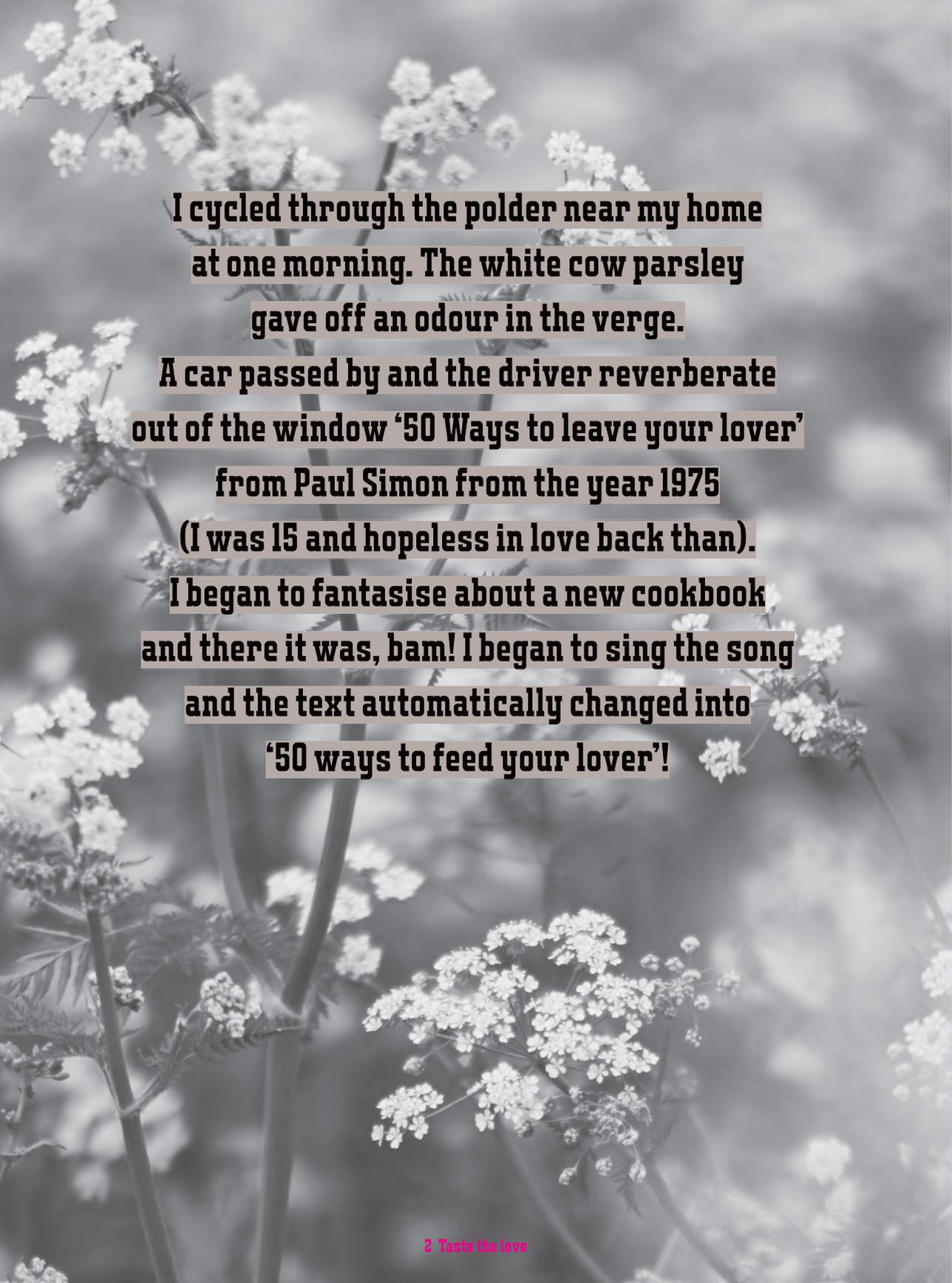


# TASTE THE LOVE

**52 WAYS TO  
FEED YOUR LOVER**

**Anya van de Wetering | Kamer 465**



**I cycled through the polder near my home  
at one morning. The white cow parsley  
gave off an odour in the verge.  
A car passed by and the driver reverberate  
out of the window ‘50 Ways to leave your lover’  
from Paul Simon from the year 1975  
(I was 15 and hopeless in love back than).  
I began to fantasise about a new cookbook  
and there it was, bam! I began to sing the song  
and the text automatically changed into  
‘50 ways to feed your lover’!**

# FOREWORD

ANYA VAN DE WETERING

Fresh  
Crispy  
Hot  
Savoury  
Sticky  
Sweet

In this book you will find recipes which includes just a bit more than the tradition prescribes. Maybe that is because of the love.

Or because of the common passion I share with chef Anne Fleur Sanders and photographer Arjan Benning for beautiful and delicious food. Or is it because of an ingredient that makes something loose, a memory or a smell you sniff in and which make your head feel dizzy. Or an ingredient that makes your senses sharper and more alert, so that you pay attention to the littlest detail on some ones face or the sun that sets in the sea, whereby you daydream just to long.

Anne Fleur is an inspired chef who owns her own catering company and grew up in a family where cooking and knowledge of what food does to you were important. I got to know her years ago, when she was a student at the Design Academy Eindhoven and got an internship at my styling agency Kamer 465. We connected right away. In short, this book is made with love and we hope it will be for everyone a feast for the eye and tongue.

Cook, eat, share and love!

Anya van de Wetering

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**Give your lover  
the best you could find: yourself.  
There is not something finer than you, so  
serve yourself, from head to toe.  
Pour something decent with it,  
a bottle that fits  
with who you are, a glass that fits  
with everything you taste like: sparkling,  
chubby, sweet and fresh or lithe, dignified, red  
or white, full of ice or only lightly chilled,  
and nothing that will still your hunger.**

**- Ingmar Heytze -**

foto Anya van de Wetering

# FRESH

Crodino cocktails  
Carpaccio of octopus  
Flower ice cubs  
Salad of raw salmon with misso dressing  
Raw scallops  
Oysters with crispy prosciutto and fennel  
Quail eggs with herring caviar  
Salad of peaches, buffalo mozzarella, basil and olive oil

# CRODINO COCKTAILS

## Two kinds of non-alcoholic Crodino-cocktails

1 piece of watermelon, ca. 200g  
1 can of tonic  
Sparkling mineral water  
1 lime  
1 bottle of Crodino, chilled  
10 ice cubs  
A pinch of fresh rasped ginger  
100 ml beet juice  
1 bottle of Crodino, chilled

Start by making the watermelon-ice cubs. These must freeze fully in the freezer namely. Cut the watermelon in slices from about 1 cm thick. Cut the peel of and slice the pulp into squares from 1 x 1 cm. Put them with any gap in a box or at a piece of baking paper. Put them in the freezer for at least 2 hours. Fill up a glass with the frozen watermelon cubs. Pour about 25 ml mineral water and a spoon of lime juice. Fill up with Crodino. Stir with a spoon or a straw.

The second cocktail has a beautiful colour! Put the ice cubs in a glass and add the rasped ginger. Pour the beet juice on top of it and fill it up with a bottle of Crodino. Stir well. Cheers!





# CARPACCIO OF OCTOPUS

1 carrot, peeled and in pieces  
1 stem celery, in pieces  
1 onion, in pieces  
1 fennel, in pieces  
1-teaspoon black peppercorn  
6 juniper berries, crushed  
2 spoons red wine vinegar  
1-teaspoon fennel seeds  
4 bay leaves  
1 clove garlic, in halve  
1 lemon, in halve  
1-teaspoon salt  
1 fresh octopus  
1-1,5 kg  
extra virgin olive oil  
lemon juice  
paprika-powder  
fresh flat leaf parsley, coarsely minced  
black pepper  
sea salt  
1 spoon capers

empty PET bottle  
2 elastics  
sharp chefs knife or cutting machine

Boil a large pan with ca. 3 litter water with carrot, celery, onion, fennel, peppercorn, juniper berries, red wine vinegar, fennel seeds, bay leaves, garlic, a halve lemon and salt. Cut in the meantime the eyes out of the octopus and remove the mouth. This is located at the same level as the hole at the bottom. Rinse the body and head well. Hold the octopus at his head and when you boil the water, immerse the tentacles of the octopus a couple of times in the hot water so the tentacles can curl nicely (about 7 times). Let it drop completely in the water. Turn the fire as low as possible so the water does not cook any longer. Let the octopus simmer in the water for 1 á 1,5 hours until it is soft and juicy. Get the octopus out of the water and let it cool-down shortly. In the meantime, cut the bottleneck/the conical

shape of the PET bottle and prick some holes in the bottom carefully. Put the bottle in a bowl. Remove the head of the octopus and cut the body in four pieces in a cross. Fill the empty bottle with this and press it with a bottle or a stamper. This results in moisture coming out of the holes in the bottom, which the bowl will catch. Cut the empty upper side from the bottle in strips and fold these so tight as possible over each other, so the octopus meat comes under pressure. Secure these with the elastics en wrap them tight in household foils. Put the filled bottle (in the bowl) with a weight on it (for example a tin) in the fridge for at least 6 hours. The natural gelatine that is present in the octopus and the powerful compressing will ensure a beautiful and solid cylinder from octopus meat. You may remove

the PET bottle after about 6 hours and than you can check if the meat pressed together is compact enough. Wrap the octopus roll in household foil or a plastic bag en put this roll in the freezer for about one hour, this will facilitate the cutting and ensures that the meat will become juicier. Remove the plastic and cut the roll in thin slices. Organize them at a flat plate. Let it equilibrate to room temperature. Sprinkle with extra virgin olive oil, lemon juice, pepper, salt, parsley, capers and a pinch of paprika powder.



# SLOWLY COOKED RIBEYE

With kale pomegranate salad and hazelnuts

500 g ribeye  
pepper, salt  
olive oil  
knob of butter

**FOR THE SALAD:**

1 clove garlic, sliced  
½ lemon  
2 teaspoons extra  
virgin olive oil  
3 teaspoons honey  
pepper, salt  
100 g cut kale  
handful of hazelnuts  
handful of sliced  
parsley  
handful of sliced  
fresh mint  
3 spoons raisins  
pomegranate

Preheat the oven to 100°C. Let the meat equilibrate to room temperature. Sprinkle it with pepper and salt. Heat a spoon with olive oil and a knob of butter in a frying pan. Fry the meat nicely brown at both sides, about a minute each side. Put the meat at a baking tray and stick a meat thermometer in the middle. Cook the ribeye until it has reached a temperature of 55-60 °C (medium). Depending on the thickness of the meat, this takes between 40 and 70 minutes. Let the meat rest for ca. 10 minutes and cut it in nice slices.

You can make the salad while the meat is in the oven. Mix the sliced garlic, the juice of a halve lemon, oil, honey, pepper and salt so you can make the dressing. Put the sliced kale in a large bowl and mix it with the dressing. You could even massage it a bit with your hands. This smoothens the kale and enriches its taste. Roast the hazelnuts in a dry frying pan until they discolour a bit. Let them cool down and chop into gross pieces. Insert the herbs, raisins and hazelnuts to the salad and mix it well. Remove the seeds of the pomegranate (an easy way to do this, is to cut it in halve and holding it above a large bowl. Hit it with a wooden spoon at the rounded side of the fruit and you will see that the seeds will fall out without to much trouble). Sprinkle the salad with the seeds generously. You could use possibly remaining meat when you cut it in tiny slices for a delicious sandwich the next day.





foto Anya van de Wetering

# COCONUT-AVOCADO- ICE CREAM

With sugared almonds

1 can of coconut  
milk (300ml)  
2 ripe avocados  
1 lime  
2 spoons  
maple syrup  
2 spoons water

100 g granulated  
sugar

60 ml water  
120 g smoked  
almonds  
(sugar thermometer)

Put the can of coconut milk in the fridge the night before (this way, you can put the ice cream in the ice cream machine directly after you mash it). Mash the avocados with the coconut milk, 1-teaspoon lime rasp, juice of 1 lime, maple syrup and the water until it is a smooth mass free of lumps. Pour the mix into the ice cream maker and let it spin until it reaches the right thickness.

Make in the meantime the sugared almonds: dissolve the sugar in water in a pan with a thick bottom on medium heat. When the sugar is dissolved, you can add the almonds. Put a sugar thermometer in the pan and heat the syrup on low heat until 135 °C, this will take about 15 minutes (when you do not have a sugar thermometer, heat the syrup until all the water evaporates, the sugar will become dull but it will taste just as good). Pour the sugared almonds on baking paper and let them harden. Cut into gross pieces and serve over the ice cream.

