

EATING OUR WAY THROUGH

EU





Graphic design: Sabina Tržan

Publisher: EUROPE DIRECT Savinjska, Celjski mladinski center, javni zavod za mladinsko kulturo, izobraževanje in šport

This document reflects the views only of the authors and the European Commission cannot be held responsible for any use, which may be made of the information contained therein.

Introduction

At the EUROPE DIRECT Savinjska information point, we have prepared a public competition in 2023 for the contribution of cooking recipes from the entire European Union. We invited people from different countries to participate and asked them to provide us with delicious dishes that are typical for their country.

In this cookbook you will find various ideas for what to prepare for lunch, dinner or dessert and in this way you will travel for free through the culinary experiences that the EU has to offer.

With the competition, we want to encourage Europeans to research typical European dishes, to prepare them, and at the same time we want to promote European tastes. In this way, it can also be indirectly connected to one of the European priorities »Promoting the European way of life«, as well as to the priority of the »European Green Deal«. This is mainly reflected in the goals of efficient consumption and the preparation of healthy and affordable food, as cooking at home is more economical compared to eating in restaurants, both from the point of view of the consumption of resources, personal finances and energy.

Also, cooking at home, especially cooking according to recipes, where we have to plan the purchase of ingredients in advance, offers us a greater possibility of organization and offers us more structure and control over the consumption of ingredients and products, which also contributes to a more sustainable attitude in terms of a smaller amount of waste during cooking, which directly relates to one of the goals of European policy - waste reduction, which is also mentioned among the initiatives that arose within the framework of the Conference for the Future of Europe and are collected in the Commission's Work Program for 2023.



AND BRIEFLY ABOUT THE EUROPEAN GREEN DEAL

The aim of the European Green Deal is to improve people's well-being. Ensuring a climate-neutral Europe and protecting our natural habitat will benefit people, the planet and the economy. No one will be ignored.

The EU will:

- Become climate neutral by 2050.
- Protected human life, animals and plants by reducing pollution.
- Helped companies become world leaders in clean products and technologies.
- Helped ensure a just and inclusive transition.

So let's start today. *BON APPETIT!*

WHO ARE WE - EUROPE DIRECT POINTS?

<https://europedirect.si>

Central information service for all general questions related to the EU. We offer quick answers, guide you to the best sources of information, advice and contact details, and provide information about the rights and options you have as an EU citizen. The European Documentation Centers (EDC) are also part of the network, which provide you with help in finding more detailed information on EU legislation and teach you how to successfully find information in various European documentation collections free of charge.

AND EUROPE DIRECT SAVINJSKA?

<https://europedirect.si/europe-direct-savinjska>

<https://www.facebook.com/Infopentlja>

The EUROPE DIRECT Savinjska information point is hosted by the Celje Youth Center, a public institute for youth culture, education, information and sport. One of the basic and main tasks of the youth center is to offer help and support activities to young people to realize their own ideas.



Content



APPETIZERS AND SIDE DISHES

11

CZECH — Česnečka (Czech garlic soup)	13
FINLAND — Juustoleipä (Finnish squeaky cheese)	15
GREECE — Greek Salad	17
LATVIA — Frikadeļu zupa (Meatball soup)	19
LUXEMBOURG — Gromperekichelcher (Potato pancake)	21
POLAND — Pierogi (Dumplings)	23
SPAIN — Gazpacho	25

MAIN DISHES

27

AUSTRIA — Wiener Schnitzel (Viennese steak)	29
BULGARIA — Moussaka	31
CYPRUS — Fasolada (Bean soup)	33
FRANCE — Ratatouille (Vegetable stew)	35
IRELAND — Fried cabbage with bacon	37
ITALY — Italian pizza dough	39
HUNGARY — Goulash	41
SLOVAKIA — Bryndzové halušky (Potato dumplings with sheep's cheese and bacon)	43
SWEEDEN — Swedish meatballs	45

DESSERT

47

BELGIUM — Belgian waffles	49
DENMARK — Risalamande (Rice pudding)	51
ESTONIA — Ruiskatut (Rye cookies)	53
LITVA — Tinginys	55
CROATIA — Croatian Fritters	57
MALTA — Pudina tal-hobż (Bread pudding)	59
NETHERLANDS — Appeltart	61
PORTUGAL — Pastel de nata	63
ROMANIA — Papanashi (Romanian Cheese Dumplings)	67
SLOVENIA — Potratna potica	69



Appetizers and side dishes



COUNTRY **CZECH**

Česnečka

CZECH GARLIC SOUP

PORTIONS **4**

INGREDIENTS

- *2 tablespoons bacon fat, or unsalted butter*
- *1 small onion, finely chopped*
- *6 cloves garlic, minced*
- *6 cups chicken stock, or beef stock, hot*
- *2 large potatoes, peeled and coarsely chopped*
- *Salt, to taste*
- *Freshly ground black pepper, to taste*
- *3 cloves garlic, crushed, optional*
- *Croutons, for garnish*
- *Grated cheese, for garnish*

COOKING PROCESS

- 1.** In a medium saucepan, melt bacon fat or butter. Add onions and garlic and cook until translucent.
- 2.** Add hot stock and bring to a boil. Add potatoes, return to the boil, reduce heat, and simmer until potatoes are tender.
- 3.** Adjust seasoning and, for a stronger garlic taste, add 3 cloves crushed garlic (not minced). Serve immediately with croutons and grated cheese of choice.

COUNTRY **FINLAND**

Juustoleipä

FINNISH SQUEAKY CHEESE

PORTIONS **1 OR 2**

INGREDIENTS

- *2-1/2 gal. raw or pasteurized milk*
- *1 tbsp. salt*
- *1 tbsp. cornstarch*
- *1 tbsp. sugar*
- *1/2 tablet of Hanson's Rennet*

COOKING PROCESS

1. Heat milk in double boiler to 88°F (but not over 90°). Dissolve crushed rennet in 1 tbsp. of cool water; set aside. In a cup, mix dry ingredients with a small amount of the warmed milk. Add this mixture and dissolved rennet into the rest of the warmed milk. Stir well; set aside to jell. Do not disturb.
2. Jelling time varies from 20 to 45 minutes. Test by inserting wooden spoon into mixture. When jelled properly, the spoon should leave a clean hole.
3. When jelled, stir to break up curds into 1-inch chunks. Let set 5-10 minutes until whey separates from curds. Set out a 9-inch round cake pan with a thin, wet cloth draped over it. Pour jelled mixture onto cloth; gather all corners and squeeze out as much whey as possible. Remove the cloth and firmly press mass into pan.
4. Bake at 400°F for 15 minutes. Periodically pour whey out. Broil on both sides until light golden brown. Cool on rack and let dry 1-2 hours. Refrigerate.

COUNTRY **GREECE**

Greek salad

PORTIONS **4**

INGREDIENTS

- 4 large ripe tomatoes
- 1 cucumber
- 0.5 purple onion
- 16 kalamata olives
- 90 g of feta cheese
- 4 tablespoons of olive oil
- oregano (fresh or dried)

COOKING PROCESS

1. Wash and dry the vegetables carefully. Cut the tomatoes into bite-sized pieces and place them in a large bowl. Peel the cucumber and remove the seeds if desired. Cut it into small pieces. Peel the onion and cut it in half. Cut both halves into thin slices and add them to the bowl with the tomatoes together with the cucumber and olives. Mix the ingredients gently.
2. Cut the feta cheese into pieces and sprinkle over the vegetables in the bowl. Pour olive oil over everything and sprinkle with oregano. The salad can be served immediately or stored in the refrigerator for 15 minutes to cool down a bit.

COUNTRY **LATVIA**

Frikadeļu zupa

MEATBALL SOUP

PORTIONS **4 - 6**

INGREDIENTS

- 2 litres water
- 1 bay leaf
- 1 stock cube (optional)
- black peppercorns
- 4 medium carrots
- 4 potatoes
- 500g beef mince
- 1 egg
- 1 tablespoon breadcrumbs
- 1 teaspoon pepper for seasoning
- 1 large gherkin (optional)
- sour cream for serving

COOKING PROCESS

1. Peel and finely slice carrots. Peel and dice potatoes.
2. Place the carrots, bay leaf, peppercorn, stock cube and the water in a large saucepan and bring to a boil. Reduce the heat and simmer for 3 minutes.
3. Add diced potatoes, bring back to a boil and simmer for additional 3 – 5 minutes.
4. While carrots and potatoes are simmering, place mince, egg, breadcrumbs and pepper in a medium bowl and mix together. With wet hands form small balls (size of a teaspoon).
5. Add the balls to the saucepan and simmer on low heat for about 15–20 minutes, until vegetables and meatballs have cooked through.
6. Ladle the soup in bowls and add a tablespoon of sour cream.

COUNTRY **LUXEMBOURG**

Gromperekichelcher

POTATO PANCAKE

PORTIONS **4**

INGREDIENTS

- *11 lb potatoes*
- *1 large onion*
- *1 shallot*
- *2 Tablespoons fresh parsley*
- *3 eggs*
- *1 Tablespoon flour*
- *salt and pepper to taste*

COOKING PROCESS

1. Wash, peel and coarsely grate the potatoes.
2. Put them in a cloth to remove excess water by pressing it.
3. Put them in a bowl.
4. chop the parsley, shallots, and onions and mix them in. Add the beaten eggs, Salt and pepper to taste and finally mix in the flour.
5. heat the oil in a pan until very hot or you can use your deep fryer.
6. Form the batter into flat cakes and fry them in the oil on both sides until golden brown.
7. Remove and place on a paper towel to remove excess oil, serve warm.

COUNTRY **POLAND**

Pierogi

DUMPLINGS

PORTIONS **12**

INGREDIENTS

- 2 tablespoons butter
- ½ cup chopped onion
- 1 ½ cups sauerkraut, drained and minced
- salt and pepper to taste

Potato Filling:

- 3 tablespoons butter
- ½ cup chopped onion
- 2 cups cold mashed potatoes
- 1 teaspoon salt
- 1 teaspoon white pepper

Dough:

- 1 (8 ounce) container sour cream
- 3 large eggs
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt

COOKING PROCESS

1. Make sauerkraut filling: Melt butter in a skillet over medium heat. Cook and stir onion in hot butter until translucent, about 5 minutes. Add sauerkraut and cook, stirring occasionally, for 5 more minutes. Season with salt and pepper, then remove to a plate to cool.
2. Make potato filling: Melt butter in the same skillet over medium heat. Cook and stir onion in hot butter until translucent, about 5 minutes. Stir in mashed potatoes, salt, and white pepper. Remove from heat.
3. Make dough: Beat together sour cream and eggs in a large bowl until smooth. Sift flour, baking powder, and salt into a separate bowl; stir into sour cream mixture until dough comes together. Knead dough on a lightly floured surface until firm and smooth.
4. Divide dough in half, then roll out one half to 1/8-inch thickness. Cut into 3-inch rounds using a biscuit cutter. Place a small spoonful of potato filling into the center of each round. Moisten edges with water, fold over, and press with a fork to seal. Roll and fill remaining dough half with sauerkraut filling.
5. Bring a large pot of lightly salted water to a boil. Add pierogies in batches to boiling water and cook until they float to the top, 3 to 5 minutes. Remove with a slotted spoon.

COUNTRY **SPAIN**

Gazpacho

PORTIONS **4**

INGREDIENTS

- *bread - use old bread and soak it with water. this will make the soup creamier and thicker.*
- *tomatoes - without tomatoes there is no such great Spanish soup. we use fresh, juicy and ripe tomatoes.*
- *cucumbers - add freshness to the dish. we always peel the cucumbers for this recipe.*
- *paprika - green paprika is traditionally used, but yellow or red paprika can also be used.*
- *vinegar - sherry vinegar adds a slightly sweet flavor and is a great choice, but you can also use red wine vinegar or apple cider vinegar.*
- *olive oil - we use quality, extra virgin olive oil.*
- *ice - it helps that the dish can be served cold immediately.*

COOKING PROCESS

1. This is definitely one of the easiest appetizers that we can prepare at home. The cooking process goes like this:
2. Cut the vegetables into small pieces (clean them first). Soak the bread with water. Put all the ingredients in a blender. Season to taste.
3. Let's serve.

Main dishes



COUNTRY **AUSTRIA**

Wiener Schnitzel

VIENNESE CUTLET

PORTIONS **4**

INGREDIENTS

- *1 ½ pounds veal cutlets*
- *½ cup all-purpose flour*
- *2 large eggs*
- *3 tablespoons grated Parmesan cheese*
- *2 tablespoons milk*
- *1 teaspoon minced parsley*
- *½ teaspoon salt*
- *¼ teaspoon pepper*
- *1 pinch ground nutmeg*
- *1 cup dry bread crumbs*
- *6 tablespoons butter*
- *4 slices lemon*

COOKING PROCESS

1. Place veal cutlets between 2 sheets of heavy plastic on a solid, level surface. Firmly pound cutlets with the smooth side of a meat mallet to a 1/4-inch thickness. Dip cutlets in flour to coat; shake off excess.
2. Beat together eggs, Parmesan cheese, milk, parsley, salt, pepper, and nutmeg in a shallow bowl until combined. Place bread crumbs on a plate. Dip each cutlet into the egg mixture, then press in bread crumbs to coat. Place coated cutlets on a plate and refrigerate for 1 hour to overnight.
3. Melt butter in a large skillet over medium heat. Cook breaded cutlets in butter until browned, about 3 minutes per side. Transfer cutlets to a serving platter and pour pan juices over them. Garnish with lemon slices.

COUNTRY **BULGARIA**

Moussaka

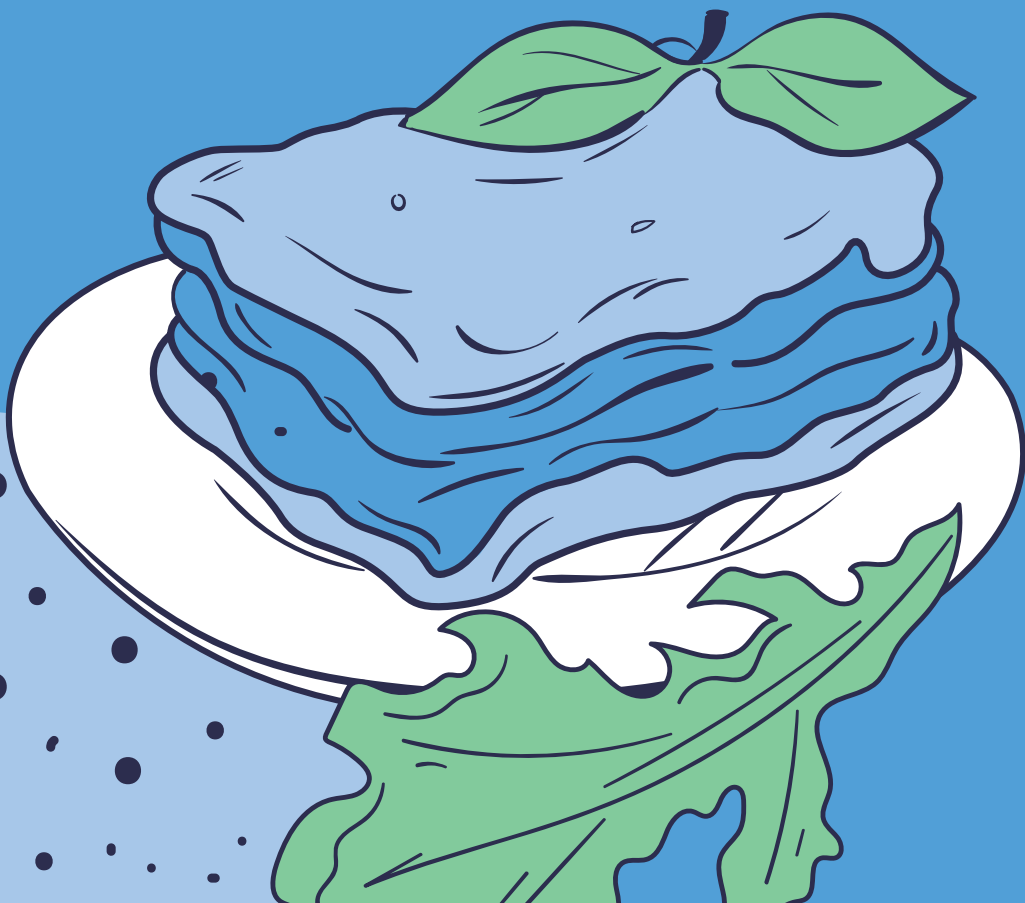
PORTIONS **4**

INGREDIENTS

- 500 g of minced mixed meat
- 6-7 medium-sized potatoes
- 1 medium onion
- 2 cloves of garlic
- a pinch of parsley, basil
- a pinch of salt, pepper
- 4-5 (depending on the size) eggs
- 200 ml of cooking cream
- 0.5 dcl of milk
- 2-3 handfuls of grated mozzarella

COOKING PROCESS

1. Boil the potatoes, peel them and cool them. Add a pinch of salt and pepper to the minced mixed meat and mix it with your hands. Cut the garlic and onion into small pieces. Heat the oven to 220 degrees. Grease the baking pan with butter.
2. Heat 5 tablespoons of olive oil in a pan. Add onion to it and fry it until it turns golden brown. Add meat and garlic to it, and fry everything together until all the water from the meat evaporates. Add parsley and, if necessary, a little more salt. It is important that the meat is salty enough because the potatoes themselves will not be salted.
3. Mix the eggs, cooking cream, milk, salt, pepper and grated mozzarella in a bowl (salt the sauce a little more because the potatoes are not salty and if the moussaka is not salty enough, it will not be good).
4. First, cut one layer of 0.5 cm thick potato rings into the baking dish. Then add half of the meat mixture. And we repeat the entire cooking process once more. Cut the potatoes again on top. Pour the egg mixture over everything and sprinkle a handful of cheese on top. You can also pour a teaspoon of dressing between the layers.
5. Put everything in the oven for 45-50 minutes.



COUNTRY **CYPRUS**

Fasolada

BEAN SOUP

PORTIONS **4**

INGREDIENTS

- *Cannellini beans – 2 cans ;alternatively can also use butter beans*
- *Onion – One yellow onion chopped*
- *Celery – Stalks of celery cut into small cubes*
- *Carrots – Carrots peeled and cut into small cubes*
- *Garlic*
- *Tomato Paste – To thicken the soup and add flavor*
- *Olive Oil – Use extra Sourcegin olive oil for the best flavor*
- *Paprika – use regular not smoked paprika*
- *Chili flakes – To add flavor and a little bit of heat*
- *Oregano – To add flavor to the soup*
- *Bay Leaves*
- *Vegetable Broth – 3 1/2 cups*
- *Black Pepper*
- *Salt*

COOKING PROCESS

1. Start by heating 2 tablespoons of olive oil in a Dutch oven or a soup pot over medium heat.
2. Then add the chopped onion, diced carrots, diced celery, thinly sliced garlic, and salt to taste
3. Sauté everything for 5 minutes, stirring regularly.
4. Then stir in the tomato paste and cook everything for around 2 minutes.

COUNTRY **FRANCE**

Ratatouille

VEGETABLE STEW

PORTIONS **8**

INGREDIENTS

- 1 large (1¼ lbs) eggplant, cut into ½-inch cubes
- Salt
- 6 tablespoons extra Sourcegin olive oil, plus more for serving
- 2 medium zucchini (1 lb), cut into ½-inch cubes
- 1 medium yellow onion, finely chopped
- 1 red, orange or yellow bell pepper, cut into ¼-inch dice
- 5 large cloves garlic, chopped
- 5 large vine-ripened tomatoes (1¼ lbs), cut into ½-inch cubes, with their juices
- 1 tablespoon tomato paste
- 2 teaspoons fresh chopped thyme, plus more for serving
- ¾ teaspoon sugar
- ¼ teaspoon crushed red pepper flakes (optional)
- 3 tablespoons chopped fresh basil

COOKING PROCESS

1. Heat 3 tablespoons of oil in a large nonstick pan over medium heat. Add the eggplant and season with ¼ teaspoon salt. Cook, stirring frequently, until soft and starting to brown, 10 to 12 minutes. Transfer to a plate and set aside.
2. Add another tablespoon of oil to the pan (no need to clean it). Add the zucchini and cook, stirring frequently, until tender-crisp, 3 to 4 minutes. Season with ¼ teaspoon salt and transfer to a plate; set aside.
3. Add two more tablespoons of oil to the pan and add the onion and bell pepper. Cook, stirring frequently, for about 5 minutes. Add the garlic and continue cooking for about 3 minutes more. Do not brown. Add the tomatoes and their juices, tomato paste, thyme, sugar, crushed red pepper flakes (if using) and ¾ teaspoon salt. Cook, stirring occasionally, until the tomatoes are broken down into a sauce, 8 to 10 minutes. Add the cooked eggplant to the pan; bring to a gentle boil, then reduce the heat to low, and simmer, uncovered, for about 10 minutes or until the eggplant is soft. Add the zucchini and cook for 1 to 2 minutes more, or until just warmed through. Taste and adjust seasoning, if necessary. Sprinkle with fresh basil and thyme, drizzle with a little olive oil if desired, and serve warm or chilled. Leftovers can be stored in the refrigerator in an airtight container for up to 5 days.
4. Freezer-Friendly Instructions: Let the dish cool completely and freeze in an airtight container for up to 3 months. (Keep in mind that the zucchini won't stay crisp after being frozen.) This is delicious served cold, or reheated in the microwave.



COUNTRY **IRELAND**

Fried Cabbage with Bacon

PORTIONS **6**

INGREDIENTS

- *1 (12 ounce) package Bacon*
- *1/4 cup Bacon drippings*
- *1 Head cabbage, small*
- *1 Onion*
- *1 Black pepper, ground*

COOKING PROCESS

1. Cook bacon in a deep cast-iron skillet until crisp. ...
2. Add the diced onions to the drippings and cook them until they become translucent.
3. Stir in the shredded cabbage. ...
4. Add the bacon back into the pan with the cabbage and cook the mixture together.



COUNTRY ITALY

Italian pizza dough

PORTIONS 4

INGREDIENTS

- 400 ml of lukewarm water
- 15 g of fresh yeast
- 650 g flour type 00 (for us it is type 500)
- 25 g of salt
- olive oil for greasing the pan

COOKING PROCESS

1. Mix the crushed yeast in the lukewarm water.
2. Pour the flour into the bowl and make a well in the middle. After the flour, sprinkle salt around the hole, pour a mixture of yeast and water into the hole. Mix the ingredients well with your fingers or a food processor so that they stick together and get a rough dough.
3. Turn the coarse dough onto a lightly floured work surface, where it is kneaded well. Knead it for 10 to 15 minutes, or until it becomes completely smooth, soft and elastic and does not stick to your hands or work surface.
4. Lightly flour the bowl (you can also oil it). Form the kneaded dough into a ball, place it in a bowl and cover it with a clean napkin (food foil). Let the dough rise in a warm place for 45 to 60 minutes.
5. Remove the risen dough from the bowl with floured hands and divide it into 250 gram pieces, which we shape into balls. Place the balls on a floured work surface, cover with a napkin and let rise for 45 to 60 minutes.
6. When you want to prepare a pizza, grease a round pan (or several of them) with a thin layer of oil. Take the risen ball, dust it with flour and roll it round with your hands. We help with this with our fingers or the palm, but it is important to stretch the dough from the center outwards, as this is the only way it will have that characteristic thick edge. When the dough has been nicely rolled out, place it in a greased baking pan, coat it with sauce, cover it with any accessories and bake it.

COUNTRY **HUNGARY**

Goulash

PORTIONS **10**

INGREDIENTS

- 2 lbs. beef shoulder, cut into ½ inch cubes
- 2 cups low-sodium beef broth
- 2-3 tomatoes, diced
- 2 red bell peppers, de-seeded and cut into half rings
- ¾ lb. carrots (about 2-3 large carrots), peeled and cut into rounds
- ½ lb. parsley roots (about 2-3 parsley roots), peeled and cut into rounds (or parsnips)
- ½ lb. celeriac, peeled and cut into ½ inch cubes
- 1 lbs. potatoes, peeled and cut into ½ inch cubes
- 1 large onion, roughly chopped
- 5 cloves garlic, crushed and roughly chopped
- 3-4 sprigs of fresh parsley leaves, tied together
- 4-5 cups hot water

COOKING PROCESS

1. Heat the lard in a cast iron Dutch oven, then add the onions and cook for 8 minutes. Stir often so they don't burn. If they start browning, add a tablespoon of water.
2. Stir in caraway seeds, black pepper and bay leaves, and cook for 2 more minutes.
3. Remove the pot from the heat, and sprinkle paprika all over the onions. Stir often! (Burnt paprika is bitter.)
4. Add beef cubes and garlic. Stir well until each piece is coated with paprika gravy. Reduce the heat to medium and cook for 2-3 minutes, or until the beef cubes start browning.
5. Mix in tomatoes, peppers, goulash paste and the remainder of the broth (1 ½ cup). The broth should cover the meat and vegetables by an inch or two. If it doesn't, add hot water.
6. Reduce the heat to low, cover the Dutch oven, and let it simmer for an hour and a half.
7. Add the root vegetables (carrots, parsley, celeriac and potatoes) and the tied parsley leaves to the pot. Add 4-5 cups of hot water to cover by an inch or two.
8. Season with salt, and bring the soup to a boil over high heat. When it starts boiling, reduce the heat to medium, and cook for 15 minutes uncovered.
9. Add the csipetke and boil for another 10-15 minutes. Taste and adjust saltiness.



COUNTRY SLOVAKIA

Bryndzové halušky

POTATO DUMPLINGS WITH SHEEP'S CHEESE
AND BACON

PORTIONS 4

INGREDIENTS

- 1 cup flour
- 1 egg
- 1 potato
- 1/3 cup water
- 1/2 teaspoon salt
- 5 oz bryndza OR sheep feta mashed with 1/4 cup heavy cream
- 5-7 slices of thick bacon
- salt to taste

COOKING PROCESS

1. Finely grate the potato into a bowl, keeping the juice. Add flour, egg, and salt, and stir with a wooden spoon. Add water and stir until all the lumps are smoothed out. If the dough is too runny, add flour; if too thick, add water.
2. In a large pot, bring water to a boil and add salt. Transfer the potato dough into the boiling water by using a spaetzle maker, or push the dough through a large grater or colander. Gently boil all halušky for 7 or 8 minutes, until they all float to the top.
3. Meanwhile, fry the bacon until crisp and dice it into cubes.
4. Strain the halušky and mix with bryndza. Sprinkle the bacon on top and pour the rendered bacon fat all over. Salt to taste and serve immediately.

COUNTRY **SWEEDEN**

Sweedish meatballs

PORTIONS **8**

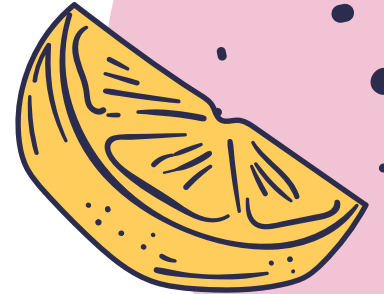
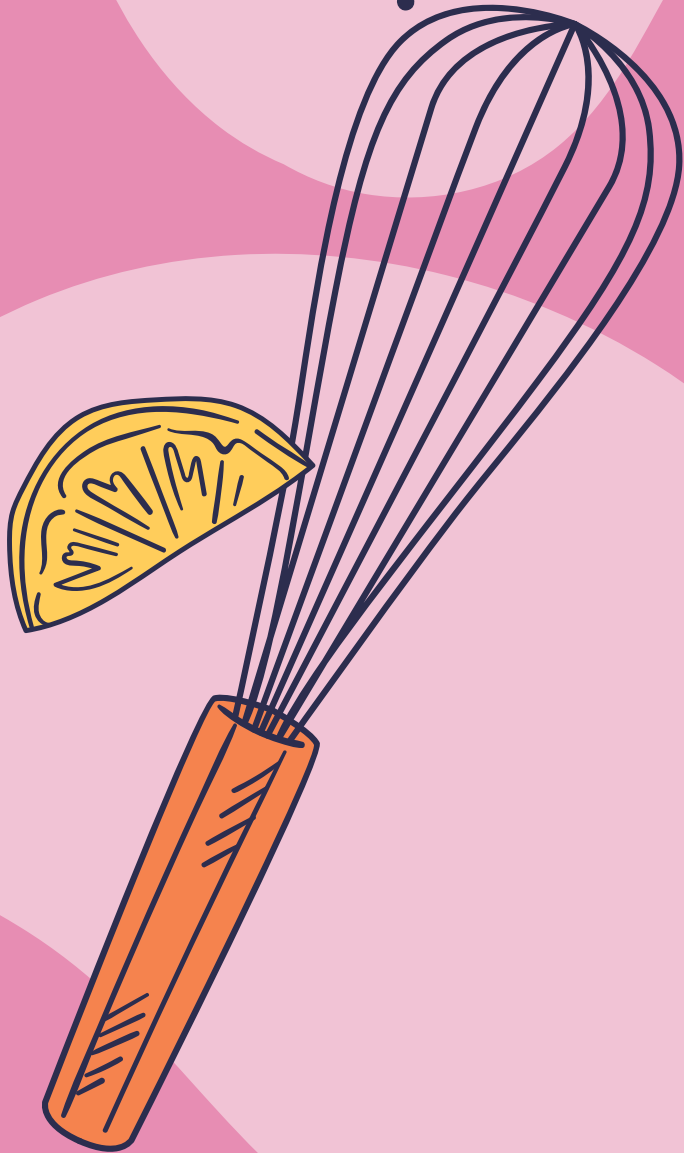
INGREDIENTS

- *900 g of ground beef*
- *1.5 cups of breadcrumbs*
- *180 ml of milk*
- *3 slices of bread*
- *1 onion*
- *0.5 teaspoon of salt*
- *1 teaspoon of pepper*
- *1 teaspoon ground nutmeg*
- *40 g of butter*
- *2.5 dl beef soup base*
- *2 dl of partially skimmed sweet cream*

COOKING PROCESS

1. Peel, wash and chop the onion. Heat the pan and melt 10 g of butter in it, then quickly fry the onion while stirring until translucent. Cool the onion.
2. Crumble the pieces of bread into a large bowl and mix in the crumbs. Add the cooled onion, nutmeg and milk. Mix the mixture well and let it stand for 10 minutes so that the bread absorbs the liquid.
3. Add ground beef, salt and pepper to the bread mixture and knead well with your hands so that all ingredients are evenly distributed. Shape the mixture into large balls for the walnut. Melt the remaining butter in a pan and fry the meatballs in it until they are nicely browned on all sides. We have to be careful that there are not too many of them in the pan at once.
4. Place the baked balls on a plate and prepare the sauce in the pan where they were baked. Add beef soup base and sweet cream. Cook everything together at a moderate temperature for about 5 minutes. Then raise the temperature and let the sauce boil. Let it boil for 1 minute. Reduce the temperature and add the baked meatballs. Cook everything together at a low temperature for another 2 minutes. Place the balls together with the sauce on plates and serve.

Dessert



COUNTRY **BELGIUM**

Belgian Waffles

PORTIONS **8**

INGREDIENTS

- 2 cups *all-purpose flour*
- 3 *teaspoons baking powder*
- 1/2 *teaspoon salt*
- 1 3/4 *cups milk*
- 2 *large eggs*
- 1/2 *cup oil, or melted butter*
- 1/2 *teaspoon pure vanilla extract,*

COOKING PROCESS

1. Gather the ingredients.
2. Heat your waffle iron on high heat.
3. Stir together the dry ingredients in a large bowl.
4. Whip together the milk, eggs, and oil in a liquid measuring cup or a separate bowl.
5. Add the wet mixture to the dry mixture and stir until combined. The batter may be a bit lumpy, but that is OK.
6. Add a 1/2 cup of the batter to the center of the waffle iron and cook for 2 to 3 minutes, until golden brown.
7. Top with butter and warm maple syrup.



COUNTRY DENMARK

Risalamande

RICE PUDDING

PORTIONS 4

INGREDIENTS

Rice pudding

- 2.25 dl short-grained white rice (pudding rice)
- 1 dl water
- 1 l milk
- 2 vanilla beans (the seeds)

Risalamande

- 150 g almonds
- 2 tbsp sugar
- 5 dl heavy cream
- 1 can cherry sauce (for topping)

COOKING PROCESS

1. In a saucepan; add rice and water. Heat up and let it boil for about 2 minutes. Add the milk to the pudding and heat up until boiling under constantly stirring. Add the seeds from the vanilla beans. This is done by slicing the vanilla beans and scrape out the seeds using a knife. Mix the vanilla with 2 tablespoons of sugar. Also, add the empty vanilla beans to the pudding (they still have a lot of flavor).
2. Let the pudding simmer under a lid at low heat. The rice has a tendency to burn to the saucepan so remember to stir regularly. Let it simmer for about 35 minutes.
3. Remove the empty vanilla beans. The rice pudding is now done. Let it cool in the fridge before you proceed to make the Risalamande. You can with advantage make this rice pudding the day in advance.
4. Heat some water until boiling point and pour it in a small bowl. Add the almonds and let them soak in the hot water for about 5-7 minutes. One-by-one take the almonds up and press them between two fingers so that the peel separates from the almond. Add more hot water if needed. It should be easy to skin the almonds.
5. Coarsely chop the almonds and mix them with the cold rice pudding.
6. If you used the original recipe for rice pudding (and not the one in this recipe) and boiled the rice pudding without the vanilla beans, then add the seeds of the beans to the pudding now. Add it to the cold rice pudding and mix well.
7. In a separate bowl, whisk the heavy cream into whipped cream and gently mix the it with the rice pudding. The Risalamande is now done. Put it in the fridge until serving.

COUNTRY **ESTONIA**

Ruiskatut

RYE COOKIES

PORTIONS **6**

INGREDIENTS

- 7 Tbsp (100 g) unsalted butter, at room temperature
- 3/4 cup (90 g) flour
- 1 cup (120 g) rye flour
- 2 Tbsp (30 ml) milk
- 1/3 cup (60 g) light brown sugar, packed
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2.5 g) salt

COOKING PROCESS

1. In a bowl, beat the butter and sugar until the mixture is light and fluffy.
2. Sift the dry ingredients together, then gradually add them to the butter mixture. Beat in the milk.
3. Wrap the dough in plastic and refrigerate for 1 hour.
4. Preheat the oven to 375°F (190°C). Butter two baking sheets. Roll out the dough to a thickness of 1/4 inch (6 mm) and, using a cookie cutter, cut out 1 1/2 inch (3.8 cm) round cookies.
5. Place the unbaked cookies on the baking sheets and prick them several times with the tines of a fork. Bake for 8 to 10 minutes, or until light brown. Cool the cookies before serving.

COUNTRY **LITHUANIA**

Tinginys

PORTIONS **8**

INGREDIENTS

- *¾ cup unsalted butter*
- *1 (14 ounce) can sweetened condensed milk*
- *2 tablespoons unsweetened cocoa powder*
- *8 cups tea cookies, coarsely crushed*

COOKING PROCESS

- 1.** Melt butter in a saucepan over low heat. Stir in sweetened condensed milk and cocoa powder and heat until well combined, stirring constantly, about 2 minutes.
- 2.** Pour crushed cookies into a big bowl and pour milk mixture on top. Mix well. Pour mixture into a large, clear, plastic bag and shape into a loaf form.
- 3.** Allow to harden for a few hours and cut into slices to serve.



COUNTRY CROATIA

Croatian Fritters

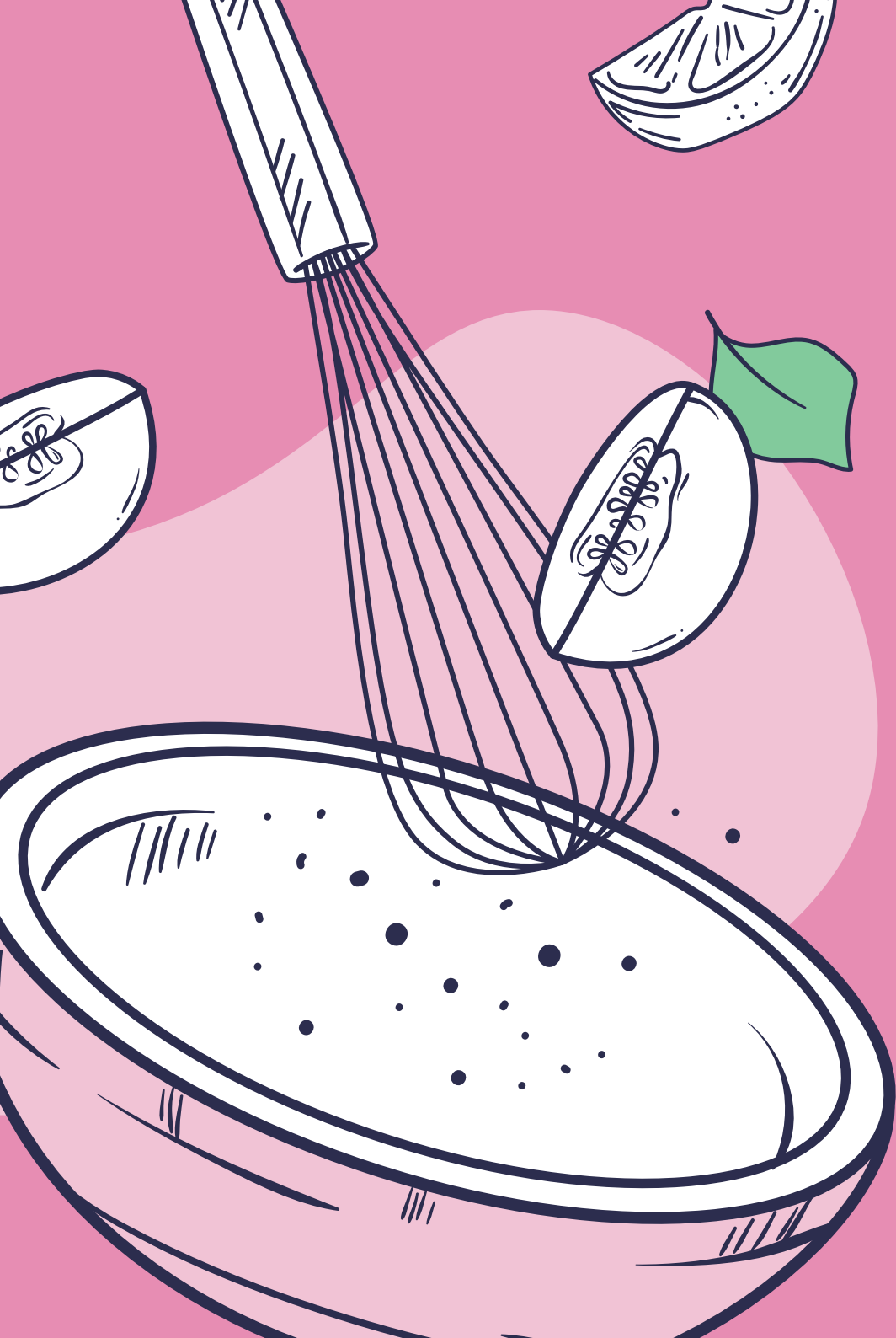
PORTIONS 20

INGREDIENTS

- 1 (0.25-ounce) package active dry yeast, or 2 1/4 teaspoons
- 1 teaspoon sugar
- 8 cups all-purpose flour
- 1 teaspoon salt
- 1 cup dark raisins
- 1/2 cup walnuts, chopped
- 1 tart apple, grated
- 2 teaspoons lemon zest
- 3 to 4 cups water, at room temperature
- 3 cups oil, for frying
- Confectioners' sugar, for optional dusting

COOKING PROCESS

1. Gather the ingredients. Grate the apple.
2. Proof the yeast by dissolving it and 1 teaspoon sugar in 1 cup of warm water (not over 110 F). When it foams, pour into a large bowl and add flour, salt, raisins, walnuts, grated apple, and zest, and mix well. Add 3 to 4 cups water, or as much as necessary to achieve a cake batter consistency. Cover the bowl with plastic wrap and let the batter rise until doubled, about 1 hour.
3. In a heavy-bottomed pan or Dutch oven, heat oil to 370 F. Carefully drop tablespoons of batter into the oil, being careful not to overcrowd. Fry until golden on the bottom. Turn over once to brown both sides.
4. Remove the fritules with a slotted spoon onto layers of paper towels to drain. Repeat until batter is finished. Sprinkle fritule with confectioners' sugar while still hot, if desired.



COUNTRY **MALTA**

Pudina tal-ħobż

BREAD PUDDING

PORTIONS **4**

INGREDIENTS

- 800 g/1 ¾ lbs bread
- 50 g/2 oz margarine
- 100 g/4 oz sugar
- 3 eggs
- 50 g/2 oz chopped mixed peel
- Grated rind of an orange
- 2 tbsp cocoa
- A drop of vanilla essence
- 200 g/9 oz sultanas
- A pinch of nutmeg
- 1 tsp mixed spice
- 1 tsp baking powder
- 1 ½ cups of milk

COOKING PROCESS

1. Cut the bread into pieces, place in a bowl, cover with milk to soak for an hour.
2. Mix all the other ingredients together in a bowl, add the bread and continue to stir till all the mixture is well combined.
3. Pour the mixture into a pre-greased baking dish.
4. Bake in a moderate oven for approximately 4 minutes or check by inserting a skewer in the centre, if the pudding is cooked, this should come out clean.
5. The puding may be eaten warm or cold.



COUNTRY NETHERLANDS

Appeltaart

PORTIONS 8

INGREDIENTS

Pastry Dough:

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup butter, softened
- 2 eggs, beaten, divided
- $\frac{1}{3}$ cup white sugar
- 1 tablespoon white sugar
- 1 teaspoon ground cinnamon

Filling:

- 2 pounds tart apples - peeled, cored, and sliced
- $\frac{1}{2}$ cup sultana raisins
- $\frac{1}{4}$ cup white sugar
- 1 tablespoon ground cinnamon

COOKING PROCESS

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch cake pan.
2. Combine flour, butter, 1 $\frac{1}{2}$ egg, $\frac{1}{3}$ cup plus 1 tablespoon sugar, and 1 teaspoon cinnamon in a large bowl. Knead by hand to form a smooth, consistent dough.
3. Turn dough out onto a lightly floured work surface. Roll out $\frac{3}{4}$ of the dough into a 10-inch circle; press over the bottom and sides of the prepared cake pan.
4. Mix apples, sultanas, $\frac{1}{4}$ cup white sugar, and 1 tablespoon cinnamon together in a bowl. Spread over the dough in the cake pan.
5. Roll out remaining dough into a circle; cut into strips about $\frac{1}{3}$ -inch wide. Form an X in the center of the tart with the 2 longest strips. Create a lattice by weaving vertical and horizontal strips in an over-and-under pattern, using the shortest strips for the edges. Press ends of the strips firmly to the edge of the tart; trim excess dough with a knife.
6. Brush remaining beaten egg over the dough.
7. Bake in the preheated oven until pastry is light brown, 60 to 65 minutes.

COUNTRY **PORTUGAL**

Pastel de nata

CUSTARD TARTS

PORTIONS **4**

INGREDIENTS

FOR THE PASTEIS DE NATA DOUGH

- 2 cups minus 2 tablespoons all-purpose flour plus more for the work surface
- 1/4 teaspoon sea salt
- 3/4 cup plus 2 tablespoons cold water
- 2 sticks (8 oz) unsalted butter room temperature, stirred until smooth

FOR THE CUSTARD

- 3 tablespoons all-purpose flour
- 1 1/4 cups milk divided
- 1 1/3 cups granulated sugar
- 1 cinnamon stick
- 2/3 cup water
- 1/2 teaspoon vanilla extract
- 6 large egg yolks whisked

FOR THE GARNISH

- Confectioners' sugar
- Cinnamon

COOKING PROCESS

1. In a stand mixer fitted with a dough hook, mix the flour, salt, and water until a soft, pillowy dough forms that pulls away from the side of the bowl, about 30 seconds.
2. Generously flour a work surface and pat the dough into a 6-inch (15-cm) square using a pastry scraper. Flour the dough, cover with plastic wrap, and let it rest at room temperature for 15 minutes.
3. Roll the dough into an 18-inch (46-cm) square. As you work, use the scraper to lift the dough to make sure the underside isn't sticking to your work surface.
4. Brush the excess flour off the top of the dough, trim any uneven edges, and, using a small offset spatula, dot and then spread the left 2/3 portion of the dough with a little less than 1/3 of the butter being careful to leave a 1 inch (25 mm) plain border around the edge of the dough.
5. Neatly fold the unbuttered right 1/3 of the dough (using the pastry scraper to loosen it if it sticks) over the rest of the dough. Brush off any excess flour, then fold over the left 1/3 of the dough. Starting from the top, pat down the dough with your hand to release any air bubbles, and then pinch the edges of the dough to seal. Brush off any excess flour.



COUNTRY **PORTUGAL**

Pastel de nata

CUSTARD TARTS

PORTIONS **4**

COOKING PROCESS

- Turn the dough 90° to the left so the fold is facing you. Lift the dough and flour the work surface. Once again roll it out to an 18-inch (46-cm) square, then dot the left 2/3 of the dough with 1/3 of the butter and smear it over the dough. Fold the dough as directed in steps 4 and 5.
- For the last rolling, turn the dough 90° to the left and roll out the dough to an 18-by-21-inch (46-by-53-cm) rectangle, with the shorter side facing you. Spread the remaining butter over the entire surface of the dough.
- Using the spatula as an aid, lift the edge of dough closest to you and roll the dough away from you into a tight log, brushing the excess flour from the underside as you go. Trim the ends and cut the log in half. Wrap each piece in plastic wrap and chill for 2 hours or preferably overnight. (The pastry can be frozen for up to 3 months.)

MAKE THE CUSTARD

- In a medium bowl, whisk the flour and 1/4 cup milk (60 ml) until smooth.
- Bring the sugar, cinnamon, and water to a boil in a small saucepan and cook until an instant-read thermometer registers 220°F (104°C). Do not stir.
- Meanwhile, in another small saucepan, scald the remaining 1 cup milk (237 ml). Whisk the hot milk into the flour mixture.
- Remove the cinnamon stick and then pour the sugar syrup in a thin stream into the hot milk-and-flour mixture, whisking briskly. Add the vanilla and stir for a minute until very warm but not hot. Whisk in the yolks, strain the mixture into a bowl, cover with plastic wrap, and set aside. The custard will be thin; that is as it should be. (You can refrigerate the custard for up to 3 days.)

ASSEMBLE AND BAKE THE PASTRIES

- Place an oven rack in the top third position and heat the oven to 550°F (290°C). Remove a pastry log from the refrigerator and roll it back and forth on a lightly floured surface until it's about an inch (25 mm) in diameter and 16 inches (41 cm) long. Cut it into scant 3/4-inch (18-mm) pieces. Place 1 piece pastry dough, cut side down, in each well of a nonstick 12-cup mini-muffin pan (2-by-5/8-inch [50-by-15-mm] size). If using classic tins, cut the dough into generous 1-inch (25-mm) pieces. Allow the dough pieces to soften several minutes until pliable.
- Have a small cup of water nearby. Dip your thumbs in the water, then straight down into the middle of the dough spiral. Flatten it against the bottom of the cup to a thickness of about 1/16 inch (1.5 mm), then smooth the dough up the sides and create a raised lip about 1/8 inch (3 mm) above the pan. The pastry bottoms should be thinner than the tops.
- Fill each cup 3/4 full with the cool custard. Bake the pastries until the edges of the dough are frilled and brown, about 8 to 9 minutes for the mini-muffin tins, 15 to 17 minutes for the classic tins.
- Remove from the oven and allow the pasteis to cool a few minutes in the pan, then transfer to a rack and cool until just warm. Sprinkle the pasteis generously with confectioners' sugar, then cinnamon and serve. Repeat with the remaining pastry and custard. These are best consumed the day they're made.





COUNTRY ROMANIA

Papanashi

ROMANIAN CHEESE DUMPLINGS

PORTIONS 6

INGREDIENTS

- 2 eggs
- 0,5 cup of sugar
- salt
- lemon zest
- 1 teaspoon vanilla extract
- 500 g cottage cheese
- 1,5 cups of flour
- 2 tablespoons of lemon juice
- vegetable oil
- 500 g sour cream
- blueberry / forest fruits jam

COOKING PROCESS

1. Add the eggs and sugar in a large bowl. Mix until the sugar has been absorbed. Add the lemon zest, vanilla extract, cream cheese, flour, and lemon juice. Mix with a spatula until you obtain a smooth, silky dough. Dust your working space with flour.
2. Divide the dough into 6 small balls and 6 larger ones. Roll the large balls into thick rolls and unite the rolls ends to get a circle with a hole in the middle. Use the small balls to top the empty howls. Heat the vegetable oil in a deep skillet over high heat. Fry the doughnuts for 7-8 minutes until golden and crispy. Serve them with sour cream and blackberry / forest fruits jam.



COUNTRY SLOVENIA

Potratna potica

PORTIONS 20

INGREDIENTS

BISCUIT

- 2 eggs, ½ dcl water, ½ dcl oil, 12 dkg sugar, 10 dkg flour, 1 baking powder, chocolate powder

COTTAGE CHEESE FILLING

- 0.5 kg of cottage cheese, 180 g of sour cream, sugar to taste, a little squeezed lemon
- Walnut filling:
- 60 dkg of ground walnuts, sugar to taste, a little cocoa (Benko), hot milk, a little rum

DOUGH

- 40 dkg of smooth white flour type 500, ½ cube of yeast, a spoonful of sugar, a teaspoon of salt, 1 egg, warm milk, vanilla sugar, a little grated lemon peel

COOKING PROCESS

BISCUIT

1. Bake 2 biscuits according to the recipe, but do not add chocolate powder to one. The biscuit dough is prepared by separating the egg whites from the yolks, beating the egg whites, and beating the egg yolks with sugar into a smooth mixture. Mix the flour and baking powder together. Mix the egg yolks and egg whites carefully with a food processor. Carefully add the flour and baking powder mixture. We repeat the process once more, only to add more chocolate powder. Set the oven to 180°C and bake for about 20 minutes.

COTTAGE CHEESE FILLING

2. Mix all the ingredients together according to the recipe.

WALNUT FILLING

3. Grind the walnuts and add the rest of the ingredients to make a spreadable mixture.

DOUGH

4. Make a well in the flour, add yeast, sugar and cover with warm milk. We wait for the mixture to rise. Add the salt to the edge of the container, so that it does not touch the yeast. Beat the egg and add it before starting to knead the dough. Carefully add warm milk and knead the dough. Let the dough rise.
5. Prepare on an oiled baking sheet, take 2/3 of the leavened dough, and roll it out, spreading it evenly on the baking sheet so that the dough looks a little over the edge of the baking sheet. Spread ½ of the walnut mixture on the dough, continue with the dark sponge cake, followed by the entire curd filling, then place the white sponge cake on top of the curd mixture, spread the other half of the walnut mixture on top, and place the rest of the dough on top. Sew the edge of the stem with a fork. Prick the top of the stalk with a fork. Let it rise.
6. Heat the oven to 220°C and let it bake for about 40 minutes. First, bake it in the middle of the oven, when it gets a golden yellow color, move it to the lower part of the oven and cover it with aluminum foil until the end of baking.



