



STRIKE COOK BOOK

The little book of recipes of the Strike

OGB•L

— THE TRADE UNION

*"There is no such thing as good cooking
if it is not made out of friendship
for the person for whom it is meant."*

Paul Bocuse

For

Abdelkader, Abdelsamed, Ali, Anthony, Axel, Aziz, Bertrand, Damien, Djamal, Eric Didier, Fersse, Florian, Franck, Frederic, Geoffrey, Gregory, Hassan, Ivo, Jean-Baptiste, Jean-Pol, Jeoffrey, Jérémy & Jérémy, Jérôme, Julien, Kamel, Kevin, Lala, Lauriane, Manu, Maxime & Maxime, Michel & Michel, Nicolas, Olivier, Rabah, Romuald, Saliha, Silvio, Simon et Steve

Copyright

OGBL
60 bd J.F. Kennedy
L-4170 Esch-sur-Alzette

source: Pinterest



SOME DISHES SERVED BETWE

SOUPS

1

from here and there, with more or less vegetables, with or without meat, a soup warms the belly and the heart.

Other

2

whether the ingredients come from the sea or the pasture, whether they're spicy or mild, a good meal works wonders.

In order to satisfy everyone, all pork has been replaced with halal beef or chicken, bacon has been replaced with a liquid smoke flavor; t
been replaced with onion or shallot.



EN 27 NOV AND 20 DEC 2023

Pea soup with sausage	7	Chili con carne - Spicy stew with ground beef and kidney beans	15
Goulash - Beef stew soup with paprika	8	Rice with shrimps	16
Spicy green lentil soup with spinach and coconut cream	9	Cappeletti with feta cheese baked in the oven	17
Tomato soup with chicken and vegetables	11	Pasta with baked cream cheese	19
Minestrone - Italian pasta and vegetable soup	12	Gnocchi in a creamy pink sauce	20
Cheese soup with leek and minced meat	13	Chicken wok with vegetables and noodles	21

The amount of bacon specified in grams has been added to the type of meat used; wine has been replaced with broth, and garlic has



SOUPES



PEA SOUP WITH SAUSAGE.

Ingredients.

- 2 kg canned green peas (drained weight)
- 400 g smoked bacon
- 10 Vienna sausages
- 3 onions
- 1 leek stalk
- 300 g celery
- 300 g carrots
- 600 g potatoes
- 1 tsp ground nutmeg
- 2 l water
- 3 tbsp sunflower oil
- 2 tbsp marjoram
- 5 bay leaves
- salt & pepper

Directions.

Brown the diced onions in the oil.

Add the chopped vegetables (carrots, celery, leeks, potatoes) and sauté - not the peas!

Add the bacon, bay leaves, marjoram and ground nutmeg.

Add the water, stir and simmer for 45 minutes.

Now add the peas and Vienna sausages - simmer for a further 15 minutes.

For a thicker consistency, place four to five spoonfuls of the pea soup in a blender and purée to a fine purée, then stir back into the soup.

Time

1:45



Portion

10 persons



GOULASH. BEEF STEW SOUP WITH PAPRIKA.

Ingredients.

- 350 g beef goulash
- 1.5 cloves garlic, finely diced
- 2 tbsp clarified butter
- 550 ml beef stock
- 100 ml red wine
- salt & pepper
- 2 tsp hot paprika powder
- 2 tbsp sweet paprika powder
- 1 tbsp tomato paste
- 3 sprigs marjoram, leaves coarsely chopped
- 2 bay leaves
- 2 large potatoes, diced
- 1 large carrot, cut into rings
- 2 peppers, finely diced
- 0.5 bunch parsley, finely chopped

Directions.

Brown the beef cubes in the clarified butter for 5 minutes, stirring, then add the onions and garlic in small pieces, and brown for a further 5 minutes.
Moisten with beef stock and red wine, season with salt,

pepper, paprika powder, bay leaves, tomato paste and marjoram.

Then braise over low heat for about 60 minutes with the lid closed.

Time

1:50



Portion

4 persons



SPICY GREEN LENTIL SOUP WITH SPINACH AND COCONUT CREAM.

Ingredients.

- 300 g green lentils
- 1 l vegetable or chicken stock
- 1 sprig fresh thyme
- 2 bay leaves
- 4 tsp turmeric
- 3 tbsp vegetable oil
- 1 large onion, diced
- 2 garlic cloves, crushed or minced
- 1/2 tsp ground cardamom
- 1/4 tsp ground cloves
- 1/4 tsp ground cinnamon
- 4 pinches freshly ground nutmeg
- 25 cl coconut cream
- 200 g fresh baby spinach leaves
- salt & freshly ground black pepper

Directions.

Rinse lentils and put in a pan with broth, thyme and turmeric. Bring to a gentle boil, reduce heat and simmer until tender, about 20 minutes. Remove thyme and bay leaf.

While lentils are cooking, heat oil in a small pan and sauté onion over medium heat, stirring frequently, until translucent.

Add garlic and spices and cook until spices are fully fragrant. Add the lentils, the coconut cream and the spinach leaves. Bring to a simmer and cook for 10 minutes, until the flavors blend and the greens are tender.

Season to taste with salt and pepper.

Time

1:00



Portion

4 persons





TOMATO SOUP WITH CHICKEN AND VEGETABLES.

Ingredients.

- 400 g chopped tomatoes
- 600 ml chicken stock
- 2 carrots
- 200 g floury potatoes
- 2 red peppers
- 200 g chickpeas (tinned, drained weight)
- 4 spring onions
- 250 g chicken breast fillet
- salt
- chili powder
- 1 lemon
- 1 tsp honey
- 10 g parsley

Directions.

Bring the tomatoes and broth to a boil in a saucepan. Meanwhile, peel and chop the carrots and potatoes. Halve, seed, wash and dice the peppers. Rinse and drain chickpeas. Clean, wash and slice the spring onions. Rinse chicken, pat dry and dice. Add to soup, season with salt and chili pepper and simmer over low heat for about 15 minutes, stirring occasionally.

Meanwhile, squeeze the lemon and add about 2 tablespoons of the juice to the soup with the honey. Wash the parsley, shake dry, chop finely and add to the soup before serving.

Time

0:30



Portion

4 persons



MINISTRONE. ITALIAN PASTA AND VEGETABLE SOUP.

Ingredients.

- 2 carrots
- 3 celery stalks
- ½ onion or 1 small onion
- 2 garlic cloves
- 1 zucchini
- 3 tsp dried Italian herbs
- 1 bay leaf
- 400 ml vegetable stock
- 1 can chopped tomatoes
- 1 can whole tomatoes, peeled
- 2 tbsp olive oil and 1 tbsp butter
- ½ can white beans
- 100 g pasta
- salt and pepper
- parmesan cheese

Directions.

Chop carrot and celery. Finely chop the onion and the garlic. Quarter and chop the zucchini lengthwise.

Heat the oil and butter in a saucepan. Sauté the carrot, celery and onion for 5-7 minutes, until the onion is translucent. Add the garlic and sauté for another 30 seconds.

Add the remaining soup ingredients, except the beans and pasta, to the pot. Bring to a boil, then cover and simmer over medium heat for 10 minutes.

Add the pasta. Continue to cook for 8 minutes or until pasta is al dente.

Add the beans and remove from heat. Add a little water if the minestrone is too thick. Mix well and season to taste with salt and pepper.

Garnish with freshly grated Parmesan cheese.

Time

0:45



Portion

4 persons



CHEESE SOUP WITH LEEK AND MINCED MEAT.

Ingredients.

- 500 g leeks
- 1 onion
- 2 tbsp oil
- 200 g ground beef
- salt & pepper
- 1 l vegetable stock
- 200 g melted cream cheese
- 75 g liquid cream

Directions.

Clean, slice and wash the leeks. Peel and chop the onion. Heat oil in a saucepan. Brown the ground beef for about 5 minutes, season with salt and pepper, and remove. Sauté the leek and onion in the oil for 2 minutes. Add stock,

bring to a boil and simmer for 5 minutes. Stir in cheese and cream. Add ground beef. Season to taste with salt and pepper.

Time

0:45



Portion

4 persons



OTHER



CHILI CON CARNE. SPICY STEW WITH GROUND BEEF AND KIDNEY BEANS.

Ingredients.

- 500 g ground beef
- 2 medium onions
- 1 clove garlic
- 1.5 fresh, mild chili peppers
- 3 tsp chili powder
- 1.5 tsp cumin
- 1 tsp cinnamon
- 200 g sun-dried tomatoes in oil
- 2 cans whole tomatoes, 400 g each
- 1 can kidney beans, 400 g
- 1 can corn, 400 g
- olive oil
- salt & pepper

Directions.

Peel and chop the garlic and onions. Sauté both in olive oil in a large saucepan.

Add the chili powder, finely chopped chili pepper (without the seeds), cumin and a little salt and pepper.

Add the ground beef to the pot and stir-fry.

Using a blender, mix the sun-dried tomatoes with a good dose of their own oil in a tall container until smooth.

Add the tomato paste, canned tomatoes, and cinnamon to the pot with a glass of water.

Season generously with salt and pepper and bring to a boil.

Simmer over low heat for 1.5 hours with the lid closed.

30 minutes before the end of the cooking time, add the rinsed beans and corn.

Before serving, taste again and add more chili if necessary.

Serve in bowls with bread and crème fraîche.

This is Jamie Oliver's recipe.

Time

2h00



Portion

4 persons



RICE WITH SHRIMPS.

Ingredients.

- 1 kg raw shrimp
- 360 g rice
- 120 g peeled tomatoes
- 1 carrot
- 60 ml white wine
- 1 tsp cumin
- 1 onion
- 1 bell pepper
- 4 tablespoons olive oil
- 4 garlic cloves
- 1/2 bunch parsley
- salt & pepper

Directions.

Bring a large pot of water to a boil, add the shrimp, and cook for about 2 minutes. Drain, reserving 2 1/2 cups of the cooking water.

Peel and crush garlic. In a salad bowl, marinate shrimp with salt, pepper, 1 teaspoon cumin, and 2 crushed garlic cloves. Set aside for one hour. Shell the shrimp, reserving a few whole shrimp for decoration.

Peel and chop the onion, peel and chop the carrot, wash and chop the bell pepper. In a large frying pan, sauté the onion and bell pepper in 2 tablespoons of oil for 2 minutes.

Add the peeled tomatoes, salt, pepper and a teaspoon of cumin. Simmer over low heat for 10 minutes.

Heat 2 tablespoons oil in a frying pan and add the remaining 2 minced garlic cloves. Sauté over medium heat for 1 minute. Add the rice. Stir, then pour in the shrimp cooking water. Bring to a boil, then reduce heat to low. Cook over low heat for 10 minutes. Stir in the white wine and cook for another 5 minutes.

Add the cooked vegetables to the rice and shrimp mixture. Wash and chop the parsley. Garnish with chopped parsley.

Time

1:40



Portion

8 persons



CAPPELETTI WITH FETA CHEESE BAKED IN THE OVEN.

Ingredients.

- 500 g spinach ricotta cappeletti
- 80 ml olive oil
- 500 g cherry tomatoes
- 100 g mushrooms
- 250 g baby spinach
- 200 g feta cheese
- 1/3 tsp chili flakes
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tsp dried oregano
- 250 g fresh basil
- 1 tbsp balsamic vinegar
- 5 cloves garlic

Directions.

Preheat the oven to 200°C.

Place the cherry tomatoes, mushrooms and spinach in an ovenproof dish.

Toss the cherry tomatoes, mushrooms and spinach with the balsamic vinegar, olive oil, salt, black pepper, garlic and oregano.

Place a block of feta cheese in the center of the dish and arrange the cherry tomatoes around it.

Drizzle a tablespoon of olive oil over the cheese and sprinkle with chili flakes and oregano.

Bake in the preheated oven for 20-30 minutes, or until the tomatoes are cooked through and the cheese is softened.

Cook the pasta with a tablespoon of salt.

Remove from the oven and mash the cheese block with a fork, then mix with the tomatoes until the sauce is creamy.

Add the fresh basil and cooked pasta and mix well.

Time

0:45



Portion

4 persons





PASTA WITH BAKED CREAM CHEESE.

Ingredients.

- 500 g pasta conchiglie
- 1 can corn
- 200 g cherry tomatoes
- 200 g frozen peas
- 2 shallots
- 2 cloves garlic
- 2-4 tbsp olive oil
- 1 teaspoon salt
- 1 tsp freshly ground pepper
- 1 tsp nutmeg
- 4 tsp herbes de Provence
- 300 g fromage frais with herbs
- 2-4 ladles pasta water

Directions.

Preheat the oven to 210°C high/low and heat the pasta water.

Drain the can of corn, wash and halve the cherry tomatoes, peel and slice the shallots, peel and chop the garlic.

Place the vegetables in an ovenproof dish, sprinkle with the olive oil and spices, mix well and leave a little space in the middle.

Place the fromage frais in the center.

Bake for 20-25 minutes.

Meanwhile, cook the pasta (preferably so that it is ready at the same time as the oven). It's essential to catch the pasta water just before the end of cooking.

Remove the dish from the oven, add two ladles of pasta water and mix well.

Add the al dente pasta and mix well. If necessary, add a little more pasta water to get an even creamier texture.

Season to taste with salt and pepper.

Time

0:40



Portion

4 persons



GNOCCHI IN A CREAMY PINK SAUCE.

Ingredients.

- 400 g tomato passata
- 0.5 onions
- 3 tbsp olive oil
- 20 cl liquid cream
- 30 g grated Parmesan cheese
- 600 g gnocchi
- salt & pepper
- 1 tbsp chopped fresh basil & grated parmesan for garnish

Directions.

Peel and chop the onion and sauté in the olive oil until translucent.

Pour in the tomato coulis, season with salt and pepper, reduce the heat and cook for about ten minutes, until the sauce begins to thicken. Add the cream, stir and cook for a few more minutes.

Add the grated Parmesan and stir again over low heat.

At the same time, bring a large pot of water to the boil in a high-sided saucepan. When it comes to the boil, add salt

and the gnocchi and cook for the time indicated on the package.

When cooked, drain the gnocchi in a colander and add to the sauce in the saucepan. Stir over low heat so that the sauce soaks into the gnocchi. Remove from heat and add the basil, grated black pepper and grated Parmesan cheese. Serve immediately while hot.

Time

0:30



Portion

8 persons



CHICKEN WOK WITH VEGETABLES AND NOODLES.

Ingredients.

- 400 g chicken strips
- 300 g plain udon noodles
- 1 shallot
- 500 g wok vegetables
- 300 g different kinds of mushrooms
- 10 tbsp salted soy sauce
- 4 tbsp peanut oil
- 2 tbsp sesame oil
- salt & pepper

Directions.

Dice the chicken strips and place in a salad bowl with the soy sauce. Marinate for 20 minutes.

Peel and chop the shallot.

In a hot wok, add 2 teaspoons of peanut oil and sauté the shallot and mushrooms. Set aside. Add 2 teaspoons of peanut oil and stir-fry the chicken until browned.

Add the vegetables and mushrooms, stir, season with salt

and pepper, add the sesame oil and marinade, and cook over low heat for a few minutes.

Cook the noodles according to the package instructions. Drain and add to the wok. Mix well and serve hot.

Time

0:55



Portion

4 persons







*"All power is weak,
unless united."
Jean de La Fontaine*





**THANKS FOR
THE BON APPETIT!**

Danièle

OGB•L

— THE TRADE UNION

