



Allianz 

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WELCOME!



I hope you will enjoy this class and have fun while preparing the meal.

This recipe book has been made with great love and care,
please do not share, copy or resell it.

On my website you will find many recipes, which you can freely share with others.

Happy cooking,



JULIAN KUTOS, BA

PUMPKIN RAGU

2 large carrots
1 large onion
2 stalks of celery
1/2 bunch of parsley
3 cloves of garlic
50 ml olive oil for frying
50 g butter
1/2 squash
1/8 L white wine
800 ml peeled tomatoes
2 bay leaves
1 tbsp sugar
1 tsp salt
A pinch of black pepper
50 ml whole milk

1. In a Dutch oven, finely chop celery, carrots, onion, parsley, and minced garlic in oil, without browning too much. Lightly salt the vegetables. Set aside.

2. Next, fry the diced squash until it's lightly browned. Add salt. Add butter. Add the previously sautéed vegetables. Deglaze with wine and let the wine evaporate.

3. Add tomatoes, bay leaf, and sugar, stir well, and bring it to a boil.

4. Taste and season with salt as needed. Simmer the sauce on low heat with a lid for at least 90 minutes; it should only gently bubble. Then, remove the lid and simmer the sauce for at least 30 minutes, allowing excess liquid to evaporate.

5. Finally, stir warm milk into the sauce. Remove the bay leaves. Season with pepper. Taste and add more sugar and salt as needed.

GNOCCHI

1 kg mehliges Kartoffeln
1 Zweig Thymian
1 Knoblauchzehe
mit Schale

200 g Weizenmehl 00
(oder W480 griffig)
1 Ei
1 Prise Muskatnuss
2 TL Salz

Here's the translation of the instructions for making potato gnocchi:

1. Place unpeeled potatoes, thyme, and garlic clove (with skin) in a pot of cold water and bring it to a boil. Cook the potatoes until they are very soft, which can take 20 to 30 minutes depending on their size. To check if the potatoes are done, pierce them with a fork. If they easily come apart, they are cooked through.

2. In the meantime, prepare a bowl with wheat flour, egg, nutmeg, and salt. Have a potato ricer ready.

3. Once the potatoes are done, quickly rinse them with cold water and peel them using a knife. Discard the cooking water, garlic clove, and thyme.

4. Press the potatoes through the potato ricer while they are still warm. Work them into a dough. Season the dough to taste. Shape the dough into a long roll and cut it into small pieces about 1cm in size. Form these pieces into balls.

5. METHODS TO SHAPE GNOCCHI

- Gently roll the balls over a gnocchi board.
- Press down gently from the top with a fork.
- Place the gnocchi on a table edge, roll them over the edge with a fork, then pinch together the lower ends.

6. COOKING GNOCCHI

Bring a pot of water to a boil and add salt. Cook the gnocchi in vigorously boiling water for 1 to 2 minutes until they float to the surface. Drain the gnocchi.

Enjoy your homemade potato gnocchi!

PARMIGIANA

TOMATO SAUCE

1 can of peeled tomatoes
200 g cherry tomatoes
1 chili pepper
1 small onion
1/4 bunch of parsley
1 garlic clove
50 ml olive oil
2 bay leaves
10 black peppercorns
1 ½ teaspoons of salt
2 teaspoons of granulated sugar

EGGPLANT (MELANZANI)

1 eggplant
Olive oil
Salt

GRATIN TOPPING

1 mozzarella
100 g Parmesan cheese

TOMATO SAUCE

Finely chop garlic, onion, chili, and parsley.
In a pot, heat olive oil. Sauté onion, chili, garlic, and parsley until translucent.
Add peeled tomatoes. Season with sugar, black peppercorns, bay leaves, and salt.
Cover the pot and let the sauce simmer on low heat, it should only lightly bubble. Cook the sauce for at least 1 hour with the lid on.
Afterward, remove the lid and cook for an additional 20 to 30 minutes until the sauce thickens, and the liquid has evaporated.

EGGPLANT (MELANZANI)

Preheat the oven to 200°C (392°F) using the convection setting.
Slice the eggplant into 5 mm thin slices. Rub them with olive oil and season with salt.
Place the eggplant slices on a baking sheet lined with parchment paper and roast for 30 minutes.

GRATIN TOPPING

Cover an ovenproof dish with tomato sauce.
Lay the roasted eggplant slices in the dish and top with Parmesan cheese. You can also fill the Parmigiana with mozzarella

Roast in the oven for an additional 30 minutes.

TARTE TARTIN

For 1 Tart (28 cm)

1.2 kg apples
Juice from 1 lemon
1 vanilla bean
100 g sugar
100 ml water
50 ml rum
80 g butter
1 puff pastry sheet
Butter for brushing
Sugar

FOR SERVING

Crème fraîche or
Vanilla ice cream

Preheat the oven to 200°C convection (upper and lower heat).

1. Peel the apples, remove the cores, and slice them into 1 cm thick slices. Rub the apple slices with lemon juice and scrape the seeds from the vanilla bean and rub the seeds into the apples.

2. Place the sugar in a Tarte Tatin pan and melt it over high heat until the sugar turns golden brown and smells strongly of caramel.

3. Carefully add water to the caramelized sugar, let it come to a boil, and melt the sugar again.

4. Add butter and the apple slices to the pan, filling it tightly. Cook the apples for 10 minutes until they become soft.

5. Deglaze the apples with Grand Marnier.

6. Cut the puff pastry sheet into a round shape the size of the tart. Place it on top of the apples.

7. Brush the puff pastry with melted butter and sprinkle it with sugar.

8. Bake for 30 minutes.

9. After baking, flip the tart onto a serving plate and allow it to cool.

Serve with Crème fraîche or vanilla ice cream.**

Enjoy your Tarte Tatin!

NOTES

QUESTIONS?

Just message me.

IMPRINT

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