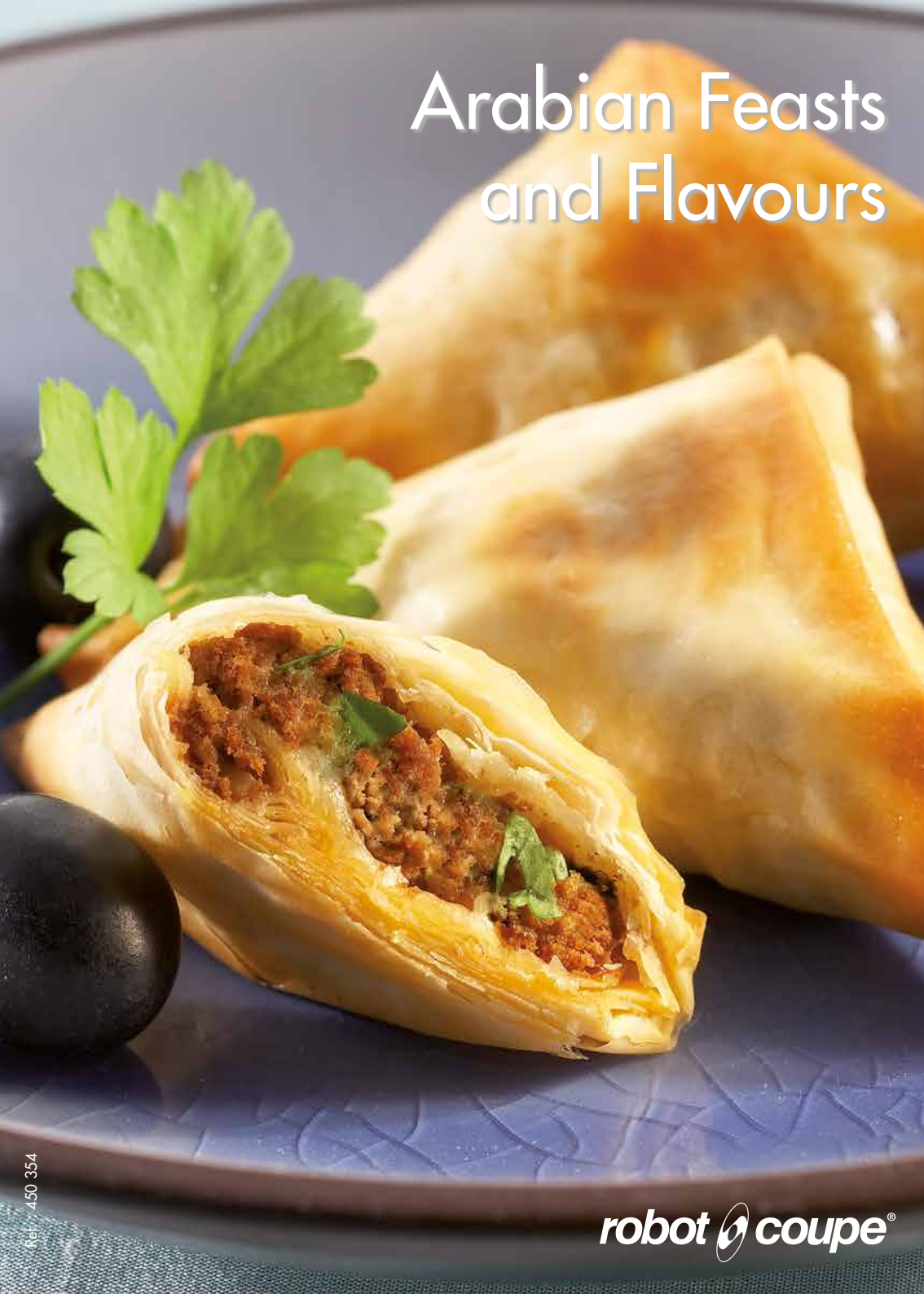


Arabian Feasts and Flavours



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Cutters



With a capacity of between 2 and 60 litres, Robot-Coupe cutter-mixers have been designed to make smooth stuffings, sauces and mousses, as well as to carry out grinding and kneading tasks to consistently high standards. Even the longest preparations take just a few minutes to complete, while the pulse function enhances cutting precision.



- R5 Plus



- R10



In schort: Your Robot-Coupe cutter-mixer will carry out all the chopping, blending, kneading and grinding chores so that you can devote all your skills to turning out truly delicious dishes.



Hummus

ingredients: 500 g tinned chickpeas or 350 g dried chickpeas • 4 tablespoons tahini (sesame paste) • Juice of 2 lemons • 3 garlic cloves • 3 tablespoons olive oil • Salt

Preparation

If you are using dried chickpeas, soak them in cold water overnight. You can also use tinned, ready-cooked chickpeas.

The next day, simmer the chickpeas over a low heat in a pan of salted water for approximately one hour.

Peel the garlic cloves, put them in the cutter bowl and chop finely.

Add the sesame paste, chickpeas (cooked and drained), lemon juice and salt.

Blend all the ingredients to form a smooth purée and serve with a dash of olive oil.

Check the seasoning.

Suggestion

Hummus makes an ideal accompaniment for grilled meats, kibbe or simply a selection of raw vegetables and Arab bread. Some people even have it for breakfast or for a late supper. It is a key ingredient of mezze.



Aubergine purée

ingredients: 500 g aubergines • 3 tomatoes • 3 tablespoons tahini (sesame paste) • 2 tablespoons olive oil • Juice of 1½ lemons • 1 tomato • 2 garlic cloves, peeled and crushed • Salt • Cumin

Preparation

Preheat the oven to 200 °C (gas mark 6).

Bake the whole aubergines at 160 °C (gas mark 2) for approximately 30 minutes (according to size).

When they are soft, cut them in half lengthwise and scrape out the flesh with a spoon.

Purée the aubergine flesh in the cutter. Add the sesame paste, lemon juice, garlic, salt and cumin to this purée. Combine thoroughly to obtain an even consistency.

Pour the purée into a serving dish. Sprinkle with olive oil. Wash and dry the tomatoes, cut them into quarters and arrange around the edge of the dish. Serve chilled.



Falafel

ingredients: 450 g dried broad beans • 200 g dried chickpeas • 1 onion • ½ tablespoon plain flour • Pinch baking powder • Garlic clove • 1 teaspoon cumin • Bunch parsley • Tahini (sesame paste) • Handful of lettuce leaves • Olive oil

Preparation

Soak the beans and chickpeas in cold water for 5 or 6 hours.

Put the beans and chickpeas into separate pans of salted cold water, bring to the boil and cook for one hour.

Drain.

Blend the broad beans in the R5 Plus, followed by the chickpeas. Set aside.

Chop the peeled onion, parsley and peeled garlic clove, a small teaspoon of cumin and a pinch of baking powder in the R5 Plus.

Stir this mixture into the bean and chickpea purée, adding ½ tablespoon flour.

Using a spoon, form the mixture into walnut-sized balls. Leave to rest for twenty minutes. Fry in hot oil (180 °C). When the balls are a golden colour, remove them using a slotted spoon and leave them to drain on a wad of kitchen paper.

Arrange the falafels in a serving dish and serve hot with tahini and salad leaves.



Minced meat pastries

ingredients: 50 sheets filo pastry • 2 beaten eggs

For the stuffing: 1 kg beef • 2 eggs • 2 onions • 1 bunch parsley • 1 bunch coriander
 • 1 teaspoon ground cinnamon • 1 teaspoon cumin • 4 tablespoons olive oil 100 g butter
 • ½ teaspoon salt • 1 teaspoon freshly-ground black pepper

Preparation

Mince together the meat, onions, coriander and parsley in two batches at a speed of 1,500 rpm in the R5 Plus cutter bowl, using the pulse function.

Add the salt and pepper, cinnamon and cumin, then incorporate the two eggs.

Fry the meat in olive oil until all the juices have evaporated.

Melt the butter and brush the filo pastry with it.

Place a small quantity of meat in the centre of each sheet of pastry.

Fold into a parcel.

The pastries can either be fried in oil until golden or baked in the oven at 200 °C (gas mark 6) for 10 minutes.

Serve the pastries sprinkled with cinnamon and caster sugar.



Kefta tajine (meatballs)

ingredients: 750 g beef • 250 g lamb • 5 garlic cloves • 1 bunch coriander • 1 bunch parsley • 3 sprigs mint • 3 sprigs marjoram • 1 teaspoon ground pepper • 1½ teaspoons salt • 1 egg
For the sauce: olive oil • 500 g tomatoes • 1 onion • 2 peppers • 1 teaspoon cumin 1 teaspoon cinnamon • 1 tablespoon mild paprika • 8 eggs

Preparation

Mince the beef and lamb together with the garlic, coriander, parsley, mint and marjoram in two batches in the R5 Plus cutter bowl, at a speed of 1,500 rpm to obtain a smooth-textured stuffing.

Carefully combine with the spices (1 teaspoon salt, pepper, cumin, cinnamon, paprika) and 2 eggs.

Form this mixture into meatballs.

Peel and slice the onions, cut the tomatoes into quarters and slice the peppers.

Fry them in olive oil over a low heat for 25 minutes. Season with salt.

Arrange the meatballs on top of the vegetables and cook for a further 5 minutes.

Just before serving, break an egg into each tajine and cook for 3 minutes.



Baklava

ingredients: 8 sheets filo pastry (or 160 g thinly-rolled puff pastry) • 350 g shelled pistachios
• 100 g butter

For the 30 syrup: 150 g sugar • 150 cl water • orange flower water • Juice of 1 lemon

Preparation

Chop the pistachios in the cutter bowl.

Melt the butter and brush the filo pastry with it (set aside).

Lay half the pastry sheets on the bottom of a buttered dish.

Scatter the pistachio nuts over the pastry. Cover with the remaining filo pastry.

Bake for 45 minutes at a temperature of 170 °C (gas mark 3), then at 210 °C (gas mark 6) for 10 minutes.

To make the syrup:

Heat the sugar and water to obtain a syrupy consistency.

Remove from the heat and add the orange flower water (to taste) and lemon juice.

When the cake is cooked, drench with syrup and cut into diamond shapes.



Macaroons

ingredients: makes around 60 macaroons

7 eggs • 250 g caster sugar • 2 teaspoons baking powder • 1 kg ground almonds 200 g fine semolina • Orange flower water • Icing sugar

Preparation

Combine the eggs, caster sugar, baking powder, ground almonds and semolina in the R5 Plus cutter bowl to obtain a soft, even consistency.

If the mixture is too stiff, add a little orange flower water.

Preheat the oven to 180 °C (gas mark 4). Shape the mixture into balls, flatten and arrange on a baking sheet lined with baking parchment.

Sprinkle with icing sugar when nearly cooked.

Bake for 20-25 minutes until the macaroons are a light golden colour.



Date makroudhs

ingredients: 250 g medium semolina • 200 g fresh stoned dates • 250 g honey • 1 pinch salt • 2 teaspoons cinnamon • 25 cl butter • 10 cl orange flower water

Preparation

Process the dates, cinnamon and 2 tablespoons of orange flower water in the cutter bowl of your R2. Set aside.

Combine the butter and semolina, sprinkle with orange flower water and work the mixture in the same way as for couscous.

Dilute a pinch of salt in a little water and finish working the dough with your fingertips, without kneading it.

Roll the dough into a sausage shape, 20 cm long and 3 cm in diameter.

Make a hollow along the middle and lay a thin strip of date stuffing along it. Draw up the edges of the semolina paste to cover the stuffing.

Flatten the dough slightly. Cut into diamonds and fry in hot oil.

Drain and dip in melted honey.



Gazelle horns

ingredients: 400 g plain flour • 120 g sugar • 300 g ground almonds • 1 teaspoon cinnamon • Pinch of salt • Icing sugar • Orange flower water • 50 g softened butter

Preparation

Combine the butter with the ground almonds, sugar, cinnamon and 2 tablespoons orange flower water.

Form into small sausage shapes 5-6 cm long and 1.5 cm in diameter.

Put the flour, salt and ½ litre lukewarm water in the cutter bowl and process to obtain an elastic dough. Knock down and cut into bands 10 cm wide.

Lay a small almond paste cylinder on each piece of dough, fold the latter over and seal the edges.

Trim the edges with a pastry wheel and fold the gazelle horns into crescent shapes. Arrange them on a sheet of baking parchment and bake in the oven for 15 minutes at 160 °C (gas mark 2). Drizzle with orange flower water and dust with icing sugar.



Moroccan pancakes

ingredients: 200 g plain flour • 2 • ½ teaspoon salt • 1 tablespoon dried yeast • 1 teaspoon baking powder • 75 cl lukewarm water • 10 ml sunflower oil
Garnish: butter and honey

Preparation

Sieve the flour and combine with the salt in the cutter bowl.

Add enough water to obtain a thick batter. Dissolve the yeast and baking powder in a little water and add to the dough.

Cover and leave to rise for between 1 and 1½ hours.

Pour a small ladleful of batter in a frying pan and place it over a high heat.

As the baghir cooks, small holes will form on the surface.

Remove and set aside.

These pancakes can be served hot or cold, or warm with butter and honey.



M'hancha (the snake)

ingredients : 1 dozen sheets filo pastry • 400 g skinned almonds • ½ teaspoon cinnamon
• ½ glass orange flower water • Honey • 125 g caster sugar • Oil

Preparation

Toast the almonds.

Grind the almonds finely with the sugar in the R2 cutter (preferably with a serrated blade). Add the cinnamon and sprinkle with orange flower water. Combine thoroughly and shape the paste into a long thin roll.

Lay out the filo sheets so that they overlap.

Place the almond paste on the pastry nearest you and roll the sheets up around this filling to obtain a long sausage shape.

Delicately coil this up like a snake.

Fry in hot oil until golden on both sides.

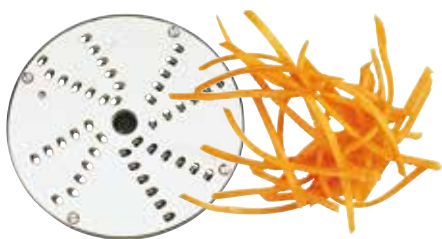
Drain, then immerse in melted honey.

Vegetable Preparation Machines



Robot-Coupe has developed a comprehensive range of 12 vegetable preparation machines that will cater for all your requirements. The CL50 Ultra can be fitted with 50 different discs to perform any number of tasks, such as slicing, ripple-cutting, grating, shredding, dicing and making french fries.

All the parts which come into contact with foodstuffs can easily be removed for cleaning, thus ensuring a high standard of food safety and hygiene.



• CL 50 Ultra

In short: Powerful, sturdy, easy to clean and offering the widest available range of cuts, these machines will meet your daily needs simply, efficiently and with the utmost precision.



Tchachouka

ingredients: 500 g onions • 600 g aubergines • 400 g peppers • 600 g courgettes • 1 kg of tomatoes (preferably plum tomatoes) • 4 crushed garlic cloves • thyme • olive oil • salt & pepper

Preparation

Slice the onions thinly with the special 1-mm onion disc of your veg prep machine.

Cut the peppers into thin strips using the shredding disc.

Cut the aubergines and courgettes into cubes using the 10x10x10 mm dicing equipment.

Cut the tomatoes into small cubes using the 8x8x8 mm dicing equipment.

Fry the following ingredients separately in the olive oil:

- onions
- aubergines
- peppers
- courgettes
- tomatoes + garlic + thyme.

Put all the vegetables in a gratin dish and bake in the oven for 20 minutes at 160 °C/170 °C (gas mark 2/3).



Taboulleh

ingredients: 50 g fine semolina • 5 medium-sized tomatoes • 2 medium-sized onions
• 8 Romaine lettuce leaves • 2 or 3 lemons • 4 bunches parsley • 1 bunch mint • 6 table-
spoons olive oil • 1 tablespoon dried mint • Salt & pepper

Preparation

Squeeze the lemons and stir into the semolina with one tablespoon olive oil, salt and pepper. Leave to swell.

Cut the tomatoes into cubes using the 8x8x8 mm dicing equipment.

Finely chop the parsley and mint in your cutter-mixer. Chop the onions.

Combine all these ingredients with the semolina in a large bowl.

Add the dried mint and pepper. Add the salt at the last minute.

Serve on a bed of lettuce leaves.



Vegetable salad

ingredients: 6 tomatoes • 3 cucumbers • 6 peppers (3 green, 3 red) • 150 g green or black olives • 2 onions • 100 g chickpeas • ½ glass lemon juice • ½ glass olive oil • ½ teaspoon salt & pepper

Preparation

Peel and deseed the tomatoes. Put the tomatoes in the CL 50 veg prep machine and cut into cubes using the 8x8x8 mm dicing equipment.

Cut the peppers into thin strips using the 2x2-mm shredding disc.

Peel the cucumbers and cut into thin slices using the 3-mm slicing disc.

Peel and chop the onions in the cutter bowl.

Put all the ingredients in a large bowl with the chickpeas and stoned olives.

Add the oil and lemon juice. Season with salt and pepper.

Combine thoroughly and chill for one hour before serving.



Pan-fried aubergines and courgettes

ingredients: 2 large aubergines • 4 courgettes • 30 cl olive oil • Salt & freshly-milled black pepper

Preparation

Cut the aubergines and courgettes into 2-mm thick slices, using the 2-mm slicing disc of your CL50 veg prep machine.

Sprinkle the aubergines with salt to remove the bitter juices.

Heat the olive oil in a large frying pan. Fry the aubergines and courgettes on both sides until golden over a moderate heat for 5-8 minutes.

Drain the vegetables on a wad of kitchen paper.

Check the seasoning.

Power Mixers



The 19 models in the stick blender family can be divided into 4 ranges:

- **Large range:** 5 models
- **"Mixer + Whisk" Combi range:** 7 models
- **Compact range:** 4 models
- **Mini range:** 3 models

According to the model, you can easily prepare up to 400 litres at a time. The foot, blades and whisk can all be removed for cleaning – a system exclusive to Robot-Coupe.

For the Combi model
Ultra-resistant
metal whisk housing



Foot and blade assembly
can be entirely dismantled



MP 450
Ultra



In short: Robot-Coupe power mixers are the hassle-free solution for making soups, sauces, vegetable purées and much, much more...



Broad bean soup

ingredients: 200 g dried broad beans • 4 garlic cloves • 2 lemons • 1 red chilli pepper
Cumin • Olive oil

Preparation

Soak the broad beans in cold water for 5 or 6 hours. Drain and cook in salted boiling water with the garlic and olive oil. Drain. Reserve the cooking liquid.

Purée the beans using your Mini MP 160 V.V. power mixer.

Gradually add the cooking liquid to achieve a thick, creamy consistency.

Sprinkle the bissara with cumin and chopped chilli pepper and serve with lemon quarters.



Harira Ramadan soup

ingredients: 500 g shoulder of lamb • 250 g blond lentils • 150 g chickpeas • 800 g tinned tomatoes • 3 rounded tablespoons tomato paste • 5 sticks celery • 2 large onions • 1 bunch flat-leaved parsley • 1 bunch fresh coriander • 40 g fresh ginger • $\frac{3}{4}$ teaspoon white peppercorns • 1 cinnamon stick • 1 pinch saffron strands • 5 cl lemon juice • 2 tablespoons cornflour • Unrefined sea salt

Preparation

The day before, soak the chickpeas in a large bowl of cold water and leave for at least 12 hours.

Cut the meat into small chunks and fry in a large pan with the salt and the finely-chopped onions and celery (Robot-Coupe cutter-mixer).

Cook for 3-4 minutes over a medium heat, stirring continuously. Add the cinnamon stick and a litre of water and simmer for 30 minutes over a low heat.

Add the lentils and the drained chickpeas, cover and cook for one hour over a medium heat.

During this time, dice the tomatoes and blend with the tomato paste using your Mini MP 240 V.V. power mixer. In the cutter bowl, finely chop the white peppercorns, peeled ginger, coriander, parsley and a tablespoon of sea salt in your cutter bowl.

Add the tomatoes, chopped herbs and spices, saffron and 2 litres of hot water to the pan.

Simmer for 10 minutes without the lid. During this time, dilute the cornflour in a little water, pour into the pan and stir vigorously to avoid lumps forming. The harira should have a thick, creamy consistency.

Add the lemon juice just before serving.



Harissa

ingredients: 200 g red chilli peppers (long, fresh ones) • 500 g ripe tomatoes • ½ bunch fresh mint • ½ bunch coriander • 3 garlic cloves • 1 teaspoon caraway seeds • 2 teaspoons cumin seeds • 1 teaspoon red wine vinegar • 4 tablespoons olive oil • Table salt

Preparation

Peel and deseed the tomatoes, cut into chunks and purée with the stick blender.

Dry fry the cumin and caraway seeds in a frying pan for a few minutes.

Halve the chilli peppers and discard the seeds.

Blend all the ingredients except for the tomatoes with your stick blender, add the fresh herbs, garlic, vinegar and oil. Season with salt.

Add to the tomato purée.



Pizza

ingredients: 500 g plain flour • Salt • 30 g dried yeast • 1 teaspoon sugar • 5 tablespoons olive oil • 3 medium-sized onions • 3 garlic cloves • 1 bunch parsley
250 g tomatoes • 2 teaspoons ground cumin • 1 teaspoon ground coriander
• 1 teaspoon mild paprika • Freshly-milled black pepper

Preparation

Put the flour and 1 teaspoon of salt in a large bowl. In a well in the centre, add the yeast and sugar and dilute in 10 cl water, stirring in a little flour. Cover and leave to rest for 10 minutes.

Add 2 tablespoons olive oil and mix in the cutter bowl of your Robot-Coupe appliance. Gradually add 20 cl lukewarm water.

Knead the dough with your hands until it forms an elastic ball.

Cover with a cloth and allow to prove for one hour (it should double in volume).

Peel the onions and chop finely in the cutter bowl of your Robot-Coupe appliance.

Peel and chop the garlic. Wash and finely chop the parsley.

Fry the minced meat, onions and garlic in the remaining olive oil for 5 minutes.

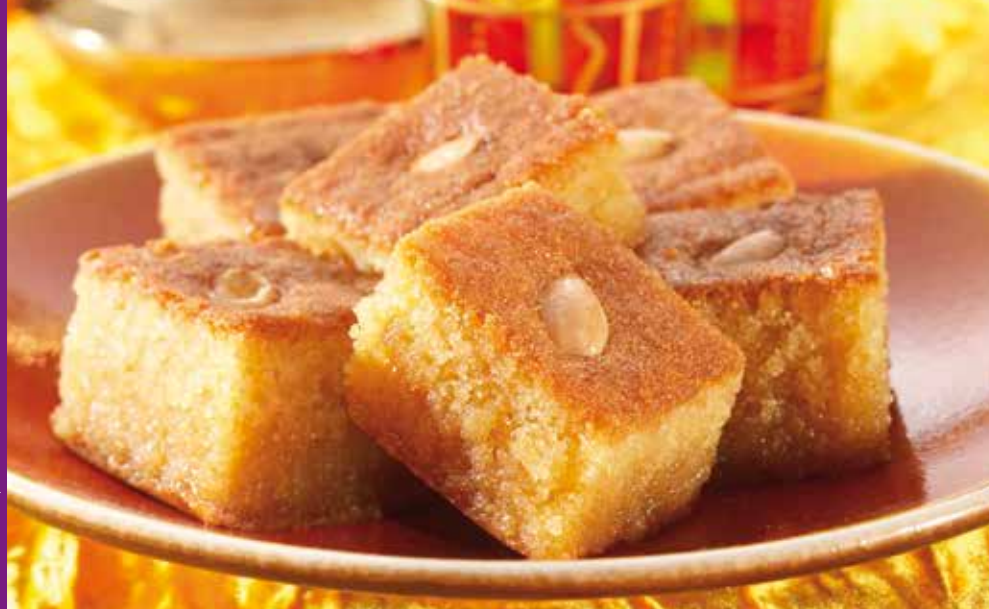
Chop the tomatoes finely and add to the meat, together with the herbs and the spices, followed by 15 cl water.

Combine thoroughly and season to taste.

Roll the dough into a circle.

Spread with the tomato mixture. Bake at a temperature of 240 °C (gas mark 9) for 8 to 10 minutes.

Decorate with black olives.



Lebanese flan

ingredients : 40 cl milk • 35 g plain flour • 80 g sugar • 1 tablespoon orange flower water
For the syrup: 2 tablespoons water • 1 tablespoon rosewater • 3 tablespoons caster sugar

Preparation

To make the cream:

Dilute the flour in the milk and add the sugar. Boil until this mixture starts to thicken. Beat with the whisk of your Mini MP 190 Combi. Add the orange flower water.

Pour into individual ramekins and chill in the refrigerator for at least 3 hours.

Make the syrup by mixing the sugar, water and rosewater.

The syrup should thicken slightly and the sugar should be completely dissolved.

Allow to cool. Just before serving, carefully turn the creams out of the ramekins onto individual plates, pour over the syrup and scatter with coarsely-chopped pistachios.



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