



## FTE COOK BOOK

TRADITIONAL  
RECIPES  
FROM  
FTE MEMBER  
COUNTRIES



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FORUM TRAIN EUROPE





90  
min

362  
kcal

#### Meatballs

500g of minced pork meat  
70g of rice  
1egg  
1 bundle of parsley  
1 bundle of dill  
2-3 tbsps of salt  
1 medium size onion  
2 tbsps of ground black pepper  
2-3 tbsps of dry thyme

#### Sour Soup

2-3 small leeks  
1 medium size onion  
1 medium size celery  
1 small parsnip  
2 carrots  
2-3 red peppers  
300 ml of fresh tomatoes juice  
2-3 potatoes chopped into cubes  
salt – by taste  
½ bundle of parsley  
couple of lovage leaves  
lime salt  
2 noodle nests

## CIORBA DE PERSIOARE - ROMANIAN MEATBALLS SOUR SOUP

Pour 5-6 spoons of sunflower oil into a saucepan (7 l), chop into medium size pieces: the leeks, carrots, celery, peppers, parsnip, onions and fry for a couple of minutes; cover them with water and let them boil.

Now, you can create the meatballs and let them to rest on a plate.

When the vegetables are boiled, add the first meatball, and wait for a couple of minutes until she gets to the surface. Usually the meatballs do not shatter, but if it does, put all the meatballs into the bowl and add an extra egg, mix, and recreate them.

After the first one reaches the surface, add the rest of them, one by one, after that add the potatoes. Let them boil until the potatoes are cooked (they should be soft), after that add the tomatoes juice and the noodle nests.

Five minutes later, you can kill the fire and start adding salt + lime salt (depends on your taste), the chopped lovage and parsley.

Let it rest, for 30 minutes, before serving. You can keep it in the fridge for 7-10 days without any



#### Zakwas

5 tbsps of rye flour  
700ml tepid water  
5 allspice berries  
2 cloves garlic, crushed

#### The Soup

1 large parsnip, around 200g  
1 large carrot, around 200g  
1.5 large onion  
5 allspice berries  
5 peppercorns  
2 peeled garlic cloves  
2 bay leaves  
1.5l water  
2 tbsps horseradish  
1 tsp marjoram or oregano  
1 large egg, boiled and quartered  
2 white sausages (around 250g)  
4 slices streaky bacon (100g)

75  
min

570  
kcal



## ZUREK POLISH SOUR BREAD SOUP

#### The Zakwas

- 1) Combine all ingredients in a jar and stir together well. Cover with a tea towel, paper towel or paper napkin secured with an elastic band.
- 2) Leave in a warm place, such as a windowsill. Stir the mixture each day.
- 3) After 5 days your Zakwas is ready – I actually left mine for 6 to strengthen the flavour.

#### The Soup

- 1) First make the vegetable stock. Peel and chop the parsnip and carrot and peel and quarter one onion. Place in a large pan with the water, the allspice berries, the peppercorns, the bay leaves and the garlic cloves and bring to the boil. Salt the liquid well and boil lightly for around 1 hour – the liquid should have reduced by half.
- 2) Strain the broth into another large pan – press down on the vegetables while you do to get all the flavour out of them. Place the pan over a low heat.
- 3) Towards the end of the cooking time for the stock slice the sausages, dice the other onion half and slice the bacon. Add the onion to a frying pan over a medium heat. After a couple of minutes add the sausage meat and bacon and fry for a further 8-10 minutes, making sure that nothing burns.
- 4) Remove the sausage, onion and bacon from the pan. If the mixture is particularly oily (from the sausage juices), then place on a plate on some kitchen towel for a couple of minutes.
- 5) Add the sausage, bacon and onion to the drained stock. Add 1 tsp of marjoram and the horseradish. Add 250ml of the zakwas mixture. Stir well and simmer the mixture for 5 minutes.
- 6) Serve in bowls with 2 egg quarters on top. Optional: You can also serve with bread and a dollop of sour cream on top.

## UKRAINIAN BORSCH

- 1) Preheat oven to 200 degrees and bake pork ribs for 30 minutes until golden brown. Rinse  $\frac{1}{4}$  celery root and cut it into arbitrary pieces, you do not need to peel it. Cut 1-2 carrots into the same pieces as the celery. Transfer the baked ribs to a saucepan and cover it with 3 liters of water, add chopped celery and carrot, half an unpeeled onion, bring it to a boil and cook it over medium heat for 30 minutes.
- 2) Prepare a roast – this is the heart of any borsch. Cut a bell paper into small cubes. Tomatoes and onions cut into small cubes.
- 3) Saute vegetables in a skillet with 30 g butter until tender. Add 200 ml tomato juice and 2 spoons tomato paste, simmer it for another 5-7 minutes.
- 4) Then add one beetroot, grated on a coarse grater, simmer it for another 3-4 minutes.
- 5) Squeeze the juice from the other beets in a juicer. Add the beets to the pan, along with 3 pieces of allspice, 2 bay leaves and salt to taste.
- 6) Cut 3-4 potatoes into convenient cubes and add it to the pan.
- 7) Transfer the cooked roast to the pan. Cut the head of garlic in half and add it to the pan as well.
- 8) Chop the  $\frac{1}{4}$  head of cabbage and set it aside – add it to the borsch at the end of cooking.
- 9) Add 1-2 smoked pears. They will give your borsch a pleasant haze flavor.
- 10) At the end of cooking, add chopped cabbage to the pan and remove the borsch from the stove after 5 minutes. Let it sit for at least 30 minutes. Serve the borsch with sour cream and chopped dill. Store the borsch in the refrigerator and remember that borsch tastes better on the next day.



400-500 g pork ribs,  
2 beets  
2 tomatoes  
 $\frac{1}{4}$  celery root  
 $\frac{1}{4}$  head of cabbage  
3-4 potatoes  
1-2 carrots



1 onion  
1-2 smoked pears (optional)  
2 bay leaf  
3 pieces of allspice  
1 head of garlic  
1 bell paper  
200ml tomato juice  
30g butter  
2 spoons tomato paste  
3 l water, salt



head of cabbage or a rope of vine leaves,  
500g of minced meat  
1 teacup of rice  
half of an onion  
1 carrot  
2 teacups of water  
4 tbsps of olive oil  
salt and pepper

50  
min

338  
kcal



## SARMA BULGARIAN CABBAGE ROLLS

- 1) Cut the onion and carrot in small pieces, put them in a pan together with the oil and fry until the onion starts becoming brown.
- 2) Add the minced meat in the pan and squash the mixture until it becomes homogenous.
- 3) Five minutes after adding the meat, you put the rice, 1 cup of water and the spices, and stir it on a lower temperature until the rice is cooked.
- 4) When the rice is cooked, the mixture is ready and needs time to chill and cool down.
- 5) In every leaf, you can put three or four tablespoons of the mixture and fold them.
- 6) Then, you put the sarmi in a baking dish and cover them with the second cup of water, some oil and put them in the oven or boil them for about an hour.



5 medium-sized potatoes  
(around 800g)  
8-9 eggs  
1 medium-sized white onion  
Oliveoil  
Salt



40  
min

199  
kcal

## TORTILLA

### SPANISH POTATO OMELETTE

- 1) Peel the potatoes, wash them and slice them in thin pieces.
- 2) Chop the onion, not too small (the onion is optional, maybe one of the most important debates in Spain. You can be "con cebollista" or "sin cebollista". I've chosen the "con cebollista" side, so I always add onion to the omelette).
- 3) Heat the oil in a nonstick medium-sized pan and fry the potatoes and the onion together. You must add enough oil to almost cover the potatoes and the onions. In the beginning oil must be hot, but after a minute or so, you must reduce heat to low. We want potatoes to fry slowly. From time to time you must move the potatoes so they don't burn.
- 4) Meanwhile beat eggs and salt them.
- 5) Once the potatoes are fried and tender, you must take them out of the pan and drain the oil. You must empty the pan, leaving a little amount of oil on the surface so the omelette don't stick to it later.
- 6) Mix the potatoes and the onion fried with the beaten eggs.
- 7) Pour the mixture into the hot pan. You must adjust the heat if you like the omelette well-done (low heat) or not (medium heat). Use a spatula to separate the tortilla from the pan sides and shake the pan gently. If the tortilla moves we can go to step 8 (if you like it well-done, you can wait a little bit, but be careful, we don't want to burn the omelette).
- 8) Place a big, round plate on top of the pan, and with your hand holding the plate, flip the tortilla onto the plate. Then, slide the tortilla back into the pan carefully, moving the onion and potatoes carefully back into the pan along with the tortilla.
- 9) Cook for another two minutes more or less.
- 10) To remove the tortilla from the pan, place a clean plate on top of the tortilla and flip again onto the plate or directly slip it over the plate.



## BOSNIAN CEVAPI

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- 1) In a large bowl, combine beef, lamb, and salt (plus other spices if you so desire)
- 2) Knead the mixture with clean hands for 5 minutes
- 3) Cover the meat with plastic wrap and refrigerate overnight
- 4) Uncover the meat and stir in minced garlic and black pepper
- 5) Shape the mixture into small logs no longer or wider than an index finger – it is best to do this with wet hands, so the meat does not stick to you. Keep wetting your hands after each few that you roll
- 6) Preheat your grill. Ideally, you should use a charcoal grill
- 7) Brush the grill with some olive oil
- 8) Grill the minced fingers on a medium heat until evenly grilled and browned on all sides
- 9) Serve warm with Turkish flatbread and freshly chopped onion (and ajvar if you have it)

600g finely minced beef  
300g finely minced lamb (or pork mince if you prefer)  
3 cloves garlic, minced  
1 tsp fine salt  
1 tsp black pepper

20  
min

180  
kcal

To Serve With  
Turkish-style Flatbread  
Chopped raw onions  
Ajvar (see the notes for the recipe)



1 kg Mussels  
6 Garlic cloves chopped  
200 ml White wine  
2 tbs Parsley chopped  
100 ml Olive oil  
2-3 tbs Breadcrumbs  
1 teaspoon Salt  
a pinch Black pepper

## CROATIAN BUZARA MUSSELS

1. The most important part of good buzara is to choose good quality, fresh mussels. Always choose tightly closed ones or ones which will close when you tap them with your finger. Discard any open mussels and those with cracked shells. Clean of moustache from mussels, rinse with water and put aside.
2. Heat the olive oil in a large and wide pot, but not too much. Add the garlic and gently fry for a minute or two until the onion smell is released, taking care not to burn.
3. Add the mussels, cover and cook for 10 minutes. Mussels should release their juices, but if not you can add a little water.
4. When the mussels open, add the wine and let it simmer for a few more minutes, until the alcohol has evaporated.
5. Finally, add the breadcrumbs to get a slightly thick sauce. Season with chopped parsley. You can also add a pinch of black pepper to emphasize the flavour, but certainly, do not add salt. The mussels are sufficiently salty.
6. Serve as a warm appetizer.

Traditionally with buzara only bread is served, for dipping. However in addition to bread, you can serve with cooked potatoes or polenta, but this is not so

30  
min



300  
kcal



## GREEK MOUSSAKA

1) Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.

2) In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley. Pour in the tomato sauce and wine, and mix well. Simmer for 20 minutes. Allow to cool, and then stir in beaten egg.

3) To make the bechamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat, gradually pour in the hot milk, whisking constantly until it thickens. Season with salt, and white pepper.

4) Arrange a layer of eggplant in a greased baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/3 of the Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/3 of cheese on top. Pour the bechamel sauce over the top, and sprinkle with the nutmeg. Sprinkle with the remaining cheese.

5) Bake for 1 hour at 175°C



95  
min

490  
kcal

175  
°C

3 eggplants, peeled and cut lengthwise into 1cm thick slices  
salt  
125ml olive oil  
1 tbsp butter  
500g lean ground beef  
salt to taste  
ground black pepper to taste  
2 onions, chopped  
1 clove garlic, minced  
¼ tsp ground cinnamon  
¼ tsp ground nutmeg  
½ tsp fines herbs  
2 tbsp dried parsley  
1 can tomato sauce  
125ml cup red wine  
1 egg, beaten  
1l milk  
120g butter  
6 tbsp all-purpose flour  
salt to taste  
ground white pepper, to taste  
150g freshly grated Parmesan cheese  
¼ tsp ground nutmeg





#### For the chicken and ham filling

450ml chicken stock  
3 chicken breasts, skin removed  
75g butter  
2 leeks, trimmed and cut into 1cm slices  
2 garlic cloves, crushed  
55g plain flour  
200ml milk  
2–3 tbsp white wine (optional)  
150ml double cream  
150g piece thickly carved ham, cut into 2cm chunks  
sea salt flakes and freshly ground black pepper

#### For the pastry

350g plain flour, plus extra for dusting  
200g butter  
1 free-range egg, beaten with 1 tbsp cold water  
plus 1 free-range egg, beaten,

60  
min

300  
kcal

200  
°C

## BRITISH CREAMY CHICKEN, HAM & LEEK PIE

1) Heat the chicken stock in a lidded saucepan. Add the chicken breast and bring to a low simmer. Cover with a lid and cook for 10 minutes. Remove the chicken breasts from the water with tongs and place on a plate. Pour the cooking liquor into a large jug.

Melt 25g of the butter in a large, heavy-based saucepan over a low heat. Stir in the leeks and fry gently for 2 minutes, stirring occasionally until just softened. Add the garlic and cook for a further minute. Add the remaining butter and stir in the flour as soon as the butter has melted. Cook for 30 seconds, stirring constantly.

3) Slowly pour the milk into the pan, just a little at a time, stirring well between each adding. Gradually add 250ml/10fl oz of the reserved stock and the wine, if using, stirring until the sauce is smooth and thickened slightly. Bring to a gentle simmer and cook for 3 minutes.

4) Season with salt and pepper. Remove from the heat and stir in the cream. Pour into a large bowl and cover the surface of the sauce with cling film to prevent a skin forming. Set aside to cool.

5) Preheat the oven to 200C/180C Fan/Gas 6. Put a baking tray in the oven to heat.

6) For the pastry, put the flour and butter in a food processor and blend on the pulse setting until the mixture resembles fine breadcrumbs. With the motor running, add the beaten egg and water and blend until the mixture forms a ball. Portion off 250g pastry for the lid.

7) Roll the remaining pastry out on a lightly floured surface, turning the pastry frequently until around 5mm/1/4in thick and 4cm larger than the pie dish. Lift the pastry over the rolling pin and place it gently into the pie dish. Press the pastry firmly up the sides, making sure there are no air bubbles. Leave the excess pastry overhanging the sides.

8) Cut the chicken breasts into 3cm pieces. Stir the chicken and ham into the cooled sauce. Pour the chicken filling into the pie dish. Brush the rim of the dish with beaten egg. Roll out the reserved pastry for the lid.

9) Cover the pie with the pastry lid and press the edges together firmly to seal. Trim any excess pastry.

10) Make a small hole in the centre of the pie with the tip of a knife. Glaze the top of the pie with beaten egg. Bake on the preheated tray in the centre of the oven for 35–40 minutes, or until the pie is golden brown all over and the filling is piping hot.



4 tbsp olive oil  
600g stewing beef lean  
1 pinch of salt  
1 pinch of pepper  
2 large onions roughly  
chopped  
5 cloves garlic minced  
3 tbsp sweet paprika  
1 tsp caraway seeds  
ground  
1 tsp oregano dried  
3 bay leaves  
1 tsp brown sugar  
120g cup tomato sauce  
2 tbsp balsamic vinegar

180  
min

367  
kcal

## HUNGARIAN GOULASH

- 1) Brown the meat in a large skillet or dutch oven, heat the olive oil over high heat. When the oil is hot add the beef, season with salt and pepper and continue to sear till the meat begins to brown. We want the liquid that the beef releases as it cooks to evaporate off so be sure to keep the heat on high.
- 2) Add the onions and garlic to the dish and cook till the onions begin to soften and go translucent, be sure that your garlic doesn't burn in this time, it shouldn't though because there should be enough moisture in the pot. If need be, add the garlic right when the onions are soft. Add the paprika, oregano, bay leaves, caraway seed, and brown sugar, be sure to stir all of these together before allowing to cook for 30 seconds.
- 3) Add the wet ingredients: the tomato sauce, balsamic vinegar, and beef broth before stirring completely. Bring this entire mixture to a boil before covering and turning down the heat to low, allow this to cook for 2 hours and don't forget to stir occasionally.
- 4) Garnish with parsley and serve over noodles or mashed potatoes.



## ZÜRI GSCHNÄTZLETS VEAL IN CREAMY MUSHROOM SAUCE WITH POTATO RÖSTI

For the Zurich-Style Veal

- 1) Heat 1 tablespoon of butter in a large frying pan.
- 2) Sauté the veal in batches for a few minutes until they are just cooked.
- 3) Use a slotted spoon to remove the meat to a bowl and set aside.
- 4) Add the remaining butter to the pan and cook the mushrooms, onion and garlic until they have softened.
- 5) Add the white wine and let it bubble away for about 1 minute.
- 6) In a small jug or bowl, mix together the double cream, stock and cornflour (cornstarch). Add this liquid to the pan and let everything simmer gently for a few minutes.
- 7) Taste for seasoning.
- 8) If the sauce is too thin, add more cornflour (cornstarch) by making a slurry – simply dissolve about 1 tablespoon of cornflour (cornstarch) in a small bowl with 1 tablespoon of water. Pour this slowly into the pan and stir until you have the right consistency.
- 9) If the sauce is too thick, you can thin the sauce with some boiling water or cream.
- 10) Return the meat to the pan and stir it through the sauce for about 1 minute to warm through.
- 11) Sprinkle with parsley before serving.

For the Potato Rösti

- 1) Peel the cooked potatoes, grate into a bowl using a grater, add some salt.
- 2) Heat butter in a frying pan. Add potatoes and fry for about 15 minutes until golden brown, turning occasionally.

400g veal fillet, thinly sliced  
2 tbsp unsalted butter  
500g button mushrooms, thinly sliced  
1 small brown onion, finely chopped  
1 garlic clove, finely chopped  
125ml white wine  
250ml double cream (heavy whipping cream)  
125ml chicken stock or beef stock  
1 tbsp cornflour (cornstarch)  
sea salt  
freshly ground pepper  
flat-leaf parsley, finely chopped

35  
min

450  
kcal

1kg potatoes preferably cooked on the day before  
1 tbsp salt  
butter



## TAVČE GRAVČE NATIONAL DISH OF NORTH MACEDONIA

- 1) Soak the beans for 6 hours in boiling water and  $\frac{1}{2}$  teaspoon of baking soda.
- 2) Wash the beans and blanch in boiling water over high heat for 15 minutes. Drain.
- 3) In a stewpot, sauté 2 garlic cloves in a quarter of the oil.
- 4) Add a few slices of red and yellow peppers, half of the paprika, and one chili pepper. Pour the beans and of chili powder. Salt. Cover tightly with water and cook 30 minutes over medium heat and 30 minutes on low heat.
- 5) Once the beans are cooked, drain and reserve the cooking liquid. Put aside.
- 6) In the second quarter oil, sauté the onions. Add salt, the second third of chili powder and the flour.
- 7) Simmer for 10 minutes. Put aside.
- 8) In the 3rd quarter oil, sauté the last two cloves of garlic, the remaining strips of bell peppers, the other half of paprika, and the second chili pepper for 15 minutes. Put aside.
- 9) Preheat oven to 100C.
- 10) In an earthenware pot or a glass baking dish, add the fourth quarter of the oil in the bottom.
- 11) Add all the above preparations in layers ending with beans on top.
- 12) Cover with the reserved cooking liquid, sprinkle chopped cilantro and mint.
- 13) Cover and bake for 3 hours.

250g dry white beans  
 $\frac{1}{2}$  tsp baking soda  
 3 onions , sliced  
 3 red onions , sliced  
 4 garlic cloves  
 2 green chili peppers , finely chopped  
 2 red bell peppers , sliced  
 2 yellow bell peppers , sliced  
 1 tbsp all-purpose flour  
 1 tsp chili powder  
 1 tbsp paprika  
 200ml sunflower oil  
 2 bay leaves  
 A few mint leaves  
 $\frac{1}{2}$  bunch cilantro  
 Salt  
 Pepper



300  
min

180  
kcal

100  
°C



4 chicken legs or breasts  
5 sticks of celery  
5 carrots  
6 potatoes  
1 onion, chopped  
2 egg yolks  
400ml or cup heavy cream  
2 tbsp of butter  
2 liters of chicken stock  
salt and pepper

50  
min

338  
kcal



## WATERZOOI BELGIAN STEW

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- 1) Cut the chicken up into around six pieces, or buy it pre-cut.
- 2) Put the chicken pieces and the vegetable stock in a pan and simmer over low heat for 20 minutes.
- 3) Next, peel the carrots, onions and prep the celery by peeling away any of the thicker strings. Cut these into juliennes – long thin strips.
- 4) Peel the potatoes and cut them into large pieces.
- 5) Add some butter to a large cooking pot or casserole dish and heat it until melted and slightly foamy. Then add all the vegetables and potatoes and braise them over low heat, stirring regularly.
- 6) Take the chicken out and set aside the chicken stock. Remove the chicken skin. Add the skinless chicken with the vegetables.
- 7) Strain the chicken stock, and add it to the large pot, pouring it over the vegetables until everything is covered.
- 8) Let it simmer for about 15 minutes until the potatoes are cooked through. After a few minutes add the seasoning – just a dash of salt and pepper, some people also use a bay leaf.
- 9) Put the egg yolks in a bowl with the cream and beat.
- 10) Remove the pot from the heat and add the beaten yolks and cream mixture. Stir well.
- 11) Ladle your waterzooi servings into large bowls and serve with a sprinkle of chopped parsley if or squeeze of lemon juice you're feeling fancy!

## HUTSPOT

### DUTCH CARROT POTATO MASH

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- 1) Peel the potatoes and cut them in pieces of about the same size
- 2) Peel the carrots and cut them in large chunks
- 3) Peel and chop the onions
- 4) Rinse the potato and carrot chunks, and put them together with the chopped onions in a large pan (you should have at least a couple of cm of room for boiling and mashing)
- 5) Add enough water to the pan to boil the ingredients
- 6) Add 1 some salt, cover the pan but allow the steam to escape and bring to a boil over high heat
- 7) Reduce to medium heat and continue boiling for 20 minutes until the potatoes are soft
- 8) Place the "rookworst" in its plastic wrapper in the pan with carrot potato mix for the last 10 minutes
- 9) Drain and add the butter and milk
- 10) Mash the carrot potato mixture with a potato masher. If you like some carrot chunks, don't mash too much
- 11) Add salt and freshly ground black pepper to taste
- 12) Serve the "Hutspot" with the heated "Rookworst". If you don't like the "Rookworst", you can serve the "Hutspot" with a meatball.



50  
min



1kg potatoes  
1kg carrots (large ones)  
2 medium size yellow onions  
1 tsp salt  
3 tbsps unsalted butter  
240ml of milk  
Salt and black pepper to taste  
Dutch "Rookworst" (smoked sausage)

350  
kcal

90  
min



507  
kcal



## HÜNKAR BEĞENDİ TURKISH LAMB STEW

For the lamb stew with vegetables (Tas Kebab)

Put your pressure cooker on the stove and heat it. Add the lamb saddles that you cut into small cubes into your heated pressure cooker and mix and seal. Add the butter into your well-colored meats and mix. When the butter melts, add salt and black pepper and mix. Then add enough water to cover it and close the lid of your cooker. Then cook it on high heat until the steam is full, then on lower heat for 45 minutes. Take your cooked meat on a plate with the help of a cullender. Strain the broth through a strainer into a mixing bowl. Take a pot to the stove and heat it. Add the butter and melt it. Add the onion and pepper that you chop coarsely in your pot and fry. Add the garlic and continue frying. Add tomato paste and fry. Remove the seeds, add the diced tomatoes into the pot and mix for one round. Then add salt, pepper and broth and mix well. Add your cooked meats and mix them without dispersing them too much. \* If necessary, you can add a little more broth.

For the eggplant puree

Roast the eggplants and peel them. Put your pot on the stove and heat it. Add the butter to your heated pan and melt it. Add the flour into the melted butter and stir-fry it with the help of a whisk. Add the roasted eggplants on top of your roasted flour and mix them with a whisk. Add salt, black pepper, grated nutmeg and grated aged kasar cheese in it and continue whisking. Take your cooked eggplants in a overware and spread. Add the milk on it and let it absorb the milk for 15 minutes by gently stirring. To combine spread the eggplant puree under your serving plate. Pour the bowl of kebab (lamb stew) over it and serve it hot.

For lamb stew with  
vegetables (Tas Kebabi)

750g boneless saddle,  
diced  
2 tbsp butter  
Salt  
Black Pepper  
360ml water  
1 large onion, coarsely  
chopped  
2 - 3 green peppers  
3 cloves garlic  
1 tsp tomato paste

For eggplant puree

4 - 5 long and thin  
eggplants, roasted  
3 - 4 bell eggplants,  
roasted  
2 tbsp butter  
2 heaped tbsp flour  
Salt  
Pepper  
Nutmeg, grated  
1 handful aged kasar  
cheese, grated  
1.5 glasses milk





60  
min

590  
kcal



4 sirloin steaks, about 150g each  
salt and freshly ground black  
pepper  
1 tbsp oil  
1 tbsp butter  
700g pommes duchesse  
8 slices of thin unsmoked streaky  
bacon  
200 g asparagus spears or French  
beans  
blanched béarnaise sauce, lightly  
warmed  
8 tomatoes, halved method

## PLANKSTEK

### CLASSIC SWEDISH PUB-FOOD

- 1) Pat dry the steaks, trim the fat off them and beat them lightly with a meat mallet, so that are an even thickness. Season both sides with pepper and leave them to come to room temperature.
- 2) Wash and dry the boards then lightly oil them and put them in a warm oven (120°C) for 5 minutes or so.
- 3) Prepare the planks by piping the duchess potatoes along two sides, adding the tomatoes and the beans or asparagus wrapped in bacon.
- 4) Preheat your grill (broiler) to 225°C and when it is nearly up to temperature pre-heat a pan for frying the steaks.
- 5) Pop the planks under the grill (broiler) for about 12 minutes, until the potatoes and bacon are a nice golden colour.
- 6) Season the steaks with salt and fry in the oil and butter for about a minute or two per side, to seal.
- 7) When the steaks are sealed, transfer them to the planks for the final 2 minutes (medium-rare), 4-5 minutes (medium) or 6-8 minutes (well done). For rare, simply seal, cover with foil and transfer to the board when you are ready to serve. (See the note about timings below.)
- 8) Before serving, spoon a little béarnaise sauce over the steaks and garnish with freshly chopped tarragon.
- 9) Afterwards rinse the boards and lightly oil them. Note about the timings The timings above are approximate as they depend on your grill (broiler) and the thickness of the steaks.



30  
min

459  
kcal

## ITALIAN LINGUINE WITH SQUID INK

Clean the cuttlefishes (keeping the ink sacks) and chop them in little strips. Sauté the garlic, without the heart and well minced (or intact to be thrown away after), in a saucepan. Add the cuttlefishes and some wine, and simmer until evaporated. Add the tomato paste and the content of the cuttlefishes sacks. Pour a glass of hot water, add some salt and pepper and cook on a low heat approx. 30 minutes.

Boil the linguine in salted water, and strain them just slightly firm. Season the pasta with the sauce you've obtained and sprinkle with ground pepper and the minced parsley.

To be paired with a still, dry, light white wine, for example Chardonnay, or Sauvignon, or Traminer and obviously Inzolia (sicilian typical wine).

400g linguine  
300g tomato paste  
2 cuttlefishes with the ink sacks  
1 clove of garlic  
1 glass of white wine  
1 little bunch of parsley  
Extra-virgin olive oil  
Salt and pepper to taste



45  
min

434  
kcal

800g porkshoulder  
200g Smoked bacon lardons  
4-5 onion peeled roughly  
chopped  
300g tomatoes peeled  
deseeded and chopped  
5-6 red peppers  
3-4 garlic cloves finely chopped  
1-2 tsp chili peppers flakes  
4-5 tbsp olive oil  
few stems fresh parsley



## LESKOVACKA MUCKALICA SERBIAN PORK & PEPPER STEW

- 1) Place the peppers in a preheated oven and bake for 30-35 minutes at 200 degrees. When roasted, remove the peppers, peel the skin and chop into larger pieces.
- 2) Heat the oil and fry the onions briefly until golden. Add the roasted and chopped peppers, garlic and tomato peel. Simmer all together for twenty minutes, occasionally adding water.
- 3) During this time, grill the meat on the grill or grill pan. You can make skewers, so the meat can be removed from the sticks after baking. If you have not made skewers, cut the meat into larger cubes or strips.
- 4) Dice bacon into larger cubes and bake separately.
- 5) When the vegetables are tender, add the meat and bacon and cook together for 30 minutes.
- 6) The muckalica should not be stirred, but only occasionally shaken. Add spices to taste - it should be spicy. Peppers, hot and sweet smoked, are added at the end. Before serving, sprinkle with parsley.

40  
min

470  
kcal



4 cups fresh green beans, cut into bite-sized pieces, with the ends trimmed (about a pound)  
2 cups waxy potatoes, cleaned and medium diced (about two, medium-sized ones)  
4 pieces of thickly sliced bacon, diced  
1.4l of cold water  
1 medium-sized carrot, finely diced  
1 large shallot, finely diced  
2 cloves garlic, minced  
Salt and pepper  
2 to 3 tbsp sour cream  
Chives, minced  
Sausage (optional). Non-spicy, humble, German-style sausage



## BOUNESCHLUPP LUXEMBOURGISH GREEN BEAN SOUP

- 1) In a heavy-bottomed Dutch or Luxembourgish oven, cook bacon bits over medium heat until browned and crispy. If using sausage, throw that in, too, and brown. Drain meat, reserving the fat. Set bacon and sausage aside.
- 2) Return meat fat to the pot, add carrots and shallot (which, incidentally, I just learned is correctly pronounced sha-LOT, and not the other way around [thank you Renée]), and cook gently until translucent—about 3 minutes. You're not looking to give them color, you're just mellowing them. Add garlic at the end, stir a moment or two, then add beans.
- 3) Cover vegetables with cold water. Bring to a boil, then reduce to a simmer, covered with a snug lid. Many recipes will call for heavily salted water at this point. I prefer doing my serious seasoning at the end. The meat fat will be salty, remember. Add about half the bacon now, for flavoring purposes, reserving the other half for future, crunchy garnishing purposes. Cook for about 30 minutes.
- 4) Add potatoes to the pot and stir them in. Simmer for another 40 minutes, covered, or until potatoes are very tender. Salt and pepper to your heart's desire.
- 5) Turn off heat. If using sausage, bury it within the Bouneschlupp, to warm. Before serving add sour cream, stirring it in gently in order to not totally destroy the now-delicate potatoes. Though some people prefer to thicken the soup with flour.
- 6) Remove sausage from pot and slice. Ladle soup into bowls, top with sliced sausage, and sprinkle with chives. Serve with crusty bread and presto! You'll feel like you're back in Luxembourg City with the old gang, talking of the good old days of Grand Duchess Charlotte and not caring that there isn't a single university in the land wherein one might earn a degree in Luxembourgish linguistics.



200g peeled and finely grated  
potatoes  
250g all-purpose flour  
salt  
227g thick-cut bacon  
227g bryndza (sheep milk cheese)  
60ml reserved cooking water  
Fresh parsley or chives

35  
min

442  
kcal

## BRYNDZOVÉ HALUŠKY SLOVAKIAN DUMPLINGS

1) In a large bowl, combine the grated potatoes, flour, salt, and egg to form a thick, loose dough. It should be wet enough to push through the large holes of a colander, but still keep its shape in the boiling water. If too dry, add a splash of water at a time to reach desired consistency. If too wet to hold its shape, mix in a little more flour.

2) Place a large pan over medium heat. Add the bacon and cook until the fat has rendered and the bacon is lightly crisp, stirring occasionally. Remove the bacon with grease from the pan and carefully set aside in a medium bowl.

3) While the bacon is cooking, bring a large pot of salted water to a boil. Reduce to a lightly rolling boil, around medium high heat.

4) Use a spatula or wooden spoon to transfer some of the dough to the halušky maker or a colander with large holes. Scrape the dough into the boiling water in batches. Stir the bottom lightly to unstick any dumplings. Once the dumplings float to the surface, after about 2 minutes, remove with a slotted spoon to a bowl and repeat with remaining dough.

5) Remove 1/4 cup of the still hot cooking water to the empty pan. Add the cheese, stirring to melt into a creamy sauce. Add to the cooked halušky, tossing to coat.

6) Serve immediately topped with the cooked bacon and drizzle a little of the rendered bacon fat over the top. If desired, add a sprinkling of chopped parsley or chives.



3kg hill lamb shoulder/blade  
1l milk, full fat  
1/4 kg potato, whole  
4 carrots, whole, peeled  
parsley  
3 garlic cloves  
1 tsp of herbal spices  
25 g parsley  
1 tsp salt

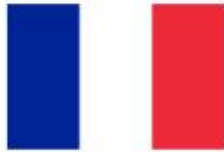
70  
min

482  
kcal

220  
°C

## BRAV U MLIJEKU TRADITIONAL MONTENEGRIN LAMB IN MILK

- 1) Peel the potatoes and cut them into larger pieces.
- 2) Put some oil in the baking tray and add the potatoes spiced up with herbal spice.
- 3) Pour the meat with the milk over the potatoes.
- 4) Cover the tray with its lid and place in oven to bake at 220°C for about 60 minutes.
- 5) After 50 minutes, lift the lid to get a nicer colour and better flavour of the meat. Serve the lamb with potatoes on a plate and decorate with parsley.



## FRENCH CRÊPES



30  
min

178  
kcal

- 1) In a large mixing bowl whisk the flour, sugar and salt until combined. Then create a well with flour and add the eggs. Gradually pour in milk, whisking to combine after each addition. Let batter stand at room temperature until slightly bubbly on top, 15 to 20 minutes.
- 2) In a small skillet over medium heat, melt butter. About 1/4 cup at a time, drop batter evenly onto pan, swirling it to evenly coat.
- 3) Cook 2 minutes, then flip and cook 1 minute more. Repeat with remaining batter.
- 4) Serve crêpes warm with fresh fruit and powdered sugar.

250g all-purpose flour  
4 large eggs  
1 tbsp granulated sugar/vanilla sugar  
1/4 tsp. kosher salt  
500ml. whole milk  
1 tbsp butter  
Fresh fruit, for serving  
Powdered sugar, for serving



## KREMŠNITA BLED CREAM CAKE

- 1) Roll the dough into the size of a baking tray, even better a few centimeters more since the dough will slightly shrink when baking.
- 2) Put the dough onto the baking tray, then prick all over with the fork. Cut into two rectangles. Bake the dough approximately 10 to 15 minutes at 200 degrees until it gets a nice golden color.
- 2) While the pastry is chilling start preparing the cream. Separate egg yolks from egg white. Whisk the egg white and caster sugar until stiff. Whisk the egg yolks and sugar well until thick and pale.
- 3) Then gently add 0,2 l of cold milk, sift the flour and stir in. Boil the rest of the milk together with vanilla sugar. Slowly add egg yolk cream and slightly stir for 10 minutes until egg cream isn't thick enough. Remove the pot from the heat and gently pour the custard into the egg white mixture.
- 4) Stir the rum into the custard. Still, warm cream spread over the pastry and leave it to chill.
- 5) Meanwhile whip the cream, sugar and vanilla sugar and spread it over chilled custard. Cover it with a second plate of pastry, cut it into desired dimensions and dust it with icing sugar.

For the yellow cream:

- 500g of puff pastry
- 1,6 l of milk
- 500ml of whipping cream
- 180g of flour
- 300g of sugar
- 100g of caster sugar
- 10 eggs
- 20g of vanilla sugar
- 1 tbsp of rum



For the white cream:

- 500 ml of whipping cream
- ½ spoon of icing sugar

30  
min

435  
kcal

200  
°C







53  
min

215  
kcal



#### Yeasted dough for fruit dumplings

240 ml milk (lukewarm)  
2 tsp active dry yeast (or 20 g fresh yeast)  
1 tsp granulated sugar  
980 g coarse flour (or all purpose flour mixed with semolina)  
1 whole egg  
pinch of salt

#### Fruit

2 cups raspberries/plums or other berries  
50 g granulated sugar

#### Topping

farmers' cheese  
butter (melted)  
powdered sugar

## OVOCNE KNEDLIKY CZECH FRUIT DUMPLING

- 1) Make a yeast starter: Heat the milk. It must be lukewarm only, not hot. Stir in a spoon of sugar, add yeast and mix it. Let it leaven for 15 minutes in a warm place. After 15 minutes, you'll have a yeast starter with bubbling foam on the surface.
- 2) Add flour, eggs, a pinch of salt, and the yeast starter into a large bowl.
- 3) Mix it with a fork first, then knead it with your hands. Be patient; it takes anywhere from 5-10 minutes. You can also use a kitchen robot with a kneading hook.
- 4) Put a pot filled with hot water in the bottom of an oven. Place the dough in the oven, too, on the middle rack. Close the oven and let the dough leaven in a humid and warm environment for 30 minutes.
- 5) Meanwhile, mix the blueberries/ plums or other fruit with sugar, use a spoon.
- 6) Make two rolls out of the dough and cut each into evenly sized pieces.
- 7) Take each piece and roll out a circle (not too thin!). Place blueberries mixed with sugar in the middle. Close the knedlik and roll it between your hands until it has a regular round shape.
- 8) Boil the fruit dumplings at a low temperature for 8 minutes, cover the pot with a lid (don't flip the dumplings).
- 9) After taking them out of the pot, pierce each dumpling with a fork so the steam gets out. Grease them with butter so they don't become dry on the surface.
- 10) Sprinkle with farmers' cheese and icing sugar, pour over melted butter.



45  
min

2 egg whites  
270g all-purpose flour  
2 tsp baking powder  
1 tbsp white sugar  
½ tsp baking soda  
½ tsp salt  
2 egg yolks  
4 tbsp butter, melted  
2 cups buttermilk  
1 cup vegetable oil for frying

88  
kcal

## ÆBLESKIVER DANISH PANCAKE BALLS

1) In a clean glass or metal bowl, beat the egg whites with an electric mixer until they can hold a stiff peak. Set aside.

2) Mix together the flour, baking powder, salt, baking soda, sugar, egg yolks, melted butter and buttermilk at one time and beat until smooth. Gently fold in the egg whites last.

3) Put about 1 tablespoon of vegetable oil in the bottom of each æbleskiver pan cup and heat until hot.

4) Pour in about 2 tablespoons of the batter into each cup. As soon as they get bubbly around the edge, turn them quickly (Danish cooks use a long knitting needle, but a fork will work). Continue cooking, turning the ball to keep it from burning.

# KAISERSCHMARREN

## AUSTRIAN PANCAKE DESSERT

20  
min



453  
kcal

6 eggs  
400 ml cups milk  
200 g finely ground flour  
3 tbsp crystal sugar, for the topping  
2 tbsp raisins  
1 packet (8 g) vanilla sugar  
A dash of rum  
Some grated lemon rind  
A pinch of salt  
Approx. 50 g butter for frying  
1 tbsp of butter shavings and crystal sugar, for caramelising  
Icing sugar and cinnamon for dusting

1) Place the raisins in a bowl, mix with the rum, and leave to stand for approx. 15 minutes. Separate the eggs and place the yolks in a mixing bowl. Pour in the milk, flavour with some grated lemon rind and vanilla sugar, and add the flour.

Mix to form a smooth dough.

2) Beat the egg whites with the crystal sugar and a small pinch of salt until it forms a firm peak, and fold into the dough mix. Pre-heat the oven to 180°C / 356°F.

3) Let the butter melt and bubble up in one large, or two small (coated) heatproof dishes. Pour in the mixture and after 1–2 minutes, scatter the soaked raisins over the top. Cook the underside until light brown, turn over using a spatula and bake for 6–8 minutes in the pre-heated oven until golden brown. You can also cook it on the stovetop instead.

4) Tear the 'Schmarren' into small pieces, using two forks. Scatter the butter shavings over the top, sprinkle with some crystal sugar, and caramelize under the grill at a high heat.

Remove from the grill and arrange on pre-heated plates. Dust with icing sugar and cinnamon. Serve with baked plums, a berry ragout, or fruit compote. The Kaiserschmarren can also be cooked at the top of the oven and caramelised at the end with a lid to cover.





## QUARKKEULCHEN GERMAN DESSERT

1) Peel the potatoes and cut into small pieces. Boil them until they are soft and squeeze them (not as fine as mashed potatoes – little more of structure, use a press or a fork). Let the mass cool down (grandma's pro tipp: prepare the day before)

2) Mix all the ingredients and be prepared for the most adorable step: the forming! Form small patties – no bigger and thicker than your hand. They should fry without turning black on the outside but with a soft and warm inside.

3) Heat some oil in a frying pan – the Quarkkeulchen should not bake, but they should not float either. Fry them all around. Keep them warm.

4) Serve them warm with a coat of sugar, add some cinnamon. Many people like them together with apple puree.

5) Enjoy while thinking of the Ore Mountains, the hills of the Vogtland, the forests and Saxon Switzerland.



50  
min

471  
kcal

1kg potatoes  
500g curd/quark  
100g flour (Weissmehl)  
60g sugar  
1 egg  
½ tbsp. salt  
1 tbsp lemon zest (or juice)  
raisin – if you like them

Cooking is all about people, Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.

This cook book reflects the diversity of the FTE community, it contains traditional dishes from FTE member countries.

Mahlzeit		Smačna ješci
Enjoy your meal	Poftă bună	Dobrou chut'
Smacznego	Buon Appetito	Priyatnogo appetita
Guten Appetit	Dober tek	Gudden Appetit
Jó étvágyat	Afiyet olsun	
Buen provecho	Dobru' chut'	Kalı órexı
Velbekomme	Priyaten apetit	Ä Guetä
God appetit	Smaklig måltid	Dobar tek
Prijatno	Eet smakelijk	Bon appétit

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