

A Taste of Home with EU Tadka

Blending memories
and flavours,
one recipe
at-a-time

Parmigiano Reggiano, PDO 📍 Italy



Gnocchi In Basil Pesto



Extra virgin olive oil 📍 Spain



ENJOY
IT'S FROM
EUROPE



EUROPEAN UNION



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MAKE
YOUR
NEXT
MEAL

MORE
THAN
FOOD
WITH
EUROPEAN
INGREDIENTS



More Than Food: A Culinary Celebration



What truly connects Chefs across continents is a shared passion for food, something that came through vividly in the EU Tadka Podcast with Chef Ajay Chopra. As culinary journeys unfolded across diverse kitchens and cultures, one insight stood out: the joy of cooking begins with authentic, sustainably sourced, high-quality ingredients.

That thought became the seed from which this cookbook grew.

Created as part of the More Than Food India campaign by the European Union, this collection celebrates the coming together of European craftsmanship and Indian imagination. From artisanally made cheeses and oils to responsibly produced fruits and meats, each ingredient has been reinterpreted through the bold, diverse lens, which reflects the essence of unique dishes that are grounded in tradition, yet global in spirit.

Its place is not just on the shelf, but in the rhythm of everyday cooking, on shared tables, and the memories made in between!





**From Our
Kitchens to Yours
By Chef Guntas Sethi
More Than Food India
Campaign Ambassador**



**Chef
Guntas Sethi**

What began as a straightforward path to becoming a Chartered Accountant unexpectedly turned into a passionate journey into the world of cooking. And if you're wondering how that happens, well, let's just say our family bonding happened more over chopping boards than over board games!

Like you already guessed, I come from a family that took food seriously—not just in how it tasted, but in how it was made. Cooking was never a solo act; it was a shared experience, filled with laughter, learning, and the quiet joy of creating something from scratch. Somewhere between all those meals and memories, I realised this; being around food, flavours, and people who care deeply about both, was my true calling.

One leap of faith later, I found myself swapping spreadsheets for spatulas, and what a ride it's been! From hosting interesting events to working with inspiring Chefs and spotting the next generation of

culinary stars in action, each moment has added a new perspective to my journey. And with the magic of European ingredients, each with a story of its own, my kitchen has become this creative space where new ideas to infuse these into everyday meals keep brimming daily!

As you flip through these pages, I hope you find something that sparks your curiosity or brings you comfort. Whether you're trying a recipe to impress or simply cooking for joy, may you feel a bit of the warmth I've felt every time I've tied on an apron and tried making one of these wonderful recipes. Here's to new favourites, simple pleasures, and heartfelt cooking with a bit of EU Tadka—shared from our kitchens to yours.



**Chef
Ajay Chopra**

**Passed Down
with Love
By Chef Ajay Chopra
More Than Food India
Campaign Ambassador**

Everyone has that one 'eureka' moment when they discover their calling and surprisingly for me, it was when I was about nine years old, helping my mother in the kitchen make tea! Just that simple interaction with food paved the way for me to fall in love with the process and while I continue to navigate the field that's ever evolving in unique ways, it's the nostalgia that reminds me of why I started what I started.

My profession led me to interacting with some of the most creative Chefs in the industry with whom I have had the privilege of working with across different mediums. What's better you ask? I also had the chance of getting to know them up close on the European Union Tadka Podcast! Right

from understanding how this journey began to celebrating the way they cook; this book is an attempt to hold on to some of the unique experiences - the nostalgia and the delight of discovering beautiful ingredients.

Along with delectable recipes, you will find little stories of why the recipe means the world to Chefs. And while it's guaranteed to bring you a smile or make your run to the kitchen (or hopefully both), it's interesting to see how the focus is slowly shifting to good quality and sustainably sourced ingredients, an essential aspect that's contributing to food in meaningful ways.

So here we are with a special compilation which is perfect for adding a little EU Tadka to your kitchens! Happy cooking.

Bringing Europe's Finest Produce to India

Agricultural products from the European Union are more than just food and drinks; they are stories of heritage and craftsmanship passed down through generations. Each product is a reflection of the rich diversity of landscapes and climates across the EU's 27 Member States. While this diversity creates a vast range of tastes and traditions, all producers are united by world-class farming standards and robust food safety regulations. This commitment guarantees that authentic, high-quality, sustainable and safe products reach your table, ready to be shared and enjoyed worldwide.

Fruits and Vegetables

The EU's produce stands out for its sustainability and quality. With a firm commitment to environmentally friendly farming practices, European fruits and vegetables are grown under strict standards that ensure maximum flavour and nutritional value with minimal environmental impact.

Olive Oil

EU olive oil is renowned for its exceptional quality. By focusing on traditional methods that preserve the natural richness of the olives, producers craft pure and flavourful oils that reflect a deep dedication to both taste and wellness.

Wines, Beers and Spirits

The EU's winemaking, brewing, and distilling traditions are celebrated for their exceptional craftsmanship. By blending the finest raw materials with techniques passed down through generations, European producers deliver beverages of unparalleled flavour and quality.

Dairy and Cheese

The production of dairy and cheese in the EU is rooted in time-honoured traditions. European cheeses are distinguished by their authenticity, with each variety offering a unique taste born from careful craftsmanship and an unwavering commitment to maintaining the highest standards of freshness and quality.

Pork and Poultry

The EU's pork and poultry sectors are defined by their world-leading safety and animal welfare standards. Adherence to some of the world's most stringent regulations ensures that the meat on your plate is not only of the highest quality but also ethically sourced and sustainably produced.

Chocolate, Confectionery, and Baked Goods

The EU has long been a leader in confectionery and baked goods, where quality is paramount. An emphasis on using the finest ingredients, combined with generations of skill and attention to detail, ensures these products remain at the forefront of global excellence.

Decoding the Quality and Authenticity of EU Ingredients with Quality Labels

When you see a Geographical Indication (GI) label on an EU product, it is a guarantee of authenticity. This system protects iconic regional foods and drinks from imitation, ensuring that you are getting a genuine product with unique characteristics linked to its place of origin and traditional production methods. The two most common GI labels you will see are PDO and PGI.



Protected Designation of Origin | PDO

Product names registered as PDO are those that have the strongest links to the place in which they are made. Every part of the production, processing and preparation process must take place in the specific region. For wines, this means that the grapes have to come exclusively from the geographical area where the wine is made.

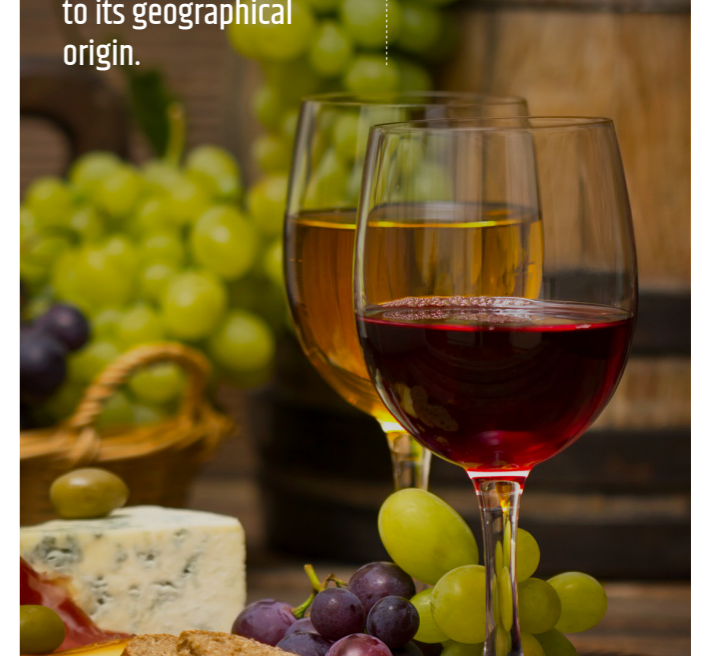
Example: Alto Crotonese, an Italian extra virgin olive oil with a PDO label guarantees that the olives were grown, pressed, and bottled entirely within that protected area.



Protected Geographical Indication | PGI

This label emphasises the relationship between the specific geographic region and the name of the product, where a particular quality, reputation or other characteristic is essentially attributable to its geographical origin.

Example: Many famous French wines like Pays d'Oc carry a PGI, ensuring that at least 85% of the grapes used come exclusively from that specific geographical area where the wine is made.



Ultimately, both PDO and PGI labels provide a promise of quality. They celebrate generations of traditional know-how and connect you directly to the rich culinary heritage of Europe. When you choose a product with a GI label, you are choosing a trusted, traceable, and truly special taste of place.



Apricot & Nectarine Chaat

By **Chef Ajay Chopra**



There's something about the first week of school that smells like wet notebooks, new timetables, and the unmistakable dampness of the monsoon. The new session always began just as the skies turned grey and just as the fruit vendors started stacking crates of golden apricots and fuzzy nectarines on their carts.

Every day after lunch, I would go hunting, not for toys or TV, but for something sweet. We'd sneak into the kitchen, fling open the fridge, and find our loot: a chilled pack of juicy apricots, drizzled with a little honey and dusted with chaat masala. Tart, sweet, cold, it hit the spot in the most unruly, glorious way. That messy, impulsive flavour memory has stayed with me. And now, I'm bottling that chaos into a dish, playful, nostalgic, and bursting with the joy of monsoon cravings.

This recipe is inspired by post-lunch fridge raids and the joy of cold fruit, reinvented with creamy stracciatella, **Extra Virgin Olive Oil from Greece** and peppery greens.



Ingredients



- 4 fresh apricots, halved & pitted
- 1 Nectarine thinly sliced
- 100g Stracciatella cheese
- 1 handful of Arugula
- 1 tbsp honey
- 1 tsp of Powdered Spice Mix (Chat masala)



- 1 tsp of Lemon juice
- 1 tsp **Extra Virgin Olive Oil from Greece**
- Cracked black pepper – to taste
- 1 tbsp Toasted melon seeds or sunflower seeds (optional, for crunch)
- A pinch of sea salt



Method

- In a bowl, toss apricots and nectarine slices with honey, lemon juice, and powdered spice mix (chaat masala). Let sit for 5 minutes to macerate.
- Arrange arugula on a serving plate. Top with fruits.
- Spoon over stracciatella in generous dollops.
- Drizzle **Extra Virgin Olive Oil from Greece**, sprinkle pepper and a pinch of sea salt.
- Finish with toasted seeds if using and serve chilled.



Pairs well with
Madeira
PDO 
wine from
Portugal





Holiday Embrace:

A Festive Blend
of Goat Cheese,
Spice & Crunch

By
**Chef Ajay
Chopra**



A couple of Christmases ago, my kids staged a full-on cookie rebellion. Apparently, there were too many sweets and not enough “weird, cool things.” I could’ve argued—sugar cookies are sacred, but they had a point. So, I raided the fridge and found some very interesting European ingredients.

That night, we whipped up a goat cheese mousse with **Katsiki Goat Cheese from Greece** so fluffy it could’ve doubled as snow. Then came a raspberry relish, made with **Raspberries from Italy**, with just enough heat to make them giggle, and crispy arugula tempura, which my son insisted looked like “edible Christmas trees.” Not traditional, but festive in unexpected ways - playful, a little fancy, and full of flavour. Now, it’s our holiday thing: skip the sweets, make something cool and delicious, and laugh through the mess.

As I stand in the kitchen today, I’m reminded of the holidays at the five-star hotel. While others enjoyed family gatherings, I was focused on delivering unforgettable experiences. For me, holidays weren’t for resting—they were about crafting joy on a plate.

I remember sourcing the finest goat cheese, the juiciest raspberries, and the freshest arugula. I wanted every bite to feel like winter, comforting, yet with a spark of surprise. That’s how Winter’s Embrace was born: airy goat cheese mousse, spicy raspberry relish, and crispy arugula tempura.



Ingredients

Goat cheese mousse



- 300g goat cheese, **Katsiki Goat Cheese from Greece** at room temperature
- 150ml Heavy cream chilled
- 1 tbsp Lemon juice
- Salt to taste
- Finely chopped Chives (optional)

Arugula tempura



- 100g Arugula leaves
- ½ cup Tempura flour
- Chilled water (or soda)
- Oil for deep frying

Spicy raspberry relish



- 250g **Raspberries from Italy** (fresh or frozen)
- 100g Sugar
- 50ml **Vinagre de Jerez PDO, Sherry Vinegar from Spain** 
- ½ tsp Chili flakes
- 1 tsp Grainy **Mustard from the Netherlands**
- ½ tsp Cinnamon
- ¼ tsp Salt
- Water as needed

Method

Make goat cheese mousse

- Blend **Katsiki Goat Cheese from Greece**, heavy cream, milk, and lemon juice until smooth.
- Add salt and chives.
- Strain the mix through a fine sieve.
- Pour into a siphon gun (fill only 2/3), charge with 1 N₂O cartridge, shake well, and chill for 30 minutes.
- Shake again before use.

Prepare spicy raspberry relish

- In a saucepan, simmer **Raspberries from Italy**, sugar, **Vinagre de Jerez PDO, Sherry Vinegar from Spain**, ginger, and a little water until berries soften.
- Add garlic (optional), chili flakes, Grainy **Mustard from the Netherlands**, cinnamon, and salt.
- Cook for 5–6 minutes till thick and jam-like.
- Cool and refrigerate.

Pairs well with **Irish Stout Beer** from Ireland

Fry arugula tempura

- Mix tempura flour and cold soda water gently (don't overmix).
- Heat oil to 175°C (350°F).
- Dip arugula leaves in the batter and fry until golden and crisp (about 30–40 seconds).
- Drain on paper towels.

To serve & plate

- Spoon or pipe the goat cheese mousse onto a serving plate.
- Drizzle the spicy raspberry relish around it.
- Serve fresh with crispy arugula tempura on top or on the side for crunch!



Sausage, Cheese & Sauerkraut Baked Puffs

By **Chef Guntas Sethi**



Growing up, whether it was a birthday party, a rainy day, or really any occasion, there was always one snack I could count on-puffs. They were a constant in my childhood, whether it was the flaky, crunchy pastry or the different fillings. Every time I bit into one, I was instantly transported back to those rainy days when everything just felt right.

Now, I love giving this childhood favourite a little twist with cheese-the ultimate crowd-pleaser. You can mix up different varieties of cheese to get the perfect melt, and then throw in some **Masurian Sausages from Poland** sautéed with a touch of black pepper for that savoury kick. I also love adding pickled onions or cocktail onions for a tangy bite. And the sauerkraut? It's got that probiotic goodness and a nice sour crunch that cuts right through the richness of the cheese and the puff pastry.

It's the perfect snack, whether you're having it on the side with soup, on its own, or as a quick evening bite. It's like a little bite of nostalgia, but with a whole lot of flavour.



Ingredients



- 1 package of puff pastry, thawed
- 1 pound of **Masurian Sausage from Poland**
- 1 cup of sauerkraut, drained and chopped



- 1/4 cup of grated **Cheddar Cheese from Ireland**
- 1 egg, beaten (for egg wash)
- Salt and pepper, to taste
- Caraway seeds



Method

- Preheat oven to 200°C (400°F).
- Roll out puff pastry on a floured surface.
- Cook sausage in a pan until browned, breaking it up into small pieces with salt, freshly cracked black pepper.
- Add chopped sauerkraut to the pan and cook until heated through.
- Spoon the **Masurian Sausage from Poland** and sauerkraut mixture onto one half of the puff pastry.
- Sprinkle with grated **Cheddar Cheese from Ireland**
- Fold the other half of the puff pastry over the filling and press edges to seal.
- Brush with beaten egg for a golden glaze.
- Bake for 25-30 minutes, or until pastry is golden brown.
- Serve warm and **enjoy!**



Pairs well with
Witbier
from
Belgium

Chikki Fudge Cake



By Chef
**Guntas
Sethi**



Growing up in Assam, I was lucky enough to experience a lot of Bengali influences, especially when it came to food. Bengali sweets were always around, and Sandesh quickly became one of my favourites. It was such a special treat, whenever birthdays came around, my mom and dad would make a bigger version of Sandesh, shaped like a cake, and we'd all gather around to cut it.

Sometimes, we'd mix in some mango pulp to flavour it differently, depending on the season. As I got older, my love for chocolate grew, so we started adding a layer of dark chocolate to the Sandesh, along with the traditional milk layer. It became my own little twist on the classic!

Now, as a chef, I love putting my spin on things, so I've added some crackling, kind of like an Indian chikki, with **Belgian chocolate**. It adds a wonderful crunch to the smooth, melt-in-your-mouth Sandesh. The contrast of textures really brings it to life. It's not just a dessert; it's a mix of memories, flavours, and a little bit of my personal touch.



Ingredients

For crackling hazelnut chikki layer



- 1 cup hazelnuts
- 1/2 cup granulated sugar
- 1/4 cup water
- 1 tbsp unsalted **Butter from France**
- Pinch of salt

For dark chocolate sandesh layer

- 1 cup creamy cottage cheese (malai paneer)
- 1/2 cup granulated sugar
- 1/2 cup **Dark Chocolate Bar 72% Cocoa from Belgium**
- 1 tbsp unsalted **Butter from France**

For milk sandesh layer



- 1 cup creamy cottage cheese (malai paneer)
- 1/2 cup granulated sugar
- 1/4 cup milk powder
- 1/4 cup heavy cream (arla)
- 1 tbsp unsalted **Butter from France**
- 1 teaspoon cardamom powder



Method

Crackling hazelnut chikki layer

- Preheat oven to 180°C (350°F).
- Spread hazelnuts on a baking sheet and toast for 10-12 minutes, or until fragrant.
- In a medium saucepan, combine sugar, and water. Place over medium heat and cook, stirring occasionally, until the mixture reaches 150°C (300°F) (hard-ball stage).
- Remove from heat and stir in **French Butter**, and salt. Let cool slightly.
- Add toasted hazelnuts to the saucepan and stir until they're evenly coated with the sugar mixture.
- Pour the mixture onto a greased surface, such as a silicone mat or a piece of parchment paper. Let cool and set.
- Break the chikki into pieces.

Dark chocolate sandesh layer

- In a blender or food processor, blend cottage cheese (paneer) until smooth.
- In a medium saucepan, combine the blended paneer, sugar, and **Belgian Dark Chocolate** pieces. Cook over medium heat, stirring constantly, until the mixture thickens.
- Remove from heat and stir in **French Butter** and vanilla extract. Let cool.

Milk sandesh layer

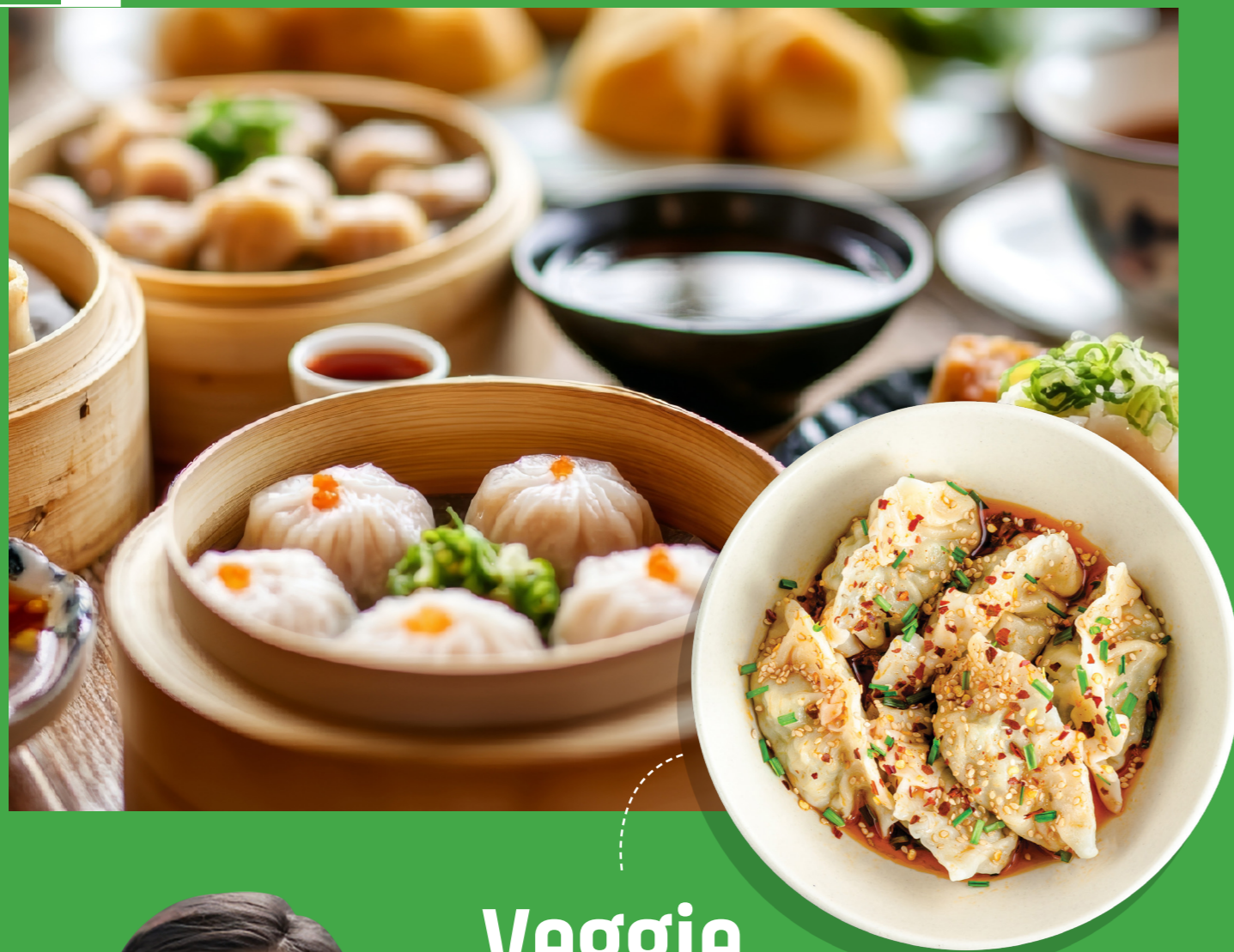
- In a blender or food processor, blend paneer until smooth.
- In a medium saucepan, combine the blended paneer, sugar, milk powder, and heavy cream. Cook over medium heat, stirring constantly, until the mixture thickens.
- Remove from heat and stir in **French Butter** and cardamom powder. Let cool.

Assembly

- On a serving plate or cake stand, create a layer of crackling hazelnut chikki.
- Spread a layer of dark chocolate Sandesh over the chikki layer.
- Top with a layer of milk Sandesh.
- Repeat the layers one more time, ending with a layer of milk Sandesh on top.
- Refrigerate for at least 30 minutes to set.
- Slice and serve.

Pairs well with
Irish 
Whiskey PGI
from Ireland





Veggie Makhani Momos

By **Chef Neha
Deepak Shah**



There's something about Mumbai rains that pulls memories from the heart, especially of those evenings with my sister standing under an umbrella by the momo stall near our house. The air was always thick with the aroma of steamed momos served with a fiery chutney.

Fast forward to today, I've perfected the art of making momos! No longer the humble street version but rather it is filled with European goodness! I'm taking it a notch higher with the addition of **Shiitake Mushrooms from France** and instead of the familiar chutney, they're being destined for a bath in a rich, creamy makhani gravy prepared using **Wild Heirloom Tomatoes from the Netherlands**.

And to my surprise, the very first bite takes me back to those rainy days with my sister.

The flavours are new, but the memories remain as vivid as ever—comforting, nostalgic, and full of warmth. It's not just food, it's a piece of our fun-filled evenings, recreated with a modern twist.



Ingredients

For the filling



- 1 cup cabbage, finely chopped
- 1/4th cup super-finely chopped **Baby Carrots from the Netherlands**, or grated using a medium sized grater
- 1/4th cup spring onions
- 1/4th cup crumbled paneer
- 1/4th cup **finely chopped Shiitake Mushrooms from France**
- 2 cloves of garlic, grated
- Green chilli and ginger, as required
- Salt, pepper & chilli flakes, to taste

To cook the sauce



- 2 tsp oil + 1 tbsp Kashmiri red chilli powder
- 2 tbsp **unsalted Butter from France**
- Salt & some sugar
- 8-10 cashews, soaked
- 3 tbsp melon seeds, soaked
- 1 black cardamom
- Chilli, for garnish

For the makhani sauce



- 4-5 **Wild Heirloom Tomatoes from the Netherlands**, cut into wedges
- 1/2-inch slice of ginger
- Handful of coriander stem
- 1 green chilli
- 2-3 Kashmiri red chillies (without seed)

Khada masala potli



- 2 cardamoms
- 1 cinnamon stick
- 4-5 black peppercorns
- 1 mace (javitri)
- 1 bay leaf
- 1 black cardamom

For the dough



- 60 grams all-purpose flour
- 1/4th cup water
- 1/4th tsp salt

Method

Wrapper

- Heat water in a pan; once it starts bubbling, add salt and flour.
- Mix well, then transfer to a surface and knead until smooth and soft.
- Let the dough cool uncovered for 10-12 minutes to avoid stickiness.
- Divide the dough into 10-12 small balls, roll out thinly, then fill and shape each one.

Filling

- Chop veggies, add salt, and let sit for 20 minutes. Squeeze out the excess water.
- Add pepper, chopped green chili, ginger, chilli flakes, **Baby Carrots from the Netherlands**, **Shiitake Mushrooms from France** and remaining ingredients. Mix well.
- Divide the dough into 10-12 small balls, roll out thinly, add the filling and shape them into momos.
- Steam them on high flame in a pre-heated steamer for 10-12 minutes.
- Serve hot with makhani sauce.

Makhani gravy

- Cook wild **Heirloom Tomatoes from the Netherlands**, ginger, coriander stems, chili, Kashmiri red chillies, salt, and whole spices with water on low heat for 10-15 minutes until soft, keeping the pan covered.
- Cool and blend into a smooth puree.
- Make a smooth paste of soaked cashews and melon seeds; set aside.
- Heat oil, sauté Kashmiri red chili powder, and 1/4 cup of the puree on medium heat.
- Add the cashew-melon paste and sauté until oil separates.
- Add the remaining puree, water, salt, and sugar. Cook covered for 7-8 minutes.
- Stir in **unsalted French Butter**, mix well, and cook for another minute. Set it aside.
- To serve, pour makhani sauce on a plate, place steamed momos, and garnish with chili oil.
- Serve immediately. **Enjoy!**



Pairs well with a white **Mosel PDO** wine from Germany





Bombay Style Grilled Cheese Sandwich Toastie

By Chef Neha
Deepak Shah

Back in school, the highlight of my day was often the time spent at the corner stall outside the school gates. The vendor, Raju bhai, had a small cart but a big heart!

He served up the most delicious Bombay Style Grilled Cheese Sandwich Toastie one could imagine. After a long day of classes and hurried notes, my friends and I would rush to his cart, eagerly watching as he assembled his magic. Two slices of fresh bread would get a generous smothering of butter, a sprinkle of spicy lip-smacking green chutney and a filling of the yummiest aloo masala followed by thinly sliced veggies – onions and capsicum. But the star, of course, was the cheese. Raju bhai would pile on the cheese, not just a little, but enough to make every bite a savoury delight.

The sandwich would be pressed down on the sizzling griddle until the bread turned a crispy golden brown, the cheese melting perfectly inside. The crunch of the toast, the burst of flavour from the chutney and the creamy, melted cheese, it was just heavenly. And the extraordinary aloo masala was truly a magical treat.

Each bite brought us closer to the end of the day's exhaustion and into a moment of pure joy. That sandwich wasn't just a snack, it was the taste of friendship, of laughter shared on the streets of Mumbai and of carefree childhood afternoons. Even now, every time I eat a grilled cheese toastie, I'm transported back to those days, when life was simple and a sandwich was all it took to make the world feel right.

I decided to level up this childhood favourite with the phenomenal **Gouda Holland PGI from the Netherlands** and it turned out to be a deliciously beautiful and nostalgic relish in every single bite.



Ingredients

For the mashed aloo masala



- 1 tbsp oil
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- A few curry leaves
- 1/2 tbsp ginger garlic paste
- 2-3 green chillies, chopped
- 1 tsp turmeric powder
- 1/4 tsp asafoetida, also called hing
- 1.5 cups boiled potatoes, cooled and mashed
- Salt to taste
- 1 tbsp chopped coriander leaves
- 1 tsp lime juice



For the green chutney



- 2 big bowls of coriander
- 8 to 10 mint leaves
- 1/2 small raw mango
- 2 green chillies
- 1 slice of ginger
- 5 to 6 curry leaves
- 2 cloves of garlic
- Salt and black salt to taste
- 1/4 tsp cumin seeds
- 2 to 3 tbsp sev
- 1/2 tsp chaat masala
- Juice of 1/2 lime
- 1 to 2 cubes of ice

For the sandwich masala



- 2 tbsp cumin seeds
- 4-5 cloves
- 1 tbsp black pepper corns
- 1 tbsp fennel seeds
- 1 tbsp amchoor powder or dried mango powder
- 1 tsp anardaana or dried pomegranate seeds
- 1/2 tsp ginger powder
- 1/2 tsp hing or asafoetida
- 1 tbsp black salt
- 2.5 tbsp salt

For the assembly



- 8 Ciabatta Bread Slices from Italy
- Softened butter from France
- Grated Gouda Holland PGI from Netherlands 
- Emmental Cheese from Netherlands
- Green chutney
- Sandwich masala
- Red garlic chutney
- Sliced onion
- Sliced capsicum
- Nylon sev

Method

For the assembly

- Apply **French Butter** generously on all the slices, followed by green chutney on half the slices and red garlic chutney on others.
- Now, spread the aloo masala on half the slices and top with onion and capsicum. Season the veggies with the sandwich masala at each step.
- Finish with a generous layer of grated **Gouda Holland PGI** and **Emmental cheese from the Netherlands** and cover each slice with the other bread slices.
- Preheat the sandwich toaster. Put French butter on both exterior sides of the sandwich and toast the sandwiches until crisp & golden brown.
- Cut into pieces, apply butter & chutney on top. Garnish with nylon sev, sandwich masala and serve immediately.
- **Enjoy!**



Pairs well with
Castilla
PGI 
wine from
Spain



Grandma's Style Fruit Custard with a Touch of Italy

By **Chef Rakhee
Vaswani**



Growing up in a Sindhi family, it's often rare to have ham and cheese sandwiches in your lunch box. But that was what my mother gave me; she wanted to expose me to the world. She fed us home food and made us try new dishes all the time. One of these special dishes became a weekly staple dessert every Sunday! A humble custard with fresh fruits. This fruit custard is inspired by a traditional family recipe passed down through generations, bringing back nostalgic memories of summer gatherings.

We might not have been able to use actual European fruits back then but this recipe of a custard using beautiful red **Italian Raspberries** is an homage to my mother and her dreams of a European summer! These raspberries not only enhance the dish's flavours but also symbolise the merging of culinary traditions from across the world.



Ingredients



- 2 cups full-cream milk
- 2 tbsp vanilla flavoured custard powder
- 3-4 tbsp sugar
- ½ cup fresh **Raspberries from Italy**
- ¼ tsp vanilla extract
- A pinch of cardamom powder
- Handful of chopped nuts like almonds, cashews, or pistachios for garnish

Method

Make the custard

- Heat 1½ cups of milk in a saucepan over medium heat.
- Mix custard powder with ½ cup of cold milk to form a smooth paste.
- Once the milk boils, lower the heat and stir in the custard mixture, adding sugar.
- Cook until thickened. Let it cool.

Chill the custard

- After the custard cools, refrigerate for 1 hour for the best results.

Prepare the fruits

- Keep **Raspberries from Italy** as whole.
- Mix a pinch of cardamom powder with the fruits for added flavour.

Pairs well with
Cava PDO 
wine from
Spain



Assemble the custard

- Surface wrap the custard and chill to avoid skin formation.
- Gently fold the fruits into the chilled custard.
- Reserve some raspberries for garnishing.

Garnish and serve

- Garnish with extra raspberries and chopped nuts before serving.
- Enjoy chilled.

Recipe 08

Triple Layer Chocolate Cake with Belgian Dark Chocolate Ganache



By Chef
Rakhee Vaswani

Every summer, when the cousins met, the movie Matilda was always on the watchlist! Among all its magic, what stayed with me most was that one unforgettable scene, the rich, fudgy chocolate cake that one of the characters devours with wide-eyed delight. It became the stuff of our childhood dreams. Years later, at Tante Marie culinary school, I finally baked my very own version. This decadent **Belgian chocolate cake**, made with **Dark Chocolate Bar 72% Cocoa from Belgium**, is more than a dessert, it's a memory, reimagined. A little bite of childhood, now crafted with European flair.

This luxurious Triple Layer Chocolate Cake celebrates the rich and intense flavour of **Belgian Dark chocolate**, a European gem renowned for its superior quality and deep, complex taste. The smooth, bittersweet notes of the chocolate perfectly balance the sweetness of the cake, making it ideal for true chocolate connoisseurs.



Ingredients

For the cake



- 93gm all-purpose flour
- 93gm granulated sugar
- 125gm of **Dark Chocolate Bar 72% Cocoa from Belgium**
- 20gm Cocoa Powder
- 4gm baking soda
- 1 large egg
- 125gm **Butter from France**
- 2 tsp vanilla extract
- 240ml boiling water

For the ganache, filling & frosting



- 500g of **Dark Chocolate Bar 72% Cocoa from Belgium**
- 250gm Strawberries
- 200ml Heavy Cream
- 1 tbsp **Butter from France**



Method

The pre-prep

- Preheat the oven to 175°C (350°F). Grease and line a 6-inch round cake pans with parchment paper.

Prepare the cake batter

- In a large bowl, sift together flour, sugar, cocoa powder, baking soda.
- In another bowl, whisk the eggs and vanilla extract.
- Melt the **Dark Chocolate from Belgium** with **French butter** and add it to the eggs.
- Slowly add the wet ingredients to the dry ingredients and mix until smooth.
- Gradually add the boiling water, stirring gently.
- The batter will be thin, but that's expected.

Bake the cake layers

- Add the batter to the prepared pan.
- Bake for 30-45 minutes at 160 degrees or until a toothpick comes out clean.
- Let the cakes cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Make the ganache

- Heat the cream in a saucepan until it simmers.
- Pour the hot cream over the chopped Belgian dark chocolate in a bowl.
- Let it sit for 1-2 minutes, then stir until smooth.
- Add **French Butter** and mix until glossy.
- Let the ganache cool until it thickens to a spreadable consistency.

Assemble the cake

- Cut the cake in three layers.
- Place the first cake layer on a serving plate.
- Spread a layer of ganache on top.
- Add the second cake layer, repeat with ganache, and top with the third layer.
- Use the remaining ganache to frost the top and sides of the cake.

Finishing touch

- Smooth the ganache with an offset spatula. Optionally, garnish with chocolate shavings or strawberries.
- **Serve chilled!**

Pairs well with
Terre Siciliane
PGI 
wine from
Italy





Patatas Bravas

By Chef Manuel Oliveira



Patatas Bravas was one of the first dishes I learned to cook, taught by my mother in her restaurant in Toledo. Patatas Bravas is more than just a dish for me; it's a journey back to my roots and a celebration of everything I hold dear about Spanish cuisine. Growing up in Spain, I was surrounded by dishes like this, humble in their origin, yet profound in their ability to bring people together. With a drizzle of **Chania Kritis PGI, Olive Oil from Greece**, Patatas Bravas represents the heart of Spanish culture: simplicity, bold flavours, and the joy of sharing food with loved ones.



Ingredients

For the potatoes



- 4 medium potatoes, peeled and cut into bite-sized cubes
- 3 tbsp of **Chania Kritis PGI Olive Oil from Greece**
- Salt, to taste
- Paprika optional, for extra flavour



For the bravas sauce



- 1 tbsp of **Chania Kritis PGI Olive Oil from Greece**
- 1 onion, finely chopped
- 2 cloves of **Garlic from Netherlands**, minced
- 1 can of diced tomatoes or 2 fresh tomatoes, chopped
- 1 tsp of smoked paprika
- 1 teaspoon of cayenne pepper
- 1 tsp of **Sherry Vinegar, Vinagre de Jerez PDO from Spain**
- Salt and pepper, to taste
- A pinch of sugar

Method

Prepare the potatoes

- Preheat your oven to 180°C (356°F).
- In a large bowl, toss the potato cubes with **Chania Kritis PGI, Olive Oil from Greece** until evenly coated.
- Spread the potatoes out on a baking sheet in a single layer.
- Roast in the preheated oven for about 25-30 minutes, turning halfway through, until they are golden and crispy.

Make the bravas sauce

- While the potatoes are roasting, heat 1 tablespoon of **Chania Kritis PGI, Olive Oil from Greece** in a skillet over medium heat.
- Add the chopped onion and sauté until soft and translucent, about 5-7 minutes.

- Stir in the minced **Dutch Garlic** and cook for another minute until fragrant.
- Add the diced tomatoes, smoked paprika, cayenne pepper, and **Vinagre de Jerez PDO from Spain**.
- Season with salt and pepper.
- Simmer the sauce for about 10-15 minutes, allowing it to thicken. If it tastes too acidic, add a pinch of sugar to balance it out.

Serve

- Once the potatoes are crispy, remove them from the oven and place them on a serving platter.
- Drizzle the bravas sauce over the potatoes or serve it on the side for dipping.
- Add Garlic Aioli (Optional)
- Optionally, garnish with chopped parsley for freshness.

Pairs well with
Pays d'Oc
PGI
wine from
France





Tortilla Española



By Chef Manuel Olveira

There was always a tortilla in the fridge when I was growing up. Always. Hot or cold, in a sandwich or on its own, it was the ultimate go-to. Whether for packed lunches or last-minute dinners, that humble tortilla was the star of our kitchen.

It might seem like a simple dish, but for me, it's so much more than that. It's comfort, simplicity, and a little bit of home wrapped in every layer. Using a generous drizzle of **Extra Light Olive Oil from Spain**, this tortilla is a taste of memories. It's the kind of food that brings back memories of family and those small moments that make life special.

Today, I'm sharing a recipe that's rooted in those nostalgic days, a reminder that sometimes, the most basic ingredients can hold the most meaning.



Ingredients

- 4 large eggs
- 2 medium potatoes, peeled and thinly sliced
- 1 onion, thinly sliced
- 1/4 cup of **Extra Light Olive Oil from Spain**
- Salt to taste



Method

- Heat **Spanish olive oil** in a non-stick skillet over medium heat.
- Add the potatoes and onion and cook until tender/ slightly caramelised, about 20 minutes. Stir occasionally to avoid burn.
- Beat the eggs in a bowl and season with salt.
- Once the potatoes and onion are cooked, drain them from the oil and mix them with the beaten eggs.
- In the same skillet, pour the egg and potato mixture, spreading it evenly.
- Cook on low heat for about 4-5 minutes until the bottom is golden.
- Carefully flip the tortilla using a plate and cook the other side for another 4-5 minutes until set.
- Slide onto a plate, cool slightly, and cut into wedges to serve.
- Serve with mayo or tomato salsa.



Pairs well with
Rioja PDO wine from Spain





Chicken Schnitzel With Lemon Caper Sauce

By **Chef Nehal Karkera**



This recipe holds a special place in my heart, as it was inspired by my time working alongside a talented European chef. He taught me how a simple dish, when elevated with the right techniques and flavours, can become truly unforgettable. The schnitzel itself is so humble, but the addition of the **Lemon Caper Sauce**, made with **Capers Capotes from Spain** takes it to another level, balancing the crispiness of the **Chicken Breasts from Denmark** with tangy and buttery notes. It's a dish I find myself craving every now and then, a nostalgic reminder of how simplicity, combined with flavourful ingredients, can create something magical.



Ingredients

For chicken schnitzel



- 2 **Chicken Breasts from Denmark**
- ½ tsp crushed black pepper
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp chili powder
- ¼ cup refined flour
- 1 egg, whisked
- ¼ cup breadcrumbs
- Oil for frying

For lemon caper sauce



- 1 tbsp **Extra Virgin Olive Oil from Spain**
- 1 tbsp chopped garlic
- 2 tbsp **Capers Capotes from Spain**, washed and chopped
- ½ cup chicken stock
- Salt to taste
- Pepper to taste
- 4 tbsp cold unsalted **Butter from France**
- 1 tbsp chopped parsley
- 1 tbsp lemon juice

To serve

- Side salad with mixed leaves and **Wild Heirloom Tomatoes from the Netherlands**

Method

Prepare the chicken schnitzel

- Pound the **Chicken Breasts from Denmark** to ¼-inch thickness.
- In a small bowl, mix crushed black pepper, salt, garlic powder, and chili powder.
- Rub the spice mixture on both sides of the chicken breasts and marinate for 30 minutes.

Bread the chicken

- Place the flour, whisked egg, and breadcrumbs in three separate bowls.
- Dip each chicken breast first in flour, then in egg, and finally in breadcrumbs, ensuring an even coating.

Fry the chicken

- Heat **Extra Virgin Olive Oil from Spain** in a skillet over medium heat.
- Fry each chicken breast for 4-5 minutes on each side until golden brown and cooked through.
- Drain excess oil on paper towels.

Make the lemon caper sauce

- In the same skillet, heat 1 tbsp oil.
- Sauté chopped garlic until fragrant.
- Add **Capers Capotes from Spain** and cook for 1 minute.
- Pour in chicken stock and let it simmer. Season with salt and pepper to taste.
- Gradually whisk in **French butter** until the sauce thickens.
- Stir in chopped parsley.
- 1 tbsp freshly squeezed lemon juice.

Serve

- Plate the crispy chicken schnitzels and drizzle them generously with the lemon caper sauce.
- Serve alongside a fresh side salad of mixed leaves and **Wild Heirloom Tomatoes from the Netherlands**.



Pairs well with
Kamptal
PDO 
wine from
Austria

Gnocchi in Basil Pesto

By **Chef Nehal
Karkera**



Catching up with old friends from my culinary school days felt like no time had passed. We were once a noisy bunch of classmates-turned-housemates, crammed into a tiny flat, balancing our passion for food with late-night cricket and football marathons. Our kitchen became the heart of it all where laughter echoed, experiments unfolded, and comfort came in the form of food we made together. One dish that stood out back then, and still does, was gnocchi with basil pesto.

We'd gather around, each taking a part, rolling out the dough, shaping the gnocchi, pounding fresh basil and pine nuts by hand. And of course, a generous sprinkle of **Parmigiano Reggiano PDO from Italy**. It wasn't always perfect, but it was ours. That dish carried us through wins, losses, and long nights, a warm plate of comfort and camaraderie.

Now, years later, sharing it again, only with a touch more finesse, reminded me of why I fell in love with food in the first place. Some things change, but the joy of a good meal with good friends? That never gets old.



Ingredients

For the gnocchi



- 3-4 large potatoes
- Water for cooking
- 1-2 tsp salt
- 4-6 tbsp refined flour
- Salt to taste
- ½ tsp crushed black pepper
- ½ egg, whisked (optional)
- Extra flour for dusting
- Salted water for boiling



For the basil pesto



- 1½ cup basil leaves
- Iced water for shocking
- 60 gm **Parmigiano Reggiano PDO from Italy**, also known as Parmesan cheese
- ½ cup **Extra Virgin Olive Oil from Spain**
- 2-3 tbsp roasted pine nuts
- 2 tsp chopped garlic
- Salt to taste
- ½ tsp crushed black pepper
- Juice of ½ lemon

Other Ingredients

- Reserved pasta water for cooking
- 60 gm **Parmigiano Reggiano PDO from Italy**
- Salt and pepper to taste

Method

Prepare the gnocchi

- Wash and clean the potatoes, then cook them in a pressure cooker with salt until fully tender.
- Drain and let them cool slightly, then peel and mash the potatoes while still warm using a grater or potato ricer.
- Mix in the flour, eggs (if using), salt, and pepper to form a smooth dough.
- Dust with flour and shape into small pillow-like pieces.
- Boil in salted water until the gnocchi rise to the surface, about 2 minutes. Remove and set aside.

Make the basil pesto

- Pluck fresh basil leaves and shock them in ice-cold water for 2 minutes to retain their colour. Drain and pat dry.
- Blend the basil leaves, **Parmigiano Reggiano PDO from Italy**, **Extra Virgin Olive Oil from Spain**, roasted pine nuts, garlic, salt, pepper, and lemon juice until smooth.
- Add more olive oil if needed to adjust the consistency.

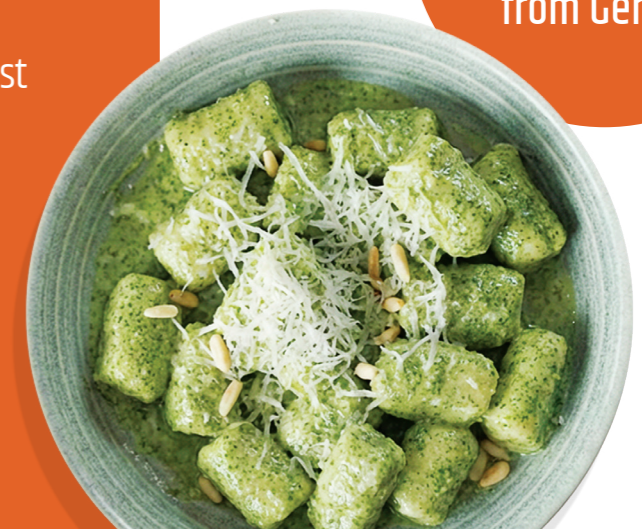
Prepare the gnocchi pesto

- In a pan, simmer reserved pasta water with 2-3 tbsp of the already prepared basil pesto or you can also add the ready to use basil pesto from Italy.
- Add the cooked gnocchi and let it simmer for 2 minutes over low heat.
- Stir in cream (optional) and reduce until the sauce coats the gnocchi.
- Adjust the seasoning with salt and pepper to taste.

Serve

- Plate the gnocchi and garnish generously with grated **Parmigiano Reggiano PDO from Italy**.
- Serve hot.

Pairs well with
Dunkel Beer
from Germany





Rose Pista Mangomisu

By Chef
Chinu Vaze



According to my mom, I've always had a special gift when it comes to mangoes. Since I was a kid, I've been able to sniff out the sweetest, juiciest mangoes, no matter where they were. I would stand before the pile of mangoes, close my eyes, breathe in their sweet, intoxicating aromas, and one by one, pick the perfect one for the day. It was almost like I had an innate connection with the fruit.

Tiramisu has always been one of my favourite desserts, a perfect blend of rich flavours and textures. But, in my quest to make it even more special, I decided to swap the traditional coffee and cocoa for a combination of India's most beloved flavours-mango, rose, and cardamom. The smooth, tropical sweetness of mangoes blends beautifully with the delicate floral notes of rose and the warmth of cardamom, creating a uniquely Indian twist on a classic Italian dessert. To bring even more depth and authenticity, I've incorporated **Mascarpone from Italy** for its rich, creamy texture.

And rather than using the traditional ladyfingers, I've layered the tiramisu with slices of Sponge Cake (Mawa Cake), a soft, rich cake found in Irani cafés and bakeries. Mawa cake's dense, moist texture is the perfect complement to the creamy layers, giving the dessert a familiar yet fresh Indian touch. The result is a dessert that's not only delicious but a true representation of the subcontinent's love for vibrant, layered flavours, bringing together the best of both worlds in every bite.



Ingredients

Mango mascarpone cream



- 1 ½ cups **Mascarpone from Italy**
- 1 ½ cups whipping cream or 3 egg yolks + 3 egg whites (separated)
- 2 tbsp sugar/ honey
- ¾ cup hapus/ manjhrad mango pulp
- ½ tsp cardamom powder



Mango soak



- ¼ cup Aam ras/ mango pulp
- 1 cup water
- 1 tbsp rose water



- Sponge Cake or Mawa Cake
- 2 mangoes, diced, for layering
- Pista crumb
- Dried Rose Petals

Method

Mango mascarpone cream

- If using eggs- separate yolks and whites. Mix **Mascarpone from Italy**, egg yolks, mango pulp and sugar.
- Beat egg whites in a separate bowl and fold in.
- If using whipping cream- mix **Mascarpone from Italy**, mango pulp, sugar, and cardamom powder.
- Beat whipping cream until stiff and fold in.

Mango soak

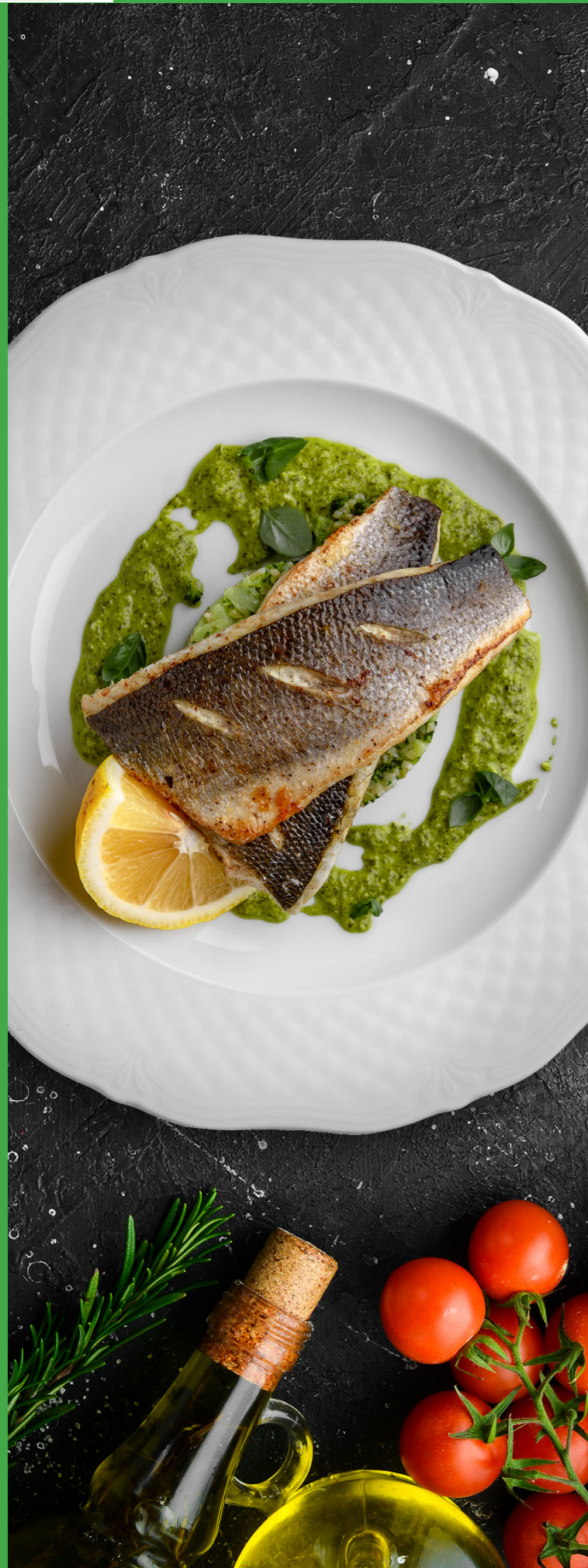
- Mix ¼ cup mango pulp, water and rose water in a shallow tray.
- Cut ½ inch slices of sponge cake (mawa cake) and soak in Mango Soak (just before assembly otherwise they will crumble).

Assemble

- In a glass or baking dish, arrange a layer of soaked cake at the bottom.
- Top with half the mango mascarpone cream and ½ diced mango.
- Add another layer of cake and follow the same process.
- Refrigerate till serving (at least 2-3 hours)
- Top the final layer of mango mascarpone cream with fresh, diced mango, pista crumble & rose petals and serve!

Pairs well with
Prosecco
PDO 
wine from Italy





Olive Thecha Beets Or Fish

By
**Chef Chinu
Vaze**



If you ask any Maharashtrian about the perfect combo with lentils (dal) and rice, the answer will always be the same - thecha! It's not just a side dish, it's a tradition. My version of thecha is made with roasted peanuts, garlic, and green chilies, all pounded slowly in a mortar and pestle. The aroma and heat from the chilies, combined with the earthiness of the peanuts, make it irresistibly comforting.

After a long journey or hectic day, nothing beats a plate of varan bhat tup loncha with a spoonful of fiery thecha. It's pure comfort, a taste of home.

This green **thecha** is a staple in my house, but I've added my twist: juicy **Kalamata Olives PDO from Greece** and **Azeite de Trás-os-Montes PDO, Extra Virgin Olive Oil from Portugal**. They bring a depth of flavour and healthy fats, transforming the thecha into a desi chermoula-ish sauce. The bold olives, combined with the heat of the chilies and the earthiness of peanuts, create a punchy, unforgettable sauce.


Olive Thecha is here to add a twist to your meals! Pair it with fish or roasted beets for a fusion of flavours that hits all the right notes. It's a perfect blend of tradition and reinvention, and the ultimate comfort food with a fresh twist.



Ingredients


Marinade



- 1 tbsp ginger, grated
- 4 garlic cloves, crushed
- 1 tsp cumin powder (jeera powder)
- 1 tsp kashmiri chilli powder/ paprika
- 2-4 tbsp **Extra Virgin Olive Oil, Azeite de Trás-os-Montes PDO, Portugal** 
- 4-6 tbsp lemon juice
- 1 tsp salt

Olive thecha



- 2 tbsp onion, finely chopped
- ¼ cup coriander, finely chopped
- ¼ cup **Kalamata Olives PDO from Greece**, chopped 
- ¼ cup of green olives, chopped
- 1 tbsp green chilli, chopped
- 2 tbsp spring onion, green part chopped
- 1 tbsp roasted, crushed peanuts
- Lemon wedges
- 2 x 100 gm beetroot/ chonak (giant sea perch or Asian sea bass) or snapper fish

Method

For the marinade

- Combine the ginger, garlic, cumin powder, Kashmiri chili powder, and salt in a bowl.
- Add the **Azeite de Trás-os-Montes PDO Extra Virgin Olive Oil from Portugal** and lemon juice to the spice mixture and whisk everything together until well combined.
- Use half of this marinade to coat the beets or fish (depending on your choice), ensuring they are thoroughly marinated. Let the ingredients sit for 30 minutes to absorb the flavours.

Roast the beets

- Preheat your oven to 200°C (400°F).
- Place the marinated beet slices on a baking tray lined with parchment paper.
- Roast the beets for 30 minutes or until they are tender and slightly caramelized.

Pairs well with
Prosecco
PDO 
wine from
Italy



Pan-sear the fish

- While the beets are roasting, take the marinated fish fillets and lightly dust them with flour.
- Heat **Portuguese Azeite de Trás-os-Montes PDO Extra Virgin Olive Oil** in a pan over medium-high heat.
- Once the oil is hot, place the fish fillets in the pan.
- Sear for 6-8 minutes, depending on the size of the fillets.
- Flip the fish halfway through to ensure it cooks evenly, developing a crispy exterior while keeping the inside moist and tender.

For the olive thecha

- In a bowl, mix together the onion, coriander, green olives and **Kalamata PDO, Black Olives from Greece**, green chili, and spring onion.
- Add the roasted, crushed peanuts and the remaining half of the marinade to the mixture. Stir well until everything is combined.
- Pour this Olive Thecha mixture over the marinated beets or fish just before serving, allowing the flavours to meld.

Spaghetti Seafood, Vine Tomatoes, Italian lemon

By **Chef Sougata
Ghosh**



This dish balances fresh citrus, **Spanish Green Olives**, and rich seafood flavours, a perfect harmony of Mediterranean elegance!

The rhythmic crash of the waves was the perfect soundtrack to Chef Marcello's lessons. His passion for seafood wasn't just about cooking - it was about honouring the ocean, respecting its bounty, and transforming simple ingredients into something extraordinary.

In his Sicilian-inspired kitchen in Hyderabad, he began with the fundamentals of boiling pasta to al dente perfection, handling seafood with the care it deserved. "Seafood is delicate," he'd say, expertly cleaning fresh clams, shrimp, and squid. "Treat it with respect, and it will reward you."

Marcello's magic was in his simplicity. No heavy sauces, no overpowering spices, just the bright acidity of fresh tomatoes, the fragrance of basil plucked straight from the pot, and the warmth of garlic sizzling in olive oil. As he tossed everything together, the seafood soaked up the flavours like a sponge, creating a dish that was light, vibrant, and deeply satisfying.

With every twirl of spaghetti on my fork, I understood his philosophy, good food doesn't need complexity, only care, passion, and the right touch. That night, as I savoured the dish we created, I realized that Marcello hadn't just taught me a recipe. He had given me a piece of his Sicilian soul.



Ingredients



- 80g spaghetti
- 100g mixed seafood (shrimp, squid, mussels)
- 2 **San Marzano Tomatoes from Italy**, finely chopped
- 1 **Italian lemon**, zest and juice
- 4 **Plain Green Olives from Spain**, sliced
- 2 cloves garlic, minced



- 1 tbsp **Extra Virgin Olive Oil from Spain**
- 50ml **Dry White Wine, Bordeaux PDO, France** 
- ½ tsp red pepper flakes (optional)
- Salt & black pepper, to taste
- Fresh basil or parsley, for garnish



Method

- Cook the spaghetti in salted boiling water until al dente. Reserve ¼ cup of pasta water before draining.
- Sauté garlic in **Spanish Olive Oil** over medium heat until fragrant.
- Add seafood and cook for 2 minutes. Pour in **White Bordeaux PDO from France** and let it simmer until seafood is just cooked.
- Stir in **San Marzano tomatoes from Italy**, **Plain Green Olives from Spain**, **Italian Lemon zest**, and juice. Cook for another 2 minutes.
- Toss in spaghetti and reserved pasta water. Stir well to coat.
- Season with salt, pepper, and red pepper flakes. Garnish with fresh basil or parsley.
- Serve immediately with an extra drizzle of **Extra Virgin Olive Oil from Spain**.



Pairs well with
Touraine
PDO 
wine from
France



Chicken Roulade with Green Oil and Ruby Chocolate Jus



By Chef
Sougata Ghosh

It was my first week in the bustling kitchen of an upscale Italian restaurant in Muscat, where flour dusted the air like mist, and the rhythmic chopping of herbs set the beat of our chaotic symphony. I had been granted the rare opportunity to work alongside Chef Enrico, a towering man with salt-and-pepper hair and the stern precision of a maestro conducting his orchestra.

One afternoon, he beckoned me over to his station. A plump chicken breast lay before him, alongside a mound of sautéed spinach, ricotta, with **Halloumi Cheese from Cyprus**. “Roulade,” he muttered, slicing a glance my way. “Not just a dish. A story rolled into every fold.”

I watched as his hands worked with effortless grace pounding the chicken breast thin, layering the filling, rolling it tight like an artist curling a scroll. His movements were deliberate, an unspoken lesson in control. But the real test came when he handed me the knife.

“Cut clean,” he instructed, tapping the golden-brown roulade fresh out of the oven. My fingers trembled as I pressed into the first slice, revealing a swirl of colours, the perfect harmony of textures.

“Now, you, see?” Enrico smiled for the first time. “This is what makes a dish memorable. Structure, balance... emotion.”

That day, chicken roulade became more than a technique, it was the moment I realized food wasn’t just fuel. It was a story, a lesson in patience, precision, and respect for tradition.

And with every roulade I’ve made since, I hear Chef Enrico’s voice reminding me: “Every dish holds a story. Just make sure it’s one worth telling.”



Ingredients

For the chicken roulade



- 2 large chicken breasts, butterflied and pounded thin
- 100g **Halloumi PDO Cheese from Cyprus** 
- 50g **Wild Heirloom Tomatoes from the Netherlands**, finely chopped
- 50g baby spinach sautéed
- 1 tsp fresh thyme
- Salt & pepper to taste
- 4 slices **Prosciutto di Parma PDO ham from Italy** 
- 1 tbsp **Dijon Mustard from France**
- 2 tbsp **Pomace Olive Oil from Spain**
- 1 tbsp butter

For the ruby chocolate jus



- 50g Ruby chocolate, finely chopped
- 100ml **Chianti PDO wine from Italy** 
- 1 small shallot, finely diced
- 1 tbsp Balsamic Vinegar, **Aceto Balsamico di Modena PGI, Italy** 
- 1 tsp Honey
- 1 tbsp **French Butter**
- Salt & pepper to taste

For the green oil

- 100ml **Extra Virgin Olive Oil from Greece**
- 50g fresh basil
- 20g parsley
- 1 clove garlic
- 1 tsp lemon zest
- Salt to taste



Method

Chicken roulade

- Preheat oven to 180°C (350°F)
- Lay out the chicken breasts and spread **Dijon Mustard from France** evenly.
- Layer **Halloumi PDO Cheese from Cyprus**, **Wild Heirloom Tomatoes from the Netherlands**, spinach, and thyme over the chicken.
- Roll the chicken tightly and wrap with **Prosciutto di Parma PDO ham from Italy**, securing with kitchen twine.
- Heat **Pomace Olive Oil from Spain** and **French Butter** in a pan, sear the roulade until golden brown.
- Transfer to the oven and bake for 15-20 minutes, until cooked through.
- Rest for 5 minutes, then slice into medallions.

Green oil

- Blend basil, parsley, garlic, lemon zest, and **Extra Virgin Olive Oil from Greece** until smooth.
- Strain through a fine sieve for a vibrant green oil.

Ruby chocolate jus

- Sauté shallots in **French Butter** until soft.
- Add **Chianti PDO Red Wine from Italy**, Balsamic Vinegar, **Aceto Balsamico di Modena PGI from Italy** and honey, simmer until reduced by half.
- Stir in ruby chocolate, whisking until smooth.
- Season with salt & pepper.

Plating

- Arrange sliced roulade on a plate.
- Drizzle green oil elegantly.
- Spoon ruby chocolate jus over the chicken.
- Serve with a garnish of microgreens or edible flowers for a refined touch.

Pairs well with
Pilsner Beer
from Germany





Raspberry Millet Cake

By Chef
**Natasha
Gandhi**



It all began during my CA exam prep days, when life was spreadsheets by day, stress dreams by night, and my desk looked like a stationery shop had taken over my life! Somewhere between revision marathons and boredom, I found comfort in the kitchen. Cooking felt therapeutic, like a mini holiday from the chaos. No deadlines, no formulas, just me, a mixing bowl, and the hope that something interesting would come out of it.

One day, on a whim, I decided to experiment with millets. That's when this cake happened. A golden, nutty revelation that made me realise gluten-free didn't have to mean joy-free.

As I played around with flavours, I started leaning into the things I genuinely loved, ingredients that felt like little treats from my travels or daydreams.

I've always had a soft spot for **Raspberries**, especially the ones from **Italy**. Their natural tartness cuts through richness like a charm. To top it all off, I threw in some **Red Currants from the Netherlands**, partly for their zing, but mostly because they're just so pretty.

And voilà: the Raspberry & Red Currant Millet Cake was born. Airy, moist, naturally sweetened, and a little bit nostalgic, like a cosy catch-up with an old friend, only much tastier.



Ingredients

For the cake



- ½ cup almond flour
- ¼ cup jowar (sorghum) flour
- ¼ cup rice flour
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ cup melted **Butter from France**
- ¼ cup Greek yogurt
- ¼ cup jaggery powder
- ¼ cup date puree
- 1 tsp **Sherry Vinegar, Vinagre de Jerez PDO from Spain**
- 1 tsp vanilla extract



For the raspberry frosting



- 1 cup Greek yogurt (thick and strained)
- ¼ cup **Raspberry from Italy** puree (fresh or frozen, blended & strained)
- 1 tbsp honey or jaggery syrup (optional, for added sweetness)

For garnish

- **Fresh Raspberries from Italy**
- **Fresh Red Currants from the Netherlands**



Method

Prepare the cake batter

- Preheat your oven to 170°C (340°F). Grease and line two 6-inch cake tins.
- In a bowl, sift together almond flour, jowar flour, rice flour, baking powder, and baking soda.
- In another bowl, whisk melted **French Butter**, **Greek Yogurt**, jaggery, date puree, **Vinagre de Jerez PDO from Spain**, and vanilla extract until smooth.
- Gradually fold the dry ingredients into the wet mixture. Mix until you get a smooth batter.

Bake the cake

- Divide the batter between the two cake tins and bake for 25-30 minutes or until a toothpick inserted in the centre comes out clean.
- Let the cakes cool completely before frosting.

Prepare the frosting

- Whisk **Greek Yogurt** and **Raspberry Puree from Italy** until smooth and creamy. Add honey or jaggery syrup if you prefer extra sweetness.
- Chill the frosting in the refrigerator for 10-15 minutes.

Assemble the cake

- Place one cake layer on a plate. Spread a generous layer of raspberry Greek yogurt frosting.
- Place the second cake layer on top and cover the entire cake with the frosting.
- Garnish with fresh **Italian Raspberries** and vibrant **Dutch Red Currants** for a tangy, fruity finish. **Enjoy!**



Pairs well with **Tokaj PDO** wine from Hungary





Golden Spanish Peach & Almond Galette with Millet Crust

By
Chef Natasha Gandhi



There's something truly magical about biting into a sun-ripened **Spanish Flat Peach**. Its juicy sweetness instantly transports me to golden Mediterranean orchards. When I first tasted a **Marcona Almond from Spain**, its rich, buttery flavour reminded me of my dad's almond-studded mithais from childhood, comforting, familiar, and full of love. That's when the idea sparked: bring these beautiful European ingredients together with my love for millets. This galette is a blend of nostalgia and wholesome indulgence, a dessert that feels like home with just a hint of Spain.



Ingredients

For the millet-almond crust



- ¾ cup foxtail millet flour (or any millet flour of choice)
- ¼ cup almond flour
- 2 tbsp cold ghee (or unsalted butter)
- 1 tbsp jaggery powder
- 1 tsp vanilla extract
- ¼ tsp salt
- 2-3 tbsp cold water (as needed)

For garnish

- 1 tbsp milk for brushing
- 1 tsp jaggery powder for sprinkling
- Crushed **Marcona Almonds from Spain** for extra crunch

For the filling



- 3 **Spanish Flat Peaches**, thinly sliced
- 2 tbsp jaggery powder or coconut sugar
- 1 tbsp cornstarch or arrowroot powder
- ½ tsp cinnamon powder
- ½ tsp lemon zest
- 1 tsp lemon juice
- ¼ cup sliced **Marcona Almonds from Spain**



Method

Make the millet-almond dough

- In a mixing bowl, combine millet flour, almond flour, jaggery, and salt.
- Add cold ghee (or butter) and rub it into the flour until the mixture resembles breadcrumbs.
- Slowly add cold water, one spoon at a time, until the dough just comes together.
- Form a disc, wrap in a cloth or cling wrap, and chill for 20 minutes.

Prepare the filling

- In a bowl, mix **Spanish Peach Slices** with jaggery, cornstarch, cinnamon, lemon zest, lemon juice and **Marcona Almonds from Spain**.
- Gently toss to coat evenly and let it sit for 5-10 minutes.

Assemble the galette

- Preheat the oven to 180°C (350°F).
- Roll out the chilled millet dough between two parchment sheets into a rough 10-inch circle.
- Arrange the **Spanish Peach Slices** in the centre, leaving a 1.5-inch border.
- Fold the edges over the filling, pleating as you go.

Bake

- Brush the crust with milk and sprinkle some jaggery powder on top and decorate with flaked **Marcona Almonds from Spain**.
- Bake for 30-35 minutes until the crust is golden and crispy.
- Let it cool slightly before slicing.
- **Get ready to dig in!**

Pairs well with
Asti PDO
wine from
Italy





Conclusion

As you explore each recipe in this cookbook, you're not just following a set of instructions, but embarking on a journey through cultures, traditions, and the rich culinary heritage of both Europe and India. These dishes represent a perfect fusion of the finest EU ingredients, carefully selected for their authenticity, quality, and flavour profiles and the bold, dynamism that define Indian cuisine. The result is a beautiful amalgamation that blends the timelessness of tradition with the excitement of culinary innovation in every bite.

The recipes in this book are more than just food; they are a celebration of the shared stories, inspirations, and passion that chefs from both cultures have poured into their work. These dishes reflect the melding of two worlds, where European precision meets the vibrant, diverse flavours of India. It's a journey of taste, creativity, and cross-cultural exchange. If you're curious to dive deeper into the stories behind these fusion dishes, the EU Tadka podcast is where you can hear directly from the chefs themselves. Discover their personal culinary journeys, the influences that shaped their creations, and the moments that sparked their passion for blending EU and Indian flavours.

Simply scan the QR code and embark on an unforgettable culinary adventure that will inspire your cooking and ignite your taste buds.



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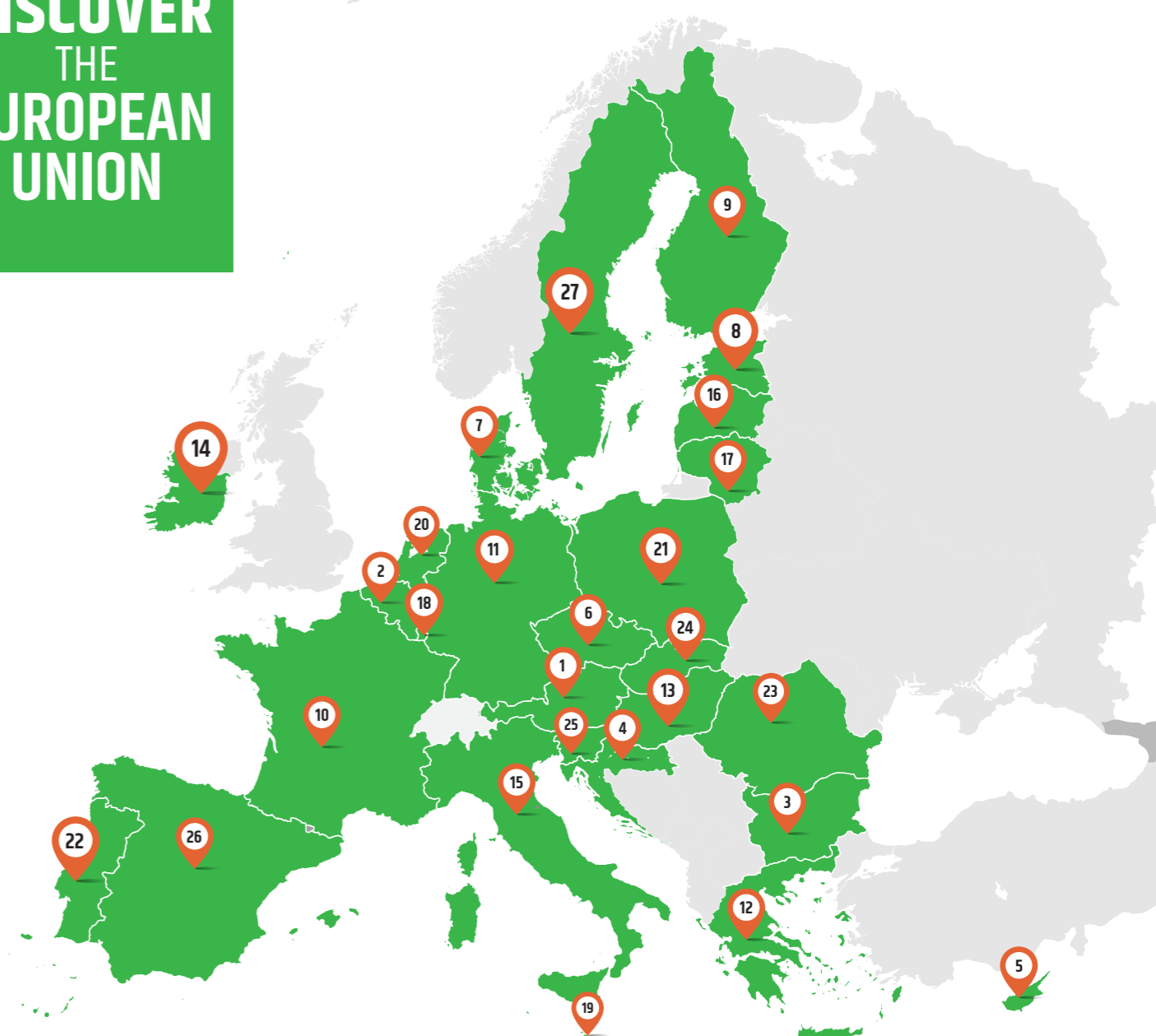
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