

# Some recipes from our life at the terrace

We love to eat out at our terrace with the sea and nature as neighbours, yet in the city area. Earlier, we grilled a lot of red meat, more or less as a routine choice of food. That's silly, since fish, vegetables and chicken have more opportunities to vary in taste and spices.

Quite often, we don't now for sure how many people gonna eat. Just Birgitta and I or some of our three close living children with families? 2 or 14 persons, that's the question - and a challenge. Mix some basic components, easy to add more - that's' our solution.

More and more we learn to do the cooking with different basic components, in order to avoid leftovers. If so, we use it again at coming days and just add some more fresh food for a new complete dinner or lunch. Since our challenges as Climate Pilots, we have increased our skills in the kitchen, seldom get problems with leftovers and – very important – we have better variations with more and more species.

/Rolf Möller



SOME BASIC – to be served with fish, chicken, halomi cheese or just vegetables

## POTATO SALAD

Boil fresh potato with salt – as smaller as better.

Let it cool.

Divide only the biggest potatoes, fry all of it together with thyme and a little of oil.

Divide spring onion and/or leek and fresh tomatoes (much) also some sun dried tomatoes in small pieces.

Mix all of it carefully together with olive oil, fresh seasonal species, salt and some French mustard.

## BEAN AND MANGO SALSA

4 – 6 persons

400 g tinned mixed beans – well rinsed

5 -6 spring onions – divide

1 Mango – divide

1 Chilli – divide

2 dl parsley - divide

3 spoons olive oil

2 spoons apple cider vinegar

Salt and black pepper

Mix carefully

## FOCCACIA BREAD

25 g yeast

25 dl water

3 – 4 spoon oil

3 – 5 dl flour

salt

Mix and ferment in 20 min

Make it flat – paint with the oil – sprinkle SeaSalt and divided onions over the bread

15-20 min in the oven

## FISH TERIYAKI

Marinate the fish with Teriyaki in a plastic bag some hours in the fridge

Grill – maybe some pepper afterwards

## CHICKEN

for the grill, but even good from the oven (more easy)

### Marinade:

1 dl water

1 spoon apple vinegar

1 spoon Soya

1 spoon dark sugar

1 hand of dried spices

Garlic

Parsley

Marinate chicken fillets in a plastic bag 1 hour in the fridge.

Grill - or about 20 min in the oven

## VARIATION OF SAUCES

A Mix Greek or Turkish Yoghurt with sweet chilli sauce.

B Mix Greek or Turkish Yoghurt with mustard.

C Mix Greek or Turkish Yoghurt with seasonal species.

### D Tzatziki:

Grate fresh cucumber, rinse and mix with Yoghurt, a lot of fresh garlic, salt and some olive oil.