

FOOD AS A CULTURAL BRIDGE

COOKING BOOK

2023**24**



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COOKING BOOK
202324

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"Food has the power to transcend language barriers and cultural differences, acting as a cultural bridge, connecting people despite their differences.

By embracing and celebrating the traditional food practices of the different countries, cultures, and societies part of Tarros Group, we can foster a greater understanding and appreciation for our Mediterranean Identity.

For almost 200 years we have been present all over the mediterranean, mixing work best practices while learning to appreciate our differences and making them our greatest strength. as a group, we were born in Italy but with a strong identity which lays in the Mediterranean basin.

With this work, the Tarros Group Cooking Book, we would like to share some pieces of our different cultures, bringing them into our colleagues' tables and lives.

Bon appétit!"

Alberto Musso, Tarros Group President & CEO



MAIN DISH

Lagareiro-style cod with mashed potatoes

Bacalhau lagareiro com batatas a murro

Ingredients

- 800g Norwegian cod (previously soaked)
- 1 bay leaf
- 8 garlic cloves
- 2d olive oil
- mashed potatoes
- 800g potatoes
- 1 shallot
- 0.5 dl olive oil
- salt
- vegetables
- 200 gespinafre
- 50g shallots
- 5cm fresh chilli
- lemon juice
- grated fresh ginger
- coriander

Preparation

1. Place the cod on a platter, drizzle with half the oil and place the garlic and bay leaf on top.
2. Place the dish in the oven at 220°C/428°F/gas 7 for 15-20 minutes.
3. Pour a little olive oil while the cod is in the oven to keep it juicy and beautifully coloured.

Mashed potatoes:

4. Boil new potatoes with skin on for 10 minutes.
5. Drain the water and take the potatoes to the oven or grill until they are roasted.
6. Sauté them in a frying pan with fried onions and garlic and crush them slightly so that they absorb the flavor of the onion and garlic.

Sautéed spinach:

7. Fry shallot and chilli strips in olive oil.
8. Add the spinach and salt and sauté for 40 seconds.
9. Sprinkle with a little lemon juice, grated ginger and chopped coriander.

MAIN DISH

Smash bread with shrimp

Açorda de Camarão

Ingredients

- 1 large homemade bread
- 650g prawns
- 4 cloves of garlic
- 2 gems
- coriander q.s.
- salt and pepper q.b.
- 100 ml olive oil

Preparation

1. Cut the meat into small pieces of about 30 g each and season them with salt, pepper, paprika, white wine, garlic cloves and bay leaves. Engage very well and let it be like this for about 2 hours.
2. When preparing, drain well and enjoy the marination liquid.
3. Place the lard in a large frying pan and when it is very hot, add the well-drained meat and fry, stirring occasionally, until browned and fried; then add the marinating liquid, let it boil for about a minute and add the clams or cockles.
4. Keep stirring and as soon as the clams are open, add the chopped coriander.
5. Mix well and serve immediately, sprinkled with finely chopped pickles and decorated with lemon wedges.
6. Remove the codea from bread and cut it into small pieces, place in a bowl;
7. Peel the prawns, reserving some for decoration;
8. Reserve the shrimp kernels and place the heads and shell in a saucepan;
9. Add 1 liter of water and bring to a boil for 15 minutes;
10. Cook the prawns in salted water; After cooked, remove and reserve;
11. After that time, remove from heat, pass through a strainer and drizzle over the bread;
12. Let it soak;
13. Peel and wash the garlic cloves, chop them finely;
14. Heat the oil in a pan, add the garlic cloves and let it cook;
15. Then add the shrimp crumbs and let it cook until it looks cooked;
16. Add the drained bread, stir until hot and adjust the seasoning;
17. Add chopped coriander, wrap;
18. Add the yolks, wrap and serve decorated with the prawns.



MAIN DISH

Alentejo-style pork

Carne de Porco à Alentejana

Ingredients

- 750g of cleaned pork
- 2 dl of white wine
- salt and pepper q.b.
- 1 teaspoon paprika or 2 ground paprika
- 3 crushed garlic cloves
- 2 bay leaves
- 100g of lard
- 1 kg of clams
- 1 lemon
- 100g of pickles
- 1 sprig of chopped coriander

Preparation

1. Cut the meat into small pieces of about 30 g each and season them with salt, pepper, paprika, white wine, garlic cloves and bay leaves. Engage very well and let it be like this for about 2 hours.
2. When preparing, drain well and enjoy the marination liquid.
3. Place the lard in a large frying pan and when it is very hot, add the well-drained meat and fry, stirring occasionally, until browned and fried; then add the marinating liquid, let it boil for about a minute and add the clams or cockles.
4. Keep stirring and as soon as the clams are open, add the chopped coriander.
5. Mix well and serve immediately, sprinkled with finely chopped pickles and decorated with lemon wedges.



DESSERT

Natas do Céu

“Heavenly cream”

Ingredients

- cream 200 milliliters
- eggs 6
- “Maria” cookie 200 grams
- sugar 180 grams
- lemon zest
- 1 tablespoon
- cinnamon stick 1

Preparation

1. Put the Cream in the fridge a few hours before cooking. Choose a cream that can be whipped.
2. Break the Eggs and separate the yolks from the whites. Beat the yolks with a fork.
3. In a pot, bring to a boil 120 ml of water, 100 grams of Sugar, the Lemon zest and the cinnamon stick. When the mixture reaches boiling point, boil for 5 minutes.
4. Remove Lemon zest and Cinnamon stick. Turn off the heat and let cool a little. Add the egg yolks and mix well.
5. Return to the heat for a few moments, stirring constantly and without letting it boil. When the mixture becomes creamy, remove from heat and stir for a few more moments. Let cool.
6. Blend the “Maria” cookies to reduce them to a powder and set them aside. You can also use other cookies.
7. In a bowl, beat the Cream until it is whipped, gradually adding 40 grams of Sugar.
8. In another bowl, beat the egg whites until stiff, gradually adding 40 grams of Sugar. Mix gently with the whipped cream.
9. In glasses, place a little cream, then cookie and repeat the operation 2 or 3 times, finishing with a layer of cream. On top, add the cooled egg cream.
10. Place the glasses in the refrigerator for at least 2 hours before serving.



MAIN DISH

Greek Moussaka

Ingredients

- 700g ground beef
- 2 onions
- 2 carrots
- 1 tbsp tomato paste
- 400g tomato con case
- 2 cloves garlic
- 1 small spoon of sugar
- 1 egg
- Parsley, Salt, Pepper
- 1 cinnamon stick
- 1 bay leaf
- ½ kg nutmeg
- 5 tbsp grated parmesan

For the moussaka béchamel:

- 120g butter
- 120g flour g.o.x.
- 1lt milk
- ½ onion
- 1 bay leaf
- ½ kg grated nutmeg
- 3 yolks
- 5 tbsp grated parmesan

To set up:

- 3 eggplants
- 4 potatoes
- Breadcrumbs
- Grated Parmesan

Preparation

Carefully follow the steps of the recipe for the traditional moussaka and you will definitely have the most delicious result!

1. Cut the aubergines into vertical slices, not thick. Season them with salt and pepper, oil them and bake them either on the grill or in the oven in layers in a pan at high temperature or in the pan. I prefer them on the grill because they do not make oil during the cooking of the food. We leave them aside.
2. Cut the potatoes vertically into slices about 1cm thick, rinse them a little in water and fry them in corn oil or sunflower oil until they turn brown.
3. We leave them aside.

For the minced meat:

1. Finely chop the onions, garlic and grate the carrots in the thick part of the grater.
2. In a wide saucepan, sauté them and then add the minced meat. Saute very well until it turns brown for about 15 minutes.
3. Add the cinnamon, the bay leaf, the nutmeg, the salt, the pepper, the sugar and the pulp.
4. Stir for 2 more minutes and then add the tomato cone. Simmer for 10-15 minutes and remove from the heat.
5. When it cools down a bit, add the egg, the parmesan, chopped parsley and try for salt and pepper.

The Recipe For Moussaka Béchamel

1. Put the milk, the onion, the bay leaf, the salt, the pepper in a saucepan and put it on the fire to heat.
2. In another saucepan add the butter over medium heat and when it melts add the flour, stir for 3 minutes until incorporated and the flour is slightly cooked.
3. Gradually add the hot milk in portions, stirring with a whisk.
4. When we are done with the milk, we extinguish the béchamel from the fire when it starts to make some blisters. It should be creamy and smooth.
5. Add the nutmeg, parmesan and yolks and stir with a whisk.

To set up:

1. In a 25×30 or 30 x30 pan, sprinkle with a little toast and Parmesan cheese. This helps keep the moussaka from sticking to the pan.
2. We started by putting the potatoes all over the pan, then we add the aubergines, glued to each other without leaving gaps.
3. Take 2 large spoons of the béchamel and add them to the minced meat and mix.
4. Spread the minced meat all over the pan, if we have leftover aubergines, add them on top of the minced meat, sprinkle again with a little Parmesan. Finally add the béchamel.
5. Sprinkle with grated parmesan, toast and bake for about 25 minutes at 190 degrees or until golden brown.



DESSERT

Greek Galaktompourekos with flavoured cream

Ingredients

- 4 cups milk
- ½ cup milk butter
- 3 whole eggs and 2 yolks
- ½ cup sugar
- 2/3 cup semolina
- 2 pieces of lemon zest
- 1 pack of crust sheet
- ½ cup sugar
- 1 cup water
- ½ lemon

Preparation

1. Take a saucepan and pour the milk together with the sugar. Put it on heat until it starts boiling.
2. In a bowl put the eggs and the yolks and beat them well. As soon as the milk starts to boil, pour the eggs in and mix continuously.
3. When the milk is very hot, pour the semolina and lemon zest, stirring continuously until the cream becomes “thick”.
4. As soon as we remove the cream sauce from the heat, pour the fresh butter in and stir until the mixture absorbs the butter.
5. In a saucepan melt the butter for the crust sheets. Pick a baking pan and spread butter on the surface using a cooking brush. Begin the process with the leaves. Butter the leaves one by one and place them evenly in the pan and, when we reach the seven leaves, pour in the cream. Turn the crust sheets that are left over from the baking dish inward. Continue with another eight sheets, then butter again over the baking dish.
6. Cut the excess leaves with a sharp knife and using a cooking brush, add some butter everywhere in the pan. We decorate the sweet in pieces of our choice.
7. Bake it immediately at 190 degrees Celsius for 25 minutes - all the time with our supervision.
8. In a saucepan place the ingredients for the syrup and put them on heat until the mixture is like a syrup. Once it boils, we count 7 minutes and it’s ready. Once the galaktompourekos is cooked and taken out of the oven, brush the top with melted butter. Pour the hot syrup into the hot galaktompourekos with a ladle and it is ready. Once it starts to cool, we serve it.



MAIN DISH

Egyptian fatteh with vinegar and garlic

Ingredients

- 1 kg of lamb
- ½ kg of Egyptian rice.
- oven-toasted sliced bread
- onion
- 6 minced garlic cloves
- 2 tablespoons of ghee
- ½ cup of white vinegar
- 3 grains of cardamom
- salt and black pepper

Sauce ingredients:

- minced garlic clove
- 2 cups of tomato juice
- a tablespoon of tomato paste
- a tablespoon of ghee
- 1 teaspoon of cinnamon
- salt and black pepper

Preparation

1. We put water in a pot and raise it on the fire, and leave until boiling.
2. Add the meat and onions and season with salt and black pepper.
3. Add the cardamom and leave the ingredients on the stove until the meat is fully cooked.
4. In another pot on the stove, put the ghee, add the rice and stir.
5. Pour the meat broth over it and bring it to a boil, and reduce the heat until it is fully cooked.
6. We bring a plate and put toast in it.
7. In a frying pan on the stove, the garlic is fried in ghee until it changes color.
8. Add vinegar to it and let it boil a little over the fire.
9. Put the meat broth into it and leave it until it boils and pour it over the bread in the dish.
10. Rice is placed on it.
11. In a small pot on the stove, put the ghee, fry the garlic in it, and add the tomato juice and tomato paste.
12. Season with salt, black pepper and cinnamon and leave it on the fire until it becomes thick, then add the meat broth and leave it until it boils.
13. It is placed on top of the fatteh dish and the meat is stacked on it after browning it



MAIN DISH

Koshari

Ingredients

- rice
- boiled black lentils half boiled
- boiling water
- onion wings
- salt
- corn oil
- macaroni
- boiled chickpeas
- the sauce
- grated tomatoes
- garlic
- corn oil
- vinegar
- hot sauce
- tomato juice
- sugar
- salt
- black pepper
- latency accuracy
- minced garlic
- corn oil
- vinegar
- water
- salt
- cumin

Preparation

1. Fry the onions in oil and salt until they turn brown, then remove part of the onions to serve and leave the rest in the pot.
2. Add hot water to it, then boil for the first time, then put the boiled lentils and boil again
3. Add the rice to it and leave until it is tender for 25 minutes
4. Mix cumin, chili and sugar with salt, pepper and grated tomatoes
5. Raise the mixture on the fire with water and oil and leave until it boils, then add garlic, vinegar and tomato juice to it and stir until it melts a little.
6. Mix garlic, salt, cumin and vinegar and raise on fire with oil
7. Raise the rice and lentils, then the pasta, chickpeas and onions with the sauce and dakkah, and serve hot, garnished with fried onions.



MAIN DISH

Molokhia

Ingredients

- 400g of frozen molokhia
- 3 cups of chicken broth
- 2 tablespoons of ghee
- 2 tablespoons of tomato sauce
- chicken stock cube
- spice ingredients
- 3 minced garlic cloves
- 1 ½ tablespoon dry coriander
- ½ tablespoon of crushed garlic
- ¼ teaspoon baking soda
- additional ingredients as needed
- salt

Preparation

1. Take a deep saucepan and put it on a medium heat.
2. Add the ghee, and let it melt, then add the garlic, and stir for 15-30 seconds.
3. Add the coriander, and keep stirring for 30 seconds.
4. Add 1½ cups of chicken broth, then add the chicken stock cube.
5. Stir well to dissolve the broth, then add the baking soda.



MAIN DISH

Beef or lamb with prunes

Ingredients

- 1 kg beef or lamb cut into 3-4 chunks
- 1 kg onions finely chopped
- 4-5 cloves garlic, finely chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon curcuma
- 1 teaspoon ginger
- 5-10 saffron threads (optional, but recommended!)
- 1 tsp cinnamon
- ¼ cup vegetable or olive oil
- palmful of chopped cilantro & parsley
- 250 g dried prunes
- 1-2 teaspoon honey
- 1 teaspoon ground cinnamon
- ¾ teaspoon orange blossom water
- ½ cup blanched, fried almonds

Preparation

1. In a pressure cooker, add oil to bottom of pan and add onions and garlic, saute until translucent. Mix in the meat and brown, then add spices (salt, pepper, ginger, cinnamon, saffron)
2. Add enough water to cover the meat. Cover and simmer on medium heat for 45/50 min, until meat is very tender and falls away from the bone.
3. Add the cilantro & parsley.
4. Bring the meat and liquids to boil. Remove the meat once cooked and allow the remaining water to reduce to a thick sauce.

For the prunes:

1. Add dried prunes to a small pot with honey and some orange blossom water, simmer on medium heat, checking to make sure there is enough liquid and they are not burning.
2. Continue simmering until prunes are very tender.
3. Add some cinnamon & cook until they are sitting in a thick syrup.

Plating:

1. Once complete turn out meat and sauce into a large serving dish.
2. Top with the prunes and sauce, and then the almonds.
3. This is eaten with pieces of crusty bread.



DESSERT

Jawhara: milk bastilla

Ingredients

For the cream:

- 150ml whipping cream
- 150ml milk
- 1 tablespoon cornstarch
- 2 tablespoons orange blossom water
- 4 tablespoons powdered sugar

For the brick pastry sheets:

- 4 medium pastilla sheets
- 1 tablespoon butter, melted

For the almonds:

- 60g almond flakes
- 2 tablespoons powdered sugar
- 1 tablespoon vegetable oil

Preparation

The cream:

1. In a large bowl, whisk together the whipping cream, milk, cornstarch, orange blossom water, and powdered sugar.
2. Strain the cream mixture through a sieve to obtain a smoother texture.
3. Pour the mixture into a pot and cook it over medium heat for 5 minutes, stirring constantly with a wooden spoon until the texture thickens and becomes creamy.
4. Cover the cream with plastic wrap and place it in the fridge for 1 hour or until it is completely cooled.

The brick pastry sheets:

5. Cut the pastilla sheets into medium-sized circles about 10cm in diameter.
6. Place the pastilla circles on a baking sheet covered with parchment paper and brush each one with the melted butter.
7. Place the baking sheet in a preheated oven at 180°C (356°F) and bake for 10 minutes or until the pastilla sheets turn golden brown. Set aside to cool.

The almonds:

8. In a pan over medium heat, heat the vegetable oil. Add the almond flakes, and fry while occasionally stirring until the almonds are golden brown. Remove from the heat and allow to cool.
9. In a food processor, add the almonds and the powdered sugar, then pulse 2 to 3 times until the mixture has a chunky sand consistency.

Plating:

1. Place the first sheet of pastilla on your serving plate. Add a generous layer of cream, then sprinkle with some of the almond mixture.
2. Add two more layers of pastilla sheets, cream, and crunchy almonds, then serve immediately.

Note: Make sure to assemble the Jawhara dessert just before serving, so that the pastilla sheets stay crunchy and tasty.



MAIN DISH

Daube de Bœuf à la Provençale

Ingredients

- 800g beef bourguignon, rather lean or trimmed of fat
- 500ml full-bodied red wine (ideally a Côte-du-Rhône)
- 80g bacon
- zest of an organic orange
- 20cl water
- 4 carrots
- 1 onion
- 2 garlic cloves
- 80 g pitted black olives
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 2 teaspoons thyme
- 2 cloves
- 2 bay leaves
- salt
- pepper

Preparation

The day before, prepare the marinade:

1. Cut the meat into cubes of about 2cm on each side.
2. Peel the carrots and cut them into large slices.
3. Peel the onion, cut it into 4 and in 2 pieces, prick the cloves.
4. Add the meat, onion pieces, carrots, thyme, bay leaf and orange zest or juice and cover with the wine. Cover and refrigerate overnight. Le jour même

1. Drain the mixture, scooping out the marinade.
2. Remove the cloves from the onion, thinly slice it.
3. Discard bay leaves.
4. Set the carrots aside.
5. Peel, degerm and mince the garlic cloves.
6. In a cast iron casserole dish, sauté the sliced onion with the bacon for 1 minute over high heat, stirring.
7. Mix, cover, heat to low and simmer for 1 hour.
8. Preheat the oven to 120°
9. Add the carrots to the mixture, season with salt and pepper and bake the casserole with its lid on for at least 2 hours Add the olives, remove the lid and cook for 45 minutes more.
10. Serve with steamed potatoes or pasta such as tagliatelle or penne



DESSERT

Nougat Glacé et son coulis de framboises

Ingredients

For the frozen nougat:

- 6 egg whites
- 45g caster sugar
- 5 tablespoons lavender honey
- 3 tablespoons Grand-Marnier (orange-based liqueur)
- 60cl single cream
- 90g granulated pralines

For the raspberry coulis:

- 250g raspberries
- 60g caster sugar
- 1 tablespoon lemon juice

Preparation

1. Prepare the iced nougat: whip the egg whites and sugar with an electric mixer. At the same time, boil the honey in a saucepan and pour it over the whipped egg whites. Beat until meringue
2. In a bowl, whip the cold whipping cream until it clings to the arms of the whisk. Gently fold it into the meringue
3. Add the Grand-Marnier and praline. Mix everything together gently
4. Pour everything into a bowl or pan. Place in the freezer for at least 3 hours
5. Prepare the raspberry coulis: in a saucepan cook together the raspberries and sugar. When boiling, remove from heat. Strain through a small strainer and add the lemon juice.
6. When ready to serve, remove the glazed nougat from the mould and place it in the centre of a plate. Pour in the coulis and garnish with a few raspberries.

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MAIN DISH

Malsouka

or lumpia or egg roll wrappers

Ingredients

- eggs (one for each brik you wish to make)
- vegetable oil
- 1 bunch parsley chopped
- one bunch green onions or 1 medium white onion chopped
- 1-2 tbs Parmesan cheese
- 1-2 cans tuna drained well
- pinch of salt and black pepper

Optional fillings:

- 1-2 large russet potatoes, boiled and mashed
- capers

Preparation

1. Separate and fold the malsouka (or lumpia wrappers) into triangle shapes. Since these are round, the easiest way is to fold in 4 edges to make somewhat of a square, then fold one corner of the square across to the opposite one to create a triangle. Set these aside and keep covered well until ready to use so they don't dry out.
 2. In a bowl mix together all the other ingredients and set aside.
 3. Heat a frying pan with about a half inch of vegetable oil on just over medium heat and make sure its hot enough to fry before you start assembling your brik.
 4. In a plate, place your square wrapper, and line two of the edges with the parsley/tuna mixture making sure they connect. This will serve as a border to keep the egg in place. Sprinkle the center of the wrapper with a little salt and pepper and carefully crack your egg right on top of the salt and pepper. Fold over the top of the wrapper and using the plate, gently slide it into the oil. Use a spoon to gently press the brik closed and to spoon some of the hot oil onto the side not submerged into the oil. While it cooks on one side, you can make a second brik and cook them at the same time.
 5. Let the brik fry for about 2-3 minutes or until a nice golden brown before flipping to the other side and repeat.
- *Note: Tunisian brik is traditionally made with a runny egg. To achieve this, you will want to be careful how long you leave the brik in the frying oil, and it will take some trial and error. If you prefer a hard cooked egg, leave it to fry longer.
6. Remove the brik and place on a paper towel lined plate and continue frying as many briks as you wish to make.
 7. When finished, place on a serving dish and garnish with lemon or lime wedges (to squeeze over) and serve immediately. Enjoy!



MAIN DISH

Tunisian Shakshuka

Ingredients

- olive oil
- 1 medium white or yellow onion, thickly sliced
- 3-4 peppers, a mixture of jalapeno and Anaheim
- 3 medium gold potatoes (Yukon gold work well), quartered
- 3-5 Roma tomatoes, cut into quarters or wedges
- salt to taste (1-1.5 teaspoons)
- black pepper (optional, or 1/2 teaspoon)
- 1 teaspoon paprika
- 4-5 whole eggs, optional
- 1 tablespoon tomato paste
- parsley (for garnish)
- bread to dip!

Preparation

Add enough oil to cover the bottom of a saute pan or shallow pot. Heat to medium. Add tomatoes and saute. Add onions, peppers, and potatoes. Add salt, black pepper, and paprika. Stir gently and let steam. Lower the heat and let cook, may need to half .5 cup of water if it looks a bit dry. Add 1 tablespoon of tomato paste if you don't have enough fresh tomatoes or the color doesn't look red enough. Cook until the potatoes are tender, but the other vegetables still retain their form/don't break down too much. If adding eggs, crack whole eggs on top or poach some on the side. Once eggs are cooked to your desired doneness, garnish with parsley and serve with bread. Enjoy!

MAIN DISH

Hünkâr Beğendi

Ingredients

- 1 ½ lbs chopped lamb meat (lamb shoulder or lamb shank cut into 1 inch chunks)
- 20 shallots
- 2-3 garlic cloves
- 3 tbsps of butter
- 1 tbsp flour
- ½ a cup of tomato puree
- 1 tbsp capsicum paste
- 1 ½ cups hot water
- salt
- 1 tsp peppercorns
- chopped parsley for garnish

Eggplant Puree:

- 1 jar puréed roasted eggplants
- or 4/5 fresh eggplants + ½ lemon juice
- 2 tbsps flour
- 3 tbsps butter
- 2 cups cold milk
- salt and freshly ground black pepper
- 1/3 cup grated hard mature cheese

Preparation

1. Sauté the shallots, garlic cloves and peppercorns gently in the butter until soft. Add the meat to the onions, stirring until evenly browned. Add the capsicum paste, stir and when these are sizzling add the tomato puree, flour, salt and continue stirring until all are mixed.
2. Add the hot water. Cover and let simmer until the meat is tender. Add a little more hot water if needed. If using fresh eggplants; Prick the eggplants with a sharp knife and place them on gas burner or under broiler turning them frequently until eggplant collapses and the skin is charred, then peel eggplants and discard stems. Mash the eggplant with the back of a fork in a bowl and mix with lemon juice. Set aside.
3. Melt the butter on low heat. Add flour and stir constantly to make a roux on low heat. Slowly add one part of the milk, whisking thoroughly to get a smooth consistency, and simmer for 4-5 mins.
4. Add the pureed eggplant and the rest of the milk, a little salt and freshly ground black pepper, mix well and simmer gently for another 5 mins. Remove from heat, stir in the cheese and simmer gently for another 2 mins.
5. Make a bed on a plate with the eggplant puree and place the meat on top. Garnish with chopped parsley.





DESSERT

Semolina Halvah with ice-cream

Dondurmali Irmik Helvasi

Ingredients

- 1 cup semolina
- 2 tbsp butter
- 1 cup sugar
- 1 cup water
- ½ cup milk
- 2 tbsp pine nuts (optional)
- 1 lb ice cream
- cinnamon (optional)

Preparation

1. Take butter and pine nuts (optional) in a pot and sauté over medium heat until the pine nuts turn pinkish. Stir in semolina and sauté until it goes yellow.
2. Then, stir in sugar, water and milk. Bring to a boil and close the lid. Simmer over low-medium heat until the water is absorbed. Let it cool for a while.
3. While the semolina halvah is still warm, fill a small bowl's bottom and sides with semolina halvah. And then, fill it up with ice-cream. Cover the top of the bowl with semolina halvah. Immediately turn the bowl upside down over a serving plate. Serve with cinnamon on top.



MAIN DISH

Mesciuva

Ingredients

- 200g of durum wheat
- 200g of dried chickpeas
- 200g of dried beans
- a tuft of parsley
- extra virgin olive oil
- salt
- pepper

Preparation

1. Wash the chickpeas and soak them in fresh water for 12 hours. Do the same thing with the beans and wheat.
2. Drain the beans and wheat, place them in 3 earthenware pots and cook with plenty of water.
3. When the cooking is almost finished, add the ingredients in a single pot and finish cooking.
4. Serve hot, season with a drizzle of oil and season with salt and pepper. You can accompany this dish with slices of homemade bread lightly toasted in the oven.



MAIN DISH

Classic pesto

Ingredients

- 50g pine nuts
- 80g basil
- 50g parmesan or vegetarian alternative
- 150ml olive oil
- 2 garlic cloves

Preparation

Heat a small frying pan over a low heat. Cook the pine nuts until golden, shaking occasionally. Put into a food processor with the basil, parmesan, olive oil and garlic cloves. Whizz until smooth, then season to taste.



DESSERT

Tiramisù

Ingredients

- 300g (about 30) Savoiardi (Ladyfingers)
- 500g of mascarpone cheese
- 4 medium eggs (about 220g/7,7oz without shells)
- 100g (½ cup) of granulated sugar
- 300ml (1 ¼ cup) of espresso coffee
- 2 tablespoons of Marsala Wine
- unsweetened cocoa powder

Preparation

1. First of all, make the coffee. For a quick and delicious Italian coffee, we used an Espresso Machine.
Then add 2 tablespoons of Rum or Marsala wine. This is optional. If you don't like liqueurs or you are making Tiramisu for children, don't use it. Your tiramisu is great all the same, even without liqueur. Set aside and let cool.
2. Separate the egg whites from the yolks. Set aside the yolks and whip the egg whites until stiff: you will get at it when the the egg whites will not move if you turn the bowl over. Remember that to whip egg whites to stiff peaks, there should be no trace of yolk. Once ready, set aside. If you want to cook the egg whites, read the paragraph further down "HOW TO COOK EGGS FOR TIRAMISU"
3. Now, in a bowl, beat the egg yolks with sugar until light and smooth, 3 to 5 minutes.
If you want to cook the yolks, read the paragraph further down "HOW TO COOK EGGS FOR TIRAMISU"
4. In the meantime, pour the mascarpone cheese into a bowl and work it with a spoon to make it softer. Mascarpone cheese must be of excellent quality, creamy and thick. When the yolks are ready add the mascarpone cheese.
5. Using the flexible-edge k-beater, slowly whip the mascarpone cream for 2 to 3 minutes. Now add the stiffly beaten egg whites.
6. Mix with a wooden spoon, from bottom up. Mix slowly until smooth and creamy.
7. Now let's prepare the layers of ladyfingers and mascarpone cream. You can make 2 or more layers, depending on the width and depth of your pan. Dip the ladyfingers quickly (1 or 2 seconds) into the coffee. Then arrange the ladyfingers in the casserole of your liking. IMPORTANT: The ladyfingers should not soak too much coffee, otherwise the tiramisu will be too rich in coffee and runny.
8. Arrange them so that they cover the bottom of the casserole. Then spread the mascarpone cream over the ladyfingers.
9. Add another layer of ladyfingers and then top with more mascarpone cream. If you are making the last layer, spread the mascarpone cream generously.
10. Finally, sprinkle with cocoa powder



DESSERT

Traditional Maltese Christmas Log

Ingredients

Christmas Log:

- 180g morning coffee biscuits
- 3 tbsp sifted cocoa powder
- 100g dark chocolate chunks or chips
- 150g whole roasted hazelnuts
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- ¼ tsp ground cloves
- 150g glacè cherries, halved
- 1 tsp pure vanilla extract
- ½ cup condensed milk
- ¼ cup Kahlua/Bailey's or other liquor

Chocolate Ganache:

- 50g dark chocolate
- 50ml heavy cream

Chocolate Shards (Optional):

- 300g dark chocolate

Preparation

1. Crush biscuits in a food processor or put biscuits in a zip lock bag and crush with a rolling pin. Slice the hazelnuts and cherries in half. In a large mixing bowl, mix all the ingredients for the Christmas Log. Start with 1/8 cup liqueur. Add more if needed. Form the log by hand. Wrap it in parchment paper. Chill at least 30 minutes.
2. Melt the chocolate with the whipped cream to make the ganache. Set aside to cool slightly and thicken. Cover the log in chocolate ganache with a spatula. Let it set at room temperature. (If not decorating with shards, make tree markings with a fork.) Transfer to a presentation plate.
3. Melt 300g of chocolate for the shards. Set some aside to use for sticking the shards to the log. Pour the rest onto a parchment paper and use a spatula to spread it into a rectangle of an even thickness, around 3mm. Cover with another piece of parchment paper. Fold onto each other every 1 inch and freeze until it hardens, around 15 to 20 minutes.
4. Unfold parchment carefully and break shards as needed for the decoration. Use the melted chocolate that you had set aside and apply it to the back of each shard. Starting from the base, stick the shards to the log. Chill until ready to serve.
5. Right before serving, sprinkle with powdered sugar and decorate with a holly. Enjoy!

Notes: Store in the refrigerator and take out 30 minutes before serving to soften.

Tip: For an alcohol-free log, substitute espresso for the liquor.



MAIN DISH

TaL-Lampuki pie

Ingredients

- 2 acqua e farina - sfoglia pastry
- 750g filleted lampuki
- 250g tomatoes, peeled and chopped
- 250g cauliflower, boiled
- 250g tomato puree
- 250g onions, chopped
- 200g spinach
- 150g peas
- 100g FOS black kalamata olives
- 4 garlic cloves chopped
- 2 eggs
- 1 egg beaten
- golden drop olive oil
- lemon zest
- mint
- marjoram
- sesame seeds

Preparation

1. Boil the fish for 10-15minutes
2. Preheat the oven at 190C
3. Fry the onions and garlic in olive oil until golden
4. Lower the heat and add the fish, spinach, peas, chopped cauliflower, olives, tomatoes, puree, lemon zest, mint, marjoram and seasoning. Mix well
5. Cook for a few minutes
6. Remove from the heat and add the lightly beaten eggs when slightly cool. Mix well.
7. Roll out one of the pastry and line a lightly greased and floured pie dish.
8. Fill it with the lampuki mixture.
9. Use the other pastry to cover the pie.
10. Seal the edges by pressing firmly together.
11. Make a few slits in the top of the pie.
12. Brush with the beaten egg and sprinkle some sesame seeds.
13. Bake for 45 minutes or until the pastry is crisp and golden



DESSERT

Dates cake

Ingredients

- 1 (8-ounce) package chopped, pitted dates
- 1 ½ cups boiling water
- 1 ½ teaspoons baking soda
- ¾ cup vegetable shortening (I use butter-flavored Crisco)
- 1 cup granulated sugar
- 2 large eggs, lightly beaten
- 2 teaspoons pure vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ½ cups semi-sweet chocolate chips
- ⅓ cup chopped walnuts or pecans
- ¼ cup coarse sparkling sugar, optional

Preparation

1. A lot of baked goods using dates, including this date cake and date bread, start with a kind of funny step: Mix the chopped dates with boiling water and baking soda.
2. There are a few theories about what this does, but the one that seems most likely is that this step helps break down the dates so that they distribute evenly throughout the cake.
3. Let this mixture cool for 15-20 minutes before continuing on with the recipe.
4. Once the dates have cooled, use an electric mixer or stand mixer fitted with the paddle attachment to cream together the shortening and sugar. Mix this until light and fluffy – this should take about 3 minutes.
5. Add the eggs and vanilla, then stir in the dates with their liquid.
6. In a separate bowl, whisk together the flour, baking powder, and salt. Gradually add this mixture to the wet ingredients, mixing until just combined.
7. Fold in the chocolate chips and chopped nuts. Spread the batter into a greased 13×9-inch cake pan and sprinkle the top with coarse sugar.
8. Bake the cake for 35-40 minutes.



MAIN DISH

Bazin

Ingredients

4 to 6 servings

- 2 onions, chopped
- 1 pound of lamb shoulder chops or beef stew or chicken
- potatoes or pumpkins, cut up (figure on one medium potato per serving)
- 4 Tablespoons of tomato paste or 4 large tomatoes, peeled and cut in dice
- spices: 1 tbsp of paprika, one tablespoon of hot paprika, ½ tbsp of turmeric, salt, black pepper
- olive oil, as needed
- 2 cups of barley flour, preferably organic (250g)

Preparation

1. Make the stew first: Heat the pot, add the olive oil and the onions and fry the onions for a few minutes; add the lamb chops or stew meat and brown for 15 minutes, flipping it every 5 minutes.
2. Add the paprika, both hot and mild, turmeric, salt, black pepper, tomato paste and 3 cups of water. Close the lid and let the stew simmer for 30 minutes or so, adding more water if necessary.
3. Add the potatoes or pumpkin pieces to the stew (or both) and cook 25 minutes longer, adding more water to the pot. Uncover the pot towards the end of cooking time to let the sauce thicken a bit and taste, adjusting seasoning.
4. Make the dumpling: Pour a quart of water into a pot; add 1/4 cup of oil and a teaspoon of salt. Bring the water to a boil. Dump the barley flour on the simmering water and without touching it, let the mass of flour float and cook for about 10 minutes. Remove from the heat and transfer the mass of dough into a bowl, reserving the cooking water nearby. Using a long stick or a long and thin rolling pin, start stirring the dough, gradually adding more water, until the dough becomes a compact and smooth form, just like a cookie dough. Pinch off large pieces of dough and form into a mound in the middle of the plate, using a large spoon to form a crater in the middle.
5. Spoon the hot stew on the crater and all around the dumpling. Serve.

MAIN DISH

Baba Ganoush

Ingredients

- **eggplant:** Eggplant gives Baba Ghanoush its unique flavor and texture. To pick the right eggplant, look for one that is firm, heavy for its size, and has smooth, shiny skin. Avoid those with wrinkled or blemished skin, as they may be overripe or damaged.
- **tahini:** Made from ground sesame seeds, tahini adds a rich, nutty flavor and creamy texture to the dish. It also contributes to the healthy fats and protein content of Baba Ghanoush.
- **lemon juice:** This essential ingredient brightens up the flavors of the dip and adds a touch of tanginess that complements the smokiness of the roasted eggplant.
- **garlic cloves:** Garlic adds an aromatic depth and bold flavor to Baba Ghanoush, creating a balance between the smokiness of the eggplant and the tanginess of the lemon juice.
- **salt:** Just a pinch of salt is needed to enhance the flavors of the other ingredients and bring out the natural sweetness of the roasted eggplant.

Preparation

Making baba ganoush is really super simple – roast the eggplant and blend it with the other ingredients - that's it!

Roast the eggplant:

1. Wrap eggplant in aluminum foil and roast.
2. Unwrap the eggplant and allow it to cool.
3. When the eggplant is cool to the touch, cut off the top and peel off the skin.
4. Discard the skin, keeping only the flesh of the eggplant.

Blend the ingredients

Place the flesh of the eggplant in a food processor or blender. Add the lemon juice, tahini, garlic cloves, and salt. Pulse a few times until the ingredients are incorporated, but the mixture still looks chunky.





DESSERT

Kunafa

Ingredients

- 4 cups all purpose flour
- 1 cup farina
- 2 cups unsalted butter, room temperature
- 2 cups sugar syrup, concentrated (prepared in advance) see below
- ¼ cup powdered milk
- ½ cup water
- ¼ cup chopped pistachio nuts for garnish, optional

for The Cheese Mixture:

- 2 cups fresh mozzarella cheese
- 1 cup shredded mozzarella cheese
- 2 cups whole milk
- 1 teaspoon mastic mixed with 1 teaspoon sugar, optional
- ⅓ cup farina (cream of wheat)

Preparation

1. Combine 4 cups granulated sugar and 1 ½ cup water in a sauce pan.
2. Heat through till dissolved.
3. Add 1 tablespoon fresh lemon juice and simmer for 10 minutes.
4. Boil mixture till thickened.
5. Add 1 teaspoon orange blossom water and set aside to cool completely.
6. Measure 2 cups cooled syrup to use in making the Knafeh Farik and save the rest in a container for future use.



DESSERT

Makroud

Ingredients

For the dough:

- 3½ cups medium semolina
- ½ cup flour
- 1 cup clarified butter
- 2 pinches salt
- ½ teaspoon baking soda
- ¾ cup warm water (more or less)
- 4 tablespoons orange blossom water
- vegetable oil (if frying)

For the filling:

- ½ lb date paste (or puréed ripe dates)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground clove
- 2 tablespoons clarified butter
- 3 tablespoons orange blossom water

For the syrup:

- ½ cup honey
- 2 tablespoons orange blossom water
- juice of 1 lemon

Preparation

1. Mix the date paste with all the stuffing ingredients until obtaining a smooth paste. Set aside.
2. In the bowl of a mixer, pour the semolina, baking soda and flour. Make a well and pour the melted clarified butter.
3. Mix for two minutes so the butter is absorbed by the semolina. Let stand at least 2 hours (more if possible).
4. Moisten with orange blossom water and warm water, and mix with your fingertips without overworking or kneading the dough. Add water if necessary. Once reaching a compact ball of dough, cover with plastic wrap and let stand for 45 minutes.
5. Take a good amount of dough and shape a sausage. With the index finger, make a gutter in the center lengthwise. Roll a little strand of date filling and place it into the gutter. Pull the edges of the dough back on the dates to cover everything. Roll again gently to obtain a sausage of about 1 inch (2.5 cm) diameter. Cut diamond shapes and place them on a baking sheet lined with parchment paper.
6. Repeat until all the dough is used.

Baking method

1. Preheat the oven to 350 F (180°C), and bake the pan on the center rack for about 30 minutes (watch carefully so they evenly get a nice golden color).

Frying method

1. Heat a large pot with oil and deep fry the makroud on each side until browned.
2. For both methods, the diamonds should be arranged close to each other in order to prevent the dates from burning.

Syrup

1. Over low heat, cook all the ingredients of the syrup and dip each cooled makroud on both sides. Set aside for 30 minutes and repeat.



MAIN DISH

Kesra

Algerian bread

Ingredients

- **semolina flour:** I am using this type of coarse flour made from durum wheat. It looks like sand which is used for pasta, desserts, or a type of bread like this recipe
- **olive oil:** I am using extra virgin olive oil since it gives a stronger flavor. Also, it will add moisture to the dough and help create a tender crumb when mixing it
- **yeast:** I am using instant yeast since this will help the bread rise but not as much as other bread like pita bread
- **Nigella seeds:** I love adding this type of black seeds since it adds a nutty flavor and makes the bread visually appealing
- **salt and sugar:** the salt and sugar will help balance the sweetness and saltiness of the bread. Also, I prefer to use brown sugar since it's more organic than white sugar
- **water:** you will need water since it hydrates the flour and forms gluten, forming a bread structure

Preparation

1. In a large bowl, I combine semolina flour, salt, brown sugar, yeast, and olive oil. I stir them together using my hand till it forms a crumbly texture.
2. Next, I add the nigella seeds and slowly add water till it forms a soft dough.
3. After that, I use my hands to knead for several minutes until it forms a round ball shape. Divide into 2 and reshape into a ball again.
4. Covered it with plastic, and place it back on the bowl. Leave it for 30 minutes.
5. On each ball of dough, I use the rolling pin to form a circular shape about 6 inches in diameter.
6. Now to cook this Algerian bread, I preheat the cooking pan and place the shaped kesra bread on it. Make sure you use the fork to gently prick the surface of the dough on all sides to help cook the bread evenly.
7. Cook it on both sides until it turns a light brown.
8. Before serving, I use a knife to divide it into 4 or 6 pieces.
9. Use it to serve with soups or stews, or spread it with your favorite honey/jams.



DESSERT

Simple Couscous with honey recipe

Ingredients

- 2 cups whole milk
- 2 tablespoons honey
- 2 teaspoons cinnamon
- 3 cups dry couscous
- 1 cup chopped dried dates

Preparation

In a large saucepan over medium heat, combine the milk, honey, and cinnamon. As soon as it comes to a boil, stir in the couscous. Turn off the heat, cover and let stand for 5 minutes. Stir in dates. Serve warm for dessert or breakfast cereal.



MAIN DISH

Poulet Roti a l'Algerienne

Algerian roast chicken

Ingredients

- 1 cup water
- 1 onion, chopped
- 5 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 3 cloves garlic, crushed
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cayenne pepper
- salt to taste
- 1 (2 pound) whole chicken

Preparation

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix water, onion, olive oil, balsamic vinegar, Dijon mustard, garlic, black pepper, cayenne pepper, and salt together in a roasting dish. Add chicken; turn until well coated with mixture.
3. Bake in the preheated oven until an instant-read thermometer inserted into the thickest part of the thigh, near the bone, reads 165 degrees F (74 degrees C), about 1 hour 30 minutes.

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LA SPEZIA *HEADQUARTER*
GENOA
NAPLES
VENICE

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PORTUGAL
LISBOA
LEIXOES

 **TARROS**
FRANCE
MARSEILLE

 **TARROS**
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