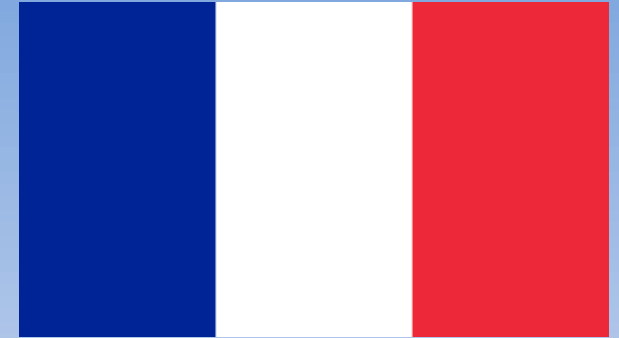


TYPICAL DISHES OF THE WORLD



FRENCH TYPICAL DISHES



STARTER

SEA SCALLOPS, BRITTANY STYLE

INGREDIENTS (Recipe serving 4) :

- 16 sea scallops
- 5 shallots
- 250 g fresh button mushrooms
- chive
- Salt
- Pepper
- 50g breadcrumbs
- 20g flour
- 1/2 litre of dry white wine (table wine)
- butter
- lemon



Melt the butter in a pan and sauté the shallot and button mushroom chopped into fine slices in it.

Melt the butter in an other pan and sauté scallops for 1 1/2 minutes - 2minutes

Remove the scallops, put them in the shells (4 per person)

Add the white wine in the pan to deglaze

Add the flour, pepper and chive and mix to obtain a creamy by texture

Add the same wine to the shallots and mushroom

Combine the shallots, mushroom and scallops into the shells

Put this cream on the scallops

Add some breadcrumbs

Gratinate the shells in a pre-heated oven for ten minutes.

MAIN COURSE

BEEF BOURGUIGNON

INGREDIENTS (Recipe serving 4):

- 600 g boneless beef roast
- [70 g lardons](#)
- 30 g butter or 3 tablespoons olive-oil
- ½ l red wine
- 1 onion
- 1 garlic clove
- 1 tablespoon flour
- bouquet garni / herb bouquet
- 150 g button mushrooms
- Salt
- Pepper.



- Chop the onion and peel the garlic.
- Melt the butter or olive oil in a pan and Brown the meat and the lardons.
- Add onion, mushrooms and sprinkle with flour. Mix and brown.
- Add the red wine. The meat should be covered.
- Season with salt and pepper.
- Add the garlic clove and the herb bouquet.
- Cover and cook slowly for at least 2h30

INGREDIENTES

(Recipe serving 6) :

24 sponge fingers or ladyfingers
100 g unsalted butter
250 g dark chocolate, chopped, plus
extra to grate
4 eggs, at room temperature and
separated
30 g icing sugar
10 cl rum
20 cl liquid fresh cream
5cl milk



DESERT

CHARLOTTE AU CHOCOLAT



- Grease sides of a springform cake tin and line with baking parchment
- Pour 10 cl of water and the rum in plate. turn sponge fingers quickly in.
- line the bottom and the sides of the cake tin with these cakes.
- Consign on the side
- Separate the egg whites and yolks
- melt the chocolate with milk in double boiler
- add the butter in small pieces,
- continue to stir
- add yolk egg, one after the other
- beat this cream until smooth and shiny
- Leave to cool,
- Whisk the egg whites and sprinkle in the icing sugar at the end
- Whip the cream until having a Chantilly cream (the cream must be very cold)
- incorporate the two preparations
- alternate one layer of this cream and one layer of sponge fingers and so on until reaching the top of the cake tin
- Put a heavy plate on the top
- keep it until the day after

to serve it : turn the cake upside down in a plate, decorate with chopped chocolate and chocolate powder .

SPAIN TYPICAL DISHES



COLEGIO DIVINO MAESTRO
BAZA
ESPAÑA

STARTERS

PIPIRRANA

Instructions

1. Chop the onion in small cubes and soak in water.
2. Chop the tomatoes, cucumber and pepper and place in a bowl.
3. Drain the onions and add them to the rest of the vegetables.
4. Place the garlic in a mortar with a pinch of cumin and a pinch of salt and a few drops of olive oil until you have a paste. In another small bowl mix the rest of the olive oil, vinegar and salt, add the garlic paste and mix well.
5. Add the dressing to the salad and mix well. Cover and refrigerate.
6. Serve chilled.

Ingredients

- 2 large tomatoes
- 1 large cucumber
- 1 medium onion
- 1 large green pepper
- 2 cloves garlic minced
- A pinch of cumin
- ½ teaspoon salt
- 3 tablespoons extra virgin olive oil
- 2 tablespoon red wine vinegar



MAIN COURSE

GURUPINA

Instructions

1. Pour the olive oil into a wide pan and slightly fry chorizo peppers, mix and set aside to add later. the
2. Lightly fry the green pepper, garlic and onions, adding the tomatoes and salt.
3. When ready, add the mushrooms or niscalos, potatoes and sausage or black pudding.
4. Sauté everything and add a teaspoon of pepper, water and flour. Add the chorizo peppers' mixture.
5. Once the mass is loose, it's ready to be served warm.

Ingredients

- Flour
- Chorizo pepper and green pepper
- Tomatoes
- Garlic
- Onions
- Potatoes
- Mushrooms or niscalos
- Sausage and/or black pudding
- Pepper, olive oil, wáter and salt



DESSERT

ROSCOS FRITOS

Instructions

1. Whisk the eggs together with the sugar, and gradually add all the other liquids.
2. Once they're all mixed, add the flour through a sieve, the yeast powder, and the baking soda, cover it and let it sit for a while.
3. On a tray or table, brush a few drops of oil to prevent the roscos from sticking.
4. Then grab some lumps of dough and, using your oiled hands, shape them into doughnuts, put them on the table or tray, make some cuts into them so they puff up a bit more.
5. Next, fry them in hot oil and coat them in the sugar and cinnamon.

Ingredients

- 3 pounds of flour
- half a dozen eggs (6)
- 2 satchets of yeast
- 1/2 a cup of anisette
- 1 cup of orange juice
- 1 satchet of baking soda
- 3 tablespoons of oil per egg
- 3 tablespoons of sugar per egg
- 3 tablespoons of milk per egg
- olive or sunflower oil and a plate with sugar and cinnamon to coat the roscos after frying them



MACEDONIAN TYPICAL DISHES



STARTERS



Cornbread (Proja)

200 g cornmeal/ corn flour
200 g wheat flour
4 dl plain yogurt
1 egg
4 dl mineral or sparkling water
250 g old white cheese
1 baking powder
1 dl sunflower oil
salt



Cooking method

Preparation time : 45 minutes

Mix egg, yogurt and mineral water.

Separately mix cornmeal, flour and baking powder

Mix the above together in a bigger bowl. Add salt (depending on how salty your cheese is) and oil.

Break the cheese into small pieces with a fork and add it to the mix. Preheat the oven to 200°C.

Pour everything into deep oven baking dish.

Bake it around 45 min at 200°C. It's done when you see the brown crust on top.



Ajvar is a Macedonian roasted eggplant-sweet-pepper mixture, sometimes referred to as vegetarian caviar or red pepper paté. It can be mashed or left chunky, depending on personal taste, and served as a relish or spread on country-style white bread like pogacha or with cornbread as an appetizer.

Ingredients (serves 2)

1 large eggplant

8 large red bell peppers

Salt

1/2 cup good-quality sunflower oil

Cooking method

Heat oven to 475 degrees. Place washed eggplant and peppers on a baking sheet with a lip to catch any juices, and roast until their skins blister and turn black, about 30 minutes.

Place roasted vegetables in a heatproof bowl. Cover with plastic wrap and let them steam for 10 minutes.

Peel off and discard blackened skins, stems and seeds. In a large bowl, mash or chop vegetables, depending on how smooth or chunky you like your ajvar. Season to taste with salt. Drizzle in oil, stirring constantly.

Transfer to a glass dish or glass jar. Store covered and refrigerated for up to 1 week



SHOPSKA SALATA MACEDONIAN SALAD

Serves: 6 servings

INGREDIENTS

Serves: 6 servings

3 large tomatoes
2 medium cucumbers
2 green peppers
1 small onion
3-4 ounces white/feta cheese
olive oil and salt
herbs (parsley)

INSTRUCTIONS

Chop tomatoes, peppers and cucumbers into large bite-sized pieces. Combine in a medium sized bowl and sprinkle with salt.

Very thinly slice the onions and add to bowl.

Toss vegetables together with a healthy drizzle of olive oil.

Add salt and crumble or grate feta over the top of the salad and garnish with fresh herbs.

MAIN COURSE

Serves: 6 servings

INGREDIENTS

2 cups white beans
2 medium onions (chopped)
1 dried red pepper
4 cloves garlic
2 tablespoons sunflower oil
1 sprig fresh mint or
1 teaspoon dried mint
1 tablespoon paprika
salt and pepper to taste



Cooking method

Rinse beans and place in a medium pot and cover with about six cups water. Water should be twice the height of the beans.

Add chopped onion, dried pepper and garlic.

Bring to a boil, and then reduce to simmer until soft. The required time will depend on the freshness of beans used, usually no more than three hours. (If you want to speed them along, soak the beans in water the night before.)

Preheat oven to 250 degrees Celsius.

Once the beans are soft, heat oil in a small frying pan. Quickly stir in paprika and allow to sizzle for about 10 seconds (or less) until the paprika just begins to change color. (Do not let the paprika get too dark. If it looks dark brown or black it is best to start over with fresh paprika.)

Add oil and paprika to the beans, then stir in mint, salt, and pepper.

Pour the bean mixture into an oven safe pan. An earthen pot would be used, but a cast-iron braising pan works just as well. Bake at 220 degrees for about 45 minutes to 1 hour, until a dark brown crust forms on top of the beans and you can serve it with fried sausages or sudzuk.



Sponge cake (Sungerka)

INGREDIENTS

6 eggs (yolks and whites separated),
800 gr granulated sugar
800 ml water
1 vanilla
½ cup flour,
1 cup starch,
1 pinch salt.
1 baking powder



Cooking method

Cream together the egg yolks and sugar until white and frothy. Beat the egg whites in a separate bowl along with a pinch of salt until you get stiff peaks. Sift the flour and starch and add to the egg yolk mixture and stir well. Then add this mixture to the egg whites immediately and start folding it in trying not to deflate the egg whites. Put baking paper onto a well-greased springform pan. Bake at 180 degrees preheated oven for about 45 minutes. When you take it out of the oven, pour some sherbet (a mixture of boiling water, sugar and vanilla).

DESSERT

Ingredients

2 kg of white grapes
1500 g of pumpkin
2700 g sugar
4-5 l of water
juice of 2 lemons
2 packets of vanilla sugar
400 gr walnuts

WARM WATER:

2 l of water
1 tablespoon slaked lime



Make a solution of lime and water. In a deeper bowl cut the pumpkin into pieces, grate it and pour it with lime water. This way the fruit is left to stand overnight. The next day the lime water is ejected and the pumpkin and grapes are thoroughly washed in 9 waters. Separate the pumpkin and boil it in only one water. That water is poured out and the pumpkin is lowered to a boiling point where sugar is added. Boil the pumpkin for about 1 hour. Then it descends and grapes and continues digesting another 20 minutes. In the meantime the sweet is sprinkled with water and the foam is collected. Finally add the lemon juice, vanilla sugar and lemon juice. Finished pastry is covered with a damp cloth and collected cool in jars.

PORTUGUESE TYPICAL DISHES



AGRUPAMENTO ESCOLAS VIRGÍNIA MOURA
GUIMARÃES
PORTUGAL

STARTERS

Pataniscas



INGREDIENTS

2 pieces of Codfish,
previously soaked
3 Eggs
1 chopped small
onion
8 tablespoons of
Flour
2 tablespoons of
chopped parsley
1 cup of the cooked
codfish water or milk
Salt and pepper
Olive Oil for frying

PREPARATION



In a large frying pan, heat the olive oil and fry the “Pataniscas”, pressing them with a fork so that they stay short.
Put on absorbent paper to dry.

Bake the codfish, clean skin and spines and chip it.

In a bowl, add the shredded cod, the eggs, the flour, the parsley and the onion and mix well.

Gradually join the milk or the cooking water of the cod until the mixture becomes a little liquid and season with salt and pepper.



INGREDIENTS

1 kg clamshell
1dl olive oil
2 garlic cloves
1 coriander branch
0.5dl white wine
pinch of salt
pepper



First, wash the clams thoroughly. Bring the olive oil to the fire and fry the garlic cloves. Then add chopped coriander and clams and season with salt and pepper. Stir the frying pan until the clams are all open and then drizzle with the wine. Let it evaporate a little and serve then.



DESSERT

Rabanadas



INGREDIENTS



water



Sugar



Salt



Cinnamon



Honey



wheat



lemon
peel

PREPARATION

1. Put a pan with water a boil, jointly with a pinch of salt, a lemon peel, a bit of honey, sugar(q.b.) and cinnamon (q.b.);
2. Then dip the wheat slices in the pan, but do not leave them a lot of time, so that they do not undo;
3. Whisk the eggs;
4. After taking the wheat out of the pan and beating the eggs, dip each wheat in the egg and put it in the pan to fry;
5. Finally sprinkle the toast with cinnamon and sugar and pour some honey on top.



ITALIAN TYPICAL DISHES



STARTERS

CAPRESE SALAD



INGREDIENTS

- **3 or 4 medium tomatoes)**
- **1 fresh mozzarella cheese.**
- **fresh basil leaves**
- **salt**
- **black pepper**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons balsamic vinegar**

INSTRUCTIONS

- 1.Place the tomatoes and mozzarella on a platter.** Arrange tomatoes and mozzarella on a platter in an alternating pattern.
- 2.Top with the basil leaves.** Scatter the basil leaves over the tomatoes and mozzarella.
- 3.Season with salt and black pepper.** Sprinkle with a generous pinch of salt and black pepper.
- 4.Drizzle with the olive oil and balsamic vinegar.** Drizzle the olive oil and balsamic vinegar over the tomatoes, mozzarella, and basil. Serve immediately.



MAIN COURSE

SPAGHETTI WITH TOMATO SAUCE

Method

- Chop the basil leaves (reserving a few leaves to garnish)
- Peel and finely slice the onion and the garlic.
- If using fresh, cut the tomatoes in half, then roughly chop them **OR** carefully open the tins of tomatoes.
- Put a saucepan on a medium heat and add 1 tablespoon of olive oil, the garlic and the onion, then cook for about 3 minutes.
- Add the fresh or tinned tomatoes.
- Add a tiny pinch of salt, then continue cooking for around 15 minutes, stirring occasionally.
- Stir in the chopped basil leaves, then reduce to low and leave to tick away.



INGREDIENTS

- 400 gr Spaghetti
- 400 gr fresh tomatoes (or ready tomato sauce)
- 1 tablespoon of Salt
- 1 tablespoon of olive oil
- 1 bunch of fresh Basil
- 1 little onion
- 1 clove of garlic
- 15 gr Parmesan cheese

Meanwhile...

- Fill a large pot with 2 litres cold water, add a tiny pinch of salt and bring to the boil.
- Add the spaghetti and cook according to packet instructions – about 7 minutes.
- Once the pasta is done, ladle out, then drain in a colander over the sink and tip the spaghetti back into the pot.
- Stir the spaghetti into the sauce.
- Serve with basil leaves and grated Parmesan cheese sprinkled over the top.

DESSERT

TIRAMISÙ

Ingredients

- 4 eggs
- 500 gr Mascarpone
- 300 gr coffee
- 1 tablespoon of Brandy/Marsala liquor
- 300 gr Savoiardi biscuits/ladyfingers
- 100 gr sugar
- Cocoa powder

Instructions

1. Separate the yolks from the whites
2. Beat the egg yolks with sugar
3. Beat the egg whites until stiff
4. Gently mix the creams together
5. Add in [mascarpone cheese](#) and continue to whip to stiff peaks.
6. Dip [ladyfingers](#) in coffee (already mixed with brandy) and place in pan to make the first layer – you can fit about 7 cookies in each layer.
7. Spread half of the whipped cream mixture on top of the first layer of ladyfingers. Repeat process with the second layer of ladyfingers and cream mixture.
8. Dust the top of dessert with cocoa powder using a sieve.
9. Put in the fridge for about 2-4 hours



ROMANIAN TYPICAL DISHES



STARTERS - SOUR CHICKEN SOUP À LA RĂDĂUȚI



Ingredients

- 1 chicken breast
- 2 chicken thighs
- 3 carrots
- 1 celery root
- 1 parsnip
- 1 onion
- 4 garlic cloves
- 2 egg yolks
- 230 grams (1 cup) sour cream
- three spoonfuls of vinegar
- 1 parsley bunch
- Salt and pepper to taste

Directions

- ✓ In a soup pot, add 3 or 4 liters of water and the chicken parts. Boil for at least 1 hour, skimming the foam each time it rises to the surface.
- ✓ Add the carrots, celery root, parsnip, onion, and boil for 30-45 minutes, or until the vegetables are cooked.
- ✓ Remove the vegetables and the meat from the pot. Discard the onion and the parsnip. Grate the carrots and the celery, and chop the chicken meat into pieces. Put the vegetables and meat back in the pot.
- ✓ Put 2 ladles of soup in a bowl and let them cool for 2-3 minutes. In another bowl, beat the egg yolks and add the sour cream. Press the garlic and add it to the cream mixture. Gradually add the 2 ladles of soup and whisk well. This will help temper the sour cream mixture, so that it won't curdle.
- ✓ Add the vinegar, salt and pepper to taste, and let the soup boil for another 5 minutes. Turn off the heat, then add the sour cream mixture while stirring continuously with a whisk. Add the finely chopped parsley and serve.

MAIN COURSE – "TOCHITURĂ" WITH POTATO POLENTA

Directions

"Tochitură": Chop the meat into rather small cubes. Melt the lard or heat the oil in a cast iron pan. Fry the meat cubes until nicely browned all over. Add the finely chopped onion and about ½ teaspoon salt. Add ¼ cup water, cover and cook gently for about 20 minutes or until the meat is quite tender. Slice the sausages and chop the garlic finely. Add the sausages, garlic and bay leaves to the pan. Pour the white wine, cover again and continue cooking for 10 minutes. Adjust the taste with salt and pepper. In the meantime, heat the vegetable oil and fry the eggs in a large pan. Divide the stew between four serving dishes, put a fried egg on top of each dish and crumble some sheep cheese on top of each plate. Sprinkle some parsley over the dish and serve hot with potato polenta and pickles.

Potato polenta: Peel the potatoes, cut them into quarters, cover and cook in salted water. Mash the cooked potatoes in the water they were cooked in. Add the corn flour, stirring with a whisk to avoid lumps. Keep stirring with a flat wooden spoon because polenta becomes denser as it cooks.



Ingredients

- ✓ 500 g pork meat
- ✓ 1 tablespoon lard or 2 tablespoons vegetable oil
- ✓ 1 large onion
- ✓ 4 small coarsely-ground smoked sausages
- ✓ 3 garlic cloves
- ✓ 2 bay leaves
- ✓ 1 cup dry white wine
- ✓ 4 eggs
- ✓ sheep cheese
- ✓ some parsley
- ✓ corn flour
- ✓ pickles

DESSERT – "TOCINEI"



Ingredients

- ✓ 1 kg potatoes
- ✓ 2 eggs
- ✓ 2 tablespoons of flour
- ✓ 150-200 g sour cream
- ✓ salt
- ✓ sugar
- ✓ oil

Directions

- ✓ Peel the potatoes, wash and grate them finely. Then squeeze them and drain the liquid
- ✓ Mix the potatoes with the eggs, flour and add salt.
- ✓ Shape the potatoes into small balls, flatten them out (to look like discs) and fry them in oil.
- ✓ Get the potato discs out on a paper towel.
- ✓ Eat TOCINEI with sour cream and sugar on top.

Some of the favorite ingredients in Bukovina's kitchens are mushrooms and forest fruit. Trout with sour cream is another delicacy, just like mushrooms with sour cream and polenta. Most menus also include "sarmale", that is minced meat, usually pork, mixed with rice, vegetables, condiments, tomato sauce and rolled in cabbage leaves pickled in brine. They are boiled in a pot for 2 hours. Another typical dish is usually known as "trout smoked in a kobza"- kobza being a pear-shaped stringed instrument of Persian origin, which looks like a guitar. The "Kobza" dish has the same shape as the instrument, but it is made of willow twigs and fir branches. Apart from cultural heritage values and the beauty of nature, Bukovina boasts a specific cuisine, which resembles the Moldavian one, but with Austrian influences.