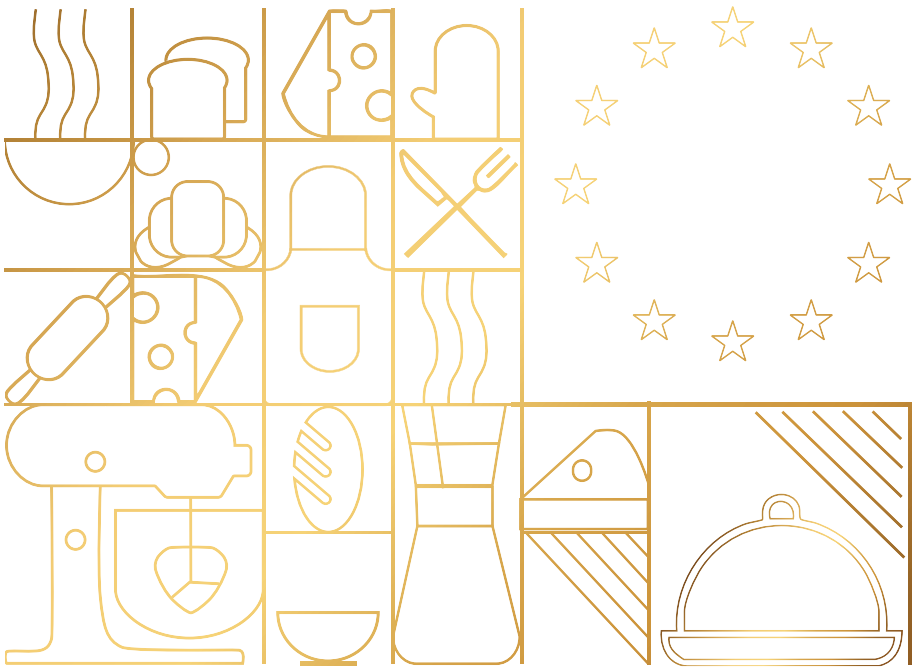
Union



OF EUROPEAN FLAVOURS

15TH 1986-2026 Anniversary of EU-Kuwait Relations

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Ambassador of the European Union to the State of Kuwait

H.E. ANNE KOISTINEN



Dear reader,
welcome to “Union of European Flavours”

The European Union and Kuwait share deep appreciation for gastronomy and a rich heritage of food traditions. This book seeks to showcase the vast richness and cultural diversity among the 27 Member States of the European Union particularly in the realm of gastronomy. For the European Union, diversity is one of our greatest treasures and a defining feature of our shared identity. This diversity is vividly expressed through our varied culinary traditions, a reflection of our history, creativity, and way of life. From north to south, east to west, Europe’s cuisines offer a tapestry of flavours that both connect and distinguish us, delighting all who travel through our continent. Food, however, is much more than nourishment; it is a bridge between people and cultures. Around a shared table, friendships are born, partnerships are strengthened, and mutual understanding deepens. Whether in Europe or here in Kuwait, meals bring people together to share stories, ideas, and laughter.

This cookbook is a celebration of that spirit. Each recipe shared by the Embassies of the EU Member States accredited to the State of Kuwait represents a piece of our diverse cultural heritage, offering a taste of Europe’s unique culinary landscape. The result is “A Union of European Flavours”, comprising 27 exquisite dishes with detailed cooking directions. What unite all these recipes are creativity and excellence. Europe’s abundant and varied culinary heritage has been shaped by the traditions passed down from generation to generation. All the different regions of Europe display an impressive, yet distinct gastronomic culture.

This book is not just a collection of recipes; it is equally a symbol of how the European Union stands “United in Diversity” and an invitation to use gastronomy to build new inter-cultural bridges, especially between Europeans and our Kuwaiti friends. This year, as we commemorate the 40th anniversary of diplomatic relations between the European Union and the State of Kuwait, this collection takes on an even deeper meaning. For four decades, our partnership has been built on shared values, dialogue, and cooperation, and, just like a good recipe, it continues to grow richer with time. May this cookbook serve as both a feast for the senses and a symbol of the deep friendship that unites the European Union and Kuwait.



EUROPEAN FOOD CULTURE

Austria





WIENER SCHNITZEL

The Original Wiener Schnitzel is made from veal

The dish is traditionally served in Austria with (lettuce tossed with a sweetened vinaigrette dressing, optionally with chopped chives or onions) potato salad, cucumber salad, parsley potatoes. Currently it is also served with rice, french fries or roasted and potatoes. If you ever are in a small Austrian restaurant, the beating noise out of the kitchen tells you exactly when a Schnitzel is in process, because a true Wiener Schnitzel should be beaten to a very thin thickness.

The Schnitzel is one of the best known specialties of Viennese cuisine and it is a national dish of Austria. According to a legend field marshal Joseph Radetzky von Radetz brought the recipe of “Wiener Schnitzel” from Italy to Vienna in 1857.



INGREDIENTS

for 4 persons

- 600 g veal
- About 200 g flour
- 3 eggs
- About 300 g dry bread cumbs
- Lemon slices and parsley for garnish

PREPARATION

01 Beat the meat to approx.. 4 mm thickness.

02 Incise the edges, put salt on both sides.

03 Prepare 3 plates, each containing flour, beaten eggs (little salt, pepper and 1 spoon of milk can be added), dry and very fine bread crumbs.

04 Coat and tip the meat on both sides in 1. flour 2. eggs 3. dry bread crumbs.

05 Heat oil (2-3 cm deep) in a large flat pan to high temperature (a piece of butter added to the oil improves the taste of the “Wiener Schnitzel”).

06 Lay in the meat, fry it for about 2 to 3 minutes (to be fried in a frying pan, not in a deep fryer) depending on the thickness of the meat, turn only once, color should be golden brown on both sides.

07 Remove the Wiener Schnitzel and drain on kitchen paper.

08 Serve garnished with slices of lemon and parsley.





EUROPEAN FOOD CULTURE

Belgium







SPECULOOS

Crunchy biscuit with brown sugar, the speculoos comes with cloves and cinnamon, with vanilla or coated with handmade chocolate. Crushed, it mixes with a yoghurt, hides at the bottom of a coffee, sprinkles on a cheesecake or on a chocolate mousse.

According to tradition, speculoos are a tasty reward for good children during the celebration of Saint Nicholas on December 6. As crunchy as they are cheeky, they have the power to instantly set your mood and make your day.

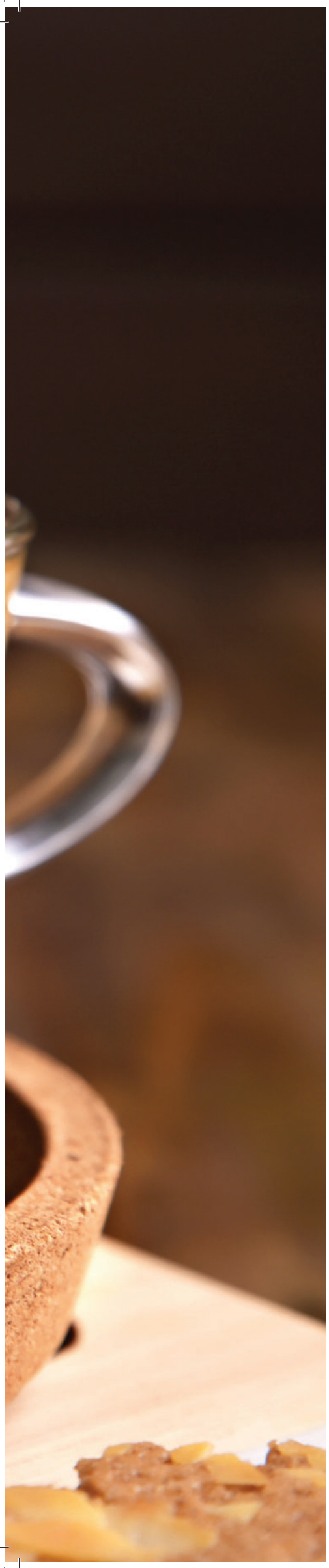
When nothing goes right, go speculoos!

Our speculoos traditional recipe comes straight from Maison Dandoy, artisanal Belgian biscuit maker since 1829.

PREPARATION TIME
30 min

COOK TIME
10 min





INGREDIENTS

- 1 kg flour
- 300 g butter
- 600 g brown sugar
- 100 ml water
- 1 pinch of salt
- 1 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1 pinch of clove

PREPARATION

01 In a container, mix together the brown sugar, butter, salt, spices and whisk until you get a creamy texture.

02 Slowly add the water to the cream and mix.

03 If you have one, sieve the flour and bicarbonate of soda. Sieving the flour prevents the lumps.

04 Slowly add the flour, bicarbonate of soda and salt to the cream until you get a thick dough. You shouldn't knead it too long to prevent it from becoming too elastic. If it sticks, put it in the fridge.

05 Cut the dough in bits and spread them a little with the rolling pin.

06 Flour the mould and squeeze the dough in it with the hands. Cut the excess with the wire. Hit the mould to the table to take off the dough and detach delicately to put it on a greased baking tray.

07 If you don't own a speculoos mould, spread the bits with the rolling pin until they are 2 to 5 mm big. Cut the shapes that come to your mind.

08 Put the baking tray in an oven preheated at °180 and bake for ten minutes or more according to the thickness of your speculoos.

Tip from ‹Papi› Daniel, speculoos confectioner for 45 years:
"All brown sugar is suitable for making speculoos. Just know if you use pale brown sugar, the speculoos will be lighter in color".

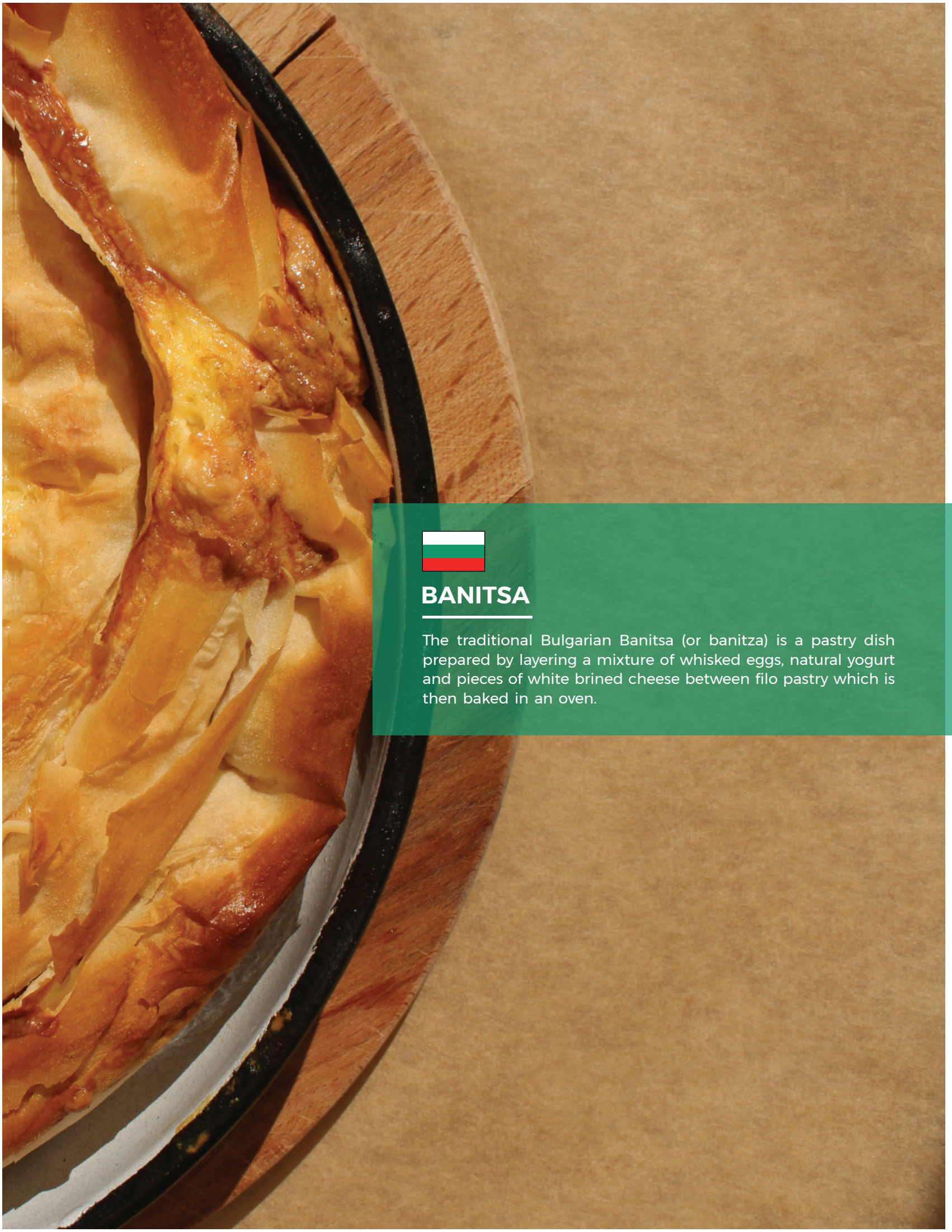


EUROPEAN FOOD CULTURE

Bulgaria







BANITSA

The traditional Bulgarian Banitsa (or banitza) is a pastry dish prepared by layering a mixture of whisked eggs, natural yogurt and pieces of white brined cheese between filo pastry which is then baked in an oven.

INGREDIENTS

FOR THE FILO PASTRY

- 2 cups of milk
- 1 tsp salt
- 2 eggs
- Flour - as much as can be absorbed
- 50 g yeast

Or, one package of ready pastry sheets

FOR THE FILLING

- 400 g of white Bulgarian cheese
- 2 eggs
- 400 g yoghurt
- Butter

PREPARATION















01 To prepare the pastry dough mix the milk, sugar, eggs, yeast and the flour. Mix it well and allow dough to rest. Then tear small balls from the dough and roll out on a floured surface.

02 Place the thin rolled-out sheet on aluminium or wrapping foil.

03 Spread the mixture of eggs and cheese on each sheet. You can use the foil to roll up the sheet.

04 Once rolled, twist them in “spiral” and put it in the middle of oiled pan.

05 Do the same for the rest of the sheets. Wrap them around from the middle to the end until your pan is full.

06 Separate the yolk from the white part of the egg.
Mix the yolk and gently smear it on the Banitsa before you place it in the oven.

The oven must be pre-heated at 200-250 °C.
You bake the Banitsa until brown.

You can enjoy the Banitsa with a cup of traditional Bulgarian yoghurt.

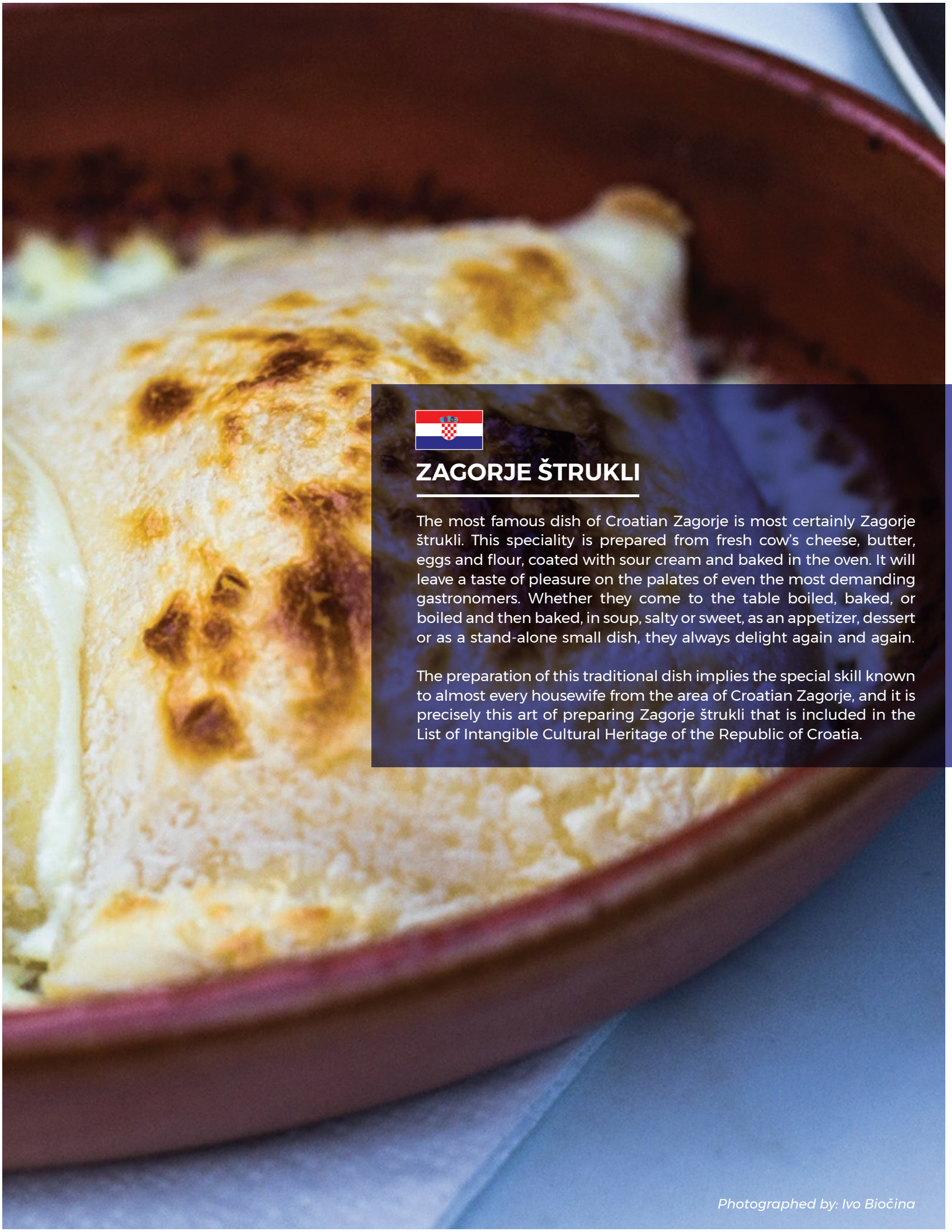


EUROPEAN FOOD CULTURE

Croatia







ZAGORJE ŠTRUKLI

The most famous dish of Croatian Zagorje is most certainly Zagorje štrukli. This speciality is prepared from fresh cow's cheese, butter, eggs and flour, coated with sour cream and baked in the oven. It will leave a taste of pleasure on the palates of even the most demanding gastronomers. Whether they come to the table boiled, baked, or boiled and then baked, in soup, salty or sweet, as an appetizer, dessert or as a stand-alone small dish, they always delight again and again.

The preparation of this traditional dish implies the special skill known to almost every housewife from the area of Croatian Zagorje, and it is precisely this art of preparing Zagorje štrukli that is included in the List of Intangible Cultural Heritage of the Republic of Croatia.

Photographed by: Ivo Biočina



INGREDIENTS

For approx. 50 pieces of štrukli

FOR PASTRY

- 1 kg all purpose flour
- 1 egg
- 2 dcl of water + additional water if needed
- 1 dcl sunflower oil
- 1 tsp of salt

FOR THE FILLING

- 2.5 kg of cottage cheese
- 3 eggs
- 2 tsp of sugar*
- 3 tsp of salt
- 0.5 dcl of oil
- 2 - dcl sour cream

**This is the ratio for salty strudels, if you want sweet, put more sugar and less salt*

FOR THE TOPPING

- 1 dl sour cream
- 1 egg
- Pinch of salt



PREPARATION

01 Mix lukewarm water with salt and oil, add to a bowl with flour and knead a smooth dough. The dough must be soft and elastic.

02 Divide the dough into 3 parts. Oil the dough and cover with cling film and leave it at room temperature for 30 minutes to a maximum of 1 hour.

03 Flour the tablecloth and sprinkle with oil, leave it for 5 minutes, then roll out the dough and stretch it to the edges of the table until it becomes very thin. Cut off any excess dough (which falls over the edges of the table).

04 Mix the filling ingredients together into a smooth mixture.

05 Spread the filling (1/3 of the filling) evenly on the surface of the dough. Take the edge of the tablecloth, lift it and roll the dough with the filling into a roll. Repeat the process with the remaining dough balls and stuffing.

06 Use the edge of the plate to cut the štrukli to the desired size (approx. 8-11 cm).

07 Take a baking pan, brush it with some butter and assemble štrukli in it.

08 Preheat the oven to 200°C.

09 Make the topping: combine sour cream with egg and some salt and pour it over štrukli. Place a couple of cubes of butter on top. Bake for about 40 minutes, until nicely golden. Let it cool slightly and serve warm.

Source: The Croatian National Tourist Board (CNTB)



EUROPEAN FOOD CULTURE

Cyprus







HALLOUMI, WATERMELON AND MINT SALAD

Delightful summer salad with Halloumi, the world renown traditional cheese of Cyprus.

SERVING
6 people

PREPARATION TIME
15 min

COOK TIME
5 min

READY
20 min

INGREDIENTS

- 120 g halloumi cheese
- 1 tsp olive oil
- 500 g fresh watermelon cubes
- 12 mint leaves, sliced
- 1 small onion, thinly sliced

PREPARATION

01 Break the halloumi cheese into small pieces.

02 Heat the olive oil in a frying pan over medium heat, and cook and stir the halloumi until golden, about 3 minutes.

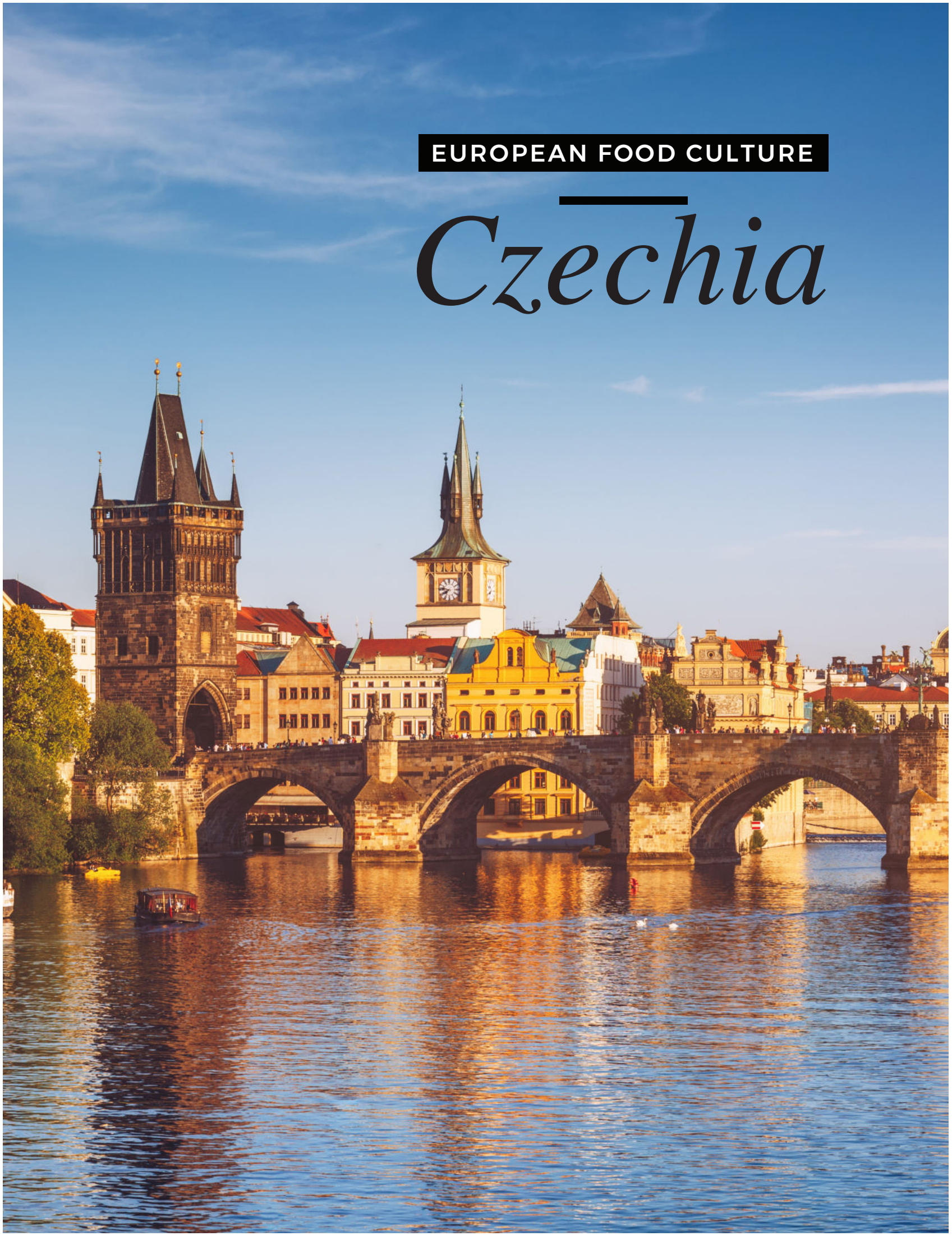
03 Toss the watermelon cubes, mint leaves, onion slices and fried halloumi in a salad bowl.

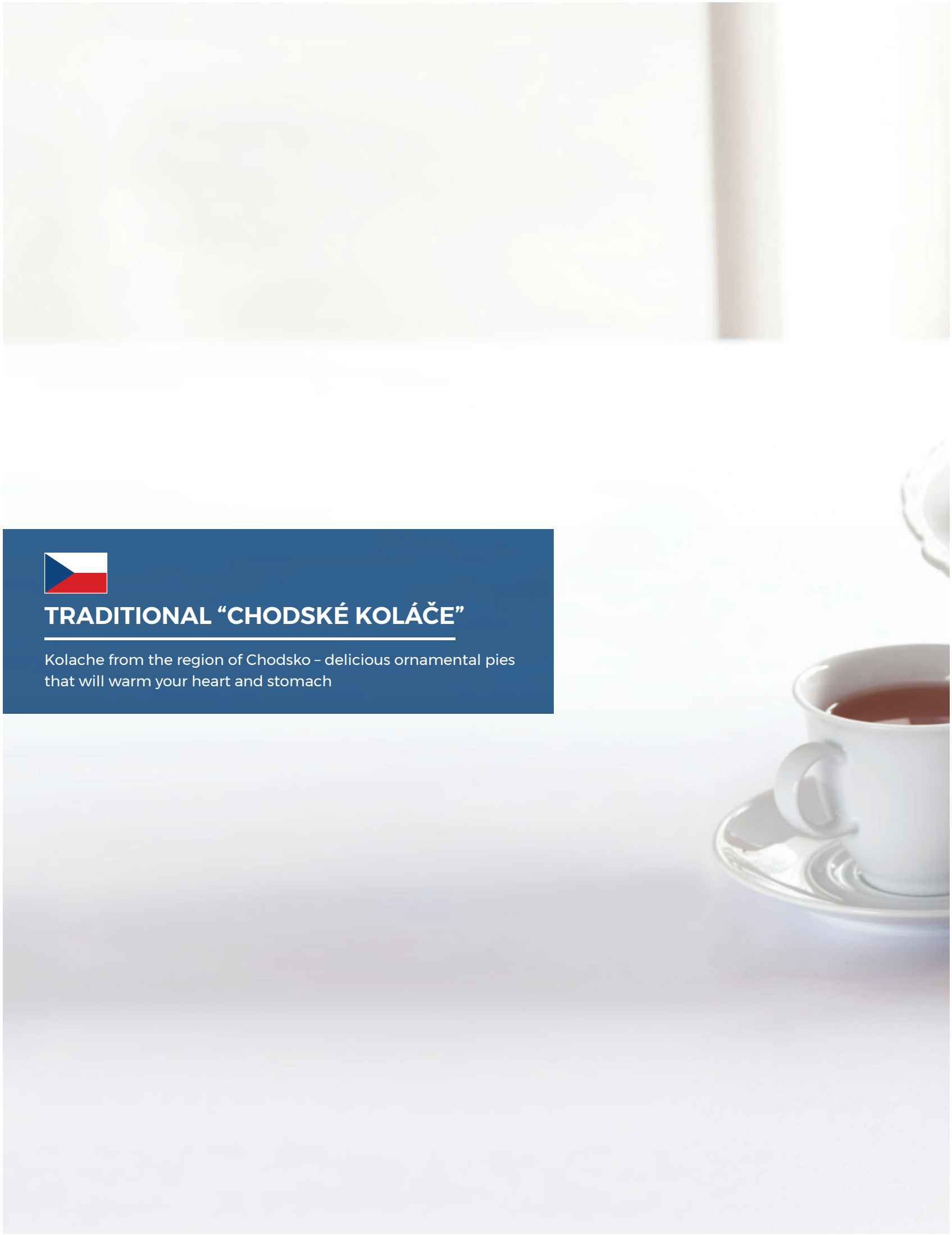




EUROPEAN FOOD CULTURE

Czechia





TRADITIONAL “CHODSKÉ KOLÁČE”

Kolache from the region of Chodsko – delicious ornamental pies that will warm your heart and stomach



INGREDIENTS

DOUGH

- 2 tsp dry yeast (3/4 of sachet)
- 125 ml lukewarm milk,
- 60 g white granulated sugar
- 1 egg + 1 egg yolk
- 400 g all-purpose flour
- 125 g unsalted butter, softened
- ½ tsp vanilla extract or half sachet of vanilla sugar
- 1-2 tsp fresh lemon zest
- 1 lightly beaten egg for brushing
- 1 tsp oil

FILLINGS

SWEET QUARK FILLING
- 500 g quark
- 1 egg
- 100 g powdered sugar
- 1-2 tsp lemon zest
- ½ tsp fresh lemon juice
- ½ tsp vanilla extract or 1 sachet of vanilla sugar
- (up to) 80 ml (1/3 cup) whipping cream (optional; to make the filling more spreadable)

POPPY-SEED FILLING

- 125 g ground poppy seeds
- 125 g powdered sugar
- ¼ cup boiling water or milk
- 1 tsp lemon juice
- ½ tsp vanilla extract or half sachet of vanilla sugar
- 1 tsp cinnamon
- 2 ginger-bread or vanilla wafer cookies, ground (for thickening the paste)

PLUM FILLING

- 1 ½ cups (400 ml) dried plums, soaked in water for 30 minutes
- water as needed to process the plums
- 1 tsp fresh lemon juice
- 1 tsp rum (or rum flavouring)
- ½ tsp cinnamon

FOR DECORATION

- Raisins (soaked in rum or water)
- Blanched almonds





PREPARATION

01 To make the dough: mix the dry yeast with flour then place all the ingredients for the dough into a bowl of your stand mixer, fitted with a hook. Knead at a low speed for about 15 - 10 minutes until the dough is soft, smooth, and elastic. Transfer it to an oiled bowl, cover, and let rise in a warm place for 45 – 60 minutes until it doubles in volume.

02 While the dough is rising, prepare the fillings. For the quark filling, mix quark, sugar, egg yolk, vanilla, and lemon juice and zest. Beat egg white until firm peaks form, and lightly fold it into the filling. Lastly, add as much cream until the filling is smooth and easily spreadable. Cover and refrigerate.

03 For the poppy-seed filing, combine all the ingredients in a small saucepan and warm them up over a low heat, stirring constantly. If the filling seems too thin, add a small handful of cookie crumbs. Taste it and add more sugar and cinnamon if you like. The filling will firm up as it cools, and it needs to be thinner so it is easier to “paint” with. Set aside.

04 For the plum filling, process the plums with water until thick mixture is achieved. Transfer to a bowl and thin with a little rum/ water if needed – again, you need the right consistency so the mixture will pass easily through an opening in a Ziploc bag when decorating the kolache. Set aside.

05 Turn the risen dough onto a floured work surface, punch it down, and divide it into 5 – 6 equal parts, about 200 g each. Keeping the other covered, roll each one into a circle. With your fingers, form an edge, and coat the edge with egg wash. Transfer the circle onto a parchment paper.

06 Decorate the entire circle (kolach) with quark, poppy-seed, and plum fillings and with almonds and raisins. You may use your fantasy and imagination or you may follow traditional decors seen on photos at media. If you want to paint the quark base with other fillings, transfer a little of the poppy-seed and plum fillings into two Ziploc bags and “paint” the round to your liking.

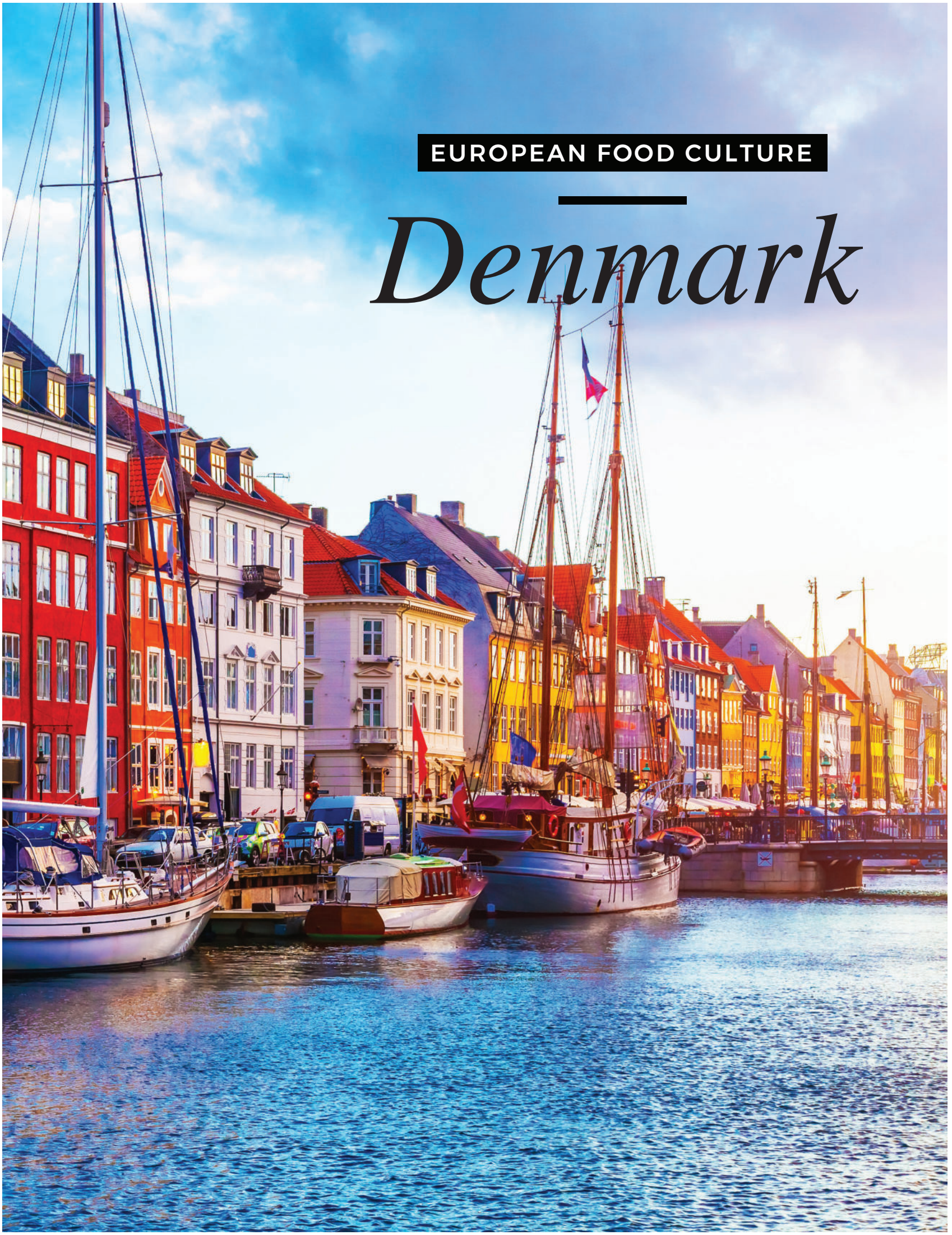
07 Preheat the oven to 180˚C (350˚F). After some time lower down the heat to 160˚C Bake the kolache for about 20-25 minutes until the edges are nicely golden brown.

Note: You can buy quark in European grocery stores abroad.


1756
ANNO
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EUROPEAN FOOD CULTURE

Denmark





ÆBLEKAGE

In Denmark, we like to keep it simple. The same goes for our version of the apple cake “Æblekage” which is made from locally produced ingredients and very easy to make. It is not a traditional baked apple cake as the name suggests but more like a traditional apple crumble with a Danish Twist which makes it more simple but not any less delicious. “Æblekage” can be served at all times of the year but we especially like to enjoy it in the fall when it is season for the apples to be harvested.



We like to eat it inside our warm living rooms as we prepare for the cold and cosy winter months in the same way as our parents and grandparents did before us. We make it from the apples that grow in our gardens and serve it with whipped cream from our Danish dairies. We care about food waste and carbon emissions, and the “Æblekage” therefore tastes even better when we know that the distance from the production to the plate has been as short as possible.





INGREDIENTS

- 750 g apples
- Water
- 75 g sugar
- 150 g breadcrumbs
- 75 g butter or margarine
- 250 ml whipped cream
- Either pistachio nuts or almonds

SERVING
4 people

PREPARATION TIME
30 min

COOK TIME
30 min

PREPARATION

01 Peel and slice the apples and boil them in as little water as possible until they are tender.

02 Season the apples with sugar and set them aside while you prepare the breadcrumbs.

03 Melt the butter or margarine in a saucepan, and add breadcrumbs and sugar. Stir until the mixture is light brown.

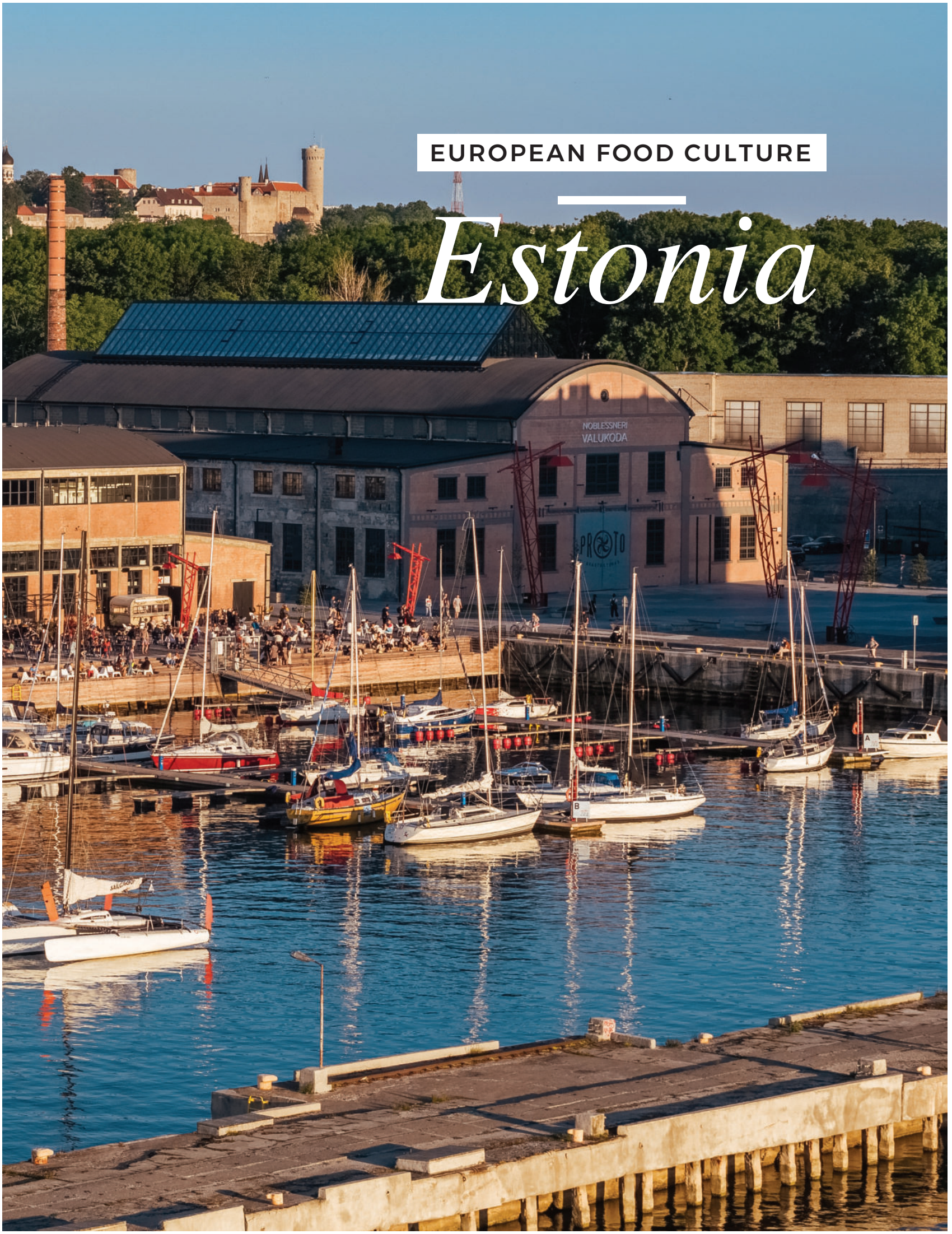
04 Fill the breadcrumbs and applesauce in a glass bowl layer by layer.

05 Finally, decorate with whipped cream and chopped nuts on the top.



EUROPEAN FOOD CULTURE

Estonia





Phototographed by: Johannes Hõimoja

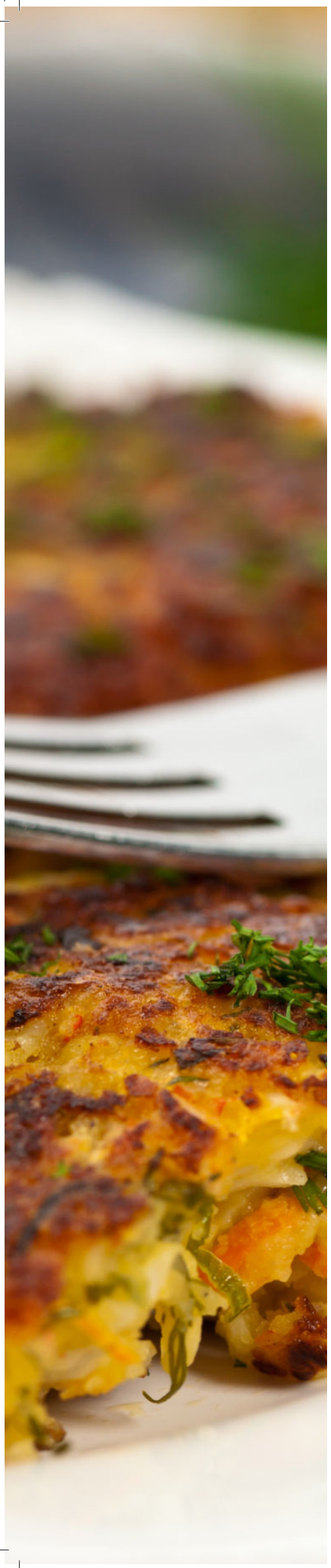


FISH CUTLETS WITH DILL POTATOES, CUCUMBER SALAD AND WILD GARLIC MAYO

They say that Estonians are the most stationary nation in Europe – thousands of years ago, our forefathers gathered on this land and decided to stay. We carry with us traditions and wisdom that has been passed down from generation to generation. The roots of our story go way back. Now we look back and appreciate our old recipes and ancient customs. We want to prepare traditional dishes in a way that all Estonians know and love while also adding a contemporary touch.

A recipe for fish cutlets can be found in the first Estonian-language cookbook, which was published in 1781 and was meant for cooks in manors. Estonians started eating cutlets in the end of the 19th century, beginning of the 20th century, when local people got into other pan-fried foods. These dishes were also introduced by Estonian home economics schools and courses. Nowadays, dishes made of fresh fish are a true pearl of the modern Estonian cuisine.





INGREDIENTS

- 1 kg fish fillet
- 100 g bread
- 100 ml whipping cream
- 4 eggs
- 2 medium onions
- 20 g chopped dill
- 100 g flour
- 200 g breadcrumbs
- 1/2 L milk
- 600 g potatoes
- 15 g chopped dill
- Salt
- Pepper

CUCUMBER SALAD

- 300 g cucumber
- 5 g salt
- 10 g chopped dill
- 10 g chopped chives

WILD GARLIC MAYO

- 250 g mayonnaise
- 35 g wild garlic leaves (or other preferred herbs, such as green onion, chives)

PREPARATION

01 Chop the onion and glaze on low heat with butter.

02 Soak the toast slices in whipping cream.

03 Clean the fish fillet of bones and crumble the meat using a meat grinder. You can use white or red fish, such as salmon, trout, cod, sea bass, place or whiting.

04 Add an egg, the soaked and crushed toast slices, salt, pepper, fried onion and chopped dill to the fish mass. Mix thoroughly and form the cakes.

05 Coat with breadcrumbs: first dip the cakes in flour, then into a beaten egg and finally in the breadcrumbs. Fry in a pan until golden and bake in the oven (180 °C) for about 5 minutes.

06 Blend the mayonnaise and wild garlic until you get an even, light green mixture.

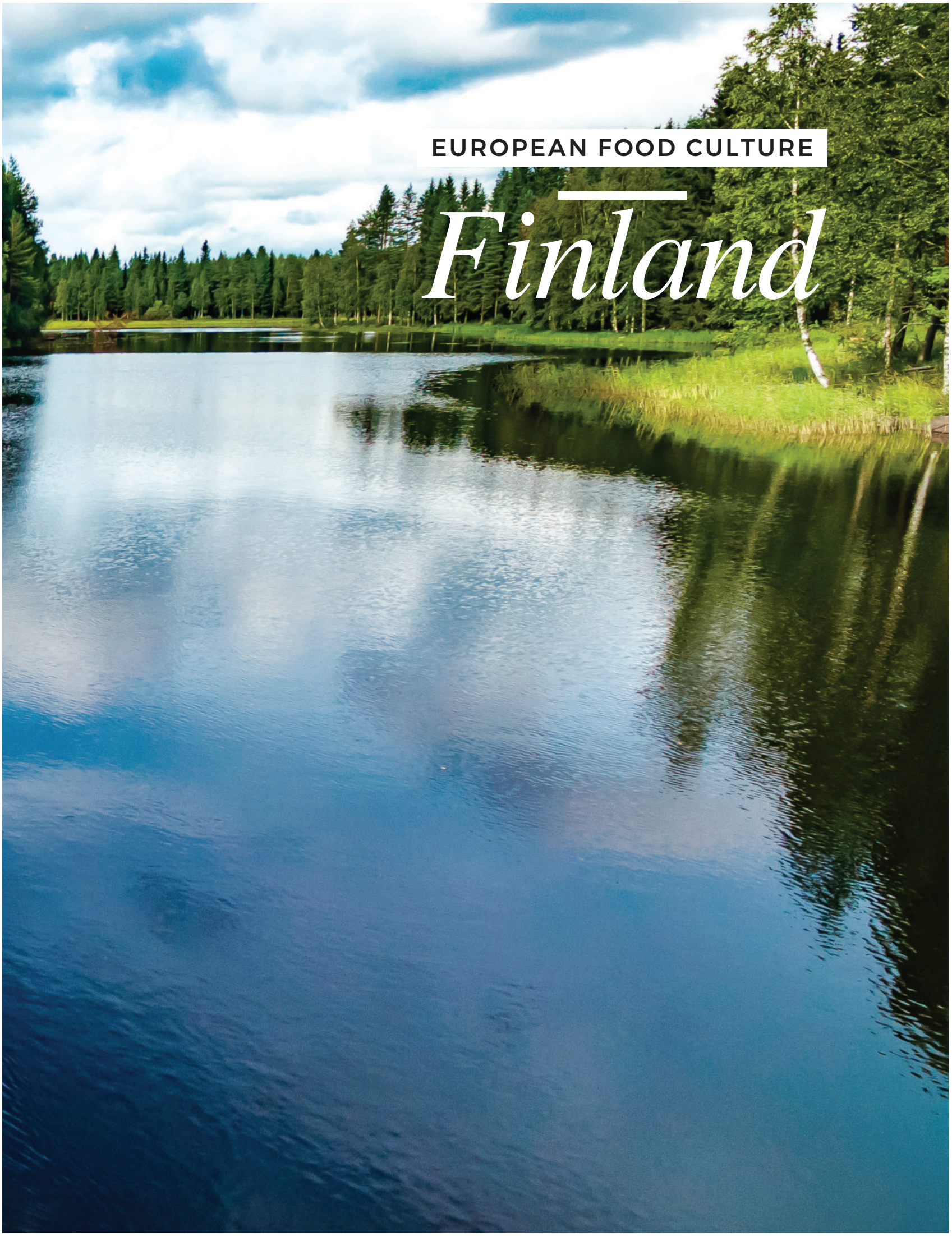
07 Wash and boil the potatoes (use fresh potatoes if possible). Add a touch of butter and chopped dill before serving.

08 Peel and slice the cucumber. Place in a container that has a lid. Add salt and cover with the lid. Shake the container until the cucumber is soft and flavoured with salt. Add chopped chive and dill.

To serve: place the fishcakes, dill potatoes, wild garlic mayo and cucumber salad on a plate.

Recipe developed by Janno Lepik





EUROPEAN FOOD CULTURE

Finland



KORVAPUUSTI
FINNISH CINNAMON ROLLS

It tastes divine and goes great with coffee, tea or a glass of cold milk. To experience the best that Finland has to offer, you really have to try a Korvapuusti, Finland's version of "slapped ears": cardamom buns filled with sugar and cinnamon.

SERVING
20-30 rolls

PREPARATION TIME
2,5 hours

COOK TIME
10-15 min

DIFFICULTY
AVERAGE



INGREDIENTS

- 5 dl (2 cups + 2 tbsp) milk
- 50 g fresh yeast / 2,5 tbsp dry yeast
- 1 egg
- 180 g (2 dl; ¾ cup + 2 tbsp) granulated sugar
- 1 ½ tsp fine sea salt
- 1-2 tbsp ground cardamom
- About 1 kg, 14 dl/ 5,5-6 cups white wheat flour (all-purpose)
- 100 g / about 1/3 cup soft butter

FOR THE FILLING

- 100 g / about 1/3 cup soft butter
- Granulated sugar
- Cinnamon

FINISHING

- 1 egg

DECORATION

- Pearl sugar, to sprinkle

PREPARATION

01 Start by taking butter to soften in room temperature about an hour before you start to make the dough.

02 Warm up the milk so that it's luke warm. When using fresh yeast the temperature should be +37˚C /98.6˚F, for dry yeast +42˚C/108F-110˚F.

03 In a large mixing bowl, combine the lukewarm milk and the fresh crumbled yeast. If using instant active dry yeast, combine the yeast with some flour and add to the warm milk. Stir with a spoon until the yeast is dissolved.

04 Add the sugar, salt, cardamom, and egg and mix well with hand whisk.

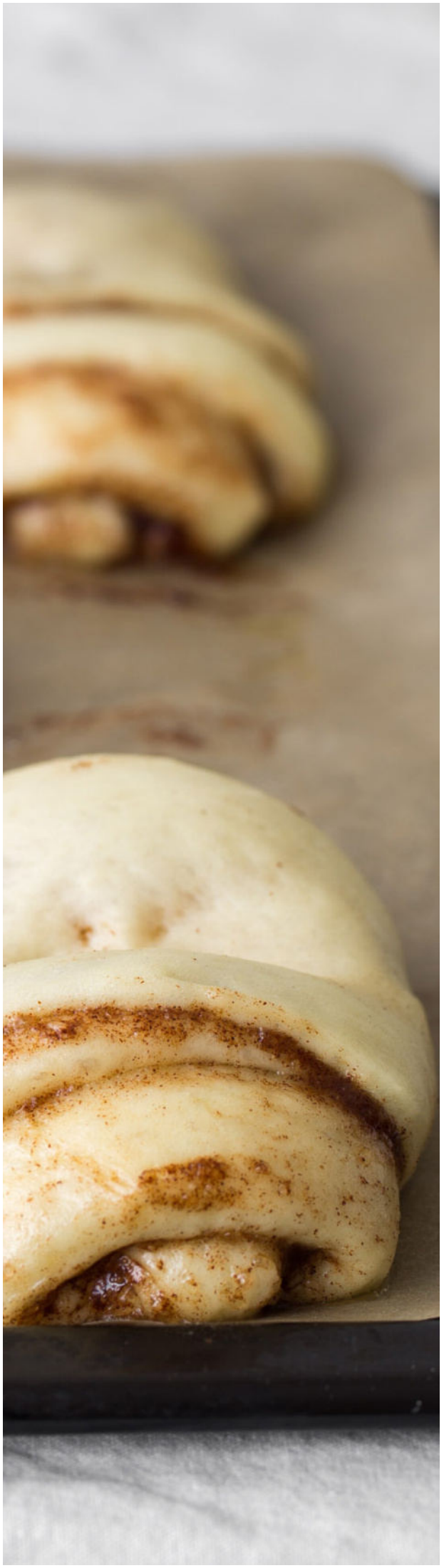
05 Next start adding the flour by whisking in about 5-6 dl in to make the dough airy.

06 Then mix in 5-6 dl more into the dough by hand. Knead well.

07 Add butter and knead until well combined. Add just enough flour so the dough comes clean off the sides of the bowl and doesn't stick to your hand. Shape into a ball and cover with a clean kitchen towel.

08 Let the dough rise in a warm, draft-free place for about 45 minutes to 1 hour, or until double in size.





TO SHAPE AND BAKE THE ROLLS

01 As the dough is raising, take the butter to be used for the filling from the fridge and let it soften in room temperature.

02 Lightly flour a clean work surface with all-purpose wheat flour. Pour the dough to the table, knead it thoroughly to remove all the air bubbles and split it in two parts.

03 Using the rolling pin, roll out the first portion of dough into a large, about 60-by-40-centimeter / 23-by-16-inch rectangle.

04 Spread the softened butter with a knife on the dough sheet. Sprinkle cinnamon and sugar on top of the butter layer.

05 Beginning with the long side, roll the dough into a tight tube shape, seam side down.

06 Cut the roll into to a triangle-shaped pieces.

07 Place the pieces on the table the narrower side facing up. Use your thumb to press the top of the pieces all the way to the bottom so that the “ears” of the roll pop out.

08 Lift the ready buns on the baking tray on a baking sheet, spacing them about 5 cm / 2" apart.

09 Cover with a clean kitchen towel and let rise for further 30 minutes, or until they're double in size.

10 Repeat with the second batch.

11 Preheat the oven to 225˚C (435˚F).

12 When the oven is ready and the korvapuustis have risen, finish them by applying egg with a baking brush. Decorate the cinnamon rolls with pearl sugar or fine sugar if you wish.

13 Bake in 225°C for 10-15 minutes or until golden to darkish brown in color. When the rolls are done, the bottoms will most probably be dark brown in color; this is totally normal and typical for Nordic cardamom-spiced sweetbread. Repeat with the other sheets of rolls.

14 Let the baked rolls cool down on a rack under a cloth.

The cinnamon rolls are best eaten while still slightly warm or on the same day. However, you can freeze them once baked and warm them up when ready to serve.

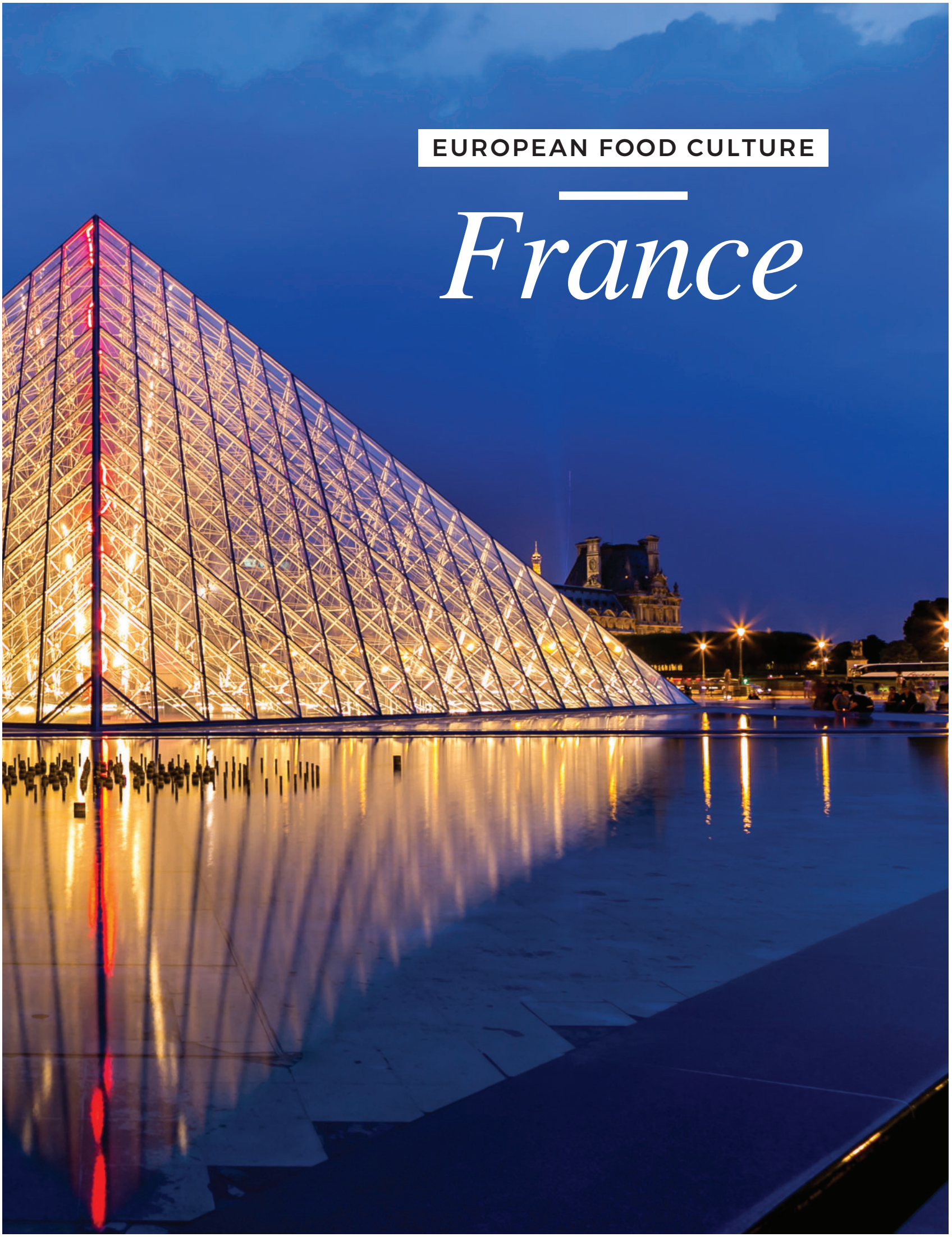
TIPS: For the best result, make sure that all your ingredients are at room temperature.

You can leave the egg out and, furthermore, substitute the milk with water and butter with oil.



EUROPEAN FOOD CULTURE

France





NAVARIN D’AGNEAU AUX LÉGUMES DU PRINTEMPS

LAMB RAGOUT WITH SPRING VEGETABLES



Classic stew recipe from the traditional French cuisine, this family dish is mostly enjoyed in the spring, especially around Easter with spring green veggies such as peas, french beans, snow peas, broad beans... However, feel free to cook this recipe all year round by swaping with any seasonal vegetables you have in mind!

INGREDIENTS

- 1 lamb shoulder, deboned and cut into 4 cm cubes
- 20 g butter
- 2 tbsp olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 tbsp tomato paste
- 1 «bouquet garni»: green part of a leek, a few parsley stalks, a few thyme sprigs and a bay leaf
- 75 cl lamb or vegetable stock
- Mixed root vegetables : 500 g baby potatoes, 200 g baby carrots (or 2 normal carrots) and 200 g turnips
- Mixed greens: 100 g peas (fresh or frozen), 150 g french beans and 100 g snow peas
- Salt and black pepper





PREPARATION

01 **First,** make the «bouquet garni» by gathering the parsley stalks, thyme sprigs and bay leaf, wrap in a small piece of leek and tie with kitchen string.

02 In a large casserole, heat up the oil and the butter together, sear the lamb cubes until golden on all sides (if needed, work in batches to avoid over-crowding the pan), sprinkle some salt and a good grind of black pepper, then tip the chopped onion and carrot, stir and cook for a few minutes before adding the tomato paste and the bouquet garni.

03 Deglaze with the stock, mix well, lower the heat as soon as it starts to boil, cover and simmer for 1 hour and 30 minutes stiring from time to time.

04 **In the meantime,** wash carefully all the vegetables before preparing them : cut in half the baby potatoes, peel and slice the carrots (if using baby carrots, let them full or cut in half if you wish), quarter the turnips, pod the peas if needed and trim and cut in half the french beans.

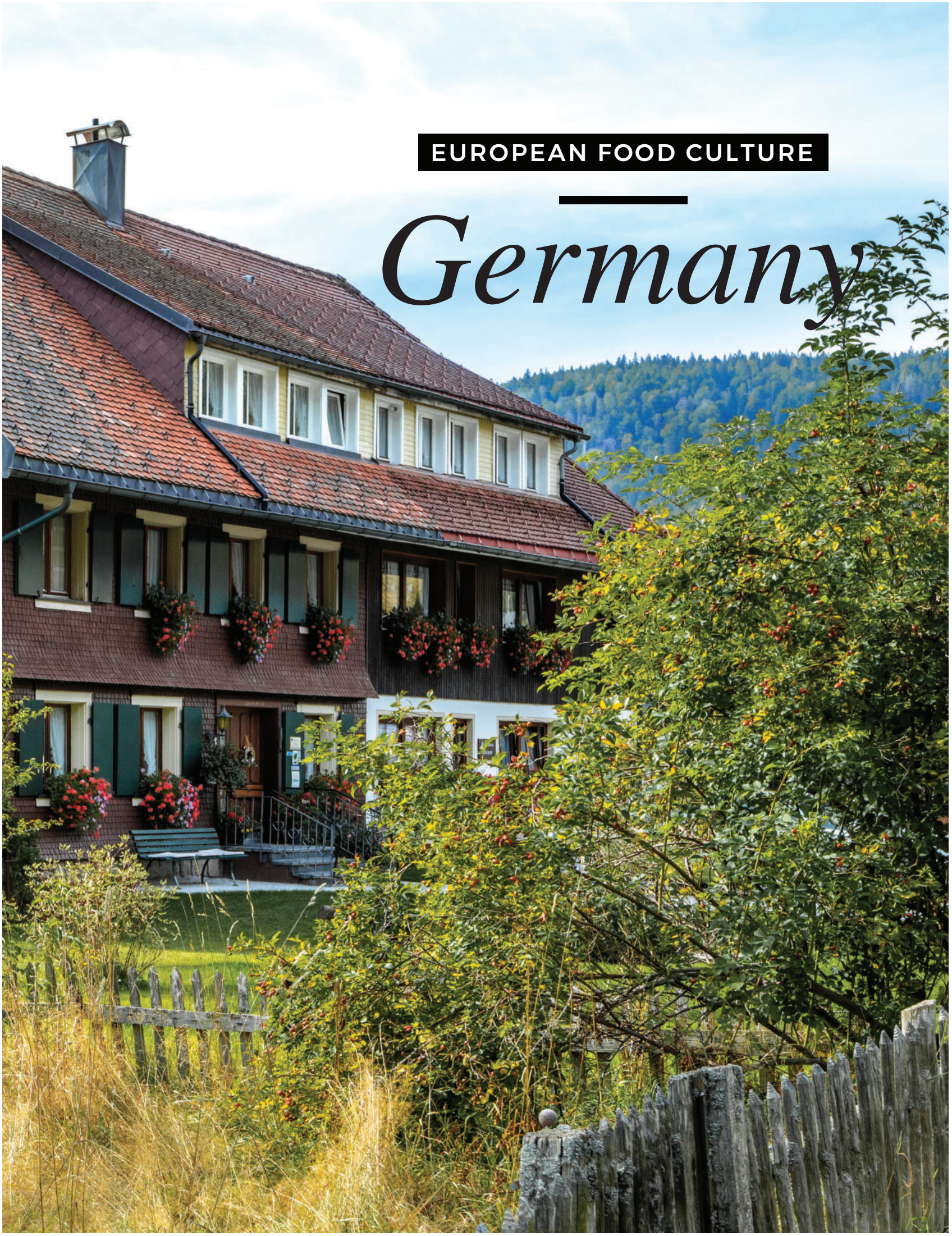
05 In order to keep the bright color of the greens, boil some salted water in a medium saucepan, poach the french beans, the peas and the snow peas until tender (it's even better if you cook each kind of greens successively but no need to change the water), take them out and immediately cool them in a large bowl full of iced water. After the cooling, drain and set aside.

06 When the lamb has stewed, add the potatoes, carrots and turnips and continue cooking for 30 minutes. Then adjust the seasoning, toss in the poached greens and serve.



EUROPEAN FOOD CULTURE

Germany







SCHWARZWÄLDER KIRSCHTORTE
BLACK FOREST CAKE

A quintessential German cake with a long tradition



INGREDIENTS

FOR THE CAKE LAYERS

- 7 medium eggs, at room temperature
- Pinch of salt
- 230 g sugar
- 1 tsp vanilla extract
- 160 g all-purpose flour
- 1/2 tsp baking powder
- 50 g cornstarch
- 40 g cocoa powder
- 60 g melted butter

FOR THE CHERRY FILLING

- Canned sour cherries, drained (450g), keep liquid aside
- 1 tbsp lemon juice
- 50 g sugar
- 50 g cornstarch
- 1 pinch of cinnamon

FOR THE CREAM FILLING

- 600 ml heavy cream, cold
- 50 g sugar
- 1 sachet vanilla sugar

FOR THE DECORATION

- 400 ml heavy cream, cold
- 1 sachet vanilla sugar
- 12 cherries
- 150-100 g chocolate shavings

PREPARATION

01 Preheat the oven to 190˚C. Line a springform tin (26cm) with baking parchment and grease lightly.

02 Divide the eggs, add the egg yolks to a large bowl and set aside. Whip the egg whites with a pinch of salt until stiff peaks form and set aside. Add the sugar and vanilla extract to the bowl with the egg yolks and mix until light and fluffy, which takes about 5 minutes. Mix the flour with baking powder, cornstarch, and cocoa powder and sift on top of the egg yolks mixture. Mix carefully, then add the stiff egg whites and fold in several portions. Add the melted butter and mix in. Fill the batter into the prepared baking tin and bake for 25-30 minutes until a toothpick comes out clean when inserted into the center of the cake. Take out of the oven and let cool down in the form for about 15 minutes. Remove carefully and let cool down completely on a rack. You can bake the cake a day in advance.

03 Drain the cherries for the filling with a sieve and collect the liquid in a pot. Keep some liquid aside. Add the lemon juice, sugar, cornstarch, and cinnamon to the liquid and mix in. Heat up until the mix starts to thicken, add the drained cherries and mix in. Set aside.

04 Cut the cake horizontally into three even layers. Place the first layer on a serving plate in a cake ring. Brush the cake layer with the leftover cherry liquid. Add the cherry filling on top– keep about 0.4 inches (1cm) free of filling on the edges. Place in the fridge for about 15 minutes.

05 For the cream filling add the cold heavy cream to a bowl and mix in sugar and vanilla sugar gradually whipping constantly until stiff peaks form. If you do not have a large kitchen machine, it's best to do it in batches. Add about half of the cream filling on top of the cherries in the cake ring and smooth out the top. Add the second cake layer on top and brush this layer as well with cherry liquid. Spread the remaining whipped cream on top and finish with the last cake layer. Brush again with cherry liquid and then place in the fridge for at least one hour.

06 Whip the cold heavy cream for the decoration again in batches with vanilla sugar until stiff peaks form. Take about 6-8 tablespoons of that and fill into a piping bag with star tip and set aside. Use the rest of the whipped cream and cover the cake with it. Sprinkle the sides with chocolate shavings, decorate the top with 12 cream swirls along the edges and place a cherry on each swirl. Sprinkle the center with some chocolate shavings. Place the cake in the fridge for at least 2-4 hours.

Guten Appetit!



EUROPEAN FOOD CULTURE

Greece





BOUTI ARNISIO STO LADOHARTO

LEG OF LAMB IN PAPER

This is a warapped roasted lamb leg, with all its rich juices and gravies captured in the paper wrap and served with roasted potatoes. A delicious plate to enjoy with family and friends, easy to prepare, slow cook it for several hours. We hope that you will enjoy the taste and feel like dining in a nice tavern of a Greek village either on an island or on a mountain, admiring the colours of the sunset.

Be happy, Be healthy!!!

Greece is water, is salt, is air, is light, is joy of life, is culture, is experience, is absolute beauty, is miracle.



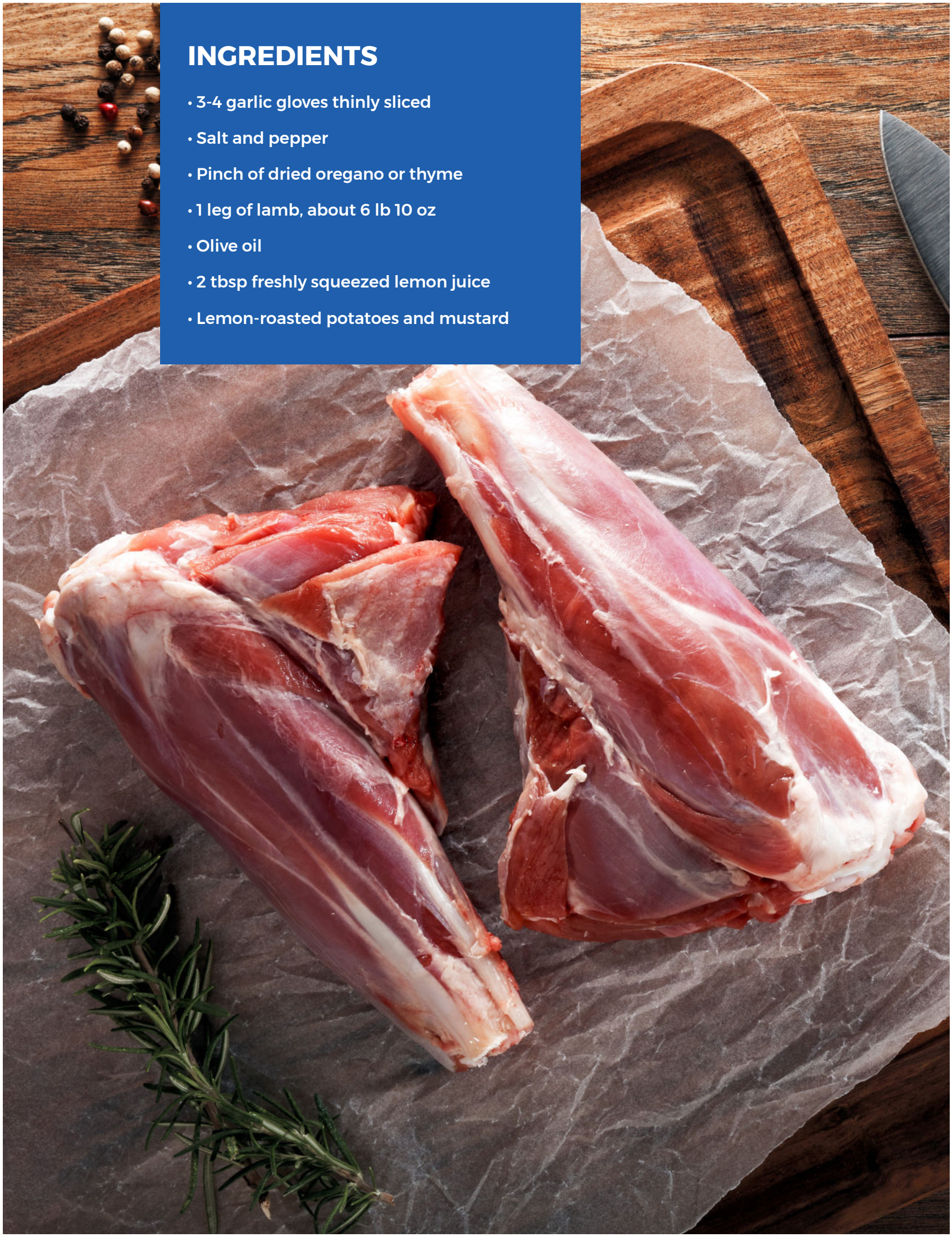
SERVING
6 people

PREPARATION TIME
30 min

COOK TIME
2½ hours

INGREDIENTS

- 3-4 garlic gloves thinly sliced
- Salt and pepper
- Pinch of dried oregano or thyme
- 1 leg of lamb, about 6 lb 10 oz
- Olive oil
- 2 tbsp freshly squeezed lemon juice
- Lemon-roasted potatoes and mustard





PREPARATION

01 Season the garlic slices with salt and pepper and sprinkle with oregano, pressing it on with your fingers.

02 Using a sharp knife, make 20-25 incisions in the surface of the meat and insert the seasoned garlic. Rub the meat with the lemon juice all over and brush with oil.

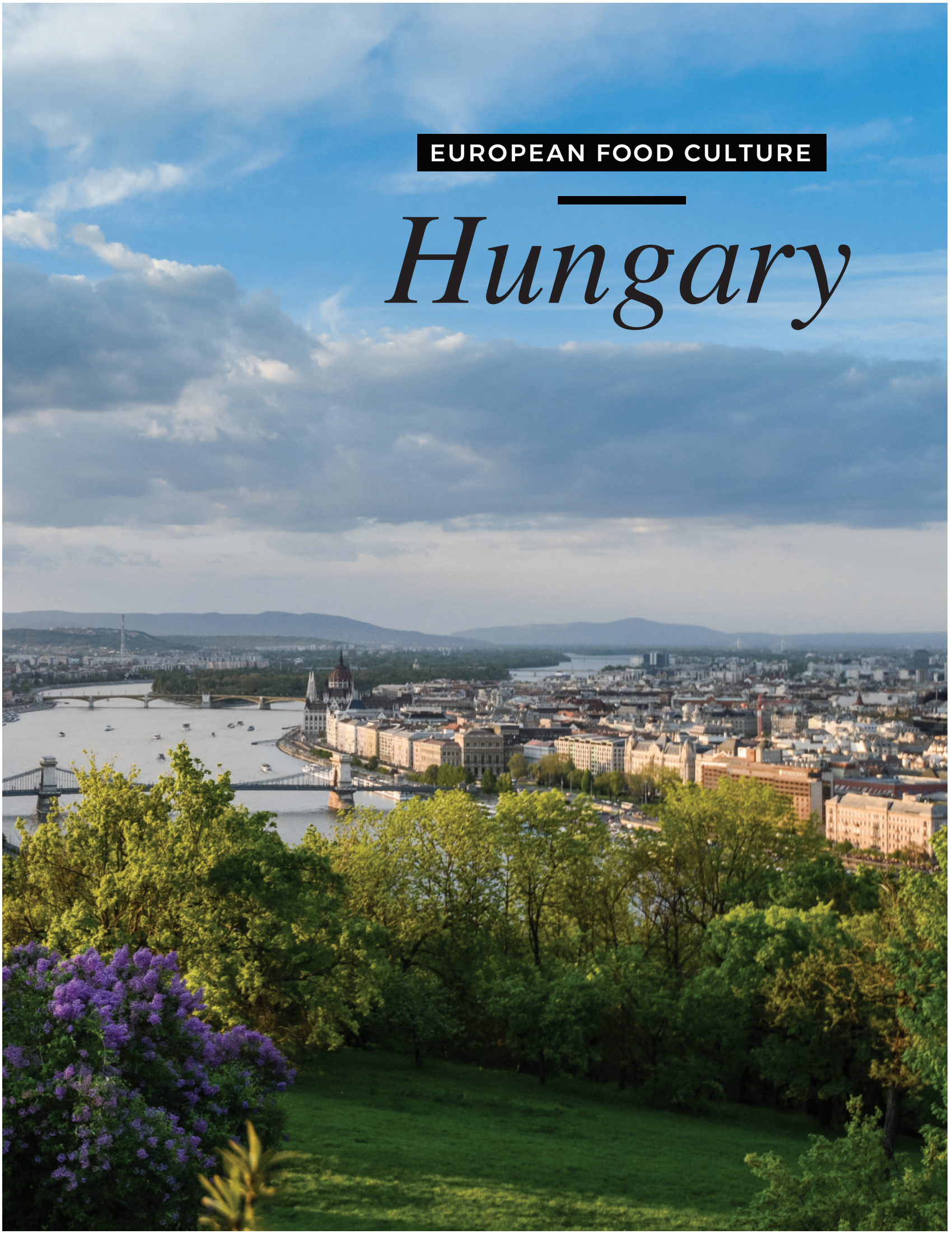
03 Cut a piece of baking parchment large enough to hold the meat and brush with oil. Wrap it around the leg of lamb, secure with kitchen string and brush the outside of the parcel with a little oil.

04 Put the wrapped leg into a roasting pan and roast in a 350 F oven for 2 ½ hours. Unwrap, cut into slices, and serve hot with lemon-roasted potatoes and mustard.



EUROPEAN FOOD CULTURE

Hungary

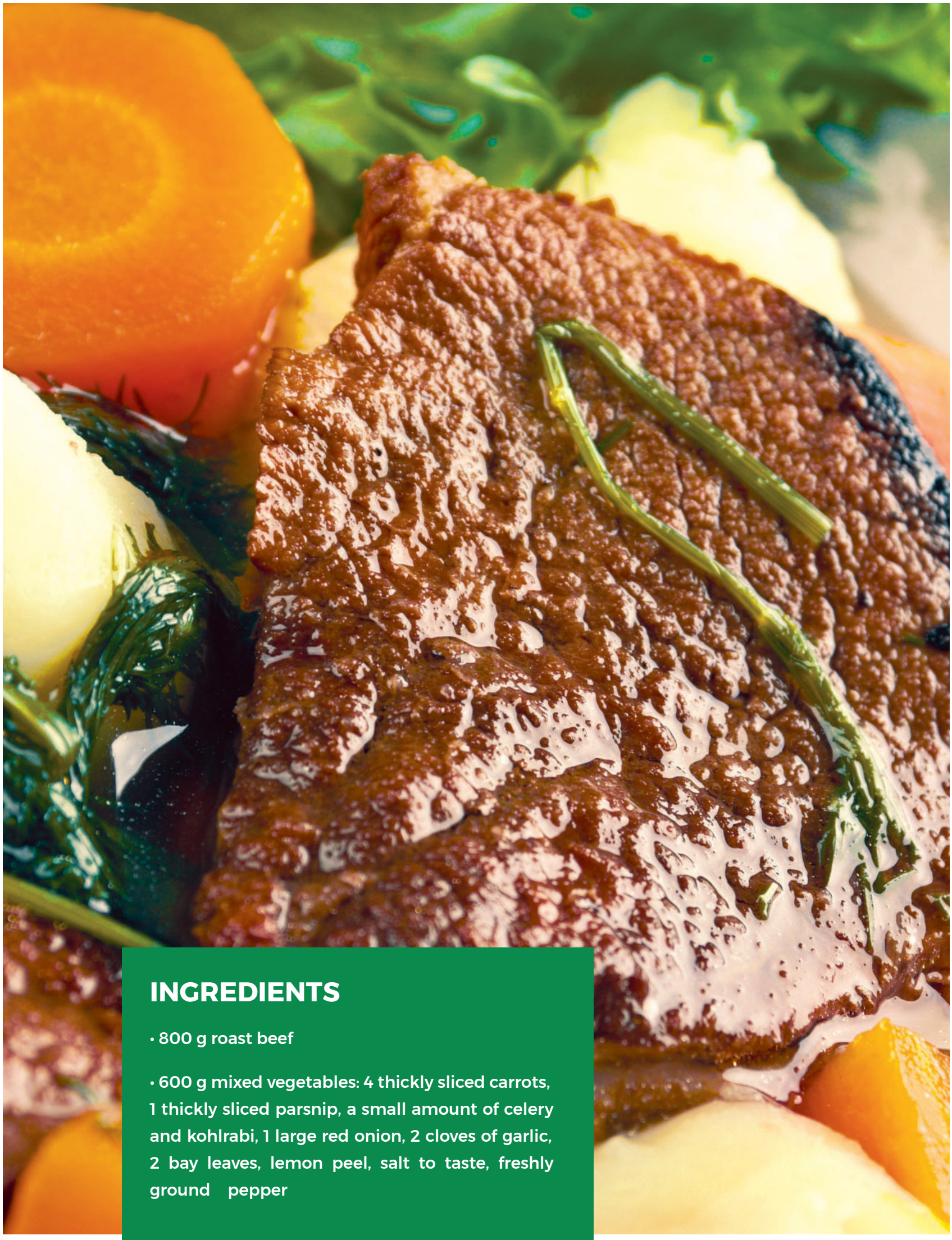




VADASH

HUNTER'S STEW WITH BREAD DUMPLINGS





INGREDIENTS

• 800 g roast beef

• 600 g mixed vegetables: 4 thickly sliced carrots, 1 thickly sliced parsnip, a small amount of celery and kohlrabi, 1 large red onion, 2 cloves of garlic, 2 bay leaves, lemon peel, salt to taste, freshly ground pepper



PREPARATION

01 Slice the meat, season it with salt and pepper.

02 Heat one tablespoon oil in a bigger pan and cook both sides of each beef slice for 1-1 minute. If ready, place them on a plate. Use the rest of the oil to fry the vegetables (for 8-10 minutes) and add sliced red onion, garlic and bay leaves to the mix.

03 The pre-cooked meat now goes on top of the veggies. Season it with lemon peel. Simmer it in its own juice (no extra water is needed) for around 1,5-2 hours. In the meantime, cook the side dish.

04 Place the now tender meat on a plate and remove the bay leaves. Using a handheld blender mix the vegetables and add a tablespoon of floor and ground red pepper.

05 Stir lemon juice, mustard, sour cream and a pinch of sugar into the cooking liquid.

06 Process it until smooth, then return the sliced beef to the pan and heat slowly.

07 Cook it until it reaches the desired temperature (around 5 minutes).

SIDE DISH BREAD DUMPLINGS INGREDIENTS

- 2 bread rolls
- Oil or grease
- 2,5 dl milk
- 2 eggs
- Salt to taste
- Flour
- Yeast

PREPARATION

01 Cut the bread rolls into 1 inch cubes and fry until they turn pinkish.

02 Add heated (but not hot) milk and ground yeast into the mixture. Let it soak for 1 hour.

03 Add eggs, season it with salt, and stir with as much flour as needed for the right texture (smooth and sticky).
Let it set for about 10 minutes.

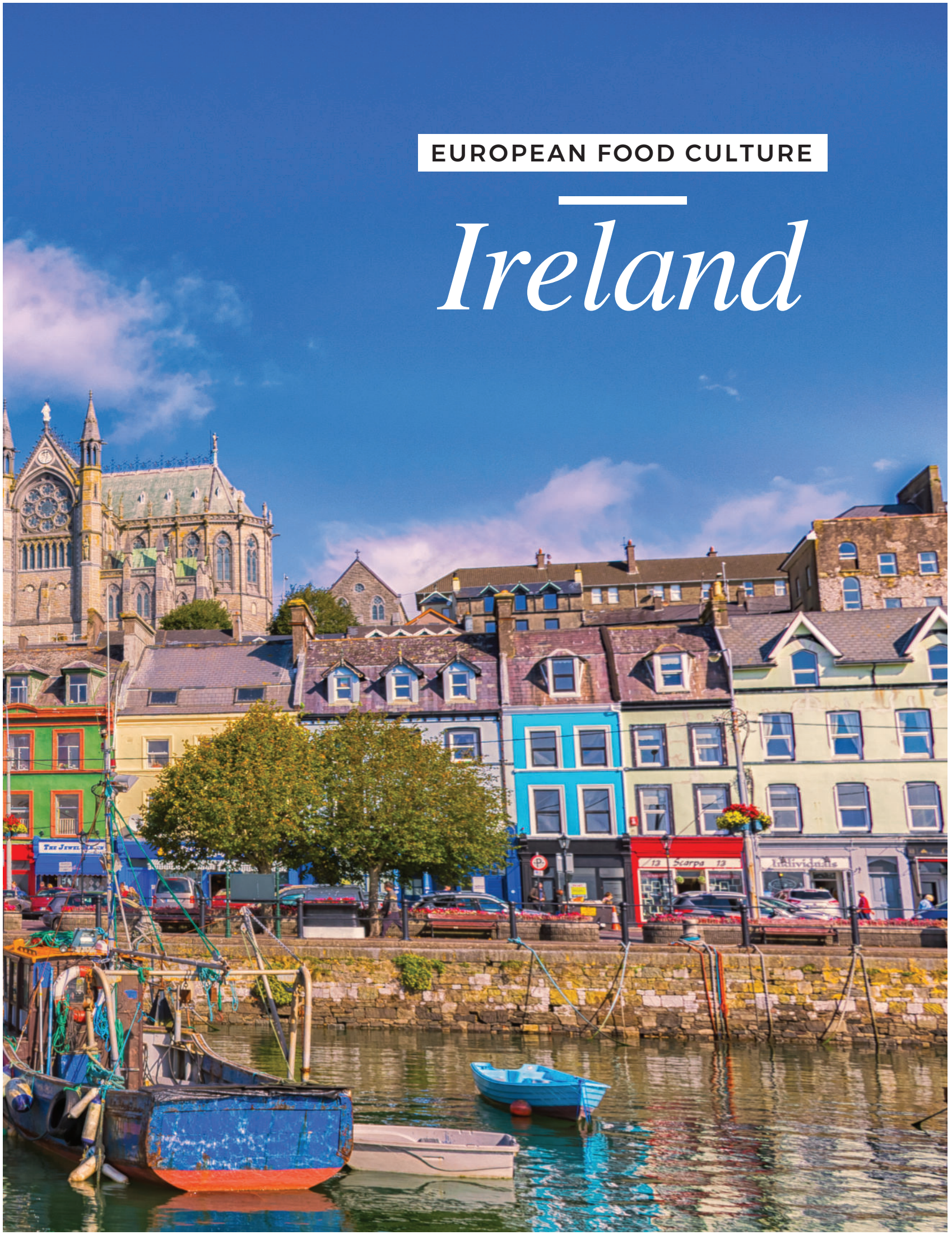
04 Using your wet hands squeeze the dough and form large dumplings.

05 Then gently drop them into boiling water and simmer for 10 minutes before removing to a serving plate.



EUROPEAN FOOD CULTURE

Ireland



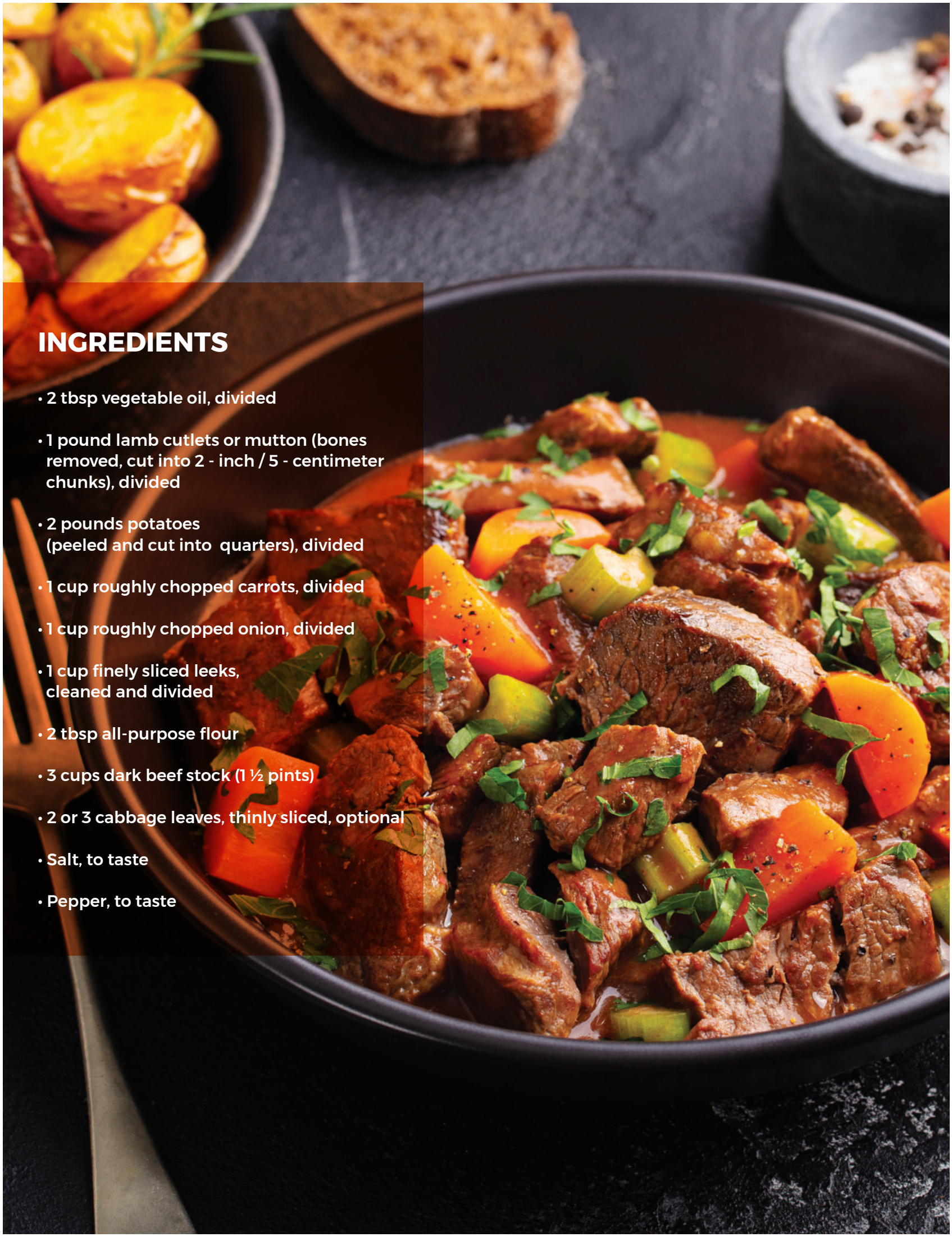




STOBHACH GAELACH
IRISH STEW

Nothing is more warming and filling than a delicious bowl of Irish stew, a popular dish from Ireland and loved worldwide. It was traditionally made with mutton (sheep), but it is now often made with the easier-to-find lamb. Either meat will make a delicious, hearty stew.

Though a hugely popular dish on St Patrick's Day, it's far too good to reserve for a few days a year. Eat it when you want something comforting and warming. Serve with crusty bread to soak up all of the delicious sauce.



INGREDIENTS

- 2 tbsp vegetable oil, divided
- 1 pound lamb cutlets or mutton (bones removed, cut into 2 - inch / 5 - centimeter chunks), divided
- 2 pounds potatoes (peeled and cut into quarters), divided
- 1 cup roughly chopped carrots, divided
- 1 cup roughly chopped onion, divided
- 1 cup finely sliced leeks, cleaned and divided
- 2 tbsp all-purpose flour
- 3 cups dark beef stock (1 ½ pints)
- 2 or 3 cabbage leaves, thinly sliced, optional
- Salt, to taste
- Pepper, to taste



PREPARATION

01 Gather the ingredients.
Preheat the oven to 350°F/180°C/Gas Mark 4.

02 In a large frying pan, heat 1 tablespoon of the oil until hot but not smoking. Add half of the lamb pieces and brown all over by turning in the hot oil.

03 Remove the lamb pieces with tongs and place them in a Dutch oven or ovenproof stockpot.

04 Cover with half of the potatoes, half of the carrots, half of the onion, and half of the leeks.

05 Add the remaining oil to the frying pan and heat.

06 Add the remaining lamb and brown all over as before and add to the Dutch oven.

07 Cover with the remaining potatoes, remaining onion, remaining leeks, and remaining carrots.

08 Add the flour to the still-hot frying pan and stir really well to soak up any fat and juices. Cook over low heat for 3 minutes.

09 Add the stock a ladle at a time and mix until you have a thick, lump-free sauce. You will not add all of the stock.

10 Pour this sauce over the lamb and vegetables.

11 Add the remaining stock to the Dutch oven, cover with a tight-fitting lid, and cook in the preheated oven for 1 hour.

12 Add the cabbage (if using), replace the lid, and cook for another hour. Check from time to time to make sure the stock hasn't reduced too much. If it has, add a little boiling water. The meat and vegetables should always be covered in liquid. If the sauce is too runny at the end, you can always cook the stew a little longer with the lid removed.

13 Season with salt and pepper to taste.

Serve piping hot and enjoy!



EUROPEAN FOOD CULTURE

Italy





MELANZANE ALLA PARMIGIANA
EGGPLANT PARMIGIANA

A recipe shared and disputed as to origins from north to south: Emilia Romagna, Campania (Parmigiana is mulignane) and Sicily (Parmiciana or Patrociane) with some variations in ingredients and ways to compose it, but all absolutely fabulous! Few ingredients, lots of flavour for a dish that is a symbol of Mediterranean cuisine.



SERVING
8 people

PREPARATION TIME
40 min

COOK TIME
100 min

DIFFICULTY
Average

Note: + 1 hour of rest for the salted eggplants (to purge bitter water)

INGREDIENTS

- 1.5 kg black eggplants
- 6 cups tomato puree
- 500 g fior di latte mozzarella cheese
- 150 g parmigiano reggiano DOP cheese
- 1 yellow onion
- Extra virgin olive oil to taste
- Black pepper to taste
- Basil - several leaves
- Fine salt to taste
- Peanut seed oil for frying the eggplant
  (Olive oil or Vegetable oil as an alternative)
- 35 g coarse salt for purging the eggplant

PREPARATION













01 Slice the eggplant lengthwise to obtain slices about (4-5 mm) thick.

02 As you place the slices inside a colander, sprinkle them with a very small amount of coarse salt between the layers, well distributed (you can also use a little fine salt); place a plate with a weight on it (to let the eggplants purge the excess bitter water) and leave it like this for at least 30-60 minutes.

03 Rinse the slices well under running water, one by one if necessary, to remove the salt and dry them with absorbent paper.

04 In the meantime, slice and cut the Mozzarella cheese into slices (or small cubes) and let it drain.

05 To make the sauce: in a large saucepan pour a drizzle of extra virgin olive oil and add the chopped onion, stir for a couple of minutes, then add the tomato puree and a little water, the salt and let it simmer for approx. 45 minutes.

06 When finished cooking do not forget to add some basil leaves.

07 Heat plenty of vegetable oil to fry the eggplant slices - a few at a time. Once fried remove the slices and put them over a kitchen paper to absorb the excess of oil.

08 Cover the bottom of a (20x30cm) baking dish with a little tomato sauce, then make the first layer by arranging the eggplant slices horizontally.

09 Grate some black pepper, sprinkle with parmesan cheese and pour some slices (or cubes) of the Mozzarella cheese, distributing them evenly. And finally pour on a little more sauce, just enough to color the inside.

10 Repeat the same procedure this time by arranging the eggplant slices on top; continue this way to make the layers by inverting the direction of the slices each time. On the last layer pour the remaining tomato puree, the Mozzarella and parmesan cheese.

11 Bake your eggplant Parmigiana in a hot oven at (180˚C) for approx. 30 minutes. Once ready, let it cool a few minutes before serving.

For those on a diet there is an alternative: grilled eggplant parmigiana, that is tasty and certainly lighter.





EUROPEAN FOOD CULTURE

Latvia





LAYERED RYE BREAD DESSERT WITH CREAM, JAM AND CHOCOLATE





INGREDIENTS

- 80-100 g (3.5-2.8oz) dry rye bread
- 20 g (0.7oz) sugar
- 15 g (5.25oz) butter
- 50 g (1.75oz) black currant jam (or any jam or sour berries)
- 60 g (2.1oz) cream
- Vanilla essence and chocolate chips

PREPARATION

01 Finely grate the rye bread, add half of the sugar and fry in melted butter on the pan. Stirring frequently.

02 Allow mixture to cool.

03 Beat cream with remaining sugar and vanilla essence.

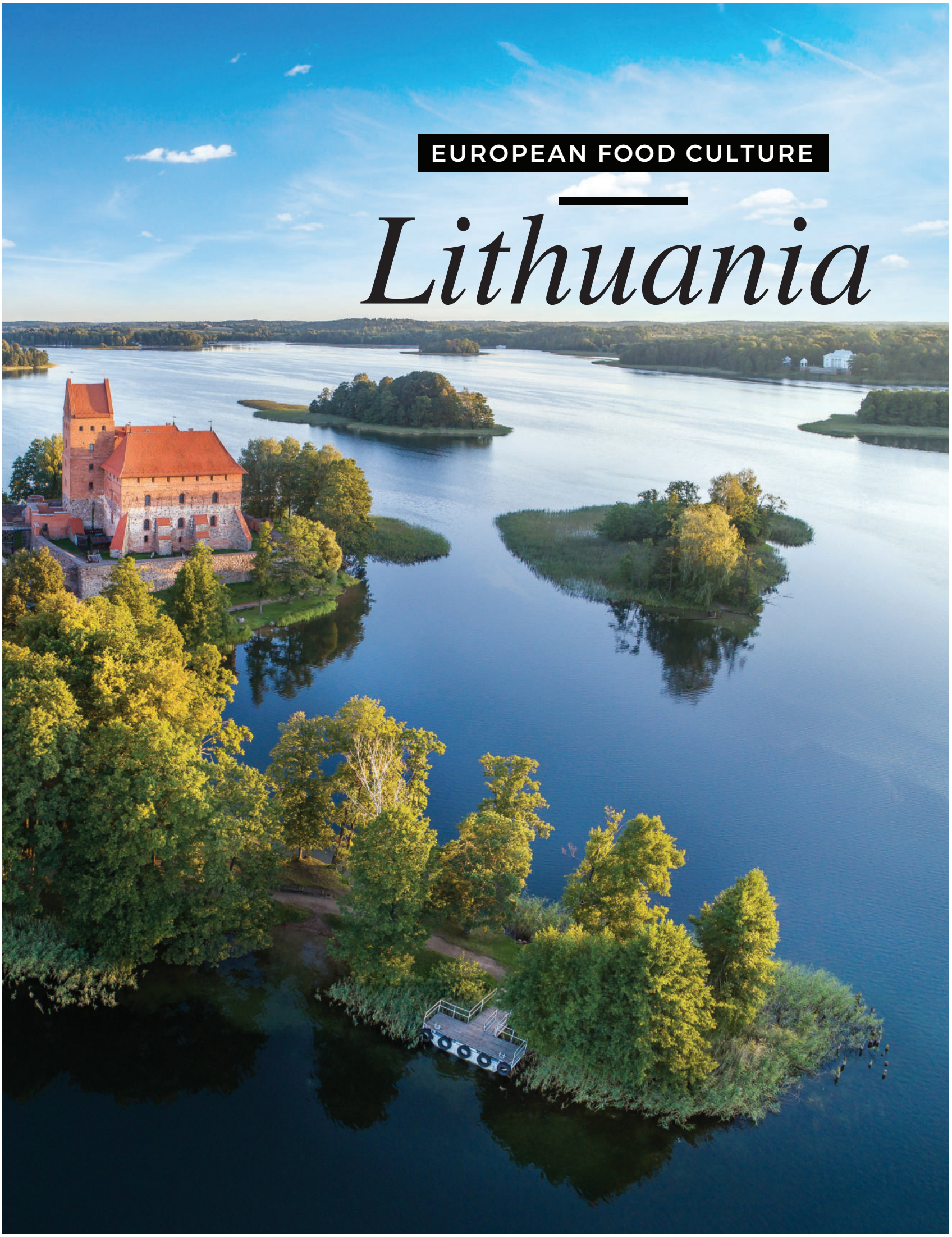
04 Layer rye bread, jam, and whipped cream in serving dishes, sprinkle rye bread and chocolate on top and decorate with whipped cream.





EUROPEAN FOOD CULTURE

Lithuania







ŠALTIBARŠČIAI

This recipe is known as a cold Lithuanian beet soup or Šaltibarščiai. It is made with kefir, beets, hard-cooked eggs, cucumbers, onion leaves and dill. Served with hot boiled potatoes. It's very refreshing on a hot day. If you don't have kefir, you can use whole milk and sour cream. In the Gulf region, we use laban, which is perfect too.





INGREDIENTS

- 1 large or 2 smaller cooked red beets
- 2 medium cucumbers, peeled
- Small bunch of onion leaves, sliced
- 2 peeled hard-cooked eggs
- 1 L of kefir
  (if you use laban, add a bit of water)
- Fresh chopped dill
- Salt to taste

PREPARATION

01 Cook the beets.

02 When they are tender, remove them from the cooking liquid and cool beets in the refrigerator for at least 1 hour.

03 When cool, peel and grate them coarsely.

04 Poor kefir into serving bowl.

05 Mix in grated beets, grated cucumbers, chopped dill and onions Stir until well blended.

06 Salt to taste.

07 Chill before serving.

Presentation: Serve with hot boiled potatoes on the side and chopped boiled egg on top.

Bon Appétit! – SKANAUS



EUROPEAN FOOD CULTURE

Luxembourg





GROMPEREKICHELCHER
POTATO PANCAKES



Photographed by: ©LFT_PassionMeetsCreativity





INGREDIENTS

- 1500 g potatoes
- 100 g shallots
- 30 g garlic
- 100 g butter
- 50 g flour
- 5 eggs
- 200 ml oil
- q.s. parsley
- q.s. salt, ground pepper
- q.s. nutmeg

PREPARATION

01 Skin and wash potatoes.

02 Grate raw potatoes.

03 Add chopped shallots, crushed garlic and chopped parsley.

04 Fold eggs into the mixture.

05 Blend and season.

06 Add flour.

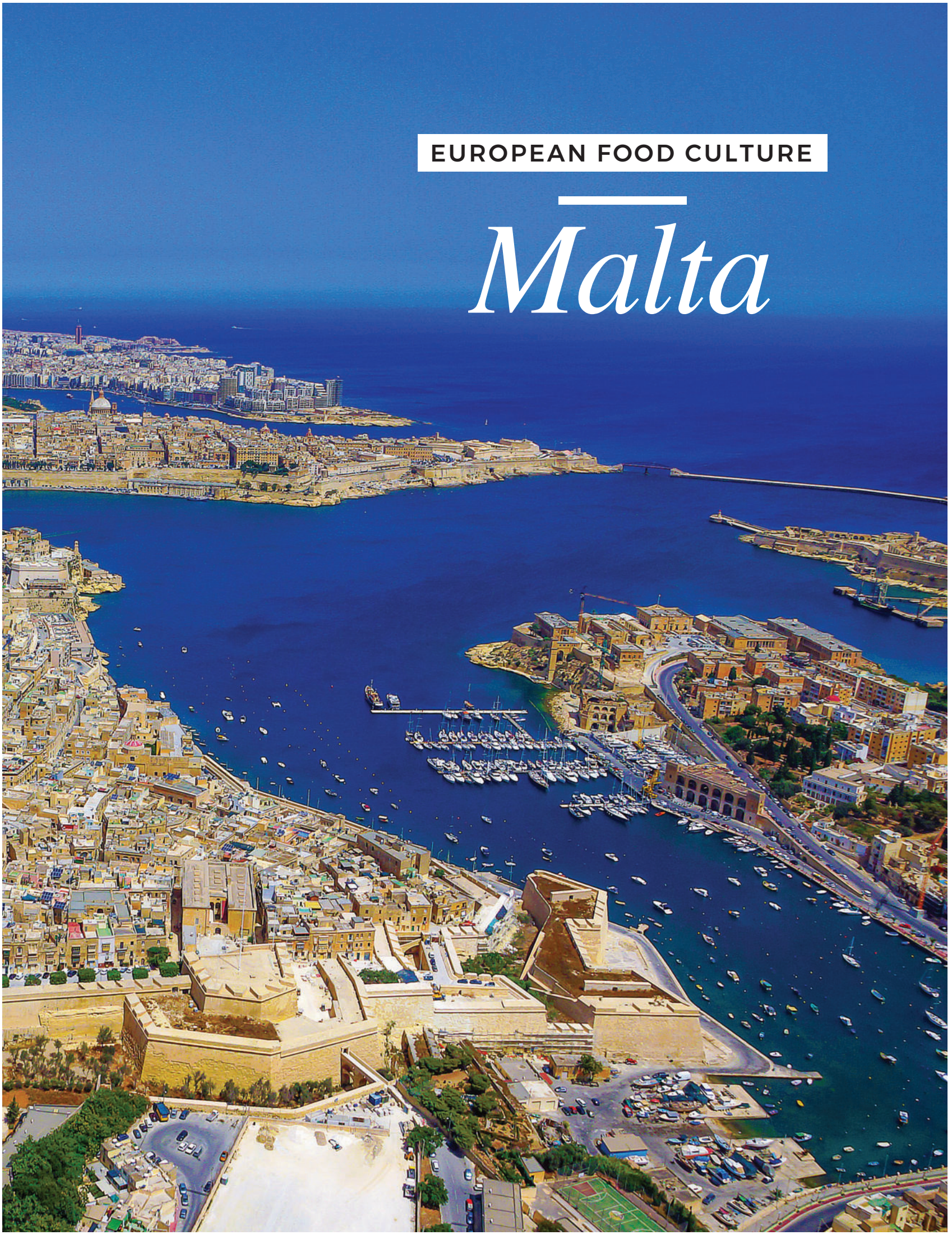
07 Sauté the patties in a saucepan in hot oil.

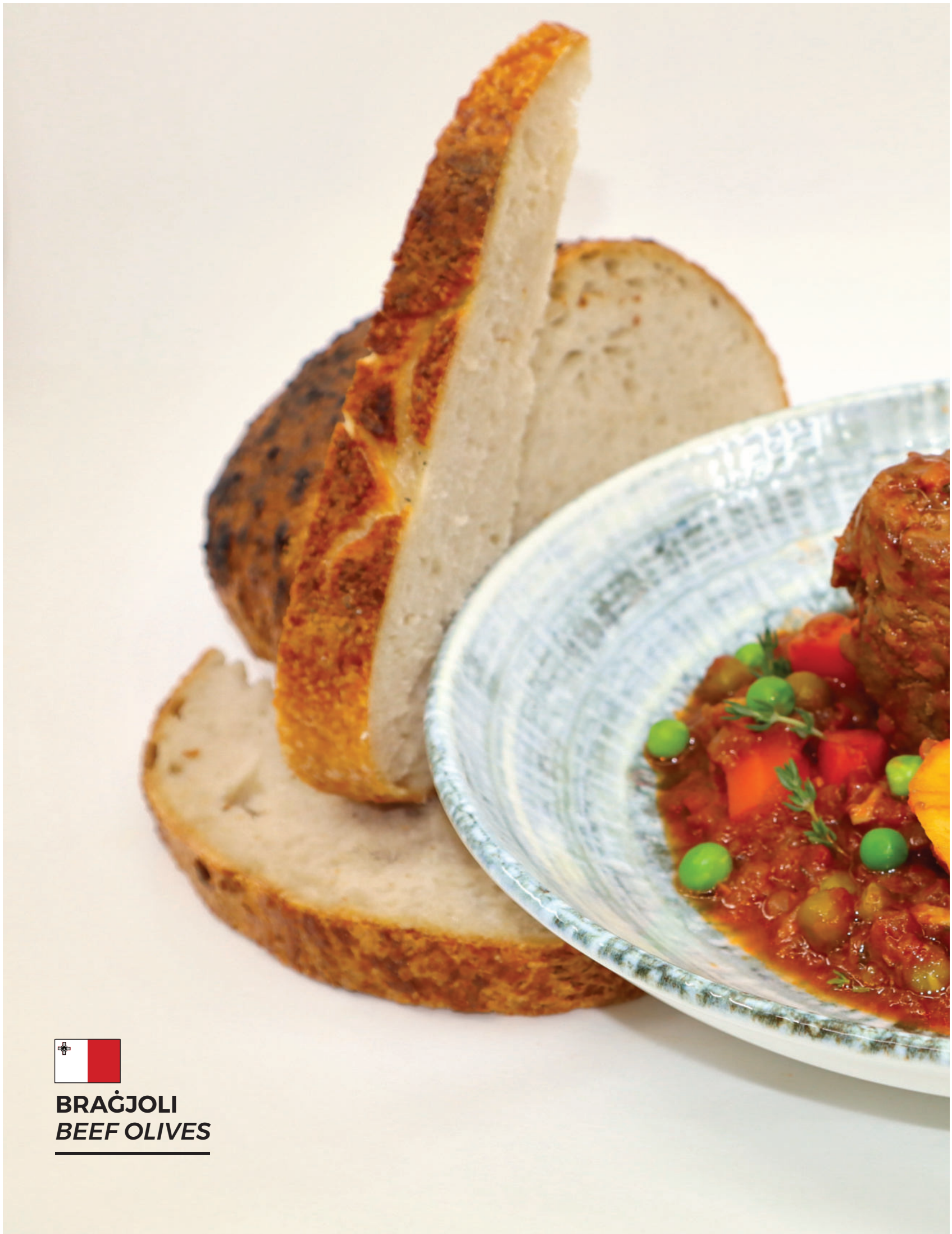
Source: lycée technique hôtelier Alexis-Heck Diekrich - Luxembourg.



EUROPEAN FOOD CULTURE

Mālta





BRAĠJOLI
BEEF OLIVES





INGREDIENTS

10 thin slices of rump or topside steak approx 80g per slice.

FOR THE STUFFING

- 800 g ground beef
- 200 g smoked beef strips
- 150 g hard boiled egg
- 20 g chopped parsley
- 40 g bread crumbs
- 120 g grated carrots
- 5 g ground black pepper
- 10 g table salt
- 60 g yellow onion
- 30 g finely chopped fresh garlic
- 8 g fresh chopped rosemary
- 10g olive oil

SAUCE

- 50 g olive oil
- 430 g yellow onion chopped
- 40 g finely chopped fresh garlic
- 600 peeled tomatoes pulp & chopped
- 70 g tomato paste
- 120 g carrots cut 2cm x 2cm
- 150 g green peas
- 300 g potato peeled and turned / cubes 4cm x 4cm
- 2 g bay leaves
- 15 g fresh thyme
- 15 g worcestershire sauce
- 150 g red wine
- 10 g salt
- 6 g ground black pepper



PREPARATION

01 In a bowl combine all the ingredients used for the stuffing and refrigerate for about 30 minutes to rest.

02 Then flatten the beef slice using a thick plastic so the beef will not stick to the hammer.

03 Then take the stuffing and put it on the flattened beef about 80 g per beef slice and roll up the beef slice using string or wodden toothpick to secure the meat rolled.

04 In an oven dish start to saute for a few mintues the onion and garlic.

05 Then add the beef rolls on the onion and garlic over medium heat.

06 Add the potatoes, carrots, tomato paste and herbs.

07 Add the red wine, then add the tomato pulp, green peas, salt and pepper.

08 Leave it on a medium heat for about 10 to 15 minutes.

09 Cover with baking paper and aluminium foil and put it in the oven for about 1 hour at 150°C.

10 The last 20 minutes take off the aluminium foil and the baking paper so the beef can take a bit of colour.

11 Then serve the beef olives (brağjoli) with maltese sour dough.

Bon appétit! – l-ikla t-tajba



EUROPEAN FOOD CULTURE

Netherlands







DUTCH “BITTERBALLEN” WITH MELK FED VEAL FROM HOLLAND

Bitterballen is a typical meat-based ‘Dutch’ popular snack and appetizer. It has the nickname of the queen of Dutch snacks. It is traditionally made with beef, veal or even mushrooms, for those who prefer a vegetarian option. This recipe is presented by Chef Edgar Buhrs and Van Drie Group quality controlled Veal.


GOUDA
LANGE TIENDEWEG
ONTDEK GOUDA
En vente ici le vrai gouda fait à la ferme
Buy here the real farmers Gouda cheese
Kaufen Sie hier Bauernkäse aus Gouda
Gazelle
VOGUE



INGREDIENTS

VEAL BROTH

- 1 kg Dutch milk fed veal in cubes (available at Sultan Center)
- 200 g onion cut in half
- 100 g carrots cubed
- 100 g celery stick
- 2 piece bay leaf
- 1 sprig thyme
- 1 sprig rosemary
- 5 g coriander seeds
- 2 L water

SALPICON

- 80 g butter
- 100 g all-purpose flour
- 500 ml veal broth (cold)
- 1 g agar-agar
- 400 g cooked veal hanging tender finely cubed
- 5 g fresh parsley chopped
- Salt
- Pepper
- Celery salt
- Nutmeg
- 1 tsp mustard
- 2 egg yolks (optional)

BITTERBALLEN

- 1 kg Salpicon already prepared
- 250 g fine breadcrumbs
- 4 egg white, lightly beaten with little salt
- 250 g fresh bread crumbs from white bread without crusts

PREPARATION

The recipe is divided into three steps.

01 Put the veal cubes in a large pan with just enough cold water to cover the meat.

02 Bring to boil.

03 Skim off the foam.

04 Add vegetables and herbs.

05 Let it simmer gently for 6-4 hrs. until it is soft and very tender.

06 Sieve the broth and leave to cool. Keep meat aside while cooling.

07 Discard the vegetables.

---

01 Make a roux by melting the butter and gently warm to light brown.

02 Add flour and stir with a spoon for 3 min on a very low heat.

03 Add 150 ml veal broth (cold) and stir until smooth.

04 Then add another 150 ml and stir, add the remaining 200 ml and stir.

05 Add the Agar-agar, the egg yolk, the finely separated veal, parsley, salt, pepper, celery salt, nutmeg and mustard.

06 Stir until thickened.

07 Keep on flat tray, cover with plastic, cool overnight.

---

01 Divide Salpicon in required portions.

02 Roll into small balls on greaseproof paper.

03 Roll in fine breadcrumbs.

04 Roll through egg white.

05 Roll through fresh bread crumbs.

Deep fry in sunflower oil 180 °C and eat with mustard. Be careful! The inside stuffing is like hot lava! So take care, and start with the outside, Let the hot stuffing cool a little and then try to eat it. It may take a couple of bitterballen to learn this trick.



EUROPEAN FOOD CULTURE

Poland





PIEROGI
DUMPLINGS

Pierogi are undoubtedly Poland's most famous and simple comfort food. But after tasting one of these delicious filled dumplings, you are likely to find yourself craving more. Pierogi can be cooked or fried; stuffed with meat, vegetables, cheese, fruit, chocolate; accompanied by a sour cream topping or just butter.
Pierogi is one of the main dishes at the Polish Christmas Eve dinner table. Christmas pierogi are stuffed with tangy sauerkraut, often accompanied by fragrant wild mushrooms.



INGREDIENTS

Recipe for around 80 dumplings

FOR PIEROGI DOUGH

- 600 g wheat flour
- 400 ml - glass of hot water
- 4 spoons of oil
- ½ teaspoon of salt

FOR THE STUFFING

- 800 g sauerkraut
- 1 carrot
- 3 large onions
- 200 g forest mushrooms
- 3 tablespoons of oil
- 1 teaspoon of salt
- 1 teaspoon of pepper



PREPARATION

01 Pour the flour onto a pastry board, forming a mound, add the salt. Slowly pour in the water, combining it with the flour. Knead the dough until it no longer sticks to your hands. Transfer to a bowl, cover with a damp cloth.

02 Pour warm water over the mushrooms and leave to soak for a few hours, or overnight.

03 Boil the mushrooms, add peeled carrots and cook until they are soft. At the end of cooking season with salt and pepper. Drain it well. Do not pour out the water, leave it for later.

04 Chop the sauerkraut and squeeze out excess juice. In a pot, boil water and put the sauerkraut in. Cook for about 30 minutes until the sauerkraut becomes soft. Drain it well.

05 Fry the onions in oil, add the sauerkraut with mushrooms and carrot, spices and water from under the mushrooms. Simmer on low heat under the cover for about an hour.

06 Divide the dough into 4 parts, roll into patties one by one. With a small glass press out circles, put the filling in the middle, fold in half and stick the edges together to form dumplings.

07 Cook dumplings until soft, about 4-5 minutes.

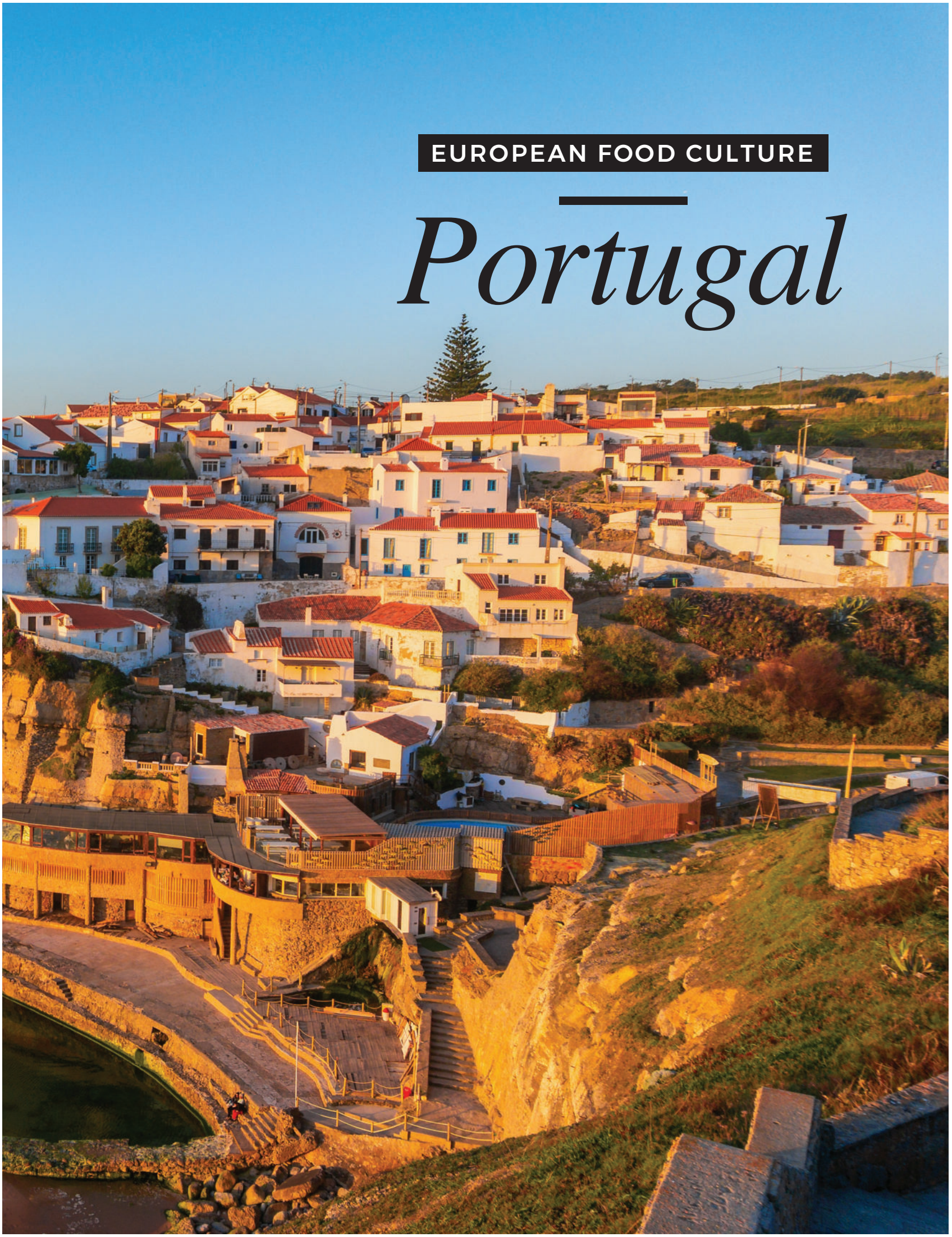
08 Serve with finely diced onion glazed in oil.




TURISMO DE
PORTUGAL

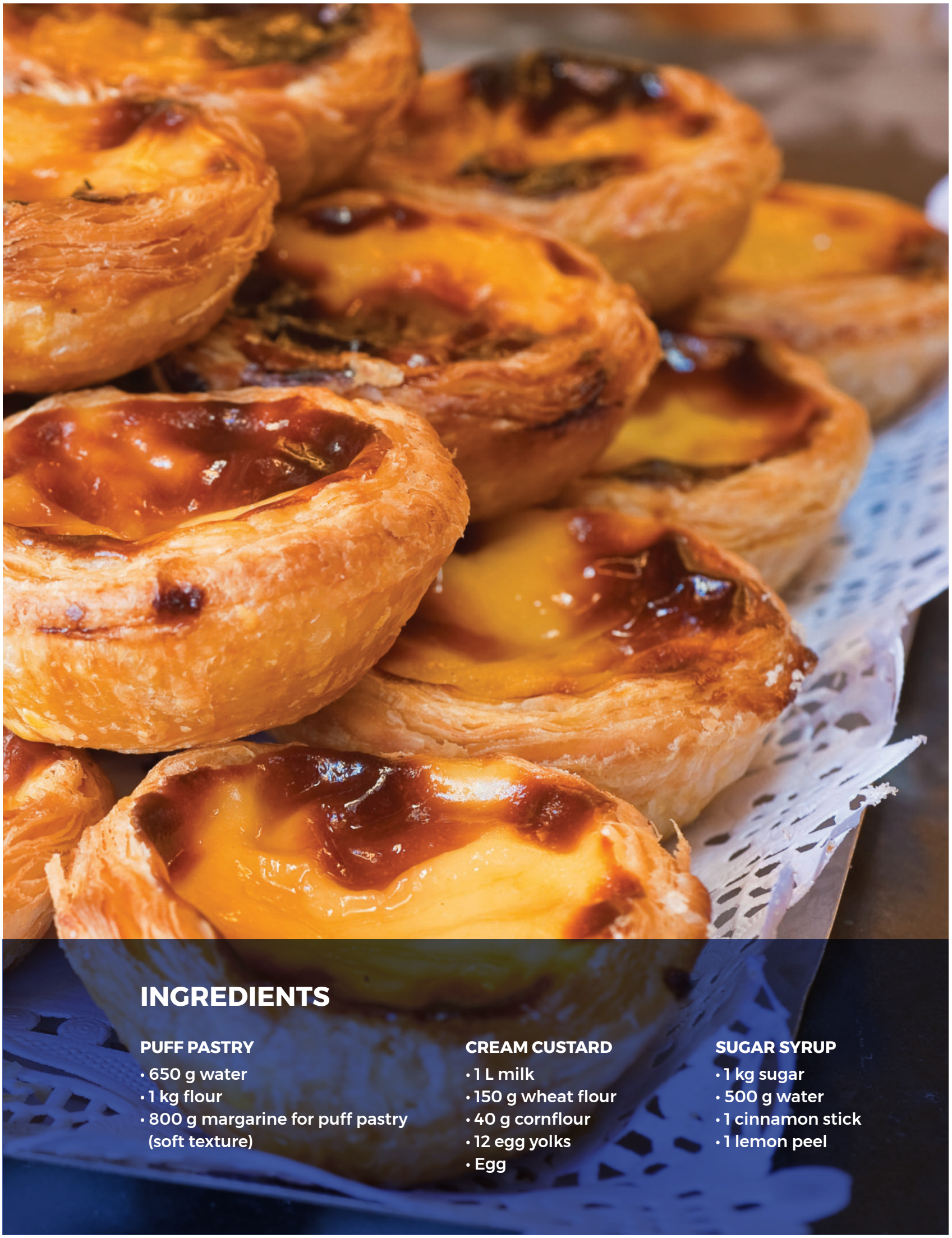
EUROPEAN FOOD CULTURE

Portugal





PASTÉIS DE NAT
CUSTARD TARTS



INGREDIENTS

PUFF PASTRY
- 650 g water
- 1 kg flour
- 800 g margarine for puff pastry (soft texture)

CREAM CUSTARD
- 1 L milk
- 150 g wheat flour
- 40 g cornflour
- 12 egg yolks
- Egg

SUGAR SYRUP
- 1 kg sugar
- 500 g water
- 1 cinnamon stick
- 1 lemon peel


TURISMO DE
PORTUGAL



PREPARATION

01 Knead the flour with the water until you get a ball of dough. Let rest for 15 minutes. Roll the dough in a square shape, overlay the margarine in a diamond shape and close the edges so that the dough does not overlap (same technique as for puff pastry). Turn it twice, with 15 minutes of rest between those turns.

02 Roll the dough to make it thin and brush the entire surface with water. Roll the dough in a tart shape. Cut circles and place them on the moulds. Let rest for 10 minutes. With wet fingers, roll the dough until they rise slightly above the moulds' limits. Reserve.

03 For the syrup, you only need to boil all ingredients together for 3 minutes. Reserve.

04 In a copper pot, prepare your cream custard. Mix 200 ml of milk with the flours and boil the remaining 800 ml in another pot. Slightly heat the flours mixture with the boiled milk and then mix the rest. Cook the mixture (in the copper field) until it thickens.

05 Remove from the heat and mix with the sugar syrup. Add the eggs and the yolks. Fill in the moulds of puff pastry and cook in the oven at 300°/350° until the dough is golden and the custard is caramelized.

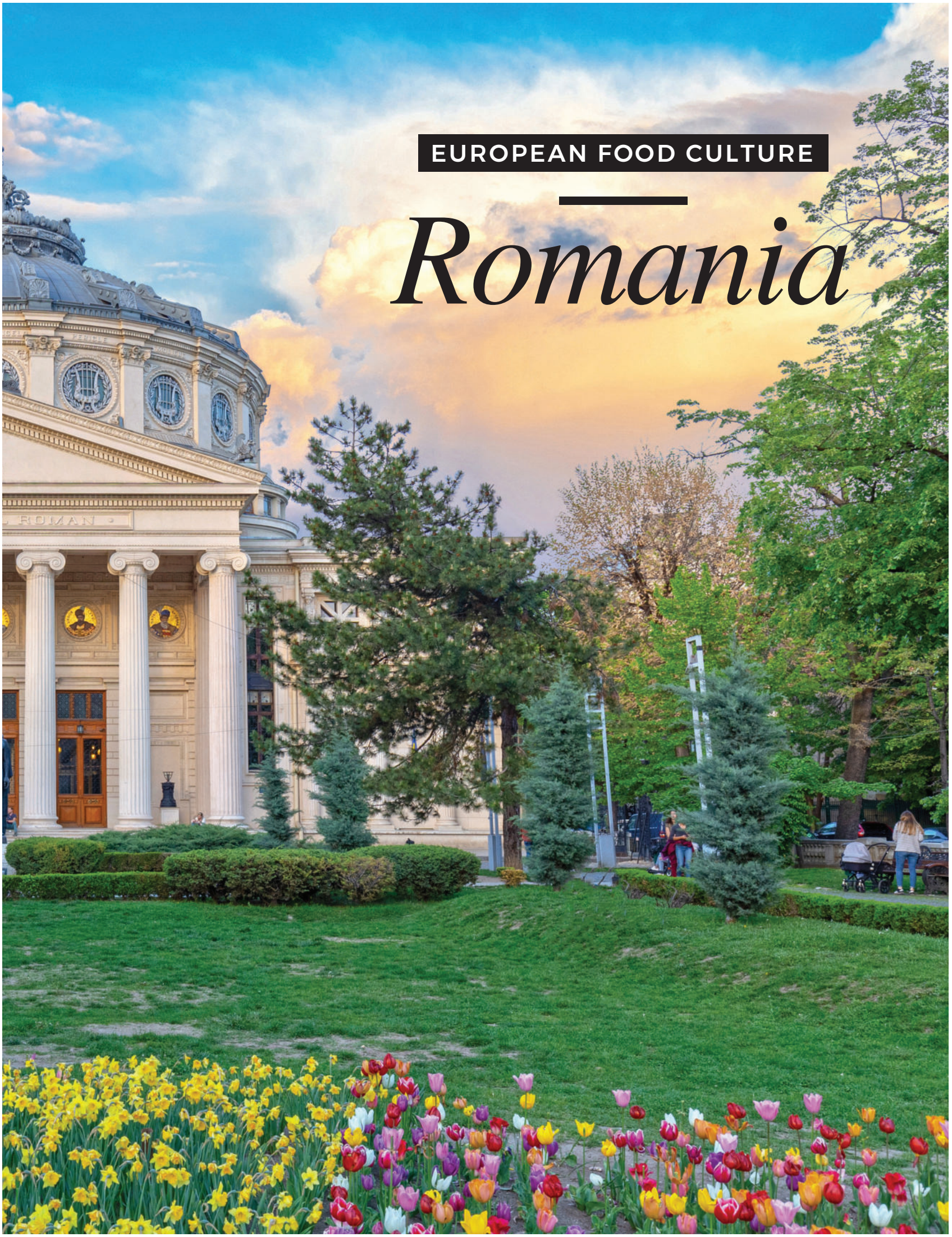
Note: Do not let the filling boil.

**Recipe provided by the Tourism and Hotel Business School of Lisbon, based in the traditional recipes of Maria de Lourdes Modesto*


ATHENEUL

EUROPEAN FOOD CULTURE

Romania







SARAMURĂ
FISH GRILLED ON SALT

Saramură (the Romanian word itself means “brine“) is a traditional Romanian dish, generally based on different kinds of fish - especially in Dobruja, or with dried or smoked meat – particularly for Transylvania and Moldova region. Recipes vary greatly, the common part being the grilled (on a salt bed) fish/meat, that afterwards is soaked, sprinkled, or boiled in brine (or brine-based sauce added later in the process). The dish includes grilled vegetables, and is usually served with mamaliga (polenta).

Among the Romanian traditional dishes, we present you with a recipe to be prepared with carp (or any different kind of fat fish).

The locals have different approaches for this recipe, as inherited from their grandparents. Lipovans (local population in the Danube Delta) would call it dishrassol or karprassol (saramură de crap). Saramură de crap is often translated as “carp in brine” or “salted carp”.

It was developed by the fishermen and their families, around the wonderful Danube Delta, and of course, the main secret is to use for this recipe super fresh fish, ideally fatter fish species such as: carp or sheatfish. Other fish species could also be very tasty, so, feel free to include also: bream, roach, Prussian carp, perch, dorada etc.

Also, the proportion of each of the ingredients could differ, as mentioned, from region to region.

INGREDIENTS

- 1 (carp) fat fish
- 300 g vegetables:
  Paprika
  Onions
  Tomatoes
  Garlic
- 500 ml water
- 100 g salt





PREPARATION

01 Grill both sides of the fish on top of a plate that is covered in coarse salt.

02 Grill the vegetables until they are a bit soft.

03 Boil the water with 1 teaspoon of salt and with all grilled vegetables.

04 Add the fish to the boiling water mixture and let it boil for a couple more minutes.

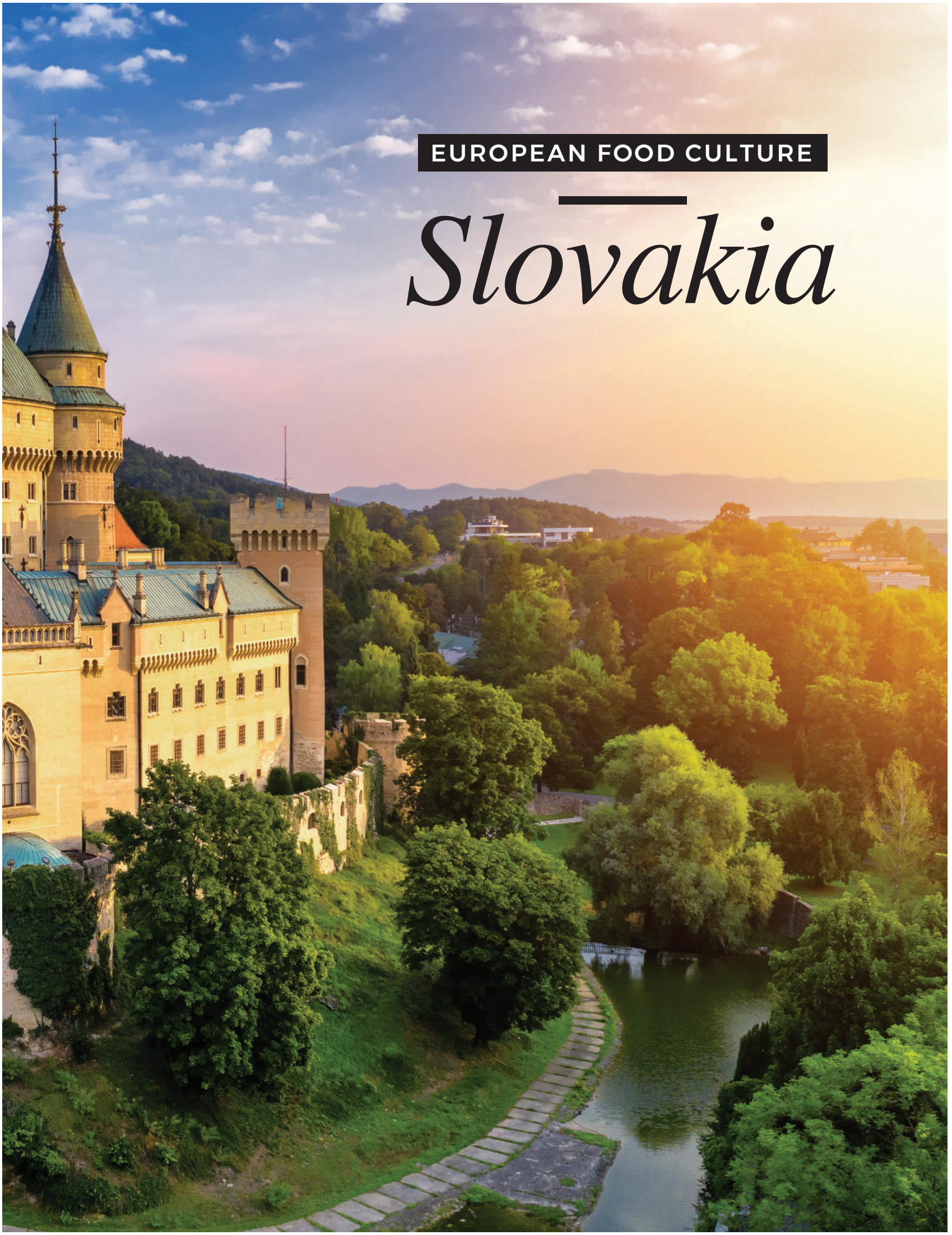
Perfect for a family gathering, or a special moment of your life, simple and tasty, this recipe is a must.

Enjoy!



EUROPEAN FOOD CULTURE

Slovakia



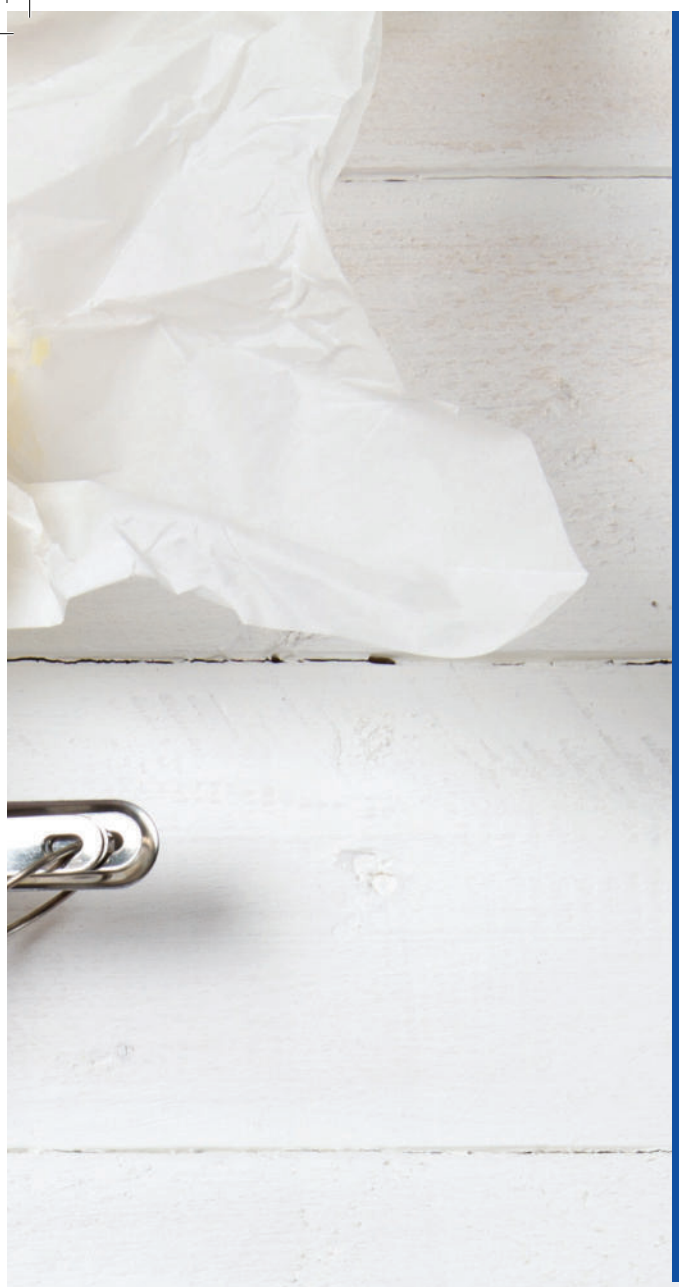




FÁNKY
EASTER BOWTIES

Here you have another popular Easter recipe. This one is for fánky, little pieces of fried dough that resemble in taste American funnel cakes. But they look differently, they are usually made in the shape of bowties (mašličky). Fánky are somewhat similar to šišky (Slovak donuts). But since they are thinner, they come out flaky, pastry-like. Very delicious!


Vanilla
Extract



INGREDIENTS

These ingredients yield about dozen bow ties.

DOUGH

- 2 cups (250 g) flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1-2 yolks
- 2 tsp (60 g) powdered sugar
- Half a stick (50 g) unsalted butter
- 4 tsp cream
- 1/2 cup of milk

TOPPING

- Powdered sugar
- Half pocket vanilla sugar (optional)

PREPARATION TIME
2 hours

PREPARATION

01 Start by combining flour, butter, sugar, yolks, cream, milk, baking powder, salt.

02 Mix together for 10 minutes until you get smooth elastic dough.

03 Add more milk if needed. Form into a ball, dust with flour, and let rest in the fridge for an hour.

04 Roll the dough out to thickness of about 0.6 mm.

05 It may help to cut the dough into two halves, especially if your board is on the smaller side.

06 Using a dough cutting wheel or a knife, cut the dough into rectangles about 2×3 inches.

07 Then cut two slots in each rectangle in direction parallel to the shorter edges.

08 Loop one end piece through the slot closest to it.

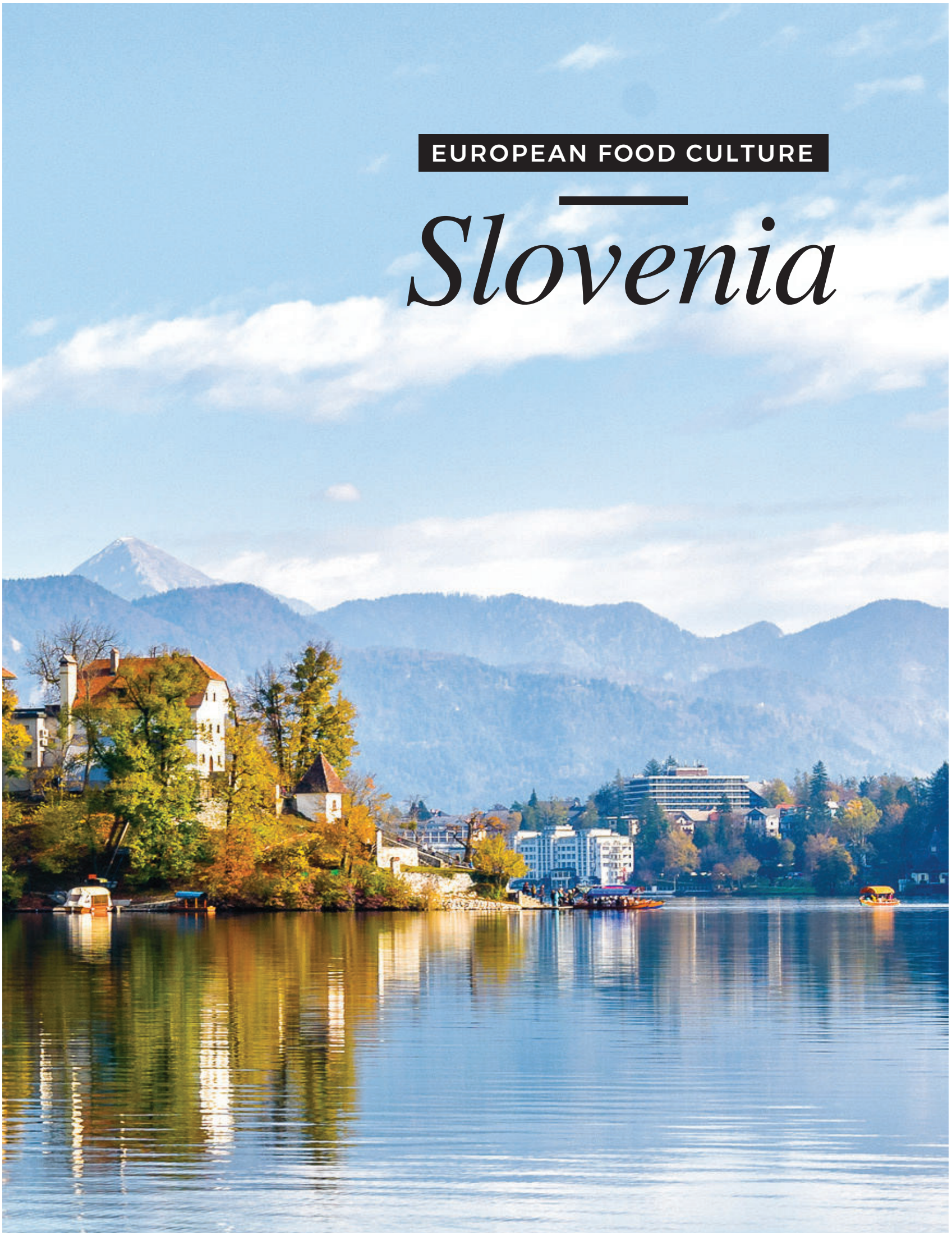
09 Then fry on a sufficient amount of oil.

10 Still warm sprinkle sugar.



EUROPEAN FOOD CULTURE

Slovenia







POTICA
SLOVENIAN NUT ROLL

Potica is Slovenian Nut Roll that's traditionally eaten on Easter and Christmas. Brioche dough filled with rich walnut filling. Easy recipe for a tasty cake.

INGREDIENTS

DOUGH

- 500 g all-purpose flour (4 cups or 17.7 ounces)
- 5 g active dry yeast (1 1/2 tsp)
  or 10 g (1 tbsp) fresh yeast
- 2 tbsp sugar
- 270 ml milk (9.5 ounces)
- 2 egg yolks (40g or 1.4 ounces)
- 65 g melted butter (2.3 ounces)
- 1/2 tsp salt

WALNUT FILLING

- 300 g shelled walnuts (10.5 ounces)
- 60 g floral honey (2.1 ounces)
- 3 tbsp sugar
- 75 g heavy cream (2.7 ounces)
- 1 tbsp butter
- 1 tbsp rum (optional)
- 1/4 tsp ground cinnamon
- 1/2 tsp bio lemon zest
- 2 egg whites (medium)
- 2 tbsp sugar (for egg whites)



PREPARATION

01 PREPARE THE PANS

We traditionally bake potica in a cake pan called "Poticnik". It's similar to a bundt cake pan, so you can use that or use a loaf pan. Grease with butter or lard and set aside.

02 KNEAD

In a small bowl knead together yeast, sugar, and lukewarm milk. Set aside for 10 minutes for the yeast to grow. In a large bowl combine all-purpose flour, yeast mixture, and egg yolks. Knead for a minute, then add melted butter and salt. Knead for about 10 minutes by hand or use an electric mixer and knead until the dough is nice, soft and elastic, for about 5 minutes (using a mixer). Cover with cling film and set aside for about 50 - 60 minutes or until doubled in size.

Tip: If the dough appears to be stiff and not elastic at all, add up to 2 tbsp of milk into the mixture. You can also substitute 1/3 of the butter with lard.

03 WALNUT FILLING

Put the walnuts in a bowl of a food processor and pulse for a few seconds at a time until the walnuts are fine. Transfer to a large bowl. In a saucepan combine heavy cream, floral honey, sugar, butter, rum (optionally), lemon zest and ground cinnamon. Place over medium-high heat, bring to a boil, then pour over the walnuts in a bowl. Stir to combine to get a nice walnut filling. Set aside for the mixture to cool to room temperature. In a separate bowl beat the egg whites with sugar to get stiff peaks. Fold the egg whites into the walnut mixture and stir to combine. The walnut filling mixture should be light, yet stirred well.

Tip: If the walnut filling seems too liquidy, add a tsp of breadcrumbs. If the filling seems too dry, add 1 tsp of heavy cream.

04 PREPARATION AND ROLLING (THE CLASSIC WAY)

Preheat your oven to 190 ˚C / 375 ˚F. Generously dust your working area with flour. Roll the dough into a 40 cm x 35 cm / 16-inches x 13.5-inches rectangle, thickness 0.5 cm or 0.2-inch. Using an offset spatula, spread the walnut filling in an even layer over the dough. Starting at the shorter edge nearest you, tightly roll up into a tight log. Brush off any excess flour. Transfer the potica roll to the prepared pan so that the seam is looking upward. Make sure that the ends of the log are tightly pressed together or the potica won't be as pretty and the filling will spread out while baking.

Tip: Instead of a kitchen towel, feel free to use a clingfilm that is heat-proof. In that case, grease the clingfilm with oil or butter before using it.

05 PROOFING (CLASSIC WAY)

Cover the potica with a towel or cling film and let stand at room temperature until doubled in size, about 45 - 55 minutes.

06 BAKE AND SERVE

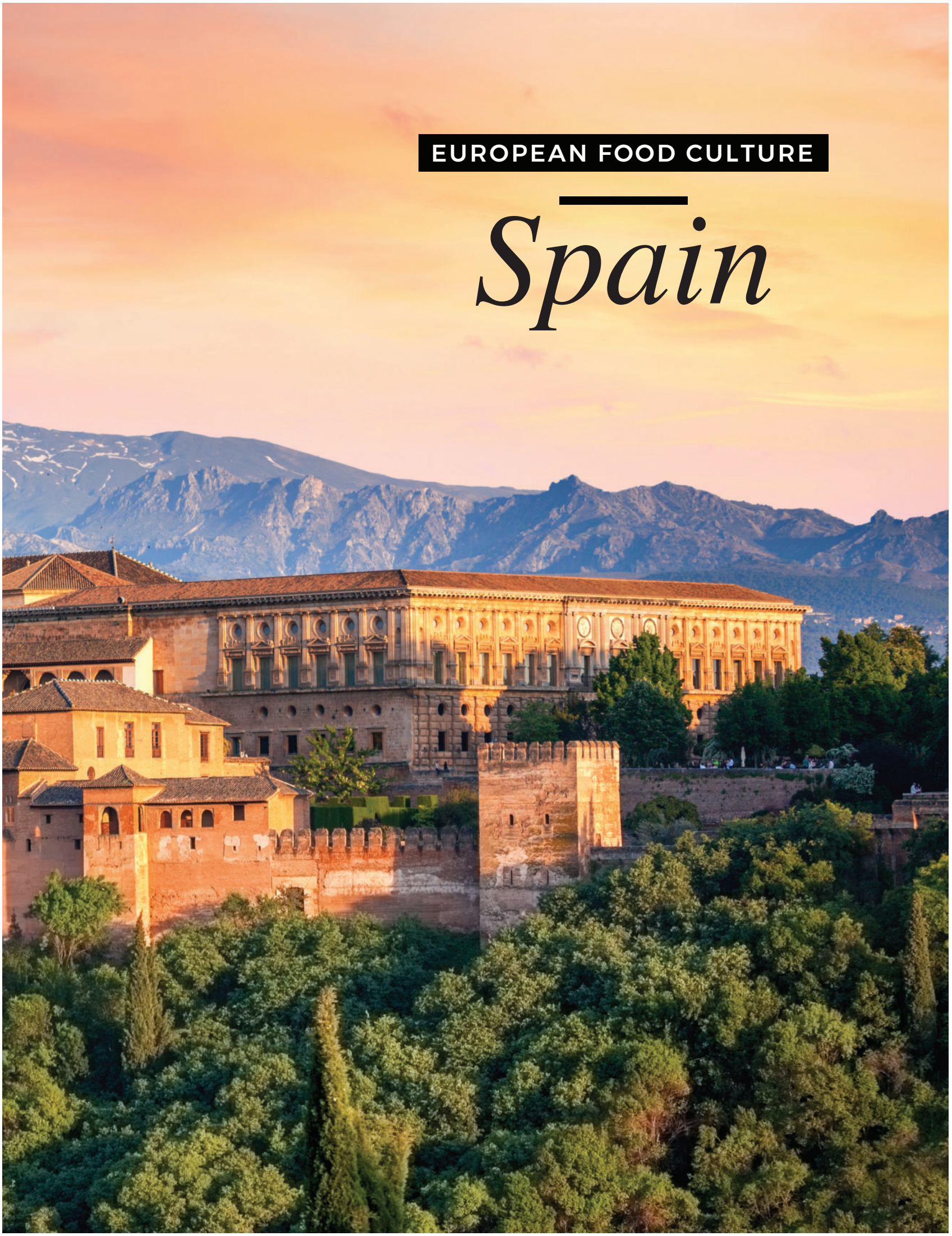
Using a brush, gently brush the potica with lukewarm milk. Use a skewer to poke holes all over the top of the potica all the way through to prevent air bubbles from forming and separating the filling from the dough. Transfer the potica to the preheated oven. Bake for 45 minutes at 180 ˚C / 355 ˚F. Then lower the heat to 160 ˚C / 320 ˚F and continue to bake for 20 - 25 minutes or until the nut roll is puffed and golden brown. Let cool slightly, for about 5 minutes, then invert onto a wire rack and remove the pan. Leave the potica to cool, then sprinkle with icing sugar and serve.

Enjoy!



EUROPEAN FOOD CULTURE

Spain







PAELLA

There are numerous versions, although many claim that the genuine Valencian paella is made with Valencian rice, chicken, rabbit, snails, ‘garrafó’ (white beans), ‘tabella’ (broad beans), ‘ferradura’ (green beans), garlic, tomato, ground red pepper, olive oil, salt and saffron.

Tip: the best way to enjoy it is straight off the fire, sitting at an outdoor terrace on the shores of the Mediterranean.

SERVING
10 people





INGREDIENTS

- 1 kg rice
- 2 kg chicken
- 1 kg rabbit
- 300 g tomato
- 500 g green beans
- 250 g garrofó (a variety of white bean used for making the typical Valencian paella) 100 g. peppers (optional)
- 2 dozen snails (optional)
- 3 dl olive oil
- Few strands saffron, garlic (optional), sprig of rosemary (optional), 6 g paprika, salt and 3.5 L water.

PREPARATION

01 Heat the oil in the paella pan, and when very hot, add the chicken and the rabbit cut into pieces.

02 Sauté the meat until it is lightly browned. Add the peeled, de-seeded and chopped tomato and fry over gentle heat together with the pieces of pepper for 7 or 8 minutes.

03 When this mixture is cooked, add a pinch of salt, the meat and the paprika and fry everything together taking care not to burn it.

04 Add water to cover the mixture and leave to simmer.

05 The time will depend on the consistency of the meat. For free-range poultry and rabbit, calculate 30 to 35 minutes.

06 Ten minutes before the end of the estimated cooking time for the meat, add the beans and the garrofó; this will ensure they are not overcooked. This is the time to add the snails, previously purged. At the end of the cooking time add more hot water and allow to continue boiling for 3 or 4 minutes more.

07 Add the saffron strands and the sprig of rosemary, adjust the seasoning and simmer for another five minutes.

08 Then add the rice evenly to the pan and leave to cook for 5 or 6 minutes over high heat; the mixture will reduce a little.

09 At the end of the cooking time remove from the heat and allow to stand for a few minutes until the remaining stock is absorbed by the rice.

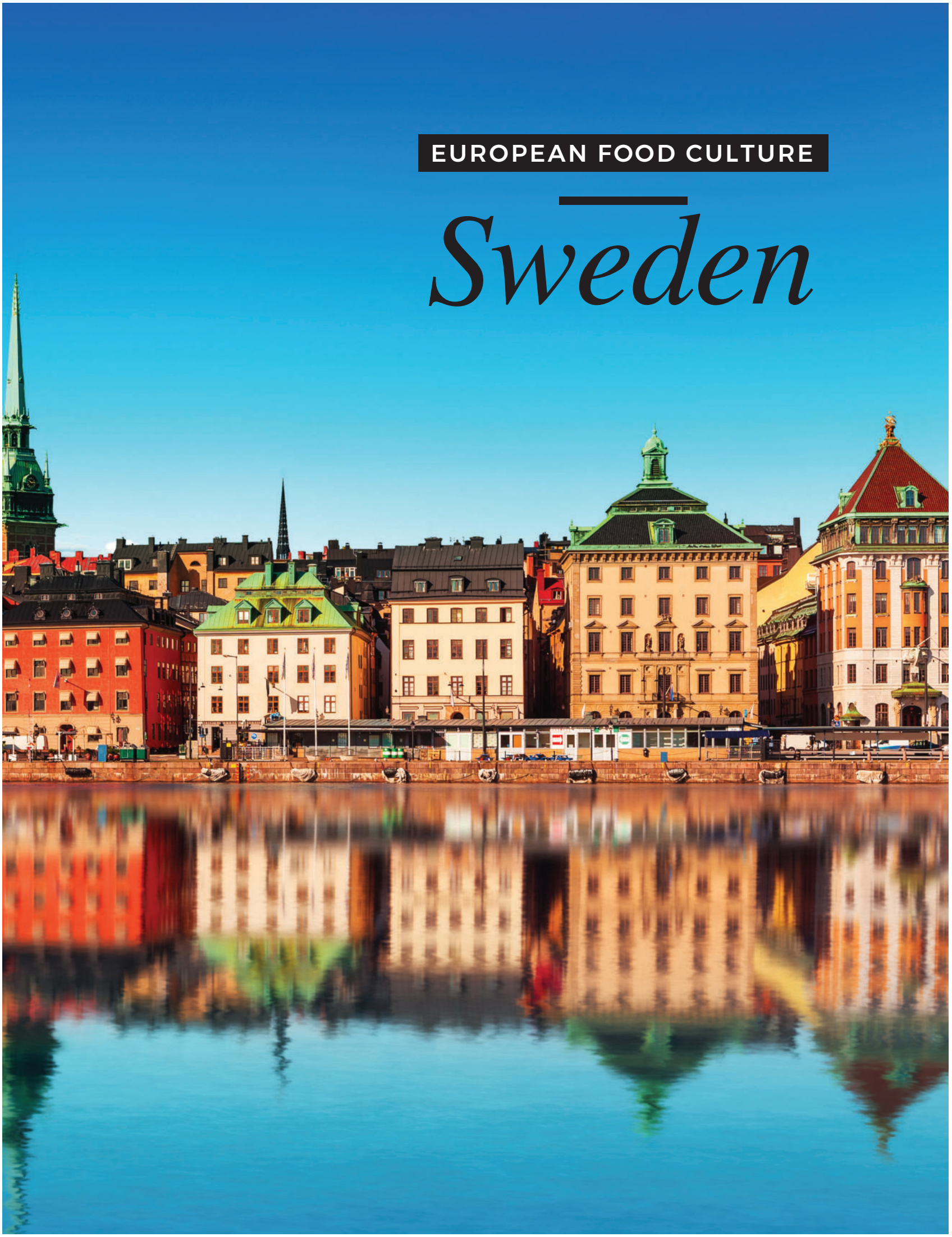
Another variety is the mixed paella, which may be made with ingredients such as mussels, shrimps, prawns, Dublin Bay prawns and squid.

Presentation: Serve in the same paella pan after leaving to stand for five or six minutes.



EUROPEAN FOOD CULTURE

Sweden





KÖTBULLAR
SWEDISH MEATBALLS

Swedish meatballs, or kötbullar, must be prepared, above all with love. This is why homemade meatballs are a widespread concept in Sweden, and there are many different recipes.



INGREDIENTS

FOR THE MEATBALLS

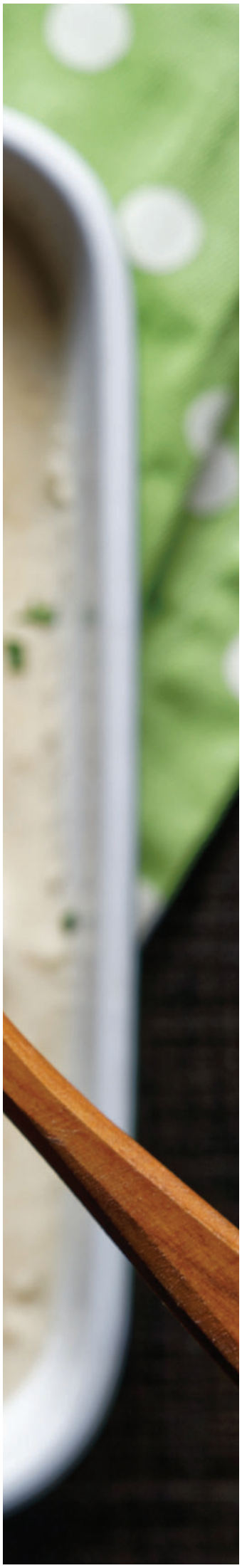
- 1/3 cup breadcrumbs
- 1/2 cup milk
- 2 tbsp heavy cream
- 1 medium egg
- 4 garlic cloves (finely chopped)
- 1/3 tsp salt
- 1/4 tsp ground black pepper
- 1/4 tsp white pepper powder
- 1/2 tsp all-purpose seasoning
- 1 onion (finely chopped & cooked until golden brown)
- 800 gm / 1.7 lbs ground beef
- 1 tbsp parsley (finely chopped)
- 1 tbsp butter
- 3 tbsp vegetable oil

FOR THE MEATBALL GRAVY

- 3 tbsp unsalted butter
- ¼ cup all-purpose flour
- 1 ½ cups or 500 ml beef/chicken stock
- 1 cup heavy cream
- 1 tsp soy sauce
- 1 tbsp Worcestershire sauce
- Salt – to taste
- Pepper – to taste



COOK TIME
45 min





PREPARATION

01 Heat some oil in a pan, cook onion until golden brown.

02 Mix milk together with cream, egg, breadcrumbs, garlic, cooked onion, black pepper, white pepper, salt and all-purpose spice mix. Allow the breadcrumbs to absorb the milk.

03 Add ground beef and chopped parsley. Mix to combine for at least 5 minutes.

04 Roll meat into about 25 bite-sized small balls, or 17 large balls.

05 In a large skillet melt 1 tbsp. of butter, add 2 tbsp. of vegetable oil and fry meatballs over medium high heat until cooked through or don't simmer. Transfer to plate and cover with foil.

06 In the same skillet melt the remaining 2 tbsp. butter, then whisk in the all-purpose flour until combined, lumps free and become brown in color.

07 Stir in chicken/beef stock, cream, soy sauce and Worcestershire sauce. Bring to a simmer, season with salt and pepper and cook until the sauce thickens a little bit.

08 Return the meatballs back to skillet with gravy.

This dish can be served with mashed potatoes, rice, spaghetti or macaroni.