



PIKANI

TASTES OF HOME

Produced by the European Union Delegation to Zambia and COMESA



#TeamEurope

#WeShareTheSameFuture



FOREWORD

Dear Reader,

I am very proud and happy to present to you a new online edition of the Pikani Cookbook. Let this unique cookbook take you on a culinary tour across the European Union Member States represented in Zambia.

Europe as a continent and indeed each of the individual Member States of the European Union is home to an incredible diversity in culture, languages and traditions. No wonder therefore that an “EU cookbook” like the one that you have before you displays an intriguing variety of recipes. Some of them are internationally known classics, such as the Italian spaghetti alla carbonara or the Swedish meatballs. The famous Belgian waffles probably also belong to this category. But there is, of course, no reason to stop with the great classics. On the following pages, you will find many more tasty dishes that are worth trying. Why not prepare a Finnish salmon speciality, exotically called “Lohikeitto” or a German home-made duck ham? Maybe less known internationally, but still, great national classics are the delicious Czech dumplings (“Knedliky”) and the Bulgarian “banitza”, a wonderful cheese pie. A European cookbook would, of course, be utterly incomplete without the French cuisine: So I am sure that you and your family or your invitees will be enchanted when tasting the “daube de poulet”.

Let me wholeheartedly thank all those who contributed with recipes and ideas to this cookbook. In these difficult times, we are all struggling with anxieties and restrictions because of the COVID-19 pandemic. One way of coping with this exceptional situation is enjoying these delicious dishes together with those who are close to you. Enjoy your meal! Bon apeti! Boun appetito! Bon Appetit! Smaklig mååltid! Smakelijk! Guten appetit! Hyvää roukahalau! Taitneamh a bhaint as do chuid béile! Dobrou chuf!

H. E. Ambassador Jacek Jankowski
Head of Delegation of the European Union to the Republic of Zambia and to COMESA



BULGARIA

Banitzza

Bulgarian Cheese Pie



This traditional Bulgarian puff pastry with a golden crust is made with layers of filo dough, crumbled feta, yoghurt, eggs and fresh butter.

The original recipe is prepared with cheese, but there are many variations with spinach, pumpkin, apples, cabbage or meat.

INGREDIENTS

Filo dough
8 tablespoons butter
Bulgarian cheese or crumbled feta
Natural yoghurt
4 whole eggs
1 egg yolk
Salt
Pepper
Baking soda



INSTRUCTIONS

1. Start preparing the yoghurt mixture by whisking yoghurt, eggs and baking soda together. Add some crumbled cheese, salt and pepper and mix.
2. Melt the butter. Preheat the oven. Cover the springform with a baking sheet and start layering sheet by sheet as you sprinkle the melted butter and add the yoghurt mixture on each sheet. You could choose between layering many sheets of filo or rolling each filo sheet separately and placing them together in a snail form.
3. To cover the top layer beat egg yolk with the remaining melted butter.
4. For extra softness of the banitza you could add a tiny splash of sparkling water just before placing it in the oven.
5. Bake at 200C for about 30 minutes. The banitza should be golden and crispy.

Bon apeti!



Spaghetti Alla Carbonara

Italian Pasta Dish



Carbonara is a 20th century Italiano pasta original. It derived its name from the Italian word Carbonara which means charcoal burner. It's not a Carbonara if it's missing some pork, hard cheese, eggs, black pepper, and of course for this one, spaghetti.

INGREDIENTS

1 tablespoon extra virgin olive oil
250 gr. pancetta or thick-cut bacon, diced (usually guanciale is used which is a piece of cured fatty cheek pork)
5 egg yolks (1 egg per person)
1 cup grated pecorino or parmesan cheese
500 gr. spaghetti
Salt and black pepper to taste



INSTRUCTIONS

1. Bring a large pot of salted water to boil.
2. Sauté pancetta/bacon until crispy.
3. Beat eggs in a large bowl and half of the cheese.
4. Cook your pasta following instruction on the packet: once the water has reached a rolling boil, add the dry pasta, and cook “al dente”.
5. Drain your pasta and toss it with pancetta/bacon.
6. Quickly move the pasta from the pot to the bowl with the beaten eggs and cheese and toss as the heat will create a creamy sauce.
7. Serve at once with the rest of the pecorino/parmesan and freshly ground black pepper.

Buon appetito!



Ossobuco Alla Milanese

Italian Veal Shanks Stew



©piccolericette.net

Fresh from Milan, the Italians call this one 'the bone with the hole', for obvious reasons. For that ultimate rich flavour, use the freshest pieces of cross-cut beef shin.

INGREDIENTS

- 1 spring fresh rosemary
- 1 spring fresh thyme
- 1 dry bay leaf
- 2 whole cloves (optional)
- 6 pieces of beef shin (ossobuco)
- Sea salt and freshly ground black pepper
- All purpose flour, for dredging
- 4 tablespoons of olive oil or butter
- 1 diced onion
- 1 diced carrot
- 1 diced stalk celery
- 1 tablespoon tomato paste
- 1 cup dry white wine
- 3 cups chicken stock



INSTRUCTIONS

1. Season each ossobuco with salt and freshly ground pepper.
2. Dredge the shanks in flour, shaking off excess.
3. In a large pot heat the oil or butter, add the meat and brown all sides, add the onion, carrot and celery.
4. Add the tomato paste and mix well, add the white wine and reduce liquid by half, add herbs and the chicken stock and bring to a boil.
5. Reduce heat to low, cover pan and simmer for about 2 hours or until the meat is falling off the bone.
6. Serve with rice.

Buon appetito!



FRANCE

Daube de Poulet Aux Carottes et Petit Pois

Chicken Stew With Carrots and Green Peas



If you're yearning for that special home-cooked taste, this stew is exactly what you need. It tastes even better when accompanied by some basmati rice.

INGREDIENTS

500 gr chicken breast
1 piece Onion
3 pieces Garlic
1 piece Ginger
Thyme
Parsil
1 coffee spoon of espelette pepper (or chili)
2 glasses of red dry wine 2 glasses
1 can (410 gr) peeled tomatoes
2 cans (410 gr) green peas
1-2 cans (410 gr) baby carrots
Salt
Pepper
Olive Oil



INSTRUCTIONS

1. Cut chicken breast in 5 cm pieces, season them with salt, pepper, and espelette pepper, and brown season chicken on both sides in olive oil and then strain.
2. In the same skillet, fry chopped onion, crushed garlic and ginger with sprinkled dried thyme and parsley over medium heat for 2 minutes.
3. Deglaze with red wine and leave to simmer for 2 minutes until wine is completely evaporated.
4. Add peeled tomatoes and a bit of water to create a sort of sauce (but not too liquid).
5. Add chicken breast pieces to the skillet and continue cooking over medium heat for 15 - 20 minutes.
6. Then add drained and rinsed with cold water carrots and green peas and continue simmering for another 5 - 15 minutes.
7. Rectify seasoning.
8. Serve with basmati white rice or/and green salad.

Bon Appetit!



SWEDEN

Swedish Meat Balls



©Woodkitchenzm.com

Savory, moist and perfectly spiced balls of perfection on a plate. The Swedish meatballs work divinely as either a main meal or just a snack. They're an easy and quick fix. Top them off with a gravy for that heavenly bliss.

INGREDIENTS

500g mincemeat
1 teaspoon pepper
1 teaspoon salt
1 egg
1 chopped onion
3 cloves garlic
2 slices of bread
1 teaspoon Paprika
1 teaspoon Barbeque spice
1 teaspoon mild curry
1 teaspoon dried parsley
1 teaspoon sugar
1/2 cup tomato sauce



INSTRUCTIONS

1. Preheat oven 190 degrees.
2. Mix all ingredients.
3. Pop into oven for 30 minutes.
4. Garnish with fresh parsley.
5. Serve with tomato gravy and mash potatoes.

Smaklig måltid!



Liege Waffles



Addictive, crunchy, and slightly chewy, the liege waffle is the king of all waffles. The pearl sugar is the heart of this waffle. Unlike regular waffles, the liege requires a bit more commitment. So it's best served on those special occasions.

INGREDIENTS

1 cup (8 fl oz, 237 ml) whole milk (lower fat milk can be substituted)
1 packet (0.25 oz, 7 gr, or 2 1/2 tsp) active dry or quick rise yeast
1/4 cup (1.75 oz, 49 gr) granulated sugar
1/3 cup (5 1/2 TBSP, 2.6oz, 73gr) unsalted butter, melted and cooled
2 large eggs, room temperature
1 1/4 tsp (6 gr) Morton kosher salt or table salt (use 2 1/2 tsp if using Diamond kosher)
4 cups (17oz, 476gr) all-purpose flour
2 cups (8 oz, 224 gr) pearl sugar or homemade pearl sugar



INSTRUCTIONS

1. Warm milk at 110 - 115 F (43 - 46 C) for about 30 - 45 seconds in microwave.
2. Sprinkle the yeast over the warm milk and stir.
3. Mix cooled butter, sugar, salt, & eggs in large mixing bowl and stir.
4. Stir in the milk/yeast mixture.
5. Stir in flour until hydrated. The dough will be shaggy at this point.
6. Knead dough by hand or with the dough hook of a stand mixer.
7. Transfer dough into a bowl and lightly spray it with oil. Cover and leave to ferment for about 30 - 45 minutes.
8. Add pearl sugar to dough and knead until evenly distributed.
9. Divide dough into roughly 12 pieces and cover with a plastic wrap for 10 minutes
10. Start waffle iron on low temperature and gradually increase heat. Cook until golden brown.

Smakelijk!



GERMANY

Home-Made Duck Ham



©hanksrestaurant.com

Do it Yourself (DIY) champions love the duck ham. It's an effortless cook. Secure yourself a fatty duck breast and you'll be well on your way to one of your best home-cooked meals.

INGREDIENTS

1 duck breast filet with skin
100g coarse sea salt
1 teaspoon salt
pepper-mill
clean kitchen towels



INSTRUCTIONS

1. Rinse duck breast in water and dry well with paper towel.
2. Extend one kitchen towel on the table and take a handful of salt; disperse it in the shape of the duck breast.
3. Put duck breast on the salt, take another handful of salt and cover the duck breast.
4. Cover meat in a generous amount of salt
5. Wrap salted duck breast tightly into kitchen towel, place on an inox dish and place in fridge for 24 hrs.
6. Carefully brush away all the salt.
7. Extend a new fresh kitchen towel on the table. Pepper the duck breast from all sides and wrap it again tightly into the kitchen towel.
8. Place in the vegetable compartment of your fridge for 1 week.

Cut into thin slices and consume within 2 weeks

Guten appetit!



FINLAND

Lohikeitto

Finnish Salmon Soup



©cookipedia.co.uk

A traditional Finnish salmon soup, the Lohikeitto is a scrumptious easy cook. For that authentic taste, use fresh salmon and get creative with the fish stock.

INGREDIENTS

½ lb fresh salmon
1½ lb white potatoes
1 onion
½ leek
2 cups heavy cream
1½ cup fish stock (or water)
½ bunch dill
4 tablespoons unsalted butter
Salt
Pink peppercorns whole



INSTRUCTIONS

1. Cut the potatoes, onion and leek into small pieces. Cut the salmon into small ½ inch (1cm) thick strips.
2. Cook potatoes, onion and leeks in boiling fish stock or salted water.
3. Once the potatoes are cooked, add the cream, bring to a boil then reduce heat to low.
4. Add salmon, making sure not to break it.
5. Add half the dill and simmer for 5 minutes over low heat.
6. Add the butter, salt. Add a few pink peppercorns. Sprinkle with remaining dill before serving.

Hyvää ruokahalua!



IRELAND

Shepherd's Pie



[©thewholesomedish.com](http://thewholesomedish.com)

The Best Classic Shepherd's Pie – Also Known As (AKA), Shepards Pie or Cottage Pie. Ground Beef (or lamb) with vegetables in a rich gravy, topped with cheesy mashed potatoes, and baked.

INGREDIENTS

Meat Filling:

2 tablespoons olive oil
1 cup chopped yellow onion
1 lb. 90% lean ground beef or ground lamb
2 teaspoons dried parsley leaves
1 teaspoon dried rosemary leaves
1 teaspoon dried thyme leaves
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon Worcestershire sauce
2 garlic cloves - minced
2 tablespoons all purpose flour
2 tablespoons tomato paste
1 cup beef broth
1 cup frozen mixed peas & carrots*
1/2 cup frozen corn kernels

Potato Topping:

1 1/2 - 2 lb. russet potatoes - about 2 large potatoes peeled and cut into 1 inch cubes
8 tablespoons unsalted butter - 1 stick
1/3 cup half & half
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup parmesan cheese

Notes:

*If you can't find frozen mixed peas and carrots, you could use 1/2 cup frozen peas and 1/2 cup frozen sliced carrots.



INSTRUCTIONS

Make the Meat Filling.

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and and pepper. Stir well. Cook for 6 - 8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
5. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400 degrees F.

Make the potato topping.

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10 - 15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

Assemble the casserole.

1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25 - 30 minutes. Cool for 15 minutes before serving.

Taitneamh a bhaint as do chuid béile!



CZECH REPUBLIC

Vepřo Knedlo Zelo

Czech Roast Pork, Dumplings and Sauerkraut Dish



©nasehvezdy.cz



A very meaty hearty Czech original guaranteed to melt your taste buds. You can use pork, beef, or chicken for the meat.

INGREDIENTS

For the vepřová pečeně (pork roast):

3 lb boneless pork shoulder, cut in individual size portions
1 onion, diced
4 cloves garlic, thinly sliced
4 tablespoons oil
1 tablespoon salt
Freshly ground pepper
1 teaspoon caraway seeds
2 tablespoons flour



For the knedlíky (dumplings):

4 cups quick-mixing or instant flour
1 cup milk, warm
1 egg
1 teaspoon yeast
1 teaspoon sugar
1 teaspoon salt



For the dušené kyselé zelí (cooked sauerkraut):

1 quart sauerkraut, drained
1 onion, finely chopped
4 tablespoons butter
1 teaspoon caraway seeds
5 cups water
4 tablespoons sugar
1 teaspoon salt
3 tablespoons flour



INSTRUCTIONS

Vepřová Pečeně (Pork Roast)

1. Season pork with salt, pepper and caraway seeds.
2. Heat a cast iron pan with oil. Sauté onion in pan until light golden.
3. Push onion to the side and add pork roast. Brown the pork roast on all sides.
4. Add 1 cup/250ml of water and scrape the pan.
5. Cover pan with a lid or tin foil. Bake in a preheated oven at 350F/180C for 2 hours.
6. Turn meat over every 30 minutes.
7. Remove lid or tin foil, increase temperature to 400F/190C and bake for another 45 minutes.
8. Remove pork roast from pan and place on plate covered with tin foil.
9. Place pot back on the stove, add ½ cup/100ml of water to drippings. Scrape the sides and bottom of the pot.
10. Mix flour in 4 tablespoons of water, add to drippings, cook for 5 minutes to make a gravy.
11. Serve pork roast in a plate with a couple sliced of dumpling, the cooked sauerkraut, and the gravy on top.

Knedlíky (Dumplings)

1. Mix sugar, yeast, and milk. Whisk until it's foamy.
2. Combine flour, egg, and salt in stand mixer bowl. Add the yeast mixture and knead until the dough detaches from the edges of bowl.
3. Cover bowl with a cloth and let it rise for 2 hours.
4. Dust the work surface with flour and form the dough into 3 loaves.
5. In large pot, bring salted water to boil and place the dumplings in.
6. Reduce heat to low and cook covered for 20 minutes, turning dumpling halfway through the cooking. Maintain a rolling boil throughout the cooking.
7. Take dumpling out, poke in a few places with fork to let steam out.
8. Slice dumplings about ¾ inch thick with either sewing thread or serrated knife.

Dušené Kyselé Zelí (Cooked Sauerkraut)

1. In pot, add the drained sauerkraut, water, sugar, caraway seeds, and salt. Bring to boil then reduce the heat to low. Simmer covered for 30 minutes.
2. On medium heat, melt butter in saucepan and add onion. Sauté while stirring regularly until golden brown
3. Add flour. Stir and cook for about 5 minutes.
4. Add flour and onion mixture to the pot with sauerkraut. Cook on medium for a few minutes while stirring.

Dobrou chuť!

ACKNOWLEDGEMENTS

The EU thanks Ambassadors of the EU Member States, Woodkitchenzm.com, and colleagues from the EUD to Zambia for their contributions to the construction of this Cookbook by sharing recipes.

CONTACT US

DELEGATION OF THE EUROPEAN UNION TO ZAMBIA AND COMESA



Plot 4899, Los Angeles Boulevard, Longacres,
Lusaka, Zambia



Delegation-Zambia@eeas.europa.eu



+260 211 250711 / 251140 / 255585



+260 211 250906



European Union Delegation Zambia



@EUDelZambia



EU Delegation in Zambia



@EUDZambia



EUROPEAN UNION

© European Union, 2020. Reuse of this document is allowed, provided appropriate credit is given and any changes are indicated (Creative Commons Attribution 4.0 International license). For any use or reproduction of elements that are not owned by the EU, permission may need to be sought directly from the respective right holders.
All images © European Union, unless otherwise stated.