

# Local dishes from Bulgaria, Czech Republic, Spain, Ireland, Italy and Norway



# Bulgaria



---

# Traditional Bulgarian Dishes



❖ Banitsa

❖ Shopska salad

❖ Biscuit cake

---

---

# Banitsa

---



# pastry sheets



---

# Cheese



# Egs





---

300g cooking oil



---

# Yogurt





---

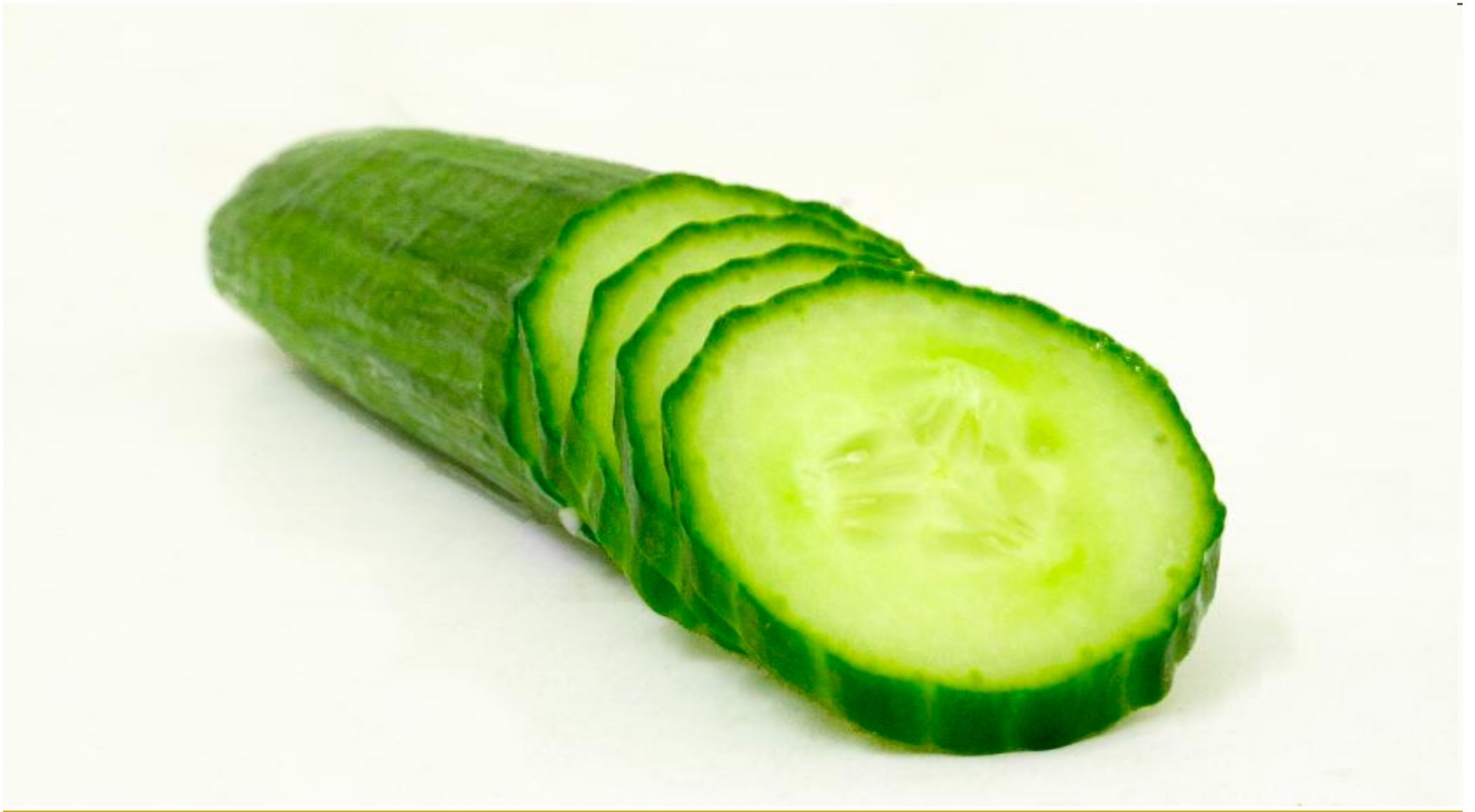
# Shopska salad



## 2-3 tomateos



1-2 cucumber



# Cheese



- 1-2 Olive



- 1- 2 pepper







# Biscuit cake





# Biscuit



# Milk



---

# Sugar



# Starch









Презентацията отразява единствено гледната точка на автора. Комисията не носи отговорност за използването, по какъвто и да било начин, на съдържащата се в презентацията информация.

---

# Spain



# SPANISH OMELETTE



# INGREDIENTS

\_ 6 TO 7 MEDIUM  
POTATOES, PEELED



\_ WHOLE YELLOW  
ONION



\_ 5 TO 6  
LARGE EGGS

\_ 2 TO 3 CUPS OF  
OLIVE OIL FOR PAN  
FRYING



\_ SALT TO TASTE



\_ BOWL





## ELABORATION

1-CUT THE PEELED POTATOES IN THIN SLICES.

2-PEEL AND CHOP THE ONION.

3-PUT POTATOES AND ONION INTO A BOWL AND MIXED THEM TOGETHER. SALT THE MIXTURE

4-IN A LARGE, NON-STICK FRYING PAN HEAT THE OLIVE OIL ON MEDIUM-HIGH HEAT. COOK GENTLY FOR 20 MINUTES OR UNTIL TENDER. SHAKE THE PAIN FROM TIME TO TIME.

5-BRAKE THE EGGS INTO A LARGE BOWL.

6-ADD THE POTATOES AND ONIONS TO  
THE EGGS.

7-MIX THE PITATOES AND EGGS ADD SALT.

8-PUT THE FRYING PAN BACK ON THE  
HEAT, TURNING THE HEAT DOWN TO ITS  
LOWEST SETTING IMMEDIATELY COOK THE  
TORTILLA Z EVERY SIDE.



AND READY  
TO EAT!!!!



# Granny's cake recipe

## Ingredients:

- 1 l of custard
- 1 l of chocolate cream
- a package of rectangular cookies
- milk with two spoons of sugar in a plate

## Elaboration:

- Dip the rectangular cookies into the plate with milk and sugar.
- Cover the bottom of a tray with the rectangular cookies.
- Add chocolate cream over the cookies.
- Cover the chocolate cream with more rectangular cookies, dipped into the milk with sugar.
- Add custard over the cookies.
- Repeat this process as many times as necessary to finish the chocolate cream and the custard.
- Decorate the cake on top with coloured sugar balls or as you want.





# Ireland



# Recipes from the children of Whitecross NS



# Starter: Shrimp Cocktail

## SHRIMP COCKTAIL

This is a serving for 20 people!

### Ingredients:

4 - 5lbs of cooked, deveined medium / large shrimp

1 head of lettuce, iceberg shredded

8 tablespoons of homemade mayonnaise

8 tablespoons of whipped cream

2 teaspoons of fresh horseradish

1/2 teaspoon of Worcestershire sauce

1/2 juice of lemon

salt & pepper to season

chopped parley

### Method:

Chill shrimp and heap on shredded lettuce bed in a large salad bowl. Make the sauce by thoroughly mixing all remaining ingredients together. Serve sauce in bowl on side.

If served individually, use stemmed glasses (martini) and pile shrimps on lettuce beds.

Service sauce poured over or on the side.



# Main Course: Corned Beef and Cabbage

## CORNED BEEF AND CABBAGE

### Ingredients:

4lb of corned beef  
3 large carrots, cut into chunks  
6-8 small onions  
1 tsp of mustard  
parsley and thyme  
1 cabbage  
salt and pepper to flavour

### Method:

1. Put the corned beef into a saucepan with the carrots, onions, mustard and herbs (tied together). Cover with cold water and bring gently to the boil. Simmer, covered, for 2 hours.
2. Discard the outer leaves of the cabbage, cut into quarters and add to the pot. Cook for a further 1-2 hours until the meat and vegetables are soft and tender.
3. Serve the corned beef in slices, surrounded by the vegetables and cooking liquid. Serve with floury potatoes.



# Dessert: Traditional Tea Brack

## IRISH TEA BRACK

### Ingredients:

330ml Cold strong tea

270g plain flour

80g soft brown sugar

350g mixed raisins and sultanas

1 level teaspoon bread soda

1 level teaspoon mixed spice

1 heaped teaspoon of lemon rind (optional)

1 egg

### Method:

Put the tea, sugar, lemon rind and dried fruit in a bowl. Stir well, then cover and leave to soak overnight. The next day, preheat the oven to 180°C/ Gas Mark 4 and grease the loaf tin with a little butter. Beat the egg and mix it thoroughly with the fruit. Sieve the flour, spices and bread soda together and stir well into the fruit mixture.

Traditionally, if eaten at Halloween, you would put lucky charms into the mixture at this point.

These could include a coin (wrapped in greaseproof paper), a ring, a piece of cloth etc.

Turn the mixture into the tin, place in the oven and bake for 90 minutes. Allow the brack to cool for about 20 minutes in the tin before turning it out to cool on a wire rack.





# Recipes from around the world

## Vietnam

### VIETNAMESE SUMMER ROLLS

VIETNAM

*(A healthy tasty starter or snack)*

My Mam and Dad first ate these when they came to Vietnam in December 2008 to adopt me.

They are yummy.

#### Ingredients:

Summer roll wraps - 1 packet

Coriander and or mint – 1 packet

Cucumber – cut into strips

Lettuce – shredded

Carrots – cut into thin strips

1 Pkt noodles – cooked and drained

Cooked prawns or shredded pork (optional)

#### Method:

Summer roll wraps are hard coming from a packet.

Place each hard wrap in a large dish of warm water for 20 seconds and then place on a clean, dry T-towel when soft. Arrange ingredients in the centre of the wrap – do not put too much in each wrap as the ingredients will fall out. Fold in each end first and then roll the wrap tightly to form a sausage shape. No deep frying or cooking needed. Cut in the middle and see how pretty your summer roll looks. Serve with sweet chilli dipping sauce or soy sauce.



# Zimbabwe

ZIMBABWE

## CHICKEN & SPINACH STEW

### Ingredients:

- 4 tsp crushed garlic
- 3 tbsp fish stock
- Salt as desired
- 4 tsp of ginger
- 2 tins chopped tomatoes
- ½ bag frozen spinach
- 250ml fresh cream
- 1 onion
- 1 packet chicken drumsticks

### Method:

1. Fry sliced onion in cooking oil until brown.
2. Add chicken, garlic, fish stock, ginger & salt & fry until lightly brown.
3. Add chopped tomatoes. Stir and allow to boil for 20 mins.
4. Add spinach & cook for 10 mins.
5. Add fresh cream & cook for 10 mins.

Serve with rice or mash.



# Russia

## SVITANAK RECIPE

RUSSIA

### Ingredients:

- 1 lb chicken fillet
- 3 oz cheese
- 2 tbsp mayonnaise
- 4 ea garlic cloves
- 1 ea egg
- 3 oz dried and finely ground bread-crumbs
- 4 tbsp butter
- 5 pinch of salt

### Method:

Filling: ground cheese, add finely chopped garlic and stir in mayonnaise.

Divide fillet into small and large pieces, salt them. Spread the filling on a large piece, put a small fillet piece in the centre and fold into half-moons with a little piece inside.

Soak in the beaten egg and roll in dried and finely ground bread-crumbs. Fry on the pan, until light brown. Then cook until soft and tender in the well heated oven.



# Italy



## TUSCAN "CROSTINI"

500 grams of chicken livers;



2 carrots;



1 stalk celery;



1 onion;



1 glass of white wine;



4 anchovy filets;



1 spoon of salted capers;



## PREPARATION

Chop carrots, celery and onion and fry lightly in 2 spoon of extra virgin oil; cut the chicken livers and add to the pan, add the white wine and continue cooking until the wine has evaporated and the livers are cooked.

If you want you can add a drop of hot chicken broth.

Put the livers mixture, anchovies and capers, previously washed and dried, in a hand blender.

Spread the pâté on tuscan bread and serve!





*HOW TO MAKE A PERFECT TRADITIONAL TUSCAN DISH*  
**THE PANZANELLA**



“Panzanella” is the tuscan name of a simple poorly-derived main dish. It doesn’t need to be cooked. It includes chunkes of soaked stale bread, tomatoes, onions, cucumbers and basil. This “salad” is dresed with olive oil and white vinegar.

This dish was consued in the countrysides by farmers who, because of their hard job in the fields, stayed out all day long. Tuscan people use to prepare this fresh and fragrant dish in the summer time, when the temperature is hot.

The teachers

Claudia Carassai and Claudia Cantagalli

## **INGREDIENTS**

- Stale bread
- Tomatoes
- Onions
- Basil
- Cucumbers
- Olive oil
- Salt
- White vinegar
- Water

## **PROCEDURE**

### **Step 1**

Cut the stale bread in slices.

### **Step 2**

Cut the cucumbers, the onions and the tomatoes in small pieces.

### **Step 3**

Break the basil in small pieces.

### **Step 4**

Wet the bread slices for 10 seconds. Then, squeeze the bread to remove the water and break it.

### **Step 5**

Put in a bowl the pieces of bread and add the other ingredients.

### **Step 6**

Dress with salt, olive oil and white vinegar as you like. Then, put the Panzanella in the fridge for about 1 hour.

**ENJOY!!!!**

## *Cantuccini Biscuits*

### *Ingredients:*

*300 g of flour*

*250 g almonds*

*2 eggs*

*4 g baking powder*

*250 of sugar*

*½ tablespoon of honey*

*dessert wine*

*salt*

*Sift the flour with the yeast and form a well on a pastry board. Add the sugar and a pinch of salt, then crack in the eggs. Add the almonds and the honey. Pour the dessert wine into the dough.*

*Mix with a spatula, flour hands and divide the dough into small loaves.*

*Place the loaves on a baking tray with oven paper and bake at 175°C for 15 minutes.*

*Remove from oven and allow to cool, then cut diagonally the biscuits and place back in the oven for 5 minutes until the cookies get their characteristic crispness.*

*Cantuccini like to be accompanied with a dessert wine called “ Vin Santo”.*

# ARISTA AL FORNO - THE ROAST PORK LOIN



The Roast Pork Loin, also called 'Arista', is a typical dish for the Sunday lunch, usually served with roasted potatoes. It seems that the word 'Arista' comes from an exclamation - "Aristos!" (= *This is really terrific!*) - used by a Greek cardinal in Florence when he first tasted it. From that moment on Florentines would begin to use the term to refer to this kind of meat. Its preparation is not difficult, but there are some simple things to take into account to make sure that the meat keeps tasty and 'juicy'. Let's try to find out its secret:

## INGREDIENTS:

### For the meat:

- Boneless pork loin/Arista 1 kg
- 1/2 glass of white wine
- 3/4 tablespoons extra virgin olive oil
- Garlic 2 cloves
- Rosemary sprigs
- Salt
- Black pepper
- Twine to tie up the meat

### For the potatoes

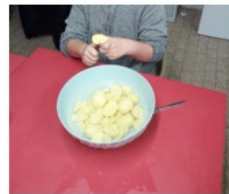
- Potato 600 g
- Extra virgin olive oil 40 g
- Some fresh rosemary and sage sprigs
- Salt & pepper



## PROCEDURE:

### Step 1

Preheat the oven to 170 degrees. Then peel the potatoes and put them into a bowl full of water. After having given a quick wash, then cut them into pieces of the same size, then leave them into the water.



### Step 2

Tie the arista with a butcher's twine every 2 inches or so along the whole length of the piece of meat. As you tie, put some rosemary sprigs in under the twine. Then rub the meat with a salt and pepper mixture.



### STEP 3

Put the extra virgin oil with a clove of garlic, some rosemary and some sage. Then set it on the stove.



### STEP 4

Add the Arista and roast it on each side for about 3/4 minutes until it gets golden crusted.



### STEP 5

Add salt and black pepper and the wine.



### STEP 6

Carry on roasting the meat for about 20 minutes, basting with wine. Turn the stove off.



### STEP 7

Move the meat into a baking tray. Then add the potatoes, previously drained and dried up. Add some fresh rosemary, sage and garlic. Put the tray in the oven at 170° for about 1 hour



### STEP 8

As soon as it is done, remove from the oven and set aside for 10 minutes before slicing.



### STEP 9

Cut the Arista into thin slices and serve with the potatoes, poured with some pan juices.

**BUON APPETITO!**



# Czech Republic



## Ham rolls

### Ingredients:

8 thin slices of ham



### On whipped cream:

1/4 l of cream (whipped), 30-40 grams horseradish (grated), a pinch of white pepper, lemon juice, icing sugar, salt

### decorating bag:

Fill ham rolls with flavored whipped cream, use decorating bag. We always serve two rolls and serve best with banquet bread.

### Horseradish cream:

Gently cut the horseradish with lemon juice. Sweeten, salt and season with pepper, Mix and finally add whipped cream.

# SOUP

## Potato soup



### Ingredients:

1 small bowl of fresh mushroom, 5 pieces of allspice, 3 potatoes, 2 carrots, 2 onions, 1 clove of garlic, 1 piece bay leaf, 3 tablespoons of butter, 2 tablespoons of smooth flour, 1 tablespoon of marjoram, pepper, salt

### Procedure:

Clean the mushrooms and the carrots, cut into small pieces. Peel onion, cut into quarters, peel potatoes and cut into small cubes. Put in a pot together with bay leaf and new spice, add water, salt and pepper and boil.

In a pan mix butter and smooth flour, add cold water and then put it into the soup.

Boil for 10 minutes on a moderate fire. Add crushed garlic, marjoram.

## MAIN COURSE

Chicken stake and potato salad

Steak:

Ingredients for 4 portions:

500-600g of chicken meat, 130g of oil, 100g of bread crumbs, 50g flour, 2 eggs, milk or water, salt

Pound meat and salt, coat it in flour, coat it in eggs and milk, coat it in bread crumbs, fry it on oil about 10 mins on each side





# Salad



## Ingredients:

Gherkins, carrots, peas, 1 onion, 2 spoons of oil, pepper, salt, potatoes, (sugar)

Cook the potatoes, let it cool, peel the potatoes, cut them into the cubes, cut the onion and the vegetables, mix it with the potatoes, mix it with the oil and salt, season it with pepper.

## DESSERT

### Pancakes

#### Ingredients:



300 grams flour, 3 eggs, salt, sugar, 2 cups of milk, yeast

Place flour, salt, sugar, yeast and milk into a bowl. Crack the eggs into a separate cup. If they are OK, place them into the bowl too.

Mix everything well and let it rise for 1 hour.

When ready, put oil into the pan and form small heaps of the mixture on the pan. Fry from both sides.

Serve with marmelade, cinamon or anything that you desire.

Norway



# VEGETABLE SOUP



2 carrots  
½ purre  
2 slices of cabbage root  
1 slice of celery potatoes  
1 liter of vegetable broth  
2 tablespoons of fresh parseley

1. Wash and peel the vegetables
2. Cut the vegetables in nice little pieces
3. Boil the vegetable broth
4. Put the vegetables in the broth – cook for 8-10 minutes
5. Add salt and pepper
6. Sprinkel the parseley over the soup
7. Serve with bread or flatbread

## AFRICAN PEANUT SOUP



8 dl chicken broth  
1 can of canned tomatoes  
5 tablespoons of peanut butter  
 $\frac{1}{2}$  red chilli  
1 tablespoon of lemon juice  
1 teaspoon of salt  
 $\frac{1}{4}$  teaspoon of pepper  
200 grams of chopped chicken

1. Boil the chicken broth in a kettle
2. Use a blender on the canned tomatoes, it should be a smooth mass
3. Put the tomato sauce in the kettle
4. Cut the chilli into small pieces, put it in the kettle
5. Put peanut butter, and lemon juice in the soup
6. Stir, cook and season with salt and pepper
7. Add the chicken and serve

# WAFFLES



100 grams of Margarine (liquid)

4 eggs

5 tablespoons of sugar

½ teaspoon of cardamon

5 dl flour

½ teaspoon of baking powder

5 dl milk

1. Mix all the ingredients in a bowl and whip until it is properly blended (it could be like thick sauce)
2. Leave it for 15 minutes, preheat the waffle iron
3. Fry the waffles until they are golden and crispy

## TROLL CREAM



2,5 dl cranberries or blueberries

75 grams of sugar

½ teaspoon vanilla sugar

1 egg white

Use a mixer and whip berries, sugar, vanilla sugar and egg whites to a thick foam.

Serve in a nice glass.