove of garlic
- 4 level tsp cornflour
- 1 small glass Valais kirsch
- 600-800 g small potatoes
- ground pepper

DIRECTIONS

1. Rub the fondue pot with the garlic, add the wine and heat over medium heat.
2. When the wine starts to heat, add the Raclette and the cheese and let them melt over a low heat, stirring continuously.
3. Add the tomato sauce and keep stirring until the mixture becomes homogeneous
4. Mix the cornflour with the kirsch and pour in the caquelon. Continue stirring.
5. At the first boil, remove the fondue pot, season with pepper and place the caquelon on a “réchaud” burner on the dining table.
6. Put a portion of potatoes on each plate, cut in pieces and ladle some tomato fondue over them

NOTE: Fondue can also be eaten with bread



TÜRKIYE



ADA ÇAYI : SAGE TEA

INGREDIENTS

- 1-2 dried sage leaves
- 1cup of boiled water
- 1 slice of lemon (optional)
- Sugar (optional)

DIRECTIONS

1. Boil 1 cup of water, and then add the leaves.
2. Allow sage leaves to steep for about 3-4 minutes, then remove.

Ada çayı literally means “island tea” in Turkish. The tea is actually brewed from sage leaves, and served with lemon and sugar.

Sage is a perennial shrub. The flowers grow in the summer, and the leaves are used for tea.

NOTE:

Sage tea has been historically used as a kind of traditional medicine throughout the Mediterranean. The key component to tea that makes it so healthy is the flavonoids it contains. Flavonoids are what give tea its color, and they function as antioxidants in the body. The less processed the tea, the more flavonoids it will contain. Preliminary research shows that flavonoids can help to reduce inflammation in the body, which is linked to cancer and heart disease.



INDIA



POHA

Indian breakfast/snack

SERVINGS: 1

INGREDIENTS

- 1 ½ cups poha
- 1 medium onion
- 2 to 3 green chilies
- 1 sprig curry leaves
- 1 medium potato
- 1½ tbsp oil
- 3 to 4 tbsp peanuts
- ¾ tsp mustard seeds
- ¾ tsp cumin seeds
- 1 pinch hing
- ¼ tsp turmeric
- ⅓ tsp salt
- ½ to 1 tsp sugar
- Lemon juice as needed
- 2 tbsp coriander leaves

DIRECTIONS

1. To make poha, choose medium to thick flakes. Avoid thin flakes. Add them to a bowl or a strainer or colander.
2. Pour 4 to 5 cups of water and rinse them quickly. Drain the water completely. Rinse them twice.
3. Cover and set aside to soften. Meanwhile prepare the veggies.
4. Heat a pan with oil and fry the peanuts on a medium heat until golden and crunchy. Remove the peanuts and set aside
5. To the same pan, add the mustard seeds and cumin. When the seeds begin to pop, add hing, onions, curry leaves and green chili. Saute until the onion turn lightly pink.
6. Add cubed potatoes or mix veggies and sauté for a min. Cover and cook on a low heat until soft and cooked completely. If needed can sprinkle some water and cook. Once done, sauté for another minute
7. Press a few flakes of poha in between your thumb and forefinger, they should be soft & break easily. If they don't then sprinkle little water mix and cover.
8. When they turn soft enough, add some sugar and salt. Run your fingers through the poha to break the lumps & spread salt.
9. Add turmeric and poha to the vegetables
10. Cook on a very low heat until it turns hot. If you feel poha is too dry, you may sprinkle some water and continue to steam.
11. Turn off the heat when poha has softened & become hot. Remove from heat. Taste test and add more salt if needed & squeeze lemon juice.
12. Garnish poha with coriander leaves & roasted peanuts. You may top with sev or farsan or fresh coconut. Serve it hot.



CHINA/SHANGHAI 

STIR-FRIED TOMATOES WITH EGGS

SERVINGS: 1

INGREDIENTS

- 3 eggs
- 2 tomatoes
- chopped green onion
- oil
- salt

DIRECTIONS

1. Clean the tomatoes and then scald them with boiling water, and then remove the stems and the peels.
2. Cut the tomatoes into chunks.
3. Crack the eggs into a bowl, add some salt (1-2 tea)
4. Scramble the eggs, stir-fry it for 10-20 seconds until it sets and forms yellowing, and then picked them on the plate.
5. Add oil in the wok, add the chopped green onion when the oil is hot.
6. Add tomatoes to be stir-fired for about 1 minute on high heat until you can see the tomato juice run, add some salt (1-2 tsp)
7. Add in the egg chunks to be stir-fired for 30 seconds or more.
8. Taste and add extra salt if you want.



CHINA/SHANGHAI 

LETTUCE IN OYSTER SAUCE

INGREDIENTS

- 600 gr lettuce
- 1 garlic
- 30 gr oyster sauce
- 60 gr vegetable oil
- 1 gr pepper
- 10 gr soy sauce
- 10 gr white sugar
- 20 gr cooking wine
- salt
- 5 gr sesame oil

DIRECTIONS

1. Remove the old leave of lettuce and clean it, put water into the boiler, and put in salt, sugar and oil, bring it to a boil. When the water is boiling, put the lettuce in. Drain the water and put the lettuce on the plate.
2. Put the wok on the fire and put in a spoonful of oil, and add some garlic to fry. Then put in oyster sauce, cooking wine, pepper, sugar, soy sauce and 60g water. When they are boiling, pour the sesame oil in and then pour the sauce on the lettuce.



HONG KONG 

AVOCADO AND SCALLOP SPAGHETTI

SERVINGS: 1

INGREDIENTS

- 1 avocado
- 4 scallops
- 120 grams spaghetti
- 3 garlic cloves
- salt
- black pepper
- Xiangqian
- Olive oil

DIRECTIONS

1. Cut avocado, chop the xiangqian
2. Put avocado, xiangqian, garlic, black pepper, salt, and olive oil into a blender and blend into a paste, set aside
3. Boil a pot of water, add spaghetti, add half teaspoon oil, and simmer until cooked. Set aside
4. Wash and pat dry the scallops, put in a hot oil pan, fry both sides over medium heat until fragrant, add little salt and pepper, and serve
5. Heat a wok with oil, add spaghetti and guacamole, stir-fry, and serve
6. Place scallops on the spaghetti and complete



VIETNAM

SPRING ROLLS

SERVINGS: 4

INGREDIENTS

Vietnamese Peanut Sauce

- 2 cloves garlic
minced
- 1/4 cup hoisin sauce
- 1 tbsp peanut butter
- 1 cup water
- 1 tsp corn starch
- 1 tbsp roasted
peanuts

Spring Rolls

- 1 pound pork belly
thinly sliced
- 1 pound shrimp
halved
- 5 oz vermicelli
noodles
- 12 pieces rice paper
- 1 head lettuce
- 1 carrot (julienne)
- 1 cucumber (julienne)
- mint

DIRECTIONS

Vietnamese Peanut Sauce

1. Heat a tablespoon of oil over medium heat. Add the garlic and cook for 30 seconds.
2. Add hoisin sauce and peanut butter. Saute for another 30 seconds.
3. Add the water and bring it up to a boil.
4. Mix corn starch with 1 tbsp of water and add to the sauce. Simmer until it thickens (1-2 minutes).
5. Pour it into a bowl and set aside. Top with peanuts right before serving.

Spring rolls

1. Bring 8 cups of water to a boil and add in the pork belly. Cook the pork belly in boiling water for an hour or until the internal temperature is 160 degrees F.
2. While the pork belly is cooking, bring 6 cups of water to a boil in a separate pot. Add in the vermicelli noodles and cook for 2-3 minutes. Sample the noodles to make sure they are done. Set aside.
3. After you cook the vermicelli noodles, bring 6 cups of water to a boil in the same pot and add in the shrimp. Cook the shrimp for 2-3 minutes or until the shrimp turns orange and the meat is orange and white. Set aside to rest for 10 minutes. Slice the shrimp in half.
4. Slice all your vegetables at this point. Slice your cucumbers and carrots into thin slices.
5. At this point, your pork belly should be done. Once it's done cooking, set it aside to rest for 10 minutes until it is cool enough to handle. After it rests, shave off the skin and then slice it into thin pieces. The pork belly should be as thin as possible and about 1 inch wide. This shape will help you wrap the spring rolls more easily.
- Now you're ready to create the spring rolls. Dip the rice paper in warm water to hydrate it. Lay the rice paper on a flat plate. Place lettuce, mint, carrots, cucumbers, noodles, and pork belly on one end of the rice paper.
- Roll it halfway. Make sure to roll it as tight as possible, so it's easier to dip and eat. Place 3 shrimp right in front of your roll. This will allow for the shrimp to appear neatly at the end.
- Roll over the shrimp as tightly as possible. Tuck in the sides of the roll before completing your last roll.



BRAZIL

FEIJOADA

SERVINGS: 10

INGREDIENTS

Toasted Manioc Flour

- 3 tbsp unsalted butter
- 1 small onion, very thinly sliced
- 1 large egg, beaten
- 1 1/2 cups manioc flour
- 2 tbsp finely chopped flat-leaf parsley
- Kosher salt

Feijoada

- 2 tbsp vegetable oil
- 3 garlic cloves,
- 1 large onion,
- 1 1/2 pounds dried black beans, soaked overnight and drained
- 3 1/2 quarts water
- 1 pound fresh spicy sausage, such as linguiça
- 3/4 pound dried beef (carne seca) or corned beef, in one piece
- 1 1/2 pounds smoked pork chops
- 3/4 pound lean slab bacon
- 3/4 pound chorizo,
- 1 dried red chile
- Kosher salt

DIRECTIONS

Make the toasted manioc flour

1. Melt the butter in a large skillet.
2. Add the onion and cook over low heat until softened, about 7 minutes.
3. Stir in the egg and cook, stirring, until dry and crumbly, about 30 seconds.
4. Add the manioc flour and cook over moderate heat, stirring occasionally, until lightly toasted, about 8 minutes.
5. Stir in the parsley and season with salt.

Make the Feijoada

1. Heat the vegetable oil in a large, heavy casserole. Add the garlic and onion and cook over moderately low heat, stirring occasionally, until the onion is softened, about 7 minutes.
2. Stir in the drained black beans. Add the water to the casserole and bring to a boil over moderately high heat. Reduce the heat to low and simmer the beans for 1 hour, stirring occasionally.
3. Add all of the meats and the dried chile and cook until the beans are tender, about 1 hour longer.
4. Remove the meats from the casserole and thickly slice them; discard any bones. Pick out and discard the chile.
5. Season the beans with salt. Ladle the beans into shallow bowls and serve with the sliced meats.
6. Pass the toasted manioc flour at the table for sprinkling over the feijoada.



US NEW JERSEY 

TIRAMISU OVERNIGHT OATS

SERVINGS: 4

INGREDIENTS

- 2 cups whole milk
- 1/2 cup espresso or strong brewed coffee
- 6 tbsp maple syrup or honey
- 2 1/2 tsp vanilla extract
- 2 cups rolled oats
- 8 tsp chia seeds
- 2 oz cream cheese, cubed and softened
- 1 (5.3-oz.) container vanilla Greek yogurt
- Cocoa powder, to serve

DIRECTIONS

1. In a large measuring cup, combine the milk, coffee, 1/4 cup of maple syrup, and 1 1/2 teaspoons of vanilla. Divide the mixture among 4 jars or airtight containers.
2. Stir 1/2 cup of oats and 2 teaspoons of chia seeds into each container, ensuring the oats are submerged in liquid. Cover and refrigerate for at least 4 hours or up to 12 hours.
3. In a medium bowl, whisk the cream cheese until smooth. Whisk in the yogurt, the remaining 2 tablespoons of maple syrup, and the remaining 1 teaspoon of vanilla until well combined and creamy.
4. Spoon the yogurt mixture over the oats, spreading into a smooth layer. Dust with cocoa powder and serve chilled.



US NEW JERSEY 

PORK ROLL

INGREDIENTS

- 1 kaiser roll
- 2 tbsp (28 grams)
butter, softened,
divided
- 2 slices pork roll
- 2 large eggs
- 1/8 tsp salt
- 1/8 tsp freshly
ground black pepper
- 2 slices American
cheese
- Ketchup and/or hot
sauce, optional, for
serving

DIRECTIONS

1. Set a skillet or dark nonstick frying pan over medium heat.
2. Split the roll in half across the beltline and spread each cut face with about 1/2 tablespoon of the butter. Place roll cut-sides down onto the skillet and cook until lightly toasted. Set aside.
3. Melt remaining tablespoon of butter in the skillet.
4. Make three small, evenly-spaced slits around the perimeter of each slice of the pork roll to prevent them from curling up as they cook.
5. Add pork roll to skillet and cook, pressing with a spatula from time to time to flatten and flipping once or twice, until warmed through and lightly browned on both sides. Drain on paper towels.
6. Crack the eggs into a small mixing bowl and add the salt and pepper. Beat with a fork until homogenous.
7. Pour the scrambled eggs into the skillet. Cook, dragging the edges to the center from time to time and swirling the pan once in a while to encourage the uncooked top parts to wend their way to the bottom.
8. When egg is just about cooked, place the cheese slices on top to cover the surface and let them melt a bit.
9. To assemble the sandwich, place the pork roll and then the cheese-covered eggs onto the bottom half of the roll and top with the other half of the roll.
10. For an authentic experience, you'll want the sandwich to steam a bit before serving. Wrap it in deli paper (or parchment or wax paper if that's what you've got) before cutting in half. Then wrap the whole thing in foil. Let it rest for five minutes before serving (with ketchup and hot sauce, if you like).

Ingredient	1 cup	$\frac{3}{4}$ cup	$\frac{2}{3}$ cup	$\frac{1}{2}$ cup	$\frac{1}{3}$ cup	$\frac{1}{4}$ cup	2 tbsp
Flour	120g	90g	80g	60g	40g	30g	15g
Flour (sieved)	110g	80g	70g	55g	35g	27g	13g
Sugar (granulated)	200g	150g	130g	100g	65g	50g	25g
Icing Sugar	100g	75g	70g	50g	35g	25g	13g
Brown Sugar	180g	135g	120g	90g	60g	45g	23g
Cornflour (corn starch)	120g	90g	80g	60g	40g	30g	15g
Rice (uncooked)	190g	140g	125g	95g	65g	48g	24g
Couscous (uncooked)	180g	135g	120g	90g	60g	45g	22g
Oats (uncooked)	90g	65g	60g	45g	30g	22g	11g
Table Salt	300g	230g	200g	150g	100g	75g	40g
Butter	240g	180g	160g	120g	80g	60g	30g
Vegetable Shortening	190g	140g	125g	95g	65g	48g	24g
Nuts (chopped)	150g	110g	100g	75g	50g	40g	20g
Nuts (ground)	120g	90g	80g	60g	40g	30g	15g
Breadcrumbs (fresh)	60g	45g	40g	30g	20g	15g	10g
Breadcrumbs (dry)	150g	110g	100g	75g	50g	40g	20g
Sultanas / Raisins	200g	150g	130g	100g	65g	50g	22g