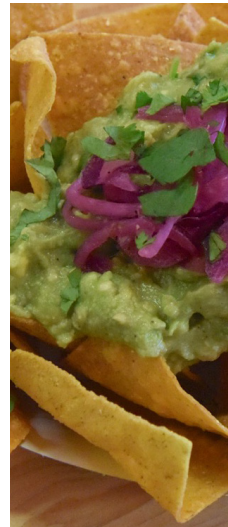
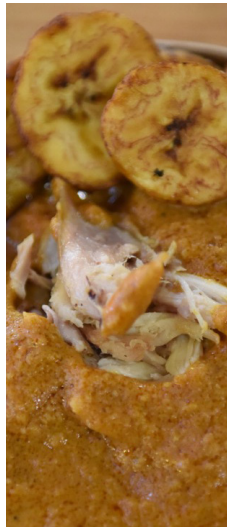
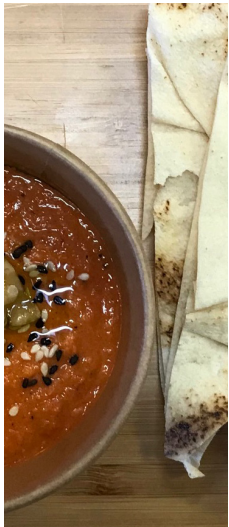




Recipes from



Thank you to the chefs and Ground Control for these recipes!



Recipes from Ground Control in Paris

Muhammara (Roasted Red Pepper Dip)



From Syrian Chef Haitham Karachay of La Résidence

INGREDIENTS:

(for 3 or 4 people)

- 2 roasted red peppers
- 1 medium white onion
- ¼ tsp dry chili pepper flakes
- 2 cups of walnuts
- 2 Tbsp pomegranate molasses
- 1 Tbsp Tahini (sesame paste)
- 1 Tbsp lemon juice
- 4 Tbsp breadcrumbs
- 1 Tbsp cumin powder
- 1 Tbsp cumin seeds
- Salt and olive oil to taste

Roast the peppers in the oven to make them black, turning them regularly.

Let them cool in cold water or pack them in a plastic bag. Remove the skin and seeds.

Grill the walnuts and cumin seeds in a non-stick pan. Let cool.

Cut the onion into small cubes and brown in the pan with a drizzle of olive oil.

Add peppers, onions, nuts, spices, bread crumbs, lemon juice, pomegranate molasses, and tahini together and puree in a blender.

Cool. Then serve with a drizzle of pomegranate molasses and nuts for decoration.



Recipes from Ground Control in Paris

Chicken Mafé



From Senegalese Chef Beye Abdoulahi Songane of Table Nali

INGREDIENTS:

(for 3 or 4 people)

- 1 chicken
- 1 cup peanut butter
- 2 tsp chopped chestnuts
- ¼ cup tomato paste
- 4 sweet potatoes
- 4 potatoes
- 2 Antilles peppers (Caribbean)
- 4 Thai chili peppers
- 2 onions (chopped)
- 2 cloves of garlic
- 4 cups water
- Salt and Pepper

To start, cut the chicken in four parts (keeping the bones). Sauté in hot peanut oil and then set aside.

Sauté the onions and Thai chili peppers.

Then add the tomato paste and the two garlic cloves (chopped). Cook for 2 minutes.

Add water, potatoes, and sweet potatoes.

Cook for 20 minutes.

Then add the peanut butter, and season to taste with salt and pepper.

After 2 minutes of cooking, add the netatou (African spice) and cook until thickened with the sauce (very thick).

Put the chicken in the sauce with the two whole Caribbean peppers (without crushing them especially !!).

Cook on low heat and half covered for 30 minutes.



Recipes from Ground Control in Paris

Spaghetti Ragu de Saucisse

(Spaghetti Ragu with Sausage)



From Chefs Riccardo and Fabio at Solina

INGREDIENTS:

(for 4 people)

18 oz/500 g spaghetti

14 oz/400 g pork sausage

1.5 T/10 g fennel seeds

Olive oil

1 cup of white wine

2.2 pounds/1 kg of peeled
tomatoes

Pecorino Romano

Cut the pork sausage into pieces and brown in the pan with the olive oil and fennel seeds.

Deglaze with the white wine until completely evaporated.

Add the peeled tomatoes and simmer for 2 hours.

Cook the spaghetti in boiling salted water until al dente.

Drain and mix with sauce.

Season with pepper. Serve with pecorino.



Recipes from Ground Control in Paris



Guacamole

From Chilam Mexican Restaurant

INGREDIENTS:
(for 2 people)
2 to 3 ripe avocados
½ white onion
1 lime
cilantro/coriander
salt and pepper

Halve the avocados, scoop the flesh out with a spoon, and mash with a fork in a mixing bowl. The consistency depends on personal taste.

Add the chopped onion and mix.

Chop the cilantro into small pieces, add, and mix (amount depends on personal taste).

The mixture is subject to oxidation until you add the juice of the lime. (You can also use lemon, but it provides a different taste.)

Add salt and pepper to taste.

Serve with corn chips and add a bit of cilantro as decoration.

Note: An easy way to remove the seed from the avocado: tap the edge of a cook's knife into the seed and twist. The seed will pop out.



Recipes from Ground Control in Paris

Senegalese Yassa with Chicken



From Chef Warren Diallo at Table Nali

INGREDIENTS:

(for 4 people)

5 large onions

4 to 5 carrots

2 to 3 roasted chicken legs

1.5 cups/300 grams brown rice

1 cup/150 grams curry

$\frac{3}{4}$ cups/100 grams garlic

3.5 oz/100 grams pepper

$\frac{3}{4}$ cup/100 grams powdered
bouillon

$\frac{1}{2}$ cup/150 grams mustard

1 $\frac{1}{4}$ cups/30 cl olive oil

chives

salt to taste

Heat the oil in a pot over medium heat.

Cut the carrots into small pieces.

Chop the onions and add the spices and mustard to the onions. Mix.

When the oil is hot, sauté the onion mixture for 15 minutes over medium heat.

Add salt and the carrots.

Lower the temperature and cook for 15 to 20 minutes.

Cook the rice. Place some chicken on the rice and add the sauce on top, with chives.