

# Fundacja EUROPEAN SAVOURS



Bon appétit !  
Buon appetito !  
Buen provecho !  
Smacznego !  
Bon appetite !  
Pofta buna !  
Good appetite !  
Enjoy your meal!



August 2015

# 6 countries, 18 dishes

Spain

Pp. 3 to 5

Italy

Pp. 6 to 8

France

Pp. 9 to 12

Portugal

Pp. 13 to 15

Poland

Pp. 16 to 18

Malta

Pp. 19 to 21

This booklet is only composed by excellent dishes from some European countries. Enjoy!

# Spain

## Valencian paella

### Ingredients:

- 125ml/4fl oz olive oil
- 200g/7oz rabbit meat, cut into bite-sized pieces
- 250g/9oz chicken breast fillets, cut into bite-sized pieces
- Salt, to taste
- 1 large onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 165g/5<sup>3</sup>/<sub>4</sub>oz runner beans, trimmed and sliced
- 2 ripe tomatoes, skin and seeds removed, chopped
- 1 level tsp sweet paprika
- 1.9 litres/3<sup>1</sup>/<sub>4</sub> pints hot chicken stock
- Salt and freshly ground black pepper
- 700ml/1.25 pints Spanish paella rice, such as calasparra
- 130g/4oz canned large white lima beans, drained

### Preparation:

Heat the oil in a paella dish or a large, shallow frying pan over a medium heat. Season the rabbit and chicken meat lightly with salt.

Add the meat to the pan and fry for 4-5 minutes, or until browned all over. Remove from the pan and set aside.

Add the onion and garlic to the pan the meat was cooked in and fry for 3-4 minutes, stirring well, until softened.

Add the green beans and stir well. Return the cooked meat to the pan.

While the beans are cooking, add the chopped tomatoes and paprika, stirring to combine. Immediately add the hot chicken stock until it almost reaches the top of the pan.

Bring the mixture to the boil over a high heat and cook for 18-20 minutes. Season, to taste, with salt and freshly ground black pepper.

Add the rice and stir well to make sure it is covered with the liquid. Return the mixture to the boil and cook the rice over a fairly high heat for a further 20 minutes (or according to packet instructions), without stirring, until the rice is tender (not mushy or clumped together) and all of the broth has been absorbed.

Add the white beans and fold them into the paella.

Take the paella off the heat and cover the top with newspaper. Let it stand for about 10 minutes. If the rice has been cooked correctly, the grains should still be loose and retain a slight bite.



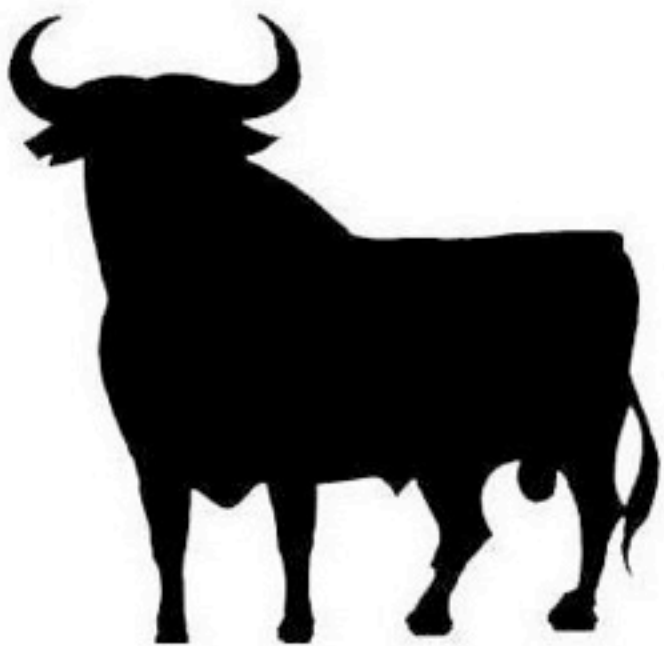
# Potatoes Spanish Omelette (Tortilla de patatas)

## Preparation:

Peel the potatoes and cut into medium sized squares. Sprinkle with salt and fry in hot olive oil until they begin to go golden. It's better if they are not well cooked and are almost boiled in the oil, so that the omelette is moister. Drain and set aside.

Lightly beat the eggs with a little salt. Mix with the potatoes. Place a small amount of oil in the frying pan and heat. Pour the mixture into the pan and cook on a low heat for 15 minutes or until you see it going golden. Do not overcook as it will dry up.

When it is ready on one side, with the help of a plate of the top of a saucepan, turn it around and cook the other side. When cooked place on a serving dish. Serve immediately, cut into triangles.



Ingredients: (4 pers.)

1kg. Potatoes

6 medium sized eggs

Salt

Olive oil

20cm round non stick frying pan



Ingredients: (for 4 people)

- 1 kg of ripe tomatoes,
- 2 small green peppers
- 2 garlic cloves
- 100 g of farmhouse bread,
- 4 tbsp of extra pure olive oil,
- 1 tbsp of sherry vinegar,
- water boiled,
- egg,
- bread
- salt.

# Gazpacho

Presentation:

Serve in four individual clay dishes. Usually accompanied by tomato, cucumber, green pepper, onion, bread and hard boiled egg, all finely diced. Everyone can serve themselves according to taste.

Preparation:

Soak the bread in water and then crush with the diced vegetables, oil, vinegar, salt and water according to how thick you want the soup to be. Nowadays we use a mixer, which has the advantage of producing a finer blend of vegetables.

# Italy

## Crostata

### Ingredients:

#### For the base:

300 gr flour

150 gr sugar

120 gr butter

1 egg

1 yolk

1 grated lemon skin

Salt

#### For the stuffing:

Marmalade or Nutella

#### You need:

Sheet of backing paper

Backing tin

Rolling pin



### Preparation:

Mix sugar with butter (butter has to be cold), when these ingredients are mixed put egg and yolk and mix again. Now add the lemon skin, salt and, in more rates the flour and continue to knead.

Don't worry if at the beginning you have crumble, you knead fast and you will obtain a soft ball. But the pasta in fridge for 1 h.

After this time, take  $\frac{2}{3}$  of your ball upon a baking paper sheet and spread out in a layer high 1 cm (the pasta has to be 2-3cm bigger than the backing tin). Put the pasta in the tin, build a border and punch holes with a fork. Spread out marmalade or Nutella on the pasta. With the  $\frac{1}{3}$  pasta that you didn't spread out, make sticks and put like a network. Cook the cake in oven at  $180^{\circ}\text{C}$  for 40 minutes.

# BRUSCHETTA

## Ingredients:

4 slices of bread

1 slice of garlic

2 tomatoes

Oregano

salt



# BRUSCHETTA

## Preparation:

Cut the tomatoes in little pieces and put, with salt in a colander and leave there for 2 hours.

Put the bread in a pot and hit it as long as it becomes golden.

Before that the bread becomes cold, rub the garlic. Put the oregano on tomatoes and mix.

Take 2-3 spoons of tomatoes and put on a bread's slice.

# Oil, Red Pepper & Garlic Spaghetti

## Ingredients:

250 gr of spaghetti  
1 garlic's slice  
4 spoons of olive oil  
Red pepper



Hit the oil in a pan with garlic (if you like garlic's taste you can squeeze the garlic). When garlic become golden take out. Contemporary cook spaghetti. Take out spaghetti from the water and add to the oil. Hit the pan with spaghetti, put red pepper and mix. Eat immediately!



# France



## Quiche Lorraine

### Ingredients:

#### For the pastry:

- 1 175g plain flour
- 2 100g cold butter, cut into pieces
- 3 1 egg yolk

#### For the filling:

- 1 200g pack lardon, unsmoked or smoked
- 2 50g Gruyère
- 3 200ml carton crème fraîche
- 4 200ml double cream
- 5 3 eggs, well beaten
- 6 pinch ground nutmeg

### Preparation:

For the pastry, put the flour, butter, egg yolk and 4 tsp cold water into a food processor. Using the pulse button, process until the mix binds. Tip the pastry onto a lightly floured surface, gather into a smooth ball, then roll out as thinly as you can. Line a 23 x 2.5cm loose-bottomed, fluted flan tin, easing the pastry into the base. Trim the pastry edges with scissors (save any trimmings) so it sits slightly above the tin (if it shrinks, it shouldn't now go below the level of the tin). Press the pastry into the flutes, lightly prick the base with a fork, then chill for 10 mins. Put a baking sheet in the oven and heat oven to 200C/fan 180C/gas 6.

### Preparation (rest):

Line pastry case with foil, shiny side down, fill with dry beans and bake on the hot sheet for 15 mins. Remove foil and beans and bake for 4-5 mins more until the pastry is pale golden. If you notice any small holes or cracks, patch up with pastry trimmings. You can make up to this point a day ahead.

While the pastry cooks, prepare the filling. Heat a small frying pan, tip in the lardons and fry for a couple of mins. Drain off any liquid that comes out, then continue cooking until the lardons just start to colour, but aren't crisp. Remove and drain on paper towels. Cut three quarters of the cheese into small dice and finely grate the rest. Scatter the diced cheese and fried lardons over the bottom of the pastry case.

Using a spoon, beat the crème fraîche to slacken it then slowly beat in the double cream. Mix in the beaten eggs. Season (you shouldn't need much salt) and add nutmeg. Pour three-quarters of the filling into the pastry case.

Half-pull the oven shelf out and put the flan tin on the baking sheet. Quickly pour the rest of the filling into the pastry case – you get it right to the top this way. Scatter the grated cheese over the top, then carefully push the shelf back into the oven. Lower the oven to 190C/fan 170C/gas 5. Bake for about 25 mins, or until golden and softly set (the centre should not feel too firm). Let the quiche settle for 4-5 mins, then remove from the tin. Serve freshly baked, although it's also good cold.



### Preparation:

For the tartiflette, preheat oven to 200C/400F/Gas 7.

Cook the potatoes in a saucepan of salted boiling water for 5-10 minutes, or until tender.

Drain and set aside to cool slightly.

Meanwhile, heat a frying pan until hot and fry the bacon, shallots and garlic for 4-5 minutes, or until golden-brown.

Deglaze the pan with the white wine and continue to cook until most of the liquid has evaporated

Slice the potatoes thinly and layer into an ovenproof gratin dish with the bacon mixture. Pour over the double cream.

Season with salt and lots of freshly ground black pepper. Layer the Reblochon slices on top.

Bake in the oven for 10-15 minutes or until the cheese is golden-brown and bubbling.

**T** Ingredients:

1kg/2lb 4oz Charlotte potatoes, peeled

**A** 250g/8oz bacon lardons  
2 shallots

1 garlic clove

**R** 100ml/3½ fl oz white wine  
200ml/7 fl oz double cream  
sea salt and freshly

**T** ground black pepper

1 whole Reblochon cheese (about 450g/1lb), sliced

**I**

**F**

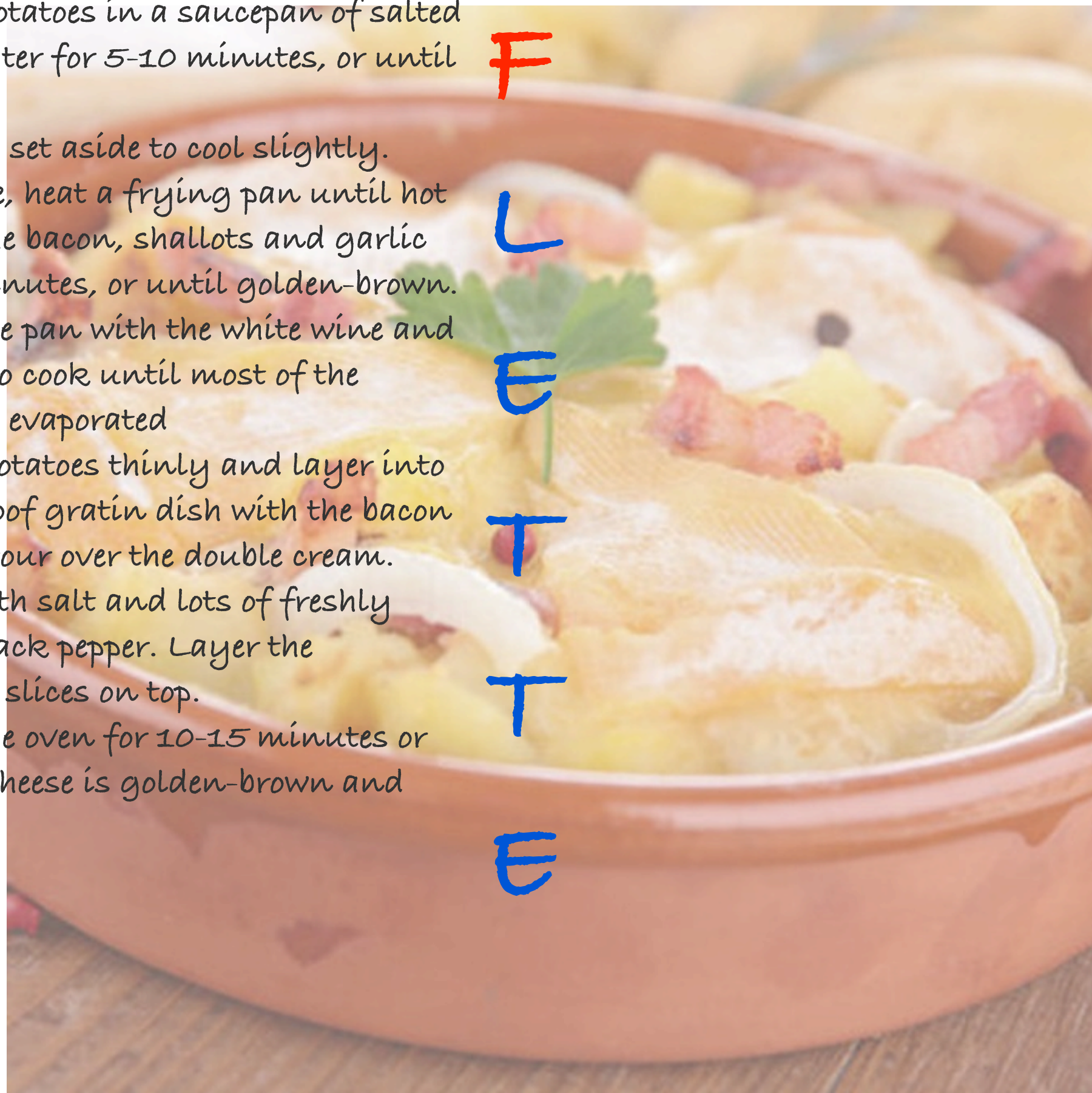
**L**

**E**

**T**

**T**

**E**



# Breton galettes

## Ingredients:

### Galette Battre:

750 ml water (3 cups)

1 egg

3 grams Grey Brittany salt  
(0.11 ounces)

250 grams light buckwheat  
flour (8.75 ounces)

50 grams all purpose flour  
(1.75 ounces)

50 grams melted butter (1.75  
ounces)

Galette Complete (filling for  
1 Tbsp butter (15 ml)

1 galette

1 egg, lightly beaten

1 slice ham

3 Tbsp shredded Gruyère/  
Emmenthal (45 ml)

### Galette Batter:

1. Whisk 1 cup (250 ml) of the water with egg and salt to combine.

2. In a separate bowl, mix both flours together. Make a well in the center. Gradually whisk in water mixture. When you have a smooth paste, whisk in remaining water to make a thin batter. (The consistency similar to 35% cream.) You may not use all 500 ml (2 cups). Set aside at room temperature for 2 hours or refrigerate overnight.

3. Stir melted butter into batter when ready to cook galettes.

4. Oil your galettier with a lightly oiled cloth. Pour a small ladle full of batter in the center. Using a wooden rake, spread batter gently to sides to form a 35 cm circle (about 13 <sup>3</sup>/<sub>4</sub> inches). When the edges are beginning to crisp and lift, flip carefully using a flat wooden spatula. Cook the galette 1 minute more on the other side.

5. Stack galettes and keep covered with a damp cloth at room temperature. Makes 12 to 15 galettes nature.

### Galette Complete (filling for):

1. Melt butter in a galettier or non-stick pan set over medium-high heat. Lay galette over bottom of pan. Pour egg over top. Spread out gently to coat galette. Top with ham and sprinkle with cheese. Season lightly.

2. Fold sides of galette into center to cover ham and form a square. Flip and cook other side until hot and crispy. Serve immediately. Makes 1 galette complete.

# Portugal

## BACALHAU À LAGAREIRO

### Ingredients:

4 slices of salted cod  
3tbl of extra virgin olive  
oil  
6 cloves of garlic (sliced)  
2 bay leaf  
1kg small new potatoes

### Preparation:

1. Soak the codfish for 2-3 days, depending on its thickness, changing the water twice a day. Use cold water in a large container and follow protocol by placing the codfish tranches always skin up. You can make small knife incisions through the sides to let water penetrate the codfish and speed up the process.

2. Take the codfish from the water and dry it. Place the codfish on a tray. Add the olive oil, the peeled cloves of garlic and the 2 bay leaf. Place the tray in the oven. Occasionally, use the sauce to moister the fish.

3. Wash the potatoes keeping the skin on very carefully and place them on an oven tray. Cover them with salt and place them in the oven, already heated at 200°C, for about 40 minutes. The skins should be crispy and the inside soft. As soon as they are roasted, take them from the oven and punch them slightly (better do this with a tea towel if you're inexperienced as you can burn yourself rather easily...)

4. Serve the codfish with the potatoes and the olive oil, decorated with parsley.

# Pão de Ló

## Ingredients:

6 eggs at room temperature

1/2 teaspoon baking powder

2 egg yolks

1 3/4 cups sugar

6 tablespoons flour

1 pinch salt



## Preparation:

Pre-heat the oven to 350 degrees. Butter and flour a fluted mould. In a stand mixer whisk the whole eggs, the egg yolks, the salt and the sugar until triple in size, very fluffy and creamy. It's really important that the eggs are at room temperature. Fold in the flour very carefully. Pour the batter in the mould and cook until gold on top and when a toothpick inserted comes out dry - about 30 minutes.

# Açorda

## Ingredients:

1 lb sturdy rustic-style bread, stale if possible and torn into 1 to 2 inch chunks

4 garlic cloves, peeled

1 bunch cilantro, washed and roughly chopped

1/2 teaspoon salt

6 cups water

4 eggs

4 tablespoons olive oil

# Alentejana

## Preparation:

If the bread isn't already stale, spread the chunks on a baking sheet and dry out in a 250 degree F oven for about an hour.

Process the garlic, cilantro and 1/2 teaspoon salt to a paste in a food processor (or use a mortar and pestle if you feel like a workout). Spoon into the bottom of a large, heatproof serving bowl or soup tureen.

Bring the water to a boil in a medium saucepan. Poach the eggs in it, one at a time, removing to a plate when the whites have set but the yolks are still runny.

Pour the still-boiling water (don't worry about any egg bits in it) over the garlic-cilantro paste in the bowl, stir to combine, and add the oil and more salt to taste.

Add the bread and let soak for 5 minutes. Taste and add more salt if necessary, or more water if it seems too thick; there should be broth to slurp.

Top the soup with the poached eggs and serve immediately.

# POLAND

## Bigos

### Preparation:

Cook all meats separately.

Throw sauerkraut in a deep pot and cook for at least 1/2 hour, be very careful not to burn it, add 2 tablespoons of water, or bouillon, or red wine if needed

Add all other ingredients and simmer for 1/2 hour. Do not allow to burn, there is nothing worse than burned Bigos! Tastes better reheated, the next day..

Serve with mashed potatoes or rye bread.

### Ingredients:

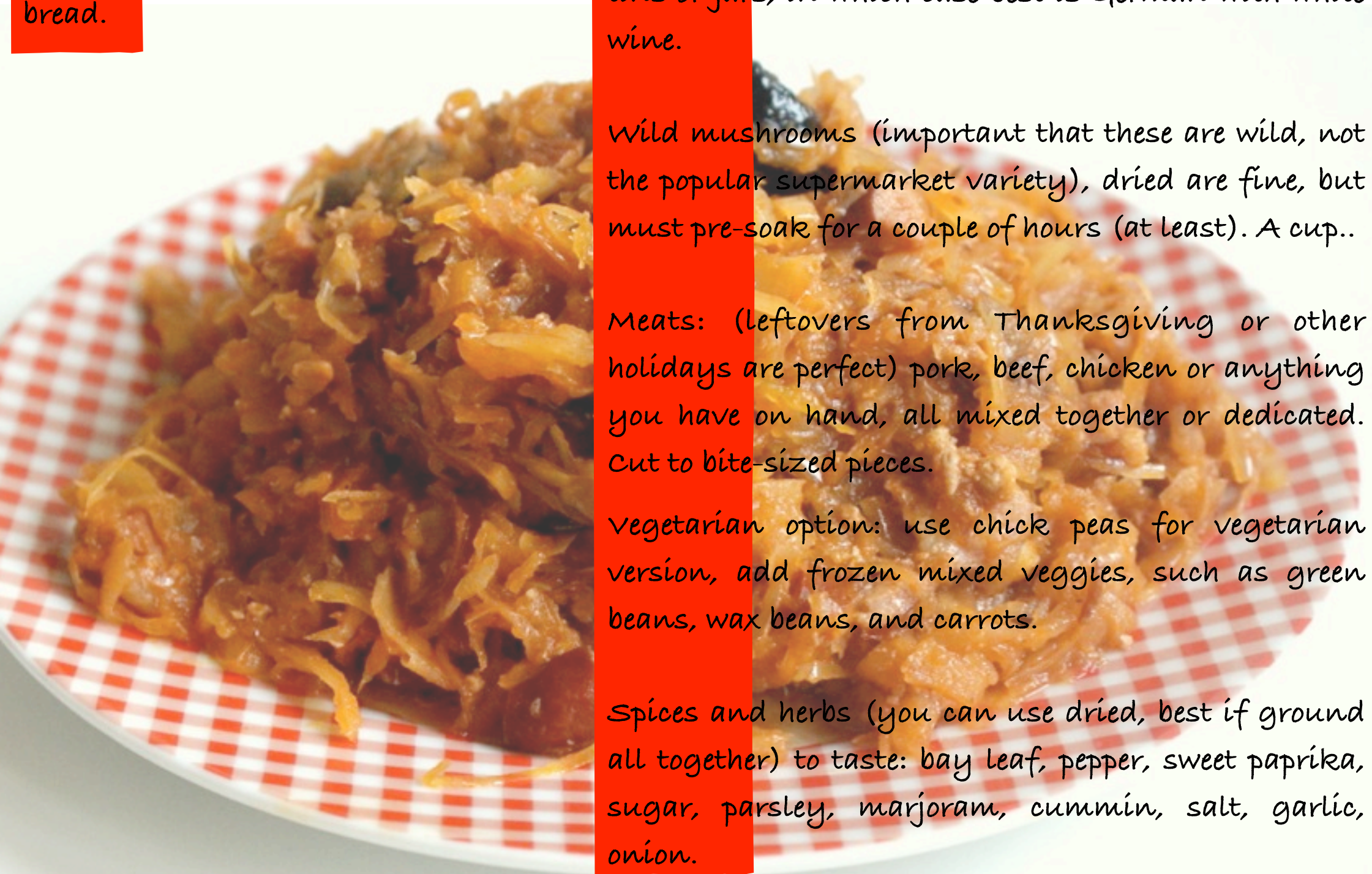
Sauerkraut (don't be put off, you will hardly taste it, besides, cabbage is very good for you), 2 pounds or more. Make your own or purchase ready made, in tins or jars, in which case best is German with white wine.

Wild mushrooms (important that these are wild, not the popular supermarket variety), dried are fine, but must pre-soak for a couple of hours (at least). A cup..

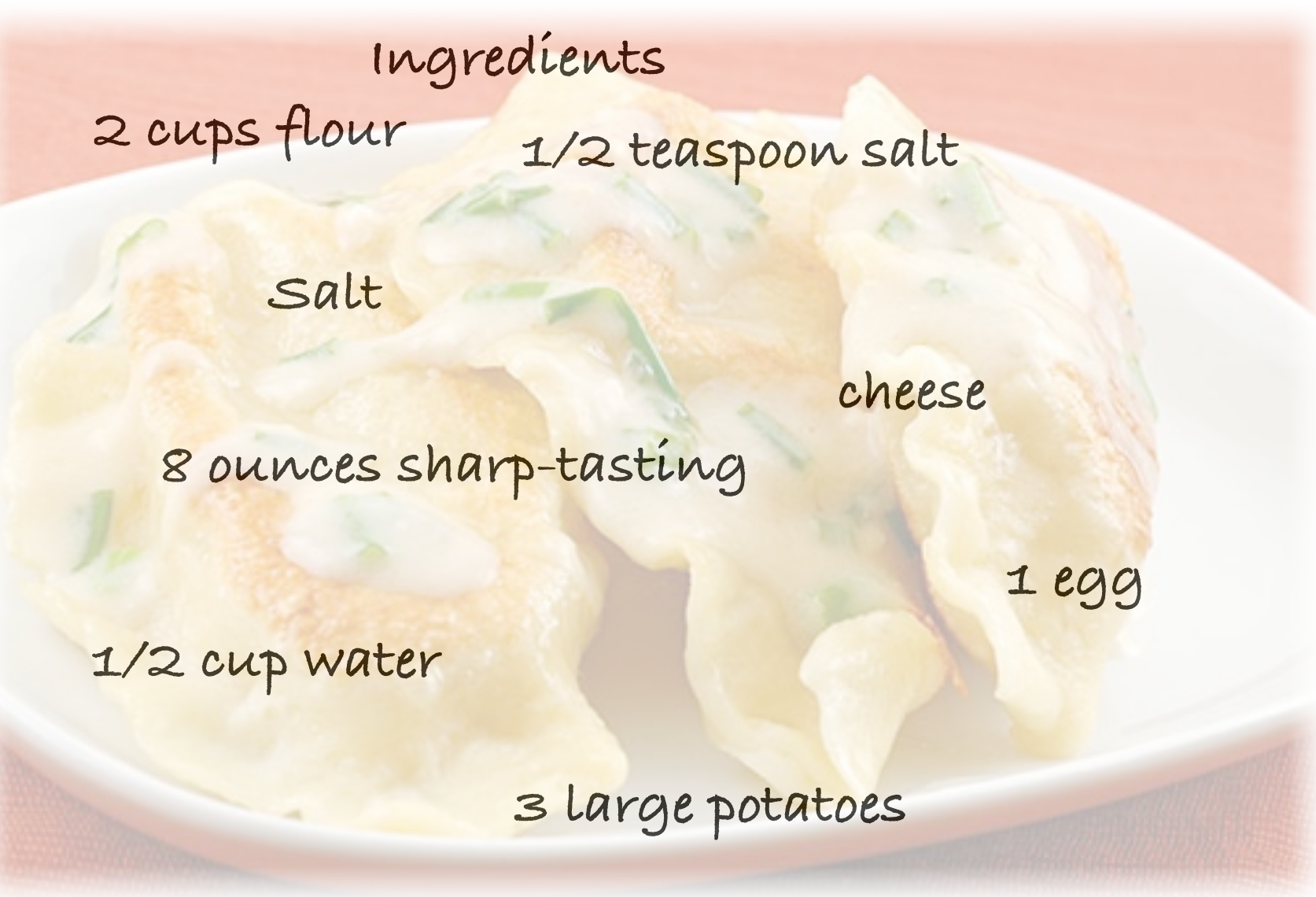
Meats: (leftovers from Thanksgiving or other holidays are perfect) pork, beef, chicken or anything you have on hand, all mixed together or dedicated. Cut to bite-sized pieces.

Vegetarian option: use chick peas for vegetarian version, add frozen mixed veggies, such as green beans, wax beans, and carrots.

Spices and herbs (you can use dried, best if ground all together) to taste: bay leaf, pepper, sweet paprika, sugar, parsley, marjoram, cummin, salt, garlic, onion.







## Ingredients

2 cups flour

1/2 teaspoon salt

salt

cheese

8 ounces sharp-tasting

1 egg

1/2 cup water

3 large potatoes

# Pierogi

## Preparation

Cook all meats separately

Throw sauerkraut in a deep pot and cook for at least 1/2 hour, be very careful not to burn it, add 2 tablespoons of water, or bouillon, or red wine if needed

Add all other ingredients and simmer for 1/2 hour. Do not allow to burn, there is nothing worse than burned Bigos! Tastes better reheated, the

Serve with mashed potatoes or rye bread

# Barszcz

## Ingredients

8 cups beef broth or beef stock\*

1 pound slice of bone-in beef shank with a lot of meat

1 large onion, peeled, quartered

4 large beets, peeled, chopped

4 carrots, peeled, chopped

1 large russet potato, peeled, cut into 1/2-inch cubes

2 cups thinly sliced cabbage

3/4 cup chopped fresh dill

3 Tbsp red wine vinegar

1 cup sour cream

Salt and freshly ground black pepper to taste

\*use gluten-free broth if you are cooking gluten-free

## Preparation:

1 Put 4 cups of the beef broth, shank, and quartered onion in a large pot and bring to a boil. Lower the heat to a simmer, cover and cook until the meat is falling-off-the-bone tender, about 1 hour 30 minutes.

2 Remove the meat from the pot. Remove any bone, connective tissue, and excess fat. Chop up the meat, place in a bowl, and chill in the refrigerator. Let the broth cool at room temperature, then transfer to the refrigerator and let chill until cold—4 hours to up to a day.

3 When the broth is chilled, any fat will have risen to the top and solidified. Remove and discard this fat. Return the pot to the stove and add the remaining broth, the carrots, beets, and the diced potato. Bring to a boil, lower the heat to a low simmer, cover and simmer for 30 minutes, or until the vegetables are tender.

4 Add the chopped meat to the pot, the sliced cabbage, and a half cup of the fresh dill. Cook for another 15 minutes or so, until the cabbage is cooked through. Add the vinegar and season to taste with salt and freshly ground black pepper.

Serve ladled into bowls with a dollop of sour cream and a sprinkling of fresh dill.

## Ingredients

### For the Pastry

400g. plain flour

½ tsp. salt

200 ml. cold water

125 – 50g. margerine , or  
lard , or butter

### For Filling

400g. rikotta

salt and pepper

3 eggs beaten

# Malta

## Preparation:

Mix the sieved flour and salt with approximately 200ml. of cold water into a soft pliable but not sticky dough, knead well leave to rest for about 90 minutes.

When rested, roll stretch and pull the dough on a floured surface, into long strips, spread half the fat over the entire lenth of dough, first with a palette knife then with clean hands, take one end of the dough and roll it up like a swiss roll, make it uneven turning it tightly sometimes then more loosely, rest it in the frig. repeat the rolling and sometimes so that the roll is once more a long strip, spread the remaining fat, roll it up again like a swiss roll this time in a different direction from the first roll, all these rolling enhance the flakiness of the finished pastry, rest it again. Mash the rikotta with the salt and pepper , add the beaten eggs , cut off pieces of dough the size of a small ball with a sharp knife, pull out each piece with your fingers like a thin disc. place a spoonful of rikotta mixture in the center, close the dough around it and seal the edge with your fingers, place on a lightly oiled baking sheet and bake on 200°c / 400°f / gas 6. for 25 minutes or till golden

Best eaten hot

You can use minced beef, peas and onions, or anchovy, filling instead of rikotta

## Pastizzi – Cheese Cakes

# R A B B I T S T E W

## Preparation:

Heat the oil in a deep casserole and fry the rabbit joints lightly on both sides  
remove from the casserole and set aside  
fry the pork belly in the same oil and set aside to  
fry the onion and garlic in the same oil add the rabbit and pork to the casserole  
add the tomato puree diluted in the glass of water bring to boil  
add the glass of red wine bring to boil  
then lower the heat, add the bay leaves season to taste and simmer for 30 minutes  
add the carrots and peas and cook for further 15 minutes or until the rabbit is tender  
the sauce should have reduced by half  
Serve the sauce with spaghetti as the first meal, and the rabbit stew as the second plate if preferred

Serves 4 to 6

## Ingredients

1 jointed young rabbit  
500g belly of pork, cut into portions  
1 medium onion, chopped  
4 garlic cloves, crushed  
4 small carrots, peeled and sliced  
250 g shelled peas  
2 bay leaves  
1 glass red wine  
3 tablespoons tomato puree  
oil for frying  
salt and pepper

# Fígollí

## Ingredients:

### For the pastry

350 grams caster sugar  
800 grams plain flour, sifted  
400 grams butter  
Grated rind of 1 lemon  
4 egg yolks, beaten  
Malta honey and pistachio nuts or  
additional almonds

### For the almond paste

600 g caster or icing sugar  
2-3 egg whites  
Grated rind of 1 lemon  
A few drops orange flower water  
600 grams almonds, ground

### To finish Glacé icing

Royal icing  
Small Easter egg



## Preparation:

To make the pastry mix the flour with the sugar, then rub in butter until the mixture looks like fine crumbs.

Add the yolks and the grated lemon rind, then mix a little water to get a workable dough.

Leave the mixture to chill. Add the lemon rind and orange flower water to the almonds and bind with the egg whites.

Roll out the pastry mix and cut out the shapes you want.

When doing this cut two shapes for each figolla as they will be sandwiched with the almond paste.

Lay the first shape on a floured and greased baking tray, spread with the almond paste made previously, leaving a small margin.

Put the second shape on the previous and press the edges together.

It would help if you were to wet the edges with a pastry brush to ensure binding.

Bake at a temperature of 200°C/400°F for five minutes and then at 180°C/350°F, for about 20 minutes until pale golden.

Let to cool on the tray.

When cooled, coat with the glacé icing then decorate with some royal icing in an other colour, but do not overdo it and make it look gaudy.

While the icing is soft push a foil-wrapped egg into the pastry.

If you are making human shapes it is traditional to put the egg in the middle of the man's or woman's tummy. Then finish with some ground almonds.

Since ground almonds are quite expensive some substitutes, such as tiny sugar-coated eggs can be used, although these might not be as traditional.