



cookbook

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INTRODUCTION

This e-cookbook is one of the products of realization of the goals set out in the project "Recipe for active life" in Grundtvig Lifelong Learning Programme. The project lasted from 1/08/2013 until 31/07/2015 and engaged people from 20 to 65 years old from five different countries: Croatia, Germany, Poland, Portugal, and Turkey.

The objectives of the project were:

- to gain knowledge about different cultures and traditions of partner countries
- to develop a sense of solidarity and interdependence among generations
- to share experience and knowledge as well as develop communication skills in a foreign language.

The project objectives were realized in two areas:

- learning foreign languages: German and English
- learning the culinary culture of the partner's countries treated as intangible cultural assets.

The partners' cooperation regarding the presentation of achievements of national cuisines has resulted in an e-cookbook. It consisted of organizing cooking workshops during the partners' meetings and in between meetings in national circles. The results of these workshops were presented in the form of movies, presentations, photos and then disseminated to all participants using ICT.

When creating this e-cookbook the following principles have been established:

- each partner selects and presents the characteristic meal of their country
- partners present recipes of meals connected with celebrations, relaxation and everyday life
- partners prepare 10 recipes
- recipes are in two languages: English and German

The intensive joint work of all project participants both young and senior ones was a success, which the following e-cookbook is a material expression of. Its authors are participants from the following institutions:

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PORTUGUESE DISHES



PORTUGUESE CUISINE

Fire and passion are the hallmarks of our cuisine. Along with these two comes the Atlantic ocean. Our country smells like it, breathes it, has its soul and with all that we cook hearty food, comfort food. The influence of the age of the Discoveries is remarkable, the wide variety of spices used, such as piri piri (chilli peppers), cinnamon, as well as vanilla and saffron, among others. But our basics are the plants, the fruit, good quality bread, fresh vegetables, nuts and fish.

The Mediterranean diet in Portugal is famous for the moderate consumption of dairy products, the use of herbs for seasoning instead of salt, the exquisite olive oil, the reasonable use of wine and only with meals, the consumption of water as the main drink during the day and most importantly, the companionship around the table.

The starters are as important on our table as the main course or dessert. As so, the cheese, the olives, the butter and the olive oil are seen as a stairway to heaven. The cheese might come from *Serra da Estrela*, a creamy sheep's cheese to one from *Nisa*, the best in the world, with Protected Designation of Origin classification; cured, semi-hard cheese, of white or yellowish colour, coagulated with thistle, for 45 days - it is wondrous. Put it together with some green or black olives that are always seasoned and you have the beginning of a wonderful meal. Not to mention the butter which is of great quality; spread it on bread and it becomes a treat. Sometimes, the bread is moistened in the mixture of an intense or fruity olive oil that comes with the olives and a slight flavour of oregano.

To begin a meal, soup is a mainstay of our table, especially dinner. The best known of all is probably *caldo verde*, cabbage soup, considered to be the national Portuguese dish, actually more common at home than cod. It is made with potatoes, onions, garlic, olive oil, chorizo and *couve-galega*, kale. Another excellent choice are fish soup, which is prepared differently in every coastal town, and therein lies its charm, and gazpacho from our sweet Alentejo.

Our cuisine varies from region to region but fish and shellfish are found on every menu. Our traditional dish is the ubiquitous *bacalhau* (dried, salted cod). It has been our obsession since the 16th century. Nowadays, it still is and our grandmas say that there are over 365 different ways of preparing it, one for each day of the year. Grilled sardines and horse mackerel are so popular in the coastal towns and also a mixture of other types of fish creating *caldeirada*, a famous stew. With some artistic displays of lobsters, shrimp, oysters and crabs, the Portuguese make the richest seafood rice, *arroz de marisco*.

Inland, pork is the basis of the kitchen. It is used from the north to the south. Every part of the pig is used, from snout to tail, either fresh or in cured sausages. The best of the Iberian pig breed are raised in the *Alentejo* hills, and fed on acorns. The Portuguese stew is the perfect example of the importance of using all the meat an animal can provide. This meaty bomb includes beef, pork, chicken and a variety of pork derivatives such as blood sausages and smoked pork parts. There are also many vegetables thrown in the mix, but one must admit this is a dish for meat lovers, the perfect *cozido à portuguesa*, specially eaten during winter. And there also a very popular dish, *carne de porco à alentejana*, stewed pork with clams and potatoes, a delicacy from sea and mountain, which clearly displays the our affection for seafood. Another very popular dish, especially in central Portugal, is roast suckling pig (piglet) from *Bairrada*.

Dessert in the Mediterranean diet is sheer indulgence. The choices are so complicated because our pastries are rich both in sugar and eggs as well as excellent. Undoubtedly, the most popular are the *pastéis de nata* from *Belém*, small pastries filled with custard and slightly toasted. No less delightful are the *queijadas* from *Sintra*, with a pinch of salt; the *ovos-moles*, egg paste from *Aveiro*; the *Abade de Priscos* crème caramel typical of *Braga*; and fig cheese, a dessert of figs and nuts that has not the slightest trace of cheese, despite the name. But we shall not forget the traditional home-brewed *arroz doce*, sweet rice with milk, lemon and a topping of cinnamon. This dessert can't be found in stores or markets because only a good meal at home will provide you with this heavenly delicacy.

On the whole, Portuguese cuisine combines the diversity of products from the land and the sea. Along with the lifestyle it makes the true homeland of the Mediterranean diet. Do it with passion and you shall achieve it.

PUDIM ABADE DE PRISCOS PORTUGUESE BACON PUDDING

INGREDIENTS

400g sugar
50g fresh bacon
15 egg yolks
5dl water
1 glass Port wine
1 lemon rind
1 cinnamon stick
Caramel (200g sugar)



METHOD

Heat the sugar with the water, lemon rind, cinnamon, and the bacon, chopped in thin strips. Bring to boil and cook steadily until a little of the mixture separates into threads when dropped into cold water (103°). Remove from the heat, and let it cool. Add the egg yolks and Port wine to the syrup and stir well. Then pour the pudding mixture into a large pudding basin, with caramel poured ahead. Place the basin in a bain-marie and cook in the oven (250°) for about 1 hour. The pudding should be set and slightly golden. Next remove from the oven and leave to cool until lukewarm.

ARROZ DOCE SWEET RICE

INGREDIENTS

2 1/4 cups of water

1/2 teaspoon salt

Peel of one lemon, cut into long strips (avoid as much of the white pith as possible)

1 cup of short-grain rice

2 cups of hot milk (you can substitute some of this with cream, if you like, for a richer consistency and flavour)

Ground cinnamon to sprinkle on top

Paper-thin slice of lemon for garnish (optional)



METHOD

Place the water, salt and lemon peel into a medium pan and bring to a boil. Then reduce the heat to low and allow the water to simmer with a lid on for about 15 minutes.

Remove the lemon peel from the water with a slotted spoon and discard.

Add the rice to the water and bring it back to the boil. Then reduce it to a simmer and allow the rice to absorb all of the water (about 10 minutes).

Now slowly add the hot milk, a bit at a time, to the rice mixture. After each addition (of about 1/2 cup), allow the liquid to absorb before adding the next batch of milk. Stir frequently, and keep the heat at low, so that the rice does not burn at the bottom of the pan. This should take about 25 to 30 minutes.

Pour the rice into a serving dish. Sprinkle the top with the cinnamon and the lemon slice, if you are using that.

Chill the rice and then serve.

BOLO REI KING'S CAKE

INGREDIENTS

7 cups all purpose flour
1 cup fine sugar
6 eggs at room temperature
1 1/4 cup butter at room temperature
1 1/2 teaspoon active dry yeast
3/4 cups + 1/8 cup warm milk (210ml)
1/3 cup Port Wine
2 pinches salt
1/3 cup pine nuts
1/3 cup walnuts cut in pieces
6 perfect walnut halves for decoration

1/3 cup blanched slivered almonds
1/4 cup golden raisins
1/3 cup red and green candied cherries cut in quarters
6 red and green cherries (3 + 3) whole with no seed for decoration
1 cup candied fruits cut up in small pieces
2 half candied pears
2 half candied oranges cut in quarters for decoration
Icing sugar for decoration

DIRECTIONS

Warm up the milk in a saucepan on medium heat until it reaches the point of boiling. Remove from the heat as soon as it does. In a bowl dissolve the yeast with 1/3 of the warm milk until totally dissolved. Sift the flour and put 1 cup in a bowl. Make a well in the centre and add the yeast with the milk, a pinch of sugar and sprinkle some flour on top. Leave it for 10 minutes let the yeast rise.

Put the remaining 6 cups of sifted flour in the bowl of a stand mixer. Add the flour and yeast from the bowl, the sugar and the remaining milk. Attach the flat beater and mix slowly. Mix at medium speed until all ingredients are mixed well and have a smooth and even consistency. Add the butter at room temperature, the Port wine, the salt and the eggs one at a time, beating very well before you add the next one. Mix at medium speed to obtain a smooth and consistent dough. When the dough starts to be unattached from the sides of the bowl change the flat beater to a spiral dough hook and beat at medium speed for 15 to 20 minutes. Sprinkle the top of the dough with a little flour and cover it.

Allow to rise for 1 1/2 hours or until doubled. Put the bowl back in the stand mixer with the spiral dough hook attached and deflate the dough. Add all the nuts and candied fruit and mix to spread these evenly in the dough. Take a 2 1/2 diameter cookie cutter and wrap it with a 5 inch wide strip of parchment paper all around. Tuck a bit of the parchment paper under and inside the cookie cutter so it doesn't open. Grease the outside of the parchment paper with butter or cooking spray. Transfer the dough with the ingredients onto a lightly floured baking sheet. Dust your hands with flour and shape the dough into a long log. Make the dough into a circle leaving a wide hole in the middle and attach the ends of the log. Put the lined cookie cutter in the middle of the circle so the cake doesn't close in the centre as it cooks. Cover the cake and let it rise for about an hour or until it has doubled in size. Pre-heat the oven to 275 degrees Fahrenheit with the rack in the middle. Decorate the cake with the halved walnuts, the cherries and the strips of candied pear and let it bake for 30 minutes. Remove the cookie cutter from the centre and continue baking another 10 to 15 minutes until golden brown. Allow to cool completely and dust with the icing sugar. Serve.



FOLAR DA PÁSCOA PORTUGUESE EASTER BREAD

INGREDIENTS

250ml (1 cup) warm milk
100g (1/2 cup) caster sugar
1 tablespoon (14g/2 sachets) dried yeast
790g (5 1/4 cups) plain flour
1 teaspoon fennel seeds, crushed
1 teaspoon salt
60g butter, at room temperature, coarsely chopped
6 eggs
Olive oil, to brush
1 egg, extra, lightly whisked



METHOD

Combine 60ml (1/4 cup) of the milk and 1 tablespoon of the sugar in a small bowl. Sprinkle over the yeast. Set aside in a warm, draught-free place for 5-10 minutes or until frothy.

Combine the flour, fennel seeds and salt in a large bowl. Make a well in the centre. Add yeast mixture, butter and remaining milk and sugar. Lightly whisk 3 eggs and add to the bowl. Use a wooden spoon to stir until combined. Use your hands to bring dough together in the bowl. Turn dough onto a lightly floured surface. Knead for 10 minutes or until smooth and elastic. Brush a large bowl with oil. Place the dough in the bowl and turn to coat. Cover with a plastic wrap and set aside in a warm, draught-free place for 1 hour 45 minutes or until dough doubles in size.

Preheat the oven to 200°C. Lightly brush a round 22cm (base measurement) spring-form cake pan with oil. Reserve 1/2 cup of dough. Lightly knead the remaining dough and place in the prepared pan. Gently press remaining whole unpeeled eggs into the dough.

Divide the reserved dough into 6 pieces. Roll each piece into a thin 12cm-long rope. Use the ropes to form a cross over each egg. Brush the dough with the extra egg. Set aside for 10 minutes to prove slightly. Bake for 40 minutes or until golden and the bread sounds hollow when tapped on the base. Set aside to cool slightly.

TROUPAS DE OVOS BUNDLES OF EGGS

INGREDIENTS

For the layers

10 egg yolks

1 egg

500g white sugar

3dl water

For the syrup

1000g sugar

½ lt water



METHOD

In a saucepan, dissolve the sugar in the water until you can make a path through it with a spoon. Whisk the egg yolks to which the egg white has been added.

In big spoonfuls put the mix into the previous syrup until it cooks. Take it off from the burner and reserve it.

For the egg threads, dissolve the water and the sugar. When the yolks begin to set, spread out on a work surface and let cool in a wet plate. Fill each layer with the egg threads, roll it and cut into 6 cm cylinder as shown in the picture. Put them in a tray and water it with the remaining syrup.

AÇORDA À ALENTEJANA ALENTEJO'S BREAD SOUP

INGREDIENTS

For the Broth:

8 cups chicken broth
8 garlic cloves chopped
6 fresh cilantro sprigs
1.5 tablespoons olive oil

For the Soup:

6 garlic cloves, chopped
Salt and pepper to taste
1 lemon rinds
1/2 cup coarsely chopped fresh coriander
1.5 tablespoons olive oil
4 eggs
4 slices bread
1 tablespoon chopped cilantro to garnish



METHOD

For the broth, add the chicken broth, garlic, cilantro, and olive oil in a saucepan. Bring it to a boil, reduce the heat to medium-low and simmer uncovered for 20 minutes. Strain the broth and return it to the pot.

For the soup, place the chopped garlic, salt and pepper to taste, lemon rinds, and coriander in a food processor until just smooth. With the machine running, drizzle in 3 tablespoons of olive oil. Scrape the mixture into a bowl and set aside.

Bring the strained broth to a simmer and poach the eggs in the broth for 2 minutes. Remove with a slotted spoon and set aside.

To serve, place the blended mixture into the bottom of a serving bowl.

Lay a slice of toasted bread on top of the purée.

Top the bread with a poached egg, and ladle the hot broth over the eggs.

Garnish with chopped cilantro and serve immediately.

ARROZ DE PATO

DUCK RICE

INGREDIENTS

2,5 kg whole duck, cut up in 8 pieces
2 1/2 cups medium grain rice
5 cups duck broth (from cooking the duck)
1/2 chorizo
2 medium yellow onions peeled and left whole
1 medium carrot
1 medium leek – white part only
1 celery stalk, trimmed
2 garlic cloves, peeled and left whole
2 bay leaves
3 cloves

6 sprigs fresh parsley
3 sprigs fresh thyme
1 teaspoon Black whole peppercorns
2 tablespoons Extra Virgin Olive Oil
salt



METHOD

Peel the garlic and the onion and leave whole. Insert the cloves in the onion by pressing them in. Wash the leek very well to remove any soil attached. Peel the carrot. Trim and wash the celery stalk. Wash the parsley and the fresh thyme leaving the stalks. Wash the whole duck and cut in 8 pieces. In a big pot over high heat, add the duck, onion with cloves, leek, celery stalk, carrot, garlic, bay leaves, parsley, thyme, peppercorns and cover with water. Season with salt. Bring to the boil, reduce the heat and simmer, covered with lid, for 1 hour. Remove the lid and allow to cook for a further 45 minutes until duck is very tender and almost falling of the bones.

Remove the duck from the broth and let it cool. Remove the flesh, shred it in big pieces. Discard the skin and all the bones – be very thorough because the duck has some very small bones.

Sieve the duck broth and reserve – you will need 5 cups. The broth will be very rich and have a lot of fat from the duck which will give the rice its special flavour.

In a big pan with a tight fitting lid, over medium heat, add the olive oil and fry the rice until it's well coated in olive oil and almost sticking to the pan.

Add the duck broth, stir and scrape any rice attached to the pan. Check the salt, bring to the boil, reduce the heat and simmer, covered, for 17 minutes. During this time DO NOT uncover or stir the rice. Remove from the heat and allow to rest for 5 minutes without uncovering the pan or stirring the rice. Fluff up the rice so you don't have any lumps.

Pre-heat the oven to 375°F with rack in the middle position.

In a deep oven proof serving dish, spread half the fluffed up rice. Spread with the shredded duck on top. Cover with the remaining rice.

Slice the chorizo and add slices on top of the rice.

Bake in the oven for 8 to 10 minutes until the top layer of the rice is lightly golden and the chorizo is crispy. Serve immediately.

BACALHAU COM COUVES CHRISTMAS EVE COD

INGREDIENTS

4 pieces dried salted cod
1 head green cabbage – couve portuguesa
4-8 medium-sized potatoes
4 eggs (one egg per person)
2 dl olive oil
4 garlic cloves
wine vinegar or lemon juice
salt and pepper



METHOD

1. Rinse the cod under cold running water to remove any surface salt. Leave the fish pieces to soak for at least 24 hours in a basin with cold water. Do not cover the basin and change the water several times.
 2. About half an hour before the meal, drain the cod portions and cook them in a pan with water and a little salt (if necessary), together with the eggs and potatoes in their skins.
 3. Meanwhile, prepare the cabbage leaves and when the cod and the potatoes are half cooked, add them and let them cook as well. Do not cover the pan with the lid so that the cabbage remains green.
 4. To make the sauce, bring the olive oil and the roughly chopped garlic to the boil in a small saucepan, remove from the heat, add a little of wine vinegar or lemon juice, beat well and serve in a sauceboat.
 5. Just before serving, peel the potatoes, shell and slice the eggs in halves.
 6. Serve hot on a big platter and season with the olive oil sauce, salt and pepper.
- Some people prefer to prepare their own sauce, with the ingredients mentioned above, on their individual plates.

MAMINHAS DE FREIRA OR MANJAR BRANCO NUN'S BOOBIES

INGREDIENTS

2 chicken breasts

250g rice flour

250g white sugar

5dl fat milk

zest of 1 orange

2,5 dl water

Orange blossom water for the clay disks where the dessert will be placed.



METHOD

Cook the chicken breast with seasoned water (salt). Let it cool a little.

Shred it and grind the chicken in a mortar. With the shredded chicken, add the milk, the orange peel zest, 2,5 dl of the water in which the chicken was cooked, the sugar and the rice flour.

Bring to the boil and let it boil but stir continuously until it forms a consistent mash.

Take it off the heat and in clay dishes (with plain groundwork), put some spoonfuls superimposed. It goes into the oven just to brown the top, as shown in the picture.

BROAS CASTELARES PORTUGUESE SWEET POTATO CAKES

INGREDIENTS

400 g sweet potatoes
250 g caster sugar
2 tbs honey
1/2 tsp salt
225 g yellow corn flour (thinly ground)
50 g plain flour
75 g ground almonds
2 eggs
Zest of 1/2 orange
Zest of 1/2 lemon
1 yolk to brush
Icing sugar to dust



METHOD

Make a small cut in the potatoes and boil them until tender. Wait a bit for them to cool and then peel and puree them.

Mix the potato pulp with the sugar and bring to the boil for 5 minutes, stirring to prevent from burning. Remove from the heat and let it cool a bit.

Add the remaining ingredients to the sweet potato jam and put it on the burner once more, stirring until it comes to the boil. Remove from the heat and cool completely.

Preheat the oven to 240°, 475f

Butter and flour a baking sheet.

Shape the sweet potato dough into oval, flat cakes, brush with the egg yolk and bake for 10 to 15 minutes, until golden brown. If the cakes edges burn a little, don't worry, it's normal.

Remove from the oven, let the cakes cool completely on top of a wire rack and then dust them with icing sugar.

POLISH DISHES



Specificity of the Polish cuisine

Poland is situated on the border of the West and the East. It has had a complicated, sad history of non-existence for over 120 years. In that time Poland lost independence. Then, differences of districts were established, as there was a three-part Poland, each one under the influences of one of the powers: Russia, Prussia and Austria.

Therefore, it is quite difficult to find one dish characteristic for entire Poland.

Our town Łódź was in the Russian zone. In Lodz and the Lodz region the whole culture including eating habits was also subject to various influences on account of the ethnic composition of the population. Łódź is called the City of the Four Cultures: next to the Polish, German and Russian population, 1/3 inhabitants were Jews. For example, our potato cake is the variety of the Jewish Kugel.

Large impact on the cuisine of Lodz and its neighbouring towns was also from the poor, immigrant rural population, which pulled the growing textile industry. Hence *prażoki* (unmet in other part of Poland) a combination of the cheapest products: potatoes and flour accompanied with sauerkraut soup. This dish has actually gone lost, although it is tasty, nutritious and warming, good for cold days of winter. Lodz's specialty are dumplings stuffed with strawberries or plums, served with sweet stewed cabbage.

Poland is a country where the kitchen is dominated by potatoes, not as a vegetable, but the basic ingredient of dishes. It is also a country where dinner is incomplete without a soup. In large cookbooks you find over 100 different soups; soups are clean, primed roux primed cream and fruit soups. Typical Polish soup is sour rye soup "żurek" and its Lodz variety -"zalewajka" (with potatoes) and borsch.

Certainly, throughout the country, we can eat herring in oil or in sour cream, apples as an appetizer and *bigos*, as a lone dish with bread or with the addition of potatoes.

We cultivate also old customs such as the meatless Christmas Eve Supper and special food blessing at Easter.

Currently, the world, which is at your fingertips, has added to Polish cuisine new flavors from different regions of the globe, but dietetics hinders us from using them fully.

PORK CHOPS COATED WITH BREADCRUMBS

Ingredients:

0,80 kg of pork meat
2 eggs
1 glass of breadcrumbs
½ glass of flour
2 spoons of cooking oil
1 spoon of butter
salt, pepper, garlic powder



Directions:

Rinse the meat and drain it off. Then cut into 1,5 cm thick chops. Flatten the chops using a meat tenderizer. Sprinkle them with pepper and garlic powder.

Break eggs, mix them with salt and pour on one plate. Place the prepared flour on the second plate and the breadcrumbs on the third plate.

Melt the butter with cooking oil in a frying pan. Put the chops into the hot fat first coating them in flour then in eggs and later in breadcrumbs. After few minutes when they begin to brown, turn them over and fry for a few more minutes.

Serve them warm with boiled potatoes and cooked sauerkraut.

DUMPLINGS WITH SAUERKRAUT AND MUSHROOMS

Traditional Polish dumplings with sauerkraut and mushrooms, tasty, not only during the Christmas Eve. They can be served with mushroom soup or red borsch, dipped in a hot soup or fried in a pan. They taste good with fried onion.

Ingredients:

the dumplings dough:

- ½ kg of flour
- 1 teaspoon salt
- 2 tablespoon olive oil
- about ¾ -1 cup of hot water
- 1 egg



stuffing:

- half a liter jar of dried mushrooms (porcini mushrooms, boletes)
- ½ kg of sauerkraut
- salt and pepper
- 2 tablespoons olive oil
- 1 onion (small or large, as preferred), chopped into cubes

Directions:

Rinse the mushrooms, cover with cold water and let them soak for 6 hours. Then add salt and cook until soft. Cook sauerkraut with salt until tender, squeeze well.

Drain the mushrooms, keeping the stock for eg. to mushroom soup. Squeeze out the water very well and grind it together with sauerkraut in a meat grinder.

Fry the onion in olive oil in a pan, add the stuffing, mix well, fry together and season with salt and pepper to taste.

Sift the flour on a pastry board, make a hollow in it, add salt and oil, and egg. Knead, gradually adding warm water, scooping the flour into the center of the hollow. Knead the dough until soft and flexible, for about 15 minutes. Cover with a cloth and leave it for one hour. Set the water in the pot to boil, season with salt.

Divide the dough into 2 parts, roll the pancakes. Cut out circles with the glass, put the stuffing in the middle, fold in half and press together the edges of the dumpling. Cover them with a linen cloth. Ready dumplings put into a pot with boiling salted water .

Cook until they are tender, for about 8-10 minutes. You can check whether the dumplings are no longer raw, catching one of them with a spoon and cutting it. Serve cooked dumplings with fried chopped onion in oil or fried in a pan.

MUSHROOM SOUP WITH SMALL SQUARE NOODLES

MUSHROOM SOUP

Ingredients:

4 decagrams dried mushroom-boletus,
2 carrots,
1 parsnip,
1/2 celery,
1 leek,
1 spoon of butter,
1 onion,
salt, pepper
4 teaspoons of chopped parsley leaves



Directions:

Put dried mushrooms into a saucepan and cover with water. Leave overnight. Next day boil them in the same water until they are soft. Drain the mushroom. Peel vegetables, wash them, cut them into chunks and put them into a saucepan. Peel the onion, cut it and add to the vegetables. Add ½ spoon of butter, salt and pepper. Stew everything lightly. Stir while stewing. Be careful not to burn it. Pour boiling water and cook a broth. Cook it for ½ hour. Take out vegetables to strain the broth and put it together with mushroom broth. Cut the boiled mushrooms into small stripes and put them back into the soup. Add salt and pepper and the rest of butter. Serve with small square noodles topping the dish with parsley leaves.

SMALL SQUARE NOODLES

Ingredients:

0,3 kg flour
3 eggs
1 tea-spoon oil



Directions:

Mix all the ingredients together on the pastry-board. Knead pastry well and divide into two parts. Leave it for a while (pastry should “have a rest”). Strew the pastry-board with flour and roll the each part of pastry out thinly on a well-floured board. Cut the rolled pastry into small square noodles. Boil in salty water for about 2 – 3 minutes. Pour with a little cold water. Strain the noodles. Serve with mushroom soup.

POPPY-SEED CAKE

Ingredients:

Cake:

350 g butter
½ cup of sugar
750 g flour
3 eggs
1 vanilla sugar
100 g fresh yeast
6 tablespoons sour cream
a pinch of salt



Poppy seed filling:

1/2 kg poppy-seed
100 g butter
3 eggs
300 g sugar
400g honey
delicacies (raisins, nuts, almonds, apricots, orange zest)
1L milk

Directions:

1. Cake:

In a small bowl, rub the yeast with slightly heated cream and leave it for about 30 minutes. Sift the flour into a large bowl, mix it with salt. Add cold butter and rub with flour. Mix the icing sugar and vanilla sugar. Add eggs and grown yeast. Knead the dough. Split into 3 parts. Roll each part out into a rectangle and brush it with the poppy seed filling. Wrap the roll. Bake at 180°C for 45 minutes.

2. Poppy seed filling:

Boil milk and pour it into the poppy seeds. Allow it to stand overnight to swell. After 12 hours, drain the milk. After draining grind the poppy seeds three times with a mincing machine. Melt butter in a saucepan, stir in the honey. Then add the poppy seeds, almonds, walnuts, orange zest, raisins, finely chopped vanilla bean and cook it for about 30 minutes. Blend the yolks with 6 teaspoons of sugar. Whisk the egg whites with a pinch of salt. Add yolks to the cold poppy seeds filling and finally add the egg whites.

SOUR RYE SOUP /ŽUREK/ WITH WHITE SAUSAGE

Ingredients:

10 dag of rye flour
½ l of water
soup vegetables (carrots, parsley, celery, leek)
25 dag of sliced bacon (or sausage)
½ l of fermented rye flour
2 hard-boiled eggs
½ tbsp of marjoram
1 onion, butter for frying, salt, pepper
white sausage



Directions:

Mix 10 dag of rye flour with ½ l of warm boiled water in a clay pot.
Set aside in a warm place for 2 – 3 days to ferment.

Wash and peel the greens. Cook broth from bacon (or sausage) and greens. Chop onion and fry in butter.

Add fermented rye flour, fried onion and hard-boiled eggs cut into quarters. Spice to taste with salt, pepper and marjoram.

CRIPS CAKE

Ingredients:

500g flour
250g butter
3 egg yolks
100g sugar
1 teaspoon of baking powder



Directions:

Integrate components as needed by adding a few tablespoons of cold water.

Put the dough into the fridge for a few hours.

Form the dough in two very thin (2-3mm) circular slices. Put one slice on the bottom of a special backing tin and smear thick with plum jam, then cover with the second slice of dough. Put in the oven at about 200 degrees Celsius for 25 minutes.

Meanwhile, prepare the icing from egg whites, powdered sugar and aroma oil of almond. For decoration use dried fruit: raisins, prunes, dates and fresh tangerines divided into segments as well as almonds (peeled).

The cake after baking, remove from the tin, invert, and put on a flat plate. As still hot, coat it thickly with icing and arrange different patterns from fruits: rosette, palm twigs of willow, stripes, nets etc.

STRAWBERRY-DUMPLINGS

Ingredients:

1,5 kg of potatoes
375 grams of wheat flour
75 grams of potatoes flour
2 eggs
0,5 kg of strawberries



Directions:

Wash the peeled potatoes and boil them adding salt towards the end. Drain and leave them in a pot to evaporate. Otherwise dumplings are wet and they will fall apart.

Cool slightly, mince them. Then mix with salt, eggs and flour. You can add potato flour. Knead this dough to uniform and dense consistency. The dough should be slightly sticky.

Form a dough roller on the lightly floured surface and cut it into smaller pieces, which should be flattened to cookie form. Put one or two strawberries on each cookie, close it, sealing the dough.

Put dumplings into salted boiling water and scoop out 7 minutes after they float on the surface.

Take them out with a strainer.

Serve hot dumplings with fried pieces of smoked bacon on them and boiled new cabbage. You can use frying breadcrumbs instead of smoked bacon.

BLACK PUDDING GRILLED IN ALUMINIUM FOIL

Ingredients:

black pudding - 1 piece / 1 person
1 onion / 1 person
1 pickled cucumber / 1 person
5-7 cherry tomatoes / 1 person
aluminium foil
mustard



Directions:

Dice onion into cubes. Add salt and pepper. Take the skin off the black pudding. Cut the aluminum foil into pieces of about 25 cm. Arrange black pudding on the foil. Put the onion along the black pudding. Wrap it all tightly in foil, carefully twisting both ends (it looks like a big candy wrapped in paper). Place it on the grill and cook for about 20-30 minutes. It can be served with cucumber and cherry tomato (see the picture below) or with mustard.

DONUTS

Ingredients:

1kg flour
10 dag yeast
8 fresh eggs
powdered sugar
a little butter
milk
a little of spirit (strong alcohol)
lard for frying
plum jam for stuffing donuts



Directions:

Heat a little milk, add 1 tablespoon of sugar, 1 tablespoon of flour and crumbled yeast.

When the yeast has grown add it to the flour.

Put egg yolks into a bowl, add 8 teaspoons of sugar and beat to a fluffy mass.

Add the mass to the flour with yeast and then add a little warm milk.

Gently dissolve butter in a pan and add it to the dough with 2 tablespoons of spirit.

Manually (not with an electric mixer) mix all the ingredients and knead the dough until it becomes smooth and shiny. Dough knead well need. Dough is ready.

Now we'll leave it to rise.

We make them this way: We put the plum jam on the piece of dough, wraps it up and puts it aside to rise. From that amount of dough we've made 35 doughnuts.

We are checking the temperature of fat – when it is hot enough we can put the first doughnuts into the fat. The first portion of doughnuts is ready.

Now we put the doughnuts on paper towels to drain them.

When doughnuts are drained of fat they can be covered with icing.

Now we are preparing icing:

To the powdered sugar in a bowl, we add a little alcohol and lemon juice. After thorough stirring, the frosting is ready. Everything has to be mixed very well.

Afterwards, we begin decorating donuts with a frosting and orange peel.

BIGOS

Ingredients:

1 kg sauerkraut
½ kg of fresh cabbage
150 g dried mushrooms
2 onions
½ kg pork meat
½ kg sausage
2 bay leaves
1 tsp of Dijon mustard or other
1 tsp of the plum jam or a few dried plum
oil
salt, pepper, marjoram



Directions:

The time to prepare – two days.

In a large saucepan cook sauerkraut + dried mushrooms + two bay leaves + a small amount of water (1h). Separately, chop fresh cabbage, add salt and cook in water (1/2 h). Cut cooked mushrooms into pieces. Mix together the two types of cabbage and mushrooms and cook over a low heat (1/2 h).

At the same time, roast salted pork in the oven, (1,5-2 h), cut it into pieces, and add to the cabbage. Fry the chopped onions and chopped sausage in oil in a saucepan. Add to the cabbage: onions, sausage, mustard, plum jam, salt, pepper, and marjoram. Cook the dish over a low heat for another thirty minutes and put aside so that the ingredients blend well together. Next day cook the bigos for about half an hour over a low heat (you can add a glass of dry red wine) and put it aside.

It tastes best when reheated.

GERMAN DISHES



Typical German Cuisine



Many people, when they think of German food, they think of sauerkraut, sausage and potatoes. However, the potato which derives from south America, was a staple food in the postwar period, because they grew up even in a bad soil, thus helping to eliminate poverty. In this case, that's not all that the German cuisine has to offer. The dishes are very diverse but especially meat-eaters get their money: whether beef, pork or game - the German cuisine has something for everyone.

The term "German cuisine" summarizes various regional styles of cooking and food specialties together. Nowadays ingredients and dishes vary by region. While in the north the fishing has decisive effects on the German cuisine, sausage (Bratwurst) with sweet mustard and a steaming pretzel is taken as a second breakfast in the south. Since the 1950s, the daily cooking, eating and drinking in German households is influenced strongly by intensified immigration of workers, mostly from southern countries, tourism (the Germans are world champions of travel) and the increasing industrialization of production, conservation and distribution of food greatly changed and internationalized, or converted by mixing in aspects from other traditional kitchens. The German cuisine is more Mediterranean breathed today, vegetable dishes, salads and of course pizza are very popular. But also traditional regional foods and specialties are further refined and developed.

Hessen

The North Hessian cuisine has its own specialties that are not eaten in the south. These are, for example, Ahle sausage (awl Worscht), Weckewerk, quiches and Duckefett. Green sauce is also popular in Northern Hesse, it is another herbal mixture prepared as in Frankfurt and a special Easter dish. And every housewife in Germany knows at least 100 different ways of cooking potatoes. Typical of the South Hessian cuisine is what is served in a traditional Frankfurt cider pub. There, the guest, as a companion to the cider has a choice between the hand cheese being made in a vinegar marinade, served with finely chopped onions and cumin ("cheese with music"), Frankfurt Green Sauce with boiled potatoes, Frankfurt ribs with sauerkraut and mashed potatoes or Frankfurt beef sausage, he can eat with a piece of bread and strong mustard or horseradish.



Frankfurt Green Sauce

PUMPKIN SOUP

Ingredients

4 Servings
4 tbsp. olive oil
2 onions, finely chopped
1 kg pumpkins or squash (try kabocha),
peeled, deseeded and chopped into chunks
700ml vegetable stock or chicken stock
142ml pot double cream
4 slices wholemeal seeded bread
Handful pumpkin seed from a packet



Directions

1. Heat 2 tbsp. olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured. Add 1kg peeled, deseeded and chopped pumpkin or squash to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
2. Pour 700ml vegetable stock into the pan, then season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft. Pour the 142ml pot of double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan. The soup can now be frozen for up to 2 months.
3. While the soup is cooking, slice the crusts from 4 slices of wholemeal seed bread, and then cut the bread into small croutons. Heat the remaining 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crispy. Add a handful of pumpkin seeds to the pan, and then cook for a few minutes more until they are toasted. These can be made a day ahead and stored in an airtight container. Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

LENTIL SOUP

Ingredients

4 Servings

1-quart water
2 cups lentils, picked over and washed
2 cups carrots cut in 1-inch chunks
2 cups celery cut in 1-inch chunks
2 (13 3/4 ounce) cans full-strength beef broth
1 (8 ounce) can tomato sauce
1/4-cup instant minced onion
2 teaspoons instant minced garlic
2 bay leaves
1/2 teaspoon ground black pepper
1/2-teaspoon salt



Directions

1. Preheat oven to 350 degrees F.
2. In a 4-quart ovenproof casserole or saucepot (such as Le Creuset or cast iron) place water, lentils, carrots, celery, beef broth, tomato sauce, onion and garlic, bay leaves, black pepper and salt.
3. Cover the casserole.
4. Bake until lentils are tender, for about 2 hours. Remove the bay leaves.

Serve hot with tossed salad and hot crusty bread.

FRANKFURTER GREEN SAUCE

Ingredients

2 cups packed parsley
1 1/2 cups packed watercress
1 cup finely chopped chives
1 cup packed sorrel
1/3-cup buttermilk
1/3-cup plain Greek yogurt
1/3-cup sour cream
1 1/2 tsp. walnut oil
1 hard-boiled egg yolk
2 tbsp. fresh lemon juice
Kosher salt and freshly ground black pepper, to taste



Directions

Process parsley, watercress, chives, sorrel, buttermilk, yogurt, sour cream, oil, egg yolk, and lemon juice in a food processor until smooth; season with salt and pepper.

GREEN CABBAGE

Ingredients

- 6 Servings
- 2 lbs. fresh green kale
- 1 small onion, diced finely
- 3 tablespoons bacon grease (preferred) or
tablespoons lard
- 1-teaspoon salt
- 2 dashes white pepper, to taste
- 1 pinch freshly grated nutmeg
- 1 pinch granulated sugar
- 1/4-liter hot beef broth
- 1 lb. grill sausage, optional



3

Directions

1. Wash the kale in lukewarm water very well several times to remove all grit and dirt- do not dry them off- leave them dripping wet.
2. Remove the hard stems from the leaves and then place the kale into a pot, put the lid on, cook it over medium heat until it wilts- this won't be terribly long.
3. Drain in colander and then dry the leaves completely.
4. Coarsely chop the kale.
5. Heat the bacon grease in a skillet, add onion and cook until brown, stirring often.
6. Add the kale to the pan, along with salt and pepper to taste, a pinch of freshly grated nutmeg, and a pinch of sugar.
7. Add the beef broth to the vegetables and stir to mix.
8. Cover and let cook 45 minutes- it should get very, very tender and will be very, very soft.
9. If you prefer, briefly cook some bratwurst in hot water according to the package directions, then add them to the pot for the last 15 minutes of cooking time.

GERMAN CHEESE SPAETZLE

Ingredients

4-6 Servings
3 cups cooked Spaetzle (12 oz. dry Spaetzle)
2 - 3 cups shredded Emmentaler cheese
2 tbsp butter (or olive oil)
2 small onions (sliced)
Salt and pepper



Directions

1. Preheat oven to 325° F.
2. Heat butter (or oil) in skillet and sauté onions until tender, about 5 minutes.
3. Butter a casserole dish. Begin by layering with 1/3 of the spaetzle, season with salt and pepper, sprinkle with 1/3 of the cheese. Repeat, until you have layered 3 times.
4. Top with the sautéed onions.
5. Bake, uncovered, for about 20 - 30 minutes, or until bubbly and slightly browned on top.

SAUERBRATEN

Ingredients

6 servings
4 lbs. beef (chuck, rump, or round)
salt, pepper
1 cup red wine vinegar
1 cup red wine
4 bay leaves
2 onions, sliced
12 peppercorns
4 whole cloves
bacon fat, butter, or oil for browning
2 carrots, sliced
1 rib celery, sliced
2 tbsp. cornstarch
1 cup sour cream (optional)



Directions

1. Wipe meat with damp cloth and sprinkle with salt and pepper.
2. Place in a ceramic or glass bowl (not metal) or into a Ziploc bag that's been placed into a bowl in case it should leak. Add vinegar, wine, bay leaves, peppercorns, cloves and one sliced onion. Add water to cover.
3. Tightly cover bowl (or seal Ziploc bag) and refrigerate for 3 to 5 days, turning once or twice every day.
4. Drain meat.
5. In Dutch oven or deep pan, put about 2 - 3 tbsp. bacon-fat, butter, or oil to brown meat.
6. Brown roast on all sides.
7. Add carrots, onions, and celery. Brown slightly.
8. Add about 1 cup water (or broth) and cook over low heat about 3 hours, until meat is tender. (Or put everything into slow cooker. See hints below.)
9. Remove meat. Mix corn starch with a bit of water. Slowly add just enough to simmering cooking liquid until thickened for gravy. Remove from heat and stir in sour cream (if using). Season with additional salt and pepper if needed.

Serve meat and gravy with potato dumplings or red cabbage!

SCHNITZEL WITH FRIED POTATOES

Ingredients for Schnitzel:

4 veal cutlets, pounded lightly
1 tbsp. lemon juice
1/2 tsp. salt
about 1/2 cup flour
3 tbsp. water
1 egg
about 1-cup breadcrumbs
3 tbsp. butter
3 tbsp. peanut or vegetable oil
1 lemon, sliced



Directions

1. Trim fat from meat and clip edges to stop edges from curling during cooking
 2. Sprinkle cutlets with lemon juice and salt
 3. Place 3 shallow bowls on a counter. In the first one, put flour. In the second one, mix egg and water. In the third one, put breadcrumbs
 4. Coat schnitzel, first with flour, then egg, and then breadcrumbs
 5. Heat butter and oil over medium heat in skillet
 6. Fry cutlets until golden brown, about 3 minutes per side
- Serve immediately, garnished with lemon slices.

Ingredients for Fried Potatoes

5 lbs. unpeeled potatoes (don't use Baking Potatoes, as they are too flaky)
1 cup diced Schaller & Weber Double-smoked Bacon or Kocher's Double-Smoked Bacon
1 cup diced yellow onion
1/2-cup vegetable oil
1/2 teaspoon pepper
1-teaspoon salt
2 tablespoons chopped parsley (optional)



Directions

1. Boil potatoes in their skin until just tender, but still firm (Do Not Overcook). Let cool, peel and dice
2. Dice and gently sauté bacon in a large frying pan until golden brown
3. Remove crisp bacon and set aside
4. Add the diced onions to the bacon drippings in the pan
5. Sauté the onions until translucent, then remove the onions from the pan and set aside with the crisp bacon
6. Do not drain any remaining bacon drippings in the pan. Add the vegetable oil to the bacon drippings and heat over medium-high
7. Add the cubed potatoes to the pan
8. Sprinkle with salt and pepper and sauté the potatoes until they begin to get a golden crust. Return the crisp bacon and the translucent onions to the pan and toss gently with the potatoes
9. Sauté for another 5 minutes
10. Taste and add more salt and pepper, if desired

Place into a serving bowl. Garnish with chopped parsley and serve hot.

GERMAN BEEF ROULADEN (RINDERROULADEN)

Ingredients

4 Servings

1 1/4 lbs. lean high-quality beef round steak, cut into 8 equal rectangular sections and pounded flat

4 tablespoons yellow mustard

1/2 salt and pepper, to taste

2 slices bacon, chopped

1/4 cup white onion, chopped

1/8 cup dill pickle, finely chopped (may use dill relish)

1/8 cup oil, for frying

1 3/4 cups hot water, to cover (or hot beef broth)

1/2 bay leaf

1/4 cup flour

1/8 cup fresh parsley, minced (for serving)

1/2 to taste wooden toothpick (or may use cooking twine or white thread for securing rouladen)



Directions

1. Spread 1 tablespoon mustard evenly on one side of each pounded steak. Sprinkle salt and pepper over mustard. Evenly sprinkle chopped bacon, onion, and pickles over mustard side of each steak.
2. Roll up firmly jelly roll fashion (with filling to inside, starting at narrow end), and secure each rouladen shut (so filling stays in) with wooden toothpicks, cooking twine, or white sewing thread.
3. In a large Dutch oven, heat the cooking oil over medium-high heat. When hot, carefully add the rouladen rolls. Fry until nicely browned, turning once (about 7 minutes per side).
4. Add enough hot water or broth to almost cover the rouladen. Add bay leaf. Increase heat to high and bring to the boil.
5. Cover and reduce heat to low.
6. Simmer, covered, for 1 1/2 hours on low heat, checking once halfway through to give a stir and make sure that the meat is covered with sufficient liquid (you may add a little hot water at this point, if necessary).
7. With a large slotted spoon, carefully remove the rouladen from the hot broth to an ovenproof dish; cover with foil and keep warm in the oven while making the gravy.

Gravy:

1. Add the flour to 1 cup of water in a large measuring cup, whisking briskly with a fork to blend.
2. Pour the flour mixture all at once into the hot broth, using a wire whisk to blend. Use a wooden spoon to scrape up any brown bits from the bottom of the pan, and stir them into the gravy.
3. Increase heat to medium-high, and bring gravy mixture to a boil, whisking constantly. Continue to whisk and boil for two to three minutes, until gravy thickens. Reduce heat to low, and remove the bay leaf. Adjust seasoning to taste.

(Note: Remove toothpicks and twine or thread before serving).

Using a large slotted spoon, carefully place the rouladen into the hot gravy; cover, and warm through for a few minutes.

Remove from heat and serve.

Good sides are boiled new potatoes or potato dumplings sprinkled with fresh-snipped parsley, and German Rotkohl (Red Cabbage) or Country Green Beans with Bacon and Onion.

CHRISTMAS GOOSE – WEIHNACHTSGANS

Ingredients

4 1/2 lb. goose, cleaned and dressed (no gizzards)
1-2 apples, peeled, cored and quartered
1 small onion, cut lengthwise into 1/4 inch wide strips
1-2 tsp. thyme
salt, pepper
2 T. all-purpose flour
1 14 oz. can chicken broth or homemade stock



Directions

1. Pre-heat oven to 350°F.
2. Wash and dry the goose, like you would a chicken or turkey. Take salt and pepper and sprinkle thyme inside the cavity, and fill with apple quarters and onions. If they don't all fit, you can cook them alongside the goose in a small, buttered dish.
3. Mix 1 tablespoon salt with 1 cup of water and pour that into the bottom of the roasting pan. Place the roasting rack on top. Pierce the goose skin in several places to let the fat drip out as it cooks. Put the goose, breast-side down, on the roasting rack and place in oven for 50 minutes. Use the salt water mixture to baste the goose several times during this period. Add more water to drip pan if necessary. Turn the goose over onto its back and cook, basting as needed, for 50 minutes.
4. Let the goose rest for 5 minutes as you make the gravy
5. To make the gravy: Mix 2 tablespoons of the fat drippings with 2 tablespoons flour in a saucepan and cook for 1 minute. Gradually add the chicken broth, stirring well after each addition. Salt, pepper and add thyme to taste. Keep warm.
6. Serve with canned peach halves decorated with currant jelly, buttered Brussel sprouts, potato croquettes (or mashed potatoes) and the cooked apples and onions.
7. Tip: If you can't find currant jelly, cranberry sauce is a fine substitute.

BAKED APPLES WITH NUTS

Ingredients for 4 servings:

4 apples
75 g of butter
75 g glucose
50 g ground nuts
½ tsp cinnamon
4 cinnamon sticks



Directions

Wash, peel and cut out the cores of the apples.

Melt the butter in a saucepan melt, slightly fry the apples.

Use sugar, nuts, cinnamon mix, to bread the apples and place them in a baking dish.

The rest of the nuts with the remaining butter mix and then place in the center of the apples.

Insert a cinnamon stick in each and cook min at 180°C for about 45-50. Tastes great with custard or ice cream.

TURKISH DISHES



A specificity of Turkish cuisine

Turkish cuisine is largely the heritage of Ottoman cuisine, which can be described as a refinement of Central Asian, Caucasian, Middle Eastern, Mediterranean and Balkan cuisines.

Turkish cuisine varies across the country.

In the western parts of Turkey, where olive trees grow abundantly, olive oil is the major type of oil used for cooking.

The cuisines of the Aegean, Marmara and Mediterranean regions are rich in vegetables, herbs, and fish.

The cuisine of the Black Sea Region uses fish extensively, especially the Black Sea anchovy (hamsi).

The cuisine of the southeast (Urfa, Gaziantep and Adana) is famous for its variety of kebabs and dough-based desserts such as baklava, kadayıf and künefe.

Central Anatolia has many famous specialties, such as mantı (especially from Kayseri) and gözleme.

Although the newly introduced way of life pushes the new generation to eat out, Turkish people generally prefer to eat at home.

In spite of the fact that fast food has been gaining popularity, Turkish people still rely primarily on the rich and extensive dishes of Turkish cuisine.

In addition, some traditional Turkish foods, especially köfte, döner, lahmacun, börek and gözleme, are often served as fast food in Turkey.

Eating out has always been common in large commercial cities where Esnaf Lokantaları (restaurants for shopkeepers and tradesmen) are widespread, serving traditional Turkish home cooking at affordable prices.

PUM PUM SOUP

Ingredients:

500 gr cornflour
250 gr butter
2 tomatoes
salt
water
crouton
hard cheese

Directions:

Fry the butter and cornflour. Add grated tomatoes and warm water and boil the soup. Serve by adding crouton and hard cheese.



ISPIT

Ingredients:

1 kg borage
2 onions
4-5 garlic heads
2 leeks
2 scallions
5 eggs
pepper
salt
parsley
1 tea glass vegetable oil

Directions:

Wash and clean the borges well. Boil and drain the borges. Fry onions, leeks and garlic in vegetable oil. Add the boiled borges. Scramble the eggs and pour onto the mixture. Serve after it is cooked.



MAYDANOZ KÖFTESİ

Ingredients:

500 gr minced meat
2 onions
1 egg
2 spoons flour
a bunch of parsley
1 tea glass rice
pepper
red pepper
salt
50 gr butter
2 grated tomatoes
1 tablespoon tomato paste
1 litre water
yogurt
garlic

Directions:

Boil the rice in water. Mix minced meat, onions, parsley and spices. Then add the flour, boiled rice and egg to the mixture. Knead the mixture well and make small balls. Melt the butter and add grated tomatoes, tomato paste and water. Add the balls into the boiled water and boil for 5 more minutes. Take the balls into serving plate and you can preferably add yogurt with grated garlic onto the balls.



TAVUKLU BÖREK

Ingredients:

5 dry dough sheets
3 glasses of chicken broth
1 chicken

Directions:

Boil the chicken. Wet the dry sheets with boiled water. Place one wet sheet into oiled tray. Cut the other wet sheets and place in the tray. Bake the sheets in oven. Place the chicken pieces onto the sheets taken to the serving plates.



PİRİNÇLİ BARTIN MANTISI

Ingredients:

1 kg flour
2 eggs
2 glasses rice
500 gr minced meat
2 onions
1 bundle of parsley
1 pack meat broth
Salt
pepper
water

Directions:

Blend the flour, eggs, salt and water. Fry onions, minced meat and rice. Add water and pepper. Roll out the dough to make small square sheets (3-4 cms). Put the mixture into each sheet and fold and place the sheets in tray. Bake the sheets in oven. Add water with meat broth onto the sheets. Serve after it gets cool.



HAMSI TAVA

Ingredients:

1 kg anchovy
100 gr cornflour
1 glass vegetable oil

Directions:

After boning, wash the fish. Pour some salt and flour the fish. Fry each side in a hot pan for 1 or 2 minutes.



TURŞU KAVURMASI

Ingredients:

5 leeks

500 gr pickled green peppers

2 tablespoons vegetable oil

Directions:

Wash the leeks and cut into small pieces. Serve after frying the leeks with diced peppers.



TATLI BÖREK

Ingredients:

5 dough sheets
500 gr crushed walnut
250 gr margarine
5 glass sugar
4 glass water
juice of half lemon

Directions:

Oil the tray. Wet the sheets. Place the sheets in the oiled tray by adding melted margarine and crushed walnuts between each sheet. Add some oil. After baking pour the sugar-and-water syrup on the sheets. Serve cool.



İNCİR (YEMİŞ) DONDURMASI

Ingredients:

500 gr dried fig
1 litre water buffalo milk (hot)
1 glass sugar
1 glass water

Directions:

Cut the figs into small pieces. Pour hot water on the pieces. Add sugar on it and mash the figs with fork. Pour the boiled warm milk on the fig pieces. Take the mixture into bowls and serve cool.



HALIŞKA

Ingredients:

4 glasses flour
1 litre water
250 gr butter
1 litre milk

Directions:

Mix the flour with water and put the mixture on heat. While cooling take each piece of the mixture to the tray with spoon. Add the melted butter to the milk and pour the milk on the mixture. Serve hot.



CROATIAN DISHES



Croatian cuisine

The Croatian cuisine is very diverse due to a rich historical and geographical background. It encompasses meat dishes, fish dishes, tasty soups, bacon, cheese, ham and local wine and herb schnapps (so called *travarica*).

The originality of the Croatian cuisine is very much controversial. This is also the case with the Serbian and Romanian cuisine. The Croatian culinary “landscape” has always been subject to change, which is why it is so diverse and heterogeneous and often referred to as “the cuisine of regions”. The Croatian cuisine was inspired and influenced by the former Ottoman occupiers (inland and eastern parts) as well as Austria-Hungary (north and northwest), whilst the cuisine of the coastal region was strongly influenced by the Greek, Roman, Illyrian and also modern cuisine of the Mediterranean region, especially the French and Italian cuisine.

Each area has its own specialities. The island of Pag has its own cheese named *Paški sir* (well-known cheese, the island’s trade mark). The karst areas are the origin of Dalmatian ham (*pršut*). In the area called Zagora (Dalmatian hinterland) the cuisine is mainly based on simple dishes, bread, pork and potato dishes. The cuisine on the mainland is characterized by stew dishes, mainly with sauerkraut, cabbage, meat and bacon. The forest areas are well known for game dishes.

Regional cuisines

We can roughly divide the Croatian cuisine into several regions, which are characterized by very specific cooking traditions. These traditions are characteristic for each and every one of these regions and many of them were initially not necessarily known in the rest of Croatia. Nowadays most of the dishes can be found throughout the whole country - hence the name “the cuisine of regions” which depicts the diversity of the Croatian cuisine.

- Slavonia: spicy cuisine with many Hungarian influences, many meat and game dishes, stews and goulash dishes
- Hrvatsko Zagorje and Međimurje: famous desserts and dumplings
- Central Croatia and the hill areas: homemade cheeses, roast dishes, Ottoman influences
- Istria: cuisine with many various herbs, truffle dishes and Italian influences
- Dalmatia: Mediterranean cuisine with many Italian influences

STARTERS

HOMEMADE BEEF SOUP

Ingredients:

- 600 g soup meat
- 1,2 l water, salt
- 5 small carrots
- 100 g celery root
- 100 g parsley root
- 1 cabbage leaf
- black pepper, a pinch of grated nutmeg
- 1 onion
- 1 leaf of white cabbage
- 1 celery stalk
- fresh parsley or chives
- soup noodles



Directions:

Put the meat in a pot with salted lukewarm water.

Finely dice the carrot, celery root, parsley root and add it to the meat.

Halve the onion and roast it on the stove until it turns golden-brown and add it to the soup. Add salt and pepper.

Then add the cabbage leaf and celery stalk to the soup and simmer it for about two hours over very low temperature.

Skim off any foam that collects on the surface.

Take out the meat from the soup and serve it separately.

Strain the soup through a fine soup strainer and sprinkle pepper and grated nutmeg over it. Add the remaining cleaned, whole carrots to the soup and cook for another 15 minutes until tender.

Put some soup in a separate pot and cook the soup noodles in it.

Add the cooked noodles into the soup, sprinkle it with chopped parsley and chives and serve it.

For a Christmas version of the beef soup bake two smaller pancakes, cut out stars and add them to the soup at the very end.

COD PÂTÉ

Ingredients:

- 400 g cod
- 4 potatoes
- 5 cloves of garlic
- 100 ml white wine
- fresh parsley
- 100 ml olive oil
- salt, pepper



Directions:

Soak the cod for two days in water, which needs to be changed every now and then.

Then place the cod into a big pot with cold water and cook it for 20 minutes. In the meantime, peel the potatoes, cut them into cubes and cook until tender in salted water.

Remove the skin and bones from the cooked cod and tear it into smaller pieces. Heat some olive oil in a pan and fry the sliced garlic, but do not let it get colored.

Add the cod, some white wine and if necessary a little bit of hot water. Simmer everything for two or three minutes and add the potatoes and the chopped parsley.

Now mash everything thoroughly with a fork and stir until smooth. Season with pepper and serve while still warm with fresh bread.

MAIN DISHES

CABBAGE ROLLS

Ingredients:

- 1 head of pickled white cabbage (available in Turkish shops) for the filling
- 300 g minced pork
- 100 g ground beef
- 1 egg
- ½ cup of briefly steamed rice
- 1 onion, finely chopped
- sunflower oil
- 1 l of cold water
- 1 l of warm water
- 1 cup of tomato juice
- 3 tablespoons of flour
- 1 crushed garlic clove
- pepper, salt
- 1 bay leaf
- 100 g diced smoked bacon



Directions:

Fry the finely chopped onions in two tablespoons of oil, add the rice and pour 2 to 3 tablespoons of water in it.

Cook everything for 5 minutes.

Mix the minced meat, an egg, salt and pepper in a bowl and add the rice to the mixture. Leave the mixture to rest for a short period.

Heat 5 tablespoons of oil in a big pot and fry the flour and garlic clove. Stir constantly and add the cold water in first and then the hot water.

Then add the tomato juice and the bay leaf into the pot.

Season it with paprika and pepper.

Put 2 or 3 cabbage leaves on one another, put some filling on them and roll them up.

Put them together with the smoked bacon into the sauce.

Simmer for an hour over low heat.

Serve it with boiled potatoes.

ROASTED TURKEY

Ingredients:

- 1 turkey
- salt
- Vegeta (spice mix)



Directions:

Clean and wash the turkey. Rub the turkey inside and out with a mixture of salt and Vegeta and let it rest for a while.

Roast the turkey. During the roasting process every now and then pour some dripping and occasionally some water over the meat to make sure that the meat stays juicy.

SIDE DISHES

FRENCH SALAD

Ingredients:

- 5 hard-boiled eggs
- 5-6 boiled potatoes
- 3-4 boiled carrots
- 1 cup of cooked peas
- 3-4 pickled cucumbers
- 1 tablespoon of lemon juice
- 4 tablespoons of mayonnaise
- 1 teaspoon of mustard
- salt, pepper



Directions:

Cut the eggs, potatoes, carrots and pickles into small cubes.

Cook the peas in a little bit of boiling salted water (or buy canned peas), allow to cool and add it to the rest of the mixture.

Add the lemon juice, mayonnaise, mustard, salt and pepper, mix it all together and let it soak for two hours in a cool place.

MLINCI (PASTA)

Ingredients:

- 1kg flour
- 1 teaspoon of salt
- ca. 0,2l of cold water



Directions:

Sift the flour on a surface in form of a hill and make a hollow in it. Add salt and water in the hollow and start kneading from the outside in, adding water if necessary so that the dough becomes elastic.

When you are done kneading the dough, form it into a roll and cut it into 3 cm wide pieces and roll them into balls.

Take a ball and roll it out thinly.

Put the thinly rolled out dough into the oven. Make sure to preheat the oven to 180°C. The baking time can vary from oven to oven, but it usually takes 5 to 10 minutes until the dough turns golden brown.

In the meantime, roll out the next ball and repeat this until they are all baked. Be careful when taking the dough out of the oven because the *mlinci* are very thin and thus break easily.

The *mlinci* should be stored in a dry place until consumption. Before consumption, you should tear up the dough into smaller pieces, put them in a bowl and pour boiling salted water over them and stir for two minutes. Pour out the hot water.

The *mlinci* are now ready to be served.

Versions:

You can add an egg or oil into the dough. It is also possible to use milk instead of water.

We usually pour the *mlinci* into the roast turkey dripping, but you can do that with any dripping, it is a matter of taste.

DESSERTS

WALNUT CAKE

Ingredients: (dough)

- 500 g flour
- 250 g butter
- 20 g fresh yeast
- 1 egg, 2 yolks
- 50 g sugar
- a pinch of salt
- 1 cup of milk



Mix up the flour, sugar and salt.

Dissolve the yeast in lukewarm milk and pour it over the flour. Mix it gently and let it sit for 10 minutes in a warm place.

Add the softened butter and an egg and knead it thoroughly on a floured surface. If the dough is sticky, sprinkle some flour over it. Cover it with a cloth and let it sit for 30 minutes in a warm place.

Filling:

- 500 g ground walnuts
- 300 g sugar
- 100 g raisins
- 1 little glass of rum
- 250 ml milk

Wash the raisins and let them soak in lukewarm water. Briefly boil up the walnuts, sugar and milk in a pot, let it cool and then add and gently mix in the drained raisins and rum.

Directions:

Divide the dough into three equally large pieces and roll them out in square forms. Brush one third of the walnut filling on each of the dough pieces and roll them up. Put the three filled dough rolls on a baking tin lined with parchment paper and brush it with beaten egg yolks.

Bake it over 200°C (circulating air 180°C) for 40 to 50 minutes until they turn golden brown. After cooling, sprinkle some powdered sugar on it.

LEBKUCHEN

Ingredients: (for about 30 pieces)

- 330 g flour
- 330 g sugar
- 1 baking powder
- 1,5 tablespoon of vanilla sugar
- 120 g ground nuts
- 2 tsp *Lebkuchen* spice
- 1 tablespoon of cocoa powder
- 2 tablespoons of honey
- 160 g softened or melted butter
- 250 ml milk
- 4-5 eggs, depending on the size



Directions:

Thoroughly mix the flour, sugar, vanilla sugar, baking powder, ground nuts and *Lebkuchen* spice in a bowl. Stir in the rest of the ingredients in another bowl until foamy.

Now mix up and stir the two mixtures. Pour the mixture on a baking tin lined with parchment paper and bake it for about 20 minutes over 200°C. After baking and cooling, cut up the *Lebkuchen* and decorate it as desired. When storing, put some parchment paper between each of the pieces.

CROATIAN FISH STEW WITH POLENTA

Ingredients:

- 1 kg fish, various sea fish; boned, cleaned, cut into pieces
- 2 large onions, sliced
- 2 tomatoes, sliced
- 2 cloves of garlic, finely chopped
- 2 tablespoons of parsley, chopped
- 100 ml oil
- 200 ml white wine
- 300 g cornmeal, for the polenta
- 1 1/2 liter of water
- 10 g salt



Directions:

Preparation time: ca. 30 Min. / Difficulty: normal / Calories p. Pers.: approximately 420 kcal

Fry one half of the onion slices in a big pot. Put the fish pieces, tomatoes, the rest of the onions, the garlic and the parsley on top of it, season with salt and pepper, add the oil, white wine and water into the pot and let it cook slowly until the fish is cooked.

In the meantime, prepare the polenta. When the water starts to boil, add some salt and stir in the cornmeal slowly. Cook it for about 40 minutes.

Dish up the soft polenta in a flat bowl, place the fish pieces on the polenta and pour some of the sauce over it.

MINI DOUGHNUTS (FRITULE)

Ingredients:

- 400 ml yogurt
- 2 eggs
- 2 packs of vanilla sugar
- a pinch of salt
- 2 teaspoons of sugar
- 20 tablespoons of flour
- 1 pack of baking powder
- 1 teaspoons of brandy



Directions:

Mix up the flour, baking powder and salt.

Mix up the eggs, sugar, vanilla sugar, brandy and yogurt and stir it all thoroughly together with the flour.

The mixture has to be smooth and without bubbles.

Scoop some batter with a teaspoon. Use a second teaspoon to form little balls.

The oil should not be too hot.

SUMMARY

In the project two neighboring nations of Central Europe (Germany and Poland) met with the three from the farthest edges of Europe (Croatia, Portugal and Turkey). All the groups had to take a close look at culinary customs of their mates. Look in order to choose 10 meals both typical and characteristic.

It wasn't an easy task. Each country has many regional dishes and tastes, which were created by historical changes and influences from other cultures.

But selections were made and now we have a wide range of dishes, both sophisticated as well as simple ones, well-known tastes but also quite original ones.

We can compare and find differences as well similarities, sometimes surprising.

What a variety of sensations! Although the world is mightily becoming one global village we still differ in such a beautiful way. We still have a lot to explore. Food is not only fuel but also pleasure and fun – we realized it when we tested our own recipes.

Using our „cookbook" we can prepare, according to a Portuguese recipe, a sweet chicken pudding named „maminhas de freira".

Not everywhere Bacalhau / dried and salted cod/ is in common use but the meals made with it taste interesting.

Fried Turkish anchois also smell delicious. But why did the Turkish group keep their recipe for baklava secret?

Certainly it is not going to be hard to make Croatian cabbage rolls, known in Poland as “pigeons”, German schnitzel with potatoes and Polish donuts for a dessert.

So let us try.