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The OIE Amicale Cookbook of Nations

The Americas

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Brigadeiro



From: Patricia Pozzetti

Makes: 12 brigadeiros

Instructions

- 1:** Put a pot on a medium low heat and melt the butter with the condensed milk.
- 2:** Stir in the cocoa powder and continue to stir for 10-15 minutes until the mixture begins to pull away from the edge of the pot.
- 3:** It's done when you run the spoon through the center of the mixture and it takes a few seconds to combine again.
- 4:** Spread the mixture onto a buttered plate and refrigerate for 2 hours.
- 5:** When set, roll the mixture into small balls and coat them in the chocolate sprinkles, (you may need to apply a small amount of butter to your hands to help them from sticking).

Notes

Brigadeiro is a delicious candy made with chocolate and condensed milk very popular in Brazil, especially prepared for birthday parties.

Ingredients

400 g (14 oz) sweetened condensed milk

2 tablespoons butter, plus more for greasing

40 g (⅓ cup) cocoa powder

Chocolate sprinkles, to decorate



Tarte au sucre à l'érable

Maple sugar pie



From: Elisabeth Marier

Instructions

- 1:** Mix egg yolks, milk and syrup.
- 2:** Cook using "bain marie" until it thickens.
- 3:** Dissolve the gelatine into 80 ml of cold water and add to the syrup mix.
- 4:** Beat the egg whites with the white sugar until stiff.
- 5:** Incorporate egg whites delicately to the syrup mix until it's all mixed.
- 6:** Pour the mix into the pie crust.
- 7:** Refrigerate.
- 8:** Can be served with vanilla ice cream, cream, plain yogurt or just a large glass of milk.

Ingredients

One pie crust cooked (pâte brisée)
4 egg yolks
125 ml milk
250 ml maple syrup (it could be replaced by honey or by brown sugar + 80 ml water)
One 'sachet' Gelatine (6-7g)
4 egg whites
50g of white sugar





Pouding chômeur



From: Elisabeth Marier

Instructions

- 1:** Préchauffer four 325°F (162°C).
- 2:** Mélanger farine et poudre à pâte. Mettre de côté.
- 3:** Dans un bol, battre beurre en crème en ajoutant sucre graduellement.
- 4:** Ajouter œuf et vanille. Ajouter lait graduellement, en mélangeant vigoureusement jusqu'à ce que tout soit bien mélangé.
- 5:** Mélanger ingrédients secs et ingrédients humides.
- 6:** Bien graisser plat Pyrex (en verre) rectangulaire d'environ 23X33 cm avec beurre. Verser mélange dans le plat.
- 7:** Mélanger tous les ingrédients du sirop dans un chaudron, porter à ébullition puis verser sur gâteau non-cuit. Faire cuire pendant 45 minutes. Le sirop va s'infiltrer dans le gâteau en cuisant.

Ingredients

Gâteau:

200g (375ml) farine tamisée
1 c. à thé poudre à pâte
32g (65 ml) beurre
134g (165 ml) sucre
1 œuf
1 c. à thé extrait vanille
125 ml lait

Sauce érable:

250 ml sirop érable
220g (250 ml) cassonade
250ml eau bouillante
57g beurre



Maple Butter Tarts



From: Madison Wimmers

Serves: 12 butter tarts

Instructions

1: Combine the flour, sugar and salt. Add the oil and blend in using a fork, pastry cutter, electric beaters or a mixer fitted with the paddle attachment, until the flour looks evenly crumbly in texture.

2: Add the butter and cut in until rough and crumbly but small pieces of butter are still visible. Stir the water and vinegar (or lemon juice, if using) together and add all at once to the flour mixture, mixing just until the dough comes together. Shape the dough into 2 logs, wrap in plastic wrap and chill until firm, at least an hour.

3: Preheat the oven to 200°C and lightly grease a 12-cup muffin tin. Pull the chilled dough from the fridge 20 minutes before rolling. (Can also use a mini-muffin tin!)

4: Cut each of the logs of chilled pie dough into 6 pieces. Roll each piece out on a lightly floured work surface to about 5 mm thick and use a 12 cm round cookie cutter to cut each into a circle. Line each muffin cup with the pastry so that it comes about 1 cm higher than the muffin tin, and chill the lined tin while preparing the filling. (can throw out the excess dough, but it also keeps well in the fridge for about a week for more butter tarts or mini apple/fruit tarts)

5: Filling: Whisk sugar, maple syrup and butter in a bowl by hand until combined. Whisk in eggs, then vinegar and vanilla.

6: Sprinkle a few raisins, pecans or walnut pieces into each cup and then pour the filling into the shells and bake the tarts for 5 minutes, then reduce oven to 180°F and continue baking until butter tart filling starts to dome, about 20 more minutes. Cool tarts in the tin, and chill the tarts in the tin before removing.

Notes

Butter tarts are a Canadian classic sweet treat. While this recipe uses pecans, feel free to use other additions in place of the pecans such as raisins, walnut pieces, chocolate chips or simply leave the butter tarts plain. Enjoy!

Ingredients

Pastry:

2 1/2 cups all-purpose flour (300g)

1 Tbsp granulated sugar (12.5g)

1 tsp salt (a few pinches)

3 Tbsp vegetable oil (45mL)

1 cup cool unsalted butter, cut into pieces (does not have to be ice cold) (227g)

(Tip: freeze your butter then use a cheese grater to grate the butter in)

1/4 cup cool water (60mL)

2 tsp white vinegar or lemon juice (10mL)

Filling:

3/4 cup dark brown sugar, packed (135g)

(Brown sugar isn't a European ingredient... but in France, Vergeoise or Cassonade should do the trick. The key is to find a sugar that's moist or sticks together if you pinch it)

3/4 cup maple syrup (180mL)

(It's little pricey but definitely the best way to make them! Recipes without maple syrup tend to use corn syrup but that's very challenging to find)

1/2 cup unsalted butter, melted (113.5g)

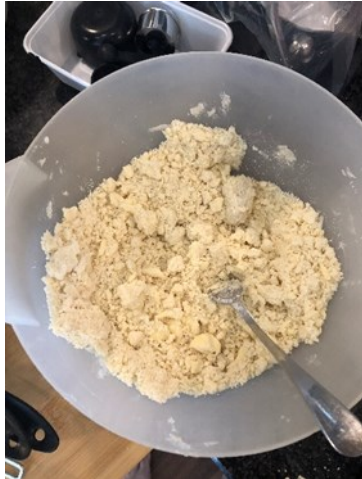
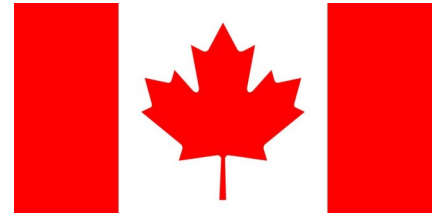
2 large eggs, at room temperature

1 tsp white vinegar (5mL)

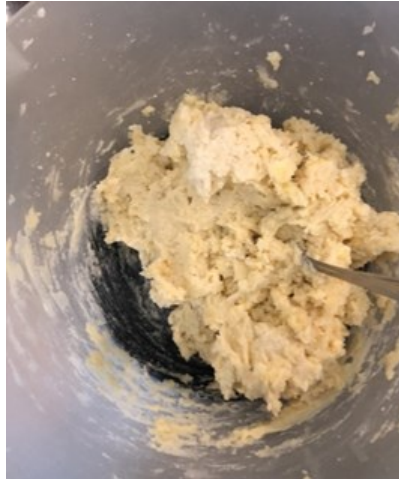
1 tsp vanilla extract (5mL)

1/2 cup raisins, pecans or walnuts (can just sprinkle some in each cup)

Maple Butter Tarts



Butter cut in (can have even smaller pieces of butter but I got tired)



Water & vinegar mixed in until just incorporated. Over-mixing = unflaky dough



Dough logs ready to be chilled



Pre-oven. Important to have enough dough at the top and not overfill the tarts – if it bakes over it makes quite the mess



Baked, cooled, and ready to be enjoyed!

Sincronizada mexicana



From: Fernanda Mejía-Salazar

Makes: 3 sincronizadas

Cook Time: 10 min

Instructions

- 1:** Heat over a medium-low heat a frying pan that is large enough to hold the tortilla.
- 2:** Meanwhile, cut the cheese into thin slices (if not already pre-cut).
- 3:** Heat two tortillas in the frying pan: Place one tortilla and heat for 10 seconds on each side, remove from the frying pan, and do the same with the other tortilla.
- 4:** Place one of the warm tortillas in the pan and spread cheese on the surface of the tortilla.
- 5:** Place 1 slice of ham on top of the cheese.
- 6:** Place the other warm tortilla on top of the ham.
- 7:** This is already a sincronizada! Let the cheese melt and the tortillas brown. About 1.5 minutes on each side.
- 8:** Transfer to a plate.
- 9:** Repeat steps 3 to 8 for the remaining tortillas.
- 10:** Dare to eat it using your hands!

Notes

The 'sincronizada' can be seen as the Mexican version of a "sandwich with tortillas" or the decorated cousins of the quesadillas. They consist of 2 flour tortillas that have between them a layer of melted cheese and a slice of ham (that's it!)

It's a very simple dish that all Mexicans consume from weaning to the grave. Its beauty lies in its versatility, as it can be served for breakfast, as a snack or as dinner, and can be accompanied by



Ingredients

6 large flour tortillas

(or the small ones if you can't find the large one, but will need less cheese and less ham)

About 120 g of cheese that melts well but that does not render a lot of fat

(in Paris, the big Baby Bell works great, but can also use Leerdammer in slides... just please, do not use yellow cheddar!)

About 3 large thin slices of ham

(pork ham is the most Mexican, but can also use chicken, turkey or even soy hams)

Salsa

A true 'sincronizada' should not lack a good salsa... but this depends of course on your resilience against chile. As we are in isolation in Paris, you are not likely to be able to make a good Mexican salsa... but, do not despair, either do not use any (that is how kids enjoy sincronizadas), or select one from this list:

- * Salsa Tabasco – from the store. Few drops inside the sincronizada will provide a nice kick.
- * Salsa Valentina – from the store.
- * 'Chileless' pico de gallo: chop a tomato, half small yellow or white onion and some cilantro (optional), add salt and combine.
- * Simple home-made red salsa: in a hot small pot, add few drops of oil and place a tomato until its skin burns, turn it around few times until most of its skin is black. In a blender put the charred tomato, salt to taste and as much chile as you like (I usually add dried red chiles pre-soaked in warm water that are very spicy). If you do not have a blender, simply chop everything as much as you can.

Ceviche



From: Xyomara Chavez Pacheco

Serve: 2-3 people

Instructions

1: Before touching the fish, first thinly slice the red onion and juice all limes.

2: To prepare the “canchita”: you have to fry them with a bit of oil and close the frying pan. Keep shaking the frying pan to have some “tanned canchitas”, otherwise they’ll easily burn. As soon as you start hearing some “popping” (as if it’s popcorn) it means they’re ready! Add some salt and put aside.

3: To prepare the “mote”: add a small amount of “mote” in a pot, cover them with water and add 1 or 2 tablespoons of sugar. You will see the “mote” is ready once some seeds start to open, the water boils at this point too.

4: Once you have your sides ready, grab the fish and remove its bones. Cut the fish in cubes (not too big, not too small). Put the fish on a very cold bowl (I usually put it on the fridge while I prepare everything) and add salt first. For 700 gr you can start by adding 2 full spoons of salt (yes, it is a lot). Then add 25cl of lime juice (to begin with) and start mixing. You should try the juice and add a bit more of salt/lime juice if needed, you can start adding the pepper as well, as much as you want/like. Ceviche is made with heart, not with measurements.

5: Then, you can add the sliced onion, the coriander leaves, and the red pepper. Keep mixing everything and always keep track of the flavour. You will see the fish meat starts “cooking”: there are some parts that will become whiter than others. Be careful with overcooking the fish too: if this happens, it will become gummy and not so tasty. It will take you around 5 min of mixing everything in the bowl, no more.

Notes

If it is the first time you are preparing it, please do not expect it to be great. Although the preparation is quite simple, it takes some time to master the balance between the salt and lime juice. Plus, in France there is no Peruvian lime, special for ceviche due to its acidity. So, we try our best with the ingredients we have! ☺.

Ingredients

700 gr of white fish
(the fresher, the better. I recommend “sole”, but you can also try “lieu jaune” or “perche”)

1.5 kg of green lime
It will give you around 50cl of pure juice.
You can try with the green Brazilian one.

1 red onion

Coriander leaves

Very thin salt and pepper

Sliced red hot pepper
Optional (but highly recommended, unless you are allergic/intolerant). To add some spice.

For side dishes:

Boiled sweet potato, “canchita” and “mote” (the last two are peruvian type of corns)

Ceviche



Ingredients



Side dishes: boiled sweet potato



Side dishes: canchita (right) and mote (left)

Ceviche



Beginning of fish preparation. I add some slices of onion and pepper to add more flavour



Once I see the fish is half-cooked, I add the rest of the ingredients (yup, I LOVE spice).



Mac 'n Cheese

(adapted for France)



From: Taylor Gabourie

Prep Time: 30 min

Cook Time: 45 min

Instructions

- 1:** Prepare oven by pre-heating to 180°.
- 2:** Boil water and cook noodles separately, drain and set aside until later.
- 3:** In a large saucepan/skillet, melt butter and then add the flour. Stir with a whisk or fork.
- 4:** Add milk to butter mixture slowly, continuing to whisk to avoid lumps.
- 5:** Add salt, pepper and nutmeg (to taste, I like about an 1/8-1/4 tsp of each).
- 6:** Continue cooking mixture to a boil.
- 7:** Add crème fraîche and continue whisking.
- 8:** Reduce cooking temperature and add half of shredded cheese (50g) to mixture while whisking.
- 9:** Once cheese is melted and mixture consistency is creamy, remove pan from heat.
- 10:** Add noodles and stir until evenly coated with cheese.
- 11:** Pour mac 'n cheese into a glass casserole dish and top with the rest of the cheese.
- 12:** Bake in oven for 45 minutes; 35-40 covered then remove cover to crisp up cheese top.

Ingredients

250g macaroni noodles

700ml milk "lait entier"

60g butter

45g all-purpose flour

100g gruyere/aged cheddar shredded (I recommend using a mix of both, sometimes I also add emmental or comté as well)

300g crème fraîche

Salt and pepper

Nutmeg

Notes

Best if served and eaten shortly after baking!





Brownies

From: Lydia Greve

Makes: 1 tray

Instructions

1: Heat oven to 175°C. Grease a baking dish (I use 9x13; you can use a smaller dimension for thicker brownies.)

2: Melt butter. Add sugar and vanilla. Mix together.

3: Add eggs, mixing in one at a time.

4: Sift together flour, cocoa powder, salt. Mix in slowly to wet ingredients.

5: Stir in chocolate and walnut pieces. Batter will be thick.

6: Pour into baking dish and spread to level. Bake for ~35 minutes, or until toothpick comes out clean.

7: Let cool, cut, and enjoy.

8: Brownies can be wrapped and kept in the freezer for future chocolate emergencies.

Ingredients

113g. butter

400g. sugar

1 spoon vanilla extract

4 eggs

170g. flour

118g. cocoa powder

1 teaspoon salt

Chocolate chips/pieces

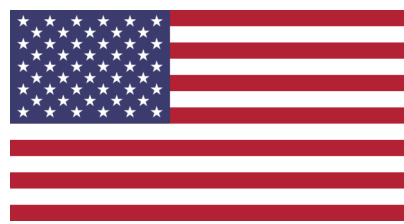
Walnuts

Notes

There are infinite ways to make brownies. This recipe is simple and makes a tasty 'last minute' dessert. According to Wikipedia, brownies first appeared on the scene at a Chicago hotel in 1893. I can't vouch for that, but I do know that no American potluck/picnic/casual gathering is complete without a tray of brownies.



Braised coconut spinach and chickpeas with lemon



From: Christine Leon Rolez

Prep Time: 15 min

Serves: 4 as main dish or 6 as side

Cook Time: 35 min

Instructions

1: Heat the oil or ghee in a large, deep Dutch oven or heavy pot over medium-high heat. Add the onion and cook until the onion is beginning to brown, about 5 minutes. Add the sun-dried tomatoes, garlic, fresh ginger, lemon zest, and red pepper, if using. Cook for 3 minutes, stirring frequently.

2: Add the chickpeas and cook over high heat for a few minutes, or until the chickpeas are beginning to turn golden and are coated with the onion and garlic mixture.

3: Toss in the spinach, one handful at a time. This will take about 5 minutes; stir in a handful or two and wait for it to wilt down and make room in the pot before adding the next handful. When all the spinach has been added, add the coconut milk, lemon juice, ground ginger, and salt. Bring to a simmer, then turn down the heat and cook until the chickpeas are warmed through, about 10 minutes. Taste and season with more salt and lemon juice if needed. Serve hot over roasted sweet potatoes, with cilantro leaves and toasted unsweetened coconut to garnish.

Notes

Serving: This is thick enough to eat on its own with a fork, but it's also saucy enough to serve over pasta, rice, quinoa, or another grain.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days. Freeze in individual portions for up to 3 months. Allow it to thaw overnight in the fridge and then reheat gently over low heat on the stove.

Ingredients

2 teaspoons oil or ghee

1 small yellow onion

1/2 cup sundried tomatoes, chopped

4 large cloves of garlic, peeled and minced

1 tablespoon peeled and grated fresh ginger

Finely grated zest of 1 large lemon

1 dried hot red pepper or pinch of red pepper flakes (optional)

1 (15-ounce) can of chickpeas, drained and rinsed

1 pound baby spinach

1 (13 to 14-ounce) can coconut milk

2 tablespoons freshly squeezed lemon juice

1 teaspoon ground ginger

1 teaspoon salt



Cheesy Cachapas

Venezuelan sweet corn pancakes with cheese



From: Ingrid Contreras Arias

Prep Time: 10 min

Serves: 6

Instructions

- 1:** Blend all the ingredients together in a blender until the mixture has the consistency of pancake batter. Adjust the salt if necessary.
- 2:** Transfer the batter to a container, cover it and let it sit in the fridge for 20 min.
- 3:** Spread a little bit of butter in a large pan over medium heat. Add enough batter to form the size of a pancake.
- 4:** Cook until golden brown, about 5 minutes per side.
- 5:** Just after you take out the cachapa from the pan, add as much mozzarella cheese as you wish and fold it in half.
- 6:** Repeat with remaining batter.

Notes

Cachapas are an important part of Venezuela's culinary heritage. The dish originated during pre-Columbian times, when the indigenous population would grind corn with stone pestles and then cook it on clay budares (flat griddles).

This sweet corn pancake is usually served stuffed with cheese and hits all the most important food qualities. The pancake is crisp on the edges and soft in the middle. It is sweet and salty. The cheese is both savoury and creamy. It is like if a perfect ear of corn and your favourite grilled cheese sandwich would have had a really delicious baby. We usually have cachapas for breakfast, brunch or dinner. I hope you'll try the recipe and enjoy it as much as I do!

Ingredients

450 g whole kernel corn, drained (maïs doux)

1/4 cup milk

1 egg

1/4 cup polenta

2 tablespoons white sugar

1/2 teaspoon salt

2 tablespoons of butter

Mozzarella cheese

You can also use different types of cheese and add ham, shredded meat, bacon or even vegetables



Asia and the Pacific

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Rye and rhubarb cake

From: Heidi Congdon

Instructions

- 1:** Preheat oven to 180c.
- 2:** Beat butter with brown sugar.
- 3:** Add eggs and vanilla.
- 4:** Stir in sifted flour, bicarb soda and cinnamon.
- 5:** Stir in rhubarb, rind, sour cream and yoghurt.
- 6:** Pour into a greased and lined 22cm cake tin.
- 7:** Sprinkle with topping
- 8:** Bake in oven for 50 to 60 minutes

Notes

This recipe comes from Heidi's family's flour-milling business in Australia!

Ingredients

For the cake:

60g butter
380g brown sugar
2 free-range eggs
1 teaspoon vanilla essence
300g wholegrain rye flour
1 teaspoon bicarb soda
1 teaspoon cinnamon
500g rhubarb cut into 2cm pieces
Grated rind of 1 lemon
200g sour cream
100g yoghurt

For the cake topping:

80g brown or raw sugar





Murial's Scones

From: Jennifer Hutchison

Instructions

- 1:** Before you start, set your oven to 220 degrees.
- 2:** Measure out five cups of self-raising flour, then sift three times.
- 3:** Add a pinch of salt as you sift the flour.
- 4:** Fold in 300ml of cold cream.
- 5:** Add 300ml of lemonade.
- 6:** Keep folding the mixture together until the flour is all mixed in.
- 7:** Put onto a floured board, cut into desired sizes and brush with milk.
- 8:** Pop them into the oven for ten minutes or until golden brown, turning the tray once during cooking.
- 9:** Enjoy with butter, jam, cream, or whatever you like!

Notes

This recipe comes from Muriel Halsted, a 92 year old Country Women's Association member in Australia. A video of her baking the scones went viral.

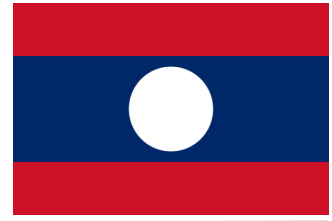
Ingredients

5 cups self-raising flour
Pinch of salt
300ml of cold cream
300ml lemonade



Jeow Mak Len

(Lao Tomato Dipping Sauce)



From: Sonia Fèvre

Serves: 3-4

Instructions

1: Arrange the tomatoes, shallots, chilies, and two of the green onions over a grill pan or on a rimmed baking sheet. Cook, turning occasionally, on a heated grill or under a broiler until blistered and charred on all sides (but not completely burnt). Remove the green onions, chilies, and shallots if they become charred before the tomatoes. Set aside until cool enough to handle.

2: Using a large mortar and pestle, mash the garlic cloves into a paste. Remove the stems (and seeds for less heat) from the chilies, chop, and add to the garlic. Chop the shallots and charred green onions, then mash with the garlic and chilies. Roughly chop, and mash the tomatoes with the rest of the vegetables to form a chunky sauce. Mix in the lime juice, fish sauce, and cilantro. Adjust seasonings to taste.

3: Thinly slice the remaining green onion and sprinkle over the sauce for garnish. Serve with sticky rice, grilled meat, and vegetables.

Notes

Jeow is a type of dipping sauce from Laos made with charred vegetables. There are a few different varieties depending on the region including Jeow Bong (Sweet Chili), Jeow Mak Kua (Eggplant), Jeow Mak Pet Dib (Green Chili), Jeow Padaek (Fermented Fish), and Jeow Pahang (Dried Fish). This Jeow Mak Len, Tomato Dipping Sauce, is perfect for summer. Tomatoes, chilies, and onions are grilled until starting to blister and char, then mashed with a mortar and pestle into a sauce. It is seasoned with lime, fish sauce, and cilantro.

If you don't have a mortar and pestle, you can also use a blender or food processor and pulse the ingredients into a chunky sauce.

Two bird's eye chilies will give this dip a spicy kick. Decrease to 1 for less heat or even bump it up to 3 for extra spice. Removing the seeds will also help decrease the heat level. These small chilies pack quite the punch.

Fish sauce (nam pa, nam pla, nuoc mam, patis) is a condiment popular in Southeast Asian cooking. It is created by slowly fermenting fish (generally anchovies) in a salt water mixture, then pressing to produce a thin liquid. It has quite the strong smell, but provides a savory umami flavor.

Jeow is generally served with sticky rice/Khao Niew, a sweet glutinous rice (sweet rice, waxy rice). It has a low amylose and high amylopectin content that gives the rice a sticky, chewy texture.

Ingredients

3 medium tomatoes

2 shallots, peeled

2 red bird's eye chilies

3 green onions, divided

2 garlic cloves

1 tablespoon lime juice

1/2 tablespoon fish sauce

1/4 cup roughly chopped cilantro



Pavlova



From: Jeannine Fischer

Instructions

- 1:** Preheat oven to 150°C. Line a baking tray with baking paper and draw a 20cm circle on the baking paper. Turn over the baking paper so that the pencil line doesn't transfer to your pavlova.
- 2:** Using an electric mixer, beat the egg whites with the salt until stiff, then add the sugar very gradually while still beating. Keep beating for 5 minutes to dissolve the sugar.
- 3:** Slow the beater speed and add the vinegar, vanilla and cornflour.
- 4:** Pile the meringue in the centre of the circle and use a spatula to spread it out to the edge of the circle keeping it as round and even as possible. Make a slight dip in the top.
- 5:** Bake for 45 minutes, then leave to cool in the oven overnight.
- 6:** Using two spatulas, lift it carefully onto a serving plate and fill the central depression with whipped cream and fresh fruit (kiwi fruit are a must!)

Notes

This cake is often claimed by both New Zealanders and Australians. Some history here: The recipe for a lofty meringue cake evolved slowly in both Australia and New Zealand, but the name arrived in 1935 when Bert Sachse, chef at the Esplanade Hotel in Perth, named his cake in honour of Russian ballerina Anna Pavlova. Chef Sachse later acknowledged that the recipe he used was from a 1929 cookery book, *The New Zealand Dairy Exporter*.

Ingredients

6 egg whites
Pinch of salt
2 cups caster sugar
1½ tsp vinegar
1½ tsp vanilla essence
1½ tsp Edmonds Fielder's corn-flour
Whipped cream and fresh fruit





Whitebait fritters

From: Rebecca Hibbard

Serves: 12 fritters

Prep Time: 15 min

Cook Time: 10 mins

Instructions

- 1:** Whisk egg whites to form stiff peaks.
- 2:** Add salt, flour and whitebait and gently fold to combine evenly. More whitebait and less egg is the preferred mix as the egg mainly serves to bind the mixture.
- 3:** Heat the oil and butter and cook heaped dessert spoonful sized dollops of the mixture over medium heat until golden and puffy. (They cook very fast). Add extra oil and butter to pan between batches as needed.
- 4:** Serve with a squeeze of fresh lemon.

Notes

The word whitebait does not refer to a single species. It is a general term used in many countries to describe small freshwater fish that are tender and edible. In New Zealand it describes the juvenile forms (around 4–5 centimetres long) of five species of the fish family Galaxiidae (inanga, banded kokopu, koaro, shortjaw kokopu, and giant kokopu). They are much smaller than European whitebait.

The whitebait are caught during their migration into freshwater habitats after their larval stage at sea, and can be caught from many New Zealand rivers.

Ingredients

2 egg whites

1 heaped tsp flour

1 cup fresh whitebait

(See notes for details. As these small whitebait species are difficult to find in Europe, you'll probably need a substitute. I think in theory you could use other small fish species. In size anchovies are probably closest though this will be quite a different taste! Other suggestions I found were squid legs. Alternatively, plan your next holiday to go fishing in NZ!)

½ tsp salt

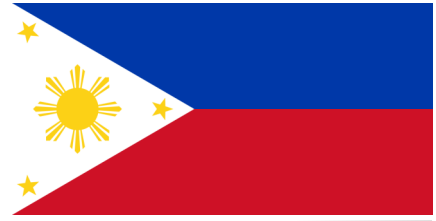
1 tbsp oil

1 tbsp butter

Lemon



Filipino Chicken Adobo



From: Roberta Morales

Instructions

- 1:** Heat the oil in a deep pan over medium-high heat. (Use a pan with a tight lid.)
- 2:** Cook chicken pieces until browned on all sides then remove from pan.
- 3:** Lower the heat to medium and add the onions and garlic. Cook until onions are translucent (5 or 6 minutes).
- 4:** Add the soy sauce, vinegar, black pepper, garlic powder and bay leaves, stir to mix.
- 5:** Add the chicken back into the pan, increase the heat to medium-high and bring the sauce to a boil.
- 6:** Once sauce is boiling, reduce the heat to medium-low, cover pan well and simmer until chicken is tender (30-40 minutes).
- 7:** Serve over steamed white rice and drizzle a little sauce over the chicken and rice.

Notes

You can also make this with pork or a combination of chicken and pork. Cut into 1-1/2 inch cubes and brown on all sides then set aside.

Ingredients

- 1-2 tbsp vegetable oil
(depending on how fatty your chicken is; don't use EVOO)
- 3 lbs (about 1.5 kgs) chicken, cut into pieces
- 1 large onion, sliced
(optional)
- 5-6 cloves minced garlic
(NOT optional and the more the merrier)
- 1/2 c palm vinegar (or 1/3 c white vinegar)
- 1 tbsp garlic powder
(optional, but add if you really like garlic!)
- 2/3 c low sodium soy sauce
- 2 tsp ground black pepper
- 2 bay leaves



Europe

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Tarator

(таратор)



From: Ralitsa Stoyanova

Instructions

1: Cut the cucumbers into small cubes (roughly 0.5 cm²) and put them in a bowl. You can 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. A

3: Add the crushed garlic, the walnuts, and the minced dill as well as salt and oil to taste. The oil should not be more than a tablespoon.

4: Finally, add some cold water to make the soup as liquid as you like but take care not to make it too "thin".

5: Put into the refrigerator to cool or add ice cubes and serve cold .

Notes

Tarator is a cold soup often eaten in the summer in Bulgaria when it's hot and you need something refreshing.

Ingredients

1 cucumber

500 gr of plain yogurt

2-3 garlic cloves
(if you are not a fan, you can skip them)

2-3 tablespoons of crushed walnuts
(also optional)

A couple of branches of fresh dill
(or dried if you don't have fresh)

Oil

Salt

Water



Kabapcheta

(кебапчета)



From: Ralitsa Stoyanova

Instructions

1: Put the meat in a big bowl and season it with the cumin, pepper and salt and start incorporating the water slowly while kneading the mix (as if you were kneading dough).

2: Once everything is mixed well and the water is incorporated, cover it with tin foil and put it in the fridge for one night.

3: On the next day, knead the meat a little more and leave it again in the fridge for 2-3 hours.

4: Form “sausage-type” shapes with your hands and put them on a preheated barbecue grill. Use some water to smoothen the “kebabcheta” while shaping them. Turn them over, so that they are

Ingredients

1kg minced pork meat

100 ml of water

5 gr cumin

5 gr black pepper

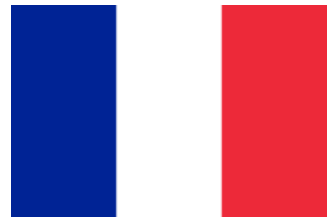
20 gr salt

Notes

This is another dish typical for the summertime – “kebabcheta” are small kebab type sausages cooked over a grill and enjoyed with a side dish of homemade fries and white feta cheese



Tarte tatin



From: Séverine Begue

Instructions

1: Faire fondre 50 g de beurre salé dans un moule à tarte et le répartir sur toute la surface (fond et bords). Chemiser le moule de sucre en laissant le surplus dans le fond sur une couche de 3 mm environ. Saupoudrer le sucre d'une pincée de cannelle. Réserver. Surtout ne pas faire de caramel dans le moule car la cuisson de celui-ci lui confère une amertume désagréable en bouche.

2: Éplucher les pommes et les couper en 8. Dans une poêle, faire fondre 1 bonne cuillère à soupe de beurre doux avec environ 1/2 verre à moutarde de sucre, ajouter une pincée de cannelle, faire blondir et colorer les morceaux de pommes. Recommencer plusieurs fois si nécessaire si votre poêle est trop petite pour les contenir tous. Les pommes vont légèrement se ramollir et vous pourrez mieux les répartir dans le moule.

3: Ranger les morceaux de pommes dans le moule en les serrant légèrement car votre tarte risquera moins de s'affaisser.

4: Couvrir la première rangée de pommes d'un peu de sucre, de noisettes de beurre et d'une pincée de cannelle. Recommencer l'opération jusqu'à épuisement des pommes. Sur la dernière couche, ajouter environ 3 cuillères à soupe du sirop de cuisson (s'il en reste) et la pectine des pommes, contenue dans le sirop, qui contribue à la tenue de la tarte.

5: Cuire à four moyen (thermostat 7, 210°C) pendant 20 minutes environ. Il n'est pas nécessaire de cuire plus ces pommes dont la cuisson a été amorcée dans la poêle. Sortir le plat du four et laisser refroidir 30 minutes environ.

Pour finir: Poser le disque de pâte sur le moule et bien couvrir les bords. Remettre à cuire environ 40 minutes pour cuire la pâte et confire les pommes en surveillant la coloration (mettre un papier aluminium si la pâte brunit trop vite).

Ingredients

1 kg de pommes (vous pouvez prendre plusieurs variétés)



160 g de sucre



80 g de beurre doux



50 g de beurre salé

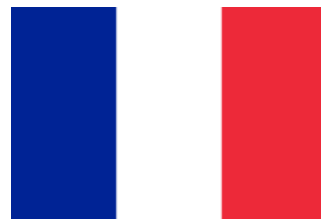
Quelques pincées de cannelle (facultatif)



1 pâte feuilletée pur beurre



Tarte Citron Meringuée



From: Karen Bucher

Instructions

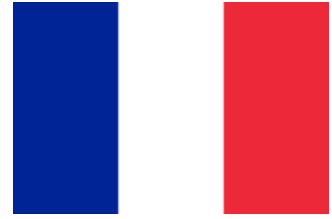
- 1:** Disposer la pâte dans le plat puis cuire avec des billes de cuisson à 180°C environ 15 min.
- 2:** Dans une casserole, faire fondre le beurre avec le jus et les zestes des citrons. Fouetter les œufs entiers avec le sucre, puis ajouter le beurre et le jus de citron. Remettre le mélange dans la casserole et cuire jusqu'à épaississement. Verser cette crème sur la pâte et laisser refroidir.
- 3:** Monter les blancs d'œufs en neige puis ajouter le sucre. Dresser la meringue sur la tarte à l'aide d'une poche à douille, puis la passer au gril ou au chalumeau quelques secondes.
- 4:** Réserver au frais pendant 2 heures avant de déguster.

Ingredients

- 1 rouleau de pâte sablée
- 2 citrons
- 150g de sucre en poudre + 90g pour la meringue
- 3 œufs + 3 blancs pour la meringue
- 125g de beurre



Financiers à la framboise



From: Graziella Crezegut

Serves: 6-8 individual portions

Instructions

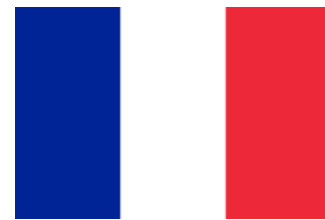
- 1:** Pre-heat your oven to 180°.
- 2:** Start mixing all the powders (flour, almond powder, icing sugar).
- 3:** Incorporate the soy yoghurt, without battering too strong.
- 4:** Melt or Microwave the margarine until liquid and incorporate into the preparation.
- 5:** Butter up with margarine your recipient (ramekins, baking tins or makeshift molds) and pour the preparation inside, at 2/3 of their capacities.
- 6:** Insert 2 to 3 raspberries in the middle.
- 7:** Bake for 15 to 20 minutes, until edges become golden brown.

Ingredients

50g margarine
25g gluten free ready flour (or wheat flour for a gluten option)
75g icing sugar
50 g almond powder
60g soy yoghurt
Raspberries (one small pack)



Quiche Lorraine



From: Jean Philippe Dop

Instructions

1: Make the shortcrust pastry by mixing with your fingertips 200 g of flour, 100 g of cold butter, cut into cubes and 2 g of salt. You can add a little water to form a ball. Leave to rest in a cool place for at least 30 minutes. Dip the dough into the quiche tin and put it back in the fridge for at least 30 minutes. Pre-bake the dough for 10-15 minutes at 200 °C (th. 6-7).

2: Make the migaine or device by mixing, in a bowl, the eggs, cream, milk and pepper.

3: Cut the slices of bacon into small pieces and arrange them on the shortcrust pastry.

4: Pour the migaine over the bacon and bake for 30 minutes at 200 °C (th.6-7). - choose a slightly high mould (about 5 cm high by 24 cm wide) to have a very thick quiche.

5: Take the quiche out of the oven while it is still trembling in the center. Never put salt in the preparation if you take smoked bacon. - you can add nutmeg to the mixture with pepper.

Notes

The first written traces of Quiche Lorraine were found on March 1st 1586 at the home of the Duke of Lorraine, then in Nancy just a little later. However, it is thought that we would have seen some earlier under Charles 3, who would have been very fond of it.

But we're not going to argue about dates, because before being a dish registered in the annals of the greats or institutions of Lorraine, the quiche Lorraine was first of all a popular dish to share. It was made on bread-making days with a flattened leftover bread dough and baked in the communal bakery. The filling, this flan device - beaten eggs and cream - which is called a migaine, was made from the products found on farms at the time: smoked bacon (because to preserve food at the time it was salted or smoked), cream and eggs.

More recently, did you know that Alfred Hitchcock was a great lover of Quiche Lorraine? He staged it in his 1955 film "The Hand in the Collar"!

Ingredients

1 shortcrust pastry

200 g smoked bacon

20 cl thick fresh cream

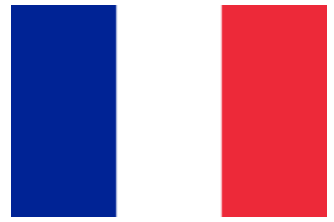
25 cl of milk

4 large eggs

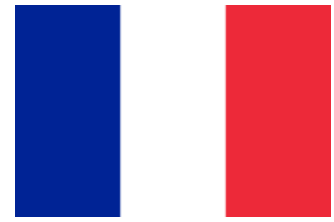
Pepper



Quiche Lorraine



Oeufs Bénédicte



From: Morgan Jeannin

Prep Time: 30 min

Instructions

Preparation of the poached eggs

1: Bring water with two spoons of white vinegar to a simmer in a large saucepan with a large bottom. Break an egg into a cup, place it on the surface of the liquid letting the water get in contact with the egg, gently 'pour' the egg in the water and let poach by folding the white around the yolk. After around 3 minutes, when the white is set, remove the egg with a skimmer and place it on absorbent paper. Repeat for the remaining 3 eggs (or if saucepan is large enough, cook them two by two).

2: Tip: If you want to prepare in advance, you can keep the poached eggs in a bowl of fresh cold water, and reheat for serving by plunging the eggs back into a saucepan of boiling water for less than a minute.

Preparation of the Hollandaise sauce

1: Whisk the egg yolks with the lemon juice and 1 tablespoon of water in a small saucepan and heat prudently using a "bain marie" (put your saucepan in a larger saucepan of boiling water). When the consistency of the sauce seems to start thickening, add the melted butter little by little while whisking to emulsify the hollandaise sauce. Add salt, pepper, paprika and nutmeg powder.

2: Tip: Always keep on whisking while adding the butter. This has to be prepared last and served immediately. Hollandaise sauce cannot be cooled and reheated or the emulsion texture might not work

Assembly

On each slice of freshly toasted bread, place 1 slice of grilled bacon, then 1 poached egg. Cover with hollandaise sauce, sprinkle some chives and serve immediately.

Bon appétit!

Ingredients

4 eggs

4 slices of "pain de campagne", freshly toasted

4 slices of grilled bacon

2 tablespoon white vinegar

salt, pepper

For the Hollandaise sauce:

125 g of butter

2 egg yolks

1 tablespoon cold water

2 tablespoon lemon juice

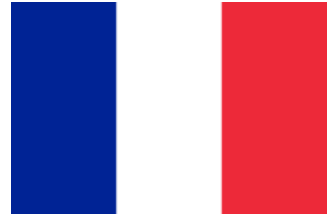
paprika, nutmeg powder

Salt, pepper

Chives for the presentation



Crème brûlée



From: Cedric Masse

Serves: One

Instructions

- 1:** Pre-heat the oven at 180°C (thermostat 6).
- 2:** Optional: cut the vanilla pod to extract the seeds, let them infuse in the hot milk. You can also use vanilla extract to use directly in the milk when you add it.
- 3:** In a bowl, mix the egg yolks with powdered sugar, add the single cream and milk, stir.
- 4:** Pour in a ramequin, put in the oven for 20 min
- 5:** Let it chill in a fridge.

Notes

When serving, you can sprinkle brown sugar on the surface and crystallize it with a torch.

Ingredients

50g powdered sugar

2 egg yolks

10 cl single cream

10 cl milk

Optional: vanilla pod

Optional: brown sugar



Susan's Simple Summer Fruit Pudding



From: Susan Corning

Instructions

(warning: protective clothing advised to avoid red berry splashback stains!)

1: In a large pot, bring water and sugar to a boil – toss in the fruit and let simmer for about 10 minutes. Add the white wine and lemon juice during the last few minutes.

2: Meanwhile, cut the crusts off the bread and line an approximately one litre bowl with plastic cling wrap – leaving quite a lot extra to fold over the contents.

3: Remove the fruit from the pot using a strainer.

4: Using a slotted spatula/large spoon, quickly dip each slice of bread into the remaining liquid in the pot, and line the bowl: put one or more slices on the bottom, and then stand up the others around the sides, overlapping slightly (see photo).

5: Save a bit of the fruit in the refrigerator for the final topping and put the remaining majority into the bread-lined bowl.

6: Now put one more piece of dipped bread on top, and fold in the bread from the sides to completely cover and seal the fruit within.

7: Fold over the plastic wrap and put a small plate on top – putting a tin of beans or similar on the top of the plate will provide weight to help shape the pudding. Refrigerate until use the next day (note: the remaining juice can be further sieved and put into jars to use as a cool drink – just add water!).

8: The next day, turn the pudding upside down onto a plate (remove plastic of course!), top with reserved berries and perhaps some fresh ones.

Notes

A refreshing summer dessert, easily made in advance. I have never met anyone who did not love this dessert (well, except one guy, who as it turned out, ate only white food....)

Ingredients

One 600g packet of frozen red summer fruits (can be supplemented with fresh berries)

One loaf of sliced white bread

300 ml granulated (caster) white sugar

500 ml water

Dash of white wine

Dash of lemon juice

Susan's Simple Summer Fruit Pudding



Chicken Paprika with Nokedli

(Paprikás Csirke)

From: Maria Szabó

Serves: 4 people

Instructions

1: In a large soup pot, sauté the onions in vegetable oil or pork lard over low heat, stirring frequently, until translucent. Do not let them burn. Salt lightly to help tenderize them. The onions should be cut into very, very small pieces. This is essential in order to achieve the “stew consistency”. Add a small amount of water, if necessary, to keep them from sticking to the pan.

2: Remove the pot from the heat, add the sweet Hungarian paprika, stir. Add the tomatoes, the sweet yellow pepper and stir again. Do not burn the paprika, or it will become bitter.

3: Add the chicken legs and thighs, salt to taste. Add some water, make sure that the bottom of the pan is wet so the paprika does not burn. Be careful not to add too much water! The meat contains water that comes out during the cooking process. If you add too much water it will lose the stew consistency.

4: Cover, reduce heat, and simmer until the meat is tender. This can take up to 50-70 minutes. Stir occasionally. If it starts to stick to the pan, add a bit more water. If it is soupy, cook it with the lid off.

5: The dish is done when the meat easily falls off the bone. Add 2 tablespoons of sour cream, stir gently (do not break the meat) and simmer for a few more minutes.

6: Nokedli is made from a home made noodle dough (eggs, water and plain flour). Place a nokedli grater (spaetzle maker) over the pot of boiling water. (You can also use a simple cheese grater or large hole pasta strainer). Lay a portion of the dough on the grater and move it back and forth over the grater using a spatula or wooden spoon to push through small egg noodle bits that drop into the boiling water. It is unbelievable that something so easy can taste so good.

7: If it is difficult to find a grater, you can use a knife or spoon to make your noodles. Put some of the dough on a cutting board and, using the spoon or the back of a knife, cut off a 1- by-1/4-inch piece of dough and slide it into the boiling water.

Notes

The chicken paprika is always served with nokedli noodles, also called galuska (similar to German spaetzle.)

Ingredients

4 chicken legs and thighs

2 large onions – finely diced

2 tablespoons lard or 4 table-
spoons of

Vegetable oil (sunflower)

2 good tablespoons of sweet Hun-
garian

Paprika powder

1 medium fresh tomato –
chopped

1 sweet yellow pepper (or bell
pepper, wax or banana pepper) –
cut into small pieces

2 heaping tablespoons of sour
cream

Salt to taste

1 egg

Pinch of salt

150ml of water

200g of plain flour



Gerbeaud Cake

(Zserbó szelet)

From: Maria Szabó

Cook Time: 2 hours

Serves: 8 people

Instructions

1: In a smaller pan heat milk until lukewarm and dissolve the sugar and the yeast.

2: In a large bowl mix the flour and the cubed 250g (8,8 ounces) margarine or butter by hand. The mixture will be quite crumbly.

3: Add the whole egg, 2 egg yolks, the dissolved sugar and yeast mixture, pinch of salt and the lemon zest. Knead thoroughly. Add more flour if necessary.

4: Divide the dough into 4 balls, cover and let rest for 30 minutes.

5: Heat the oven to 180°C (355°F). Butter and flour your baking tin. I used a 40 x 25cm pan.

6: On a floured surface roll out one part of the dough to the size of the baking tin, then lay it in.

7: Mix the ground walnuts (150g) with the powdered sugar (50g). Spread one third of the apricot jam on the first layer of dough. Sprinkle with third of the walnut-sugar mixture.

8: Roll out the second piece of dough. Put the jam on it and sprinkle with walnut-sugar mixture.

9: Roll out the third piece of dough. Spread the jam on it and sprinkle with walnut-sugar mixture.

10: Roll out the forth layer and place on top.

11: Bake the cake for 30 minute, until the top is light-brown. Let it cool completely.

12: For the chocolate cover: in a smaller pan melt 100 grams (3,5 ounces) butter, add 4 tablespoons of cocoa powder, 4 tablespoons of sugar and 4 tablespoons of water and stir until the sugar melts and the mixture thickens. Cover your cake with the chocolate sauce. The butter will make the chocolate have a glassy elegant look. Cut into diamonds and serve.

Ingredients

500g of plain flour

50g of margarine or butter

25g of fresh yeast

1 whole egg

2 egg yolks

1 tablespoon of sugar

100ml of whole milk

Zest of half a lemon

Pinch of salt

150g of ground walnuts

50g of powdered sugar

400g of homemade apricot jam

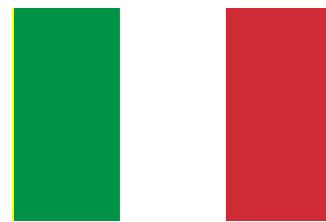
100g of butter

4 tablespoons of sugar

4 tablespoons of cocoa powder (20-22%)



Danubio



From: Emily Tagliaro

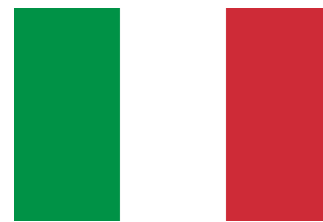
Instructions

- 1:** Boil a potato till soft.
- 2:** Put the flour in a large bowl, make a hole in the centre and add the yeast which was dissolved in half of the milk. Mix until combined.
- 3:** Add the mashed potato, the softened butter cut into pieces, the eggs, the sugar, the grated Parmesan.
- 4:** Start kneading, add the salt and the remaining milk. Work until a homogeneous mixture is obtained.
- 5:** Form a ball and let rise, covered, for about 2 hours.
- 6:** When the dough has doubled in volume, divide the dough into 18/20 balls.
- 7:** Cut the cheese and ham into cubes or strips, whatever you prefer.
- 8:** Lightly spread each ball with your hands as if it were a small pizza and stuff it with ham and cheese. Don't flatten the dough with a rolling pin, but to spread it gently with your hands.
- 9:** Seal each Danubio ball and continue with the filling of the other balls.
- 10:** As you prepare the balls, place them into a buttered baking dish, spacing them a little from each other.
- 11:** Let the Danubio to rise for 1 hour in the oven (not heated, just to block off access to any temperature change).
- 12:** Brush each ball with a beaten egg, sprinkle some sesame seeds or poppy seeds onto each ball and bake at 180 ° C, in a preheated convection oven, for 30-35 minutes.

Ingredients

500g flour type 55 or 65
2 eggs
1 potato
7g of dry yeast or 15g fresh yeast
150ml milk
50g butter
50g grated parmesan cheese
1 teaspoon sugar
3 teaspoons of salt
250g cheese – provolone, gruyere, comte
250g ham
Nutmeg, salt and pepper to taste
1 egg to glaze

Danubio



Notes

A myriad of delicate and fluffy balls of brioche dough, placed alongside which connect together into a delicious and elegant composition. The *Danubio* is a rustic brioche typical of the Neapolitan tradition; although there are two versions that claim to denote its origins.

Although the name alludes to a Central European origin, its history and diffusion are deeply rooted in Naples. Typical of the Bohemian and Austrian culinary traditions is the *Buchteln*, an ancient tea dessert made up of soft balls of leavened dough, stuffed with plum and apricot jam. Giovanni Scaturchio, a pastry chef of Calabrian origin, in 1905 founded a [pastry shop](#) in Naples in Piazza San Domenico Maggiore, which is still popular today. In the 1920s, Scaturchio returned to Naples after the Great War, bringing with him his Salzburgerian wife. His pastry shop was famous for desserts such as [Pastiera](#), [Babà](#), [Sfogliatelle](#), [Struffoli](#). Upon his return, he challenged Neapolitan palates with new Austrian delicacies such as Strudel, Sacher and the Buchteln. The latter was soon "Neapolitanized" into the "Briochina del Danubio" and later shortened to *Danubio*.

According to other sources (and the one I prefer), the Danubio made its first appearance in Naples long before, during the reign of the Bourbons. In 1768, [King Ferdinand IV](#) married [Maria Carolina of Habsburg-Lorraine](#), were married and when joining the Neapolitan court she brought with her a group of Viennese chefs. For their wedding celebration, the Austrian tradition was merged with the Neapolitan and the typical dessert from across the Alps, was transformed into a delicious savoury pie, made with a filling of ingredients such as salami and [scamorza](#). Having been served at their springtime wedding, the Danube made its way as a common feature of the Neapolitan Easter culinary tradition.

The Danubio is an extraordinary combination of flavours and textures and can be enjoyed in company and on any occasion. The striking contrast between the sweetness of the brioche dough and the savoury filling creates a perfect harmony of flavour and goodness. I make a combination of vegetarian and non-vegetarian brioche balls; in this occasion, some of the brioche balls were filled with ham and cheese, others with ricotta and spinach and others with salami and olives. It is up to you, the recipe below provides for ham and cheese.



Cauliflower soup



From: Jorge Pinto Ferreira

Prep Time: 25 mins

Serves: 4-6 people

Instructions

- 1:** Cut the cauliflower and the onions into little pieces.
- 2:** In a pan, with medium heat, warm-up the olive oil, and two or three pieces of butter.
- 3:** Add the cauliflower and the onions, until they get a nice brownish color.
- 4:** Add the laurel leaves.
- 5:** Cover the mixture with milk, and let it cook for about ten-fifteen minutes.
- 6:** Remove the laurel leaves.
- 7:** Mix it all with a mixer.
- 8:** In parallel, toast the sesame seeds in a pan, for a couple of minutes

Ingredients

Cauliflower

Butter

Onions

Milk

Olive oil

Laurel

Sesame seeds

Salt

Pepper

Notes

To serve: On top of the cauliflower soup/crème, add the sesame seeds, and “decorate” with olive oil.



Oma Traudls Spargelstrudl

Grandma Traudl's asparagus Strudl



From: Lorenz Nake

Instructions

- 1:** Peel and boil the asparagus, it can remain slightly crispy.
- 2:** Grate the cheese. Mix with eggs. Add salt and pepper.
- 3:** Lay out the pastry. Put the Asparagus in, cover with egg cheese mix, wrap in ham. Close the pastry so the ingredients are covered.
- 4:** Use some of the egg coming out everywhere to paint the pastry.
- 5:** Put it in the oven till golden brown (15min).
- 6:** Meanwhile mix crème, chives, pepper, salt. Put in a little bowl on the table.
- 7:** Thank the Amicale and thank my Grandma.
- 8:** Enjoy!



Ingredients

Strudl:

White (not the thickest) or green asparagus ca. 600g

Some cheese (maybe emmental) ca. 150g

Eggs – 2

Ham (optional) – 2-3 slices

Puff pastry

Schnittlauchsauce:

Crème Epaisse

Chives

Pepper

Salt

Varenyky filled with sour cherries



From: Valentyna Sharandak

Instructions

- 1:** Put about 2 cups of the flour mixture into a mixing bowl and make a well in the middle.
- 2:** Add the baking soda, salt, and egg to the well; mix.
- 3:** As you mix the dry ingredients with the egg, gradually add the kefir; mix everything together.
- 4:** With one hand, knead the dough lightly right in the mixing bowl. The mixture must form a supple ball of dough that doesn't stick to the bowl. If the dough is too sticky, add more flour, a bit at a time. (The flour will become more hydrated once the dough sits for 15 minutes after the mixing and less sticky then. So don't put in too much flour just yet. Put in just enough for you to be able to knead the dough without it sticking to your fingers too badly. If in doubt, err on the side of adding too little flour; you can always add more later.)
- 5:** Knead the dough lightly for about 30 seconds. We don't want to develop too much gluten which will result in varenyki that are too tough
- 6:** Form the dough into a ball, cover, and let it sit for at least 15 minutes and up to one hour.
- 7:** Roll the dough into a long log and cut it into 20 pieces.
- 8:** Dust each piece of dough with more flour while roughly shaping it into a flat medallion.
- 9:** Roll each medallion into a 3-inch round, dusting the rolling pin as necessary.
- 10:** Fill each round of dough with about 1 tablespoon of the cheese filling.
- 11:** Seal each varenyk very well making sure the cheese filling doesn't ooze out.
- 12:** Bring a pot of water to a rolling boil; throw in some salt and drop the filled varenyki into the pot one by one. Give it a stir to keep the varenyki from sticking together. Adjust the heat so the water constantly remains at full boil.
- 13:** Boil the varenyki for one minute, no more and no less.
- 14:** Put a few pats of butter in a plate. With a slotted spoon, fish out the varenyki (shaking off as much water as you can) and place them in the butter plate. Give the varenyki a gentle shake just to allow the melted butter to coat them very well.
- 15:** Serve the buttered varenyki warm with lots of sour cream.

Ingredients

Approximately 2-3 cups of the mixture of all-purpose flour and bread flour (1:1 ratio)

1 large egg

½ cup full-fat plain kefir or water

½ teaspoon salt

1 teaspoon baking soda

Filling:

1 cup of farmer's cheese (potato, meat, cherries.....)

1 large egg

2 teaspoons sugar, optional (I like it; you may not)

Varenyky filled with sour cherries



Notes

Pierogi, also known as varenyky, are filled dumplings of Central and Eastern European cuisines, made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water, or pan-frying. Pierogi which consist of noodle dough and have to be cooked in boiling water are associated with the Central and Eastern European kitchens where they are considered national dishes. Pierogi-like dumplings are popular in most Central and Eastern European countries as well as in Ashkenazi Jewish and modern-day American cuisines, where they are known under their local names.

Varenyky in Ukraine are a popular national dish, served both as a common everyday meal and as a part of some traditional celebrations, such as Christmas Eve Supper, Ukrainian: Свята вечеря (Sviata Vechera).

Varenyky are considered by Ukrainians as one of their national dishes and play a fundamental role in Ukrainian culture. Contrary to many other countries that share these dumplings, Ukrainians tended to use fermented milk products (Ukrainian: kysle moloko or Ryazhenka) to bind the dough together; however, today eggs tend to be used instead. Typical Ukrainian fillings for varenyky include cottage cheese, potato, boiled beans, mushy peas, sauerkraut, plum (and other fruits), potato and cheese, cabbage, meat, fish, and buckwheat.

In Ukraine varenyky are traditionally eaten with sour cream (Ukrainian: сметана (smetana)) and butter, as well as with fried onions and fried pieces of bacon and pork fat (Ukrainian: shkvarky). Whilst traditionally savoury, varenyky can also be served as a dessert by simply substituting the filling of the dumpling to a sweeter one. Dessert varenyky fillings include sour cherry, blueberries, sweet cottage cheese, bilberries and other fruits. The central regions of Ukraine are known for their more unusual varenyky, Poltava being known for its flour varenyky filling, in which the dumplings are filled with a mixture of flour, lard and fried pieces of bacon.

Varenyky are so beloved in Ukraine that a yearly festival commemorating them is held at the Ukrainian ski resort town of Bukovel in the Carpathian Mountains. In 2013 a snow monument to varenyky was made in Bukovel, and was submitted to the Guinness Book of Records as the biggest snow varenyk in the world.

In Ukraine varenyky are not just a national dish, but also played a symbolic and ritualistic role. Ukrainian ancestors equated varenyky with a young moon since they have a similar shape, and used the dumplings as part of pagan and sacrificial rituals. For example, cheese varenyky would be sacrificed near water springs, and years ago Ukrainian peasants also believed that varenyky helped bring a rich harvest, so they took homemade dumplings with them to the fields.

Typical fillings include potato, sauerkraut, ground meat, cheese and fruits. The dumplings may be served with a topping, such as melted butter, sour cream or fried onion, or a combination of those ingredients

There is a monument to varenyky in Ukraine.



More recipes to suggest?

Send them to amicale@oie.int!



The end