

Food  
Club  
Event

# *Festive Argentine fare*

Norberto Palacios from Asado, The Palace – The Old Town taught *BBC Good Food ME's* Food Club to create three festive dishes with an Argentine flavour. Divine dishes to create over the holiday season, we think you could enjoy these recipes all year round

The culinary stage was set once again at the beautiful Pedini and Mark Wilkinson Furniture showroom along Sheikh Zayed Road Dubai, where chef de cuisine Norberto Palacios took to the showroom kitchen to teach us three gorgeous festive dishes inspired by the cooking techniques and ingredients used in Argentine cooking.

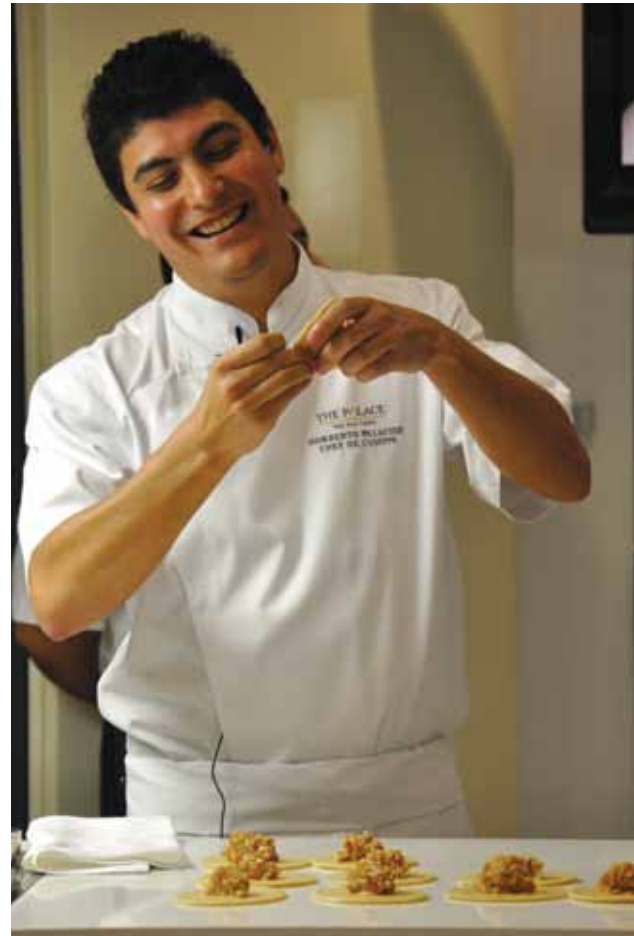
To start, chef Norberto presented a turkey empanada. The empanada is a Latin American pastry that is often stuffed with cheese, beef, chorizo or even tuna or cod, but with Christmas just around the corner, Norberto created empanadas stuffed with turkey. He used the leg of the turkey – which is a slightly fattier and more flavoursome part of the bird, and the slow-cooked boiled turkey, sautéed with the vegetables was succulent and delicious. With nimble fingers, Norberto pinched together the discs of dough to create beautiful-looking parcels. Into the oven they went, and we all enjoyed these starters of lightly-crunchy pastry and tender meat.

From there, it was to the mains of salmon fillet, layered with slivers of potato and topped with a sauce of carrot juice,

ginger and orange, which was added to a caramelised sugar. The salmon was lightly cooked on the pan for a few minutes, and then cooked in the oven until done. Norberto advises that if you have an all-metal pan you can place this straight into the oven, but if your pan has a plastic handle, rather place the salmon straight into the oven – directly onto the tray at a very high heat, for a few minutes, and then bring the heat down to cook the salmon a little more.

The dessert of slow-baked apples with basil cream and vanilla ice cream was lovely end to the evening. The apples, decadently-infused with sugar, cinnamon and butter, were soft, but chewy. The basil cream tamed the sweetness very well and the hot apples, with the cold ice cream was a lovely combination of temperatures.

A delicious feast for the senses, this most definitely got our Food Club members into the holiday mood. The Palace team surprised us with mince pies and Christmas cookies too, which ended off the last *BBC Good Food ME* Food Club masterclass of 2010 perfectly.



## STARTER

### Turkey empanada

SERVES 12

#### THE DOUGH

1kg flour  
1 cup butter  
1 tbsp salt  
1 cup water

#### THE TURKEY

2 legs turkey  
1 white onion, chopped  
3 tomatoes, diced  
3 carrots, diced  
1 tbsp salt  
1 tsp white peppercorn

#### THE SAUCE

1 tsp chilli flakes  
3 tomatoes  
1 clove garlic  
1 onion  
3 tbsp olive oil  
1 tsp salt

For the dough:

- 1** Mix all the ingredients together and make the dough.
- 2** Put in the fridge and leave for two hours.
- 3** Roll the dough until it is 2mm thick and cut with a mould into a round shape, about the circumference of a cup.

For the turkey:

- 1** Boil the turkey leg in a pot with vegetable stock until soft and remove the meat from the bones easily.
- 2** After that remove all the bones and chop the turkey into cubes.
- 3** Sauté the vegetables in a pot with olive oil, add the turkey and cook in a slow fire for 20 mins approximately.
- 4** Fill up the dough disc and fold accordingly.
- 5** Brush with egg and bake at 200 degrees C for 12 mins.

For the sauce:

- 1** Grate the whole tomato and add chopped garlic, chopped onions, chili flakes, salt and finish with the olive oil.

For the presentation:

Serve the empanadas with the sauce on the side.



# CHEF'S BITES

## MAIN

### Salmon with potato, spinach gnocchi and carrot sauce

SERVES 6

#### THE SALMON

1 salmon fillet  
10g butter  
300g baby potato  
white peppercorns, to taste  
salt, to taste

#### THE GNOCCHI

1 cup milk  
4 eggs  
½ cup parmesan cheese  
¼ cup butter  
100g butter  
150g flour  
1 tsp salt

#### THE CARROT SAUCE

1 l carrot juice  
¼ cup ginger juice  
½ cup orange juice  
3 tbsp sugar  
¼ cup white vinegar  
1 tsp sea salt

For the salmon:

- 1 Cut the salmon into six pieces of similar size, add salt and pepper.
- 2 Cut the potatoes into thin slices with a knife or mandolin. Do not rinse the potato slices as the starch will help the slices stick together.
- 3 Place the potato slices on top of the salmon, overlapping the slices.
- 4 Using a kitchen brush paint the potatoes with butter previously melted in a pot, and then keep the salmon in the fridge till the butter become solid, repeat the action one more time.
- 5 Warm a non-stick pan over medium-high heat, place the salmon, skin-side up in the pan. Cook for a 1 min and then place it into the oven for 5 minutes more. Take out from the oven and turn the fish over with a spatula and serve on the plate.



For the gnocchi:

- 1 Sift flour into a bowl. Bring milk and butter to a boil in a saucepan, stirring until the butter has melted.
- 2 Reduce heat, then, when mixture is simmering, add flour all at once and cook, stirring vigorously with a wooden spoon, until mixture pulls away from side of pan, 1 to 2 minutes.
- 3 Remove from heat and stir in the cheese, salt, and pepper and the steamed spinach blended. Add eggs one at a time, stirring vigorously after each addition until mixture is smooth. Transfer dough to pastry bag.
- 4 Pipe the dough directly into a pot of salted boiling water, using a paring knife to cut off dough at tip. Simmer gnocchi until they rise to surface, then transfer with a slotted spoon to a tray with olive oil and cool down into the fridge.

For the sauce:

- 1 Stir the carrot juice with the ginger and orange juice.
- 2 In a saucepan, combine the sugar and vinegar and bring to the boil until the sugar has dissolved, whisk it adding the juices, and then let it reduce for 10 mins.
- 3 Finish the sauce adding cubes of hard butter.

For the Presentation:

Place the sauce in the center of the plate, over the sauce the salmon and the gnocchi to the side, serve the radicchio salad on top of the salmon as a garnish.

## DESSERT

### Baked apple with basil cream

SERVES 6

#### THE APPLES

3 golden apples  
1 cinnamon stick  
6 tbsp butter  
6 tbsp sugar

#### THE BASIL CREAM

1 cup cream  
2 tbsp icing sugar  
1 tbsp butter

#### THE PRESENTATION

½ kg vanilla ice cream

For the apples

- 1 Cut the apples in half and remove the seed, wrap the apples in aluminum foil with the sugar, butter and a cinnamon stick. Make sure you don't wrap the apples too tightly as you want space for the sauce to run.
- 2 Cook in the oven at 160 degrees C for 1 hour.
- 3 Remove the apple from the aluminium foil and keep the juice to be used as sauce of the dish.

For the basil cream

- 1 Boil the basil in water for 1 minute, cool down in water with ice and blend it, strain it and reserve.
- 2 Whisk the cream with the sugar till get a chantilly cream and incorporate the basil, chill in the fridge.

For the sauce

- 1 Warm a non-stick pan with butter, and place the apples, skin-side up in the pan.
- 2 Cook about 1 min and then remove it, add sugar and the orange juice, and the juice from the apples, reduce till get a tick sauce.

For the Presentation

Place the sauce into the centre of the plate, over the sauce one table spoon of the basil cream the warm apple on top of the cream and finish with a scoop of vanilla ice cream.