



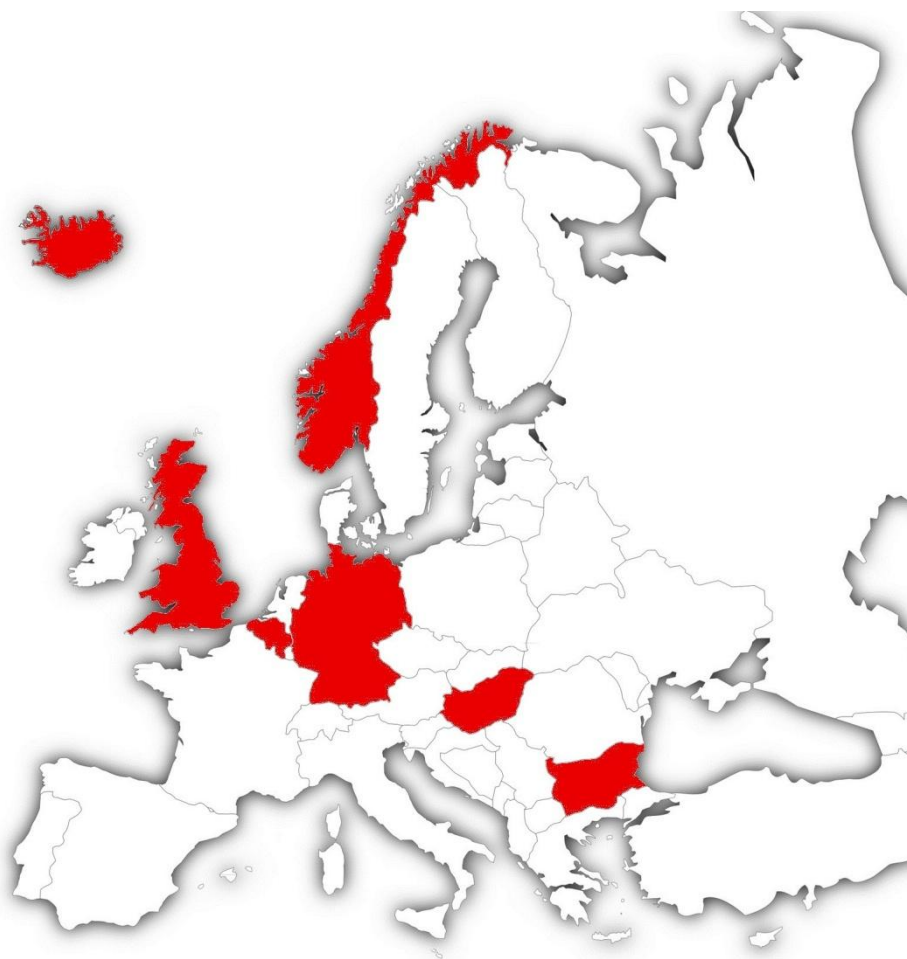
My European Recipe Book



Recipes collected by students and teachers during the
COMENIUS-Project "Common Roots - Common Future"
 in the years 2010 - 2012

In the years 2010 - 2012 the following schools worked together in the COMENIUS-Project "COMMON ROOTS - COMMON FUTURE"

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- Wallace Hall Academy Thornhill, Scotland



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During the project meetings in the participating countries the students and teachers were cooking typical meals from their country or region, they exchanged the recipes and we decided to put all these family recipes together to a recipe book.

As the recipes are based on different measurements and temperature scales we have added conversion tables for your (and our) help. At the end of the recipe book you will find a vocabulary list with the most common ingredients for the recipes in the languages used in the countries involved in the project.


For the order of recipes we decided to begin with starters and soups being followed by various main courses and desserts. Finally we have added a chapter about typical cookies and cakes. We learned during the project work, that making cookies yourself is not common in many of the countries involved in this project, but nevertheless many nice cookies recipes exist - we wanted to give them some space here and we hope that you will try out some of them!































We have added a DVD which shows the making of some of the dishes during the meetings and also contains the recipes.































We hope you enjoy the cooking of the dishes as much as we did and last but not least

...enjoy your European meal!

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Conversion tables for cooking and baking

1. Temperatures

Gas Mark	°F	°C
-	32	0
-	50	10
-	100	40
-	122	50
-	212	100
1	275	140
2	300	150
3	325	160
4	350	180
5	375	190
6	400	200
7	425	220
8	450	230
9	475	250

2. Liquid measure

Unit	equals	fl oz	ml
teaspoon	1/3 tablespoon	1/5	5
dessertspoon	2 teaspoons	2/5	10
tablespoon	3 teaspoons	3/5	15
fluid ounce	2 tablespoons	1	28
cup	scant 1/2 pint	8	225
breakfast cup	1/2 pint	10	285
pint	2 cups	20	570
gill	1/4 pint	5	140
quart	2 pints	40	1136
1 litre	4 1/2 cups	Scant 2 pints	1000
gallon	4 quarts	8 pints	4560

3. Dry weights

Imperial	Metric (exact)	Metric (based on 1 oz = 25 g)
1/8 oz	3,5 g	3 g
1/4 oz	7 g	6,25 g
1/2 oz	14 g	12,5 g
1 oz	28 g	25 g
2 oz	56 g	50 g
3 oz	85 g	75 g
Imperial	Metric (exact)	Metric (1 oz = 25 g)
4 oz	113 g	100 g
5 oz	141 g	125 g
6 oz	170 g	150 g
7 oz	198 g	From now take the exact calculation!!
8 oz	226 g	
9 oz	255 g	
10 oz	283 g	
11 oz	312 g	
12 oz	340 g	
13 oz	368 g	
14 oz	396 g	
15 oz	425 g	
1 lb	453 g	
1 1/2 lb	680 g	
2 lbs	900 g	
2 1/2 lbs	1134 g	

4. Handy measures

Description in recipes	Imperial	Metric
1 tablespoon flour or other powder	1 oz	25 g
1 level teacup flour or other powder	4 oz	100 g
1 dessertspoon flour or other powder	1/2 oz	12 g
1 teaspoon flour or other powder	1/4 oz	6 g
1 teacup sugar, rice, etc	6 oz	150 g
1 tablespoon sugar, rice, etc	1 oz	25 g

1 dessertspoon sugar etc.	$\frac{1}{2}$ oz	12 g
1 teaspoon sugar etc.	$\frac{1}{4}$ oz	6 g
1 teacupful grated cheese	3 oz	75 g
1 teacupful bread crumbs	2 oz	50 g
1 tablespoon syrup or jam	2 oz	50 g
1 piece of fat size of a small egg	1 oz	25 g
1 piece of fat size of a walnut	$\frac{1}{2}$ oz	12 g
1 piece of fat size of a hazelnut	$\frac{1}{4}$ oz	6 g
1 breakfast cupful liquid	$\frac{1}{2}$ pint	285 ml
1 small teacupful liquid	$\frac{1}{4}$ pint	140 ml

5. Inches to cm and mm

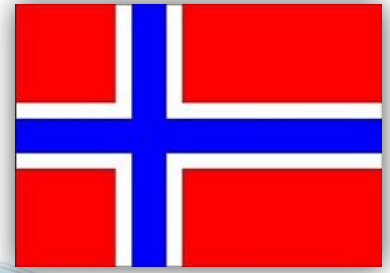
Inches	Centimetres/millimetres
$\frac{1}{8}$	3 mm
$\frac{1}{4}$	6 mm
$\frac{2}{5}$ (0,39)	1 cm
$\frac{1}{2}$	1,3 cm
$\frac{3}{4}$	1,9 cm
1	2,54 cm
2	5 cm
3	7,6 cm
4	10 cm
5	12,7 cm
6	15,2 cm
7	17,8 cm
8	20,3 cm
9	22,8 cm
10	25,4 cm
11	28 cm
12	30, 5 cm



S O U P S



Peder's Fish-soup



Ingredients:

1-1/2 cup (1/3 litre) cream
3 pints (1-1/2 litre) seafood stock
or (fish bouillons and water)
2-3 carrots chopped
2 stalks celery chopped
1/2 celery root chopped
1 parsley root chopped
3/4 cup green onions
1/2 cup chopped onions
2 tablespoons flour
1-2 tablespoons red wine vinegar
1-2 teaspoons sugar
5.3 ounces (150 gram) cod fillet
5.3 ounces (150 gram) salmon fillet
5.3 ounces (150 gram) shrimp
5.3 ounces (150 gram) tilapia
fillet, or other fish fillets of choice.
2 bay leaves
Salt to taste
Freshly ground white pepper



Method:

- Boil water and fish bouillon in a pan, to make the fish broth.
- Chop the vegetables into small pieces and boil them for five minutes in the fish broth.
- Whisk the flour into the whipped cream and then put it in the pan. Stir and cook for about five minutes.
- Cut the fish into cubes and have all the fish in the pan.
- Let it simmer for a couple of minutes.
- Remove the pan from the stove, and then put the shrimps into the pan.
- Serve in bowls Cut everything into small slices and then put together and boil it but not so long.



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Ingredients:

150g wheat flour
1/4 litre milk
1-2 eggs
pinch of salt
1 litre of good meat or vegetable broth
a bunch of chives
oil for greasing



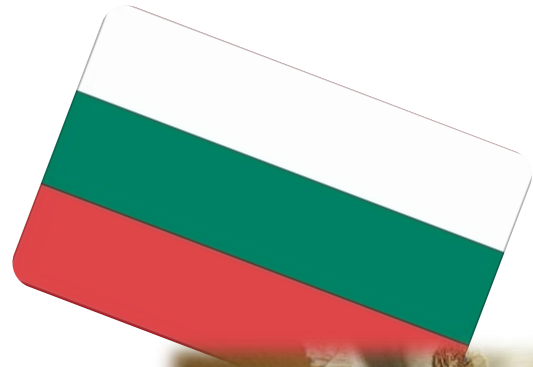
Method:

Mix together flour, eggs and salt in a large bowl. Then gradually add the milk, stirring all the time until smooth, but not too thick. If you stick to these steps you will avoid annoying lumps in your batter. Heat a heavy non-stick pan or skillet and add a tiny drop of oil.

Once hot, pour a ladleful of batter into the middle of the pan and move the pan swiftly until the batter covers the pan. Flip or turn your Flaedle once the bottom side is golden brown. Do so until all the batter is used up. Cool pancake. **This is very important**, do not put hot pancakes into your hot stock or broth! They will fall to pieces and form a gooey mess.

Once cool, cut in half and then again into thin strips. Lay in very hot broth and serve immediately. Sprinkle with cut chives.

Tarator - Cold Cucumber Soup



Ingredients:

- 2 cucumbers
- 500 g plain yogurt
- 3 -4 garlic cloves
- 2 -3 tablespoons of crushed walnuts
- 1 bunch fresh dill
- oil
- salt
- water



Prepare:

1. Cut the cucumbers into cubes and put them in a bowl. You may also grate them but it changes the look and the consistency.
2. Beat the yogurt with a fork until it gets liquid and pour it over the cucumbers.
3. Add the crushed garlic, the walnuts and the minced dill as well as salt and oil to taste.
4. If needed add some water to make the soup as liquid as you like.
5. Serve cold.

Hungarian Fish soup



Ingredients:

a big carp (1, 5 kilo)
some different types of small fish
(500 gr freshwater fish altogether)
2 litres of water
1 big peeled tomato
2 large chopped onion
2 tbs Hungarian paprika powder
salt to taste
1 green pepper
1 dl red wine



Prepare:

1. Clean the fish and remove its teeth, tail, fins and scales with a sharp knife. Cut out the eyes from the head. Wash the cleaned fish with cold water. Open up the carp at its belly and remove the guts. Slice it up for 2 cm thick slices and salt the fish fillets.
2. Make a fish stock. Cook the head of carp and the small fish with the onion in water until tender then strain the broth.
4. Place the salted carp slices into the fish stock. Add slices of green pepper and the peeled sliced tomato, some salt if necessary and bring everything to the boil. If you find it necessary, add some water.
5. Add the Hungarian paprika powder, the wine and cook until the carp is tender.
6. Serve it by carefully removing the fish fillets with a skimmer and placing them in the plates, then use a ladle to pour some soup to cover the meat.

Scotch Broth



Ingredients

1lb mutton or one-year-old neck of lamb

2 litres of water

1oz pearl barley and 2oz dried peas, soaked overnight

A large carrot, a large onion, a small leek (all sliced), a small diced turnip and 4oz shredded cabbage

1 level tablespoon of chopped parsley

Method

Trim any excess fat from the mutton and put in a large pan with the water, pearl barley, peas and seasoning. Bring to the boil and simmer for an hour.

Add the carrot, onion, leek and turnip, return to the boil and simmer for another 30 minutes or until the vegetables are just cooked. Add the cabbage and cook for another 15 minutes. Remove the mutton from the pot and trim off the meat (into small pieces if they are to be served with the soup) and return it to the pot, discarding the bone.

Skim off any fat, season to taste and sprinkle parsley on the piping hot bowls of soup before serving.

Leek and Potato Soup



Ingredients:

Six potatoes, diced

3 leeks, chopped

1¼ pints (750ml or 3 cups) chicken stock

Salt and freshly ground black pepper to taste

1 ounce (25g or ¼ stick) butter or margarine

2 ounces (50g or half cup) grated cheddar cheese

Method:

Boil the potatoes and leeks in water for about 15 minutes until the potatoes start to disintegrate. Season - to taste - with salt and pepper. Work in the butter or margarine and serve with a sprinkling of grated cheese.

Lamb Soup (Kjötsúpa)



Ingredients :

- 1,5 kg lamb shoulder, on the bone, cut in large pieces
- ½ onion, sliced
- 1,5 litres water
- 6 tablespoons dried mixed vegetable and herbs (from a soup mix)
- Salt and pepper to taste
- 1/2 kg turnip (rutabaga), peeled and cut
- 250 g small potatoes, peeled and cut
- 250 g carrots, washed or peeled and cut

Method:

- Place the meat and onion in a large pan and pour cold water over it
- Heat to boiling point, let boil rapidly for a few minutes, then skim
- Add dried vegetable mix, salt and pepper, and simmer for around 40 minutes
- Add turnip, potatoes and carrots and simmer for 20-25 minutes, or until vegetables are tender
- Season to taste

- The meat is either served in the soup or removed and served on a separate plate, but it is always eaten with the soup
- Some cut it up small and add back to the soup, others would eat it from a separate plate

Lentil Soup

Ingredients:

55g of unsalted butter

1½ tbsp of ginger

¼ tsp of each ground allspice, ground cumin, and chili powder

½ tsp of each curry powder and ground coriander

2 onions

1 parsnip, 1 celery, 3 carrots

85g or red lentils

25g of long rice

1.7 litres (3 pints) of vegetable stock.

400 mls of coco milk

2 tbsp fresh lime juice

3 tbsp of chopped coriander.



Method :

- 1. Melt the butter in a pan and add the ginger, allspice, cumin, chili powder and ground coriander.*
- 2. On a low heat let the mixture cook for 3 minutes*
- 3. Add the vegetables into the pan*
- 4. Cook for eight minutes.*
- 5. Add the lentils and rice before adding the vegetable stock.*
- 6. Bring to boil and simmer for 30 minutes until the vegetables are tender and the lentils have started to break down.*
- 7. Blend the soup in liquidizer or food processor (additional)*
- 8. Return to heat and add coconut milk, lime juice and coriander.*
- 9. Serve immediately.*

Icelandic Red Lentil and Tomato Soup



Makes 6-8 portions:

*1 onion
½ celery stick
2 medium sized carrots
1 tablespoon vegetable oil
200gr. red split lentils
400 g tomatoes
2 liters water with vegetable stock
1 tablespoon tomato purée
Juice of half a lemon
Salt and pepper*

Method:

- 1. Peel the onion and carrots and roughly chop them along with the celery stick and tomatoes. Size isn't important as the soup is going to be puréed when the vegetables are cooked.*
- 2. Heat the oil in a large saucepan, add the vegetables and sauté them gently for 5 minutes until lightly cooked.*
- 3. Stir in the lentils, then add the tomatoes with their juice, the vegetable stock and the tomato purée. Bring to the boil, then reduce the heat, cover and simmer for 35-40 minutes until the lentils are soft.*
- 4. Blend the soup in the pan using an electric hand blender. If you want some chunky bits in the soup take out a cup full before blending and then return to pot/pan after the blending.*

Add lemon juice, salt and pepper to taste.

Hungarian Goulash Soup

This is a spicy beef soup flavored with hot Hungarian paprika, chilies, and caraway seeds. You can use sweet paprika with the chilies to cut the heat a little.

Ingredients:

- *6 small dried red chilies*
- *5 tablespoons hot Hungarian paprika*
- *1 cup of flour*
- *1 pound cubed, boneless beef chuck*
- *2 tablespoons bacon fat or oil*
- *1 medium onion, cut in thin slices*
- *1 large carrot, peeled and diced*
- *4 cups beef broth*
- *1 tablespoon fresh black pepper, coarsely ground*
- *3/4 teaspoon of caraway seeds*



Preparation:

Mix 4 tablespoons of paprika with the flour. Add the beef, toss to coat, and shake off the excess flour. Brown the beef cubes in the bacon fat in a pan and drain them. Add the onions to the pan and cook the onions until they are browned.

Place all the ingredients in a large pot together with the beef broth, bring it to the boil, reduce the heat, and simmer until the vegetables and meat are very tender and start to fall apart. Add more water if necessary to thin to desired consistency.

Variation: Add diced potatoes and tomatoes that have been peeled and seeds removed for a heartier soup or stew.



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Sarmi with rice (stuffed cabbage leaves)

Ingredients:

- Rice 250 g
- 2 Onions
- Cabbage leaves (sauerkraut) and vine leaves
- Salt, red pepper
- Oil

Method:

1. The rice is stewed in oil with the fine-cut onions, black pepper and salt.
2. The water is added in proportion 1 to 2.
3. When the rice absorbs the water it is taken from the fire. After it cools down you add 1 tablespoon of the mixture in the middle of each leaf of cabbage or vine leaves and roll it up.
4. Then you arrange the rolled leaves in a pressure-cooker or if you don't have in a pot
5. Add little water and oil, cover the top with lemon slices and bake at 250 C for 30 min.



SHRIMP CROQUETTES



Ingredients:

- 100g shrimps
- 200g fish boiling liquid
- 50g butter
- 50g flour
- 1 egg
- Juice from $\frac{1}{4}$ lemon
- 25g crunched cheese
- 1 spoon of snipped chive
- Nutmeg, pepper and salt

Method :

Let the butter melt and add the flour

Let it fry a bit, to avoid the taste of the flour

While churning you add the fish boiling liquid till we get a big mass

Add the egg yolk and the shrimps, also the spice and the juice of the lemon

add 25g crunched cheese or snipped chive

Spread out the mass on a shelf, about 2 or 3 cm high

Let it coagulate in the fridge till next day

Blow up the white of the egg

Make big fat croquettes or balls

Take these first through the flour, than through the white of the egg and afterwards through the breadCrumbs.

Cover up with kitchen paper and put away for half an hour in the fridge.

Fry for 2min in oil on 180°C

Serve with a leaf of lettuce, a piece of tomato and a piece of lemon

Cucumber Slices with Smoked Salmon



Ingredients:

- 1 cucumber
- 100g thinly sliced smoked salmon
- some lemon juice
- 100 g cream cheese
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh chives, chopped
- pepper, salt
- 1 tablespoon grated horseradish
- dill for decoration



Method:

- peel the cucumber and slice it into 5 mm thick rounds
- put the cucumber on a paper towel and salt slightly, wipe the water with the paper towel
- arrange small slices of the salmon on the cucumber
- drizzle the salmon with the lemon juice and sprinkle it with pepper
- whip together cream cheese, dill, chives, horseradish, pepper and salt in a bowl
- top the salmon with the cream and decorate with a sprig of fresh dill

Asparagus Salad with Strawberries



Ingredients:

- 1 kg asparagus (green and/or white)
- some spring onions
- some mixed salad leaves
- 1 red chilli
- 1 tablespoon ginger
- 3 tablespoons oil (not olive oil!)
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon chilli sauce
- salt, pepper
- a pinch of sugar
- 200g strawberries
- parsley

Method:

- peel the asparagus and cut into 5 cm long pieces
- wash the spring onions and cut into small rings
- cut the chilli into very small rings, remove the seeds!
- cut the ginger into very small cubes
- sauté asparagus, spring onions, pepperoni and ginger for 5 – 8 minutes in hot oil
- clean and cut the strawberries into halves or quarters
- mix a dressing with sherry, soy sauce, chilli sauce, salt, pepper and sugar
- make a bed of salad leaves on the plate, then arrange the asparagus and the strawberries on top of the salad leaves and sprinkle with the dressing
- put some chopped parsley on top before serving

Serve with baguette

This is a starter for four persons and a main course for two persons



Salmon Tartare on Toast

Ingredients:

- 200 g diced smoked salmon
- 1 tablespoon minced red onions
- 1 tablespoon capers(optional)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- pepper
- 2 tablespoons sour cream
- 1 teaspoon dill, chopped
- 4 slices of toast, cut into 4 triangles each
- dill and lemon for decoration



Method:

- combine the salmon, onions, capers, oil and lemon juice and mix thoroughly
- add fresh pepper to season
- combine the chopped dill and sour cream and blend well together
- top each triangle of toast with tartare and a small dollop of the sour cream, garnish with fresh ground pepper
- arrange the triangles on a platter and garnish with dill sprigs and lemon wedges

Scottish Porridge - A starter for the day



Ingredients:

- 300g of oatmeal
- 900 ml of water
- 300 ml of milk
- 15g of butter
- ½ tsp of salt

Method:

1. Put the oatmeal, water and milk into a medium pan.
2. Bring to boil, stirring constantly
3. Add the butter and salt and continue stirring until the mixture thickens. If it is too thick, add more water as required.
4. Serve immediately.
(For a sweet taste honey, jam or sugar can be added)





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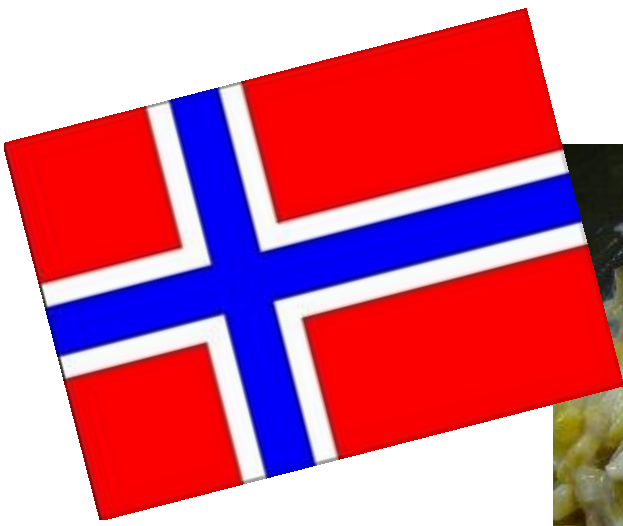


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Potatosalad



1 kg (6 -7) potatoes (boiled, cooled and chopped)

100 g mayonnaise

150g sour Cream

1 whole leek or 6 spring onions (chopped)

1 sour cucumber (chopped)

Mix all together, use salt and pepper. Sprinkle it with finely chopped leek or chives.

Variation: A chopped apple instead of cucumber.

Potato Salad



Ingredients:

- 1kg potatoes
- 1 onion
- garlic
- parsley
- chives
- mixture of 1/2 mayonnaise and 1/2 curd cheese
- salt and pepper

Method:

- Peel the potatoes and cook them for 20 to 25 minutes depending on the size of potatoes, cut them to pieces and let them cool down
- Chop the onion and garlic into very small pieces
- Cut the parsley and chives
- Gently stir the mayonnaise mixture and the onions, garlic and herbs into the potato mixture until well blended
- Let the mixture rest for a few hours in the fridge before serving

Kartöflusalat (Potato salad)



Ingredients:

- 800 g potatoes (boiled)
- 3 eggs (hard-boiled)
- 2 apples
- 6-8 gherkins
- ½ onion (You can also use leek)
- ¾ cup mayonnaise
- ¾ cup sour cream
- ½ teaspoon curry powder (or up to 1 tsp)
- salt & pepper (to taste)
- lemon juice (optional)
- chives to decorate (optional)



Method:

- Peel the potatoes and cut into cubes.
- Chop eggs, gherkins and onion.
- Peel, core and chop the apples.
- Mix the ingredients together in a large bowl.
- Add curry powder, salt & pepper and lemon juice.
- Stir well.
- Refrigerate before eating.
- Decorate before serving with chives (optional)

In Iceland, potato salad is served with many meat dishes like steaks, grilled meat and sausages. Enjoy!



Potato salad - Bulgaria

Ingredients:

- 4 -5 large potatoes, boiled
- salt and black pepper
- 2 -3 spring onions
- juice of 1/2 a lemon
- cooking oil
- fresh parsley /some people use dill



Method:

1. Cut the potatoes into cubes and put them in a salad bowl
2. Add the finely chopped spring onions, salt, pepper to taste, the lemon juice and cooking oil
3. Gently mix, sprinkle with parsley or dill

Potato Salad



Ingredients;

- 1kg potatoes
- 1 onion
- 1 teaspoon mustard
- 1 teaspoon salt
- pepper
- nutmeg
- 1 tablespoon sunflower oil
- 3 tablespoons vinegar
- 125 ml broth



Method:

- Cook the potatoes for 20 to 25 minutes depending on the size of potatoes and peel them after cooking
- Chop the onion into very small cubes
- Put all the spices, salt and the liquids on top of the potatoes and onions and mix thoroughly
- Serve when the salad is still a little bit warm

Potato salads (Hungary)

There are two main types of potato salad made in Hungary; one is prepared with mayonnaise and one is with a basic, very simple salad dressing. The one with mayonnaise is often prepared with varied ingredients, such as additional small pieces of ham or cooked sausage or cooked peas.



Potato salad with Mayonnaise

Ingredients

- 10 pieces of middle-size potatoes
- One big, 200 gr tub of mayonnaise
- One tub of soured cream
- One tablespoon of mustard
- Five medium size onions
- Five eggs
- Salt and freshly ground pepper



Preparation

1. Cook the potatoes in their skin in slightly salty water. When cooked completely, pour away the boiling water and cover the potatoes in cold water to cool them fast.
2. Cook the eggs to become hard-boiled.
3. After peeling the potatoes, slice them to even, not very thin slices, slice the eggs with an egg-slicer and slice the onions into full rings as thinly as possible.
4. To make the dressing, mix the mayonnaise, sour cream and mustard with a bit of salt and pepper. Make sure, that all is mixed well.
5. Take a fair-sized bowl and put the sliced ingredients down in layers, one after the other – potatoes- eggs-onions- with a little bit of salt sprinkled over each layer, then cover everything with the dressing and shake the bowl a bit about so that the dressing can coat everything well.
6. Put the bowl in the fridge covered with cling film for a couple of hours or even overnight.



Potato Salad with Vinegar Dressing

This type of potato salad is a classic side dish to be eaten with fish slices fried in breadcrumbs for a typical Christmas Eve dinner.

Ingredients

- 12 pieces of middle size potatoes
- 4 pieces of onions – of the dark violet coloured variety
- 700 ml water
- 3-4 tablespoons of 10% vinegar
- 2 tablespoons of sugar
- Salt and freshly ground pepper

Preparation

1. Cook the potatoes in their skin and let them cool down – pouring away the hot water and covering them with cold water helps the process.
 2. When cold, peel them and slice them into even, not very thin slices.
 3. Slice the onions as thinly as possible.
 4. Make the salad dressing by mixing the water, vinegar, sugar and salt very well.
 5. Layer the potato slices with the onion slices in a fair-sized bowl and cover them with the dressing. Shake the bowl a bit to make sure that everything is covered by the dressing.
 6. Put a bit of freshly grated pepper and/or chopped chives on top.
- Cover the bowl with cling film and put it in the fridge for a couple of hours.

Cucumber salad

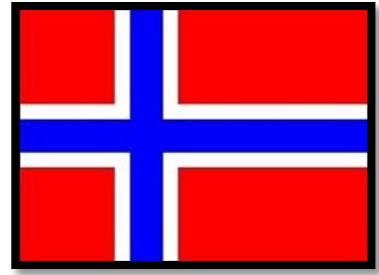
Ingredients:

4 persons

- One cucumber
- Lemon juice, from one lemon
- 1-2 tablespoons with vinegar
- Salt
- Pepper
- Sugar
- 1 dl water

Method:

We peel and cut the cucumber in thin slices. Blend all the ingredients.



Cucumber Salad (Germany)



- 1 large cucumber
- 3 spring onions
- 1 teaspoon of salt
- 100 ml plain yoghurt
- 1 pinch of sugar
- pepper
- dill, parsley, chives
- 1 tablespoon vinegar
- 1 tablespoon olive oil

Method:

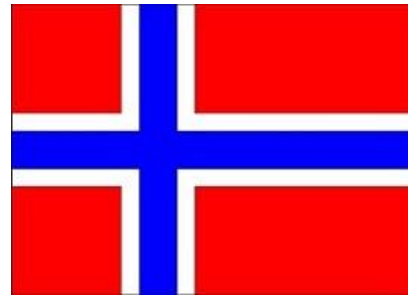
- Peel and slice the cucumber in very thin slices, put a bit of salt onto the cucumber to make some of the water drip out of the cucumber
- Mix all the other ingredients into a dressing, chop the spring onions into small rings
- Press out the water from the cucumber and add the cucumber into the dressing mixing everything carefully



Carrot salad

Ingredients:

- 3 carrots
- Lemon juice



Method:

We peel and grate the carrots. Blend with 1-2 spoons lemon juice.



Carrot Salad



Ingredients:

- 500 g finely grated carrots
- zest of half a lemon, finely grated
- 1 teaspoon salt
- 1 pinch of sugar
- pepper
- chopped parsley
- 1 tablespoon vinegar
- 1 tablespoon olive oil
- 2 spring onions cut into thin rings



Prepare:

- Peel and grate the carrots, cut the spring onions into thin rings
- Add all the other ingredients and mix well
- Let the salad gather some vegetable fluid during the next ten minutes and mix it again

Tomato Salad (Germany)

Ingredients:

- 500 g small tomatoes cut into half or quartered
- 1 onion
- 6 - 8 basil leaves
- ½ teaspoon salt
- pepper
- 1 tablespoon olive oil
- 1 tablespoon aceto balsamico



Prepare:

- put the halved/quartered tomatoes in a bowl
- cut the onion into half and then cut the halves into thin rings, add them to the tomatoes
- season with the other ingredients except the basil and mix everything carefully
- chop the basil leaves and add them to the tomato salad just before serving



Mixed Green Leaf Salad

Get different leaf salads of the season and prepare the following dressing:

- 3 spring onions finely chopped
- ½ of a red bell pepper chopped into small cubes
- ½ teaspoon salt, pepper, a pinch of sugar, a pinch of garlic
- Chives and parsley chopped finely
- 2 tablespoons cream, 1 tablespoon vinegar, 1 teaspoon sunflower oil
- Mix everything thoroughly and add the leaves shortly before serving
- You can add some croutons on top if you like



Shopska Salad

Ingredients for 4:

- 4 medium size tomatoes,
- onions (spring onions if available)
- half a cucumber,
- 1 green pepper,
- 1 red pepper,
- optional: olives
- chopped parsley,
- grated feta cheese to sprinkle salad,
- salt, pepper, vinegar and olive oil



Method:

- 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.



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Hot smoked salmon/trout

Trout: Red fish, like salmon. It's a fat fish and very healthy.

Traditional meal with this fish: Boiled potatoes and carrots, a cucumber salad and sour cream.

The fish:

For 4 persons:

- 1 kilo hot smoked salmon or trout

The fish is delivered from a fisherman with spices on the top. It was almost done when we bought it, so we just warm it in the oven 100 degrees in about 30 minutes. 1 kilo is enough for four persons. It is served with 1-2 boiled potatoes for one person and sour cream.



Mussels



Ingredients:

- 1.8 kg fresh Mussels (in shell), cleaned
- 1 Onion, chopped
- 1 stick Celery, finely sliced or chopped
- 2 tbsp Freshly chopped Parsley
- Other chopped vegetables
- Salt and Pepper
- 240ml Dry White Wine



Method:

Important - throw away any mussels which are not closed or which do not close when tapped. Set aside.

Place the onion, celery, parsley, salt, pepper and white wine in a very large saucepan and bring to the boil over a high heat.

Add the prepared mussels, cover the pan and cook for a few minutes, shaking the pan from time to time, until the mussels are all opened.



Gravlax with Gravlax-sauce (Graflax með graflaxasósu)

Ingredients :

- 4 salmon fillets
- 6 teaspoons salt
- 5 teaspoons sugar
- 5 teaspoon fresh dill
- 1 ½ teaspoon pepper
- ½ teaspoon fennikel
- 5 teaspoons dried dill

- 500 g crème fraiche
- 2 teaspoons mustard
- 2 teaspoons honey
- 2 teaspoons fresh dill
- Salt and pepper

Method:

Gravlax:

- Ingredients are mixed together and placed on top of one of the salmon fillets
- The other fillet is put on top of the first one
- Fillets, with spice mixture between, are wrapped in aluminium foil and small holes made on the sides of the foil
- All is placed inside a refrigerator and kept for 24 hours, then turned around and kept for another 24 hours

Gravlax-sauce (Graflaxasósa):

- Ingredients are mixed together

- The gravlax is sliced and eaten together with the sauce on toast

Arbroath Toasties



Ingredients:

175g smoked haddock

175ml milk

15g plain flour

25g strong, hard, grated cheese

One egg (separated into white and yolk)

Salt, pepper, freshly ground black pepper, to taste

4 slices of buttered toast

Method:

Heat the smoked haddock in 150ml of the milk in a saucepan. Bring to the boil, reduce the heat, cover and cook for about five minutes or until the fish flakes easily with a fork. Remove the fish with a fish slice and flake.

Mix the flour with the rest of the milk and then stir into the milk in the saucepan. Bring to the boil and cook for two minutes, stirring continuously until thick. Stir in the cheese, egg yolk and flaked fish. Season to taste with salt, pepper, freshly ground black pepper, then heat through.

Whisk the egg white until it is stiff and fold in with a metal spoon.

Put the toast on a grill (broiler) rack and spoon the fish mixture onto each slice of toast.

Place under a hot grill until it is lightly browned. Serve immediately.

Rambled Smoked Salmon

Ingredients:

- *8 ounces (250g) cooked cabbage*
- *1 pound (500g) cooked and mashed potatoes*
- *1 small onion, finely chopped*
- *6 ounces (185g) sliced smoked salmon*
- *3 ounces (90g or ¾ stick) butter*
- *3 fluid ounces (90ml or 6 tablespoons or half cup) soured cream*
- *Salt and pepper can be added.*



Method:

1. *Preheat the oven to 375 °F (190 °C or Gas Mark 5) and grease a large baking tray.*
2. *Fry the finely chopped onion in butter in a pan until soft and golden (but not burnt).*
3. *Remove from the heat, add the cooked cabbage and mashed potatoes, season with salt and pepper to taste and mash/mix well.*
4. *Shape into rounds about ¾ inch thick and to a size which suits you*
5. *. Place the rounds on the greased baking tray and cook for 10/15 minutes (depending on size).*
6. *Allow to cool a little and place a folded slice of smoked salmon on each round with a teaspoonful of soured cream on top.*

Salmon and Asparagus

Ingredients:

*750 g asparagus, green
Salt
150 g salmon, smoked
lemon juice
250 ml Sauce Hollandaise
Pink pepper
1 bunch parsley, chopped*

Method:

Cut the asparagus into 3 cm long pieces and cook the pieces in boiling salted water for about 8 minutes, remove the asparagus and dry it well and place it in a baking dish.

Put smoked salmon on top and drizzle with lemon juice. Put Sauce Hollandaise evenly over it and grill in the oven about 8 minutes, until top is slightly brown. Sprinkle with red pepper and chopped parsley.



Cullen Skink

Cullen Skink is originating from the little fishing village of Cullen on the Moray Firth in Scotland

Ingredients

- 1tbsp olive or vegetable oil
- 1 leek chopped and cut into rough 2cm cubes
- 1 litre fish stock
- 200g of peeled waxy potatoes cut into roughly 2cm cubes
- 300g smoked haddock fillet
- 1 bay leaf
- Freshly ground pepper
- 2tbs whipping cream
- Roughly chopped chives

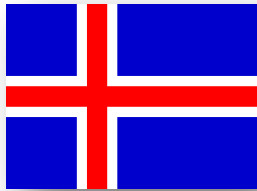
Method

- Warm the oil in a pan, add the chopped leek, cover and gently cook for a few minutes until soft.
- Add the stock, bay leaf, potato and haddock. Season lightly with black pepper.
- Bring to the boil and simmer for 15 minutes.
- Remove the haddock from the pan with a slotted spoon. When the fish is cool enough to handle, remove any skin and bones, then flake the haddock back into the pan.
- Blend a ladle full of the soup in a liquidizer and return to the pan.
- Stir in the double cream and simmer for another 2 or 3 minutes.
- Add more black pepper if necessary, then sprinkle with the chopped chives and serve.

Serve with chunks of fresh whole meal or granary bread



Bacalao (Saltfiskur)



Ingredients :

- 800 g bacalao (salt cod)
- 1 kg potatoes
- 400 g turnips (rutabaga)
- Butter



Method:

Bacalao:

- Cut the fish into chunky pieces and leave it in water for about a day
- Remove the fish from the water
- Place a pot of fresh water to boil
- When the water starts to boil, place the fish in and boil for about 5-15 minutes

Turnips and potatoes:

- Place the turnips and potatoes in a pot
- Pour water over to cover
- Boil under supervision, regularly check if tender. This takes about 15-20 minutes
- Pour melted butter on top of fish and vegetables upon eating

Chicken Bonnie Prince Charlie

Ingredients:

*4 chicken breasts, skinned and boned
2 or 3 tablespoons of Drambuie
8 tablespoons (4 fluid ounces or 125ml or US half cup) chicken stock
8 fluid ounces (250ml or one US cup) double cream (whipping cream)
3 ounces (125g or ¾ stick) butter
1 ounce (25 g) flaked almonds
4 apples
A little flour, salt and pepper*

Method:

Flour and season the chicken breasts and fry in hot butter on both sides. When they are well browned, sprinkle with Drambuie, add the chicken stock, cover and simmer for ten minutes.

While the chicken is cooking, peel and core the apples. Cut them into thick slices and cook gently in butter until fairly soft - do not stir to avoid mashing. Remove the chicken to a serving dish, when ready, and keep warm in the oven.

Make the sauce by adding more Drambuie, if required, to the stock left in the pan and gently stir in the cream. Heat but do not boil. Add the roasted flaked almonds. Cover the chicken with this sauce and garnish with the sliced apple.



Stovies



This is a recipe which uses leftover meat to provide a very filling and hearty meal. It is a very simple dish to prepare with the main ingredients being Scottish Left-Over Meat with Potatoes and Onions

Ingredients

*900g (2lb) Potatoes, peeled and sliced
50g (2oz) Beef Dripping or Oil
2 Medium Onion, finely chopped
4 tbsp Gravy or Stock
Left-Over Meat, (Beef, Lamb, Chicken), chopped
Parsley, chopped
Salt and Pepper*



Method

Heat the dripping or oil in a large frying pan then add the onion and cook until soft and transparent, do NOT brown. Add the (sliced) potatoes to the onions and stir/mix well. Cover the frying pan and cook for a further 10 minutes, stirring occasionally. At this point you can continue to use the pan OR Pre-heat oven to 150 °C: 300 °F: Gas 2. and use a casserole dish

Whatever method you use, add the gravy or stock, meat, mixing thoroughly then season to taste.

EITHER bake for 45 minutes to an hour or until the potatoes are tender and browned on top OR simmer in the frying pan for about an hour, stirring occasionally

Garnish with parsley, serve with seasonal vegetables and oatcakes.

Wiener Schnitzel

Ingredients:

- 4 escalopes (150 g each)

for applying the breadcrumbs:

- flour
- 2 eggs
- Breadcrumbs
- salt and pepper

Method:

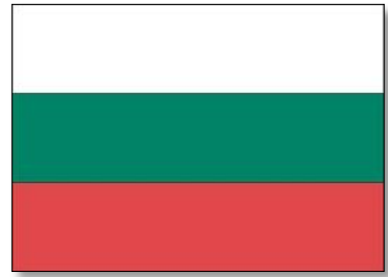
The escalopes will need to be pounded until the meat is around a 1/4 of an inch thick. Make sure to trim the edges of the meat carefully.

Lightly season the escalopes with salt and pepper. You will need three shallow bowls - 1 for the eggs, 1 for flour and 1 for breadcrumbs. Dip the escalopes in the flour first, then in the whisked egg and then in the breadcrumbs. Be careful to ensure that the entire escalope is completely covered with the breadcrumbs.

Place the escalopes in a hot frying pan, the oil in the pan should be deep enough that the schnitzels float whilst cooking. Cooking time should not be more than 4 minutes for each side.



Bulgaria Banitza



- Banitza is one of the most popular and typical Bulgarian dishes, more of a breakfast or snack thing than a main course. There are many shapes and varieties of banitza - with cheese, spinach or butternut squash, but the cheese one is the most common and famous one.

Ingredients:

- 10-12 sheets Filo pastry (from your supermarket)
- 500 g white cheese (you can use Feta although it is not quite the same as the Bulgarian White Brined Cheese)
- 1/2 pack butter (melted)
- 3-4 eggs
- 250 ml soda water
- a pinch of salt



Instructions:

Oil a medium size deep oven dish, cover bottom with a sheet of filo pastry, sprinkle melted butter, sprinkle crumbled white cheese, and continue layering filo pastry with butter and cheese. Finish with a layer of filo pastry and butter. Cut the whole thing in small or medium pieces so that the topping could soak in. In a separate dish beat the eggs, add salt, and soda water. Pour slowly over the dish with the banitza and let it soak in. Cook in a preheated oven (180-200 C) for about 40 minutes or until the banitza has risen slightly and has nicely browned on top. Leave to cool for about 30 minutes and serve. I like it with Greek yoghurt on the side.

Dundee Lamb Chops



Ingredients:

Four leg of lamb chops
75ml vinegar
1/2 teaspoon ground ginger
4 tablespoons marmalade
4 slices orange for garnish
60g butter
75ml water
1/2 teaspoon paprika
Salt and pepper



Method:

You will need a frying pan with a heavy base and a close-fitting lid.

- First, brown the chops in the butter.
- Sprinkle the ginger, paprika, salt and pepper over the chops and add water and vinegar.
- Place a generous tablespoon of marmalade on the top of each chop.
- Bring to a slow simmer and cook for 45 minutes on a very low heat. If required, add a little extra water.
- Serve with a twist of orange on top of the chops and with boiled potatoes and fresh vegetables.

Haggis



Ingredients:

Set of sheep's heart, lungs and liver (cleared by a butcher)

- *One beef bung*
- *3 cups finely chopped suet*
- *One cup medium ground oatmeal*
- *Two medium onions, finely chopped*
- *One cup beef stock*
- *One teaspoon salt*
- *½ teaspoon pepper*
- *One teaspoon nutmeg*
- *½ teaspoon mace*



Method:

Trim off any excess fat and sinew from the sheep's intestine and, if present, discard the windpipe. Place in a large pan, cover with water and bring to the boil. Reduce the heat and simmer for an hour or possibly longer to ensure that they are all tender. Drain and cool.

Some chefs toast the oatmeal in an oven until it is thoroughly dried out (but not browned or burnt!)

Finely chop the meat and combine in a large bowl with the suet, oatmeal, finely chopped onions, beef stock, salt, pepper, nutmeg and mace. Make sure the ingredients are mixed well. Stuff the meat and spices mixture into the beef bung which should be over half full. Then press out the air and tie the open ends tightly with string. Make sure that you leave room for the mixture to expand or else it may burst while cooking. If it looks as though it may do that, prick with a sharp needle to reduce the pressure.

Place in a pot and cover with water. Bring to the boil and immediately reduce the heat and simmer, covered, for three hours. Avoid boiling vigorously to avoid bursting the skin.

Serve hot with "champit tatties and bashit neeps" (mashed/creamed potato and turnip/swede). For added flavour, you can add some nutmeg to the potatoes and allspice to the turnip/swede. Some people like to pour a little whisky over their haggis - Drambuie is even better!

Shepherd's Pie



Ingredients:

Minced lamb - 450g (1 lb)

Potatoes - 700g (1½ lb)

Large onion

Mushrooms - 50g (2 oz)

Bay leaf

2 Carrots

Plain flour - 25g (1 oz)

Tomato puree - 1 tbsp

Butter - 25g (1 oz)

Milk - 4 tbsp

Lamb or beef stock - 300ml (½ pint)

Cheese - 50g (2 oz)



Method:

Dry fry the lamb with the chopped onion, bay leaf, sliced mushrooms and diced carrots for 8-10 minutes. Add the flour and stir for a minute. Slowly blend in the stock and tomato puree. Cook - stirring until the mixture thickens and boils. Cover and simmer gently for 25 minutes. Remove the bay leaf and place in a 1.7 litre ovenproof serving dish.

At the same time, cook the potatoes in boiling water for 20 minutes until tender. Drain well, mash with the butter and milk and mix well. Spread on top of the mince mixture and sprinkle over with the grated cheese.

Bake for 15-20 minutes in a pre-heated oven at 200C/400F (Gas Mark 6). Serve hot with green vegetables.

Toad-In-Hole



Ingredients:

*1/2 pound (250g) pork link
sausages*

*3 ounces (90g or 3/4 cup)
flour*

10 fluid ounces (300ml or One and a quarter cups) milk

Two large eggs

4 ounces (125g or one stick or half cup) grated strong Cheddar cheese

2 tablespoons chopped parsley

Pinch of salt and freshly ground pepper, to taste

Cooking oil



Method:

Preheat oven to 220C (425F or Gas Mark 7).

Using a 9-inch ovenproof skillet (or a deep-dish pie pan), heat the cooking oil. Add the sausages, rolling them in the oil and brown on all sides in oven (for about 20 minutes) or on top of stove, turning every 5 minutes.

Sift flour and a pinch of salt into a mixing bowl and stir in the grated cheese. In a smaller bowl, beat milk, eggs, and parsley, and season generously with salt and pepper. Stir a small amount of milk mixture into the flour to make a smooth, very heavy batter and let stand 5 minutes before stirring in remaining milk mixture.

There are different ways of arranging the sausages in the deep-dish pie pan. Some people cut up the sausages and arrange them at random. Others arrange the sausages like spokes of a wheel evenly spaced in pan. Whatever method is used, pour the batter over them. Lower oven heat to 200C (400 degrees or Gas Mark 6) and bake until batter is puffed and browned (about 30 minutes).

Faer-i-kael

Ingredients (4 servings):

1 kg of lamb meat from the shoulder,

1 kg of cabbage,

1 tablespoon salt

1 teaspoon black peppercorns

Water

Preparation:

Cut the meat into small pieces and put the cabbage into strips.

Now alternate layers of seasoned meat and the cabbage with salt and pepper in a large saucepan.

Pour up so much water that it is about 5 cm high in the cooking pot.

Leave to simmer over medium low heat for 30-45 minutes, until done.



Zwiebelrostbraten (Swabian Roastbeef with onions)



Ingredients:

- 2 big onions
- 100 g butter
- 4 pieces roastbeef (appr. 150 – 200 g each)
- 1 stock cube
- ¼ l red wine
- salt, pepper, paprika

Method:

- preheat the oven to 160°C
- peel the onions and cut them into thin rings
- brown them in 50 g butter and put them aside
- season the roastbeef with salt, pepper and paprika
- heat the rest of the butter and fry the roastbeef for two minutes on each side
- put the roastbeef in an ovenproof dish
- add the red wine and the stock cube to the pan and season the sauce with salt and pepper
- add the onion rings and heat the sauce until boiling and pour it over the roastbeef
- put it in the oven for about 10 minutes

It is best served with French Fries or Spätzle and a side salad

Lángos:



Ingredients (1 serving):

150g of floury potatoes,
30g of fresh yeast
400ml of milk (lukewarm)
3 tbs icing sugar,
400g flour
200ml of oil
1 clove of garlic (crushed),
Salt



Preparation:

- Boil the potatoes as potatoes in their skins.
- Heat 100ml milk (up to 40°C), put the icing sugar and yeast in it. Leave the mass in a warm place 10-15 minutes.
- Peel the potatoes and mash them while still warm. Sift the flour into a bowl and pour the yeast and milk into a hollow in the middle of the flour.
- Add the potatoes and 50ml oil. Salt to taste and add the remaining milk if necessary. Mix all this together into a dough.
- Sprinkle the dough lightly with flour and leave him in a warm place for about 1 hour.
- Fill a pan with oil (about 5 cm) and heat it. Place one piece of dough shaped into a round flat cake of about 2cm thick and into the hot oil. Fry it on both sides until golden and crispy.
- Salt the dough and flavor it with the garlic.

Ketscho

Ingredients:

- 1kg of peppers
- 400 g of tomatoes
- 3 onions
- 60 g of fat
- 40 g of lean smoked bacon
- Salt, pepper, paprika powder
- 6 sausages



Preparation:

- Wash and core the peppers. Cut them into long strips. Cut the tomatoes into eighths. Peel the onions and cut them into half rings.
- Put the bacon in a pan with the lard, put in the onions and fry them gently until they are golden brown.
- Stir in the paprika powder and put in the peppers and tomatoes at once.
- Season with salt and pepper, stir thoroughly as paprika powder gets burnt easily.
- Saute everything over high heat until juicy and then simmer it over moderate heat covered with a lid.
- Cut the sausages into small pieces and add them to the pan for the last 10 minutes.

Sheephead (smalahove)

Ingredients:

Serve ½ head per person
sheep heads
water

Brine:

6 litre of water
1 ½ kg (3 pounds) salt
2 dl (scant 1 cup) sugar
2 ¼ teaspoons salt
pepper

Mashed rutabagas:

1 kg (2 ¼ pounds) rutabagas (turnip)
2 large potatoes
3 dl (1 ¼ cups) water
100 g (3 ½ ounces, scant ½ cup) butter
1-2 teaspoons sugar
salt
ground white pepper
ground nutmeg
sugar
1-2 dl (1/2 cup) salt mutton stock
½ (3 ½ tablespoons) whipping cream

Method:

Singe the head. Do not flay. Split lengthwise and soak in cold water at least 24 hours, changing the water several times. Make the brine by combining the ingredients and bringing to a boil. Dry the head well, then soak in brine up to 72 hours. Smoke, then dry. Simmer the head in water until tender, about 50 minutes. Serve with boiled potatoes and mashed rutabagas(turnips). Mashed rutabagas: Peel, wash and slice rutabaga and potatoes. Cook in water until tender, about 15 minutes. Grind the rutabaga and potatoes. Transfer to the bowl of an electric mixer. Add butter, salt and seasonings and mix well. Stir in stock and cream. Add more seasoning, if necessary.



Lammeфриkassé - Lamb Fricassee



Ingredients

For 3–4 persons:

- 1 kg of lamb meat
- 600 ml of water
- 1 ½ teaspoon of salt
- 2 carrots
- 2 parsley roots
- 1 cauliflower
- 1 leek
- 6 dl of broth from the roast
- 2 tablespoons of white flour (mixed in cold water)
- 3 tablespoons of fresh dill
- 2 ½ tablespoons of light sour cream
- 1 tablespoon of lemon juice
- Almond potatoes



Method:

Meat:

Cut the meat in not too small pieces (3-4 cm) and wash them in water (37 degrees)

Put them on some paper to dry.

Boil water and add salt and the meat.

Boil the meat for half an hour and skim the fat off the broth.

Let the meat simmer under a lid for/about 1 hour and 30 minutes.

The meat is ready when it's easy to separate it from the bones.

Sieve out the broth into a pan.

Serve with almond potatoes and vegetables.

Sauce:

Use 5 dl of the broth.

Mix flour with cold water.

Add this mix to the broth.

Turn up the temperature until it boils.

Let the sauce simmer for ten minutes.

Add lemon juice until it suits your taste.

Vegetables:

Cut the vegetables in halves.

Boil them .

When they are done, chop them into smaller pieces.

Kjøttkaker - Meat Cakes/Fricadelles



Ingredients (for 4 persons)

400g minced meat
1 egg
2 spoons potato flour
1 teaspoon nutmeg
1 teaspoon pepper
2 teaspoons salt
1 teaspoon onion powder
1.5 dl milk

Gravy

4 spoons butter
4 spoons flour
1 l broth
half teaspoon salt
half teaspoon pepper

Pea stew

1 pack frozen peas (small packs)
1 dl water
1 teaspoon bouillon powder
2 spoons butter
half teaspoon pepper

Method:

Start with 400g minced meat in a bowl and mix it with two eggs, then you take two spoons of potato flour and mix well together. Add spice, onion powder, salt, pepper and nutmeg. Now the mixture is well mixed, what remains is the milk, add it to the mix, little by little.

While you form the meat cakes, you also have to prepare the potatoes and carrots for boiling.

You have to begin the gravy at the same time as the meat cakes, so it is ready at the same time as the meat cakes and they can be put down in the gravy.

Melt butter and heat until it gets brown. Add the flour over low heat until the mixture gets a nut brown color. Add bouillon, little by little. Let the gravy simmer for 10 minutes. Season with salt and pepper

Pea stew: Boil the frozen peas in water and bullion. Mash them with a stick mixer. Add the butter and season with spice.



Ham rolls with cheese

Ingredients (for 4 persons)

- 8 small or 4 large stumps of chicory
- 8 slices cooked or smoked ham
- 1 litre cheese sauce (recipe see later)
- 100 gr grated cheese
- butter
- pepper and salt



Cheese sauce ingredients :

- 50 gr butter
- 30 gr flour
- $\frac{1}{2}$ litre milk
- 50gr grated cheese
- salt and pepper
- nutmeg



Method:

- Chop the ends off the chicory rolls and cut them in half. Wash the chicory.
- Melt the butter in the frying pan. Drop the chicory in the frying pan and stew the chicory. Give it some taste with pepper, salt and nutmeg.
- Pour a little bit of water (a bottom) over it and let it ,under cover, simmer for about 20 minutes or until the chicory is through and through glassy
- When the chicory is done, let it drain for one hour in a colander. This is because otherwise water will be in the sauce.

- Now make the cheese sauce :
 - Melt the butter (low temperature). Add the flour with the butter. Stir well until there is a smooth mass
 - Add when you are stirring the milk until it thickens
 - Let the sauce boil gently for 5 minutes
 - Add the cheese to the sauce and stir until the cheese is dissolved
 - Finish with, salt pepper and nutmeg

- Wrap a slice of ham around every stump of chicory
- Pour a little sauce into the baking dish and put the rolls in it. Pour the remains of the sauce above. Sprinkle the top with some grated cheese.
- Put it down in a preheated oven at 180 ° C for about 25 minutes.

- Don't let it cook too long in the oven or the sauce will shift.

Swabian Lentil stew



Ingredients:

- 200g lentils
- 3 cloves
- 2 bay leaves
- 60g flour
- 60g butter
- salt and pepper, vinegar, broth, red wine

Method:

Cook the lentils with the cloves and the bay leaves in 600ml water for 20 minutes until the lentils are soft. Melt the butter and add the flour. Cook until slightly brown. Add 250ml broth and the cooked lentils. Season with salt and pepper, vinegar, red wine to your taste.

The lentil stew is normally served with Spätzle and sausage.



Mince Pie



Pastry

Ingredients

8 oz (220 g) plain flour
Pinch of salt
2 oz (50 g) softened lard, cut into small pieces
2 oz (50 g) softened butter, cut into small pieces
2 tbs cold water

Method

1. Sift the flour and pinch of salt into a large bowl.
2. Add the lard and butter using a knife to mix it into the flour until it is blended.
3. Lightly rub the fat into the flour with your fingertips until the mixture is crumbly.
4. Add 2 tbs waters a little at a time, blend the dough together with your fingertips.
5. When enough water is added, the pastry should leave the bowl fairly clean.
6. Put the pastry in a plastic food bag and leave it in the refrigerator for 30 minutes to "rest".



Pie

Ingredients:

1½ lbs. ground beef (hamburger meat)
2 crushed cloves of garlic (optional)
1 large finely chopped onion
1 can Campbell's condensed Golden Mushroom soup
4 Tbs beef stock
1½ Tbs. (4½ tsp.) Worcestershire sauce
¾ tsp. salt
½ tsp. ground black pepper
Pastry for top and bottom (using an 8" pie dish)
a few drops of cooking oil (eg olive oil)

Method:

Preheat oven to 400° F / 200° C

1. Brown the onions and garlic in a large skillet on medium heat until caramelized.
2. Leave them in the pan, uncovered, stirring every few minutes until they are brown.
3. Add spices, sauces and soup
4. Simmer the mixture gently for about six to ten minutes, until thoroughly heated.
5. Roll out the pastry and line the greased tin,
6. Add the meat into it.
7. Cover with a second pie shell, trim edges neatly of excess dough with a knife and press the edges of the top and bottom crusts together really well with the back of a fork to seal in the meat filling.
8. Brush the top of the pie shell with a little oil so it browns nicely in the oven, and cut four or five small, decorative slits in the top so the pie can vent as it bakes.
9. Bake in a pre-heated oven. for about 30 minutes until the crust is golden.
10. Serve with potatoes, vegetables and gravy.

Kassler



Ingredients:

- + 500g of Kassler(meat) without bones
- + 500g of Sauerkraut
- + 1 packet of potato puree
- + 1 onion
- + ½ litre of water
- + ½ tsp of butter
- + 1 bay leaf
- + 4 juniper berries
- + ¼ litre of milk
- + Pinch of nutmeg
- + Tbsp of salt
- + 1 clove of garlic
- + 1 potatoe



Method:

- ✓ Wash the meat and pat dry.
- ✓ Put the butter in a frying pan and heat it up until it is hot
- ✓ Cook the meat, and add the onions to the side and cook until the meat is brown.
- ✓ Pour in the water and simmer for half an hour.
- ✓ The sauerkraut should be tasted and water may be added
- ✓ The bay leaf and juniper berries should then be added and should be left for half an hour to simmer.
- ✓ Puree and water may be added to the pot and left to boil.
- ✓ Pour milk to the puree and stir until the mixture is absorbed.
- ✓ Add the meat from the pan and thicken the sauerkraut with vegetables and cut meat.
- ✓ Serve immediately.



Roast Shoulder of Lamb with Potato and Onion

Ingredients

- 1.5-2 kg shoulder of lamb trimmed of any excess fat
- 1 tbsp olive or vegetable oil
- 4 medium onions, sliced
- 4 cloves garlic crushed
- 2 sprigs fresh rosemary chopped
- 2 kg potatoes peeled and thinly sliced
- 1 litre homemade lamb stock or reduced-salt lamb stock cube (or half a standard stock cube) dissolved in 1 litre of water

Method

- Pre heat oven to 240 C/ 475 F/ Gas 9
- Season the lamb with freshly ground pepper and roast in a medium roasting tray in the pre heated oven for 15 minutes, lower the heat to 180 C/ 350 f/ Gas 4
- Remove the lamb from the tray and pour off the excess fat
- While the lamb is roasting, heat the oil in a pan, add the onions, cover and cook for 5 minutes till soft. Remove the cover from the pan, add the garlic and rosemary and cook for a further 5 minutes. Remove the onions from pan
- Lay a layer of potatoes into the roasting tray and lightly season with black pepper
- Lay 1/3 of the cooked onions onto the potatoes, repeat this process till you have three or four layers of potatoes and onions
- Bring the lamb stock to the boil and pour over the potatoes, press down with a spoon till the potatoes are all submerged
- Place the lamb on top and return to the preheated oven and continue to cook for 3 hours
- The lamb should be meltingly tender and the potatoes and onions should have absorbed the stock and lamb juices



Venison Steaks

Ingredients

- *10ml Scottish rapeseed oil*
- *2 x 100g venison steaks*
- *4 Scottish tomatoes, sliced*
- *300g haggis, sliced in 4*
- *100g kale, washed and shredded*
- *A dash of Single Malt Whisky*
- *4 medium potatoes peeled and cut in a small dice*
- *Freshly milled pepper*
- *A light pinch of salt*
- *A drizzle of raspberry vinegar*

Method:

Preheat oven to 190°C.

Cut rounds of tomato and circles of haggis. Place a slice of haggis on a foil lined baking tray. Add a layer of sliced tomato. Repeat to form a stack.

Cook for 15 minutes to thoroughly heat through. When cooked, add a dash of whisky and keep warm.

Meanwhile brush venison with oil and season with pepper.

Heat a heavy frying pan and sear venison on a high heat for a couple of minutes. Reduce heat and cook for 3 more minutes. Turn over steaks and cook for a further 6 minutes for medium cooked steaks.

Place steaks on a warmed plate and cover loosely with foil. Allow to rest for 10 minutes.

Meanwhile add potatoes to pan with a drizzle of the rapeseed oil to loosen the tasty venison residues and toss frequently to cook through. Whilst the potatoes are cooking, cook kale in boiling lightly salted water for 5 minutes then drain. (Toss in a little local butter if wished!)

To serve, place a spoonful of kale in the dish. Slice venison and set on top of kale. Lift haggis stack onto plate, add a spoonful of potato and finish with a generous drizzle of raspberry vinegar. Serve immediately.

Beefsteak with Asparagus



Ingredients:

- 2 sirloin steaks
- 500 g asparagus, green
- 2 tablespoons oil
- Salt and pepper (green and black mixed)



Preparation:

Put the heat to medium heat, put in 1 tablespoon oil and gently fry the asparagus in it. If the underside is lightly browned, turn. If the top is lightly browned, wrap the asparagus in foil and keep warm.

Heat up now to the highest level, put in the second tablespoon of oil and fry the steaks on each side just under two minutes. Then wrap them individually in aluminum foil and keep warm, depending on desired doneness five to ten minutes.

In the meantime, bring the heat to low and put back the asparagus and season with salt and pepper. Before serving the steak season it with salt and pepper.

This dish is best served with slices of baguette bread.

Moussaka



Ingredients:

- 3 potatoes
- lean ground beef
- tablespoon tomato paste
- teaspoon cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon white pepper
- salt
- 2 tablespoons oil
- mushroom stock cubes
- 1 cup of yogurt
- 2 -3 eggs
- fresh parsley

Method:

1. In a frying pan put the oil, the beef, the tomato paste, cumin, black and white pepper and some salt and start frying forcing the meat with a fork to fall apart into crumbs.
2. When all the meat is falling apart remove from the fire.
3. Peel the potatoes and chop them into small pieces
4. Put half of the potatoes in a deep baking tin, spread the meat mixture over them and top it with the rest of the potatoes; you can use a larger or a smaller diameter tin depending on how thick you want your moussaka to be.
5. Add water until only half of the top layer of potatoes stays uncovered by it and break the stock cube over it
6. Preheat the oven to a medium temperature and put the moussaka in it.
7. In a bowl beat the yogurt with the eggs the thyme, a bit of salt and some black or white pepper if you want.
8. When the water in the tin starts boiling and the potatoes start to cook, pour in the yogurt mixture taking care that it covers the potatoes entirely.
9. Bake until the potatoes are done (about 45 min-1 h total baking time) but be careful not to burn the yogurt
10. Serve warm.





Stuffed peppers

Ingredients:

- *Red and green peppers (5-10, depends on the size of the peppers and the baking dish)*
- *Minced meat - 250 g*
- *Rice - 1 or 2 cups*
- *One onion*
- *Parsley*
- *Flour*
- *2 or 3 tomatoes*



Method:

1. *First we deseed the peppers and add salt.*
2. *Then we mix minced meat, rice, cut into small pieces onion and parsley.*
3. *With this mixture we fill the peppers.*
4. *Then we put a little flour over them, place peppers in baking dish with oil.*
5. *After this we put tomato slices over and bake*

Käsespätzle (Cheese Noodles)



Käsespätzle are a typical Swabian dish of homemade fresh pasta. With cheese and onions it's a main course, plain Spätzle are a side dish.

Ingredients:

- 400 g flour
- 2 teaspoons salt
- 5 eggs
- appr. 125 ml cold water
- mix all the ingredients with a cooking spoon and beat the dough until bubbles appear
- bring about 4 - 5 litres of salted water to boil and press the dough through a "Spätzle Presse" into the boiling water
- remove the Spätzle from the water after a minute

Method:

1. 400 g grated Emmental cheese
2. 200 g onions
3. 50 g butter
4. Prepare the Spätzle and mix them with the cheese (a layer of Spätzle , a layer of cheese), ending with a layer of cheese
5. Cut the onions into thin rings and brown them in butter
6. Put them on top of the Spätzle
7. If you eat Cheese Spätzle as a main dish, you can add tomato sauce and some salad

Paprika chicken



Ingredients:

- 150 g of flour
- 3 tablespoons of Hungarian paprika (preferably Szeged)
- salt and pepper
- chicken pieces (breasts, legs, or thighs, with bones)
- 3 tablespoons of vegetable oil
- 100 g of chopped onion
- 1/8 teaspoon ground red pepper (cayenne)
- 1/2 l chicken broth
- 150 ml of sour cream



Method:

- Mix flour, 2 tablespoons paprika powder, salt and pepper and coat the chicken pieces in the flour mixture, keep the left over flour mixture
- Heat the oil in a pan and add the chicken pieces and slightly brown them on both sides then remove them and put the onions, red pepper, the paprika powder and a bit of salt to the pan and cook them until the onions are tender, then put the chicken pieces back
- Add the chicken broth, bring it to the boil and simmer for about 30 - 45 minutes, until the chicken is done, then remove the chicken pieces
- Mix the left over flour mixture with a small amount of fluid from the pot then add this thickening to the pot, stirring constantly
- Simmer the sauce for about 5 minutes before adding the sour cream, stirring constantly again until everything is well blended

Serve the chicken with sauce, dumplings and some salad



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Galuska (Dumplings)

Ingredients:

- 500 g of flour
- 6 eggs
- Salt



Method:

- Mix the 6 eggs with 4 tablespoons of water and a pinch of salt then gradually add the flour, and beat it until bubbles begin to appear on the surface. Then form little dumplings with a special device and cook them in boiling salty water. (This device is a sort of colander with big holes, especially made for galuska or spaetzle. You must push the dough through it.)
- Boil the galuska until they rise to the surface of the water. Then lift them out with a slotted spoon. Too many may not be boiled at a time, and care must be taken to lift out all the galuska that are done, as if any remain in the water too long, they will become soft and watery.
- Pour a bit of warm water over the galuska to prevent them from sticking. Drain and throw them into hot lard or butter. If necessary, add salt before serving.



Potato dumplings

This is a recipe with cooked potatoes, which is typical for southern Germany

Ingredients:

- 1 kg floury potatoes
- 100 - 150 g flour
- 2 small eggs
- Salt, nutmeg
- 20 g butter
- some semolina

Method:

- Cook the potatoes in boiling water for 20 minutes (cover the pot with a lid). Let the potatoes stay for 10 more minutes in the hot water before removing them from the pot and quenching them with cold water
- Peel the potatoes and press them through a potato ricer
- Knead the potatoes, flour, eggs, salt and nutmeg to a dough, add semolina, if it is too soft
- Form 8 - 10 dumplings with flour covered hands
- Bring 3 - 4 l salted water to the boil and add the dumplings
- Simmer them for 15 - 20 minutes, the water should not boil!



French Fries

Ingredients

- 8 potatoes, peeled
- 1/2 gallon neutral flavoured oil for frying (sunflower seed oil)
- Salt to taste

Directions

Cut the french fries with mandoline or french fry cutter 1/4-inch strips. Heat a saucepan or stock pot (at least 2 gallon capacity) with the oil about 250 degrees (use a thermometer to gauge). Add the french fries and cook, stirring to avoid clumping together, about 3 minutes, until soft but not mushy. Remove with a mesh strainer and drain onto paper towels. Turn heat to high and heat oil to 350 degrees. At the last minute before serving plunge the fries into the oil and cook until golden brown. Remove from oil, drain onto towels and season with salt to taste.



Country Potatoes



Ingredients:

- 6 medium potatoes, cooked, cold
- 3 tablespoons shortening
- salt and pepper to taste
- optional paprika powder or garlic can be added

Preparation:

Slice potatoes. Heat shortening in a large skillet until very hot, then add potatoes. Cook until potatoes are golden brown on one side; turn and brown the other side. Sprinkle fried potatoes with salt and pepper to taste.

Spätzle

Ingredients:

500g wheat flour

4-5 eggs

2 tsp salt

1/8 l water

hot and salty water for tossing the Spätzle

Method:

- Mix the flour, eggs and salt in a large bowl. Add the water until you get a soft, but strong dough
- Moisten a "Spätzlesbrett" (a wooden board with a handle on one side and a bevelled edge on the other) with water. Spread a small amount of dough on it and scrape with a broad knife thin strips of dough into slightly boiling water.

If you are using a "Spätzlepresse" or a potato ricer, then you need to fill the press with the dough and press down into the boiling water.

While scraping, dip the board and the knife time and time again into boiling water. This makes scraping the dough easier. When the Spätzle rise to the surface, remove them from the pan with a slotted spoon and toss them briefly in hot water, so that they won't stick together. Drain well and place them on a pre-heated plate and serve immediately.



Brezel dumplings (Bread dumplings)

Ingredients:

- 500 – 600 g stale Brezels(rolls, baguette, etc.) from the day before
- 1 onion, chopped
- 1 bunch parsley, chopped
- 1/2 l warmed up milk
- 40 g butter
- 100 g smoked ham cut into small cubes (optional)
- 3 large eggs
- 200 – 300 g bread crumbs
- salt, pepper, nutmeg



Method:

- Cut the brezels etc. into thin slices or small cubes and put them into a large bowl
- Pour the warmed up milk on the brezels and cover with a lid
- Melt the butter in a pan and add the onions and cook them until soft
- Add the onions, parsley and ham cubes to the brezels and mix thoroughly
- Add the eggs and salt and pepper and nutmeg and blend everything together until a smooth dough is formed
- Now add as many breadcrumbs as necessary to form 8 – 10 dumplings
- Bring 3 – 4 l salted water to the boil and simmer the dumplings for 20 – 25 minutes, depending on the size of the dumplings





Steamed Rice

Ingredients:

- 2 tablespoons oil
- 1 onion
- 250 g rice
- 750 ml broth



Method:

- Chop the onion and cook it in the hot oil until soft, then add the rice and "roast" it for two minutes
- Add the broth and let the rice soak until soft and the broth has disappeared (takes about 20 minutes)



Dice with peppers

Ingredients:

- 280 g rice (preferably basmati rice)
- 4 bell peppers (red and green)
- 1 chili pepper (optional)
- 1 garlic clove
- 1 red onion
- 800 ml broth
- Salt, pepper, curcuma powder
- Olive oil
- Fresh herbs

Method:

- Wash the peppers, remove the seeds and cut them into small pieces
- Cut the garlic into small pieces as well as the chili pepper
- Cut the onions into small cubes and cook them in olive oil until they are soft
- Add the rice to the onions and fry it for a minute before adding half of the broth and curcuma, salt and pepper
- When nearly all of the broth has disappeared, add the next 400 ml and the bell peppers, garlic and the chili pepper
- Simmer until the rice is soft
- Add fresh herbs e.g. parsley and serve immediately

This can be eaten as a main course (vegetarian) for 2 persons or as a side dish for 4 persons



Fried Rice

Ingredients:

- 250 g rice
- 2 tablespoons oil
- 1 garlic clove
- 2 cm ginger root, peeled
- 2 eggs
- 2 spring onions
- 1 red chili pepper



Method:

- Cook the rice in salted water for about 20 minutes
- Cut the garlic and the ginger into very small cubes
- Heat the oil and fry garlic and ginger cubes
- Reduce the heat and add the beaten eggs and stir until the eggs have settled
- Cut the spring onions and the chili pepper into small rings and add them together with the rice to the egg mixture
- Fry for another three minutes

Hungarian Summer Pickled Cucumbers (Gherkins I)

(Kovaszos Uborka)



Ingredients :

- a wide-mouthed glass jar of 5 litres
- 7-12 cm cucumbers/gherkins - enough to fill the jar
- 3 litres of hot water
- 2 tablespoons of salt
- 4 cloves of garlic
- 4 sprigs of fresh dill
- A thick slice of white bread

Method:

Make sure the jar is perfectly clean and sterilised.

Wash the cucumbers and cut off each end.

Slit each cucumber vertically without cutting through the end then make a slit the opposite way without cutting through the end.

Boil the water with the salt.

Put 2 cloves of garlic and 2 sprigs of dill at the bottom of the jar.

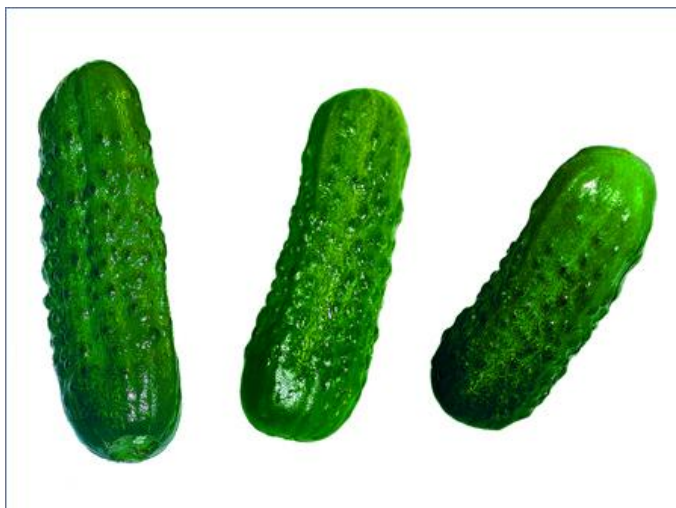
Arrange the prepared cucumbers in the jar on top of the garlic and dill.

Place the remaining 2 cloves of garlic and 2 sprigs of dill on top of the cucumbers and pour over the hot liquid making sure the cucumbers are covered.

Place the bread on top of the liquid.

Put a lid on the jar and place in the sun for 2-3 days. When the cucumbers have lost their vivid green they are ready.

Remove the bread and put the soured gherkins into the refrigerator for at least a day before consuming.



Sweet & Sour Pickled Cucumbers (Gherkins II)

(Csemege Uborka)



Ingredients

- 1 kilo 7 – 12 cm cucumbers/gherkins
- 50 gr of salt
- 1 litre white vinegar
- 250 gr of sugar
- 4 tablespoons of pickling spice
- 4 bay leaves
- 8 pickling onions – peeled
- 4 sprigs of dill



Method

Wash and brush the cucumbers thoroughly. Place them in a bowl and sprinkle with the salt and leave them for 24 hours.

Drain, wash and dry them then pack them into 4 sterile 240 gram jars, together with two pickling onions in each jar.

Place vinegar and sugar in a pan and bring the mixture to the boil, stirring while the sugar is melting.

Pour this hot liquor over the cucumbers in the jars, making sure they are well covered. Add a bay leaf & a sprig of dill to each jar and sprinkle over 1 teaspoon of pickling spice to each jar.

Cover and leave for at least 2 months before using.



Orange – Curry- Dip



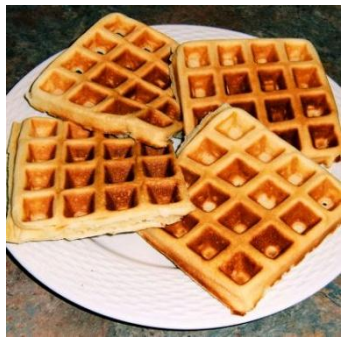
Ingredients:

- 3 tablespoons orange marmalade (fine cut)
- 2 tablespoons curry powder (hot)
- 100 g fat reduced mayonnaise
- Juice of one lemon
- Salt, pepper
- 2 tablespoons Cognac

Method:

- Mix all ingredients thoroughly
- Add salt and pepper to taste
- If the dip is not smooth enough, just add a little bit of orange juice

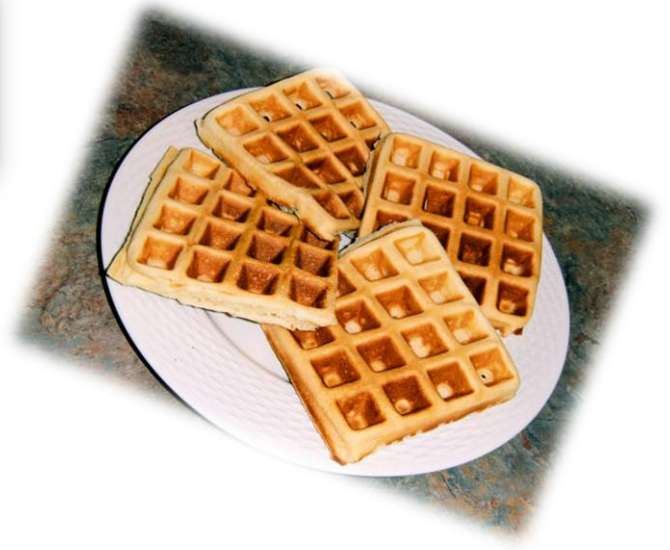
This dip is perfect for fish and all other fried dishes.
I can also be used for a fondue.



D E S S E R T S



Waffles



Ingredients:

- 500g flour
- $\frac{1}{2}$ l milk
- 5 eggs
- 300 g butter
- 35 ml water
- 25 g fresh yeast
- 2 vanilla pods
- 10 g sugar
- 1 pinch of salt

Method:

- Put flour, milk and eggs in a bowl and mix until a smooth dough forms
- Dissolve the yeast in the water and pour it into the dough and stir well
- Melt the butter and add it to the mixture
- Half the vanilla pods lengthwise and scrape the vanilla seeds out
- Put it together with the sugar and the salt to the dough and stir well
- Put a tea towel over the bowl and let the mixture rise in the oven on 45°C for 30 minutes
- Heat up the waffle iron
- Pour the waffle mixture on the hot iron and turn the iron after 30 seconds
- When no steam is coming out of the iron, the waffles are ready to be eaten

Belgian chocolate mousse



Ingredients:

For 4 persons you will need

- 100 g bittersweet (dark) chocolate
- 5 egg whites
- 5 tablespoons of sugar

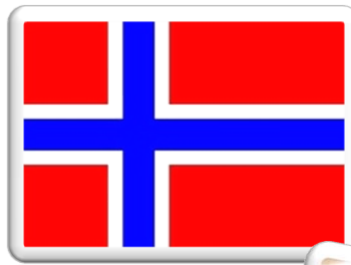


Method:

- Melt the chocolate gently (be careful not to overheat the chocolate) Use either a double boiler or the microwave for that
- Once the melted chocolate has cooled slightly, whip the egg whites in a medium sized bowl until they are foamy and begin to hold shape. Sprinkle in the sugar and continue beating until soft peaks form
- Gently stir in the melted chocolate until evenly blended
- Let the mixture rest in the fridge for at least one hour before serving

The mixture can be filled in portions into dessert bowls or you can cut off portions with two spoons and decorate them on a small plate.

Blueberry Pie



Ingredients:

For the crust:

- 300g flour
- 100g sugar
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 175 g melted butter or margarine



For the filling:

- ca. 1 kg blueberries
- 2 tablespoons of sugar
- 1 tablespoon potato flour

Method:

- Melt the butter or margarine
- Mix the dry ingredients in a bowl and pour the melted butter into the bowl and knead a dough
- Let the dough stand in a cool place for a while
- Roll out the dough into a thin sheet in a baking pan and raise the edges
- Bake the crust for 10 minutes at 175°C
- Mix the blueberries with sugar and potato flour
- Bake for another 15 – 20 minutes at 175°C until the crust is golden brown

Serve with vanilla ice cream or cold vanilla sauce!

... and a cup of coffee ☺

Cloudberry Cream (moltebrem)



Ingredients:

- Whipping cream
- Sweetened cloudberry
- Almond cookies

Method:

- Whip the cream
- Fold in the berries, which should be a little too sweet. You can add sugar if necessary.
- Serve the mixture in individual bowls
- Decorate with fresh cloudberry and almond cookies on top



Crannachan



Ingredients

1lb/500g raspberries
6 tbsp whisky
3oz/75g pinhead oatmeal
6 tbsp malt whisky
3 tbs Heather Honey
1pt/600 ml Double cream

Method

- Spread oatmeal on a baking sheet and toast in a medium oven until crisp for 3-6 minutes.
- Be careful they don't burn.
- Let it cool.
- Whip the cream until it is thick but not stiff.
- Blend all the raspberries (except 2 which are for decoration) until they form a smooth purée.
- Combine oatmeal, whisky, sugar and cream and raspberries.
- Spoon the mixture into tall glasses
- Chill for an hour or two before serving.

Just before serving, decorate it if you wish with freshly whipped cream, a few fresh raspberries and drizzle it with a wee bit honey.

Pfannkuchen (Egg pancakes)



Ingredients:

- 250 ml milk
- 2 large eggs
- 200 g flour
- a pinch of salt

Method:

- beat the eggs with 100 ml of the milk
- add flour and salt and beat until smooth
- add the left over 150 ml milk and mix in until the dough is smooth
- let the dough stand for 5 – 10 minutes
- pour some of the batter into a very hot pan and bake the pancake from both sides until golden brown

The pancakes can now be filled with fresh fruits, chocolate spreading, cream, nuts, jam

...

Serve while hot!

Palascirta (Hungarian Pancake)



Ingredients:

For the pancake

- 250 g of flour
- 3 eggs
- ½ l of milk
- 50 ml of oil
- 1 pinch of salt



For the filling

- 200g grated walnuts
- 200g of icing sugar
- 200 ml of cream
- Zest of ½ lemon
- 50 g of raisins

For the sauce

- 100g dark chocolate
- 100 g of icing sugar
- 3 egg yolks
- 250 ml of milk
- 100 ml of cream
- 1 teaspoon of flour
- ¼ vanilla pod
- 2 tablespoons of rum

Method:

- Prepare the pancakes as usual (see recipe German pancake)
- Mix all the ingredients for the filling, and spread it on the pancakes and roll them up the pancakes and keep the pancakes warm
- Cook the chocolate with the milk and the vanilla pod
- Beat the icing sugar, flour and egg yolks until creamy
- Add this mixture to the chocolate sauce stirring it all the time until it thickens
- Add the rum and the cream stirring gently
- Cover the pancakes with the sauce and serve them warm!

Icelandic Pancakes



Ingredients for 30 pancakes:

- 3 eggs
- 90 g sugar
- 100 g margarine (or 8 tablespoons of cooking oil).
- 180 g flour
- ½ teaspoon of vanilla drops.
- 1 teaspoon of baking soda
- 600 -700 ml milk

Method:

- whip the eggs and sugar together
- Add flour, baking soda and a little milk.
- Then add melted margarine, vanilla drops and the rest of the milk.
- Put ca. ½ a ladle on the pan at a time.
- The pancakes should be served with whipped cream and jam or sugar.



Chocolate Truffles



Ingredients:

- 250g chocolate
- 150g butter
- 200g sugar
- 70g milk
- 2 tablespoons orange liqueur (optional)

For the finishing touch

- Chocolate flakes
- Cocoa powder
- Almond flakes
- Coconut powder
- Powder sugar

Method:

- Add the sugar to the milk and let it boil (while stirring)
- Take away from the fire and stir the butter into the milk (until molten and part of the whole)
- Melt the chocolate and add to the still warm treacle. Carefully stir with a spatula and add the liqueur of your choice
- Spread the chocolate paste in a 3cm thick layer in a flat bowl and put it in the fridge for 2 hours
- Make small chocolate balls with your hands of this paste. Roll the balls through the finish of your choice (flakes, powder,...) Shake the truffles to remove the excess powder/flakes
- Put the truffles in the fridge for storing

Pancake

Ingredients:

- 250g flour
- 1 egg
- 200 ml of sparkling mineral water
- 200 ml of milk
- Salt
- 200 ml of oil



Method:

- Make a batter of the flour, the eggs, sugar, salt the milk and the mineral water
- This will be enough for 20 pancakes if you prepare them thin enough
- The pancakes have to be fried in the oil in a not too hot pan

Vanilla Rice Pudding with spiced winter fruit



Ingredients:

for the rice pudding

- 100 g rice
- 50 g sugar
- 1 vanilla pod
- 500 ml milk
- 100 ml whipping cream

Method:

- Mix milk and sugar in a pan and heat gently
- Split the vanilla pod and scrape out the seeds
- Add the pod and the seeds to the milk, bring to a simmer
- Stir in the rice and let it steam in the closed pot for a minimum of 30 minutes, stirring occasionally
- Fold in the whipping cream

Ingredients:

for the spiced fruit

- 1 apple, cored and cut into 8 pieces
- 1 pear, cored and cut into 8 pieces
- 2 plums, stoned and cut into 4 pieces
- Some ripe brambles
- 100 g sugar
- 1 vanilla pod
- 2 star anise
- 1 cinnamon stick

Method:

- Put sugar into a saucepan and heat until the sugar liquidizes and gets a caramel colour
- Add the fruit (except the brambles) and cook gently until the fruits are lightly coloured
- Remove from the heat and add the brambles
- Split the vanilla pod and scrape out the seeds and add the pod and the seeds to the fruits
- Add the star anise and the cinnamon stick and let it simmer until the fruit is just soft

- Put the fruit on top of the rice

Sticky Toffee Pudding

Ingredients:

- 60 g soft margarine
- 50 g butter
- 200g white sugar
- 250 g plain flour
- 1 teaspoon baking powder
- 2 teaspoons baking soda
- 1 whisked egg
- 185 g stoned dates
- 1 teaspoon vanilla essence
- 65 g brown sugar
- 2 tablespoons double cream
- 250 ml boiling water
-



Method:

- Cream together the margarine and sugar
- Sift together the flour and baking powder
- Beat the whisked egg into the creamy mixture with a little of the baking powder and the flour and continue beating for about a minute before adding the rest of the flour mixture
- Chop the dates and flour lightly
- Pour the boiling water over the dates, mix in the baking soda and add the date mixture to the batter and mix well
- Place in a buttered tin and bake for 40 minutes at 175°C
- When the pudding is cooked, heat the brown sugar, butter and cream and simmer gently for 3 minutes. Pour the sauce over the pudding and place under a grill until it starts to bubble



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Käsekuchen (Cheesecake)



Ingredients:

For the base:

- 300 g flour
- 200g butter
- 100g sugar

For the filling:

- 200g butter
- 200g sugar
- 5 eggs
- 1 vanilla sugar
- Zest of ½ lemon (grated)
- 1 packet vanilla custard
- 1 kg curd cheese

Method:

- Butter a spring form tin and sprinkle it with flour
- Mix the flour, butter and sugar thoroughly and knead a dough
- Roll the dough out until it is ½ cm thick and put it in the spring form tin
- Mix the sugar, butter, vanilla sugar and zest of lemon until fluffy
- Add the eggs one after the other and blend them into the butter mixture
- Add the vanilla custard and work it into the mixture
- Add the curd cheese and fold it into the mixture
- Fill it into the spring form tin
- Bake for 50 – 60 minutes at 160°C until the cake is golden brown

Dobos Cake



This cake is consists of many thin layers, sandwiched with chocolate cream and covered in caramel icing.



Layers:

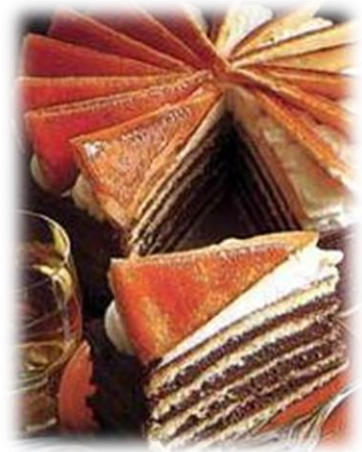
6 egg yolks
150 g of sugar
6 egg whites, stiffly beaten
200 g of flour

- Beat egg yolks and sugar until fluffy.
- Add flour; blend well. Fold in the beaten egg whites.
- Bake the batter in eight to twelve pieces in well-greased and floured layer-cake pans or spread even circles of batter 8 inches in diameter on a baking sheet.
- Bake them for 8 to 10 minutes at 150°C
- Remove them from the pans while warm.
- Let the layers cool separately.
- Set one layer aside for the top.

Chocolate Cream:

300 g of butter
150 g of semi-sweet chocolate
200 g of sugar
1 egg yolk

- Beat the butter until creamy.
- Add the melted chocolate.
- Beat in the sugar and the egg yolk until fluffy
- Cool in the refrigerator.
- Spread this chocolate mixture between the bottom layers.
- Stack layers and trim borders/crusts.
- Cover the top layer with caramel icing.



Caramel Icing:

3/4 cup of sugar
1 tablespoon of butter
1/3 cup of hazelnuts

- Melt and brown sugar in a flat pan, stirring constantly.
- Butter a wooden board 1 inch wider than the cake.
- Place the top layer of the cake on board; pour caramel icing over.
- While warm, cut this top layer with a buttered knife into equal segments.
- Place all segments on the top of cake
- Spread the remaining chocolate cream over sides of the cake and sprinkle with sliced hazelnuts.

Schwarzwälder Kirschtorte (Black Forest Gateau)



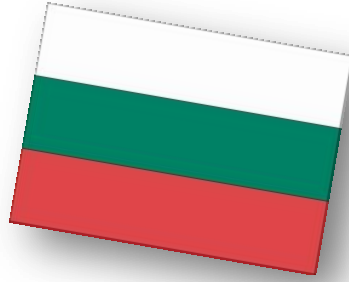
Sponge Cake:

- 6 eggs
 - 200 g sugar
 - 200 g flour
 - 2 teaspoons baking soda
 - 50 g cocoa
-
- beat the eggs and sugar with the electric mixer until creamy and whitish
 - mix flour, baking soda and cocoa and work it carefully into the egg/sugar mixture
 - heat the oven to 160°C and bake the cake for 50 minutes
 - remove it from the tin and let it cool for at least two hours
 - cut the cake into three layers

Filling:

- 2 large jars of sour cherries
 - 1 $\frac{1}{4}$ l single cream
 - 4 vanilla sugars
 - 5 cream stabilizers ("Sahnefest")
 - 0,1 l Kirschwasser (cherry brandy)
 - 16 decoration cherries
 - grated, dark chocolate
-
- whip the cream with the vanilla sugar and the stabilizer until firm
 - pour off the cherry juice
 - sprinkle the cake slices with the Kirschwasser
 - spread $\frac{1}{4}$ of the whipped cream on the first sponge slice and add $\frac{1}{2}$ of the cherries on top. Cover with the next sponge slice and repeat the process
 - cover with the last sponge slice and cover the whole cake with cream
 - for decoration set a cream dot on every piece and a cherry on top of it and sprinkle some grated dark chocolate on the cake

Apple Cake



Ingredients:

- 2 large apples
- 2 tablespoons butter
- 2 eggs
- 1/2 cup flour
- 1/2 cup sugar
- 2 spoonfuls dry milk
- a splash of milk
- 1 packet or 1 tablespoon baking powder
- 1 packet or a few drops vanilla
- a pinch of cinnamon
- whipped cream

Method:

- Peel and cut the apples into very thin slices.
- Turn the oven on to medium and put the pan in with the butter in it.
- When the butter is melted, take the pan out.
- In a mixing bowl beat the eggs with the sugar until they rise.
- Add the melted butter, the flour, the dry milk, the milk, the baking powder, the vanilla and the cinnamon and beat at a low speed until well mixed.
- Make one layer of apple slices in the pan and pour the cake mixture over them.
- Bake until golden, let it cool completely before you invert the cake on a large plate.
- Serve chilled with whipped cream on top if desired.

Apple cake



Ingredients:

- 4 apples: cut into slices or pieces
- 250 g flour
- 250 g sugar
- 250g butter
- 4 eggs

Method:

1. Heat the oven to 180°C
2. Mix half of the sugar with 4 egg yolks
3. Whip the other half of the sugar with the egg whites in another bowl
4. Melt the butter and let it cool down. Stir the melted butter under the mixture with the egg yolks.
5. Sieve the flour and stir through the mixture with the egg yolks
6. Now, carefully mix the whipped egg whites with the egg yolk
7. Put some butter and some flour on the bottom and sides of a cake mould, this will make it easier to get the cake out of the mould when ready
8. Pour the pastry into the cake mould and put the apple pieces in the pastry
9. Bake the cake for about 45 minutes in the oven on 180°C



Apple cake with Crumble – Topping

Ingredients:

- **Base:** 300 g flour, 200 g butter, 100 g sugar
- **Crumble:** 375 g flour, 250 g butter, 1 teaspoon cinnamon powder, 125 g sugar
- **Filling:** 1 kg apples, 100 g grounded hazelnuts, 100 g raisins (optional), 150 g sugar, 1 teaspoon cinnamon
- **Decoration:** powdered sugar



Method:

- Make a dough by kneading the ingredients for the base together
- Grease a spring form (Ø 26 cm) with butter and spread breadcrumbs on the grease
- Roll out the dough to a thickness of about 4 mm and put it in the tin
- Preheat the oven to 160°C
- Peel and quarter the apples, remove the core and grate them roughly
- Add sugar, hazelnuts, cinnamon and raisins to the apples and mix well
- Put the mixture on the base
- Mix all the ingredients for the crumble thoroughly and knead until small crumbles form
- Put them on top of the apples
- Bake for 60 minutes
- Let the cake cool down in the tin
- Remove the spring form and sprinkle the cake with powdered sugar

If you are allergic to hazelnuts use almonds instead!



Marital Bliss - Flapjacks

(Hjónabandssæla)



Ingredients :

- 125 g oatmeal
- 200 g wheat
- 200 g brown sugar
- 125 g margarine
- 1 teaspoon sodium bicarbonate (baking powder)
- 100 ml cold water
- Rhubarb jam

Method:

- Mix all the ingredients except the water
- Divide the mixture in half, place the first half in a cake-tin
- Spread the jam on the mixture, then spread the second half of the mixture on top of the jam
- Spread the water over the cake
- The cake is cooked at the bottom of the oven at 200° for about an hour

- Serve with whipped cream



Lefser

In the old days, people baked lefser in Norway for occasions such as Christmas and Easter. In Norway there are hundreds of recipes and each district has its own traditions.

1 L sour milk, warmed to about 39 degrees

1 package dry yeast, stirred in the milk

1 can "sæter" sour cream, mix with the milk

1 egg, stirred in milk

2 kg wheat flour

150 g butter, crumbled in the flour

150 g sugar, mix in the flour

2.5 tbsp red deer salt (ammonium carbonate), mix in flour

Make the dough, knead it as least as possible. Make pats of 100 g in each, roll them into buns and let them rest for about 30 min.



Roll out the lefse on paper with a square rolling pin. Use a mixture of wheat



flour and semolina to sprinkle when you roll out. Roast on a griddle, and place the lefse in the press.

Pour water on the lefse, put them under a cloth. Lubricate them with: **Fill**

500 g butter

500 g bremyk (butter)

300 g sugar stirred white 300 g powdered sugar

3 tablespoons "sæter" sour cream

Jam Roly Poly



Ingredients:

- 225g self raising flour
- 110g margarine
- 50ml water
- 4 tablespoons jam (preserve) of choice
- 50g margarine
- 75g sugar
- 180ml boiling water

Method:

- Pre-heat the oven to 180°C.
- Add the salt to the flour and rub in the larger of the two quantities of margarine.
- Add the 50 ml water to make a stiff dough.
- Roll on a floured surface to roughly 20cm x 24cm and then spread with the jam (preserve).
- Roll up, seal the final edge to the roll and place in a buttered dish.
- Melt the smaller quantity of margarine, dissolve the sugar in boiling water and mix with the margarine.
- Pour over the Roly-Poly and bake at 180°C for 35/40 minutes.
- Serve with pouring custard

Christmas Pudding



Ingredients:

- 110g plain flour
- 225 golden caster sugar
- 110g fresh white breadcrumbs
- 55g flaked almonds
- 225g sugar
- 340g sultanas
- 340g raisins
- 225g currants
- 110g candied peel, chopped
- 1 lemon, zest only
- 5 well-beaten eggs
- 1 level tsp mixed spice
- 1 level tsp ground cinnamon
- 1 level tsp freshly grated nutmeg
- pinch of salt
- 150 ml brandy or rum



Method:

Lightly grease 4 small (1 pt/600ml) or 2 larger (2pt/1.2litre) pudding bowls or basins.

Mix together all the dry ingredients.

Add in the eggs and brandy and mix thoroughly.

Spoon the mix into basins.

Put a circle of baking parchment paper and foil over the top of each basin and tie securely with string.

Secure by making a string handle around the basin to the other (so you can lift it out easily)

Put the basins in a large steamer of boiling water and cover with a lid. Boil for 5-6 hours, topping the boiling water up from time to time, if necessary. If you do not have a steamer, put the basins in a large pan on upturned saucers on the base. Pour in boiling water to come a third of the way up the sides of the pudding bowls. Cover and steam as above.

Leave to cool.

Replace the baking parchment paper and foil covers with fresh ones and tie up again as above.

Store in a cool cupboard until serving day

To serve: Steam for 2 hours and serve with one of the following:- brandy butter, rum sauce, fresh cream or homemade custard.

Rum Sauce

Ingredients

- 1/4 cups dark brown sugar
- 1/2 cup light brown sugar
- 1/2 cup butter
- 1/4 cup water
- 1/3 cup rum - the best you can afford

Method

In a heavy saucepan, combine both brown sugars, butter and water.

Bring to a boil, stirring gently.

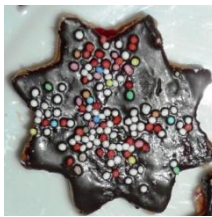
Remove from heat.

Cool slightly.

Stir in the rum.

Cool completely.

Keep refrigerated



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Oatcakes/Bannocks



Ingredients

- 4 oz (125g) medium oatmeal
- 2 teaspoons melted fat (bacon fat, if available)
- 2 pinches of bicarbonate of soda
- Pinch of salt
- 3/4 tablespoons hot water
- Additional oatmeal for kneading

Method

- Mix the oatmeal, salt and bicarbonate and pour in the melted fat into the centre of the mixture. Stir well, using a porridge stick if you have one and add enough water to make into a stiff paste.
- Cover a surface in oatmeal and turn the mixture onto this. Work quickly as the paste is difficult to work if it cools.
- Divide into two and roll one half into a ball and knead with hands covered in oatmeal to stop it sticking.
- Roll out to around quarter inch thick.
- Put a plate which is slightly smaller than the size of your pan over the flattened mixture and cut round to leave a circular oatcake.
- Cut into quarters (also called farls) and place in a heated pan which has been lightly greased.
- Cook for about 3 minutes until the edges curl slightly, turn, and cook the other side.
- Get ready with another oatcake while the first is being cooked.

An alternative method of cooking is to bake them in an oven at Gas5/375F/190C for about 30 minutes or until brown at the edges. The quantities above will be enough for two bannocks about the size of a dessert plate. If you want more, do them in batches rather than making larger quantities of mixture. Store in a tin and reheat in a moderate oven when required.

Linzer Style Cookies

Ingredients

- 600 g of flour
- 350 g of butter
- 350 g of caster sugar
- 3 eggs
- 3 tablespoons of sour cream
- a bit of rum
- coarsely cut walnuts mixed with vanilla sugar

Method:

- Crumble the butter with the flour then add the sugar.
- Make a hollow in the middle – it can't really be mixed at that point – add two whole eggs and the yolk of the 3rd, with a pinch of salt and one 10gr bag of vanilla sugar.
- Add the sour cream and a bit of rum (or more sour cream I would say with kids) and mix well together until the dough separates from the hand
- Flatten it to 2-3 mm thickness
- Half of the dough should be cut into simple round forms of 30 mm in diameter – whatever size cutter you have got but it shouldn't be too much bigger
- The other half will be round as well but you should use a thimble! (of all things) to make a hole in the middle
- Of course any dough that was cut out should be used up again in flat form
- The holey half of the dough should be brushed with the whipped up remaining egg white and covered with the coarsely cut walnut and vanilla sugar mix
- Bake on an oiled sheet – I would add baking parchment will work well here
- When ready, pair up the holey ones with the others
- Stick together one and the other together using jam –traditionally apricot jam

There will be about 70 pieces



Vanillekipferl (Vanilla crescents)



Ingredients:

- 280 g plain flour
- 200 g butter
- 100 g hazelnuts (almonds)
- 80 g Vanilla sugar
- 150 powdered sugar flavoured with vanilla



Baking parchment

Preheat oven to 160°C / bake for 20 minutes

Method:

- Knead a dough with the flour, butter, nuts (almonds) and the vanilla sugar
- Make a roll and cut it into small pieces (approx. 45 -50) and form crescents which have to be put on the baking parchment
- After baking cover the crescents with the powdered vanilla flavoured sugar - the crescents have still to be warm
- Let them cool down and store in a tin

This recipe originates from Austria but it is very popular in Germany

Vanilla half moons



Ingredients:

- 400 g of flour
- 250 g of margarine
- 150 g of ground almonds (get almonds that have already been cleaned of their brown skin – if that is not available, you can easily get it off by putting the almonds into boiling hot water for a few seconds – the skin then comes off)
- 150 g of caster sugar
- $\frac{1}{4}$ of a packet of baking power
- a pinch of salt as always
- a little bit of milk if the dough would not stick together but really just a little bit

To finish after baking:

- Vanilla sugar mixed with icing sugar

Method:

- Mix all the ingredients well together
- Form croissant-like half moons about the size of your little finger simply by rolling a little bit of dough between your fingers
- Bake on baking parchment till light brown – 150/160 °C for approx. 20 minutes
- While hot, turn them over in icing sugar mixed with vanilla sugar

Vanilla circles



Ingredients:

- 420 g of flour
- 250 g of margarine
- 170 g of vanilla sugar (caster sugar mixed with vanilla sugar)
- 4 egg yolks
- a pinch of salt
- Coarsely chopped walnuts mixed with caster sugar

Method:

- Mix the ingredients well together
- Flatten the dough on a pastry board to 5 -8 mm thickness
- Cut out shapes - originally round ones but you can use simple honey cake cutting forms as well
- Spread a bit of the egg white on top and sprinkle some walnut bits and sugar on top of each one
- Bake on baking parchment till light brown - 150/160 degrees (15 - 20 minutes)

Shortbread

Ingredients:

- 100 g flour
- 50 g caster sugar
- 100 g butter
- 50 g semolina



Method:

1. Set the oven to 160C/gas 2.
2. Place all the ingredients together in a food processor and whizz until the mixture forms a smooth dough (if preferred this can be done by hand in a bowl using soft butter).
3. Roll the shortbread out to form a circle with a 20cm diameter and flute the edge (alternatively, press into a 20cm loose bottomed cake tin).
4. Prick gently over the top with a fork and score the surface of the round into 8 even wedges. Sprinkle with caster sugar. Bake for 20-25 minutes until firm and golden.
5. Set aside to cool a little, but cut into wedges while still slightly warm. Store in an airtight tin.

"Springerle" Cookies

Springerle is a type of German biscuit with an embossed design made by pressing a mold onto rolled dough and allowing the impression to dry before baking. This preserves the detail of the surface pattern. They are most commonly seen during the Christmas season.

Molds are traditionally carved from wood, although plastic and pottery molds are also available. Older handmade molds are folk art and are typically unsigned and undated.

Ingredients:

- 500 g powdered sugar
- 4 eggs
- zest of one lemon
- 700 g plain flour
- Aniseed for the baking sheet

Baking sheets (buttered and sprinkled with aniseed)

Preparation:

- Whisk the eggs with the powdered sugar for a minimum of 5 - 6 minutes until you get a white-yellowish fluffy mixture
- Add the flour and the lemon zest in portions
- Knead the dough on a floured surface and flatten to 5 mm
- Put a little bit of flour on the dough and press the molds on the dough (that needs some strength)
- Cut the cookies with a knife and put them on the baking parchment
- Leave the cookies in a warm room over night to dry
- Bake them the next morning with a temperature of 120°C for 25 minutes (they should stay white on top, the "foot" that will appear can be light brown)
- Put them in a tin for two weeks and store them in a cold room and the cookies will soften



Nürnberger Elisenlebkuchen (Gingerbread with a wafer base)



Ingredients:

- 8 eggs
- 360 g icing sugar
- 1 teaspoon powdered cloves
- 1 teaspoon powdered mace
- 1 tablespoon powdered cinnamon
- a pinch of salt
- zest of one lemon
- 150 g candied lemon peel finely chopped
- 80 g candied orange peel finely chopped
- 400 g ground almonds
- 400g ground hazelnuts
- Wafer base (approx. 6 cm Ø)



Preparation:

- Mix all the ingredients from eggs to zest of lemon with a mixer until very fluffy
- Fold in the other ingredients very carefully with a cooking spoon
- Preheat the baking oven to 165°C (circulating air)
- Lay out the wafer base and put a large tablespoon of the gingerbread mix on each wafer
- Bake for 25 to 30 minutes until golden brown
- Glaze the gingerbread either with icing sugar or melted chocolate

Store the gingerbreads in a tight closing tin (they will be fine for a minimum of six weeks) in a cold room

Sjokoladesigarer (Chocolate cigars)



Ingredients:

- 175 g butter
- 90 g sugar
- 125 g grated hazelnuts
- 175 g flour
- a bit of milk
- 75 g dark cooking chocolate

Method:

- Stir butter and sugar until creamy
- Add hazelnuts and flour and knead a dough (if necessary add a bit of milk)
- Cut into small portions and form cigar shaped , about 5 cm long sticks
- Put the cookies on baking parchment
- Preheat the oven to 170°C
- Bake the cookies for 10 - 12 minutes
- While the cookies are cooling melt the chocolate
- Dip both ends of the cookies into the chocolate and let dry on the baking parchment

Store in a tin!

Muskatstenger (Nutmeg sticks)



Ingredients:

- 125 g brown sugar
- 1 teaspoon cinnamon
- ½ tablespoon nutmeg
- 250 g butter
- 300g flour

Method:

- Mix sugar, cinnamon and nutmeg
- Add the butter and stir until creamy
- Add the flour and knead a dough
- Flatten the dough on a floured surface until it is 5 mm thick
- Cut squares or triangles and put them on baking parchment
- Preheat the oven to 160° C
- Bake for 15 minutes

Enjoy with a glass of wine!

Orange Cookies



Ingredients:

- 8 egg yolks
- 100 g powdered sugar
- 175 g plain flour
- Orange jelly
- Dark chocolate coating



Method:

- Beat egg yolks and sugar until thick and creamy
- add the flour and put small heaps on a baking parchment.
- Bake them with 170°C for about 8 minutes. They should be still yellow.
- Let the cookies cool down and coat half of them with a bit of orange jelly and stick the other half to the coated cookie.
- Let them dry a bit and melt the chocolate coating.
- Dip the cookies halfway in the chocolate and let them dry before storing them in a tin.

Zimtsterne (Cinnamon stars)



Ingredients:

- 3 egg whites
- 250 g powdered sugar
- 300g almonds
- 2 teaspoons cinnamon
- 100g almonds

Method:

- Beat the egg white until stiff and add the sugar spoon by spoon.
- Save about 80g of the egg white for the frosting.
- Ground the almonds finely and add to the remaining egg white. Carefully fold in the almonds.
- Season with cinnamon.
- Ground the remaining almonds and sprinkle on the working place. Thereon place the dough and with lightly floured hands flatten the dough.
- Coat a rolling pin with flour and flatten the dough until it's 1 cm thick.
- Rinse a star shaped cookie cutter with water and shake off any excess. Cut out the cookies. In between wet the cookie cutter with water to avoid the dough from sticking to it.
- Line a baking sheet with parchment paper. Use a spatula to place the cinnamon stars on the baking sheet.
- Coat with the remaining egg white.
- Bake in the pre-heated oven for 12 – 15 minutes (150°C)

Chocolate-Macadamia-Cookies



Ingredients:

- + 6 eggs
- + 200g dark chocolate coating
- + 200g Macadamia nuts chopped
- + 160g plain flour
- + 1 teaspoon cinnamon
- + a pinch of salt
- + 200g softened butter
- + 100g powdered sugar
- + 100g caster sugar
- + 1 vanilla sugar



For the glazing:

- + 200g dark chocolate coating
- + 60g multicoloured sugar beads

Method:

- Divide the eggs into egg white and egg yolks
- Melt the chocolate coating
- Mix macadamia nuts, flour cinnamon and the salt together
- Beat powdered sugar and the butter until fluffy and add the egg yolks one by one
- Mix in the melted chocolate coating
- Beat the egg whites with the caster sugar and the vanilla sugar until firm
- Fold it carefully under the chocolate mixture
- Lay out a baking tray with baking parchment and put the mixture on it and flatten it down to 1,5 to 2 cm
- Bake it for 25 minutes with 160°C (fan oven)
- Let it cool down
- Melt the chocolate coating and put it on the cold chocolate cookies
- Sprinkle with the sugar beads
- Cut into small squares (2 x 2 cm)
- Store in a tin (will keep for four weeks in a cold place)



Peperkaker (Gingerbread cookies)

Ingredients:

- + 100 ml sugar syrup
- + 150 g sugar
- + 150 g butter
- + 100 ml whipping cream
- + $\frac{1}{2}$ tsp cloves
- + $\frac{1}{2}$ tsp ginger
- + 0.5 to 1 tsp pepper
- + 2 tsp cinnamon
- + 1 tsp baking powder
- + 400 g flour

Method:

- Heat up the sugar syrup, sugar and butter until the butter melts and the sugar crystals are gone using medium heat and stirring constantly. Let it cool!
- Add the cream and stir it well in
- Mix flour, spices and baking powder and stir together the dough
- Let the dough rest in a cool place for some hours before baking
- Knead the dough again until it becomes elastic then flatten it down to a 3 - 4 mm thick layer
- Cut the dough with cookie cutters
- Bake for 10 - 15 minutes at 165°C
- If you want to decorate the peperkaker let them cool down first.

Orangen-Schoko-Herzen (Orange Chocolate Hearts)



Ingredients:

- 1 vanilla pod (the seeds only)
- 250 g plain flour
- 80 g sugar
- a pinch of salt
- 1 orange
- 100g grated bitter chocolate
- 100g soft butter
- 1 egg
- 200 g white icing chocolate
- 200g candied orange slices

Preparation:

- Mix the flour, vanilla seed, sugar, and salt in a bowl.
- Wash the orange with hot water and rub off the peel
- Squeeze the orange
- Add the orange peel and the chocolate to the flour mix
- Add butter, egg and two tablespoons of the orange juice
- Knead a soft dough, cool it for 30 minutes
- Flatten the dough in portions down to 3 mm and cut out hearts (size: 4 cm)
- Put them on baking parchment
- Preheat oven to 160°C
- Bake the hearts for 10 – 12 minutes, let them cool
- Melt the white icing chocolate in a water bath
- Cut the candied orange slices in 8 – 10 pieces
- Sprinkle the white chocolate on the hearts and put a slice of the orange on top
- Store in a tin in a cool room



Almond Roses (Mandelröschen)



Ingredients:

- 250 g plain flour
- a pinch of salt
- 75 g powdered sugar
- 200 g butter
- 1 egg yolk
- 75 g almond slices

Filling:

- 100 g nougat or chocolate spread

Baking parchment

Preheat oven to 160°C /baking time: 10 - 12 minutes

Method:

- *Knead a dough with flour, salt, butter, sugar and the egg yolk*
- *Flatten it to 2 mm and cut out round cookies*
- *Whisk the egg yolk with a drop of milk and cover half of the cookies with it. Put almond slices on these cookies*
- *Bake the cookies and let them cool down*
- *Spread the nougat or chocolate spread on the other half of the cookies after baking and put a cookie with almonds on the chocolate half*

Fruit Jelly Cookies



Ingredients:

- 300 g plain flour
- 200 g butter
- 100 g powdered sugar
- 1 egg yolk

Filling:

red currant jelly or orange jelly

Glazing:

- 150 g powdered sugar
- 20 ml currant or orange liqueur (depends on the jelly)

Baking parchment

Preheat the oven to 160°C

Baking time: 10 minutes

Method:

- Prepare a dough with flour, butter, sugar and the egg yolk
- Let it cool for 15 minutes
- Flatten the dough down to 2mm
- Cut out the cookies with different shapes but you need to have an even number of each shape
- Put the cookies on the baking parchment and bake for 10 minutes or until golden brown
- Cover half of the cookies with the fruit jelly and half of the cookies with the sugar glazing and put the two cookies together.
- Let the glazing dry before storing the cookies in a tin

Kokosflocken (Coconut Snowflakes)



Ingredients:

- 4 egg whites
- 200 g very fine grained sugar
- 6 drops of Arrak flavour
- 200 g grated coconut

Baking parchment



Method:

- whisk the egg whites until a knife cut won't disappear, then add the sugar and the Arrak flavour
- fold in the coconut very carefully with a spoon
- put small heaps with a teaspoon on the baking parchment
- bake for 20 - 25 minutes (temperature 120 - 130°C)
- let them cool on the parchment before putting them in a tin with a tight fitting lid

Jelly filled Stars (Spitzbubensterne)



Ingredients:

- 300 g flour
- 120 g powdered sugar
- 1 vanilla sugar
- 1 pinch of salt
- 200 g butter
- 2 egg yolks

- Baking parchment

- 150 g raspberry jelly for the filling
- Powdered sugar for decoration



Method:

- Preheat the oven to 160°C
- Mix flour, powdered sugar, vanilla sugar, salt, butter and egg yolks in a bowl and knead to a soft but not sticky dough
- Cover the working space with a bit of flour and roll out the dough to approximately 3 mm
- Take two star shaped cookie cutters (Ø 6cm and 3 cm) and cut out the bigger stars
- Put the stars on the baking parchment
- Cut out smaller stars out of the bigger ones from one half of the stars
- Bake the stars for 10 - 12 minutes
- Cover the stars with the hole in the middle with powdered sugar as long as they are still hot - this makes the sugar stick to the cookies
- Cover the other half of the stars with the raspberry jelly
- Put the stars with the powdered sugar on top of the stars with jelly
- Store in a tin with sheets of parchment between the cookie layers

Pistachio-Lemon Hearts



Ingredients:

- 250 g butter
- 120 g powdered sugar
- 1 egg
- 100 g ground pistachios
- 350 g plain flour
- 1 teaspoon baking soda

Filling:

- Lemon jelly

Glazing:

- 200 g powdered sugar
- 2 tablespoons Cassis liqueur
- red food colouring (optional)
- 20 g coarsely chopped pistachios



Preparation:

- Knead a dough with the flour, butter, pistachios, sugar, baking soda and the egg
- Flatten it to 2 mm and cut the dough with a heart shaped cookie cutter (not bigger than 4 cm)
- Bake for 10 - 12 minutes with 160°C
- Cover one half of the cooled down cookies with lemon jelly
- Cover the other half of the cookies with the glazing made from sugar and liqueur and the red food colour and add a small piece of the chopped pistachios
- Put the two halves together and let them dry before putting them in a tin and store them in a cold room

Ginger-Chocolate Cookies

Ingredients:

- 250 g flour
- $\frac{1}{2}$ teaspoon baking soda
- 1 egg
- 75 g sugar
- 1 vanilla sugar
- 75 g round almonds
- 50 g crystallized ginger
- 1 teaspoon ginger powder
- $\frac{1}{2}$ teaspoon cinnamon
- 1 pinch of cloves powder
- 1 pinch of nutmeg powder
- 1 tablespoon cocoa powder
- 125 g butter

- Baking parchment

- 150 g dark chocolate glazing
- 75 g crystallized ginger



Method:

- Cut the 50 g crystallized ginger into very small cubes
- Mix all the ingredients from flour to butter in a bowl and knead a dough
- Flatten the dough down to 3 mm and cut out the same number of round cookies in two different sizes (5cm and 3 cm)
- Bake them for 12 minutes in the preheated oven (160°C)
- While the cookies cool down melt the chocolate glazing and cut the left over crystallized ginger in small cubes
- Dip the smaller cookies into the glazing and put them on top of the bigger cookies
- Put a piece of ginger on each cookie as long as the glazing is still wet
- Let the cookies dry before storing them in a tin

Nougat- Kipferl

(Praline flavoured half moons)

Ingredients:

- 100 g butter
- 200 g nougat
- 2 eggs
- 1 pinch of salt
- 1 vanilla sugar
- 100 g powdered sugar
- 300 g flour
- $\frac{1}{2}$ teaspoon baking soda

- Baking parchment

- 100 g dark chocolate glazing

Method:

- Preheat the oven to 160°C
- Mix butter and nougat until they form a soft and homogeny looking cream
- Add eggs, sugar, vanilla sugar and salt and mix thoroughly
- Add flour and baking soda and knead all the ingredients into a dough
- Divide the dough into five portions and form a roll of each portion
- Cut each roll into small pieces and form half moons
- Put them on the baking parchment
- Bake the cookies for 15 minutes
- Let them cool on the parchment and melt the chocolate glazing
- Dip the ends of each half moon into the glazing and let the glazing dry completely before storing in a tin



Eating and Drinking - Vocabulary List (1)

English	German	Icelandic	Norwegian
bread	Brot	brauð	brød
butter	Butter	smjör	smør
sugar	Zucker	sykur	sukker
salt	Salz	salt	salt
egg	Ei	egg	egg
coffee	Kaffee	kaffi	kaffi
tea	Tee	te	te
ham	Schinken	skinka	skinke
bacon	Speck	beikon	bacon/spekk
water	Wasser	vatn	vatn
lemonade	Limonade	límonaði	lemonade
red wine	Rotwein	rauðvín	raud vin
white wine	Weißwein	hvitvín	kvit vin
beer	Bier	bjór	øl
milk	Milch	mjólk	mjøl
cocoa	Kakao	kakó	kakao
orange juice	Orangensaft	appelsinusafi	appelsinjus
apple juice	Apfelsaft	eplasafi	eplejus
pineapple	Ananas	ananas	ananas
kiwi	Kiwi	kivi	kiwi
apple	Apfel	epli	eple
pear	Birne	pera	pære
cherry	Kirsche	kirsuber	kirsebær
red currants	rote Johannis- beeren	rifsber	rips(bær)
black currants	schwarze Jo- hannisbeeren	sólber	solbær
raspberries	Himbeeren	hindber	bringe bær
strawberries	Erdbeeren	jarðaber	jordbær
cranberries	Preiselbeeren	trönuber	tranebær
lemon	Zitrone	sítróna	sitron
peach	Pfirsich	ferskja	fersken
apricot	Aprikose	apríkósa	aprikos
plum	Pflaume, Zwetschge	plóma	plomme
rhubarb	Rhabarber	rabbabari	rabarbra
potatoes	Kartoffeln	kartöflur	poteter
tomatoes	Tomaten	tómatar	tomater
bell peppers	Paprika	paprika	paprika
carrots	Karotten, Möhren	gulrætur	gulrøter
onions	Zwiebeln	laukur	laukar
garlic	Knoblauch	hvítlaukur	kvitlauk

English	German	Icelandic	Norwegian
leek	Lauch	blaðlaukur	purre(lauk)
broth	Fleischbrühe	kjötkraftur	(kjöt)kraft
pork	Schweinefleisch	svínkjöt	svinekjöt
chicken	Hühnerfleisch	kjúklingur	kylling
turkey	Putenfleisch	kalkúnn	kalkun
beef	Rinderfleisch	nautakjöt	storfekjöt
lamb	Lammfleisch	lambakjöt	lammekjöt
herring	Hering	síld	sild
salmon	Lachs	lax	laks
English	German	Icelandic	
cod	Kabeljau	Porskur	torsk
shrimps	Krabben	rækjur	reker
octopus	Tintenfisch	kolkrabbi	akkar/blekksprut
mussels	Muscheln	kræklingar	bláskjell
pepper	Pfeffer	pipar	pepar
parsley	Petersilie	steinselja	persille
chives	Schnittlauch	graslaukur	graslauk
basil	Basilikum	basilika	basilikum
curd, cottage cheese	Quark	kotasæla	cottage cheese
yoghurt	Joghurt	jógúrt	jogurt
flour	Mehl	mjöl/hveiti	mjøl
yeast	Hefe	ger	gjær
baking soda	Backpulver	matarsódi	bakepulver
wheat	Weizen(mehl)	hveiti	kveite
barley	Gerste	bygg	bygg
rye	Roggen	rúgmjöl	rug
oat	Hafer	hafrar	havre
spelts	Dinkel	spelt	spelt
lentils	Linsen	linsubaunir	linser
peas	Erbsen	belgbaunir	erter
beans	Bohnen	baunir	bønner
cucumber	Gurke	agúrka	agurk
oil	Öl	olía	olje
vinegar	Essig	edik	eddik
cream	Sahne	rjómi	fløte
thyme	Thymian	blóðberg	timian
oregano	Oregano	oregano	oregano/bergmynte
bay leaves	Lorbeerblatt	lárviðarlauf	laurbærblad

Eating and Drinking - Vocabulary List (2)

English	Hungarian	Flemish	Bulgarian
bread	kenyér	brood	хляб - hlyab
butter	vaj	boter	масло - maslo
sugar	cukor	suiker	захар - zahar
salt	só	zout	сол - sol
egg	tojás	ei	яйце - yaitze
coffee	kávé	koffie	кафе - kafe
tea	tea	thee	чай - chai
ham	sonka	ham	шунка - shunka
bacon	szalonna	spek	бекон - bekon
water	víz	water	вода- voda
lemonade	limonádé	limonade	лимонада-limonada
red wine	vörösbor	rode wijn	червено вино-cherveno vino
white wine	fehérbor	witte wijn	бяло вино - byalo vino
beer	sör	bier	бира-bira
milk	tej	melk	мляко-mlyako
cocoa	kakaó	choco	какао - kakao
orange juice	narancslé	sinaasappelsap	портокалов сок - portokalov sok
apple juice	almalé	appelsap	ябълков сок - yabalkov sok
pineapple	ananász	ananas	ананас - anapas
kiwi	kiwi	kiwi	киви - kivi
apple	alma	appel	ябълка - yabalka
pear	körte	peer	круша - krusha
cherry	cseresznye	kers	череша - cheresha
red currants	ribizli	Rode rozijnen	фресно грозде - frensko grozde
black currants	fekete ribizli	Zwarte rozijnen	касис - kasis
raspberries	málna	frambozen	малина - malina
strawberries	eper	aardbeien	ягода - yagoda
cranberries	vörös áfonya	veenbessen	червена боровинка - cherwena borovinka
lemon	citrom	citroen	лимон - limon
peach	őszibarack	perzik	праскова - praskova
apricot	sárgabarack, kajszibarack	abrikoos	кайсия - kajsiya
plum	szilva	pruim	слива - sliva
rhubarb	rebarbara	rabarber	ревен - reven
potatoes	krumpli, burgonya	aardappelen	картофи - kartofi
tomatoes	paradicsom	tomaten	домати - domati
bell peppers	paprika	paprika	чушки - chushki
carrots	sárgarépa, murek	wortelen	моркови - morkovi

English	Hungarian	Flemish	Bulgarian
onions	hagyma	uien	лук - luk
garlic	fokhagyma	look	чесън - chesan
leek	póréhagyma	prei	праз лук- praz luk
broth	zöldséges húsleves	vleesbroodje	бульон, супа - buljon, supa
pork	disznóhús, sertéshús	varkensvlees	свинско месо - svinsko meso
chicken	csirkehús	kip	пилешко месо - pileshko meso
turkey	pulykahús	kalkoen	пуешко месо - pueshko meso
beef	marhahús	rundsvlees	говеждо месо - govejdo meso
lamb	bárányhús	lamsvlees	агнешко месо - agneshko meso
herring	hering	haring	херинга - heringa
salmon	lazac	zalm	сьомга - siomga
English cod	Magyar tőkehal	kabeljauw	треска - treska
shrimps	garnélarák	garnalen	скариди - skaridi
octopus	polip	inktvis	октопод - octopod
mussels	kagyló	mosselen	мида - mida
pepper	paprika, bors	peper	червен пипер - cherven piper
parsley	petrezselyem	peterselie	магданоз - magdanoz
chives	metélőhagyma, snidling	bieslook	ситен лук - siten luk
basil	bazsalikom	basilicum	босилек - bosilek
curd, cottage cheese	aludttej, túró	Platte kaas	извара - izvara
yoghurt	joghurt	yoghurt	йогурт - jogurt
flour	liszt	bloem	брашно - brashno
yeast	élesztő	gist	мая - maya
baking soda	szódabikarbóna	bakpoeder	бакпулвер -bakpulver
wheat	búza	tarwe	пшеница - pshenica
barley	árpa	gerst	ечемик - echemik
rye	rozs	rijst	ръж - ruzj
oat	zab	haver	овес - oves
spelts	tönkölybúza	gluten	шпелта - shpelta
lentils	lencse	peulvruchten	леца - leshta
peas	borsó	erwtjes	грах - grah
beans	bab, paszuly	bonen	боб - bob
cucumber	uborka	komkommer	краставица - krastawitza
oil	olaj	olie	олио - olio
vinegar	ecet	azijn	оцет - ocet
cream	tejszín, krém	room	сметана - Smetana
thyme	kakukkfű	thijm	мащерка - mashterka
oregano	oregánó	oregano	риган - rigan
bay leaves	babérlevél	laurier	дафинов лист - dafinow list