

The European Cookery Book

By
I Społeczne Liceum Ogólnokształcące,
Gorzów Wielkopolski, Poland

What do people eat? Local and regional habits



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Introduction

There have been many subjects investigated about Europe in our project TIE – you have read about the leisure, migrations, education and ecology...

We wanted to check and give you the idea of how Europe actually tastes. Due to the globalisation, the world is becoming a global village, the food is more and more common for all the citizens of Europe, but it is not exactly the food that one will find travelling to the country of origin. Our investigation was the real, traditional taste of the countries, regions or possibly cities represented by our partner schools.

In our cooking book you will find the recipes characteristic to the countries – you might like to try preparing a great-looking hive dessert from Lithuania or give yourself the idea of a Dutch shrimp cocktail.

The ingredients for the food proposed are also easy to find in supermarkets, so have a go and enjoy a European dinner of your own construction.

Polish Cuisine

Traditional Polish dishes are common to the West Slavic and Central European nations; they are based on locally available raw foods. With the development of trade and the historical situation in the Polish cuisine a variety of dishes and products from the neighbouring nations and immigrant ethnic groups have adopted. There are many known influences: German, Ukrainian, Italian, Hungarian, French, Oriental and Jewish. A set of dishes was during the Polish-Lithuanian Commonwealth complemented by the strong influence of Lithuanian and Tatar – Turkish tastes.

Polish cuisine is known for dishes of flour and cereal, fruits of the forest products, pork, freshwater fish, game, dairy products, a large number of soups with any of the products, pastries, sweets, spirits and liqueurs. The typical fruit and vegetables are beets, cucumbers, cabbage, apples, cherries, blueberries, gooseberries and other Central European. Typical spices are horseradish, dill, juniper, black pepper.

Breakfast

In Poland, the breakfast consists mostly of hot drink tea or coffee and sandwiches, or sandwiches with milk. Typically, the morning meal is also scrambled. It is a result, drawn by Western culture, to change the eating habits of Poles. Breakfast in the West of Poland is often a portion of cereal with milk, or a piece of toast with jam, juice and coffee.



Lunch

Lunch is often a quick meal just before dinner. Products like wheat bread, rye bread, white cottage cheese, butter, strawberry or cherry, slices of cheese, sausage or ham, yogurt are eaten by every student in school. Well, and if a student does not eat that healthy food brought from home, they eat something they buy in the school shop: a sandwich, hot dog, instant soup etc.



Dinner

Dinner traditionally consists of two dishes, usually a soup and the main course. In Poland, in comparison with other parts of Europe, there has developed a very rich tradition of soups - highly diversified in terms of region or season. Second course in rural communities had been developed mainly based on flour, and - from the seventeenth century - the potatoes.

On the plates of the wealthier social groups, meat dishes were more common.



Supper

This is usually the last meal before sleep. Often contains the same things as breakfast.



Some typical Polish recipes:

Ground Steak

The best addition is sprinkled with dill, boiled potatoes, cabbage and lettuce drizzled with vinaigrette.

Ingredients

500 grams ground beef,
Salt and pepper,
1 tablespoon of flour,
2 onions,
2 tablespoons of butter
4 tablespoons of olive oil
4 tablespoons of water

1. Mince meat mixed with 4 tablespoons of cold water, add salt and pepper and knead well basis.
2. Take the hot butter in a frying pan with olive oil fry the chopped onion gold.
3. Once fried, remove the onion from the pan and set aside.
4. Formed from the mass of meat steaks about 2 inches thick, sprinkle lightly with flour and fry on both sides of the same fat, which was fried onions.
5. Sort out the onion on the chops, cover with lid and fry the meat until it is soft.



Polish Cheesecake

Composition #1:

1 kg of cottage cheese
8 eggs
1.5 cups of sugar
200 grams of butter

composition #2:

3 eggs
1.5 cups of flour
200 grams of butter
1 cup of sugar

The bottom of the cheesecake:

1. Blender combine all ingredients and put on a plate, grind the cheese in the machine.
2. Add to blender, add in 1 egg yolk, butter, pudding, sugar, whipped foam of the egg white,
3. Blend all together and pour into pie crust.
4. Bake for about 1 hour.



Pierogi

With or without mint taste ranking. From water or fried in a pan, should be served with clotted cream and freshly ground black pepper. Simple and classic in the Polish cuisine at its best.

Ingredients:

Pierogi dough:

2 cups of flour
1 teaspoon of salt
1 teaspoon of butter or oil
1 egg (beaten)
About 1 cup of hot water

Stuffing:

1 bag of buckwheat groats cooked in milk or water

1 / 2 kg of curd
1 egg
1 tablespoon of chopped mint (optional)
Salt

Preparation:

1. Sift the flour on pastry board, make a hollow in it, add salt, butter or oil and egg.
2. Gradually add hot water to knead the dough soft and elastic (about 10 minutes).
3. Cover with a cloth and once the dough is covered, prepare stuffing.
4. Boiled porridge mixed with cottage cheese, egg and mint, if used. Season with salt.
5. Roll out the dough, a glass or glass to cut circles and put stuffing in the banks of conglomerate and dumplings.
6. Throw into lots of salted, boiling water and cook until tender, about 3 minutes. You can check whether the dough is soft, trapping one pie at a slotted spoon and finger tapping.
7. Dumplings immediately administered with cream, sprinkle with salt and pepper to taste.

We can also reheat the dish on a hot frying pan with a little fat.



The Italian Cuisine

The Italian cuisine is one of the most popular and appreciated in the world. As Italians, we treat food as a passion. Even our worldwide known Pizza Margherita recalls the colours of our national flag: the green of the fresh basil, the white of the mozzarella cheese and the red of the tomatoes.

The Italian cuisine is famous for the simplicity and taste of its food, as well as for its variety of regional dishes and recipes, which also mirrors the geographical features of its territory (seaside, hills, plains and mountains).

The so called “Mediterranean diet”- mainly based on olive oil, pasta and fish, along with a wide range of seasonal vegetables and fruits – is regarded as one of the healthiest ever. Among vegetables, tomato reigns supreme. It is used in Italian cuisine in all its forms: fresh, dried, pickled, in salads, as a sauce to season pasta, but also meat or fish, as a juice, and even as jam. Other popular vegetables are zucchini, eggplants, artichokes, radicchio, rucola, olives, asparaguses, cabbages, beans, turnip tops, peppers, broccoli, onions and capers. Italy can also boast more than 200 different types of cheese and several types of “salumi” (salami, ham, mortadella, etc), varying from region to region and also from town to town.

Generally speaking, Italian food products are well known for their high quality: according to the latest survey on quality products, Italy ranks first in Europe for the number of items whose origin is protected and guaranteed.

Our typical breakfast, lunch and dinner

We usually have a sweet breakfast combining coffee – strictly “espresso” – or cappuccino, milk or tea with croissants (filled with the most delicious stuffing: jam, chocolate, cream, honey, raisins...), biscuits or bread with butter and jam. Lunch is being consumed approximately between 12.30 and 14.30 with pasta or rice dishes as the main course, alternatively followed by meat, fish, eggs or cheese and always having some vegetables as sides. In the evening, between 19.00 and 21.00, we have the same kind of meal, but substituting pasta or rice with a lighter soup. Actually, this is more typical of weekend meals, since during the week we usually don't have the time to prepare and have the full menu. As to lunch and dinner times, Southern people tend to have their meals later, having more daylight.

On special occasions, we like to serve a series of hot and cold “antipasti” (starters), “di terra” (literally “from land”, meaning different kinds of salami and ham, pickles, savoury pies and snacks, fried specialities,...) and “di mare” (literally “from the sea”, meaning seafood/fish based appetizers), whereas at the end of the meal we offer very sophisticated and tasty desserts like tiramisù, pannacotta, “gelato”(ice-cream),... Both the starters and the desserts, as well as fish dishes, are accompanied by white/rosé wines, while meat and game dishes, as well as more elaborated dishes, are best served with red full-bodied wines. Each meal is closed by a cup of coffee and sometimes by the so called “ammazzacaffé” (literally “coffee killer”) that is spirits such as grappa, limoncello or, more generally, an “amaro” (a digestive liqueur made from herbs or fruits).

The “Varesotta” Cuisine

The area of the province of Varese, named “Varesotto”, includes three distinct zones: mountainous in the North, hilly in the middle and level, high-cultivated and fertile in the South.

These environmental features strictly influence the local cuisine, consequently resulting rich in meat, fresh-water fish, vegetables and varieties of meat. The presence of lakes, streams and rivers offers a wide range of eatable species: perches, tenches, carps and salmon trouts, all cooked in

different ways. The gastronomic tradition makes use of several aromatic herbs to flavour meats and fishes.

A receipt still linked to the past is the renowned “bruscitt”, minced meat stewed in red wine and tomato sauce with onions, carrots and celery, flavoured with a sprig of rosemary and a pinch of pepper.

They are usually meant to be served together with the “polenta”, a typical dish originally from Lombardy and Veneto, made with ground yellow or white corn flour. It was very common in the past among rural farmer families instead of bread, being it the only food they could afford, due to their poverty. It can be served also with rabbit, veal or deer stew, cheese fondue or truffle.

Risotto alla milanese



Ingredients (4 people):

400 gr. rice
½ onion
1 glass dry white wine
50 gr. butter
50 gr. ox marrow
50 gr. grated Parmesan cheese
a saffron sachet
½ litre meat broth
salt and pepper to taste

1. Sauté the sliced onion in half the butter; then remove it. Chop up the ox marrow and add it.
2. Pour in half a glass of dry white wine and let almost all of it evaporate.
3. Then put in the rice and let it absorb the rest of the wine. Add salt and pepper to taste and then let it cook adding a number of spoonfuls of boiling hot broth. Using the last spoonfuls, melt the saffron which will be added just before the dish is served at table.
4. Add the grated Parmesan cheese and the remaining raw butter using a fork to separate the rice grains which should be "al dente" (not overdone).
5. Serve at table immediately on a heated dish and arranging the ox marrow on the top of the rice and adding their sauce on top.

The Chef's tips: Prosecco Montello e Colli Asolani - a ruby red 12° wine at least 2 years old to be served at 8 degrees.

Curiosity: This is the most famous dish of Milan and must be made with all the ingredients given however hard to be found. Otherwise it will not be true to its name.

Polenta

Ingredients (4 people):

500 gr. corn flour

4 lt. water

a knob of butter

salt to taste

1. In a large copper pot boil salted water.
2. Sprinkle the flour into the water, stirring with a wooden spoon to avoid it going lumpy.
3. Keep stirring always in the same direction for half an hour, till the flour is cooked.
4. Add the butter (if liked) before serving on a wooden cuttingboard.

The Chef's tips: Polenta can be accompanied with “bruscitt”, gorgonzola (green-cheese), stewed mushrooms or meat. If you serve it with stewed fish (typically cuttlefish with peas), then choose white corn flour.

Chocolate Sausage



Ingredients (6 people):

2 eggs

100 gr. bitter cocoa powder

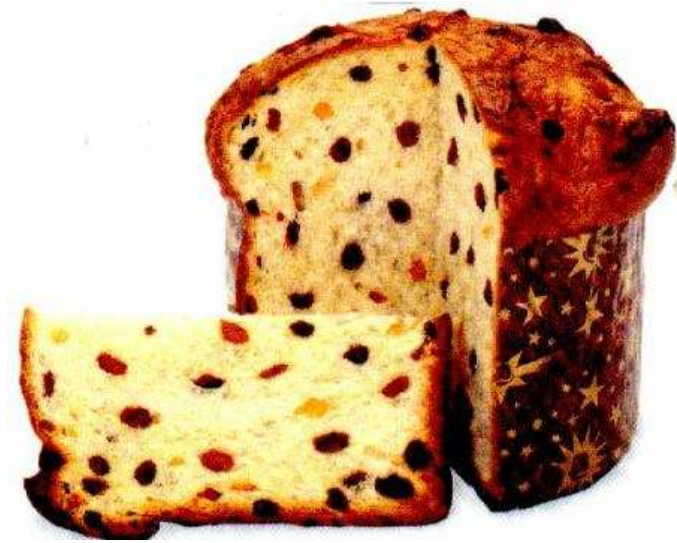
100 gr. sugar

150 gr. dry biscuits

1. Break the eggs into a bowl and whisk them adding the sugar. Beat all until they are stiff.
2. Melt the butter and add the above mixture. Stir delicately. Then add the powdered cocoa and work the mixture until you have a dense, smooth cream.
3. Break the biscuits roughly and add.
4. Lay out a sheet of aluminium foil and place the mixture on top and give it the shape of a sausage. Put it in the freezer for at least an hour and a half.

The Chef's tips: The more cocoa you use, the better this sweet will taste.

Panettone



Ingredients (8 people):

320 gr. white flour
60 gr. butter
75 gr. sugar
60 gr. candied citron and orange peels
20 gr. yeast
10 gr. honey
1 whole egg
4 yolks
orange essence to taste
salt, butter and flour as required
Grand Marnier as required

1. Prepare the mixture with 80 gr. of flour, 18 gr. of yeast in 30 gr. of water and a pinch of salt.
2. Let it rise covered in a warm place (about 25° to 28°) for an hour and a half. In the meantime, soak the candied peels and the raisins in half a glass of Grand Marnier.
3. When it has risen, put the mixture into a mixer and add the melted butter, the remaining flour, a little at a time, the egg, the yolks and when the dough looks shiny, the sugar dissolved in a little hot water, the honey and a few drops of orange essence.
4. Mix for a further 5 m. and add the remaining yeast. The dough has to be elastic and sticky (if it is too firm, add a little warm water). Lastly add the raisins and the candied peels without any liquid.
5. Grease a 10 cm. high mould with butter and flour and add the mixture (up to half way) and let it rise until the dough goes over the edge.
6. Bake in an oven at 250° for 10 minutes then lower the temperature to 165°, cover the Panettone with foil and bake for a further 50 minutes.

The Chef's tips: This cake is served cold and can be enriched with sauces, for example, excellent with chocolate and rum, an orange cream or even with ice-cream. A nice bubbly sparkling wine would go well to celebrate with this cake.

Curiosity: This is a simplified recipe of the Milanese Panettone. The real and proper Panettone is prepared with the mother of the yeast which ferments for 48 hours.

Carpaccio di Bresaola

The area located North of Milan doesn't have a deep tradition of starters, but one of the most common and appreciated is the Carpaccio di Bresaola. Bresaola is a speciality of dried salt beef from Valtellina, in the North of Lombardy, while "carpaccio" is a way of serving raw meat or fish, in very thin slices seasoned with olive oil, lemon juice or "aceto balsamico" (a typical vinegar from the city of Modena, in the centre of Italy). This dish was named after the Venetian painter Vincenzo Carpaccio, who lived between 1400 and 1500. It was invented by the owner of the Harry's Bar in Venice for a friend of his who didn't eat cooked meat and was named "carpaccio" because, at the time, the city was hosting an exhibition of the homonymous painter.

Preparation:

Slice Bresaola in thin rounds and dispose them over a dish.

Add scales of Parmesan cheese, olive oil and pepper over it.

There is no need to salt. The dish must be served cold.

The Chef's tip: if you like, you can also add "rucola" (rocket).

German Cuisine

What are our eating habits in Germany and what has changed during the years?

Taking the past and today into consideration, a lot has changed because the structure and organisation of daily life has changed. In the morning we typically eat bread or rolls with butter or margarine and on top cheese, cold cuts, jam, honey or Nutella. But it is also usual to have muesli with fruits. On Sundays or religious or public holidays soft-boiled eggs or scrambled eggs are served, too. It is popular that breakfast is a replacement for lunch. Germans prefer to have hot coffee, milk, tea, a cacao drink or juice in the morning. Considering the aspect that our world has gained more speed, it is not unusual for some people to have no breakfast at all. They do not take their time to eat. So an old proverb, saying you should eat like a king in the morning and like a beggar in the evening, does not seem to be current anymore. Our lunch is mostly large and cooked. It depends on whether father and mother are working or not. In contrast to the working day a hundred years ago, many people do not eat their main meals at lunchtime, but at dinnertime. It is the same on weekends.

A warm and cooked meal consists of potatoes, rice or noodles and meat, fish or chicken. In addition, a salad or cooked vegetables are served.

Furthermore, we like to have a dessert like yoghurt, custard or ice cream from time to time. We mostly drink water.

Having had a cooked meal for lunch, a cold dinner similar to breakfast is served in the evening.

Another change in our eating habits is visits in restaurants which have become more and more popular. Especially teenagers use the offer of fast-food restaurants.

Feldsalat

(Field Salad)

Ingredients:

fresh fungi

onions

bacon

field salad

oil

Balsamico dressing

Salt/pepper

Lemon

Preparation:

1. Wash the salad / clean the fungi
2. Cut your bacon in little pieces/ the onion in rings/ flitch the Fungi
3. Put the onion, fungi and the bacon in a pan with a splash of oil/ let them stew
4. Add a little bit of salt and pepper
5. Squeeze the lemon and add a twist of it into the salad

6. Put the salad on a dinner plate together with the stewed bacon, fungi and onion
7. Drizzle the balsamico dressing over it



Hochzeitssuppe

Historical background and spreading “Rindfleischsuppe” and “Hochzeitssuppe”

“Rindfleischsuppe”, a German specialty, is a soup made of beef. The soup is cooked for a long time in water or broth. This process is called “Pochieren” in German (English: to poach). The cooking method corresponds to the same principle as for the preparation of a Pot- au- feu in France, Bollito Misto in Italy and Cocido in Spain. This is the basic recipe for the soup that is popular everywhere in Germany. It is often served as appetizer at marriages. The way of preparation (“Pochieren”) makes it possible to use parts of the cow we do not eat, like beef shank or bones, so that they needn’t be thrown away. At marriages in the Münsterland the cooked beef is also served as the second course with an onion sauce, after the soup, Regional differences exist by using different ingredients for the soup. In Berlin and its surroundings you also add pieces of plum cake to the soup and in Austria or in Switzerland cheese is added. Here in the Westphalian area we prefer the “Hochzeitssuppe” (wedding soup), which is Rindfleischsuppe with “Markklößen” (special sort of small dumplings made of bone marrow), cauliflower, royale and small noodles.

Ingredients:

Water

Beef (boiling meat/beef shank)

1 onion

Cauliflower

Asparagus

Royale or 1 Egg, salt,

Pepper, Maggi

Parsley

Bouillon cube

Leek

Soup noodles

Dumplings

Preparation

1. Put the water on the boil /to salt/ add the bouillon cube →let it boil up
2. Add the beef shank and the onion (chip the first paring & the second brown paring stay) to the soup (do not chop it)

- boil it mellow! It will take about 30 min in the pressure cooker.
3. Take the beef and the onion out of the soup and put the cauliflower, the asparagus, the soup noodles, the dumplings, the leek and the royale into it
→let it boil up again
 4. Before serving the soup you have to cut the beef in small pieces and put it with Parsley into the soup

Royale: Flavour the egg with salt, pepper and maggi and taste it. Afterwards you have to stir the egg until it is fluffy. Boil it stiff. Cut it into cubes and add the royale to the soup.



Green Salad

1. First you have to wash and cut the leaf salad.
2. For the dressing:

200 ml cream

a medium onion chopped into small pieces

pepper, sugar and vinegar

stir all ingredients with a whisk and in addition to that you should season your dressing



Root vegetables

Ingredients:

ca. 500g stewing steak

$\frac{3}{4}$ l water and salt

boil for ca. 1 hour

Preparation

peel and cut 500g carrots, 500g potatoes and 4 onions

lump everything together and season your dish with pepper and butter

at last drain the water



Beef Roulades

Ingredients:

3 slices of stewing steak

30 g of bacon (streaky) a medium one

3 teaspoonful of mustard

2 gherkins

3 tablespoons of butter or bacon fat

1 carrot

20 g of leek

30 g of celery

$\frac{1}{8}$ l of red wine

some pepper and salt -

Preparation:

1. butter the three slices with some mustard
2. pepper and to salt the three slices of meat
3. fill the slices with bacon, onions and gherkins
4. roll up the slices tightly and tie with kitchen string or secure with toothpicks
5. heat fat in a wide fireproof casserole with a tight-fitting lid

6. when fat is hot you can start with roasting the beef rolls lightly, turning them – so they are seared on all sides, removing them as they are done
7. when all the meat is browned, add minced carrot, leek and celery and brown it slowly (about 5-7 minutes) !!! Stir several time!!!
8. when vegetables are golden brown, place beef rolls on top of them and add some water and red wine
9. cover the casserole, bring all to a boil, reduce heat and simmer very slowly but steadily 1 to 1/2 hours, or until beef rolls are tender
(add liquid if necessary as meat cooks!)
10. finally remove the beef rolls to a heated platter and start to thicken slightly the sauce
11. now everything is done but you can check the seasoning in a final step, adding salt and pepper as necessary.
12. return beef rolls to sauce and heat thoroughly before serving
13. as side order you can eat potatoes and red cabbage (That is very tasty! 😊)



Apple pie

“Apfelkuchen”

The “Apfelkuchen” (apple pie) is a typical German fruit flan. It is popular all over Germany and we eat it very often, for example with a cup of coffee in the afternoon. There are reams of variations. Basically it is a sheet cake made of yeast dough, cake batter, or a short crust. The apples get quartered, cut in stripes or fan-shaped or grated.

Ingredients:

dough:

80g butter

40g sugar

1small package of vanilla sugar

1 egg

180g flour

2 teaspoons of baking powder

topping:

500/750g apples juice of a lemon

1/2 teaspoons of sugar

crumbles:

75 g sugar

75g butter

1 package of vanilla sugar
1 knifepoint of cinnamon
150 g flour

Preparation:

1. Prepare the dough with the ingredients and add the backing powder at the end
2. Butter a backing tin
3. Give the dough into the backing tin, the dough should be a little bit higher at the cake
4. Rim
5. Wash, peel and core the apples
6. Cut them into small chunks
7. Mix them with the other ingredients of the topping and stew it
8. Finally, put the mixture on top of the dough
9. Prepare the crumbles with all ingredients and knead it
10. Spread the crumbles on top of the topping
11. Bake it for 30 minutes with a temperature of 175 degrees



Herrencreme

The “Herrencreme” has its roots in the Münsterland where it is a typical dessert. It is also very popular everywhere in Westphalia. It consists of cream, which is fold in, rasper of a block of chocolate and a shot of Rum. Because of these ingredients the dessert got its name “Herrencreme” (“Men’s Cream”). This typical dessert is a traditional last course for a wedding meal or other festivities.

Ingredients:

1l milk
2 packets of vanilla blancmange powder (Dr.Oetker), sugar
200g of plain chocolate
ca. 6/8 ml of rum
400 ml cream

Preparation:

1. Cook the blancmange with sugar and let it cool off
2. Remove the skin of the blancmange and stir it till it is a creamy mixture
3. Grate the chocolate and add it to the blancmange
4. Add the rum
5. Whip the cream till it is stiff and fold it carefully into the blancmange
6. Keep it cool for 2/3 hours



Lithuanian Cuisine

Lithuanian cuisine features the products suited to its cool and moist northern climate: barley, potatoes, rye, beets, greens, berries, and mushrooms are locally grown, and dairy products are one of its specialities. Since it shares its climate and agricultural practices with Eastern Europe, Lithuanian cuisine has much in common with other Eastern European cuisines. Nevertheless, it has its own distinguishing features, which were formed by a variety of influences during the country's long and difficult history.

German traditions also influenced Lithuanian cuisine, introducing pork and potato dishes, such as potato pudding (*kugelis* or *kugel*) and potato sausages (*vėdarai*), as well as the baroque tree cake known as *šakotis*.

The most exotic of all the influences is Eastern cuisine, and the dishes *kibinai* and *čeburekai* are popular in Lithuania.

"Torte Napoleon" was introduced during Napoleon's passage through Lithuania in the 19th century.

The strongest influence comes from Poland, as for many decades the two countries were allies. The alliance resulted in sharing some of the dishes and beverages. Therefore, the Lithuanian versions of pierogi, blini and *paçzki* may resemble of the Polish dishes.

What people eat now

Breakfast

For many Lithuanians, breakfast consists of nothing fancier than a platter of bread with butter, cheese, curd cheese and sausages, and some basic salad ingredients, such as lettuce, cabbage, tomatoes and cucumbers. Pancakes make a good hot breakfast dish, but are equally popular at other times of the day.

Dinner

Many Lithuanians for dinner have two dishes. For the first course, usually we have soup (Lithuanian borsht soup, Lithuanian vegetable soup, Lithuanian [cabbage soup](#), [Lithuanian potato soup](#), [Lithuanian fish soup](#), [Lithuanian cold beef soup](#)). For the second course, Lithuanians prefer meat dishes such as pork chops, different steaks, chicken casserole, baked country ham and etc. We have them with **boiled** or roasted potatoes, various salads and sauces.

Supper

For supper we usually have pancakes, porridge or just a cup of tea with rolls, jam/honey.

Beets with beans

Ingredients

2 cups legume beans
2 beets
3 onions
1/4 teaspoon pepper
3 bay leaves
1 tablespoon caraway seed
3 tablespoons vegetable oil
Salt to taste

1. Cook beets and cut into cubes.
2. Cook legume beans. Then peel cooked beans and cut into halves.
3. Cut onions into cubes.
4. Fry-up onion cubes in hot oil with pepper, salt, and bay leaves.
5. Mix beets, beans and onions, sprinkle with caraway seed.

Serving

- Serve on a plate with some kind of meat or only with bread.



Žemaičių blynai (Potato pancakes with minced meat filling)

Ingredients

2 kg potatoes
1 cup flour
1 egg
Minced pork (for filling)
2 tablespoons sour cream
1 tablespoon butter or margarine
Salt to taste

Preparation

Meat stuffing:

Mix minced meat with spices and fry it in the frying pan.

Pancakes:

Potatoes need to be peeled, washed and boiled. Then we have to mash potatoes with grinder. After that we should beat an egg into it and mix everything up with flour. Finally we make the shape of pancakes and place inside the meat filling prepared earlier. In the end we fry fully prepared pancakes in the frying pan.

Sauce:

Sour cream is fried with margarine or butter until it melts. In the end we pour a bit of salt.

It can be served with sauce mentioned earlier or with natural sour cream and some vegetables.



Didžkukuliai cepelinai

(Zeppelins)

Ingredients

20 pieces of potatoes (15 raw and cooked 5)

Salt

1. Peel raw potatoes, wash and grate on a fine grater (juicer).
2. Squeeze any juice, not pouring, but set aside for 10-15 minutes.
3. Drain off the top, and settled on the bottom of the vessel and remove the layer of starch
4. Add to potatoes.
5. Add cooked, mashed potatoes, add salt and thoroughly to form.

6. Form balls the size of a large apple, flatten, put the filling and forming a well-rounded squeeze, oblong dumplings.
7. Put them one by one into boiling salted water, being careful not to boil longer.
8. Cook for 25-30 minutes.
9. Remove the cooked dumplings with a slotted spoon, use it on a platter,
10. Pour the melted butter with cream sauce or any other kind of harmony with the filling.



The filling of beef tenderloin:

50 grams beef tenderloin (which may be tartare)
tablespoon fresh beef tallow or lard,
pepper, salt,
clove garlic,
powdered marjoram.

Sirloin and chop beef tallow cleaver (grind in food processor.) Add pepper, crushed garlic clove with the salt and marjoram, meat and knead well nadziewać the dumplings. Or, instead of tallow to be used lard, melt it and pour the hot meat. Serve with melted butter mixed with cream.

The filling of pork:

500 grams of very lean pork
chicken eggs

Continue as above. Serve topped with fresh bacon cracklings and sauerkraut.

The traditional way of preparing cepelinai is with pork filling, but if you want to experiment a little, here are some ideas of what else you can put into it (and survive ;-))

The filling of smoked ham:

500 grams domestic ham,
onion,
ground pepper, salt,
egg.

Soak and cook smoked ham, putting into hot water. Then chop finely, add chopped onion and pepper, egg stick. Mix.

For dumplings stuffed in this way gives the following so-called gravy. soup:

30 g smoked bacon and fry with chopped small onion, add flour and brown, stirring dilute about one cup of milk, a little salt and bring to boil.

Filling of the quark:

40 grams of cheese,

egg

tablespoon butter, salt

green leaves of tarragon or fresh mint.

Curd rub through a sieve (mill, blender!). Stick to the egg, add the butter, finely chopped tarragon or mint, salt and mix thoroughly. Stuff the dumplings. Serve topped with melted butter and cream.

Mushroom Stuffing:

2 cups pickled mushrooms

15 dag bacon,

onion,

egg

3 tablespoons breadcrumbs,

pepper

milk.

Mushrooms cooked in milk, add the bacon and pass carved along the razor. add egg, milk and squeeze the roll soaked in milk, onion browned in fat, salt to taste. Mix thoroughly. Boiled dumplings filled with this stuffing with mushroom sauce.

Herring Filling:

a large herring,

egg

bread crumbs,

onion, pepper.

Track soak, remove the spine, bones, skin. Pass through the clipper, add soaked in milk and squeeze the bread and the egg to stick, add ground pepper and chopped onion.

Cabbage Filling:

3 cups sauerkraut,

10 grams of fat or bacon.

Squeeze the excess sauerkraut juice. In a saucepan melt the chopped bacon, or bacon, add the cabbage and smother. So stuffed dumplings served with bacon or fried with fresh bacon cracklings.

The filling of bacon:

25 g smoked bacon cut (not too coarsely chopped) and sprinkle with pepper and stuff dumplings. administered topped with fresh bacon cracklings.

Filling with apples:

3 large apples,

sugar, cinnamon.

Peel the apples, grate on coarse vegetable grater and sprinkle with cinnamon and a little sugar. So stuffed dumplings should be doing much smaller and form them in the shape of balls. Serve topped with sour cream and sprinkled with sugar, or sweet cream heated.

Carrot Stuffing:

40 grams of carrots,

10 dag sugar

flat teaspoon ground cinnamon

2 teaspoons butter

small egg

tablespoon poppy.

Boil carrots, grate on a fine grater, add the butter, sugar, cinnamon, poppy seeds and stick to the egg. Everything exactly mix . stuff dumplings, forming them into small balls. Serve topped with sour cream.

The filling of poppy seeds:

2 cups poppy seeds,

5 grams of sugar,

egg.

Poppy seeds scalded with boiling water in a sieve and leave to drip precisely. Then pass through the clipper, add sugar, egg and mix well. So stuffed dumplings are formed into small balls and gives flooded with hot milk

Cabbage Soup

Ingredients

500 grams smoked

300 grams sauerkraut

200 grams of white cabbage

1 carrot

1 parsley

5 dried mushrooms

1 onion

1 tablespoon flour

2 tablespoons lard

1 tablespoon tomato puree

a few grains of pepper

1 bay leaf

salt

preparation

1. Peel the carrots and parsnips.

2. Pour 3 litres of cold water; add carrots, parsnips and mushrooms.

3. Put bay leaf and pepper, cook 45 minutes.

4. Chop the sauerkraut, white cabbage mince. Both cabbages put to the pan, pour a glass of water, add 1 tablespoon of lard.

5. When the cabbage is soft, chop the onion, fry it in the rest of the lard. Sprinkle with flour, stir in the tomato puree, then add to cabbage.

6. Stirring, cook for a while.

7. Pour the filtered broth of smoked bacon.

8. Cut mushrooms into thin strips and add to the cabbage soup. Spices to taste.

Lithuanians can not imagine a kitchen without sauerkraut - just like most Poles, Germans and Hungarians. Lithuanian peasant soup is a dish - cooked and smoked a robust and nutritious Mushrooms soak overnight.

Skruzdelynas

(Pie "Hive")

Ingredients

For dough:

3 eggs

9 tablespoons flour

(for 1 egg added about 3 tablespoons flour) For icing:

1 glass of honey

1 glass of sugar

2 tablespoons of cream

2 tablespoons of butter for frying:

0,7 l rapeseed oil

1. Beat eggs and add flour. Mix the ingredients.

Make a soft, workable dough. Knead dough for about 1.5 hours.

Roll out the dough very thinly.

Rolled dough cut into strips, then into squares. 5. Then bring 0,7l oil to a boil. Drop in the pan dough squares. They are done when are gold.

Icing

Add honey, sugar, cream and butter into a pot. Boil the mass until it melts. Make the hive boiled dough smartly put in a plate and pour over it with icing.



Piccaninny

(lazy)

Ingredients

1kg of cookies

Half a glass of milk

A glass of sugar

2 spoons of cocoa

400 grams of butter

Preparation

1. Break 1 kg of cookies in small pieces
2. Melt the butter in a dish
3. Pour the cocoa into melted butter
4. Pour the sugar into melted butter and let it stand for 5 minutes
5. Pour the milk into melted butter and mix. Let it stand for 5 minutes
6. Pour over on the cookies and mix
7. Put the cookies into cellophane, roll it and let it stand overnight.



Dutch Cuisine

In the Dutch cuisine you can find many influences from other countries. This is due to the turbulent Dutch history as a nation with many colonies. Dutch food sometimes is spicy due to the Indonesian influences. Also some Chinese influences can be found. An important part for the development of the Dutch cuisine played the fishery.

Everyday diners comprise potatoes, meat and vegetables. But also fish is eaten frequently, mainly on Fridays. Very popular are rolled herrings which are eaten raw with onions (“Maatjes Haring”), mackerel in a roll, fried or raw (“Broodje Makreel”) or smoked eel (“Gerookte Paling”).

The Netherlands are also famous for its rich variety of cheeses.

As a starter the Dutch love soup. Some soups are made of potatoes, others of tomatoes (Indonesian influence) or vegetables. Also chicken meat is often used to make soup.

As a dessert the Dutch like “vla”, a kind of dessert made of milk with a flavour of vanilla, chocolate or caramel, with a consistency somewhere between cream and pudding.

Mustard soup

Ingredients (for 4 persons):

- 50 rams butter
- 51 60 grams white flour
- 52 ⅛ litres of cream
- 53 1 litre broth
- 54 2 tablespoons mustard
- 55 1 small leek
- 56 100 grams lean pieces of bacon

Preparation:

1. Cut the leek finely.
2. Fry the pieces of bacon and let them leak on a piece of paper.
3. Melt the butter, but don't let it discolour.
4. Add the flour and stir with a wooden spoon.
5. Put the mixture over low heat and let it boil for 10 minutes.
6. In the meantime, you have to heat the broth and after the 10 minutes, you can add it to the mixture.
7. Stir it until it's smooth, and let it boil for another 10 minutes.
8. Then, remove the soup through a sieve and add the mustard.
9. Just before you serve it, add the cream, the leak and the bacon. If you like, you can serve it with a baguette.



Shrimp cocktail

Ingredients (for 4 persons):

For the shrimp:

- Tablespoons Old Bay Seasoning
- 1 lemon, halved 1 teaspoon granulated garlic
- 1 clove garlic, finely minced
- 1/2 teaspoon chilli powder
- 1 teaspoon salt
- 4 extra large tail-on raw shrimp (more if you are using a smaller shrimp)

For the cocktail sauce:

- 1/2 cup chilli sauce
- 1 cup ketchup
- 1 tablespoon horseradish
- 1 dash Worcestershire sauce
- Juice of 1/2 lemon
- 1/2 teaspoon Tabasco
- 1/2 clove garlic, finely minced
- 1 tablespoon cilantro, chopped

Preparation:

1. To prepare the cocktail sauce, mix all the cocktail sauce ingredients together in a medium bowl and refrigerate until ready to serve.
2. Have a large bowl of ice water ready and set near the sink. To an 8-quart pot of water, add the Old Bay, lemon, granulated garlic, garlic, chilli powder, and salt. Bring to a boil. Add the shrimp to the pot and when the water returns to a boil, the shrimp should be done! The shrimp should be bright pink.
3. Immediately drain and place the shrimp into the ice bath to cool for 2 minutes. Peel the shrimp (leaving the tail-on.) Drain and serve with the cocktail sauce.



Mashed potatoes with carrots and smoked sausage

Ingredients (for 4 persons):

carrots, about 2 or 3 a person.

Potatoes, twice the weight of the carrots

onions, 1 or 2 a person

butter

milk

smoked sausage

salt

Preparation:

1. Peel the potatoes and put them in a pot filled with water.
2. Wash them and cut them in equal pieces, so they cook evenly.
3. Fill the pot with a little water; it is also possible to add a little salt.
4. Then wash the carrots, and if they are really dirty, you could peel them.
5. Cut the carrots in equal pieces, and put them on the potatoes.
6. Peel the onions and cut them in pieces, then add the onions to the pot with the carrots and potatoes.
7. Put the pot on your stove and let it boil until the potatoes are cooked-through.
8. While that is cooking, heat the smoked sausage in a pot filled with hot water, for about 10 minutes.
9. Also heat some milk, but make sure you don't boil it. Later on, we're going to use this milk to make the smashed potatoes creamy, so you can decide how much you want to use, depending on how creamy you want it.
10. Cut a piece of butter. This butter is, same as the milk, going to go with the smashed potatoes, so you can decide how much you want to use.
11. When the potatoes are ready turn the heat on the stove off and pour the excess water down the drain.
12. Now, you can add the butter and the milk, and now you can mash the mixture of potatoes, carrots, onions, milk and butter until you think it is creamy enough.

If it is not creamy enough, then you can add some milk, but it is not necessary. After this, you can add some salt if you want, and it is ready to be served.

Pea soup

Ingredients for about 3 litres (6 to 12 persons):

500 gram (2 1/2 cup) split peas

1 piece of gammon with bone, or pork hock, about 500 gram (1 pound), or spareribs, or two pig's trotters

100 gram (3 ounces) streaky bacon or Dutch "sauerkraut bacon": streaky pork, salted but not smoked, preferably with rind

1 smoked sausage

2 large onions, chopped not too small

1 large carrot

2 leeks

1 celeriac

2 potatoes

1 bunch celery, pepper and salt

2 litre (8 cups/4pints) water to start with

bread or rye bread (pumpernickel), with -if you can get it- slices of "katenspek" (lightly streaked pork, first boiled and then smoked black)

Preparation:

1. Rinse the split peas in a sieve under the running tap.

2. Split peas don't need soaking in water.

3. Bring water to the boil with the peas, gammon and bacon. Let it boil and skim off the floating scum.

4. Pour all water off, rinse peas (and meat) again and put them back on the fire with clean water. Meanwhile, prepare the vegetables: Cut the skin of the celeriac, peel the potatoes, and dice celeriac and potatoes. Peel the carrot and dice it. Cut the leeks and wash them. Add the vegetables to the pan and let simmer until the peas are done (one and a half to two hours, the split peas must be broken).

5. Take the meat out of the pan, remove rind and bones, and cut in small pieces. Return the meat to the pan. Wash the sprigs of celery, and chop or cut the leaves. Twenty minutes before the end of cooking, add the whole smoked sausage and the celery.

6. Taste, finish off with pepper and salt.

7. The pea soup is still fairly liquid. Let it cool completely and reheat it the next day, or freeze in portions. When you want to freeze the soup, add the smoked sausage when reheating, or divide the sausage in equal quantities over the portions.



Poffertjes

Ingredients:

The special pot you need to make poffertjes

60 g butter, room temperature

A little bit extra butter to grease the pot

125 g very fine sugar

2 eggs

185 g self raising flour

Salt

1.9 dl milk

Icing sugar

A special saucepan

Preparation:

1. Prewarm the oven on 200 degrees.
2. Whip the butter and the sugar, until you get a good mixture, then mix the eggs through one by one.
3. Spoon the flour and a little salt through the dough, then add the milk.
4. While you're doing that, preheat the pot.
5. Cut the butter you have left in small cubes and put one in every one of the small hollow circles on the pan.
6. Then fill two-third of the hollows with the dough you made, and bake them for about 12-15 minutes, and enjoy!



“Vlaflip”

Ingredients (for 4 persons):

1/2 litre vanilla custard
1/2 litre yoghurt
Red lemon syrup
1 mandarin

Preparation:

- 1: Peel the mandarin.
 - 2: Fill the glasses with a little bit dash of lemon syrup.
 - 3: Fill above the lemon syrup a bit vanilla custard.
- Warning: the vanilla custard shouldn't blend with the syrup. It has to drive above it.
- 4: The glass is now full for \pm 1/3 part.
 - 5: Put now a little bit yoghurt on the vanilla custard.
- Take care that you don't fill the glass too much.
- 6: Put above it all a part of the mandarin as a decoration.



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Participants:

Alexander-Hegius-Gymnasium, Ahaus/D
Het Assink Lyceum, Haaksbergen/NL
I.T.C. Enrico Tosi, Busto Arsizio/I
Kybartų Kristijono Donelaičio gimnazija, Kybartai/LT

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