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**Claudia Allemeersch**

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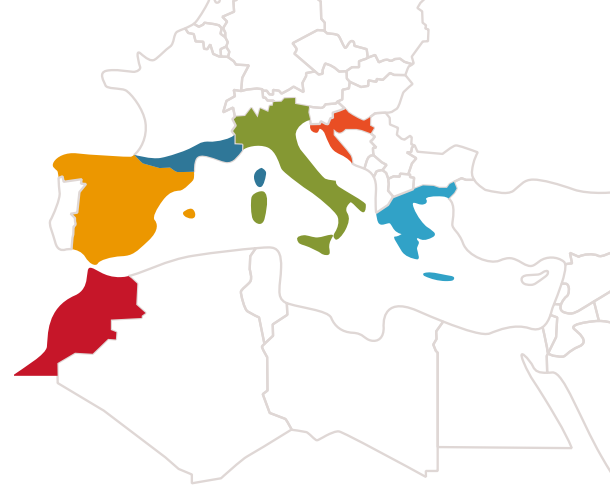
MEDITERRANEAN

**Lannoo**





# Foreword



## OUT OF LOVE FOR MEDITERRANEAN CUISINE....



Cooking... way back when it began as a hobby, then it became a passion, and it's this passion I want to share with you.

My first selection ever for Peter Goossens and Sergio Herman for the first edition of 'Best Hobby Chef in Flanders' originated in Saint-Laurent-du-Var. Having been shortlisted among the last 100, I was in the South of France that week.

Fortunately, we're always surrounded by good friends and night after night they had to taste the dish that I was going to present to the three-star chefs. I guess I convinced Peter of my dish by the ingredients I used at the time: the best olive oil from Nice, Menton lemons, tapenade of olives from Antibes, and so on. After that first victory I continued to cook Mediterranean, which ultimately made me the best hobby chef.

Let me take you on a culinary journey through the South of France with guest chef Chantal Bourlon, through Spain and Morocco with guest chef Sana Makrache, Italy, Greece with guest chefs the Tzikis brothers, Croatia with guest chef Marina Bogdanic and - the icing on the cake - our best pastry chef Roger Van Damme shared a dessert, for which I am very grateful!

It's always been a very instructive experience for me working with southern chefs. I've been touched again and again by how proud they are of their favourite recipes, and of their way of life in which food, conviviality and dining together play a crucial role. They use pure ingredients, usually sourced directly from the local market. Everything happens in a different atmosphere that radiates holiday, and with the help of the Thermomix we can now conjure up all those delicious dishes ourselves onto our tables.

My hope is that this book will be a source of inspiration for cooking very tasty and often also very healthy food for your family and friends.









# a word of thanks

شكراً

It turned out another super exciting book to write, but a book that would not have been possible without the help of others!

Merçi

A big thank you to:

Aunt Tine and Wendy for your enthusiasm, persistence and professional support.

Heikki Verdurme for the superb photography.

Stefan Doutreluingne for organizing everything from A to Z and the attractive graphic design.

Hvala

Edward Vanhoutte for the final editing.

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Sana Makreche for sharing all those lovely Moroccan recipes.

The Yazimi brothers from Pièce Unique for the great collaboration.

Gracias

Chantal Bourlon for guiding us through your beloved Vence and sharing the Southern French recipes.

The Tzikis brothers for serving us the friendliest table loaded with Greek delicacies and for sharing your recipes.

Ευχαριστώ

Marina Bogdanic for giving us the trip of a lifetime, and then travelling all the way to Belgium to share your recipes.

Roger van Damme for taking time out of your so busy schedule to come and prepare the dessert in my kitchen!

Grazie

Sophie-Anne and Lewis, Antoine and Juliette for the enthusiastic, funny and critical expressions when tasting my dishes.

Kurt, for giving me the opportunity and continued support, LY!

*"The best things in life are the people you love, the beautiful places you've visited and the great memories you've built over time together?"*



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*Content*



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## ROGER VAN DAMME



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**THER  
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*Morocco*



*Lannoo Publishers put me in contact with Sana, who was keen to share her Moroccan recipes that can be prepared with Thermomix. What a fun collaboration that was! With her experience as an advisor and the genuine cuisine straight from the heart of Morocco, we've created fantastic dishes.*



# Sana Makrache



A while back I was asked if I'd be ready to collaborate with Claudia on a Mediterranean Thermomix book. In other words, to translate the Mediterranean cuisine, my favourite, and in particular its "Moroccan" variety, the cuisine of my roots, my childhood and my youth, into Thermomix language? To work with "the best hobby chef in Flanders"? To try out recipes with my best kitchen friend, aka "la bête" as my friends and I call him? Yes, I would be ready!

Six years ago, as a language teacher, I discovered the Thermomix by accident via my Spanish students who were wildly enthusiastic about it. In Spain, the Thermomix has been part of many families for years. After attending my first demo, I was immediately hooked ... and since then a new world has opened up for me, not only as an enthusiastic user, but also as a passionate Thermomix advisor. In the meantime, after more than 250 sales, I have learned a lot: culinary, social and professional!

Although thousands of recipes can be found on cookidoo, the official Thermomix recipe platform, and on the internet, I found very few Moroccan recipes in Dutch. So little by little I started to translate our family recipes into Thermomix language... : harira, lentil soup, couscous, tagine, chermoula,... adapted with my own healthier "Sana-touch", recipes that you can find in this wonderful book. Because admit it: no Mediterranean cuisine without Moroccan cuisine, right?

Discover Morocco's delicious cuisine, its tasty, colourful spices such as ras-el hanout, turmeric, cumin,.... I hope you enjoy it as much as I do... Enjoy your meal, or as they say in Moroccan: bseha!

Finally, I want to thank Stefan and Claudia for this great collaboration, as well as my sisters and family for their unconditional support and love. Siham, thank you for joining us in this unforgettable adventure! And my Thermomix colleagues, especially Caroline for your years of coaching and enthusiasm... you rock, girl! And Ria, my coach who lovingly introduced me to the Thermomix world. Thank you. Chokran!







001

# ATAY BENA'NA' MINT TEA

TO SERVE 6

**INGREDIENTS:** 1200 g water • 1 tablespoon Chinese green tea leaves • 1 bunch of fresh mint • 3 tablespoons sugar



## PREPARATION

- Pour the water into the mixing bowl.
- Boil 100 °C/kettle mode (TM6) or 8 min./100 °C/speed 1 (TM5).
- Place the green tea in the simmering basket and rinse under cold running water. Add, along with the mint and sugar, to the water in the mixing bowl and leave to steep for 5 minutes.
- Place the simmering basket into the mixing bowl and strain the tea.
- Pour the tea into an attractive pot and divide between typical Moroccan tea glasses.

## TIP

- *Add as much sugar as you like or replace it with a sugar-free sweetener.*
- *When serving, hold the teapot high up to get a nice foam head. The higher you pour the tea from, the more welcome your guests are. But practice beforehand: tea is hot.*



002

## HASIER AVOCATE AVOCADO SMOOTHIE

TO SERVE 2

**INGREDIENTS:** 100 g pistachios, unsalted and peeled • 2 tablespoons almond flakes • 1 tablespoon coconut oil • pinch of salt • 1 ripe banana, peeled • 1 avocado, peeled and pitted • 20 g oatmeal • 2 medjoul dates • 1 teaspoon grains (chia seed, sesame seed or linseed) • 400 g semi-skimmed milk



### PREPARATION

- Place the pistachios and flaked almonds into the mixing bowl and chop for 2 sec./-/speed 6.
- Add coconut oil and salt and heat for 3 min./120 °C/speed 1. Set aside and leave to cool.
- Place all the remaining ingredients into the mixing bowl and mix for 30 sec./-/speed 8.
- Pour into little glasses and garnish with the pistachio crumble.

### TIP

- *Medjoul dates are the largest dates. The flesh is soft, juicy and sweet and has an intense brown colour. With their high fibre concentration, they promote digestion.*



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## CHORBA

# VERMICELLI SOUP WITH CHICKEN

TO SERVE 4

### INGREDIENTS:

1 onion, peeled and quartered • 1 clove garlic, peeled • 20 g olive oil • 1 tomato, quartered • 2 carrots, peeled and diced small • 200 g chicken breast, cut into 3 cm cubes • 1 teaspoon pepper • 1 teaspoon salt • 1 teaspoon soft paprika powder • 1 teaspoon ground ginger • ½ teaspoon ras el hanout • 1200 g water • 2 cubes chicken stock • 100 g vermicelli • 100 g chickpeas



### PREPARATION

- Place the onion and garlic into the mixing bowl and chop for 5 sec./-/speed 5.
- Press down with the spatula, add the olive oil and sauté for 5 min./120 °C/ gentle stir.
- Add the tomato and chop for 3 sec./-/speed 4.
- Add the carrots, chicken, salt and pepper, paprika powder, ground ginger and ras el hanout and sauté for 5 min./ 120°C/ counter-clockwise/gentle stir.
- Add the water and stock cubes and cook for 25 min./110 °C/counter-clockwise/gentle stir.
- Add vermicelli and chick peas and continue cooking for 5 min./100 °C/ counter-clockwise/speed 1.



### TIP

- *You can replace the chicken with lamb or ground beef or omit it completely for a vegetarian alternative. In this case, replace the chicken stock with vegetable stock.*
- *Replace the vermicelli with rice and check the packaging for the correct cooking time.*

Ras el hanout is a powerful Moroccan mixture of over 20 spices. Common ingredients include allspice, blueberries, cardamom, cinnamon, cloves, galangal root, ginger, mace, nigella, nutmeg, black pepper and ground turmeric. These are usually roasted and then finely ground, giving the mixture its orange-brown colour.

Ras el hanout literally means 'the best the merchant has to offer in his shop', or 'the best from mom's kitchen'. Each family has its own mixture.



