

**FOLK ART AND ITS  
INFLUENCE ON  
EUROPEAN  
CULTURE**

*Cookbook*  
2013-2015

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Lifelong  
Learning  
Programme





## FOOD ALL AROUND EUROPE

We hope that by looking at these recipes you'll all be able to recall all those great moments when we were having lunch or any kind of meal together. These are the moments that will remain in our minds for a long time. For this reason, we thought it would be a great idea to collect various recipes from the participating countries so we can share them with you. This book will guide you how to prepare these specialities yourselves easily. We hope you will have fun cooking at home.



LOVE FROM HUNGARY





# POLISH

## RECIPES

# ROSÓL (CHICKEN BROTH)

## INGREDIENTS

- ½ chicken, bones left in
- ½ kg beef, bones left in
- 2 carrots, halved
- 1 parsley root, halved
- 1 celery, cut into large pieces
- ½ leek, cut into large pieces
- 2 dried mushrooms (optional)
- 1 whole onion, delicately charred on a skillet
- 1 tsp black peppercorns
- 2 dried bay leaves
- cooked angel hair pasta, to serve
- fresh parsley, to serve
- salt and pepper

## HOW TO PREPARE

Place the meat in a large soup pot and cover with 2 litres of cold water. Bring water to the boil, skim carefully, then lower the heat and simmer for 1 hour.

Next, add the carrot, parsley, celery, leek, mushrooms and onion to the soup, with some salt, peppercorns and bay leaves. Simmer over low heat for an additional hour.

Remove meat and vegetables, and season with salt and pepper to taste. Strain if required. Serve with angel hair pasta, chopped carrots and fresh parsley.





# PIEROGI (POLISH DUMPLINGS)

## INGREDIENTS

### *Sauerkraut Filling:*

- 2 tablespoons butter
- 1/3 cup chopped onion
- 1 1/2 cups sauerkraut, drained and minced
- salt and pepper to taste

### *Dough:*

- 3 egg
- 1 (8 ounce) container sour cream
- 3 cups all-purpose flour
- 1/4 teaspoon salt
- 1 tablespoon baking powder

### *Potato Filling:*

- 3 tablespoons butter
- 1/2 cup chopped onion
- 2 cups cold mashed potatoes
- 1 teaspoon salt
- 1 teaspoon white pepper

## HOW TO PREPARE

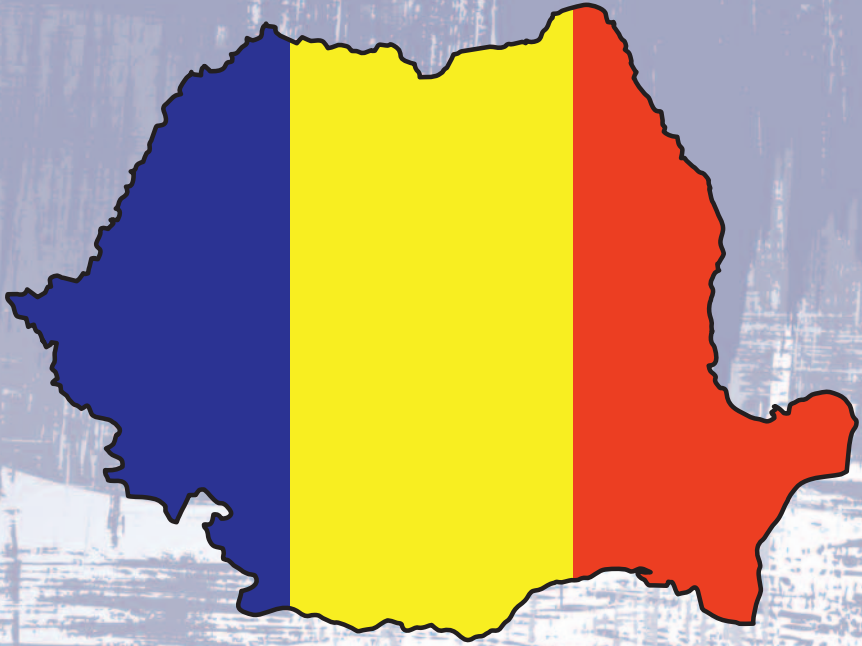
To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Add the drained sauerkraut and cook for an additional 5 minutes. Season to taste with salt and pepper, then remove to a plate to cool.

For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Stir into the mashed potatoes, and season with salt and white pepper.

To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt, and baking powder; stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness. Cut into 3 inch rounds using a biscuit cutter.

Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and the sauerkraut filling. Bring a large pot of lightly salted water to a boil. Add perogies and cook for 3 to 5 minutes or until perogies float to the top. Remove with a slotted spoon.





# ROMANIAN RECIPES



# PUMPKIN PIE

## INGREDIENTS

- 2 butternut squashes, peeled, seeded and grated (use the large grating side) or 3 lbs apples, cored (peel on) and grated
- 1 Tbs cinnamon
- 1 cup sugar
- 2 tsp vanilla
- 1 cup vegetable oil
- 1 cup warm water
- 4 + cups flour
- 1 tsp salt
- 1/2 cup crushed pecans (optional)
- powder sugar



## HOW TO PREPARE

Mix grated squash (apples) with cinnamon, sugar and vanilla. Set aside.

Preheat oven at 350 F. Prepare the pastry by mixing oil, warm water, salt and flour (a little at a time) until you get a nice soft but not sticky dough. Spray cookie sheet with the baking PAM (the one that has flour in it).

On a lightly floured surface spread the dough until nice and thin, but be careful not to break it. Gently place the dough on the prepared cookie sheet. Spread the squash mixture on top of dough. Sprinkle with crushed pecans, if desired.

Gently roll the dough like a burrito. Poke it with a fork all over the top (this will help it cook evenly without the dough busting open). Brush a little oil on top. Bake for 30 minutes or until golden brown. Cool it a bit, dust it with some powder sugar and enjoy!





# BULZ

„Bulz”, also called „urs de mămăligă”, is a Romanian dish composed by roasting „mămăligă” (polenta) and cheese in an oven. Bulz is often eaten with „smântână” (sour cream). „Bulz” is a traditional food and probably the best of it is served at the henhouse, where cheese is fresh, polenta is hot, and the sausages smoked. It's definitely worth trying at home, if you have the best ingredients which are:

- 500 grams of corn (polenta)
- 2 or more sausages
- 400 grams of cheese of sheep
- 1 egg

Time of preparation: less than 15 minutes

## HOW TO PREPARE

„Mamaliga” (polenta) : For a measure of corn (to get rid of waiting and problems) you need two and a half measures of water. Put the salt and water on fire and in the moment when it's boiling, pour the corn slowly, stirring, as not to make lumps. Then mingle it for 5-10 minutes on low heat.

From the freshly made polenta make some small balls which you press in the hand where you put the cheese. You can make the small balls, or you can let the polenta in any form you want but you have to eat it with cheese.

After that chop the sausages into thin slices and fry them a little.

Add the fried egg on top of it. You can eat it this way or it can fry the polenta just like a barbecue.

Bon appétit!





# SLOVAKIAN RECIPES



# BRYNDZOVÉ HALUŠKY

The most popular halušky is traditional **bryndzové halušky** (sheep cheese gnocchi). Sheep cheese gives a unique flavour to the meal by itself, but it is even more tasty with small pieces of bacon greaves and chives or dill. Usually served with a glass of sour milk called **žinčica**.

Preparation time: 30 minutes

- Potatoes – 3 pieces
- Flour – 5 tablespoons (tbsp)
- Egg – 1 piece
- Bacon
- Bryndza (Slovak Sheep Cheese)
- Salt

## HOW TO PREPARE

First peel potatoes and shred them. Add egg and flour. You need to make dough that is not watery but also not tough. If it happens to be too watery, add more flour; if it is too tough, add some water. Add 1. tbsp of salt. Boil water with 2 tbsp of salt (the water has to boil all the time during the preparation). Toss pieces about 2,5 cm (an inch) long into the boiled water, using kitchen knife and cutting board. Cook them for few minutes until they float on the water level. Take them out with a strainer and halušky are ready.

Cut bacon into small pieces and fry them.

Put bryndza on top of halušky and heat them together. It is very difficult or many times impossible to buy bryndza outside Slovakia, but you can use other cheese instead, for example feta cheese mixed with cream cheese and milk).

Put the fried bacon on the top of halušky (with a bit of grease) before serving.





# CABBAGE SOUP (KAPUSTNICA)

**Kapustnica** (*cabbage soup*) is a Slovak thick soup traditionally prepared at the end of the year – for Christmas and New Years Eve.

Kapustnica can be prepared in a lot of ways (ingredients, length of cooking, etc.), **it differs from region to region**. In some regions, Kapustnica may contain smoked meat, sausages and mushrooms, in some regions it is much simpler soup. Those prepared for special holidays are also different. For example, Vianočná Kapustnica (Christmas Cabbage Soup) is cooked without meat, it is thickened with white plain *halušky*, cream and potatoes.

Preparation time: 1 hour

## INGREDIENTS:

- Sauerkraut – 0,5 kg
- Pork – 0,5 kg
- Dried mushrooms
- Sausage – 1 piece
- Onion – 2 small pieces
- Garlic – 2 cloves
- Sour Cream – 1 cup
- Clove, nutmeg, caraway, bay leaf, black pepper, paprika, red pepper

## HOW TO PREPARE

Put sauerkraut with a liter of water into a large pot. Turn 2 cloves of garlic into a paste and add it to the sauerkraut. Add black pepper, caraway seeds, cloves and nutmeg, dried mushrooms, 2 bay leaves and onions. Cut pork into small pieces and add it to the rest of used ingredients. Sometimes more water is needed. Add it if necessary and let it cook for 20 minutes. While cooking, cut the sausage into small pieces (Hungarian sausage is a good choice) and add it after the mentioned 20 minutes of cooking. Add red pepper and paprika, cover the pot and simmer for approximately 30 minutes. Typically, the soup is served with sour cream added after cooking, but it is up to you, how you like it.





# BULGARIAN RECIPES



# SHOPSKA SALAD

## INGREDIENTS FOR 4

- 4 spring onions
- 4 medium tomatoes
- 1/2 cucumber
- 1 green pepper
- 1 red pepper

## OPTIONAL

- olives
- chopped parsley
- grated feta cheese to sprinkle salad
- salt, pepper, vinegar and olive oil



## HOW TO PREPARE

Cut all ingredients in slices or cubes. Season with salt, pepper, add the chopped parsley, 1 tbs. of vinegar and 2 tbs. of olive oil and mix well. Sprinkle with feta cheese and enjoy either on its own or as a side dish.

# MONASTERY GYUVETCH (HOTCH-POTCH)

## INGREDIENTS FOR 4

- 1 kg braising beef or pork
- 4 medium tomatoes
- 120g mushrooms
- 1 cup rice
- 1 onion
- 150 g olives
- 1 bunch of parsley
- 2 tablespoons vegetable oil
- 25g butter
- 1 tablespoon sugar
- 2 1/2 cups beef stock
- black pepper, paprika and salt



## HOW TO PREPARE

Cut the meat into cubes or small pieces and fry in a pan with a little oil for about 5 minutes. Add the chopped onions, beef stock and paprika, 5 minutes later add the mushrooms and rice and simmer for about 15 minutes. Add the chopped tomatoes, add salt to taste, the butter, 1 tbs. sugar and whole olives, and cook for further 5 minutes. Preheat oven to 190C. Transfer the content of the pan into a baking dish and cook for about 30 minutes. Sprinkle with parsley and pepper before serving.





# CZECH RECIPES

# BRAMBORÁKY (POTATO PANCAKES)

## INGREDIENTS

- 1 kg potatoes
- 2 eggs
- 1 teaspoon salt
- Garlic
- Spices (marjoram / thyme, ground pepper)
- Flour (2-4 spoons)
- Oil

## HOW TO PREPARE

First peel and then grate raw potatoes.

Add eggs, crushed garlic, spices and salt and mix it well. Drain off any excess liquid. Add enough flour to make the mixture thick. Meanwhile eat oil on a pan. Spoon the mixture and flatten it on the pan to make thin pancakes. Do not make them too thick – the thin ones are crunchier. Fry pancakes until golden brown on each side. If needed, add more oil during frying. Dry freshly fried pancakes from excess oil with a paper towel. Serve potato pancakes hot. They are best with Czech beer.



# FRUIT DUMPLINGS (OVOCNÉ KNEDLÍKY)

It can be strange for foreigners as normally you eat dumplings with meat, but not with fruit. In Europe they were so famous that French gourmet Edouard de Pomiane included plum dumplings into a list of ten best dishes of the world. I like it very much. My grandma makes the best fruit dumplings and I always look forward when she says she will cook them.

## INGREDIENTS

### *Dough*

- 700 g flour
- 1 egg
- pinch of salt
- 2 spoons of sugar
- 4 spoons of oil
- 50 g yeast
- ¼ l milk

### *Filling*

- Fruit jam/fresh fruit, e.g. blueberries, strawberries, etc

### *Topping*

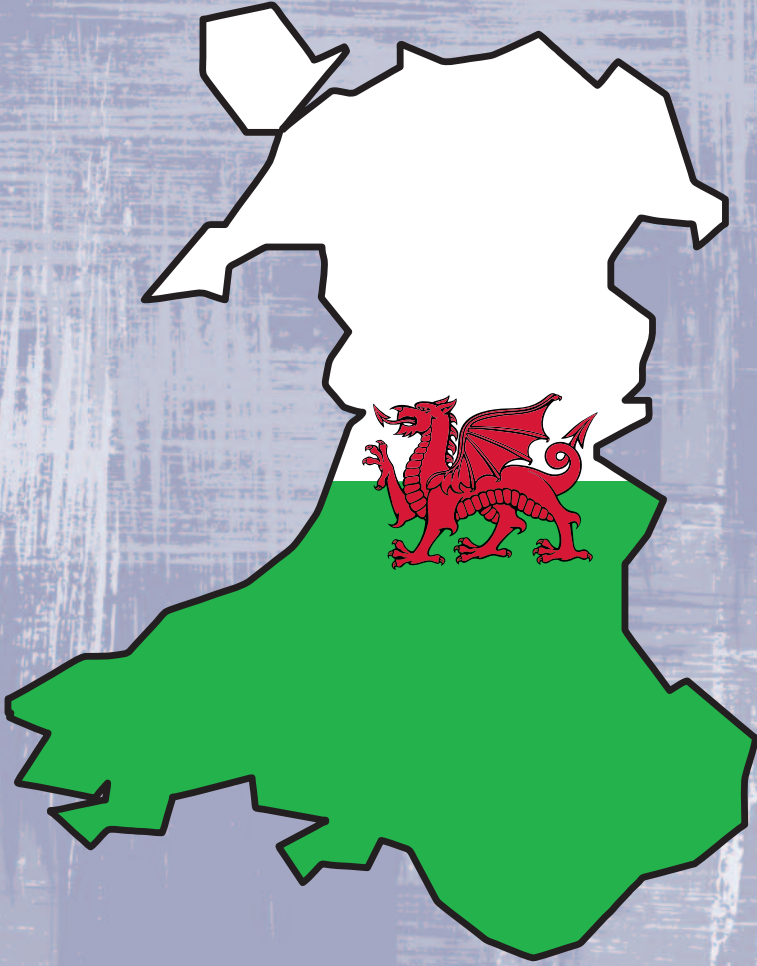
- roll crumbs
- sugar
- melted butter

## HOW TO PREPARE

At first put warm milk plus a little sugar into a small bowl, add the yeast and leave it for a few minutes. Meanwhile put flour, an egg, salt, sugar and oil into a bigger bowl and mix them all together. When the milk with yeast has risen, add it to the mixture and let the dough rise for 1 hour or until doubled in size. Put it on a well-floured surface and cut out small pieces with a spoon. Now fill each piece of dough with fruit or jam. Then fold them to make small balls and let them rise for app. 10 min. Take a pot with a sieve and steam the dumplings for about seven minutes. You can also boil them in water instead of steaming. Sprinkle the dumplings with fried crumbs, sugar and melted butter.







# WALES

## RECIPES

# BARA BRITH

## (SPECKLED BREAD)

The **Welsh tea** is a social occasion – at a family reunion, when meeting old friends, when fathers and mothers come home from work on Sundays and sons come home from farms where they had been serving a term. Old postcards illustrate women in traditional costumes enjoying tea, once very fashionable, some of them showing a large group meeting for tea.

Bara brith is familiar around the world, and the version where the fruit is soaked in tea is more popular than the traditional yeast loaf.

### INGREDIENTS

- 900g/2 lbs of Flour
- 25g/ 1oz of Yeast
- 225g/8oz Brown Sugar
- 225g/9oz Butter (or butter and lard)
- 175g/6oz Currants
- 110g/4oz Peel
- 1 teaspoon Salt
- ½ teaspoon Mixed Spice
- Warm Milk

### HOW TO PREPARE

Mix the yeast, a little of the sugar and the warm milk. Rub the fat into the flour and then add the dry ingredients. Make a well in the centre of the bowl and pour in the yeast and knead.

Leave to stand in a warm place for 1 ½ hours to double in size. On a floured surface, shape the dough into a loaf and put in a greased tin. Bake in a fairly hot oven for about 1 ½ hours.





# CAWL

**Cawl** was eaten by very poor families, and even though it didn't contain meat it was very nutritious, especially when vegetables were added. The most well known dish is Cawl Cennin – Leek Soup. On St David's Day this traditional meal is prepared for social occasions. An army of Welsh soldiers

were fighting the Saxons on a misty day and the two armies were wearing very similar clothing. Leeks grew in a nearby field and David encouraged his men to wear a leek on their helmets in order to identify themselves. The Welsh won, of course and our love affair with the leek started and continues until this day.



## INGREDIENTS

- a piece of salted bacon
- potatoes
- carrots
- leeks
- parsley
- cabbage
- oatmeal
- water



## HOW TO PREPARE

Pour boiling water over the bacon in a saucepan. Add the finely chopped potatoes and carrots. Boil for about 1 ½ hours. Remove the meat from the saucepan and add the finely chopped leeks and cabbage. Bring back to the boil and when cooked add a teaspoon of finely chopped parsley. To thicken the soup, add two tablespoons of fine oatmeal mixed with cold water.





# HUNGARIAN RECIPES

# GOULASH SOUP

## A LITTLE INTRODUCTION...

When foreigners think of Hungary this dish is definitely the one that comes to their mind first. In my opinion, this soup generally represents almost all other Hungarian dishes as it is very spicy and has a big load of Hungarian paprika in it. Many people associate the Hungarian cuisine only with goulash. Well, we've got other well-known dishes like Halászlé (fish soup with Paprika), Dödölle etc.. This time we are going to take a look at how to prepare this masterpiece of the Hungarian cuisine.



## INGREDIENTS

- 600 g beef
- 300 g onion
- 2 big carrots
- (1 big parsley root)
- 400 g potato (peeled)
- 1 tablespoon paprika powder
- half a tablespoon hot paprika
- 1 tablespoon salt
- 1 tablespoon grinded caraway
- 2 pieces of bay leaf
- 1 small tomato
- 3 cloves of garlic

## HOW TO PREPARE

Chop the onions. Wash the beef and dice it. Heat some fat and add the onion to it, stir until the onion softens. Remove the dish from the heat before you add the paprika and the beef. (If the fat is too hot when you add the paprika, it will taste bad.) Stir the beef until its colour changes. Add a few glasses of water, some salt, pepper, caraway, crushed garlic, the diced tomato and the bay leaf. Cover the dish and let it cook for 90 minutes. Make sure there is always some water in it, but not too much. When the beef is tender, slice the vegetables (carrots, parsley, potatoes) and add them to the meat then pour 2 litres of water on it. Bring it to the boil and cook it for another 30 minutes.



# TÚRÓS CSUSZA

## (PASTA WITH COTTAGE CHEESE)

The túrós csusza is one of the favorite dishes of Hungarians. No doubt, this dish is not suitable for those who are on a diet. However, it is very easy to prepare and tastes heavenly.

### INGREDIENTS

- 1 package egg noodles
- 2 tablespoon cooking oil
- 2 cups of sour cream (175 ml)
- salt to taste
- 250 g cottage cheese
- 70 g smoked bacon

### HOW TO PREPARE

Dice the bacon and fry it in a frying-pan. Boil some water with salt and the cooking oil in it. When it is boiling add the noodles. After 10-12 minutes of cooking rinse the noodle under cold water then drain it. Mix the noodles with the cottage cheese.

Put this mixture on a plate. Spoon some sour cream on the top. Sprinkle the bacon on the top.





# FRENCH RECIPES



# GRATIN DAUPHINOIS

## INGREDIENTS

- 1 kg Désirée potatoes
- 300ml full fat milk
- 284ml carton double cream
- 1 garlic clove, peeled and halved
- 2 sprigs of fresh thyme, plus extra for sprinkling
- 1 shallot, roughly chopped (optional)
- pinch of freshly grated nutmeg
- 25g parmesan (or vegetarian alternative), freshly grated



Prep Time: 20-30 minutes

Cooking Time: 1 hour

Serves: 6

## HOW TO PREPARE

Preheat the oven to 160C / Gas 4 / fan oven 140°C. Rub the butter all over the surface of a gratin dish, about 18x28cm / 7x11in. Peel and slice the potatoes to a width of 3mm / 1/8 in. Lay the slices on a clean tea towel and pat dry. Keep them covered with the tea towel while you prepare the rest of the ingredients. Pour the milk and cream into a saucepan. Add the garlic, thyme and shallot (if using). Slowly heat the milk and, just as it is about to reach boiling point and you see bubbles appearing around the edge of the pan, remove it from the heat. Strain the liquid into a large jug, sprinkle in the nutmeg and keep warm. Layer half the potato slices in the dish, slightly overlapping the slices and sprinkling with a little salt and freshly ground pepper between each layer. You don't have to be too neat with the lower layers, but keep some of your best slices for later, so the top looks good.

Pour half the hot milk and cream over the potatoes, then finish off layering the rest of the potatoes (arranging them a bit more carefully this time). Pour over the rest of the hot milk and cream. Scatter the cheese over the top and bake for about one hour, until golden and tender. Leave the dish to stand for about 5 minutes, then serve sprinkled with a few fresh thyme leaves.

# GÂTEAU AUX NOIX

## (WALNUT CAKE)

Gateau aux Noix is a famous French walnut cake. Fill your kitchen with it's irresistible aroma over the holidays!

### INGREDIENTS

- 1/2 cup chopped walnuts
- 3 eggs
- 1 cup sugar
- 1/3 cup walnut oil
- 1/3 cup dry white wine
- 1 1/2 cups flour
- 2 tsp. baking powder
- 1/8 tsp. salt

Servings: 6  
Difficulty: Easy  
Cook Time: 30-60 min

### HOW TO PREPARE

Preheat oven to 350. Place walnuts in a small dry saucepan and cook over medium heat, shaking pan, until nuts are lightly toasted, 5-10 minutes. Set aside.

Beat eggs in a medium bowl with an electric mixer. Gradually add sugar and beat until mixture is light and fluffy. Add walnut oil and wine and mix well. Batter will be quite thick.

Generously grease a 9" cake pan. Sift together flour, baking powder, and salt into a large bowl. Add egg mixture to flour mixture and mix with a wooden spoon until just combined. Gently fold in nuts, then spoon batter into pan.

Bake cake until a toothpick can be inserted and pulled out clean, about 40 minutes. Remove cake from oven, cool for 10 minutes, and then turn out onto a cooling rack. Allow to cool completely, then serve in wedges drizzled with walnut liqueur or accompanied by vanilla ice cream, if you like.





