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2016

Culinary Journey

Our recipes of 2016

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Note: Because we are Swiss, the scale unit is kilogram and liter and so on. So if you are having troubles, check the internet for a converting tool.

1 Breakfast

1.1 Porridge with fruits

Doctors and today every health magazine say that breakfast is the most important meal of the day. There are many reasons why oatmeal or porridge is [a breakfast super-food](#):

- Oats are good for your heart.
- Oats are packed with fiber (4 grams per 1 cup).
- Oats have an impressive nutritional profile.
- Oats help fight obesity and weight gain.
- Oats will stave off hunger for longer.

This recipe is for one person.

Time

Preparation: -

Cook time: approx. 10-15 mins

(Note: there are people who cook them for hours...)

Ingredients

- 1 cup (about 1.5 to 2 dl size) of oat flakes
- 1 dl of milk
- 1 dl of water
- Cinnamon
- Fruits like Berries, e.g. blueberries and watermelon

Feel free to add salt or sugar (better honey) as well.

Directions

- Porridge [British] or oatmeal [American] is made by mixing oat flakes with a fluid (normal water and/or milk) and then heating it.
(Beyond that, it is all about personal preference. So if you do not like this recipe, just try your own until you find your personal favorite.)
- Cut a part of a watermelon into cubes
- Wash the blueberries
- After porridge is finished, add the fruits on top



2 BBQ

2.1 BBQ Potatoes

Of course, meat plays an important role when having a barbecue. However, do not forget about the side dish. One of them are barbecue potatoes.

This recipe is rather when you are expecting at least five guests than just for yourself so do not freak out because of the large amount of food 😊

(Note: Because we are Swiss, the scale unit is kilogram and liter and so on. So if you are having troubles, check the internet for a converting tool.)

All right, let us start.

Time ⌚

Preparation: 15 to 20 mins

Cook time: 35 to 40 mins

Ingredients

- 2.5 kg potatoes, cut into cubes
- 1.5 dl (cup) olive oil
- 2 tablespoon of BBQ spices (e.g. McCormick Applewood rub)
- Himalayan salt, black pepper
- A touch of garlic
- 1 large onion, cut into rings

Feel free to add cherry tomatoes, olives or grilled peppers as well in order to make your own home-style potatoes.

Directions

- Mix cup of oil with the barbecue spices and add salt, black pepper and some garlic
- Cut the potatoes into cubes
- Cut the onion into rings
- Toss potatoes with the mixture in large bowl
- Place potatoes and onions on large wide sheet using baking paper.
- Put it in the oven at 180° C for about 35 to 40 minutes

(Another possibility is to grill the potatoes. When doing so, put a part of the whole potatoes into heavy-duty aluminum foil and grill for around the same time. Turn it over halfway through cook time.)

Before



After



2.2 Grilled Mushrooms

All right, let us start.

Time 🕒

Preparation: 10 mins

Grill time: 15 mins

Ingredients

- 6 large mushrooms
- A half of red peppers
- 2 tablespoon of tomato puree
- 1 teaspoon of sunflower oil

Feel free to add herbs or chili in order to make your own home-style mushrooms.

Directions

- Pull out the mushroom stipes.
- Chop the red peppers together with the mushroom stipes.
- Optional: Seasoning with herbs or chili. Toss it with the mixture in a large bowl.
- As an alternative, you can use a micro drop of the Blair's Sudden Death Sauce to spice it up.
- Fill the mushrooms with the mixture.
- Put the mushrooms in an aluminum cup and grill it over medium heat for about 15 minutes.



2.3 Grilled Chicken with Honey-Rum-Marinade

All right, let us start.

Time 🕒

Preparation: 15 to 20 mins

Grill time: 50 mins

Ingredients

- 1 chicken (1000 g)
- 2 onions
- 3 garlic
- 6 tablespoon of sunflower oil
- 3 tablespoon of honey
- 3 tablespoon of (honey)-rum
- 2 teaspoon of mustard

Feel free to add pepper or cayenne pepper in order to make your own home-style marinade.

Directions

- Chop the onions and garlic and mix it with the remaining ingredients.
- Optional: Seasoning with pepper or cayenne pepper.
- Marinate the chicken and let it rest for about 4 hours.
- Grill the chicken for about 50 minutes at 250° C. Turn it over halfway through grill time. Coat the chicken again with the marinade.

Before



After



2.4 Grilled peppers with Polenta

All right, let us start.

Time ⌚

Preparation: 30 mins

Grill time: 15 mins

Ingredients

- 4 large red peppers
- 100 g polenta
- 50 g butter
- 60 g cheese

Feel free to add herbs or chili in order to make your own home-style peppers.

Directions

- Cut the lid from the peppers. Scrape out seeds with a spoon.
- Cook the polenta. Mix butter, cheese and vegetable seasoning under the polenta.
- Fill the polenta in the peppers.
- Put the peppers in an aluminum cup and grill it over medium heat for about 15 minutes.



3 Meat

3.1 C3 – Cocoa Chili Chicken

Did you have to look twice because of the title? Don't call me silly! Don't be afraid. This combination is delicious! Cinnamon, maple syrup, cocoa – sounds like pastry. However, in combination with chili and the other ingredients the marinade for a fancy chicken is laid. The characteristics of the marinade is sweet, bitter, and hot, with a seductive breeze of chocolate.

This recipe is taken from swisspaleo.ch.

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Try it yourself!

Time 🕒

Preparation: 15 to 20 mins

Marinate for: up to 24 hours

Grill time: around 15 mins, depends of the size of the chicken breasts you use

Ingredients

- 1 tablespoon of cinnamon
- 1 tablespoon of chili powder
- 1 tablespoon maple syrup
- 1 teaspoon unsweetened cocoa powder
- 1/2 teaspoon salt
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar

- 4 chicken breasts

Directions

- Mix everything
- Coat the chicken with the marinade
- Marinate in the fridge for few hours (Usually I do 24h)
- Take it out and put it on the grill
- It is easy as that.



3.2 Spicy Honey Whisky Chicken

Let us try something new. This recipe includes honey, whisky, cocoa nibs and of course, some chili!

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Time 🕒

Preparation: 15 mins

Cook time: 20 mins

Ingredients

- 4 chicken breasts
- 1 onion
- 1 chili pepper (e.g. lemon drop “aji limón”)
- 6 cl Whisky (e.g. Jack Daniels Honey Rum Whisky Liqour)
- Handful of Cherry Tomatoes
- 1 dl cream
- 1 large tablespoon of Honey
- Some Cocoa Nibs
- Allspice

Directions

- Cut the onion and the chili
- Put the cut onion, tomatoes and chili into a frying pan, add 1 tablespoon of olive oil and heat it up
- Add the chicken breasts
- Fry on each side until the pores are closed (around 5 mins each side)
- Add Whisky, Honey and Allspice and cook for another 5 mins
- Add a bit of cream to make a tasty sauce with the rest.

You can use pasta, potatoes and all stuff you like to put sauce on as a side dish! Happy cooking! Enjoy!



4 Pasta

4.1 Spaghetti with Lemon-Mascarpone-Sauce

This is a simple recipe with great taste! It serves 4 dishes.

Here we go.

Time 🕒

Preparation: 10 to 15 mins

Cook time: 15 mins

Ingredients

- 500 g Spaghetti
- 2 lemons
- 375 dl bouillon
- 125g mascarpone
- 2 tablespoons gravy thickener
- Some salt, pepper and sugar

Life-Hack #1 to spice up your life: Add one pepperoncino to increase hotness.

Directions

- Follow the instructions on the pasta and cook them for the right amount of time (“al dente”) in salted water.
- While the pasta is cooking, wash the lemons and grate the zests off them. Squeeze them afterwards to press out the juice.
- Put juice, bouillon and mascarpone into a saucepan and heat it up.
- When it cooks, add gravy thickener and the zest.
- Feel free to add salt, pepper and sugar as you like.
- Finally: Mix the spaghetti with the sauce and serve hot.



5 Dessert

5.1 Grilled Bananas

All right, let us start.

Time ⌚

Preparation: 5 mins

Grill time: 10 mins

Ingredients

- 4 bananas
- 2 tablespoons cane sugar
- 2 tablespoons liqueur e.g. Cointreau
- Vanilla ice cream, for serving

Directions

- Place the bananas on grill and grill it over medium heat for about 10 minutes or until grill marks appear.
- Remove the bananas from grill and cut it in half lengthwise, leaving the peel on.
- Drizzle the cane sugar on the cut sides of the bananas.
- Sprinkle the bananas with liqueur and flambé.
- Serve immediately with vanilla ice cream and a glass with sweet rum e.g. Centenario 25 Años (Costa Rica), if desired.



6 Sauce

6.1 Blueberry Scorpion Moruga Peppersauce

Caution: The recipe uses one of the hottest chili peppers on earth, the Trinidad Scorpion Moruga! For sure, you can cook this sauce with pleasantly spicy peppers to suit your taste. It's up to you.

We love hot spicy food. You too, since you are reading this, right. 😊 The sauce you will get is extremely hot and should therefore be used with extreme caution. Using blueberries will add a fruity taste to it. With the amount of ingredients, you will get an amount of **1 liter** sauce in a purple tone.

You can use the sauce on anything you like. We like it on meat, especially on chicken. Or put it on spaghetti... Bet you never had purple spaghetti 😊

Source: caribbeanpot.com

Here we go.

Time ⌚

Preparation: 10 to 15 mins

Cook time: 20 mins

Ingredients

- 6 scorpion peppers
- 750g of blueberries
- 2 oranges (juice)
- 2 scallion
- Brown sugar
- 1 lime (juice)
- ½ cup vinegar
- Allspice

Important: Be sure to wear gloves when handling the peppers or it could get worse!

Directions

- Chop pepper and scallions
- Put everything into a saucepan
- Cook/simmer for 15 to 20 minutes
- Allow to cool down for a moment
- Place in blender or a food processor to get a smooth sauce

The ingredients



Cut scallions and peppers and put everything into a saucepan



Miraculix, is that you? 😊



Finished – try it with bread for instant heating



6.2 Mojo Rojo Picón

All right, let us start.

Time 🕒

Preparation: 5 mins

Cook time: 10 mins

Additional time: 5 mins for grinding

Ingredients

- 4 garlic cloves
- 3 red peppers (fresh)
- 3 red chillies (fresh)
- 2 teaspoons sweet paprika, ground
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar

Directions

- Cut the chillies and red peppers into small pieces and remove the seeds.
- Cook the fresh peppers for about 10 minutes.
- Peel the garlic and chop it finely.
- Put all the ingredients (except the oil and vinegar) in a mortar and grind it until you have a rough paste.
- Add the olive oil and vinegar and continue grinding until you have a smooth paste.
- Put the sauce in the fridge for an hour to develop the perfect flavours.

