

Let *A Taste of Europe* take you on a delicious trip overseas.

Make any of these 56 recipes from 32 countries to savor the flavor of Europe. Collected from friends of the Center for European Studies at the University of Florida, these recipes will help to introduce you to the tastes, cultures, and languages of Europe.

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a taste of europe

CELEBRATING FIVE YEARS OF THE CENTER FOR EUROPEAN STUDIES

a taste of europe

celebrating five years of the Center for European Studies



The cover photo illustrates how our favorite recipes can be passed down through generations. On small scraps of paper we have at hand—even envelopes—recipes are dictated over the phone, scribbled in a best friend's kitchen, or hand-copied from a relative's tattered recipe file. Cooking is an important part of all societies and recipes provide us insight into the traditions and history of a country. We hope that the recipes in this book will serve as an introduction to the wide variety of cultures and languages of Europe by demonstrating both their similarities and their differences.

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celebrating five years of the
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For information about *A Taste of Europe* contact

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Acknowledgements

It is nearly impossible to assess how many hands, hearts, and brains helped to bring this cookbook to fruition. It was our first project of this scope and magnitude. The Director of the Center for European Studies, Dr. Amie Kreppel, introduced the initial concept. CES Outreach Coordinator, Gail Keeler organized and edited the project with substantial assistance from Brano Kovalcik (Academic Programs Coordinator and Petia Kostadinova (Assistant Director).

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Introduction

The Center for European Studies (CES) at the University of Florida (UF) was established in 2003. It is one of only ten federally funded Title VI National Resource Centers for Europe and the only European Union Commission funded Jean Monnet Centre of Excellence in the country. The core goals of the Center include the promotion of European language and area studies research, education, and outreach. To achieve these goals the CES actively supports faculty and graduate student research, funds the development of new Europe-related courses and academic degree programs and promotes increased public awareness of European cultures through a wide variety of outreach activities.*

The CES is celebrating its fifth anniversary and to commemorate this milestone we have produced a cookbook of European recipes with accompanying information about the language and culture of all of the countries represented, to both promote international awareness in our community and to bring flavors of Europe into our kitchens. The traditional recipes of a country can provide quite a lot of information

about its culture, traditions, language, and geography. What are the typical dishes of each country? What traditions are associated with each dish? How do you say “onion” in Slovak, Hungarian, or Croatian? *A Taste of Europe* helps to answer some of these questions and in doing so opens a door—and your kitchen—to Europe.

A Taste of Europe contains 56 recipes from 32 countries that we gathered from people connected in some way to UF—faculty, retired faculty, visiting scholars, undergraduate and graduate students, staff, administration, and alumni. In all, the contributors to this endeavor represent 18 departments or fields from across the University of Florida. Contributors were asked to provide a traditional recipe or favorite recipe from any European country along with some background information about its cultural, social or personal significance.

Recipes are organized into sections according to the season during which each dish is normally prepared, and within each section, recipes are arranged by course. Each recipe lists the title and ingredients both in English and the dominant language spoken in the country of

origin. Cultural information about the relevant country or dish is included with each recipe.

Non-native English speakers submitted many of the recipes. Some of these recipes were edited for clarity, but where feasible, we left their original wording intact to savor the flavor of the language.

We have also included a conversion chart for European measures, a map of Europe, and translations of 12 common cooking ingredients into 29 languages used within the cookbook.

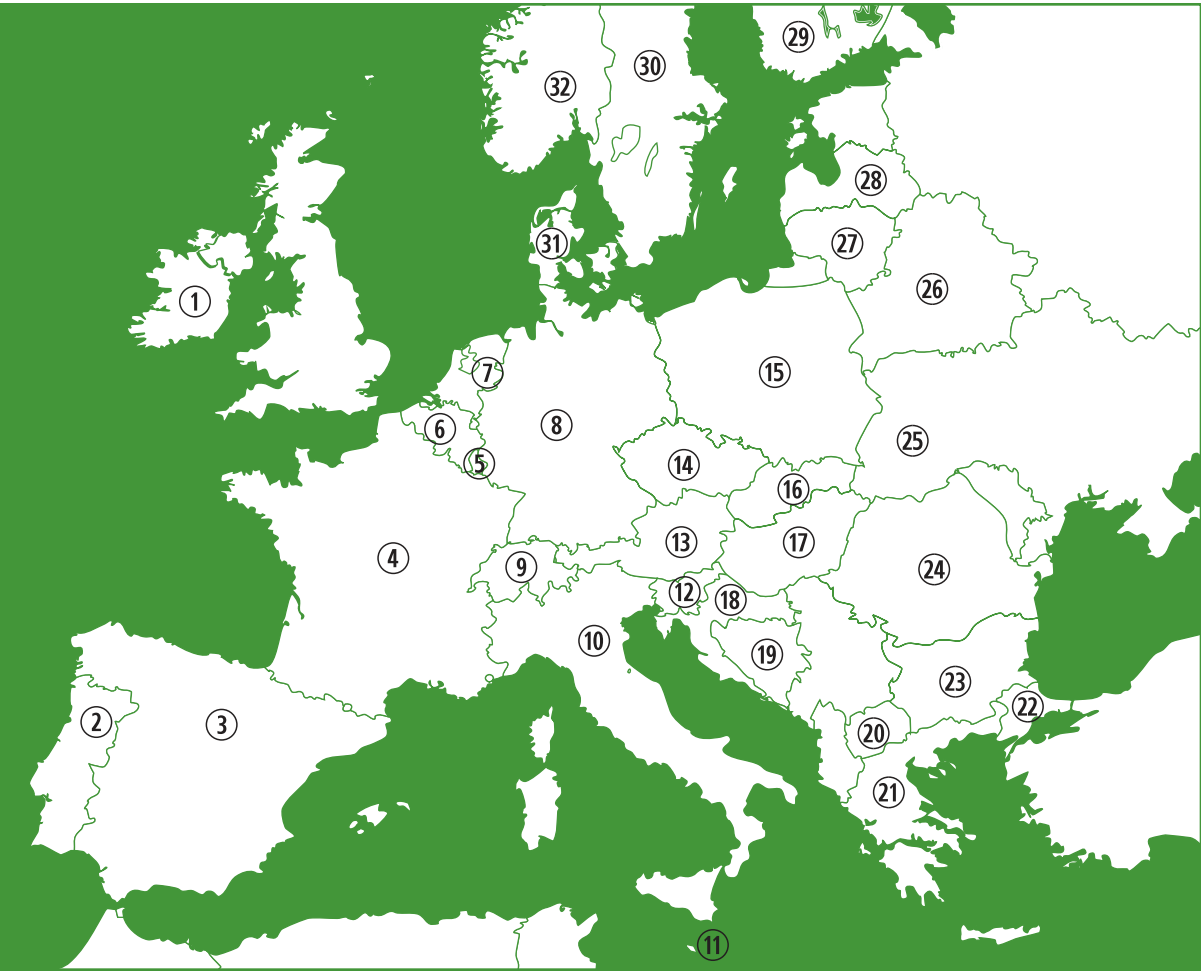
We hope you will enjoy this personal tour of Europe. For more information about this cookbook, how to obtain additional copies, or about the Center for European Studies, please contact us at (352) 392-8902 or visit us on the internet at www.ces.ufl.edu.

—*The faculty, staff and students of CES*



* Please see the CES web site (www.ces.ufl.edu) for additional information on all of these programs or look at our four-year review available at www.ces.ufl.edu/about-eval.html for a comprehensive review of CES activities.

where in the world



Austria	13	Greece	21	Poland	15
Belarus	26	Hungary	17	Portugal	2
Belgium	6	Ireland	1	Romania	24
Bosnia and Herzegovina.....	19	Italy	10	Slovakia.....	16
Bulgaria.....	23	Latvia	28	Slovenia	12
Croatia.....	18	Lithuania	27	Spain	3
Czech Republic.....	14	Luxembourg.....	5	Sweden	30
Denmark	31	Macedonia.....	20	Switzerland	9
Finland	29	Malta	11	Turkey.....	22
France.....	4	The Netherlands	7	Ukraine.....	25
Germany.....	8	Norway	32		

contents

spring	7
<i>czech toast • snowball soup • vegetable salad • belgian endives with ham and béchamel sauce • chicken and tomato casserole • important potatoes • minorcan pilau • provence-style potato gratin • rabbit stew • turkish ravioli • jam crepes • mazurek with dried fruit and nuts • ukrainian crepes</i>	
summer	33
<i>ukrainian pickled tomatoes • andalusian gazpacho • cold fruit soup • peasant vegetable soup • latvian party salad • potato salad • shopska salad • breaded veal cutlets • greek stuffed eggplant • leek and ricotta quiche • "polish" dumplings • split stomach (stuffed eggplants) • linzertorte</i>	
autumn	57
<i>brown bread • mix and match • montse's catalan fish soup • eggplant salad • baked potato casserole • beef stew • brewer's steak • karelian stew • little pigeons (cabbage rolls) • meat zurich fashion • potato musaka • spinach pie • honey spice cake • slovak apple strudel</i>	
winter	81
<i>chicken vegetable soup and wheaten bread • beef salad • mache salad • marinated cabbage • goulash and dumplings • pork with cumin, lemon, and cilantro • potato pancakes with pork • potato and kale mash • scalloped potatoes • slovenian shepherd stew • visoko style roast pork • carnival flowers • christmas pudding • filbert kisses • rice pudding • speculaas cookies</i>	
appendix	108
<i>fahrenheit to celsius • volume equivalents • weight equivalents • the language of food • index</i>	

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Reisinger

Salzburger Brezen

Nuss Brezen
Nuss Pretzel
Brotzeit all round

Schoko Nuss Brezen
Schokolade Nuss Pretzel
Brotzeit all round

Krapfen Brezen
Donut Pretzel
Krapfen Breze

Apfel Brezen
Apfel Pretzel
Brotzeit all round
(Brotzeitallround)

czech toast	
toast	
Czech Republic.....	8
snowball soup	
griesbrei knödelsuppe	
Germany	9
vegetable salad	
sałatka jarzynowa	
Poland.....	10
belgian endives with ham & béchamel sauce	
chicons au gratin	
Belgium.....	12
chicken & tomato casserole	
κοτόπουλο κοκκινιστό με κυλοπίτες	
Greece.....	14
important potatoes	
patatas a la importancia	
Spain.....	16
minorcan pilau	
pilau	
Spain, the island of Minorca	18
provence-style potato gratin	
gratin provençal	
France.....	20
rabbit stew	
stuffat tal-fenek	
Malta.....	22
turkish ravioli	
mantı	
Turkey.....	24
jam crepes	
palacinke	
Croatia.....	26
mazurek with dried fruit & nuts	
mazurek bakaliowy	
Poland.....	28
ukrainian crepes	
blini	
Ukraine	30

Spring

You can see a myriad of colorful flowers, blooming fruit trees, and bright green grass revealed by melting snow. You can smell the espressos and pastries served in tiny outdoor cafés. You can hear kids playing and laughing in the parks as their parents sit and enjoy wine from the town vineyard and local goodies from the corner market. You can almost taste the uplifted mood, hopefulness, and appreciation that the winter has ended. Spring in Europe can bring sun, though fleeting, and rain which nourishes important summer crops of corn, sunflower, and soybeans.

czech toast

toast

from the kitchen of
Eva Eichhorn
*Lecturer in Czech
Retired*
and
Holly Raynard
*Lecturer in Czech
Center for European Studies*

tips

Cuban bread most
approximates Czech bread;
French or sourdough
also OK.

Watch carefully as they
will cook quickly! Avoid
using the oven rack closest
to the heating element if
possible.

INGREDIENTS

- 1 baguette
- butter or margarine (softened)
- mayonnaise
- 1 large onion or 2 medium onions, diced
- 1 cup shredded cheese

INGREDIENTS (IN CZECH)

- bageta
- máslo/ margarín
- majonéza
- cibule
- sýr

Cut baguette into 1-inch slices;
cut on the diagonal to create a
larger surface area.

Pile diced onions on
generously (as much as you
can fit).

Sprinkle generously with
cheese.

Spread a thin layer of butter
(or margarine or mayonnaise)
on the top.

With a spoon, dab
mayonnaise onto onion piles;
use just enough to bind the
onion together and secure it
on the bread.

Place on a cookie sheet and
broil in the oven or toaster
oven until cheese is golden
and bubbly.

“Women from the former East bloc could surely speak volumes about the “double burden” imposed on them. Not only were they required to hold down full-time jobs; they were also expected to do the lion’s share of household work like shopping, cooking, and cleaning. The surprise visit of a hungry relative or friend at mealtime presented yet another challenge. Toast—a diminutive, open-faced sandwich not unlike bruschetta—came to be relied upon as a creative fix in such times of culinary crisis. While the classic topinka (toast’s predecessor) is topped only with oil (or lard) and garlic, Czech women added whatever they had on hand to improvise a quick yet substantive meal for the unexpected guest.

This recipe utilizes the staples that any Czech woman would have had in her refrigerator or pantry in the 1970s or 80s. Toppings can, of course, vary according to personal taste and the contents of one’s kitchen. The piquant “devilish” toast (d’ábelský toast) made with chili peppers, for example, is now a popular finger food served in numerous Czech pubs today.”

griesbrei knödelsuppe

snowball soup

from the kitchen of

Gail Keeler

Outreach Coordinator
Center for European Studies

tips

Some of the dumplings will begin to come apart when they are boiled. The individual grains of wheat look like falling snow, hence the name "Snowball Soup." The dumplings should be light and airy.

4 servings

INGREDIENTS

2 cups milk
1 teaspoon butter
1/2 cup dry farina (cream of wheat)
1 egg
1/4 teaspoon nutmeg
3 cups water
3 bullion cubes
chives, fresh or dried

INGREDIENTS (IN GERMAN)

Milch
Butter
Griesbrei
Ei
Muskat
Wasser
Suppenwürfel
Schnittlauch

To make dumplings, heat milk and butter until small bubbles form. Slowly add farina.

Cook until thick, stirring constantly or it will burn. Remove from heat.

Beat in egg and nutmeg. Allow to cool and then chill the mixture until it is firm.

To make broth, combine water and bullion cubes in a medium saucepan and bring to a boil.

Form dumplings with a teaspoon and drop gently into the boiling broth. When they rise to the top, the soup is ready.

Spoon into a bowl and sprinkle with chopped chives.

"My grandmother made this for most family dinners because she knew we loved it so much. My sister and I would argue if it seemed one of us had been served a larger portion than the other. We would eat the broth first, saving the "snowballs" until the end."

vegetable salad

sałatka jarzynowa

from the kitchen of
Ewa Wampuszyc
*Lecturer
Center for European Studies*

tips

Try buying Polish mayonnaise at your local ethnic food store. The texture and taste is quite different from American brands.

If you buy salted canned goods, there is little need for adding more sodium to the mix. The pickles and mayonnaise are likely to provide enough salt for the whole mixture.

By adding more potatoes or increasing the size of the potato cubes, you can turn this into potato salad.

INGREDIENTS

- Small bag of carrots, peeled, boiled and chopped into small cubes
- 15 ounce can of peas
- 15 ounce can of whole potatoes, chopped into small cubes
- 46 ounce jar of dill pickles (the crunchier the better!), chopped into small cubes
- 2–3 granny smith apples, peeled and chopped into small cubes
- 1 large onion, chopped into small pieces
- 1 package of celery, peeled and chopped into small cubes
- mayonnaise (to taste)

INGREDIENTS *(IN POLISH)*

- marchew
- groszek
- ziemniaczki
- ogórki kiszone
- jabłka
- cebula
- seler
- majonez

Strain the canned veggies and pickles after you chop them, otherwise you will end up with lots of juice at the bottom of the bowl.

Chill the salad and serve in a serving bowl.

I have no idea how many servings this recipe makes. It depends on the size of the apples, how many pickles you use, etc. Usually, I make it in large batches, serve it with

dinner or at potlucks, and eat the leftovers for at least a couple of days.

This is a no-fail recipe, but it takes some chopping skills and time. The key to success is to chop all the vegetables (except of course the peas!) into cubes that are of equal size (about 1/3 inch). You can also chop the onion more finely, so that it doesn't overwhelm the taste of the other vegetables in the mixture. Mix the ingredients in

a large bowl in any order you want, adjust the proportions to your own taste, and add the mayonnaise at the end of the process. You can add the mayonnaise to the veggies all at once, or mix it in smaller portions. Because of the dill pickles, the veggie mixture can last up to a week in the fridge without the mayonnaise dressing.



“This is the standard salad that my mom made for Christmas and Easter or when we were having guests. It is typically served on holidays, birthdays, and name day celebrations. While I was convinced of its Polishness as a child, I have come to learn that variations of this salad exist not only throughout Eastern and Central Europe, but as far west as Trinidad! In fact, even across Poland there is little consistency in the recipe. Families add their own special twists to the ingredients, making the salad a surprise every time. The differences between recipes are usually in the proportion of the ingredients and the amount of mayonnaise used to dress the salad. Also, some recipes don't include the apples, which make my mom's version particularly tasty. Mom says the key to her recipe is 'The crunchier the ingredients, the better the salad!'”

belgian endives with ham & béchamel sauce

chicons au gratin

from the kitchen of

Joan Van
Rinsvelt

tips

This dish is as Belgian as it comes. Traditionally, it was served in the spring when the tender endives were plentiful. Nowadays it is served almost the whole year in many Belgian restaurants.

INGREDIENTS

8 Belgian endives
8 slices ham (not too thin)
1 3/4 cups milk
2 garlic cloves
4 tablespoons flour
2/3 cup butter (1 1/3 sticks)
2 1/2 cups gruyere cheese, grated
1 teaspoon sugar (optional if the endive is sweet and not bitter)
Salt
Pepper
Nutmeg
Thyme

INGREDIENTS (IN FRENCH)

8 chicons
8 tranches de jambon cuit à l'os
40 cl de lait
2 gousses d'ail
4 cuillères à soupe de farine
50 gr. de beurre
300 gr. de gruyere rape
1 cuillère à café de sucre (si le chicon est doux et non amer vous pouvez l'omettre)
Sel
Poivre
Noix de muscade
Thym

Clean the endives and cut the base to make sure that there is no bitterness. Peel and chop garlic finely.

Melt 1/3 of the butter in a heavy pan that is large enough to hold the endives in one layer. Add the endives, the sugar (if needed) and a little bit of water. Braise slowly until they are almost tender, adding water if necessary. Let brown slightly, add the garlic and thyme and cook 3 minutes more taking care not to let the endives burn.

Drain the endives (it is very important to let them drain

well, as they should not dilute the sauce later) and keep at least 1 1/4 cups of the cooking juice.

Preheat oven to 400 °F.

Prepare the béchamel sauce: Melt the rest of the butter in a heavy pan over high heat. When the butter is melted, add the flour and work it in. Slowly add the milk whisking well; add the cooking juices and mix well. Reduce heat. Add salt, pepper (to taste) and nutmeg (be generous). Add half of the gruyere cheese, incorporate it well, reduce the sauce until it gets really creamy.

Prepare the gratin: Roll each endive in a slice of ham. Put a little béchamel in the bottom of an oven proof dish that will hold them in a layer. Layer the endives flat in the dish. Cover with the rest of the sauce. Bake for 10–15 minutes. Add the rest of the gruyere on top of the béchamel and bake 10 minutes longer or until bubbly and nicely browned.

Serve very hot with a potato puree. You may pipe a ring of potato puree around the dish to make a nice presentation.

8 servings



“Although this is a very simple family dish, Belgium has followed the French cuisine and as one French chef said, “It is the story of the student that became better than the professor.” Eating is very important in Belgium and it is very common to have business dinners lasting 3 or 4 hours in the restaurants. At home, the woman was always the cook and the main meal was at noon. Children would come home for lunch at noon and go back to school at 2 pm. Times have changed and women are working and do not have the time to spend 3 hours to prepare the family meal. I still do, though!”

chicken & tomato casserole

ΚΟΤΌΠΟΥΛΟ ΚΟΚΚΙΝΙΣΤΌ ΜΕ ΧΥΛΟΠΊΤΕΣ

*from the kitchen of***Chrysostomos
Kostopoulos***Lecturer in Greek Studies
Center for European Studies***tips**

Traditionally, homemade egg noodles are used.

Today, the noodles can be found in most supermarkets in the Kosher section.

Manischewitz makes a style called “flakes.” The noodles are small squares, about 3/8” square.

Guinea grains, an African spice also called Grains of Paradise, can be found in specialty stores and online.

The flavor hints of black pepper.

INGREDIENTS

1/2 cup olive oil
whole chicken, cut into portions
1 small onion, thinly sliced
3 large tomatoes, chopped
1 bay leaf
4 guinea grains
Salt and freshly ground black pepper, to taste
2 1/2 cups of square egg noodles
½ pound fresh parmesan cheese, grated

INGREDIENTS *(in Greek)*

1/2 Φλυτζάνι Ελαιόλαδο
Ένα Ολόκληρο Κοτόπουλο Σε Μερίδες
1 Μικρό Κρεμύδι Τριμένο
3 Μεγάλες Τομάτες Πολτό
1 Φύλλο Δάφνης
4 Κοκκους Μπαχάρι
Αλάτι Και Μαύρο Πιπέρι
250 Γραμμάρια Χυλοπίτες
8 Οζ Παρμεζάνα Για Γαρνίρισμα

Heat the olive oil in a large heavy-bottomed saucepan. Add the onions and chicken, sautéing for 5–10 minutes or until the chicken is evenly browned. Turn during cooking.

Add the tomatoes, bay leaf, guinea grains, salt and pepper.

Stir, cover, and simmer until the chicken is cooked through, adding boiling water if necessary.

In another saucepan of boiling water cook the square egg noodles until tender.

Drain under hot running water; turn out onto a serving platter.

Pour the chicken and sauce over the square egg noodles and sprinkle with the grated parmesan cheese.

Serve while warm.

how to say it in greek

κοτόπουλο κοκκινιστό με χυλοπίτες: kotopoulo kokkinisto me hilopites

Φλυτζάνι Ελαιόλαδο: flitzani eleolado

Ένα Ολόκληρο Κοτόπουλο Σε Μερίδες: ena olokliro kotopoulo se merides

Μικρό Κρεμύδι Τριμένο: mikro kremidi trimeno

Μεγάλες Τομάτες Πολτό: megales domates polto

Φύλλο Δάφνης: fillo dafnis

Κοκκους Μπαχάρι: kokkus bahari

Αλάτι Και Μαύρο Πιπέρι: alati ke mavro piperi

Γραμμάρια Χυλοπίτες: grammaria hilopites

Παρμεζάνα Για Γαρνίρισμα: parmezana gia garnirisma

4-6 servings



“This is a very traditional Greek dish, usually served for Sunday dinner or special occasions. It also happens to be my mother’s favorite dish.

Sunday dinner is considered the most important dinner of the week. It is usually based on some kind of meat. It is a gathering for the whole family, which also includes grandparents and sometimes uncles and cousins. Meals are accompanied by Greek wine and followed with fruits of the season and Greek coffee. Dinner can last for many hours since there is always a lively conversation going on.”

important potatoes

patatas a la importancia

from the kitchen of

Juan Pablo
Rodríguez

ABD in Hispanic Linguistics

tips

Try to prepare only the amount of potatoes that will be served because, as leftovers, the coating on the potatoes will absorb the remaining sauce.

The key ingredient in this recipe is the Spanish chorizo (as well as good paprika). Though there are many varieties in the market, if the chorizo does not come from Spain, the flavor of the dish will not even be close to the original recipe.

6 servings

INGREDIENTS

- 2 1/2 pounds potatoes, about 6 large ones
- flour to coat the potato slices,
- plus 1 tablespoon for the sauce
- 3 eggs, beaten
- vegetable oil to deep fry the potato slices
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 1 small Spanish chorizo, sliced small
- 1 teaspoon paprika
- 3/4 cup green peas
- salt (to taste)
- fresh parsley, minced (optional)

Peel the potatoes and cut into 1" slices. Season with salt. Coat the slices with flour, and then with the beaten eggs.

Fill a large skillet about one third full with vegetable oil and heat to medium-high. Deep fry the coated potato slices until they begin to get a crispy golden color, 3–4 minutes. Do not overcrowd the skillet.

Turn the potatoes slices over and cook the other side. Remove the slices as they finish and drain on paper towels.

INGREDIENTS (IN SPANISH)

- 1 1/4 kilos de patatas
- harina para rebozar las patatas y una cuchara para la salsa
- 3 huevos batidos para el rebozo
- aceite vegetal para freír las patatas
- un chorro de aceite de oliva
- 1 cebolla pequeña
- 2 dientes de ajo
- 1 chorizo español pequeño
- 1 cucharadita de pimentón
- 100 gramos de guisantes desgranados
- sal
- perejil picado (opcional)

Heat a large saucepan over medium heat and add a little bit of olive oil, about 1 tablespoon. Add the onion, garlic, and chorizo; mix well. Add the paprika and 1 tablespoon of flour and fry lightly.

It is important to fry the chorizo only lightly before adding water to the saucepan. Add enough water to make a sauce.

Begin gently adding the fried potato slices to the saucepan, gradually adding the green peas and increasing the amount of water until the potatoes are fully covered.

Taste the sauce and add salt as necessary.

Simmer until the peas and potatoes are tender, about 5–10 minutes. Do not turn the potato slices this time.

Serve the potatoes immediately, handling them with care. Sprinkle with fresh minced parsley if desired.



“This is a traditional dish from Palencia, Spain but it is not related to any special occasion. It is more frequently cooked during the late spring and early summer months when the green peas are harvested in the region. In fact, many vegetables are harvested only once a year in the northern region of Spain because of the weather conditions, which makes it an ideal place to farm some slow-growing vegetables, such as potatoes.

Cooking in Spain is very important to the extent that going to a restaurant for an informal family reunion is not even an option. The tradition is to buy fresh food and to cook it right before eating it. Everyone helps or tries to do something in the kitchen, no matter what the task is.”

minorcan pilau

pilau

from the kitchen of
Michael Warren
*Associate Professor of
Anthropology*

tips

Serve with strong,
Minorcan Datil pepper hot
sauce and Rioja Reserva
wine from Spain.

INGREDIENTS

- 3 slices bacon, cut into small pieces
- 1 pound Chorizo sausage (or Andouille if preferred)
- 1 cup celery, diced
- 1 cup sweet bell peppers, diced
- 1 1/2 cups sweet onion
- 2 cloves garlic
- 3 cups stewed tomatoes (or cans, undrained)
- 2 cans vegetable or chicken stock
- 2 cups rice
- 4 datil peppers
- 1 pound shrimp
- 1/2 cup parsley

INGREDIENTS (IN SPANISH)

- tocino
- salchicha
- apio
- pimiento rojo
- cebolla
- ajo
- tomates
- caldo vegetal o pollo
- arroz
- pimiento del datil
- gamba
- perejil

- | | | |
|---|--|--|
| Using a Dutch oven, brown the bacon pieces and set aside. | onions are clear, about 4–5 minutes. | minutes or until rice is ready. |
| Cut sausage into medallions, sauté until brown and set aside. | Add tomatoes with juice and cook until the mixture is dark red in color. | Add the shrimp, along with the sautéed bacon and sausage. Steam for about 5 minutes. |
| Add celery, peppers, onions, and garlic and sauté until the | Add the broth, Datil peppers, and rice. Cook covered for 20 | Garnish with diced parsley. |

6–8 servings



"Datil peppers can be cultivated almost anywhere below the freeze line in the United States and elsewhere, but they are most abundant in St. Augustine, Florida, where the Datil pepper plant has been planted and nurtured since its 18th century arrival with the Minorcans.

During 1768, early into the British period of Florida, a Scottish physician named Dr. Andrew Turnbull left the port of Mahón on Minorca—one of the Balearic Islands in the Mediterranean—with eight ships carrying 1403 colonists to provide labor on his Florida plantation in New Smyrna. After mistreatment by Turnbull the immigrants appealed to British territorial Governor Tonyn in St. Augustine to intervene. Tonyn restored their rights and most of the colonists migrated to St. Augustine during 1777, where many of their descendants live today.

The Minorcans brought with them the Datil Pepper (*Capsicum chinense*), a hot pepper used in many Minorcan dishes, including clam chowder, dips, boiled peanuts, baked beans, special home-made hot sauces, jellies and this staple dish...a sausage and shrimp pilau."

provence-style potato gratin

gratin provençal

from the kitchen of
Daniele Buchler
Adjunct Lecturer
French Department

tips

This is a wonderful side dish for steaks, pork chops, roasted chicken, etc., but it is great on its own as well.

Be prepared for a fight over the nice, crusty top chips.

INGREDIENTS

6 large baking potatoes
 extra virgin olive oil
 6 cloves of garlic
 rosemary (preferably fresh)
 finely ground white pepper
 salt
 bay leaves (optional)

INGREDIENTS (IN FRENCH)

pommes de terre
 huile d'olive extra vierge
 gousses d'ail
 romarin
 poivre blanc moulu
 sel
 feuilles de laurier

Use a sharp knife to slice the peeled potatoes into chips 1/16–1/8 inch thick.

Use a flat, heatproof dish (as you might use for lasagna).

Wet the bottom with olive oil.

Put a double layer of potatoes so as to cover the bottom.

Brush potatoes with oil. Sprinkle with salt, pepper, and one clove of pressed garlic. Sprinkle on a few leaves of rosemary.

Repeat for next layer.

Typically put about 6 layers.

If you have laurel (bay) leaves available you can insert 2 or 3 of them in the middle.

Avoid putting rosemary or garlic on top as they will burn.

Make sure you oil the top, spreading the oil with your fingers to uniformly wet the top potato layer.

Put into a 400°F oven for about 50 minutes.

Since oven temperature calibrations are not uniform, make sure to check with a knife that the potatoes are soft on the one hand and that the top layer is a little brown and crusty.

6-8 servings



“We were introduced to the gratin provençal by our friends Babeth and Cathy at the Chevre Doux goat farm in the Luberon years ago and have enjoyed it ever since.

It is much lighter than the perhaps more famous gratin dauphinois which is laden with cheese, cream and eggs.

In principle, you can reheat the leftover gratin the next day. If our family is at all typical there are no leftovers. It almost does not matter how many potatoes go into it!”

rabbit stew

stuffat tal-fenek

from the kitchen of
Dave Small
Lecturer
Computer and Information
Sciences and Engineering

tips

Use fresh tomatoes and
peas, if available. If not,
canned tomatoes and
frozen peas are fine.

4 servings

INGREDIENTS

- 1 rabbit
- 2 cups red wine
- 1/4 cup parsley, fresh
- 1/4 pound tomatoes, peeled and chopped
- 1/4 pound carrots, chopped
- 1/4 pound peas
- 1/4 pound potatoes, peeled and chopped (optional)
- 1 apple, chopped (optional)
- 1 onion, chopped
- 5 bacon strips, chopped
- 1/2 chili pepper, minced (chili flakes are OK)
- 4 garlic cloves, minced
- 3 cups chicken stock (or water)
- 3/4 cup tomato paste
- butter or olive oil for frying
- 1 bay leaf
- salt and pepper to taste

Allow the rabbit, wine, and parsley to marinate in a covered container overnight in the refrigerator.

Set aside the marinade. Lightly fry the rabbit in a little oil or butter and set aside.

Prepare the vegetable mix consisting of the tomatoes, carrots, peas, potatoes, and

INGREDIENTS (in MALTESE)

- 1 fenek
- 500 gr inbid
- 60 gr tursin
- 60 gr tadama
- 60 gr zunnarija
- 60 gr pizelli
- 60 gr patata
- 1 tuffieha
- 1 basla
- 5 bejken
- 1/2 bżar
- 4 tewma
- 700 ml ilma
- 170gr tadama
- butir/ żejt
- 1 rand
- mehl / bzar

apple.

In a large pot, saute the onion, bacon strips, and chili pepper until onions have wilted.

Add the garlic cloves and saute until onions just begin to caramelize.

Add the chicken stock (or water), tomato paste, bay leaf,

the reserved marinade (wine/ parsley), the chopped veggie mix, and the fried rabbit.

Season with salt and pepper to taste.

Cook until veggies begin to soften (about 1 hour) on low heat.



"Many people consider rabbit stew the national dish of Malta. It's especially popular in Gozo (the more agrarian of the two inhabited islands). Of course everyone has their own variation (mine's a hybrid of several recipes). The essential features are rabbit and peas in a tomato base.

Malta is a beautiful country with thousands of years of history. I highly recommend making a trip there."

turkish ravioli

manti

from the kitchen of

Cem Balcıkanlı

*Fulbright Scholar
and*Gulfem Sezen
Balcıkanlı

tips

Aleppo pepper is a moderately hot red pepper from Turkey similar in taste to paprika. Sumac is a tart Middle Eastern spice that grows wild in many parts of the mid-east.

There is even a manti group on facebook.com.

4 servings

INGREDIENTS

Dough

2 cups all-purpose flour
1 egg
1/4 cup milk
1/2 teaspoon salt

Filling

1/2 pound ground beef or veal
1 small onion, grated
1/3 cup chopped fresh parsley
salt
freshly ground pepper

Yogurt and garlic sauce

4 cups yogurt, at room temperature
2–3 teaspoons minced garlic

Garnish

2 tablespoons butter
1 teaspoon Aleppo pepper
pinch of sumac

Prepare the dough by making a well in the flour, and adding the salt, egg, milk in the center. Using your fingers, work the ingredients together until dough is formed.

Prepare the filling by mixing together in a bowl the grated onion, meat, parsley, salt, and pepper to taste. Set aside.

In a small bowl combine the yogurt and garlic, with salt to taste, if desired. Let sit at room temperature until ready to use.

Divide the dough into 2 balls. Roll out one ball of dough at a time on a lightly floured surface until very thin (about 1/16 inch). Cut strips 1 inch wide, then cut into 1 inch squares. Place about a 1/2 teaspoon of filling in the center of each square. Bring the four corners together over the filling and pinch to seal. Continue making manti until all the dough and filling are used.

Place the manti on a floured surface to lightly coat them.

INGREDIENTS (IN TURKISH)

Hamur için

2 su bardagi un
1 adet yumurta
1 kahve fincani sut
1 cay kasigi tuz

Ici için

250–300 gr kiyma
1 adet ince kiyilmis soğan
4–5 dal maydanoz, ince ince kesilmis
tuz
karabiber

Yogurt ve sarımsak sosu

1/2 kg yogurt
2–3 dis sarımsak ezilmis

Süslemek

5 yemek kasigi tereyag
1 yemek kasigi biber salcasi
1 cay kasigi sumak

Fry the manti about 4–8 minutes until the raviolis turn golden in color.

Bring a large pot of salted water to a boil and add half the manti. As soon as they are cooked they will rise to the surface. Remove them from the pot with a slotted spoon and place in a serving bowl or individual bowls with a tiny bit of the cooking liquid. Cover to keep warm while cooking the remaining manti.

Place the manti in a serving



dish and drizzle most of the yogurt sauce over it. Quickly heat the butter in a small skillet and when the butter is sizzling hot, quickly add the pepper, mixing well. Remove from the heat and drizzle over the yogurt sauce. Sprinkle with sumac if desired.

Serve manti at once with yogurt sauce.

“Housewives come together and have a sort of manti day when they cook manti and have a chat about their daily lives from time to time. When I was a child, I used to adore this day just because there was so much manti left after everyone went.

My mother-in-law can be regarded as the best cook of manti I have ever known. I once remember eating 5 plates of manti even though I was not that hungry.

AFIYET OLSUN (ENJOY YOUR MEAL)!”

jam crepes

palacinke

from the kitchen of
Carolyn Gregov
County Extension Director

tips

This recipe is very easy to
double or triple as needed.

INGREDIENTS

- 3 eggs
- 3/4 cup milk
- 1/2 teaspoon salt
- 1 cup flour
- Jelly or jam

INGREDIENTS (IN CROATIAN)

- jaje
- mlijeko
- sol
- braöno
- zele/džem

Beat eggs. Add milk and salt.

Then add flour a little at a time, beating the batter to keep it smooth.

Heat a sauté skillet on medium high. With brush dipped in oil, lightly grease the skillet, and then pour in one large spoonful of batter (about 1/8 cup).

Pick up the skillet to swirl the batter until it coats the bottom of the skillet. Return the skillet to heat and cook 15 seconds, until very lightly browned. Flip to other side and cook 10 seconds.

Remove to warming plate. Cook all the batter, lightly greasing the skillet between palacinke.

Spread each palacinke (the singular form of palacinke) with jelly or jam of your choice and roll into a jellyroll. Plum jam is the traditional filling in Croatia.

Sprinkle warm palacinke lightly with granulated sugar and serve immediately.

makes 12 6”palacinke



"This 'anytime' dish was a favorite of our family as our children were growing up. It frequently made a special breakfast or dessert and was often requested by the children's visiting friends. While in Croatia, our family especially enjoyed sitting around the family table and watching the cook make and flip the palacinke while the coffee and drinks and talk flowed as freely as the laughter and batter."

mazurek with dried fruit & nuts

mazurek bakaliowy

from the kitchen of

Ewa Wampuszyc

Lecturer
Center for European Studies

tips

The recipe given here is not a "true" mazurek. Rather, it is a combination of mazurek and another common baked good called pleśniak. In Polish pleśń means "mold" and refers to the foamy egg whites that are in the middle of the cake. But rest assured, there is nothing moldy about this cake. It is a delicious, no-fail recipe!

INGREDIENTS

Dough

6 cups flour
6 egg yolks
1-3 tablespoons sour cream
1 1/3 cups butter
2 tablespoons unsweetened cocoa
unseasoned bread crumbs

Dried Fruit Mixture

6 egg whites
3 cups powdered sugar
2 2/3 cups dried fruits and nuts (such as
apricots, prunes, raisins, walnuts, almonds,
orange zest)
2-3 tablespoons peach marmalade (or any tart
marmalade)
lemon zest (optional, to taste)

INGREDIENTS (IN POLISH)

Ciasto

60 dkg mąki
6 żółtek
1-3 łyżek kwaśnej śmietany
30 dkg masła
2 łyżek kakao
bułka tarta

Bakalie

6 białek
40 dkg cukru pudru
40 dkg bakalii (morele, śliwki, rodzynki, orzechy,
migdały, skórki pomarańczowe)
2-3 łyżki brzoskwiniowej marmolady
skórka cytrynowa, utarta

Grease a 9"x 13" pan and sprinkle with unseasoned bread crumbs. Preheat oven to 350° F.

Combine flour, egg yolks, sour cream and butter. Knead dough until ingredients are completely mixed together. If the dough is too dry, add a bit of sour cream. If it is too moist, add a bit of flour. The dough should be dry, but not crumbly, and it should not stick to your hand.

Separate the dough into three equal parts. Take one part of the

dough and knead in the cocoa.

Wrap each part of the dough in wax paper and place them in the freezer. You do not want to freeze the dough, but you do want to make it hard enough to grate later.

Beat the egg whites. Slowly add the powdered sugar.

Gently fold in the dried fruit, nuts, and marmalade. Add some fresh lemon zest.

Take one of the white portions of dough from the freezer

and, using the large slots on a grater, grate the dough onto the baking pan.

Make a second layer of grated dough using the portion mixed with cocoa.

After you are done grating the two portions of dough, evenly spread the dried fruit mixture on top.

Finally, top off the cake by grating the third portion of dough over the fruit mixture.

Bake at 350° F for about 1 hour.



“Though mazurek dough varies from recipe to recipe (it can be made with shortcrust pastry, sponge cake, or marzipan dough), the common element in all mazurek recipes is the layering of the dough with jam or marmalade. Often, mazureks are topped with dried fruit or other decorations.

As in most cuisines, traditional Polish baked goods tend to reflect the seasons. While summer and fall recipes usually include fresh berries, plums or apples, cakes baked during the winter and spring include such ingredients as spices and dried fruit. As mazurek is an Easter tradition, the dried fruit and nuts in this recipe reflect the conditions of northern climates, where many centuries ago fresh fruit was not available in the spring. The sugar and butter content of mazurek also reflects the end of Lenten fasting, the forty day period before the Easter holiday.”

ukrainian crepes

blini

from the kitchen of
Lyuba Yenatska
College of Dentistry

tips

Twenty blini can be cooked very quickly, in 20 minutes or faster if on two pans.

Blini are good for breakfast or can be a nice addition to any other meal. If you have unexpected guests blini would be a very good choice since most of the time you have all the ingredients in your pantry.

This is a very old dish and was mentioned in literature for centuries.

20-25 blini or
5-7 servings

INGREDIENTS

- 2 eggs
- 1/3 teaspoon salt
- 1/2 cup all purpose flour
- 2 1/2 cups milk
- 2 tablespoons vegetable oil
- 1 tablespoon butter
- a little or no sugar

INGREDIENTS (in UKRAINIAN)

- яйце
- сіль
- мука
- молоко
- олія
- масло
- цукор

Blini can be considered as a main dish if filled with cooked ground meat, cooked cabbage, caviar, smoked salmon, cheese, fresh vegetables, and combinations of fillings.

They also can be a dessert if served with melted butter, sour cream, any kind of berries, honey, jam, sweetened cottage cheese with raisins, melted chocolate, ice cream toppings or ice cream.

To make very thin blini is not an easy task for a beginner. I know one very popular young man in Ukraine, he is very well educated, very talented, very well built, tall, handsome and rich. Many girls fall in love with him at the first sight. He, however, says, he will marry the girl who will make the thinnest blini...He is still looking...

Be creative! And...who knows a very good guy may really get interested in you!

Anybody can cook blini; some can do just a fantastic job. There used to be contests between the cooks in Russia. The winner would make the largest amount of perfect blini in 10 minutes. Some cooks are able to make blini on 4 pans at the same time.

Mix together eggs, salt, milk, and oil. Add sifted flour and mix thoroughly until the batter is very smooth. It should be thin.

Heat a pan, put in some oil and pour a little batter, tilt the pan

in all directions very quickly to spread the batter very evenly. The batter should just barely cover the pan.

In less than a minute turn the blini over and let it get a little golden on the other side.

Put a little butter on hot blini and stack on top of each other. Serve them fresh-made with anything you like! You can roll them, fold them and put the desired filling on them.



"My best memory of blini goes back to my sixth school year in Ukraine. In late February/early March we celebrated a traditional holiday of seeing winter off. In ancient Ukraine, people liked to have rides on a huge sledge pulled by three horses (troika) decorated with ribbons and bells. That winter, parents of our class organized these sledge rides for us. The day was very cold and frosty. We were ready to say goodbye to winter but winter did not hurry to go away. We were freezing on the sledges: the horses were running pretty fast, the wind and snow were in our faces, and we very happy, we were screaming, singing, laughing, whistling, the bells were ringing...

After the rides we came to our school dining room and our mothers warmed us up with hot blini with honey and sour cream and hot chocolate.

Over a century ago the family who wanted to hire some strong man to do some very hard work like farming or building would look at the man who would come to be hired and try to determine how physically strong he was. Very often the prospective worker would be offered to eat. They used to say in Ukraine: "The one who eats well, works well." If the man could eat a lot of blini with black caviar he had good chances to be hired."



ukrainian pickled tomatoes	
pomidory po ukrayinski	
<i>Ukraine</i>	34
andalusian gazpacho	
gazpacho andaluz	
<i>Spain</i>	36
cold fruit soup	
hideg gyümölcsleves	
<i>Hungary</i>	38
peasant vegetable soup	
ciorbă țărănească de legume	
<i>Romania</i>	40
latvian party salad	
rosols	
<i>Latvia</i>	42
potato salad	
kartoffelsalat	
<i>Austria</i>	43
shopska salad	
шопска салата	
<i>Bulgaria</i>	44
breaded veal cutlets	
wiener schnitzel	
<i>Austria</i>	45
greek stuffed eggplant	
μελιτζάνες παπουτσάκια	
<i>Greece</i>	46
leek & ricotta quiche	
torta salata ai porri	
<i>Italy</i>	48
“polish” dumplings	
poľské halušky	
<i>Slovakia</i>	50
split stomach (stuffed eggplants)	
karniyarik	
<i>Turkey</i>	52
linzertorte	
linzertorte	
<i>Austria</i>	54

Summer

Breathe deeply the bouquets of the summer open air markets and food festivals, the berry pies, the sweet flowers, the ripening fruit. Listen closely to the voices of vendors calling out their wares, the splashing of water in fountains, the rapidly spoken dialects of a multicultural Europe. Use our recipes to travel through Europe. One can eat a plateful of “Polish” dumplings in Bratislava, take a train to Vienna to snack on potato salad, and then fly to Rome to end the day with a healthy serving of leek and ricotta quiche at the Coliseum while the Italian sunset enchants.

ukrainian pickled tomatoes

pomidory po ukrayinski

from the kitchen of

Paul D'Anieri

Dean
College of Liberal Arts and
Sciences

tips

In the absence of the 3-liter jars that were ubiquitous in the Soviet Union, I just use canning jars, and therefore divide this into three jars. I use more but smaller tomatoes.

Halla swore that the Soviet aspirin was essential, apparently to keep the jars from exploding, and gave me some to take home, but I don't think it's needed with our canning jars. I never figured out why she insisted it had to be Soviet aspirin.

INGREDIENTS

1 small head of garlic
6 whole tomatoes
1 bay leaf
1 piece of horseradish root (roughly 1 cubic inch)
1 small piece of red chili pepper

Brine

enough water to fill the jar
3 tablespoons salt
3 tablespoons vinegar
3 peppercorns
2-3 whole cloves
1/2 of one Soviet aspirin

INGREDIENTS (in UKRAINIAN)

часник
помідор
лавровий лист
корінь хріна
перець червоний гіркий

вода
сіль
оцет
перчинка
долька
радянський аспірин

Divide the garlic into individual cloves and quarter them.

Put garlic, tomatoes, and spices into a 3 liter jar (or three 1-quart jars).

Mix brine ingredients together and pour into the jar(s), covering the tomatoes.

Follow standard pickle canning procedure (look at <http://farmgal.tripod.com/index-2.html> for good information).

Wait at least a month before eating.



"In 1993–1994, I lived in Lviv, in western Ukraine, on a Fulbright grant. I knew no one in Lviv when I arrived, other than a few colleagues at the University, but the other Fulbrighter there, Roman Ciapalo of Loras University in Iowa, was of Ukrainian origin and had cousins who lived in Lviv just a few blocks from me. They became great friends of mine and helped me navigate post-Soviet Ukraine, even as they were trying to figure it out themselves. When my phone broke, cousin Ihor solved the problem the Soviet way, by taking the broken part to work and switching it with a working one there. I ate dinner at their house at least once a week. They were on the edge of financial ruin, but, especially on Sundays, they always covered the table with food.

Their pickled tomatoes were fantastic. Roman and I had difficulty extracting a recipe from Halla, because she never had one, but finally Roman just sat and watched and here's what he got (with my changes for North America)."

andalusian gazpacho

gazpacho andaluz

from the kitchen of

Gillian Lord

Assistant Professor of
Spanish

tips

This will keep in the refrigerator for up to a week (and gets better after a day or so, as the flavors mix).

Buy “seconds” of tomatoes, the slightly bruised or very ripe ones that have so much flavor and are generally much less expensive. They are a great base for gazpacho.

8-10 servings

INGREDIENTS

- approximately 1/2 cup olive oil
- 1/2–1 cup cold water
- 6 large ripe or overripe tomatoes, cut in to 1/8” slices
- 1/2 red bell pepper, seeds removed, chopped coarsely
- 1/2 green bell pepper, seeds removed, chopped coarsely
- 1/2 cucumber, peeled, chopped coarsely
- 2 cloves garlic, chopped
- 2–3 slices white bread (French bread works best, slightly stale is ideal)
- salt (to taste)

Pour water and olive oil over bread in large bowl or pot.

Add vegetables and salt.

INGREDIENTS (IN SPANISH)

- aproximadamente 1/2 taza de aceite de oliva
- 1/2–1 taza agua fria
- 6 tomates maduros
- 1/2 pimiento rojo
- 1/2 pimiento verde
- 1/2 pepinillo
- 2 dientes de ajo
- 2–3 trozos de pan
- sal (al gusto)

Salt to taste.

Serve cold, usually as a first dish, although it is great for lunch in the summer.



"Gazapcho is a great cool summer treat in many parts of Spain, but particularly in the south. (It's so prevalent that it's sold in McDonald's during the summer!) While there are many varieties of gazpacho, from white to red, from cold to hot, this cold tomato soup version is the most well-known. The recipe here is from my host family the year I studied in Spain, although it remains by far the best recipe I've encountered, in Spain and elsewhere, in the many years since. Many people add cilantro or hot pepper or onions, although I prefer it not to have that bite."

cold fruit soup

hideg gyümölcsleves

from the kitchen of

Edit Nagy

Hungarian Lecturer
Center for European Studies

tips

Put a little wine and lemon in the soup while it cooks. Instead of pudding and milk, you can mix egg yolks with cream or mix sour cream or yoghurt with flour.

INGREDIENTS

1 pound fruit (apple, black cherry, pear, plum, strawberry—could be mixed or separate)
2 tablespoons sugar
1 tablespoon jam
ground cinnamon, to taste
1/2 box vanilla pudding mix
1/2 cup milk
1 tablespoon vanilla sugar, optional

INGREDIENTS (IN HUNGARIAN)

50 dkg gyümölcs (alma, cseresznye, körte, szilva, eperőlehet vegyesen vagy külön-külön)
2 evőkanál cukor
1 evőkanál lekvár
örölt fahéj
fél csomag vanília puding
1 dl tej
1 evőkanál vanília cukor, választható

Put the fruit in a pot with 2 1/2 quarts of water.

Bring to a boil, adding the sugar, jam, and the vanilla sugar, if desired.

Cook them approximately 30 minutes on medium-high heat.

Combine the vanilla pudding mix with milk and add to the hot soup, cooking them together until the soup thickens.

Chill well before serving.

Put some heavy whipped cream on top of the soup.

4 servings



peasant vegetable soup

ciorbă țărănească de legume

from the kitchen of

Alin M. Ceobanu

Assistant Professor
Department of Sociology
and Center for European
Studies

tips

If desired, garnish with
spicy hot peppers.

Before serving the soup,
enjoy a shot of “țuică”
(Romanian homemade
plum brandy).

INGREDIENTS

3 medium carrots
1 medium parsnip
2 medium onions
2–3 celery stalks
2 tablespoons vegetable oil
2 1/2 quarts water
small bowl peas
small bowl green beans
4–5 cabbage leaves cut in 2” squares
1 medium zucchini
1 small bunch parsley finely chopped
2 medium potatoes
2–3 tomatoes (or 1 can of diced tomatoes)
1 tablespoon powdered vegetable soup base
1 quart of whey or light yoghurt
(I substitute with lowfat kefir)
salt (according to taste)

INGREDIENTS (IN ROMANIAN)

3 rădăcini mijlocii de morcov
1 rădăcină mijlocie de pătrunjel
2 cepe mijlocii
2–3 tulpini de țelină
2 linguri de ulei
2,5 litri de apă
mazăre (un castron mic)
fasole verde (un castron mic)
4–5 frunze de varză, tăiate nu prea mare
1 dovlecel
1 legătură mică de pătrunjel frunze
2 cartofi mijlocii
2–3 roșii (sau o conservă de roșii în bulion)
1 lingură de Vegeta
1 litru de zer sau iaurt diluat cu apă
(sau kefir)
sare (după gust)

Dice the onions and cut the carrots, parsnip and celery stalks in small pieces.

Heat the oil in a large pot. Add the cut ingredients and sauté them over medium heat for 10 minutes.

Add the diced zucchini, cabbage leaves, peas, and green beans. Cook for another 5–7 minutes or until they are almost tender (do not sauté them too long, as

they will turn mushy).

Add the potatoes, the salt, and the water, and then bring to a boil (medium heat).

Peel the tomatoes and cut them in slices.

Before the soup is fully cooked add the tomatoes (or the can of diced tomatoes), the soup mix and the whey (light yoghurt or lowfat kefir).

Bring everything to a boil again.

Add the finely chopped parsley leaves, after which the soup is ready to be served.

Poftă bună! (Good appetite!)

8-12 servings



“Though not exactly a “traditional” Romanian dish (the word “ciorbă” comes from Turkish), this kind of soup is quite popular with my family during the spring and summer months. Any Romanian cookbook lists several variants of the dish, with different recipes reflecting the regional character of our cuisine. The recipe without meat (only vegetables and legumes), cooked by my mother, is an all-time favorite of mine: very easy to cook, yet quite tasty.

On special occasions, meals are multi-course and last several hours. Lunch (served about 1–2 p.m.) is the most important meal of the day, and usually consists of three courses (soup, main dish and a light dessert, usually a home-baked pie or some fruits). Like most other countries, cooking in Romania is done within the family. On special occasions, such as anniversaries or religious holidays, relatives, friends, and neighbors traditionally join in.”

latvian party salad

rosols

from the kitchen of
Evita Jakubaite
Undergraduate Student

tips

This is a traditional salad typically served for big parties—very easy, inexpensive, and fast to make—very filling.

5 servings

INGREDIENTS

- 3 boiled potatoes
- 1/2 pound cooked ham
- 3 boiled carrots
- 3 hard boiled eggs
- 4 medium-sized pickles
- can of peas
- sour cream and mayonnaise

INGREDIENTS *(IN LATVIAN)*

- 3 vaariiti karupelji
- 300 grammi skinja
- un burkaani
- cieti novaaritas olas
- 3 videeji marineeti gurki
- zaljje zirniisi
- un kreejumas ar majoneezi

Chop all the ingredients into small pieces.

Mix sour cream and mayonnaise together to make a dressing, and toss it through the salad.

“In Latvia, the women of the household, mothers and daughters, prepare most meals.”

potato salad

kartoffelsalat

*from the kitchen of***Glenn Kopic***Academic Advisor and
Summer in Salzburg
EU Program Coordinator***tips**

Austrian or German
potato salad does not use
mayonnaise.

The flavor improves as
the salad sits at room
temperature for a day.

10 servings

INGREDIENTS

8 potatoes
 2 tablespoons oil
 1 tablespoon mustard
 1 1/2 teaspoons salt
 1 1/2 teaspoons sugar
 3 tablespoons vinegar
 1 dash pepper
 1 cup hot water
 1 tablespoon finely chopped parsley or
 watercress
 1 big onion

INGREDIENTS *(IN GERMAN)*

Kartoffel
 Öl
 Senf
 Salz
 Zucker
 Essig
 Pfeffer
 Wasser
 Petersilie
 Brunnenkresse
 Zwiebel

Boil the whole potatoes in
 salted water until you can
 easily prick them with a fork
 (about 35 minutes).

While they are boiling, fix the
 dressing.

To make dressing: mix oil and
 mustard in a large bowl.

Add sugar, salt, pepper, and
 vinegar. Mix well.

Add hot water, the chopped
 onions, and chives.

After the dressing is prepared,
 drain the water from the
 potatoes.

Peel the potatoes while they
 are still warm and slice them
 about 1/4 inch thick.

Mix with warm dressing.

shopska salad

ШОПСКА САЛАТА (*shopska salata*)

from the kitchen of
Evgenia Ilieva
*Graduate Student
Department of
Political Science*

tips

Perfect in the summertime, this is a light and refreshing salad that tastes best when accompanied by good friends, good music and a glass or two of rakia (a drink similar to brandy, usually made from grapes). Cheers!

4-6 servings

INGREDIENTS

- 2–3 green or red peppers
- 3–4 tomatoes, diced
- 1 cucumber, diced
- 1 onion, diced
- salt
- sunflower or olive oil
- vinegar
- 3/4 cup Bulgarian white cheese or feta
- parsley
- black olives

Remove the stem and the seeds of the peppers (raw or roasted and peeled). Cut into small strips and add the tomatoes, cucumbers and onion.

INGREDIENTS (IN BULGARIAN)

- Зелени или червени чушки — zeleni ili cherveni chushki
- домати—domati
- краставица—krastavitz
- лук—luk
- сол—sol
- олио—slynochgledovo olio
- оцет—ocet
- сирене—sirene
- магданоз—magdanoz
- черни маслини —maslini

Add salt, oil and vinegar. Mix the vegetables.

Grate the white cheese over the salad to form a “snow cap”.

Garnish with olives and parsley and serve.

“This is my favorite salad and the one food that I most look forward to eating every time I go back home.”

wiener schnitzel

breaded veal cutlets

from the kitchen of

Glenn Kepic

Academic Advisor and
Summer in Salzburg
EU Program Coordinator

tips

The schnitzel makes a nice meal with the potato salad on page 43.

INGREDIENTS

2 eggs
2 tablespoons milk
2 pounds leg of veal (or substitute turkey breast)
cut into 1/4 inch thick slices (specially cut)
Salt
Freshly ground black pepper
4 tablespoons flour
1 cup finely ground, dried bread crumbs
Oil for frying

INGREDIENTS (IN GERMAN)

Ei
Milch
Kalbfleisch
Salz
Pfeffer
Mehl
Toastbrot-krümeln
Öl

Beat the eggs with the milk long enough to combine them.

Sprinkle the veal slices liberally with salt and pepper, dip them in flour, and shake off the excess. Dip them in the beaten

eggs and finally in the bread crumbs.

Heat the oil in a heavy 12-inch frying pan until a light haze forms over it, then add the cutlets.

Cook over medium heat for 3–4 minutes on each side, or until they are brown, using tongs to turn them.

Serve immediately, garnished with lemon wedges and potato salad.

4 servings

“This recipe is from Brigitte, the amazing cook at the Salzburg College where we conduct the Salzburg study abroad program.”

greek stuffed eggplant

μελιτζάνες παπουτσάκια *(melitzanes papoutsakia)*

from the kitchen of

Irena Tsoustas

EU Club Cofounder
and UF Alumnus

tips

Kefalograviera cheese is a hard cheese made from sheep's milk.

The cheese will probably need to be purchased at a Greek/Balkan/Mediterranean market.

Fresh parsley is recommended.

6-10 servings

INGREDIENTS

Béchamel Sauce

4 tablespoons butter
6 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
2 cups heated milk

8–10 eggplants
3/4 cup butter
1/2 cup finely chopped onion
1 pound ground beef (or lamb)
1 1/4 pound ripe tomatoes
1 tablespoon finely chopped parsley
1/2 cup kefalograviera cheese
1/2 cup bread krumbs
salt
pepper

INGREDIENTS *(IN GREEK)*

μπεσαμέλ—besamel

βούτυρο—vutiro
αλεύρι—alevri
αλάτι—alati
πιπέρι—piperi
γάλα—gala

μελιτζάνες—melitzanes
βούτυρο—vutiro
κρεμμύδια—kremmidia
κιμά—kirha
ντομάτες—domates
μαιτανό—maidano
κεφαλοτούρι—kefalotiri
φρυγανία κοπανισμενη—frigania kopaniseni
αλάτι—alati
πιπέρι—piperi

To make sauce:
Melt the butter; add flour, salt, pepper.

Remove from heat and gradually stir in milk.

Return to heat. Cook, stirring constantly until the sauce has become thick and smooth.

Set aside.

Wash the eggplants and slice them long ways into two. With a spoon, scoop out the inside of the eggplants leaving about

a 1/2 inch all around so that the eggplant looks like a little boat.

One by one throw them into a frying pan with olive oil being careful not to let them burn.

Take them out and place them in a baking pan.

Brown the ground beef and onions in a frying pan with butter.

Add the tomatoes, salt, pepper, and parsley. Allow this mixture to simmer and absorb

the flavors.

Fill each eggplant with the mixture, then the béchamel, and finally with the grated cheese and breadcrumbs.

Melt some butter and drip some of it on top of each eggplant and cook for 15–20 minutes until the tops of the eggplant have browned.

Let cool for 10–15 minutes and then serve.



“This is a family recipe adopted from a very old cookbook that my grandmother gave my mother. I remember eating these at tavernas in the summer when I was growing up; however it is also a lovely winter meal. Greek cookbooks use odd measurements like a “pinch,” a “teacup full,” or a “water glass.” This is because the older Greeks used whatever they had in their cupboards to cook with instead of a graduated measuring device. I’ve changed the measurements into cups, teaspoons, etc. The literal Greek translation is “little shoes.”

A meatless variation can be made by substituting meat with other vegetables like zucchini, the inside of the eggplant, and tomatoes.

The women usually cook the meals on a daily basis. This meal would be served for lunch (anywhere from 1–5 p.m. depending on the day and how hot it is outside) and would be accompanied by fresh bread and a Greek salad. In my family it is usually the women that cook inside, but if there is a fire going outside, then it is the men’s turn to cook.”

leek & ricotta quiche

torta salata ai porri

from the kitchen of

Georgia E. Bianchi,
M.A.

Ph.D. Candidate, Sociology

tips

This is a typical side dish (or even a main dish for a light lunch). Because it can be served at room temperature, it is often made for parties or potlucks, and does well in the summer months.

If you don't have time to make the dough yourself, you can substitute store-bought puff pastry.

I choose to use the tougher inner green leaves as well as the more delicate white part of the leek—I just cut those bits a little smaller so they won't be as tough. I find they add great flavor and visual interest.

4-6 servings

INGREDIENTS

Dough

1 cup flour
1/3 cup olive oil
Pinch of salt
1/3 cup white wine (or cold water)
A little cornmeal (to dust the baking pan)

Filling

2 teaspoons olive oil
2 medium leeks
1 clove garlic, crushed and minced
1 egg, beaten
one 15 ounce container of fresh ricotta
1/2 cup grated parmesan
Salt to taste

INGREDIENTS (IN ITALIAN)

250 gr farina
3 giri d'olio d'oliva
un pizzico di sale
mezzo bicchiere di vino bianco (o acqua fredda)

2 t. d'olio d'oliva
2 porri medi
1 spicchio d'aglio, tritato fine
1 uovo, sbattuto
450 grammi ricotta
parmigiano grattato
sale

Put the flour and salt in a medium bowl. Drizzle the olive oil on top and mix lightly.

Add the wine (or water) and knead until you have a uniform ball of dough.

Cover with a dish rag or plastic wrap and place in the fridge. Let rest 30 minutes to 1 hour. The dough can keep for up to a day.

While the dough is resting, chop and clean leeks.

Simmer the leeks and garlic in a frying pan coated with a little olive oil. They should be done in about 7–10 minutes, when they wilt a bit.

Preheat oven to 350° F.

Take the dough out of the fridge. Spread a little oil in the baking pan so as to cover the entire surface where the pie will rest. Then, dust a little cornmeal or bread crumbs over the bottom to ensure a crispy crust.

Drain the fresh ricotta of as much liquid as you can.

In a bowl, mix the egg, ricotta and parmesan, with salt to taste. Add the leeks and stir.

Take the dough and either roll it out or stretch it out by hand, gently pulling the borders from the center outwards, while rotating the dough as you go.

Stretch the dough out over the baking pan, leaving some dough hanging over the sides to form the upper crust.

Pour in the ricotta and leek mixture, and then fold over the dough. Coat the dough lightly with olive oil to give it a nice color and crispness.

Cook for 40–45 minutes, or until the center of the quiche is done.

Let cool for 10 minutes before serving. It will also keep for a few days in the fridge, although you should let it warm to room temperature before serving.



"This is not really a proper quiche—it lacks the heavy cream and multiple eggs that make up its namesake. However, I translated it as quiche because the literal translation of the name, "salty leek pie," is definitely less appetizing!

This "quiche" is a light yet filling dish, often served with a salad on the side.

This dish looks rustic and difficult to make, even though it is actually very easy!"

“polish” dumplings

poľské halušky

from the kitchen of

**Brano
Kovalcik**

*Academic Programs
Coordinator
Center for European Studies*

tips

Typically, this dish is served in summer after a long day of physical labor in and around the house. This is a very filling meal that, if not putting a person to sleep, should boost energy for another 6–8 hours of hard work.

I do not know of many people who cook it, but I know my aunt used to love the dish so much that she would not only lick the plate but, what is more, drink the butter, after she ate all the onions.

INGREDIENTS

8 large potatoes
2 1/2 cups all purpose flour
1 egg
2 onions
butter / oil
1 teaspoon salt
sour cream

INGREDIENTS (IN SLOVAK)

8 veľkých zemiakov
1/4 kg múky
1 vajce
2 cibule
maslo / olej
soľ
kyslá smotana

Wash four potatoes and cook them in water until soft. Let them cool before peeling.

Peel the remaining four (uncooked) potatoes and grate them.

Mix the grated potatoes with flour. Add teaspoon of salt and an egg.

Mash the cooked potatoes and add them to the mix.

Once you reach consistency that will cook in water, use a teaspoon to form the dumplings and throw them in the pot with boiling water.

Let them cook for five minutes.

In the meantime, peel the onions, cut them in small pieces, and slowly caramelize them in either butter or oil.

Once the dumplings are cooked, drain them, wash them under running water, and then drain them again.

Serve hot with caramelized onions and sour cream.



“While growing up in Slovakia, I would spend many days of my childhood in my grandmother’s house and enjoy her culinary creations. On the one hand, perhaps the word “creation” is too strong a word for potato-based dishes; on the other hand, however, given that vast majority of Slovak meals are made out of potatoes, one needs to be imaginative and creative to prevent eating the same food over and over. To this day, I have no idea why my grandmother would call the dish that I share here “Polish dumplings,” if no Polish person alive has ever heard of such a recipe. It could be that someone on the Slovak-Polish border, where she lived her entire life, introduced her to the recipe; it is also possible that she ran out of ways of describing “halušky” (dumplings) and the first word that came to mind was to name them Polish and thus distinguish them from many different varieties of Slovak “halušky.””

split stomach (stuffed eggplants)

karniyarik

from the kitchen of

Sinan Ciddi

Lecturer in Turkish Studies,
Center for European Studies

Hakan Kebeli

Ankara, Turkey
Graduate of UF's English
Language Institute

tips

You'll need a giant serving spoon to lift each piece delicately out of the pan.

Serve one per person as a main dish with fresh parsley to decorate on top.

Don't forget to serve it with the juice in the pan, which should prove a surefire winner for those who like dipping their bread into food!

6 servings

INGREDIENTS

- 6 medium sized eggplants
- 2 onions, finely chopped
- 3 tomatoes, peeled and chopped
- 1/2 pound minced meat
- 3 tablespoons oil
- 5 cups chopped parsley
- 2 green peppers, sliced
- salt
- pepper

INGREDIENTS (IN TURKISH)

- patlıcan
- soğan
- domates
- kıyma
- yağ
- maydanoz
- sivri biber
- tuz
- karabiber

This recipe from Southeastern and Mediterranean regions of Turkey represents a combination of two separate, yet quite similar, submissions to the cookbook. We provide comments from both authors.

Remove tops of eggplants. Make a deep lengthwise incision in each eggplant. **Hakan** leaves the eggplant flesh intact; **Sinan** spoons out some flesh to make more room for the filling.

Soak them in salted water for about 45 minutes.

Drain and pat dry with paper towel. Fry eggplants lightly in oil, turning constantly. Remove from pan and set aside. **Sinan** says they can be grilled or microwaved until the flesh turns slightly pink.

Brown the onions, minced meat, tomatoes, most of the parsley, and peppers lightly. Continue to stir evenly and let it simmer for 15–20 minutes.

Remove from heat and add salt and pepper to taste.

Place eggplants in deep baking dish, cut sides facing up. Fill each eggplant with the mince mixture. Top each eggplant with a slice of tomato and green pepper.

Add water to cover the bottom of the dish, cover and cook for 15–30 minutes or until tender, in 350° F oven or on stove top.

Sinan's variation: Use green chili peppers rather than standard green peppers for an added kick.

Hakan says: It goes great with any kind of pilav. It is also delicious with a Turkish dish made with yogurt and cucumber and with cacik which is a grain dish cooked in seasoned broth.



“There are a couple things to be careful about when you’re cooking with eggplants. Buy eggplants right before you cook and pick the firmer ones; eggplants tend to get soft in the refrigerator. And for this dish, do not use huge American eggplants. Try to find cute little ones or Asian eggplants.

In Turkey, mom is usually the person who cooks the meals. Increasingly, men in more modern households do take on the task. Three meals a day are normal in Turkey with pretty regular meal times, although the pressures of modern living sometimes force many households to skip lunch or opt for fast food. Dishes like this are great at bringing families together and are a favorite amongst all ages.”

linzertorte

linzertorte

from the kitchen of

Glenn Kepic

Academic Advisor and
Summer in Salzburg
EU Program Coordinator

tips

For best results prepare
the day before serving.

INGREDIENTS

- 1 1/4 sticks butter
- 3/4 cup sugar
- 1 1/4 cups grated hazelnuts
- 1 1/2 cups flour
- 1 egg (watered down to form an egg wash)
- 1/4 teaspoon clove powder
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon grated lemon rind
- pinch of salt
- red currant jam

INGREDIENTS (IN GERMAN)

- 140g Butter
- 140g Zucker
- 140g Haselnüsse
- 140g Mehl
- Ei
- Gewürznelke
- Muskat
- Zimt
- Zitrone
- Salz
- Rot Korinthe Marmelade

Work all ingredients together (except jam) on a large chopping board or flat surface.

Divide the mixture and spread one half on a cookie sheet or a torte pan.

Spread on the jam.

Roll the remaining dough flat and cut into narrow strips. Arrange on top in a lattice.

Brush with egg wash (1 egg plus 1/4 cup water) and bake at 350°F for 60–70 minutes or until golden brown.





brown bread	
brown bread	
Ireland	58
mix & match	
МИШ-МАШ	
Bulgaria	59
montse's catalan fish soup	
caldereta de pescada	
Spain (Catalonia)	60
eggplant salad	
salată de vinete	
Romania	62
baked potato casserole	
kugelis	
Lithuania	64
beef stew	
carbonnades flamandes	
Belgium	66
brewer's steak	
bryggarstek	
Sweden	67
karelian stew	
karjalanpaisti	
Finland	68
little pigeons (cabbage rolls)	
gołąbki	
Poland	70
meat zurich fashion	
geschnetzeltes zuercher art	
Switzerland	72
potato musaka	
musaha od kompiri	
Macedonia	73
spinach pie	
pita zeljanica	
Bosnia and Herzegovina	74
honey spice cake	
piernik	
Poland	76
slovak apple strudel	
slovenská jablková štrúdľa	
Slovakia	78

Autumn

Grab your basket and head out to pick wild mushrooms, truffles, plums, apples, and pears. Take the time to slow down and try a couple of new recipes like Karelian Stew and Slovak Apple Strudel. Europe in fall holds little of the hustle and bustle of the summertime. No waiting lines at the cafés and restaurants. You can mingle with the locals while learning or refining language skills. Enjoy mild weather while seeking out autumn food and drink festivals like Oktoberfest. Celebrate the harvest of the wine grapes. Fall's cuisine retains a delicious heartiness to prepare for the slow transition into the cold season. Now is the time to preserve fruits and vegetables to last through the winter.

brown bread

brown bread

from the kitchen of
Conor O'Dwyer
*Assistant Professor
Department of Political
Science and Center for
European Studies*

tips

This recipe is great with
nothing more than good
butter.

INGREDIENTS

- 2 2/3 cups whole wheat flour
- 1 cup + 2 tablespoons white flour, sifted
- 1 cup bran
- 1/2 cup wheat germ
- 2 teaspoons baking soda
- 2 teaspoons cream of tartar
- 1 teaspoon salt (optional)
- 2 cups milk
- 1/3 cup steel-cut oats (pinhead oatmeal)

Grease two loaf pans and
sprinkle a little flour over the
bottom and sides.

Mix all ingredients in a large
bowl.

Put into pans, smoothing
over top.

Sprinkle a few steel-cut oats
over the top and cover with
foil.

Bake at 425° F for 40 minutes.

Remove foil and bake for an
additional 10 minutes.

2 loaves

“My grandmother used to cook this bread when we were visiting
her in Dublin as kids. It was one of our favorites and was always
part of the meal, breakfast, lunch, or dinner (which is to say,
breakfast, dinner, or tea).”

mix & match

МИШ-МАШ (mish mash)

*from the kitchen of***Petia Kostadinova***Assistant Professor
Department of Political
Science and Center for
European Studies***tips**

Garnish with chopped
parsley and serve with
your favorite bread.

3-4 servings

INGREDIENTS

2–3 medium onions, sliced into strips
2–3 tablespoons oil
1 pound sausage (of any kind), chopped
1 small can roasted red peppers (3–4 peppers
total), cut into strips
3–4 tomatoes, chopped
3–4 eggs, beaten
8 ounces feta cheese, crumbled
salt and pepper (to taste)
chopped parsley for garnish

INGREDIENTS (IN BULGARIAN)

лук—look
олио—olio
наденица—nadenitsa
червени пипери —cherveni piperi

домати—domati
яйце —yaitse
сирене —sirene
сол / пипер—sol / piper
магданоз—magdanoz

Sauté the onions in the oil
until soft. Add the sausage
and cook until browned.

Add the roasted peppers
and tomatoes and cook until

the juices are reduced a bit,
about 3–5 minutes.

Add the eggs and feta
cheese. Cook until the
eggs set (an additional 2–3

minutes).

Season with salt and pepper,
keeping in mind that feta
cheese is already salty.

“This is my family’s variation of a traditional mish-mash (literally ‘mix and match’) recipe. My mother used to make it when she had not bought groceries in a while and to “clean” the refrigerator of various leftovers. Every time she made it, my mother would tell the story of how (in much poorer times) her dad used to make the recipe only for special occasions, and how she and my aunt would fight over who got to finish off the sauce.”

montse's catalan fish soup

caldereta de pescada

from the kitchen of
Geraldine Nichols
*Professor of Spanish and
Catalan*

tips

Every coastal region of Spain boasts many recipes for fish soup, but this one is simple and wonderful. My friend Montse Gómez, a superb cook, told me how she prepares it. The fish recommended is lluç or rap (hake and skate, neither of which are commonly found in the US), but you can substitute with a tasty white fish like grouper, snapper, or fresh cod. This recipe is especially appetizing when the weather is cool.

4 servings

INGREDIENTS

- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 2 tomatoes, cored and chopped
- extra virgin olive oil for sautéing
- 4 cups of water
- 4 red or Yukon gold potatoes, cut into rounds
- 1 pound white fish, in chunks
- salt and pepper (to taste)
- 1/2 cup dry white wine

INGREDIENTS (IN CATALAN)

- ceba
- all
- tomàquet
- oli
- aigua
- patata
- lluç or rap (hake or skate)
- sal / pebre
- vi blanc

In a small amount of olive oil, sauté the onion, garlic, and tomatoes over medium-low heat for 5–6 minutes, or until the onion is softened.

and bring to a boil; cook gently for 12 minutes.

Add the fish and cook for an additional 5–6 minutes.

Add the water and potatoes

Salt and pepper to taste and

then add the wine.

Spoon the soup into bowls. Say “Bon profit!” (pronounced bone pru-feet) and enjoy.



"Catalonia has one of the great regional cuisines of Spain, together with the Basque Country and Galicia. But in all of Spain, food and the rituals associated with it are very important. A trip is often planned around the time one will be in such and such a place, where there is a really good restaurant (it's inconceivable to go somewhere around the dinner hour—2–4 in the afternoon—without having a clear idea of where you will eat, and normally what you will eat, since you remember the specialties of that restaurant). Equally inconceivable is to skip supper, even if you still feel stuffed from dinner. You may eat something light, but heaven forbid you go to bed on an "empty" stomach. The pace of life in Spain is much faster than it used to be, but there is always time to enjoy a get-together with friends and/or family over a good meal. No one gets up right after finishing because that is time for the "sobremesa" (literally "over the table"; but it means an after-meal conversation, while still seated at the table).

In Andalucía, where "tapas" originated, it is common during the summer months to go from bar to bar with a group of friends, having a drink and eating tapas at each bar. Fortunately, this itinerant repast counts as supper, so you can go to bed without another meal! Finally, in all parts of Spain, if you come upon someone who is eating, or you see someone beginning a meal, you acknowledge the activity—rather than looking away in embarrassment, as Americans do—by wishing them "Buen provecho" (may it nourish you, in Castilian) or "Bon profit" (the same in Catalan)."

eggplant salad

salată de vinete

from the kitchen of
Magda Giurcanu
*PhD Student
Department of Political
Science and Center for
European Studies*

tips

Do not use aluminum
colander or utensils. The
eggplants will oxidize
and turn black.

6 servings

INGREDIENTS

- 2 pounds eggplant
- 1 1/2 teaspoons salt
- 1/4 cup olive oil
- 1 medium onion, chopped
- 1/4 – 1/2 cup mayonnaise (optional)

INGREDIENTS (IN ROMANIAN)

- vânătă
- sare
- ulei
- ceapă
- maioneză

Roast eggplants, turning frequently, over a flame or under a broiler until the skin is charred all over, 20 to 25 minutes.

Using a sharp knife, peel the eggplants while they are still hot and rinse thoroughly under cold water.

Quarter the eggplants lengthwise and discard

as many of the seeds as possible.

Toss with 1 teaspoon of salt and place the eggplants in a stainless-steel (or other non-aluminum) colander and squeeze out as much water as possible. Let rest for about 1 hour.

Cut the eggplant flesh into 1 1/2 inch cubes and place in a

glass or ceramic bowl.

Stirring continuously with a wooden spoon, slowly add the olive oil, the remaining 1/2 teaspoon of salt, and the chopped onion.

Spread the eggplant out on a large plate and garnish with the tomato slices and olives.

Serve with pita bread.



“Eggplant Salad is a well-known Romanian dish found on most Romanian tables mainly from August until late November. It is usually served as an appetizer with bread. The best way to cook this dish is outdoors on a grill, otherwise you will make a lot of smoke inside. Another option is to quarter the eggplants and bake them in the oven, though the smoky flavor will be lost.”

baked potato casserole

kugelis

from the kitchen of

Allan Burns

Professor of Anthropology
and Associate Dean of
Faculty Affairs

tips

Kugelis can be a main course and served with borsht or as a side dish for chicken. It is served throughout the year and is the subject of culinary pride and discussion whenever it is served.

6 servings

INGREDIENTS

- 6–8 red potatoes, at least a week old
- 1/2 pound lean bacon
(or, if vegetarian, 1 cup sliced mushrooms)
- 2 small or 1 large yellow onion
- 2 tablespoons vegetable or olive oil
- 1/2 cup fat free milk, heated
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup diced fresh celery
- 2 tablespoons white flour
- 1 large egg

Preheat oven to 375° F.

Peel potatoes and coarsely grate them. Squeeze out any liquid starch. Cover and put in the refrigerator so the potatoes do not turn brown.

Dice the bacon and onions and cook together until onions are translucent and bacon is cooked but not crisp (if you are making vegetarian Kugelis, substitute mushrooms for bacon and cook onions and mushrooms in 2 tablespoons of vegetable or olive oil).

INGREDIENTS (in LITHUANIAN)

- bulvė
- bekonas
- miestas
- svogūnas
- aliejus
- pienas
- druska
- pipiras
- salieras
- miltai
- kiaušinis

Mix the potatoes, heated milk, salt, pepper, celery, and onion mixture (along with the bacon fat or cooking oil) together in a large bowl. Mix the flour and egg and fold into the mixture.

Lightly spray or grease a 9" X 13" glass casserole dish and fill with the potato mixture, patting it down slightly. Place aluminum foil over Kugelis and bake for 30 minutes.

Remove aluminum foil and bake for an additional 20 minutes. The Kugelis should be golden brown but still moist.

Remove the Kugelis from the oven and let stand for 10 minutes.

Cut into squares and serve hot with sour cream.



"Lithuanians argue about the different styles of Kugelis. Some people grate the potatoes very fine and mince the bacon, and others would never include celery. Others use lots of butter and more eggs. There are different variations even in my own family, so I chose my recipe, which I consider the best. Since we have vegetarians in our family, I usually make a meat and a meatless Kugelis. I've found that mushrooms are better for meatless Kugelis than bacon substitutes."

beef stew

carbonnades flamandes

from the kitchen of
Christine Heffinck
*Deputy Secretary
General for Managment
NATO Parliamentary
Assembly*
through
Zachary Selden
*Deputy Secretary
General for Policy
NATO Parliamentary
Assembly
Assistant Professor,
Department of
Political Science*

tips

The meat does not need to be tender as it is going to cook slowly for around 3 hours. You can choose a lower quality with some fat. That type of meat is often on sale already cut in pieces and called either “carbonnades” or “boeuf bourguignon.”

The best cooking pot is a pot in cast iron such as “Cousances,” “Le Creuset,” or “Staub.”

4 servings

INGREDIENTS

- 2 pounds beef, cut into pieces
- Flour to coat the beef
- 3 large onions
- carrots and mushrooms if you wish
- 2 bay leaves
- 3–4 sprigs fresh thyme
- 2 teaspoons sugar
- 1 good dash of vinegar
- salt and pepper

INGREDIENTS (in Dutch/Flemish)

- 1 kilo rundvlees, in stukken gesneden
- bloem
- 3 grote uien
- wortelen en paddestoelen, indien u dat wenst
- 2 laurier bladeren
- 3–4 takjes verse tijm
- 2 theelepels suiker
- 1 goede vleugje azijn
- zout en peper

- Coat the beef in flour.
- Add some butter or oil to the pan and simmer the coated beef until it is slightly brown.
- Cover with water.
- Chop the onions and add to pan along with bay leaves, thyme, sugar, vinegar, salt and pepper.
- Let simmer with a lid for 2 1/2 to 3 hours until the beef is tender.
- Remove lid during the last half hour so that liquid diminishes. You can also bind the sauce at the end with flour or cornstarch if it is too liquid.
- You can add pieces of carrots from the beginning and mushrooms for the last half hour.
- Sprinkle with parsley.
- You can replace some of the water with Abbey beer or red wine.
- This dish is traditionally served with potatoes.

brewer's steak

bryggarstek

*from the kitchen of***Staffan Lindberg***Assistant Professor
Department of
Political Science
and
Center for African Studies***tips**

This recipe used to be a way for the brewery workers to make the wagon horses edible after all those long years of hard work when they eventually died. This means you can use very tough meat, and it will still become nice and soft.

INGREDIENTS

2 pounds horse meat (or beef, moose, or deer)
1 bottle dark beer
1/2 cup soy sauce
1/2 cup black currant juice (concentrate)
2 bouillon cubes
rosemary
1/2 teaspoon black pepper

INGREDIENTS *(in SWEDISH)*

1 kg häst kött (or eller nötkött, älg, or hjort)
1 flaska mörkt öl
1 dl soja
1 dl svartvinbärssaft
2 buljongkub
rosemarin
2 ml peppar

Combine all ingredients, except for the meat, in a large pot and bring to a boil.

Add the meat and let it boil for 45 minutes. Turn over the meat and boil for another 45 minutes, or until tender.

The sauce is thickened with crème fraîche (or perhaps a mixture of flour and cream).

karelian stew

karjalanpaisti

from the kitchen of

Tuuli Mäkinen

Florida Museum of Natural
History, Ichthyology
Department
(recipe from my
grandmother,
Elvi Weurlander)

tips

Wild moose meat is commonly eaten in Finland. It is hardly ever store-bought and is usually obtained from relatives or friends who hunt. Moose-hunting season opens in the fall. Moose is not the most commonly used meat in this dish, but many people prefer it to beef. You can also try using venison instead of moose.

INGREDIENTS

- 1 pound pork, cubed
- 1 pound beef or moose meat, cubed
- 2 carrots, sliced
- 6 whole allspice berries
- 1 bay leaf
- salt (to taste)

INGREDIENTS (in Finnish)

- 450 g sianlihaa
- 450 g naudan- tai hirvenlihaa
- 2 porkkanaa
- 6 maustepippuria
- 1 laakerinlehti
- suolaa

This is a traditional dish from the region of Karelia. After the Second World War, the dish became popular all over Finland as Karelian evacuees brought their food traditions along with them. The readers of Ilta-Sanomat magazine chose Karelian stew as the most popular traditional dish in 2007.

Since the stew takes a few hours to prepare, it’s typically served on weekends and more festive occasions; it is one of several dishes usually present at the Christmas table. Traditionally the only ingredients were meat, water and salt, though nowadays spices and vegetables are usually added. There are many variations of the recipe: some people use three kinds of meat (usually pork, beef and lamb), some add black pepper or onion, and some cook the meat at a low temperature over several hours.

- Cut the meat into 1–1 1/2 inch cubes and slice the carrots.

Layer the meat in a cast iron (or other oven-proof) pot with the spices and carrots sandwiched in between. Add enough cold water to almost cover the top layer.
- Place in the oven at about 400° F until the meat browns slightly.

Cover and bake at about 300–350° F for 2–3 hours, or until the meat is soft.
- Serve with boiled or mashed potatoes and lingonberry jam.

4-6 servings



“Until recently dinner in Finland was usually eaten at home right after work. A typical dinner consisted of a warm dish with potatoes and meat or fish, buttered rye bread, and milk or buttermilk to drink. Nowadays there is a lot more variation in dining habits: hobbies often keep the family apart during the evenings, takeout meals like kebab and pizza are popular, and “European-style” late dinners with wine and trendy foods are more common. Although people have less time to prepare traditional dishes at home, they are often served as work or school lunches.”

little pigeons *(cabbage rolls with beef, pork, & rice stuffing)*

gołąbki

from the kitchen of
Christopher Caes

Assistant Professor
Languages, Literatures
and Cultures
and Center for
European Studies

tips

Be sure to pick a heavier, less green head of cabbage to insure freshness.

The cabbage core may be sliced up into cubes or spears, lightly salted, and served up as a veggie snack before dinner.

INGREDIENTS

Cabbage Rolls

1 fresh head of cabbage
3/4 pound ground beef
3/4 pound ground pork
2 cups cooked rice
2 or 3 medium-sized onions
1 tablespoon butter or cooking oil
1/2–1 teaspoon salt
1/2 teaspoon pepper
2 teaspoons marjoram
2 cloves garlic
1/2 cup water

Sauce

1 15 oz. can tomato sauce
1 medium-sized onion
1 tablespoon butter or cooking oil
dash of salt
dash of pepper
1/2 cup water

Remove core from cabbage. Boil the cabbage in a large pot until leaves are bendable and easily peel off. Peel off carefully so leaves do not break. Stack leaves individually on a paper towel to cool down. Set aside the smaller leaves of cabbage, as they will be used later.

Sauté 1 or 2 onions in butter or oil in a large pan. Add beef and pork and half the salt and half the pepper. Sauté. Add cooked rice. Mix well with remaining salt, pepper,

and the marjoram. (Add extra pepper for spiciness).

Take one cabbage leaf. Place stuffing onto the broader side (determine amount of stuffing depending on size of leaf) and roll the leaf up, tucking in each end when completed. Repeat with each leaf until stuffing is used up.

Place a layer of unused smaller leaves from center portion of cabbage on the bottom of a large pot (this will create a layer that will

INGREDIENTS *(IN POLISH)*

Gołąbki

1 główka białej kapusty
45 dag zmielonej wołowiny
45 dag zmielonej wieprzowiny
2 szklanki ugotowanego ryżu
2 lub 3 cebule
1 łyżka masła lub oleju
pół łyżeczki lub łyżeczka soli
pół łyżeczki pieprzu
2 łyżeczki majeranku
2 ząbki czosnku
1/2 szklanka wody

Sos

1 puszka sosu pomidorowego
1 cebula
1 łyżka masła lub oleju
szczypta soli
szczypta pieprzu
1/2 szklanka wody

prevent the cabbage rolls from burning). Then place cabbage rolls in pot on top of the layer of smaller leaves. Slice up 1 onion and cut the garlic cloves into slivers and place both on top of cabbage rolls. Cover with remaining unused leaves, if any are left. Add half a cup of water and a pat of butter.

Sprinkle with marjoram, cover, and cook on low-medium heat for at least 45 minutes or until cabbage is nice and tender.



For sauce, sauté onion in butter or oil. Add tomato sauce. Add up to 1/2 cup water, stirring sauce to desired thickness (corn meal may also be added to gain extra thickness). Add a dash of salt and pepper for taste.

Place cabbage rolls on plates, pour sauce over them, and serve with mashed potatoes!

Smacznego! (Bon Appetit!)

“There are no real pigeons involved in this dish. The name refers instead to the shape and light color of the cooked cabbage rolls.

Some recipes call for baking cabbage rolls, but we find this often dries them out and risks burning. Steaming over a low heat is our preferred option for keeping them moist and tender.”

meat zurich fashion

geschnetzeltes zuercher art

from the kitchen of

Sandra
Schallberger

DMV, Postdoctoral Fellow
in Veterinary Surgical
Oncology

tips

Never eat this dish in
Zurich...the people in
Bern cook much better.

This is often served with
noodles.

INGREDIENTS

1 tablespoon butter
1/2 onion chopped in very small pieces
A good handful fresh mushrooms, sliced

1/2 cup white wine (alternative: juice of 1/2
lemon)
1/2 cup bouillon
3/4 cup cream
1 1/4 pounds veal cut in small strips
2 tablespoons flour
1/2 teaspoon salt
ground pepper

INGREDIENTS (IN GERMAN)

1 tl Butter
1/2 gehackte Zwiebel
200-300 gramm frische Champignon,
geschnitten
1dl Weisswein (oder Saft von einer 1/2
Zitrone)
1dl Bouillon
1.8 dl Halbrahm
600 gramm Geschnetzeltes Kalbfleisch
2 EL Mehl
1/2 TL Salz
Pfeffer

To make sauce: heat the
butter. Add chopped onion
and the mushrooms. Cook
for about 2 minutes.

Add the white wine and cook
until liquid is reduced by half.

Add bouillon and cream.
Cook while stirring.

Bring to a boil, reduce heat
and simmer for 3 minutes.

To prepare meat: flour the
meat.

Heat the butter in a frying
pan.

Add the meat (start with
one third of the meat), roast
gently for about 2 minutes.
Remove the meat from the
pan, add some salt and
pepper, cover and set aside.
Repeat with the rest of the
meat.

Place the meat into the sauce
and gently heat (don't boil!).

If desired add some more salt
and pepper.

4 servings

musaha od kompiri

potato musaka

from the kitchen of

Oliver Stamkov

Graduate student
Computer Engineering

tips

Serve with salad
of tomatoes and
cucumbers.

INGREDIENTS

3/4 cup diced onions
3/4 cup oil
1 pound ground beef
salt
1 teaspoon black pepper
2 pounds potatoes
1/2 cup milk
6 eggs

INGREDIENTS (IN MACEDONIAN)

100g kromid
150g maslo
500g meleno meso
Sol
6g crn piper
1kg kompiri
100g mleko
6 celi jajca

Fry onions, ground beef, salt, and pepper in oil until meat is browned.

Peel the potatoes and slice. Layer the potatoes in a

baking dish and place meat mixture on top.

Cover with foil and bake until potatoes are soft, about 30–35 minutes.

Remove from oven. Mix eggs and milk and pour over the top. Bake until the eggs are set.

6 servings

“My grandmother used to make this dish. It is a dish with a long history. Women usually cook in my country. Breakfast is usually served around 8–9 am, lunch between 12–2 pm, and dinner between 8–9 pm.”

spinach pie

pita zeljanica

from the kitchen of

Aida A. Hozic

Associate Professor,
Department of
Political Science

tips

This recipe is usually presented as an appetizer but, with salad, it is also good as a side dish or as a main course. Spinach Pie is great as leftovers so I never think about the quantity when I make it (i.e. it is not worth making less—you would waste a lot of phyllo dough from the package that cannot be refrozen).

8-10 servings

INGREDIENTS

- 2 packages frozen spinach
- 6 eggs
- 12 ounces feta cheese, crumbled
- 1 cup sour cream
- 1 cup seltzer water
- salt and pepper (to taste)
- 1/2 package phyllo dough
- cooking oil spray

Defrost spinach and drain excess water. Mix with eggs, feta cheese, sour cream and seltzer water. Add salt and pepper to taste.

Place 3 sheets of phyllo dough on a baking sheet sprayed with oil; cover with

INGREDIENTS (IN BOSNIAN)

- 2 paketa smrznutog špinata
- 6 jaja
- 350 grama travničkog sira
- 250 grama pavlake
- 1 šolja kisele vode
- sol / biber
- pola paketa kora za pitu

half of the spinach/cheese/egg mixture.

Place 3 additional sheets of phyllo dough on top; cover with the remaining half of the mixture.

Add 3–5 final sheets of phyllo dough on top and spray with oil (or drizzle with olive oil) and bake at 375° F until golden brown, about 30–45 minutes.

Cut into squares and serve while warm.



“This is one of the easiest dishes to prepare in Bosnia, where pies of one kind or another constitute a major part of the diet. Women continue to make the very thin dough themselves. Ingredients can vary (spinach can be substituted with mixed ground meat and onions, shredded zucchini and squash, potatoes and onions, chicken, etc.) and the dish is inexpensive. A pie can feed an entire family, and it is known and accepted, particularly in Bosnia, as the ultimate comfort meal.”

honey spice cake

piernik

from the kitchen of
Ewa Wampuszyc
*Lecturer, Center for
European Studies*

tips

As piernik sits, it gets better and better, especially when the flavors (spices, plum butter, and rum) have had a chance to mingle.

If you are a chocoholic, you can replace the plum butter layer with a layer of chocolate.

If you like nuts, you can add them to the batter and then use them to decorate the top of the spice cakes. To prevent the nuts from settling to the bottom of the cake during baking, dust the nuts in flour before adding them to the batter.

INGREDIENTS

- 1 1/2 sticks butter
- 1 cup sugar
- 4 eggs
- 2 teaspoons instant coffee in 1/2 cup warm water
- 2 cups honey
- 4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 teaspoon orange peel

Frosting

- 1 bag of chocolate chips
- 1 large jar of plum butter
- 1 stick of butter
- Rum, to taste (optional)

INGREDIENTS (IN POLISH)

- półtora kostki masła
- 1 kubek cukru
- 4 jaja
- pół kubka ciepłej wody wymieszanej z 2 łyżeczkami kawy rozpuszczalnej
- 2 kubki miodu
- 4 kubki mąki
- 1 łyżeczka sody do pieczenia
- 1 łyżeczka cynamonu
- 1 łyżeczka goździka
- 1 łyżeczka gałkamuszkatolowej
- 1 łyżeczka skórki pomarańczowej

Lukier

- 1 duża torebka czekolady
- 1 duży słoik powideł
- kostka masła
- rum

Cream together butter and sugar. Add eggs, one at a time. Then add water and honey.

In separate bowl, mix flour, baking soda, and spices. Stir this into wet mixture.

Turn out into a 13" X 9" rectangular pan. Bake at 350°F for one hour.

Once the cake has cooled, cut it into quarters. Slice each

quarter horizontally and sprinkle the layers with rum.

Spread a healthy amount of plum butter on the bottom layers. Gently place the top layer on top of the plum butter. Set the quarters aside.

Melt a large bag of chocolate chips in a medium sauce pan. To keep the chocolate from getting lumpy or hard, add a half stick of butter.

Continue adding butter during the melting process as needed to keep the chocolate smooth. The amount of butter needed varies depending on the temperature of the stove top and the room.

Spread the chocolate on the top and sides of the four cakes and chill in the refrigerator until the chocolate hardens.



"I keep my mother's recipes safe inside several folded pages of newspapers and tied with a ribbon. Some of the recipes are written on both sides of scraps of paper. There's even one written on an envelope."

slovak apple strudel

slovenská jablková štrúdlä

from the kitchen of

Zuzana Vátrálová

Interior Design Student

tips

Austrians and Hungarians want to claim this dish as their own but it is a very common desert for most Slovak families and is always on the menu in Slovak restaurants.

INGREDIENTS

1 package (2 sheets) puff pastry, defrosted
5 pounds apples, peeled and grated
2 tablespoons cinnamon
1 cup sugar
1 cup walnuts
oil
powdered sugar for sprinkling

INGREDIENTS (IN SLOVAK)

1 balík (2 plátky) lístkového cesta
2.5 kg jablák, olúpaných a postrúhaných
2 polievkové lyžice škoric
250 g cukru
250 g vlašských orechov
olej
práškový cukor

Stretch the defrosted puff pastry out and roll it so that it is very thin (the pastry should be rolled on a floured surface to prevent sticking).

Arrange half of the grated apples on one sheet of puff pastry and then sprinkle with half of the walnuts, cinnamon, and sugar.

Roll the sheet up like a jellyroll and firmly press the edges together; brush with oil.

Repeat for the second sheet of puff pastry.

Bake the strudel according to the package directions of the puff pastry.

Let it cool and sprinkle with powdered sugar.

Serve warm with vanilla ice cream.

2-10 servings



“When children in Slovakia grow tired of eating the abundant raw apples, mothers usually think up other ways of using the fruit so as not to waste anything. Kids are sent to pick up all the fallen apples and are convinced that there is nothing more enjoyable than bringing them to the kitchen, washing them, peeling them, and then hand-grating them. In the meantime, mothers prepare the dough from scratch and stretch it on the table to accommodate the apples, cinnamon, sugar, and walnuts. The luxury of cooking in the U.S. is that puff pastry, available in most American supermarkets, is a perfect substitute for the homemade dough. As a result, the “fun” of peeling and grating the apples can be left to kitchen helpers while all the chef needs to do is stretch the defrosted puff pastry, fill it with the ingredients, and put it in the oven. In Slovakia, apple strudel is typically a fall desert (apples are in season from August through September), but because apples are available in the States year-round, this tasty desert can be prepared anytime.”



chicken vegetable soup & wheaten bread	
chicken vegetable soup & wheaten bread	
Ireland	82
beef salad	
salatǎ de boeuf	
Romania.....	84
mache salad	
mauseierchers zalot	
Luxembourg	86
marinated cabbage	
choucroute	
Luxembourg and France (Alsace).....	88
goulash & dumplings	
guláš s knedlíky	
Czech Republic.....	90
pork with cumin, lemon, & cilantro	
rojões á cominho	
Portugal.....	92
potato pancakes with pork	
драники	
Belarus	93
potato & kale mash	
stamppot boerenkool	
The Netherlands.....	94
scalloped potatoes	
gratin dauphinois	
France.....	96
slovenian shepherd stew	
bograč	
Slovenia	98
visoko style roast pork	
visoska svinjska pecenka	
Slovenia	100
carnival flowers	
flores de carnaval	
Spain.....	102
christmas pudding	
risengrød med mandler	
Denmark	104
filbert kisses	
haselnuss haufchen	
Germany.....	105
rice pudding	
risengrynsgrøt	
Norway	106
speculaas cookies	
speculaas koekjes	
The Netherlands	107

Winter

Festivities, food, and family! Winter in Europe is the time of Christmas markets, the aroma of ginger and cinnamon cookies and roasting chestnuts, and toasts with newly released vintages of local wine. Holidays are a time for generosity, family reunions, and traditional foods and feasts. Enjoy hearty meals shared with loved ones around a roaring fire. Pass some time in a museum café or drafty castle savoring afternoon tea. Then stroll by steamy shop windows ablaze with tiny white lights. When the leaves fall off the trees, European kitchens burst into winter mode—creamy, long-cooking sauces, root vegetables, and hearty, rich grain dishes.

chicken vegetable soup & wheaten bread

from the kitchen of

Nikki
Kernaghan

UF International Center

tips

My favorite way to eat this soup is with a nice piece of lightly toasted wheaten bread and butter.

INGREDIENTS

Stock

- Bones and skin of one chicken
- 1 carrot, peeled and roughly chopped
- 1 onion, peeled and chopped
- 1 stalk celery, chopped
- Pinch black pepper
- Salt to taste
- 1 bay leaf
- small handful parsley, chopped
- 6 cups water

Soup

- 1/4 cup each barley, lentils, and split peas
- 2 cups diced carrots
- 2 cups sliced leek
- 1 cup diced potatoes
- 2 peeled tomatoes
- 1/2 cup chopped parsley

Wheaten Bread

- 3 cups whole wheat flour
- 1 cup all purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1 1/2 cups buttermilk
- 1 egg

Irish Vegetable Soup

Boil chicken and other stock ingredients in 6 pints of water for 2 to 3 hours.

Allow to cool; strain to remove all bones from soup stock and skim off excess fat.

Add barley, lentils, split peas, carrots, leek, parsley, and potatoes.

Boil for 20 minutes or until vegetables are cooked.

Add peeled tomato and fresh parsley.

Reduce heat and simmer for 10 – 15 minutes.

Wheaten Bread

Preheat oven to 350 degrees.

Mix all dry ingredients together in a large bowl.

Beat egg into buttermilk and add slowly to dry ingredients.

Mix together with your hands until the dough is soft.

Turn the dough out onto a floured countertop and knead for a few minutes to shape into a loaf.

Place on a greased baking sheet or in loaf pan and bake in the oven for about 40 minutes.

Cool on a wire rack and slice to serve.

4-6 servings



"My grandmother always made this soup in the winter when we went to visit her. It is warm and filling and uses locally grown vegetables. This is an everyday type of recipe and can be either lunch or dinner. Traditionally, the vegetables would have been homegrown and even today most are locally produced.

In Ireland, it is generally the mother of the family who cooks. Meals are breakfast (7:30 – 8:30 am), lunch (1:00 – 2:00 pm) and tea (5:30 – 6:30 p.m.)."

beef salad

salată de boeuf

from the kitchen of
Magda Giurcanu
PhD Student
Department of Political
Science and Center for
European Studies

tips

It can be served
immediately but it tastes
better after a couple of
hours.

6 servings

INGREDIENTS

- 1 1/2 pounds meat (beef or chicken breast)
- 1 1/2 pounds potatoes
- 1 1/4 cups pickled cucumbers
- 1/3 pound carrots
- 1/2 pound peas
- 1 1/2 cups mayonnaise
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons mustard
- 1 ounce lemon juice

INGREDIENTS (IN ROMANIAN)

- carne
- cartof
- castravete
- morcov
- mazăre
- maioneză
- sare
- piper
- muștar
- lămâie

- Boil the meat until soft.

Boil the carrots, quartered potatoes, and peas (if not canned) separately until they soften a bit. It is very important that vegetables are not too soft otherwise the salad will become mashed vegetables.

Drain the vegetables and peel the potatoes.
- Let the meat, potatoes, peas, and carrots cool.

Cut the meat, cucumbers, potatoes, and carrots into cubes about 1/2" square.

Squeeze out as much water as possible from the chopped cucumbers.

In a big bowl, mix all the ingredients with 3/4 of
- mayonnaise, mustard, lemon juice, salt, and pepper.

Place the mixture on a large plate and level it to look like a birthday cake.

Spread the remaining mayonnaise on top and decorate it. Use as decoration pieces of hard boiled egg whites, olives, pickled red bell peppers, parsley, etc.



"Salatā de Boeuf is considered to be a festive dish in Romania, usually served as an appetizer on Christmas day. Most of its festive status comes from the fact that the cooking time is about 2 hours with a very tedious job of chopping all vegetables and meat. This is my favorite dish because it brings me back a lot of happy winter memories. As a child, I used to help my mom chop the meat and vegetables and by the time I was finishing chopping she had done other dishes as well. Decorating it was also my part. We used to prepare the dishes in the evening and then celebrate Christmas as a family around the table the next day when I could introduce my "Salata de Boeuf." Besides Christmas, one can encounter this dish around all birthday parties and special occasions (such as weddings, New Year's Eve)."

mache salad

mauseierchers zalot

from the kitchen of
J. Robert Buchler
Professor of Physics

tips

Mache or doucette is the last surviving green in the vegetable garden after the first snow and frost.

Both mache salad greens and celeriac are available at some local markets.

INGREDIENTS

Mache greens
Celery bulb root (also called celeriac)

Dressing

3 parts olive oil (or other salad oil)
1 part wine vinegar (try raspberry flavored vinegar, maitre jacques brand)
1 level teaspoon dijon mustard
finely chopped shallot and garlic, to taste
salt and finely ground white pepper, to taste

INGREDIENTS (IN FRENCH)

mache
céleri-rave

huile de olive
vinaigre

moutarde
échalote & ail
sel & poivre

Grate celery bulb to same fineness as you would grate carrots and put on top of mache.

Pour dressing on top.



“Celery root and celery are members of the same family of vegetables, but celeriac or celery root is not the root of the vegetable you buy called celery. This vegetable is cultivated for its root or base instead of for its stalk or leaves.

It is actually a gnarled looking light brown bulb-type root which is very bumpy and resembles a large turnip. Celery root has a distinctive taste that can be described as a cross between strong celery and parsley with a nutty twist. When buying, select firm, hard roots that are about baseball size and feel heavy. It stores well in the fridge.”

marinated cabbage

choucroute

from the kitchen of

J. Robert
Buchler

Professor of Physics

tips

Don't forget to buy good mustard. Serve with a dry wine, e.g. a Riesling from Alsace or from Luxembourg (Rieslings from elsewhere in the world are generally too sweet). A Macon Village or a Pouilly Fuisse are my favorites. Also, I buy the choucroute in plastic packages at the local supermarket. Avoid the Bavarian style choucroute which has caraway seeds.

INGREDIENTS

- 1 package marinated cabbage
- 1 medium onion
- oil for sautéing
- dry white wine or blond beer
- water
- garlic, whole peeled cloves (optional)
- juniper berries
- white or pink pepper corns
- salt
- any or all: knackwurst, slice of smoked ham, bacon, or speck (juniper-flavored prosciutto)
- potatoes

INGREDIENTS (in French)

- choucroute
- oignon
- huile
- vin blanc
- eau
- ail
- genievre
- poivre blanc
- sel
- saucisses, salaison, lard
- pommes de terre

Thoroughly wash marinated cabbage from package to get rid of excess acidity, and drain.

Sauté sliced onions in oil. Add choucroute and enough dry wine (e.g. an Alsatian Riesling or a Chardonnay) and water (about 2:1) to cover choucroute. (You can also use a good blond German beer instead of the wine.)

Add a few peeled garlic cloves, if desired. Add juniper berries, whole white pepper corn, and salt. (Pink pepper corns add a nice touch).

Simmer the choucroute for a couple of hours. Near the end of the cooking time, place meat (wurst, speck and/or ham) on top of choucroute to warm up in the steam.

Drain and put in a big warm dish.

Cook peeled potatoes in water. Drain, slice, and put in a separate warm dish.

In a skillet, heat small slices of smoked bacon until crisp ('des lardons'). Add a good chunk of butter and brown lightly. Then pour over the potatoes.

Serve the two dishes together.



goulash & dumplings

guláš s knedlíky

from the kitchen of
Holly Raynard
*Czech Lecturer
Center for European Studies*

tips

If you are short on time, serve with bread instead of dumplings.

Pork, more common than beef in Czech cooking, can be used.

Some Czechs add 2–3 strips of bacon at beginning for flavor.

You can substitute 1 cup of dark beer in place of water.

To thicken, add flour and water or bread crumbs.

INGREDIENTS

Bread Dumplings

3 1/4 cups coarse flour like semolina/durum
1 tablespoon yeast
about 2/3 cups milk
1 egg yolk
flour for rolling
2 stale white bread rolls or slices of bread

Goulash

1 1/2 pounds of beef cut into chunks (beef side or shoulder, stew meat are OK)
3–4 large onions, diced (you want equal parts onion and meat)
1 tablespoon cooking oil
2 tablespoons flour
2 tablespoons sweet paprika (substitute or combine with spicy Hungarian paprika as desired)
garlic to taste
salt and pepper to taste

INGREDIENTS (IN CZECH)

Knedlíky

mouka
droždi
mléko
vejce
mouka
rohlíky

Guláš

hovězí maso
cibule
olej
mouka
paprika
česnek
sůl/ pepř

To make bread dumplings: sift the flour into a bowl with yeast. Add warm milk and stir, forming a dough.

Cover the bowl at room temperature until the dough rises. Once the dough has risen, add egg yolk and salt and mix together. Dust with flour and let rise again.

Cube the bread and work cubes into risen dough. Divide the dough mixture into two halves and, on a floured

surface, roll each with your hands until it is shaped into a cylindrical log.

Place logs in boiling, salted water and boil for approximately 25 minutes. Take them out of the water and slice with thread.

To make goulash: sauté onion in oil in a large pan until translucent. Add meat and salt, browning meat on all sides. Add about a cup of hot water and simmer, reducing excess

liquid until only fat remains, about 30 minutes.

Sprinkle meat with flour and brown again. Add paprika and garlic and stir, not allowing them to burn. Add a bit more water and simmer until tender, about 20 to 30 minutes. Add salt and pepper to taste.

Place 3–6 dumplings on one side of a large plate and ladle goulash on the other. Garnish with parsley, onion and/or sour cream. Serve with cold beer.



“While goulash is ultimately a Hungarian dish, Czechs have been making it for ages. The Czech version contains flour or bread crumbs and thus tends to be thicker. There are two major dumpling types served with savory dishes: heavier potato dumplings (bramborové knedlíky) and lighter bread dumplings (houskové knedlíky). When making the latter, Czechs use a more coarsely ground flour than is typically available in the US. To avoid overly heavy, gummy dumplings, use a combination of white flour mixed with semolina.

For “segedínský” goulash (named after a Hungarian town), use half as much meat and an equal amount of sauerkraut which is added to meat, along with 1 teaspoon tomato paste. Note that Czech sauerkraut tends to be less sour and salty than American store-bought sauerkraut; it can be savory and slightly sweet and often contains caraway seeds. To reduce salt and vinegar level of American sauerkraut, put it in a colander and run it under water or heat it in a pan along with an apple and some caraway seeds.

While vepřo-knedlo-zelo (roast pork, dumplings and sauerkraut) is usually considered the “Czech national dish,” guláš s knedlíky has always been my favorite. For a change of pace, I once asked a Czech waitress for fish and dumplings; she winced and flatly refused, “No, I won’t serve you that. It won’t be good.” I tried to argue, but it was futile (not the land of “have it your way”). To my surprise, all the Czechs to whom I recount this story simply shake their heads like the waitress: “Fish and dumplings? Ew... No, not good.”

pork with cumin, lemon, & cilantro

rojões á cominho

from the kitchen of
Rebecca Matta
Program Assistant, Food
Science and Human
Nutrition
(through her husband Nuno)

INGREDIENTS

- 2 tablespoons ground cumin
- 1 1/2 tablespoons finely minced garlic
- 2 teaspoons freshly ground pepper
- 1 teaspoon salt
- 7 to 8 tablespoons chopped fresh cilantro
- 2 tablespoons fresh squeezed lemon juice
- grated zest of one lemon
- 1 cup dry white wine
- 2 pounds pork shoulder or butt cut into 1 1/2 inch cubes
- 2 tablespoons olive oil
- chicken stock (enough to cover)
- 4 thin slices fresh lemon

INGREDIENTS (IN PORTUGUESE)

- cominho
- alho
- pimenta
- sal
- coentro
- sumo de limão
- casca de limão
- vinho branco seco
- pedacos de lombo de porco
- azeite
- caldo de galinha
- rodela de limão

In a small bowl, stir together the first four ingredients (cumin, garlic, pepper, and salt).

Add 1/2 the fresh cilantro, lemon juice, zest, and wine.

Place the pork in a resealable plastic bag with the ingredients above and mix well. Refrigerate overnight.

The next day, drain the pork, reserving the marinade.

In a heavy sauce pan, warm the olive oil; add the pork and sauté until golden brown, about 10 minutes.

Add the reserved marinade and enough chicken stock to cover the meat.

Raise the heat to high and boil.

Reduce and simmer until very tender, about 45 minutes.

Add the lemon slices during the last 10 minutes of cooking time.

Transfer to a serving dish and sprinkle with the remaining cilantro.

6 servings

“Nuno says that his aunt who lived in the north of Portugal, in Porto, made this for him when he and his mother visited.

Traditionally, women cook but it is changing because Portugal is becoming a country of dual career families. In spite of that, teenagers wouldn’t think of not eating meals with their parents.”

potato pancakes with pork

ДРАНИКИ (*draniki*)

from the kitchen of

Olga
Ihnatsenka, MD

*Clinical Assistance Professor
Community Health and
Family Medicine*

tips

Typically served on New
Years, Christmas time
holidays, or any other
occasion.

INGREDIENTS

10–12 potatoes
1 onion
2–3 eggs
3–4 tablespoons flour
salt to your taste
oil
1/4 pound ground pork
2–3 tablespoons sour cream

INGREDIENTS (IN BELORUSSIAN)

бульба—bulba
цыбуля—sibulya
яйка—yaika
мука—mooka
соль—sol
алей—aley
свіны фарш—svin farsh
смятана —smyatana

Grate the potatoes and onion together, draining excess liquid.

Whip eggs and add together with flour to the potato mass.

Warm some oil in the frying pan and smooth a small amount of potato puree into a

pancake shape with a spoon.

As soon as it starts to become a bit firm put some ground meat in the center and cover with another portion of potatoes.

Fry it until it turns a golden color and carefully turn it over

to fry the other side.

After all pancakes are fried you can place them in a clay pot, pour sour cream on top, and put into the warm oven for 10–15 minutes.

Serve warm with cold sour cream as a main dish.

5 servings

“The potato plays an important role in Belarusian cuisine. More than 200 dishes are cooked from this tasty vegetable. It’s often called “second bread” because it grows easily in that climate, serves as a main source of food in winter, and has delicious taste. One of the famous dishes made from potato is draniki. There are many ways to cook this dish, plain or with different fillings.”

potato & kale mash

stampptot boerenkool

from the kitchen of

Albert R. Matheny, III
*Professor of Political Science
and Associate Dean
College of Liberal Arts and
Sciences*

Menno Vellinga
*Visiting Professor
Center for Latin American
Studies*

Edith Kaan
Linguistics

tips

Edith says: Traditionally, stampptot is served with rookworst. This is a smoked sausage, usually made from pork. This is hard to get in the US. Smoked bacon or tempeh (fakin’ bacon brand) is a good substitute.

Menno says: If you like, you can serve it with a nice, light, thin brown gravy (when you serve the stampptot, you make a ‘well’ in the potatoes and fill it with a little bit of the ‘jus’).

4 servings

INGREDIENTS

- 3 1/2 pounds of potatoes, russets are best
- 2 pounds kale
- salt and pepper
- nutmeg
- 2 tablespoons butter
- splash of milk
- smoked tempeh, as a replacement for rookworst
- 1/2 pound kielbasa, cooked or cured
- 6 or 7 strips bacon
- brown gravy (optional)
- brown mustard (optional)

INGREDIENTS (IN DUTCH)

- 1.5 kg aardappelen
- 1kg boerenkool
- zout / peper
- nootmuskaat
- klontje boter
- scheutje melk
- stukjes gerookte tempeh, ter vervanging van rookworst
- kielbasa
- spek
- jus
- mosterd

We received three versions of this recipe from three people! The recipes were combined to make this one.

Boil the potatos, cut into chunks, in a large covered pot until you can stick a fork through them easily. This should take about 25 minutes.

Wash the kale, discard the tough inner parts and stems. Chop coarsely.

As the potatoes are boiling, steam the kale (or cabbage, if

you prefer) over the same pot using a strainer / steamer or just place them loosely on top of the potatoes.

In the meantime, cook the bacon or tempeh until crispy and slice the kielbasa. You may warm and brown the kielbasa in the pan, if you like.

When the potatoes are done, drain the water and add the butter and milk. Mash. Add the kale and mash until well blended but slightly chunky. Add the bacon or tempeh,

broken into bite-sized squares, to the mash and mix.

Season with salt, pepper, and nutmeg to taste.

Serve with the kielbasa on the side, or if you can get it, pieces of warm rookworst! A touch of mustard adds some spice.

Eet Smakelijk! (Enjoy your meal!)



"Edith says: You will never see this dish on restaurant menus, but it is extremely popular in homecooking. Even though stamppot is primarily a winter dish, summer variations are becoming more popular, such as potato mash with chopped tomatoes, or with shredded iceberg lettuce, dropped in after the potatoes are mashed. Let your imagination run wild! It's cheap, easy and you only need one pot!

Potato mash with kale is what I would declare the national dish of The Netherlands. Like most traditional recipes, it's hearty winter food, just the stuff you need after cycling back home in wintertime, in the dark, with the wind blowing straight in your face and cold rain seeping through your gloves! Stamppot boerenkool is only one of the infinite number of mashed potato dishes prepared by the Dutch. Any combination of vegetables and mashed potatoes will do. Classic pairs or triplets are potatoes-carrots-onions ("hutspot"), potatoes and uncooked, shredded escarole ("stamppot rauwe andijvie"), or potatoes, onions, and cooked apples ("hete bliksem," hot lightning). Modern variations are, for instance, potato, bok choy and bean sprouts, or potato, arugula and cashews."

scalloped potatoes

gratin dauphinois

from the kitchen of

Nathalie
Clément

Associate Program Director
Powell Gene Therapy Center
Department of Pediatrics

tips

Although the dish is easy and quick to prepare, the cooking time can last up to 2 hours in some cases. Just plan ahead!

To make cleanup easier, use an aluminum foil pan with a large sheet of foil under it to catch drips.

Gratins can be served for lunch and dinner, around noon and 8 pm respectively.

INGREDIENTS

4–5 large potatoes, about 3 pounds
1 ounce butter, cut into 1/4 inch cubes
4 to 6 garlic cloves, to your taste,
cut into 1/4 inch cubes
1 quart milk (traditionally whole milk, but I use
2% fat milk for a lighter meal)

flour
1 cup heavy cream
salt, pepper
2 to 3 bay leaves, dry or fresh

INGREDIENTS (IN FRENCH)

4 à 5 grosses pomme-de-terre (~ 1.5 kg)
~30g de beurre (coupé en petits cubes)
4 à 6 quartiers d'ail frais (ajustez selon votre
goût) coupé en petits cubes
~1 L de lait (traditionnellement du lait entier,
mais du demi-écrémé convient pour une
recette plus légère)
farine
~250 mL de crème fraîche liquide
Sel, poivre
2 à 3 feuilles de Laurier (fraîches ou sèches)

Peel and slice the potatoes into thin slices. Rinse with water and place aside.

Spread out about five cubes of butter in the bottom of the 13" x 9" x 2" baking pan. Cover with a thin layer of milk, add a few cubes of garlic, and lightly season with salt and pepper. Arrange the potato slices into one even layer, starting from one side going to the opposite side, by slightly overlapping each slice.

After the first layer is made, evenly spread the flour throughout the surface of the potatoes, using a tablespoon. This thin layer of flour will

render the sauce thicker. Spread a thin layer of heavy cream (it does not have to be even; it will mix with the milk during cooking). Cover with milk, adding it slowly from one corner so ingredients remain in place. Spread several cubes of garlic and butter, and season with salt and pepper. Add one bay leaf. Preheat oven to 400°F.

Make two more layers the same way, placing one bay leaf in each corner. Make sure everything is covered with milk.

Cover the top of the pan with aluminum foil and bake for

30 minutes to one hour, until potatoes are almost tender. Remove the foil and bake another 30 minutes to brown the top. A good gratin should remain very creamy, not over-dried. So you may stop the cooking even if it still looks liquid.

Gratin Dauphinois is usually served immediately after cooking but due to a quite long cooking time, it can be prepared the day before without losing flavor. Actually it is often yummier this way! The browned top is the most delicious part!



"The "Gratin Dauphinois" or Potatoes Gratin is a very popular, though rustic, French recipe. It draws its name from the region in which it originated: "Le Dauphiné," a province in the southeast of France, which covers part of the French Alps. This region produces a lot of milk, a key ingredient in the recipe, and therefore, is also known for its wide variety of cheeses. The city I was born in, Grenoble, is in the heart of the Dauphiné and it is believed that the Latin name of the city, Gratianopolis, could be at the origin of the French term "gratin." The "Gratin Dauphinois" is a very traditional dish in my family, and I've lost count how many times I have watched my grandmothers preparing it. There are many variations to the original recipe but the one we cook at home is probably the simplest one and the closest one to the original recipe. In France, tradition is to have three meals a day shared with your close family when possible."

slovenian shepherd stew

bograč

from the kitchen of

Roy Eugene
Graham

*FAIA, Fellow US/
ICOMOS Beiveile
Beinecke-Reeves
Distinguished Professor
Director, College of Design,
Construction and Planning
Historic Preservation
Programs*

tips

Add fresh cooked zucchini,
carrots, or other vegetables
at the end of the cooking
time for an extra zing.

INGREDIENTS

- 2 pounds lean meat (mix different kinds: beef, pork, game, venison) sliced bite size
- 4–6 strips of bacon
- 2 pounds potatoes (peeled and cut into small pieces)
- 1 pound finely chopped onions
- 1 teaspoon sweet paprika
- 2 cloves garlic
- 1/4 cup red or white wine
- pinch of caraway seeds
- 1 bay leaf
- 1 cup strained tomatoes
- 1 teaspoon salt
- mixed spices as desired (thyme, rosemary, pepper, juniper berry, etc.)
- chili (or Cajun) spice to taste, if desired

INGREDIENTS *(in SLOVENE)*

- vitek mrs (zmeda različen milosten: volovina, svinjina, zabava, divjačina) rezina ugriz velikost
- špeh (4-6 strip)
- korun (član irske policije ter usek v drobiž)
- zvito sekača tenek svetleč papir
- slaščica paprika
- česen
- marksist oskrbeti
- ščepec kumina nasev
- lovorov list
- napetost paradižnik
- sol
- mešan začimba po želji (timian, rožmarin, poper, brinova jagoda etc. sušena huda)
- paprika (ali Cajun začimba) poskusiti če želite

Sauté the onions slowly on low heat until transparent.

Add garlic and spices.

Mix in meat and cover.

Cook slowly, simmering for 1 ½ hours or until meat is tender.

Add potatoes and wine after 1 hour of cooking.

Add chili at the end and stir.

Just before serving add a spoonful of sour cream to the top of each plate.



"Bograč is a kind of Slovenian goulash traditional in the Prekmurje part of Slovenia which juts out into the border with Hungary. It is served for both lunch and dinner. Because I come from Louisiana, I use cajun seasoning instead of the chili.

This recipe mostly comes from my friend Bernard Markovič, one of the best cooks in the country and owner of a restaurant called Favola, at Dunjaska 129, in Ljubljana, the capital city."

visoko style roast pork

visoska svinjska pecenka

from the kitchen of

Roy Eugene
Graham

FAIA, Fellow US/ICOMOS
Beinecke-Reeves
Distinguished Professor
Director, College of Design,
Construction and Planning
Historic Preservation
Programs

tips

I like to use pumpkin seed oil, so I always bring it back from Slovenia. It is good on salads and anywhere olive oil would normally be used. It has a distinct flavor. I also recommend Slovene wines, which come from similar soil content as Italian ones (and are very tasty). The red ones from Karst are my favorites. And try the pršut (the Slovene prosciutto cured in the Alpine wind currents, the best comes from the Karst region).

INGREDIENTS

- beef stock
- 3 1/4 pounds of pork cutlets (or pork loin roll)
- 1–2 carrots
- 6 cloves, whole
- 6 lemon slices, thin
- 2 cloves garlic, sliced thin
- 1 bay leaf
- 1 sprig parsley
- pepper
- 1 teaspoon caraway seeds
- salt
- vegetable oil

INGREDIENTS (in SLOVENE)

- goveja juha
- 1.5 kg svinjska pecenka
- 1-2 korenje
- 6 klinčki
- 6 limonine rezine
- 2 cesen
- 1 lovor
- 1 petersilj
- popper
- 1 teaspoon kumina
- sol
- olje

Bone the meat if necessary. Place cutlet on cutting board with the outside facing down and make a small incision (for the carrots and lemon slices) along the length of the inner side.

Season and sprinkle with caraway seeds.

Boil the carrots in beef stock and place them in the incision.

Line the incision with lemon slices, garlic slices, and crushed bay leaf. Push the whole cloves into the incision.

Tie closed with string so nothing falls out.

Place on a oiled baking tray and roast in oven (about 350-375°F), approximately 1 hour and 15 minutes.

Cut in slices across the carrots.

Serve with baked sauerkraut and red wine.



"Many know that traditional Slovene food for holidays is pork roast, baked potatoes, cabbage—but this recipe is more modern!"

This recipe was given to me by Majda Fister, one of the best cooks in the country. Slovenia has all the ingredients for a beautiful country, starting with the people...the mountains, the streams, the culture, the sea, but don't tell anyone because it is still unspoiled.

I first discovered this dish when I was working on a Cultural Conservation Strategy for Škofja Loka."

carnival flowers

flores de carnaval

from the kitchen of

Juan Pablo
Rodríguez

ABD in Hispanic Linguistics

tips

It may be difficult to obtain the flower-shaped metal mold in the U.S. It can be found easily in the northern regions of Spain and there are two variants: one with the flower shape made up of four big hearts, or the one with eight small hearts.

Make small balls with any extra dough and deep fry them till they get crispy golden on all sides. Drain them on paper towels and coat with sugar. You have just made *buñuelos* (buns), which are also famous during Carnival time.

6-8 servings

INGREDIENTS

- 2 eggs
- 1 tablespoon sugar, and additional sugar for the presentation (optional, brown if desired)
- a little bit of salt
- 1 cup regular milk
- The juice and the peels from an orange
- a little bit of anisette (optional)
- 2 cups all purpose flour
- 1 tablespoon baking powder
- vegetable oil
- cinnamon powder (optional)
- honey (optional)

In a small bowl, beat the eggs until they are well mixed. Beat in the sugar, salt and milk. Mix well. Add the orange peels and juice and a little bit of anisette (if desired) and mix well.

Beat in the flour and baking powder until well blended. The dough should be a little bit watery, similar to custard; add extra milk if necessary. Use a blender for better results.

Keep it in a tall and narrow container where the metal mold can be introduced. In a deep saucepan, warm the vegetable oil with the flower-

shaped metal mold resting and warming inside. Sprinkle a drop of the dough in the oil to check that it is hot enough (when the small drop turns golden easily).

Dip the metal mold into the dough without covering the top of the mold. It will automatically catch some dough. Let it drain the remaining dough for a second and place into the warm oil. If the dough is perfect, the Carnival flower will remove from the metal mold by itself after some seconds. If you covered the mold with dough,

INGREDIENTS (IN SPANISH)

- 2 huevos
- 1 cucharada de azúcar y azúcar extra para decorar (opcional, azúcar moreno si se desea)
- una pizca de sal
- 250 mls. de leche entera
- zumo y ralladura de una naranja
- un chorrito de anís (opcional)
- 150 grs. de harina
- un sobre de levadura
- aceite vegetal
- canela en polvo (opcional)
- miel (opcional)

it will never remove and will burn!

Turn and fry the flower from the other side. When it gets a crispy golden color, remove it from the oil and drain on paper towels. Repeat until you get the desired amount of flowers.

Wait for them to cool before you sprinkle with sugar, brown sugar, cinnamon powder, or honey, whichever you prefer. Delicious with dense hot chocolate.



"Flores de carnaval is well-known in the northern part of Spain because its shape is very characteristic and requires some expertise to prepare. If you are a first-timer preparing these delicious carnival flowers, get ready for an initial disappointment and monstrous shapes. But do not despair, remember that practice makes perfect!

This dessert is associated with and only baked during the Carnival, late January to early March.

When it comes to desserts, my favorite part of any meal, Spain has a great list of options and local specialties. The problem is that most of them are bound to a specific festivity and you need to wait for that day in the calendar to enjoy them again. It's worth the wait though."

christmas pudding

risengrød med mandler

from the kitchen of

Jack Sabin

Department of Physics
(not to be blamed on
Birgit Horn Sabin)

tips

MUST be short grain rice!

Generally called by
the French name "Ris á
l'amande."

INGREDIENTS

1/2 cup short grain rice
3 cups whole milk
1/4 teaspoon salt
1 cup whipping cream
1/2 cup sugar
1 vanilla bean
1/2 cup blanched almonds, chopped

INGREDIENTS (IN DANISH)

1.2 dl grødris
7.0 dl mælk
1/8 cl salt
2.4 dl piske fløde
1.2 dl sukker
1 vanille-stang
1.2 dl smutte mandler, fin hakket

Bring milk and rice to a boil
and simmer for 45–60 minutes.
Stir frequently as milk burns
easily. A little more milk can
be added if the mixture is too
sticky.

Add salt, stir, and let cool to

room temperature.

Whip the cream, add sugar
and the scrapings from the
inside of the vanilla bean.

Fold the whipped cream
mixture and almonds into the

porridge.

Serve with cherry sauce, which
can be made by warming a
good quality cherry preserve
(e.g. Hero) and diluting a bit
with water.

"This is a typical Danish desert, served traditionally at Christmas time. It is usual to include one whole almond, which earns a small reward, called a "mandlegave" or "almond gift," frequently chocolate, for the one who finds it."

5-8 servings

filbert kisses

haselnuss haufchen

from the kitchen of

Gail Keeler

Outreach Coordinator
Center for European Studies

tips

One pound of shelled nuts
makes about 2 cups of
ground nuts.

INGREDIENTS

- 4 egg whites
- 1 1/2 cups sugar
- 2 cups ground filberts (hazelnuts)

INGREDIENTS *(IN GERMAN)*

- Ei
- Zucker
- Haselnuss

Beat egg whites with electric mixer until stiff.

Gently fold in sugar.

Reserve 1 cup egg white and sugar mixture in separate bowl.

Fold filberts into remaining portion.

Drop by teaspoon on cookie sheet.

Dab top with egg white and sugar mixture that was set aside.

Bake at 250-275°F for 20 minutes. Low temperature is important.

Try to let them cool before you eat them.

“At Christmas this was my favorite cookie that Gram made. The nuts were ground using a small hand grinder with a revolving handle. My sister and I “helped” make them but mostly enjoyed eating them. They didn’t last long. The inside is chewy and dense; the meringue top is light and deliciously crunchy.”

rice pudding

risengrynsgrøt

*from the kitchen of***Trygve Lunder***Exchange Student
College of Business, Fall 2007*

tips

This is an easy to cook and inexpensive dish, which was very important for centuries in Norway.

It can be served as dinner on a weekday. For some people, it is a tradition for lunch on Saturdays.

2 servings

INGREDIENTS

3 cups water
1 1/2 cups rice
1/4 teaspoon salt
6 cups milk
sugar
cinnamon
butter

INGREDIENTS (IN NORWEGIAN)

6 dl vann
3 dl grøttris
1/4 ts salt
1 og en halv liter melk
Sukker
Kanel
Smør

Bring water to a boil in a large saucepan.

Add rice and salt and keep it boiling until the water is absorbed. This might take approximately 10–15 minutes.

Add milk. Stir until it is boiling again.

Cover the pot and keep on the lowest possible heat. Let it swell for 50 minutes.

Do not stir until the pudding is finished. Add salt if desired.

Serve in a deep plate, and eat with a spoon.

Serve with some sugar, cinnamon, and butter on the top.

Serve with lemonade.

“It is often served during Christmas, either as lunch on Christmas Eve, or dinner the day before (the 23rd of December). When served for Christmas, an almond is often put into the pot and hidden in the pudding when the meal is ready. The person who gets the almond wins a gift, often a piece of marzipan formed as a pig.

Traditionally, it used to be the mother in the family that cooked. This has changed, however. Today, the parent who gets home from work first will typically cook. For most families, only the core family will eat together. Norwegians often have breakfast at 7 a.m., lunch at 11 or 12 a.m. and dinner at 5 or 6 p.m. on a weekday. In weekends, breakfast might be at 10 a.m., lunch at 2 p.m. and dinner at 7 or 8 p.m.”

speculaas cookies

speculaas koekjes

from the kitchen of

Esther
Romeyn

Assistant Scholar
Center for European Studies

tips

In Flemish, the cookies are called “speculoos,” which is funny to the Dutch, because in Dutch, the ending “loos” usually means “without.” So in Flemish, the cookies are, according to the name, “without” spices.

INGREDIENTS

2 2/3 cup dark brown sugar
1 tablespoon milk
1 1/2 cups flour
1 1/4 teaspoons cloves, crushed
1 teaspoon cinnamon
pinch of nutmeg
pinch baking powder
1/3 cup butter

INGREDIENTS (IN DUTCH)

75 gr. Donkere Basterd Suiker
1 eetlepel Melk
150 gr. Bloem
2 1/2 gr. Gestampde kruidnagel
1 theelepel Kaneel
Wat Nootmuskaat
1 mespunt bak poeder
75 gr. Boter

Dissolve the sugar in the milk in a large bowl, mixing briskly for 3 minutes.

Add remaining ingredients.

Knead together with your hands.

Refrigerate dough for 15 minutes.

Using your fingers, press dough into the indented moulds of the plank, which have been dusted with flour. Smooth down evenly. Whack the end of the plank against a hard surface to pop out the cookies.

Place them on a cookie sheet (which you have coated with oil/butter and some flour) in the middle of the oven. Bake at 350°F for 10–15 minutes, depending on thickness of cookie.

Let cool for 10 minutes.

“This recipe uses a lot of spices (“specerijen,” in Dutch, which is where the name comes from), such as cloves, cinnamon and nutmeg, which the Dutch imported from their colonies in the East Indies. Most Dutch families have, as one of their heirlooms, a “speculaas plank,” a wooden board with the moulds of figurines, which originally was used to make these cookies. Now the old planks are mostly used as decorative objects, since they are often infested with woodworms. Some stores in America sell less spicy versions of the cookies, but they don’t quite have the kick of the original recipe.

Farenheit to Celsius

200°F	93°C	375°F	190°C
225°F	107°C	400°F	204°C
250°F	121°C	425°F	218°C
275°F	135°C	450°F	232°C
300°F	149°C	475°F	246°C
325°F	163°C	500°F	260°C
350°F	177°C		

To convert from Fahrenheit to Celsius

Subtract 32
Divide the result by 9
Multiply by 5

To convert from Celsius to Fahrenheit

Multiply by 9
Divide by 5
Add 32

Volume Equivalents

US	Fluid Ounces	Metric
1 tsp	1/6 fl oz	5 ml
1 tbsp	1/2 fl oz	15 ml
1/4 cup	2 fl oz	60 ml
1/3 cup	2 2/3 fl oz	80 ml
1/2 cup	4 fl oz	120 ml
2/3 cup	5 1/3 fl oz	160 ml
3/4 cup	6 fl oz	180 ml
1 cup	8 fl oz	240 ml
1 qt	32 fl oz	950 ml
1 gal	128 fl oz	4 L

Conversion Formula

Fluid ounces x 30 = milliliters
1000 milliliters = 1 liter

Weight Equivalents

Dry ounces	Grams	Dekagrams
1/4 oz	7 g	.7 dkg
1/2 oz	15 g	1.5 dkg
3/4 oz	20 g	2 dkg
1 oz	30 g	3 dkg
8 oz (1/2 lb)	225 g	22.5 dkg
12 oz (3/4 lb)	340 g	34 dkg
16 oz (1 lb)	455 g	45.5 dkg
35 oz (2.2 lbs)	1 kg	10 dkg

Conversion Formula

Ounces x 28.35 = grams
1000 grams = 1 kilogram

The Language **of Food**

English	Butter	Egg	Flour	Milk	Oil	Onion	Garlic	Potato	Salt	Pepper	Sugar	Water
Albania & Kosovo	gjalpë	ve	miell	qumësht	vaj	qepë	hudhër	patate	kripë	pipër	sheqer	ujë
Austria & Germany	Butter	Ei	Mehl	Milch	Öl	Zwiebel	Knoblauch	Kartoffel	Salz	Pfeffer	Zucker	Wasser
Belarus	Масла Сметанковае	яйка	Мука	Малако	Алей	Цыбуля	Часнок	Бульба	Соль	Перац	Цыкар	Вада
Belgium & Netherlands	boter	ei	meel	melk	olie	ui	knoflook	aardappel	zout	peper	suiker	water
Bosnia	puter	jaje	brašno	mlijeko	ulje	luk	češnjak	krompir	so	biber	šećer	voda
Bulgaria	масло	яйце	брашно	мляко	олио	лук	чесън	картоф	сол	пипер	захар	вода
Croatia	maslac	jaje	brašno	mlijeko	ulje	luk	češnjak	krumpir	sol	biber	šećer	voda
Czech Republic	máslo	vejce	mouka	mléko	olej	cibule	česnek	brambor	sůl	pepř	cukr	voda
Denmark	smør	æg	mel	mælk	olie	løg	hvidløg	kartoffel	salt	peber	sukker	vand
Finland	voi	muna	jauho	maito	öljy	sipuli	valkosipuli	peruna	suola	pippuri	sokeri	vesi
France	beurre	œuf	farine	lait	huile	oignon	ail	pomme de terre	sel	poivre	sucre	eau
Greece	βούτυρο	αυγό	αλεύρι	γάλα	λάδι	κρεμμύδι	σκόρδο	πατάτα	αλάτι	πιπερι	ζάχαρη	νερό
Hungary	vaj	tojás	liszt	tej	olaj	hagyma	fokhagyma	burgonya	só	bors	cukor	víz
Italy	burro	uovo	farina	latte	olio	cipolla	aglio	patata	sale	pepe	zucchero	acqua
Latvia	sviests	olas	milti	piens	eļļa	sipoli	ķiploki	kartupelis	sāls	pipari	cukurs	ūdens
Lithuania	sviestas	kiaušinis	miltai	pienas	aliejus	svogūnas	česnakas	bulvė	druska	pipiras	cukrus	vanduo
Macedonia	margarin	jajca	brasno	mleko	maslo	kromid	luk	kompiri	sol	pipër	seker	voda
Malta	butir	bajda	dqiq	ħalib	żejt	basla	tewma	patata	melħ	bżar	zokkor	ilma
Norway	smør	egg	mel	melk	olje	løk	hvitløk	potet	salt	paprika	sukker	vann
Poland	masło	jajko	mała	mleko	olej	cebula	czosnek	ziemniak	sól	pieprz	cukier	woda
Portugal	manteiga	ovo	farinha	leite	óleo	cebola	alho	batata	sal	pimenta	açúcar	água
Romania	unt	ou	făină	lapte	ulei	ceapă	usturoi	cartof	sare	pipër	zahăr	apă
Slovakia	maslo	vajce	múka	mlieko	olej	cibula	cesnak	zemiak	sol'	peper	cukor	voda
Slovenia	maslo	jajčece	moka	mleko	olje	čebula	česen	krompir	sol	poper	sladkor	voda
Spain	mantequilla	huevo	harina	leche	aceite	cebolla	ajo	patata	sal	pimienta	azúcar	agua
Spain (Catalonia)	mantega	ou	farina	llet	oli	ceba	all	patata	sal	pebre	sucre	aigua
Sweden	smör	ägg	mjöl	mjölk	olja	lök	vitlök	potatis	salt	peppar	socker	vatten
Turkey	tereyağ	yumurta	un	süt	yağ	soğan	sarmisak	patates	tuz	karabiber	tuz	su
Ukraine	масло	яйце	мука	молоко	олія	цибуля	часник	картопля	сіль	перець	цукор	вода

Index

- Andalusian Gazpacho, 36
- Apple
 - Slovak Apple Strudel, 78–79
 - Vegetable Salad, 10–11
- Austria
 - Breaded Veal Cutlets, 45
 - Linzertorte, 54–55
 - Potato Salad, 43
- Bacon
 - Baked Potato Casserole, 64–65
 - Marinated Cabbage, 88–89
 - Minorcan Pilau, 18–19
 - Potato and Kale Mash, 94–95
 - Rabbit Stew, 22–23
 - Slovenian Shepherd’s Stew, 100–101
- Baked Potato Casserole, 64–65
- Beef
 - Beef Salad, 84–85
 - Beef Stew, 66
 - Brewer’s Steak, 67
 - Cabbage Rolls, 70–71
 - Goulash and Dumplings, 90–91
 - Greek Stuffed Eggplants, 46–47
 - Karelian Stew, 68–69
 - Potato Musaka, 73
 - Slovenian Shepherd’s Stew, 98–99
 - Turkish Ravioli, 24–25
 - Turkish Stuffed Eggplants, 52–53
- Beef Salad, 84–85
- Beef Stew, 66
- Belarus
 - Potato Pancakes with Pork, 93
- Belgian Endives with Ham and
 - Béchamel Sauce, 12–13
- Belgium
 - Beef Stew, 66
 - Belgian Endives with Ham and
 - Béchamel Sauce, 12–13
- Bosnia and Herzegovina
 - Spinach Pie, 74–75
- Bread
 - Andalusian Gazpacho, 36
 - Brown Bread, 58
 - Chicken Vegetable Soup and
 - Wheaten Bread, 82–83
 - Czech Toast, 8
 - Goulash and Dumplings, 90–91
- Breaded Veal Cutlets, 45
- Brewer’s Steak, 67
- Brown Bread, 58
- Bulgaria
 - Mix and Match, 59
 - Shopska Salad, 44
- Cabbage
 - Cabbage Rolls, 70–71
 - Marinated Cabbage, 88–89
 - Peasant Vegetable Soup, 40
- Cabbage Rolls, 70–71
- Carnival Flowers, 102–103
- Cheese
 - Feta
 - Mix and Match, 59
 - Shopska Salad, 44
 - Spinach Pie, 74–75
 - Gruyere
 - Belgian Endives with Ham and
 - Béchamel Sauce, 12–13
 - Kefalograviera
 - Greek Stuffed Eggplants, 46–47
 - Parmesan
 - Chicken and Tomato Casserole,
 - 14–15
 - Leek and Ricotta Quiche, 48–49
 - Ricotta
 - Leek and Ricotta Quiche, 48–49
- Chicken
 - Chicken and Tomato Casserole,
 - 14–15
 - Chicken Vegetable Soup and
 - Wheaten Bread, 82–83
- Chicken and Tomato Casserole, 14–15
- Chicken Vegetable Soup and Wheaten
 - Bread, 82–83
- Christmas Pudding, 104
- Cold Fruit Soup, 38
- Croatia
 - Jam Crepes, 26–27
- Czech Republic
 - Czech Toast, 8
 - Goulash and Dumplings, 90–91
- Czech Toast, 8
- Denmark
 - Christmas Pudding, 104
- Desserts
 - Carnival Flowers, 102–103
 - Christmas Pudding, 104
 - Cold Fruit Soup, 38
 - Filbert Kisses, 106
 - Honey Spice Cake, 76–77
 - Jam Crepes, 26–27
 - Linzertorte, 54–55
 - Mazurek with Dried Fruit and Nuts,
 - 28–29
 - Slovak Apple Strudel, 78–79
 - Speculaas Cookies, 107
 - Ukrainian Crepes, 30–31
- Eggplant
 - Eggplant Salad, 62–63
 - Greek Stuffed Eggplants, 46–47
 - Turkish Stuffed Eggplants, 52–53
- Eggplant Salad, 62–63
- Eggs
 - Carnival Flowers, 102–103
 - Filbert Kisses, 106
 - Honey Spice Cake, 76–77
 - “Important Potatoes”, 16–17
 - Jam Crepes, 26–27
 - Latvian Party Salad, 42
 - Mix and Match, 59
 - Potato Musaka, 73
 - Potato Pancakes with Pork, 93
 - Spinach Pie, 74–75
- Filbert Kisses, 107
- Finland
 - Karelian Stew, 68–69
- Fish
 - Montse’s Catalan Fish Soup, 60–61
 - Minorcan Pilau, 18–19

- France
 - Marinated Cabbage, 88–89
 - Provence–Style Potato Gratin, 20–21
 - Scalloped Potatoes, 96–97
- Fruit
 - Cold Fruit Soup, 38
 - Mazurek with Dried Fruit and Nuts, 28–29
- Germany
 - Filbert Kisses, 106
 - Snowball Soup, 9
- Goulash and Dumplings, 90–91
- Greece
 - Chicken and Tomato Casserole, 14–15
 - Greek Stuffed Eggplants, 46–47
 - Honey Spice Cake, 76–77
- Hungary
 - Cold Fruit Soup, 38
- “Important” Potatoes, 16–17
- Ireland
 - Brown Bread, 58
 - Chicken Vegetable Soup and Wheaten Bread, 82–83
- Italy
 - Leek and Ricotta Quiche, 48–49
- Jam Crepes, 26–27
- Karelian Stew, 68–69
- Lamb
 - Greek Stuffed Eggplants, 46–47
- Latvia
 - Latvian Party Salad, 42
- Latvian Party Salad, 42
- Leek and Ricotta Quiche, 48–49
- Linzertorte, 54–55
- Lithuania
 - Baked Potato Casserole, 64–65
- Luxembourg
 - Mache Salad, 86–87
 - Marinated Cabbage, 88–89
- Macedonia
 - Potato Musaka, 73
- Mache Salad, 86–87
- Malta
 - Rabbit Stew, 22–23
- Marinated Cabbage, 88–89
- Mazurek with Dried Fruit and Nuts, 28–29
- Meat Zurich Fashion, 72
- Minorcan Pilau, 18–19
- Mix and Match, 59
- Montse’s Catalan Fish Soup, 60–61
- Netherlands
 - Potato and Kale Mash, 94–95
 - Speculaas Cookies, 107
- Mushrooms
 - Baked Potato Casserole (vegetarian variation), 64–65
 - Meat Zurich Fashion, 72
- Norway
 - Rice Pudding, 106
- Nuts
 - Christmas Pudding, 104
 - Filbert Kisses, 106
 - Linzertorte, 54–55
 - Mazurek with Dried Fruit and Nuts, 28–29
 - Slovak Apple Strudel, 78–79
- Pancakes
 - Jam Crepes, 26–27
 - Potato Pancakes with Pork, 93
 - Ukrainian Crepes, 30–31
- Peasant Vegetable Soup, 40
- Peppers
 - Andalusian Gazpacho, 36
 - Minorcan Pilau, 18–19
 - Mix and Match, 59
 - Shopska Salad, 44
 - Turkish Stuffed Eggplants, 52–53
- Phyllo or Puff Pastry
 - Leek and Ricotta Quiche, 48–49
 - Slovak Apple Strudel, 78–79
 - Spinach Pie, 74–75
- Pickles
 - Beef Salad, 84–85
 - Latvian Party Salad, 42
 - Vegetable Salad, 10–11
- Poland
 - Cabbage Rolls, 70–71
 - Honey Spice Cake, 76–77
 - Mazurek with Dried Fruit and Nuts, 28–29
 - Vegetable Salad, 10–11
- “Polish” Dumplings, 50–51
- Pork
 - Belgian Endives with Ham and Béchamel Sauce, 12–13
 - Cabbage Rolls, 70–71
- Karelian Stew, 68–69
- Latvian Party Salad, 42
- Pork with Cumin, Lemon, and Cilantro, 92
- Potato Pancakes with Pork, 93
- Slovenian Shepherd’s Stew, 98–99
- Visoko Style Roast Pork, 101–101
- Pork with Cumin, Lemon, and Cilantro, 92
- Portugal
 - Pork with Cumin, Lemon, and Cilantro, 92
- Potato
 - Baked Potato Casserole, 64–65
 - Beef Salad, 84–85
 - “Important” Potatoes, 16–17
 - Latvian Party Salad, 42
 - Marinated Cabbage, 88–89
 - Montse’s Catalan Fish Soup, 60–61
 - Peasant Vegetable Soup, 40
 - “Polish” Dumplings, 50–51
 - Potato and Kale Mash, 94–95
 - Potato Musaka, 73
 - Potato Pancakes with Pork, 93
 - Potato Salad, 43
 - Provence–Style Potato Gratin, 20–21
 - Rabbit Stew, 22–23
 - Scalloped Potatoes, 96–97
 - Slovenian Shepherd’s Stew, 98–99
 - Vegetable Salad, 10–11
- Potato and Kale Mash, 94–95
- Potato Musaka, 73
- Potato Pancakes with Pork, 93
- Potato Salad, 43
- Provence–Style Potato Gratin, 20–21
- Rabbit Stew, 22–23
- Rice
 - Cabbage Rolls, 70–71
 - Christmas Pudding, 104
 - Rice Pudding, 106
- Rice Pudding, 106, 108–109
- Romania
 - Beef Salad, 84–85
 - Eggplant Salad, 62–63
 - Peasant Vegetable Soup, 40

Salad

- Beef Salad, 84–85
- Eggplant Salad, 62–63
- Latvian Party Salad, 42
- Mache Salad, 86–87
- Potato Salad, 43
- Shopska Salad, 44
- Vegetable Salad, 10–11

Sausage

- “Important” Potatoes, 16–17
- Marinated Cabbage, 88–89
- Minorcan Pilau, 18–19
- Mix and Match, 59
- Potato Kale Mash, 94–95

Scalloped Potatoes, 96–97

Shopska Salad, 44

Shrimp

- Minorcan Pilau, 18–19
- Slovak Apple Strudel, 78–79

Slovakia

- Slovak Apple Strudel, 78–79
- “Polish” Dumplings, 50–51

Slovenia

- Slovenian Shepherd’s Stew, 98–99
- Visoko Style Roast Pork, 101–101

Slovenian Shepherd’s Stew, 98–99

Snowball Soup, 9

Soups

- Peasant Vegetable Soup, 40
- Snowball Soup, 9

Spain

- Andalusian Gazpacho, 36
- Carnival Flowers, 102–103
- “Important” Potatoes, 16–17
- Minorcan Pilau, 18–19
- Montse’s Catalan Fish Soup, 60–61

Speculaas Cookies, 107

Spinach Pie, 74–75

Sweden

- Brewer’s Steak, 67

Switzerland

- Meat Zurich Fashion, 72

Tomato

- Andalusian Gazpacho, 36
- Chicken and Tomato Casserole, 14–15
- Greek Stuffed Eggplants, 46–47
- Minorcan Pilau, 18–19
- Mix and Match, 59
- Montse’s Catalan Fish Soup, 60–61
- Peasant Vegetable Soup, 40
- Rabbit Stew, 22–23
- Shopska Salad, 44
- Turkish Stuffed Eggplants, 52–53
- Ukrainian Pickled Tomatoes, 34

Turkey

- Breaded Veal Cutlets, 45

Turkey, the Republic of

- Turkish Ravioli, 24–25
- Turkish Stuffed Eggplants, 52–53

Turkish Ravioli, 24–25

Turkish Stuffed Eggplants, 52–53

Ukraine

- Ukrainian Crepes, 30–31
- Ukrainian Pickled Tomatoes, 34

Ukrainian Crepes, 30–31

Ukrainian Pickled Tomatoes, 34

Veal

- Breaded Veal Cutlets, 45
- Meat Zurich Fashion, 72
- Turkish Ravioli, 24–25

Vegetable Salad, 10–11

Visoko Style Roast Pork, 101–101

Wild game

- Brewer’s Steak, 67
- Karelian Stew, 68–69
- Rabbit Stew, 22–23
- Slovenian Shepherd’s Stew, 98–99