



STREET KINGS

c o o k i n g m a n u a l



Spine & Marrow
culinary readymades

SHOCK
KINGS

RUE
DE
RAVIOLI

7
To
tomatensaus



Kranenburger



Kranenburger



Kranenburger



le ballon

info@spineandmarrow.nl

CONTENT

KITCHEN HACKS

Transporting Shocking products	5
Playing with fire	7
Parchment paper	9
Multitasking BBQ grilling with two zones	11
Leftover sauces	13

CHOOSE, COMBINE & PLAY with Shocking products	15
---	----

PREPARATIONS

Ravioli		17
Warm and cold sauces		19
All meat Kranenburger	preparation	21
All meat Kranenburger	composition	23
50 50 Kranenburger	preparation	25
50 50 Kranenburger	composition	27
All plant Kranenburger	preparation	29
All plant Kranenburger	composition	31
Toasting Le Ballon buns		33



Transporting Shocking products

Kitchen hacks, Shocking cooking manual

Difficulty level Medium Source RJK

DESCRIPTION

Some tips to safely transport frozen food from the Shocking Freezer to your home.

1. Utilize a cooler bag or insulated container to store the frozen products during transportation, ensuring the temperature remains as low as possible.
2. Consider adding cooling elements to the bag to maintain an extra-chilled environment for your frozen items during transit.
3. Upon purchase, promptly head home to place the frozen products in the freezer. Try to avoid extended delays or additional shopping stops.
4. Unpack the frozen products at home as quickly as possible and place them immediately in the freezer. Do not defrost the products on the kitchen countertop or other room temperature places.

By following these tips, the products remain frozen and quality is guaranteed. This way, everything can be kept safely at home for a longer period of time.

NOTES

The use of ultra-thin cooling elements is recommended, such as those included in the Smart Freezer product range. Dimensions 165x110x15 mm. Weight 200 grams.



Playing with fire

Kitchen hacks, Shocking cooking manual

Difficulty level Difficult Source: RJK

DESCRIPTION

There are five distinct heat levels, each corresponding to a specific power setting:

- | | |
|---------------|------------------------------------|
| high fire | = full power |
| medium fire | = half power |
| very low fire | = the lowest possible power output |

The positions 'moderately high' and 'low' are intermediate positions. The size of the pan should be relative to the diameter of the burner or heat source.

For ceramic or induction cooking, focus on the heat setting rather than the flame height. A high heat setting means a strong flame, while a lower heat setting means a gentler flame.



Parchment paper

Kitchen hacks, Shocking cooking instruction

Difficulty level Easy Source RJK

DESCRIPTION

Parchment paper is essential when preparing a burger. Place each burger on a square piece of parchment paper. This square helps to launch the burgers in the pan or on the grill. Take the paper with the burger on it, turn it over and place the burger in the pan or on the grill. Take away the parchment paper and throw it away. It's fast, efficient and clean.



Multitasking BBQ | grilling with two zones

Kitchen hacks, Shocking cooking manual

Difficulty level Medium Source RJK

DESCRIPTION

The concept is simple: place hot coals on just one side of the grill instead of spreading the lit charcoal over the entire coal grate. This creates two different heat zones. The area of the grill directly above the glowing coals becomes a zone of intense, direct radiant heat, while the other side becomes a zone of gentle, indirect convection heat. A properly set up dual-zone charcoal grill will give you a gradual range from about 350°C on the hot side to about 95°C on the cooler side.

PREPARATION

Place all burgers from the freezer (do not defrost), out of the packaging, on a piece of baking paper and let them come to room temperature for 5 minutes. Generously apply oil directly to both sides of the burger with a brush. Place on the hot side of the grill and apply even pressure with a fork. See the different times.

For the 50/50 burgers, 2 x 3 minutes on the hot side and 2x 5 minutes on the cooler side.

For the All Meat burgers, 2 x 3 minutes on the hot side and 2 x 2 minutes on the cooler side.

For the Tempeh burgers, 2 X 3 minutes on the hot side and 2 x 3 minutes on the cooler side.

Grill Le Ballon crown and heel on the cooler side.

NOTE

Light the BBQ well in advance and wait until a gray color with a red underlying layer has developed.



Leftover sauces

Kitchen hacks, Shocking cooking instruction

Difficulty level easy **Source** RJK





DESCRIPTION




1. Cool the sauce as quickly as possible.
2. Make sure the sauce has cooled completely before putting it in the refrigerator. Don't leave it on the kitchen countertop for too long as bacteria can multiply quickly at room temperature.
3. Store the sauce in an airtight and sealable container or wrap it tightly in foil or cling film before putting it in the refrigerator. This helps to maintain quality and taste and prevents it from being contaminated by other foods.
4. Label the package with the date the sauce was prepared so that it is known how long it has been in the refrigerator. It is generally advised to consume cooked food within 2-3 days.
5. Always reheat leftovers thoroughly before consuming. Make sure that the sauce is hot and that it reaches an internal temperature of at least 75 °C.

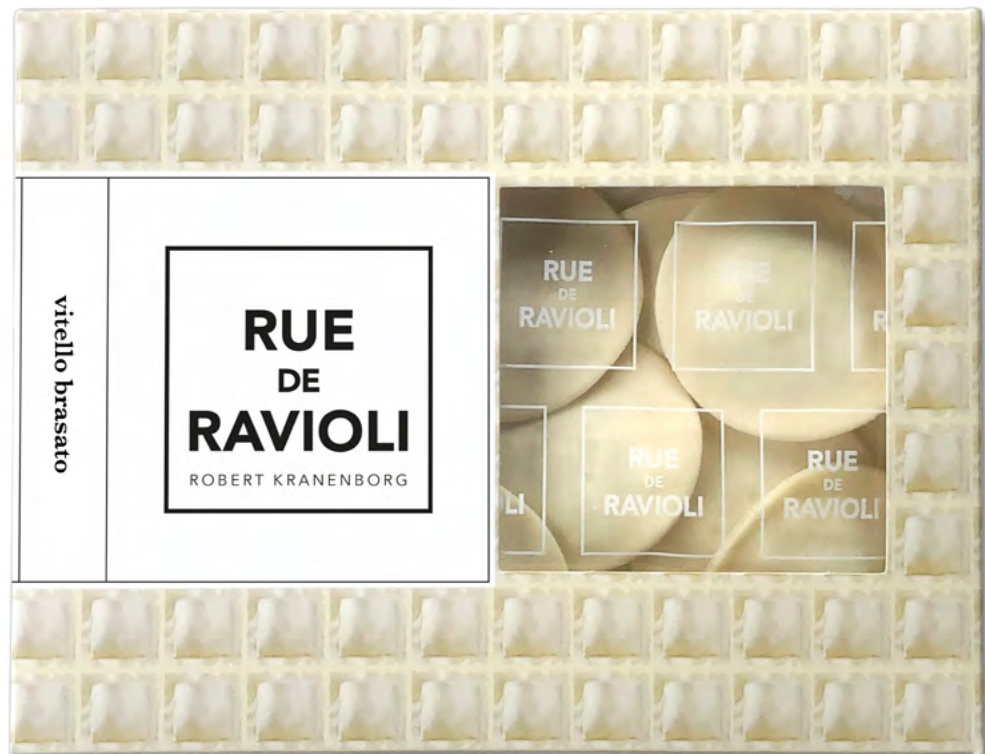
It's important to note that while it's safe to store leftovers, the quality and taste can diminish over time. Therefore, use your own judgment and throw the sauce away if it looks, smells or tastes strange.

CHOOSE, COMBINE AND PLAY with Shocking products

The redder the heart,
the darker the ink,
the more the
combination recommended.

RAVIOLI	 SAUCE	 SAUCE	 SAUCE	
scampi	lobster	tomato	carrot	olive oil Parmigiano Reggiano
vitello brasato	brasato	tomato	carrot	olive oil Parmigiano Reggiano
ricotta spinach	carrot	tomato	olive oil Parmigiano Reggiano	
ratatouille	tomato	carrot	olive oil Parmigiano Reggiano	
mushrooms truffle	olive oil Parmigiano Reggiano	carrot	tomato	
	OIL		OIL	OIL

BURGERS	 SAUS	 SAUS	 SAUS
all meat	green pepper (warm)	sweet mustard (cold)	chipotle ketchup (cold)
50 50	green pepper (warm)	sweet mustard (cold)	chipotle ketchup (cold)
tempeh	sweet mustard (cold)	chipotle ketchup (cold)	



SUPPLIES



Cooking information ravioli

ShocKing cooking manual

Difficulty level easy Source RJK

DESCRIPTION

The dough for the ravioli is made in Limburg with regional products Kollenberger Spelt and the grain Tritordeum, without the addition of eggs. These ravioli are distinctive because of the correct ratio of dough and filling. This ensures an optimal mouthfeel. The Rue de Ravioli collection is made from traditions, with techniques and ingredients that represent all culinary combinations of modern times: **omnivore | pescatarian | vegetarian**.

PREPARATION

Fill a frying pan with water (± 5 cm high) and season with 8 grams of sea salt per liter. Bring the water to the boil and keep it boiling while cooking. Add the desired amount of ravioli. Always of one type and directly - do not thaw - from the freezer. The maximum amount at one time is the contents of a box (300g). Cook the ravioli from the freezer for 4 minutes. Remove the ravioli from the pan with a skimmer, drain and transfer to a warm plate. The ravioli now need skin care. This can be done with olive oil, butter, marrow or neutral oils such as sunflower or grapeseed oil. Gently move the ravioli around the plate using a spoon. This gives the ravioli protection against drying out. Spoon a warm sauce of your choice over it and serve.



'I like it when products have taste, a lot of taste. But watch out; the power of taste is the correct dosage of herbs and spices. Always prevent flavors and aromas from being disturbed by misuse of spices and other additives. The basic tastes are five in number; salty, sweet, bitter, sour and umami. When I think of sauces, I think of them as a sum: reduction, fusion and aromatic ingredients. An ultimate mix of flavors, creamy, spicy, from the origin, with no other addition than salt or pepper. A liquid gold that has been shock frozen directly in the artisanal kitchen.'

Robert Kranenburg

Cooking information cold & warm sauces

ShocKing cooking manual

Difficulty level easy Source RJK

PREPARATION

Cold sauces

Place the container of sauce from the freezer with the lid open in a spacious bowl that is filled up to 3/4 height with hot water from the tap ($\pm 70^{\circ}\text{C}$). After 15 minutes, replace the cooled water with hot water and thaw again for 15 minutes. This is called 'au bain-marie'. After defrosting, empty the bowl and pour the sauce into it. Mix well with a whisk until you have a smooth sauce. The sauce can also be thawed in the refrigerator a day in advance. Then place the container on a saucer to prevent condensation.

Warm sauces

Preheat a pan with a little water on medium heat. Press the frozen cube of sauce out of the packaging and carefully place it in the pan. Then bring the sauce to boiling point over medium-high heat, stirring frequently. Immediately remove the pan from the heat and let the sauce rest for a while. Taste the sauce and adjust with salt, pepper and/or lemon juice if necessary.

Microwave

The time it takes to thaw 500 grams of frozen sauce in a microwave may vary depending on the power of the microwave and the consistency of the sauce. In general, defrosting food in the microwave takes between 5 and 10 minutes per 500 grams. To thaw the sauce safely and evenly, I recommend placing the sauce in a microwave-safe bowl and setting the microwave to low power or the defrost setting. Start with 5 minutes and then check to see if the sauce has thawed. If not, you can increase the time in 1-2 minute intervals until the sauce is completely thawed.



All Meat Kranenburger | preparation

ShocKing cooking manual

Difficulty level medium Source RJK



SUPPLIES

2 all meat patties per individual
2 tablespoons grapeseed oil
pepper from the mill

sea salt
parchment paper
splatter screen

NOTES

It is recommended to use a splatter screen.

PREPARATION

Place the burgers directly from the freezer - do not thaw - on a piece of baking paper and let them come to room temperature for five minutes. Using a brush, generously apply oil directly to both sides of the burger. No herbs yet. Place the burgers in the heated pan (medium high heat) and apply even pressure with a fork. As a benchmark, a brown color should appear after 2 minutes on each side (Maillard reaction). Immediately place the meat on an ovenproof plate. Season with salt, pepper or other spices. If desired, baste with juice from the pan or simply leave until ready to use. Heat in a preheated convection/hot air oven at 150°C for ± ten minutes and serve.



'My preference is for Dutch dairy cows have grazed, have slowly come to fruition instead of fast growing cattle for meat production. It makes me feel good that they have produced milk and calves before they are slaughtered. No problem with a little supplementary feeding, it gives the meat a little more fat.'

Chewing is also important to me, I don't like it that tenderness is used as an indication of quality. Coarsely ground and divided into two patties per burger, gives more Maillard reaction and umami taste.'

Robert Kranenborg

All Meat Kranenburger | composition

ShocKing cooking manual

Difficulty level medium Source RJK

INGREDIENTS

layers on the crown

- 1 Le Ballon crown toasted
- 1 tablespoon chipotle ketchup
- 1 leaf of lettuce
- 5 half moon red onion thinly sliced à la minute

layers on the heel

- 1 Le Ballon heel toasted
- 1 tablespoon sweet mustard sauce
- 1 beef patty (80 g)
- 1 slice of cheese
- 1 beef patty (80 g)
- 1 slice tomato 5 mm.
- 1 slice of cheese
- 1 slice of bacon, pan-fried

DESCRIPTION

Assemble both toasted halves of Le Ballon from left to right, then place them on top of each other and secure with a skewer.

PREPARATION

On the crown



On the heel



The Kranenburger 50% less meat and 100% more planet is the perfect marriage between taste and sustainability.

In recent years, the Dutch have started eating more rather than less meat. That is why Robert developed the Kranenburger.

With this 50% beef, 50% mushroom burger, he focuses on those die-hard meat eaters who are willing to contribute to a sustainable world. Without making concessions to the taste and experience of 100% meat.



50|50 Kranenburger | preparation

ShocKing cooking manual

Difficulty level medium Source RJK



SUPPLIES

50|50 Kranenburgers 2
2 tablespoons grapeseed oil
pepper from the mill

sea salt
parchment paper
splatter screen

NOTES

It is recommended to use a splatter screen.

PREPARATION

Place the burgers from the freezer, out of the packaging (do not thaw) on a piece of baking paper and let them come to room temperature for 10 minutes. Using a brush, generously apply oil directly to both sides of the burger. Place the burgers in a dry heated pan (medium high heat) and apply even pressure with a fork. As a benchmark, it would be after 2 to 3 minutes on each side a brown coloration should occur (Maillard reaction). Then immediately place the meat on an ovenproof plate. Baste them with the juice from the pan and let it stand until ready to use. Heat the burgers in a preheated convection/hot air oven at 150°C for \pm 10 minutes and serve.

Robert proudly presents the Kranenburger here. As a lover of beef - from home-grown cows that have grazed - he did not want to miss the new culinary expectations of our time. He was happy to take on the challenge of developing this meat product without sacrificing taste and was well pleased with it.

The partner in this beautiful 50|50 marriage was the Dutch mushroom, sustainably grown and very healthy. This player contributes to making the Kranenburger juicier, less fatty and 'mouth filling' and, above all, has a nice umami taste.

In short, the richness of the beef has been done full justice here. And it is not without reason that many prefer this burger to a 100% meat burger.

The Kranenburger has been on the market for four years now.



50|50 Kranenburger | composition

ShocKing cooking manual

Difficulty level medium Source RJK

INGREDIENTS

layers on the crown

- 1 Le Ballon crown toasted
- 1 tablespoon chipotle ketchup
- 1 leaf of lettuce
- 5 half moons of red onion thinly sliced à la minute

layers on the heel

- 1 Le Ballon heel toasted
- 1 tablespoon sweet mustard sauce
- 1 burger 50|50
- 1 slice tomato 5 mm
- 1 slice of cheese
- 1 slice of bacon, fried

DESCRIPTION

Assemble both toasted halves of Le Ballon from left to right, then place them on top of each other and secure with a skewer.

PREPARATION

On the crown



On the heel





All plant tempeh Kranenburger | preparation

ShocKing cooking manual

Difficulty level medium Source RJK



SUPPLIES

2 Tempeh Kranenburgers marinated in shiitake shio koji
4 tablespoons grapeseed oil

splatter screen
parchment paper

NOTES

It is recommended to use a splatter screen.

PREPARATION

Place the burgers from the freezer, out of the packaging, on a piece of baking paper and let them come to room temperature for 10 minutes. Using a brush, generously apply oil directly to both sides of the burger. Place the burgers in a dry heated pan (medium high heat). Add an additional two tablespoons of oil and apply even pressure with a fork. As a benchmark, after 3 minutes on each side a brown color should develop (Maillard reaction). Immediately place the burgers on an oven-proof plate. If desired, baste them with the juice from the pan and let them stand until ready to use. Heat the burgers in a preheated convection/hot air oven at 150°C for \pm 10 minutes and serve.

The tempeh Kranenburger from Claudia Arkesteijn (www.clarkfermentation.com) is a sustainable, purely plant-based burger with a nutty and tender taste. The burger is prepared with local organic buckwheat and quinoa seeds that are brought into contact with the fungal culture *Rhizopus oligosporus*. The fermentation achieved in this way results in a burger with a delicious umami taste, texture and bite. The marinade for the burger is made by Sasker Scheerder from Manenwolfs, a company specialized in flavor development and fermentation (<https://www.manenwolfs.nl/>).

This Kranenburger was created through collaboration with regenerative chef Pepijn Schmeink. In his work he is always looking for ways to show that gastronomic pleasure and a better diet for people and the planet can go together beautifully. Fermentation plays a key role in this, with which he managed to inspire his former teacher Robert.



All plant tempeh Kranenburger | composition

ShocKing cooking manual

Difficulty level medium Source RJK

INGREDIENTS

layers on the crown

- 1 Le Ballon crown toasted
- 1 tablespoon of sweet mustard sauce
- 1 lettuce leaf
- 5 half moons of red onion thinly sliced à la minute

layers on the heel

- 1 Le Ballon heel toasted
- 1 tablespoon of chipotle ketchup
- 1 tempeh burger
- 1 tomato slice 5 mm

DESCRIPTION

Assemble both toasted halves of Le Ballon from left to right, then place them on top of each other and secure with a skewer.

PREPARATION

On the crown



On the heel





*'Le Ballon is a plant-based organic brioche bun.
The dough is enriched with vegetable margarine and cane sugar.
By turning this dough in a special way we match the airy structure
and the sweet taste of brioche.'*

Carl Siegert

Le Ballon toasting sandwiches (vegan, 2x3 buns in a package)

ShocKing cooking manual

Difficulty level : easy Source : RJK

PREPARATION

Toasting Le Ballon vegan hamburger buns provides that nice crispiness on the cut sides of the buns in contrast to a soft interior. So what to do? Discover this hack by brushing the cut edges with a brush of olive oil or a neutral oil.

Heat a grill pan or non-stick pan (preferably a ceramic non-stick) over medium-high heat and check with a few drops of water when the pan is hot enough. If it hisses, it's okay. Place both halves cut side down in the dry pan for ± 2 minutes. Check the roasting in between. The result should be a golden brown crispy crust with a soft interior.