re.garum

re.garum Recipe Book

Cook smarter, not harder.

Recipes

Lentil dahl · Soups 3

Thai coconut soup · Soups 4

Saffron risotto · Pasta & risotto 5

Spaghetti with butter sauce · Pasta & risotto 6

Chicken curry · Meat & fish 7

Juicy burger · Meat & fish 8

Basil pesto · Sauces 9

Shortbread biscuits · Desserts 10

30 min | 4 servings | Vegetarian

Lentil dahl

A golden, comforting soup with no stock cube and no salt.



INGREDIENTS

- 400 g carrots
- 150 g onions
- 20 g fresh ginger
- 1 garlic clove
- 200 g dried red or yellow lentils
- 650 g water
- 30 g oil + 1 tbsp butter
- 15 g mild curry paste
- 130 g re.garum Veggie
- 200 g baby spinach
- yoghurt and lime to serve

Contains: milk

METHOD

1. Roughly chop the carrots, onions, ginger and garlic. Fry them in a pot with the oil and butter. (5 min)
2. Add the curry paste and toast it for 30 seconds.
3. Add the lentils and water, cover and cook until the lentils are soft. (20 min)
4. Stir in the re.garum Veggie.
5. Turn off the heat and stir in the raw spinach: it wilts by itself.
6. Serve with a spoonful of yoghurt mixed with lime juice and zest.

Our tip: Blend half the soup for a creamier texture. It tastes even better the next day.

Chef version: Blend and pass through a sieve for a smooth velouté; mount with curry oil. Garnish with oven-crisped lentils and sprouts.

re.garum

RECIPE BOOK · SOUPS

15 min | 2 servings | Gluten-free

Thai coconut soup

A 10-minute fridge clear-out that tastes of Bangkok.



INGREDIENTS

- 300 g vegetables from the fridge (peppers, mushrooms, carrots...)
- 200 g prawns (or chicken, or tofu)
- 160 g rice noodles
- 250 ml coconut milk
- 250 ml water
- 15 g red or yellow curry paste
- 40 g re.garum Fish
- 1 lime
- fresh coriander

Contains: crustaceans, fish

METHOD

1. Toast the curry paste in a pot with a drop of oil. (1 min)
2. Pour in the coconut milk and water and bring to the boil.
3. Add the chopped vegetables, prawns and noodles. (4 min)
4. Turn off the heat and add the re.garum Fish, tasting as you go. No salt.
5. Squeeze over the lime and finish with coriander.

Our tip: re.garum Fish replaces Asian fish sauce, with a cleaner aroma.

Chef version: Base broth: 800 g water, 140 g coconut milk, 80 g re.garum Fish, 20 g starch, 2 g kaffir lime powder at 90 °C, rest 5 minutes and strain; 5 g lime juice to order.

re.garum Fish

Cook smarter, not harder.

ricette.regarum.com

20 min | 2 servings | Gluten-free

Saffron risotto

Just water and re.garum Brodo: risotto without the stress.



INGREDIENTS

- 200 g Carnaroli rice
- 50 g white wine
- 2 sachets of saffron
- 600 ml hot water
- 40 g mascarpone
- 40 g cold butter
- 50 g re.garum Brodo

Contains: milk, sulphites

METHOD

1. Dissolve the saffron in the wine at least 2 hours ahead.
2. Toast the rice in a dry pan until it is hot to the touch. (2 min)
3. Pour in the saffron wine and let it evaporate.
4. Cover the rice with hot water and cook, adding more as it dries. (14 min)
5. Take off the heat: add the mascarpone, butter and re.garum Brodo.
6. Stir vigorously until creamy and glossy. Serve at once.

Our tip: Keep the risotto a little loose before stirring in the butter: it thickens as it rests.

Chef version: Dry-toast, cook in boiling water with 8% re.garum Brodo on the total liquid. Finish with acidulated butter instead of mascarpone.

15 min | 4 servings | Vegetarian

Spaghetti with butter sauce

A butter sauce that never splits, not even when you reheat it.



INGREDIENTS

- 350 g spaghetti
- 200 g cold butter, cubed
- 90 g water
- 80 g re.garum Milk
- 10 g cornstarch
- 0.6 g baking soda (a pinch)

Contains: gluten, milk

METHOD

1. Bring the pasta water to the boil. No need to salt it.
2. In a small pan, whisk together the water, re.garum Milk, cornstarch and baking soda.
3. Heat over a medium flame, stirring, until it turns creamy. (3 min)
4. Take off the heat, add the cold butter and blend with a hand blender.
5. Cook the spaghetti until al dente. (9 min)
6. Drain them straight into the sauce, toss well and serve at once.

Our tip: If the sauce splits, add a spoonful of water and stir: it comes back smooth. Also great with tortellini, gnocchi and sautéed vegetables.

Chef version: Stabilised base in a Thermomix at 80 °C: 230 g water, 200 g re.garum Milk, 25 g starch, 0.4 g xanthan gum, 1.5–2 g baking soda, then 500 g cubed butter. Holds in a bain-marie through the whole service.

re.garum

RECIPE BOOK · MEAT & FISH

25 min | 4 servings | Gluten-free

Chicken curry

The chicken cooks with the heat off – and stays incredibly tender.



INGREDIENTS

- 500 g chicken breast
- 1 large onion
- 1 garlic clove
- 15 g fresh ginger
- 400 ml coconut milk
- 200 ml water
- 15 g yellow curry paste (red for more heat)
- 10 g cornstarch
- 65 g re.garum Chicken
- fresh coriander and lime

METHOD

1. Chop the onion, slice the garlic, dice the ginger. Fry over a high heat until golden. (5 min)
2. Add the coconut milk, curry paste and water. Bring to the boil and let it bubble. (5 min)
3. Dissolve the starch in a little cold water and stir it in gradually until the sauce is creamy.
4. Take off the heat and stir in the re.garum Chicken.
5. Cut the chicken into pieces, add to the hot sauce, cover and turn off the heat. Let it cook like that. (10 min)
6. Check the chicken is cooked through and serve with rice, coriander and lime.

Our tip: The secret is the heat off: the chicken cooks gently in the hot sauce and never turns dry.

Chef version: Marinate the diced chicken with 6% re.garum Chicken for 1 hour. Batch and blast-chill the sauce base; to order, bring to 85 °C, add the chicken, lid on, 8 minutes off the heat (core 68–70 °C).

re.garum Chicken

Cook smarter, not harder.

ricette.regarum.com

70 min | 2 servings

Juicy burger

One hour of rest and the crust forms by itself.



INGREDIENTS

- 300 g beef mince, not too lean
- 15 g re.garum Beef (5% of the meat)
- 2 burger buns
- 2 slices of cheese (cheddar or similar)
- 30 g mayonnaise
- 5 g re.garum Chicken or Veggie (for the mayo)
- lettuce, tomato, onion

Contains: gluten, milk, eggs

METHOD

1. Gently mix the mince with the re.garum Beef and shape the patties.
2. Let them rest out of the fridge: the enzymes do the work. (60 min)
3. Heat a cast-iron pan until smoking hot and cook the first side. (3 min)
4. Flip the patty, brush the cooked side with a little re.garum, add the cheese and cover. (2 min)
5. Mix the mayonnaise with the re.garum.
6. Build the burger with lettuce, tomato, onion and sauce.

Our tip: Don't press the patty in the pan: you'll lose the juices.

Chef version: 80/20 mince with 5% re.garum Beef, rest 1 h at room temperature or 12 h vacuum-packed in the fridge. Smash on a 230 °C plancha, 90 seconds per side.

re.garum

RECIPE BOOK · SAUCES

10 min | 4 servings | Vegetarian

Basil pesto

Bright green, creamy, no cheese.

INGREDIENTS

- 200 g basil
- 3 g garlic
- 50 g extra virgin olive oil
- 150 g neutral oil
- 75 g re.garum Veggie
- 25 g pistachios
- 25 g toasted pine nuts
- 7 g vinegar
- 5 g honey

Contains: tree nuts

METHOD

1. Dip the basil in boiling water for 10 seconds, then straight into iced water: it stays bright green.
2. Squeeze it dry and blend everything together until smooth.

Our tip: For a "cheesy" note on pasta and risotto, add a few drops of re.garum Milk.

Chef version: Blanch the basil for 8 seconds, blend with oil at 4 °C to avoid heating; vacuum-pack at 3 °C for up to 5 days without oxidation.

re.garum

RECIPE BOOK · DESSERTS

40 min | 40 biscuits | Vegetarian

Shortbread biscuits

Crumbly and melt-in-the-mouth. Cocoa version too.

INGREDIENTS

- 260 g soft butter
- 100 g icing sugar
- 125 g plain flour (100 g for the cocoa version)
- 260 g cornstarch
- 30 g re.garum Milk
- 30 g cocoa powder (cocoa version only)

Contains: gluten, milk

METHOD

1. Beat the butter and sugar until pale and fluffy.
2. Add the rest and mix until the dough is light.
3. Pipe the biscuits onto a lined baking tray.
4. Bake at 150 °C. (22 min)

Our tip: Let them cool on the tray: they break when warm.

Chef version: Butter at 18 °C; pipe onto a micro-perforated mat and bake at 145 °C fan.

re.garum Milk

Cook smarter, not harder.

ricette.regarum.com