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DECADENT CHOCOLATE BUNDT CAKE WITH VANILLA GLAZE

CONTRIBUTOR | HEALTHYLITTLE CRAVINGS

INGREDIENTS

450 gr	All-purpose flour
90 gr	Unsweetened cocoa powder
12 gr	Baking powder
¾ TS	Salt
3	Eggs (at room temperature)
210 gr	Dark brown sugar
55 gr	Espresso coffee (at room temperature)
250 gr	Milk (at room temperature)
130 gr	Unrefined coconut oil (at room temperature*)

FOR THE GLAZE:

90gr	Icing sugar
20/25 gr	Milk
	Vanilla, one half of a bean

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PREPARATION

1. Preheat your oven at 160° C.
2. Grease your Bundt cake mold and dust it with cocoa powder. Set aside.
3. In a large bowl, combine the dry ingredients (except for the sugar): all-purpose flour, baking powder, cocoa powder, salt.
4. In another bowl, combine eggs and brown sugar then, using a hand mixer (or a stand mixer), beat on medium and then high speed until fluffy.
5. Add coffee**, milk and coconut oil at room temperature and keep mixing.
6. Now, on low speed, add dry ingredients to liquid mixture in three additions (make sure everything is incorporated well every time).
7. When you obtain a nice and thick batter, pour it into your Bundt cake mold.
8. Before putting into the oven, to avoid bubbles in the mix, gently tap the filled Bundt mold on the work surface for a couple of times.
9. Bake for 50 minutes or until a long toothpick inserted comes out clean.
10. Let it cool for 10 minutes before inverting.
11. Invert the cake onto a cooling rack and let it cool completely.



TO MAKE VANILLA GLAZE:

12. Gradually combine milk with sugar and whisk. Scrape*** your vanilla bean and add the seeds to the glaze. Whisk again. Your glaze is ready to be poured over the cooled down Bundt cake!

**The coconut oil must not be fridge-cold (too hard) or liquid. It has to be soft and workable. Coconut oil usually becomes solid when temperature is below 25°C (approximately).*

*** The coffee will intensify the chocolate flavor.*

****HOW TO: Cut your vanilla bean in the middle lengthwise, fold back the sides and scrape with a knife.*



COCOA RAVIOLI WITH BURRATA FILLING

CONTRIBUTOR | HEALTHYLITTLE CRAVINGS

INGREDIENTS

85 gr All-purpose flour

10/15 gr Unsweetened cocoa powder

a pinch of Salt

1 Egg

a drop of Water (if needed)

FOR THE FILLING:

100 gr Burrata

optional Panko (breadcrumbs), add this only if you see your burrata releases too much liquid

PREPARATION

TO MAKE THE PASTA:

1. In a bowl, combine cocoa powder, flour, a pinch of salt and stir.
2. Pour these ingredients onto a surface and create a well in the middle.
3. Crack the egg into it and start incorporating, then knead until you obtain a smooth ball of dough*
4. Let it chill for 30 minutes into the fridge.
5. In the meantime, place your burrata into a small colander to drain the excess of liquid.
6. After 30 minutes, it's time to roll out the dough using a rolling pin or a pasta machine. In either case, try to get a thin pasta sheet.
7. If using a pasta machine, divide your dough into two pieces, then set the machine to '2' (thicker) and pass it through the roller for 2 or 3 times.
8. Now change the setting to '4' and roll the pasta again for 3 times.
9. Lastly, use setting '6' (thinner) to get a thin sheet. Put the pasta onto a floured surface to prevent sticking.
10. To shape the ravioli, you can use a ravioli mold, rolling pin, a small cup or a cutter, depending on the shape you want to give.

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SAUCE:

	a small piece of Butter
	Water, enough to emulsify
2	Anchovies fillets (in oil)
15/20 gr	Spring onions
	Pepper flakes

11. Lay out a sheet of dough and place a small amount of burrata in a line, a few cm apart. Brush the edges with water then cut your ravioli. You'll have excess pasta, so repeat the process.

12. Bring a pot of water to a boil, salt it (not that much, because the anchovies' fillets will give saltiness) and cook the ravioli for 5 minutes**.

TO MAKE THE SAUCE:

13. In a pan, let melt a piece of butter together with some water, the anchovies, the thinly sliced spring onions and some pepper flakes.

14. Drain your ravioli, add them to the pan and toss it all together.

**TIP: You can use a food processor, but it's way more satisfying using your hands. Use your energy so the gluten can develop!*

***It depends on the thickness of your ravioli dough.*



BLACK RICE PUDDING WITH COCONUT VANILLA CREAM

(VEGAN)

CONTRIBUTOR | HEALTHYLITTLE CRAVINGS

INGREDIENTS

90 gr Black rice

200 gr Water

240 gr Full fat coconut milk from a can (cans usually are 400ml)

a few drops Vanilla extract

a pinch of Salt

FOR THE COCONUT WHIPPED CREAM:

appx. 50 gr Coconut cream (from the can)

Vanilla pod, the seeds from a piece of pod

1 tsp Icing sugar

TOPPINGS:

Lemon zest

Coconut chips

PREPARATION

If you want to serve the black rice pudding with coconut whipped cream, let chill your coconut milk can in the fridge, overnight*

TO MAKE THE RICE PUDDING:

1. Soak your black rice for 30 minutes, then rinse it.
2. In a non-stick wok (or pan), pour the water, the liquid part of the coconut milk can (set aside the fatty part to make the cream), a pinch of salt and a few drops of vanilla extract and add the rice.
3. Let it simmer – at low heat – for 30 minutes or until cooked.

TO MAKE THE COCONUT WHIPPED CREAM:

4. Scrape the piece of vanilla pod**
5. In a bowl (the colder the better), pour the fatty part of the coconut milk can, vanilla seeds and icing sugar and then whip with a hand mixer.
6. Top your black rice pudding with coconut cream, lemon zest and coconut chips. The cream will naturally deflate with heat.

* *TIP: When you let chill in the fridge your coconut milk, the water will separate from the cream. Before putting it into the fridge, turn it upside down (with the pull tab on the bottom) so the cream will rise to the top. When you have to use it, turn it upside down again and open it: you'll easily remove the water from the top and you'll find the coconut solid on the bottom.*

***HOW TO: Cut your vanilla bean in the middle lengthwise, fold back the sides and scrape with a knife.*

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