La Ferme du Soleil

CRESS Recipe Book
About this book

CRESS (Centre for Research in Social Simulation) is not only the world leading research centre in social simulation, but is also capable of producing mouth watering international cuisines!

CRESS believes in the benefit of open source and pleased to share its successful recipes.

Most of the pictures were taken during a CRESS holiday trip to La Ferme du Soleil, a beautiful chalet in the Alps in France.

2009
The Chalet in the Alps
Dedicated to: La Ferme du Soleil
NO-KNEAD BREAD

Put 500 grams bread flour into a large bowl. Add 2 teaspoons of salt.

Put 50 cc of cold water and 50cc of boiling water into a measuring jug. Add a tablespoon of sugar and a teaspoon of dried yeast (not instant). Stir. Leave for 15 minutes. Make the liquid up to 400 cc with cold water. Stir yeast mixture into flour until well mixed. It will seem far too wet for bread dough. Don't worry. Cover bowl with cling film and leave at room temperature for at least 12 hours.

Spread out a clean tea towel and sprinkle a lot of flour into the middle. Tip the dough onto the tea towel, sprinkle with more flour and cover dough with the edges of the tea towel. Leave to rise for another two hours.

After one and a half hours, put oven on to heat up to 230 deg. C and put a large empty cast iron cooking pot into the oven to get hot.

When the two hours are up, carefully take the cooking pot out of the oven and tip the dough into it, including any that sticks to the towel. Put the lid on the pot and replace it in the oven.

Bake for 30 minutes. Then remove the lid and bake open for another 15 minutes. Remove the pot from the oven and pick out the loaf - it should come out easily. Leave for 30 minutes on a grid to cool. Eat.
EGYPTIAN BREAD

- 2.5 cups of flour
- 0.5 cup of warm water
- 0.25 cup of warm water with a spoon of yeast
- Salt

Leave the yeast in the 0.25 cup of warm water for 10 minutes

Mix the flour with the water and salt and leave it for 1 hour in a warm place

Make balls of dough and leave them for about 30 minutes

Flatten the balls into rounded shapes

Put the bread (as many as you can) in a tray and put it inside the oven/grill with a very high temperature (may be 280°C) for around 5 minutes.
Egyptian Bread
COLD PLUM SOUP

2 kg plums
1 teaspoon cinnamon
1 teaspoon cumin
1 tablespoon balsamic vinegar
sugar
Sour cream/fromage frais/yoghourt

Stew the plums until they are very soft and the stones have separated. Strain to remove the plum stones. In a blender/food processor, blend the plums, the spices and the vinegar. Add sugar until it is sufficiently sweet to eat, but still sour. Dilute the mixture with water to make a thin soup (about 2 litres).

Serve with a dollop of sour cream floating in each soup plate.
Cold Plum Soup
Lentil Soup
LENTIL SOUP

Serves Four

- 45ml/3 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 1-2 carrots, sliced
- 8 garlic cloves, chopped
- 1 potato, peeled and diced
- 250g/9oz/generous 1 cup red lentils
- 1 litre/1 3/4 pints/4 cups vegetable stock
- 2 bay leaves
- 1-2 lemons, halved
- 2.5ml/1/2 tsp ground cumin, or to taste
- cayenne pepper or Tabasco sauce, to taste
- salt and ground black pepper
- lemon slices and chopped fresh flat leaf parsley leaves, to serve

(1) Heat the oil in a large pan. Add the onion and cook for about 5 minutes, or until softened. Stir in the celery, carrots, half the garlic and all the potato. Cook for a few minutes until beginning to soften.
(2) Add the lentils and stock to the pan and bring to the boil. Reduce the heat, cover and simmer for about 30 minutes, until the potato and lentils are tender.
(3) Add the bay leaves, remaining garlic and half the lemons to the pan and cook the soup for a further 10 minutes. Remove the bay leaves. Squeeze the juice from the remaining lemons, then stir into the soup, to taste.
(4) Pour the soup into a food processor or blender and process until smooth. (You may need to do this in batches.) Tip the soup back into the pan, stir in the cumin, cayenne pepper or Tabasco sauce, and season with salt and pepper.
(5) Pour the soup into bowls, sprinkling with chopped fresh flat leaf parsley. Serve immediately.
GRILLED GOAT CHEESE

Serves Twelve

Buy two baguettes and make sure they are of the 'right kind' as otherwise they are completely uneatable! Make sure you hide them well from all other people during the day. Buy four rolls of Chevre and about two bulbs of garlic (if any is left it will be used up later for something - be assured). Cut the baguette into slices at an angle, cut the Chevre into quarter inch slices and lay two slices on the baguette. Squeeze a clove of garlic on top of the Chevre and distribute evenly. Top with a little bit of olive oil and stick under a very hot grill for about 2-5 min - watch it at all times as the garlic burns easily! Serve on a bed of lettuce.
Anchovyade
ANCHOYADE

Serves Two

1 head of garlic
4 fillets of salted anchovies
pepper, lemon,
toasted bread

Grill a whole, unpeeled head of garlic until it turns brown and the cloves are soft (usually 20' in the oven). Peel the cloves and squeeze them with a fork together with the mashed anchovies fillets, adjust generously with pepper and lemon juice (no need to add salt if you use salted anchovies). Spread on toasted bread.
TOMATE RELLEVO (Stuffed Tomatoes)

Serves Six

6 large and ripe tomatoes (e.g., Jack Hawkins or Marmande tomatoes)
250 g small peeled, cooked prawns
165 g Canned Tuna
1 cups fresh sweet corn kernels blanched
4 tbsp garlic mayonnaise
2 lemons
Lettuce
Chopped parsley
Merken* (Mapuche spice) or salt and pepper to taste

Wash tomatoes and slice off stem ends. Gently scoop out pulp, leaving a 2cm deep wall. Reserve pulp for another use.

Mix prawns, tuna corn, garlic mayonnaise and parsley in a bowl. Add merken or salt and pepper to taste. Then, spoon an equal amount of mixture into each hollowed out tomato.

Place stuffed tomatoes into a dish over a bed of lettuce with a slice of lemon.
* Merken is a traditional spice blend created by the Mapuche Indians of the Araucania region of Chile, where it’s been used as a cooking staple for centuries. The coarse, coppery powder — a combination of smoked Cacho de Cabra (Goat’s Horn) chilies, toasted coriander seeds, and salt — tastes a little like chipotle, but with far more richness and bite.
HUNGARIAN PÖRKÖLT

(its proper name, but called goulash outside Hungary)

3 kg stewing beef, cubed
6 onions
vegetable oil
2 stock cubes
2 tins chopped tomatoes
1 small tin concentrated tomato purée
2 large tablespoons paprika powder
1 minced garlic
1 teaspoon salt

Chop and fry the onions in oil until transparent in a large ovenproof casserole. Add the beef and fry until browned. Add the paprika and fry briefly. Add the other ingredients and cover with boiling water. Cook in the oven for 2 hours at 180 deg C.

Serve with tagliatelli (should actually be home made noodles) and a green vegetables such as French beans or peas.
RIGHT MOROCCAN CHICKEN

Serves Four

60g of butter
3 onions
tsp of ground ginger
tsp of ground black pepper
tsp of cinnamon
saffron
3 table sp of flat leaved parsley
2 tins of chick peas
and Chicken of course

Brown chicken, fry onions, then spices and 1 tsp of salt, add chicken and 350ml of water and simmer for 45 mins. Add skinned chick peas and parsley, simmer for 15 mins more. Serve with cous cous and lemon wedges. (It's also nice with roasted sweet potatoes)!
Right Moroccan Chicken
NAVARREN

Serves Twelve

1 kilo of diced lamb
3 lamb Oxo cubes
½ pint water
3 tablespoons tomato puree
1 tablespoon flour (to thicken)
ground pepper
2 bouquet garnis
2 bayleaves
¼ large swede (diced)
500g carrots (diced)
2 large onions (diced)
6 potatoes (sliced)

Make stock.
Add everything else except potatoes.
Cook in large pan on hob.
Add potatoes.
Remove bay leaves and bouquet garni.
Cook for a further 20 minutes.
CONIGLIO ALLA BRESCIANA

Serves Four

1 large (1.5kg) rabbit
2 lemons
5-6 cloves of garlic
1 bottle of white wine
fresh rosemary and sage
salt, pepper, olive oil, butter

Ask your butcher to chop the rabbit in tiny pieces (max 3-4cm), save the entrails and the head (if available) and 2-3 pieces of meat for the two bonus recipes below. Preheat the oven (200 C, convection)

Put the chopped rabbit in a large frying pan together with olive oil, butter, sage leaves, rosemary, lemon peels, the garlic cloves (squash them with the palm of your hand).

Seal the rabbit over a high heat for 15' to prevent the loss of juices, turn it frequently as needed until it turns brown, adjust with salt and pepper (the meat has to be slightly oversalted as it will roast for a long time in the wine in the oven). Add half the bottle of wine (it should almost cover the rabbit) and let it reduce on the hob for a couple of minutes. Add one crushed stock cube. Move the rabbit to a roasting pan in the preheated oven and add the rest of the wine. Roast it for 1.30 hours, turning it every 20-30' (that's grandma's secret), add more wine to keep it constantly wet (the more wine it absorbs the better). It should look caramelised when you serve it.
Fegatelli di coniglio (bonus recipe)
Dip the rabbit entrails (heart, kidneys, liver, lungs) in milk and then flour. Stir-fry shortly over a high heat in a frying pan with a tiny bit of butter and sage until brown. Sprinkle some lemon juice or white wine and serve piping hot.
Estofado de Vacuno (Chilean Beef Stew)
ESTOFADO DE VACUNO (Chilean Beef Stew)

*Serves Six*

½ Kg. beef
1 or 1½ potato per person
2 large onions
2 large carrots
1 red pepper
400 g tomato sauce
4 bay leaves
2 clove of garlic
2 tbsp olive oil
Parsley, oregano, salt and pepper at easy

Peel the carrots, onion, garlic and potato. Cut the carrots, potato and peppers into batons. Slice the beef and onions.

Cook the potatoes. In a different saucepan, brown the beef in olive oil. Then add onions, pepper and carrots and stir everything.

Add the potatoes, tomato sauce, parsley, bay leaves and seasonings and stir everything. Cook on a moderate heat for 20 minutes or until the vegetables are tender.
PEAR AND GINGER TARTE TATIN

Serves Six

two ready-to-bake puff pastries
4-6 pears depending on size
a medium lump of fresh ginger
1 heaped teaspoon of cinnamon
125g butter
100g sugar

Core the pears, then peel as neatly as possible and halve. Put the butter, cinnamon and sugar into a large flat frying pan on a medium to high heat. You want it to caramelise but not burn! Put the pears in with the core side up. Leave the pears in the caramelising mixture for 20-40 minutes, depending on how hard the pears are. Stir carefully from time to time to ensure it does not get stuck and burns. For the last 10 minutes of this, grate in the ginger. Transfer the pears with the core side still up into a tarte tatin tin (o: and cover with the caramelised butter/sugar/ginger/cinnamon mixture. Put the puff pastry over it, folding the edges into the tin around the pears. Bake in a preheated oven at 200-250 degrees C for about 10-15 minutes or until the pastry is golden brown. Serve with some vanilla ice cream, creme fraiche, or any other creamy thing you can think of.
FRUIT SALAD

Serves Twelve

For syrup
12 oz sugar
1½ pints water
3 lemons

Assorted fruit as available: apples, pears, bananas, pineapple, grapefruit
To add colour use oranges, nectarines, peaches, grapes, kiwis, strawberries.
(Avoid fruit that stain such as raspberries and blackberries.)

Make the syrup by dissolving the sugar in the water. Add juice from the lemons. Leave to cool. Chop/peel etc the fruit and add to the syrup, making sure all the fruit is covered by the syrup to prevent discoulouration.
LECHE ASADA (Roasted Milk)

Serves Six

1 litre whole milk
6 eggs
1 cup of granulated sugar
2 teaspoonful of ground cinnamon

Prepare the caramel and pour it into a baking tray.

In a bowl, mix very well the eggs, milk, sugar and cinnamon and stir until frothy. Pour the mixture into the baking tray, over the caramel.

Put in a pre-heated oven and bake at medium temperature (200°C) for 40 minutes or until the mixture becomes brown.

Let it cool before serving.
Leche Asada
MUFFINS

Oven: 170°C, fan

(1) 200g white self-raising flour, 2 teaspoons baking powder, 1/2 teaspoon salt
(2) 2 eggs, 30 ml vegetable oil, 125 ml milk, 100g sugar
(3) 200g soft fruit, preferably frozen (and still frozen)

Mix all (1) in a large bowl, add (3) and stir. Mix all (2) in a small bowl. Pour into the large bowl, mix roughly and distribute into muffin cases (2 tablespoons per muffin, makes 6). Bake for 25 minutes. Leave to cool and turn out of the muffin cases.
MY AUNT TONI'S AMAZING CHOCOLATE CAKE

300 g plain chocolate
250g ground almonds
250g butter
250g sugar
4 eggs
1 tablespoon instant coffee

In a bowl, over steam, melt the chocolate. Add a tablespoon of hot water to the instant coffee, and pour into the chocolate. Stir (it will go rather stiff). Remove from heat and add almonds, butter, sugar to the mixture and stir well. Separate the eggs, whisk the yolks lightly and stir into the mixture. Whisk the egg whites and fold into the mixture.

Bake in a loaf tin at 170 degrees C for 1.5 hours.

Icing

200 g condensed milk
2 tablespoons cocoa powder
100g butter

Gently warm all three in a saucepan until thoroughly combined. Cool in the fridge until fairly stiff and spread over the cake.
Fruit Scones
FRUIT SCONES

500g self-raising flour
125g butter
125g sugar
250ml milk
150g sultanas (or raisins)
12g baking powder
Large pinch salt

Sieve the flour, baking powder and salt into a bowl. Rub in the butter until very fine crumbs. Mix in the sultanas. Make a well in the centre of the mixture. Dissolve the sugar in the milk and pour into the flour. Mix very well to make a slightly sticky dough.

Place dough on a well floured board. Make a round roughly 2cm thick. Scatter some flour on top. Using a scone cutter (about 5 cm) cut into rounds (or just cut into 2 cm cubes) and place on a lightly greased baking sheet.

Bake for 12-15 minutes in pre-heated oven (220C) until well risen and golden. Cool on a wire rack and serve with butter (and jam and cream ...)

For 12 people double the quantities (makes 27 scones)
The hearts that one gets from living in the Alps!