

The Ref Chef

Cooking with Beijer Ref in 33 countries





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Please find Conversion Table on page 115.

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on page 115*

T h e R e f C h e f

The 2016 jubilee year celebrates 150 years since Gottfried and Lorens Beijer founded the company in Malmö that has now developed into a World-leading refrigeration group.

The need for refrigeration has no National or cultural boundaries and Beijer Ref is, therefore, a company characterized by a dynamic diversity of people, languages and traditions, where the common denominator is our refrigeration expertise in each market.

More than 2500 staff members in around 330 branches in 32 countries are involved in the development of refrigeration systems aimed at creating comfortable indoor climates and keeping food at the right temperatures during their journey from producer to consumer.

And, in line with the adage that *'we are what we eat'* we would like to celebrate this Jubilee with a cookery book in which some of Beijer Ref's staff members share some of their favorite recipes from all over the World.



I wish to welcome you to an exciting culinary journey that takes us from a newly-caught Pike-Perch in the Swedish county of Småland to the Lamb cutlets of New Zealand via a South African Oxtail casserole.

Enjoy – and remember the fundamental principle that in order to succeed in the kitchen: keep cool!

Per Bertland

CEO, Beijer Ref AB

Argentina



Ingredients:

Makes around three-dozen empanadas

500g pastry dough (in Argentina you can buy pre-made discs – tapas para empanadas – if you don't want to make the dough by hand.)

Egg yolk for brushing the tops of the empanadas

1kg beef

500g onion

300g boiled potatoes

3 hardboiled eggs

250g spring onion

1 tablespoon cumin

1 tablespoon red chilli powder (less if you don't like it spicy)

1 tablespoon paprika

Olive oil

Warm water

Salt to taste

Empanadas Salteñas

You are never more than a few metres from an Empanada wherever you travel in Argentina. Empanada literally means “wrapped in bread” but this description does not do justice, to the wonder of this Argentine staple. These savoury pockets are served warm as a prelude to the asado, or on their own at parties. And if you need an Empanada fix you can get them delivered like pizza. But, don't think that all Empanadas are created equal, due to different geography, climate and tradition; Empanadas vary depending on where you are in Argentina.

Ask anyone in Buenos Aires who makes the best empanadas and nine times out of ten they'll tell you to head North: to Salta and Jujuy. Empanadas are a proud obsession in these Northern provinces. In Salta, where Empanada-making contests are a regular occurrence, Empanadas salteñas contain knife-cut meat, chunks of Al dente potato, boiled egg, and spring onion (scallion). In Jujuy, peas and peppers are added to Empanadas jujeñas and the package is a little spicier.

Directions:

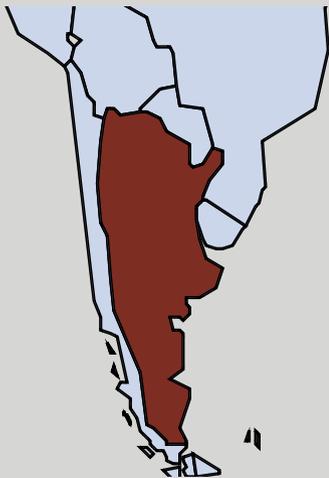
Filling

Finely chop all of the Ingredients, including the beef. The potatoes should be Al dente. Heat the olive oil in a large pan and fry the meat until golden brown. Add the onion, potatoes, cumin, chilli and paprika, and enough water from the potatoes to cover the mixture. Cover and cook until the meat is tender. Add salt to taste. Leave to cool, and then add the chopped egg and spring onion.

Empanadas

Preheat oven to 180°C. Shape the dough into circles approximately 13cm in diameter (or use the pre-made discs). Add a heap of filling into the centre of each disc. Wet the edges with water, fold the disc in half, then seal the edges with a fork or, if you're feeling adventurous, finish the Empanadas with the repulgue fold, seal the edges with your hands. Brush the Empanadas with egg, place on a baking tray, and bake for 12-20 minutes until golden brown.

Pour yourself a glass of Malbec and enjoy.



Born and raised in Argentina, Chef Gibelli has, mainly been exposed to meat based food.

The chef credits his grandfather for igniting the passion for all meat based recipes, especially Empanadas and barbecues.

Meet The Chef



Enrique Gibelli
VP, Beijer Ref ARW

Australia



Roast Leg *of Lamb*

I n g r e d i e n t s :

For lamb

1 bone-in leg of lamb, aitchbone removed by butcher

(7 to 8 pounds)

2 tablespoons coarse salt

2 teaspoons freshly ground pepper

2 tablespoons minced garlic

*2 tablespoons chopped fresh rosemary leaves, plus
sprigs for garnish*

2 tablespoons Dijon mustard

2 tablespoons extra-virgin olive oil

1 cup chicken broth or water

For gravy

2/3 cup dry red wine

1 1/2 cups chicken broth, divided

1 tablespoon plus 1 teaspoon all-purpose flour

D i r e c t i o n s :

Take lamb out of refrigerator, 2-3 hours before cooking to come to room temperature. Preheat oven to 180C.

Strip rosemary sprigs and chop finely. Add extra virgin olive oil and rub all over the skin. Make incisions in skin evenly over the leg for slices of garlic to be placed. Dress liberally with sea salt flakes.

Place in baking dish in the oven and cook for 20 minutes.

Turnover and cook for another 20 minutes.

Turn oven down to 160C and cook for a further 20 minutes.

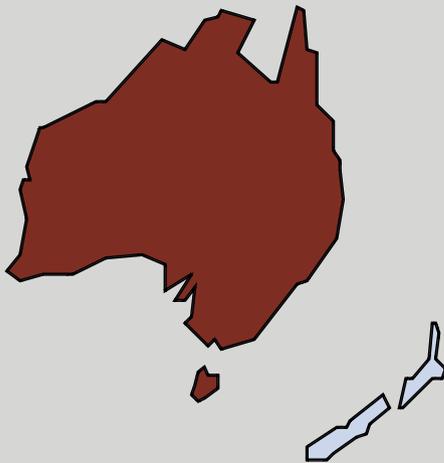
Turnover and cook for another 30 minutes.

Turn oven off, leaving door ajar. Leave lamb in the oven to rest for 30 minutes.

Take the lamb from oven, pour off the fat and juices into a tall jug.

Refrigerate for the fat to settle, so that it can be taken off.

Rest the lamb out of the oven for a further 30 minutes, and then reduce the juices (separated from the fat) with the Verjuice to serve as a jus.



Beijer Ref Australia General Manager Craig Bicket, a Refrigeration Mechanic with 19 years working experience in wholesaling, has very strong industry knowledge of Australian market. Craig is a passionate supporter of Collingwood (AFL) & Melbourne Storm (NRL), but most of all, he enjoys cooking.

Meet The Chef



Craig Bicket
GM, Beijer Ref Australia

Belgium



I n g r e d i e n t s :

1,5 kg cubed stewing beef

3 big onions

2 bottles of brown beer

(for example Sint Bernardus Abt 12°)

4 tablespoons of Sirop de Liège

A few sprigs of fresh thyme

2 cloves

4 bay leaves

2 slices of brown bread

4 tablespoons of mustard

some butter

pepper & salt

Carbonades with Fries

D i r e c t i o n s :

Chop the onions in not too small pieces and start frying them with a little bit of butter in your stewing pot.

Heat up just a little butter in a frying pan and brown the beef cubes, be careful though, because if you add too much butter, your beef won't brown or sear and will turn out soggy. We need the beef to be really browned (not burnt obviously) because that will make the sauce browner in the end. If you have a lot of beef, you might want to cook it in batches because you need to make sure every piece of beef is browned properly, so don't overcrowd your pan. Of course, don't forget to add salt and pepper onto the beef cubes. When ready, put the browned beef in the stewing pot.

Once all the beef is in the stewing pot, add the nice brown beer to the empty pan and scrape off as much of the bottom, as you can, whilst bringing the beer to boil. Once boiling, add the beer to the stewing pot.

Prepare your "Bouquet Garni" (binding of bay leaves and thyme with string) and also place in the stewing pot. Add the 2 cloves and 4 tablespoons of Sirop de Liège to the stewing pot.

Spread a thick layer of mustard, onto your slices of brown bread and place them mustard side down onto the stew.

Let your beef stew for 2 to 3 hours on a low heat, don't forget to stir occasionally, and check how tender the meat is. When the sauce has its proper thickness, place the lid on the stewing pot.

Once the stew is done, remove the "Bouquet Garni".

The beef stew is best served with self-made fries. Super delicious!!!

(Did you know that the Belgians declared the 1st of March as their official Carbonades with Fries day?)



Filip Van Hulle, Sales Manager ECR-Belgium, always likes to offer traditional food to his customers.

“It is always good to do business in such an informal atmosphere with a beer made in Belgium, a country with more than 800 different types of excellent beers.”

Meet The Chef



Filip Van Hulle
Sales Manager, ECR-Belgium

Botswana



I n g r e d i e n t s :

2 bream filets with skin

100ml olive oil

1 onion chopped

1 tomato chopped

4 spinach leaves

1 tspn fish spice

salt and pepper

1 cup cooked pumpkin (lerotse)

3 cups sorghum meal

1 cup sour milk

Lerotse *with Bream and Sauted Spinach*

D i r e c t i o n s :

In a saucepan, heat the olive oil and sauté the onion until it is golden brown. Add tomatoes, bream fillets, sprinkle seasoning, add 1/3 cup water, cover and simmer for 5 minutes.

Turn the fish and simmer for another 5 minutes.

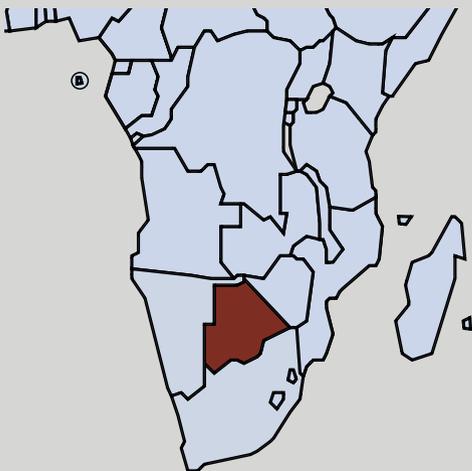
In a separate pot, bring the water to boil, add the pumpkin (Lerotse), stir and add 1 cup of Sorghum meal to form a soft porridge, let it boil for 5-6minutes. Add more sorghum meal, until it thickens up. Let it cook, on a low heat for a further 5 minutes.

Add sour milk until it is well incorporated, cover for a few minutes, still on low heat. Put aside.

Spinach

In a hot pan, add olive oil and spinach, sauté until tender, add seasoning.

Ready to Serve!



Meet Chef 'Tracy' *'Magical hands... Magical food....!'*

Tracy Katsande is forty years old, Mother of two daughters and a son. She has a passion for food and during spare time she caters for Weddings, Kiddies parties and Cocktail parties...

She's also fully employed as a Branch Manager for Metraclack Francistown in Botswana.

Meet The Chef



Tracy Katsande

Branch Manager, Metraclark Botswana

Czech Republic



Ingredients:

4 - 6 persons

for the goose:

- a large fat goose – about 3.5+ kg
- salt and caraway seeds
- 2 dl of water for basting

for potato dumplings:

- 1 kg medium sized potatoes
- 350 g coarse flour or farina flour
- 2 eggs
- salt

for the red cabbage:

- 1 - 1,5 kg of sauerkraut
- 1 - 2 medium red onion
- 2 tablespoons sugar
- animal fat or oil

Svatomartinská husa

(St. Martin roast goose)

Directions:

Goose

Wash the goose, inside as well as outside and sprinkle with salt and caraway (also inside the goose), leave in a cool place overnight. Take it out three hours before roasting and let sit to come to room temperature. Preheat the oven at 130°C. Place the salted goose in a casserole dish, breast-side down, baste with water, cover with a lid and place in the oven. Roast for three hours, during that time, turn the goose several times so it is roasted from both sides, and always cover with the lid to avoid the meat getting too dry. From time to time prick the skin to allow the fat to drain. Wait until the fat renders, then take it away, or use for basting. After three hours of roasting increase the heat at 170-180°C for the last 15-20 minutes and uncover the lid to make for fine crispy skin. Remove from the oven, let rest, before serving.

Extra tip:

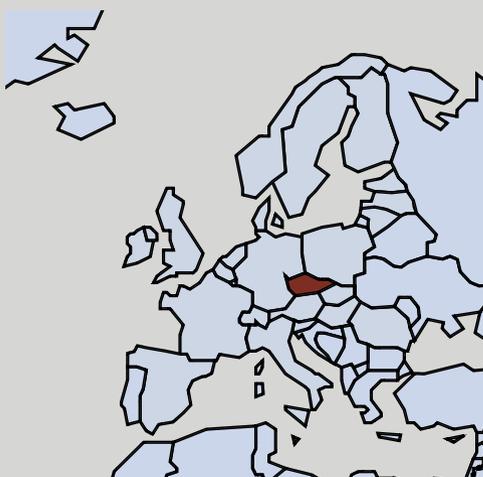
Thanks to slow roasting the meat does not get dry and stays finely juicy. If you have enough time, decrease the heat at 100°C and roast for 7 hours or overnight. The longer, the better.

Potato dumplings

For best results, cook the potatoes the night before you are planning on making the dumplings. Peel the potato skins while the potatoes are hot. Next day, shred the potatoes, add the egg, together with flour and salt, and knead into dough. Divide the dough into 2 parts and make two loaves out of it, each about 6 cm thick. Carefully place the 2 loaves into a pot of boiling water and cook for 5 minutes. Turn the loaves and cook for a further 10 minutes, making sure they do not stick to the bottom of the pot. Pull the loaves out of the water, cut them up into 1-1,5cm thick circles and serve. Use regular sewing thread for the cutting process.

The cabbage

Melt some animal fat in a frying pan; add the chopped onion and more fat if needed. Fry, until fragrant, stirring well. Add the Sauerkraut and sugar, stir, and cover with a lid and stew for 10 min.



Chef Šejvl has enjoyed his passion for food in all from 43 countries he ever visited and collected local delicious recipes typical for each country he visited.

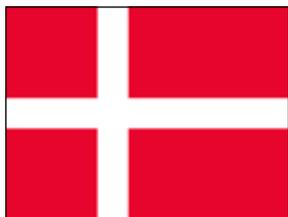
Martin Šejvl is also the MD for Beijer Ref's Czech company, Beijer Ref Czech, with head office in Prague and 2 branches around the country.

Meet The Chef



Martin Šejvl
MD, Beijer Ref Czech

Denmark



I n g r e d i e n t s :

1. “The Veterinarian Night Lunch”

1 slice of classical dark bread(rye bread)

2-3 pieces of liver paste (half calf/half pork liver pate)

2 slices of salted and pickled eye-round calf meat

Slice of stiff fond (made of calf fond)

Slices of young fresh red onion rings

Fresh cress

2. “The Farmers Potato Delight”

1 slice of dark bread (rye bread)

Some green salad

2 cold cooked potatoes in slices

1 spoon of homemade aioli or mayonnaise

Tomatoes

Fresh red onion rings

Roasted Danish bacon

Some chive

Fried onion pieces

3. “Old Ole” cheese sandwich with rum

Hard oven roasted dark bread (rye bread)

Smooth duck or animal fat and fried onion

Slice of salad

3-4 slices of old aged (strong) yellow cheese

Slice of stiff fond, (made of calf fond)

Fresh onion rings

Fresh cress

1 cl. of rum

Danish Smørrebrød

(The Famous Danish Business lunch)

D i r e c t i o n s :

Since the 1800’s “*Danish Smørrebrød*” has been a Danish tradition served either Hot or Cold. It started, because the Danish workers did not have enough time to go home to eat hot lunch meals, and therefore this became the lunch substitute. What we see today is an upgraded version from that time.

If you have the ingredients, it is very simple to make and it tastes wonderful. It is all about the use of ingredients from the Danish food repertoire (Fish, Meat, Dairy products and Vegetables, decorated with all kind of Vessels). There are 100 s of possibilities, but here I have showed you, 3 of the more traditional Cold served pieces.

“*Smørrebrød*” is excellent for a Business lunch or as a summer sandwich, because it looks impressive, it tastes fantastic, and you explore a lot of good Danish, food products.

You simply start from the bottom with the typical Danish dark bread (made of rye grains, gear, water, salt, dark beer and rye flour). Then you decorate the slice with the ingredients from the above list piece by piece in a way that you cover the whole bread.

It is important, that you put some effort into the decoration, because it has to look inviting and tasteful, and not least of all, the ingredients have to be visible.

I know some of the Ingredients are not common in other countries like Dark bread, the liver paste and the salted eye-round calf meat, my best advice, is to get it delivered from DK or ask your local Butcher to help you.

When you have finished creating the “*Old Ole*”, take the rum and pour over the cheese, just before you serve it. The strong cheese and the sweet rum create a totally new taste experience.

All dishes are normally served with a good cold beer and a Danish aquavit. Try it and I wish you “*Velbekomme*”!



Chef Jacobsen likes the Danish wording *“Loves goes through the stomach”*. His wife is in the Restaurant business, and thanks to her, he has developed a high passion for all kinds of food. He loves to prepare special dishes for Friends and guests.

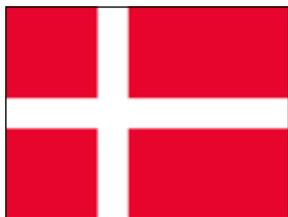
Claus Bo Jacobsen is professionally MD of Beijer Refs Danish operation with head office in Copenhagen, including five Independent Companies who serve the Danish Ref market with different core competences, products and services.

Meet The Chef



Claus Bo Jacobsen
MD, H. Jessen Jürgensen, Armadan,
Airon, BKF-Klima and FK-Teknik

Denmark



Pork Roast *with Potatoes and Gravy*

Directions:

Pre-heat the oven to 180°C.

Score the skin of the pork, using the point of a very sharp knife, into thin strips, bringing the blade of the knife approximately, halfway through the fat beneath the skin.

Place the roast into the oven, with the scored skin facing down, in a tray with a small amount of water and roast for 30 minutes. Take the tray out of the oven and let the roast and the stock, cool off for a few minutes. Turn the heat down to 130°C.

Place the roast on a baking tray with the scored skin facing up. Take approximately 1 tbsp of crushed salt crystals and sprinkle evenly over the skin, pressing it in as much as you can. Pour the stock from the tray into the roasting pan and add ½ l of water. Roast in the oven for approximately 4 hours until the core temperature of the roast is 75°C, use a cooking thermometer. Every hour or so, pour some of the stock over the roast, using a large spoon. Add more water to the roasting pan if it is running dry. When the pork is cooked remove it from the oven and leave for 30 minutes, before carving.

Sauce:

Place 4 tbsp of stock into a medium size saucepan and turn onto a medium heat. Add flour and stir well, until the sauce thickens and is even without lumps. Add more and more stock while stirring until the sauce has the desired thickness. Add the whipping cream, a little browning and let it boil for a couple of minutes. Season with salt, pepper and red currant jelly.

Peel the potatoes and place in a pot, cover with water and add a little salt. Bring the water to a boil and boil for 15-20 minutes depending on size and type. Heat up the red cabbage in a pot.

Carve the Roast and serve with potatoes, gravy and red cabbage.

Ingredients:

8 persons

Pork Roast:

1 loin of pork (around 2 kg)

30 g. salt flakes

Sauce:

Stock from the roast

1½ tbsp. wheat flour

2 dl whipping cream

A little browning

Salt/pepper

1 tbsp. redcurrant jelly

Garnish:

2 kg potatoes

1 large glass of pickled red cabbage



Chef Dybdahl enjoys cooking; especially dishes prepared on the Barbecue and traditional Danish food *“like mom makes it”*.

Peter Dybdahl is the MD for Beijer Ref's Danish based company TT Coil as with a branch in Copenhagen and another branch in Northern Denmark.

Meet The Chef



Peter Dybdahl
MD, TT Coil

Estonia



I n g r e d i e n t s :

4 persons

Pork Shank:

500 grams of pig places

50 grams of butter

50 grams of lard

salt & pepper

dried herbs (rosemary, thyme, ...)

Baked Potatoes:

500 grams of potatoes

olive or rapeseed oil

salt

dried herbs (rosemary, thyme, ...)

Mulk Cabbage:

400 grams of sauerkraut

30 grams of lard

a handful of pot barley

salt & pepper

honey

mustard

Mulk Roast Pork Shank *with Cabbage and Potatoes*

D i r e c t i o n s :

Pork Shank:

Kamara cut in notches. Rub a piece of meat with salt, freshly ground black pepper and dried herbs. Place meat in the oven at 250 degrees.

If a piece of meat has gone slightly brownish, and fat is boiling, take the meat out of the oven and place in a roasting bag with butter and pork fat. Place the meat back in the oven and bake at 80 degrees for 12 hours, turning the bag upside down every 3 hours.

Baked Potatoes:

Peel potatoes and cut into the shape of your choice. In a bowl, mix the potatoes with oil, salt and herbs. Adjust potatoes on a baking sheet and bake in the oven at 200 degrees for approximately 45 minutes.

Mulk Cabbage:

Place the sauerkraut in a pot, making a hole in the middle. Place the pot barley and lard; add water, so that everything is completely covered. Put the pot on a medium heat to simmer and stir every 15-20 minutes, until the cabbage is soft. At the end, add salt, freshly ground black pepper, honey and mustard. Stir and take pot off the simmer. Cover the pot with lid and let it stay for 10-15 minutes.

Serve pork shank, baked potatoes and Mulk cabbage hot. On top of it you can add on your own taste with fresh wild berries like cowberry or cranberry.



The Chef Alar operates in the kitchen during weekend mornings. His passion and specialty is garden smokehouse.

The Inspiration for cooking can be extracted from the sister's family where two generations are professional cooks.

Meet The Chef



Alar Sildvee
MD, Külmakomponentide

Finland



I n g r e d i e n t s :

Stew

500 g of roast, frozen reindeer (can also be deer)

2 small onions

2 tbsp lard (for frying)

100 g butter

1,5 dl beer (or water)

2,5 dl fresh (wild) mushrooms

or 2 dl dried (optional)

salt

Mashed potatoes

1 kilo floury potatoes

1-2 dl whole milk

50-100g butter

salt

Crushed lingonberries

2-3 tbsp lingonberries per person

1 tsp – 1 tbsp honey

Reindeer Stew

with Mashed Potatoes & Crushed Lingonberries

D i r e c t i o n s :

Stew

Remove the meat from the freezer, into the refrigerator to partially defrost. For a larger piece of meat, you should do this the night before, for smaller pieces the morning of preparation will suffice. When the meat is partially defrosted, cut it into thin slices. Heat a large pot, over a Medium heat and add the Lard. Chop the onions and brown. Add the meat and fry until well-browned. Add the butter and stir until well mixed, then add the beer (or water) and the mushrooms. Lower the heat to the lowest setting, cover, and let cook for about 3 hours. Salt according to taste.

Potatoes and Lingonberries

While the meat is cooking, take the lingonberries out of the freezer to defrost. Peel the potatoes. If the potatoes are large, chop into small pieces. Place the potatoes into a pot, covered with cold water to prevent discoloring. Leave the butter and milk at room temperature, to add to the potatoes later. Once the meat has been cooking for a couple of hours, it is time to cook the potatoes. Bring the water to a boil and cook over a medium heat, until soft. When done, pour off the water; add butter, salt and a good splash of milk. mash the potatoes with, for example, an electric hand mixer, keep mashing and add more butter, milk and salt if desired taste, until consistency is achieved.

The lingonberries can be crushed with a spoon. Add honey to taste and mix.



Finland has about 188,000 lakes, 179,000 islands and 77% of the country is covered by forest. Chef Nyström likes outdoor activities and sports. Fishing and hunting for food is a natural part of the culinary art in the country, and also the chefs preferred food.

Klaus Nyström is also the MD for Beijer Ref's Finnish company, Oy Combi Cool Ab, with head office in Helsinki and 3 branches around Finland.

Meet The Chef



Klaus Nyström
MD, Oy Combi Cool Ab

Finland



I n g r e d i e n t s :

4 persons

600 grams of salmon

800 grams of potatoes

1 onion

1 liter of water

2 fish stock cubes

2 dl cream

100 grams of butter

1 bay leaf

white pepper

dill

salt

rye bread on the side

The Arctic Salmon Soup

D i r e c t i o n s :

Chop the salmon and potatoes into same size pieces; I leave them into fairly large pieces. Finely chop the onion.

Pour the water into a large pot, add the fish stock cubes, bay leaf and chopped onion. Boil the water and add the potatoes, leave to boil for approximately 10 minutes, add the pieces of salmon. Cook for 10 minutes on a low heat, add cream and butter.

Wait until the soup is heated and Butter is melted. Finely, scatter some white pepper and check the salt. Sprinkle on the top, some well chopped Dill.

Serve with Rye bread.



Chef Talvo's father's work took the family throughout the World, with longer living periods in Italy and the UK. These experiences have served as inspiration for an insatiable Food enthusiasm. The recipe was chosen as chef Talvo and his family share a big interest towards Finland's nature.

Tuomas Talvo is also the Toshiba HVAC Sales Manager for Beijer Ref's Finnish company, Oy Combi Cool Ab, with head office in Helsinki and 3 branches in Turku, Tampere and Oulu.

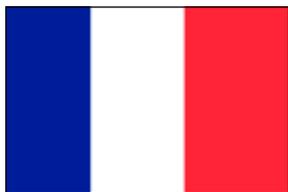
Meet The Chef



Tuomas Talvo

Sales Manager, Toshiba HVAC

France



I n g r e d i e n t s :

1/4 cup butter

1/4 cup flour

1 1/4 cups milk

1/4 teaspoon pepper

1/4 teaspoon nutmeg

1/4 teaspoon salt

1 1/2 cups grated Gruyère cheese

6 large eggs, separated

1/4 teaspoon cream

Soufflé au Fromage

D i r e c t i o n s :

Butter a Soufflé Dish.

In a pan over a medium heat, melt 1/4 cup Butter. Add Flour and stir until the mixture is smooth and bubbling. Stir in milk, pepper, nutmeg and salt, continue stirring until the sauce boils and thickens, 3 to 4 minutes. Remove from heat.

Add cheese and stir until melted. Add egg yolks and stir, until the mixture is blended and smooth.

In a bowl, beat egg whites with cream until short, stiff, moist peaks form. With a flexible spatula, fold a third of the cheese sauce into egg whites until well blended. Add remaining sauce and gently fold in just, until blended.

Scrape the batter into the prepared soufflé dish.

Bake in a 190°C oven, until top is golden to deep brown and cracks look fairly dry, 25 to 30 minutes for large soufflé.

Serve immediately, scooping portions from single soufflé, with a large spoon.



Soufflés look most impressive when they rise dramatically over the rim of the dish. “Soufflé au fromage” is a classical dish, easy to prepare and very tasty. It is always appreciated by the whole family!

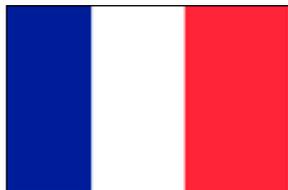
Yann Talhouët is also the MD for Toshiba HVAC, covering 11 countries in Western Europe.

Meet The Chef



Yann Talhouët
COO, Toshiba HVAC Western Europe

France



Ingredients:

4 persons

1 Bresse poultry 1.8 kg into 8 pieces

30 g dried morels

10 cl Madeira

2.5 chicken stock shelves

100 g of Paris mushrooms

6 small shallots

3 sprigs of tarragon

10 cl of Noilly Prat

50 cl of white wine

20g soft butter

20 g flour

500g double cream

Bresse Chicken Fricassee *with Morels*

A classic of the Rhône-Alpes region. The flesh of Bresse poultry being particularly tasty. The mushroom season is perfect for tasting this dish.

Directions:

Place the mushrooms into a bowl, cover with hot water and leave to soak for 30 minutes, drain and cut into halves. Pour the Madeira into a saucepan and let it reduce dry. Add the mushrooms and chicken stock, 1/2 tablet, cover with water and cook for 40 minutes, uncovered, over a medium heat.

It is essential to let the mushrooms soak in water before cooking, so that they rehydrate, then cut into two to make sure they don't remain gravel inside.

Salt the flesh side pieces of poultry. Remove the foot mushrooms, cut the caps into strips. Peel the shallots and cut into strips. Rinse and wring tarragon.

If you do not have small shallots, replace them with two large shallots called "chicken legs". Poultry cut into 8 pieces includes, 4 pieces of "white" and 4 pieces of "red" (drumsticks and thighs).

Serve with Gratin Dauphinois (see the following pages).



Chef Lopez, like any self-respecting French, enjoys a refined traditional food booth in taste and for the eye.

Diego Lopez is the MD of GFF France with over 40 branches in French overseas.

Meet The Chef



Diego Lopez
MD, GFF

France



I n g r e d i e n t s :

4 persons

800 g of potato

30 cl whole milk

50 cl cream (30 + 20)

1 knob of butter

2 cloves garlic

nutmeg

salt

pepper

Equipment used :

Japanese mandoline 6.5 cm

Excellence pan Ø 28 cm

Gratin Dauphinois

D i r e c t i o n s :

Prepare all the ingredients to make this potato gratin.

Preheat oven to 180°C.

Wash, peel and chop the potatoes into slices about 3 mm.

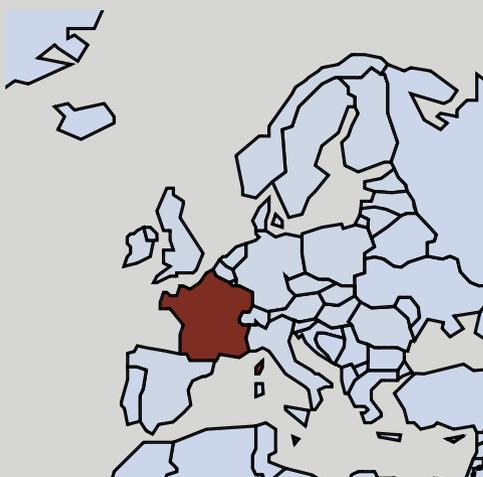
For this you can use a Japanese mandolin type that will work, easily and quickly (*watch your fingers!*).

Do not wash potatoes after cutting.

Place them in a saucepan with 30 cl milk (whole if possible), 30 cl cream, knob of butter, chopped garlic, salt, pepper and a bit of freshly ground nutmeg.

Bring to the boil, lower the heat, and cook for 8 minutes, stirring gently with a spatula to prevent the potatoes sticking. Potatoes will coat a cream, save this cooking milk.

Gently arrange the potatoes in a baking dish flatten the surface and let cool for tastes to mix. Add to this, 20 cl cream. Also, pour the cooking milk into the baking dish. Bake at 180°C and cook for about fifteen minutes, until the cream gets a nice browned surface. (Prick with a knife to see if the potatoes are cooked.)



I'm a Vegetarian and I like all vegetables from South of France and Europe (zucchini, egg-plant, red peppers...).

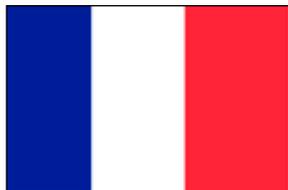
I like cooking for my friends and family, when I find the time.

Meet The Chef



Guillaume LaFond
MD, Cofriset

France



I n g r e d i e n t s :

25g butter

150g shallots, peeled but left whole

5 garlic cloves, crushed

150g streaky bacon, cut thickly

sprig of fresh thyme or a good pinch of dried

350g button mushrooms

500ml good red wine

500ml chicken stock

2 tbsp balsamic vinegar

1 free range chicken, cut into 8 serving pieces, on the bone but skin removed (or 6 chicken thighs)

small bunch flatleaf parsley, chopped

salt and crushed black pepper

Coq Au Vin

D i r e c t i o n s :

Heat a thick-bottomed Casserole dish on the stove; add almost all the butter (reserving a knob of the butter) and the shallots. Cook until just browned, stir in the garlic. Add the bacon and thyme and cook for 2-3 minutes.

Add the mushrooms, turn up the heat and add the red wine, chicken stock and vinegar. Add the chicken pieces, bring the sauce to the boil and then simmer gently for about 25 minutes or until the chicken is tender and cooked through. For a thicker sauce, remove the chicken once it is cooked and keep warm. Cook the sauce over a high heat for a few minutes until the volume of liquid has reduced. Return the chicken, back to the pan.

Add the parsley, together with the reserved knob of butter. Season with salt and freshly ground black pepper and serve with a dressed green salad and olive oil mash or crusty bread.



The Rooster is the symbol of France. It is a perspective of certain values of France: enthusiasm, courage, fighting spirit. Chef Naudin is very proud to proclaim that he finds all these values in the mindset of his team.

Jean-José Naudin is also the GM for TFD SNC, Toshiba Air-conditioning France, with head office in Lyon and one agency in Paris.

Meet The Chef



Jean-José Naudin
GM, TFD Toshiba France

Ghana



I n g r e d i e n t s :

Tilapia fish

Lemon juice

Olive oil

Peppers

Onions

Banku

Grill Tilapia Fish *with Banku*

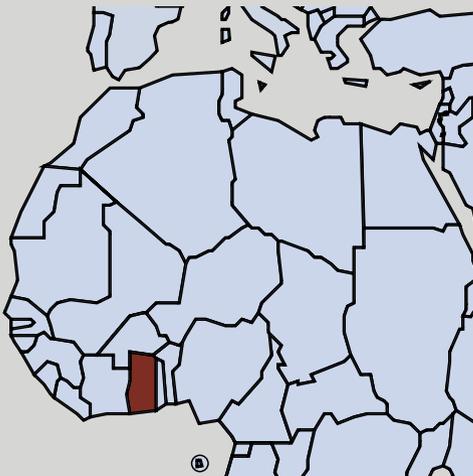
D i r e c t i o n s :

To cook Grilled Tilapia fish, lay out a sheet of aluminum foil, enough to wrap around each piece of fish. Squirt lemon juice on the fish or brush with olive oil.

Add sliced vegetables, such as peppers and onions. Seal the foil loosely, around each serving of fish and vegetables by pinching the ends together and cook on heated grill for 10 min.

Banku is an indigenous fermented meal of maize or cassava. It is cooked by four cups of white maize grinded into powder. This is mixed with half a cup of water, this mixture is fermented for about 3-4 days. It is then kneaded by hand until a very smooth dough is obtained.

This is cut into small dumplings. Water is added; boil for an hour in a pot. This Banku is then served with Grilled Tilapia.



My Name is Gideon Kwablah Ameckor from Tama-Ghana. I am married to Ernestina for 14 years and we have two children. My hobbies are reading, playing games and listening to music.

Meet The Chef



Gideon Ameckor
Branch Manager, Metraclark Ghana

Germany



Ingredients:

6 persons

For the roast

1 ½ kg Pork roast from the shoulder with rind

Salt

1 tsp peppercorns

½ tsp allspice

1 clove

1 tbsp dried majoram

1 tbsp caraway seeds

2 medium carrots

100 g parsley root (if available)

1 leek

2 onions

2 garlic cloves

400g pork bones

1 tbsp vegetable oil

250 ml meat stock

400 ml beer

For the dumplings

1 kg floury potatoes

2 eggs

150 g flour as required

Salt

Nutmeg

Freshly milled pepper

2 tbsp butter

2 tbsp breadcrumbs

Parsley to garnish

Schweinebraten (Bavarian Roast Pork with Dumplings)

Directions:

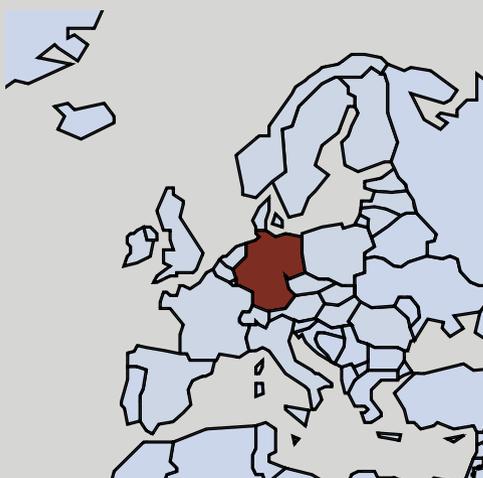
Pre Heat the oven to 220°C (fan).

Deeply score the pork rind crosswise with a sharp knife. Crush in a mortar, 1 tsp salt, pepper, caraway, clove and allspice. Rub the spice mix into the meat. Wash and coarsely chop the carrots, the parsley root and the leek. Rinse the pork bones under cold water. Place some oil into a roasting pan; add the meat with the pork rind facing upwards. Add the chopped vegetables and the bones. Place the roast, on the middle shelf of the oven and roast it for 20-30 minutes, then add the stock and some beer and reduce the temperature to 180°C. Braise for approximately 1.5-2 hours in the oven. Add more beer, if necessary.

For the dumplings: Wash the potatoes and cook unpeeled for about 25 minutes in salted water. Drain, peel and mash them in a potato press. Add 2/3 of the flour, eggs, salt and nutmeg and knead to smooth, formable dough. If required, add more flour. Take small portions of the dough and form balls with floury hands. Place the dumplings into boiling salt water and simmer for approximately 20 minutes. Melt the butter and mix with the breadcrumbs.

If necessary, raise the oven temperature at the end of the roasting time again to 220°C, to make a crispy crust. Remove the bones from the gravy and sieve the liquid into the vegetables. Season with salt and pepper to taste.

Serve the meat with the gravy, dumplings, breadcrumbs and the cabbage salad, decorated with parsley.



Martin Haug follows *“Bavarian tradition“* and does not know anything about cooking itself. But he has gourmet relatives and the best cooking ingredient – his wife who puts a lot of love into every food she creates. That is why Martin knows, and loves good food.

Martin Haug is MD of Beijer Ref Deutschland with 5 branches in different areas and HQ in Munich.

Meet The Chef



Martin Haug
MD, Beijer Ref Deutschland

Germany



Sauerbraten (Marinated Beef)

Ingredients:

6 persons

100 g Carrots

100 g Parsley root

100 g Celeriac

80 g Onions

2 kg Beef (kitchen-ready rump steak)

2 stems Thyme

1 sprig Rosemary

2 Bay leaves

3 cloves

4 allspice berries

1 cinnamon stick

6 El Soy sauce

300 ml White wine vinegar

0,75 l Red wine

30 g Clarified butter Salt Pepper

30 g Cranberries (Glass)

2 TSP Maple syrup

40 g Raisins

4 TSP starch flour

In addition Aluminum foil

Directions:

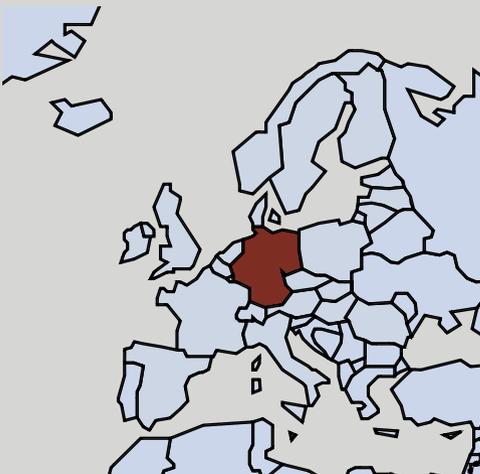
Peel carrots, parsley roots and celery. Cut the prepared vegetables and onions into 2 cm cubes.

Put beef with vegetable cubes, herbs, spices, soy sauce, vinegar, red wine, and 500 ml of water in a bowl and marinate for 24 hours.

Remove meat, pour liquid through a sieve and set aside the vegetables. Heat ghee in a pan, roast the beef vigorously, until the meat is browned, add salt and pepper. Add the vegetables and roast gently. Fill up the marinade with cranberries and maple syrup. Put the closed Casserole in a preheated oven at 180 degrees (gas 2-3, fan 160 degrees) cook 2 hours on the second rail. Soak the raisins in warm water.

Take out the roaster from the oven, remove the roast and wrap in aluminum foil. Keep warm in the switched-off oven. Pour broth through a fine sieve, into a saucepan. Add drained raisins and boil down to 500 ml. Stir the starch with 3-4 tablespoons cold water. Boil the sauce and bind with the starch.

Cut the roast into slices. Serve with red cabbage, dumplings and with sauce.



I've chosen this as it is a classic German meal. It is common all over the German states but also each region has its own style to prepare. So it has a collective base but always different ways of preparation, just like our business runs in Germany.

Uwe Steinbach is the GM for Beijer Ref Deutschland GmbH and responsible for Toshiba Air conditioning in Germany, with head office near Munich and 8 offices in Germany.

Meet The Chef



Uwe Steinbach
GM, Beijer Ref Deutschland

Hungary



I n g r e d i e n t s :

3 tablespoons oil or lard

5 medium onions, diced

2½ teaspoons salt

2½ liters (2½ quarts) water, plus a few extra spoonful's

3 tablespoons Hungarian paprika (sweet)

½ teaspoon black pepper

1 tablespoon caraway seeds

1½ kg (3¼ lbs) beef, chopped into bite-sized pieces

2 cloves of garlic, chopped

5 medium carrots, sliced into bite-sized rounds

2 medium parsnip, sliced into bite-sized rounds

2 large potatoes, cubed

2 tomatoes, diced

Csipekke (pinched pasta), optional

Goulash

D i r e c t i o n s :

Heat the oil or lard in a large pot (preferably a Dutch oven). Add the onions along with a few spoonfuls of water (so they don't brown) and a pinch of the salt. Cook slowly over a very low heat for about 15 to 20 minutes, or until the onions are clear and glassy.

Remove from the heat and add the paprika, pepper, and caraway seeds. Stir quickly to combine and add a tiny bit of water (to prevent the paprika from burning).

Add the meat and garlic and cook over high heat, stirring, until the meat is slightly browned (about ten minutes). Turn the heat down to low, add a few spoonful's of water, and cook for about 15 more minutes, until the meat is nearly cooked through.

Add the water and keep cooking, over low heat, for at least an hour, or until the meat is cooked and nearly tender enough to serve. This could take hours, depending on the cut of beef you used.

When the meat is nearly done, add the tomatoes, carrots, parsnips, and potatoes and cook for about 15 more minutes, or until they are tender (being careful not to overcook them). Taste the soup and add more salt and pepper, if needed.

If you are using csipekke or another kind of small pasta, add it to the soup before serving. You can serve this soup with hot pepper or hot pepper paste.



Chef Lendvai is a traditional Hungarian food lover - dishes are primary based on meats, seasonal vegetables, fruits, fresh bread, dairy products and cheeses.

Szabolcs Lendvai is also the MD for Beijer Ref's Hungarian company, Equinoxe Ltd., with head office in Budapest and 7 branches around the country.

Meet The Chef



Szabolcs Lendvai
MD, Equinoxe

India



Ingredients:

1 kg chicken, washed and drained completely
 2 large onions, finely sliced
 2 tbsps chopped coriander leaves
 1 tsp saffron
 1/2 cup luke warm milk
 salt to taste
 2 tbsps ghee + 5 tbsps oil

For marination:

3/4 cup thick curd/yogurt
 8-10 green chillis, make a small slit in them
 1 1/2 tbsps ginger garlic paste
 1 tsp red chilli powder (adjust)
 1/4 tsp turmeric powder
 3/4 tsp coriander powder
 1/2 cup chopped coriander leaves
 3/4 cup pudina leaves
 juice of 1 lemon
 1 3/4 tsps salt

Biryani masala, make powder:

8 cloves
 1" cinnamon stick
 4 cardamom
 3/4 tsp shahi jeera
 12 pepper corns

Ingredients to cook rice:

4 cups Basmati rice
 6 cloves
 3 cardamoms
 1" cinnamon stick
 3 bay leaves
 1 star anise
 10 mint leaves
 1 tbsp oil
 1 1/2 tbsps salt
 water as required

Hyderabadi Chicken Biryani

While biryani is now savored in all parts of India, this version is a blending of Mughal and Andhra Pradesh cuisines, and dates back to the royal kitchens of the Mughals. South India has more varieties of biryani than any other part of the subcontinent. The key to Hyderabad's fragrant, signature rice dish is to cook the meat and rice in an airtight pot on a very low flame, so the rice absorbs the rich flavors of the meat. The Basmati rice and chicken marinated in spices and cooked in a dum style to yield a flavorful biryani.

Directions:

Marinate chicken with the ingredients called for 'marination' along with biryani masala powder. Keep aside for 4 hrs or a min of 1 1/2 hrs. While the chicken is marinating, work on the rest of the preparation.

Cook basmati rice in lots of water along with bay leaves, cloves, cinnamon, cardamom, oil, and salt till its half cooked. Strain the water and spread the rice on a large wide plate. Allow to cool.

Heat 1 tbsp oil + 1 tbsp ghee in a vessel, add sliced onions, sauté for 8-10 minutes, till caramelized. Remove and keep aside.

Add the saffron to the luke warm milk and combine well. Keep aside.

Take a wide deep vessel (known as Handi in India) to prepare the biryani. Add 3 tbsps oil, add the marinated chicken and spread out over the vessel. Cook on high for 2 mins. Add a tbsp of oil over the chicken pieces. Reduce flame.

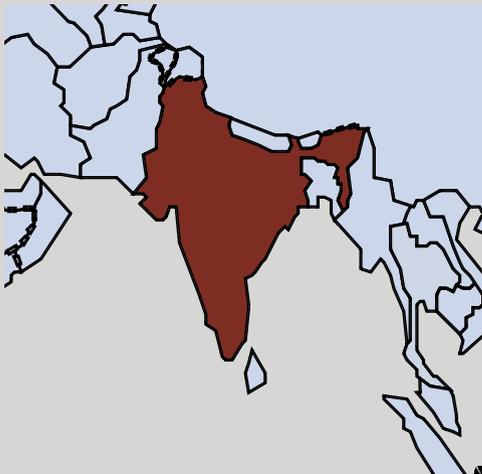
Spread half of the rice over the chicken layer, pour half a tbsp of ghee all over the rice, add half of the caramelized onions and spread over the rice.

Next sprinkle a tbsp of coriander leaves and pour about one fourth cup of saffron milk over the rice. Over this layer, spread the remaining rice. Again pour half a tbsp of ghee all over, add remaining caramelized onions and spread over the rice. Finally sprinkle a tbsp of coriander leaves and pour remaining saffron milk over the rice.

Place lid and over the lid place a heavy weight and seal the edges with wheat dough.

Cook on high flame for 2 mins. Remove the vessel from the stove and place an iron tawa. Allow to heat. Reduce to low flame and place back the biryani vessel on the iron tawa and cook biryani for 20-25 mins. Turn off heat and do not remove lid for 10 mins.

After 10 mins, remove lid, combine gently and garnish chicken biryani and serve hot with raita and curry of your choice.



Swatantra Gagneja, MD of Patton Refrigeration India, started his professional career with Voltas Limited, and worked there for 18 years. His last assignment with Voltas was as General Manager in 2006. Prior to joining Patton, Swatantra has worked with MNCs like Carrier Aircon, Stulz and Uniflair.

Patton Refrigeration India has its registered office in New Delhi and offices in other locations of India i.e. In Noida, Jaipur, Ahmedabad, Mumbai, Bangalore and Chennai.

Meet The Chef



Swatantra Gagneja
MD, Patton Refrigeration India

Ireland



I n g r e d i e n t s :

Serves up to 6 people

1 can of Guinness draft stout (500ml)

*A cupful of each – Celery, Carrot, Leek & Onion,
(all cut chunky)*

1kg of good beef (any fat removed and cut chunky)

Table spoon of mixed herbs

Approx. 2 litres of beef demi-glace

Salt & Pepper (to taste)

Beef & Guinness Stew

D i r e c t i o n s :

Using oil or butter, fry the beef on a low gas for up to 6 mins until the beef is brown. Throw in the leek, carrots, celery and onion along with the spoonful of herbs. At this point also add the salt, pepper & demi-glace. Mix well and put a lid on the pot. Leave to cook for an hour to hour & a half on the low heat, after which you add the can of draft and leave on the gas for approx., 10 minutes to heat through. Once heated it is ready to serve.

*The stew is usually served with creamy mash potatoes
for which you will need to do the following:*

Bring a pan of water to the boil, add potatoes and boil to the stage where they are soft or you can put a fork through them with ease. Leave them to dry out over a colander for 2-3 mins. Heat $\frac{1}{4}$ pint of milk in a saucepan and add a tablespoon of full fat butter. Once the mix is warmed, return the potatoes to the pan & add the milky mixture. Using a potato masher, mash the mixture until you have a smooth & creamy texture. Add salt/pepper to taste.



There are many variations of the Irish stew. The most popular choice amongst the Irish people is the Guinness Beef Stew. The addition of the stout to this stew helps to tenderize the meat & provides a unique flavour. This dish is an absolute must for a cold winter's night & is a very popular choice on St Patrick's Day.

Chef O'Neill is the Accountant for DWG Refrigeration Wholesale and is based at the Dublin branch.

She has a passion for cooking and this traditional stew is one of her all-time favorite dishes!

Meet The Chef



Denise O'Neill
Accountant, DWG Ireland

Italy



Ingredients:

4 persons

400 g spaghetti

500 g fresh tomatoes

150 g Amatrice pecorino cheese

250 g guanciale (cured Meat from pork jowl)

1 red chili fresh or dried

Olive oil 15 g

Pepper

Salt

Spaghetti all'Amatriciana

Directions:

Sear and peel tomatoes then smash them. Then cut the guanciale (cured Meat from pork jowl) into thin slices.

Heat the oil into a pan (large enough to host also the spaghetti, once cooked) then add, the slices of guanciale and the chilli and stir with a wooden spoon until the guanciale becomes brown and crispy, it should not be burnt (this comes with the experience).

Add the tomatoes, lower the flame and pour the sauce into the pan until the sauce gets denser. Now remove the chilli.

Simultaneously, you have boiled and salted the water in another big pot and then you have cooked the spaghetti “al dente”. When the spaghetti is ready, drip and pour into the pan, with the sauce. Stir-fry them adding the pecorino cheese. Add some pepper.

Put the spaghetti into a dish and grate some more pecorino cheese on.

Must be served hot.



Chef Pignatelli appreciates the dishes made with the proper ingredients, because for Italians food is culture. He is definitely better at tasting than cooking, as luckily his wife is a great cook.

Nicola Pignatelli is also MD of SCM Frigo spa, the Italian OEM company with the head office and production located in Padova near Venice.

Meet The Chef



Nicola Pignatelli
MD, SCM Frigo

Italy



I n g r e d i e n t s :

4-5 persons

400 gr tagliatelle (egg noodles)

150 gr pork meat, ground

150 gr beef meat, ground

One medium onion, minced,

One carrot, minced

One garlic cloves, minced

A small scrap of celery, minced

80 gr of extra-virgin olive oil

400 gr tomato puree

1/2 glass dry white wine

1/2 lt beef broth

Salt

Black pepper

100 gr finely grated Parmesan

Home-made bread:

1 kg of your preferred flour, rye, organic, etc.

If desired add seeds flaxseed, sunflower, sesame, etc.

20 gr brewer's yeast

1/2 lt warm water

A spoonful of salt

Tagliatelle al Ragù *with Home-made Bread*

D i r e c t i o n s :

Brown all the meat with the olive oil. When dry, add all the minced vegetables, brown over medium heat. Add wine and let evaporate. Add tomato puree, broth and let cook over very low heat for 2 H and 1/2. Season with salt and pepper.

Meanwhile, bring 3 lt water to a boil in a pot. Season with salt; add noodles and cook, stirring occasionally.

Drain pasta, reserving 1/2 glass pasta cooking water. Heat skillet over high heat. Stir in reserved pasta water to loosen sauce.

Add pasta, stirring for about 1 minute, remove pan from heat. Add cheese and toss until cheese melts.

Transfer to warm bowls; serve with more cheese, if desired.

Home-made bread:

Put 3/4 of the flour in a pie dish, add salt and stir.

Melt yeast in the warm water and add to the flour, stirring to obtain a soft dough.

Cover the bowl with a cotton cloth and let rise at least 6 hours.

Hand work the dough with the rest of the flour, to give the desired shape to 6 loaves and bake at 50 degrees for 1 hour by placing a bowl of 3/4 liter of water in the bottom of the oven.

Bring the temperature to 185 degrees for 45 minutes and check.

When cooked, bring out and place aside to rest for 20 minutes on a wooden cutting board before eating.



Passion for cooking of Chef Bertoldero comes from family and friends, always ready to pass on the tradition, and experiment with new recipes.

Angelo Bertoldero is also GM for Toshiba Company Beijer Ref's, ECR Italy, based in Milan.

Meet The Chef



Angelo Bertoldero
GM, ECR Italy

Latvia



I n g r e d i e n t s :

Grey peas with bacon gravy

300 g grey peas

200 g bacon or speck

2 onions

200 ml sour cream

Salt

Rye bread dessert with cranberry

200 g dry, crumbled rye bread

100 g golden syrup

300 g cranberries

300 g whipped cream

100 g dark chocolate, grated

Grey Peas with Bacon & Rye Bread Dessert

D i r e c t i o n s :

Grey peas with bacon gravy

Rinse the peas. Bring water to boil, then allow to cool. Pour the water on the peas, allow to soak. Cook the peas in the same water, adding salt just before they are ready. Before serving, drain off the water; dry off the remaining moisture over a low heat, shaking the saucepan so that the peas do not get burnt.

Cut up the bacon (or speck) into small pieces, add finely chopped onions and fry together, then add the sour cream and salt according to taste. Serve the peas together with the gravy.

Recommended drink: sour milk, kefir or buttermilk.

Rye Bread Dessert with Cranberry

Soak the crumbled rye bread in the golden syrup.

In a serving bowl, place a layer of the rye bread mixture, followed by the cranberries and cream.

Sprinkle with grated chocolate.



Chef Ošeniņš's cooking skills are not too excellent, but he likes sometimes to prepare and try something new, as well as a good meal.

Uldis Ošeniņš is also the MD for Beijer Ref's Latvian company, Max Cool, with head office in Riga.

Meet The Chef



Uldis Ošeniņš
MD, Max Cool

Lithuania



I n g r e d i e n t s :

500-600 g of potatoes

3-4 tablespoons starch

2 eggs

pinch of salt

For the filling:

250 g of cottage cheese

1 egg

pinch of salt

cloves of garlic

1 onion, toasted

two handfuls of grated cheese

mint

For the sauce:

100 g butter

100 g smoked bacon

4 tablespoons sour cream

2 onions

dill, fresh mint or tarragon

Potato dumplings *with Cottage Cheese filling*

D i r e c t i o n s :

Boil washed potatoes within their jacket. When cooked, allow to cool, peel and crush with a meat grinder or blender to grind. To the potato porridge mix the eggs, add the starch, put salt and stir everything by hand.

For the filling, mix the cottage cheese with egg, garlic, fried onion, salt and grated cheese and mint. Mix thoroughly.

With wet hands, form the mashed potatoes into patties; fill the middle with cheese filling, forming dumplings. Place it on a plate sprinkled with starch.

Place together in boiling, salted water, leave to rise and cook about 5 to 10 minutes, remove from the water with a slotted spoon.

For the sauce, fry the onions in butter, with smoked bacon, add the cream, seasoned with fresh dill, tarragon or mint leaves. Pour the sauce over the cooked potato dumplings.



Chef Jonas Jusevičius is patient and not afraid of challenges both in the kitchen, and under the guidance of Beijer Ref Group in Lithuania. He especially loves a tasty and nourishing Lithuanian meal. So, with a lot of patience and painstaking work required, the traditional Lithuanian potato dumplings are just another one of his challenges in the kitchen, for which he overcomes.

Bon appetite !!!

Meet The Chef



Jonas Jusevičius
MD, Beijer Refrigeration UAB

Malaysia



Ingredients:

For the rice

2 Cups of jasmine rice

1 Cup of water

2 Cups of coconut milk

1 piece of ginger, peeled and thinly sliced

½ teaspoon salt

For the sambal

2 tablespoons of vegetable oil

1 medium onion, sliced

1 tablespoon of belacan

3 cloves of garlic, thinly sliced

3 shallots, thinly sliced

2 teaspoons of chili paste

3 teaspoons of white sugar

¼ cup of tamarind juice

Pinch of salt

For the garnish

1 egg, hard-boiled and split in 2 pieces

1 cucumber, peeled and sliced

1 cup of peanut

1 cup of anchovy

1 cup of vegetable oil for frying peanuts and anchovy

Nasi Lemak (Coconut Rice with Sambal)

Nasi Lemak is a traditional food available everywhere in Malaysia from street stalls to luxurious restaurants. It is coconut rice served with sambal, anchovy, peanuts, boiled egg and sliced fresh cucumber. Nasi Lemak is a perfect combination of flavors and aroma. Cooked in coconut milk, the rice is soft and fragrant. Chili and herbs in sambal deliver sweet and spicy taste. Crunchy anchovy and peanuts add more fun to your bite. Lastly, boiled egg and fresh cucumber slices complete the five essential groups of nutrient to the dish.

Traditionally, Nasi Lemak is wrapped in banana leaf or paper cone. It is a popular breakfast choice in Malaysia which is rich in nutrients and easy to take away. You can also see similar things like Nasi Lemak in Indonesia and south of Thailand. They may have slightly different ingredients but they are the same coconut rice and sambal.

Directions:

To prepare coconut rice: Ease the cooking process by using electrical rice cooker.

Wash the rice grains, several times and drain the water. Add coconut milk and water in the rice cooker. Add ginger for fragrance and salt for taste. Turn on the rice cooker. When the rice is done, fluff the rice in the cooker with a fork.

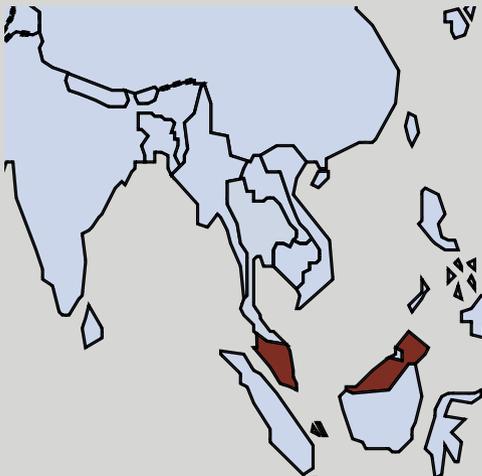
To prepare Sambal: Use a blender or mortar and pestle to mix the herbal ingredients.

Blend red chili paste, onion, garlic, shallots and belacan. Place the mixture in a saucepan. Add vegetable oil in the saucepan and heat. Add tamarind paste. Add sugar and salt, stir until dissolved. Cook until the mixture is thick (to dark reddish brown).

To prepare garnish:

Fry anchovy and peanuts in vegetable oil until crispy. Cut the hard-boiled egg in half. Peel and slice cucumber.

Finally, we are ready to serve Nasi lemak. Place a portion of the prepared food on a banana leaf for traditional style. Alternatively, place on the plate a cup of coconut rice topped with sambal and decorate the dish with sliced boiled egg, anchovy, peanuts and sliced cucumber.



My mother is the best chef and cooking teacher. She has been working in the kitchen for more than 30 years as the owner of a small restaurant. I am a lucky guy who got to enjoy restaurant food every day at home when I was young.

Meet The Chef



Varawut Kvankaew
GM, Patton Aero

Mozambique



I n g r e d i e n t s :

1 pound shrimp, deveined and tails left on

1 medium onion chopped

4 cloves garlic minced

3 T unsalted butter

1 T canola oil

2 T hot sauce

1 bottle of beer - could be a 2M or

Laurentina

2 packets of saffron

Juice of 1 lemon

Spicy Mozambique Shrimp

D i r e c t i o n s :

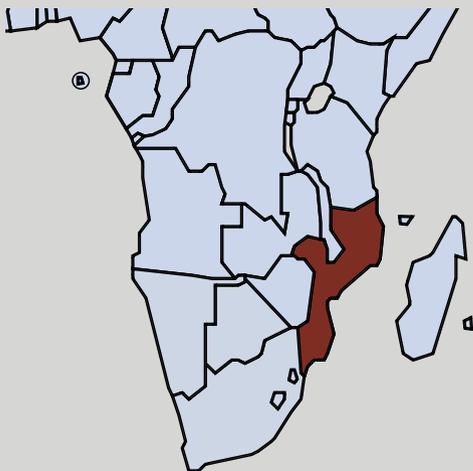
In large pot add butter, oil, garlic and onions. Cook on a medium to low heat until veg are translucent, but not brown, approximately 4-5 minutes.

Add beer, hot sauce and saffron. Increase the heat, slightly. Add the shrimp and lemon juice.

Cover, and boil on a low heat for 5-6 minutes until the shrimps become pink.

Ready to eat? Hope so, 'cause your shrimp are done. This can be served with brown rice and you will love every minute of it.

This is just so easy and fast!



Chef Pinto is of Portuguese descendant. He is 50 years old, married, and has two daughters and two grandsons.

Carlos Pinto is addicted to coins and bottle caps collections, and he enjoys cooking for family on Sundays.

Meet The Chef



Carlos Pinto

Branch Manager, Metraclark Mozambique

Namibia



Ingredients:

4 Lamb kidneys

200 grams Omajowa

2 tablespoons Plain flour

1/2 teaspoon Cayenne pepper

1/2 teaspoon Mustard powder

80 millilitres Cream

1 Spring Onion, White part only – chopped

1 clove Garlic, Finely chopped

60 grams Butter

2 tablespoons Parsley

100 millilitres Milk

Salt and pepper for seasoning

Devilled kidneys with Omajowa

*We Namibians love the rainy season. Aside from the fact that we live in a desert and that we're always happy for some greenery, the rainy season also means we get to enjoy Omajowas (species of *Termitomyces*), a giant mushroom that grows on termite nests.*

The fungi and termites have a very symbiotic relationship, one cultivates the other. Mankind on the other hand has never been able to cultivate this species.

The season for Omajowa is very short, at most a month and if you're lucky to travel to the northern and through the central parts of the Namibian country, you can buy some from the folks next to the road. They are huge. Big ones can weigh up to 1 kilogram.

They are commonly fried in olive oil and butter and then served on toast, or the tops are grilled in the oven or fried in a pan as "steaks". Cleaning them is often a nuisance and if not done properly, you could end up with a mouthful of sand.

Directions:

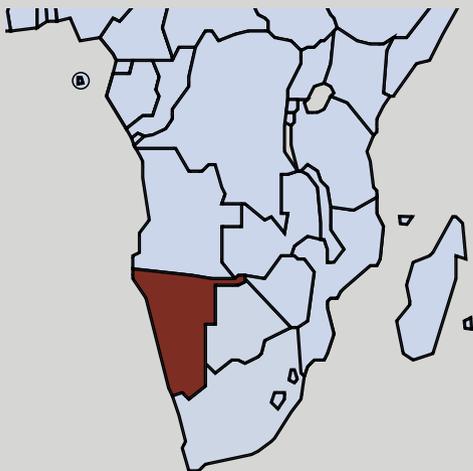
Clean the kidneys by cutting them in half and removing the outer membrane.

Cut out the white core using kitchen scissors. Add the kidneys to a bowl with the milk, set aside for 20 to 30 minutes. Remove the kidneys and pat dry.

Mix the flour, cayenne pepper, mustard powder, salt and pepper into a bowl. Add the kidneys to the bowl and cover with flour mix. Heat the butter over a medium heat until foaming. Add the kidneys and cook for 1 1/2 minutes on each side. They should still be pink in the middle. When cooked, remove the kidneys and keep warm.

Heat more butter in a second pan, and add the chopped Omajowa. Cook until golden. Add the kidneys, cream and parsley. Cook until the sauce thickens. Check for seasoning and adjust if needed. Add more chopped parsley and serve on toast.

"Lekker eet"



Chef Gallardo come from a German (mother)/ Spanish (father) descendant, and is born and raised in Namibia.

Home cooked meals were always a norm in his family. This is why he enjoys cooking so much. Other activities include outdoor activities and sports that are mostly done outdoors.

Meet The Chef



Marcel Gallardo

Branch Manager, Metraclark Namibia

The Netherlands



I n g r e d i e n t s :

4 persons

2 eggs (hard-boiled)

1 tart apple (e.g. Granny Smith)

3 Dutch herring (cut in small cubes)

1 shallot (chopped finely)

2 pickles (cut in small pieces)

1 bunch dill (chopped)

1-2 teaspoon horseradish grated (Kühne 140 gr)

Grandmother's Herring Salad

D i r e c t i o n s :

Boil the eggs, until hard, approximately 8 minutes, cool them down by leaving under cold, running water. Peel the eggs.

Cut the eggs into slices.

Cut the unpeeled apple into four parts, remove the core and cut the segments into thin slices.

Mix the herring with the shallot, pickles, horseradish and half of the dill. Season with pepper.

Arrange the apple slices on a platter and spoon the herring salad on top. Lay the slices of egg on top and garnish with the remaining dill and pepper.

Serve with rye bread.



Chef Van der Lande is a passionate cook. His challenge is always to prepare a delicious meal with great creativity in a short time regardless of the size of the group. The meals are characterized by very nice taste and smell.

Chris van der Lande is also MD of one of Beijer Ref's Dutch companies Uniechemie, with head office in Apeldoorn.

Meet The Chef



Chris van der Lande
MD, Uniechemie

The Netherlands



I n g r e d i e n t s :

4 persons

4 kilo mussels

2 leeks

2 onions

2 big carrots

few sprigs celery

2 laurel leaves

black pepper

1 bottle of dry white wine, water or 70 cl beer

Mussels

Pan of Boiled Mussels from "Zeeland"

D i r e c t i o n s :

1. Rinse and wash the mussels in clean water. Check briefly the mussels and remove all the broken & floating mussels (they are not good for consumption).
2. Cut the leek, carrots and onion into thin rings. Cut the celery (leaves) into big pieces. Place the cut vegetables into a large pan, with the laurel leaves and white wine (or water, or beer).
3. Fill the large pan for three quarters with the mussels, sprinkle with pepper and boil the wine (water/beer) & mussels with the lid of the pan closed.
4. The lid of the pan will move up when the wine (water or beer) and the mussels are cooking. Lift the lid of the pan so that the moisture/steam drops again. Stir or shake the mussels with the vegetables. Press the lid of the pan back onto the pan and lift again when the lid moves up and let the moisture/steam drop again in the same way. Repeat this two or three times, and then you are sure the mussels are cooked/boiled and the shells are fully open.
5. When the mussels are cooked/boiled, than you can serve the meal immediately.
6. Serve with chips or bread and remoulade sauce, enjoy your delicious meal!

Remoulade sauce:

Mix 4 table spoons of mayonnaise with 1 chopped hard-boiled egg, 2 gherkins, 1 table spoon capers, 1 sprig of finely chopped parsley, 1 sprig of finely chopped tarragon and a teaspoon of mustard.



Chef Richard Droop is a fanatic windsurfer and after a day of windsurfing in “Zeeland” coastline at South part of The Netherlands, he loves to prepare and enjoy a pan of boiled mussels. Advantage is that it can be prepared in 15 minutes which is good if you are hungry after a day of hard work and/or sports!

Meet The Chef



Richard Droop
MD, Coolmark

The Netherlands

Dutch pea soup



Ingredients:

6 - 12 persons

2 liters water

500 gram split peas

1 piece of gammon with bone, or pork hock
(about 500 gram)

100 gram streaky bacon or Dutch "sauerkraut
bacon"

1 smoked sausage

2 large onions, chopped not too small

1 large carrot

2 leeks

1 celeriac

2 potatoes

1 bunch celery

pepper and salt to taste

bread or rye bread (pumpernickel), with - if you
can get it - slices of "katenspek" (lightly streaked
pork, first boiled and then smoked black)

*The sausage which is traditionally added to the
soup is "Gelderse rookworst": smoked pork
sausage from which the ends are tied together,
originally from the province Gelderland in the
Netherlands. You can use other smoked pork
sausage instead, or Frankfurters.*

Directions:

Rinse the split peas in a sieve under the running tap. Split peas don't need soaking in water. Bring water to the boil with the peas, gammon and bacon. Let it boil and skim off the floating scum. Pour all the water off, rinse peas (and meat) again and place back on the fire with clean water.

Meanwhile, prepare the vegetables.

Cut the skin of the celeriac, peel the potatoes. Dice celeriac and potatoes.

Peel the carrot and dice. Cut the leeks and wash them. Add the vegetables to the pan and let simmer until the peas are done (one and a half to two hours, the split peas must be broken).

Take the meat from the pan, remove rind and bones, and cut into small pieces. Return the meat to the pan. Wash the sprigs of celery, and chop or cut the leaves. Twenty minutes before the end of cooking, add the whole smoked sausage and the celery. Taste; finish off with pepper and salt.

The pea soup is still fairly liquid. Let it cool completely and reheat it the next day, or freeze in portions. When you want to freeze the soup, add the smoked sausage when reheating, or divide the sausage in equal quantities over the portions.

Recommended drinks:

A normal beer, Pinotage, Grauburgunder or Pinot Gris wine are perfect companions for this meal.



Chef van der Meer, loves good food with a high nutritional value.

Coming out of a hard working family, where time management was key, this is an easy “one pan” meal, suitable for hard workers and hardly any time loss in cleaning the dishes.

Meet The Chef



Udo van der Meer
MD, ECR Netherlands

The Netherlands



Boerenkool *with Smoked Sausage*

D i r e c t i o n s :

Boil the potatoes with kale and onion for 20 minutes in plenty of salted water.

Drain.

Heat the milk with the butter in a saucepan. Pour the potatoes and mash with a potato masher. Season with vinegar, salt and pepper.

Remove the sausage and bacon from the package. Cut the smoked sausage lengthwise into four slices.

Heat the grill pan and grill the slices of smoked sausage and bacon over a high heat until a nice grill motif arises.

Make a well in the stew and top with a spoonful of French mustard.

Place the grilled sausage and bacon on the kale and sprinkle with onions.

Serve immediately.

I n g r e d i e n t s :

1 kg of potatoes (slightly floury , peeled and cut into pieces)

1 smoked sausage (350 g)

500 g kale (stew with sausage)

2 onions (chopped)

100ml semi-skimmed milk

50 g butter

1 tbsp vinegar

50 g bacon (sliced)

1 tbsp French mustard

Salt & pepper



Dutch Chef, Robert Schweig, finds his inspiration in cooking; he surprises his guests with the most delicious dishes.

Robert describes his style as creative, only using pure ingredients of the finest quality. The chef is always challenging his creativity.

Robert Schweig is VP Global Procurement, Beijer Ref ARW.

Meet The Chef



Robert Schweig

VP Global Procurement, Beijer Ref ARW

New Zealand



I n g r e d i e n t s :

4 persons

360 gram Ora king salmon fillet (skin out/boneless)

1 tsp Dill

2 tsp Carrot - scooped or diced

2 tsp Cucumber scooped or diced

2 tsp Red radish scooped or diced

3 tsp Manuka honey

5 gram Garlic (crushed)

5 gram Ginger (finely chopped)

1 tbsp Palm sugar

1 tbsp Coriander leaves (finely chopped)

1 tbsp Lime juice

Salt and pepper to taste

Ora King Salmon Carpaccio *with Manuka Honey Dressing*

D i r e c t i o n s :

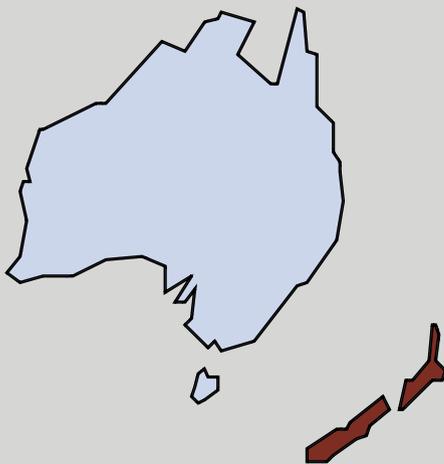
Season the salmon fillet and rub with dill. Roll the salmon fillet in plastic foil and freeze it for 1-2 hours.

In a small bowl add ginger, garlic, palm sugar, honey, lime juice and finely chopped coriander. Whisk it, and then season.

Thinly slice the salmon fillet and arrange it on the plate.

Toss the scooped or diced vegetables together and place in the middle of the salmon carpaccio.

Drizzle the dressing on top of the salmon and serve.



Sameer Handa, MD of Beijer Ref Australasia is an experienced business leader with extensive experience in management and leadership roles in various countries throughout several industries. Mr. Handa was Group CEO with Patton for the past 17 years. He has a good knowledge and understanding of International trade through his work experience in the Middle East, Fiji, India, Australia and New Zealand.

Meet The Chef



Sameer Handa
MD, Beijer Ref Australasia

New Zealand



I n g r e d i e n t s :

4 persons

12 cloves of garlic, peeled

6 x 170 gram King Edward or roasting potatoes, sliced

4 small zucchinis, halved lengthwise

1 tbs Rosemary leaves

2 tbs Olive oil

Sea salt and cracked black pepper

8 Double lamb cutlets, trimmed

Mustard mint sauce

1 1/2 cup Chopped mint leaves

1 1/2 tbs Seeded mustard

2 1/2 tbs Honey

Garlic Roast

North Island Free Range Lamb Cutlets

D i r e c t i o n s :

Preheat the oven to 220C.

Place garlic, potatoes, zucchinis, rosemary, oil, salt and pepper in baking dish, toss to combine and roast for 25 minutes.

While the vegetables are cooking, heat a frying pan over high heat and brown the lamb on all sides.

To make mustard mint sauce, place mint, mustard and honey in a bowl and mix to combine.

Place lamb on top of the vegetables. Brush lamb with some of the mint sauce and roast for a further 8-10 minutes or until lamb is golden and potatoes are soft.

To serve, place the lamb and vegetables on serving plates and top with the remaining mint sauce. Serve with lemon butter pan spinach.



Chef Hitchins has a passion for food, cooking and eating. New Zealand produce is high quality, varied and they grow the best lamb in the world.

Philip Hitchins is the General Manager for Patton New Zealand. Patton has been market share leader in New Zealand for over 10 years with strong association with their primary producing industry.

Meet The Chef



Philip Hitchins
GM, Patton New Zealand

Norway



Ingredients:

4 persons

2 kg pork spare ribs

2.5 dl water

The rub:

3 teaspoons of salt

2 teaspoons of pepper

To drink:

Christmas beer and aquavit

Christmas Pork Ribs

Directions:

Cut through the rind and slightly down into the fat with a sharp, pointed knife. If you cut the rind in parallel to the rib bones, and across, it will make a nice pattern, and it also becomes easier to cut the ribs into nice serving pieces after baking.

Rub the ribs with salt and pepper, preferably 1-3 days before cooking. Cover ribs with aluminum foil and place it aside to cool. (It is actually easiest to cut the rind pattern when the rib is half frozen.)

Roasting:

Preheat oven to 230°C. Place the ribs in a roasting pan with the rind up. Put a plate underneath, so that the ribs are slightly higher on the middle (by doing this the melted fat flows away from the ribs). It is important that the ribs are roughly equally high on both sides to get smooth and nice roasting results. Pour water into the roasting pan and cover with aluminum foil. Place the foil-covered roasting pan with the rib and the water in the middle of the preheated oven for approximately 45 minutes.

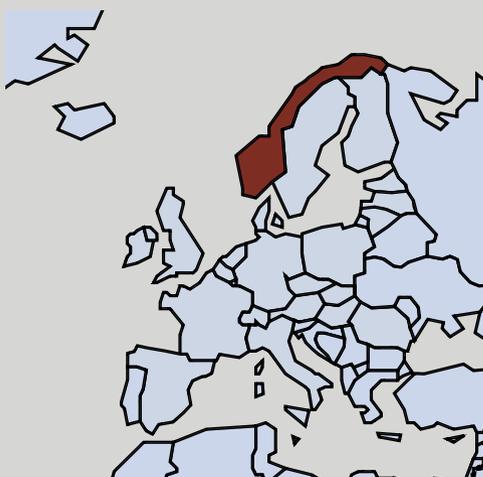
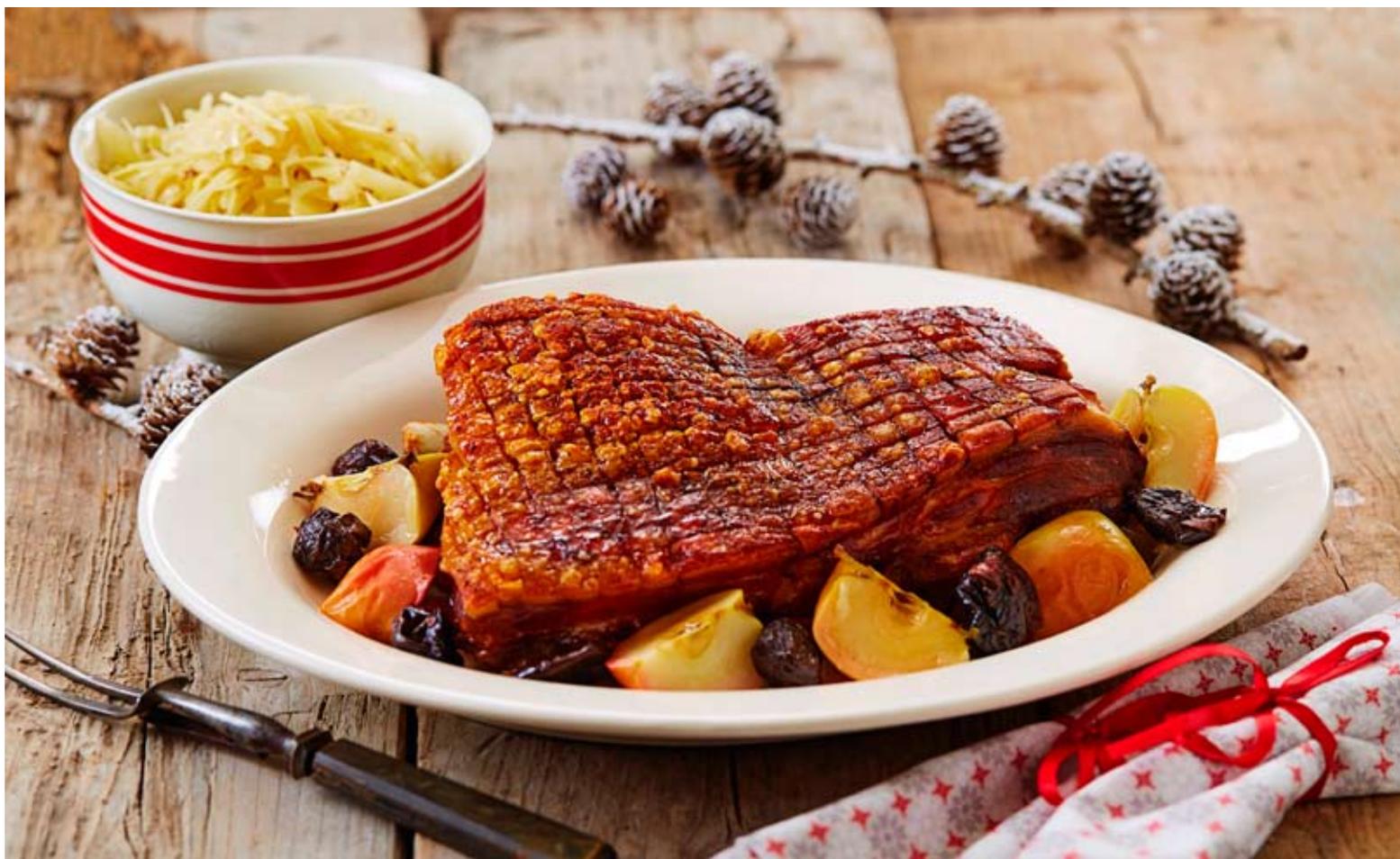
Now the ribs will swell up slightly, and the rind cracks. Remove foil (leave the plate underneath the ribs) and reduce the oven temperature down to ca. 200°C. Place the roasting pan back into the middle of the oven and let roast for about 1 1/2 hours for spare ribs and 2 to 2 1/2 hours for mid ribs.

Crispy Rind:

Normally the ribs get a nice looking crispy rind all by itself. If not, do the following towards the end of cooking time: Place the roasting pan higher in the oven and increase the temperature to 250°C, or use the oven grill function. Stay put and follow the process closely so you do not burn the rind. If only a part of the ribs has a crispy rind, cover these with aluminum foil so that they do not get burnt.

When finished let the ribs rest for about 20 minutes, and you get a nice, juicy rack of ribs.

Add almond potatoes, Sauerkraut, Red Cabbage, apples, prunes and cranberries. Traditionally served with Meatballs, Sausages and the juice from the Ribs, but this are all by choice.



Chef Grefslie especially enjoys cooking the weekend family meals. The pork ribs are served traditionally to family and friends every Christmas.

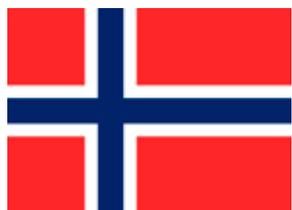
Tore Grefslie is also the MD of the company TTC Norge AS. A manufacturing company specialized in heat exchangers for industrial applications.

Meet The Chef



Tore Grefslie
MD, TTC Norge

Norway



I n g r e d i e n t s :

2 kg lamb ribs

1 1/4 kg swedes

2 carrots

1 potato

1 dl cream

3 tablespoons butter

2 teaspoons salt

1/2 teaspoon pepper

Nutmeg (optional)

1/2 kg vossakorv (optional)

(Lamb and beef sausages)

Almond potatoes

Lamb Ribs with Swede Mash

(Pinnekjøtt med rotmos)

D i r e c t i o n s :

Pinnekjøtt is one of the most popular Christmas dishes in Norway. *Pinnekjøtt* are ribs from lamb that have been salted, dried and sometimes also smoked, to preserve it.

Put the lamb ribs in plenty of water. Let it stand at room temperature for 24 hours, changing the water once.

Place a metal grate or birch sticks without bark at the base of a wide saucepan. Refill water so that it levels the grate. Add the meat on top and cover with a lid. Steam on a low heat for approximately three hours. Be careful so it does not boil and leave the meat dry, top up with more water if necessary.

Optional: Add the sausages and leave it in for a remaining 15 minutes.

Peel the swedes, carrot and potatoes. Cut them into rough pieces and boil them until tender in lightly salted water. Pour out the boiling water and mash the vegetables.

Add butter and cream to the mash. Season with salt and pepper, and perhaps a little grated nutmeg.

There you go – *Pinnekjøtt* with swede mash, ready to be served! Serve with almond potatoes and the juices from the lamb ribs.



Chef Opperud is serving this dish to his family and friends every Christmas. Medium dark beer and aquavit (mandatory) will add another dimension to this dish.

Tore Opperud is also MD for Ecofrigo AS and Børresen Cooltech AS.

Meet The Chef



Tore Opperud
MD, Børresen Cooltech
and Ecofrigo

Norway



I n g r e d i e n t s :

12 servings

*3 kg (6 1/2 pounds) sliced lamb shoulder, neck,
or breast on the bone*

*3 kg (6 1/2 pounds) cabbage, in large wedges
salt*

1 tbsp black peppercorns

1 liter (quart) boiling water

1 1/2 dl (2/3 cup) flour

1 1/4 dl (1/2 cup) cold water

Lamb and Cabbage Stew

(Får i kål)

D i r e c t i o n s :

In the late fall, lamb and cabbage stew is a popular Sunday dinner dish.

In a wide, heavy pot, layer the meat with the cabbage, sprinkling each layer with salt and peppercorns. Add boiling water. Bring to a boil and simmer until the meat is tender, about 1 1/2 hours.

Season with salt and pepper. The stock should be quite peppery. Stir the flour into the cold water, and then stir into the pot to thicken. Bring to a boil.

Serve with boiled potatoes.



Chef Sørbøe like a good meal based upon what the wildness of the Norwegian nature can give us. This together with friends or a Sunday dinner with wife, children and grandchildren.

John Anders Sørbøe is also MD of Schløsser Møller Kulde AS in Norway, with head office in Oslo and three branch offices.

Meet The Chef



John Anders Sørbøe
MD, Schløsser Møller Kulde

Poland



Ingredients:

For the mushroom and cabbage filling

2 tbsp vegetable oil

15g butter

1 onion, finely chopped

250g mushrooms, finely chopped

300g (drained weight) sauerkraut

(half a 900g jar)

For the pierogi dough

360g plain flour

240ml hot (not boiling) water

1 egg

¾ tsp salt

1 tsp vegetable oil

For the topping

200g bacon

Pierogi *with Mushroom and Cabbage*

Directions:

To make the filling, rinse the sauerkraut in a sieve, under running water. Drain well. Heat 1 tablespoon of the vegetable oil in a large frying pan, add the onion and a pinch of salt. Cook, stirring often, over a medium heat for 5 minutes. Add the mushrooms and cook for a further 5 minutes. Now add the drained sauerkraut and cook for a further 10 minutes, until soft. There should be no liquid in the pan. Season to taste with salt and pepper. Set aside to cool.

To make the dough, measure the flour into a large bowl and make a well in the center. Crack the egg into the well with the hot water, salt and oil. Quickly beat the wet ingredients with a fork then slowly incorporate the flour, until a soft dough forms. Knead for about 8 minutes until smooth and elastic, adding a little extra flour if it sticks. Divide the dough into thirds and keep covered.

Roll the first third out on a lightly floured surface, until it is an even 3mm thick. Using a plain, round 7cm cutter, and stamp out about 12 circles. Keep the finished circles covered with a slightly damp tea towel to prevent them drying out. Repeat with the remaining two lots of dough to make about 36 circles.

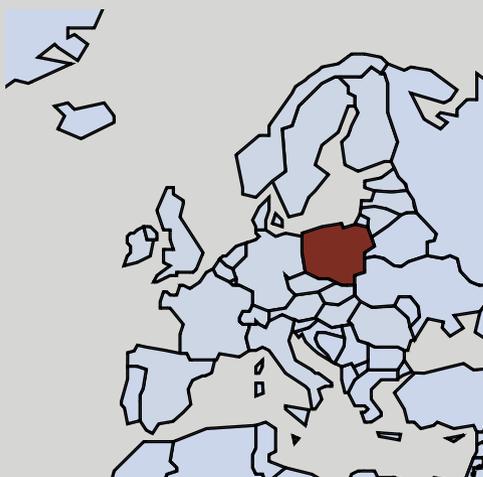
To fill, cup a circle in your palm, and put a packed teaspoonful of the filling in to the middle. Lightly wet the edges with water and pinch together tightly to seal. You can crimp with a fork if you wish.

Keep the surface dusted with flour, and cover the finished dumplings with a tea towel to prevent them drying out.

To make the topping, soften the onions in the butter, with a pinch of salt, for 15 minutes, until soft and golden. Turn up the heat and cook for a few minutes more, until caramelized. To cook the Pierogies, bring a large sauce panful of lightly salted water, to the boil. Add half the pierogi and simmer for 5 minutes, stirring now and again to prevent from sticking. Drain with a slotted spoon, transfer to a plate and simmer the remaining pierogies.

Serve the pierogies with fried bacon. Heat the bacon in a large frying pan, until lightly browned. Spoon the fried bacon over to serve.

Smaczne!



Chef Rafal Rosinski has many interests, but cooking for his family and friends is the biggest one.

First of all, Rafal Rosinski is MD of Beijer Ref Polska with head office in Warsaw and five branch offices around the country of Poland.

Meet The Chef



Rafal Rosinski
MD, Beijer Ref Polska

Poland



Ingredients:

1.5 kg sauerkraut (cabbage)

2 onions, chopped

2 oil tablespoons

1 Polish ordinary sausage, sliced

250 g boneless beef, cut into cubes

250 grams of veal, cut into cubes

100 g bacon, diced

150 ml of red wine

3 tablespoons of tomato paste

1/2 handful of dried mushrooms

Half a handful of prunes

2 bay leaves

3 grains of allspice

1 tablespoon cumin

1 teaspoon marjoram

salt and pepper to taste

Prep: 20 mins

Cook: at least 2 hours. The more, the better.

Bigos

Directions:

Rinse the cabbage under running water if it is very sour. Squeeze the excess juice, and then shred. Place into a large pot and cover with boiling water, add the plums, bay leaves and all spice. Simmer until soft (approx. 50 minutes).

In the meantime, pour boiling water over dried mushrooms in a small pot. Set aside.

Fry the onion and then add sausage. Fry together until brown.

In a separate pot, boil about a litre of water. To the boiling water, add the beef, veal and bacon. Cook for about 20 minutes, and then drain the meat.

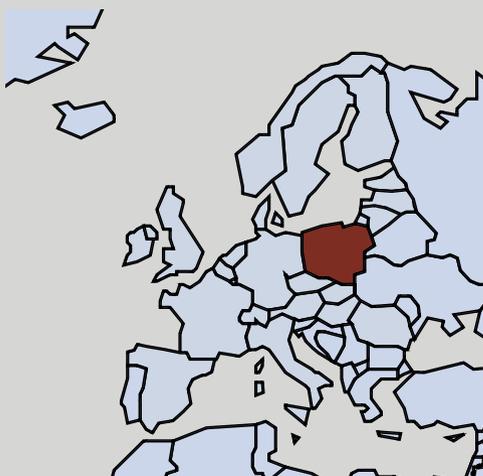
When the cabbage is ready soft, add the mushrooms (drained and cut into small pieces), meat and onions with sausage. Simmer, uncovered, for 20 minutes. If there is too much water, remove it.

Add red wine and cook for another 15 minutes. Season with marjoram, caraway seeds, salt and pepper. Add the tomato puree. Cook, stirring all the time. If the bigos is too dry, add water from the mushrooms.

If you want a tastier dish, you can continue to simmer over a low heat, covered, for an hour or more. However, to try to keep from sticking, by stirring from time to time, the mix, and if it's dry - add water from the mushrooms.

Extra boiling makes it tastier!

Enjoy!!



Chief Piotr combines traditional Polish heavy cuisine with modern approach cooking, learning from his experienced colleagues across the Europe and adapting to local components.

Piotr Chraplak is SM of Polish Toshiba HVAC team with head office in Sekocin near Warsaw.

Meet The Chef



Piotr Chraplak
Sales Manager, Toshiba Poland

Romania



Ingredients:

1-2 pieces chicken breast meat

4 carrots

4 small parsnips

4 small young onions

2 small celeries

1 large red bell pepper or 2 pimiento peppers

8 or 10 cloves of garlic (according to your own taste)

4-5 yolks

400 gr of thick sour cream

salt, pepper

40 ml vinegar or borș (fermented wheat bran)

1 bunch of chopped parsley

Ciorbă from Rădăuți (Ciorbă Rădăuteană)

Ciorbă from Rădăuți (Ciorbă Rădăuteană) is a traditional Romanian ciorbă (sour soup) found especially in the Rădăuți area, Suceava County, in the north-eastern part of Romania. In the Romanian and Moldavian cuisine, ciorbă is a thick, sour soup (distinct from a stew) coming in a large array of variants and combinations of vegetables and meat.

Most Romanians differentiate between supă (soup) and ciorbă by the fact that soup has no added acid and is most of the times clear, while ciorbă may contain a wide variety of sour ingredients, usually lemons, borș (fermented wheat bran) or țeamă de varză acră (Sauerkraut juice).

Directions:

1. Boil the chicken breast in 2-3 liters of water with 1 teaspoon of salt.
 2. Collect the foam from the surface and add the vegetables, chopped into large pieces.
 3. When they are boiled, remove the meat and vegetables from the soup.
 4. Put aside the meat, 1 carrot and 1 pepper. Cut the meat and pepper into cube shapes and the carrot into thin slices.
 5. Mince and blend the other vegetables into a puree.
 6. Grind the garlic with salt.
 7. Mix the yolks with sour cream then add the vegetables puree and the garlic (from 5 and 6 above).
 8. Put the mixture into the boiling soup, leaving it one more time to boil for 1 minute.
 9. Remove the pot from the fire and add the cut meat and vegetables (from 4 above).
 10. At the end add the chopped parsley and borș or vinegar.
- Normally, you eat this soup with pickled hot peppers.



Chef Serbu has always had a passion for the Romanian traditional cuisine and is delighted to make this savory dish known abroad.

Monica Serbu is also the MD of Beijer Ref Romania, with head office in Timișoara and a total of 5 branches around the country.

Meet The Chef



Monica Serbu
MD, Beijer Ref Romania

Slovakia



I n g r e d i e n t s :

700g uncooked potatoes

500g semi-coarse flour

200g smoked bacon

200g *Bryndza* (a special cheese made out from sheep's milk)

200ml sour cream

Bryndzové Halušky

(Potato Dumplings with Sheep Cheese and Bacon)

D i r e c t i o n s :

- Peel and finely grate potatoes.
- Add flour in order to make a dough or mixture which is not too tough, but also not too watery.
- Add salt to taste.
- Boil enough water with 2 tablespoons of salt.
- Form the dumplings with a knife or teaspoon. Put the dumplings onto a wooden plate that is soaked in cold water; place them into the boiling salted water. (There is a special tool with which you can form *Halusky* more easily and which can be bought in shops.)
- Boil the dumplings. When the dumplings are done they will float to the surface of the water. Pick them out with a strainer, rinse with cold water. You can mix it with *Bryndza* and sour cream or just add *Bryndza* on the side of the dish.
- Cut up little pieces of smoked bacon and fry them. Then place the fried bacon pieces on top of the meal.

Extra tip:

People usually serve *Bryndzové halušky* with a cup of ordinary milk.

If you cannot manage *Bryndza*, you can mix feta cheese with sour cream and thoroughly mix together, or you can try Philadelphia curd mixed with sour cream and salt.



Chef Zajíček likes to maintain the tradition. Therefore he's promoting traditional national specialties like *"Bryndzové Halušky"*, and he cooks them for friends, whenever possible.

Petr Zajíček is also the Sales Manager for Beijer Ref's Slovak company, Beijer Ref Slovakia, with head office in Bratislava and 1 branch and 5 partners around the country.

Meet The Chef



Petr Zajíček

Sales Manager, Beijer Ref Slovakia

South Africa



Oxtail Pot

“Probably the tastiest pot recipe”

“Potjiekos” Pronounced “poi-key” (pot) and “poi-keycos” (pot food). In Southern Africa this means only one thing, fish prepared outdoors in a cast iron, round, three legged pot using either wood coals or in modern times a gas flame.

Today, cooking up a “potjie” has evolved into a unique social happening, a tradition almost as popular as the legendary “Braai” (barbecue). Many corporates in South Africa including Metraclark uses making “Potjiekos” as a company event where employees grouped into teams compete on the day to prepare the most delicious and unique Potjiekos dish. Preparing a “Potjie” is a well-known cooking concept across Southern Africa from Namibia on the west coast to Mozambique on the east coast; depending on the region the popularity of the ingredients used changes from Shellfish or fish close to the ocean to more red meat or poultry in the inland regions. Sometimes a “Potjie” is even made using only vegetables.

Ingredients:

4 - 6 persons

500g Oxtails cut 2 inches thick pieces

10 slices Bacon cut in 1 inch pieces

½ cup Flour seasoned with salt and pepper

1 litre beef stock

1 can tomato paste

1 Bay leaf

6 black peppercorns

1 bouquet garni

6 large leeks, chopped coarsely

2 large onions, chopped coarsely

6 large carrots, chopped coarsely

20 button mushrooms

1 cup red wine (Pinotage / Merlot)

½ cup sherry

½ cup cream

2 tablespoons butter

2 tablespoons olive oil

2 tablespoons crushed garlic

Directions:

Prepare a direct fire and make sure you have hot coals for the start of the potjie. Be sure to have a small fire on the side to add coals throughout the cooking process.

Dry oxtails with paper towels.

Put seasoned flour into a ziplock bag, add the oxtail and shake to coat with flour.

Heat butter, olive oil and sauté the bacon pieces. Remove bacon and brown Oxtail in leftover fat. Remove and drain.

Finely dice 4 of the carrots. Coarsely chop the onions and the leeks. Add the finely diced carrots, leeks, onions and sauté until softened.

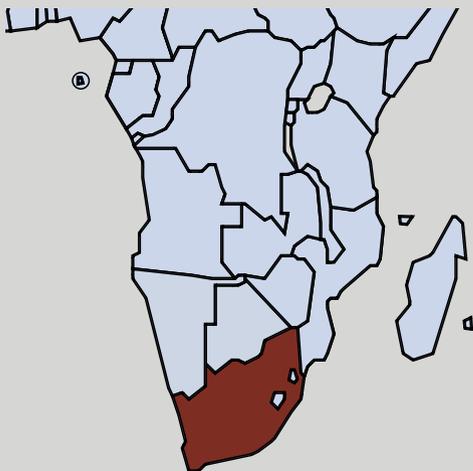
Add oxtail, bacon, rosemary, bay leaves, garlic, tomato paste, tinned tomatoes, red wine and sherry. Bring slowly to a boil and cook for 2-3 hours over low heat on the braai. Add some hot coals from the side fire every hour.

1 hour before serving, cut the remaining carrots into 1 inch pieces, add along the mushrooms and continue cooking slowly. Just prior to serving, add cream and stir in.

If you want to thicken the sauce, mix some cornstarch with the cream before adding.

Cook for 20 minutes before serving.

Serve with creamy mashed potatoes, roasted vegetables and Red wine Pinotage or Merlot.



Chef Benade says he's not skilled in ordinary cooking and spends little time in the kitchen. He however enjoys outdoor cooking in the form of a braai (barbeque) or making a Potjie over an open fire in the bush with a good red wine.

Jurie Benade, MD of Metraclark South Africa, has head Office in Johannesburg with 24 branches across South Africa, 2 Branches in Botswana and Zambia, 1 branch each in Namibia, Mozambique and Ghana.

Meet The Chef



Jurie Benade
MD, Metraclark S.A

Spain



Ingredients:

500 gr. Potatoes thinly sliced

½ Onion thinly sliced (optional)

6 large eggs (or two eggs per potato used)

550 ml. Spanish extra-virgin olive oil

Salt to taste

Tortilla Española

(Potatoes omelette)

Directions:

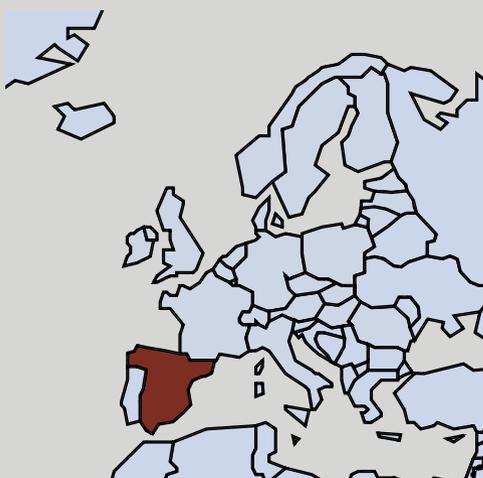
Heat 500 ml. of the olive oil into a frying pan, over a medium flame. (You'll know the oil is hot enough for frying by placing a chunk of bread or a slice of potato in the oil – it should dance and create small bubbles when it is ready). Once the oil is ready, add the potato slices and fry until lightly brown and slightly crispy. Be careful not to break the potatoes too much. They should be ready in 8 to 10 minutes. Remove from the heat and strain the potatoes from the oil. Reserve both the potatoes and the oil.

(Only if you are using the onion.) In a separate pan, heat 50 ml. of olive oil over a low-to-medium flame. Add the onion slices and cook until slightly brown. They should be ready in more or less 10 minutes. Strain the onions from the oil and reserve.

Break the eggs into a mixing bowl and whisk them vigorously. Salt the eggs to taste. Fold in the potatoes and onions into the eggs gently.

Add 3 tablespoons of the strained potato-cooking oil to a small (16 cm.) pan. Heat over a medium flame. When the oil begins to smoke slightly, add the egg mixture to the pan. Leave the pan to cook for around 30 seconds. Lower the heat and continue to cook for a few minutes. You'll know it's time to flip the tortilla when you see that the edges are cooked, but the center is still wobbly. You can test this by touching the surface gently with your hand.

Place a plate over the top of the pan and invert the pan so it winds up on the plate, raw side down. If the pan looks dry, add a little bit of oil to the pan. Return the tortilla to the pan, by sliding it back in raw side down. Cook it for another minute or so, serve and enjoy!



Chef Álvarez has always enjoyed the pleasures of good food at his home. His great grandparents owned a small restaurant in the region of Asturias, his homeland, and his family still runs the business these days.

Fernando Álvarez is also the MD for Beijer Ref's Spain with head office in Madrid and 21 branches around the country.

Meet The Chef



Fernando Álvarez
MD, Beijer ECR Ibérica

Spain



I n g r e d i e n t s :

Cod filets

Olive Oil

Garlic in Slices

How to desalt the cod

To desalt the cod filets, they should first be cut in smaller pieces if they are too big. Normally, the thick filets are used for preparations with sauce and longer boiling. The thinner filets would be used to prepare the pil pil. Finally the rest will be kept for salads, warm or cold, scrambled or to stuff peppers.

To desalt the cod, the piece of fish should be covered with a large amount of water. The thick parts should stay 48 hours under water, renewing the water every 6 hours. The thinner parts will desalt in 36 hours with a change of water every 8 hours. The rests and the shredded cod would desalt under cold water from the tap for ten minutes or inside water for two hours, with just one change after one hour. While the fish is desalting it should stay at a temperature between 6 and 8 degrees centigrade, inside the refrigerator, as at ambient temperature it could ferment.

Cod on Pil Pil *(Bacalao al Pil Pil)*

D i r e c t i o n s :

The cod El bacalao on pil pil is made just with three ingredients, cod, olive oil and garlic, though chilli pepper can be added if so desired. Salt is not necessary to add due to the excellent taste of cod.

A wide pan is needed so that all pieces of cod can be placed in the pan separated. We add the olive oil to the pan, on heat, and add the garlic in thin slices.

The garlic slices are cooked at a slow heat to avoid them to burn, until they brown. Garlic shall not be overcooked so that they can be reserve to be added again at the end of the preparation of the cod. The garlic helps to emulsify the sauce together with the olive oil plus the own gelatin of the cod.

When the garlic in slices begins to brown, put the pan away from the heat and allow to cool. The cod should not be cooked with hot olive oil as it would fry and we will never get the pil pil sauce that way.

When the oil is warm, we lay the pan again at médium-low heat and place the cod fillets with the skin down. The cod should be cooked at low temperature, between 53°C and 60°C whilst we move the pan rhythmically to create the sauce, it shall never fry.

The secret of this sauce is the constant movement of the sauce that will make the previously desalted fish release the gelatin that, together with the garlic and olive oil will emulsify finely. This effect of continuous move with the wrist is call “gupilada” and is the secret of pil pil.

If the filets are thick we might have to turn then to the other side and follow the procedure.

Place the hot cod fillets, with their skin on the base of the plate and cover with the pil pil sauce. Small steamed potatoes could be added in addition.



Chef Carlos says that the Bacalao al pil pil (or Cod in pil pil) is only possible to cook with perseverance, persistence and determination. Based on only three ingredients it needs constant care to end up with a fine dish based on the respect to the nature of the ingredients.

Meet The Chef



Carlos Gómez Caño
GM, Toshiba HVAC Spain

Sweden



I n g r e d i e n t s :

4 persons

600 g pike-perch fillet

125 g butter for frying and gravy

Approx. 400 g fresh chanterelles

3 tablespoons finely chopped shallots

Salt and pepper

Side dishes:

Boiled fresh potatoes

Freshly picked small carrots

Mange tout

Freshly grated horseradish

Pike-perch fried in Butter *with Chanterelles and early Summer Vegetables*

D i r e c t i o n s :

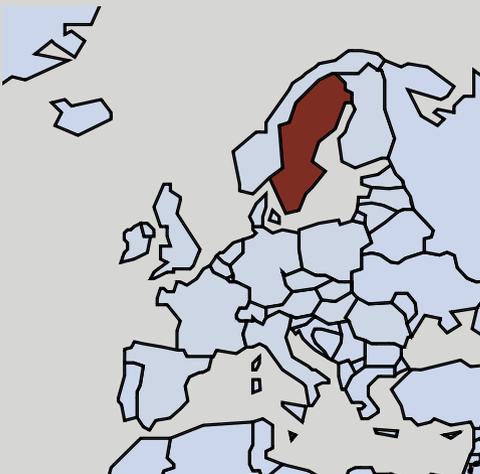
Finely chop the shallots. Clean and halve large chanterelles. Place the chanterelles into a frying pan. Heat and cook off the liquid. When all the liquid has evaporated, place butter into the frying pan and add the chanterelles, fry for approximately five minutes, add the shallots when the chanterelles are almost ready. Add salt and pepper.

Cut the fillet into four portions. Add salt. Leave the skin on and make a few cuts in the skin before frying (also tastes nice without skin). Put butter into the pan and fry the fillets skin side down for around three minutes, until crisp. Turn quickly and fry for around two minutes.

Add approximately 120 g butter into a saucepan. Melt the butter, until it turns slightly brown at the bottom.

Serve the fillets with freshly boiled potatoes, chanterelles, boiled carrots and mange tout.

Pour a little butter over the fish and serve the remaining butter on the side together with freshly grated horseradish.



Chef Bertrand's passion is to drive to his family's weekend cottage in southern Småland, where he tries his luck at fishing by laying out nets from his boat. When he catches a perch, or preferably one or several pike-perch in the nets, he cooks and serves fresh-fried pike-perch to his guests with great enthusiasm.

Per Bertrand is the CEO of Beijer Ref.

Meet The Chef



Per Bertrand
CEO, Beijer Ref Group

Sweden



Ingredients:

4 persons

Gravlax (preparation, 5 days)

1 kilo fresh salmon, preferably middle cut

1 decilitre gin

0.5 decilitre granulated sugar

1 tablespoon coarsely ground white pepper

Salt

1.5 decilitres coarsely chopped dill

Sauce (preparation, 10 minutes)

2 tablespoons mild mustard relish

2 tablespoons Dijon mustard

2 tablespoons sugar

2 tablespoons white wine vinegar

White pepper

Salt

2 tablespoons cooking oil, e.g. rapeseed oil

2 decilitres chopped dill

Grilled Gravlax

Directions:

Gravlax

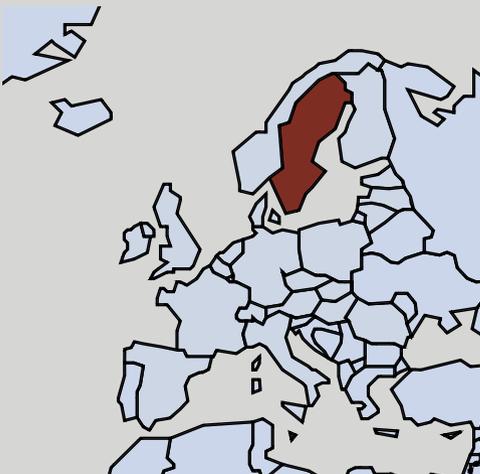
Fillet the salmon and remove all bones, use the middle cuts but do not remove the skin. Drizzle a little of the gin onto both sides. Mix the salt, sugar and white pepper. Put a few drops of water on your hands together with the mixture and rub into the meaty side of the salmon. Cut the dill coarsely and sprinkle it over the salmon. Put the meaty side of the salmon fillets against each other, thick part against thin part. Place the salmon into a plastic bag and pour the remainder of the gin into the bag. Tie the bag and put it into the refrigerator, on a plate. Leave the bag for 24-36 hours turning the bag 4-5 times during that period. Take the salmon out of the bag, scraping the dill and the spices off the salmon. Then freeze the salmon for 36 hours to ensure that any parasites in the salmon are eliminated.

Gravlax Sauce (Hovmästarsauce)

Chop the dill. Mix sugar and one-third of the dill into a bowl, ensuring the sugar dissolves with the dill, into a mixture. Add mustard and vinegar. Stir. Drizzle in oil, slowly to begin with, and stir vigorously. Add the remainder at a slow but even rate whilst beating vigorously. Taste the gravlax sauce and add salt and ground pepper, and sugar if required.

Preparation of the meal

Defrost the salmon. Cut the salmon into 1 inch slices. Peel and boil the potatoes for approximately 20 minutes. Fry the salmon in a hot grill pan for 2-3 minutes on each side. Serve with gravlax sauce and freshly boiled potatoes together with raw sugar snap peas.



Water trick skiing at the summer lake house in Sweden is a way to push the limits for Johan Bern, MD of Kylma in Sweden. Practicing is the key success factor in sports, business and cooking. When he puts on the chef's hat the traditional favorite dish is Gravad lax, slightly grilled in the pan or barbecued, with homemade Hovmästarsauce, the ultimate combination of simplicity and perfectionism.

Meet The Chef



Johan Bern
MD, Kylma

Sweden



I n g r e d i e n t s :

200 g of herring

1 bunch dill

1 bunch of chives

3 tablespoons caviar

1 red onion

1 cup sour cream

2 eggs

0.5 st lemon

400 g of potatoes

crispbread

butter

beer

schnaps (optional)

Old Man's Mix *(Gubbröra)*

D i r e c t i o n s :

Boil eggs and potatoes, eggs should be hard boiled.

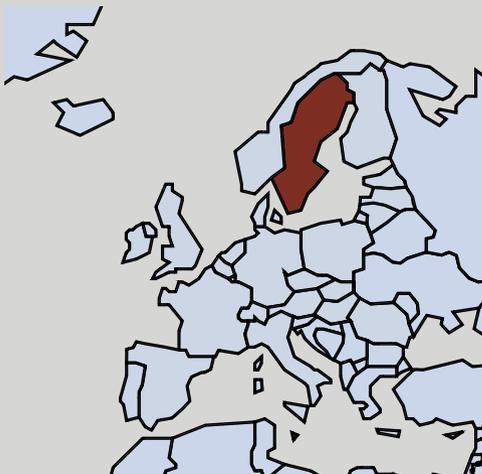
Chop the red onion.

Shred herring in cm-thick slices.

Chop the dill and chives.

Mix in a bowl with cream, caviar and the juice from half a lemon.

Serve on buttered crisp bread and with beer & *Schnaps!*



Chef Steen likes his food, both for quality and quantity. He has a passion for Swedish traditional dishes and brings out the barbecue as soon as the Swedish summer allows.

Jonas Steen is Vice President for Asia-Pacific as well as East Europe markets, where Beijer Ref serves the professional refrigeration and air-conditioning markets.

Meet The Chef



Jonas Steen
VP, Beijer Ref ARW

Sweden



I n g r e d i e n t s :

4 persons

400 g (1 lb) cod filet

400 g (1 lb) salmon filet

½ leek

½ onion

1 clove of garlic

1 ½ teaspoon tomato paste

1 ½ teaspoon salt

1 teaspoon dried thyme

1 teaspoon dried basil

2 ½ dl (250 ml) white wine

1 ½ fish stock cube

2 ½ dl (250 ml) single cream

1 dl (50 ml) crème fraîche

2 dl (100 ml) water

½ g (0,02 oz) saffron

300 g (0,7 lb) prawns

150 g (0,3 lb) fresh water clam

Aioli

Stir together mayonnaise, pressed garlic, tomato paste and a little cayenne pepper.

Swedish Fish Terrine

with a touch of the Orient

D i r e c t i o n s :

Strip the leek and finely chop the onion.

Melt butter in a large pot (iron pot) and fry the onion and the leek for a few minutes, until they are soft.

Press in the garlic and mix in the tomato paste, salt, thyme and basil and fry it for several minutes.

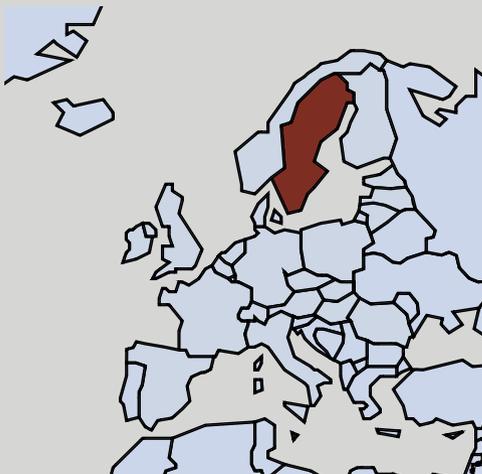
Add the wine and stock cube. Cook for a few minutes.

Add cream, crème fraîche, water, saffron. Cook very slowly for 15 minutes.

Cut the fish into pieces (5 cm, 2 in). Add to the pan and cook for about 7 minutes.

Peel the prawns add them along with the mussels. Heat up quickly and serve immediately, together with aioli and warm baguette.

Drinking tips: Glass of Chablis.



Food and cooking has always interested Chef Persson. The combination of flavor, aroma and color is fascinating. Then combine that with something suitable in the glass is an exciting challenge.

Meet The Chef



Gösta Persson

Sales Manager, Toshiba Sweden

Sweden



Ingredients:

Cabbage

1 cabbage

Water

1 teaspoon salt

Mince

350 g minced pork

3 dl boiled long-grain rice

1.5 dl milk

2 pinches of pepper

2 tsp salt

Frying

2 tablespoons margarine

3 tbs treacle

Sauce

4 dl pan juices

2 tbs wheat flour

0.5 dl water

soya

cream

salt and black pepper

Stuffed Cabbage Rolls

Directions:

Boil a generous amount of water and salt, one teaspoon per litre. Cut around the root of the cabbage to loosen the leaves. Boil the cabbage, root up. Loosen and remove the leaves as they soften. Drain the leaves and remove the thick veins to make it easier to roll the leaves.

Mix boiled rice with mince, milk, salt and pepper. Place a generous tablespoon of the rather loose mince on a cabbage leaf, turn in the sides and roll into a parcel. Repeat with the next leaf and continue until you have assembled the desired number.

Heat some margarine in a frying pan. Add some cabbage rolls when the fat turns brown, initially with the joint down. Trickle over some treacle and fry the rolls until golden brown all round. Remove them to a pan or a pot with a lid. Mix the pan juices with a little water and pour over the rolls. Refry in the pan over low heat for 30 minutes.

Place the cabbage rolls on hot plates and prepare the gravy directly in the pan. Finish off the gravy with a little flour and water. Bring to the boil and add salt, black pepper, soy and cream to taste.

Serve with boiled potatoes and lingonberry jam.



Chef Simon is a person who likes to be in the kitchen creating different dishes.

One of the favorite dishes Simon likes to cook, and especially eat, is stuffed cabbage rolls. Stuffed cabbage rolls are classic simple Swedish home cooking fare, generally served in many Swedish homes on weekdays. The dish is said to originate from the Turkish dolma. Regardless of its history, however, it is one of the oldest Swedish recipes which are still popular. The stuffed cabbage rolls are best served with boiled potatoes, cream sauce and raw lingonberry preserve.

Meet The Chef



Simon Karlin
COO, Beijer Ref ARW

Sweden



I n g r e d i e n t s :

1 dl dried breadcrumbs

2 dl carbonated table-water

1 medium size yellow onion

600 g lean minced pork

1 egg

1 1/2 teaspoon salt

1 generous pinch ground allspice

1 pinch coarsely ground black pepper

For frying:

Butter or margarine

Swedish Meatballs

D i r e c t i o n s :

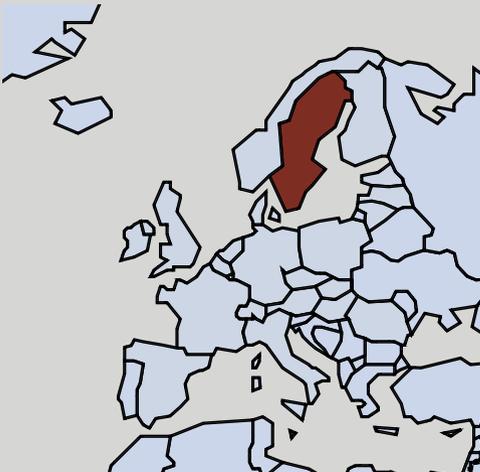
Allow the breadcrumbs to swell in the table-water for around 10 minutes. Peel and finely grate the onion. Combine all the ingredients into a fairly loose mix. Roll the meatballs into the size of ping-pong balls and place on a wet cutting board.

Brown the meatballs in batches over medium heat. Then refry the meatballs for at least five minutes to ensure that they are thoroughly done.

For gravy, optional

Place the browned meatballs in a pan. Add around 3 dl water to the frying pan, pour the juices over the meatballs and simmer under cover for around five minutes. Remove the meatballs and keep them warm. Stir 1-2 tablespoons of wheat flour into the meat juices and add 2 dl single cream. Add spices and soya to taste.

The meatballs should be served with cream sauce, boiled potatoes and lingonberry jam.



Chef Lindqvist explains that in Sweden the meatball is a traditional and integral part of the relation within the family. The best meatballs in the world are made by the grandmother. Without exception. We love our grandmothers and we love our meatballs.

Note that Jonas is pictured with "Köttbullenboken" ("The Book of Meatballs")!

Meet The Chef



Jonas Lindqvist
CFO, Beijer Ref Group

Switzerland



Ingredients:

4 persons

1 garlic clove

50ml kirsch

2 tsp. cornstarch

400 g shredded Gruyère cheese

400 g shredded Vacherin Fribourgeois cheese

3 dl of white wine (Chasselas or Sauvignon Blanc)

2 loaves of bread (any kind of bread with a sturdy crust)

Equipment needed

- Fondue pot (round ceramic pot with a handle)
- Regular stove (to warm up the cheese)
- Fondue burner (to keep the cheese hot and liquid.

Ideally you use a spirit burner and an iron frame, but a tabletop burner on a low flame will do too.)

- Fondue forks (long and thin with a wooden handle)
- Bowl

Swiss Cheese Fondue

Directions:

Cut the garlic clove and rub the inside of the fondue pot with it.

Mix the cornstarch and the kirsch in a spare bowl. Cut the bread into bite-sized pieces, making sure all the pieces have a side with crust.

Now, put the fondue pot on medium heat on the stove. Add the wine and cheeses and stir until the cheeses melt. Add the cornstarch and the kirsch and keep stirring until the cheese is smooth and creamy.

Now, it is time to light the burner. It should be just hot enough that the cheese stays liquid. Transfer the pot to the frame; put a piece of bread on the fork so that you can scrape the cheese from the bottom and the sides of the pot with the crust. This prevents the cheese from burning. The cheese will get thicker, so it's important to keep stirring.

As soon as there's just a little cheese left in the pot, turn off the heat completely and scratch off the remaining cheese with bread. If you've done it right, there's only a small amount of burnt cheese on the bottom of the pot.

What to drink with a fondue

It would be perfect if you served the same wine that you put into the fondue. Black tea goes very well with the cheese too.



Switzerland's star chef André Meyer loves to cook for his family. It is only due to a lack of time that his dishes tend to be less time-consuming, but no less tasty.

André is the MD of the Beijer Ref's Swiss companies Charles Hasler and Werner Kuster. 4 branches represent the partnering companies all over Switzerland.

Meet The Chef



André Meyer
MD, Charles Hasler & Werner Kuster

Thailand



Ingredients:

Tom Yum Goong

- 1 lemongrass stalks, cut into 1" pieces*
- 3 ripped kaffir lime leaves*
- 4 pieces of sliced galangal*
- 1 teaspoon coriander*
- 2 removed skin shallots*
- 1 medium tomato, sliced into small pieces*
- 2 cups of water or broth*
- 10 straw mushrooms*
- 7 Thai red chillies (bird-chilli), smashed*
- 1 teaspoon fried chilli*
- 1 set Shrimp (15 small ones or 5 medium ones)*
- 2 teaspoon fish sauce*
- 1 - 2 teaspoons chili paste*
- 2 lime*
- 2 cups coconut milk or 2 cups evaporated milk*
- 1 teaspoon of sugar*

Thai Sticky Rice with Mango

- 1 cup Thai sweet sticky rice*
- 1 can coconut milk*
- 3 tablespoons sugar*
- 1/2 teaspoon salt*
- 1/2 teaspoon cornstarch (or tapioca flour, available in Asian groceries or in glutenfree section)*
- 1 large mango, peeled, pitted, and cut into pieces*

Tom Yum Goong *and Thai Sticky Rice with Mango*

Directions:

Tom Yum Goong

Peel the shrimps, keep tail on shrimp. Wash straw mushrooms and cut into 4 pieces each.

Boil water or broth on a medium heat, until it is boiled. Add the kaffir lime leaves, lemongrass stalk, galangal and shallot. Boil for 4-5 minutes until smells of herb. Add the shrimp, do not stir. Wait until shrimp changes to an orange color.

Add straw mushroom, milk and tomato. Add lime juice, fish sauce, chilli and sugar. Pour into a bowl, topping with coriander.

Thai Sticky Rice with Mango

Wash rice well in several changes of cold water until water is clear. Soak rice in cold water overnight. Drain rice well and put in the steamer. Scoop steamed rice in a bowl.

Add lighter coconut milk from a can, 2 spoons of sugar and 1/4 spoonful of salt into a saucepan and boil on a medium heat, stirring for 5 minute. Pour this sauce into the rice, in a bowl, stirring until the milk is coating on rice and shiny. Set the rice aside to finish absorbing the coconut milk.

Prepare to make a topping sauce.

Add 1 tablespoon sugar, and 1/4 teaspoon salt in a bowl, whisk together a few teaspoons of water and the cornstarch. Whisk this cornstarch mix with the coconut cream. Pour the mix into a saucepan on a low heat for 3 minutes. Set rice aside mango on a plate, and then pour with topping sauce.



Chef Nirun is different from the common chef, as he has some limitation on which type of food he eats. But for sure, the taste is the best for what he chooses to serve.

Nirun is also the MD for Beijer B.Grimm Thailand with 5 branches and a subsidiary company; RNA Engineering and Trading in Malaysia.

Meet The Chef



Nirun Lumlerdluksanachai
MD, Beijer B.Grimm Thailand

UK



I n g r e d i e n t s :

2 thick cod or haddock fillets

250g self-raising flour plus a little extra for sprinkling on the fish

salt and ground black pepper

350ml cold beer

7-8 large potatoes (Maris Piper are the best ones to use)

Fish & Chips

D i r e c t i o n s :

Preheat oven to 200C and preheat the oil to 150C.

To make the chips, peel all the potatoes and cut into chunks (chip shaped). Wash the cut potato in cold water then drain. Put the potatoes into the fryer with the heated oil and fry gently for about 10-14 minutes, until they are soft but pale. Check they're cooked properly by piercing with a knife. Lift out of the pan and leave to cool slightly on the side.

Increase the heat of the fryer to 200C.

Season chosen fish and lightly sprinkle with flour. This allows the batter to stick to the fish.

To make the batter, place the flour and a pinch of salt into a large bowl and mix together in the beer to give a thick batter, adding a little extra beer if it seems over-thick. Note, it should be about the same consistency of thick double cream. Now, season with salt and thickly coat the fillets with the batter. Place in the hot oil and cook for 10-12 minutes until golden and crispy. Remove from the pan, drain and sit on a baking sheet.

Once the fish is cooked, return chips to the fryer and cook for 4-5 minutes or until golden and crispy. Remove off any excess oil and season with salt before serving with the fish. If liked, you can serve with mushy peas and a slice of buttered bread, for the full authentic experience!



Fish and Chips are a popular dish in the UK. Both Lancashire and London claim to have been the first to invent this famous meal during the mid-1800's; chips were a cheap, staple food of the industrial north whilst fried fish was introduced in London's East End. They soon decided that putting fried fish and chips together was a very tasty combination and so was born our national dish of fish and chips! Traditionally the dish was served wrapped in newspaper with plenty of salt & vinegar, most commonly eaten on a Friday evening at suppertime. Today there are now around 8,500 Fish and Chip shops across the UK, making British Fish and Chips the nation's favourite take-away.

Chef Billson is the MD for Beijer Ref UK & Ireland with the head office in Leeds, Northern England. Incorporating brands Dean & Wood, HRP, RW Refrigeration Wholesale, Air Creation, 3D, Cabinet Spares and Dean & Wood Gasco.

Meet The Chef



John Billson
MD, Beijer Ref UK & Ireland

Zambia



Braaied Fish *with Nshima & Rape*

The traditional Zambian staple Nshima (stiff porridge made from ground maize) is eaten daily in the rural areas. A thinned down version may be eaten for breakfast with sugar. Ndiwo, sometimes called relish (sauce made from meat or fish boiled with green vegetables), is usually served with Nshima.

Of course, many Zambians like to eat their Nshima with more food types on their plate. Below is a perfect description of a Zambian dish.

I n g r e d i e n t s :

Fish of choice

Nshima

1kg mealie meal

2 litres water

1 x pot

1 x cooking stick

Rape

2 bunches of rape

250ml of water

5 table spoons oil

2 ripe tomatoes

1 onion

2 tsp salt

1 x medium size pot

1 x cooking stick

D i r e c t i o n s :

Nshima

Place the water into the pot and cook on the open fire, preferably on a grid.

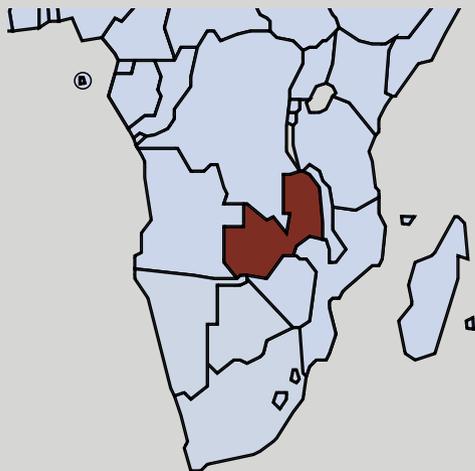
When the water is warm add a cup of meal and make a porridge. Let the porridge boil for about 15 mins then add more meal and stir to form a stiff Nshima. Be careful not to overcook or to let the porridge get too hard.

Rape

Wash the rape and chop up, add the chopped rape to the boiled, salted water and cook for 5 minutes. Add the tomatoes and onion and cook altogether for a further 10 minutes. Stir all the time to prevent burning, but do not overcook otherwise vegetables will become brown.

Choose a Fish of your choice, season with required spices including garlic salt. Braai (barbecue) fish over an open fire with a grid. Fire must be hot to brown the fish and cook for short time.

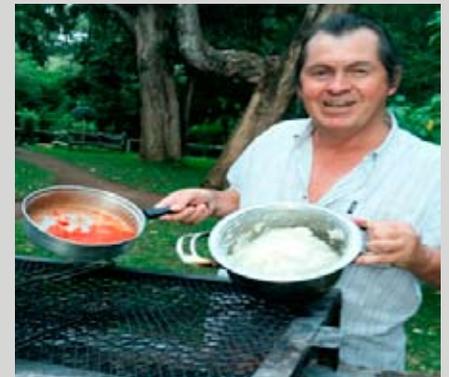
Serve altogether. Enjoy!



Chef Brannigan is originally from Zimbabwe, but now lives in Zambia with his wife. His two son's also lives in Zambia and his daughter lives in South Africa. *"I'm extremely proud of all my children."*

The Brannigans own and run a lodge on the Zambezi River which they love. He enjoys playing, watching rugby and cricket and spending time with all of the grandchildren.

Meet The Chef



Declan Brannigan
Branch Manager, Metraclark Zambia

Conversion Table



W e i g h t

<i>Unit</i>	<i>Equivalent</i>
Kilo (kg)	1 kg = 10 hg = 1000 g
Hekto (hg)	1 hg = 100 g
Gram (g)	1 g = 1/100 hekto = 1/1000 kg

V o l u m e

<i>Unit</i>	<i>Equivalent</i>
Liter (l)	1 l = 10 dl = 100 cl = 1000 ml
Deciliter (dl)	1 dl = 10 cl = 100 ml
Centiliter (cl)	1 cl = 10 ml
Milliliter (ml)	1 ml = 1 krm
Matsked (msk)	1 msk = 3 tsk = 15 ml
Tesked (tsk)	1 tsk = 5 krm = 5 ml
Kryddmått (krm)	1 krm = 1 ml
Kopp (kcp)	1 kcp = 1.5 dl
Glas (glas)	1 glas = 2 dl

Non-Metric Measures

<i>Unit</i>	<i>Equivalent</i>
Pound (lb)	1 lb = 16 oz = 454g
Ounce (oz)	1 oz = 28.35g
US Fluid ounce	1 fluid ounce = 2 msk
US Liquid pint	1 liquid pint = 4.7 dl
US Dry pint	1 dry pint = 5.5 dl
US Cup	1 cup = 2.4 dl
UK Pint	1 pint = 5.7 dl
UK Cup	1 cup = 2.8 dl

Index

<i>Page</i>	<i>Country</i>	<i>Dish</i>	<i>Chef</i>
8	Argentina	Empanadas	Enrique Gibelli
10	Australia	Roast Leg	Craig Bicket
12	Belgium	Carbonades	Filip Van Hulle
14	Botswana	Lerotse	Tracy Katsande
16	Czech Republic	Svatomartinská husa	Martin Šejvl
18	Denmark	Smørrebrød	Claus Bo Jacobsen
20	Denmark	Pork Roast	Peter Dybdahl
22	Estonia	Mulk Roast Pork Shank	Alar Sildvee
24	Finland	Reindeer Stew	Klaus Nyström
26	Finland	Salmon Soup	Tuomas Talvo
28	France	Soufflé au Fromage	Yann Talhouët
30	France	Chicken Fricassee	Diego Lopez
32	France	Gratin Dauphinois	Guillaume LaFond
34	France	Coq Au Vin	Jean-José Naudin
36	Ghana	Tilapia Fish	Gideon Ameckor
38	Germany	Schweinebraten	Martin Haug
40	Germany	Sauerbraten	Uwe Steinbach
42	Hungary	Goulash	Szabolcs Lendvay
44	India	Hyderabadi	Swatantra Gagneja
46	Ireland	Irish Stew	Denise O'Neill
48	Italy	Spaghetti all'Amatriciana	Nicola Pignatelli
50	Italy	Tagliatelle al Ragù	Angelo Bertoldero
52	Latvia	Peas & Bacon	Uldis Ošeniēks
54	Lithuania	Dumplings	Jonas Jusevicius
56	Malaysia	Nasi Lemak	Varawut Kvankaew
58	Mozambique	Spicy Shrimp	Carlos Pinto
60	Namibia	Devilled Kidneys	Marcel Gallardo

<i>Page</i>	<i>Country</i>	<i>Dish</i>	<i>Chef</i>
62	Netherlands	Herring Salad	Chris van der Lande
64	Netherlands	Mussels	Richard Droop
66	Netherlands	Pea Soup	Udo van der Meer
68	Netherlands	Boerenkool	Robert Schweig
70	New Zealand	Salmon Carpaccio	Sameer Handa
72	New Zealand	Garlic Roast	Philip Hitchins
74	Norway	Pork Ribs	Tore Grefslie
76	Norway	Lamb Ribs	Tore Opperud
78	Norway	Lamb & Cabbage Stew	John Anders Sørnbøe
80	Poland	Pierogi	Rafal Rosinski
82	Poland	Bigos	Piotr Chraplak
84	Romania	Ciorba	Monica Serbu
86	Slovakia	Bryndzové Halusky	Petr Zajicek
88	South Africa	Oxtail Pot	Jurie Benade
90	Spain	Tortilla	Fernando Álvarez
92	Spain	Cod on Pil Pil	Carlos Gómez Caño
94	Sweden	Pike-Perch	Per Bertland
96	Sweden	Grilled Gravlax	Johan Bern
98	Sweden	Old Man's Mix	Jonas Steen
100	Sweden	Fish Terrine	Gösta Persson
102	Sweden	Stuffed Cabbage Rolls	Simon Karlin
104	Sweden	Swedish Meatballs	Jonas Lindqvist
106	Switzerland	Cheese Fondue	André Meyer
108	Thailand	Tom Yum Goong	Nirun Lumlerduksanachai
108	Thailand	Sticky Rice with Mango	Nirun Lumlerduksanachai
110	UK	Fish & Chips	John Billson
112	Zambia	Braaied Fish	Declan Brannigan





'You are what you eat'

We would like to celebrate the Beijer Ref 150 year jubilee with a cookery book in which some of the company's staff members share their favorite recipes from all over the world.

Enjoy – and remember the fundamental principle that in order to succeed in the kitchen: keep cool!

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