

RECIPE

RECIPE TITLE

Oriental roasted purple cauliflower with pomegranate, coriander, and blood orange saffron aioli

FOR

4 people



FROM THE FEATURE

Fog & Saffron

CONTRIBUTOR

Trickytime
www.trickytime.com

SISTERMAG

N°28

INGREDIENTS

2 small purple cauliflower

4 cloves of garlic

2 tbsp. olive oil

2 tsp. Ras El Hanout (oriental seasoning)

4 knife tips of saffron, ground

Fleur de Sel

Pinch of sugar

STEPS

1. Preheat the oven to 180 degrees Celsius (convection)
2. Thoroughly rinse the cauliflower under cold water, drain, remove the outer leaves, and cut the florets from the stalk
3. Peel the garlic cloves and finely chop them
4. In a small bowl, mix the olive oil with the Ras El Hanout, saffron, garlic, salt and some sugar
5. Distribute the cauliflower on a baking sheet and drizzle with the spice oil. Mix well once and place the sheet in the oven
6. Roast the cauliflower for 10 minutes, then turn once and roast for another five minutes.



CONT.

Blood orange saffron aioli

250 ml neutral-tasting olive oil

1 fresh egg, size M

50 ml blood orange juice

1 tsp. maple syrup

1 tsp. saffron threads

1/2 tsp. salt

1. Crush the saffron threads with the salt in a mortar
2. Place all ingredients in a tall, narrow mixing beaker, and place a hand mixer all the way down into the liquid
3. Start the hand mixer and wait until the liquid emulsifies and solidifies from below, then slowly pull the mixer upwards. Briefly mix it again until the aioli is solid and ready to eat.

Preparation:

4. Pomegranate seeds from a small pomegranate
5. 1 handful of fresh coriander, plucked
6. Place the roasted cauliflower on a plate, sprinkle the pomegranate kernels and fresh coriander atop, and serve the saffron blood orange aioli

RECIPE

RECIPE TITLE

Sweet potato saffron mash with fried Cornish hen breast,
Parma ham chips, fried sage, and saffron lemon sauce

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INGREDIENTS

4 Cornish hen breasts (200g)

1 tbsp. butter & 1 tbsp. oil for
frying

4 slices of Parma ham

Maple syrup

1 handful fresh sage

Olive oil

For the mash

1000 g sweet potatoes

50 g of butter

50 ml of cream

¼ teaspoon saffron, ground

Fleur de Sel, pepper, nutmeg to
taste

STEPS

1. Preheat the oven to 180 degrees Celsius (convection)
2. Thoroughly rinse the cauliflower under cold water, drain, remove the outer leaves, and cut the florets from the stalk
3. Peel the garlic cloves and finely chop them
4. In a small bowl, mix the olive oil with the Ras El Hanout, saffron, garlic, salt and some sugar
5. Distribute the cauliflower on a baking sheet and drizzle with the spice oil. Mix well once and place the sheet in the oven
6. Roast the cauliflower for 10 minutes, then turn once and roast for another five minutes.



CONT.

For the saffron lemon sauce:

1 scallion

Some olive oil

150 ml vegetable stock

Juice and zest of half an organic lemon

200 ml cream

50 g creme fraiche

2 tsp. maple syrup

¼ tsp. ground saffron

Fleur de Sel and Piment d'Espelette to taste

Sauce

1. Peel and finely chop the shallot
2. Heat the olive oil in a frying pan and fry the shallots
3. Add the lemon juice and let it simmer with the vegetable broth
4. Add the lemon peel, cream, creme fraiche, maple syrup, saffron, and stir thoroughly
5. Season with salt, Piment d'Espelette and saffron, and let it boil briefly
6. Mix the sauce with a hand blender and warm it up again shortly before serving. Mix until frothy

Sweet potato saffron mash

7. Peel the sweet potatoes and cut into small cubes
8. Boil in plenty of salt water, then pour and allow to evaporate
9. Add the butter, cream, saffron, and spices, and thoroughly squeeze it all together. Taste test and keep it warm



CONT.

Cornish hen breast

- 10.** Remove the tendons of the hen and salt well on both sides
- 11.** Heat a pan of oil and butter, and preheat the oven to 160 degrees Celsius (top/bottom heat)
- 12.** First, fry the Cornish hen on the skin side, then on the meat side for two minutes. Then place the breasts on a baking tray with the skin side on top and insert a meat thermometer in the center of one
- 13.** Slide the baking tray into the second slot from the bottom of the oven and cook for 15 to 20 minutes
- 14.** When the meat thermometer reads 75 degrees Celsius, the meat is cooked and still juicy. Take the hen out of the oven and let it sit, covered, for three minutes.

Fried sage

- 15.** Heat a pan with plenty of olive oil
- 16.** Place the sage leaves in the hot oil and fry under supervision. Turn once, and then place them on crepe paper and drain. The sage leaves shouldn't be too dark, otherwise they taste bitter



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Parma ham chips

- 17.** Line a baking tray with baking paper, place the Parma ham on top of it, and drizzle each slice with maple syrup
- 18.** Bake to a crisp in the oven at 170 degrees Celsius for about 4 to 5 minutes, allow to cool, and break apart.

Preparation

- 19.** Preheat the plates
- 20.** Spread two tablespoons of sweet potato mash onto each plate
- 21.** Cut open the hen and place on the mash
- 22.** Top with the foamed sauce
- 23.** Sprinkle the fried sage and the Parma ham chips
- 24.** Enjoy wit glass of cold white wine!

RECIPE

RECIPE TITLE

Saffron crème brûlée
with rosemary sugar and fresh berries

FOR

200 ml servings in flameproof dishes



FROM THE FEATURE

Fog & Saffron

CONTRIBUTOR

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INGREDIENTS

350 ml cream

150 ml milk

75 g fine baking sugar

5 fresh egg yolks

½ tsp. saffron, ground

To brûlée

5 tsp. sugar

1 stem rosemary, leaves plucked

Dressing

Fresh berries

STEPS

1. Preheat the oven to 120 degrees Celsius
2. Whisk the cream, milk, sugar, egg yolk and saffron to a smooth consistency
3. Put four oven-proof molds in a dripping pan or deep baking dish and place in the oven. Carefully pour the cream-egg mixture into the molds
4. Add as much water to the baking or dripping pan so that the molds are 2/3 submerged
5. Let the molds sit for 60 minutes in the water in the oven. Remove and allow to cool. They should then cool further in the fridge for about two hours.

For the rosemary sugar

6. Mix the 4 tsp. of fine sugar with the rosemary leaves in a food processor to create an herbal



CONT.

sugar. The rosemary should be as fine as possible.

Preparation

7. Add a teaspoon of rosemary sugar to the chilled crème brûlée and torch until golden brown.
8. Serve with fresh berries and some rosemary.
9. **Tip:** The remaining egg yolks can be frozen or whisked with sugar for meringue or a pavlova.