

Did you know that in Belgium, mussels are served with fresh herbs and flavorful vegetables? Frites and Belgian beer are popular accompaniments.



## Mussels

with tarragon sauce and sweet pepper

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2 kg ( 32 oz) mussels  
2 shallots  
1 garlic bulb  
4 sweet pepper  
1 tbs olive oil  
½ tbs vegetable broth  
250 ml ( 8,8 fl oz) soya cream  
Pepper and one handful of fresh tarragon

 serves 2

- Rinse the mussels under cold running water.
- Slice the shallots and garlic.
- Remove the seeds of the sweet peppers.
- Heat olive oil in the casserole and fry the shallots, garlic and sweet pepper. Set aside.
- Heat up 1 deciliter water and add the vegetable broth.
- Add mussels, and cover. Cook just until shells open, 3 to 4 minutes. Do not overcook!  
Remove the broth (set aside!) and keep the mussels warm.
- Take a saucepan and let boil the broth with the soya cream and pepper, 2 minutes.
- Finely chop the tarragon and stir fry it with the shallots, garlic and sweet pepper in the sauce.



### Serving tip

Dress the mussels on a plate and pour some sauce on top.  
Serve with brown bread

# Pasta salad

with tuna, artichokes & balsamic vinaigrette

Mix & serve  
in style!



## **Balsamic vinaigrette**

- 60 ml (1/4 cup) balsamic vinegar
- 2 teaspoons dark brown sugar (optional)
- 1 tablespoon chopped garlic
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 180 ml (3/4 cup) olive oil



# Pasta Salade

with tuna, artichokes & balsamic vinaigrette

- 350 g whole wheat spirelli pasta
- 1 can (280 g) tuna, canned in water
- 1 can (285 g) artichokes
- 2 tomatoes, cut in parts
- ½ cucumber, diced
- 1 red onion, sliced
- ½ tea spoon oregano
- 1 tablespoon fresh chopped mint leaves
- 1 tablespoon chopped basil
- 100 g crumbled feta cheese
- 8 black olives

 serves 4

- Fill a large stockpot with water. Add some salt.
- Bring the water to boil. Measure the pasta you need. Pasta generally doubles in size when cooked. Slowly add the pasta to the boiling water.
- Stir during the first moments of cooking. Most pastas cook in 8-12 minutes. Check the package directions!
- The only way to tell if the pasta is correctly cooked is to taste it. It should be 'al dente' - firm, yet tender, with a tiny core in the middle.
- Now drain the pasta into a colander and shake off excess water. Rinse the pasta.

#### **Balsamic vinaigrette:**

- Beat the vinegar in a bowl with the optional sugar, garlic, salt and pepper until sugar and salt dissolves. Then beat in the oil by droplets, whisking constantly.
- Mix the pasta with the vinaigrette. Add the tuna, artichokes, tomatoes, red onion, mint and basil. End with the feta and olives.

The perfectly cooked pasta...



Belgian  
chocolate mousse





Did you know that Belgium is famous for his chocolate? Many chocolatiers still make their 'pralines' by hand.

- 150 g dark Belgian chocolate (70 %)
- 1 egg yolk
- 4 egg whites
- 1 tbs caster sugar
- 1 tbs vanilla sugar

 serves 4

- Brake the chocolate into small pieces and melt them using the double boiler (fill up the casserole with 6 dl water, put the chocolate in the double boiler and put it on top of the casserole, turn up the heat and let it melt)
- Separate the egg yolks from the egg whites and add the one egg yolk to the melted chocolate. Stir until well-blended.
- Whisk the four egg whites until stiff then gradually add the sugar.

### Tip

Degrease your bowl with a bit of lemon juice & make sure the whites are absolutely yolk-free

- Carefully and slowly, using the GreenPan™ spatula, fold the chocolate mixture into the egg white mixture .
- Spoon the chocolate mousse into ramekins or cups. Cover tightly and refrigerate overnight to let the mousse stiffen up.

  
Belgian  
chocolate mousse

Belgian  
chocolate fondue



# Belgian chocolate fondue

 serves 4

Different kinds of chopped fresh fruit: strawberry, banana, raspberry, melon, pineapple...

200 g (6 ounces) bittersweet chocolate, cut into small pieces

120 ml (1/2 cup) heavy whipping cream

60 ml (1/4 cup) Coca-Cola (keeps your chocolate running!)

1 teaspoon pure vanilla extract

*Optional:*

35 grams (2 1/2 tbs) granulated white sugar

1 tablespoon liqueur such as Grand Marnier or brandy

- Fill up the casserole with 6 dl water, put the chocolate in the double boiler and put it on top of the casserole, turn up the heat and let it melt. When melted stir in the cream & vanilla.



**Tip**

Add some Coca-Cola if you want to keep your chocolate running (even after several hours!).

- Put the casserole with the hot water and double boiler in the melamine bowl and serve on the table.  
Give your guests some sate sticks and let them pick their preferred fruits to dip in this delicious hot chocolate sauce!

*Did you know that the double boiler is perfect for preparing delicate sauces and melt chocolate? And that he also can be used as a mixing bowl?*





Green Pea soup

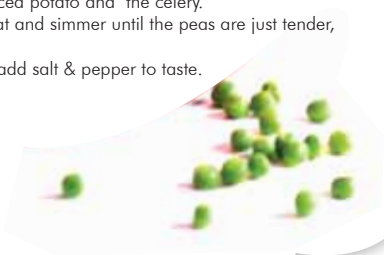
# Green Pea soup

 serves 4

300 g frozen peas  
1 white celery  
1 potato  
1 onion  
2 shallots  
2 tbs olive oil  
2 cups vegetable broth  
Some sprigs fresh parsley  
Salt & pepper

- Chop the onions. Heat up 2 tbs olive oil. Shortly stew the onions.
- Add the broth to the shallots, increase the heat and bring to a boil.
- Add the frozen peas, the diced potato and the celery.
- Return to a boil, reduce heat and simmer until the peas are just tender, 3-5 minutes.
- Mix the soup very fine and add salt & pepper to taste.
- Finish with the parsley.

*Did you know that the  
melanine bowl and double  
walled lid keeps your  
food hot longer at the table?*





Hot  
summer sangria

# Hot

## summer sangria

- 1 Bottle of red wine  
(Cabernet Sauvignon, Merlot, Rioja reds, Zinfandel, Shiraz)
- 1 Lemon cut into wedges
- 1 Orange cut into wedges
- 1 Apple cut into wedges
- 2 Tbsp sugar
- 1 Shot brandy
- 2 Cups club soda



- Pour wine in the casserole and squeeze the juice wedges from the lemon and orange into the wine.
- Toss in the fruit wedges and add sugar and brandy. Chill overnight.
- Add chilled club soda just before serving
- Keep your sangria fresh by filling up the melamine bowl with a small layer of ice cubes.
- Put the casserole with lid on top and your sangria stays fresh (and protected from honey bees!)

Did you know that the  
insulating /serving bowl can  
keep your drinks  
cold & fresh?