



Electronic cookbook

By the Project

“Next step of social life learning through English”

Key Action 2

“Cooperation for innovation and the exchange of good practices“





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Bulgarian, Turkish, Czech, Spanish, Lithuanian

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Bulgarian Shopska salad

Ingredients:

3 tomatoes cubed, 1/2 long cucumber or 1 regular cucumber, thinly sliced and halved, European, green bell pepper cubed, 1/4 cup black pitted olives sliced, 1/2 of a large red onion finely chopped, 1 cup Bulgarian cheese thinly grated, sirene, 1/4 cup extra virgin olive oil, salt to taste.



Preparation:

1. In a large bowl mix together tomatoes, cucumber, green bell peppers, red onion, and olives. Season with olive oil, and salt.
2. Sprinkle the cheese over the salad so that it's nicely covered.
3. Serve immediately or chill before serving.

Bulgarian Snow White salad

Ingredients:

extra thick, plain yoghurt - 1 liter, cucumber - 500g, garlic cloves, crushed - 2-3, fresh dill, chopped - half bunch, olive oil - 30ml, salt - to taste, walnuts



Preparation:

1. Strain the yoghurt.
2. Chop the cucumbers into tiny cubes.
3. Mix all the ingredients together.
4. Chill and serve.
5. Sprinkle with walnuts.



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Spanish Ensalada Mixta Salad

Ingredients:

2 large eggs, 1 head lettuce (iceberg or romaine), 2 tomatoes, 1 cucumber, 1 red or yellow bell pepper, 1/4 to 1/2 yellow or red onion, 1 carrot, 1 (6 oz.) can tuna, 1 (15 oz.) can white asparagus, 1 (14 oz.) can artichoke hearts, 1/2 cup green olives (preferably stuffed with anchovies).



Preparation:

1. Hard boil the eggs. Allow them to cool in cold water. Peel and cut the eggs into quarters or slice into thick slices.
2. Cut the lettuce head in half. Rinse the lettuce under cold water and allow to drain. While it is draining, prep the vegetables. Quarter the tomatoes (so you have 8 pieces). Peel and slice the cucumbers and slice the peppers into long, thin strips. Thinly slice the onion and grate the carrot.
3. Open the cans of tuna, white asparagus, and artichoke hearts and drain each one well.
4. Break up the lettuce into small pieces for a salad. Make a bed of lettuce on a large platter.
5. On top of the bed, place the tomatoes, cucumbers, onions, peppers, and carrots.
6. Spread the tuna around the bed of lettuce, breaking it up into small chunks with a fork.
7. Place the egg slices, asparagus, artichoke hearts, olives, and baby corn ears (if using) on top.
8. Dress with oil and vinegar and sprinkle with salt to taste.



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Turkish chopped salad

Ingredients:

1 head of romaine lettuce, 1/2 large cucumber (or 1 small), 2 large tomatoes, 1/4 green bell pepper, 1/4 red bell pepper, 1/2 a small red onion, 1 clove of garlic, Juice of one lemon (2-3 tbsp), 1 tsp salt, 1/2 tsp fresh ground black pepper, 2 tbsp extra virgin olive oil, 6-8 fresh mint leaves, finely sliced, 1/3 cup fresh flat-leaf parsley, finely chopped, 1/2 tsp sumac, feta cheese and black olives for garnish.



Preparation:

1. Chop the lettuce in bite-size pieces. De-seed (optional) and chop the cucumber and tomatoes. Seed the the peppers, remove the cores and cut the flesh into thin strips. Cut the red onion in half, peel and finely slice it. Then toss all the chopped veggies into a large bowl.
2. To make the dressing crush, peel and finely mince the clove of garlic. Add to it the juice of a large lemon, salt, pepper, olive oil, the finely chopped mint and parsley and sumac. Whisk everything together.
3. Pour the dressing over the salad and toss lightly. Serve garnished with feta cheese cubes and some black olives.



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Lithuanian Vegetable Salad (Darzoviu Misraine)

Ingredients:

2 medium potatoes, cooked, peeled and diced, about 2 cups, 1 medium beet, roasted, peeled and diced, about ½ cup, 1 carrots, peeled, cooked and diced, about ½ cup, ½ cup peas, cooked, 1 small onion, chopped, 1 small pickle, finely chopped, 1 hard-boiled egg, chopped, ¼ cup minced fresh dill, ½ cup sour cream, ½ teaspoon salt, fresh ground black pepper, to taste.



Preparation:

1. Cook the vegetables first, the potatoes, beets, carrots and peas but make sure to just cook until tender, you don't want to overcook any of them.
2. Once cool enough to handle, chop the potato, carrots and beets into bite size pieces.
3. All vegetables should be at room temperature when you start mixing them together.
4. Place vegetables, egg and pickle in a large bowl.
5. Sprinkle half the salt and half the dill on the vegetables.
6. Add some freshly ground pepper.
7. Add half the sour cream and stir carefully, taking care not to mash the vegetables.
8. Repeat with remaining salt, pepper, and sour cream.
9. Serve cold or at room temperature.



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Bramborový Salát – Czech Potato Salad

Ingredients:

5 large potatoes (regular brown russet potatoes), 1 white onion, 2 sticks of celery, 2 carrots, 3 hard boiled eggs, 5 baby pickles, 2 oz frozen peas, 1 tablespoon Worcestershire sauce, 4 tablespoons or more of mayonnaise (that's up to your preference), 2 tablespoons lemon juice, 5 pieces whole black pepper, 3 pieces whole allspice, 2 bay leaves, ½ teaspoon thyme.



Preparation:

1. Boil potatoes with the skin on. Boil eggs for about 10 minutes. When eggs are done add them to cool water and let sit 5 to 10 minutes. This will help make the peeling easier.
2. Cook carrots and celery in salted water with whole black pepper; about five pieces. Also add 3 pieces of allspice whole, two bay leaves, and ½ teaspoon of thyme. Boil vegetables until done but still firm.
3. Let the potatoes, eggs, and vegetables completely cool down. Peel potatoes and eggs. Dice in to small pieces the eggs, potatoes, carrots, and celery. Finely chop onion and pickles.
4. Gently mix all ingredients including the peas together gradually adding in the salt, pepper, lemon juice, and Worcestershire sauce. Fold in mayonnaise. Refrigerate for a few hours but tastes best if made the night before.



Bulgarian Potato salad

Ingredients:

Raw potatoes, pieces of green onion or heads of white onion, fresh parsley, salt, vinegar, dill, oli.



Preparation:

1. Take the potatoes and wash them. Then put them in water to boil (boil until ready.
2. Peel the potatoes while still hot. Set a side and ait them to cool down for like 10 min.
3. Cut the potatoes as on the photo (bigger chunks)and put them in a larger boStep
4. Take the green onion and chop it, if you have fresh onion cut the head on 2 then cut each half on to rainbow pieces.
5. Add the onion to the potatoes.
6. Wash the parsley and chopp it, then add it to the potatoes and the onion.
7. Add 1-2 teaspoons of dill (can be dried or fresh) add oil about 5-6 tablespoons, add about 3-4 spoons vinegar, and salt on taste.
8. Stirr in all the ingredients and taste, if the vinegar is little add a bit more, if you think you need more oil add a bit more!



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Turkish Red Lentil Soup (Süzme Mercimek Çorbası)

Ingredients:

1 small onion, 1 small carrot, 1 small potato, 3/4 cup red lentils, 1 teaspoon cumin powder, Salt and pepper to taste, 6 cups (1 1/2 liters) water, 2 tablespoons butter or margarine, 1 tablespoon all-purpose flour.



Preparation:

1. Peel and coarsely chop onion, carrot, and potato and place into a large saucepan. Add the red lentils, cumin, salt and pepper to taste, and water. Bring to a boil then reduce the heat to low and cover.
2. Let the mixture simmer slowly until the vegetables are very soft and the lentils fall apart. Remove the pan from the heat. To make a smooth mixture, press the contents through a fine wire mesh strainer using a wooden spoon, or process in your food processor or blender. Hand blenders (immersion blenders) are great for puréeing the soup right in the pot.
3. In a small skillet, melt the butter or margarine and then add the flour. Stir the mixture for a few seconds then add it to the soup (don't let the flour burn).
4. Stir well, then let the soup simmer on low for about 15 minutes. Adjust the seasonings to your taste.
5. If the soup seems too thick add a little more water. Serve hot with chunks of crusty bread and a wedge of lemon.



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Lithuanian Saltibarsciai (Cold Beet Soup)

Ingredients:

4 eggs, 1 quart buttermilk, 1 pound beets, peeled and shredded, 1 large English cucumber - peeled, quartered, and sliced, 1/4 cup minced chives, 1 bunch fresh dill, minced.



Preparation:

1. Place the eggs into a saucepan in a single layer and cover the eggs with water by inch. Cover the saucepan and bring the water to a boil. Remove from the heat and let the eggs stand in the hot water for 15 minutes; drain. Cool the eggs under cold running water in the sink. Peel and chop the eggs.

2. Pour the buttermilk into a large bowl; add the eggs, beets, cucumber, chives, and dill. Stir gently to combine. Chill in refrigerator for 1 full day before serving.



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Tarator (Bulgarian cold soup)

Ingredients:

300 - 400 g diced cucumbers (peeled), 500g fresh plain yoghurt, 7 - 8 ground walnuts (optional), 3 - 4 crushed garlic cloves, 1 tablespoon oil, Small handful of finely chopped dill - (dried or fresh), salt.



Instructions:

Beat the yoghurt using a hand whisk or a fork.

Add the garlic, walnuts, cucumbers, oil and a pinch of salt.

Mix well.

Dilute the mixture to the desired consistency with chilled water and stir well.

Serve cold with a sprinkling of chopped dill.



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Spanish Cold Tomato Soup (Gazpacho Andaluz)

Ingredients:

3 pounds very ripe tomatoes (peeled, seeded and coarsely chopped)

Optional: The insides (not the crusts) of a large, day-old white baguette, 2 cucumbers (peeled, seeded, coarsely chopped, 1 small sweet onion (coarsely chopped), 3 cloves garlic, minced, 1 red bell pepper (or any sweet pepper-- red makes the color more vibrant), 1 to 2 tablespoons sherry vinegar (or red-wine vinegar), 1/2 cup extra-virgin olive oil, dash salt (or to taste), dash pepper.

Preparation:

1. The easiest way to peel tomatoes is to boil water in a medium saucepan. As soon as the water boils, turn off heat and place the tomatoes in the hot water for 1 minute. Carefully remove hot tomatoes. The skin will rub off easily.
2. Soak the bread in a few tablespoons of water. Gently remove and squeeze dry.
3. Place the tomatoes, bread, cucumbers, onions, garlic, and pepper in a blender. Blend until the mixture is smooth. All the ingredients may not fit at one time, so you may have to fill the blender several times.
4. Add the vinegar and pulse until it is completely incorporated. Optionally, you can strain the gazpacho at this step. This will give it a smoother texture. Some people prefer their gazpacho slightly chunky-- it's a matter of personal taste.
5. Add the extra virgin olive oil little by little, while the blender is running until completely incorporated.
6. Once the gazpacho is completely blended, pour it into a large non-metallic bowl. Season with additional vinegar and add salt and pepper to taste. Mix well, cover and refrigerate for at least 1 hour.
7. Garnish each serving with the chopped vegetables, croutons and egg if desired.





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Czech Garlic Soup (Česnečka)

Ingredients:

2 tablespoons bacon fat (or butter), 1 small onion (finely chopped), 6 cloves garlic (minced), 6 cups chicken stock (or beef, hot), 2 large potatoes (peeled and coarsely chopped), Salt and black pepper to taste

Optional: 3 cloves garlic (crushed), Garnish: croutons, Garnish: grated cheese



Preparation:

1. In a medium saucepan, melt bacon fat or butter. Add onions and garlic and cook until translucent.
2. Add hot stock and bring to a boil. Add potatoes, return to the boil, reduce heat and simmer until potatoes are tender.
3. Adjust seasoning and, for a stronger garlic taste, add 3 cloves crushed garlic (not minced). Serve immediately with croutons and grated cheese of choice.



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Lithuanian Potato-Meat Dumplings (Cepelinai)

Ingredients:

For the Meat Filling: 1 pound ground pork (or 1/3 pound pork, 1/3 pound beef, 1/3 pound veal), 1 medium onion (peeled and finely chopped), 1 teaspoon salt, 1/4 teaspoon pepper, 1 large beaten egg.

For the Dumplings: 8 large Idaho potatoes (peeled and finely grated – not shredded), 2 large Idaho potatoes (peeled, boiled and riced), 1 medium onion (peeled and finely grated), 1 teaspoon salt, more or less to taste.

For the Gravy: 1/2 pound bacon (diced), 1 large chopped onion, 1 cup sour cream.

Preparation:

1. Make the Dumplings

Add a drop or two of lemon juice to the grated potatoes so they don't turn brown. Place them in a fine-mesh cheesecloth or cotton dish towel and twist over a large bowl to get rid of the excess water. Pour off the water, reserving the potato starch at the bottom of the bowl.

Unwrap the cheesecloth and place potatoes in the bowl with the potato starch you reserved from the bottom of the bowl. Add the riced boiled potatoes, grated onion, and 1 teaspoon salt or to taste. Mix well. Put a large stockpot of water on to boil. To form the zepelins, take about 1 cup of dumpling mixture and pat it flat in the palm of the hand. Place 1/4 cup or more of meat mixture in the center and, using slightly dampened hands, fold the potato mixture around the meat into a football shape, sealing well. Continue until both mixtures are gone.

2. Cook the Dumplings: Carefully lower dumplings into salted, boiling water to which 1 tablespoon of cornstarch has been added (to prevent dumplings from falling apart). Make sure water returns to the boil and continue boiling for 25 minutes. Remove dumplings with a slotted spoon or strainer, drain briefly on a clean dish towel and place on a heated platter.

3. Make the Gravy: While the dumplings are boiling, make the gravy. In a medium skillet, fry the bacon and chopped onion until tender. Drain and combine with sour cream and black pepper. Thin with 1 to 2 tablespoons milk if necessary. Ladle dumplings with gravy or pass the gravy at the table.



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Bulgarian Stuffed Peppers

Ingredients:

6 green or red peppers, 500g minced meat (beef or pork), 1 cup white rice, tablespoon oil, 1 tomato, peeled and minced, 1 carrot, minced, 1 onion, minced, 1 tablespoon paprika, 1 clove garlic, minced, 1 tbsp parsley, minced, pinch of oregano, cumin, savory, and black pepper.



Preparation:

1. Fry the minced onion in oil until golden. Add the garlic, carrot, red pepper, oregano, cumin, savory, black pepper and the meat. In a separate pan, cook the rice in some oil for about 5 minutes, then add a cup of water and let it simmer until the rice absorbs it all.
2. Combine everything, add the tomato and stir well. Take off the heat and use the mixture to stuff the peppers.
3. Put the stuffed peppers in a casserole dish, fill with water just below the top of the peppers and cook 30 minutes in 375°F oven.
Serve warm.



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Traditional Bulgarian Hotch-Potch

Ingredients:

1 kg of pork, 150gr. Onion, 2 heads of garlic, 3-4 tablespoon of tomato paste, ½ jar roasted peeled red peppers, 150 gr. sunflower oil, 1 kg potatoes, 300 gr. Zucchini, 300 gr. Okra, 200 gr., green peas, 300 gr. green beans, 2 chili peppers, red paprika powder, 100 ml. red wine, parsley, salt, black pepper to taste.



Preparation:

1. Cut the meat into large pieces and slightly fry in 2-3- tablespoon sunflower oil then take out the meat.
2. Fry some finely chopped onion in the same oil and add 3-4 tablespoon of tomato paste adding some red paprika powder.
3. Put back the meat, add some salt, pour some hot water and the wine and put to the boil. Add the rest of the vegetables.
4. When the meat is soft add the rest of the oil and the potatoes cut in large pieces.
5. Put everything in an earthenware pot and bake it until ready.
6. Strew some ground black pepper and chopped parsley on top.



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Spanish Paella Valenciana

Ingredients:

500 grams of Spanish rice, 800 grams of chopped chicken, 600 grams of chopped rabbit, 250 grams of wide green beans, 200 grams of large white lima beans, 100 grams of crushed or grated tomato, 150 cc of olive oil, Fresh saffron strands, if not available you can use another food dye. It won't be the same though!, 1 tbs of paprika, Salt, Fresh rosemary, 1 litre of water.

Preparation:

1. First level the paella (pan) so the rice will be evenly distributed. Pour some olive oil and put the paella down, the oil must pool in the center. Once it's leveled, light the fire and wait till it's very hot
2. Spread the oil throughout the paella with a spreader. Add the chicken and rabbit with salt to taste. The bigger pieces go in the center and the smaller pieces closer to the edge, in this way we avoid burning any of them. Turn the pieces over until they are browned all over.
3. Once the meat is well browned, remove it from the center towards the edges. Add the wide green beans to the center of the paella. The green beans must be properly fried too.
4. When the green beans are done we add the crushed tomato (natural, not canned). Saute until the tomato has released all its liquid.
5. Once all these ingredients are ready stir the contents to spread them well in the paella. Add the paprika and stir quickly so it doesn't burn.
6. In paella the amount of water should double the amount of rice, so if we use 500 grams of rice we should use 1 liter of water .
7. Add the saffron strands or food dye and the lima beans.
8. Once the broth reaches boiling point, let it boil for 5 minutes at high heat and then simmer at low heat for 40 minutes
9. After the 40 minutes we turn the heat up again and add the rice evenly in the paella. Instead of measuring, the expert make a cross like shape that about 1 finger higher than the paella. Cook for 5 minutes at high heat, then 5 at medium heat and then for 8-10 minutes at minimum heat. In total the rice cooks in 18 to 20 minutes.



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Tortilla de Patatas | Spanish Tortilla

Ingredients:

4 eggs, 1/2 kilo of potatoes, 1 medium sized onion (optional), Olive oil, Salt



Preparation:

1. Peel and wash the potatoes. Slice them in thin sheets or in small cubes. Add salt to taste
2. Cut the onion in julienne strips
3. In a deep frying pan pour plenty of olive oil, add the potatoes and onion (and other ingredients)
4. Maintain on the fire at medium heat, so the onion and potatoes get cooked. Once they're soft and slightly brown remove from the fire and strain
5. In a bowl whisk the eggs until they are well blended and get a slight foam.
6. Add the potatoes and onions to the bowl and let them soak for 10 minutes.
7. Put two tbs of olive oil in a nonstick frying pan and pour the mix. Shake the pan so the oil spreads in the bottom of the pan. If it's a regular pan this also stops the tortilla from sticking.
8. Heat until the mix begins to boil.
9. Place a large dish or similar implement on top of the pan as a lid, with a quick movement turn the content of the pan into the plate.
10. Now let the tortilla slide into the pan, the cooked side up.
11. Let it cook for 2-4 minutes (this depends on how raw or cooked you like it), shake the pan.



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Turkish Veggie Bulgur (Kisir)

Ingredients:

1 cup fine bulgur, 1 cup boiling water, 2 tablespoons olive oil, 1 onion, finely chopped, 2 large tomatoes, finely chopped, 1 cucumber, diced, 2 green bell peppers, finely chopped, 1 red bell pepper, finely chopped, 7 green onions, finely chopped, 1/2 cup minced fresh parsley, 1/2 cup minced fresh mint leaves, 1 teaspoon red pepper flakes, or to taste, 2 tablespoons olive oil, juice of 1 fresh lemon, 2 tablespoons pomegranate molasses.



Preparation:

1. Place the bulgur in a bowl; stir in the boiling water. Cover and let stand for 20 minutes.
2. Meanwhile, heat 2 tablespoons olive oil in a skillet over medium heat. Stir in the chopped onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Drain the bulgur and return it to the bowl. Add the cooked onion, chopped tomatoes, cucumber, green and red bell peppers, green onions, parsley, mint, and red pepper flakes. Drizzle with 2 tablespoons olive oil, the lemon juice, and the pomegranate molasses. Toss gently until the salad is thoroughly combined. Serve immediately, or refrigerate until serving.



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Turkish Beef Shish Kebab

Ingredients:

2 pounds beef (sirloin or tenderloin, cut into 1-inch cubes), 1/2 cup olive oil, 1 tablespoon vinegar (white), 1 teaspoon cumin, 1/2 teaspoon coriander, 1/2 teaspoon paprika, 1 teaspoon garlic (minced).



Preparation:

1. About 24 hours prior to grilling, prepare marinade by combining olive oil, vinegar, cumin, coriander, paprika, and garlic. Pour marinade into a freezer bag and add beef cubes. Allow to marinate in the refrigerator until ready to grill.
2. Remove beef from the refrigerator and thread meat onto skewers that have been sprayed with cooking oil. If using the optional vegetables, thread them onto separate skewers because they cook differently than the beef.
3. Spray grill with cooking oil to prevent sticking. Grill for 5 to 7 minutes on each side or until desired doneness.



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Czech Svičková

Ingredients:

3 lbs Sirloin Roast, 2 Cups Water, 1 Cup Vinegar, 2 Carrots, Chopped, 2 Ribs of Celery, Chopped, 2 Parsnips, Chopped, 1 onion, Chopped, 5 pieces of Allspice, 6 Peppercorns, 2 Bay Leaves, 4 Tbls All Purpose Flour, 1 16 oz container Sour Cream, 1 Cup Beef Broth, 1/2 Tsp Thyme.

Preparation:

1. Combine water, vinegar, vegetables, allspice, peppercorns, and bay leaves into a saucepan and bring to a boil. Reduce heat and simmer for ten minutes.
2. Cool marinade to room temperature.
3. Pour marinade onto roast in baking dish and cover.
4. Refrigerate marinated meat for at least twenty four hours. (I recommend you marinate for at least 48 hours). Flip roast over every 12-24 hours to both sides adequately absorb marinade.
5. When ready to roast, season meat with salt, pepper and thyme. Place roast into roasting pan and cover with marinade and vegetables. Place roasting pan in preheated 350 degree oven. Roast for about 1 hour and 45 minutes.
6. Remove roast from oven and place on cutting board. Reserve remaining juices from roast and discard vegetables.
7. Begin sauce by combining flour and sour cream in saucepan over low heat.
8. Slowly add reserved marinade and beef broth to heated sour cream and flour mixture.
9. Stir sauce for seven minutes over low heat. Flour should be dissolved and mixture should be adequately thickened.
10. Serve sauce over thinly sliced beef.
11. Serve over dumplings.



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Czech Goulash (Guláš)

Ingredients:

1 medium onion chopped, 2 lbs cubed beef or pork, 2 tbsp oil, pinch salt, 1/8 tsp ground black pepper, 1/8 tsp marjoram, 1 1/2 cups hot water or beer, 1 tsp vinegar, 4 tbsp tomato paste, 1/4 cup flour, 2 tomatoes, chopped, 1 green pepper, chopped.



Preparations:

1. Heat oil in stew pot then add chopped onion. You can add a few caraway seeds before onions are done if you'd like. Stir onions done - golden. Add cubed meat and sprinkle with salt and pepper.
2. Stir in tomato paste, vinegar water (or beer). Mix thoroughly and simmer about 45 minutes or until tender. Add flour to thicken and stir in salt, marjoram and even some garlic if you'd like. Simmer 5 or so more minutes.
3. Lastly add chopped tomatoes and green pepper stirring in well but don't cook any longer.



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Czech Yeast Dumplings (Houskové Knedlíky)

Ingredients:

1/2 package dry yeast, 2 cups warm water, 1 teaspoon sugar, 2 tablespoons salt, 4 cups instant flour, 1 egg, 1 cubed bread roll.



Preparations:

1. Dissolve yeast in lukewarm water with sugar.
2. In a big bowl combine flour, salt, egg and bread roll.
3. After yeast rises, add to mixture and knead for 10 minutes or so. Form 4 rolls on a sheet with flour. Cover and let rise. Boil salted water and gently place in water - maybe one or two at a time.
4. Cover and cook about 20 minutes. Test for doneness with toothpick. It should be light and puffy. Remove from water and slice.



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Turkish bread Ekmek

Ingredients:

1 tablespoon of yeast, 1 1/2 cups warm water, pinch of sugar, 1 1/2 small spoon of salt, 3 tablespoons of oil, 4 cups of flour.



Preparation:

1. Melt yeast and pinch of sugar in warm water; let it rest for 10 minutes.
2. When it's frothy, stir it in salt, oil and flour (2 cups). Gradually add the leftover flour, mixing it well.
3. Squeeze 8-10 minutes or until it gets smooth and elastic.
4. Place the mixture in a greased bowl and let it rise until it doubles (1/2-1 hour.)
5. Punch down and let rise again until it doubles.
6. Punch down and divide into 1-4 pieces.
7. Roll into a diamond shape and then roll up and pinch to seal to form long loaves.
8. Place it on oiled cookie sheet. Slice the top of the dough with your knife 3 times diagonally down each loaf.
9. Brush with water and let rise until it doubles again (about 1 hour). Bake at 190 C for 30 minutes.
10. Use within one day or double wrap and freeze.



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Bulgarian Tutmanik - aka Multi-layer Bread with Feta Cheese

Ingredients:

For the dough: About 1kg. flour, 1 cube fresh yeast (about 40 g), 1 tsp sugar, 1 tsp salt, 4 eggs, 1 cup lukewarm water, 500 g cheese - shredded, 200 g melted butter
For glaze: 1 egg - beaten.



Preparation:

1. Pour the dough onto a flat floured surface and knead.
2. Roll rectangular crust - about 2 cm thick (mine has got approximately 40x40 cm)
3. Spread 1/3 of butter all over the crust and sprinkle with 1/3 of shredded cheese.
4. Fold crust as an envelope.
5. Turn folded crust seam side down.
6. Roll to the initial crust size, spread the second 1/3 of the butter and the second 1/3 of the shredded cheese.
7. Fold again as an envelope.
8. Turn again folded crust seam side down, roll initial size, spread with the last part of the butter and sprinkle with the last part of the cheese.
9. Fold again as an envelope. The crust is thick and almost square shaped.
10. Without rolling the crust, place the folded crust seam side down into a suitable baking pan, previously lined with baking paper or oil well and sprinkled with flour.
12. Cut the folded crust into triangles as follows: first the black lines, then the red and at last the blue ones. Lightly press with a rolling-pin end in the middle of each triangle - to let dough layers open better.
13. Serve warm, even hot – the Tutmanik is tremendously delicious!



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Spanish Bread with tomato - Pa amb tomàquet

Ingredients:

day old pan de cristal, cut in half, vine-ripened tomato, extra virgin olive oil, sea salt or a fine flake salt, fresh garlic



Preparation:

1. Toast the bread over open flame, grill or in the broiler.
2. Slice a clove of garlic in half and rub over the surface of the bread.
(method 1) Slice a tomato in half and rub it liberally across the bread, shredding the pulp in the process, until the bread is saturated enough or you just have the tomato skin remaining.
3. Drizzle generously with olive oil.
4. Season with salt.



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Kibinas - Lithuanian meat pie

Ingredients

dough - 500g all purpose flour, 225g room temperature margarine, 3 eggs, 3 tbsp. sour cream, 0.5 tsp. fine saline

filling - 500 g favorite minced meat, 1 heaped tbsp. sour cream, 2 large, onions, 1 tsp. dried marjoram, salt, black pepper

Preparation:

The dough – in one bowl whisk 2 eggs and 1 egg white with 0.5 tsp. of salt and 3 tbsp. of sour cream. Reserve 1 egg yolk for pastry coating. Mix margarine with eggs. After, add little by little the flour and knead the dough. You should add that much flour until the dough still sticks to your hands, but it's elastic. If you add too much of flour, the pastries might be too hard. When the dough is done, form the ball and put it in the bowl, cover with plastic wrap and leave it in the fridge for at least one hour, or place in the freezer for ~30 minutes. The dough can be left in the refrigerator overnight as well.

Filling – mix the meat with sour cream, marjoram, salt and pepper according to your taste (I usually add ~2/3 tsp. of salt and 0,5 tsp. of black peppers). Chop the onions in small pieces and add to the filling, mix well.

1. When the dough is ready – begin to form pastries. Take a piece of dough, roll it out on a lightly floured surface and using a desired size of cup press the circles. You can make one half of small pastries, and another half – bigger ones. When you roll out the dough, use very little of flour that pastries wouldn't be too hard. The thickness of rolled out dough should be about 0,3-0,4 cm. I always make half portion of small size pastries, and another half – bigger ones. In the middle of each dough circle put about 1 tbsp. of the filling (elongated) and press well the sides together on the top (elongated too). Grease the baking tray with margarine or butter. Put the pastries on it. Leave couple centimetres between each pastry, that they wouldn't stick together while baking. When all pastries are on the baking tray, then make a little curly string on each pastry from the pressed edges. Lightly brush the top of the pastries with the egg yolk. Bake pastries for about 30 minutes, until they will turn nicely brown. Kibinai are tasty hot and cold.



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Lithuanian Tree Cake - Raguolis or Šakotis

Ingredients:

5 Large Eggs & 1 egg yolk, 150 Grams Butter (unsalted), 125 Grams AP Flour, 25 ml Heavy Cream, 100 Grams Sugar, Zest of 1 Orange, 1/4 tsp Anise Extract, 1/4 tsp Vanilla Extract, Pinch of Sea Salt, Slivered almonds



Preparation:

1. Blend everything (except almonds) on a high power blender until smooth & let batter rest for 30 minutes - transfer to a squeeze bottle with a thin tip (or a pastry bag with a very thin tip)
2. Heat up a non stick skillet or a seasoned skillet to medium heat & melt some butter on it. Once the butter has stopped foaming, wipe the skillet lightly with a paper towel.
3. Sprinkle the batter out of the squeeze bottle into a free form design on the skillet making sure the lines are all connected and sprinkle with some slivered almonds (so the pastry doesn't fall apart later).
4. Once the lines of batter are set, flip the over in the pan, let the other side set for just a little bit & then flip it back and roll it into a tube.
5. Allow the batter to sit & cool. As it cools it will harden into a crispy delicious cookie.



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Turkish Kemalpaşa Dessert

Ingredients:

For its sherbet: 2 cups water, 1 ½ cup sugar, 1 tbsp lemon juice

For its dough: 1 1/2 cups flour, 1 tsp baking soda, 2 eggs, 5 tbsp butter, 150g unsalted cheese or sweet curd



Preparation:

1. Boil water and sugar in a pot about 10 minutes. Once it boils, add lemon juice. Boil it one more minute and take it from fire.
2. Sieve the flour in a tray. Break eggs in the middle of the flour. Mix it with your hands. Then add baking soda, butter and crumbled unsalted cheese. Knead all of them well. It should be soft enough, but shouldn't be sticky. Lay greased cooking paper on a tray. Roll about 20 pieces from the dough as big as a walnut. Put them in the tray and cook them for about 20 minutes until golden.
3. After they are cooked, take them out from the oven. Let them cool for about 20 minutes. Then, heat the sherbet again and when it boils, put these dessert cookies into the boiling sherbet and boil them until they get soft. This takes about 10 or 15 minutes. Then take them with the help of a colander.
4. Serve it cold. If you like, you can serve it with ice cream or cream, walnuts.. I love it plain.



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Czech Apple Strudel

Ingredients:

Phyllo or flaky pastry, 4-6 apples, cinnamon sugar, egg, powdered sugar raisins, walnuts



Preparation:

1. Roll out pastry in slim rectangle.
2. Grate apples and put them on dough. Add raisins or chopped walnuts if you want.
3. Sprinkle apples with cinnamon sugar.
4. Roll up dough into long cylinder and close both ends.
5. At last brush strudel with whisked egg.
6. Put in preheated oven 200°C (390°F) for about 20 minutes until strudel has nice golden color.
7. Dust with powdered sugar. Apple strudel can be served with whipped cream.



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Spanish Churros

Ingredients:

250 ml of water, 125 grams of butter, 200 grams of flour, 1 egg, 1 piece of lemon rind, 4 tablespoons of sugar, Quarter of a teaspoon of ground cinnamon, Oil for frying.



Preparation:

1. Bring the water, lemon rind and butter to the boil. Remove the lemon rind and add the flour, stirring well over a low heat and until the mixture comes away from the sides clearly and forms a ball. Remove from the heat.
2. Beat in the whole egg and continue beating until thick and smooth. Spoon the mixture into a piping bag and with a fluted tube.
3. Heat the oil and squeeze 4 inch strips of dough into hot oil.
4. Fry 3 or 4 strips at a time until golden brown, turning once, for 2 minutes on each side.
5. Drain on paper towels. Sprinkle with sugar and cinnamon and serve with hot chocolate.
6. To make the hot chocolate: Place the chopped chocolate and half the milk in a saucepan and heat gently, stirring, until the chocolate has melted. Dissolve the cornstarch in the remaining milk and whisk into the chocolate. Cook over a gentle flame for around 5 minutes, whisking constantly, until the chocolate has thickened. Add extra cornstarch if it fails to thicken after 5 minutes. Pour into cups and get dipping!



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Bulgarian Pumpkin Banitsa

Ingredients:

1 cup Pumpkin, shredded (about $\frac{1}{4}$ of a small pumpkin), $\frac{1}{2}$ cup Ricotta Cheese, 1 Tbsp Honey, $\frac{1}{3}$ cup Walnuts, crushed, 2 tsp Cinnamon or Pumpkin Pie Spice, 2 Tbsp Sugar, 8 sheets Phyllo Dough, 1 tsp Butter, melted (or olive oil)



Preparation:

1. Preheat oven to 335F. Combine shredded pumpkin, ricotta and honey. Mix well. In a small container, mix the cinnamon & sugar together.
2. Work with 2 sheets of phyllo dough at a time, keep the others covered until you are ready for them.
3. Lay out a double layer of phyllo dough. Spread $\sim\frac{1}{4}$ of the pumpkin/ricotta mixture as thin as possible along the phyllo, leaving about a $\frac{1}{2}$ " gap across the top of the longest edge to seal the roll.
4. Sprinkle some of the cinnamon sugar along the top of the pumpkin mixture and add about 1 tbsp of crushed walnuts, sprinkling evenly along the top.
5. Roll the phyllo dough up fairly tightly width wise. Keeping the seam side down, take hold of one end of the roll. Roll the end in tightly along itself, keep going until you have a tight spiral. Place the spiral in a parchment lined pie pan or baking dish.
6. Repeat with the next set of 2 sheets of phyllo dough, only instead of spiraling it up on itself, continue where you left off on the first spiral.
7. Repeat the process again, continuing to expand the spiral, with the final 2 sets of phyllo sheets.
8. When the spiral is finished, brush with a bit of melted butter, sprinkle with any remaining cinnamon sugar and/or nuts. Bake for 35-40 minutes.



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Dictionary

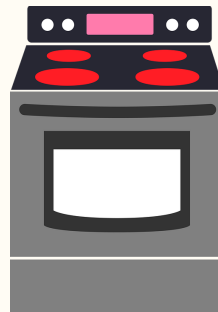
add: 

To put ingredients together; to put one ingredient with the others.



bake: 


To cook in an oven by using heat.



barbecue: 

To cook foods (primarily meat) on a grill by using fire or hot coals.



beat: 

To mix quickly and continually, commonly used with eggs.



<p>boil: 🔊</p> <p>To heat water until little bubbles form.</p>	
<p>break: 🔊</p> <p>To separate into smaller parts by force.</p>	
<p>broil: 🔊</p> <p>To cook meat or vegetables on a rack with an extremely high temperature.</p>	
<p>carve: 🔊</p> <p>To cut meat into slices.</p>	
<p>chop: 🔊</p> <p>To cut into small pieces, generally used with vegetables.</p>	
<p>combine: 🔊</p> <p>To put two or more things together.</p>	

cook: 🗣️

To prepare food by heating it, so the food is not raw.



crush: 🗣️

To cause to separate or flatten by extreme force, often used with garlic.



cut: 🗣️

To separate or divide by using a knife.



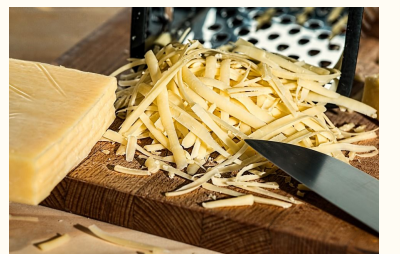
fry: 🗣️

To cook by putting the food into extremely hot oil.



grate: 🗣️

To divide into small parts by rubbing on a serrated surface, usually used with cheese.



grease: 🗣️

To coat with oil or butter.



grill: 🗣️

To cook by putting the food on a grill; similar to barbecue.



knead: 🗣️

To press and stretch dough, usually used with making bread.



mix: 🗣️

To combine two or more things using a spoon, spatula, or electric mixer.



measure: 🗣️

To obtain an exact quantity.



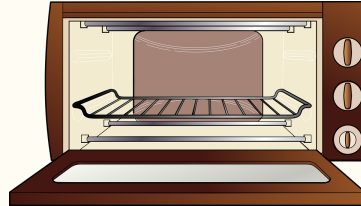
melt: 🔊

to make something become liquid through heating.



microwave: 🔊

To heat up food within a microwave oven.



mince: 🔊

to grind food, normally meat, into small pieces. A machine is often used to do this.



open: 🔊

To remove the top from a can or jar.



peel: 🔊

To take the skin off of fruits or vegetables.



pour: 🔊

To transfer liquid from one container to another.



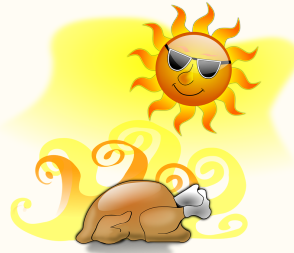
put: 🔊

To place something in a particular position or location.



Roast: 🔊

To cook in the oven or over a fire.



sauté: 🔊

To quickly fry food by placing it in hot oil in a frying pan.



scramble: 🔊

To mix the white and yellow parts of eggs together while cooking them in a pan.



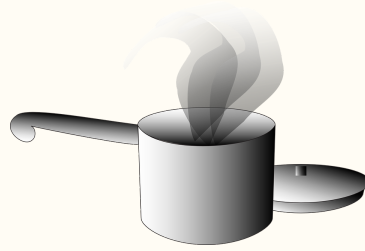
slice: 🔊

To cut into thin, wide portions.



steam: 🔊

To cook by placing the food above boiling water. Steam is the vapor that comes from hot water



stir: 🔊

To mix liquid ingredients by moving a spoon around in a circular motion



stir fry: 🔊

To cook small pieces of food by moving it quickly in hot oil



wash: 🔊

To immerse food in water and make sure it becomes clean



weigh: 🔊

To measure the weight (grams or pounds) or something





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