

EVERYDAY RECIPES





For the dough

250g all-purpose, flour

a pinch of salt

15g dry yeast dissolved in lukewarm water

For the topping

10 whole Asterias Anchovy Fillets

80 -100g mozzarella slices

2 tablespoons of olive oil

For the sauce

2 tablespoons of olive oil

1 garlic clove

250g tomato sauce

salt

fresh basil

oregano

Directions

After blending the ingredients of the dough, knead well for 10 minutes and leave in a covered bowl in a warm place, until doubled in size.

Meanwhile, in a frying pan, heat the olive oil, add the chopped garlic, tomato sauce, salt, basil, oregano and stir until all the ingredients are well mixed.

When the dough is ready, we knead it once again and on a flour-dusted surface we roll the pizza base. Make sure the crown is lifted upwards to inflate and keep in the sauce. Then with a spoon spread the tomato sauce, the cheese slices, sprinkle with olive oil,

put the anchovy fillets on top and bake for 15 -20 min.



350g spaghetti

6 Anchovy Fillets Asterias, drained whole

1/3 cup of olive oil

1 medium onion, chopped

2 cloves of garlic, grated

1 red chilli pepper without seeds, chopped

400g fresh cherry tomatoes

2 tablespoons pitted Kalamata olives

1 tablespoon fine capers 1 tablespoon chopped fresh oregano or 1 teaspoon dried

freshly ground pepper

parmesan

Directions

In a saucepan, heat the oil and sauté the onion, garlic and chilli until wilted.

Add the anchovies and continue for 1'yet.

Pour the cherry tomatoes, olives, capers and oregano.

Cover and simmer 5 minutes or so.

Cook the pasta al dente in plenty of salted water with 2 tablespoons of oil.

Strain and pour into the pot with the sauce. Mix well and serve immediately, sprinkled them with freshly ground pepper and parmesan.

Salad with smoked herring and vegetables



4-5 large pieces Smoked Herring Asterias a boiled potato in cubes boiled carrot in cubes cooked beets into cubes a leek into small pieces a spoonful of vinegar or lemon juice grated black pepper

Directions

Mixed in a salad bowl all ingredients together and sprinkle with vinegar or lemon juice as desired.



1 large piece of Marinated Mackerel Asterias

a slice of rye bread

2 lettuce leaves

1 small onion

1 boiled egg

little chopped dill

Directions

Place bread onto the lettuce, then the mackerel, onion rings and sliced egg. Finally add the chopped dill.



300g linguine
6 drained Asterias Anchovy Fillets cut
into pieces
2 tablespoons oil
1 tablespoon tomato paste
1 tablespoon capers
20 black olives sliced

1 clove of crushed garlic 10 fresh basil leaves 100g fillet parmesan freshly ground black pepper

Directions

1 tablespoon vinegar

Cook the linguini in salted water with 2 tablespoons of oil for 6' and drain. Heat the oil in a saucepan and pour anchovies, tomato paste, olives, vinegar, garlic, basil, capers and stir up the fire for 1'-2'.

Pour the sauce into the pasta and toss gently to mix with the rest of the ingredients. Serve and sprinkle with the parmesan and plenty of freshly ground black pepper.



4-5 Asterias Smoked Mackerel fillets

4-5 tomato slices

extra virgin olive oil

For the sauce

4 tablespoons mayonnaise

2 tablespoons horseradish sauce

shortly dill

3 teaspoons brik

Directions

Take the mackerel fillets and begin to wrap the roll with the skin of the fish out. Secure each with a toothpick. Place on top of each roll a slice of tomato, salt and pepper, add a few drops of oil and place them in the oven for a while until the tomatoes are cooked.

Prepare the dressing by mixing the mayonnaise, the horseradish sauce and the chopped dill.

Serve the rolls by drizzling them with the sauce and garnish each with a little brik.





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