Comenius 2013-2015

Forgotten values

Our european cookbook

Nuestro libro de cocina

Notre livre de cuisine

Unser Kochbuch

Il nostro libro di cucina

Bizim yemek kitabi

Meidän keittokirja

Var kokebok

This cookbook is a result of our Comenius project, Forgotten values, on the focus : cooking and tasting traditional recipes. It has been done by St Selve's school after the meeting in France, in january 2014.

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Belgium ~ Belgique

Starter

Tomates crevettes
Tomatoes shrimps

Ingrédients

-4 belles tomates bien rouges
-350 g de crevettes grises épluchées
-4 cuillères à soupe de mayonnaise ou de cocktail
-¼ jus de citron
-persil haché
sel, poivre

Préparation des tomates

Couper l'extrémité supérieure des tomates avec un couteau . Conserver les chapeaux de tomates pour la décoration.
Évider l'intérieur des tomates en retirant un maximum de chair.
Retourner les tomates évidées et les laisser égoutter pendant 15 minutes. Il faut qu'un maximum de liquide s'échappe.
Récupérer une partie du jus de tomate qui s'écoule.

Préparation de la farce

Verser le jus de citron et la mayonnaise dans un bol.
Ajouter le persil et une cuillère à soupe de jus de tomate.
Ajouter les crevettes et mélanger.
Rectifier l'assaisonnement en salant et poivrant.
Farcir généreusement l'intérieur de tomates évidées avec les crevettes grises. Ajouter le petit chapeau et Servir bien frais.

Ingredients:

- 4 beautiful very red tomatoes
- 350 g of peeled brown shrimps
-4 soup spoons of mayonnaise or cocktail
- ¼ lemon juice
- chopped parsley
salt, pepper

Preparation of tomatoes:

Cut the superior extremity of tomatoes with a knife. Keep the hats of tomatoes for the decoration.
Hollow out the inside of tomatoes by removing a maximum of flesh.
Return the hollowed out tomatoes and let them drain during 15 minutes. A maximum of liquid has to escape.
Get back one part of the tomato juice which passes by.

Preparation of the practical stuffing

Pay the lemon juice and the mayonnaise into a bowl.
Add the parsley and a soup spoon of tomato juice.
Add shrimps and mix.
Rectify the seasoning by salting and by peppering.
Stuff generously the inside of tomatoes hollowed out with brown shrimps. Add the small hat and Serve very freshly.

Belgium ~ Belgique

Main course

Carbonnades flamandes à la bière

Ingrédients

-1 kg de bœuf maigre à braiser
- 1 à 2 cuillères à soupe de cassonade
- 1 bouquet garni
-1 litre de bière brune (Pelforth brune pour un goût délicat, ou Leffe Brune pour un goût plus sucré)
- 400 g d'oignons
- 250 g de lard fumé entier (pas des lardons sous vide)
- 5 à 7 tranches de pain d'épice (si possible maison)
- un morceau de beurre
- sel de Guérande
- un peu de moutarde
- 1 cocotte en inox ou en fonte émaillée avec couvercle

Temps de préparation : 30 minutes
Temps de cuisson : 180 minutes

Préparation

Couper la viande en cube de 2 à 3 centimètres de côté.
Découper grossièrement les oignons et couper le lard en gros lardons.
Faire fondre le beurre et faire suer les oignons dedans 10 minutes pour les ramollir (feu au mini à couvert). Ajouter le lard en augmentant légèrement le feu.
Remuer régulièrement en essayant de garder couvert le plus possible.
Une fois le lard bien rose, retirer le tout (sauf le jus) et le réserver dans un plat.
Mettre le feu au maxi et mettre la viande dans la cocotte.
Remuer régulièrement (ne pas couvrir), la viande doit se colorer de tous les côtés, elle va finir par rendre pas mal de jus. Retirer la cocotte du feu, mettre la viande dans un plat en conservant le jus dans la cocotte.

Diluer la cassonade dans le jus de viande et mettre sur le feu à fond pour le réduire de moitié. Une fois réduit, mettre le feu au mini et remettre le mélange lard-oignons en le mêlant au 'sirop', ajouter la viande et re-mélanger, ajouter le bouquet garni et recouvrir de bière entre (80 cl et 1 litre), saler très légèrement.
Recouvrir délicatement toute la surface avec le pain d'épices enduit de moutarde.
Laisser mijoter à couvert 3 heures sans remuer, tant que le pain d'épices n'est pas fondu (retirer le bouquet garni)
Rectifier l'assaisonnement si besoin.

Présenter avec de bonnes frites belges !

Belgium ~ Belgique

Main course

Flemish carbonnades in the beer

Ingredients (for 4 people) :

-1 kg of thin ox(beef) to be braised
- 1 in 2 soup spoons of brown sugar
- 1 bouquet garni
- 1 liter of dark beer
- 400 g of onion
- 250 g of whole smoked bacon (no lardons under vacuum)
- 5 in 7 slices of bread of spice (so possible house)
- A piece of butter
- Sea salt from Guérande
- A little mustard

Setting-up time: 30 minutes
Cooking time: 180 minutes

Method :

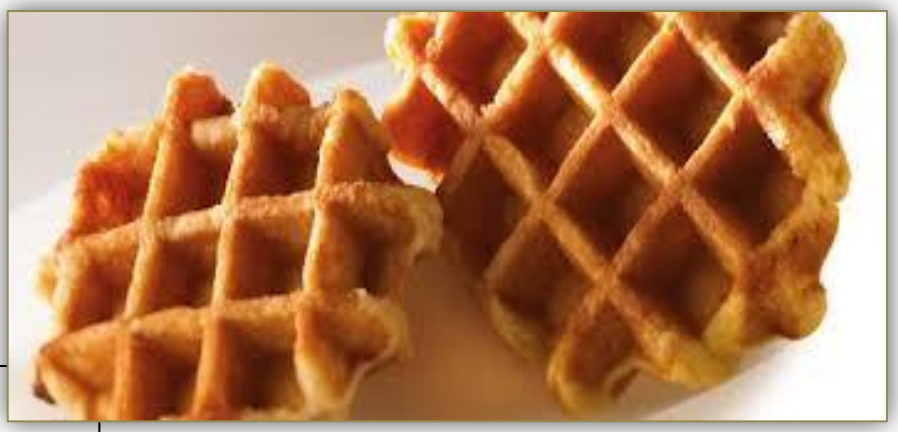
Cut the meat in cube from 2 to 3 centimeters aside. Cut boorishly onions and cut the bacon roughly bacon. Melt the butter and make sweat onions inside 10 minutes to soften them (fire in the mini under cover). Add the bacon by increasing slightly the fire, move regularly by trying to keep(guard) covered as much as possible.
Once the very pink bacon, to remove the whole (except the juice) and to reserve it in a dish.
Set fire to the maxi and put the meat in the hen, move regularly (do not to cover), the meat has to be colored with all the sides, it is going eventually return quite a lot of juices. Take the hen away from the fire, put the meat in a dish(flat) by keeping(preserving) the juice in the hen(pot).
Dilute the brown sugar in the gravy and put on the fire completely to reduce by half it. Once reduces, to set fire to the mini and to put back the mixture bacons-onions by mixing(involving) it with the 'syrup', to add the meat and to mix, to add the bouquet garni and to cover with beer between (80 cl and 1 liter), to salt very slightly.
Cover delicately all the surface with the mustard bread of spices '. Let simmer(plot) under cover 3 hours without moving, as long as the gingerbread is not melted (remove the bouquet after the 1 hour or maxi 2).
If after three hours, the juice is still too liquid, let still simmer(plot) by leaving the partially opened lid, the sauce must be slightly sticky on-surface but very liquid down and does not have to burn especially at the bottom(in fact).

Serve with good belgian fries !

Belgium ~ Belgique

Dessert

Gaufres de Liège
Waffles of Liege



Temps de préparation : 60 minutes
Temps de cuisson : 3 minutes

Ingrédients (pour 20 gaufres environ) :

-750 g de farine
- 270 g de lait tiède
- 7 g de levure
- 10 g de sel
- 400 g de beurre
- 3 œufs entiers + 2 jaunes
- 1 sachet de sucre vanillé
- 500 g de sucre perlé

Préparation :

Mélanger la farine, les œufs, le sel, le sucre vanillé et la levure délayée dans le lait tiède.
Laisser lever entre 30 et 45 minutes près d'un radiateur ou dans un autre endroit à plus ou moins 24 degrés.
Incorporer le beurre fondu.
Incorporer le sucre perlé (grosses perles de sucre)
Laisser reposer minimum 30 minutes.
Préparer des pâtons de +/- 100 g.
Cuire de 3 à 4 mn dans un gaufrier bien chaud.

Setting-up time: 60 minutes
Cooking time: 3 minutes

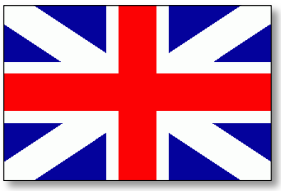
Ingredients (for approximately 20 waffles):

- 750 g flour
- 270 g tepid milk
- 7 g yeast
- 10 g salt
- 400 g butter
- 3 whole eggs + 2 yellow
- 1 bag vanilla sugar
- 500 g pearl sugar

Method :

Mix the flour, the eggs, the salt, the vanilla sugar and the yeast diluted with some tepid milk.
Let raise between 30 and 45 minutes near a radiator or in another place in more or less 24 degrees.
Incorporate the melted butter.
Incorporate the pearled sugar (big pearls of sugar).
Let rest minimum 30 minutes.
Prepare dough rolls of +/-100 g.
Cook from 3 to 4 mn in a very hot waffle iron.

The grandmother of a little girl of the class comes to show us how to cook the waffle of Liège.
It's easy to make, it's cheap and it's really delicious!



England

Starter

Onion bhajis

Ingredients:

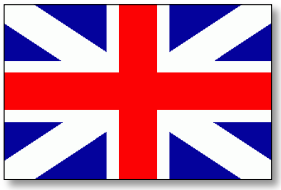
-Trangia (Portable cooker)
-Potato
-Onion
-Coriander
-Gram flour
-Salt (to taste)
-Chilli (powder chilli)
-Ginger
- Lemon
- Dips (Chilli / Mint sauce)
-Eggs
-Turmeric

Method :

Firstly, put the oil into the pan and place it on medium heat.
Secondly, in a bowl, combine the chickpea flour, rice flour, baking powder, chilli, turmeric, cumin, coriander, salt and the water. Mix it together well and add the sliced onion.

Next check the temperature of the oil by dropping a little batter into it. If it fries slowly, it is at the right temperature.
Then carefully drop spoons of batter into the oil, making sure not to overcrowd the pan, which will make them stick together. Fry them for about 1-2 minutes or until the batter becomes a lovely golden brown. Remove them, place them to drain on the paper-lined tray, and repeat until all the onion bhajis are cooked.

Finally Sprinkle over a little salt and your onion bhajis are ready to serve. They make a perfect appetiser and go well with coriander chutney or cucumber raita.



England

Main course

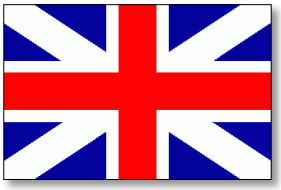
Shepherd's pie

Ingredients:

-1 tbsp sunflower oil
-1 large onion, chopped
-2-3 medium carrots, chopped
-halal 500g pack lamb mince
-2 tbsp tomato purée
-large splash Worcestershire sauce
-500ml beef stock
-900g potatoes, cut into chunks
-85g butter
-3 tbsp milk

Method :

Heat the oil in a medium saucepan, then soften the onion and carrots for a few mins. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat. Add the tomato purée and Worcestershire sauce, then fry for a few mins. Pour over the stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the potatoes in salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.
Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.) Leave to stand for 5 mins before serving.



England

Dessert

Chocolate cake

Ingredients:

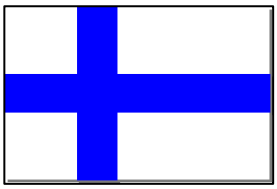
-200g good quality dark chocolate , about 60% cocoa solids
-200g butter cut into small pieces
-1 tbsp instant coffee granules
-85g self raising flour
-85g plain flour
-¼ tsp bicarbonate of soda
-200g light muscavado sugar
-200g Golden caster sugar
-25g cocoa powder
-3 Medium Eggs
-25ml buttermilk
- grated chocolate or curls to decorate

For the ganache :

200g good quality dark chocolate
284ml carton double cream
2 tbsp Golden caster sugar

Preparation

1. Butter a 20cm round cake tin (7.5cm deep) and line the base. Preheat the oven to fan 140C/conventional 160C/ gas 3. Break the chocolate in pieces into a medium, heavy-based pan. Tip in the butter, then mix the coffee granules into 125ml/4fl oz cold water and pour into the pan. Warm through over a low heat just until everything is melted - don't overheat. Or melt in the microwave on Medium for about 5 minutes, stirring half way through.
2. While the chocolate is melting, mix the two flours, bicarbonate of soda, sugars and cocoa in a big bowl, mixing with your hands to get rid of any lumps. Beat the eggs in a bowl and stir in the buttermilk.
3. Now pour the melted chocolate mixture and the egg mixture into the flour mixture, stirring just until everything is well blended and you have a smooth, quite runny consistency. Pour this into the tin and bake for 1 hour 25- 1 hour 30 minutes - if you push a skewer in the centre it should come out clean and the top should feel firm (don't worry if it cracks a bit). Leave to cool in the tin (don't worry if it dips slightly), then turn out onto a wire rack to cool completely.
4. When the cake is cold, cut it horizontally into three. Make the ganache: chop the chocolate into small pieces and tip into a bowl. Pour the cream into a pan, add the sugar, and heat until it is about to boil. Take off the heat and pour it over the chocolate. Stir until the chocolate has melted and the mixture is smooth.
5. Sandwich the layers together with just a little of the ganache. Pour the rest over the cake letting it fall down the sides and smoothing to cover with a palette knife. Decorate with grated chocolate or a pile of chocolate curls. The cake keeps moist and gooey for 3-4 days.



Finland ~ Suomi

Starter

Ohrarieska
Thin Barley Bread

Tästä taikinasta tulee 6 pientä tai kaksi isoa rieskaa

Ainekset *:*
-2 desilitraa kylmää vettä
-4 - 4 1/2 desilitraa ohrajauhoja
-1 teelusikka suolaa

Valmistelee :

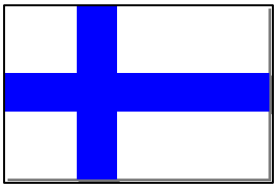
Sekoita kaikki ainekset nopeasti sekaisin taikinaksi. Leivo jauhotetuin käsin tai kauli kaulimella. Taputtele taikinasta kuusi pientä ohutta leipää (halkaisija n. 12 cm). Tai voit myös leipoa kaksi uunipellin kokoista leipää. Pistele leipiin haarukalla reikiä. Paista rieskat kuumassa uunissa, lämpötila 250-300^0, kunnes leivät ovat saaneet hieman väriä.

This recipe is for 6 little breads or two big ones.

Ingredients :
-2 deciliters of cold water
-4-4 1/2 deciliters of barley flour
-1 teaspoon of salt

Method :

Mix all ingredients quickly together to dough. Bake with floured hands or roll with a rolling pin. Make six thin and small breads (diameter 12 cm). You can also make two bigger ones, if you like. Punch holes with a fork. Bake in a hot oven in 250-300° temperature.



Finland ~ Suomi

Main course

Lohikeitto
Creamy Salmon chowder

Ainekset :

-1 kilogramma kuorittuja perunoita
-800 grammaa lohta
-1 litra vettä
-1 sipuli
-1,5 teelusikka suola
-2,5 desilitraa kermaa
-1 desilitra tilliä

Valmistelee :

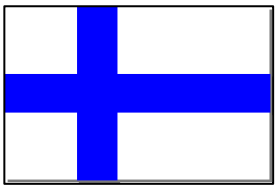
Kiehauta yksi litra vettä kattilassa. Lisää silputtu sipuli. Keitä viiden minuutin ajan. Kuori perunat ja paloittele ne pieniksi kuutioiksi. Lisää perunat kattilaan. Keitä 25-30 minuuttia. Lisää pieniksi paloiksi leikattu lohi. Mausta liemi suolalla. Keitä keittoa miedolla lämmöllä, kunnes kala on kypsää. Lopuksi lisää kattilaan kerma ja hienonnettu tilli. Voit viimeistellä keiton voinokareella.

Ingredients :

-1 kg peeled potatoes
-800 grams of Salmon
-I liter water
-1 onion
-1, 5 teaspoons of salt
-2, 5 deciliters of cream
-1 deciliter dill

Method :

Boil one liter of water in a kettle. Add the finely chopped onion. Cook for five minutes. Peel the potatoes and cut them into rough cubes. Add the potatoes into the kettle. Cook for 25-30 minutes. Add salmon in small pieces. Season with salt. Cook over a low heat for a while, until the fish is ready. Finally, add cream and the finely chopped dill. You can finish the soup with a knob of butter.



Finland ~ Suomi

Dessert

Kaneliässät
Traditional s-shaped cinnamon biscuits

Ainekset :
-125 grammaa voita
-125 grammaa sokeria
-3 munaa
-1 teelusikka kanelia
-1 teelusikka leivinjauhetta
-5 desilitraa vehnäjauhoja
-**Kaneli-sokeri kuorrute**
-25 grammaa sokeria
-1 ruokalusikka kanelia

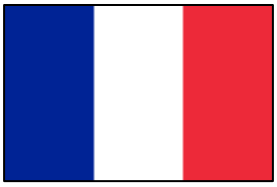
Valmistelee :

Vatkaa voi ja sokeri kuohkeaksi vaahdoksi. Lisää munat sokeri-voivaahdon joukkoon yksi kerrallaan, koko ajan voimakkaasti vatkaten. Sekoita kuivat aineet keskenään ja lisää ne voi-sokeri-munavaahtoon. Anna taikinan levätä viileässä puolen tunnin ajan. Paloittele taikina useampaan osaan hyvin jauhotetulle leivinalustalle. Leivo taikinasta 10 cm:n pituisia ja sormen levyisiä tankoja. Pyörittele nämä tangot sokeri-kaneliseoksessa. Muotoile tangoista s-kirjaimen muotoisia pikkuleipiä. Paista pikkuleivät uunissa 175^0 lämmössä kunnes pikkuleivät saavat vaalean ruskean värin.

Ingredients :
-125 grams of butter
-125 grams of sugar
-3 eggs
-1 teaspoon of cinnamon
-1 teaspoon of baking powder
-5 deciliters of wheat flower
-Cinnamon-sugar mix
-25 grams of sugar
-1 tablespoon of cinnamon

Method :

Beat butter and sugar together until pale and fluffy. Add the eggs one by one, beating at the same time. Mix the dry substances and add them to the butter-sugar-egg –foam. Let the dough rest in a cool place for half an hour. Take pieces of the dough and put them on a lightly flowered work surface. Bake the dough into 10 cm long, finger wide pieces. Roll these in the cinnamon and sugar mix. Make s-formed cookies out of the pieces. Bake them in the oven at 175° degrees until the biscuits get a light brown color.



France

Starter

Soupe à l'oignon
Onion soup

Ingrédients : (pour 4 personnes) :
- 4 gros oignons
- 50 g de beurre
- 1 cuillère à soupe d'huile
- 1 cuillère à soupe de farine
- 25 cl de vin blanc
- 1 l d'eau
- sel, poivre,
- 6 tranches de pains de mie
- 100 g de comté râpé

Préparation :

1. Pelez et émincez les oignons, faites-les revenir dans le mélange beurre, huile.
2. Saupoudrez le mélange de farine, mouillez d'eau chaude et de vin blanc et assaisonnez.
3. Couvrez et laissez bouillonner doucement pendant 20 minutes.
4. Faites griller le pain, disposez chaque tranche dans le fond de 4 petits bols individuels supportant le passage au four.
5. Saupoudrez d'un peu de fromage râpé. Versez la soupe par-dessus.
6. Saupoudrez à nouveau de fromage et faites gratiner.

Ingredients : (for 4 people):
- 4 big onions
- 50g butter
- 1 tablespoon oil
- 1 tablespoon flour
- 25cl white wine
- 1l water
- salt and pepper
- 6 slices white bread
- 100g grated cheese (Comté)

Method :

1. Peel and slice the onions, fry them in the mix of butter and oil
2. Sprinkle the flour over, cover with hot water and white wine and season
3. Cover and gently boil for 20 minutes
4. Grill the bread, place each slice in the bottom of four small bowls suitable for the oven
5. Sprinkle with some grated cheese, then pour the soup on top
6. Sprinkle again with cheese and bake for 20 minutes.

France

Main course

Blanquette de veau
Veal stew in white sauce

Ingrédients : (pour 4 personnes) :
- 600 g de veau (poitrine, épaule)
-1 oignon
-2 carottes
-1 boîte de champignons de paris
-1 cube de bouillon de volaille
-30 g de farine
-30 g de beurre
-Sel, poivre
-De l'huile

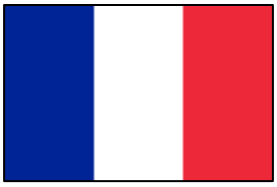
Préparation :

1. Coupez la viande en cubes de taille moyenne. Pelez et émincez l'oignon. Pelez les carottes et coupez-les en rondelles.
2. Dans une cocotte, faites revenir la viande dans 2 cuillères à soupe d'huile. Ajoutez les oignons, les carottes et laissez cuire 5 min.
3. Ajoutez le cube de bouillon, les champignons et mouillez d'eau à hauteur. Portez le mélange à ébullition, couvrez et laissez mijoter sur feu moyen 1h30.
4. A la fin de cuisson, préparez le roux : faites fondre le beurre avec la farine dans une casserole. Délayez ce mélange avec une louche de jus de cuisson. Remuez bien avec une cuillère en bois puis ajoutez d'autres louches de jus de cuisson, jusqu'à ce que la sauce soit bien liquide. Puis versez-la dans la cocotte. Laissez cuire 5 min de plus et servez.

Ingredients : (for 4 people):
- 600g veal (breast, shoulder)
-1 onion
-2 carrots
-1 tin white button mushrooms
-1 chicken stock cube
-30g flour
-30g butter
-salt, pepper
-oil

Method :

1. Cut the meat into medium sized cubes. Peel and thinly slice the onion. Peel the carrots and cut into discs
2. In a large pot, fry the meat in 2 tablespoons of oil. Add the onions, carrots and leave to cook for 5 mins
3 . Add the stock cube and mushrooms, fill with water. Bring to the boil, cover and simmer over medium heat for 1 ½ hours
4. When finished cooking, prepare the 'roux' : melt the butter with flour in a pan. Add a ladle of cooking juices from the meat. Mix well with a wooden spoon and add more cooking juice until the sauce is smooth/liquid. Pour into the large pot. Leave to cook for 5 more minutes and serve.



France

Dessert

Crêpes
French pancakes

Ingrédients :
- 250 g de farine
-4 oeufs
-1/2 l de lait
-1 pincée de sel
-50 g de beurre
-1 sachet de sucre vanillé
-1 cuillère à soupe de rhum (5 cl)

Préparation :

1. Dans un saladier, versez la farine et les œufs. Puis progressivement ajoutez le lait tout en mélangeant avec votre fouet. Ajoutez le sucre vanillé, la pincée de sel.
2. Laissez reposer la pâte à crêpe si possible une heure.
Faites chauffer une poêle, une fois chaude, versez un peu de beurre pour graisser la poêle.
3. Versez une demi-louche de votre pâte à crêpe et faites cuire 1 à 2 minutes par face.
4. Voilà vos crêpes sont prêtes, vous pouvez maintenant les déguster.

Ingredients :
- 250g flour
-4 eggs
-500ml milk
-a pinch of salt
-50g butter
-1 sachet of vanilla sugar
-1 tablespoon rum (5cl)

Method :

1. Put the flour and eggs into a bowl. Mix with a whisk while gradually adding the milk. Add the vanilla sugar and pinch of salt.
2. If possible, leave mixture to rest for an hour. Heat a frying pan. Once heated, grease the pan with some butter.
3. Add half a ladel of the crepe mixture and cook for 1 – 2 minutes on each side.
4. Your crepes are ready to serve.

Germany ~ Deutschland

Starter

Flädlesuppe
Soup with pancakes

Zutaten :

-Pfannkuchen
-150 gMehl
-125 mlMilch
-1Ei
-1 Priese Salz
-1 Liter Fleisch- oder Gemüsebrühe
-Ein Bündel Schnittlauch
-Öl / Butter

Zubereitung :

Für die Pfannkuchen das Mehl in eine Schüssel geben. Ei, Milch und etwas Salz zufügen und gut vermengen, bis ein dünnflüssiger Teig entsteht. Die Butter in einer Pfanne zerlassen und so viel Teig hineingeben, dass der Boden der Pfanne gerade bedeckt ist. Auf einer Seite backen, vorsichtig wenden und die andere Seite backen.

Die Pfannkuchen abkühlen lassen, aufrollen und in dünne Streifen schneiden. Die Streifen in Suppenteller geben und mit der fertigen Fleischbrühe aufgießen. Nach belieben gehackten Schnittlauch in die Suppe geben und sofort servieren.

Ingredients :

-150g wheat flour
-1/4 litre milk
-1-2 eggs
-1 pinch of salt
-1 litre of good meat or vegetable broth
-a bunch of chives
-oil /butter for greasing

Method :

Mix together flour, eggs and salt in a large bowl. Then gradually add the milk, stirring all the time until smooth, but not too thick. Heat a heavy non-stick pan and add a drop of oil. Once hot, pour a ladleful of batter into the middle of the pan and move the pan swiftly until the batter covers the pan. Flip or turn your Flädle once the bottom side is golden brown. Do so until all the batter is used up. Cool pancake. Do not put hot pancakes into your hot broth! They will fall to pieces.
Once cool, cut in half and then again into thin strips. Lay in very hot broth and serve immediately. Sprinkle with cut chives.

Germany ~ Deutschland

Main course

Käsespätzle
Cheese pasta

Zutaten :

Spätzle Teig:
-500 g Mehl
-5 Eier
-2 TL Salz
-Wasser, kaltes
-eine Priesen Muskat

Käse und Röstzwiebeln:
-2 Zwiebeln
-1 TL Butter
-etwas Salz
-700 g Käse, gerieben
-evtl. Salz und Pfeffer

Zubereitung :

Für die Pfannkuchen das Mehl in eine Schüssel geben. Ei, Milch und etwas Salz zufügen und gut vermengen, bis ein dünnflüssiger Teig entsteht. Die Butter in einer Pfanne zerlassen und so viel Teig hineingeben, dass der Boden der Pfanne gerade bedeckt ist. Auf einer Seite backen, vorsichtig wenden und die andere Seite backen.

Die Pfannkuchen abkühlen lassen, aufrollen und in dünne Streifen schneiden. Die Streifen in Suppenteller geben und mit der fertigen Fleischbrühe aufgießen. Nach belieben gehackten Schnittlauch in die Suppe geben und sofort servieren.

Ingredients :

Spätzle Dough
-500g flour
-5 eggs
-2 teaspoons salt
-150-180ml water
-1 pinch of nutmeg

Cheese and browned onion
-2 onions, peeled and thinly sliced
-1 tablespoon butter
-2 tablespoon olive oil
-¼ teaspoon salt
-700g grated cheese
-2-3 tablespoon butter

Method :

Prepare the Spätzle dough:
Combine all ingredients in a mixing bowl, start with 150ml of water. Beat with a dough hook until it becomes smooth and elastic. Add water as needed. The dough should be as soft as possible but firm enough to stick to a spoon.

Boil the Spätzle:
Use the "Spätzle-Press". Fill the press and press short strands of dough into the boiling water. Boil until the Spätzle float, let them cook for an additional minute or two. Skim off with a slotted spoon and place them in a colander. Rinse with warm water so that the Spätzle don't become a sticky mess. Repeat until no dough is left.

Prepare the browned onion:
Grease ovenproof form with butter. Preheat oven to 190°C. Set heavy pan over high heat. Add butter and olive oil. Add onions. Cook over high heat until the onions start to brown. Stir frequently. Reduce heat. Add salt. Cook onions until soft and golden brown, ca. 20 minutes. Stir frequently and scrape the juices off the bottom of the pan.

Finish the Käsespätzle:
Place a layer of Spätzle in the form, put browned onions on top, and then add a layer of grated cheese. Repeat several times. Make sure to finish with a cheese layer. Bake in the oven until the cheese has melted and starts to brown on the top, ca. 20-25 minutes. Serve hot with a fresh green salad.

Germany ~ Deutschland

Dessert

Apfelstrudel
apple strudel

Zutaten :

Teig :
-200 g Mehl
-75ml Wasser
-50g geschmolzene Butter
-1 TL Salz

Füllung :
-1,2 kg möglichst säuerliche Äpfel
-1-2 Tropfen Zitronenextrakt
-75 g Butter
-50 g Rosinen
-100g Zucker
-50 g Semmelbrösel
-50g gehackte Mandeln
-2 EL Vanillezucker

Zubereitung :

Das Mehl fein sieben, mit 75 ml warmem Wasser, Öl und Salz in eine Schüssel geben und zu einem elastischen Teig verarbeiten. Den Teig zu einer Kugel formen, mit Öl bestreichen und in der zugedeckten Schüssel bei Zimmertemperatur mindestens 30 Minuten ruhen lassen.
Ein großes Geschirrtuch in die Mitte des Tisches legen. Den Teig nicht mehr durchkneten und darauf möglichst rechteckig ausrollen.
Die Äpfel schälen, vierteln, entkernen, in dünne Scheiben hobeln und mit Zitronensaft beträufeln.
Den Backofen auf 180° vorheizen.
Apfelscheiben, Brösel, Zucker, Vanillezucker und Rosinen nach Belieben vermischen und auf ¾ des Teiges verteilen, dabei 3 cm Rand lassen. Seitliche Ränder einklappen und mit Hilfe des Tuches von der belegten Seite her einrollen.
Den Strudel mit der restlichen flüssigen Butter bestreichen. Den Strudel im vorgeheizten Ofen (Mitte, Umluft 160°) 30-40 Min. backen. Vor dem Servieren mit Puderzucker besieben. Dazu passt Vanillesauce.

Germany ~ Deutschland

Dessert

Apfelstrudel
apple strudel

Ingredients :

Dough :
-200g flour
-75 ml water
-50g melted butter
-1 pinch of salt

Filling :
-1200g firm apples
-1-2 drops lemon essence
-75g butter
-50g raisins
-100g sugar
-50g breadcrumbs
-50g chopped almonds
-3 drops vanilla essence

Method :

Prepare the dough:
Sift flour into a mixing bowl, add butter, salt and water. Knead the dough for 10 to 15 minutes until it is elastic and smooth. Let the dough rest at room temperature for 30 minutes.
Preheat the oven (180° C) and grease the baking sheet.

Prepare the filling:
Peel and core the apples and cut them into small pieces, add raisins, almonds, sugar, vanilla & lemon essences, and stir. Melt the butter.

Prepare the strudel:
Roll out the dough on a large floured tea towel and then stretch the dough.
Brush the dough with 2/3 of the melted butter and sprinkle with breadcrumbs, leave an edge of 3 cm uncovered. Spread the filling on the bread crumbs.
Fold the uncovered edges of the short sides over the filling. With the help of the tea towel, roll the strudel, starting from the longer side, press the ends tightly.
Put the strudel on the greased baking sheet and brush it with butter. Bake it for 50 minutes until golden brown.

Cover warm apple strudel with powder sugar and serve it with vanilla sauce or vanilla ice.

Italy ~ Italia

Starter

Caponata

Ingredienti :

10 melanzane
Olio per friggere
1 grosso sedano e una cipolla
300 grammi olive verdi
3 cucchiai di capperi sott'aceto o salati
1,5 litri salsa di pomodoro fresco
Sale e pepe q.b.
1 bicchiere di aceto
2 cucchiai di zucchero

Procedimento :

Sciacquare le melanzane, togliere il picciolo assieme alla punta della melanzana, tagliare soltanto una striscia di buccia praticando un taglio verticale che va da punta a punta. A questo punto tagliare le melanzane a cubetti piuttosto grossi e friggerle in olio bollente e metterle a sgocciolare su carta assorbente. Pulire il sedano eliminando tutte le foglie verdi, tagliarlo a pezzi e bollirlo in acqua salata. In un grosso contenitore mettere a soffriggere la cipolla affettata, non appena sarà imbiondita aggiungere il sedano bollito, le olive snocciolate e tagliate a pezzi, i capperi sott'aceto (se usiamo quelli salati bisogna dissalarli) e la salsa di pomodoro. Aggiustare di sale e pepe e far cuocere. A cottura quasi ultimata unire alla salsa le melanzane fritte, pare insaporire per qualche minuto. Nel frattempo sciogliere nell'aceto lo zucchero quindi versarlo nella salsa con le melanzane. Fare sfumare bene l'aceto. È un piatto che si apprezza meglio se consumato freddo.

Ingredients :

10 eggplant
Oil for frying
1 big celery and 1 onion
300 g green olives
3 tablespoons of pickled or salted capers
1.5 lt fresh tomato sauce
Salt and pepper to taste
1 glass of vinegar
2 tablespoons of sugar

Method :

Wash the eggplants, remove the stems together with the ends of the eggplant, cut just a strip of peel, by practicing a vertical cut that goes from end to end. Now, cut the eggplant into rather big cubes and fry them in hot oil. Put them to drain on blotting paper.
Clean the celery removing all the green leaves, cut it into pieces and boil it in salted water. Fry the sliced onion in a large pan. As soon as it is it is golden brown add the boiled celery, the pitted and chopped olives, the pickled capers (if we use the salted capers we have to wash away the salt) and the tomato sauce. Season with salt and pepper and cook . When almost cooked, add fried eggplants to the sauce, let it cook for few minutes. Meanwhile, melt the sugar in the vinegar and pour it on the sauce with the eggplants. Let the vinegar simmer well. It is a dish that is best appreciated when eaten cold.
The caponata pie is the "noble" version of the common Palermo's caponata .

Italy ~ Italia

Main course

Pasta alla Norma

Ingredienti :

500 grammi di maccheroni (ma va bene qualunque tipo di pasta)
1 chilo pomodoro maturo per salsa
4 melanzane nostrane (vedi caponata)
Un ciuffo di basilico
2 spicchi d'aglio
Olio per friggere
Sale e pepe q.b.
Ricotta salata

Procedimento :

Soffriggere l'aglio interro e aggiungere al soffritto il pomodoro lavato e tagliato a pezzi con qualche foglia di basilico. Aggiustare di sale e pepe e far cuocere a fuoco basso. Quando il pomodoro sarà appassito, toglierlo dal fuoco, passarlo al setaccio e mettere da parte la salsa ottenuta.
Sciacquare le melanzane, togliere il picciolo assieme ad una parte di melanzana, tagliare soltanto una striscia di buccia praticando un taglio verticale da punta a punta (la buccia deve rimanere, tranne questa striscia). A questo punto bisogna scegliere se tagliare le melanzane a fette o a cubetti, io le preferisco a cubetti il risultato non cambia, quindi friggerle in abbondante olio e riporle su carta assorbente da cucina. Cuocere la pasta al dente, amalgamarla con la salsa di pomodoro e servire adagiandovi sopra le melanzane fritte, qualche foglietta di basilico e una bella spolverata di ricotta salata grattugiata al momento.

Ingredients :

500 g of macaroni (but that's okay any kind of pasta)
1 kg ripe tomatoes for tomato sauce
4 local eggplants
A bunch of basil
2 cloves of garlic
Oil for frying
Salt and pepper to taste
salted Ricotta

Method :

Gently fry the whole garlic and add the cleaned tomatoes cut into pieces and a few leaves of basil. Season with salt and pepper and cook over low heat. When the tomato is withered, remove from heat, pass it through a sieve and set aside the so obtained sauce.
Wash the aubergines, remove the stems together with a piece of the aubergine, cut just a strip of skin practicing a vertical cut from end to end (the skin must remain, but this strip). Now you have to choose wether to cut the eggplant into slices or cubes, I prefer them in cubes the result does not change. Then fry them in plentiful oil and place them on food oil absorbing paper towels. Cook the pasta al dente, mix it with the tomato sauce and serve laying down on it the fried eggplant, some basil leaves and a final sprinkling of freshly grated salted ricotta.

Italy ~ Italia

Dessert

Cassata Siciliana

Ingredienti :

per la pasta reale

200 grammi farina di mandorle
200 grammi di zucchero semolato
50 grammi di acqua
Colorante verde per alimenti

per la crema di ricotta

500 grammi di ricotta di pecora freschissima
300 grammi di zucchero
50 grammi di zuccata tagliata a piccoli cubetti
50 grammi di cioccolato fondente a gocce
Semi di una bacca di vaniglia

per completare la cassata

½ bicchiere di rum
Zucchero q.b.
Acqua q.b.
Frutta candita per decorare: zuccata, capello d'angelo, ciliegie, arance, pere, mandarini q.b.

Procedimento :

per la pasta reale

Sciogliere lo zucchero nell'acqua a fiamma bassa sempre mescolando. Non appena lo zucchero comincia a filare unire la farina di mandorle e il colorante. Mescolare bene e versarlo su di un piano di marmo inumidito. Lasciare raffreddare e lavorarla finché non si ottiene un impasto morbido e liscio.
Spianare con un mattarello fino ad ottenere una sfoglia dello stesso spessore di circa 7 – 8 mm, che taglieremo in tanti rettangoli lunghi quanto il bordo della stampo.

per la crema di ricotta

Se la ricotta è molto umida, come dovrebbe essere, farla sgocciolare in modo da eliminare la maggio parte di siero. Amalgamare bene la ricotta con lo zucchero e i semi della bacca di vaniglia. Lasciare riposare per un'ora e quindi setacciarla. Completare con l'aggiunta della zuccata e del cioccolato.

per confezionare la cassata siciliana

Dividere il pan di spagna in tre dischi e posizionarne uno nel fondo della teglia (che dovrebbe essere tonda con i bordi a svasare). Sciogliere lo zucchero nell'acqua, aromatizzarlo con il rum e bagnare il pan di Spagna con questo sciroppo.
Ricavare, da un altro disco di pan di Spagna, dei rettangoli uguali a quelli preparati con la pasta reale, quindi posizionarli sul bordo della teglia alternando pan di Spagna e pasta reale.
Versare la crema di ricotta nello stampo. Quindi ricoprire il tutto con il rimanente pan di Spagna e lasciarla riposare per circa un'ora. Passato questo tempo, capovolgere la cassata su di una guantiera rotonda per dolci e prepariamo la glassa di zucchero.
Sciogliere a fuoco basso 150 grammi di zucchero a velo con un mestolino d'acqua finché non diventi filante e trasparente, quindi versare la glassa ancora calda sulla cassata, spalmare bene anche sui bordi, aiutandovi con una spatola, in modo da ricoprirla tutta e lasciare raffreddare (Oggi è reperibile, nei negozi specializzati, lo "zucchero fondente" già pronto per l'uso). Infine arricchire disponendo artisticamente la frutta candita (vedi foto).

Italy ~ Italia

Dessert

Sicilian Cassata

Ingredients :

for the marzipan

200 g almond flour
200 g granulated sugar
50 g of water
Green food colouring

for the ricotta cream

500 g fresh sheep's ricotta
300 g sugar
50 g candied pumpkin, cut into small cubes
50 g dark chocolate drops
Seeds of a vanilla bean

to complete the Sicilian Cassata

½ glass of rum
Sugar to taste
Water to taste
Candied fruit to decorate: candied pumpkin, thinner sliced candied pumpkin, cherries, oranges, pears, tangerines to taste

Method :

for the marzipan

Melt the sugar in the water over low heat, stirring constantly. As soon as the sugar starts forming a string add the almond flour and the food colouring. Mix well and pour it on a moist marble floor. Allow to cool and knead it until you get a smooth and soft dough.
Flatten with a rolling pin to obtain a sheet of the about 7 – 8 mm thick, that we will cut into many rectangles as long as the edge of the mold.

for the ricotta cream

If the ricotta is very moist, as it should be, make it drip in order to remove most of the serum. Mix well together the ricotta with the sugar and the vanilla bean seads. Leave it stand for an hour and then sift it. Complete by adding candied pumpkin and chocolate.

prepare the Sicilian Cassata

Divide the sponge cake into three discs and place one of them in the bottom of the pan (which should be round with flared edges). Melt the sugar into the water, flavor it with the rum and soak the sponge cake with this syrup.
From another sponge cake disc obtain some rectangles equal to those prepared with the marzipan, then place them on the edge of the pan alternating sponge cake and marzipan.
Pour the ricotta cream into the mold. Then cover everything with the remaining sponge cake and let it stand for about an hour. Then, turn the cassata upside down on a round cake tray and let's prepare the sugar icing.
Melt over low heat 150 g of powdered sugar with a spoonful of water until it forms srings and it0s transparent, then pour the still warm icing on the cassata, spread well also on the edges, using a spatula, so as to cover it all and leave it cool down (nowadays you can find in specialty stores, the "fondant sugar " ready for use). Finally garnish artistically arranging the candied fruit (see photo).

Norway ~ Norge

Starter

Betasuppe
Betasoup

Ingredienser :

1 dl byggryn
1 dl gul erter
150-200g storfe kjøtt
4-5 poteter
4 gulrøtter
2 skiver kålrot
1-2 løk
salt
pepper
2l vann

Du trenger :

Byggryn og erter legges i vann natta over.
Slå av bløtevannet. Skjær kjøttet i terninger, løken i båter og la det trekke i vann i ca 1time sammen med erter og . Skrell og skjær poteter og grønnsaker i terninger og la det koke med ca 1 time.
smak suppen til med salt og pepper.
Server flatbrød eller rundstykker til.

Ingredients :

1 dl barley
1 dl yellow peas
150-200 grams meat from cows/oxen
4-5 potatoes
4 carrots
2 slices of swede
1-2 onions
Salt and pepper
2 litres water
The barley and the peas must lay in water the day before.

Method :

Remove the water from the peas and barley. Cut meat into dices, the onions into boats and put it together with the peas and barley in a big casserole with the water for 1 hour. Clean the potatoes and cut them and the vegetables into dices and let it boil for 1 hour.
Taste the soup with salt and pepper. Serve with flatbread or bread.

Norway ~ Norge

Main course

Sildball
fish and potatoes balls

Ingredienser :

ca.15poteter
5-6 spekesildfileter
1 stor løk og litt pepper.

Du trenger :

Silda og løken males først i kjøttkverna eller foodprossesoren. Så kuttes poteten i kverna. Dette røres sammen i en stor bolle med hvetemel til det blir en fast røre. Lag store baller som legges i en stor kjele med varm buljongvann og dette kokes i ca.1 time ved svak varme!
Serveres med stekt flesk, kålrot, potet og flatbrød. En dæsj sirup er også å anbefale.

Ingredients :

Ca 15 potatoes
5-6 herrings that have been salted some days before. (in Norway we buy these in the shop)
1 big onion and some pepper

Method :

The herring and the onion are smallcut in a food processor (the same tool you can use if you are making sausages). Then you cut the potato as well in the same tool. Mix all the «dough» in a big bowl with flour from whete until you get a firm dough. Make big balls which you put in a caserole with bullion and boil for an hour at low heating.
Serve with bacon, shewes, potato and syrup.

Norway ~ Norge

Dessert

Sveler
kind of pancakes

Ingredienser :

2 egg
1dl farin
3 dl kultur + 4ss rømme
4 1/2dl hvetemel
1/2ts natron
1/2ts hjortesalt
litt salt.

Du trenger:

Visp alt sammen og la det stå og svelle litt .
Stekes på takke eller stekepanne.

Ingredients :

2 eggs
1 dl sugar
3 dl culturemilk (fat and sour milk)
4 tablespoons sour cream
4,5 dl flour
0,5 tea spoon baking soda
0,5 tea spoon ammonium carbonate
Some salt

Method :

Whip it all together and let it stand for 15 minutes before you fry them in the frying pan, about 10 cm in diameter.

Spain ~ España

Starter

Tortilla de patata
Potatoe omelette

Ingredientes :

-Media cebolla.
-3 patatas.
-Aceite de oliva.
-4 huevos.
-Sal.

Preparación :

1.Pela las patatas y la cebolla y córtalas en pequeños trozos.
2.Pon aceite en una sartén, cuando el aceite esté caliente pon la cebolla y las patatas, añade sal y fríelo.
3.Bate los huevos con un poco de sal.
4.Mezcla los huevos con las patatas y la cebolla en la sartén y fríelos.
5.Dale la vuelta a la tortilla con la ayuda de una tapa.
6.Tiene que estar dorada por ambos lados.

Ingredients :

-½ onion.
-3 potatoes.
-Olive oil.
-4 eggs.
-Salt.

Method :

1.Peel the potatoes and the onion and cut in small pieces.
2.Put oil in a frying pan, when the oil is hot put the onion and potatoes in. Add some salt and fry them.
3.Beat the eggs with some salt.
4.Mix the eggs, potatoes and onion in a frying pan and fry the mixture.
5.Turn the omelette over with the help of a lid.
6.It has to be golden on both sides.

Spain ~ España

Main course

Fideua

Ingredientes :

para el caldo

-1Kg de pescado: rape, pez de roca, cangrejos...
-2 or 3 tomates.
-2 or 3 cebollas.
-2 or 3 dientes de ajo.
-1 pimiento rojo.
-Aceite de oliva.
-Sal y pimienta.

para la "fideua"

-1kg de fideos.
-Aceite de oliva.
-Azafrán.
-10 gambas.
-400 g. de calamares.

Preparación :

Preparar el caldo

1.Calentar el aceite y sofreir el ajo, las cebollas y el pimiento rojo.
2.Añadir los tomates, freir los cangrejos y añadir el pescado, cubrir con 2 litros de agua con un poco de sal.
3.Hervir durante 30 minutos.
4.Pasar el caldo por un colador.

Hacer la "fideua"

1.En una paella grande calentar aceite y sofreir las gambas, sacar las gambas y reservar en un plato.
2.Freir los fideos durante 5 minutos.
3.Añadir los calamares y saltearlos durante unos minutos.
4.Añadir el caldo y un poco de azafrán. Debe estar en el fuego durante 10 minutos, después añadir las gambas y mantener a fuego lento 5 minutos más.

Ingredients :

for the broth

-1kg of fish: monkfish, rockfish, crabs...
-2 or 3 tomatoes.
-2 or 3 onions.
-2 or 3 garlic cloves.
-1 red pepper.
-olive oil.
-salt and pepper.

for the "fideua"

-1kg of noodles.
-Olive oil.
-Saffron.
-10 prawns.
-400 g. cuttlefish.

Method :

the broth

Heat the oil and sauté the garlic, onions and red pepper.
Add the tomatoes, fry the crabs and add the fish, cover with 2 litres of water with some salt.
Boil for 30 minutes.
Pass the broth through the sieve.

making "fideua"

In a large paella pan heat the oil and sauté the prawns, take out, and reserve the prawns on a plate.
Fry the noodles for 5 minutes.
Add the cuttlefish and sauté for a few minutes.
Add the broth and a little saffron. It must be on the heat for ten minutes, then add the prawns and keep it on low heat for five minutes.

Spain ~ España

Dessert

Cocas de San Antonio
Saint Anthony's cookies

Ingredientes :

-½ litro de aceite.
-¼ litro de mezcla (tres partes de anís por una de moscatel).
-50 gramos de azúcar.
-Harina (aproximadamente 750 grams).
-Azúcar glacé.

Preparación :

1.Disolver el azúcar en la mezcla y añadir el aceite.
2.Añadir la harina para obtener una masa suficientemente compacta.
3.Forma pequeñas bolas con la masa y ponlas en una bandeja en el horno.
4.Pellizcalas en el medio. Es el pellizco típico de les "coquetes" (Suponemos que intenta imitar la cara del demonio con sus cuernos).
5.Hornear en el horno a 150ºC hasta que esten doradas.
6.Sacar y dejar enfriar, después espolvorear con azúcar glacé.

Ingredients :

½ litre of oil.
¼ litre of mixture (three parts of aniseed for one of muscatel).
50 grams of sugar.
Flour (about 750 grams).
Icing sugar.

Method :

1.Dissolve the sugar in mixture and add the oil.
2.Add the flour to obtain a sufficiently compact dough.
3.Shape the dough into small balls and put them on a oven tray.
4.Pinch them in the middle. It's the typical pinch of the "coquetes" (We suppose it tries to imitate the devil's face with his horns).
5.Bake it in the oven at 150ºC until they are golden.
6.Get them out and let them cool, then sprinkle with icing sugar.

Turkey ~ Türkiye

Starter

Tarhana Corbasi
Tarhana Soup

Malzemeler :

-3 yemek kasigi tarhana
-2 yemek kasigi domates, ezilmis/rendelenmis
-2 yemek kasigi tereyagi
-3-4 su bardagi tavuk suyu/su+bulyon
-1 tatli kasigi tuz
-Uzeri icin, kizarmis ekmek/beyaz peynir

Yapılışı :

Tarhanayi ½ su bardagi su ile birlikte bir kaseye alin. Ara sira karistirarak cözülmesi icin en az 1-2 saat bekletin. Bir tencerede tereyagi ile domatesi orta ateste kavurun. Sonra, geri kalan malzemeleri ilave edin ve kisik ateste surekli karistirarak pisirin. Corbanin kivamini arzu ettiginiz gibi su ekleyerek ayarlayabilirsiniz.
Tarhana Corbasi'ni uzerinde kizarmis ekmek parcalari ya da beyaz peynir rendesi ile servis edebilirsiniz.

Ingredients :

-3 tbsp tarhana(a dried food stuff made chiefly of curds and flour is used for making soup.)
-2 tbsp crushed/grated tomatoes
-2 tbsp butter
-3-4 cups chicken broth/water+bouillon
-1 tsp salt to taste
-Croutons/feta cheese for garnish

Method :

Place the tarhana and 1/2 cup of water in a bowl. Leave it alone for 1-2 hours for tarhana to dissolve a bit stirring occasionally. In a pot, take butter and tomatoes. Saute over medium heat. Then, add in the rest of the ingredients. Cook over low-medium heat stirring constantly. Adjust consistency of the soup as you like by adding more water if you prefer.You can serve Tarhana Soup with crumbled feta cheese or croutons on top.

Turkey ~ Türkiye

Main course

Karnıyarık
Split Belly

Yarılmış ve doldurulmuş sıcak bir patlıcan yemeği.

Malzemeler :

-300 gr kuzu kıyma
-8 Patlıcan
-1 Soğan
-1 Domates
-2 Uzun Yeşil Biber
-8 Kişilik
-2 diş sarımsak
-1 Su brd Su
-½ su brd Zeytinyağı
-2 Tatlı kaşığı domates salçası
-1 Demet Maydanoz
-Şeker, Tuz, Biber

Yapılışı :

Patlıcan uzunlamasına bölün ve yükşek ısılı yağda pişirin. Soğanlar pembeleşince kıyma , domates salçası ve rendelenmiş sarımsak ile birlikte bir miktar su ekleyin. Büyük bir tavaya yarılmış patlıcanları yerleştirin, sonra pişmiş kıyma karışımı ile doldurun. Yeşil biber halkaları ve yuvarlak kesilmiş domatesleri üzerine yerleştirin ve 20 dakika kapalı pişirin. İnce kıyılmış maydanoz ile süslenmiş sıcak servis yapın.

A hot dish of slitted and stuffed Aubergine.

Ingredients :

-300 gr lambs mince
-8 Aubergines
-1 Onion
-1 Tomatoes
-2 Long Green Pepper
-2 Cloves Garlic
-1 Tumblers Water
-½ Tumblers Olive Oil
-2 Dessert spoons tomato salcha
-1 Bunch Parsley
-Sugar, Salt, Pepper

Method :

Split the aubergines lengthways and cook in some oil on a high heat. Brown the grated onion with the mince in some of the oil and add a little water together with the tomato paste and grated garlic. Place the split aubgergines in a large pan with some oil and water then fill with the cooked mincemeat mixture. Place a round of tomato on top of each with some green pepper rings and cook covered for 20 min. Serve hot garnished with crushed parsley.
This dish is then served hot.

Turkey ~ Türkiye

Dessert

Baklava

Malzemeler :

-1 pkt baklava yufkası
-1 kase kıyılmış fındık
-1 su bardağı tereyağı
-1 çay kaşığı toz tarçın
-1 su bardağı su
-1 bardak şeker
-1 çay kaşığı vanilya
-½ Su bardağı bal

Yapılışı :

1.Fırını önceden 350F(175 C) de ısıtın.Tepsiyi tereyagla yağlayın.
2.Fındığı tarcın ile karıştırarak kıyın.Bir kenara koyun.Yufkaları serin.Tepsiye yerleştirmek için yarısını kesin.Yufkaları kurumasın diye nemli bir bezle örtün.2 yufkayı tepsiye yerleştirin,üzerine tereyağ sürün.8 kat olana kadar aynı işlemi uygulayın.Üzerine 2-3 çaykaşığı fındık karışımından ekleyin.2 sıra daha yufka, tereyağ ,fındık karışımı yapın.en üst parçası 6-8 sıra uzunluğunda olmalı.
3.Keskin bir bıçak yardımıyla elmas yada kare şeklinde kesin.Çapraz kesimler yapmak için 4 uzun sıra yapabilirsiniz.Baklava pembeleşinceye ve gevrek oluncaya kadar 50 dakika pişirin.
4.Baklava pişerken şerbetini hazırlayın.Şeker eriyene kadar su ve şekeri eritin.Vanilya ve bal ekleyin.Yaklaşık 20 dakika kaynatın
5.Fırından baklavayı çıkarın ve hemen kaşık yardımıyla şerbetini dökün.Soğumaya bırakın.Cupcake kağıtlarında servis edin.Böylece daha iyi soğur.Üzerini örtmeyin Çünkü sarılırsa vıcık vıcık olabilir.

Ingredients :

-1 (16 ounce) Package phyllo dough
-1 pound chopped nuts
-1 cup butter
-1 teaspoon ground cinnamon
-1 cup water
-1 cup white sugar
-1 teaspoon vanilla extract
-½ cup honey

Method :

1.Preheat oven to 350 degrees F(175 degrees C). Butter the bottoms and sides of a 9×13 inch pan.
2.Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 – 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 – 8 sheets deep.
3.Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.
4.Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
5.Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.