

# Recipes from France

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## Quiche lorraine (by Maxime)

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200gr flour and a pinch of salt 100gr of butter 50ml of water

- Mix the butter and flour.
- Add water and mix.
- Put the dough on the table and add flour to prevent it from sticking
- Flatten, put in a pie mould.

About 200gr of smoked bacon ("lardons"), cooked 500ml of milk 4 eggs Oregano Grated cheese

- Put the bacon on the pie dough.
- Mix the milk, eggs, pepper and oregano and pour over the bacon.
- Put some grated cheese on top.
- Put in a pre-heated oven for 25-30 minutes at 220 °C.

## Sand roses (by Céleste)

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*For 10 people* 200g of corn flakes 150g of icing sugar 250g of chocolate 160g of butter



- In a bowl, put the chocolate cut into pieces and the butter.
- Put the bowl in the microwave in order to melt the butter and the chocolate.
- In another big bowl, mix the corn flakes and the icing sugar.

- To incorporate the chocolate and the melted butter in the mix without breaking the corn flakes.
- Finally, set small piles on a plate and put it in the fridge during 6 or 7 hours.

## Rochers Coco/Coconut Macaroon (By Clarisse)

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100g of grated coconut 50g of sugar 10g of flour 1 egg

- In a bowl, pour the grated coconut and add the sugar, the flour and the egg.
- Now, mix all.
- On a plate, make some little balls of the preparation.
- Make the plate in the oven and bake during 10 minutes at 180°C.

## Island of meringue (By Coraline)

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80cl of milk 1 vanilla bean 8 eggs A pinch of salt 290g of sugar

**For the caramel :** 100g of sugar 2 tablespoons of water 1 teaspoon of lemon juice

- Boil the milk with the vanilla bean cut.
- Preheat the oven at 180°C.
- Beat the 8 egg whites until stiff with the salt, by gradually adding 40g of sugar.
- Pour in a mold the preparation and heat in a water bath 30min.
- Now, let it cool down.

**For the custard :**

- In another bowl, whip the 8 egg yolks and add the sugar.
- Heat the vanilla milk and pour it very gently into the bowl while stirring.
- Mix the cream over very low heat in a saucepan until it thickens.

- Pour into a large bowl and put it in a cool place.
- Put the whites on the custard.

#### For the caramel

- In a saucepan, melt the sugar and water over very low heat.
- Increase the heat a little and as soon as the boil starts, do not stir any more but tilt the pan from time to time.
- Pour the caramel over the whites.
- Keep in a cool place.

## Crepes (by Malo)

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500g of flour 4 eggs 50cl of milk 50cl of water 4 big spoon of oil 2 little pinch of salt

- Mix the flour and the eggs and add the milk and water little by little.
- Mix intill there isn't any lumps.
- Add oil and salt.

## Far aux pruneaux (by Sean)

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200 g of of flour 150 g of sugar 4 eggs 2 paquets of vinilla sugar 75 clof milk 20 dry prunes

-Mix the flour, sugar and eggs -Add vanilla sugar and milk little by little. -Pour this paste into a buttered dish, place the prunes and cook.

## Flammekueche (by Marius)

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4 Onions Crème Fraîche Smoked bacons (Lardons) Pie crust

- Preheat the oven to 250 °C
- Put the pie crust on baker paper on a baking tray
- Slice the onions
- Put the onions and the lardons on the pie
- Distribute the cream on it
- Sprinkle some grated cheese (facultative)
- Put in the oven for about 5-10 minutes
- Enjoy your recipeing

## Chocolate Cake (By Yann)

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100g of butter 200g of chocolate 3 eggs 150g of sugar 50g of flour

- Melt the butter and the chocolate
- Mix the eggs and the sugar
- Mix the butter and the chocolate with the eggs and the sugar
- Add the flour into the mix
- Put in a circular mould
- Bake 20 minutes at 200°C

## Tuna and tomato pie (By Lydie)

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For 4 people 🍴🍴

1 puff pastry 2 cans of tuna 2 tomatoes 3 tablespoons of mustard 2 eggs 20 cl of crème fraîche 3 tablespoons of milk 1 pinch of salt 2 pinches of pepper

- Roll out the puff pastry on a quiche mould, prick the bottom of the dough, then cover the bottom with the mustard.
- Crumble the tuna and spread it on the dough.
- Wash the tomatoes and wipe them dry, then cut them into medium slices and place them on the tuna.
- Beat the eggs into an omelette, add the cream and the milk.
- Add Salt and pepper
- Add this mixture on the dough, tuna, tomato
- Put in the oven (pre-heated to 200°C), and cook for about 40 min (Until the pie is golden without being too brown!).

## North waffles (or gaufres sèches)(By Lucie)

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200g of butter 300g of flour 3 eggs 200g of sugar

- Melt the butter in a microwave
- Add the flour, the eggs and the sugar
- Beat with a whisk until a homogeneous dough is obtained
- Preheat the waffle oven at thermostat 3 ( special waffle moulds are required) :
- Put 4 hazelnuts of dough and let it heat for 3 minutes
- Remove the waffles and let cool before putting them in a metal box

## Tartiflette (By Jules)

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1.5 kg firm potatoes 500 g reblochon (French cheese) 150 g smoked bacon long strips 100 g thick crème fraîche 1 small glass of dry white wine 3 onions 3 tablespoons oil 1 tablespoon coarse salt White Pepper in grains Nutmeg

- Carefully wash the potatoes.
- Fill a large pot with water and discard the coarse salt.
- Immerse the potatoes in water and cook for 20 min after it starts boiling.
- Peel and chop the onions, taking care to remove the germ.
- In a skillet, heat the oil. When the onions become translucent, add the smoked bacon.
- Continue cooking, stirring regularly with a wooden spoon, until the onions and bacon are golden brown.
- Deglaze the pan with the white wine and continue cooking for 5 minutes. Set aside.
- Preheat the oven in the broiler position.
- Cut the reblochon into long strips.
- In a pestle, mash the white pepper grains.
- Peel the cooked potatoes and cut into large slices.
- Butter a large baking dish or small individual containers.
- Grate a little bit of nutmeg. Sprinkle with crushed white pepper. Cover with the crème fraîche, then spread the cheese strips. Bake the tartiflette for 35 min, until the reblochon forms a golden and gratin crusted.

## Pancakes from Brittany (by Noemie)

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FOR 10 PEOPLE



170 g of black wheat flour 50g of wheat flour 1 egg 1 tablespoon of oil 1 teaspoon of salt 0.75 L of water 5 slices of ham 10 others eggs (to garnish) 30g of gruyere (grated cheese)

- Chop the ham
- Knead the flour with the oil, the egg and the salt then gradually pour the water little by little. The dough must be fluid
- Let it rest during 1 hour and then, you can cook them in a greased pan.

- Flip the pancake and break an egg on it. You can add a half of ham slice and about 10 g gruyere
- When the egg white is cooked, fold the sides of the pancake towards the center.
- Salt, pepper at your convenience.

## Crème brûlée ( by Marion)

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*For 6 people*

5 yolks of eggs 30cl of liquid cream 19cl of milk 150g of sugar

- Boil the milk.
- Add the cream and sugar off the heat.
- Add the egg yolks, heat gently (do not boil), then pour into small individual dishes.
- Put in the oven in a bain-marie and cook gently at 180°C for about 50 minutes.
- Let cool then put brown sugar on top and burn it with a small kitchen blowtorch.

## Axoa of veal (by Malo)

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Olive oil 1 onion 3 sweet peppers (1 yellow, 1 red and 1 green) 500g of minced veal 20cl of white wine 30cl of water Tomato concentrate Espelette pepper

- In a frying pan, put a little of olive oil.
- Put the onion and the sweet peppers, all cut in little cubes. Let brown during 5 minutes.
- Add the veal, the wine, the water and a tablespoon of tomato concentrate, and season with Espelette pepper.
- Let cook on a low heat until the liquid is absorbed
- Serve with white rice

## lemon meringue pie (by Léna)

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Ingredients( for 6 people ) : -3 lemons -a sanded dough roll

-150g of granulated sugar -50g of butter -4 eggs -1 tablespoon Maïzena For meringue: -100g icing sugar -4 egg whites

1: Whisk the whole eggs with the sugar in a salad bowl. Stop when the mixture is blanched and sparkling. 2: Add the juice and the grated zest of the lemons, the butter and the maïzena diluted in a tablespoon of water. Mix. 3: Place parchment paper and dough at the bottom of a mold. Stich the dough with a fork. Pour the lemon cream and cook for 35 to 40 minutes at 180 °. After that, let it rest to room temperature. 4: While the pie is baking, put the whites in snow. When the whites start to rise, add the icing sugar. 5: When the pie cooled, put the meringue on it. You can decorate it with the spatula by making spikes. Cook everything together for a few moments while watching to avoid burning the meringue.

## Pousse-Pouce ( by Ariane )

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Ingredient:

250g of flour 100g of sugar 175g of soft butter 1 tea spoon of bicarbonate 1 pinch of salt 1 teaspoon of vanilia extract marmelade, nutella...

Step 1: Preheat the oven at 160 C°. Grind the butter and the sugar with a fork and add the vanilla extract. Step 2: In another bowl, mix the flour, the bicarbonate and the salt. Then pour half of it in the first bowl with the butter/sugar/vanila in it. Mix and add the other half. Step 3: With the dough, make some balls, the size of a walnut and put them on a plate (it has to go in the oven so take the specific one) with some baking paper so it won't stick. Then press your thumb on the middle to make a hole. Step 4: In each hole, put a little bit of Nutella, marmelade or anything you like and bake your biscuits 10 min in the oven. It has to stay white and be craked on the sides.

## Apple pie ( by Marie)

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Ingredient :

1 puff pastry 3 or 4 apples a jar of applesauce cinnamon

Preparation:

- Roll out the puff pastry, put it in a mold and make holes with a fork.
- Peel the apples and cut them in quarters.
- In the mold, pour the applesauce and place the quarters.
- Sprinkle the cinnamon.
- Bake the pie at 120°C for 40 min.

## Croissants (by Justine)

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500g of flour 180g of soft butter 15g of yeast 50g of sugar 28cl of milk 10g of salt 2g dessert spoon of water 1 egg

- Mix the yeast in the water. In a big bowl, put the flour, the salt and the sugar make a little gap and put the milk in.
- When the milk is full enlist, put the water with the yeast and knead the dough during 15 minutes.
- Make a ball, take it in the bowl put a towel on it and wait 2 heures.
- After 2 heures, spread the dough in form of a star with 4 sections the center is thick.
- Spread the butter and refold the sections.
- make a rectangle, refold it three times and spin it a little on the right . Do it again and again.
- Spread finely and cut triangles. Roll it with a "croissant" form.
- Wait 2 heures and preheat the oven at 240°.
- Put the beat egg on the "croissant".
- Cook it 5 minutes and after 0 at 15 minutes at 160°.

Enjoy your meal !!

## Gâteau Nantais (by Lilou )

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3 eggs 125g of half-salt butter very soft 150g of powdered sugar 125g of almond powder 40g of flour 15g of dark rum 50g of icing sugar 10g of rum for the icing

1. Preheat the oven at 170°C convection
2. Butter and flour your mold
3. In the bowl of your mixer, whip for a long time at the maximum speed the 125g of butter with the powdered sugar for 5 minutes at least ( the mix has to be white and smooth)
4. Add the eggs one by one and whip and add 15g of rum
5. Pour the almond powder and whip
6. Add 40g of flour and whip
7. Pour the dough in the mold for 45 minutes
8. Unmold the cake, let it upside down and let it cool
9. When the cake is cold, mix 50g of powdered sugar and 10g of rum et pour slowly the icing on the cake to cover it. Let it freeze and taste !

## Chocolate mousse (By clémentine)

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125g of chocolate 50g of sugar 3 eggs 30g of butter

- Melt the chocolate with the butter
- Add the sugar and the eggs yolks one by one
- Beat the whites to snow
- Add them to the dough delicately
- Cool for 3 hours
- Enjoy ! 🍫

## Apple Crumble (By Antoine)

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1Kg of apple 150g of flour 75g of butter 250g of sugar a tea spoon of cinnamon

- Preheat the oven to 240°C
- Cut the apples and heat them for 5min
- Mix apple, butter and cinnamon in a bowl and mix with your fingers
- Add the flour and the sugar and mix with your fingers
- Put the apples into a platter and the mixture on the top
- Bon appétit 🍴

## Boeuf Bourguignon

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Ingredients:

1,5kg of beef 200g of bacon 60g of butter 10 little onions 2 carrots 2 cloves of garlic 60g of flour (4 tablespoons) 2 glasses of Bourgogne red wine (50g) 2 big glasses of meat broth 250g of mushrooms 1 bouquet garni salt pepper

Preparation:

1: Cut the beef into 3-4 cm cubes. Peel the onions without peeling them. Peel and cut the carrots into not too thin slices (2mm minimum). Peel the garlic and remove the germ.

2: In a large saucepan, melt the butter. Add the whole onions and bacon. Sauté, stirring constantly. When golden, remove with a skimmer and set aside.

3: In the same pot, sauté the meat pieces over high heat. Add the carrots, and sauté for another 5 minutes.

4: When meat is golden brown, sprinkle with flour (60g) and let it brown, stirring always

5: Pour the broth (which you have prepared by melting the 2 cubes of meat broth in 50 cl of boiling water). Scrape the juices. Return the bacon and onions to the pan. Pour in the red wine. Season with salt and pepper and add the bouquet garni and crushed garlic cloves. Bring to a boil. Cover and simmer gently for 3 hours (small broths).

6: At the end of this time, add the chopped mushrooms, and cook for another half hour. Remove the bouquet garni and pour into a dish. Serve with pasta (tagliatelle for example), or steamed potatoes (the sauce must be bound, but not thick. Otherwise, add a little water)

## Brioche perdue (by Julie)

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-a packet of brioche -chocolate powder -2L of milk -3 eggs -50g of sugar

1. make a dough with the milk, the eggs and the sugar. Mix them up.
2. soak the brioche in the dough one by one and put them in a plate.
3. sprinkle with chocolate powder and do it for all the plate.
4. at the end sprinkle in sugar and make it cook at 180°C for 30 min.

# Recipes from Romania

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## Romanian Oriental Potato Salad (by Rares Delamarian)

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You will need:

4-5 baking potatoes, boiled till fork tender 1/2 of a large red onion, sliced 4-5 hard boiled eggs, sliced, or to taste  
1/2 -3/4 cup whole kalamata olives, or to taste 4-6 TBS olive oil, or to taste 4-6 TBS apple cider vinegar, or to taste  
salt and pepper to taste

Directions:

1. Boil potatoes in salted water until fork tender, but not falling apart....I used my pressure cooker to do this(about 12-15 minutes or so depending on the size of potatoes). While the potatoes are cooking, cook the eggs until hard.
2. Peel and slice the potatoes while still warm and place them in a large bowl. Drizzle a bit of oil over them( 1-2 TBS) and toss gently.
3. Slice onion thinly and run hot water over the onion... this is optional, but this step takes the "bite" out of the onions.... add the sliced onion to the potatoes.
4. Add the olives and toss gently to combine.
5. Peel and slice the eggs, and add to the potato salad... you can reserve a few slices for garnish if you like.
6. Mix oil and vinegar( use the lesser amount, as you can always add more oil or vinegar at the end) and pour over the potato mixture. Season with salt and pepper to taste.
7. Mix everything gently... trying to keep the potatoes intact as much as possible....the potatoes and eggs will still crumble, but you just don't want a mushy salad.
8. Adjust seasoning... add more vinegar or oil as needed. You want the salad to have some moistness... I find the salad takes in more vinegar than other salads. The salad should have a tinge of tartness. As the salad sits a bit, the potatoes will absorb quite a bit of the dressing.
9. Garnish with extra egg slices/ olives.... and serve warm...or cold.

## Lamb Haggis (By Maria Spiridon)

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The ingredients The entrails of a lamb (some 500 g) 2 raw eggs 1 slice of bread dipped in milk 1 bunch of spring onions 1 bunch of parsley 1 bunch of fennel 1 spoon of sour cream salt and pepper The vane that keeps the entrails together or a pasta sheet (the one for noodles) Oil for oiling the pan

- Boil the entrails in water with a pinch of salt.
- Drain and cool, and when chilled, mince them in the mincer, together with the slice of bread dipped in milk.
- Add the raw eggs, the sour cream, salt and pepper, the minced greenery and the minced onion (the green part as well).
- Mix everything thoroughly, with the aid of a (wooden) spoon.
- Meanwhile, prepare the pan. In Romania, they usually use a four-square pan, oiled.
- Wash the lamb vane (the thin membrane that keeps the entrails together) and lay it on the pan, making sure it covers its margins too, so the blended contents will be entirely covered. If using a sheet of pasta, it must be well oiled. Anyone who isn't big fan of a strong lamb odor should use the pasta sheet.
- Add half of the contents earlier prepared, then in the middle put the two boiled eggs, either cut in two or in four.
- Put the remainder of the mix, level it with the help of the back of a spoon and turn the margins of the vane over the mix.
- Keep it in oven for about 30 minutes.
- Serve it sliced, with green onion and radishes.

## Mici (George Dinca)

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1 lb ground beef 1 cup beef bouillon granules 1 lb ground pork 1/2 lb ground lamb 1 teaspoon thyme 4 garlic cloves, minced 1 teaspoon paprika 1 teaspoon ground black pepper 1 tablespoon salt 1/2 cup soda water, plain 1/2 teaspoon baking soda

- Mix all ingredients except soda water and baking soda until well blended.
- Blend in baking soda.

- Slowly add soda water a little at a time until well combined. Mixture should be moist but not so much that it cannot hold a shape.
- Form meat into cylindrical shapes about 2-3 inches long and 1 to 1 1/2 inches in diameter.
- Grill (or fry but they won't be as tasty) turning every few minutes until cooked through, about 10 minutes depending on your grill).
- Serve with a light mustard.

## Boeuf Salad (By David Zeldea)

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1 pound potatoes 1/2 pound carrots peeled 1/2 cup frozen green peas 1 pound chicken (breast, thighs) or beef 1 cup mayonnaise 3-4 tablespoons mustard 1 cup pickled cucumbers chopped 1 cup pickled red peppers chopped salt and pepper to taste

*Optional ingredients:* olives, pickled vegetables, boiled eggs, parsley leaves etc.

- Place the meat in a pot of salted water and cook until tender for about an hour. Remove the meat from the water and set it aside to cool.
- In a large pot with salted water place unpeeled potatoes and bring them to a boil. Simmer them until a fork goes through them
- Wash the potatoes and add them (unpeeled) to the pan with cold water
- Peel the carrots and place them to another pot with salted water. Bring to a boil and cook them for about 25 minutes on low heat or until they are soft and cooked through. Set aside to cool.
- Cook the peas in salted water for about 5 minutes or until they are soft but not mushy.
- Peel the potatoes.
- Dice the meat, potatoes and carrots. They should be small pieces.
- Add the cooked peas.
- Drain the pickled vegetables very well and dice them.
- Add all the veggies and meat to a big bowl.
- Add mayo and mustard, season with salt and pepper and mix everything together.
- Season with salt and pepper.
- Traditionally, the top of the salad is smoothed out with a spatula, then a thin layer of mayo is spread to cover the surface and decorated.
- Refrigerate, then serve. The leftovers are good for 3-4 days.
- Serve the salad cold.

## Romanian Cabbage Rolls (By Florentina Gartu)

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Vegetable oil – We'll be using this to saute the onion and rice. You can use any type of oil that you have handy. Onion – I used a large onion because this recipe makes a lot of cabbage rolls. Every bite should have onion in it! Long grain rice – Basmati rice is best. I wouldn't use brown rice- it takes a lot longer to cook than white rice and you may end up with crunchy bits in your rolls. Ground pork – I love to use pork because it has a higher fat content and makes for some nice juicy rolls. You can use any type of ground meat you like, but keep in mind that leaner meats like chicken or turkey will come out drier. Fresh parsley & dill – Using fresh herbs makes such a big difference in how the flavor develops in your rolls! Salt & pepper – Season the mixture to your own discretion. Sour cabbage leaves – This is what really sets the Romanian version apart from the rest. The little hit of vinegar is to die for! Bacon – Find yourself a nice thick-cut smoky style of bacon. Tomato juice – This is what our rolls are going to sit and cook in

- Prepare the filling: Heat the oil in a skillet over medium-high. Saute the onions until translucent, then add the rice and toast for 1 minute.
- Add the pork, salt, pepper, parsley, dill, and the onion mixture to a large bowl and mix well. Use salt sparingly – the cabbage leaves are brined.
- Roll the filling: Remove the cabbage leaves from the brine. You can soak them in water beforehand to draw out some of the salt. \
- Cut each leaf in half and fill the piece with a few tbsp of the meat mixture and roll. Refer to the video in the recipe card to see how I roll these nice and tight.
- Repeat until all the filling has been used.
- Assemble the rolls: Chop up the remaining cabbage leaves and add them to a large pot or deep roasting dish with a lid.
- Arrange all the rolls over the chopped cabbage and disperse the bacon evenly among the rolls. Pour the tomato juice over the rolls and top up with some water, if needed, to ensure the rolls are covered with liquid.
- Bake the rolls: Cover the pot with a lid or foil. - Bake at 375F for 3 hours, then remove the cover and cook for another 1 1/2 – 2 hours. Serve hot with a side of sour cream.

## Ciorba de Burta (by Iulia Gheorghita)

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3 lbs beef tripe 10 cups water 1 piece beef bone 2 carrots 8 cloves garlic minced 1 celery root 1 large onion 2 cups sour cream 1/3 cup vinegar 3 eggs 1 parsnip salt and pepper to taste parsley 1 tbsp olive oil

- You can find tripe and beef bone pretty much in any grocery store.
- First thing you have to do is wash the tripe really well, when it's clean it should be white. The purpose of the beef bone and all the vegetables, excluding the garlic, is to flavor the soup, so we will take them all out later.
- In a big pot add the tripe, bone, carrots, celery root, onion, parsnip and boil for 2 to 3 hours. One thing worth mentioning is do not chop the vegetables, leave them whole, so we can easily strain them.
- Take out the tripe and the bone and strain the rest of the vegetables, leaving the broth nice and clear. Cut the tripe into really small pieces, about 1 cm wide by 2 cm long. Add it back to the broth.
- Shred the boiled carrots and in a small pan add a tbsp olive and saute the carrots for 2 to 3 minutes.
- In a small bowl mix the sour cream and the eggs together really well and add to the soup. Add sauteed carrots, the minced garlic and the vinegar to the soup as well. Add salt and pepper to taste and let it come to a boil again. Make sure you taste it and if you require more vinegar feel free to add more.
- Garnish with parsley and serve hot.
- Serve with additional sour cream or vinegar if preferred

## Cozonac (by Deniz Amet)



Ingredients:

1 1/4 cups milk 3 1/2 cups all-purpose flour (plus 2 1/2 tablespoons, separated) 1 (1/4-ounce) package active dry yeast 4 large egg yolks (room-temperature) 3/4 cup sugar (superfine) 4 ounces raisins (light or dark) 1 lemon (zest only) 4 ounces butter (melted) 1 tablespoon dark rum 1 teaspoon vanilla extract 1 tablespoon vegetable oil (or canola oil) 1 large room-temperature egg yolk 1 tablespoon water Optional: 1 ounce walnuts Optional: 1 tablespoon raisins Optional: 1/2 cup confectioners' sugar

- Gather the ingredients.
- 1/2 cup of the milk and stir in 2 1/2 tablespoons of the flour until smooth. Let cool 10 minutes.
- Heat another 1/2 cup of the milk just until lukewarm. Do not scald. Place yeast in a small bowl and pour lukewarm milk over, stirring until dissolved.
- Add yeast mixture to the cooled milk-flour paste and beat until large air bubbles appear.
- Cover and let rise at least 15 minutes.
- Heat the remaining 1/4 cup milk to lukewarm. Do not overheat. Pour into a warmed large bowl or bowl of a stand mixer. Add the egg yolks, sugar, raisins, zest, yeast mixture, and the remaining 3 1/2 cups flour, stirring after each addition.
- Knead about 10 minutes by machine or 15 to 20 minutes with buttered hands while still in the bowl, adding some melted butter as necessary to achieve a nonsticky, pliable, moist ball of dough. It will probably take about 3 ounces of the melted butter. Save the rest.
- Add rum, vanilla, and oil and knead another 2 to 3 minutes.
- Cover bowl with greased plastic wrap and let rise until doubled.
- Cover bowl with greased plastic wrap and let rise until doubled.
- Heat oven to 350 F.
- Coat a 10- to 12-inch round pan that is at least 3 inches deep or a 9x5x3-inch loaf pan with cooking spray. Using buttered hands, twist the dough and place in the pan.
- Cover with greased plastic wrap and let rise until dough reaches the top of the pan.
- Brush top of dough with egg wash (1 large egg yolk mixed with 1 tablespoon water). Sprinkle with optional walnuts and raisins, if desired.
- Bake 1 hour or until toothpick tests clean or an instant-read thermometer registers 190 F.
- Remove from pan and cool on a wire rack. If you wish, while the cake is still hot, sprinkle with optional confectioners' sugar.
- Let cool completely before slicing and serving

## Ostropel (By Cristina Mustaca)

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1 whole chicken (or a pack of your favourite 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)

- 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. If you like, you can make a good stock out of the carcass for a chicken soup or for adding to the sauce later if it is a little thick.

- 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.
- 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-flavoured oil and the bits of remaining flour.
- 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 off the pan is less alcoholic and the sauce is a little thicker.
- 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 centre and continue cooking if they are still pink.
- 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 soup, but not a thick gloopy sauce.
- Serve the ostropel de pui with mamaliga (polenta) or mashed potatoes, and a hot chilli pepper on the side.

## Bulz Ciobanesc (by Briana Heroiu)

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3 cups of water 1 cup of corn flour A pinch of salt

Optional you can add some butter.

- In a large pot bring water to a boil, add a pinch of salt.
- Add slowly a handful of cornmeal to the boiling water.
- Stir quickly to avoid lumps.
- Cook for 20 minutes, stirring constantly. Polenta will become very thick while cooking. It's ready when it comes off easily from the pot. Pour polenta and let it cool for a while.
- Next, we take a piece of polenta, the size of a fist, and give it a round shape (approximately the size of a medium apple).
- Then you fill the polenta balls with butter, chunks of sheep cheese (branza de burduf) or you can add small bits of ham, ensuring that the filling is completely enclosed.
- Place the balls in the oven or on a grill until it becomes crispy on the surface.
- Serve with any remaining butter and topped with the sour cream or next to a fried egg!

## Ciorba de Perisoare (by Denisa Stuparu)

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*FOR THE MEATBALLS:* 1 pound ground meat (pork, beef or a mixture of both) 1/4 cup rice 1/2 chopped small onion 1/4 bunch of parsley salt and pepper 1 egg

*FOR THE SOUP:* 2-3 carrots chopped in cubes 2-3 celery stalks chopped 1 diced onion (or 2-3 diced green onions) 1-2 peppers (any color you like) chopped 3-4 chopped in cubes medium potatoes tomato paste or tomato sauce 8 cups water or chicken broth 1/2 bunch parsley chopped (or lovage-as it is traditional) 1-2 Tbsp vegetable oil or extra virgin olive oil Optional: hot peppers, sour cream or yogurt for serving.

- Clean and chop all vegetables.
- In a soup pot, pour oil and add the chopped vegetables minus the potatoes. The potatoes cook faster than the other vegetables, so they will go in the pot a little bit later.
- Saute the vegetables until they develop the flavor, about 3-4 minutes.
- Add water or chicken broth.
- Simmer the soup until the vegetables are half cooked.
- Add tomato paste or tomato sauce and the cubed potatoes.
- Meanwhile, in a bowl, place the ground meat, rice, egg, chopped onion, chopped parsley, salt and pepper.
- Mix everything together to incorporate all the ingredients and make a paste. Set aside.
- With wet hands, grab a dollop of the meat mixture and roll it between your palms to create a meatball.
- Keeping your hands wet, drop the meatballs into the soup.
- Let the soup simmer for 10-15 minutes so the meatballs get cooked.
- Taste for salt.
- Chop some parsley and sprinkle over the soup.
- To make the soup sour: add 2 tablespoons of vinegar or lemon juice. Taste and add some more as you prefer.
- Serve with a dollop of sour cream or plain yogurt and hot peppers.

## Mamaliga (by Sonia Mocanu)

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3 1/2 cups water 1 1/2 teaspoons salt (or to taste) 2 tablespoons butter 1 cup coarse yellow cornmeal Optional: sour cream Optional: telemea (or feta cheese) Optional: fresh herbs of choice

- Gather the ingredients.
- Bring the water to a rolling boil. Add the salt and butter, stirring to melt.
- Using a wooden spoon, add the cornmeal very gradually, while stirring constantly in the same direction.
- Simmer over low heat, stirring frequently, until it thickens and starts to pull away from the sides of the pot, about 35 to 40 minutes.
- Serve hot.

## Pasca (By Raluca Vasilache)



*Bread dough* 1 cup (120 grams) bread flour (I used Pillsbury) 1 cup lukewarm milk 2 tsp dry yeast (I used Red Star) 1/2 cup (60 grams) bread flour 1/4 cup (56 grams) melted butter 1 egg 1/2 cup (100 grams) sugar 1 tsp salt 1 tsp vanilla extract 3 cups (360 grams) bread flour 1/4 cup grapeseed oil (you could use vegetable oil as well) 1 tbsp of milk, if needed

*Cheese filling* 1 cup ricotta/cream cheese/farmers cheese 2 eggs 1/3 cup powder sugar few drops of vanilla extract/lemon extract/rum extract - whatever you prefer lemon zest (optional) 1/2 cup raisins 2 tbsp honey + few drops of milk for brushing

- In a mixing bowl add 1 cup of flour, 1 cup of lukewarm milk and 2 tsp of dry yeast. Stir to combine. Sprinkle 1/2 cup of flour on top and leave at room temperature for 10-15 minutes until the mixture increases in volume and the flour on top is cracked.
- With the dough hook on, add the melted butter, egg, sugar, vanilla extract, salt and slowly start adding the remaining 3 cups of flour until it's all incorporated.
- With the mixer on low speed, keep mixing, slowly pouring the 1/4 cup of oil.
- When all the oil is added the dough should be smooth and elastic.

- I made it several times to make sure I got it right and one time it felt a little "dry" so I added few more drops of milk until it became soft and elastic.
- Place the dough in a buttered bowl, cover with plastic wrap and leave at room temperature until doubled in volume. Should be around 2 hours.
- When the dough is risen, divide the dough in 4.
- Take one piece and roll it out in a 10 inch circle. Place it on the bottom of a well buttered 10 inch springform.
- The remaining three pieces shape them in thin ropes, about 3 feet long each.
- Braid them and gently place them in the springform pan, braiding the ends together to form a sealed circle.
- Cover and let rise for another 40 minutes.
- In the meantime heat the oven to 375F and make the cheese filling.
- In a mixing bowl add the cheese, eggs, sugar, raisins, vanilla exact and lemon zest if using. Stir to combine.
- Pour the cheese filling in the middle of the braided circle and bake for 15 minutes at 375F.
- Without opening the oven door, lower the oven temperature to 325F and bake for 45 more minutes, or until the crust is deep brown (it's not burned, the high amount of sugar gives it the brown color) and the aroma takes over the kitchen.
- Let cool completely.
- Just before serving brush it with honey mixed with few drops of milk.
- Slice and enjoy!

## Racitura | Aspic (by Adela Ionescu)

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Pork aspic is a traditional dish usually served at holidays. They are most commonly eaten at Christmas and New Year's Eve, because most people sacrifice a pig in early December.

It is a simple dish to make, but people usually dread it because the cooking time is around 4 hours. It may take long, but only because the ingredients need to be boiled for a significant amount of time.

We will show you every step of this uncomplicated process.

For an amount that will serve 4 people, you will need the following ingredients: 1 onion 2 carrots 1 parsnip 4 pig legs A pinch of pepper A pinch of salt A few cloves of garlic

- First you need to wash the pig legs very well and put them whole in a pot to boil together with the carrots, parsnip, pepper and salt. The water should cover the ingredients by 7 or 8 centimeters.
- You should cover the pot partially with a lid and leave everything to simmer until the meat falls off the bone. Every once in a while, collect the foam that forms at the surface of the water!
- When the meat easily comes off the bones and the water is sticky, take the pot off the heat. Take the meat and vegetables out onto a plate. Let the water cool for a bit, then add the garlic, stir it and let it sit for a few more minutes.

- When the meat and vegetables have cooled, cut them into pieces and put them in bowls. Poor the water onto the meat! Now all that's left is to put the aspic in the refrigerator until the water jellifies.
- When the jelly is hard enough, you can serve it, preferably with polenta or bread, as it is kind of unsavory eaten alone.
- Enjoy!

# Recipes from Greece

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## Greek Dolmades recipe (Stuffed Vine Leaves) (by Tolis and Ardis)

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60 vine leaves, drained and rinsed 250g rice (1 cup) 1 cup olive oil 2 onions, finely chopped 2 cups warm water juice of 2 lemons 2 tbsps dill, chopped 1/2 a cup parsley, chopped salt and pepper

- To make this traditional Greek dolmades recipe (stuffed vine/ grape leaves), start by preparing the vine leaves. For this dolmades recipe, you can either use vine leaves sold in jars or fresh (if you are lucky enough to find them). If you use the ones in jar, rinse the vine leaves, remove the stems and leave them in a colander to drain. If using fresh vine leaves, wash them thoroughly, remove the stems and blanch them in boiling hot water.
- Remove the leaves with a slotted spoon and place them in a colander to cool down completely.
- Prepare the filling for the stuffed vine/ grape leaves (dolmades).
- Place the rice in a colander and rinse with running water.
- Heat a large saucepan over medium heat, add 1/3 of the olive oil and the chopped onions.
- Sauté the onions, until translucent (but not coloured). Add the rice and sauté for 1 more minute.
- Pour in 2 cups of warm water and half lemon juice and simmer for about 7 minutes, until the rice absorbs all the water and is parboiled.
- Season with salt and pepper, stir in the herbs, remove from the stove and set aside to cool down for a while. This will be the filling for the dolmades.
- Layer the bottom of a large pot with some vine leaves (use the ones that are little bit torn) and start rolling the dolmades. (This is probably the most difficult part of the traditional dolmades recipe). Place one vine leaf (shiny side down) on a flat surface and add 1 tsp of the filling at the bottom end (stem). Be careful not to overfill the dolmades, as the rice will expand during cooking. Fold the lower section of the leaf over the filling towards the center; bring the two sides in towards the center and roll them up tightly.
- Place the stuffed vine leaves (fold side down) on the bottom of the pot and top in snugly layers. Be careful not to leave any gaps between the dolmades to prevent them from cracking open when cooking.
- Drizzle the stuffed vine leaves (dolmades) with the rest of the olive oil and lemon juice and season with salt and pepper.
- Place an inverted plate on top to hold them down when cooking and pour in enough water just to cover them.
- Place the lid on and simmer the dolmades for about 30-40 minutes, until the water has been absorbed and the dolmades remain only with the oil.
- Remove the pot from the heat, remove the lid and plate and let the dolmades cool for at least 30 minutes.

- Serve this delicious Greek appetizer cold or at room temperature with a squeeze of a lemon. Give this traditional dolmades recipe a try and enjoy your own fresh homemade stuffed grape leaves (dolmades)!

## Kokoretsi (by Katerina, Vasileia and Stefanos)

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2 kilos lamb intestines 50 g vinegar salt 1 lamb lace fat 1 lamb pluck and sweetbreads 3 cloves of garlic 2 tablespoons dry thyme 2 tablespoons rosemary 1 tablespoons chili flakes 2 tablespoons oregano grated zest and juice from 2 lemons pepper

- Wash the intestines thoroughly both inside and out.
- Place in a large bowl and add the vinegar and salt.
- Allow to soak for 10 minutes and then rinse thoroughly.
- Drain and transfer to a bowl.
- Refrigerate for 1-2 hours.
- In the meantime, place the lace fat in a bowl.
- Rinse under warm running water thoroughly.
- Let it soak in the bowl with water and lemon juice for 30 minutes.
- Drain and set aside.
- Wash the lamb pluck and chop into 4-5 cm pieces.
- Transfer to a bowl and add the thyme, rosemary, chili flakes, oregano, lemon zest and pepper. Do not add salt from the beginning or else it will toughen the meat.
- Set it aside to marinate for 1 hour.
- Preheat oven to 200\* C (390\* F) Fan.
- You will need two 30 cm metallic skewers.
- Thread the pieces of lamb pluck on the skewers in the alternating in the following order : lungs, heart, liver, sweetbreads. Season with salt and pepper.
- Cut off a piece of lace fat large enough to cover the whole skewer and wrap nicely over the meat.
- Wrap the intestines around the meat to cover and tighten at the edge of the skewer. This process needs patience and quite a lot of intestines.
- Wrap with parchment paper and aluminum foil.
- Transfer to a 30x40 cm baking pan fitted with a rack and bake for 45 minutes.
- When ready, remove the aluminum foil and parchment wrappings and bake again for 20 minutes until golden.

## Moussaka (by Magda, Ria and Maria)

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## Ingredients

- 3 potatoes
- 2 zucchini
- 2 eggplants
- salt
- pepper
- sunflower oil, for frying

## For ground meat

- 1 onion
- 2 tablespoons olive oil
- 1 clove of garlic
- thyme
- 1 teaspoon granulated sugar
- ½ teaspoon ground cloves
- 1 levelled teaspoon ground cinnamon
- 1 tablespoon tomato paste
- 500 g ground meat
- 400 g canned chopped tomatoes
- salt
- pepper
- ½ bunch parsley
- ½ bunch basil

## For béchamel sauce

- 100 g butter
- 100 g all-purpose flour
- 750 g milk
- salt
- pepper
- pinch of ground nutmeg
- 150 g parmesan, grated
- 3 egg yolks

## Method

- Place a deep pan over high heat. Add the sunflower oil and let it get hot.
- Peel the potatoes and slice them into thin rounds.

- Slice the eggplants and zucchini into thin rounds and fry in a separate pan for 5-10 minutes.
- Remove with a slotted spoon and transfer to a baking pan lined with paper towels. Allow to drain from excess oil.

For the ground meat

- Place a pot over high heat and add the olive oil. Coarsely chop the onion and add to pan.
- Finely chop the garlic and add to pan along with thyme and sugar. Sauté for 2-3 minutes until they caramelize nicely.
- Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
- Add the tomato paste and sauté so that it loses its bitterness.
- Add the chopped tomatoes, lower heat and simmer for 5-10 minutes until the sauce thickens.
- Remove from heat and add the parsley and coarsely chopped basil. Season with salt and pepper.

For the béchamel sauce

- Place a pot over medium heat.
- Add the butter and let it melt.
- Add the flour and whisk until it soaks up all of the butter.
- Add the milk in small batches while continuously whisking so that no lumps form.
- As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
- Add the nutmeg, salt, pepper, 100 g parmesan and 3 egg yolks. Whisk thoroughly.

To assemble

- Preheat oven to 180\* C (350\* F) Fan.
- In a 25x32 cm baking pan, spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
- Add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
- Cover with the béchamel sauce, spreading it evenly and sprinkle with 50 g of grated parmesan.
- Bake for 35-40 minutes.
- When ready, remove from oven and allow to cool.
- Serve with fresh herbs and olive oil.

## Gemista (stuffed peppers) (by Mariana and Eleni)

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Ingredients

For potatoes

- 500 g baby potatoes

- 2 tablespoons of olive oil, for the pan
- salt
- pepper

For vegetables

- 3 onions
- 6 tomatoes, beefsteak if possible
- 3 green peppers (you can use any color bell peppers you like)

For filling

- 4 tablespoons olive oil, for sautéing vegetables
- 1 carrot, diced
- 1 zucchini, diced
- 2 cloves of garlic, thinly sliced
- 1 tablespoon granulated sugar
- 350 g Arborio rice (glutinous rice)
- 1 tablespoon tomato paste
- 600 ml water (400 for pan + 200 for baking dish)
- 1 bunch parsley, finely chopped
- 1/3 bunch dill, finely chopped
- 1 bunch fresh mint, finely chopped
- extra virgin Greek olive oil
- generous amount of salt
- generous amount of freshly ground pepper

Method

- A Greek style Risotto! A delicious vegetarian recipe using in-season vegetables. Create a full flavored baked dish using the same ingredients you would use to make a salad!
- Preheat oven to 180C (350F) Fan.

For the potatoes

- Place a pan over high heat and let it get very hot.
- Wash and scrub the baby potatoes but leave the skin on since it adds a lot of flavor.
- Cut them in to wedges.
- Add 2 tablespoons of olive oil to the pan and add the potatoes.
- Season with salt and pepper and sauté for 4-5 minutes, just until golden. You don't want to cook them through since they will cook further in the oven.
- Spread them in a baking dish and set aside.

For the vegetables

- Slice off the top of 3 onions.
- Scoop out most of the inner layers leaving about 3-4 outer layers intact, creating a sturdy shell.
- Place them in the baking dish with the baby potatoes.
- Finely chop all of the inner layers you removed. Put them in a bowl and set aside until needed.
- Slice off the bottom side of the tomatoes with a sharp knife, cutting about ½ - 1 mm from the edge. This way they can hold more of the filling.
- Carefully scoop out the flesh, making sure you do not rip the outer shell.
- Put the flesh in a separate bowl and set aside until needed.

- Place the tomato shells in the baking dish stem side down, arranging them nicely in the dish.
- Mash the tomato flesh in the bowl with your hands and set aside until needed.
- Slice the tops off of the bell peppers, cutting about ½ - 1 mm under the stem and just a little off the bottom to help them stand better.
- Remove any flesh and seeds and arrange them nicely in the baking dish among the rest of the vegetables and potatoes.

#### For the filling

- Place a pan over high heat and add 4 tablespoons olive oil.
- Add your chopped onion and sauté.
- Thinly slice the garlic and add it to the pan. Sauté.
- Add 1 tablespoon of granulated sugar. Mix and sauté until the vegetables caramelize nicely.
- Add a generous amount of salt and freshly ground pepper, since you will be adding the rice also and it needs a good amount of seasoning.
- Add the rice and sauté for 3-4 minutes, until it turns light golden.
- Sautéing the rice “seals” it, so it doesn't let it get mushy when cooking.
- Add the tomato paste and sauté.
- Add the 400 ml of water and the reserved tomato flesh. Let it simmer for 5 minutes.
- Stir and remove from heat. The rest of the cooking will take place in the oven.
- Finely chop the parsley, dill and mint leaves and add them to the pan. Stir.
- Drizzle vegetables in pan with a generous amount of olive oil, both inside and out and season with salt and pepper.

#### To assemble

- Use a spoon to help you add the filling to the vegetables. Fill them  $\frac{3}{4}$  of the way because the rice will expand while cooking.
- Add any of the leftover filling over the potatoes to add even more flavor.
- Add the 200 ml of water to the pan and drizzle with olive oil.
- Cover with aluminum foil and bake for 60 minutes.
- Remove foil and bake for another 10-20 minutes, until most of the liquid has evaporated and the stuffed vegetables are cooked and golden.
- To serve, drizzle with some extra virgin olive oil, add a few mint leaves and enjoy!

## Greek salad (by Maria and Elintona)



#### Ingredients

- 6-8 tablespoons extra virgin olive oil

- 2 tablespoons white wine vinegar
- 1 tablespoon honey
- salt
- pepper
- 2 tablespoons dry oregano
- 350 g cherry tomatoes
- ½ cucumber
- 1/3 onion
- 1 green bell pepper
- 10-15 olives
- 1 tablespoons capers
- 150 g feta cheese

#### Method

In a bowl, add 4-5 tablespoons of extra virgin olive oil, the vinegar, honey, salt, pepper and 1 tablespoon oregano. Gently stir with a spoon just to combine, you don't want to emulsify the dressing. Chop the cherry tomatoes in half and add to the bowl. Thinly slice the cucumber into half-moon shapes and thinly slice the onion. Add to the bowl. Cut the green pepper into thin strips and add to the bowl. Add the olives, capers, feta and 1 tablespoon oregano. To finish, drizzle with 2-3 tablespoons extra virgin olive oil, top with rusks and serve.

## Tzatziki (by Vasilis, Xristos and Giannis)

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#### Ingredients

- 300 g Greek yogurt (strained yogurt)
- 1 cucumber
- 1/3 of a garlic clove, finely minced
- 1 tablespoon white wine vinegar for the cucumber
- 2 tablespoons white wine vinegar
- ¼ bunch dill, finely chopped
- 3 tablespoons olive oil
- salt
- pepper

#### Method

A very appetizing, savory sauce that is almost always served with kebabs or souvlaki. It can also be served with baked potatoes, any meats and is surprisingly refreshing as a dip for vegetables!!

Peel the cucumber and grate with a cheese grater, using the large blades. Put in a bowl. Add a pinch of salt and 1 tablespoon of white wine vinegar. Toss and set aside to release its liquid. In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons white wine vinegar and 3 tablespoons of olive oil. Mix until combined. Mix until it is combined and creamy. Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture. Stir into mixture. Add pepper and adjust salt according to taste. Add some finely chopped dill and your sauce is ready. Refrigerate until needed. Serve it with some carrots, peppers, cucumber and Greek pita bread!

## Spanakopita (by Marios, Krystallia and Ioanna)

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### Ingredients

#### For dough

- 500 g hard flour or all-purpose flour
- 100 ml olive oil
- 20 ml white wine vinegar
- 10 g granulated sugar
- 1 ½ teaspoons salt
- 210 ml water
- 200 ml olive oil, for brushing

#### For filling

- some olive oil
- 3 spring onions, coarsely chopped
- 1 kilo spinach
- ½ bunch mint, coarsely chopped
- 1 bunch Mediterranean hartwort, coarsely chopped
- 4 springs fresh oregano
- 1/3 bunch dill
- grated zest of 1 lemon
- 500 g feta cheese, crumbled
- 200 g cream cheese
- a generous amount of freshly ground pepper
- salt

### Method

#### For the dough

Beat the flour, olive oil, vinegar, sugar, salt and water for 5 minutes in a mixer, using the hook attachment. If you don't have a mixer, mix with your hands and knead for 5 minutes. When the dough comes together nicely and it pulls away from the sides of the bowl, it is ready. The dough should be soft and elastic. If it is not, beat for another 5 minutes. When ready, transfer to another bowl, cover with plastic wrap and set it aside to rest for 30 minutes. For the filling

Place a nonstick pan over medium to high heat. Add a little olive oil and the spring onions. Sauté until they soften. Tear up the spinach with your hands and add to the pan. Sauté until it softens and all of the liquid evaporates. Transfer to a bowl. Add the mint, hartwort, oregano, dill, lemon zest, feta cheese, cream cheese, salt and a generous amount of freshly ground pepper. Stir and your filling is ready! How to roll out phyllo dough

Preheat oven to 190\* C (374\* F) Fan. When the dough is ready, transfer to your working surface and divide in to 6 equal parts. Sprinkle some semolina on to your working surface and start to roll out the first of the 6 pieces of dough. You want it to become as thin as possible. If your dough is too sticky, sprinkle with some more semolina and continue rolling out. Always roll the rolling pin towards you to spread the dough out further. Continue rolling out the pieces of dough in the same manner. The first five don't have to be perfect but the last one should be as nice as possible since it will cover the pie. Cut 5 of the 6 sheets of phyllo dough in to 4 pieces, making a circle which is 40-50 cm in diameter. The 6th sheet will be left whole. Brush a 30 cm round baking pan with olive oil. Lay the first 4 pieces of phyllo nicely on to the bottom of the pan. Drizzle with olive oil. Do not brush the phyllo so that they don't stick to one another and air pockets can be created in between them. This makes the phyllo crunchier! You will need about 200 ml of olive oil for all of the phyllo. Repeat the same process for another 2 sheets of phyllo, to create the bottom crust. Make sure you lay the phyllo along the sides of the baking pan first and then fill in the gaps with more of the pieces of phyllo. This helps give more texture. Add the filling, spreading it evenly all over the phyllo base. Drizzle filling with some olive oil. Cover filling with another 2 sheets of phyllo dough, repeating the exact same process as before. Be as careful as you can with the 6th and final sheet of phyllo dough, which should be left whole. Gently lay it out over the pie, turn the edges over with your fingers and gently tuck them in all the way around. Score the surface with a sharp knife and drizzle with the remaining olive oil. Bake for 45-60 minutes, or until golden and crunchy. When ready, remove from oven and cut in to pieces. Drizzle each piece with a small amount of olive oil and serve.

## Ravani (by Eleftheria, Nasia and Sofia)

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### Ingredients

#### For syrup

- 900 ml water
- 1200 g granulated sugar
- 2 tablespoon honey

- rind of 1 lemon
- 1-2 cinnamon sticks

#### For cake

- 215 g soft flour
- 400 g eggs (8 medium sized eggs)
- 250 g melted butter
- 1 teaspoon vanilla extract
- 200 g granulated sugar
- 200 g fine semolina
- grated zest of ½ lemon
- 2 tablespoons baking powder
- 1 ½ g mastic

#### Method

##### For the syrup

Place a pot over medium to high heat. Add the water, sugar, lemon rind and cinnamon stick. Bring to a boil and as soon as the sugar melts completely, remove from heat. Add the honey, stir and set aside to cool completely before pouring over cake. The honey is added at the end so that it will not lose its aroma from boiling. For the cake

Preheat oven to 180\* C (350\* F) Fan. Beat 15 g of the sugar (from the 215 g) and the mastic in a mortar and pestle, until finely ground. Add the remaining sugar and stir to combine. Transfer to a mixer and add the eggs, vanilla and lemon zest. Beat for 5-6 minutes on high speed until the mixture becomes light and fluffy. Lower speed and add the melted butter. Beat for 20-30 seconds to incorporate and set aside. In another bowl, combine the dry ingredients: the flour, semolina and baking powder. Add the dry ingredients to the wet ingredients in the mixer and gently fold with a wooden spoon. Transfer to a 25x35 cm baking pan that has been greased with butter. Spread it evenly in the pan. Bake for 35-40 minutes. When ready, remove from oven and immediately begin pouring the cooled syrup over the cake with a ladle. Do not pour it over the cake all at once because it will crack. Pierce the cake with the blade of a knife so that it can absorb the syrup easily. Set it aside for at least 30 minutes and refrigerate to chill. Run the blade of your knife along the edges of the pan to dislodge any parts that are stuck so that the pieces can be removed easily. When ready, cut in to pieces and serve with some crushed pistachio nuts.

# Recipes from Turkey

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## Turkish Pickles(by Gülşah ŞAHİN)

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Pickles are just a fact of life in Turkey. You eat pickles with your food. That's it. It's very rare you won't see pickles (turşu) of some variety on the table when you're served a meal. And we make pickles from any kind of fresh vegetables. You can buy turşu in jars from the supermarkets but these are not real pickles. The pickling companies manage to do something to the vinegar to stop it tasting like vinegar and the jars are tiny, like jam jars. These are absolutely no use whatsoever to the seasoned Turkish pickle eater – and the many foreigners who come here end up addicted to pickle eating. You should know we're serious pickle lovers. No gözleme, kebab or fish butty is complete without a plate of pickles.

### Recipe

3 meaty carrots, peeled and sliced at an angle for more surface area (and therefore more pickled loveliness!) 3 large (for Turkish standards) cucumbers quartered and then sliced in half down the middle. 3 small onions (or one big one) peeled and chopped into bite-sized chunks. 5 green chillies, pricked and boiled for a few minutes in about a tea glass of water (quarter of a mug). Don't throw the water away. To Prepare Your Turşu:

Layer your ingredients into your tub or jar however you want to. It's not too important. Sprinkle half a teaspoon of sugar in, a good pinch of black pepper and a little chilli powder (optional). Add the water from the pan (this will have taken on a little of the chilli hotness) and then top your tub up with vinegar. Screw the lid on, give them a good shake and stick them in the fridge (you might not need the fridge but it gets so hot here that even the pickles are better off in the fridge!) for two weeks. Once your turşu is ready, you can eat them all up. It usually takes us about two days to polish them off. And we've got to admit, we never leave them for two weeks – well, they're just looking at you every time you open the fridge. About one and a half weeks and they're good to go, if a little crunchy!

## Gözleme (by Aleyna Bayram)

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## Ingredients

For Dough 2 1/4 cup all-purpose flour 1/2 tsp salt 1/2 cup Greek yogurt plain 1/2 cup water

For Filling 1 tbsp olive oil 1 small onion chopped 2 cloves garlic minced 1/2 lb ground lamb 1 tbsp tomato paste 1 tsp coriander ground 1 tsp smoked paprika 2 tsp cumin ground 1/2 tsp salt or to taste 1/4 tsp pepper or to taste 6 oz spinach frozen, thawed and chopped 1/2 cup fresh mint chopped 2 green onions chopped 1/2 cup fresh parsley chopped 1/2 cup feta cheese crumbled 1 medium tomato chopped

Instructions Combine the flour and salt in a large bowl. Make a well in the center and stir in the yogurt and water. Continue mixing with a spoon until everything is well combined. If the dough is too dry adjust by adding a bit more water, start with a tablespoon at a time. Flour your work surface and knead the dough for about 3 minutes, or until smooth and elastic. Cover with plastic wrap or a clean tea towel and set aside. In a medium skillet, heat the olive oil over medium heat then add the chopped onion and garlic. Saute onion and garlic for 3 to 4 minutes or until the onion is soft and translucent. Add the ground lamb to the skillet and break it up with a wooden spoon. Cook for about 4 to 5 minutes, until browned. Stir in the tomato paste, coriander, paprika, cumin, salt and pepper. Add the spinach, stir everything together and cook for another 2 minutes. Let the meat mixture cool slightly. In the meantime divide the dough into 4 equal portions. Roll each piece into a rectangle that's about 12x10 inches. Spoon about 3 tbsp of the lamb mixture in the middle of the rectangle and spread it out a bit. Add some fresh mint, green onions, fresh parsley, 1/4 of the crumbled feta, and some chopped tomato. Fold over the edges of the dough to seal. Repeat with remaining dough pieces. Spray a large skillet with cooking spray and heat over medium heat. Depending on the size of your skillet, add 1 or 2 of the gozleme and cook on each side for about 3 to 4 minutes or until golden brown and crisp. Spray more cooking spray as needed. Cut each gozleme in half diagonally and serve with lemon wedges and olives.

## Hamsili Pilav / Turkish Baked Rice And Fresh Anchovies(by Dilara Aksoy)



## Ingredients

For The Hamsi 500g fresh anchovies, cleaned and filleted Butter for greasing your bowl

For The Pilaf 1 cup of long grain rice (we use a standard coffee/tea mug) 1 onion, peeled and finely chopped ½ bunch fresh dill, finely chopped 1 handful currants/raisins 2 tbsp pine nuts 1 dessert spoon dried mint Rind and juice of 2 large fresh lemons 1 tsp allspice Salt and pepper for seasoning 1 tbsp butter for cooking

Instructions For The Rice Filling First of all, melt your butter in a saucepan on a medium heat and add your onion. Stir around until your onion starts to soften. Now add your pine nuts and stir until they start to take on a golden colour. Now add your rice and stir around for a 2-3 minutes. Add your lemon rind, currants, allspice, mint, salt and pepper. Using the same sized cup as the one you used for your rice, add 1 1/2 cups hot water, turn to a high heat and bring your rice mix to the boil. Cover and simmer for 8 minutes until the water has been absorbed. Remove from the heat and leave to steam for 10 minutes. After 10 minutes, remove the lid and fluff the rice. Add your lemon juice and dill then stir in. For The Hamsili Pilav Preheat your oven to 180 degrees (150 for a fan oven). Whilst your pilaf is steaming take an oven proof dish and grease the base and edges liberally with butter. Now cover the base and edges with 1 layer of your anchovy fillets with the skin side down, against the bowl. If you are using a circular or dome-shaped bowl, you can layer your anchovies in circular patterns if you like. Keep placing the anchovy fillets until you have no gaps. Give your pilaf a stir and start to place it into your anchovy casing. Once you reach the top of your bowl, if you have any anchovy fillets protruding, fold them all inwards towards the centre. Now cover the top of your rice with anchovies, too, so that your pilaf is completely encased. Drizzle a little olive oil over the top of your hamsili pilaf and place in the oven. After 20-25 minutes, remove your hamsili pilav from the oven and serve. If you have used a shallow oven dish, you can serve in slices as you would a pie, straight from the dish. If you want to present your hamsili pilav as a centrepiece, place an inverted serving plate over the top of your hamsili pilav. With one hand on top of the plate and the other under your oven dish, turn them over so that your hamsili pilaf is now upside down on your serving plate. Tap around the dish and then carefully remove to reveal your hamsili pilav. Garnish with fresh lemon slices and sprigs of dill.

## Iskender Kebab Recipe – Turkey’s Famous Kebab Made At Home (by Gürkan Varlık)



## Ingredients

300g entrecote very thinly sliced, marinated 150g pide (pitta) bread 1 tbsp natural Turkish yoghurt 4 thin green peppers 2 tbsp olive oil - 1 for marinade and 1 for frying Pinch of dried oregano

For The Sauce 1 medium tomato, finely chopped 1 clove garlic, peeled and grated 1 heaped dessert spoonful salça (tomato paste) 1 tbsp olive oil 1tsp vinegar 1 pinch of chilli flakes Salt and pepper to taste 400 ml water 2 tbsp melted sizzling butter for topping Instructions Before you start making your Iskender Kebab, marinate your steak for a couple of hours in the olive oil and oregano. For The Sauce First of all, set your sauce simmering. Gently heat your olive oil in a saucepan and add your chopped tomato. Stir around for a few minutes and then add your garlic, chilli flakes and pinch of salt and pepper. Once your tomato has really softened, add your salça and a ladleful of water. Stir and heat through until the salça has dissolved. Ladle in more water and add your vinegar and stir gently. Continue to add more water intermittently to keep your sauce at the thickness you'd like. After around 30 minutes, remove your pan from the heat and seal with a lid to keep warm.

For The Meat Whilst your sauce is simmering, grill your peppers under a high heat until charred. Place them to one side. Heat olive oil in a frying pan and, once hot, start to fry your marinated beef. Meanwhile, heat your pide bread (pitta bread) until it is hot and lightly toasted. Fry your meat until browned and you also have some crispy bits, too. Build Your Iskender Kebab Now you need to work fast. Take two serving plates. Remove your bread from the oven, cut it into bite-sized chunks and divide between the two plates. Now top the bread with your beef and add a generous knob of butter to the frying pan you used for the beef. Place the pan back on the heat. Pour your tomato sauce over both plates and add a serving of yoghurt to each. Place your charred peppers on the plate and pour your sizzling butter over the top of your tomato sauce. Serve immediately.

## Turkish Green Beans In Olive Oil Recipe – Zeytinyağlı Taze Fasulye (by Sena Sude Duman)

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### Ingredients

½ kilo green beans, washed, trimmed and cut into approx 2 inch pieces 2 large beef tomatoes finely chopped 1 large onion, peeled and sliced into half moons 1 green capsicum pepper, deseeded and roughly chopped into large pieces (optional) 3 tpsp olive oil 4 cloves garlic, peeled and thinly sliced ¼ tsp sugar Salt and pepper to season Wedge of lemon to garnish

Instructions Add the olive oil to a large saucepan and gently heat. Now add your onion and capsicum pepper. Sauté for around 5 minutes until the onion and pepper start to soften. Now add your green beans, salt and pepper. Stir around until the beans are coated in oil and they are mixed with the pepper and onions. Now add your chopped tomato, sugar and sliced garlic and stir those in, too. Boil some water and add just enough hot water to cover your beans. Bring it all to the boil and then reduce to a simmer and cover. Simmer for 25-30 minutes until your beans have gone soft. Remove from the heat and allow to cool before serving. For each serving, squeeze a wedge of fresh lemon juice over the top before eating.

## Recreating A Street Food Favourite – Nohutlu Pilav (by Rabia Pinar Tatar)

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### Ingredients

2 glasses rice 2 glasses water or chicken stock 1 glass pre-cooked chickpeas 2 tablespoons butter

### Instructions

First let the chickpeas soak in water over night and then cook it the next day for about 1-2 hours in unsalted water. The more convenient and time saving way is to buy a can of pre-cooked chickpeas and the only preparation you need to do is to rinse them thoroughly.

To get fluffy and non-sticky rice, it is important to wash out the rice starch. Place the rice in a bowl with generously salted hot water. Let it soak for at least 10 minutes. Wash again thoroughly in cold water until the water run clear and drain it well.

Melt the butter in a saucepan or pot until it just starts to sizzle. Add the rice washed and drained rice and sauté for 1-2 minutes while stirring continuously. Add 2 glasses of salted water or chicken stock into the pan. Add the pre-cooked chickpeas and cover it up.

Bring it to boil, then turn down the heat and let it simmer on a low heat for about 5 minutes until the rice has absorbed all the water. Do not stir the rice while cooking! Turn off the heat and let the rice rest with the lid closed for about 15 minutes. Stir with a spoon or fork to loosen up the rice a little before serving.

## Red Lentil Soup Recipe – A Turkish Favourite (by Raşit Mert Arslan)

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## Ingredients

1 cup red lentils (approx 150g) 1 large onion, finely chopped 1 large potato, scrubbed and roughly chopped 1 large tomato, roughly chopped (or 1 400g tin) 1 dessert spoonful chilli flakes Pinch of cumin Salt and pepper to season For The Garnish 1 lemon wedge ½ tsp chilli flakes ½ tsp dried mint Instructions In a large pan, heat a glug of olive oil. Add the potato and onion and keep stirring for a few minutes over a low to medium heat. Now add your lentils and mix together. Add your chopped tomato, chilli and cumin and stir. Now add two mugfuls of hot water or stock, salt and pepper and stir everything together. Bring to the boil and then cover and simmer for around 20 minutes. Remove the lid and give your red lentil soup a stir. Add more water or stock if necessary. Simmer for a further 15-20 minutes. Remove from the heat and mash or blend your red lentil soup. Ladle your soup into serving bowls and sprinkle your chilli flakes and dried mint over the top. Squeeze the juice of the lemon wedge into your soup. Now your Turkish red lentil soup is ready for you to enjoy.

## A Turkish Potato Salad Recipe: Patates Salatası (by Aylin Bordonacı)

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## Ingredients

For The Potato Salad 1 kg unpeeled baby new potatoes, scrubbed, and larger ones cut in half 1 bunch spring onions, trimmed and chopped into small rings 1 red capsicum pepper, deseeded and finely chopped ½ bunch parsley, finely chopped Salt to season

For The Potato Salad Dressing Juice of 1 lemon 2 tbsp olive oil 2 tsp hot chilli flakes 2 tsp sumac (optional)

Instructions Bring a large saucepan of water to the boil and add your potatoes. Boil your potatoes for around 15 minutes. Do a taste test and if your potatoes are al dente, remove them from the heat, drain and leave to cool. Your potatoes will continue to cook as they cool so don't leave them boiling until they are soft otherwise, they will break up later. Once cooled, add your potatoes to a large serving bowl and add the onion, peppers & parsley and carefully mix everything together. Now sprinkle the chilli flakes and sumac into your potato salad. Squeeze the lemon juice all over the salad and drizzle the oil. Mix again and serve as part of your meze.

## TURKISH BAKLAVA /FISTIKLI BAKLAVA (by Ece Yurtseven)

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## Ingredients

2 lbs puff pastry sheets 4 cups pistachios , shelled, coarsely minced 1/2 cup sugar 2 tablespoons water 2 tablespoons honey 2 cups melted butter 1 cup finely minced pistachios , to garnish

Instructions Preheat oven to 300 degrees F. On a lightly floured surface, roll all 4 puff pastry sheets to fit a 9 x 11 baking dish; set aside. Grease pan with room temperature butter. Place 1 rolled sheet of puff pastry into pan then grease pastry sheet with butter. Place another layer of puff pastry on top, then grease with butter. In medium bowl, combine coarsely chopped pistachios, honey, sugar and water and mix. Pour mixture over puff pastry sheets in dish. Place another puff pastry sheet over the top of the mixture, then grease it with butter. Place the last puff pastry on top and pour remaining butter on top. Use a sharp knife to cut baklava in the shape of a diamond or square. Place baklava in oven and bake for 90 minutes. The top of the puff pastry should be light golden color and the papers should appear crispy. Meanwhile, grind or chop the remaining pistachios into an almost fine dust or finely chopped. Allow baklava to cool then garnish with pistachios.

# Recipes from Georgia

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## Khachapuri (By Nino)

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Ingredients: 200 grams of khachapuri dough and up to 100 grams of flour Prepare the dough as per the step-by-step guide in the link to the article mentioned above. The recipe for the dough is enough to make 3 or 4 khachapuri so you will need to reduce the quantity of the dough ingredients if you only want to make one or two. 3 eggs, 20 grams of butter and 100 grams of Sulguni cheese and 100 grams of Imeretian cheese (alternatively, you can use only imeretian cheese or mozzarella).

Grate the cheese. Add the grated cheese, one egg and butter to a mixing bowl. Mix the ingredients with a fork. Separate one egg yolk and stir in a dish. This will be used later to glaze the khachapuri. Knead the dough before using. Leave for 10 minutes and then make a flattish boat shape, like in the picture below. Spread the cheese filling onto the middle of the dough. Fold the sides and ends of the dough, like in the picture below. Lightly dust a baking tray with flour (to stop the khachapuri sticking) and put the khachapuri in a pre-heated hot oven for about 12 minutes at a high temperature. After 12 minutes take out the khachapuri, glaze the surface with the egg yolk and add a raw egg to the cheese. Bake for 3 minutes at a high temperature. Enjoy this famous Georgian dish! :)))

## KHINKALI (by George)

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Ingredients for 30 Khinkali *Dough* -1.4 kilo of flour (1.1 kilo for the

dough -3 kilo for dusting and kneading) -2 eggs -450 ml of warm water

*Filling* – 700 grams of ground beef and pork mix -salt, half tsp of dried red pepper, quarter tsp ground caraway seed -2 small onions (optional) -500 ml of water -Cooking – water and salt for the cooking pot

Preparation: Add 1.1 kilo of flour to a mixing bowl. Make a depression in the middle of the flour and add the eggs. Add 450 ml of warm water. Mix the ingredients from the middle of the bowl until all of the flour is mixed. The dough should be formed into a ball. Divide the dough into two pieces. Sprinkle a work surface and one of the balls of dough with flour and knead (very firmly) and fold the dough. Continue kneading and folding until the dough is very firm. Roll out the dough until it is about 1/3 of an inch thick. Cut out circles of about 2.5 inches in diameter with a drinking glass. Carefully remove the excess dough. Use a rolling pin to roll each circle into a thin eight inch round. These rounds will be filled with a meat and spice mixture to make khinkali. NOTE: Repeat the whole process of kneading, folding and cutting and rolling of rounds with the remaining ball of dough. You will then have enough rounds to make about 30 khinkali. Preparation (the khinkali filling): Add the meat, spices, 2 finely chopped onions (optional – we didn't use onions) and salt to a mixing bowl. Mix the ingredients by hand and then add 25 ml of water and squash and squash the mixture. Repeat this process 20 times until you have mixed at least 500 ml of water with the meat. This will ensure that your khinkali have lots of 'juice'. The meat should look like this at the end of the process. Preparation (making the khinkali): Take one round of dough from your pile of rounds. Add 1 heaped tbs of the meat mixture to the center of the round. Use your thumbs and index fingers to make an accordion type fold all around the outside. It will become easier with practice! 19 folds are considered to be ideal. When all pleats have been formed the khinkali should look like the one in the picture below. Roll the nubbin of the dumpling between your finger and thumb and pinch off extra dough. The khinkali should look like this. Put each khinkali on a board or work surface that has been dusted with flour. Carefully place the dumplings into a deep pan of boiling salty water, about 10-15 at a time (depending on the size of your pan). Boil for 12 to 14 minutes. If the dough has been made properly the dumplings will not burst. Serving: Khinkali are served hot with no garnish other than black pepper. Eating khinkali: There is an art to eating Khinkali. The doughy top, where the pleats all meet, is never eaten, but used as a handle for holding the hot dumplings and is left on the plate to show how many have been eaten. In Georgia, this top is called the "kudi" (Georgian ქუდი, hat) or "kuchi" (Georgian კუჭი, belly button). Enjoy! :)))

## Chakapuli (by David)

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Ingredients: 2 pounds veal stew meat or boneless shoulder, cut into 1-inch pieces. 1½ teaspoons kosher salt 2-3 cups chopped scallions (from 2 large bunches) 1 cup tarragon leaves 1 cup dry white wine 3 cups water or low-sodium chicken stock ½ cup mixed chopped herbs (any combination of parsley, dill, cilantro, mint and sorrel) 3 cloves garlic, minced 1 pound small waxy potatoes, sliced into ½-inch-thick rounds ¼ cup green tkemali (Georgian sour plum sauce), optional

1. Preheat oven to 325 degrees. Season stew meat with salt. Add meat, along with scallions, tarragon, wine and water to a lidded 5-quart Dutch oven. Cover and cook until tender for 1 1/2 hours.
2. Stir in remaining herbs, garlic and potatoes. Cover, return pot to oven and cook until herbs have softened and garlic has mellowed, 30 minutes more.
3. Remove stew from oven and adjust seasoning as needed. Stir in tkemali, if using.

## Pkhali (by Nano)

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Ingredients: -Kosher salt and freshly ground black pepper, to taste -1 1/2 lb. baby spinach -1 1/2 cups toasted walnuts -1/2 cup roughly chopped cilantro -1/2 cup roughly chopped parsley -1 tsp. hot paprika -1/2 tsp. ground turmeric -1/2 tsp. ground fenugreek -3 tbsp. olive oil -2 tbsp. red wine vinegar -2 cloves garlic, roughly chopped -1 small yellow onion, roughly chopped -Pomegranate seeds, for garnish

Preparation: Bring a large pot of salted water to a boil. Add spinach; cook until wilted, about 1 minute. Using a slotted spoon, transfer spinach to a bowl of ice water; drain and squeeze out as much water as possible. Transfer to a food processor; purée until almost smooth, 1-2 minutes, and transfer to a bowl. Add walnuts, cilantro, parsley, paprika, turmeric, fenugreek, oil, vinegar, garlic, onions, salt, and pepper to the food processor; purée until very smooth. Mix walnut purée and spinach together; transfer to a serving platter and garnish with pomegranate seeds.

## Mtsvadi (Grilled Pork Skewers with Pomegranate and Onions) (by Tamuna)

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Ingredients: -2 pounds boneless pork shoulder, cut into 1 1/2-inch chunks -2 medium red onions (1 grated on a box grater and 1 thinly sliced into rings), divided -2 1/2 cups red wine vinegar -2 teaspoons kosher salt, plus more to taste -1 teaspoon freshly ground black pepper, plus more to taste -1/2 cup pomegranate arils

How to Make It: Step 1 Stir together pork, grated red onion, red wine vinegar, salt, and pepper in large bowl until combined. Cover and refrigerate at least 4 hours or up to overnight.

Step 2 Thread pork chunks onto metal skewers; discard marinade. Let pork stand at room temperature 30 minutes.

Step 3 Preheat grill to high (450°F to 550°F). Place pork skewers on oiled grates; grill, covered, turning occasionally, until lightly charred on all sides, 12 to 15 minutes. (Alternatively, broil skewers on high with oven rack 5 inches from heat, turning occasionally, until lightly charred on all sides, 12 to 15 minutes.)

Step 4 Remove pork from skewers, and transfer to a large bowl. With your hands, squeeze pomegranate arils over pork. Add onion slices, and toss to combine. Season with salt and pepper to taste. Serve with bell pepper jam and plum sauce.

Bon appetit :)))

# Recipes from Armenia

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## Kufta (by Nare Martirosyan)

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### INGREDIENTS

- 1 1/2 lbs ground lamb or 1 1/2 lbs beef
- 2 cups cracked wheat, fine ground
- 1 small onion, minced
- 1 tablespoon parsley, minced
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 lb ground lamb or 1 lb beef
- 1 lb ground lamb or 1 lb beef
- 1 large onion, chopped
- 1/2 cup parsley, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 quarts broth, beef or 2 quarts chicken

**DIRECTIONS** For the outside shell, mix 1-1/2 lbs. ground lamb, bulghur, onion, salt, pepper and parsley together with 1 cup of water. Knead until it becomes cohesive and dough like. Set aside and brown 1 lb lamb with large chopped onion until meat is cooked. Add parsley, salt and pepper and cool. In the meantime, roll outside shell mixture into balls the size of a small egg. Use a bowl of ice water to keep mixture from sticking to your hands. Shape into cups by inserting your thumb into ball and rotating in your opposite hand until you form a thin shell. Keep wetting your hands in the ice water to keep shell from cracking. Fill shell with cooked meat mixture, about 1 tablespoon, close shell, wetting hands with ice water, and seal opening. Set aside on a sheet pan, continue to roll balls. Place tray in refrigerator to chill.

## Armenian Pakhlava (by Varduhi Barseghyan)

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## Ingredients

- 4 cups finely chopped walnuts
- 1 tbsp Ground cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 cup sugar
- 40 filo pastry sheets
- 1-1/2 cups butter

## For the syrup

- 3 cups sugar
- 1-1/2 cups water
- 2 tbsp lemon juice

## Instructions

**The Syrup:** Combine all ingredients in a saucepan. Bring to a boil, stirring frequently. Reduce heat. Once mixture boils and sugar is dissolved, cook, uncovered, over medium-low heat until the mixture thickens.

Preheat oven to 175C. Lightly butter a 13" x 9" baking pan. Set aside. In a medium bowl, combine walnuts, cinnamon, allspice, nutmeg, cloves and sugar. Set aside. Stack filo pastry sheets on a flat surface. Trim to fit pan. Layer 12 filo sheets in baking pan, brushing each sheet with butter. Spread 1 cup of the nut mixture over layered filo sheets. Top with 8 more filo sheets, brushing each with butter. Spread with 1 cup nut mixture. Layer 8 more filo sheets, brushing each with butter. Spread the remaining nut mixture. Top with the remaining filo sheets, brushing each with butter. cut into 1-inch diamond shapes without removing from pan. Bake 30 minutes in preheated oven. Reduce heat to 200F (95C). Bake 30 minutes longer. Pour cooled syrup over warm pastry. Let stand several hours before serving.

## **Armenian Bulgur Salad (by Lilit Danielyan)**

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## Ingredients

- 1/2 cup olive oil
- 1 large onion finely diced
- 1 large green bell pepper finely diced
- 4 cloves garlic minced
- 2 cups chopped tomatoes or 15 ounce can petit diced tomatoes
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1 cup water
- 2 cups fine bulgur
- juice of one large lemon
- 4 to 5 medium green onions sliced
- 1/2 cup chopped fresh parsley
- extra virgin olive oil for drizzling

## Instructions

- In a large sauté pan over medium high heat, warm the olive oil then cook the onions and green pepper just until the onion begins to soften, about 8 minutes. Add the garlic and cook for just one minute. Add the chopped tomatoes, salt, pepper and cayenne and cook covered for 10 minutes. Add the water and bulgur. Stir to coat the bulgur. Cover and cook on low heat for 10 more minutes. Remove from the heat, stir and cover for an additional 10 minutes.
- Allow to cool to room temperature. Stir in the lemon juice before refrigerating.
- Top with green onion, fresh parsley and a drizzle of extra virgin olive oil before serving.

## Armenian winter soup - Khash (by Lilit Grigoryan)

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### Khash Soup



### Ingredients:

- 1 onion (diced)
- 1 garlic (diced)
- Salt to taste
- 1/2 tsb dry chives leaves
- Water
- 1 cow foot (cut and washed)
- 1 chilli pepper

### Instructions:

- Wash and add the cut meat into a deep bowl.
- Pour cold water and allow to soak overnight or for at least 8hrs to soften.
- Wash thoroughly, add into a pot with onions, pepper, water and garlic then cook until meat is tender and extracted from the bones.
- Add salt to taste and serve warm with chives sprinkled over the soup.

## Gata - Armenian Pastry (by Anahit Mkrtchyan)

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### Ingredients

- For the dough
- 2½+ cups of all-purpose flour
- ½ tsp baking soda
- 1 tsp baking powder
- Pinch of salt
- 1½ tbs sugar
- 150 grams of cold unsalted butter, cubed
- ½ cup of full fat plain yogurt
- ½ cup of sour cream
- 1 egg separated
- 1 tsp vanilla extract

### For the filling

- 1 cup of all purpose flour
- 1 cup of granulated sugar
- 1½ tbs clarified butter

### Instructions

- In a large bowl combine flour, salt, soda and baking powder, mix set aside
- In another bowl mix together: sour cream, yogurt, egg white, vanilla extract and set aside
- Add the butter to flour mixture and using a pastry knife or a fork, cut and mix until coarse mixture is formed
- Slowly add the liquid ingredients, mix and form it into a smooth dough
- Transfer the dough into lightly floured surface and gently knead, just to bring it together
- Do not overwork the dough
- Divide the dough into 4 equal portions, form into flat rectangle shape and place in the fridge to cool about 25-30 minutes
- Meanwhile prepare the filling, by simply mixing all the ingredients together
- Roll out the dough into about 12"x9" rectangle shape
- Pour half of the filling in the center, leaving at least 2 inches from the sides empty
- Flatten the filling with your hand to spread it evenly
- Wrap and roll the dough into roulette shape
- At this point you can preheat the oven to 375°F/180°C
- Line baking pan with parchment paper
- Slice the Gata roll into triangle or diamond shapes
- Using a fork make a few stripes for design
- Mix egg yolk with cream a don eggs ash
- Bake 25-30 minutes or until golden color Enjoy!

## Armenian Harissa (by Anahit Yeghiazaryan)

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### Ingredients

- 1 whole chicken
- 2 cups of Wheat Pelted
- 2 liters of chicken broth
- 2 cups of water
- 1 teaspoon salt

### Directions

1. Start off by cook the chicken until it becomes tender (Save the broth)
2. Separate the meat from the bones
3. Wash the wheat and place in a large pot
4. Add the chicken and broth and begin to cook and stir on medium heat
5. Remove any foam that may build up on the surface
6. Cook and stir Harissa for 4-5 hours or until all the meat dissolves with the wheat

7. Remember to stir occasionally to prevent sticking
8. Thick and heavy consistency is the key a perfectly cooked Harissa
9. Harisa is served with clarified or melted butter, pickled veggies also go with Harisa)

## Armenian Dolma (by Ani Harutyunyan)

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### Ingredients

- 1 lb of lamb, beef, or 50/50 mixture
- 1/4 lb of washed rice
- 2 medium onions, chopped fine
- a handful of fresh parsley or mint
- 1/4 cup of tomato sauce
- Salt and pepper
- Grape leaves

### Instructions

- In a large bowl, mix all ingredients, except the grape leaves, well by hand.
- If using fresh grape leaves, cut off the stems and blanch them in boiling water first. But if you are using canned leaves, wash in hot water.
- Next, prep your pot. Place some grape leaves on the bottom of a medium to large pot to prevent the dolma from sticking.
- Now the fun part. Spread a leaf on a plate or cutting board, wrong side up and stem end towards you. Put a teaspoon of filling near the stem end. With your hands fold the sides and then roll up like a cigar.
- Place the rolled dolma in the pot. Layer the dolma in two or three layers.
- To ensure stability, place a plate over the top and fill the pot with 2 cups of water. You can add more tomato sauce for extra flavor.
- Pre-heat oven to 325°F, and cook for 1 1/2 hours.
- Serve warm. Enjoy!

## Zhingyalov hats or Armenian stuffed flatbread (by Anjela Karapetyan)

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## INGREDIENTS

### For Dough

- All-purpose flour - 2½ cup
- salt to taste
- Olive oil - 1 tbsp
- Water as needed

### For Filling

- Herbs ( equal measure of spinach, mint, coriander)- 3 cups
- Olive oil - To Drizzle
- Salt as needed
- Pepper pd - ¼ tsp

## INSTRUCTIONS

- Wash and chop the spinach , mint and cilantro in a bowl. Drizzle some olive oil.
- Add salt and pepper, mix and set aside.
- In a bowl mix flour,salt,olive oil, water and form a pilable dough.
- Divide the dough to equal balls, take a ball and roll it in floured surface into a thin rectangle or oval shape.
- Place the herbs filling in the middle of the rolled dough and start sealing the corners from left to right starting from the middle. Do chk the video for how to roll and seal the bread.
- Heat a skillet and place the stuffed bread on it to cook. Brush some olive oil while cooking.
- Cook on one side till you see brown spots and then flip and cook on the other sides.
- Enjoy them warm. Break the bread into half put a piece of butter into the filling part. Let it melt and relish.

# Recipes from Portugal

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## Mackerel - Algarvian way (by Ana Grave)

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Ingredients 1 kg mackerel 1 kg potato (s) 3 onion (s) 12 clove garlic (s) 1 sauce (s) parsley oregano olive oil vinegar q.b. salt

### Preparation

1. Clean the fish, taking guts and head.
2. They pass well by water and are disposed in a vessel in layers alternated with salt. They let themselves stay like this, from one day to the next.
3. Put a pan with water on the fire, and when you boil, add the horse mackerel after being passed through water, to remove the salt, letting it cook.
4. After cooking put the horse mackerel in cold water to allow (without leaving) to remove all the skin and some pimples that are in sight.
5. The horse mackerel is then placed on a platter, seasoned with olive oil and vinegar to taste and topped with a few heads of garlic, cut into slices, onion slices and chopped parsley.
6. Can be served hot or rather cold.
7. To accompany: Bake the potatoes with skin, remove the skin after cooking and cut into quarters.
8. Season to taste with olive oil and vinegar, covering them with the remaining heads of chopped garlic and oregano.

## Almond Cookies (By Diogo Manata)

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(for 10 cookies) 150 grams of Almonds with skin 10 Whole almonds (to decorate) 130 g Sugar (light yellow sugar)  
1 egg white L size Vegetable Paper to Line the Board

### Preparation

Grind almonds with skin (they should not be in flour-like powder). In a bowl, combine the almonds with the sugar. Add the egg white and stir well until the egg is fully incorporated. Mold small balls and then flatten them slightly (with your hands). Put one almond (with the spout down) in the center of each cookie and press it lightly to get into the dough. Arrange the dumplings in a tray, previously lined with parchment paper, separated from each other about 3 cm. These cookies grow and if they do not separate them stick to each other. Take the low oven - 150/160 °C - on the center rack of the oven until they are golden brown. Do not let them cook very hard otherwise they are dry inside and if they look popped on the outside it is also a sign that they have overcooked. When they are cooked, remove the tray from the oven, let it cool slightly and peel off the vegetable paper carefully or with the aid of a spatula.

## Pastéis de Nata (By Lourenço Anino)

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Ingredients - Pasta 650g of wheat flour 1 pinch of salt 400ml of water 450g puffed margarine at room temperature (or unsalted butter) Ingredients - Recheio 600g of sugar 350ml of water 1 lemon peel 1 liter of milk 160g of wheat flour 1 teaspoon vanilla extract 8 gems

How to prepare - Pasta Put the wheat flour in a bowl, make a hole in the center, dilute the salt in the water and pour into the bowl. Mix the ingredients until the dough loosens from the hands. Make a ball and wrap it in a plastic so the dough does not dry. Let it sit for 10 minutes. Stretch the dough on a smooth surface and with the aid of a roll open the dough in the shape of a cross. Put 300 g of margarine between 2 plastic bags and open to form a square. Put the margarine in the middle of the dough and close as if wrapping a present. Let rest another 10 minutes. Open the dough again, fold the sides to the center of the dough and let stand 10 minutes, covered with plastic to not dry. After this time repeat the procedure 2 more times. Always sprinkle the table with wheat flour so that the dough does not stick and leave it in refrigerated temperature. At the end, stretch the dough into the shape of a large rectangle, pass the remaining margarine (150 g) with your fingertips and wrap it into a thin roll of +/- 4 cm in diameter and let stand another 10 minutes. Cut discs with +/- 2 cm thick, place each disc inside a pie crust and with the thumb moistened in water, shape the dough in the foil, stretching the side above the edge. Start from the center and go to the eaves until you reach the top of the form.

How to prepare - Filling In a pan, dissolve the sugar in the water, add the peel of 1 lemon and bring to the fire to make a syrup. Tip: After the sauce has boiled, wait 5 minutes and turn off the heat. In another pan, out of the heat, mix half the milk with all the wheat flour and stir to dissolve. Boil the remaining milk with the essence, add to the milk with flour and go to the medium heat to thicken. Remove from heat, let cool slightly, add sugar syrup, yolks and stir.

Fill the pans with the filling and bake. Bake the pastry in a very strong oven (250° C) for 15 to 20 minutes (this variation of time will depend on the oven) and is ready. Let cool.

## Arroz Doce - Sweet Rice (By Margarida Couto)

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1.2 l milk fat 200 g carolino rice 2 c. of sugar soup 1 stick of cinnamon 1 orange peel qb cinnamon powder

How to do it

1. Mix the milk, rice, sugar, orange peel and cinnamon stick in a medium saucepan over medium heat.
2. When the milk begins to boil, cover the pan.
3. Stir occasionally and cook about 30 minutes.
4. Sprinkle with cinnamon powder and serve hot or cold.

# Recipes from Germany

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## Blueberry Pancake (by M.Elikalfa)

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What you need cooking spray 1 tablespoon butter 1 large whole egg 1 large egg white 1/2 cup all-purpose flour 1/2 cup milk 1 teaspoon vanilla extract 1 tablespoon granulated sugar 1/2 teaspoon salt 1 cup fresh blueberries 1/4 cup confectioners' sugar

What to Do

1. Position rack in lower third of oven and preheat to 425 degrees F. Coat a deep dish pie plate with cooking spray, add butter, and place in oven about 5 minutes or until butter is melted. Remove now from oven.
2. In a large bowl, whisk together egg and egg white. Whisk in flour, milk, vanilla, granulated sugar and salt. Stir in blueberries. Pour batter into prepared pie plate and return to oven.
3. Bake 15 to 20 minutes or until edges are puffed and golden brown.
4. Remove from oven and sprinkle confectioners' sugar evenly over top. Cut into wedges and serve hot.

## German Pancakes (by Deniz Avci)

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What You Need 2 cups all-purpose flour 2 tablespoons granulated sugar 2 teaspoons baking powder 1/4 teaspoon salt 2 cups milk 4 eggs Vegetable oil for cooking 2 tablespoons confectioners' sugar

What to Do

1. In a large bowl, combine the flour, granulated sugar, baking powder, and salt; mix well. Whisk the milk and eggs into the flour mixture for 3 to 4 minutes, or until smooth. Lightly brush a small skillet with oil then heat over medium heat until hot but not smoking.

2. Pour 1/4 cup of the batter into the skillet, tilting the skillet to evenly coat the bottom with the batter; cook for 2 to 3 minutes, or until firm on top. Turn the pancake, brushing the skillet with additional oil, if necessary; cook for about 1 more minute, or until the pancake is light brown on both sides. Fold the pancake in half, then in half again.
3. Remove to a baking sheet and keep warm in a 200-degree F. oven until ready to serve. Continue with the remaining batter, brushing the skillet with oil as needed. Before serving, sprinkle the pancakes with confectioners' sugar.

## Spaetzle (by Gzime Emini)

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**What You Need** 3 cups all-purpose flour 1/2 teaspoon baking powder 2 teaspoons salt, divided 1/4 teaspoon black pepper 4 eggs, beaten 1 3/4 cups water 4 tablespoons butter, melted 1 tablespoon chopped parsley

**What to Do**

1. In a large bowl, combine flour, baking powder, 1 teaspoon salt, and the pepper; mix well. Add the eggs and water; mix with a wooden spoon until smooth.
2. Bring a large pot of water to a hard, rolling boil over high heat; add remaining salt. In batches, drizzle the batter from a wide slotted spoon into the boiling water. When the spaetzle (noodles) float to the top of the water, remove them with a slotted spoon and drain in a colander. Place in a bowl, add butter and parsley, and stir gently just until mixed.

## German potato Pancakes (by Leon Schröter)

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**What You Need** 4 baking potatoes (about 1-1/2 pounds) 3/4 cup finely chopped onion 1 egg, beaten 1/4 cup all-purpose flour 1 teaspoon baking powder 1/2 teaspoon salt 1/4 teaspoon black pepper 1/4 cup vegetable oil

**What to Do**

1. Coarsely grate the potatoes and put them and the onion in a strainer. Press down with the back of a large spoon to extract excess moisture. (If they're still watery, wrap them in a clean dish towel and squeeze to extract moisture.)
2. In a large bowl, combine potatoes, onion, and egg; mix well. Gradually add flour, baking powder, salt, and pepper; mix well.
3. In a large skillet over medium heat, heat 1/4 inch oil. Using about 1/3 cup of batter per pancake, add batter to the hot oil, being careful not to crowd the pan.
4. Fry 3 to 4 minutes or until golden; turn and fry an additional 3 to 4 minutes, or until cooked through. Add more oil as needed until all batter is used. Drain on paper towels and serve hot.

## German Sauerkraut Potato Balls (by Azra Dogru)

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**What You Need** 4 potatoes, peeled and diced 1 (14-ounce) can sauerkraut, drained and squeezed dry 1/2 cup finely chopped onion 3 eggs, divided 1 cup all-purpose flour, divided 1 1/3 cups plain breadcrumbs, divided 1/2 teaspoon caraway seeds 1 1/2 teaspoons salt 1/2 teaspoon black pepper 2 1/2 cups vegetable oil

### What to Do

1. Place potatoes in a medium saucepan; cover with water. Bring to a boil over high heat and cook 15 to 20 minutes, or until tender; drain well and place in a large bowl.
2. Mash potatoes until smooth; let cool 5 minutes. Add sauerkraut, onion, 1 egg, 1/2 cup flour, 1/3 cup breadcrumbs, the caraway seeds, salt, and pepper; mix well.
3. In 3 separate shallow dishes, place remaining eggs, flour, and breadcrumbs.
4. Form potato mixture into 20 balls. Roll potato balls in flour, egg, and breadcrumbs, coating evenly on all sides.
5. In a large pot over medium heat, heat oil until hot but not smoking. Fry potato balls in batches 2 to 4 minutes per side, or until golden brown. Drain on a paper towel-lined platter. Serve immediately.

## Apple Strudel (Emir-Can Dogru)

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**What You Need** 1 sheet (from a 17.25-ounce package) frozen puff pastry, thawed 1/3 cup sugar 2 teaspoons ground cinnamon 1 (20-ounce) can sliced apples, drained 1/3 cup raisins 1 egg, beaten

**What to Do**

1. Preheat oven to 400 degrees F. Place pastry on a baking sheet and unfold. In a medium bowl, combine sugar and cinnamon; mix well.
2. Reserve 2 teaspoons sugar mixture. Add apples and raisins to remaining mixture; mix well. Let sit about 2 minutes; drain off any excess liquid.
3. Spoon mixture down center of dough. Cut slits in dough 1 inch apart lengthwise down each side of filling. Brush each 1-inch dough strip with beaten egg and crisscross strips over filling. Brush top of pastry with remaining egg and sprinkle with reserved sugar mixture.
4. Bake 20 to 25 minutes, or until golden. Serve warm, or allow to cool before serving.

## **Bee Sting Cake (by Gerhard& Kobat)**

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**What You Need** 1 stick plus 6 tablespoons butter, softened, divided 3/4 cup honey, divided 2 teaspoons vanilla extract, divided 1/2 cup sliced almonds 1/4 cup sugar 2 eggs 1 3/4 cups plus 1 tablespoon all-purpose flour 1 tablespoon baking powder 1/2 teaspoon salt 1/2 cup milk 2 cups heavy cream 1 (3.4-ounce) package instant vanilla pudding and pie filling mix

**What to Do**

1. Preheat oven to 375 degrees F. Coat bottom and sides of a 9-inch springform pan with cooking spray, and line bottom with wax paper; set aside.
2. In a small saucepan over medium-high heat, melt 6 tablespoons butter and 1/2 cup honey. Bring to a boil, reduce heat to low, and simmer 2 minutes. Remove from heat and stir in 1 teaspoon vanilla and the almonds; let cool.

3. In a large bowl, beat remaining 1 stick butter and the sugar until creamy. Add remaining 1/4 cup honey, the eggs, and remaining 1 teaspoon vanilla; beat until thoroughly mixed.
4. In a medium bowl, combine 1-3/4 cups flour, the baking powder, and salt; mix well. Gradually beat flour mixture and milk into batter until smooth. Spread batter evenly in pan. Sprinkle remaining 1 tablespoon flour on top, and lightly press down with fingers. Pour almond mixture evenly over flour.
5. Place pan on baking sheet and bake 30 to 35 minutes, or until toothpick comes out clean. Let cool. Remove springform pan ring, invert cake onto baking sheet, and remove bottom of pan and wax paper. Invert cake top side up onto platter. Slice cake in half horizontally.
6. In a medium bowl, beat heavy cream until stiff. Add pudding mix and beat until thoroughly combined. Spread mixture onto bottom half of cake. Place top of cake over cream mixture. Serve or refrigerate until ready to serve.

## Cherry Kuchen Bars (by Alican Akyol)

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What You Need 1 stick (1/2 cup) butter, softened 1/2 cup shortening 1 1/2 cups sugar 3 eggs 1 teaspoon vanilla extract 3 cups all-purpose flour 1 1/2 teaspoons baking powder 1/2 teaspoon salt 1 (21-ounce) can cherry pie filling

What to Do

1. Preheat oven to 350 degrees F. In a large bowl, beat butter, shortening, and sugar until creamy. Add eggs and vanilla; mix well.
2. In a medium bowl, combine flour, baking powder, and salt. Slowly beat flour mixture into butter mixture until well combined. Reserve 1-1/2 cups of dough; set aside. Spread remaining dough in a 15- x 10- x 1-inch baking sheet.
3. Bake 10 minutes. Remove from oven and spread pie filling over crust. Spoon reserved dough in small mounds on top of pie filling.
4. Continue baking 25 to 30 minutes, or until top is lightly golden. Let cool, then cut into squares.

## Black Forest Cake (by Melek Yigitbilek)

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What You Need 1 (16.5-ounce) package devil's food cake mix 3 eggs 3/4 cup water 1/2 cup vegetable oil 1 (21-ounce) can cherry pie filling, drained, with 1/2 cup sauce reserved 1 cup (1/2 pint) heavy cream 3 tablespoons confectioners' sugar 1 (16-ounce) container chocolate frosting

What to Do

1. Preheat oven to 350 degrees F. Coat two (9-inch) round cake pans with cooking spray.
2. In a medium bowl, combine cake mix, eggs, water, oil, and reserved cherry sauce; mix well. Divide batter evenly between prepared cake pans.
3. Bake 25 to 30 minutes, or until a wooden toothpick inserted in center comes out clean. Allow to cool 10 minutes, then invert onto wire racks to cool completely.
4. Beat heavy cream until stiff peaks form; beat in confectioners' sugar. Place a cooled cake layer upside down on a serving platter and cover top with half of the whipped cream; spoon cherries over whipped cream.
5. Place second cake layer over first and frost sides with chocolate frosting. Frost top with remaining whipped cream. Serve, or cover loosely and chill until ready to serve.

## German Wave Cake(by Baris Acar)

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What You'll Need 1 (15-1/4-ounce) package vanilla cake mix 1/4 cup unsweetened cocoa powder 1 (15-ounce) can dark pitted cherries, drained well 2 (4-serving size) packages cook and serve vanilla pudding mix 3 cups milk 1 stick butter, softened 1 (16-ounce) can chocolate frosting

What to Do

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Prepare batter according to package directions. Place half the batter in a medium bowl and add cocoa powder; mix well. Pour vanilla batter into baking dish, then slowly pour chocolate batter over vanilla batter, covering entire surface. Place cherries on top of batter and press down into batter.
3. Bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Let cool.

4. Meanwhile, in a medium saucepan over medium heat, combine pudding mix and milk; bring to a boil and cook until thickened, whisking constantly. Pour pudding into a large bowl and cover with plastic wrap, making sure to press plastic wrap directly onto pudding to prevent a coating from forming on top of pudding. Set aside to cool.
5. In a medium bowl, beat butter until creamy. Add butter to cooled pudding and mix well. Spread pudding evenly over cake and refrigerate 30 minutes.
6. Place frosting in a medium microwave-safe bowl and microwave 20 to 25 seconds, or just until frosting is pourable. Pour frosting evenly over pudding and using a knife or fork, make a wave design. Refrigerate 2 hours, or until ready to serve.

# Recipes from the Netherlands

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## Pancakes (Duco)

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Preparation time 30 minutes

Ingredients for 2-3 people:

- 250 grams of flour
- pinch of salt
- 500 ml of milk
- 2 large eggs
- pinch of cinnamon
- dash of olive oil
- butter for baking
- Extra required: toppings to invest the pancakes with. For example cheese, bacon or syrup, powdered sugar ... you name it!

Preparation:

Sift the flour and mix it with the salt and cinnamon with half the milk. Add the eggs one by one (in the meantime mix it in) and finally add the rest of the milk and a dash of olive oil little by little. Heat a little butter in a frying pan, make sure the pan is hot before you bake the pancakes. Divide (for example with a soup spoon) batter in the pan and bake the pancake alternately nicely browned. Repeat this until the batter is pancakes Preparation time 30 minutes

## Boerenkool stampot (Chiel)

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Mashed potatoes with kale in a traditional stamppot pan 500 to 600 gr (8½ to 10 cups) chopped kale \*1 kilo (2.2 lbs) potatoes \*50 gr/3 Tbsp lard or butter \*1 good rookworst (or several Frankfurters) \*2 onions, chopped \*100 to 150 gr (½ to ⅔ cup) bacon, chopped \*1 meat stock cube (optional) \*freshly ground black pepper to taste +salt (optional, lard, bacon and stock cube also contain salt, so taste first) \*2 Tbsp white vinegar

Preparation in advance Peel the potatoes and cut them in two to six pieces, depending on the size of the potatoes. Preparation Cooking the potatoes and kale – Peel the potatoes, cut large ones in half, so that all potatoes are about the same size. Put in a large pan and add as much water as needed to just submerge the potatoes. Add the stock cube. Put the kale on top of the potatoes, and the rookworst on top of the kale. Cover with a lid, bring to the boil and then lower the fire. Let simmer for about twenty minutes, Prick the potatoes with a fork to see if they're done. Braising bacon and onions – As soon as potatoes and kale are cooking, start with the bacon and onions. Heat the bacon in a thick-bottomed skillet (I use a cast-iron one). You don't need to add any fat, but a spoonful of lard or butter won't hurt. When the bacon fat has melted, add the onions and lower the heat. Stir occasionally, and keep covered. Braise for fifteen minutes. The onions will caramelize, the bacon won't burn. If you'd like to have browner onions and crispier bacon, remove the cover for the last minutes and raise the heat. Mashing potatoes and kale – When the potatoes are done, remove the rookworst. Pour off the liquid, but retain it. Take a good masher and mash potatoes and kale without turning it into a purée. Now add as much of the cooking liquid as you need to get a savoury consistency, Mix in bacon and onions, lots of black pepper, a dollop of lard or butter, and the vinegar. Now taste to see if any extra salt is needed (bacon and stock cube also contain salt). You could also let everyone add salt to their own plate.