



# EUROPE'S FINEST RECIPE BOOK

**Dobrou chut**

Bon profit

Que aproveche



Bom proveito

Dobru chut

Korh' opashu

**SMACZNEGO**

Enjoy your meal

Bon appétit

ETWINNING PROJECT  
SCHOOL PARTNERSHIPS IN EUROPE  
-





# EUROPE'S FINEST



The food we eat is very much like the languages we speak. Instead of using our alphabets to create words and sentences, we use ingredients to create delicious dishes and meals. Like languages, these dishes are unique to our own countries and while we sometimes share similarities in both food and language with other countries the end product is always different. This is what makes Europe such an interesting and diverse continent.

This recipe book celebrates the delicious food that our continent has to offer and the recipes have been carefully selected by school children taking part in the project. The children have selected the recipes that they think best represents their country or region.

We hope that you enjoy cooking these recipes and we urge you to try something new!

## Participating Schools

Czech Republic	- Střední Škola Potravinářská, Smiřice
France	- Collège Jean Rostand - Collège du Couserans, Saint Giron
Greece	- 2 <sup>nd</sup> High School of Komotini
Poland	- Gimnazjum w Sieprawiu - LO SIERPC
Portugal	- Escola Básica e Secundária de Santa Maria
Slovakia	- ZŠ Dostojevského Poprad
Spain	- Colegio San Francisco de Asís - IES Aubenç
United Kingdom	- St Aidans School, Sunderland



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## CZECH REPUBLIC STARTER KYSELO

### Ingredients:

¼ litre leaven  
50g dried mushrooms  
salt  
caraway (or cumin)  
2 tbsp butter  
1 onion  
4 eggs  
1.2 l water

Thin leaven with lukewarm water and let it rest overnight in a warm place. Next day boil dried mushrooms in salted water with caraway until soft. Then add leaven for thickening and re-boil. Chop onion and fry in a half hot butter until golden. In other pan make scrambled eggs on the rest butter. Re-boil the soup, add onion and eggs and serve. You can decorate it with chopped herbs (chives, parsley, and dill).

If the leaven is not sold in you healthy food shop, you can prepare it at home.

Home-made leaven: 250 g lukewarm water, 30 g yeast, 3 tbsp rye flour. Combine all ingredients and stir. Add a slice of rye bread, cover and let it rest in a warm (not hot) place overnight.

¼ l chlebového kvasu  
50 g sušených hub  
sůl  
kmín  
2 lžíce másla  
1 cibule  
4 vejce  
1,2 l vody

Zředíme kvas vlažnou vodou a necháme stát na teplém místě přes noc. Druhý den vaříme sušené houby v osolené vodě s kmínem doměkka. Potom přidáme kvas na zahuštění a provaříme. Nasekáme cibuli a osmažíme ji na polovině másla dozlatova. V druhé pánvi uděláme na zbytku másla míchaná vajíčka. Prohřejeme polévku, přidáme do ni cibuli a vejce a podáváme. Polévku můžeme ozdobit sekanými bylinkami (pažitka, petrželka, kopr).

Jestliže se ve vašem obchodě zdravé výživy neprodává kvas, můžete si ho připravit doma.

Příprava domácího kvasu: 250 g vlažné vody, 30g droždí, 3pol.lžíce žitné mouky. Smícháme všechny suroviny a rozmícháme ve vodě. Přidáme krajíc žitného chleba, přikryjeme a necháme zrát na teplém místě (ne v horku) přes noc.



Czech Republic — Střední Škola Potravinářská,  
Smiřice





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## CZECH REPUBLIC MAIN KUBA

### Ingredients:

500 g pearl barley	100 g dried mushrooms
100 g cracklings	100 g lard
a few cloves of garlic	salt
Marjoram	caraway
Pepper	a little vegetable broth

Soak the mushrooms in cold water for an hour. Rinse the pearl barley and boil it in salted water until soft. Boil off or drain rest water and add a third of lard. Drain mushrooms and stew them on other third lard with salt and caraway until soft. Combine barley with mushroom mixture, crushed garlic, marjoram, pepper and cracklings. Put it into greased ovenproof baking dish, sprinkle with vegetable broth and bake in oven until red crust. Serve with sauerkraut or gherkins.

500g krup	100g sušených hub
100G škvarků	100g sádla
několik stroužků česneku	sůl
Majoránka	kmín
Pepř	trochu zeleninového vývaru

Namočíme houby do studené vody a necháme asi hodinu bobtnat. Propláchneme kroupy a vaříme je v osolené vod doměkka. Vyvaříme nebo slijeme zbytek vody a přidáme třetinu sádla. Scedíme houby a dusíme je na další třetině sádla se solí a kmínem doměkka. Smícháme kroupy s houbovou směsí, drceným česnekem, majoránkou, pepřem a se škvarky. Vložíme směs do vymazaného pekáče, nalijeme trochou vývaru a zapékáme v troubě až vznikne červená kůrčička. Podáváme s kysaným zelím nebo kyselou okurkou.





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## CZECH REPUBLIC DESSERT PERNIK

### Ingredients:

650 g plain flour	1000 g sugar
450 g honey	50g lard
3 beaten eggs	5 g citric acid
10 g baking soda	4 tbsp water

ground spices (3 anise star, 1tsp ginger, 20 cloves, 1 tsp cinnamon, pinch pepper, pinch nutmeg, pinch mace, 1 tsp fennel, pinch coriander and pinch all spice)

Heat honey, sugar, and lard until melted. Add beaten eggs and sifted flour with finely ground spices. Stir until homogenous pastry. Put pastry into wooden dish (covered) in cool store for maturing overnight or more (even 5 days). Next day or after 5 days put pastry into kneader, fill liquid of conditioner (baking soda or ammonia) and knead until soft. Roll out pastry until the thickness 5-10 mm. Cut shapes and put them onto greased baking sheet and bake small shapes for 7 min (temperature 200°C), layers for 10 min (temp. 170-180°C) and large shapes for 20 min by temperature 170-180°C. Ready pastries can be decorated with pipe (or plastic bag with small hole) with sugar custard.

Sugar custard: Whip 2 egg whites and add step-by-step 250 g sifted icing sugar and stir until glossy and thick.

650 g hladké mouky	100 g cukru
450 g medu	50g sádla
3 rozšlehaná vejce	5 g kyseliny citronové
10 g ammonia nebo jedlé soby	4tbsp water

mleté koření (3 hvězdičky badyánu, 1 lžička zázvoru, 20 hřebíčků, 1 tsp skořice, špetka pepper, 1 tsp fenyklu, špetka strouhaného muškátového oříšku, špetka muškátového květu, špetka koriandru a špetka nového koření)



Zahřejeme med, cukr a sádlo do rozpuštění. Přidáme vejce, prosátou mouku a koření. Vypracujeme homogenní těsto, které nechámev přikryté dřevěné nádobě zrát v chladu přes noc nebo až 5 dní. Potom dame těsto dohnětače a zapracujeme do něj v tekutině rozpuštěné ammonium nebo jedlou sodu a hněteme do měkka. Vyválíme těsto na tloušťku 5-10mm , vykrájíme tvary a pečeme na vymazaném plechu nebo na pečícím papíře. Malé tvary asi 7 min (200°C ), vrstvy asi 10 min. (tep. 170-180°C) a velké tvary asi 20 min (170-180°C). Hotové pečivo můžeme zdobit bílkovou polevou pomocí trubičky nebo plastického sáčku s malým otvorem.

Bílková poleva: Ušleháme 2 bílky a postupně přidáváme 250 g moučkového cukru. Třeme, dokud není poleva lesklá a hustá.





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## FRENCH STARTER Escargots de Bourgogne

### Ingredients:

Four dozens of snails  
One glass of white wine  
Four dozens of empty shells  
Snail butter :  
Two hundred and fifty grams of butter  
One clove of garlic  
One shallot  
Two spoonfuls of white wine  
Parsley

### Snail butter:

Chop the garlic, the shallot and parsley  
Knead the butter until it has the consistency of a cream  
Add the mince, salt pepper and two spoonfuls of white wine

Drain the snails. Fill each empty shell with a nut of stuffing, a snail and stuffing again

### Ingredients:

#### Pour 4, il faut

4 douzaines d'escargots (une boîte)

1 verre de vin blanc

4 douzaines de coquilles vides

#### Beurre d'escargot :

250g de beurre

1 gousse d'ail

1 échalote

2 cuillères à soupe de vin blanc

1 cuillère à café de poivre



1) Beurre d'escargot : hachez finement l'ail, l'échalote et le persil, malaxez le beurre avec une cuillère en bois pour lui donner la consistance d'une crème  
Incorporez le haché, sel, poivre et 2 cuillères à soupe de vin blanc.

2) Egouttez les escargots. Garnissez chaque coquille vide avec une noisette de farce en tassant bien, un escargot et de nouveau de la farce







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## FRENCH MAIN Fondue Bourguignonne

Ingredients:

- One kg of aiguillette or rumsteack
- Half a litre of beef tea
- Half a litre of peanut oil
- Salt and pepper



Cut the meat into small cubes

Heat the oil in a saucepan then pour it into a casserole

Add the beef tea and heat it

Put the casserole on the table, put it down on a stove

Pick the cubes of meat on skewers and plunge them into the boiling liquid. Cook and season. Serve with stewed potatoes or sliced potatoes baked with cream (for those who are very hungry) and a choice of sauces (bearnaise, garlic mayonnaise, mayonnaise, anchovy sauce), gherkins and small white pickled onions.

## La Raclette

- Salt,
- Pepper
- Gherkin
- Onions with vinegar
- A selection of small sausages
- For the grill: raclette machine,
- Hearts of duck or poultry cut in two,
- Turkey escalope cut into thin strips
- Thin slices of smoked bacon
- *150-200g of cheese per person* : Raclette, Roquefort, goat cheese, Brie, Reblochon etc.
- Steamed potatoes,
- Slices of pork meat products.
- Lime sauce,
- Sweet and sour mayonnaise sauce,



Put the cheese into the small dishes of the raclette machine and melt it. Put the ingredients on your plate, and pour the melted cheese onto the potatoes.

Enjoy your meal !!!!







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## FRENCH MAIN

### Fondue Bourguignonne

Ingredients:

1 kg d'aiguillette ou de rumsteck

½ litre de bouillon de bœuf

½ litre d'huile d'arachide

Gros sel et poivre



Préparation: 5 minutes

Coupez la viande en petits cubes.

Faites chauffer l'huile dans une casserole puis versez la dans un poêlon.

Ajoutez le bouillon de bœufs et faites chauffer.

Placez le poêlon à fondue sur la table, posez-le sur un réchaud.

Piquez les cubes de viandes sur des brochettes et plongez-les dans le liquide bouillant.

Laissez cuire et assaisonnez.

Servez avec des pommes vapeurs ou un gratin dauphinois pour les plus affamés, ainsi qu'un assortiment de sauces (béarnaise, aïoli, mayonnaise, beurre d'anchois), des cornichons et des petits oignons blancs au vinaigre.

### La Raclette

- Sel,
- Poivre,
- Cornichon,
- Moutarde aromatisée,
- Chutney,
- Sélection de petites saucisses.
- Pour le grill: Appareil à raclette,
- Cœurs de canards ou de volailles, coupés en 2,
- Escalopes de dindes taillées en fines lanières,
- Fines tranches de lard fumé.
- 150 à 200g de fromage par personne (2791 cal/portion): Raclette, roquefort, chèvre, brie, gruyère, reblochon, mozzarella, gouda, etc.
- Pommes de terres vapeur,
- ½ tranche de jambon blanc, jambon de Bayonne ou autre,
- 1 tranche de rosette
- Charcuterie.
- Sauce au citron vert,
- Sauce Mayonnaise aigre douce,
- Sauce au fromage blanc.



Bon appétit



France—Collège Jean Rostand





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## FRENCH DESSERT Oeufs à la Nage de Fruits Frais

### Ingredients:

For the whipped eggs

12 egg whites  
120g caster sugar  
1 pinch of salt

For the sauce

7 egg yolks  
45 cl of milk  
120g caster sugar  
3 oranges  
1 kiwi

6 beautiful strawberries  
30 raspberries  
12 leaves of mint

Whip the egg whites with a pinch of salt

Add the sugar, whip again for a few minutes. Heat the water in the big saucepan. Mould the egg whites into a ball with a ladle, and boil them in simmering water.

Put them on a napkin to drain them; let them get cool.

In a saucepan bring the milk to boil. In a bowl whip the yolks and the sugar together until the mixture turns white. Pour the boiling milk on the mixture and stir with a wooden spoon. Cook again without boiling for about 3 minutes. Withdraw from the heat, and let get cool.

Peel the oranges, press one and a half. Carefully cut the remaining quarters and remove the peels.

Chop the mint. Add it, as well as the orange juice, into the cream.

Peel and thinly slice the kiwi. Wash and thinly slice the strawberries. Wash the raspberries.

This pudding can if possible be presented on individual plates. Serve with fresh fruit. When you serve, cover with chopped mint and put a whipped egg on each plate.

### Ingredients

Pour les œufs neige :

12 blancs d'œufs  
120g de sucre semoule  
1 pincée de sel

Pour la nage de fruits :

7 jaunes d'œuf  
45cl de lait  
120g de sucre semoule  
3 oranges  
1 kiwi

6 belles fraises  
30 framboises  
12 feuilles de menthe

Dans une terrine, fouettez les blancs en neige très ferme avec une pincée de sel.

Ajoutez le sucre et battez encore quelques instants. Faites chauffer l'eau dans une grande casserole. Moulez les œufs en boules à l'aide d'une louche et faites-les cuire à l'eau frémissante. Posez-les sur serviette pour les égoutter ; laissez-les refroidir.

Dans une casserole, portez le lait à ébullition. Dans un saladier, battez ensemble, avec un fouet à main, les jaunes d'œufs et le sucre jusqu'à ce que ce mélange blanchisse .

Versez alors le lait bouillant sur le mélange en remuant bien avec une cuillère en bois. Remettez à cuire sans aller jusqu' à l'ébullition pendant environ 3 minutes. Retirez du feu, et laissez refroidir.

Epluchez les oranges. Pressez en 1 et demie. Découpez soigneusement les quartiers restants en enlevant les peaux. Ciselez la menthe très finement. Ajoutez-la, ainsi que le jus d'orange dans la crème. Epluchez et émincez le kiwi. Lavez et émincez les fraises. Lavez les framboises.

Ce dessert doit si possible être présenté dans des assiettes individuelles. Garnissez de fruits frais. Au moment de servir, recouvrez de menthe ciselée et posez un œuf neige dans chaque assiette.





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## FRENCH STARTER

### Feuilleté au fromage

Ingredients:

A roll of pastry  
Salt and pepper  
Butter  
100 g of goat cheese

Temperature and cooking time  
240 ° Celsius and 15 minutes.

Side order : cherry tomatoes and lettuce

Preparation :

Wash the lettuce and the tomatoes  
Unroll the pastry ( you can use small rolls or cut smaller circles of pastry in bigger ones, using a bowl)  
Put some salt and pepper on the pastry  
Cut slices of cheese and put two or three slices on each rolls  
Wet the edges of the pastry with water  
Fold the pastry, to obtain croissants shapes  
Seal the pastry with fingers and using the brush, spread melted butter on the croissants  
Cook., then serve with a little lettuce and tomatoes, seasoned with olive oil  
Bon appétit!!

Ingrédients

- Un rouleau de pâte feuilletée  
- Sel et poivre  
-Beurre  
-100 g de fromage de chèvre

Préparation:

Laver la salade et les tomates.  
Dérouler la pâte feuilletée sur le plan de travail  
Saler et poivrer la pâte  
Découper des rondelles de fromage  
Disposer deux ou trois rondelles sur la pâte  
Mouiller les bords de la pâte avec de l'eau  
Replier la pâte pour former des croissants  
Bien souder la pâte avec les doigts  
A l'aide du pinceau, passer du beurre fondu sur la pâte  
Faire cuire.....  
Servir avec un peu de salade et les tomates et un filet d'huile d'olive  
Bon appétit !





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## FRENCH STARTER

### Salade Gascogne

Ingredients:

Toasts : cut large slices of wholemeal bread and toast them  
Foie gras ( duck liver pâté)  
Magret ( thinly sliced duck breasts, dried)  
Lettuce  
Slices of tomatoes

Preparation:

Toast the bread  
And cut it into square shapes  
Keep the foie gras to the fridge until the last minute, it' ll be easier to cut it  
Put a thick slice of foie gras onto the bread, without spreading it too much  
On a large dinner plate, arrange nicely the toasts, the slices of magret, lettuce and slices tomatoes.  
Now, the dressing: put a large spoonful of mustard onto a bowl, add a small amount of vinager, salt and pepper and slowly add on the oil. Mix thouroughly  
( you can do it without mustard if you want..)  
Et voilà!!

Ingrédients

Toasts (pain grillé, coupé en carré) 4 toasts par assiette  
Foie gras de canard  
Magret de canard séché ( 2 ou 3 fine tranches par assiette)  
Salade verte  
Tomates  
Assaisonnement : huile d'olive, vinaigre de vin, moutarde sel et poivre.

Préparation :

Faire griller le pain et découper des carrés  
Garder le foie gras au frais jusqu'au dernier moment, c'est plus facile pour le couper !  
Déposer un bon morceau de foie gras sur chaque toast, sans l'écraser  
Sur une grande assiette, disposer les toasts, les tranches de magret, la laitue et les rondelles de tomates...  
Préparer l'assaisonnement : mettre une bonne cuillère de moutarde dans un bol, ajouter un peu de vinaigre, le sel et le poivre et monter lentement avec l'huile  
Mettre une cuillerée de sauce sur la salade..  
Et voilà !





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## GREEK STARTER

### STUFFED RED SWEET PEPPERS AND YOGHURT DIP (TZATZIKI)

#### INGREDIENTS—Stuffed Peppers

- 8 red sweet peppers
- 300 gr. of “Feta” cheese
- Some pieces of dill
- Some olive oil (½ of a tea cup)
- 1 – 2 cloves of garlic

#### INGREDIENTS— Tzatziki

- ½ kilo strained yoghurt
- 1 cucumber
- 2-3 cloves of garlic
- salt
- A little bit of olive oil
- little pieces of dill



#### METHOD—Stuffed Peppers

Wash the peppers very well, cut their top with the stems and clean them inside from their seeds. In a bowl grate the cheese with a fork, add the garlic, the dill small cut and the olive oil blending them with the fork. Then fill the empty peppers with this and roast in the oven, 180° for 30 min. We offer them putting circularly in a plate and in the middle we put enough of Tzatziki.

#### METHOD—Tzatziki

Peel the cucumber, grate it, mix it with the salt and leave it in a strainer. Then squeeze it until all its water is removed. Put the yoghurt into a bowl and add the cucumber into it. Grate the garlic. Then mix the yoghurt with grated garlic. We blend the content with a spoon until all the ingredients are well mixed. Add some oil. Yoghurt dip can be served in a normal temperature but it is rather preferred cold.

#### Υλικά—Κόκκινες

8 Κόκκινες γλυκές πιπεριές

- 300 γρ. τυρί φέτα
- Λίγο άνιθο
- Λίγο ελαιόλαδο (½ φλ. τσαγιού)
- 1-2 σκελίδες σκόρδο

#### Εκτέλεση—Κόκκινες πιπεριές

Πλένουμε καλά τις πιπεριές και κόβουμε το κοτσάνι τους οριζόντια, ώστε να ανοίξει η πιπεριά. Με ένα μυτερό μαχαίρι καθαρίζουμε τα σπόρια από το εσωτερικό τους. Σε ένα μπωλ λιώνουμε το τυρί με ένα πιρούνι και προσθέτουμε όλα τα υπόλοιπα υλικά ψιλοκομμένα. Τα ενώνουμε με το ελαιόλαδο ανακατεύοντας με το πιρούνι. Ύστερα γεμίζουμε με το υλικό αυτό τις πιπεριές και κλείνουμε το στόμιο με ένα κομμάτι ψίχας ψωμιού, για να μη χυθεί η γέμιση κατά το ψήσιμο. Ψήνουμε στο φούρνο στους 180° για περίπου 30'. Τις αραδιάζουμε ακτινωτά σε μια πιατέλα στολίζοντας με φυλλαράκια μαϊντανού, ενώ γεμίζουμε το κέντρο του κύκλου με τζατζίκι.

#### Εκτέλεση—Τζατζίκι

Καθαρίζουμε και ψιλοκόβουμε το αγγούρι. Το τοποθετούμε σε ένα σουρωτήρι, το αλατίζουμε και το αφήνουμε λίγη ώρα, ώστε να φύγει το νερό του. Καθαρίζουμε το σκόρδο και το λιώνουμε στο ειδικό μηχάνημα, καθαρίζουμε, πλένουμε καλά και ψιλοκόβουμε τον άνιθο. Ρίχνουμε τα υλικά σε μια κούπα μαζί με το γιαούρτι, το οποίο έχουμε στο ψυγείο, το αγγούρι, αφού το στίψουμε με δύναμη, και τα αναμιγνύουμε καλά με ένα κουτάλι προσθέτοντας το αλάτι κι το ελαιόλαδο.

Τοποθετούμε όσο χωράει στο κέντρο της πιατέλας με τις πιπεριές και το υπόλοιπο το σερβίρουμε σε ρηχή μικρή πιατέλα με λίγο άνιθο από πάνω και με ένα κουτάλι, ώστε να παίρνει ο καθένας στο πιάτο του.

#### Υλικά—Τζατζίκι

- ½ κ. γιαούρτι στραγγιστό
- 1 αγγούρι
- 2-3 σκελίδες σκόρδο
- Αλάτι
- λίγο ελαιόλαδο
- λίγο άνιθο





# EUROPE'S FINEST



## GREEK MAIN DISH MOUSSAKAS AND GREEK SALAD

### INGREDIENTS—MOUSSAKAS

- 2 k. eggplants
- 1 k. minced meat
- 1 ½ tea cup olive oil
- 2 cups tomato juice
- 2 onions
- 2-3 cloves of garlic
- ½ tea cup of parsley
- salt, pepper,
- 1 cup of grate pancake
- 1 tea cup shredded cheese Kefalotyri (kind of parmesan)

### INGREDIENTS for the béchamel cream

- 8 spoonfuls of soup vegetable butter
- 12 spoonfuls of soup flour
- 5 teacups milk
- 1 egg (or 2 if you want)
- Salt and pepper



### METHOD

#### Preparation for the eggplants

Cut the eggplants in thin slices, add salt, sprinkle them with olive oil and roast lightly in the oven.

#### Preparation for the chopped meat

Put the rest of the olive oil in the saucepan, add the onions small cut and cook them for a few minutes in low fire. Add the chopped meat and blend it continuously until its color turns. Add the fresh tomato juice, the garlic and parsley – both small cut - , salt and pepper and a cup of water. Leave them boil for ¾ h. or until its humours will disappear. Then draw out of the fire, add the half of the grate pancake and the half of the shredded cheese kefalotyri and blend them very well.

#### Preparation for the béchamel

Put the butter in a saucepan in order to be melt (not to be boiled!). Pour the flour in small quantities and mix it with a wooden spoon. Warm the milk and pour it in small quantities in the saucepan. Mix until the sauce gets thick and becomes smooth like a cream. Then remove the saucepan from the fireside, add salt and pepper and the egg mixing quickly.

If the cream is not enough thick, you must add corn-flour melt in cold milk.

#### Final phase of moussakas

Oil and then sprinkle with grate pancake a middle size pan. Put half of the ready eggplants inside it. Then add the cooked chopped meat, put again the rest of the eggplants and on the top pour the béchamel cream. Put on small pieces of butter and roast it until its color will grow rosy (40-45 minutes in 180°).

We leave it to be cold and we offer it in big pieces.

### INGREDIENTS— GREEK SALAD

- 150 gr. feta cheese
- 4 tomatoes cut in pieces
- 1 cucumber cut in rounds
- 1 green pepper cut in rings
- 1 large onion cut in fine wedges
- 1 tea spoon dried oregano
- 10-12 black olives
- ½ cup extra virgin olive oil
- salt



### METHOD

In a large open serving bowl, mix tomatoes, cucumber, onion, pepper, feta cheese as prepared. Add olives and then add the oil over salad. Sprinkle with oregano.







# EUROPE'S FINEST



## Κύριο πιάτο: Μουσακάς και σαλάτα χωριάτικη

### Υλικά – Μουσακάς

- 2 κ. μελιτζάνες
- 1 κ. κιμάς μοσχαρίσιος
- 1 κούπα τσαγιού τριμμένη φρυγανιά
- 2 κρεμμύδια
- 2-3 σκελίδες σκόρδο
- ½ κούπα τσαγιού ψιλοκομμένος μαϊντανός
- 1 κ. ώριμες ντομάτες
- 1½ κούπα ελαιόλαδο
- Αλάτι και πιπέρι
- 1 κούπα τριμμένο κεφαλοτύρι

### Υλικά για την κρέμα μπεσαμέλ

- 8 κουταλιές της σούπας φυτικό βούτυρο
- 12 κουταλιές της σούπας αλεύρι
- 5 κούπες τσαγιού γάλα
- 1 αυγό (ή 2 εάν θέλετε)
- Αλάτι και πιπέρι



### Εκτέλεση

#### Προετοιμασία για τις μελιτζάνες

Καθαρίζουμε τις μελιτζάνες αφαιρώντας λωρίδες από το φλοιό τους, αφού τις έχουμε πλύνει πολύ καλά, και τις κόβουμε σε λεπτές φέτες. Τις στρώνουμε σε ένα ταψί, τις ραντίζουμε με λίγο ελαιόλαδο και τις ψήνουμε ελαφρά στο φούρνο. Τις αφήνουμε στην άκρη.

#### Προετοιμασία για τον κιμά

Βάζουμε σε μικρή κατσαρόλα το υπόλοιπο λάδι, ρίχνουμε και ροδίζουμε ελαφρά το λιωμένο κρεμμύδι και προσθέτουμε τον κιμά. Τα ανακατώνουμε όλα σε σχεδόν χαμηλή φωτιά, ώσπου να αλλάξει χρώμα ο κιμάς και προσθέτουμε το χυμό της ντομάτας, το σκόρδο λιωμένο, το μαϊντανό ψιλοκομμένο, αλάτι και πιπέρι και λίγο νερό. Αφήνουμε να βράσει περίπου 20' βλέποντας να στεγνώσουν τα υγρά. Άμα κρουώσει λίγο, ρίχνουμε μισή κούπα τριμμένη φρυγανιά και μισή κεφαλοτύρι ανακατεύοντας καλά να γίνουν ένα σώμα.

#### Προετοιμασία της κρέμας μπεσαμέλ

Βάζουμε το βούτυρο σε μια μικρή κατσαρόλα και μόλις λιώσει, όχι να κάψει, ρίχνουμε το αλεύρι. Ανακατεύουμε συνέχεια για λίγα λεπτά, ώσπου να πάρει χρώμα το αλεύρι – πάντοτε χωρίς να καεί, γι' αυτό έχουμε μέτρια φωτιά – και ρίχνουμε το γάλα χλιαρό ανακατεύοντας συνεχώς. Πρέπει να γίνει μια παχύρρευστη κρέμα, στην οποία προσθέτουμε αλάτι και πιπέρι και, αφού την πάρουμε από τη φωτιά, προσθέτουμε το αυγό ολόκληρο ανακατεύοντας γρήγορα.

#### Τελική φάση του μουσακά

Στρώνουμε τις μισές μελιτζάνες σε ένα βουτυρωμένο ταψί, στο οποίο έχουμε ρίξει επιπλέον τριμμένη φρυγανιά. Από πάνω στρώνουμε τον κιμά, επαναλαμβάνουμε μια στρώση μελιτζάνες και τελευταία στρώνουμε την κρέμα. Προσθέτουμε μικρά μπαλάκια βούτυρο στην επιφάνεια και ψήνουμε στο φούρνο ελαφρά προθερμασμένο για 40'-45' ή ώσπου να ροδίσει.

Για να σερβιριστεί σε μεγάλα τετράγωνα κομμάτια, πρέπει να κρουώσει αρκετά, ώστε να μη διαλύεται.

### Υλικά – Σαλάτα χωριάτικη

- 4 φρέσκες ντομάτες
- 1 αγγούρι
- 150 γρ. τυρί φέτα
- 1 πράσινη πιπεριά
- 1 κρεμμύδι
- αλάτι, ρίγανη, 10-12 ελιές
- ελαιόλαδο

### Ετοιμασία – Σαλάτα χωριάτικη

Πλένουμε καλά τα λαχανικά και τα κόβουμε σε κομμάτια σε μια σαλατιέρα (το αγγούρι το καθαρίζουμε από το φλούδι του). Κόβουμε την πιπεριά, το κρεμμύδι και τη φέτα. Το τυρί μπορούμε να το κόψουμε σε κομμάτια ή να το βάλλουμε ολόκληρο στην κορυφή της σαλάτας. Πασπαλίζουμε με αλάτι και ρίγανη και ραντίζουμε με ελαιόλαδο.





# EUROPE'S FINEST



## GREEK DESSERT "KATAIFI"

### INGREDIENTS—Kataifi

½ kg kataifi pastry  
 ½ kg chopped walnuts  
 1 tea cup butter  
 1 tea cup vegetative butter  
 4 spoons grate pancake  
 2 tea spoons cinnamon  
 1 tea spoon of clove  
 4 spoons sugar

### INGREDIENTS— Syrup

3½ tea cups of sugar  
 2 cups of water  
 ½ tea cup of glucose  
 1 lemon rind or  
 1-2 pieces of cinnamon  
 Pistachio in thick pieces



### METHOD

Put in a bowl the chopped walnuts, the grate pancake, the cinnamon, the sugar and the clove and mix them well. Gently open the kataifi pastry with the fingers, separate it in 30 straps. Lay one strap on a piece of wood or marble and put one tablespoonful of the mixture on one end, then roll the kataifi pastry into a cylinder. Take care to fold the pastry a little tight at first so that the filling is securely enclosed. Put it in a buttered baking dish. Melt the butter and cover every piece of rolled kataifi with it. Bake in a moderate oven (175°) for almost 30 minutes. Meanwhile, prepare the syrup.

Cook the ingredients of the syrup leaving them to boil for five to ten minutes. After removing the kataifi from the oven and before it becomes cold, pour the syrup over it. Cover the pastry with a clean towel and leave it to cool as it absorbs the syrup. Then you dredge the pistachio over it.

**NOTE:** Be careful to put each piece of kataifi close to the other - not very very tight - on the baking dish. So the sides of each one will be well baked and the syrup will not make the pastry soggy. Time of preparation: 1 h. and 30 m.

### Υλικά - Κανταϊφι

½ κιλό κανταϊφι  
 ½ κιλό καρύδια χοντροκομμένα  
 1 κούπα βούτυρο  
 1 κούπα μαργαρίνη  
 4 κουταλιές φρυγανιά τριμμένη  
 2 κουτάλια κανέλα  
 1 κουταλάκι γαρίφαλο  
 4 κουταλιές ζάχαρη

### Για το σιρόπι

3 ½ κούπες ζάχαρη  
 2 κούπες νερό  
 ½ κούπας γλυκόζη  
 1-2 ξύλα κανέλα ή λίγο ξύσμα  
 λεμονιού  
 φιστίκι Αίγινας χοντροαλεσμένο

Χρόνος προετοιμασίας: 1 ώρα και 30'

### Εκτέλεση

Ανακατέψτε τα 5 πρώτα υλικά και ραντίστε τα με το κονιάκ. Ξάνετε το κανταϊφι και χωρίστε το σε 30 μέρη έτσι, ώστε να σχηματίζονται μακρόστενες λωρίδες. Όσο εργάζεστε, φυλάξτε το σκεπασμένο με υγρή πετσέτα, για να μην ξεραίνεται. Βάλτε στην άκρη κάθε λωρίδας μία κουταλιά από το μίγμα της γέμισης και τυλίξτε όσο πιο απαλά μπορείτε σε ρολό. Μην τα σφίξετε, γιατί σφίγγουν στο ψήσιμο και δε θα γίνουν αφράτα. Αραδιάστε τα σε βουτυρωμένο ταψί το ένα κολλητά με το άλλο. Λιώστε μαζί το βούτυρο και τη μαργαρίνη και περιχύστε τα ρολά μ' ένα κουτάλι, να βραχούν παντού. Στο στάδιο αυτό μπορείτε να τα διατηρήσετε στην κατάψυξη. Για να τα ψήσετε, ξεπαγώστε τα πρώτα. Σκεπάστε τα με αλουμινόχαρτο και ψήστε τα στους 175 βαθμούς Κελσίου για 30', ώσπου να ροδίσουν καλά. Βράστε όλα μαζί τα υλικά για το σιρόπι 5' με 10' και περιχύστε το κανταϊφι, μόλις βγει από το φούρνο. Αφήστε το αρκετές ώρες, να πιει όλο το σιρόπι και βγάλτε το σε πιατέλα. Πασπαλίστε το με λίγο φιστίκι Αίγινας. Για να διατηρηθεί τραγανιστό, μην το σκεπάσετε. Διατηρείται εκτός ψυγείου αρκετές ημέρες.





EUROPE'S FINEST



## POLISH STARTER CHICKEN BROTH

For six people you need:

a chicken	two carrots
a parsley	a celery
an onion	a dill
a $\frac{3}{4}$ spoon of salt	a spoon of
spices	
water	

Put the cleaned and dried chicken into a big pot, pour salty water. Add carrots, parsley, dill. Boil on a small fire, until the chicken is tender, (about an hour). If a scum appears on the surface of the broth remove it. Add spices and take out the vegetables and chicken. Ton the ready broth add chopped parsley leaves ( do not boil).

### How to make pasta

You need:

- five eggs
- 1 kilo of flour
- 100 gram butter

Mix all ingredients. Mash cake and roll out. Lightly dry, and when the cake is still damp cut out on thin thread of 5 – 10 centimeters long. Dry and boil in hot water for a few minutes.

Put pasta onto a bowl and pour broth





EUROPE'S FINEST



## POLISH MAIN PORK CHOPS WITH POTATOES AND CABBAGE

### Pork chops - Ingredients:

- 4 slices of pork chop
- 1 egg
- 1 kitchen spoon of flour
- 1 glassful of crumbs
- 2 kitchen spoon of oil
- salt
- pepper

### How to make

Put the pork chops on cutting board and with a meat tenderizer bang it until the meat is about twice as big as before banging. Prepare two plates: on the first put smashed egg and on the second – put mixed flour with bread crumbs. Take pork chops and coat in the smashed egg on both sides. Salt and pepper the meat. When you end this activity, coat the pork chops in mixed flour and crumbs. Warm up oil on a frying pan and when hot put pork chops on the frying pan. Fry them for 2 minutes on one side and 2 minutes on the other.

### Cabbage—Ingredients

- 1 cabbage
- Pinch of salt
- 100g butter
- Bunch of dill
- 4 spoon of cream
- 1 spoon of flour

### HOW MAKE

Shred the cabbage. Boil it. Strain. Pour some water. Add butter. Braise. Mix. Add spices. Disorder cream with flour. Add to cabbage.

### BOILED POTATOES

Peel the potatoes, boil in salted water until soft.

Serve the potatoes, pork chops and cabbage on a plate.





EUROPE'S FINEST



## POLISH DESSERT CHEESECAKE

### Ingredients

#### **Cake:**

30 dg of flour  
30 dg of margarine  
2 egg yolks  
3 spoons of cream  
1 teaspoon of baking powder  
½ glass of powdered sugar

#### **Cheese mass:**

80 dg of cottage cheese  
15 dg of butter  
4 eggs  
25 dg of sugar  
lemon oil (fragrance)  
lemon skin

### How to make

Grind the cheese.

Mix the sugar with margarine, add the beaten stiff yolks and cheese, go on mixing gently. At the end add oil and skin from lemons.

Spread 4/5 of the cake on the cake pan. Lie out the cheese mass on the cake. Decorate with the remaining 1/5 of the cake on top in stripes or other shapes.

Bake for about 45 minutes.

Cover with powdered sugar.





EUROPE'S FINEST



## POLISH STARTER ZUPA POMIDOROWA

To 6 cups meat stock (preferably made with pork bones) add 1 1/2 lbs. peeled, diced, fresh tomatoes, 3 cups canned, stewed tomatoes or 3 oz. tomato paste and simmer 15 min. Salt & pepper to taste.

Fork-blend 3/4 cup sour cream with 3 tablespoons flour, stir in 1 cup soup, and add to soup pot. Simmer a few min. longer. If you like, adjust to taste with 1/4 to 1/2 teaspoon sugar.

Garnish with a little fresh chopped parsley and serve over rice, egg noodles, or poured batter noodles.



Jak przygotować zupę pomidorową ?  
kostka rosółowa

- przecier pomidorowy
- marchewka sztuk 1 ale dość duża
- cebula 2 sztuki niezbyt duże
- czosnek 2 ząbki
- pietruszka suszona
- maggi / maga
- keczup (kapinka do smaku)
- przyprawy, które dajemy dosłownie po szczypcie to :  
pieprz , , bazylię , , majeranek .
- 

Do gotującej się wody wrzucamy ostatek rosółowy, pokrojoną cebulkę, czosnek oraz marchewkę .Po paru minutach wszystkie jarzynki rozdrabniamy na jednolitą masę blenderem oraz dodajemy przecier ( tak dużo , aż uzyskamy ładny kolor i fajny smak) i wszystkie przyprawy ( bazylię dodaje się na końcu przygotowania potrawy).

Dzięki zmiksowaniu jarzynek zupa robi się gęściejsza :)

Zupkę podajemy bardzo gorącą z ryżem lub makaronem ugotowanym .







EUROPE'S FINEST



## POLISH MAIN KOTLET WIEPRZOWY—SCHABOWE

In this recipe you can use a less expensive variety than center-cut pork chops, like pork sirloin or rib chops or even pork steak. Leave the bones attached to meat and pound meat a little with moistened meat mallet. Salt & pepper.

Melt 1 tablespoon butter in saucepan and simmer 1 tablespoon grated onion in it until golden but not browned. When cool, add simmered onions and drippings to 2 whole eggs; beat well. Dip chops in flour, beaten eggs, and bread crumbs, pressing in breading. Fry in 3 tablespoons medium hot lard on both sides to a nice golden brown.

In a salad bowl, combine 1 cup peeled diced apples, 1/2 cup diced onion, 1/2 cup peeled, diced, brine-cured or vinegar-type dill pickles, 1 cup diced cooked carrots, 1/2 cup peeled, cooked potatoes, 1 cup diced cooked carrots, 1 cup cooked or canned drained navy beans or canned drained peas (or 1/2 cup of each), 1 cup of diced fresh tomatoes. Toss ingredients gently to mix and dress with 1 1/4 cup basic mayonnaise sauce.

### Składniki:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 4 plastry schabu z kością   | - 1 jajko                       |
| - 1 łyżka mąki              | - 1 szklanka tartej bułki       |
| - 2 łyżki oleju do smażenia | - sól                           |
| - pieprz                    | - ew. łyżka vegety zamiast soli |



### Sposób przyrządzenia:

Plastry mięsa ołucz w letniej wodzie. Następnie na twardym podłożu ułóż ścierkę, na to deskę. Rozbijaj tłuczkiem plastry mięsa tak, aby przynajmniej o połowę zwiększyły swoją powierzchnię. Staraj się, żeby mięso za bardzo się nie postrzępiło, a zwłaszcza, żebyś go nie przebił na wylot :)

Przygotuj sobie dwa talerze: na pierwszym rozbełtane, surowe jajko; na drugim - bułkę tartą zmieszaną z mąką, solą i pieprzem (ew. vegetą). Bierz przygotowane kotlety i dokładnie obtaczaj je najpierw w jajku, a potem w panierce.

Rozpuść i porządnie rozgrzej na patelni tłuszcz (powinno być go sporo, tak, żeby równomiernie pokrył całe dno patelni) i ułóż na płasko kotlety. Smaż po 2 minuty z obu stron na mocnym ogniu (uważaj, tłuszcz może pryskać!), kiedy kotlety się obsmażą i zrumienią, możesz zmniejszyć płomień i przykryć patelnię pokrywką (ale zaglądamy pod nią od czasu do czasu, żeby nie dopuścić do przypalenia). Po 4 -5 minutach smażenia kotlety będą gotowe do wykładania na talerze.





EUROPE'S FINEST



## PORTUGUESE STARTER CALDO VERDE

### Ingredients:

1,5 lt. of water  
700 gr of potatoes  
100 gr of onions  
1 dl of olive oil  
400 gr of kale (cut in tiny slices)  
1 sausage  
Salt (as you like it)



### Procedure:

Boil the water with the potatoes and the onions (already cut), add the sausage and half of olive oil. Let it cook. Take of the sausage and mash everything. Add the kales and let it cook for about 10 minutes. When serving, add the sausage slices and stir in the remaining olive oil. Eat it together with corn bread.

### Ingredientes:

- 1,5 Lt. de água
  - 700 gr de batatas
  - 100 gr de cebolas
  - 1 dl de azeite
  - 400 gr de couve galega cortada finamente
  - 1 chouriço ou salpicão
- sal q.b.

### Confecção:

Leve ao lume a água as batatas e a cebola cortadas, adicione o chouriço e metade da quantidade do azeite. Leve ao lume a cozer. Retire o enchido utilizado e triture o preparado. Junte as couves e deixe cozer cerca de 10 minutos. No momento de servir junte umas rodela de chouriço ou de salpicão e regue com um fio de azeite e acompanhe com broa de milho.





EUROPE'S FINEST



## PORTUGUESE MAIN COURSE ALCATRA

### INGREDIENTS

- 3 Kg of meat ( 1 kg of nape and 2 kg of rump of beef )
- 200 g of bacon
- 3 big Onions
- 2 soup spoons of butter
- 6 cloves
- 1 Lt of American Grape Wine or white wine
- 1,5 dl of water
- Salt (as you like)
- Jamaican Pepper ( as you like it)

### Procedure:

Remove the skin and fats of the meat. Cover a clay pot with butter. Put the ingredients in layers. First the onion, the garlic, the spices, the meat and then the bacon and so forth. Water it with the wine (mixed with water) and the butter. Take it to oven (firewood would be the best) during 3 at 4 hours.

### Ingredientes:

- 3Kg de carne (1 kg de cachaço e 2 kg de alcatra)
- 200 g de bacon
- 3 Cebolas grandes
- 2 colheres de sopa de manteiga
- 6 dentes de alho
- 1 litro de vinho de cheiro ou branco
- 1,5 dl de água
- Sal q.b
- Pimenta da Jamaica q.b.
- Louro

### Confeção:

Retire as peles e gorduras às carnes. Unte o alguidar de barro com manteiga. Coloque os ingredientes por camadas. Primeiro a cebola, o alho, as especiarias, a carne e o bacon e assim sucessivamente. Regue com o vinho (misturado com água) e a manteiga. Leve a forno a lenha durante 3 a 4 horas.





# EUROPE'S FINEST



## PORTUGUESE DESSERT ARROZ DOCE

### INGREDIENTS

- 250 gr rice
- 7.5 dl milk
- 250 gr sugar
- 3 egg yolks
- Lemon peel
- 1 cinnamon stick
- Cinnamon Powder
- Salt (as you like it)

### Procedure

Heat the milk in a saucepan. When it starts boiling, add the sugar, the rice, the salt, the lemon peel and the cinnamon stick. Mix it and let it cook. Once the rice is completely cooked, let it cool a bit.

Then mix the egg yolks in a container, add it to the cooked rice and cook it again. Don't stop mixing while it is cooking. Take it out and let it cool again. Serve it in small dishes and sprinkle them with cinnamon powder.

### Ingredientes:

- 250 gr de arroz
- 7,5 dl de leite
- 250 gr de açúcar
- 3 gemas de ovos
- Casca de limão q.b.
- 1 pedacinho de canela em pau
- Canela em pó
- sal q.b.



### Confeção:

Leva-se o leite ao lume num tacho. Quando começar a ferver junta-se o açúcar, o arroz, o sal, a casca de limão e o pauzinho de canela. Assim que o arroz estiver cozido, retira-se do lume e deixa-se arrefecer um pouco. Batem-se as gemas à parte, juntam-se em seguida ao arroz, mexe-se muito bem e leva-se a lume brando para cozer as gemas. Serve-se em travessas ou pratinhos com canela em pó.





EUROPE'S FINEST



## SLOVAKIAN STARTER KAPUSTNICA

### Ingredients:

- Smoked joint of Pork
- 1 smoked sausage
- 100g of dried mushrooms
- Sour cabbage
- Potatoes (4-5)
- pepper, salt, little flour

Begin by cooking the joint of smoked pork, together with the sausage, in a pot with water. After 10 minutes, when the water is boiling, add the dry mushrooms and let it cook until the meat is halftender.

Put the sour cabbage and its juices into the pot with a little water and cook it for about an hour. Boil peeled and cut potatoes in water with a bit of salt. When cooked, put them into the cabbage. Put cut and boiled meat in the cabbage, too.

Make some 'zaprazka', which is prepared from oil, pepper, paprika and flour on a pan, and when the flour is light brown, pour cold water in it. Stir until the water is boiling, then add to the cabbage.

Then, let it cook for a further five minutes, adding more spices according to your taste. You can add also cream or sour cream in the soup.

### Potrebuje:

- údené bravčové stehno alebo pliecko
- 1 údená klobása
- 100g sušených húb
- kyslá kapusta
- zemiaky (4-5)

Uvaríme údené bravčové a klobásu vo vode. Po 10 minútach, keď sa varí voda, pridáme sušené huby a necháme všetko variť, kým nie je mäso polomäkké.

Kyslú kapustu so šľavou dáme do hrnca a necháme variť asi hodinu. Ošúpané a nakrájané zemiaky uvaríme v slanej vode. Keď sú uvarené, zlejeme vodu a pridáme ich do uvarenej kapusty spolu s uvareným a nakrájaným mäsom, klobásou a hubami.

Urobíme zápražku, ktorú urobíme z oleja, čierneho korenia, papriky a múky a keď múka trochu zhnedne, zalejeme studenou vodou. Za stáleho miešania povaríme a pridáme do kapustnice.

Povaríme niekoľko minút, dochutíme podľa potreby. Na záver môžeme pridať šľahačkovú alebo kyslú smotanu.





EUROPE'S FINEST



## SLOVAKIAN MAIN BRYNDZOVÉ HALUŠKY

### Ingredients:

600 gm raw potatoes  
300 gm fine whole wheat flour  
200 gm bryndza of feta cheese  
100 gm smoked bacon  
salt and pepper

Grate the peeled raw potatoes, mix them with flour and add a little water if necessary. Add a little bit of salt according to your taste. Make a dough that is not too tough but not too watery. You may use more or less flour or add a little bit of water if it is too tough. Halusky are formed with a knife or a tea spoon. Wash a wooden plate in cold water, put the dough on it and drop little bits of the dough into boiling salted water. Steer them and boil a little. When they float to the surface, take them out with a strainer, rinse with water and mix with bryndza. Serve with bacon cut up to small pieces and fried in a pan. Bon appetite.

Bryndza from the feta cheese: wash the feta cheese with water, grate and mix with butter to bryndza consistence.

### Potrebujeme:

600 g surových zemiakov  
300 g hladkej múky  
200 g bryndze  
100 g údenej slaniny  
soľ, korenie

Nastrúhaj ošúpané surové zemiaky, zmiešaj ich s múkou a pridaj podľa potreby trochu vody alebo múky. Pridaj trošku soli podľa chuti. Urob cesto ktoré nie je príliš tuhé ale ani vodnaté. Halusky formujeme nožíkom alebo lyžičkou. Cesto rozotrieme na drevenej doske, umytej studenou vodou a hádzeme malé halušky do vriacej slanej vody. Pomiešame a privedieme do varu. Varíme, kým halušky nevyplávajú na povrch. Zlejeme vodu, premiešame s bryndzou a podávame s opečenou slaninou, nakrájanou na malé kúsky.







EUROPE'S FINEST



## SLOVAKIAN DESSERT PALACINKY

Ingredients:

6 eggs  
3 c. flour  
1/2 c. sugar  
1/2 tsp. salt  
1 qt. milk

Beat the eggs well. Add sugar, salt and 1 cup milk. Beat very well and then add flour. Gradually putting in the remaining milk. Beat until very smooth. Pour about a 1/2 cup batter into a heated lightly greased skillet. When little bubbles show on top, turn on other side. Spread with jam, marmalade, ... according to your taste. Roll them, and you can pour cream and chocolate on them. This recipe should make about 30 pancakes.

Potrebujeme:

6 vajec  
3 šálky múky  
1/2 šálky cukru  
1/2 kávovej lyžičky soli  
¼ l mlieka

Rozbijeme a dobre rozmiešame vajcia. Pridáme cukor, soľ a 1 šálku mlieka. Poriadne premiešame, pridáme múku a zvyšné mlieko. Poriadne rozmiešame. Na rozpálenú panvicu s troškou oleja nalejeme asi pol šálky riedkeho cesta a opešieme do svetlohnedá po oboch stranách. Naplní džemom, lekvárom, tvarohom ... podľa chuti a zroluj. Môžeš podávať posypané cukrom, alebo so šľahačkou a čokoládou.





# EUROPE'S FINEST



## SPANISH STARTER TORTILLA ESPAÑOLA

### Ingredients (3 persons)

4 eggs	½ kilo of potatoes
Olive oil (a glass, ¼ of litre)	Salt
Parsley (a twig)	

### METHOD

#### Step 1:

Wash and peel the potatoes and cut them into pieces. Heat the oil in a frying pan, when it's hot add the potatoes and a pinch of salt and stir them. When they are brown, remove them from the frying pan and strain the oil with a colander.

#### Step 2:

Beat the eggs, add salt and the potatoes, mixing them with the eggs.

#### Step 3

Put the frying pan in the fire with two tablespoons of olive. The oil has to cover the bottom of the frying pan. Now pour the eggs and potatoes mixture. Trick: shake the frying pan smoothly from time to time so that the omelette doesn't stick. When it's ready, use a lid to turn the omelette over (it's easy, but it's necessary to do it with care). Once it's brown by both sides... the Spanish omelette is ready.

Finally serve it with a parsley twig.

### Ingredientes (3 personas)

4 huevos	½ kilo de patatas
Aceite (un vaso, ¼ de litro)	Sal
Perejil (una ramita)	

### PASOS RECETA

#### Paso 1:

Lavar y cortar las patatas en láminas finas. Una vez puesto el aceite a calentar se echan las patatas, añadiendo un poco de sal y se fríen. Truco: si te gusta la tortilla con las patatas más echas puede ir desasiéndose la patata con la rasera mientras se mueve. Cuando se vean doradas se apartan y es importante escurrir el aceite en un colador.

#### Paso 2:

Se baten los huevos con un poco de sal y una vez batidos se añaden las patatas, mezclándolas bien con el huevo batido.

#### Paso 3:

Se prepara de nuevo la sartén en el fuego con dos cucharadas pequeñas de aceite que cubran una lámina del fondo de la sartén. Se echa la mezcla del huevo y las patatas. Truco: mover agitando la sartén con habilidad para que no se pegue la tortilla. Cuando se perciba que está cuajada se pone una tapadera encima y se da la vuelta a la tortilla (es fácil, solo hay que hacerlo con seguridad). Se le puede dar vueltas hasta que quede dorada por ambos lados según el gusto... y ya está nuestra tortilla de patatas.

Finalmente para la presentación añádele encima una ramita de perejil.





# EUROPE'S FINEST



## SPANISH MAIN DISH PAELLA

### INGREDIENTS:

- *Olive oil.*
- *Chicken and rabbit*, two-three pieces per person.
- *Lima beans (Garrofó)*, five to ten per person.
- *Tomato.* Use half tomato for every four people approx.
- *Sweet paprika (pimentón dulce)*..
- *Saffron.* If you can afford it, it is said to be the key ingredient! If you can't, you should substitute with turmeric to still get the yellow color on the rice.
- *Fresh rosemary.*
- *Lemon*, one every four people.
- *Water*, 125cc/person.
- *Salt*, at your discretion.

*"Bomba" rice*, 100cc/person. If you follow the quantities for rice and water given in the bag, it almost always comes out perfect. If you cannot find "Bomba" rice, try to use pearl rice, not long grain, not Basmati, and *definitely* not "instant" rice.

### Method

You need to put the Lima beans into water overnight don't forget this. If you do, you can still boil them twenty minutes before beginning to cook, but they will not have such a nice aspect (their skin will be wrinkly).

Heat olive oil to medium-high temperature, so it barely covers the bottom of the paella pan or large shallow frying pan. Clean the chicken and rabbit, try and remove as much fat as possible. Salt and start frying the chicken and rabbit.

Meanwhile, wash the vegetables and split all green beans. Dice the tomatoes into tiny pieces: you should not see any tomato chunk in a paella serving. Alternatively, you can use a grater. Do get rid of the skin in any case. Salt the vegetables and turn the chicken/rabbit over.

When the meat is golden, take it out and set aside. Drop the green beans and the Lima beans into the oil and fry them for about five minutes, stirring occasionally. Then add the paprika and stir again. Fry for about half a minute and then add the tomato. The water the tomato contains will cool down the oil enough to "protect" the paprika for a bit. Stir for a minute, then add the meat back into the pan and mix everything. Next, add the water.

Use a wooden stick to touch the bottom of the pan and measure the height of the water. You will need it later. We do not need such a stick in Valencia, since the handles of our paella pan show on the inside, to indicate where the water is supposed to reach.

Let the water boil at moderate heat for twenty minutes. Then take the pan away from the burner--but don't turn the burner off. Add water until you get back to the original height: use the wooden stick for this delicate operation. Then put the pan back on the burner.

Add some salt, add the saffron.

Next, add the rice, 100cc per person. Remember that you want to keep it shallow, 7-8cm. Shake the pan slightly to spread the rice, and wait until the water boils again. Then, lower heat to minimum and cover, and let it simmer for 25 minutes.

During the last ten minutes of simmering, quickly add a couple pieces of rosemary on top of the rice and cover again. The steam will activate the scent of the rosemary, which will bathe the paella.

At this point the paella is almost ready: Simply take it out of the range and cover it for a couple minutes to concentrate the rosemary scent, and maybe soften a few rebel grains of rice.

Finally, many people like to squeeze some lemon over their course.





# EUROPE'S FINEST



## SPANISH MAIN DISH PAELLA

### INGREDIENTES:

Aceite de oliva.

1 Pollo y el conejo, dos o tres piezas por persona.

Habas lima (Garrofón), de cinco a diez por persona.

Habas verdes (Tavella), de cinco a diez por persona.

Tomate. Utilice el medio tomate para cada cuatro personas

Paprika dulce (dulce del pimentón)

Azafrán. Si usted no puede, usted debe sustituir con la cúrcuma todavía para conseguir el color amarillo en el arroz.

Romero fresco.

Limón, uno por cada cuatro personas.

Agua, 125cc/person.

Sal, con moderación.

Arroz "Bomba", 100cc/person.

El procedimiento que usted necesita es poner las habas lima en el agua no se olvida durante la noche de esto. Caliente el aceite de oliva a la temperatura medio-alta. Limpie el pollo y el conejo. Sale y comience a freír el pollo y el conejo.

Mientras tanto, lave los vehículos y parta todas las habas verdes. Corte los tomates en cubitos en pedazos minúsculos. Consiga librado de la piel en cualquier caso. Sale los vehículos y dé la vuelta al pollo/conejo. Prepare a recipiente con el agua dulce, 125cc por persona, y guárdelo a un lado. Cuando la carne es de oro, tómelala hacia fuera y póngala a un lado. No importa realmente si usted no la hace, pero facilita la asociación de los vehículos. Las cacerolas del paella en Valencia son absolutamente anchas y levemente cóncavas en el interior, así que movemos el pollo a la periferia y cocinamos los vehículos en el centro. Caiga las habas verdes y las habas lima en el aceite y fríalas por cerca de cinco minutos, revolviendo de vez en cuando. (cerciórese de que las habas lima sean secas o usted conseguirá algunos "fuegos artificiales inesperados.") Después agregue la paprika y revuelva otra vez. Fría para alrededor la mitad del minuto y después agregue el tomate. Si usted fríe la paprika para demasiado largo usted lo arruinará. El agua que el tomate contiene refrescará abajo el aceite bastante "protege" la paprika para un pedacito. Revuelva por un minuto, después agregue la carne nuevamente dentro de la cacerola y mezcle todo.

Después, agregue el agua. Utilice un palillo de madera para tocar el fondo de la cacerola y para medir la altura del agua. Usted la necesitará más adelante. No necesitamos tal palillo en Valencia, puesto que las manijas de nuestra cacerola del paella demuestran en el interior, para indicar donde el agua se supone para alcanzar. Deje el agua hervir en el calor moderado por veinte minutos. Entonces tome la cacerola lejos de la hornilla -- pero no dé vuelta a la hornilla apagado. Agregue el agua hasta que usted consigue de nuevo a la altura original: utilice el palillo de madera para esta operación delicada. Entonces ponga la cacerola detrás en la hornilla. Agregue la sal y déjela hervir. Tan pronto como comience a hervir, utilice una cuchara para probar el agua. Es importante tomar el agua de las burbujas: es la única parte de la superficie del agua sin el aceite. Gusto para la sal. Agregue la sal en caso de necesidad, pero no sea lento en esto: usted desea agregar el arroz antes de que demasiada agua se evapore. Cuando está hecho con la sal, agregue el azafrán. Usted puede agregar los filamentos del azafrán (o el polvo) directamente, o usted puede hervir el azafrán en un poco agua y después verter esa agua en el paella, desechando los filamentos del azafrán. Después, agregue el arroz, 100cc por persona. Recuerde que usted desean mantener lo baja, la sacudida 7-8cm. la cacerola levemente para separar el arroz, y esperan hasta que el agua hierva otra vez. Entonces, un calor más bajo al mínimo y la cubierta, y lo dejaron pochar durante 25 minutos. Si usted ha utilizado el mismo tipo de arroz y de cantidades. Observe que ésta no es la manera que se hace en una cacerola del paella. En que el caso, la cacerola del paella está abierto, y la cantidad de agua son correspondientemente más altas, cerca de dos a tres veces el volumen de arroz. Este método es menos "a toda prueba" sin embargo. Durante los diez minutos pasados de pochado, agregue rápidamente los pedazos de un par de romero encima del arroz y de la cubierta otra vez. El vapor activará el olor del romero, que bañará el paella. A este punto el paella es casi listo: Tómelo simplemente de la gama y cúbralo por minutos de un par para concentrar el olor del romero, y ablande quizá algunos granos rebeldes del arroz. Finalmente, mucha gente tiene gusto de exprimir un poco de limón sobre su curso.





EUROPE'S FINEST



## SPANISH DESSERT SPANISH TOAST

### INGREDIENTS (for eight people)

A loaf of stale bread  
A litre of milk  
A branch of cinnamon  
A rind of lemon  
Sugar to taste (about six dessertspoons)  
Two eggs for coating  
Olive oil for frying

### Method:

Boil the milk with the cinnamon and the rind of lemon for about 5 or 10 minutes, then add the sugar until it dissolves. It must be taken into account that the bread admits quite sweet. Cut the stale bread into slices about 3 or 4 cm thick and put them in a plate. Then cover them with milk until they are well soaked. Coat them in egg (with the help of a spoon) and heat them in very hot oil in a deep frying pan. Be careful and turn them over (with the help of a spoon). When they are brown place them in a bowl. Sprinkle sugar and cinnamon or cover them with syrup and honey.

It's a delicious Spanish dessert!





# EUROPE'S FINEST



## CATALAN STARTER

### Catalan Pot Meat— Carn d'olla a la Catalana

#### Ingredients:

- ¼ of kilo of lamb or beef
- a slice of a pork ear
- a gizzard and some bits of a hen
- a leaf of cabbage
- 2 medium potatoes
- ¼ of kilo of sheep minced meat
- a garlic and an egg
- a bit of parsley
- some rice or pasta
- a bone of cane of veal
- a slice of bacon
- 100g of chickpeas
- some celery
- 1 slice of boiled Catalan sausage and 1 slice of black sausage
- ¼ of kilo of pork minced meat
- some white bread crumbs
- some flour and salt

Put a pot with four litres of water on the fire and throw the following ingredients: the sheep or beef meat, the bone of cane of veal, the pork ear, the bacon, the gizzard, the hen and the chickpeas. Add salt for flavour and let it boil for at least two hours.

In the meantime, in a bowl, mix the pork and beef minced meat together with the egg and the white bread crumbs, some salt, some parsley and some flour. Knead and roll tiny meatballs. Next, coat each meatball in flour and throw them into the pot with the cabbage, the celery, the potatoes and the boiled Catalan and black sausages. Again, let it boil for one hour.

Now, the broth is ready. Add some rice or pasta and boil it all together. You can serve it all together or first the broth, and then, on a separate tray, the meat and the vegetables.

#### Ingredients:

- ¼ de quilo de carn de moltó o bou
- 1 tall d'orella de porc
- 1 pedrer i una cuixa de gallina
- 1 fulla de col verda
- 2 patates mitjanes
- ¼ de quilo de carn picada de moltó
- 1 all i 1 ou
- una mica de julivert
- arròs o pasta
- 1 os de canya
- 1 tall de cansalada
- 100g de cigrons
- una mica d'api
- 1 tros de botifarra blanca i un tros de negra
- ¼ de quilo de carn picada de porc
- molla de pa blanc ratllada
- farina i sal

Es posa una olla al foc amb 4 litres d'aigua, i s'hi tiren els següents ingredients: la carn de moltó o bou, l'os de canya, l'orella de porc, la cansalada, el pedrer i la cuixa de gallina, els cigrons i sal, i es deixa bullir dues hores.

Mentrestant es preparen les pilotes amb els següents ingredients: la carn de porc i la de moltó, l'ou cru, la molla de pa blanc ratllada, sal, julivert i farina. Es barregen tots els ingredients i, un cop barrejats, se'ls dóna forma rodona. Tot seguit s'enfarinen les pilotes. Llavors es tiren a l'olla amb la col, l'api, les patates i la botifarra blanca i negra. Passada una hora d'ebullició, queda el brou llest.

Seguidament, s'escorre en una altra olla, on s'hi pot posar arròs o pasta. La resta dels ingredients es serveixen en una plata separadament.





EUROPE'S FINEST



## CATALAN MAIN DISH

# Broad Beans with Pinetells and Black Sausage

### Ingredients:

- A pack of broad beans
- Salt and olive oil
- Pinetells* (probably the most typical sort of mushrooms in Catalonia, you know them as "Milk Caps")
- 1 onion and some garlic cloves
- Some stock
- Some lard
- Tomatoes
- Black sausage

Boil the broad beans with some salt. When they are boiled, drain them and leave them aside. Clean the *pinetells*, and once you have them clean, cut them into pieces.

Now, chop an onion finely and fry it in hot olive oil. After a while, we will add two-three cloves of garlic well-chopped.

Next, we add the *pinetells* and leave everything boiling with low fire for some minutes. Sprinkle with salt and pepper and add some stock.

Then, melt some lard in a casserole, grate some tomatoes and stir gently. We add the broad beans and the *pinetells*. Leave it boil all together for some minutes and finally, add the black sausage previously sliced. Stir gently and after some minutes, serve it.

### Faves amb Pinetells i Botifarra Negra

### Ingredients:

- Faves
- Salt, oil
- 1 ceba i un cap d'all
- Brou
- Llard
- Tomates
- 1 botifarra negra

S'agafen les faves i es fan bullir amb una mica de sal. Quan estiguin bullides, s'escorren i es deixen apart. Es netegen els pinetells i es fan a trossos.

Fregirem la ceba tallada ben fina en oli calent i, al cap d'una estona, hi afegirem un gra d'all tallat petit. Tot seguit hi posarem els bolets i deixarem que cogui durant uns minuts amb ben poc foc. Ho salpebrarem i afegirem un xic de brou. En una cassola apart es fons llard, i després tomàquet ratllat. Tot seguit s'hi afegeixen les faves i els bolets. Quan fa una estona que cou, hi posarem la botifarra negra a rodanxes. Al cap d'uns minuts l'àpat ja es pot servir.







# EUROPE'S FINEST



## CATALAN DESSERT Crema Catalana

### Ingredients:

- 4 egg yolks
- 500ml of milk
- 2 or 3 spoonfuls of sugar
- 1 teaspoon of corn flour
- a lemon or orange zest
- 2 cinnamon sticks

First of all, when you break the eggs, keep the yolks aside. Mix the yolks with the sugar and the corn flour in a bowl. Stir the mixture until smooth.

In a pan, over low heat, pour the milk and the mixture (sugar & egg yolks); add the lemon/orange zest and the cinnamon sticks. Heat it gently until it reaches boiling point, and don't forget to stir it slowly with a wooden spoon until it thickens.

Remove from the heat, leave to infuse for 20-30 minutes, pour the cream into typical small Catalan clay pots and chill for about 2 hours.

Sprinkle the surface with sugar, and caramelize the sugar with a blowtorch. As the caramel cools, it will harden. Finally, place the clay pots in the refrigerator until serving.

### Ingredients:

- 4 rovells d'ou
- 500ml de llet sencera
- 2 o 3 cullerades soperes de sucre
- 1 cullereta de 'Maizena'
- la pela d'una llimona o d'una taronja
- 2 branquetes de canyella

En primer lloc, separem els rovells de les clares i els posem en un bol. Barregem els rovells amb el sucre i la 'Maizena' i remenem fins desfer els grums.

En un cassó, a poc foc, afegim la llet i la barreja anterior. Hi afegim les branquetes de canyella i la pela de la llimona (o taronja). Continuem remenant fins que comenci a bullir, sense deixar de remenar en cap moment. Amb una cullera de fusta remenarem fins que la crema s'espesseixi i llavors la retirarem del foc. La deixarem reposar durant 20 o 30 minuts i a continuació la servirem en les típiques cassoles de fang.

Espolsarem una mica de sucre per dalt i cremarem aquest sucre amb un cremador. Quan el sucre s'hagi refredat, s'endurirà. I finalment la deixem a la nevera fins l'hora de servir.





EUROPE'S FINEST



## BRITISH STARTER PRAWN COCKTAIL

### Ingredients

450g Prawns  
200g Salad Cream / Mayonnaise  
3 tbs tomato ketchup  
1tbs lemon juice  
1-2 lettuce

Mix the salad cream, tomato ketchup, lemon juice together in a bowl.

Add the prawns and mix together

Shred the lettuce and place on a plate or bowl

Divide the prawn mixture between the plates

Serve the prawn cocktail with a slice of lemon and fresh bread and butter

### Ingrédients

450g de Crevettes  
200g de Mayonnaise  
3tbs de ketchup  
1tbs de jus de citron  
1-2 laitue

Mélangez la mayonnaise, le ketchup et le jus de citron dans un bol.

Ajoutez les crevettes et mélangez le tout

Coupez la laitue en lanières et mettez dans une assiette ou un bol

Répartissez le mélange de crevettes entre les assiettes

Servez le "Prawn Cocktail" avec une rondelle de citron, du pain et du beurre.





EUROPE'S FINEST



## BRITISH MAIN TOAD IN THE HOLE

### Ingredients

8 Pork Sausages  
1tbs oil  
6oz (150g) plain flour  
2 eggs  
6fl oz (150ml) milk  
4fl oz (100ml) water  
Salt and Pepper

Preheat the oven to 220°C or 425°F

Sieve the flour into a large bowl. Crack the eggs in the centre of the flour and slowly add the milk and water. You can use a hand whisk or electric whisk. Whisk until the batter is smooth.

Place the sausages in a large deep roasting tin with 1tbs of oil and bake in the oven for 10 minutes. Take the roasting tin from the oven and then add the batter mixture.

Place on the highest shelf and cook for 30 minutes (Don't open the oven door for at least 25 minutes!!!!)

Serve with mashed potatoes and vegetables

### Ingrédients

8 saucisses au porc  
1 cuillère soupe d'huile  
150g de farine  
2 oeufs  
150ml de lait  
100ml d'eau  
Sel et poivre

Préchauffez le four à 220°C ou 425°F

Tamisez la farine dans un grand bol. Fêlez les oeufs dans le centre de la farine et ajoutez le lait et l'eau lentement. Battez le mélange jusqu'à ce que ce soit onctueux

Mettez les saucisses dans un plat à rôtir profond avec 1 d'huile. Cuisez dans le four pendant 10 minutes. Enlevez le plat du four et ajoutez le mélange.

Cuisez sur la grille la plus haute pendant 30 minutes. (N'ouvrez pas la porte du four pendant 25 minutes au moins !)

Servez avec la purée de pommes de terre et les légumes.





EUROPE'S FINEST



## BRITISH DESSERT APPLE CRUMBLE AND CUSTARD

### Ingredients

1kg Apples (for cooking)  
25g caster sugar  
1 teaspoon of cinnamon  
75g butter, cut into small cubes  
175g self raising flour  
2 tsp cinnamon  
110g Demerara sugar  
Large baking dish

Peel the apples and slice into thick slice. Put them in a bowl and add the caster sugar and cinnamon. Place the apples into the baking dish.

To make the crumble, sift the flour into a large bowl. Then add the small cubes of butter. With your fingertips gently rub the butter into the flour, until they look like breadcrumbs.

Then add the sugar and cinnamon to this mixture.

Sprinkle the mixture over the apples and cover completely and press it down firmly

Bake the crumble in the oven for 35-40 minutes – The apples should be cooked and the top should be golden brown.

Leave for 10 minutes, then serve with hot custard

### Custard

250ml double cream  
250 ml milk  
1tsp vanilla extract  
5 egg yolks  
1 tbs caster sugar

Pour the cream and milk and vanilla extract into a saucepan. Bring this mixture to the boil.

While this is heating, whisk the egg yolks and sugar together.

When the milk and cream has boiled, leave for 5 minutes to cool slightly. Then add this mixture to the eggs and sugar. Whisking all the time!

Pour this mixture back into the saucepan and heat gently whisking all the time. The custard will thicken and when it becomes smooth and thick remove from the heat.

Serve with the apple crumble.





EUROPE'S FINEST



## BRITISH DESSERT APPLE CRUMBLE AND CUSTARD

### Ingrédients

1kg de Pommes à cuire  
25g de sucre  
1tsp de cannelle  
75g de beurre dans petites cubes  
175g de farine (pour gateaux)  
2tsp de cannelle  
110g de sucre roux

Pelez les pommes et coupez en tranches épaisses. Mettez dans une terrine et ajoutez le sucre et 1tsp de cannelle. Mettez les pommes dans le bol à cuire.

Pour faire le crumble, tamisez la farine dans un bol. Ajoutez les petites cubes de beurre. Avec les bouts des doigts, frottez le beurre dans la farine doucement jusqu'à ce que ça ressemble à de la chapelure.

Ajoutez le sucre roux et la cannelle dans le mélange.

Saupoudrez le mélange sur les pommes

Cuisez dans le four pendant 35-40 minutes

Sortez et laissez refroidir 10 minutes et servez avec la crème anglaise.

### Custard

250ml de Crème à fouetter  
250ml de lait  
1tsp de vanille  
5 de jaunes d'oeuf  
1tbs de sucre

Versez la crème, l'extrait de vanille et le lait dans une casserole. Faites bouillir le mélange.

Pendant ce temps, battez les jaunes d'oeufs et le sucre.

Quand le lait et la crème sont à ébullition, laissez refroidir 5 minutes. Puis ajoutez au mélange les jaunes d'oeufs et le sucre, en battant tout le temps.

Reversez le mélange dans la casserole et cuisez doucement, en battant tout le temps. Le mélange épaissi, enlevez quand c'est onctueux et épais.

Servez avec le "Apple Crumble"

