

Recipes of Europe

Comenius program 2011-2013
9th Primary School of Alexandroupolis
Greece , Class E1



Belgium



**Katalonia
(Spain)**



Poland

Wales



Portugal!

Italy



Greece

French Polynesia

BELGIUM



Garlic and Mustard Roasted Brussel Sprouts

Ingredients:

- ❖ 1 lb Brussels sprout, trimmed (try to get all about the same size)
- ❖ 1/4 cup extra virgin olive oil
- ❖ 1/4 cup agave nectar (or honey)
- ❖ 2 tablespoons prepared stone ground mustard
- ❖ 2 tablespoons minced garlic
- ❖ 1 lemon, juice of (optional)

Directions:

- ❖ Preheat oven to 350°F.
- ❖ Line a rimmed baking sheet with parchment or aluminum foil.
- ❖ In a mixing bowl, whisk together olive oil, agave, mustard and garlic.
- ❖ Put brussel sprouts in bowl and toss to coat.
- ❖ Spread evenly on baking sheet in a single layer.
- ❖ Bake, uncovered, for 30 minutes, until tender.
- ❖ Place on a platter and squeeze lemon juice over to taste, if desired.
- ❖ Enjoy!

CATALONIA - (SPAIN)



Crema Catalana - Catalan Cream Custard

Ingredients:

4 1/2 cup milk
7 egg yolks
1 1/3 cup sugar
3 tablespoons cornstarch
1 stick cinnamon

1/2 lemon, rind

Directions:

Heat 3 1/2 cups milk with cinnamon stick broken in pieces and lemon rind. Bring to a boil and simmer 5 to 6 minutes. Separate yolks from whites. Add half of remaining cold milk to yolks and beat well. Add rest of cold milk to cornstarch and beat.

Strain boiled milk into clean saucepan. While stirring it constantly over the fire without letting it come to a boil, add in rapid succession 2/3 cup sugar, the egg yolk mixture, and the cornstarch diluted in milk. The custard will thicken quickly. Continue stirring until it is the consistency of a thick cream sauce. Pour at once into six shallow dessert plates.

When custard has cooled to room temperature, sprinkle surface with remaining sugar. Put under hot broiler just long enough to turn sugar an even light brown. Chill cream before serving.

WALES



Chicken, Leek, Prune and Caerphilly Cheese Pie

Leeks are the national emblem of Wales and a great dish of leeks to celebrate St David's Day is a Chicken, Leek, Prune and Caerphilly Cheese Pie. This pie recipe brings together the leek and delicious Welsh Caerphilly cheese with the addition of prunes for sweetness. The recipe is a great dish for St David's Day on March 1st, but why save it for one day, it is perfect any time of the year.

Ingredients:

- 1 tbsp olive oil
- 1 tbsp butter
- 1 onion chopped
- 3 cloves of garlic sliced
- 4 boned chicken thighs cubed
- 7 oz/200g leeks sliced, white parts only
- 2tbsp flour
- 150ml dry white wine
- 1 pint chicken stock
- 200ml double cream
- 2 tsp English mustard
- Salt and black pepper to taste
- 3 ½ oz/100g prunes halved
- 5 ½ oz/150g Caerphilly cheese, crumbled
- 2 oz/55g mixed chopped tarragon and flat leaf parsley
- 1 lb/500g ready rolled puff pastry
- 1 egg yolk

Preparation:

- Preheat oven to 180°C / 350°F
- In a medium sized saucepan melt the butter and oil then fry the onions and garlic until they start to colour, about 10 minutes
- Then add the chicken and cook for a further 5 minutes until the chicken is sealed
- Add the leeks and flour stirring continually until they are well combined
- Add the wine and chicken stock slowly until the sauce has thickened
- Add the cream and mustard and then season
- Take off the heat and stir in the prunes, cheese and herbs
- Place the pie filling into a medium sized pie dish
- Mix the egg yolk and cream together and then brush around the pie dish. Cover with pastry and cut around the sides with a knife Brush the remaining egg mix over the pie
- Poke a couple of small holes in the pastry to let out the steam
- Cook in the oven for 25 minutes, remove from the oven and serve

POLAND



Sweet Polish Cherry Cake

Ingredients

- 1 cup white sugar
- 2 1/2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon butter
- 2 cups pitted sweet cherries
- 1 tablespoon white sugar
- 1/2 cup olive oil
- 4 eggs
- 1 (6 ounce) container plain yogurt
- 1 tablespoon olive oil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). In a mixing bowl, whisk 1 cup sugar, flour, baking powder, and baking soda together until evenly combined.
2. Melt butter in a skillet over medium heat. Cook and stir the pitted cherries in the butter until they are tender, sprinkling them with 1 tablespoon of sugar, 8 to 10 minutes. Set aside.
3. Form a well in the center of the dry ingredients, and pour in 1/2 cup olive oil, eggs, and yogurt; use your fingers to lightly stir the liquid ingredients into the flour mixture to make a soft dough. Scrape the batter into a 9x12-inch baking dish. Drizzle the batter with 1 tablespoon of olive oil, and top with the cherries.
4. Bake in the preheated oven until the cake is set and golden on top, about 40 minutes. A toothpick inserted into the center of the cake should come out clean.

PORTUGAL



Caldo Verde (Portuguese Kale Soup)

Ingredients

- 2 nice fat onions, finely chopped
- 4 cloves garlic, crushed
- 60ml/2¼fl oz olive oil
- 1 chorizo sausage
- 6 large potatoes
- 1.5 litres/2 pints 13fl oz good vegetable or chicken stock
- salt and freshly ground black pepper, to taste
- 2 bay leaves
- large bunch of greens or cabbage
- smoked paprika and olive oil, for dressing

Preparation method

1. First, drink some port - it helps you get in the mood!
2. Sweat the onions and garlic in the olive oil until translucent.
3. Chop the sausage into small chunks and add to the onion.
4. Sweat the onions and sausage for a few more minutes and then add the diced potatoes. They will absorb all the flavour from the sausage.
5. Transfer the mixture to a large pan, add the stock, seasoning and bay leaves, and cook until the potatoes are soft.
6. Meanwhile, very finely chop the cabbage (alternatively, buy a cabbage-shredding machine from the market as we did).
7. When the potatoes are ready, mash them into the broth to make a thick base. Blanch the greens in boiling water for one minute to take off any bitterness, drain, then add to the simmering broth.
8. Add as much cabbage as the broth will support - if you want heavy soup add loads of greens, if lighter, add less.
9. Simmer for a few minutes. The soup will go the colour of jade.
10. Mix the smoked paprika with some olive oil to make a dressing, and swirl this red magic into the vibrant green soup.
11. Serve with some heavy country bread, and wallow in praise!

ITALY

Italian Tiramisu



INGREDIENTS :

- 6 egg yolks
- 3/4 cup white sugar
- 2/3 cup milk
- 1 1/4 cups heavy cream
- 1/2 teaspoon vanilla extract
- 1 pound mascarpone cheese
- 1/4 cup strong brewed coffee, room temperature
- 2 tablespoons rum
- 2 (3 ounce) packages ladyfinger cookies
- 1 tablespoon unsweetened cocoa powder.

Directions

1. In a medium saucepan, whisk together egg yolks and sugar until well blended. Whisk in milk and cook over medium heat, stirring constantly, until mixture boils. Boil gently for 1 minute, remove from heat and allow to cool slightly. Cover tightly and chill in refrigerator 1 hour.
2. In a medium bowl, beat cream with vanilla until stiff peaks form. Whisk mascarpone into yolk mixture until smooth.
3. In a small bowl, combine coffee and rum. Split ladyfingers in half lengthwise and drizzle with coffee mixture.
4. Arrange half of soaked ladyfingers in bottom of a 7×11 inch dish. Spread half of mascarpone mixture over ladyfingers, then half of whipped cream over that. Repeat layers and sprinkle with cocoa. Cover and refrigerate 4 to 6 hours, until set.

French Polynesia



Curried Chicken Salad With Mangoes and Cashews

Ingredients

- 1/3 cup mayonnaise
- 2 tablespoons apricot preserves
- 1/2 teaspoon curry powder
- 1/2 lime, juice of
- salt
- cayenne
- 2 cups cooked chicken , cubed
- 1 ripe mango, peeled and diced
- 1/2 cup celery, diced
- 1/4 cup scallion, sliced
- 1 tablespoon chopped fresh cilantro
- 1/2 cup cashews, chopped
- 4 croissants

Directions:

- Combine mayonnaise, preserves, curry, lime juice, and seasonings in a large bowl.
- Add chicken, mango, celery, scallions, and cilantro; toss to coat.
- Add cashews just before serving.
- Serve on croissants.

GREECE

mousakas



Ingredients:

1 kg aubergines (large or/and elongated variety)
160 ml vegetable oil (about 1 teacup)
1 large onion, finely sliced
450 grams minced beef
1 glass white wine (not retsina, but aretsinoto)
1400 grams tomatoes, drained of some of their juice and chopped finely
1 tsp ground cinnamon
1 tsp ground allspice
salt and black pepper
1 tsp oregano
25 grams grated parmesan, kefalotiri, or Gruyere cheese
some chopped parsley
*** for Bechamel Sauce**
80 grams butter
80 grams flour

600 ml warm milk
salt and white pepper
30 grams grated Parmesan or Gruyere cheese
2 egg yolks
*** for the Toppings**
60 grams grated Parmesan, Gruyere or kefalotiri cheese
4 tbsp toasted breadcrumbs

Cooking Procedure:

1. Top and tail the aubergines, without peeling them. Rinse them, cut them lengthwise in 75-mm thick slices and immerse them in salted water, for 30 minutes. Take them out, squeeze gently, rinse, then squeeze them again. Drain them in a colander and pat dry. Fry them in hot vegetable oil until they become pale golden on both sides; you can either deep-fry them, which is easier but they absorb a lot of oil, or shallow-fry them. In either case, drain them on absorbent paper on a flat platter.
2. Saute the sliced onion in 2 tablespoons vegetable oil, until it looks glistening. Add the meat and sautee together, stirring, until all the lumps are broken down and the meat starts to change color. Pour in the wine, add tomatoes, the spices, salt and pepper and the oregano. Cover and cook for 20 minutes, stirring from time to time in case it sticks. Then mix in the grated cheese and parsley.
3. In another saucepan, melt the butter, and away from the heat, gradually add the flour and stir to amalgamate. Return to the heat and gradually add the milk and seasoning, stirring continuously. Simmer for 9-10 minutes, stirring, until it has thickened considerably. Withdraw the pan from the heat, let it stand briefly, then add the cheese and the egg yolks. Stir to amalgamate them. Do not let the sauce boil after this. It should by now be a thick bechamel, to enable it to sit on top of the meat mixture and form a kind of crust.
4. To assemble, cover the base of the roasting dish with half of the fried aubergines, then spread half of the meat mixture evenly on top of them and cover neatly with the remaining aubergines. Spread the remaining meat and sauce evenly over the top and cover neatly with the bechamel sauce. Sprinkle the grated cheese all over the top, and the breadcrumbs. Moussaka from Macedonia may contain a layer of thinly sliced roun potatoes which have been fried first. Bake in a pre-heated oven, 350 degrees Fahrenheit/ 180 degrees Celsius for an hour, until a golden crust is formed all over the top. Let it stand for 5 minutes before serving, in order to be able to cut it more easily.
5. To serve, cut into square or oblong-shaped pieces, about 8 cm thick. It should be quite dry by then and the pieces should ideally stay intact. Garnish with parsley.