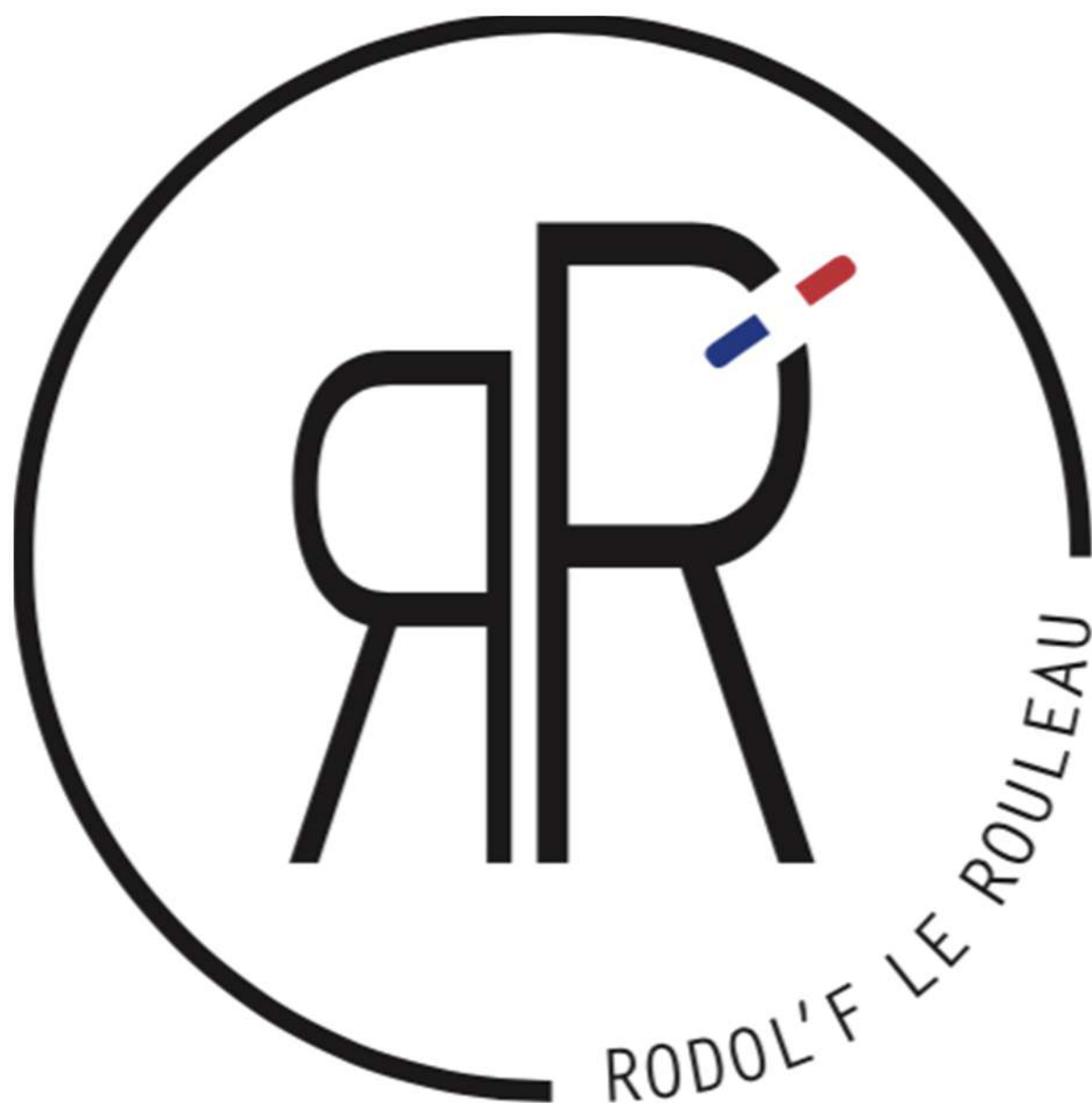


# ***The recipes***

*easy & quick by*

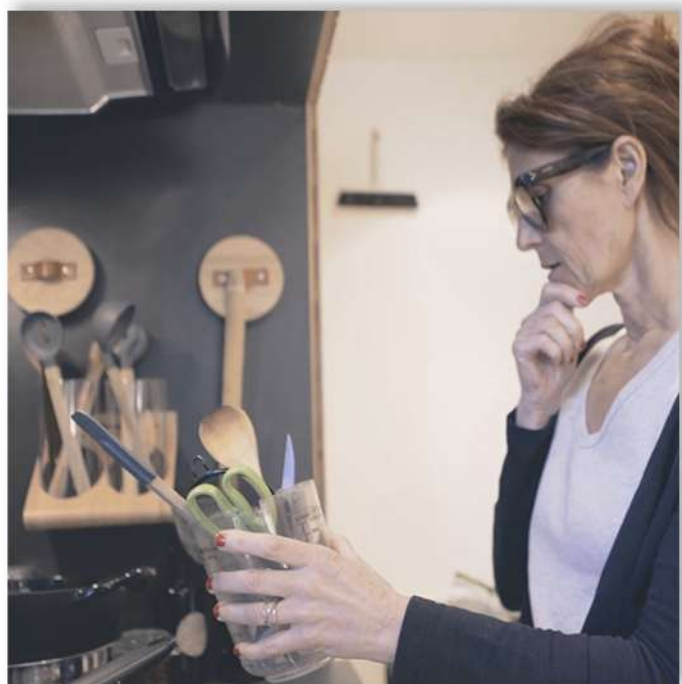


In this first edition of Rodol'f recipes, we propose easy recipes for your starters and deserts.

All our recipes are achievable thanks to our multi-function roll.

Try it with friends and family, thanks to your loyal Rodol'f le Rouleau.

Find our new recipes on  
[www.rodolflerouleau.com](http://www.rodolflerouleau.com)



# Chickpeas with cumin

## Utensiles

Knife

Wooden spoon

Bowl

4 people

## Ingredients

400g of chickpea

1 lemon (green or yellow)

1 onion

Olive oil

Salt & pepper



1. Drain and rinse the chickpeas.

2. In the bowl, add the cumin as you like, the lemon juice, salt and pepper, and sliced onion.

2. Mix all and put in a cold area.

Sprinkle is Espelette pepper or paprika at the service time.

# Tzatziki

## Utensiles

Peeling knife  
Knife  
Mini-drainer  
Wooden spoon

## Ingredients

1 cucumber  
2 Greek yogurts  
1 clove garlic  
Dill  
Chive  
Olive oil  
Salt & Pepper

*4 people*



*1. Peel and cut the cucumber in small cubes. In the mini-drainer, drain it all with salt.*

*2. Mix with the 2 Greek yogurts. Add dill and cut chive, a pressed clove garlic, olive oil, salt and pepper.*

*Eat with some bread.*

# Guacamole

## Utensiles

Knife

Measuring glass

Whisk

## Ingredients

5 avocados

1 yellow lemon

2 green lemons

20 cl of Crème Fraiche

Espelette pepper

Salt & pepper



*6 people*

- 1. Take the 5 avocados flesh.*
- 2. Add the juice of 3 lemons, and the zest of one. Incorporate the Crème Fraîche. Add finally the Espelette pepper, salt and pepper.*
- 3. Mix all till obtaining a paste*

*Eat with starter cakes.*

# ***Rillettes of mackerel***

## **Utensiles**

Knife

Maryse spatula

## **Ingredients**

1 mackerel box

50g of softened butter

Coriander

Espelette pepper

*6 people*



*1. Crumble the mackerel thanks your knife. Add the softened butter and mix it all with the spatula.*

*2. Add coriander and Espelette pepper.*

*Eat with some bread.*

# ***Fruits mousse***

## **Utensiles**

Measuring glass  
Whisk

## **Ingredients**

Fresh seasonal fruits  
50 cl of fruit grout  
50 cl of cold whipped cream  
6 gelatin sheets

*6 people*



*1. Warm the fruit grout. Add the gelatin sheets firstly soft with cold water. Add a bowl of water and whisk with energy.*

*2. Let cool before to add the whipped cream little by little.*

*3. Put the mix in small glasses. Add the seasonal fruits whole or cut, on the top or under the mousse.*

*Let it cool 24H in a cold area. Then eat.*

# Desert Roses

## Ustensiles

Cuillère en bois  
ou Spatule Maryse

## Ingredients

250g chocolate  
Cereals  
50g icing sugar  
Sugar

6 people



1. *Melt the chocolate in bain marie or soft fire in a pan. Add the icing sugar.*
2. *Once the chocolate is melted and warm, incorporate the cereals.*
3. *Using a spoon or a spatula, put some balls of the mix on cooking paper. Sprinkle with sugar.*

*Let get cool in the fridge.*

# Orange salads

## Utensiles

Knife

Wooden spoon

## Ingredients

5 oranges

Rose water

Sugar

Pine nuts

*5 people*



*1. Cut oranges in quarters and peel the white skin.*

*2. Add the rose water and sprinkle with sugar as you like.*

*3. Add pine nuts previously pan-fried.*

*Let is cool in a cold area, then eat.*

# Chocolate fondant

## Utensiles

Pan

Knife

Maryse spatula

## Ingredients

200g of butter

200g dark chocolate

200g chestnut cream

1 plug of rum

Icing sugar



5 people

1. *Melt the chocolate in bain marie.*
2. *Incorporate the butter in pieces. Prefere the butter with salt crystals to enance the scent of the cake.*
3. *Take of the fire when well melt, thanks to the spatula.*
4. *Add the chestnut cream and the rum till obtain an homogeneous paste.*
5. *RLet cool down in the fridge during 3 hours minimum, then cut in squares or smal hearts.*

*Spinkle with icing suger and eat.*

*Bon appétit !*



Thanks to Olivier, my favorite cooker !