



FOOD IN OUR LIVES

A TASTE OF FOOD

2020

FIOL- FOOD IN OUR LIVES

We all consume FOOD every day, often without giving it much thought - yet it does so much more than just keep us alive. Since the EU announced 2018 as the YEAR OF EUROPEAN CULTURAL HERITAGE, the project team decided to approach this topic from the point of view of food and gastronomy.

The decision by the U.N. Educational, Scientific and Cultural Organization (UNESCO) to include French food to a list celebrating the world's "intangible cultural heritage" (2010) reinforces the idea that food is part of a nation's culture (see <https://de.france.fr/de/news/artikel/immateriellesweltkulturerbe-frankreich>).

There are similar examples of single dishes being enlisted on the UNESCO's list of immaterial heritage in other countries as well and there are more and more products awarded EU labels of PROTECTED GEOGRAPHICAL INDICATION, PROTECTED DESIGNATION OF ORIGIN or TRADITIONAL SPECIALITY GUARANTEED. (e.g. bread in Germany, see <https://www.unesco.de/kultur/immaterielles-kulturerbe/bundesweites-verzeichnis/eintrag/deutschebrotkultur.html>).

This is why, together with our students we decided to put an emphasis on traditional food in every country. We taste it during our mobilities and we look for recipes. This book is the result of our students work.

Enjoy it!

WHAT DO THEY EAT IN
FRANCE
www.tasteatlas.com/france

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Quiche lorraine



Type of dish: Starter

Timing: 1h

Difficulty: □ easy

Ingredients:

200 g shortcrust pastry

200 g bacon

30 g butter

3 eggs

20 cl of fresh cream

20 cl of milk

Nutmeg

Salt

Pepper

Preparation:

Step 1: Preheat the oven to 180°C (thermostat 6). Roll out the dough in a mould.

Step 2: Prick it with a fork. Sprinkle with butter shavings.

Step 3: Brown the bacon in a frying pan.

Step 4: Beat the eggs, cream and milk.

Step 5: Add the bacon.

Step 6: Season with salt, pepper and nutmeg.

Step 7: Pour over the dough.

Step 8: Cook 45 to 50 min.

Step 9: It's ready to go.

Advice of preparation(tips): eat with salad



Flamiche au maroilles



Type of dish : Starter

Timing : 1h00

Difficulty : □ easy

Ingredients for 4 people :

180 g flour

4 tablespoons of milk

15 g baker's yeast

1 egg

80 g of butter

1/4 maroilles

1 small pot of fresh cream

Preparation :

Step 1 : Pour the warm milk over the yeast in a ramekin.

Step 2 : Put the flour in a fountain, break the egg in the center, add a pinch of salt.

Step 3 : Pour the yeast, beat with a fork.

Step 4 : Add the melted butter little by little.

Step 5 : Keep beating until the dough comes off the dish.

Step 6 : Butter the meat pie, put the ball of dough in it.

Step 7 : Let stand for 1/2 hour near a heat source.

Step 8 : Spread the dough by hand in the pie dish.

Step 9 : Arrange the sliced Maroilles with cream and pepper.

Step 10 : Cooking time 20 minutes, thermostat 7 (210 °C).

Link to tradition : eat with salad and drink beer

Carbonade flamande



Type of dish : main course

Timing : 3h30

Difficulty : ☐ easy

Ingredients for 4 people :

1 kg of lean beef for braising (chuck, roast, stand, etc ...)

1 tablespoon brown sugar

1 bouquet garni

1 liter of dark beer

400 g of onion

250 g whole smoked bacon

5 slices of gingerbread

30 g of butter

Salt

3 tablespoons mustard

Preparation :

Step 1 : Cut the meat into 2 to 3 centimeters cubes

Step 2 : Cut the onion coarsely and cut the bacon into large pieces of bacon.

Step 3 : Melt the butter and sweat the onions for 10 minutes

Step 4 : Add the bacon by increasing slightly the heat, stir regularly

Step 5 : Once the bacon is pink, remove all (except the juice) and set aside in a dish.

Step 6 : Put the fire to the maxi and put the meat in the casserole, stir.

Step 7 : the meat must be colored on all sides, it will eventually make a lot of juice. Remove the casserole from the heat, put the meat in a dish keeping the juice in the casserole

Step 8 : Dilute the brown sugar in the gravy and put on the heat thoroughly to reduce it by half.

Step 9 : Once reduced, heat the mini and put back the bacon-onions mixture by mixing it with the 'syrup', add the meat and re-mix, add the bouquet garni and cover with beer between (80 cl and 1 liter), salt very slightly.

Step 10 : Gently cover the whole surface with the mustard gingerbread. Simmer covered for 3 hours without stirring, until the gingerbread is melted (remove the bouquet after 1 hour or 2 max).

Step 11 : During 'simmering', adjust the seasoning if necessary.

Step 12 : If after three hours the juice is still too liquid, leave still. simmer, leaving the lid partly open, the sauce must be slightly sticky on the surface but very liquid underneath and must not burn at the bottom.

Advice of preparation(tips): he ideal is to prepare the day before or 2 days before (it's even better) and so to simmer in 2 times: - the first time simmer 1:30 to 2 hours cool and reserve cool (at this time, the preparation must be still very liquid). The next day, remove the surface fat film rejected by the bacon, and heat again at low heat for 1h30 to 2 hours by opening or not the lid depending on the thickness of the sauce.

Link to tradition : eat with french fries and accompanied ⁶ by a glass of beer

Pork medallions with mushroom sauce



Type of dish : main course

Timing : 3h30

Difficulty : ☐ easy

Ingredients for 4 persons:

500g mushrooms

2 onions

800 g pork fillet

3 tablespoon oil

salt, pepper

$\frac{1}{2}$ teaspoon paprika powder

150 g crème fraiche

1 tablespoon vegetable broth (instant)

1 bunch of parsley

Preparation:

Step 1: Clean and cut mushrooms and onions. Wash and dry meat and cut into 12 slices.

Step 2 : Fry oil in a big pan. Fry medallions for 1 minute on each side. Add salt and pepper, remove.

Step 3: Add 1 spoon of oil to the fat in the pan. Fry onions and mushrooms for approx. 4 min.

Step 4: Season the mix with salt, pepper, paprika. Add 350 ml water, crème fraîche and broth, boil.

Step 5: Add meat to the sauce and cover up the pan. Keep simmering for 5 minutes. Season again.

Step 6: Prepare parsley, cut it up and stir it into the sauce. Eat with baguette if you like.



Poulet Basquaise



Type of dish: main course

Timing: 1h20

Difficulty: □ easy

Ingredients For 6 person

1 chicken cut into 6 pieces
1 kg of tomato
700 g pepper (green and red)
3 onions, minced
3 cloves of garlic
20 cl white wine
1 bouquet garni
6 tablespoons of olive oil
Salt
Pepper

Preparation:

Step 1: Chop the onion and garlic. Cut the tomatoes into pieces and cut the peppers into strips.

Step 2: Heat 4 tablespoons of oil in a casserole dish. Brown the onions, garlic and pepper. Leave to cook for 5 minutes.

Step 3: Add the tomatoes to the casserole, salt and pepper. Cover and simmer for 20 minutes.

Step 4: In a skillet, brown the salted and peppered chicken pieces in olive oil.

Step 5: When they are golden, add them to the vegetables, cover, add the bouquet garni and white wine and let's cook for 35 minutes.

Advice of preparation(tips): eat with rice

Confit duck



Type of dish: main course

Timing: 150 MIN

Difficulty: □ easy

Ingredients for 6 people :

6 cumin seeds

12 coriander seeds

3 juniper berries

50g flaky sea salt

6 duck leg and thigh joints

1 small bunch thyme

1 rosemary branch

1 unpeeled garlic clove, sliced, plus 1 whole garlic bulb, halved

about 500g goose or duckfat, or enough to totally submerge the duck legs

2 bay leaves

1 tsp black peppercorns

Preparation:

Step 1: The day before cooking, put the cumin and coriander seeds in a dry pan and toast until they are slightly coloured and aromatic. Remove to a board and crush them with the blade of a knife. Crush the juniper berries and mix with the spices and the salt. Rub the mixture over the duck, scatter with thyme, rosemary and sliced garlic and chill for 24 hrs, turning two or three times as they marinate.

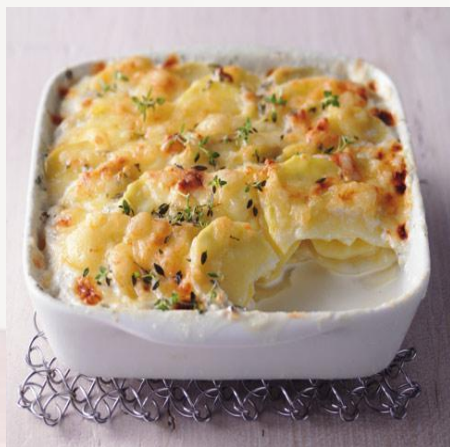
Step 2: Next day, heat oven to 150C/130C fan/ gas 2. Wipe the duck with kitchen paper and pat dry, but don't wash off the marinade. (The salt extracts the water from the meat cells, which will be reinflated with fat as the duck cooks gently. If you wash it, you will simply reinflate the cells with water.)

Step 3: Put the duck in a cast-iron casserole and cover with the goose fat or duck fat. Add the bay leaves and peppercorns and cook for about 2½ hrs, or until the meat is almost falling away from the bone. You can store the duck very simply by placing it in a pudding bowl, covering it with the fat and keeping it in the fridge: as long as it stays covered with fat it will last for weeks.

Step 4: To cook, remove the confit duck legs from their fat. Put an ovenproof frying pan on the stove until it is hot. Add the duck legs, skin-side down, and cook for 4 mins. Turn the legs and transfer the pan to the oven for 30 mins, until crisp.



Potato Gratin



Type of dish: side dish

Timing: 150 MIN

Difficulty: □ easy

Ingredients (4 people):

250 ml. milk

250 ml cream

salt, pepper

ground nutmeg

800 g potatoes

0.5 clove of garlic

50 gr grated Emmental cheese

2 teaspoons butter flakes

Preparation:

Step 1: Pour milk and cream into a pot. Boil until the quantity is down to 2/3.

Step 2: Rub an ovenproof dish with the clove of garlic. Butter the dish. Fill in the peeled and thinly sliced potatoes in a roof tile pattern.

Step 3: Strew the Emmental cheese on top and add the butter flakes.

Step 4: Cook in the middle part of the oven at 200 °C for 30 - 35 min. If cheese gets too dark, cover up.

Vegetables



Preparation:

Wrap 6 pods of beans each in a slice of bacon. Fry in a pan or grill until slightly brown.

Type of dish: side dish

Timing: 20 MIN

Difficulty: □ easy

The dish tastes good with vegetables like cauliflower, broccoli or carrots.

Another favourite is: **Beans with bacon.**

Ingredients for 4 persons:

1 tin of green beans

12 slices of bacon

oil for the pan



Fondant au chocolat



Type of dish: Dessert

Timing:

Preparation time: 35 minutes

Cooking time: 20 minutes

Difficulty: ☐ easy

Ingredients for 8 persons

200 g baking chocolate

100 g sweet butter

100 g caster sugar

5 eggs

4 tablespoons flour

Preparation:

Step 1: Preheat the oven to 180°C (thermostat 6). Melt the chocolate and butter in a double boiler over low heat, or in the microwave on the "defrost" program.

Step 2: Meanwhile, separate the yolks from the egg whites.

Step 3: Whip the egg whites until stiff. Book.

Step 4: When the chocolate and butter mixture is melted, add the egg yolks and whisk.

Step 5: Stir in the sugar and flour, then add the egg whites without breaking them.

Step 6: Butter and flour a pan and pour in the cake batter.

Step 7: Bake for 20 minutes.

Step 8: When the cake is baked, let it cool before baking.

Moelleux aux spéculoos



Type of dish: Dessert

Timing:

Preparation time: 40 minutes

Cooking time: 20 minutes

Freezing: 2 hours

Rest time: 1 hour

Difficulty: ☐ easy

Ingredients for 6 persons

→ glaze:

200g speculoos

50g butter

9cl milk

60g glucose syrup

100g white chocolate

→ cupcake:

50g butter

60g sugar

3 eggs

3 tablespoons liquid cream

150g flour

$\frac{1}{2}$ baking soda

pinch of salt

Preparation:

Step 1: Crush speculoos with a blender, then add butter.

Step 2: In a pan heat milk and glucose syrup. Then pour the milk on the white chocolate.

Step 3: Mix until the pastry is homogeneous.

Step 4: Add this mix to speculoos and mix it well.

Step 5: Fill 6 mold with and put it into the freezer for 2 hours. Save the other part of the pastry.

Step 6: Mix 180g of the pastry with butter and sugar. Add eggs one by one, cream, flour slowly, baking soda and salt.

Step 7: Put that in smaller mold and let it rest 1 hour.

Step 8: Put smaller pastry into bigger pastry and put into the oven for 20 minutes at 200°C (th 6-7).



CH'TIRAMISU



Type of dish: Dessert

Timing:

Cooking time: 20 minutes

Rest time: 24 hours

Difficulty: ☐ easy

Ingredients for 6 :

3 eggs

70g of sugar

300 g of mascarpone

2 soup spoon of liquid chicory

200g of spéculoos

Preparation:

Step 1: Separate the egg yolks of the whites. Beat the egg yolks with the sugar until the mixture clears, then add the mascarpone and chicory, and whip again 2 minutes

Step 2: Take up whites in snow and stir in the previous preparation

Step 3: Fill the glass cups by alternating the cream and speculoos, starting by speculoos and finish by cream.

Step 4: Let stand during 24 hours in the fridge

Recipe of the sugar tart - "tarte au sucre"



Type of dish: Dessert

Timing: 80 min

Difficulty: ☐ easy

Ingredients for 4 persons:

4 eggs

400g of flour

2 bag/sachets of yeast

100g skimmed milk

200g of sunflower oil

1 pinch of salt

Filling/ side dish :

200g of brown sugar

12 soup spoon of skimmed milk

40g of butter

Preparation:

Step 1: Dilute the yeast on two soup spoon of hot milk.

Step 2: Mix the flour sift , salt and beatten eggs .

Step 3: Knead 10 - 15 minutes.

Step 4: Add oil in two times and knead again.

Step 5: Let it rise 45 under a water bath/ double bowlers on the oven 50°C.

Step 6: Butter the dish, then put the pastry.

Step 7: Filling the dough with brown sugar and bake 20 minutes thermostat 6.

Step 8: Add 6 soup spoon of milk sur chaque tarte et 20 g of small chuck butter, bake 10 minutes.

Step 9: Let cool

CHICORY SHORTBREAD- "Sablés a la chicore"



Type of dish: Dessert

Timing:

Preparing: 20 min

Resting: 1 hour

Cooking: 15 min

Difficulty: ☐ easy

Ingredients for 40 pieces

260g flour

40g almond powder

120g sugar

150g butter

1 egg yolk

2 tablespoons of liquid chicory

20g sugar

1 pinch of salt

Preparation:

Step 1: Mix flour, almond powder, sugar, pinch of salt.

Step 2: Make a well and put the diced butter.

Step 3: Mix with a fork, then make sand by rubbing the pastry with your hands.

Step 4: Add egg yolk and chicory and mix to form a non sticky ball.

Step 5: Wrap in clingfilm et let it rest 1 hour in fridge.

Step 6: Preheat the oven at 160°C (th 5-6).

Step 7: Spread the pastry on sulphurized paper and cut the shortbread with a cookie cutter.

Step 8: Place it on a baking tray covered by sulphurized paper.

Step 9: Let space between each shortbread because it will rise.

Step 10: Sprinkle sugar on top et put into the oven for 15 minutes.

Step 11: After that let it cold before unstick.

Libouli tart



Type of dish: Dessert

Timing:

Preparation time: 1 hour

Rest time: 1 hour and 10 minutes

Cooking time: 45 minutes

Difficulty: □ □ medium

Ingredients for 8 person

→ For the pastry:

10g fresh yeast

10cl milk

250g flour

1 egg

60g butter

1 egg yolk

$\frac{1}{2}$ teaspoon of salt

→ For the cream:

3 eggs

100g sugar

50g cornflour

60cl milk

1 vanilla bean

1 tablespoon of apple jam

Preparation:

→ For the pastry:

Step 1: Blend the fresh yeast with 3 teaspoon of warm milk and let it stand 10 minutes.

Step 2: Make a well with the flour, make inside the egg, the melted butter, the salt and the fresh yeast. Blend, add milk and knead the pastry.

Step 3: Let the pastry stand 1 hour with a towel on.

→ For the cream:

Step 4: Whisk eggs and half of sugar, then add cornflour.

Step 5: In a saucepan warm milk, rest of sugar and vanilla bean (cut in 2 parts). Bring it to the boil. Add the first mix outside the fire.

Step 6: Get it thicker and blend. Then pour it in a salad bowl and let it stand.

Step 7: Spread pastry in a pie dish buttered. Glaze pastry with egg yolk and pour cream. With the rest make a grid and glaze with egg yolk.

Step 8: Put into an oven 30 minutes at 210°C (th 7).

Step 9: When this time is finish, let it stand and glaze with apple jelly.



PANNA COTTA AUX BÊTISES DE CAMBRAI



Type of dish: Dessert

Timing:

Preparation time: 15 min

Rest time: 2 hours

Difficulty: ☐ easy

Ingredients for 4 :

8 limp caramel

4 soup spoon of thick cream

10 bêtises de Cambrai (candy)

16 cl of milk

30 cl of liquid cream

2 leaves of gelatine

Preparation:

Step 1: Put the caramel and the liquid cream on a bowl, melt in the microwave 30 seconds, mix , then replace on microwave 15 seconds if it's necessary.

Step 2: Pour the caramel sauce at the bottom of the glass cups and put in the fridge.

Step 3: Crush the betise de cambrai with a rolling pin.

Step 4: In a saucepan, mix the milk and fleurette cream, then, add the bêtise de cambrai (candy).

Step 5: Bring to a boil, then turn down the heat and mix until there are no more pieces of candy. Add the gelatine softened in the cold water and dewatered.

Step 6: Let cool and, before the gelation, pour the panna cotta on the glass cups. Put on the fridge during 2 hours.



FOOD MAP OF GERMANY

THE BEST DISHES OF EACH REGION

BIRNEN,
BOHNEN, SPECK

MATJESFILET MIT
SPECKSTIPPE

LABSKAUS

QUARK MIT LEINÖL
UND KARTOFFELN

BREMER KNIPP

PINKEL MIT
GRÜNKOHL

LINSENEINTOPF

CURRYWURST

PFEFFERPOTTHAST

SPECKKUCHEN

THÜRINGER
ROSTBRATWURST

QUARKKEULCHEN

SAUERBRATEN

DIBBELABBES

MAULTASCHEN

WEIßWURST
MIT BREZEL

SCHWARZWÄLDER
KIRSCHTORTE

Hochzeitssuppe (Wedding Soup)



Type of dish: Starter

Timing:

Preparation time: 15 min

Rest time: 3 hours

Difficulty: ☐ easy

Ingredients (6 - 8 people):

2 onions

1,3 kg beef (rib, breast)

salt, pepper grains

soup greens (bunch of vegetables incl. carrot, celery root and leek)

2 eggs (for eggs royale)

1/8 l milk

ground nutmeg

500g white asparagus

200 g frozen peas

2 fine bratwursts (for sausage meat balls)

1 bunch of parsley



Preparation:

Step 1: slice onions and cut into cubes. With the meat, put into 3 l of water. Add some salt and pepper, and let it simmer for 2,5 hours.

Step 2: Wash and cut up the vegetables for the greens and add them to the soup.

Step 3: For egg royale, stir eggs. Fill greased cups 2/3 with the egg liquid. Close with aluminum foil.

Put the cups into a pot; 2/3 of the cups must be under water. Boil at low heat for 30 - 35 min.

Then turn the egg royale out of the cups and cut it into cubes.

Step 4: Clean and peel the asparagus and cut it into pieces; likewise one carrot.

Step 5: Take the meat out of the pot. Pour the soup through a sieve into another big pot. Heat it up, add asparagus and carrot and let it simmer for 10 - 12 min. At the same time, cut the meat into cubes.

Step 6: Form the bratwurst mass into small balls. With the peas, add them to the soup and let simmer for 5 minutes.

Step 7: Add the meat cubes and the egg royale, heat it up, and serve it with sliced parsley.

This is a traditional soup as a starter for a wedding dinner, but it is also popular as a Sunday dish. Our young students chose it, so it is traditional, but not old-fashioned!!

German Potato Salad



Preparation:

Type of dish: Side dish

Timing: 45 minutes

Difficulty: ☐ easy

Ingredients for 4 persons:

900 g red potatoes
1 teaspoon salt, for boiling the potatoes
360 g bacon
1/3 cup apple cider vinegar
3 tablespoons sugar
1 tablespoon Dijon mustard
1/2 teaspoon salt
Freshly ground black pepper
1 tablespoon minced fresh garlic, about 3 large cloves
1/2 cup chopped fresh parsley



Step 1: Scrub the potatoes and cut any large potatoes so that all of the potatoes are approximately equally sized. Place the potatoes in a large pot and cover with cold water. Bring to a boil and stir in 1 teaspoon of salt. Reduce heat and simmer the potatoes for 15 to 20 minutes or until tender when stabbed with a fork. Drain the water. Leaving the potatoes in the pot, return the pot to the still-hot (but turned off) burner. Leave the lid off of the pot and allow the potatoes to steam dry for a couple minutes.

Step 2: Set another large pot over medium heat and, using kitchen shears, cut the bacon strips into approximately 1-inch pieces directly into the pot. Cook the bacon, stirring occasionally, until crispy. While the bacon is cooking, cut the potatoes into 1/2-inch thick slices, cutting any extremely large slices in half. Set aside. Once the bacon is done, remove the pot from the stove and use a slotted spoon to remove the bacon pieces to a plate or bowl while leaving the bacon grease in the pot (I had about 1/4 cup).

Step 3: Slowly and carefully add vinegar, sugar, Dijon, salt, and pepper to the pot of bacon grease. Place the pot back on the burner, bring the mixture to a simmer, and stir for a couple of minutes. Stir the minced garlic into the mixture and cook for 30 seconds to 1 minute, until the garlic starts to turn a light golden. Remove the pot from the heat and toss in the sliced potatoes, gently mixing until potatoes have absorbed all of the liquid. Carefully fold in the cooked bacon pieces and chopped parsley. Transfer the potato salad to a serving dish and serve hot or warm. Potato salad should not sit at room temperature for more than two hours before refrigerating any leftovers.

HOMEMADE GERMAN SPAETZLE



Type of dish: Side dish

Timing: 30 minutes

Difficulty: ☐ easy

Ingredients:

4 eggs

1/3 cup milk

2 teaspoons salt

2 cups all-purpose flour

4 Tablespoons unsalted butter

1 teaspoon white pepper

1/4 teaspoon nutmeg



Preparation:

Step 1: In a medium bowl, whisk together the eggs, milk, and salt. Add in the flour and stir until well combined.

Step 2: Bring a large pot of salted water to a boil over high heat. Place your spaetzle maker over the top, then pour half of the batter into the cup of the device. Quickly slide the cup back and forth to allow the batter to drop through. Repeat with second half of batter, working quickly, until all the batter is cooking in the pot.

Step 3: Set the spaetzle maker aside and give the dumplings a good stir in the pot. Let them cook for 1 to 2 minutes, until floating on the surface. Remove with a slotted spoon and place in a large bowl. Toss with butter and spices. Serve warm.

This Homemade German Spaetzle recipe shows you how to make these delicious, German egg noodle dumplings. They are the perfect side dish to go with all your Bavarian favorites!

Pork Schnitzel Recipe



Type of dish: main dish

Timing:

Preparation time: 15 minutes

Cooking: 20 minutes

Difficulty: ☐ easy

Ingredients for 4 persons:

900 g boneless pork chops

1/3 cup all-purpose flour

1 Tbsp garlic salt (or sub with equal parts salt and garlic powder)

1/2 tsp paprika

1/2 tsp black pepper, freshly ground

3 large eggs

2 cups panko bread crumbs

Olive oil, canola oil or any high heat cooking oil to saute

Lemon wedges to serve (don't skip the lemons!)



Preparation:

Step 1: Trim pork chops of fat and slice into 1/2"-thick cutlets (*I used 3 large Costco-sized pork chops and after slicing ended up with 9 pieces*). Line a cutting board with **plastic wrap**, place cutlets in a single layer on cutting board and cover with plastic wrap (this prevents splatter). Pound cutlets with a **meat mallet** or the back of a heavy saucepan, until 1/4" to 1/8" thick.

Step 2: Set up three bowls. In the first combine 1/3 cup flour, 1 Tbsp garlic salt, 1/2 tsp paprika and 1/2 tsp pepper. In the second, use a fork to beat 3 eggs. In the third bowl, add 2 cups **panko crumbs**.

Step 3: Dredge both sides of each pounded cutlet in flour then dip in beaten egg letting excess egg drip back into the bowl before breading in panko crumbs. It helps to use a fork for the dipping process to keep your hands clean. Repeat with remaining cutlets.

Step 4: Once all cutlets are breaded, heat a large non-stick pan over medium heat and add enough oil to cover the bottom of the pan. Once oil is hot, add breaded cutlets a few at a time and sauté 3-4 minutes per side or until cooked through. Reduce heat if cutlets are browning too quickly. Remove to a paper towel lined plate. Cut into one to double check doneness - juices should run clear. Serve right away with lemon wedges.

Sauerbraten



Type of dish: Main course

Timing: 3 hours

Difficulty: □ □ medium

Ingredients for 8-10 persons:

2 bay leaves, 1 teaspoon whole black peppercorns

1 teaspoon dried juniper berries

8 whole cloves, 1 cup (240ml) red wine vinegar

3 cups (720ml) low sodium beef broth (gluten-free, if necessary), 2 teaspoons fine sea salt

1 boneless beef round rump roast, 1.8-2kg

2 medium onions, sliced/ 2 stalks of celery, sliced

1 carrot, sliced

2 tablespoons oil

2 slices pumpernickel bread - or *gluten-free whole grain bread

$\frac{1}{2}$ cup (65gms) raisins, 1 additional teaspoon salt

$\frac{1}{2}$ teaspoon ground black pepper, $\frac{1}{2}$ cup (120ml) dry red wine

$\frac{1}{3}$ cup (45gms) flour - or sweet rice flour for gluten-free

2 tablespoons sugar, 1 teaspoon powdered ginger



Preparation:

Step 1: Pile the bay leaves, peppercorns, cloves, and juniper berries or of the cheesecloth square. Gather up the corners and tie the sides into the folds, making a tidy bundle.

Step 2: In a saucepan, combine the red wine vinegar, beef broth, 2 teaspoons salt, and spice bundle. Bring to a boil, then cool to room temperature.

Step 3: Place a handful of the sliced onions, carrots, and celery into a large, heavy-duty plastic bag set in a large bowl (to catch any overflow should the bag leak). Add the beef roast and the rest of the vegetables. Pour over the marinade (including the spice bundle), and seal with a twist-tie or the zip top of the bag, trying to keep out any air, if possible, without the marinade spilling out as you close up the bag.

Step 4: Place the bag (still in the bowl) in the refrigerator and leave to marinate for 3 to 5 days, turning the bag daily.

Step 5: About 4 hours before you wish to serve the *Sauerbraten*, remove the roast from the bag, discard the spice bundle, and reserve the marinade and vegetables.

Step 6: Heat the oil over medium-high heat in a Dutch oven or heavy-bottomed large saucepan. Pat the roast dry with paper towels, and brown it on all sides in the hot oil. This should take 10 to 12 minutes.

Step 7: Scoop out the vegetables from the reserved marinade and add them around the roast in the Dutch oven. Pour 3 cups of the marinade over the roast and vegetables. (Discard the remaining marinade.) Bring the roast and marinade to a boil, then reduce heat to low, cover, and simmer for $2\frac{1}{2}$ to 3 hours, turning the meat occasionally, until it feels very tender when pierced with the tip of a knife. Alternately, you can cook the *Sauerbraten* in a $325^{\circ}\text{F}/170^{\circ}\text{C}$ oven (bring it to a boil on the stovetop first.) If necessary, top up the liquid with water to keep it at about the level you started with.

Step 8: Crumble or tear the pumpernickel or gluten-free wholegrain bread into small pieces and add it, along with the raisins, 1 teaspoon salt, and $\frac{1}{2}$ teaspoon pepper, to the vegetables around the roast. Cover and simmer for 30 minutes more. Remove the meat to a cutting board and tent it with foil to keep warm. With a slotted spoon or strainer, remove the vegetables, raisins, and bread crumbles to a covered saucepan to keep warm. Pour the liquid from the *Sauerbraten* into another container, then strain 3 cups of it through a fine-meshed sieve back into the Dutch oven. Discard the rest or save it for soup. If you have less than 3 cups of liquid, add water to make up the difference.

Step 9: Whisk together the red wine, flour, sugar, and ginger, and stir this into the liquid in the Dutch oven. Cook and stir until thickened and bubbly. Taste for seasoning and add more salt or pepper if needed. Cook and stir for two minutes more. Thin the gravy with a bit of additional beef broth or water if it is too thick.

To serve, slice the meat and place it onto a platter, spoon the vegetables around it, and pour a bit of gravy over the meat. You can also serve the vegetables on the side separately. Serve the remaining gravy on the side.

Serve the *Sauerbraten* with cooked noodles, spätzle, potato dumplings, or mashed potatoes.

Oma's Old-Fashioned Rouladen



Type of dish: Main course

Timing: 2,5 hours

Difficulty: □ □ medium

Ingredients for 8-10 persons:

10 strips of chuck roast cut thin, approximately

15-20 strips of bacon

yellow mustard

sea salt

freshly ground pepper

1 large onion, cut in half and sliced very thin

vegetable oil

water, divided

sour cream, optional

1/4 cup all purpose flour (or cornstarch for a gluten-free option)



Preparation:

Step 1: Take a strip of chuck roast. It should be about 1/4 inch thick. If it is too thick, pound it down to the correct thickness. Spread the meat with a thin layer of mustard, then sprinkle with pepper and salt (go easy on the salt). Put a strip or two of bacon on the meat. This depends on how wide your meat is. You don't want the bacon to stick out the side. Cover that with a thin layer of sliced onions.

Step 2: Put about 2-3 tablespoons of oil in the bottom of a heavy sauté pan. When the oil is hot, add the rouladen, and cook, turning as necessary, until it is very brown on all sides. This takes about 22-28 minutes. When the meat is very very brown all over, place them in a large dutch oven.

Step 3: Bring to a boil on the stove top, then reduce heat, cover and simmer very low for 1 1/2 hours. After the meat is tender, remove it to a plate covered with foil to stay warm.

Step 4: Whisk together 1/4 cups flour and 1/4 cup water until smooth. This mixture will be the consistency of cream. Turn the heat off on the pot and add about 1/2 this mixture to the pan juices whisking until it is incorporated. Then turn the heat back on and simmer until it thickens. Just before serving, mix in approximately 1/4 cup of sour cream (optional). Taste for seasoning.

Cut the string off the rouladen and place one on each plate. Cover with a generous portion of the gravy. Serve with potatoes or pasta and something that once grew in the ground. I choose broccoli, but Oma prefers to serve with corn.

Kartoffelpuffer: German Potato Pancakes



Type of dish: Side dish

Timing: 45 minutes

Difficulty: ☐ easy

Ingredients:

3 russet potatoes

1 large onion

3 eggs, beaten

1 teaspoon salt

Optional: 1/3 cup flour or potato starch

Canola oil

Applesauce



Preparation:

Step 1: Peel and grate the potatoes and onion and place in a strainer since they will be very watery. Let them sit for about 10 minutes. You could also ring them out in a paper towel if you are in a rush. It is okay if they are still watery. I have skipped this step all together a couple of times when I was in a real rush. Transfer the potato and onion mixture to a bowl and mix in the salt and eggs. If using the flour, mix that in too. Set aside.

Step 2: Heat a skillet with oil (roughly 1/4 cup). Take a scoop of the mixture (I just use my hands) and form a little disk, roughly 2 - 3 inches in diameter, and flatten. Plop 3 - 4 of the pancakes at a time into the oil. Cook for a few minutes until golden brown and then flip to cook the other side. Each side will take roughly 3 minutes. Continue until all of the mixture is gone. You may need to add a little more oil in between batches.

Step 3: Remove the pancakes from the skillet and let dry on a paper towel lined baking sheet to help drain some of the oil. Serve warm with applesauce, or enjoy plain!

German Sauerkraut



Type of dish: Side dish

Timing:

Preparation time: 30 min

Rest time: 10-20 days

Difficulty: □ easy

Ingredients for 1.5 liters sauerkraut

135 g of green cabbage

2 Tbsp pickling salt

1 carrot

Preparation:

Step 1: Shred the carrot and cabbage.

Step 2: Mix in the pickling salt.

Step 3: Pound the cabbage mixture until there is about 1 inch of liquid cover the cabbage when it's pressed down.

Step 4: Weight the cabbage to submerge it in the brine, and store in a cool, dark area for 10 to 20 days to ferment.

Step 5: Check the cabbage daily to assess fermentation and remove any possible mold growth.

Store fermented sauerkraut in mason jars in the fridge for up to 3 months after fermentation is complete.



DUTCH BABY PANCAKE



Type of dish: Dessert

Timing:

Preparation time: 10 minutes

Cook time: 20 minutes

Difficulty: □ easy

Ingredients:

1/4 cup butter

8 eggs

1 cup milk

1/2 teaspoon vanilla

1 cup flour

1/2 teaspoon salt



Preparation:

Step 1: Preheat oven to 400 degrees.

Step 2: Place butter in a large cast iron skillet, or 9 by 13 baking dish, and melt for a few minutes in the hot oven. Be careful not to let it burn.

Step 3: Beat eggs until frothy, then whisk in milk and vanilla. I use my whisk attachment on my Kitchenaid Mixer.

Step 4: Gradually add flour and salt. Mix until well combined.

Step 5: Remove skillet with melted butter from the oven and pour dutch baby batter over the butter.

Step 6: Return to oven for about 15 minutes. The dutch baby will puff up and the edges and top will be golden brown.

Cut and serve immediately with strawberries, powdered sugar, whipped cream, or maple syrup.

Herrencreme (Gentlemen's cream)



Type of dish: Dessert

Timing: 30 minutes

Difficulty: ☐ easy

Ingredients (6 people):

$\frac{1}{2}$ l milk

1 package of vanilla pudding powder

50 g sugar

1 small glass of rum (0,1 cl)

100 g chocolate, 70% cocoa

200 ml cream



Preparation:

Step 1: Prepare the vanilla pudding with the milk and sugar according to the instructions on the packet. Let it cool off. In order to avoid a "skin" on the cream, cover it up with clingwrap while cooling.

Step 2: Cut the chocolate into small, but irregular chunks. Add it to the cold vanilla pudding, along with the rum. Whip the cream and stir it carefully under the vanilla cream. Decorate with whipped cream.

PS: Some like this delicious dessert even better with a sauce made from preserved cherries!



GERMAN SOFT PRETZELS



Type of dish: Dessert

Timing: 120 MIN

Difficulty: □ □ □ difficult

Ingredients for 6 people

2 cups warm water
2 (1/4 ounce) packages rapid-rise yeast
2 tablespoons Barley Malt Syrup
6 1/2 cups bread flour
2 tablespoons coarse salt
1/2 cup (1 stick) cold butter, cut into small pieces
8 cups water
1/2 cup baking soda
1/4 cup dark brown sugar
1/2 cup pale ale beer
Pretzel salt for sprinkling



Preparation:

Step 1: In a mixing bowl, combine the warm water, the yeast and the Barley malt syrup. Let it proof for 10 minutes or until foamy. In the bowl of your stand mixer, combine the flour and the salt. Add the pieces of butter and, using your fingers, work the butter into the flour until it resembles coarse sand. Pour the yeast mixture into the flour/butter mixture and mix everything until a shaggy dough is formed and water is absorbed. Bring the bowl to the stand mixer fitted with the dough hook and mix on medium speed until the dough is smooth and elastic, about 6 minutes

Step 2: Cover the bowl with a damp towel and let the dough rest and rise in a warm spot for 2 hours or until doubled in size. Pre heat oven to 450 degrees.

Step 3: Roll the dough out into a large (14-by-12-inch) rectangle and cut it into twelve 12-inch-long strips, about 1 inch wide. Roll out each piece into a 30 to 33 inch long rope (starting from the center and working toward the ends. To form the pretzels, make a "U" shape with the rope and cross the ends over, pinching at the bottom of the "U"

Step 4: Prepare 2 (or 3) large baking sheets by spraying them with nonstick cooking spray.

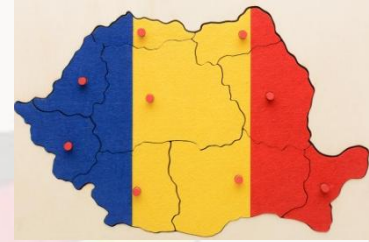
Step 5: In a large pot, over medium high heat, combine 8 cups of water, the baking soda, beer and brown sugar. Bring to a boil and then reduce to a simmer. Boil the pretzels, one at a time, for about 30 seconds or until they float.

Step 6: Transfer the boiled pretzels to the prepared baking sheet using a perforated spatula. Repeat with remaining pretzels. Sprinkle the pretzels with pretzel salt

Step 7: Bake the pretzels for 5 minutes, then rotate the baking sheet and continue baking for 5-8 more minutes or until the pretzels get to a deep dark brown color.

Remove them from oven and let them cool slightly on a wire rack before serving.

Eggplant salad-salata de vinete



Preparation:

Step 1: Bake the eggplants than peel and drain them.

Step 2: Chop them on a wooden cutting board with a wooden cleaver and put into a bowl.

Step 3: Add to the eggplant the chopped onion and salt. Mix well.

Step 4: Add oil a little bit at a time, all the while stirring rapidly until the mixture attains the consistence of mayonnaise.

Advice of preparation(tips):

Peel the eggplants while they are hot. You can mix them with the blender too but they will not be so tasty. You can add, if you like ,chopped garlic and/or mayonnaise.

Link to tradition:

This is a very traditional meal. Rich and poor used to prepare and eat it especially in summer and autumn. It can be hardly found in some other European countries.

Type of dish: Starter

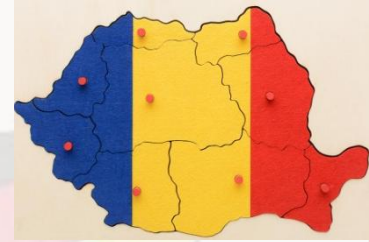
Timing: 30 MIN

Difficulty: □ easy

Ingredients for 4 people

- 3-4 large eggplants,
- 1 onion,
- 8-10 spoonfulls of oil,
- Salt

Been Dip- Fasole batuta



Preparation:

Step 1: Boil a pot of dried beans until very well done, Then dry them.

Step 2: Put into a large bowl and mash them adding a bit of oil from time to time.

Step 3: Mince some garlic and mix.

Step 4: Fried the onion in oil and serve together with the beans

Advice of preparation(tips):

It is better to change ones the water in which you boil the beans.

Link to tradition:

This is a very traditional meal. Rich and poor used to prepare and eat it especially in winter period of feast. It can be hardly found in some other European countries.

Type of dish: Starter

Timing: 1 h, 30 MIN

Difficulty: ☐ easy

Ingredients for 4 people

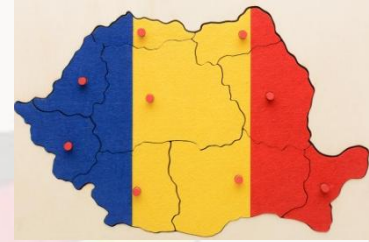
A pot of beans (1/2 kilo)

2-3 large onions

Oil

Garlic

Classic Deviled Egg Recipe



Type of dish: Starter

Timing: 45 minutes

Difficulty: ☐ easy

Ingredients for 6 persons:

12 eggs

2 teaspoons horseradish mustard

2-3 tablespoons mayonnaise

half large onion

a pinch of salt

ground black pepper

Preparation:

Step 1: Put the eggs in a pot with cold water.

Step 2: Bring the water to boil, then make it simmer for at least 20 minutes.

Step 3: Drain the water and put the eggs under cold running water for 2-3 minutes.

Step 4: Peel the eggs and cut them along the longest diameter.

Step 5: Pop out the yolks and put them in a bowl, then mash them with a fork.

Step 6: Mix the mashed yolks with the mayonnaise until the mixture becomes creamy.

Step 7: Add the grated onion paste (you can use a chopping machine on the finest setting) and season with the horseradish mustard, salt and ground black pepper.

Step 8: Fill each half of the white shell with the creamy mixture.

Step 9: Use parsley leaves for decorating the eggs.

Advice of preparation(tips):

Another popular version of deviled egg recipe in Romania, uses a slightly different creamy filling that incorporates finely chopped ham. Filling ingredients: mashed yolks, mayonnaise, horseradish mustard, salt, ground black pepper, grated onion paste and finely chopped ham.

ROASTED EGGPLANT AND PEPPER SPREAD



Type of dish: Starter

Timing: 2 hours

Difficulty: □ □ medium

Ingredients

2 medium eggplants (aubergines)

3 medium red bell peppers

1 Serrano chili pepper (optional - for a spicier sauce)

1 large white onion, diced

500 ml crushed tomatoes

1 tablespoon tomato paste

$\frac{1}{2}$ cup (120 ml) vegetable or olive oil (sunflower is traditional)

2 Bay leaves

1 teaspoon salt

Fresh ground pepper to taste

Preparation:

Step 1: Preheat the oven to 400 degrees F (200 C).

Step 2: Wash the peppers and eggplant (aubergine).

Step 3: Pierce the eggplant several times with a fork to allow steam to escape while it cooks.

Step 4: Place the eggplant and peppers on a greased cookie sheet (cover with foil for ease of cleaning).

Step 5: Turn the vegetable several times (3 - 4) so that they will cook evenly. Eggplant should take about 45 minutes, 25 - 35 for the bell peppers, and 10 - 15 if you are using the Serrano chili pepper in the recipe.

Step 6: Remove the vegetables when they become soft and their skin begins to blacken.

Step 7: Lightly salt the vegetables and place them in a plastic or glass container covered with a lid or plastic wrap. Allow them to cool.

Step 8: Remove the skins and stems.

Step 9: Place the eggplant in a strainer and allow the liquid to drain for an hour.

Step 10: Remove the seeds from the peppers and set aside (note: if using a serrano chili, leave the seeds if you want more heat).

Step 11: Place the eggplant & pepper flesh into a food processor and blend until they are coarsely chopped.

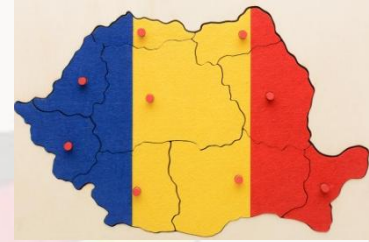
Step 12: Place the onions in a saute pan with oil and cook until they are translucent (10 - 15 minutes).

Step 13: Add the tomato puree, cooked vegetables, bay leaf and ground black pepper.

Step 14: Bring the sauce to a boil and then reduce the heat to a simmer. Allow to cook until the sauce reaches your desired consistency, which should be that of a thick spread.

This recipe can be canned and stored so that the sauce can be enjoyed for up to 2 years.

Romanian/Russian Salata de Boeuf



Type of dish: Starter

Timing: 1 hour

Difficulty: □ □ medium

Ingredients for 4 persons:

For the Salad:

- 2 large russet potatoes
- 2 boneless chicken breasts (cooked and finely diced, or use beef, turkey, ham, hot dogs, etc.)
- 1 cup carrots (peeled, boiled, and finely diced)
- 1 cup parsnips (peeled, boiled, and finely diced)
- 5 large eggs (hard-cooked and finely diced)
- 1 small onion (finely diced)
- 2 stalks celery (finely diced)
- 1 1/2 cups pickles (finely diced)
- 1 1/2 cups peas (frozen)

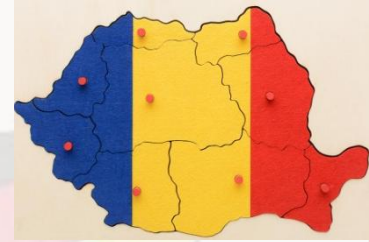
For the Dressing:

- 1 to 2 cups mayonnaise (or to taste)
- 1 tablespoon mustard
- Salt and pepper, to taste

Preparation:

- Step 1:** In a large pot of salted water, boil the potatoes in their skins until they are fork tender. Remove them from the water and peel off the skin when they are cool enough to handle. Dice finely and reserve.
- Step 2:** Peel the carrots and parsnips. In a large pot, boil them till they are fork tender. Remove them from the water. When cool enough to handle, dice them finely and reserve.
- Step 3:** Hard boil five eggs. When cool enough to handle, dice them finely and reserve.
- Step 4:** Finely dice the onions, celery, and pickles.
- Step 5:** In a large bowl, add the diced potatoes, diced chicken or other meat, diced carrots, parsnips, eggs, onion, and celery. Reserve some of the vegetables and eggs to use to decorate the salad.
- Step 6:** Squeeze the diced pickles lightly in a paper towel to remove some of their juice (otherwise the salad will be too watery) and add to the rest of the diced ingredients.
- Step 7:** Place frozen peas in a colander and run cold water over them to defrost. Drain completely, patting dry, if necessary, and add to the other diced ingredients in the large bowl.
- Step 8:** Make the Dressing. Gather the ingredients. In a medium bowl, whisk together mayonnaise, mustard, salt, and pepper. Assemble the Salad
- Step 9:** In the large bowl of the diced ingredients, add the dressing and toss to completely cover.
- Step 10:** Transfer the salad to a pretty serving bowl. Cover the entire top with a thin layer of mayonnaise. Use enough so no salad shows through. Decorate the top with reserved vegetables and hard-cooked eggs.
- Cover the salad with plastic wrap and place it in the refrigerator to serve chilled. While you could serve it immediately at room temperature, refrigerating it allows the flavors to mix together best.*

Sour Meatball Soup Recipe



Type of dish: Starter

Timing: 1 hour 30 minutes (preparation: 50 minutes; cooking: 30-40 minutes)

Difficulty: □ □ medium

Ingredients for 8 persons:

450 g ground meat (mixed beef and pork)
450 g beef (or veal) with bones
2 small onions
2 slices of bread
2 tablespoons rice
salt
ground black pepper
1 parsley root
3-4 carrots
1 parsnip root
3-4 tablespoons tomato paste
1 bunch of lovage leaves (or parsley leaves)
2-3 tablespoons vinegar

Preparation:

Step 1: Bring to boil 6 cups of water in a pot.

Step 2: Finely slice: 1 onion, the parsley, the parsnip and the carrots and put them in the water. Add the beef (or veal) meat.

Step 3: In the mean time soak the bread in water then squeeze it. Mash the bread with a fork.

Step 4: Mix the ground meat with the other finely chopped onion, the mashed bread and the rice, and season with salt and ground black pepper. For a more tender meat composition add 2-3 tablespoons of water.

Step 5: Make small meat balls rolling them with wet hands.

Step 6: When the vegetables become tender put the meat balls in the boiling water. Reduce heat and simmer for 30-40 minutes.

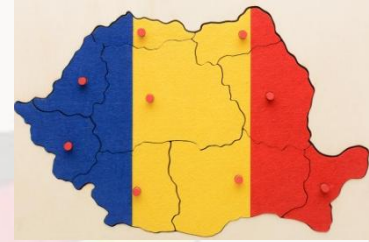
Step 7: When the soup is almost done the meatballs are coming to the surface as the soup simmers.

Step 8: Add the tomato paste and stir.

Step 9: Finely chop the lovage and add it to the soup, and then season with salt and vinegar. If you do not have lovage, you can use fresh parsley leaves instead.

The soup is delicious served with a bit of sour cream, and a hot pepper on the side.

Tripe Soup Recipe



Type of dish: Starter

Timing: 2 hours and 30 minutes

Difficulty: ☐ easy

Ingredients for 6 persons:

900 g tripe

1 carrot

1 celery root

1 parsley root

1 onion

peppercorns (black pepper)

4-5 tablespoons sour cream

4-5 garlic cloves

3 tablespoons apple vinegar

Preparation:

Step 1: Scrub and wash three times the tripe (two times with hot water and last time with cold water).

Step 2: Put the vegetables and the tripe in a large pot with cold salted water. Simmer for 2 hours at low heat.

Step 3: Drain the tripe and let it cool. Set aside the vegetables.

Step 4: Cut the tripe into thin stripes and put it back in the broth.

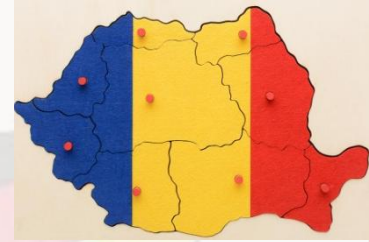
Step 5: Add the sour cream and some minced garlic.

Step 6: Season it with more sour cream, vinegar, salt or minced garlic (taste and adjust the seasoning).

Serve with hot peppers on the side.

Tripe soup is one of the classic Romanian dishes. It is a must try for all foreign visitors to Romania, but now you can try it at home. Tripe is the honeycomb structured stomach tissue of cows. The soup is easy to make and delicious.

Stuffed peppers with meat and rice



Type of dish: Main course

Timing: 1 h, 30 min

Difficulty: □ □ medium

Ingredients for 4 people:

8 large green/ red peppers,

1 kilo meat,

1 cup rice,

2 onions,

Salt, Oil , Dill , Parsley

Tomato paste

1 cup of flour

3-4 spoonfuls of oil

4-5 sliced tomatoes

Preparation:

Step 1: Wash, de-stem and de-seed peppers.

Step 2: Leave them with open side down to drain.

Step 3: In a vessel mixed the meat, minced onions, the rice and the tomato paste.

Step 4: Add salt and pepper to taste and then put the parsley, and when are well mixed, stuff peppers.

Step 5: Cover each pepper with the top of a tomato and put peppers into a baking dish.

Step 6: Make a sauce with 1 cup flour browned in 3-4 spoonfuls of oil and 4-5 sliced tomatoes, then pour sauce over the peppers.

Step 7: Fill baking dish with water, add salt and sprinkle a handful of chopped dill and parsley over peppers.

Step 8: Put into oven on low heat.

Step 9: Check rice from time to time to see if it is cooked, and add water and several tbs. tomato paste to refill the dish.

Advice of preparation(tips):

The same recipe can be used to prepare stuffed tomatoes, eggplants, marrows. Add some cream on top...and the taste will be extra.

Link to tradition:

Meat and rice together are very traditional for our people in addition with different vegetables.

Stuffed Cabbage Rolls



Type of dish: Main course

Timing:

Cooking time: 2 - 2 1/2 hours (preparation: 1 - 1 1/2 hour;
cooking: 45 minutes; baking: 15 minutes)

Difficulty: □ □ medium

Ingredients for 12 persons:

1,5 kg ground meat (combined lean beef and pork)

3 tablespoons rice

2 onions

1-2 slices of bread, soaked in water

2 sauerkraut cabbages (or 1 fresh cabbage and 1 quart jar
of sauerkraut)

2 tablespoons olive oil

salt

ground black pepper

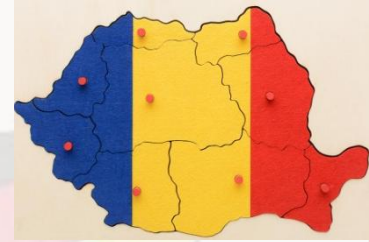
tomato paste - a small can

sour cream

Preparation:

- Step 1.** Mix the ground meat with one finely chopped onion, the soaked and mashed bread, the washed rice, salt and ground black pepper. To obtain a more tender composition add 2-3 tablespoons of water in the mixture.
- Step 2:** Wash and drain the sauerkraut cabbages. Squeeze them. If a fresh cabbage is used, you need to separate the leaves for filling. To do this, bring to a boil a pot of water, and submerge the cabbage into the hot water for a about 20 - 30 seconds, then separate the outer leaf and cut the middle vein. Repeat until all the leaves are separated. If a sauerkraut cabbage is used, then the leaves can be easily separated.
- Step 3:** Fill each leaf with the ground meat mixture and roll, tucking in the ends of the cabbage leaf. If the leaves are very big, you can cut them in half.
- Step 4:** Finely chop the remaining of the sauerkraut. If you use fresh cabbage, chop the remaining of the fresh cabbage and add the chopped sauerkraut.
- Step 5:** Put a layer of chopped cabbage on the bottom of a large nonstick pot and one layer of chopped onion. Add half can of tomato paste and the olive oil. Arrange the stuffed cabbage rolls in layers. Add on top chopped onion, the remaining chopped cabbage and the remaining tomato paste.
- Step 6:** Add water to cover everything. Season it with salt and peppercorns (black pepper).
- Step 7:** Bring to a boil and than simmer at medium-low heat for about 45 minutes. Add water from time to time to keep the stuffed rolls covered to the top.
- Step 8:** Preheat the oven at 375 F and put the pot in the oven for about 10-15 minutes.
- The dish is better served the next day after baking. Serve with sour cream on top. Traditionally, it can be served with polenta on the side.*

Leek and olive stew



Type of dish: Main course

Timing: 45 minutes

Difficulty: □ easy

Ingredients for 4 persons:

4 leeks

1 large onion

250 grams black olives

250 ml tomato paste

1/2 cube vegetable bouillon

250 ml hot water

4 tablespoons oil

1 tablespoon sugar

2 bay leaves

Salt and pepper

Preparation:

Step 1: Heat the oven at 180°

Step 2: After washing the leeks, remove the first layer and discard the green ends. Chop the leeks into pieces of about 2 centimeters.

Step 3: Separately, thinly chop the onion.

Step 4: In an oven-safe pan, heat the oil and add the chopped leeks and onion, then cook them until they're soft.

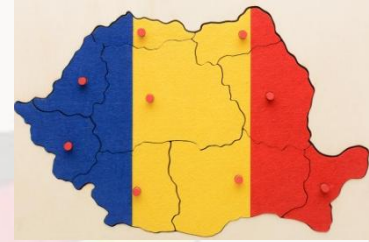
Step 5: Dissolve the vegetable bouillon in the hot water. Add it to the pan along with the tomato paste and the black olives.

Step 6: After 10 minutes, add the bay leaves, the sugar, salt and pepper.

Step 7: Let simmer for a bit, then transfer the pot in the oven and let the stew cook for another 10-15 minutes.

Serve warm, with polenta and sour cream or fresh bread.

Chicken in Tomato Sauce



Type of dish: Main course

Timing: 1 hour

Difficulty: ☐ easy

Ingredients for 4 people:

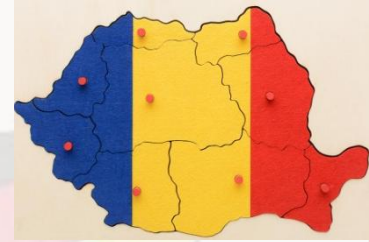
- 1 whole chicken (or a pack of your favorite parts)
- 1/2 a cup of plain flour, seasoned with salt and pepper
- Cooking oil (olive oil, butter, vegetable oil - I like a little olive oil with a knob of butter for richness)
- 1 large onion, finely chopped
- 3-4 cloves of garlic, crushed, chopped, or sliced
- 1 glass of white wine
- 800g of chopped peeled tomatoes (2 cans will do if you don't have fresh tomatoes)
- 1 or 2 bay leaves
- A few sprigs of thyme
- A little stock (optional)

Preparation:

- Step 1:** If you are using a whole chicken, remove the breasts and cut each in half, remove the legs and cut them at the knee to give you two drumsticks and two upper thighs, and remove the wings.
- Step 2:** Dredge the chicken pieces in the seasoned flour and put them in the pan, in which you have heated up the oil/butter to a moderate temperature. Let each side brown and turn them. Once browned all over, remove to a dish. Cook in batches if necessary.
- Step 3:** Into the same pan, throw the onion and allow to soften, stirring frequently, for a couple of minutes. Then add the garlic and cook for another minute or two. Use a wooden spoon to mix them well with the chicken-flavored oil and the bits of remaining flour.
- Step 4:** Deglaze the pan with a glass of white wine, scraping the side and mixing well. Turn up the heat a little and allow the wine to reduce until the smell coming from the pan is less alcoholic and the sauce is a little thicker.
- Step 5:** Pour in the tomatoes and their juices, the bay leaves and the thyme, and bring back to the boil. Once it has returned to the boil, reduce to a gentle simmer and cook for 5 minutes, stirring to combine all the ingredients. Once the sauce is well mixed, put the chicken pieces back in, cover the pan, and simmer on a low heat for about 15-20 minutes. Check the thicker pieces of chicken after this time to see if they are cooked to the center and continue cooking if they are still pink.
- Step 6:** Once all the chicken pieces are thoroughly cooked, remove them to the serving dish. If the sauce is a little thick, you can add a few splashes of stock. If it's a little thin, you can add a knob of butter and a tablespoon of flour and thicken it up. The sauce for *ostropel* is usually quite thin - not quite a soup, but not a thick gloopy sauce.

*Serve the *ostropel de pui* with polenta or mashed potatoes, and a hot chili pepper on the side.*

PORK AND SAUSAGE STEW (TOCHITURA)



Type of dish: Main dish

Timing: 1 hour

Difficulty: ☐ easy

INGREDIENTS FOR 2 PERSONS:

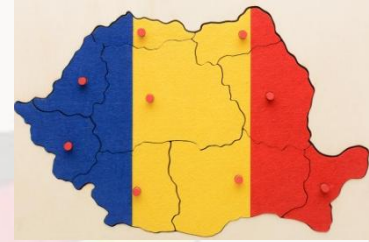
320g pork shoulder, cubed
100g bacon, cubed not sliced
150g sausage, cut in pieces
6 garlic cloves
1-2 bay leaves
 $\frac{1}{4}$ tsp star anise, ground
 $\frac{1}{4}$ tsp allspice, ground
250 ml white wine
 $\frac{1}{4}$ tsp thyme
2 tbsp paprika
salt and pepper to taste

Preparation:

- Step 1:** Cut meat in pieces and chop the garlic but not too small.
- Step 2:** Fry the bacon until the fat melts a little bit then add the pork and fry until is properly browned on all sides.
- Step 3:** Add sausages and fry for 3-5 minutes on medium heat.
- Step 4:** Add the garlic and saute for 1-2 minutes then pour in the wine along with a couple of bay leaves, cover and cook on medium to low heat for about 30 minutes. Depending the size of the pan, you might need to add some more wine or water, up to you just make sure is enough liquid so the meat doesn't burn.
- Step 5:** Final step would be to add all the herbs and cook it for another 10 minutes, covered. The dish is called a stew but is not actually, there is not that much sauce but if you like to do some more dipping then you can adjust the consistency by adding a bit more water or tomato juice... but not too much

Tochitură is made in two main varieties: with or without tomato sauce. The stew with the tomato sauce is the most common and it is prepared in most restaurants, but is less "traditional". The one without it has a sauce of pork fat and juices from the parts of the meat. The traditional Romanian stew contains not only raw meat, but parts of internal organs of the animal, like liver, kidneys, heart, pork fat or bacon and smoked sausages fried together. It is served with polenta, fried egg and a salty sheep cheese.

Meatballs (Chiftele)



Type of dish: Starter/ main dish

Timing: half an hour (preparation: 10 minutes; cooking: 20-25 minutes)

Difficulty: □ easy

Ingredients for 6-8 persons:

450 g ground meat (mixed lean beef and pork)

1-2 bread slices

1/2 medium onion

2 minced garlic cloves

1 teaspoon finely chopped dill

salt

ground black pepper

Preparation:

- Step 1:** Mix well the ground meat with bread soaked in water.
- Step 2:** Season with salt and ground black pepper. Add minced garlic cloves, finely grated onion and finely chopped dill. Knead the mixture.
- Step 3:** Form little meatballs with an ice scoop. Flatten the meatballs a little with your hands.
- Step 4:** Preheat olive oil in a skillet/pan (about half the height of a meatball).
- Step 5:** When the oil is warm enough (starting to get hot), add the meatballs to fill the bottom of the pan.
- Step 6:** Let the meatballs fry for 3-4 minutes. Check the side on the bottom: when the meatballs become golden brown on the bottom side, turn them over to the other side.
- Step 7:** When both sides turn golden brown, remove the meatballs using a strainer spoon.
- Step 8:** Put the meatballs temporarily on a paper towel for absorbing the excess oil. Arrange on a serving plate.

Meatballs are a traditional Romanian recipe, that can be served both as an appetizer for parties (in which case they should be made very small - bite size), or as a main dish with a side of mash potatoes, or any vegetable based dish.

Romanian Cheese Doughnuts - Papanasi



Type of dish: Dessert

Timing: 1 hour

Difficulty: □ □ medium

Ingredients for 6 papanasi:

300 g cow's sweet cheese (or ricotta/cottage cheese)

1 large egg

70 g sugar

200 g flour

$\frac{1}{2}$ teaspoon baking powder

Vanilla extract

Lemon zest

500 ml oil for frying the papanasi

200 g fruit preserve

200 g sour cream

Preparation:

Step 1: With a fork, mix the cheese, sugar, vanilla extract and lemon zest.

Step 2: Separately, mix the flour with the baking powder.

Step 3: Gradually add the flour mixture to the cheese mixture. Depending on the cheese you're using, you might need to add more or less flour. The dough should be soft and just a bit sticky, but firm enough to form doughnut balls with your hands.

Step 4: Spread some flour on your working surface and knead the dough for a bit to fully combine the ingredients.

Step 5: Form 6 large balls and 6 small balls, like in the photo.

Step 6: Using your finger, form a hole in each large ball.

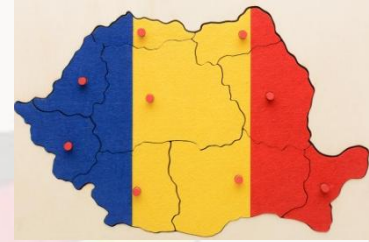
Step 7: Heat enough oil in a pot to cover the papanasi. Make sure the oil is hot - to do this, drop a bit of dough in the oil and see if it sizzles. Fry two large doughnuts and two small doughnuts at a time, until they're golden brown on each side.

Step 8: Transfer the doughnuts to a platter covered with absorbent paper to remove the excess oil.

Step 9: To make the papanasi, use a large doughnut as the base, top with a spoonful of sour cream, then decorate with fruit preserve and put the small doughnut on top. You can also sprinkle some powdered sugar on top.

There you have it, a traditional Romanian dessert that's easy to prepare and bursts with flavor!

Sponge cake- Chec



Preparation:

Step 1: Styr very very well the eggs.

Step 2: Put slowly the sugar and vanilla essence.

Step 3: Incorporate the flour mixing slowly.

Step 4: One cup of the mixture has to be mixed with cocoa and rum.

Step 5: Put the mixture in a special form for cakes dressed with cooking paper.

Step 6: On the top you put the cup of mixture with cocoa and rum and spread the nuts above.

Step 7: Put it in the oven and let it for 30 min.

Advice of preparation(tips):

The same recipe can be used with slightly changes and different other mixtures.

Link to tradition:

It is a very easy cake to prepare for a Sunday in family

Type of dish: Dessert

Timing: 1 h

Difficulty: □ □ medium

Ingredients for 2 pieces:

10 eggs - 2 cups sugar

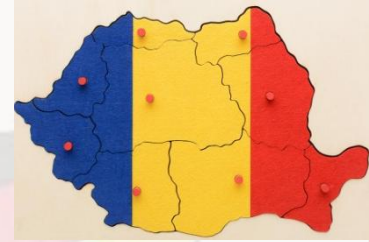
2 cups flour

2 spoon of cacao

Vanilla essence and rum

100g nuts

Romanian Salami Cookie



Type of dish: Dessert

Timing: 15 minutes

Difficulty: ☐ easy

Ingredients for 4 people :

- 4 tablespoons milk
- 200 grams Turkish delight (chopped)
- 3 tablespoons unsweetened cocoa
- 400 g butter biscuits
- 300 g walnuts
- 2 teaspoons rum extract
- 150 grams butter (softened)
- 6 tablespoons powdered sugar
- 2 large pasteurized eggs (separated)
- 200 grams sour cherries

Preparation:

- Step 1:** In a large saucepan, heat milk with Turkish delight until candy starts to melt and reduce in size. Remove from the heat.
- Step 2:** To the saucepan, add 1/2 of the cocoa, 1/2 of the biscuits, 1/2 of the walnuts, and half of the rum. Mix thoroughly and set aside.
- Step 3:** In a separate bowl, mix the softened butter with 5 tablespoons confectioners' sugar and 2 egg yolks.
- Step 4:** Add this to the ingredients in the saucepan and mix thoroughly.
- Step 5:** Add in the rest of the rum, cocoa, biscuits, walnuts, and the coarsely chopped sour cherries.
- Step 6:** Whip the egg whites until they form stiff peaks.
- Step 7:** Blend into the mixture.
- Step 8:** Sprinkle remaining 1 tablespoon confectioners' sugar and shredded coconut on a large piece of plastic wrap. Put the dough in the middle and roll it up in the plastic wrap, forming it into the shape of a salami.
- Step 9:** Wrap tightly and refrigerate 6 to 7 hours.
- Step 10:** Remove plastic wrap and cut into 1/2-inch slices when ready to serve.



Spanish Omelet



Type of dish: Starter

Timing: 1 hour

Difficulty: ☐ easy

Ingredients for 4 persons:

1 kilogram of potatoes

Salt and pepper to taste

8 large eggs (free range if possible)

1 onion

Extra Virgin Olive Oil



Preparation:

Step 1: Peel the potatoes and rinse them under cold water. Slice the potatoes into thin slices, I prefer about $\frac{1}{2}$ centimeter (some prefer thicker). Pat the potato slices dry and put them into a large bowl, sprinkle with salt, and mix well.

Step 2: Heat a $\frac{1}{2}$ inch of high quality extra virgin olive oil in a large frying pan at medium low heat. When the oil is hot, add the potatoes and add more oil if necessary until all are covered. Cook the potatoes for 20 minutes at a low heat (they may break apart, that is okay).

Step 3: While the potatoes are cooking, beat the eggs in a large bowl and season with some salt and pepper.

Step 4: Slice the onion as thin as possible (julienne style) and fry over a low heat in a separate heavy pan (I like stainless steel) for about 10-20 minutes until they begin to caramelize (stir often). When the onions are caramelized, drain off any excess oil and add to the egg mixture.

Step 5: When the potatoes have been frying 20 minutes, remove them with a slotted spoon into a strainer and allow to cool off while any excess oil drips away. After a few minutes, add the potatoes to the egg mixture and stir well. Let the egg mixture sit for about 20 minutes.

Step 6: In the same pan where you fried the potatoes, remove all the oil (you can reuse it!) and over a medium low heat add the egg mixture.

Step 7: Over a low heat, cook the eggs for about 6-8 minutes per side.

When you are sure that the bottom is cooked and you want to flip the tortilla, take a large plate and put it over the pan and flip quickly! Some egg will likely slip out-- it'll be messy-- but that's okay!

Step 8: Finally, slide out of the pan onto a serving plate and let cool a little before diving in.

Spanish Garlic Mushrooms



Type of dish: Starter

Timing: 30 minutes

Difficulty: ☐ easy

Ingredients for 4 persons

500g large button mushrooms

5 cloves of garlic, peeled and finely sliced.

2 cayenne peppers

$\frac{1}{3}$ cup white wine

$\frac{1}{2}$ cup good quality olive oil

1 cup of parsley, roughly chopped.



Preparation:

- Step 1:** First, clean the mushrooms by cutting the base of the stem, and then gently wiping with a damp cloth. Once clean, slice the mushrooms from top to bottom.
- Step 2:** Place a frying pan over medium heat, and add the olive oil. When the oil is hot, add the finely sliced garlic cloves and the cayenne peppers.
- Step 3:** Once the garlic starts to turn golden, add the mushrooms to the pan, along with the white wine and a pinch of salt. After the wine is reduced and absorbed by the mushrooms, leave the pan on the heat for five minutes more and then remove from heat.

Serve the mushrooms hot, garnished with the parsley and another pinch of salt.

TUNA Empanadas



Type of dish: Starter

Timing: 1 hour and a half

Difficulty: ☐ easy

INGREDIENTS

Filling

300grs of tuna fish if possible in escabeche, otherwise in olive oil is best.

3 boiled eggs

2 big onions

Olives

1 medium tin of red peppers

Tomato sauce

Salt

Pastry

750grs Flour

1 (coffee cup size) of wine

1 (coffee cup size) of boiling water

1 (coffee cup size) of oil

Salt

Preparation

Step 1: Filling

Put a bit of oil to a frying pan, when it is hot add the chopped onion and cook until they get golden colour, add the eggs, the tuna fish, olives and peppers, cook for a couple of minutes and add the tomato sauce mix all and reserve.

Step 2: Pastry

Add the boiling water and wine to the oil, add salt and stir a bit, add the flour a bit at a time until it is not sticky but it is not too hard either.

Split the pastry in two. Work it with a rolling pin, cover a mould with it and add the filling ingredients, cover with the rest of the pastry and fold the sides over. Whisk an egg white and a little bit of water and brush the empanada with it.

Step 3: Cook in the oven at 200C around 45 minutes.



Pilgrim scallops- galician style



Type of dish: Starters

Timing: 45 minutes

Difficulty: □ easy

Ingredients for 4 persons:

16 fresh pilgrim scallops
2 tablespoons of lemon juice
Two and a half tablespoons of orujo (pomace brandy)
Oil for the shells
4 tablespoons of breadcrumbs
1 onion, finely chopped
1 clove of garlic, finely chopped
4 tablespoons of olive oil
1 tablespoon of chopped parsley
1 teaspoon of sweet paprika
Pinch of ground cinnamon
Salt and pepper
125 ml of white wine

Preparation:

Step 1: Open the scallops with a knife. Clean them well and remove any inedible parts. Separate the corals (orange coloured roe) from the white scallop meat and drizzle the scallops with lemon juice.

Step 2: Sweat the onion and garlic in 3 tablespoons of olive oil until transparent. Finely chop the corals and mix them with the parsley. Season with paprika, cinnamon, salt and pepper. Pour over the white wine and orujo and bring to a boil. Clean 8 scallop shells and brush them with oil. Place 2 scallops in each shell and pour over the sauce. Sprinkle with breadcrumbs and drizzle over the remaining oil. Place the scallops in a preheated oven at 180 Celsius or gas mark 4 for around 12 minutes until golden brown.



Mussels and Albariño white wine



Type of dish: Main course

Timing: 45 minutes

Difficulty: □ easy

Ingredients for 4 persons:

- 1 kilo of mussels
- 300 ml of Albariño wine
- 6 shallots, finely chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons of olive oil
- 100 grams of black olives, stoned and chopped
- 100 ml of tomato sauce
- 15 grams of fresh parsley, chopped
- 2 tablespoons of dried breadcrumbs
- salt and black pepper



Preparation

- Step 1: Preheat the oven to 200 Celsius.
 - Step 2: Scrub and rinse the mussels well, once again removing any beards. Discard any broken or unopened mussels.
 - Step 3: Steam them in the white wine. Once cooked, throw away unopened mussels.
 - Step 4: Remove one half of each shell and arrange the mussels on the remaining half shells in four individual heatproof dishes. Strain the cooking liquid and preserve.
 - Step 5: Fry the shallots and garlic in the oil without letting them colour. Add the reserved liquid and bring to the boil. Cook over a medium to high heat until reduced by half. Add the olives, tomato sauce, parsley, salt and pepper. Simmer for 2-3 minutes and pour over the mussels.
 - Step 6: Sprinkle with the breadcrumbs and bake in the preheated oven for 10 minutes.
- Serve hot and with lots of bread to mop up the lovely juices.



Pulpo a la gallega



Type of dish: Main dish

Timing: 1 hour

Difficulty: ☐ easy

Ingredients:

2kg octopus

2kg peeled potatoes

2 tablespoons of cayenne pepper or paprika

2 tablespoons of rock salt

350 ml of virgin olive oil



Preparation

Step 1: First wash the octopus in cold running water.

Step 2: Bring a large saucepan of salted water to the boil. Place the octopus in the pan and simmer for 30 minutes.

Step 3: Remove the octopus and leave it to cool.

Step 4: Cook the peeled potatoes in the same liquid for about 20 minutes until they are tender.

Step 5: Cut the octopus into small slices.

Step 6: Then remove the potatoes and slice them. Place them in a large plate.

Step 7: Cover the potatoes with the slices of Octopus. Drizzle the Olive Oil on top. Sprinkle with paprika or cayenne pepper (whichever you prefer). Sprinkle rock salt and serve to your guests.

SEAFOOD PAELLA



Type of dish: Main course

Timing: 1 hour

Difficulty: □ □ medium

Ingredients for 6 people:

4 small lobster tails

Water

3 tbsp Private Reserve Extra Virgin Olive Oil

1 large yellow onion, chopped

2 cups Spanish rice or medium-grain rice, soaked in water for 15 to 20 minutes and then drained

4 garlic cloves, chopped

2 large pinches of Spanish saffron threads soaked in 1/2 cup water

1 tsp Sweet Spanish paprika

1 tsp cayenne pepper

1/2 tsp aleppo pepper flakes

Salt

2 large Roma tomatoes, finely chopped

6 oz French green beans, trimmed

1 lb prawns or large shrimp or your choice, peeled and deveined

1/4 cup chopped fresh parsley

Preparation:

Step 1: In a large pot, bring 3 cups of water to a rolling boil. Add the lobster tails and let boil very briefly (1-2 minutes) until pink. Turn the heat off. Remove the lobster tails with a pair of tongs. Do not discard the lobster cooking water. When the lobster is cool enough to handle, remove the shell and cut into large chunks.

Step 2: In a large deep pan or cast iron skillet, heat 3 tbsp olive oil. Turn the heat to medium-high and add the chopped onions. Saute the onions for 2 minutes then add the rice, and cook for 3 more minutes, stirring regularly. Now add the chopped garlic and the lobster cooking water. Stir in the saffron and it's soaking liquid, paprika, cayenne pepper, aleppo pepper, and salt. Stir in the chopped tomatoes and green beans. Bring to a boil and let the liquid slightly reduce, then cover (with lid or tightly with foil) and cook on low heat for 20 minutes.

Step 3: Uncover and spread the shrimp over the rice, pushing it into the rice slightly. Add a little water if needed. Cover and cook for another 10 minutes or until the shrimp turns pink. Finally, add the cooked lobster chunks. When the lobster is warmed through, turn heat off. Garnish with parsley.

Serve the paella hot with your favorite white wine.



Tarta de Santiago



Type of dish: Dessert

Timing: 1 hour

Difficulty: □ easy

Ingredients for 9 people:

1 3/4 cups whole almonds, preferably blanched

6 large eggs separated

1 1/4 cups superfine sugar

Grated zest of 1 orange

Grated zest of 1 lemon

4 drops almond extract

Confectioners' sugar for dusting



Preparation:

Step 1: Finely grind the almonds in a food processor.

Step 2: With an electric mixer, beat the egg yolks with the sugar to a smooth pale cream. Beat in the zests and almond extract. Add the ground almonds and mix very well.

Step 3: With clean beaters, beat the egg whites in a large bowl until stiff peaks form. Fold them into the egg and almond mixture (the mixture is thick, so you will need to fold it quite a bit).

Step 4: Grease an 11-inch springform pan, preferably nonstick, with butter and dust it with flour or spray with cooking spray. Pour in the cake batter, and bake into a preheated 350°F for 40 minutes, or until it feels firm to the touch. Let cool before turning out.

Step 5: Just before serving, dust the top of the cake with confectioners' sugar. Or, if you like, cut a St. James cross out of paper. Place it in the middle of the cake, and dust the cake with confectioners' sugar, then remove the paper.

Notes

Stencil the top of the cake using the traditional cross symbol of Saint James.

SPANISH CHURROS



Type of dish: Dessert

Timing: 30 minutes

Difficulty: □ easy

Ingredients for 6 people

For the Churros

Oil for frying

1 cup water

1 tablespoon vegetable oil

1/8 teaspoon salt

1 teaspoon granulated sugar

1 cup white flour

1/4 teaspoon baking powder

For the Topping

Sugar or honey to taste



Preparation:

- Step 1:** Pour frying oil into a large heavy-bottomed frying pan. Make sure there are about 2 inches of oil in the pan to cover the churros. There should be enough oil so that they float freely while frying. Set the pan aside.
- Step 2:** In a medium saucepan, pour in 1 cup of water. Add 1 tablespoon vegetable oil, salt, and sugar and stir. Bring water to a boil.
- Step 3:** While waiting for water to boil, dry the cup used to measure the water and use it to measure flour, as it is necessary to have equal parts flour and water. Pour flour into a medium-sized mixing bowl and add baking powder and stir.
- Step 4:** Once the water boils, remove saucepan and begin heating oil in the frying pan.
- Step 5:** Slowly pour boiling water from the saucepan into the flour mixture, stirring constantly with a fork until it is a smooth dough without lumps.
- Step 6:** Immediately spoon dough into a churrera (a large cookie press) or pastry bag.
- Step 7:** Carefully squeeze the dough into hot oil (350 F to 375 F) and fry until golden brown. Remove with a slotted spatula or long-handled fork. Place on a paper towel to drain.
- Step 8:** After the oil is drained, cut into manageable lengths.
- Step 9:** Sprinkle with sugar or drizzle with honey to taste, and serve.

FARDELEJOS



Type of dish: Dessert

Timing: 30 minutes

Difficulty: □ easy

Ingredients for 5 people

Pastry Crust:

125ml Vegetable Shortening

125ml Water

1/4 tsp Salt

7 cups all purpose flour

Filling:

3 eggs

500g ground almonds

1 1/2 cups granulated sugar

zest of one lemon

300ml Vegetable oil (for frying)

Icing Sugar for dusting

Preparation:

- Step 1:** First make the dough. Pour water, vegetable shortening and salt into a pan and turn the heat on high. When the vegetable shortening melts, remove the pan from heat.
- Step 2:** Carefully pour water and shortening mixture into a medium size bowl for mixing. Add flour and stir until slightly mixed.
- Step 3:** Lay the dough onto a cutting board and knead the dough until mixed completely. Form the dough into a ball. Wrap it in cling wrap and set aside in a warm spot while preparing the filling.
- Step 4:** Prepare the almond filling. In a medium size bowl, add the eggs, granulated sugar and lemon zest, and mix slowly. Add the ground almonds and mix thoroughly.
- Step 5:** Flour the cutting board. Take off a handful of dough and roll out the dough until very thin. Place a heaped tablespoon of filling onto the dough. Fold dough over the top of the filling and cut the dough into a rectangle around 4 x 6 cm, or in a semi-circle. Press the edges all around with your fingers or use a fork. Continue rolling an filling the fardelejos until you have finished the dough.
- Step 6:** Pour vegetable oil to a depth of about 3/4-inch a large, heavy bottom pan. Heat on a medium high heat. Fry the fardelejos until they are a golden colour .
- Step 7:** Remove from the pan and allow to drain on paper towels. When the fardelejos have cooled, dust with powdered sugar.





BERUFSSKOLLEG
Wirtschaft und Verwaltung
mit Wirtschaftsgymnasium



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