

12TH WIEF

WORLD ISLAMIC ECONOMIC FORUM

JAKARTA, INDONESIA | 2-4 AUGUST 2016

HALAL HAUTE CUISINE COOKING SHOW

PACO MORALES

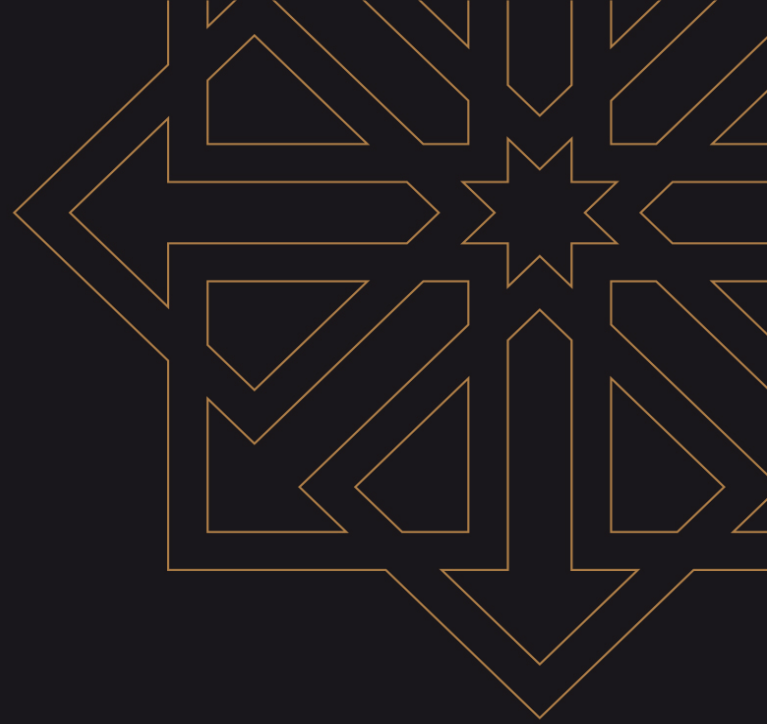
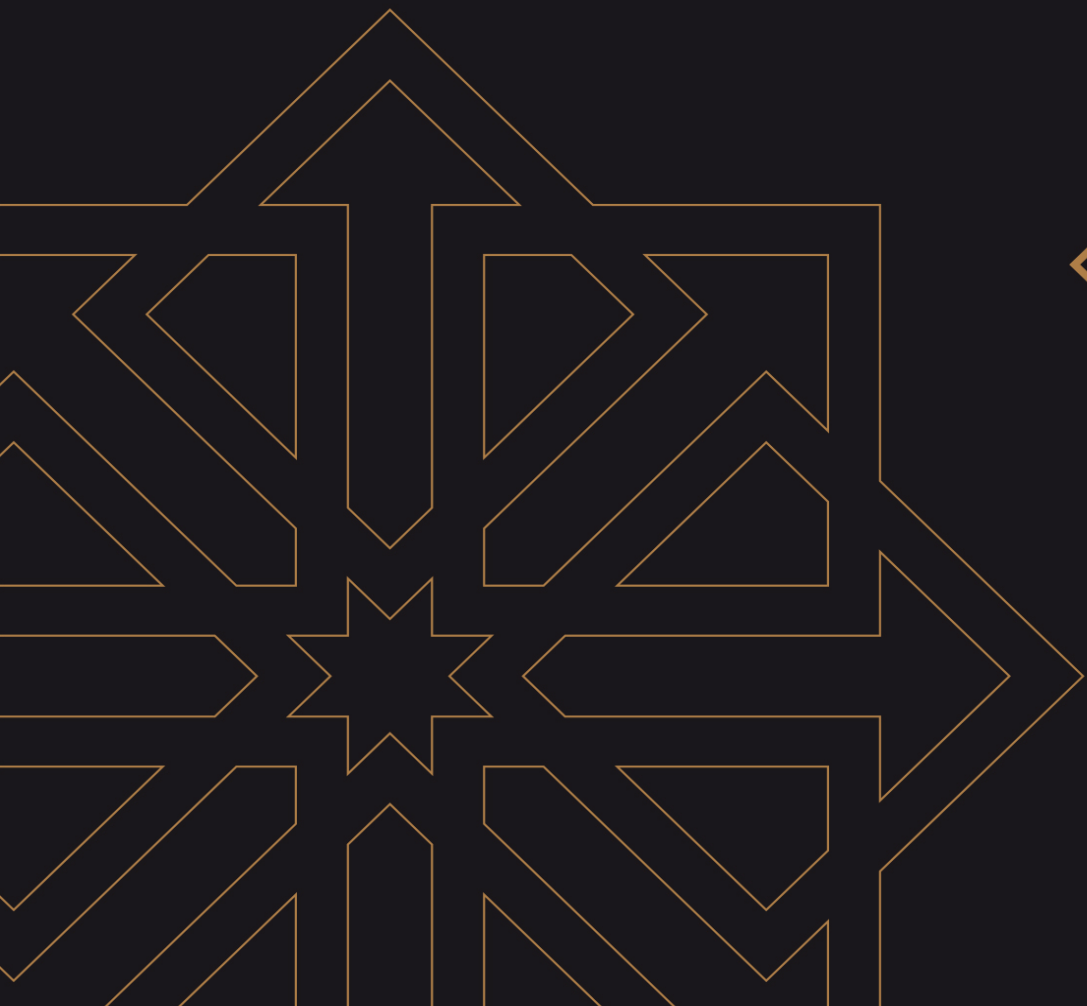
&

JESÚS RAMIREZ



MINISTRY OF FINANCE
REPUBLIC OF INDONESIA





noor

The image features a solid brown background with two large, intricate geometric patterns in the corners. The pattern in the top right is a white line-art design, while the pattern in the bottom left is a brown line-art design. Both patterns consist of complex, interlocking lines forming a star-like or floral motif.

What is
noor



IN THE ARAB WORLD NOOR IS LIGHT, THE LIGHT THAT OVER THE CENTURIES OF LIVING TOGETHER HAS ILLUMINATED US WITH STRONG INFLUENCES ON OUR CULTURE AND OUR CUISINE.

That is why the creative space that will be the spearhead to nourish, to illuminate the other projects we run will proudly bear the name NOOR.

Cooking is also emotion, which in our case is rooted where NOOR is born, Córdoba. From these roots and our love of cooking and doing things well, a ground-breaking manner in which to cook, to serve, to create will emerge.

In NOOR, Arabic cuisine will be the catalyst needed to amalgamate the sediment of all the other cultures that have inhabited Andalusia. It is a case of refining the Arab and North African influence on Andalusian cuisine, because it was a masterly summary of the flavour of all the other earlier great Mediterranean culinary cultures. It is also a case of researching and applying that knowledge to the most modern cooking.

Only then can we recover the Hispano-Muslim cuisine, along with that of the Celts, Tartessos, Greeks, Phoenicians, Hebrews, Romans and Visigoths.

Only then can we improve the way we handle the foods that came to us from America, applying some of the normal techniques in their countries of origin and that have not been seen in Europe for four centuries, and exploiting those that never arrived and are now beginning to be known.

Only then can we also use the knowledge of the cuisines that today come from much further afield, in space, yes, but also because their culture is not too distant.

In light of this background that is so dear to us, that is so personal to us, NOOR is going to mean an evolution toward the best of the most modern. Cooking can never be allowed to become a fossil. Evolution is life, is light.



How and why **Paco Morales** was
inspired by the culture and



al-áandalus

of the **10th Century**



Searching for **the light**

For more than 20 years I have been searching for my own particular style of cuisine. I have always searched outwards for inspiration and learnt from the best chefs in the world such as Ferrán Adrià or Andoni Luis Aduriz.

3 years ago I learnt about the most important culture that graced my city of Qurtuba. This place was the focal point of the west for many reasons, among which are the following important discoveries given to us by Muslim culture.



The **20 landmark** discoveries for which we are grateful to the arabs and **which changed the world**

01 PAPER

The Arabs, on one of their many incursions to the east, took some Chinese paper-making technicians prisoner in Samarkanda, demanding they pass on their knowledge on how to make it. The invention of paper is connected to the compass, which is also from China. They discovered that cellulose in plant cells, which forms the basis of paper (taken from wood, cotton and reed beds), point north when they float on water, just like magnetised needles. This allows them to form regular layers of arranged cells floating on the water. All that needs to be done then is to take the layers out of the water and leave them on some felt so they can dry out. That was how paper was born. The first factory in the western world was established in Xátiva, at least as early as the 12th Century. Later, Alfonso X the Wise, gave it the name with the Latin abbreviation papyrus using Moorish apocope, resulting in the word paper. That is how it is known now in all languages. Paper is the main element which made the invention of the printing press possible, a debt we have with the Arabs which we as Europeans do not recognise.

02 THE TEXTS OF THE GREAT CLASSICAL GREEK AND ROMAN AUTHORS

They brought with them all of the scientific, philosophical and humanistic knowledge from the great sages of history, translated into Arabic. Alfonso X the Wise founded the Toledo School of Translators, dedicated to translating these texts into Latin and Greek. The very existence of the School of Translators shows that, although monasteries in the peninsula preserved much of the classical knowledge, it was this inheritance from the Arabs which returned it all to Europe.

03 CLASSICAL CULINARY KNOWLEDGE

The Arabs come from neighbouring areas to where Mediterranean cuisine was born, namely Mesopotamia and the Middle East in general. The heirs of this great culture were the Greeks, followed by the Romans, who established the basics of that culinary theory, of which we know something about. In their incursions towards



the north and east, the Arabs learnt these basics from the Roman Empire of the East, where it had been conserved. When they arrived in Western Europe, they introduced this understanding of cooking both in Spain and Southern Italy. It was much more refined and modern in all respects than the cooking of the Visigoths, who were the most influential and numerous barbarians on the peninsula. In addition, they also brought with them the most refined idea of table service, which they had learnt from the Persians. This huge amount of culinary knowledge they amassed is the base on which the great European cuisine of the 18th and 19th Centuries rests on, having a particular influence in France.

04 SUGAR CANE AND REFINED SUGAR

The cultivation of sugar cane was brought from India. There were plantations in Andalusia, together with what we later called refineries, in which the press for the cane was made in the same way as the olive press used by the Romans, the trapetum, which gave us trapiche. However,

what is really important is that the Arabs of Egypt and other villages in the Mediterranean and Eurasia regions, such as the Persians, who were the most advanced scientists of the time, found a way to refine sugar, sometime between the 6th and 9th Centuries. They were able to make it white, which is a complex and highly-developed industrialised process for the time and thus became the first modern industry in history. This refined sugar would be crucial to the development of confectionery and in times of Muslim kingdoms in Spain, it was imported from Egypt because it was an industrialised product which was hard to make. This white sugar was called candeal, which gave rise to the word candy. The Spanish-Arabic word for sugar, assúkkar, is the origin of the name of this ingredient in all European languages. The specialised use of syrup, which we often believe was invented in France and Central Europe, is described in texts from the 13th Century, translated by Huici Miranda and Manuela Marín. Dulce de leche, fondant, blown sugar and other sweet things are described in great detail in these texts from the 13th Century, which were consequently made in the peninsula.



05 LONG-GRAIN RICE

This was brought from India and formed part of their cultivation, using water logging and draining. In addition, this white delicacy, which was also connected to the crusades, was cooked in a similar way to the pilaf and pilau of Eurasia. This would later have a great influence on the use of rice in the puchero Spanish broth, with the arrival of short-grain rice, thanks to the monks who travelled to the East. They also cooked it with milk and sugar, a dessert brought from the Indus valley, where both crops originated from.

06 LEMONS AND CIDER

They arrived before oranges thanks to the Arabs, as they are mentioned already in B. Zühr in his Kitab al-Agdiya (12th Century). The poncil lemon, the citrus fruit in Spain, probably has its origins in this fruit.

07 BITTER ORANGES

The bitter orange adorned the gardens and squares, and was also used in cooking. On one hand, they used the orange blossom water, the actual flower for drinks or as part of spice mixes, and on the other hand, they used the bitter orange to make the base for sauces for fish. These dishes would later appear in Ruperto de Nola's book and be used by subsequent chefs, who still conserve it in some dishes. Sweet oranges came from Portugal before the end of the 15th Century, so in Arabic, and in Turkish, they are called portikal (María Columna Montoro. The cultivation of citrus fruits in Muslim Spain. School of Arabic Studies (CSIC), Granada).

08 DISTILLATION OR ALEMBIC

This invention was developed in China and then came to the peninsula around the 9th Century. It was used for distilling all types of substances for pharmaceutical uses, such as oils which they still use to paint their eyes with



in the north of Africa. Thanks to the development of this apparatus in Spain, the alchemists of the Spanish-Arabic kingdoms were able to isolate a substance of which they knew a lot about but hadn't been able to produce with the techniques they had up until that time. This is of course alcohol, which became known throughout all the world with the following Spanish-Arabic word, khôl in Arabic or kuhul in Spanish- Arabic. Besides having its pharmaceutical uses, distilled alcohol and alcoholic drinks would be fundamental in all the culinary culture in Europe and around the world. In the development of the distillery industry and the spirits, there was a big role played in Spain by Arnaldo de Vilanova (from Aragon) and Raimundo Llull (from Mallorca).

09 ZERO AND THE NUMBERS

The number zero was an invention from India, which the Arabs found out about in their incursions towards the east, and later introduced it into our world. It would revolutionise science and the calculations

of mathematicians and physicists. In Europe, the Mediterranean and the north of Africa it was not known, the concept of nothing could not be imagined, of what is not. That is what zero is, nothing, it is a huge qualitative leap in the human mind. In addition, they also brought the numbers which we use today, which are of Phoenician origin. Until that moment, Roman numerals were used, which are very basic, like counting on one hand (I, II, III, IIII or IV and V) and two hands, one open upwards and the other downwards, joined together by the wrists (X).

10 ALGEBRA

They learned this from the wise Persians. They introduced it with the Spanish-Arabic name, by which it is now known throughout Europe. It is one of the branches of science which has proved essential for the development of all sciences.



11 LA ALQUERÍA (VILLAGE, HAMLET)

This is the concept of the agricultural unit with the amount of land required to produce the food necessary for the inhabitants of the village and produce surplus for sale or for bartering. All this is achieved without the need to over-exploit the land, which would otherwise bring about the impoverishment of the village unit and its population. In other words, it is an ecological balance, a concept which today seems very modern to us, balancing population with production.

12 ESCABECHE

The Muslim people of Spain did not drink wine, but they produced significant quantities of vinegar and added raisins to their food in great quantities. Among their culinary inventions which stand out the most, we have the escabeche, which has an Arab name, of course, skibay or something like that, I would need to check.

13 MARZIPAN

The almond tree needs a short cold season and intense frost followed by hot and sunny weather to be able to flower and produce an abundance of fruit. As with almost everything, it is originally from China, but found on the Iberian Peninsula the most suitable climate for its growth, which is different to North Africa and Arabia. When the Arabs arrived with refined sugar, the invention had to be immediate. Here, the Sephardic confectioners also played an important part. Raw marzipan, that of Toledo and the western triangle of the peninsula, as well as the stew, a classic in Catalonia and part of Aragon, are both Spanish-Arabic and Spanish-Jewish inventions.

14 MACARONI

Although it is more than likely that the Spanish Arabs called macaroni fidaws, from which we get 'fideo' (which is how it appeared in several Spanish-Arabic texts),



hollow pasta is a Muslim invention, made with a type of lyre like those used in Italy today. The fideos used in the popular dish fideuá are hollow in the centre and are called fideos, when they really are just macaroni. There are many recipes to be found in the books of the 13th Century of macaroni with meat, similar to dishes made in Andalusia and Sicily today.

15 THE WATERWHEEL

The wheels with buckets to extract water is an invention by the Arabs. They are powered by the very force of the water, without the need for any external energy supply, which would have involved animals or people at that time.

16 IRRIGATION SYSTEMS AND DRAINS

They improved the ways of transporting water, following on from those which were engineered by the Romans. This is why ways of transporting water all have Arabic

names. As well as waterwheels for extracting water from the rivers, they also brought about a huge improvement for irrigation in the drier regions.

17 THE WHEEL

to take advantage of the tidal energy and the waves. They were able to design wheels which made the most of the tidal energy and waves in mills and other plants, although it must have been invented quite late on and was not very well developed, if at all. Nevertheless, it was very important as an antecedent to the great engineers who followed. These people designed other water plants, such as Juanelo Iturriano, another of the great Spanish people whose countrymen have chosen to ignore or forget about in a most unfair and inexplicable way.

18 THE ALMAZARA MILL

It's easy to tell from the name of this invention for extracting oil who the inventors were. Nothing more to



say. Although in our times, there are other extraction methods, I have still seen in the 21st Century in the olive growing region of Puglia (one of the most important in Italy) a mill just like the ones which the Arabs must have taken there in all its splendour.

19 THE PREDECESSOR TO WHAT WE CALL PASTRY TODAY

The process for rolling out a dough smeared with butter, rolling it up and then stretching it out again, as the anonymous author, translated by Huici Miranda, explained so well, is the predecessor to pastry. This was subsequently developed in France later in the 17th Century and which the Dutch confectioners converted into mille-feuille pastry, an absolute wonder. Examples of the Spanish-Arabic version of this dough can be found in the cake of Murcia - of which there is a wonderful representation in the painting by Murillo Niños comiendo pastel (Children eating cake), which is found in a museum in Great Britain—and the Neapolitan sfogliattelle filled with sweet cream cheese and candied fruit; another finger-licking delicacy. However, these examples are now made with lard, which is still a fat just like butter.

20 AUBERGINES

The Mediterranean vegetable par excellence, as Manuel Vázquez Montalbán once said. It arrived thanks to the Arabs from India, its place of origin. One of the best vegetables in the world, it has no rival, although in our Christian countries it was a little underused until the middle of the 20th Century as it was seen as Jewish and Moorish. Such was the case that in Leon, in times of the Catholic Kings and due to their belief in being traditional Christians, in an argument during I don't know which ceremony with the Infante Don Juan, they called the people of Toledo 'Aubergine eaters' as an insult. This marvellous piece of research was conducted by the Professor Juan Gil, at the University of Seville a few years ago. The ways of cooking it in the 13th Century were amazing, fantastic and can still be recreated today.

In addition, they grew the crops that already existed in the Mediterranean, such as pomegranates. From Syria and other countries in the Mediterranean, they brought fruits such as the apricot, which is also an Arabic word. Interestingly, its path into Spain can also be corroborated by the fact that it is known as a damasco in some countries in South America, which is the capital of Syria. Also the pistachio, which is also known as alfóncigo in its Arabic name, is now grown to a very high quality in Extremadura.



Drinking from the city



Studying the essence



Returning to my roots





Building the future



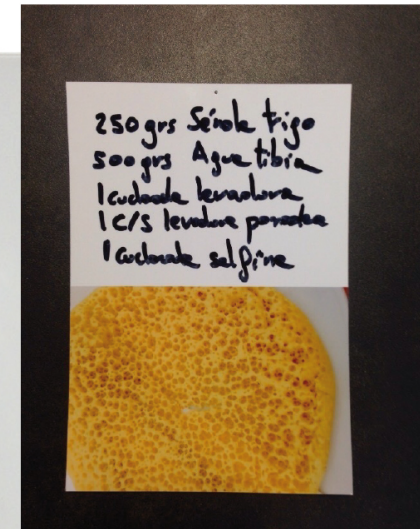
Reinterpreting the past

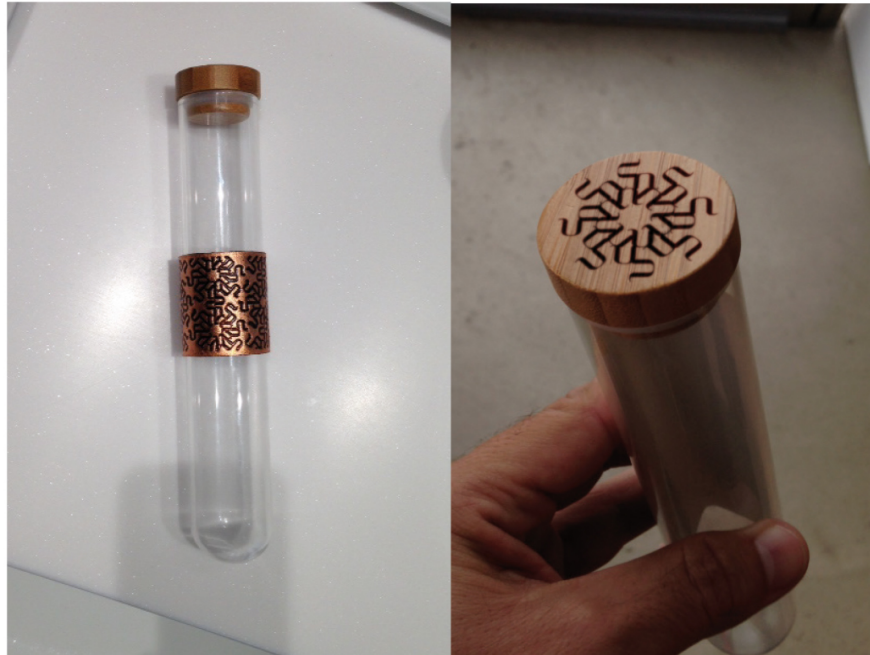


With a lot of **effort**



Selecting **and** researching





Working **crafts**



Living **excellence**



Eating **history**



History...

They say that history goes in cycles, that trends come and go, and that studying the past is the key to understanding the present. In gastronomy, as an art of enjoying the taste of different flavours, this tendency is no exception. We strive to offer something new, which in fact has actually been around for centuries or even millennia.

The history of gastronomy and food as the basic element for human existence is inevitably linked to the historical evolution in which there have always been flavours and ideas that for one reason or another have been forgotten...



*“The City of Madinat Al zahra...
Wonderful gardens surrounded by huge
rooms mixing myrtle and rosemary, oleanders
and nards, lilies and roses in multicoloured
tapestries”*



Mosque of Córdoba

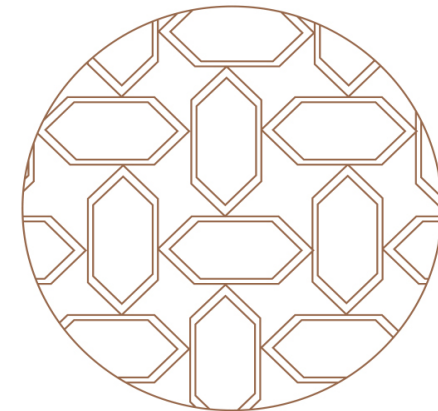
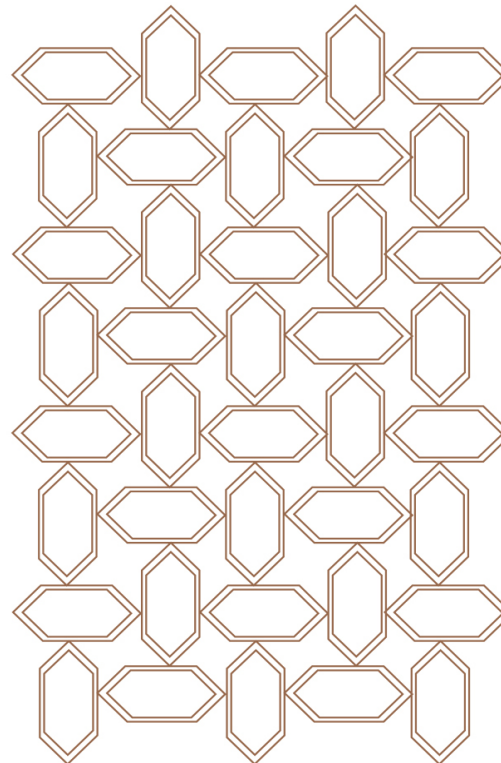


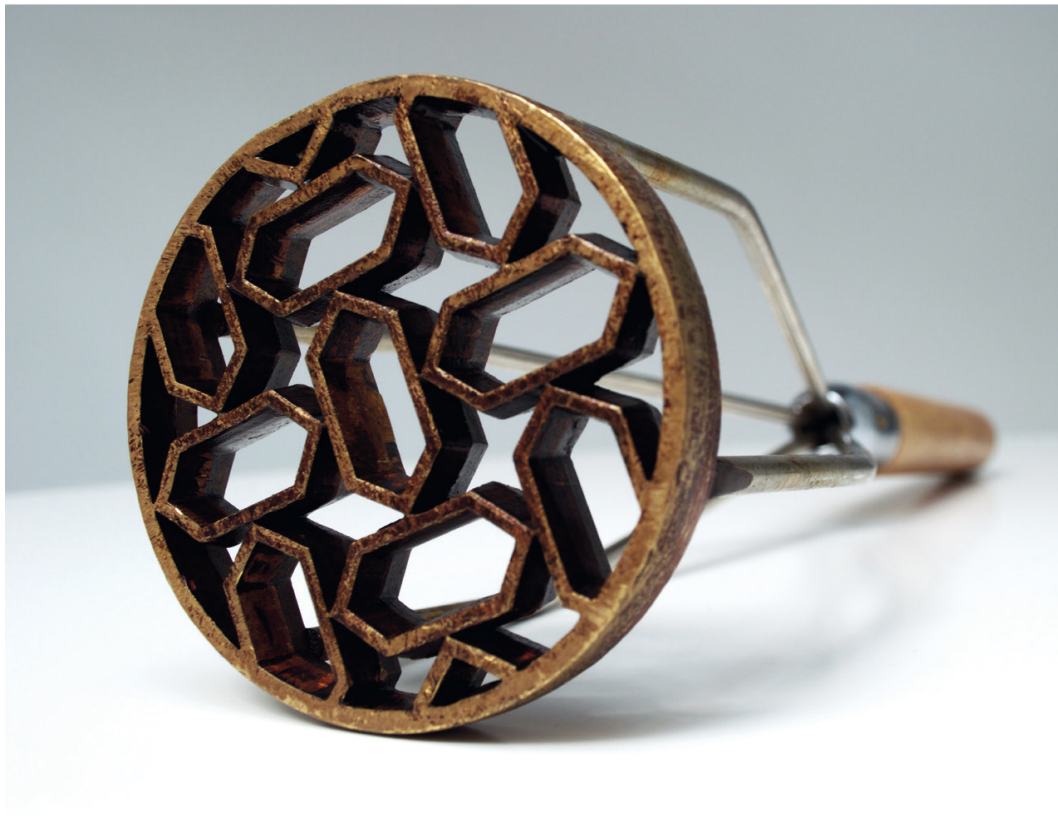
Door of Forgiveness





Grid system











Karim

spring melon, Sáhara urchin
and fresh oregano



INGREDIENTS FOR 10 PEOPLE	METHOD
<p>1. For the Karim of pine nuts:</p> <p>130 g breadcrumbs 110 g seed oil 4 g of raw garlic with the green germ removed 150 g whole milk 50 g of toasted pine nut paste 22 g white wine vinegar 280 g mineral water 7 g fine salt</p>	<ul style="list-style-type: none"> • Add all the ingredients to the thermomix bowl except the salt. Place it on speed 10 for 10 minutes at 37 °C. • Season to taste and mix for one minute. • Push through a fine strainer. • Set aside in measuring jugs covering the surface with cling film and put in the fridge at 4 °C. • Maximum time 48 hours. • - 3 hours before serving.
<p>2. For the Sahara sea urchin:</p> <p>100 g of raw teff 1 l mineral water 5 g fine salt</p>	<ul style="list-style-type: none"> • Put the teff in a saucepan with cold water and fine salt. • Cook for 60 minutes using a whisk, stir continuously so no lumps form and it doesn't stick to the bottom of the pan due to excess starch. • Pour into a colander and leave for 30 minutes without pressing, covering the surface with cling film. • Remove the teff and for every 125 g carefully add 18 g of cooking water, mixing with a spatula. • Set aside in the fridge in a plastic container at 4 °C. • Maximum time 48 hours. • - 3 hours before serving
<p>3. For the sage oil:</p> <p>40 g sage leaves 300 g seed oil</p>	<ul style="list-style-type: none"> • Seal in a vacuum and cook for 3 hours at 70 °C in a bain-marie. • Remove and cool with water/ice. • Drain and fill the dispensers with the oil. • Set aside in the fridge in a bag at 4 °C. • Maximum time 7 days. • - 1 hour before serving.

INGREDIENTS FOR 10 PEOPLE	METHOD
<p>4. For the spring melon:</p> <p>1 melon 50 g Ras al Hanout</p>	<ul style="list-style-type: none"> • Use a knife to cut the melon in half. • Slice in the cutter at thickness level 8. • Use the knife to cut into 1x1x0.6 cm dice. • Dry with plenty of kitchen roll, sieve over the ras al hanout and mix. • In a metal dish, freeze in blast chiller at -18 °C for 60 min. • Set aside in the freezer for 72 hours.
<p>5. To finish:</p> <p>120 sprigs of oregano (12 units) 60 strands of saffron (6 units) Toasted pine nut paste</p>	

AND SERVING FINISHING

- Place in a typical Al-Andalus dish the 10 cm mould with 40 g of Karim of pine nuts.
- Trace a perfect line around the Karim of pine nuts.
- Using a pair of moka spoons, make triangular-shaped quenelles of Sahara sea urchin and place in the middle of the Karim.
- Place 2 saffron pistils on top of each quenelle of Sahara sea urchin.
- Place 6 dice of spring melon, in a decorative way, without them touching each other.
- Add 3 drops of sage oil between each quenelle.
- Place the oregano leaves decoratively on top, without them touching each other.





alfajor

a **legendary** history





The “Alfajor” from Medina Sidonia is one of the oldest sweet confections from the old continent. The first documentary evidence we have of its presence is from the 15th century, when on 2nd July, 1487, Enrique de Guzman sent a letter to the Duke of Medina Sidonia, stating that the Medina “Alfajor” was an unquestionable delicacy.

Medina Sidonia was the capital of the Andalusian confectionary world and the fame of its “alfajores” was not limited to borders, spreading across all the civilized countries of the time. So much so, that today it can be found in many different countries, especially in Latin America, which has given rise to different types of “alfajores” but they are all derived from the original “Alfajor”.

It was originally brought by ship by the first conquistadores (including Columbus) as a nourishing reserve for the long journey to the Americas. Later, with the passage of time, different customs, tastes and alternative raw materials, led to several variations of this sweet confection.

The “Alfajor” from Medina is not only a delicacy, but is a nutrient rich natural product which was consumed in the Middle Ages as a food supplement. In other words, it is the oldest “energy bar” in the world.

A BITE OF HISTORY

Thanks to tradition, this sweet confection has been preserved through the generations; from parents to their children, with the same unchanged recipe for centuries. Biting into one transports us to an earlier time. Made up of pure bee’s honey, sugar, almonds, breadcrumbs, flour, hazelnut, sesame seeds, aniseed, coriander, cinnamon and cloves, creating a distinctive flavor and crunchy texture while malleable, which is combined to perfection, offering both a delicacy and a taste of history.





#noorañocero

#andalusistyle

#eatinghistory

@noorrestaurant

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