

Traditional dishes from...



Education and Culture DG

Lifelong Learning Programme



Poland



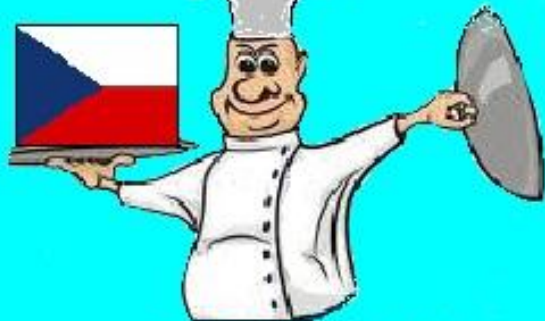
France



Bulgaria



Slovakia



Czech Republic



Turkey

Български Специалитети

Меню

- ☀ ОВЧАРСКА САЛАТА
- ☀ МУСАКА
- ☀ ТИКВЕНИК
- ☀ БАНИЦА СЪС СИРЕНЕ

Bulgarian Specialities

Menu

- ☀ OVCHARSKA SALAD
- ☀ MUSAKA
- ☀ BANITSA WITH PUMPKIN
- ☀ BANITSA WITH CHEESE



ОВЧАРСКА САЛАТА

/за 4 порции/

- 200 г Домати
- 250 г Краставици
- 80 г Гъби
- 180 г Чушки
- 60 г Лук
- 120 г Кашкавал
- 100 г Сирене
- Магданоз
- 30 г Олио
- 25 г Оцет
- 2 г Сол
- 120 г Шунка



Опечете и обелете чушките. Измийте и почистете останалите зеленчуци. Нарезете домати, краставиците, лука и чушките на големи парчета. Смесете ги добре с нарязания на ситно магданоз, овкусете със зехтин и оцет и добавете останалите продукти. Украсете с листенце магданоз.

OVCHARSKA SALAD

/for 4/

- 200 g Tomatos
- 250 g Cucumbers
- 80 g Mushrooms
- 180 g Peppers
- 60 g Onion
- 120 g Cheese
- 100 g White Bulgarian cheese
- Parsley
- 30 g Olive oil
- 25 g Vinegar
- 2 g Salt
- 120 g Hum



Roast and peel the peppers. Wash the other vegetables and clean them. Cut the tomatoes, cucumbers, onions and peppers into large pieces. Mix them well with chopped parsley and flavor with olive oil, vinegar and add the other products. Garnish with parsley.



МУСАКА

/за 4 порции/

- 500 г Кайма
- 500 г Картофи
- 100 г Лук
- 300 г Домати
- 50 мл Олио
- 1 Морков
- 5 Скилидки чесън
- Сол, Черен пипер,
- Червен пипер
- За заливката:
- 1 Яйце
- 1 Супена лъжица брашно
- 1 Чаша кисело мляко
- 1/2 Връзка магданоз



Морковът и лукът се нарязват на дребно и се задушават се в олиото. Прибавя се каймата, нарязаният на ситно чесън и настърганите домати и се задушават. Картофите се обелват и нарязват на малки кубчета и заедно със задушната кайма се изсипват в тава, като се прибавят подправките на вкус и ситно нарязаният магданоз. Залива се с толкова вода, колкото да покрие картофите. Пече се във фурна на 250° около половин час, до зачервяване. През това време се приготвя заливката от разбитите яйца с кисело мляко, ситно нарязан магданоз, брашно и малко вода. Мусаката се залива и се пече до зачервяване на заливката.

MUSAKA

/for 4/

- 500 g Mince mixture
(pork - 60%, beef - 40%)
- 500 g Potatoes
- 100 g Onion
- 300 g Tomatoes
- 50 ml Sunflower oil
- 1 Carrot
- 5 Cloves garlic
- Salt, Pepper,
- Paprika
- For the crust:
- 1 Egg
- 1 Tablespoon flour
- 1 Cup yoghurt
- 1/2 Bunch parsley



Chop fine the carrot and the onion, then stew them in the oil in a deep pan. Add the mince, fine chopped garlic and the grated tomatoes, then stew all together. Peel the potatoes and dice with a size of 1 cm. Put the potatoes and the stewed mixture in a baking tin, add the spices and the fine chopped parsley. Pour on water until it slightly covers the potatoes. Bake in an oven at 250° for about 30 min.

To prepare the crust mix and stir together the eggs, yoghurt, flour and a bit of water. Pour it over the potatoes and bake until the crust turns to gold-brown.



ТИКВЕНИК

/за 4 порции/

200 г Кори за баница
50 г Масло

За пълнката:

1/4 Малка тиква
80 г Захар
40 г Орехи
30 г Пудра захар
30 г Галета
1,2 г Канела



Тиквата се почиства от кората и семките и се рендосва. Добавят се захарта, галетата, орехите и канелета. Разбърква се докато се получи хомогенна смес.

Една по една корите се разгъват на масата. Намазват се с разтопеното масло, поръсват се с част от приготвената смес и се навиват. Навитите кори се подреждат в намазана с масло кръгла тавичка, като се започне от средата и образува спирала с тях. След като се подредят всички кори тиквеника се намазва с останалото масло и се пече на средна температура до златисто. Опеченият тиквеник се нарязва на парчета и се поръсва със пудра захар.

BANITSA WITH PUMPKIN

/for 4/

200 g Filo pastry
50 g Butter

Filling:

1/4 Small pumpkin
80 g Sugar
40 g Walnuts
30 g Powdered sugar
30 g Breadcrumbs
1,2 g Cinnamon



Grate the cleaned of bark and seeds pumpkin. Add sugar, breadcrumbs, walnuts, cinnamon and mix thoroughly until a uniform mixture.

One by one unfold the fillo leaves on the table. Put melted butter on a leaf, then put some of the pumpkin mix and roll the leaf. Repeat with the next one, until everything is used. Put the rolled fillo leaves into a round baking tin starting from the middle and forming spiral with the leaves. After you fit all fillo rolls, butter generously and bake in middle heat until golden. Cut into portions after baking and sprinkle with powdered sugar.



БАНИЦА СЪС СИРЕНЕ

/за 4 порции/

250 г Кори за баница
80 г Масло

За пълнката:

200 г Сирене
3 Яйца

Заливка:

50 мл Газирана вода



Намажете средна по размер тава с масло. Смесете натрошеното сирене и разбитите яйца в купа. Подредете точените кори една върху друга в тавата, като при това ги поръсвате с разтопената мазнина и със сместа от сирене и яйца. Залейте с газирана вода и печете на загрята фурна (180-200 градуса) около 40 минути или докато баницата се зачерви. Сервирайте баницата топла.

BANITSA WITH CHEESE

/for 4/

250 g Sheets filo pastry
80 g Butter

Filling:

200 g White cheese
3 Eggs

Topping:

50 ml Soda water



Oil a medium size deep oven dish, Mix crumbled cheese and beaten eggs in a bowl. Arrange sheets of pastry one over another in dish. Sprinkle each sheet of pastry with melted fat and mixture of cheese and eggs. Pour with aerated water and cook in a preheated oven (180-200 C) for about 40 minutes or until the banitsa has risen slightly and has nicely browned on top. Serve hot.



České speciality/Menu

- ☀ VALAŠKÁ KYSELICE
- ☀ VEPŘOVÉ KOUSKY V BRAMBORÁKU
- ☀ LEDOVÝ SALÁT S ČERVENOU ŘEPOU A JOGURTOVÝM DRESINGEM
- ☀ VALAŠKÉ FRGÁLY S POVIDLÝ A TVAROHEM

Czech Specialities/Menu

- ☀ WALLACHIAN SAUERKRAUT SOUP
- ☀ PORK PIECES IN PANCAKES
- ☀ BEET-ROOT SALAD WITH YOGHURT DRESSING
- ☀ WALLACHIAN FLAT CAKES WITH PEAR JAM AND CURD



VALAŠSKÁ KYSELICE

/pro 4 osoby/

- 40g cibule
- 60g oleje
- 40g hladké mouky
- 80g žampionů
- 80g klobásy
- 160g kysaného zelí, vodu ze zelí
- 280g brambor
- 10g soli
- 10g polévkového koření (bujón) nebo vývaru
- 120ml zakysané smetany

Na oleji orestujeme nakrájenou cibuli, hladkou mouku, osmahneme a zalijeme vodou nebo vývarem. Dobře provaříme. Přidáme kysané zelí a vodu ze zelí, osolíme. Když je zelí měkké, vložíme do polévky orestovanou klobásu, žampiony a zvlášť uvařené na kostičky nakrájené brambory. Nakonec polévku zjemníme zakysanou smetanou. Dochutíme solí, octem, případně polévkovým kořením.



WALLACHIAN SAUERKRAUT SOUP

/for 4/

- 40g onion
- 60g oil
- 40g fine flour
- 80g mushrooms
- 80g sausage
- 160g sauerkraut and its juice
- 280g potatoes
- 10g salt
- 10g soup spices (bouillon) or broth
- 120ml sour cream

Fry chopped onions and after a while add fine flour into a pan and fry shortly. Then add water or broth. Boil it through well. Add sour sauerkraut including its juice and salt. When the cabbage gets soft, add seared sausage, mushrooms and separately boiled potatoes (cut in cubes). Finally smooth it up with sour cream. Season with salt, vinegar or soup spices.



VEPŘOVÉ KOUSKY V BRAMBORÁKU

/4 porce/

400g vepřové pečeně bez kosti
sůl
pepř
1200g brambor
3 vejce
80g hladké mouky
60g mléka
česnek
kmín
majoránka
olej na smažení

Maso omyjeme, osušíme a nakrájíme na malé kostičky. Osolíme, opeříme a na oleji zprudka orestujeme.

Syrové brambory oloupeme a nastrouháme, přidáme koření, sůl, vejce, mléko, mouku a prolisovaný česnek a dobře promícháme. Orestované maso přidáme do připravené bramborákové směsi a promícháme.

Na pánvi s olejem smažíme malé bramboráky z obou stran do zlatova.



PORK PIECES IN PANCAKES

/for 4/

400g pork roas without a bone
salt
pepper
1200g potatoes
3 eggs
80g fine flour
60g milk
garlic
cumin
marjoram
oil for frying

Wash the meat, dry it and cut into little cubes. Add salt, pepper and sear on maximum heat.

Peel and grate raw potatoes. Mix with spices, salt, eggs, milk, flour and garlic. Put the seared cubes of meat into the mixture and stir again.

Fry little pancakes - *bramboraks* ☺ in a fryingpan with a little oil until they get golden colour.



LEDOVÝ SALÁT S ČERVENOU ŘEPOU A JOGURTOVÝM DRESINGEM

/4 porce/

1 hlávka salátu
140g červené řepy
sůl
fenykl
cukr
olivový olej
ocet

Dresink:

80g bílého jogurtu
10g olivového oleje

Červenou řepu omyjeme a uvaříme v osolené vodě s fenyklem. Po uvaření oloupeme a nastrouháme na hrubé nudle. Dochutíme solí, cukrem, olejem a octem.

Salát omyjeme a natrháme na kousky. Navrch salátu dáme salát z červené řepy a přelijeme dresinkem z jogurtu a olivového oleje.



BEET-ROOT SALAD WITH YOGHURT DRESSING

/for 4/

1 lettuce
140g beet-root
salt
fennel
sugar
olive oil
vinegar

Dressing:

80g white yoghurt
10g olive oil

Wash beet-root and boil it in salty water with fennel. Then peel it and grate into rough noodles. Season with salt, sugar, oil and vinegar.

Wash lettuce and rip into pieces. Put grated beet-root on the top of the lettuce and cover with dressing made of yoghurt and olive oil.



VALAŠSKÉ FRGÁLY S POVIDLÝ A TVAROHEM

4 porce (2 frgály)

Těsto

250g hladké mouky
20g droždí
2,5g soli
50g oleje
1 ks žloutek
20 g cukru
125 ml mléka

Tvarohová náplň

250g měkkého tvarohu
40g cukru
1 žloutek
kůra z ½ citronu
40g rozinek

Povidlová náplň

250g hruškových nebo švestkových povidel
2,5g badyánu
2,5g mleté skořice

Drobenka

75g másla
75g hrubé mouky
75g cukru krupice
50ml rumu
125g másla

Z části cukru, vlažného mléka a kvasnic připravíme kvásek, který přidáme k ostatním surovinám a vypracujeme středně tuhé těsto. Necháme ho vykynout, znovu promícháme a opětovně necháme vykynout. Potom těsto rozdělíme na 2 části. Každou část rozválíme na tenkou placku (nebo dáme do kulaté formy), potřeme náplní z tvarohu nebo povidel, posypeme drobenkou a upečeme. Upečený a částečně vychladlý frgál polijeme rozpuštěným máslem s rumem.



WALLACHIAN FLAT CAKES WITH PEAR JAM AND CURD

/for 4 - 2 flat cakes – frgály/

Dough

250g fine flour
20g yeast
2,5g salt
50g oil
1 ks yolk
20 g sugar
125 ml milk

Curd Filling

250g soft curd
40g sugar
1 yolk
zest of a half of a lemon
40g raisins

Povidlová náplň

250g pear jam or damsoncheese
2,5g badian / star anise
2,5g grand cinnamon

Drobenka

75g bitter
75g whole meal flour
75g caster sugar
50ml rum
125g butter

Prepare ferment from a part of sugar, warm milk and yeast, and then mix it with other ingredients and work out mid-stiff dough. Let it rise, mix it again and let it rise again. Then split the dough into 2 parts. Roll each part flat (or put in a round-shaped form), spread on curd filling/plum jam, sprinkle with crumble and bake it. Pour finished (and partly cooled) *frgál* with melted butter and rum.



Spécialités françaises/Menu

- ☀ CAMEMBERT TIEDE AU CARMEL POIVRE
- ☀ POT AU FEU DE SAINT JACQUES ET SAUMON BEURRE DE CIBOULETTE
- ☀ MAGRET DE CANARD AU MIEL ET CITRON VERT - CAROTTES GLACEES ARTICHAUTS ETUVES
- ☀ CREME CARMEL



French Specialities/Menu

- ☀ WARM CAMEMBERT SERVED WITH CARMEL FLAVOURED WITH COARSE-GROUNDPEPPER
- ☀ SCALLOPS STOCK POT AND SALMON IN CHIVES BUTTER
- ☀ BREAST OF DUCK WITH HONEY AND LIME - ICED CARROTS ARTICHOKE STEAMROOMS
- ☀ CARMEL CREAM



CAMEMBERT TIEDE AU CAMEL POIVRE

/4 personnes/

- 140g pomme
- 1 camembert
- 200g mesclun
- 125g cerfeuil
- 125g ciboulette
- 100g citron
- 20g échalotes
- 250ml vinaigre de cidre
- 50ml huile de noisette
- 30g poivre mignonette
- 50ml huile d'olive
- 50ml huile d'arachide
- 100g sucre
- 4 tr pain de mie tranché



Eplucher et laver les légumes. Ciseler les échalotes. Emincer en julienne les pommes citronnées. Réaliser un caramel, le décuire, réserver...Poser le camembert sur une tranche de pain de mie, verser 1 cuillère de caramel, saupoudrer de poivre mignonette. Passer au four. Réaliser une vinaigrette : vinaigre de cidre, sel poivre, ajouter l'huile de noisette, l'huile d'olive, l'huile d'arachide, bien mélanger. Dresser sur une assiette : couronne de mesclun, camembert chaud au milieu, julienne de pommes et fines herbes sur la salade

WARM CAMEMBERT SERVED WITH CAMEL FLAVOURED WITH COARSE- GROUND PEPPER

/for 4/

- 140g apple
- 1 camembert
- 200g mixed green salad
- 125g chervil
- 125g chive
- 100g lemon
- 20g shallot
- 250ml cider vinegar
- 50ml hazelnut oil
- 30g coarse-ground pepper
- 50ml olive oil
- 50ml groundnut oil
- 100g sugar
- 4 sliced sandwich loaf



Peel and wash vegetables. Slice the shallots. Slice thinly in julienne with lemon-juice added apples. Make a caramel, stop the cooking by adding a liquid, and put it in the fridge. Put the camembert on a slice of fresh sandwich loaf; pour on each one a spoon of caramel, sprinkle with coarse-ground pepper. Put it in the oven. Make a French dressing: cider vinegar, salt, pepper, add the hazelnut oil, the olive oil, groundnut oil, mix correctly. Display the ingredients on a plate: the mixed green salad arranged in a wreath, the warm camembert, topped with the apples in julienne in the middle and sprinkle herbs on the salad



POT AU FEU DE SAINT JACQUES ET SAUMON BEURRE DE CIBOULETTE

/4 personnes/

4 filets de saumon
150g noix de saint jacques
200g beurre
25g crème
100g carottes
100g oignons
100g poireaux
100g navet
100g céleri-rave
½ b ciboulette
30g échalotes
100ml huile
500ml bouillon de pot au feu
150ml vin blanc
Pm sel/poivre
25ml vinaigre blanc



Marquer un bouillon de pot au feu. Laisser refroidir. Eplucher et laver tous les légumes. Ouvrir les coquilles Saint Jacques. Emincer les légumes en sifflets. Cuire à la vapeur des légumes Réaliser de beurre de ciboulette : Réunir les échalotes ciselées, le vin blanc, le vinaigre, les assaisonnements et la crème. Faire réduire, hors du feu ajouter le beurre très froid coupé en petits morceaux. Ajouter la ciboulette finement hachée. Pocher les saint jacques et le saumon dans le bouillon de pot au feu. Dresser

SCALLOPS STOCK POT AND SALMON IN CHIVES BUTTER

/for 4/

4 salmon filet
150g scallops
200g butter
25g cream
100g carrots
100g onions
100g leeks
100g turnips
100g celery root
½ b small chives
30g shallots
100ml oil
500ml stock pot
150ml white wine
Pm salt/pepper
25ml white vinegar



Mark a stock pot. Leave to cool. Peel and wash all the vegetables. Open the scallop's shells and clean them. Slice the vegetables. Steam cooking the vegetables. Make the small chives butter: Mix the chopped shallots, the white wine, vinegar, seasonings and the cream. Reduce it, out of the flames; add cold butter cut in little dices. Add the chopped chives. Poach the scallops and the salmon in the stock .Arrange it.



**MAGRET DE CANARD AU MIEL ET CITRON VERT -CAROTTES GLACEES
ARTICHAUTS ETUVES**

/4 personnes/

800g magret de canard
120g beurre
500g carottes
4 artichauts
½ citron
1 cresson
100g citron
100g citron vert
100ml huile
Pm sel/poivre
50g miel d'acacia
400ml fond de veau lié
30g farine



Eplucher et laver les légumes. Ciseler les échalotes. Dénervé, parer et quadriller les magrets. Réserver au frais. Tourner les carottes et les glacer. Tourner les artichauts Cuire dans un blanc les fonds d'artichauts :porter à ébullition l'eau, l'huile et du gros sel ajouter le citron et les artichauts. Faire caraméliser le miel et le décuire avec le jus de citron jaune. Marquer en cuisson les filets :Sauter les magrets, dégraisser, ajoute les fond brun lié, réduire. Ajouter le caramel de miel et citron.Glacier les carottes. Escaloper les fonds d'artichauts et les étuver au beurre. Décorer avec les suprêmes et les zestes de citron verts. Dresser

**BREAST OF DUCK WITH HONEY AND LIME / CARROTS COOKED IN SUGAR,
WATER AND ARTICHOKE**

/for 4/

800g breast of duck
120g butter
500g carrots
4 artichoke
½ lemon
1 cress
100g lemon
100g lime
100ml oil
Pm salt/pepper
50g acacia honey
400ml thickened veal stock
30g flour



Peel and wash the vegetables. Slice the shallots. Denerve, trim and prepare the breasts in "criss – cross". Put in the fridge. Turn the carrots and prepare them with butter, sugar, salt and water; shape the artichokes; cook the artichoke bottoms, boil the water, the oil and the coarse salt and the artichokes. Caramelize the honey and stop the cooking by adding lemon juice; bake the breasts; fry the breasts, trim the fat, add the brown stock base, reduce. Add the honey caramel and the lemon. Slice the artichokes thinly, boil them and add butter. Make a decoration with the slices, and the lime zests; display the plate.



CREME CARAMEL

/pour 8 à 10 ramequins /

- 1l lait
- 6 oeufs
- 200g sucre semoule
- 1 gousse vanille

Caramel

- 200g sucre semoule
- 50g eau



Mettre à fondre le sucre pour réaliser le caramel. Nettoyer de temps en temps les bords de la casserole à l'aide du pinceau. Déglacer avec l'eau. Arrêter la cuisson du caramel en plaçant la casserole dans un récipient d'eau froide. Verser un peu de caramel dans chaque ramequin. Porter à ébullition le lait et la gousse de vanille, filmer et laisser infuser 5 mn. Blanchir œufs et sucre puis verser le lait tout en remuant. Chinoiser immédiatement l'appareil. Réserver au froid positif. Préchauffer le four à 130 °C. Dès que le caramel a durci, remplir les ramequins. Placer les dans un bain marie bouillant et les cuire environ 35 mn. Laisser refroidir avant de les démouler.

Remarques :

- On peut parfumer ces crèmes avec des zestes d'orange et une liqueur comme le Grand Marnier.
- Une crème caramel ne doit jamais bouillir, la cuisson au bain-marie est indispensable;
- La crème est cuite lorsqu'elle ne bouge plus au centre, on peut éventuellement poser son doigt, la crème doit être ferme.

CARAMEL CREAM

/for 8 -10 ramequins/

- 1l milk
- 6 eggs
- 200 g caster sugar
- 1 vanilla-pod

Caramel

- 200g caster sugar
- 50g water



Put some sugar to melt to make the caramel. Clean the edges of the saucepan from time to time with a brush. Deglaze with water. Stop the cooking of the caramel by putting the saucepan in a container of cold water. Pour a bit of caramel in each ramequin. Bring milk and the clog of vanilla to the boil, put a film on it and leave to brew for five minutes. Bleach eggs and sugar then pour the milk stirring, put the mixture in a conical strainer immediately, place it in the fridge. Preheat the oven to 130 °C As soon as the caramel has hardened, fill the ramequins. Put them in a boiling bain-marie and let them bake about 35mn. Let them cool before turning them out.

Comments

- These creams can be perfumed with orange zests and a liquor such as Grand Marnier
- A caramel cream must never be boiled, you must use a bain-marie;
- The cream is cooked when you can't move it in the middle, if you put your finger, the cream must be firm.



Polskie Specjały/Menu

- ☀ Zupa z chrzanu i koperku z pulpecikami wątrobianymi i jajkiem przepiórczym
- ☀ Kulebiak z sandacza w cieście podany na duszonych rydzach z rozmarynem i glazurowanymi burakami z babeczką ziemniaczaną
- ☀ Ciasto kajmakowe z owocami



Polish Specialities/Menu

- ☀ Horseradish soup with dill, liver meatballs and quail egg
- ☀ Perch coulibiac in batter served on stewed saffron milk caps with rosemary and glazed beets with a potato bun.
- ☀ 3. Kajmakian cake with fruits



Zupa z chrzanu i koperku z pulpecikami wątrobianymi i jajkiem przepiórczym

/na 4 osoby/

1 szt.	Kura rosółowa
100 g	Wołowina (udziec)
150 g	Wątróbka drobiowa
1 pęczki	Koperek
500 g	Marchew
500 g	Seler
500 g	Cebula
1 szt.	Koper włoski
1 szt.	Liść laurowy, ziele angielskie, pieprz czarny ziarnisty
200 g	Chrzan tarty
1szt.	Jajko
100 g	Masło
250 ml	Śmietanka 30% (słodka)



Ugotować wywar z kury rosółowej, marchewki, selera, cebuli, kopru włoskiego dodając liść laurowy i ziele angielskie doprawiając solą i ziarnkami pieprzu. Wywar przecedzić. Do wywaru dodać chrzan oraz koperek, dodać śmietanę i kosteczki masła do smaku. Wołowinę oraz wątróbkę zmielić dodać jajko i doprawić, formować kulki i ugotować pulpeciki. Jajka przepiórcze ugotować i obrać. Na talerzu: ułożyć pulpeciki, zalać kremową zupą chrzanową, udekorować jajkiem przepiórczym oraz natką koperku.

Horseradish soup with dill meatballs and quail egg

/for 4 people/

One piece	Chicken stock
100 g	Beef (hunach)
150 g	Poultry liver
1 bunches	Dill
500 g	Carrots
500 g	Celery
500 g	Onion
One piece	Fennel
	Bay leaf, allspice, grain of papper
200 g	Grated horseradish
1	Quail egg
100 g	Butter
250 ml	30% Cream (sweet)



Boil the chicken stock with carrots, celeries, onions, fennel adding a bay leaf and allspice. After that, flour the meal using salt and a grain of pepper. Strain the stock through a strainer. To the stock, add horseradish and dill. Add cream and diced butter to season the meal to taste. Grad beef and liver, add an egg and flour it. Make croquettes and boil the meatballs. Boil and pill the quail eggs. On the plate: Lay the meatballs and pour it over with the cream horseradish soup. Garnish the whole meal with the quail eggs and dill.



Kulebiak z sandacza w cieście podany na duszonych rydzach z rozmarynem i glazurowanymi burakami z babeczką ziemniaczaną

/na 4 osoby/

1 kg	Sandacz filet
1 szt.	Kapusta włoska
1 szt.	Cyryna
250 g	Ciastko francuskie
250 g	Rydze
50 g	Czosnek
100 g	Cebula
200 g	Masło
1 doniczka	Rozmaryn
1 kg	Buraki
0,25 ml	Miód
0,25 ml	Ocet balsamiczny
50 g	Anyż
300 g	Ziemniaki
4 szt.	Jajko
100 g	Ser żółty (typu gruyere)
1 pęczek	Koperek
100 g	Bułka tarta
	Gałka muskatołowa
1 doniczka	Tymianek

Sandacza przyprawić solą, pieprzem, sokiem z cytryny. Liście kapusty włoskiej ugotować na al dente. Sandacza zawinąć w liście kapusty, a następnie w ciasto. Z ciasta zrobić warkocz i udekorować kulebiaka. Całość wysmarować jajkiem. Piec w piekarniku w temp. 200 stopni około. 15-20 minut.

Na patelni zeszklić na maśle cebulę i czosnek dodać rydze oraz rozmaryn i dusić doprawiając solą i pieprzem.

Perch coulbiac in batter served on stewed saffron milk caps with rosemary and glazed beets with a potato bun.

/for 4 people/

2 kg	Perch fillets
1 piece	Cabbage
1 pieces	Lemon
250 g	Puff pastry
250 g	Saffron milk caps
50 g	Garlic
100 g	Onion
200 g	Butter
1 pot	Rosemary
1 kg	Beets (small pieces)
0,25 ml	Honey
0,25 ml	Balsamic vinegar
50 g	Anise
300 g	Potatos
4pieces	Eggs
100 g	Cheese (like Gruyere)
1 piece	Dill
100 g	Breadcrumbs
	Nutmeg
1 pot	Thyme

Season perch with salt, pepper and lemon juice. Boil cabbage leaves to al dente. Wrap perch in cabbage leaves and then in batter. Decorate coulbiac with brade made from batter. Smear coulbiac with raw egg. Bake in oven at 200 degrees for approximately 15-20 minutes.

Vitrify the onion with garlic then add saffron milk caps and rosemary. Stew adding salt and pepper.



Boil beets, then peel and luster in a frying pan with honey, balsamic vinegar and star anise seasoning with salt.

Buraki ugotować, obrać i glazurować na patelni z miodem, octem balsamicznym i gwiazdkami anyżu doprawiając solą.

ziemniaki ugotować w mundurkach, obrać, przecisnąć przez prasę, dodać strąkę gałkę muszkatołową, posiekany koperek oraz żółtka. Wymieszać całość dodając ubitą pianę z białek, delikatnie wymieszać. Naczynia na babeczkę natrzeć masłem i oprószyć bułką tartą, wypełnić masą ziemniaczaną. Upiec w piekarniku w temp. 190 stopni, 15 minut.

Na talerzu: ułożyć rydze, plaster kulebiaka, burak glazurowany oraz gorącą babeczkę. Udekorować ziołami.



Boil potatoes in their skins, then peel, squeeze by the crimping tool, add the grated nutmeg, chopped dill and yolk.

Mix it all adding beaten egg whites and gently mix. Smear a bun dish with butter and sprinkle with breadcrumbs, filled with potato batter. Bake in oven at 190 degrees for 15 minutes.

At the plate: put saffron milk caps, slices of coulbiac, glazed beets and hot bun. Garnish with herbs.



Ciasto kajmakowe z owocami

/na 4 osoby/

300 g Mąka pszenna
250 g Masło
3 szt. Żółtko
0,5 l Śmietanka 30%
150 g Cukier
200 g Jagoda
200 g Malina
250 g Czarna porzeczka
50 g Cukier
Laska wanilii



Z mąki, masła i żółtek sporządzić ciasto i włożyć do lodówki na pół godziny. Następnie cieniutko rozwałkować i wypiec okrągłe spody. Co najmniej 5. Śmietankę gotować z cukrem aż zgęstnieje na krem i zmieni kolor na beżowy, trwa to bardzo długo i trzeba stale mieszać by nie przypalić śmietanki (teraz można kupić gotową masę kajmakową w puszcze). Sporządzamy dżem gotując czarną porzeczkę z cukrem i wanilią aż zgęstnieje. W formie układamy warstwę ciasta, na nią wykładamy dżem, następnie ciasto i masę kajmakową, ciasto i znów kajmak i tak 5 razy. Całość mocno ugniatamy, dociskamy czymś ciężkim, np. garnkiem z wodą i wkładamy do lodówki na godzinę. Kroimy i dekorujemy pozostałym dżemem i świeżymi owocami.

Kajmakian cake with fruits

/for 4 people/

300 g White flour
250 g Butter
3 Yolks
0,5 l 30% Cream
150 g Sugar
200 g Bilberry
200 g Raspberry
250 g Blackcurrant
50 g Sugar
Vanila bean



From the flour, butter and Yolks make a pie and put it into the refrigerator for half an hour.

Roll up precisely to get a thin pie and cook round undersides. At least five. Cook the cream with a sugar until it gets thick and changes its colour into beige, the whole procedure takes a lot of time, take care not to burn the cream. Now its available to buy ready kajmakian substance from a can.

Create jam from boiling the blackcurrant with sugar and vanilla until it gets thick. In the cake tin, put the layer of the cake than carry the jam and the kajmakian substance, put the cake and kajmakian substance again. Repeat the whole action several times (5). Knead the entirety using something heavy (for example a pot filled up with water) to press it than put it into the fridge for an hour. Slice the whole cake and decorate it with the remained jam and fresh fruits.



Slovenské špeciality/ Menu

- ☀ ZEMIAKOVÉ PLACKY ZO SUROVÝCH ZEMIAKOV
- ☀ FAZUĽOVÁ POLIEVKA
- ☀ ZEMIAKOVÉ PIROHY
- ☀ ZEMIAKOVÉ ŠŪĽANCE SO STRÚHANÝMI ORECHAMI
A BRUSNICOVOU OMÁČKOU



Slovak Specialities/Menu

- ☀ RAW POTATO PANCAKES
- ☀ BEAN SOUP
- ☀ POTATO DOUGH PIES
- ☀ POTATO DOUGH GNOCCHI WITH GRATED WALNUTS
AND CRANBERRY SAUCE



ZEMIAKOVÉ PLACKY ZO SUROVÝCH ZEMIAKOV

/pro 4 osoby/

560g zemiakov
50g hladkej múky
50g mlieka
1 vajíčko
5g cesnaku
5g soli
0,3 g majoránky
0,3 g mletého čierneho korenia
120g oleja
150g údeného oštiepka

Ošúpte zemiaky, jemne postrúhajte, alebo ich zomel'te. Vyžmýkajte vodu a vylejte ju, pridajte soľ, pokropte horúcim mliekom, aby ste zabránili stmavnutiu zemiakov. Pridajte vajce, 1-2 strúčiky rozpučeného cesnaku, čierne korenie, rozdrvenú majoránku a dosť múky na husté cesto. Rozohrejte olej v panvici a opražte jednu plnú polievkovú lyžicu hotového cesta na jeden kúsok placky. Buďte opatrní, pretože voda, ktorá ešte zostala v ceste, by mohla na oleji prskať. Pomocou lyžice vytvorte placku. Vyprážajte po oboch stranách do zlatožlta. Podávajte teplé. Pred podávaním posypte nastrúhaným údeným ovčím syrom.



RAW POTATO PANCAKES

/for 4/

560g potatoes
50g all purpose flour/ plain flour
50g milk
1 egg
5g garlic
5g salt
0,3 g marjoram
0,3 g ground black pepper
120g oil
150g smoked sheep cheese „Oštiepok“

Peel the potatoes and grate or mince them. Squeeze out water and discard it, add salt, sprinkle with hot milk to prevent blackening. Add an egg, crushed garlic cloves, ground black pepper, crushed marjoram and enough flour to thicken the batter. Heat oil in a frying pan and spread a tablespoonful of the potato mixture per cake. Be careful, if water is left in the mixture the oil will splatter out. Use the back side of the spoon to flatten out the pancake. Fry on both sides till golden brown. Serve immediately for crispy texture. Garnish with grated smoked sheep cheese.



FAZUĽOVÁ POLIEVKA

/4 porcie/

- 80g bielej sušenej fazule
- 70g mrkvy
- 50g petržlenu
- 50g zeleru
- 30g cibule
- 5g cesnaku
- 5g mletej červenej papriky
- 0,1g celého čierneho korenia
- 10g soli
- 40g oleja
- 25g hladkej múky
- 2g majoránky
- 100g zemiakov



Prebratú a dobre umytú fazuľu namočte na niekoľko hodín do studenej vody. Do hrnca s fazuľou pridajte vodu a varte, pokiaľ fazuľa nie je polomäkká. Nakrájajte zeler, mrkvu, zemiaky a petržlen a vložte ich do polievky. Pridajte soľ, celé čierne korenie, celú cibuľu a všetko spolu uvarte do mäkka. Z múky a oleja si pripravte zlatohnedú zápražku, opražte v nej cesnak nakrájaný na kúsky, pridajte červenú papriku, zalejte vodou a pridajte do polievky. Prevarte a podľa potreby dochuťte soľou. Nakoniec dochuťte majoránkom. Pred podávaním polievky pridajte domáce rezance.

BEAN SOUP

/for 4/

- 80g white dried beans
- 70g carrot
- 50g parsley
- 50g celery
- 30g onion
- 5g garlic
- 5g ground red paprika
- 0,1g whole black pepper
- 10g salt
- 40g oil
- 25g all purpose/ plain flour
- 2g marjoram
- 100g potatoes



Soak beans / sorted out and well washed / for several hours in cold water. Then add water into the pot with beans and simmer until semi-soft. Dice celery, carrots, potatoes and parsley and put into the pot. Add salt, whole black pepper, a whole piece of onion and simmer until the vegetable and beans are soft. Prepare the golden-brown roux from oil and flour, add sliced garlic and fry until transparent, add ground red paprika, mix it with water and add to the soup. Finally, season with marjoram. Add home-made noodles before serving.



ZEMIAKOVÉ PIROHY PLNENÉ BRYNDZOU

/4 PORCIE/

880g zemiakov
1 vajíčko
200g pšeničnej múky
100g 100 g
20g soli (do vody)



Bryndzová plnka

200g bryndze
60g kyslej smotany alebo jogurtu
3g sušeného kôpru
70g údenej slaniny

Zemiaky v šupke najprv uvarte domäkka. Nechajte ich vychladnúť, ošúpte a jemne postrúhajte. Pridajte pšeničnú múku, preosiatu krupicu, vajíčko a rukou všetko zmiešajte. Vypracujte hladké cesto, vytvarujte bochník a položte ho na pomúčenú dosku. Cesto poprášte múkou, aby sa nelepilo na valček. Rozvaľkajte cesto na hrúbku 2 milimetrov a vykrojte kolieska. Na jednu stranu kolieska položte čajovú lyžičku bryndze alebo kyslej kapusty, prekryte druhou časťou tak, aby ste vytvorili polmesiačik a kraje jemne pritlačte. Vložte pirohy do veľkého hrnca s osolenou vriacou vodou a pomiešajte drevenou lyžicou, aby sa neprilepili o dno hrnca. Pirohy sú uvarené, keď vyplávajú na povrch. Vyberte ich pomocou veľkého cedidla a nechajte dobre odkvapkať. Polejte ich niekoľkými lyžicami masti a posypte kockami opraženej slaniny. Nakoniec ich ozdobte kyslou smotanou.

POTATO DOUGH PIES

/for 4/

880g potatoes
1 egg
200g wheat flour
100g semolina
20g salt (in water)



“Bryndza“ filling

200g bryndza (a kind of sheep cheese)
60g sour cream or white yoghurt
3g dried dill
70g smoked streaky bacon

First, cook potatoes in their skin until soft. Let them cool off, peel them and grate finely. Add wheat flour, sifted semolina, the egg and salt and mix everything by hand. Knead into smooth stiff dough. Form the dough into a loaf and place it on the floured pastry board. Sprinkle the dough with flour to prevent the pin from sticking. Roll out the dough to 2mm thickness and cut out circles. Place about a teaspoonful of “bryndza“ or sauerkraut filling to one side of the circle, lap over its other half so it is like a half moon and seal the edges by punching them carefully. Drop the “pirohy“ into a large pot of boiling salted water and stir with a wooden spoon to avoid sticking to the bottom of the pot. “Pirohy“ are ready when they float to the top. Scoop them up using a large strainer. Drain well. Sprinkle with a few spoonfuls of grease and top with fried bacon squares. Finally, garnish with sour cream.



„ŠŮLANCE“ S MLETÝMI ORECHAMI A BRUSNICOVOU OMÁČKOU

/4 porcie/

880g uvarených zemiakov
12g soli
1 vajíčko
100g krupice
200g pšeničnej múky
200g posekaných orechov
120g práškového cukru
120g masla
120g zavarených brusníc



Zemiaky v šupke uvarte do mäkka. Scedte ich, nechajte vychladnúť a ošúpte. Vychladnuté zemiaky postrúhajte. Pridajte preosiatu krupicu, múku a vypracujte hladké cesto. Cesto vytvarujte do dlhého valčeka a nakrájajte na 2cm dlhé kúsky. Každý kúsok vytvarujte v dlani tak, aby konce boli špicaté. Vložte „šúľance“ do vriacej vody. Zľahka ich premiešajte drevenou vareškou, aby sa neprilepili o dno hrnca. Varte ich, pokiaľ nevyplávajú na povrch. Vyberte ich pomocou cedidla. Pred podávaním ich polejte roztopeným maslom. Podávajte ich s brusnicovou omáčkou, posypané na jemno posekanými orechmi zmiešanými s práškovým cukrom.

POTATO DOUGH GNOCCHI WITH GRATED WALNUTS AND CRANBERRY SAUCE

/for 4/

880g boiled potatoes
12g salt
1 egg
100g semolina
200g wheat flour
200g grated walnuts
120g icing sugar
120g butter
120g stewed cranberries



Boil potatoes in their skin until soft. Drain them, let them cool off and peel them. Grate cold potatoes finely. Add salt, sifted semolina, wheat flour and knead into stiff dough. Roll out the dough into long thick strings and cut 2cm long sticks. Roll each stick in palms of your hands till the ends are pointed. Drop the “šúľance” /gnocchi/ into boiling water. Stir lightly with a wooden spoon to avoid sticking to the bottom of the pot. Cook until they float atop the boiling water. Take them out with a strainer. Sprinkle with melted butter before serving. Serve with cranberry sauce and top with grated or finely chopped walnuts mixed with icing sugar.



DOMÁCE REZANCE

/4 porcie/

120g pšeničnej múky
12g soli
1 vajíčko
voda

Preosiatu múku vysypte na dosku, v strede urobte jamku a rozbité do nej 1 vajce, postupne pridávajte vodu. Vypracujte cesto tak, aby bolo hladké a nelepilo sa. Nepridávajte soľ. Cesto rozdeľte na dve časti. Každú časť rozvaľkajte na plát hrubý asi 2 mm. Položte rozvaľkané cesto na obrúsok a nechajte ho presušiť 5-10 minút.

Cesto nakrájajte na 5 centimetrov dlhé rezance. Porozkladajte ich na doske a nechajte ležať asi 20 minút. Vložte rezance do vriacej osolenej vody a varte ich 5 – 7 minút, pokiaľ nie sú „al dente“. Uvarené rezance precedte a zmiešajte s trochou masťou, aby sa nezlepili.



HOME- MADE NOODLE

/for 4/

120g wheat flour
12g salt
1 egg
water

Sift flour on a pastry board, make a hole in the middle and break an egg into it adding water gradually. First, work with a knife and when the dough is firm, knead it with hands till smooth and elastic and not sticky. Do not add salt. Divide the dough into two parts. Roll each one into a thin layer. Place the dough on a cloth and leave to dry for 5-10 minutes. Cut it into 5cm long stripes. Put several of the stripes on top of each other and cut them into wide noodles. Spread on the board, leave to dry. Throw the noodles into boiling water and boil for 5 – 7 minutes until “al dente”. Strain and mix them with some fat to prevent sticking.



Türk Mutfağına Özel Bir Menü

- ☀ DÜĞÜN ÇORBASI
- ☀ HÜNKARBEĞENDİ
- ☀ FIRIN SÜTLAC

Turkish Specialities/Menu

- ☀ WEDDING SOUP
- ☀ SULTAN'S DELIGHT
- ☀ BAKED RICE PUDDING



Düğün Çorbası

1 kilo kuzu boyun kısmı
500 gram havuç
500 gram soğan
2-3 parça defne yaprağı

500 gram süt
2 yumurta

250 gram un

250 gram yoğurt
100 gram tereyağı
1 tatlı kaşığı acı biber



İlk olarak kuzu eti,havuçlar ve defne yaprakları bu içeriği kaplayacak ölçüde suyla dolu olan bir tencerenin içine konular ve bir saat süresince haşlanır. Daha sonra,et tencereden çıkarılır ve tenceredeki su süzülür.Bu arada,bir tencerede biraz margarin eritilir; eritildikten sonra un eklenir ve kızarıncaya dek kavrulur.

Daha sonra, consommé eklenir is ve 15 dakika karıştırılır. Yoğurt,yumurta sarısı ve süt başka bir tencerede kaynatılır ve çorbaya eklenir.Bu arada,haşlanmış et kıyılır ve çorbaya eklenip 10 dakika kadar pişirilir.Son olarak, Çorba bir parça eritilmiş margarin ve biraz da kırmızı biberle süslenir.

Wedding Soup

1 kg of lamb neck-srag
500 grs of carrot
500 grs of onions
2-3 pcs. of daphne leaves
500 grs of milk
2 eggs
250 grs of flour (white)
250 grs.of yoghurt
100 grs of butter
1 dessertspoon of red pepper(paprika)



First,meat(lamb neck-srag) carrots, daphne leaves are put into a pot full of water to cover the ingredients and boiled for an hour.Then,meat is taken out of the pot and the water in the pot is strained. At the same time, some butter is put into a pot and after melting the butter, flour is added and broiled until it gets blonded.

Then, consommé is added and boiled for about 15 mins. Yoghurt, yolk and milk are mixed in another pot and added into the soup.Boiled meat is minced in small pieces and added into the soup and then cooked for 10 mins. The soup is garnished with some melted butter and some red pepper.



Hünkarbeğendi

1 kilo dana fileto
1 su bardağı un
300 gram kaşar
250 gram tereyağı
1 litre süt
bir demet maydanoz
1 tatlıkaşığı tarçın
1 kilo çeri domates
1 kilo yeşil biber
1 tatlıkaşığı karabiber
3-4 defne yaprağı
3-4 tane soğan



İlk olarak patlıcanlar közlenir,soyulur ve de doğranır.Bir parça tereyağı eritilir ve bir tencerenin içerisine un eklenir and broiled ve pembeleşene kadar kavrulur.Daha sonar doğranmış patlıcanlar eklenir ve 5 dakika kadar karıştırılır.Tencereye süt eklenir ve yaklaşık 10 dakika ezilir.Bundan sonar,rendelenmiş kaşar eklenir ve 5 dakika kadar ezilir.Diğer tarafta,et kuşbaşı biçiminde doğranır, tencereye konur ve suyunu çekene dek pişirilir.Tereyağı ve doğranmış soğanlar eklenerek 10 dakika kadar kavrulur.Daha sonra domates ve biber salçası eklenerek karıştırılır.Bunların ardından su eklenir ve defne yaprakları da suya eklenir ; et yumuşuncaya kadar karıştırılır.Biraz tarçın eklenir ve tadına bakılır.

Sonraki aşamada ,Hünkar Beğendi servis tabağına konur ve üzerine kebab (et) konur.. En son aşamada ise ızgara edilmiş domates ve yeşil biberle servis edilir.

Hünkarbeğendi (Sultan's delight)

1 kg of veal fillet
1 waterglass of flour
300 grs of kaşar (pale yellow cheese made of sheep's)
250 grs of butter
1 liter of milk
a bunch of parsley
1 dessertspoon of cinnamon
1 kg of cherry tomatoe
1 kg of long green pepper (sweet)
1 dessertspoon of black pepper
3-4 pcs of daphne leaves
3-4 pcs of onions



First,obergines are grilled, peeled and chopped. Some butter is melted and flour is added in a pot and broiled until it gets blonded. Then,the chopped obergines are added and cooked for 5 mins. Milk is added into the pot and mashed for almost 10 mins.After that, grated kaşar (pale yellow cheese made of sheep's) is added and mashed for 5 mins.On the other side, meat is cut in small chucks and put into the pot and waited until it is boiled away. Butter and chopped onions are added and broiled for 10 mins. Then, tomato and pepper paste are added and mixed. After that, water is added and daphne leaves are put into the water and cooked the till the meat gets softened. Some cinnamon is added and its delicacy is tested.

Next, Hunkar Begendi (obergine sauce) is put into a serving plate and kebab (meat) is put on it. Finally, served with some grilled tomato and green pepper .



Fırın Sütlaç

- 500 gram şeker
- 500 gram piriç
- 2 litre süt
- 1 paket mısır nişastası
- 2 yumurta
- 1 paket vanilya



İlk önce piriç haşlanır.Süt kaynatılır.Sütü kaynattıktan sonar haşlanmış piriç eklenir ve 10 dakika kadar hafif ateşte pişirilir.Daha sonra şeker eklenir ve 5 dakika aynı şekilde pişirilir.Mısır nişastası bir kaseinin içerisinde sulandırılır,devamlı olarak karıştırılır ve karışıma eklenir.Sonrasında, vanilya eklenerek kaselere konur.Daha sonra bu küçük kaseler fırın tepsisine konur. Tepsie biraz su eklenir ve son olarak fırınlanır.Üst kısımların kızarmaya başladığını gördükten sonra, Sütlaç fırından çıkarılır ve soğumak üzere dışarı alınır.Soğuk servis yapılır.

Baked Rice Pudding

- 500 grs of sugar
- 500 grs of rice
- 2 liters of milk
- 1 pcg of corn starch
- 2 eggs
- 1 pcg of vanilla



First, rice is scalded. Milk is boiled, After boiling the milk, scalded rice added and stewed for 10 mins.Then,sugar is added and stewed for 5 mins. Corn starch is diluted in a bowl and stirred continually and then poured into the mixture. Vanilla is added and put into the small casseroles.Then, the small casseroles are put into the oven tray some water is poured into the tray and finally baked.After seeing that the upper part of the pudding turns red, it is taken out of the oven and kept for a while out to get cool. It is served cold.

