

YOUNG PEOPLE GROWING TOGETHER FOR A BETTER EUROPE

2012



Description of project

As EU member countries we need to build on knowing each other better. By undertaking a youth exchange project we will have the opportunity to get to know people from many different countries and we will be able to exchange ideas and knowledge while getting to know each other and our cultures. We will build on our similarities and grow stronger by sharing and learning about our differences.

The idea of the project is to exchange cultural heritage between the partner countries. Each country will present their culture in the form of different traditions, customs, cultures and habits from their country. We will have workshops discussing the different issues and customs, our history and our European citizenship our understanding of the concept of being European citizens and the history or the cultural significance behind this customs and traditions for each country. We will have speakers discussing important issues like health and nutrition, professionals in the field of food to discuss our common cultures and archaeologist to discuss our history. Healthy eating habits will be discussed as health is also an important aspect of this project.

We saw how food and dance have an influence on our cultural heritage and how these affect our outlook on life. All these aspects of our cultures were evaluated to see what we have in common and what differences we have. We learned about these differences so that we can understand each other better and also acknowledge our similarities to see how we have grown together.

Nutritional aspects of the varieties of foods we eat were also be discussed and analysed.

The project was hosted on the Island of Cyprus where we in return showed the partners our culture and heritage. As hosts we shared some of our culture with our guest by taking them to historically significant places in Cyprus and also took them to a typical Cypriot Taverna to enjoy our food and dance culture as we do.

Sponsors and Supporters



Project Organiser



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Education and Culture DG

'Youth in Action' Programme







Bulgaria

Bulgaria – The Heart of Balkans

Bulgaria – a little piece of haven, hidden in the heart of the Balkans. with golden sands covering its beaches and lush green fields and forests Bulgaria is the perfect spot for rest of the mind and the body.

The long history of the country can be seen everywhere – from ancient Thracian tombs and temples, over the medieval castles and forts to classic European look and modern architecture. The folklore traditions all over the country also show the rich culture of Bulgaria. Some of the rituals date back as long as ancient times, like the Nestinars, who walk and dance over burning charcoal, also the ritual- “kukeri”, used for scaring away evil spirits or the proto-Bulgarian tradition of putting on martenitsa, an ornament, which is placed somewhere on the body for protection. Bulgaria is famous for its half pagan, half Christian rituals and traditions too. There are the Koledari – young men, ready for marriage, who go from house to house the night before Christmas to bless the families and their property. Also there are the Lazarki – young women, who go to the river with brunch of a willow tree and predict the future.

Bulgarians are also famous with its folklore music and dances. Their distinctive feature is the asymmetrical meter, built up around various combinations of quick and slow beats. Among the most popular traditional dances are Pravo horo, Elenino horo, Daychovo horo, Rachenitsa, Dunavsko horo (“horos” are a kind of chain dance which is played by many people). Bulgarian bands use folk instruments like gaida and kaval, which are wind instruments, gadulka, which is string instrument, and tupan, which is a large drum. The song of Valya Balkanska “Izlele Delio Haidutin” is included into Golden record selection, which is played in the Space.

The national cuisine is similar to the traditional dishes of Serbia, Greece, Turkey, Romania. It is noted for the diversity of fruit and vegetables, herbs, dairy products. Some of the most popular dishes of Bulgaria are banitsa – a kind of pastry with cheese, Tarator – a cold soup with cucumbers and yoghurt, Shkembe chorba – a kind of hot soup, Moussaka – made of minced meat and potatoes, and many others. One of the Things Bulgaria is most proud with is a special yoghurt, including using a unique variety of micro-organism called *Lactobacillus bulgaricus* in the manufacturing process.

Not only Bulgaria is rich in its cultural heritage, but also is very rich on natural goods. All over the country are placed resorts with different tourist attractions. The southern part of the country is rich in thermal and mineral waters, which makes it perfect for spa and health tourism. The long and pristine beaches with great nightlife are perfect for the hot summer and the mountains are perfect for winter sports and the big cities have a lot to show to the visitor. The Rose valley, consisting of two river valleys, is famous for its rose-growing industry which produces 85 % of the world's rose oil. And, of course, you cannot miss the sight of the Belogradchik rocks which were nominated for one of the new Seven Wonders of the World.

If you ever have the chance of visiting Bulgaria, do it!



Bulgarian Recipes

Tarator (Bulgarian Cold Soup) 4 portions

Ingredients:

2 cucumbers, peeled and chopped
2 garlic clove, minced
4 cups plain yoghurt
1/2 cup water
1/4 teaspoon salt
2 Tablespoons dill, chopped
Walnuts - chopped
Olive oil

Method:

Mash the garlic with salt and then add to it grated or finely chopped cucumber. Add these to a large bowl and pour in the yoghurt.

Gradually add water - the thickness is down to taste and also depends on how flavourful the yoghurt you are using is. Add additional salt to taste. Add finely chopped walnuts and fresh dill as well as a couple of teaspoons of oil (sunflower or olive oil is typically used).

Best if refrigerated at least two hours before serving to allow flavors to mix. Serve chilled.



Peppers stuffed with bean – 6 portions

Ingredients:

1kg red peppers
1/2kg beans
100g onion
20 grams flour
150g walnuts
1 tsp. Paprika
50ml oil
1 tsp. Dried parsley
Salt to taste

Method

Concoct and salt the beans

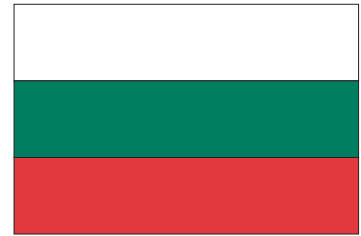
Use colander to separate flakes

Fry the onion, then add the paprika, the mint, the parsley and the salt. Mix the beans and the onion very good, then add the flour and the milled walnuts. Wash and clean the peppers, after that fill them with the mixture. Cover their openings with flour. Place the stuffed peppers in well oiled baking dish, add some more oil and one glass of water. Bake them for 8-10 minutes in well heated oven and after that 10-15 minutes in moderate heated oven.

If the peppers start to burn up in their upper part cover with baking paper until they are fully baked.



Bulgarian Recipes cont..



Baked pumpkin with honey and walnuts

Ingredients (4 portions):

- 800 g pumpkin
- 6 tablespoons honey
- 50 g walnuts

Method:

Clean the pumpkin seeds and cut the bark into large cubes, which put in a tin. Pour the pumpkin with water that covers one finger from the bottom. Bake until the water evaporates then sprinkle the pumpkin with the honey and dust it with walnuts. Bake 10 more minutes.



Cyprus

Cyprus, the island of Aphrodite, is the third largest island of the Mediterranean, located in the eastern part of the Mediterranean sea. The island's location, often regarded as being in the crossroads of sea-routes that linked several shores of the eastern Mediterranean, facilitated interaction with different cultures. This strategic location created a great interest of foreign empires that captured the island from antiquity (Phoenicians, Assyrians, Lusignians) until the British Empire in the 19th century. Cyprus gained its independence in 1960.

Cyprus has a typical Mediterranean climate: hot and dry summer, mild and wet winter. Sunshine is abundant during the whole year. The most prominent topographical features of the island are the two mountain ranges separated by a wide and fertile plain the Messaoria. The northern range is Kyrenia Mountains or Pentadaklylos and the southern range is Troodos Mountains. The island's rich fauna and flora make the island a paradise of nature lovers. The largest wild animal of the island is the Cyprus moufflon. Moufflon, a rare type of wild sheep, can only be found on Cyprus. Cyprus also has big forests that cover about 42% of the total area of the island. Cypriot coastline varies; rocky coast in the north and beautiful, sandy beaches in the south coastline. Agriculture was until recently a main sector of the economy. In particular, until the 20th century, every village cultivated its products (wheat, olives, grapes etc.).

The Cypriot cuisine reflects the influences of its geographical surroundings. Most dishes are of Greek or Turkish origin. For instance, on the island we can find both mousaka (Greek fiid) and Turkish baklava. Eating is one of our national passions and if you ever get on the island don't miss a chance to visit a local taverna and taste the Cypriot meze.



Cypriot Recipes



Village Salad

Ingredients:

1 romain lettuce
2 tomatoes
2 cucumber
1 onions
some olives
some fetta cheese
ts oregano
some olive oil
1 green pepper

Method:

cut all in small pieces and mix with olive oil and salt and vinegar or lemon juice.



Tarama

Ingredients

1 sliced bread
1.1/2 onion finally grated
8-9 spoon cod road (fish egg)
4 lt corn oil
1.1/3 btl lemon
1 cup water
½ tea spoon paprika

Preparation

- Remove the outside crust of the bread and soak inner bread in water. Then squeeze well to drain and set aside
- Add in the bowl of food processor the cod road and the grated onion. Start mixing
- Add slowly the oil and lemon juice until it is all smoothly mixed
- If the mixture is too thick add water to be in spreadable consistency



Tahini

Ingredients

1 kg tahini
0,5 liter water
2 btl lemon
4 spoon salt
4 spoon sugar
4 Garlic gloves puree

Preparation

- Add in the mixer bowl tahini, salt, sugar and garlic puree
- Add slowly the water and lemon juice until it is all smoothly mixed
- Beat the mixture very well till the color be white



Cypriot Recipes cont..

Pourgouri

Ingredients:

500gr pourgouri
50gr fides
2 onions
10gr tomato paste
20gr butter
1L chicken stock



Method:

chop onion and saute in butter till brown add fides and then tomato paste
add pourgouri and finally the chicken stock
cut butter in small pieces and mix well till the butter melt
cover and leave aside for 30 minutes

Galatopoureko

Ingredients:

1kg philo pastry
2L milk
4 egg yolks
tsp vanilla
750gr sugar
100gr butter
200gr corn flour
2 cloves
1 lemon
1 cinamon stick
tbsp baked paper



Meathod:

make a syrup with water,sugar,gloves,cinamon stick, lemon skin and lemon drops in
a casserole add milk,vanila, and 2 cups of sugar, bring to boil
in a bowl add 1 cup sugar, little milk, eggs mix well. add corn flour in the mixture



Souvla

Ingredients:

Meat for souvla (chicken, port or Lamb)
charcoal
charcoal grill (foukou) - (Equipment)

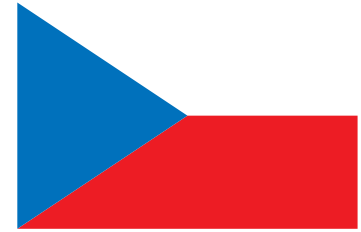
Method:

Marinated the meat with corn oil salt pepper and oregano. Put meat on skewers and place of grill over coals. Cook till ready

Serve in platters or individually



Czech Republic



The Czech Republic is a landlocked country in central Europe. With an area of 78,900 sq km, it shares borders with Germany and Poland to the north, Austria to the south and Slovakia to the east. It enjoys a temperate climate, with warm summers and cold winters with significant snowfall. Three major rivers flow through the Czech Republic – the Vltava (the longest river in the Czech Republic), the Elbe and the Oder.

The lands that form the modern-day Czech Republic (Bohemia and Moravia) have been part of European culture for over 1,000 years, and date back to the first Slavic settlements in central and eastern Europe. Its modern history has been somewhat turbulent. The state of Czechoslovakia was formed at the end of World War I and remained united until 1993, when the republic separated into two independent states: the Czech Republic and Slovakia.

The population had risen to 10.5m at June 30, 2009 (an increase of 21,000 in the first half of the year). The Czech capital of Prague (population 1.22m) sits on the River Vltava and is now a major tourist destination for those seeking cultural city breaks. Other major cities are Brno (population 367,000) and Ostrava (population 336,000).

The principal language is Czech, a West Slavic language, and this is spoken by 96% of the population. The language is also spoken in some parts of Austria and Poland and is similar to the Slovak language. The Czech Republic is not a particularly religious country, with around 59% of its inhabitants claiming to be agnostic or atheist in their beliefs. Just over a quarter are Roman Catholics.

The official currency is the Czech Koruna (crown). The Czech Republic joined the European Union in 2004.



Czech Republic

Polevka S Jatrovymi Knedlicky (Soup With Beef Liver Dumplings)

Ingredients:

Servings: for cca 6 people

LIVER DUMPLINGS:

- 1/2kg chicken liver, ground
- 2 eggs
- 2 tablespoons all – purpose flour
- 2 tablespoons butter or 2 tablespoons beef marrow
- 1 garlic glove, mashed
- 1/2 teaspoon grated fresh lemon rind
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1 dash marjoram, ground
- 1 dash mace
- ½ kg breadcrumbs

Soup:

- 2 kg meaty beef neck bones or 2kg beef chuck or other soup meat
- 5 carrots
- 4 parsleys
- 2 kohlrabi
- 1 celery
- 1 garlic
- 2 onions
- Peppercorn
- Beef bouillon



Vepro-knedlo-zelo - Roast pork with dumplings and sauerkraut

Ingredients : cca 6 people

TO PREPARE THE PORK LOIN:

- 2,5 kg pork shoulder roast pork blade is best, especially with the bone-in)tablespoons olive oil
- Salt and pepper, to taste
- Garlic
- Onion
- Caraway seed
- 2 tablespoons olive oil

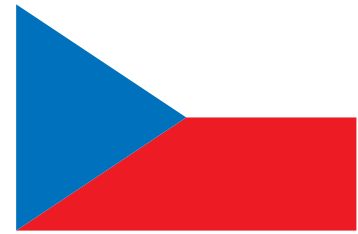
POTATO DUMPLINGS:

- 6 Potatoes, Peeled
- 2 eggs
- Salt
- 1 kg flour

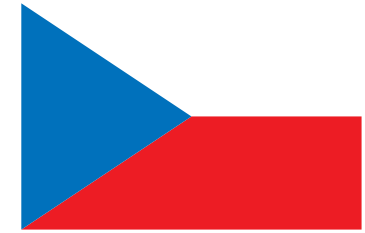
FOR SAUERKRAUT:

- 2 kg Sauerkraut
- Garlic
- Caraway seed
- Salt

Vegetable oil



Czech Republic



Ceske kynute buchty s povidlami – Czech grandma kolaches filled with plum jam

Ingredients: cca for 6 people

- Sugar -1 tee spoon
- Milk – ½ l
- Butter – 125g
- Eggs -3
- Salt
- Dried yeast
- Flour – 1kg
- Plum jam – 300kg



Estonia



After centuries of Danish, Swedish, German, and Russian rule, Estonia attained independence in 1918. Forcibly incorporated into the USSR in 1940 - an action never recognized by the US - it regained its freedom in 1991 with the collapse of the Soviet Union. Since the last Russian troops left in 1994, Estonia has been free to promote economic and political ties with the West. It joined both NATO and the EU in the spring of 2004, formally joined the OECD in late 2010, and adopted the euro as its official currency on 1 January 2011.

Estonia, a 2004 European Union entrant, has a modern market-based economy and one of the higher per capita income levels in Central Europe and the Baltic region. Estonia's successive governments have pursued a free market, pro-business economic agenda and have wavered little in their commitment to pro-market reforms. The current government has followed sound fiscal policies that have resulted in balanced budgets and low public debt. The economy benefits from strong electronics and telecommunications sectors and strong trade ties with Finland, Sweden, Russia, and Germany. Tallinn's priority has been to sustain high growth rates - on average 8% per year from 2003 to 2007. Estonia's economy fell sharply into recession in mid-2008, primarily as a result of an investment and consumption slump following the bursting of the real estate market bubble. Estonia has rebounded well from the economic crisis. GDP contracted 14.3% in 2009, but the Estonian economy now has the highest GDP growth rate in Europe, largely thanks to a boom in exports and increased foreign investment following Estonia's adoption of the euro on 1 January 2011. Although Estonian GDP returned to positive growth in 2010, unemployment continued to rise, reaching an all time high of 19.8% in early 2010.



Estonia

Quinoa Beetroot Salad

2 medium beets, tops removed, whole
2 cups (480 ml) water
1 cup (240 ml) quinoa, rinsed
2 pinches salt
1 bulb fennel, cut into small cubes
1 bunch scallions, chopped
1 handful chopped basil plus a few leaves
juice of 1 to 2 lemons
4 to 6 tablespoons olive oil
salt and pepper



- 1 Place the whole, unpeeled beets into a pot, add water to cover and boil until soft, about 40 to 60 minutes.
- 2 In a separate pot, bring the 2 cups (480 ml) of water to a boil and add the quinoa and salt. Bring to a second boil, then reduce the heat to its lowest setting and simmer, covered and untouched, for 15 minutes or until all the water is absorbed. Spread the cooked quinoa on a large plate to cool.
- 3 When the beets are soft, douse them in cold water until cool, then peel and cut them into small cubes.
- 4 Combine the cooked quinoa and beets in a bowl and add the fennel, scallions and chopped basil.
- 5 Combine the dressing ingredients in a glass jar. There should be about twice as much lemon juice as oil. Close the lid and shake to mix.
- 6 Pour the dressing over the salad and mix well. Let the salad marinate for at least ½ hour.
- 7 Just before serving, toss gently and adjust lemon juice and seasoning if necessary. Garnish with basil leaves.

Estonian Pork

Ingredients:

1 qt sauerkraut
2 LB Pork loin, cut into 1/2" cubes
1 Apple, cut into chunks
One medium Onion, chopped
1/2 C pearled barley
1 Tbsp brown sugar
1 tsp salt
1/2 tsp black pepper
Water, broth or beer (to keep mixture from burning)

Cooking Instructions:

Mix all the ingredients well in an oven pot.
Simmer 2.5 - 4 hours, until Pork is tender.
Serve it hot.



Estonia



Whipped Cream with Crumbed Toasts

Servings: 2

Ingredients:

1/4 cup heavy cream

1 teaspoon sugar

2 1/2 oz. rye bread, crumbed

1 tablespoon butter

fresh fruits

Cooking Instructions:

Beat cold cream together with sugar until fluffy. Slice and toast rye bread in some vegetable oil, and grate it. Arrange cream in cups, a layer of cream, fruits, then a layer of bread, and repeat. Serve with fruits decorated on cups.



Greece



Let the facts speak

Greece, historically known as HELLAS, traces its roots to the civilization of ancient Greece which is generally considered the cornerstone of western civilization. Greece's national heritage (both historical and cultural) consists of The Olympic Games, historical and political science, major mathematical principles and Western drama(tragedy and comedy, too).

Greece has land borders with Albania, the Republic of Macedonia and Bulgaria to the north and Turkey to the east. The Aegean Sea lies to the east of mainland Greece, the Ionian Sea to the west and the Mediterranean Sea to the south. Eighty percent of Greece consists of mountains, of which Mount Olympus is the highest. The climate is mainly Mediterranean, featuring mild, wet winters and hot, dry summers. Due to this, an important percentage of Greece's income stems from tourism.

Few words about the Parthenon

One of Greece's most famous landmarks is the Parthenon along with The New Acropolis Museum lately. The Parthenon is a temple of the Doric order with eight columns at the façade, and seventeen columns at the flanks, conforming to the established ratio of 9:4. This ratio governed the vertical and horizontal proportions of the temple as well as many other relationships of the building like the spacing between the columns and their height. The Parthenon is a temple on the Athenian Acropolis, Greece, dedicated to the Greek goddess Athena, whom the people of Athens considered their Virgin patron. According to sources the architects who worked were Ictinus, Kallikrates and probably Phidias.

According to the Centre of World Heritage of Unesco, Parthenon as part of the larger monumental complex was included in the list of UNESCO World Cultural Heritage by September 11, 1987.

The new museum of Acropolis

Now for the first time in 2,500 years, the Parthenon sculptures removed from the Sacred Rock in a museum that protects preserves and showcases the most of these monuments. The museum is located on the south slope of Acropolis. But the new Acropolis Museum was a response to the many issues raised by the authorities of the British Museum to repeated shocks to the international media, asking to know why the Elgin marbles are not refundable. The British argued that if returned and placed in position, referring to the sacred rock, they would be destroyed by air pollution, acid rain, and the so known atmospheric problems of Athens. Furthermore, the Museum continues the conservation and restoration program for the Caryatids of the Erechtheion using laser technology. Guests have the opportunity to watch in video site the Museum conservators cleaning the sculptures.

The Acropolis Museum was awarded on 07/11/2010 by the Association of Tourism Journalists of Great Britain as the best museum in the world!



Greece



MOUSSAKA

Materials for 8-12 people (an oven large baking pan)

1 kg eggplant
1 kg potatoes
500 g of minced beef
1 onion, chopped
2 to 3 tablespoons chopped parsley
500 g tomatoes, peeled and chopped
4 tablespoons olive oil
salt, pepper, little sugar
oil for frying

for the bechamel

1 liter milk
90 g butter
90 g of flour
salt, white pepper, grated nutmeg

in addition

½ cup. grated cheese
4 tablespoons bread crumbs
30 g of butter into small pieces



Execution

Cut the eggplant in slices and salt them. Let them get the bitterness. Meanwhile peel potatoes and cut into slices. Heat oil in skillet and fry lightly. Leave them on absorbent paper to drain. Preheat oven to 200 degrees. Wash and dry the eggplants. Pave a baking sheet with parchment paper and spread over the eggplant. Bake in the oven for about 20 minutes. In skillet, heat the olive oil and roasted with minced onion. Add tomatoes, parsley, salt and little sugar. Let simmer until the liquid saved. In greased baking dish lay the potatoes. Add salt and pepper. On top lay the eggplant and add pepper. Finally spread the mince.

Prepare the bechamel . Heat the milk (careful not to burn). Melt butter in a saucepan and add a little - a little flour and stir. Cook for a while, but be careful not to darken the mixture. Remove from heat and add milk, stirring with a whisk. Return to low heat, stirring continuously until thickened. Add salt, white pepper and nutmeg. Pour the bechamel over the layer of minced meat. Sprinkle with cheese, bread crumbs and bits of butter. Bake in moderate oven for about an hour. Leave for 15 to 20 minutes the food in the oven after you turn off with the door open. Then, remove it completely from oven and allow to stay at least half an hour before serving.

Greece



TZATZIKI

Materials for 8-10 people

- ½ kg strained yoghurt
- 2 - 3 cloves garlic
- A little dill
- Salt
- 8 tablespoons olive oil
- 5 tablespoons vinegar
- 1 fresh cucumber

Execution

Put the yogurt in a deep bowl.

Peel the cucumber and cut into very small pieces (the smaller pieces can be cut with a knife).

Then, add to the bowl with the yogurt.

Peel the garlic cloves and mash or a special tool or mortar.



SEMOLINA HALVA

Materials for 8-10 people

- 1 cup olive oil
- 1 cup semolina, fine
- 1 cup coarse semolina
- 2.5 cups of sugar
- 4 cups water
- 1 cup roasted almonds, chopped
- 1 lemon
- 1 orange peel
- 1 tablespoon cinnamon
- 1 cinnamon stick



Execution

In a pot, boil water with sugar, cinnamon stick, lemon peels and orange juice until sugar dissolves.

In a deep pot over medium heat, heat olive oil and roasted semolina, stirring with a wooden spoon, until browned and well browned (about 6 minutes).

Immediately add the cinnamon powder and chopped almonds and stir for a while. Remove the pot from the heat. With spoon carefully and slowly pour the hot syrup in roasted semolina. At this stage needs special attention, because with the addition of the syrup the mixture burns very much!

After that, put the syrup in the pot with the back semolina halva fire and stir until rising from the pot. Pour into a form, and allow to cool thoroughly.

Once cooled well, remove from the form, and cut into portions.

Hungary



Where? Hungary is situated in the heart of Europe, in the Carpathian Basin and is bordered by Slovakia to the north, Ukraine and Romania to the east, Serbia and Croatia to the south, Slovenia to the southwest and Austria to the west. The capital and largest city is Budapest. The Official language is Hungarian, we say Magyar, and the colors on our flag means: red = power; white = loyalty, green = hope.

Why? Why should you visit Hungary? Because we are hospitable, and we love our country. Why do we love our country? Well, for different reasons, here you can read about some of the reasons, places, and things we love in Hungary:

What? If you could show only one place, what would it be?: “I would show a real Hungarian farmer family growing different vegetables in the backyard and keeping chickens, pigs. They are very friendly, would feed us well with heavy homemade dishes with lots of paprika (but not necessarily spicy).”

“The landscape of the Buda Castle and Chain Bridge. Just because it is awesome.”

“I would show one of our old style folk villages. If you dare you can try some authentic folk dance too, like "csárdás", "karikázó", "ugrós"... These are typical Hungarian folk dances.” “If you like the Nature and astronomy, I would show you one of our 10 National Parks or one of our many Landscape Protection Areas. Two of them was classified by the International Star Sky Association, because we pay attention to our environmental problems. I can recommend our Parks to the tourists who visit our country!”

What is your favorite place in Hungary? “The fountain in the Margaret Island in the hearth of Budapest. On a really sunny and warm day this Island is the closest way for a citizen to be quit from the noise of the metropolis. Just sitting on the side of the fountain, listening to the music and enjoying the cold water the best way for relaxing after a long day.” “I love Balaton. It's the biggest lake of Hungary and is a famous holiday resort. There everybody is relaxed, not rushing. People are all mixed: there are families with small children, groups of friends, seniors all together in peace, lying in the sun and eating typical beach food. Also you can drink good vines there.” “My favorite place is Rudas thermal bath at night, as it is open from 10pm till 4am during the weekend. If you like spas, Hungary is your place, as it is a land of thermal water. Hungarian spas feature Roman, Greek, Turkish and northern country architectural elements and because of an advantageous geographical location thermal water can be found with good quality and in great quantities on over 80% of Hungary's territory. Approximately 1,500 thermal springs and around 450 public baths are waiting for you. Also, we have the largest thermal lake in Europe at Hévíz.”

What are you the most proud of about Hungary? “It makes me proud that our country is full of history. Especially Budapest, which has buildings from the XIX. century and there are many new buildings too. The streets of Budapest, also reflect this historical duality. I think that's why tourists like so much Budapest. Young people often visit the capital city, because there are a lot of opportunities for a good party. There are big festivals too, especially the Sziget festival!”

“I like that we, Hungarians are very diverse, especially if you see the youngsters. You go to a busy traffic hub and you see soo many kinds of people from punks to juppies all living together. Seeing a young person you can tell about their taste of music, interest, studies just by their clothes. And shoes also tell a lot about the people. It is very important for us to be unique, to be different than others.” “I am proud of our Nobel prizes and Hungarian inventions (vitamin C ...) and that we are in the 8th place in the summer Olympic games medal ranking. All of these are good proof that a small country can give and show a lot to the world if there are enough will in the population.”

When? When should you come? You can come anytime during the year, you won't be bored! In summer you can visit lots of festivals, e.g. Sziget festival, so summer is party time. You can also travel to for example Lake Balaton. The 20th August is our National Holiday when there are programs on every corner.

Autumn is also a perfect time to visit Hungary, most of the summer crowds have gone home, so you can enjoy peacefully the ideal weather (the temperature is around 70F = 20°C), but you can also choose indoor activities e.g. Budapest offers over 100 museums and galleries. During winter you can also enjoy our beautiful thermal spas, visit some Christmas markets and some places where you can ski, e.g. Kékestető in Mátra hills. Springtime in Budapest gives you hundreds of possibilities, just to give you a few hints: bicycle trip along the Danube, Music Festivals, not just in Budapest, but e.g. in Szombathely, Nagykanizsa or Szentendre.

Hungary

Májgombóclevés

(Soup with liver dumplings)

For 2 persons

Ingredients:

30dags liver of pork
1 bread roll
2 eggs
1 pack of celery
1 pack of parsley
2 tablespoons of oil
1 l water
1 plate of milk
salt & pepper
red paprika, marjoram

Making:

Wet the bread roll to a plate of milk.
Clean the liver and after that, gab it.
Mix the bread roll with the liver, the eggs and the spices.
Create little dumplings from this dollop.
Pick a 2 litred pot and jug the onion in it. After that,
water the pot with 1litre water and spice it with salt,
pepper, red paprika and parsley.
Put the celery into the pot and cook it.
Finally, put the dumplings into the pot 10-15 minutes
before it is fully cooked.



Rakott krumppli (Rakott potato)

Ingredients (for 4 person):

- A pound of potatoes
- Six eggs
- 5 dl sour-cream
- 2 egg's yolk
- a bit of margarine
- 10 dkg bacon

Preparation:

1. Take the potatoes in cold water for 10-15 minutes and wash them. Wash the eggs too.
2. Put the potatoes in enough cold water to cover it plenty. Add a tablespoon of salt and boil it 20 minutes. Heat the potatoes until soft.
3. Take the eggs in very salted hot water and than boil 8 minutes, than cool immediately immersed in cool water. Peel the eggs.
4. Peel the potatoes while warm and let it cool.
5. Both potato and egg cut to circle slices.
6. Take the sausages, peel and cut them, like the eggs and potatoes.
7. mix the sour-cream and the egg yolks.
8. Pre-heat the oven 200 celsius and take a fireproof dish. Take the margarine and grease the fireproof dish.
9. Take into the dish the half of the potatoes and salt it. Than arrange to the bottom the eggs, potatoes, sausage slices then spread it with half of the cream.
10. Arrange the remaining potatoes, eggs, sausage slices and cream to the bottom, and sprinkle the bacon.
11. Take into the oven.
12. Bake until the bacon and the cream will golden (40 minutes).
13. Eat.



Hungary



Máros Guba

Ingredients

10 person

200g poppy seeds

200g icing sugar

1,5l milk

20 tsp vanilla sugar (10 package vanilla sugar)

100g butter

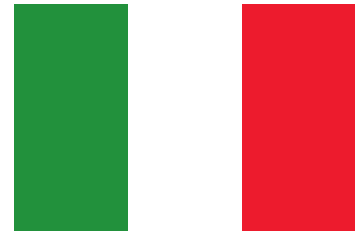
35-38 sliced bread rolls

How to:

1. Sliced the rolls and place one layer of these into the baking dish. Leave the rest for later.
2. Prepare your poppy seed, icing sugar and milk for making a mash. Mix them together in a bowl.
3. Heat up the milk then add your poppy seed and sugar-mixture.
4. Cook the mash about 10 minutes. This will give you a thicker but still liquidy mash. Add the butter.
5. Pour some of the mash to the first layer of sliced rolls, then repeat this.
6. Leave it for 1 hour to cool off.
7. Enjoy your dessert.



Italy



Meet Italy – the cradle of the Renaissance, the home of the Catholic Church and aspiring modern country in the heart of the Europe. Visiting that jewel of the Mediterranean will guarantee you experience you won't be able to find anywhere else around the world.

Italy have very rich history, which is seen everywhere around the country. From the ancient city of Pompeii, hiding its secrets under the ashes of Mount Vesuvius, through the marvelous city of Venice with its amazing renaissance architecture, to modern Rome, joined within its streets the magic of the past and the technology of the future.

Italy offers perfect conditions for cultural and historical tourism. The northern part of the country has preserved the spirit of the medieval and renaissance city states with towns like Genoa, Florence, Milan, Turin and Venice surrounded by great number of vineyards. On the other hand the southern part is rich in ancient sites and towns like Naples, Pompeii, Rome, Messina and Syracuse. Yet again Italy isn't only history. Here the tourist can find astonishing nature under the peak of Mount Etna or around the white sand of the Mediterranean beaches. The numerous hot mineral springs can help you relax after long hiking around Etna or maybe a walk under the countless stars in Rimini will be as much as relaxing.

Don't forget about the famous Italian cuisine. What better place to try original Italian cuisine then in Italy itself. The tasty Pasta Neapolitana, the great Italian wine, the Lasagna and for dessert original ice cream with snow from Mount Etna as the ancient Romans made it, what more you can want?



Italy

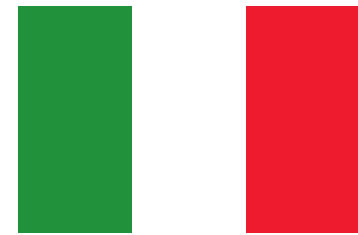
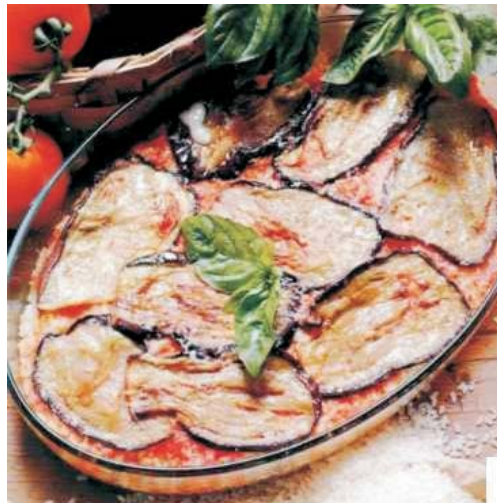
Parmigiana

Ingredients

- 2 medium eggplant, peeled and cut into 1/2-inch slices
- 2 teaspoons salt
- 2 large onions, chopped
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil
- 2 bay leaves
- 1 tablespoon minced fresh oregano or 1 teaspoon dried oregano
- 1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
- 3 tablespoons olive oil
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (12 ounces) tomato paste
- 1 tablespoon honey
- 1-1/2 teaspoons lemon-pepper seasoning
- 4 garlic cloves, minced
- 2 eggs, lightly beaten
- 1/2 teaspoon pepper
- 1-1/2 cups dry bread crumbs
- 1/4 cup butter, divided
- 8 cups shredded part-skim mozzarella cheese
- 1 cup grated Parmesan cheese

Directions

- Place eggplant in a colander; sprinkle with salt. Let stand for 30 minutes. Meanwhile, in a large skillet, saute the onions, basil, bay leaves, oregano and thyme in oil until onions are tender. Add the tomatoes, tomato paste, honey and lemon-pepper. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Add garlic; simmer 10 minutes longer. Discard bay leaves. Rinse eggplant slices; pat dry with paper towels. In a shallow bowl, combine eggs and pepper; place bread crumbs in another shallow bowl. Dip eggplant into eggs, then coat with crumbs. Let stand for 5 minutes.
- In a large skillet, cook half of the eggplant in 2 tablespoons butter for 3 minutes on each side or until lightly browned. Repeat with remaining eggplant and butter. In each of two greased 11-in. x 7-in. baking dishes, layer half of each of the eggplant, tomato sauce and mozzarella cheese. Repeat layers. Sprinkle with Parmesan cheese. Bake, uncovered, at 375° for 35 minutes or until a thermometer reads 160°. Yield: 10-12 servings.



Pasta alla carbonara

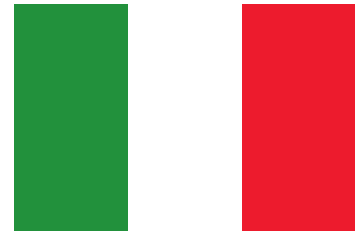
Ingredients

- 1 tablespoon vegetable oil
- 1 pound white onions, chopped
- 1 1/2 pounds fresh mushrooms, sliced
- 1 tablespoon butter
- 2 pounds bacon
- 8 eggs
- 1 cup heavy whipping cream
- 2/3 cup grated Parmesan cheese
- 2 pounds uncooked pasta
- 2/3 cup chopped parsley
- 1/4 teaspoon crushed red pepper flakes

Directions

1. Heat oil in a large skillet over medium heat. Saute onions in oil until tender. Drain on paper towels.
2. Using the same pan, cook mushrooms in butter over medium heat. Stir in onions and bacon; reduce heat to low, and cook until bacon browns. In a medium bowl, beat together eggs, cream, and cheese; mix into bacon mixture. Cook, stirring, until the sauce begins to thicken. Remove from heat.
3. Meanwhile, cook pasta in a large pot of boiling water until done. Drain. Toss hot noodles with sauce, parsley and red pepper flakes.

Italy



Tiramisù

Ingredients

- 6 egg yolks
- 150 g white sugar
- 155 ml milk
- 295 ml heavy cream
- 3 ml vanilla extract
- 455 g mascarpone cheese
- 60 ml strong brewed coffee, room temperature
- 30 ml rum
- 2 (3 ounce) packages ladyfinger cookies
- 5 g unsweetened cocoa powder

Directions

1. In a medium saucepan, whisk together egg yolks and sugar until well blended. Whisk in milk and cook over medium heat, stirring constantly, until mixture boils. Boil gently for 1 minute, remove from heat and allow to cool slightly. Cover tightly and chill in refrigerator 1 hour.
2. In a medium bowl, beat cream with vanilla until stiff peaks form. Whisk mascarpone into yolk mixture until smooth.
3. In a small bowl, combine coffee and rum. Split ladyfingers in half lengthwise and drizzle with coffee mixture.
4. Arrange half of soaked ladyfingers in bottom of a 7x11 inch dish. Spread half of mascarpone mixture over ladyfingers, then half of whipped cream over that. Repeat layers and sprinkle with cocoa. Cover and refrigerate 4 to 6 hours, until set.



Latvia

Latvia is situated on the Eastern shore of the Baltic sea, sharing borders with Lithuania to the south, Estonia to the north, Russia to the east and Belarus to the southeast.

Territory and population

The area of Latvia totals 64,000 square kilometres with 500 kilometres of coastline. The population is about 2 million people.

Languages

Latvian is the official language of the Republic of Latvia. Russian is often spoken as well. Both English and German are spoken to some degree, with English becoming increasingly common.

Traditional cuisine

Latvian cuisine typically consists of agricultural products, with meat featuring in most main meal dishes. Common ingredients in Latvian recipes are found locally, such as potatoes, wheat, barley, cabbage, onions, eggs and pork. Latvian food is generally quite fatty, and uses few spices.

Climate

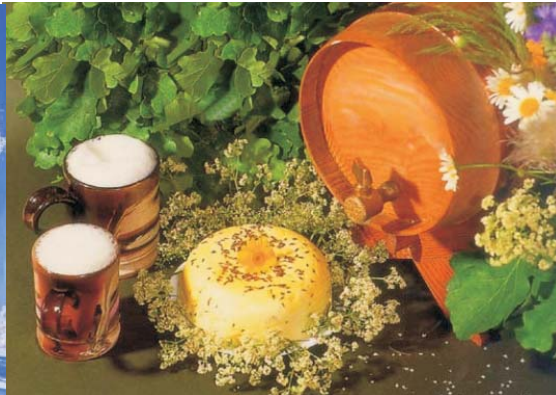
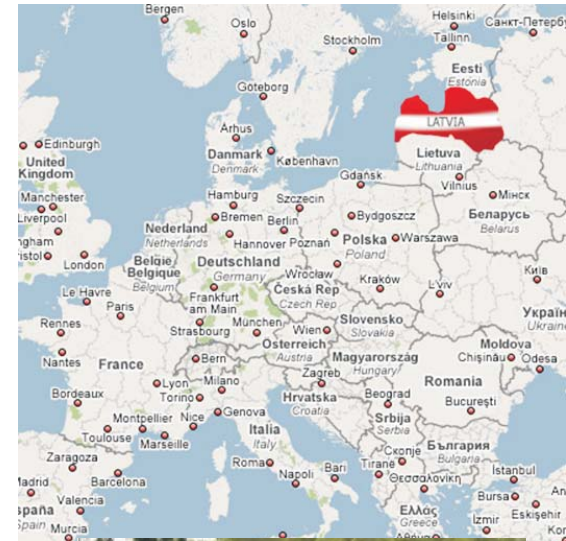
The climate in Latvia is moderate with distinct seasons. Summers are generally warm but short. Autumn and spring are relatively mild and rainy. Winter months the temperature gets far below zero, about -20°C or lower. Heavy snowfalls or even snowstorms are also possible.

State political system

Latvia is a democratic republic. The Prime Minister is appointed by the President of the Republic and is the head of the government. The President of Latvia is elected by the Parliament for a four year term. The President possesses little real power, but can block some parliamentary decisions.

International relations

After the restoration of independence in 1991, Latvia has sought to join various international organisations. In 2004 Latvia became a member of NATO and European Union.



Latvia

BREAD SOUP

COMPONENTS

- rye-bread
- water
- sugar
- cinnamon
- frothed cream
- raisins, dried apricots, prunes, dried apples



1. First, heat the oven, then put in the fresh rye-bread, for some 15min.
2. Then place warm bread in a pot, pour it with hot water and leave it for 30min.
3. Take a sieve & rub the bread with all the liquid into it.
4. When everything has been mixed into a porridge, add sugar, cinnamon, raisins, dried apricots, prunes and dried apples.
5. Put it on the stove and cook a bit, till it turns into a smooth puree & raisins, dried apricots, prunes and dried apples has become soft.

THAT IS IT, cool it, put on the plate, add some whipped cream - you are done!



Grey peas with bacon

Preparing time: 12h Cooking time: 1,5h

Equipment: Pot, bowl, frying pan, wooden spoon, knife;

Ingredients:

400g grey peas;

450g smoked bacon; 600g onion; Salt, pepper;

Equipment: Pot, bowl, frying pan, wooden spoon, knife;

Yield: 10 serves

Method:

At first soak peas overnight.

Put them in a pot with hot water to cover, boil them on the low fire until they will be soft, but still kept in their form. Then add salt.

In the meantime, dice bacon into small cubes and sauté with onion. Mix it together with peas. Peas are traditionally served in the clay bowls, adding fried bacon and onion mixture.

Serve with a drink of curdled milk

Latvia

POTATO PANCAKES with red bilberries jam and sour cream

Prep time: 15 min **Cook time:** 30 min

Equipment:

2 bowls, wooden spoon, grater, dishcloth or cheesecloth, knife

Yield: 30 people

Ingredients:

40 potatoes

10 eggs

2garlics

5 tsp. salt

2kg of cheese

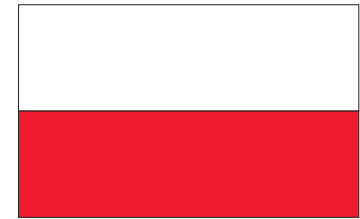
Oil for frying

Preparation:

Peel and grate potatoes. Place the grated potatoes in a clean dishcloth or cheesecloth and squeeze the liquid out of them into a bowl. Let the liquid stand a few minutes, then drain the liquid, leaving potato starch at the bottom of the bowl. Add the potatoes. Chop the garlic and add to potatoes paste. Then add salt and eggs. Grate cheese and add to paste. Heat oil in a frying pan. Using about 1/2 cup, drop the potato mixture into hot oil and flatten with the back of a spoon. Fry 4-5 minutes on each side, or until golden brown. Serve hot with red bilberries jam and sour cream.



Poland



Recipe for Poland

What is Poland? Imagine you are a cook and your task is to prepare a meal called “Poland”. What ingredients would you use? Below you can find a recipe that might be helpful. We chose ingredients that we thought are important so that the dish is really Polish. Let's start.

First we need a really big pot as Poland is the ninth biggest country in Europe. Got one? Ok. Now we need to put into it the geographical center of Europe or as others say – the heart of Europe. Then add the cold Baltic Sea, the mountains, thousands of lakes, forests and a desert (yes, we have one). Stir a bit.

Then we definitely need to add the climate – some say it's temperate though it changes a minute by minute, it's unpredictable and acts on the nerves of everybody. So, let's put a windy and changeable spring, warm summer, rainy autumn and snowy winter. And a bit of our irritation about that. Stir again.

What we need now is a pinch of the national character to make the dish more expressive. Hospitality is one of the most important ingredients. Put a lot of it into the pot. If you have ever been to Poland then you already know what we're talking about. Secondly, put some of the opinions that we have on everything and that we feel obliged to provide loudly and publicly.

Now pour some complains. This is our national sport - we passionately complain about diseases (the majority of Poles are hypochondriacs), weather, politics (criticizing the government and politicians is up to a good tone) and everything else. You can't be Polish if you can't sink in complains. So, add a lot (at least two glasses).

Finally, we need a few spoons of improvisation and resourcefulness. We are masters in both. Only Poles can organise a party for 50 people in 30 square meter apartment, or cram four person family and luggage in the smallest car in the world.

Now we need something from our cuisine which is considered quite heavy (both in terms of time you need to prepare it and your stomach). Add soups as we love it. Remember about “Ukrainian borscht”. Then also dumplings, a lot of different types of sausages and cheese. Add a lot of potatoes, cucumbers and mushrooms (collecting them is another national sport). A few drops of vodka would be nice to emphasize the taste of our dish.

Now it's time for some famous people: take Lech Wałęsa, Adam Małysz (ski jumper - the pride of our country), Roman Polański and Andrzej Wajda and others you know or heard of and add to the pot.

Finally, we need a bit of the Polish language which is considered one of the most difficult in the world. Put a lot of letters "s" and "z" and the ability of pronouncing words without vowels. And of course one of our famous tongue breakers: “Chrząszcz brzmi w trzcinie w Szczepreszynie”. Great.

Finally, season everything with a pinch of our ironic sense of humor. Stir everything. Keep on fire for about one hour. Check every 15 minutes. Serve the way you like.

Enjoy your meal!

Poland

Zurek

for 4 people

ingredients:

1. carrot
- 4 pieces Root parsley
- 4 pc potatoes
- 2 pc Origanum majorana
- 10 gr powdered pepper
- salt to taste
- some sausages or meat or bacon (whichever you like)

steps:

1. clean the vegetables and meat, sausages (if you have) slice them for size how you like.
2. Pour the vegetables and meat, sausages to a pot fill up with water. Put some salt and pepper for your taste and cook till tender.
3. Sprinkle with a bigger amount of Origanum majorana
4. pour the acid for zurek (you can get it in Poland in the shops) or instant acid power for zurek.
5. Slowly Cook for more 15 minutes.



Pancake

for 4 people

- flour 0,5kg
eggs 4 pc
salt just a little
sugar
milk 0,5 litre
baking powder
sodawater 0,5 litre

ingredients for filler:

jam many kinds, minced meat, onion, garlic, tomato sauce, paprika
broccoli, corn, green peas, cheese, dry red wine, vegetables ketchup, mustard, mayonnaise, olive oil

steps:

1. decide ! Do you want to make a savoury or sweet pancakes? If savoury then use more salt, if sweet than use more sugar, or can be natural with a little sugar and a little salt, than you get a natural taste what you can use for any occasion.
2. You can use sour milk too.

steps:

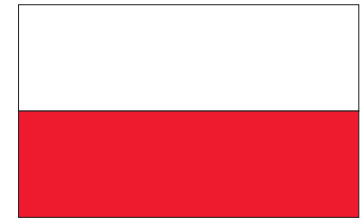
1. mix the ingredients, you have to get a soft mixture that is not too dense.
2. Taste it before you start it, if to sweet or too salty you can still change easily
3. on a non sticky pan heat up few drops of oil, pour into the pan amount of mixture how thick you want to have the pancake.
4. The first piece taste it! If you like it than go on bake all of them.

Steps for filler.

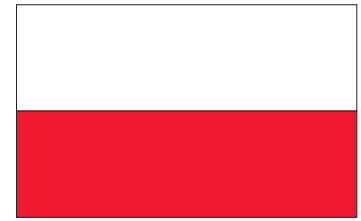
1. The most important is feel free. Let your fantasy fly, open fridge and shelves and what you have try to magic something. It can be salty or sweet

ideas for filler:

1. use some jam
2. fresh fruits with sweet sour cream
3. chocolate cream
4. on garlic bake some minced meat a add dry red wine, vegetables cook till tender. Use spices what you like, salt pour at the and. Dont Make it too juky, but not too dry too. Taste it time to time.



Poland



Cranberry Kisel recipe

Ingredients:

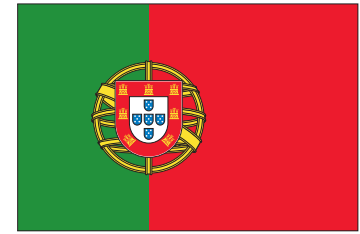
2 quarts water
1 cup cranberries
3/4 cup sugar
3 tbsp starch

Method:

Wash cranberries carefully, squeeze the juice and put it in the fridge. Pour over squeezed berries hot water and bring to boil on a low heat. After that drain through the sieve. Add sugar and bring to boil. Dissolve starch in cold boiled water and pour in stirring regularly, bring to boil. Take from the heat and add cranberry juice stir thoroughly.



Portugal



Portugal is the most southwestern country in Europe with an area of 92,391 squared km. It borders with Spain in the north and the east and with the Atlantic Ocean in the south and West. Its capital is Lisbon (Lisboa) and its population is over 10.6 millions.

We have been a democratic country since 1974 and our government is a unitary parliamentary constitutional republic. We joined the European Union on the 1st January of 1986 and our currency is euro. As far as religion is concerned most of the population is Catholic.

The Portuguese are very proud of their gastronomy, which is similar to the Mediterranean diet. Our cuisine offers a wide variety of rich, filling and full-flavoured dishes. Olive oil, onion, garlic and herbs, such as coriander and parsley are widely used. We also often season food with spices, such as piri piri (small, hot, chilly peppers), black pepper, cinnamon, as well as vanilla and saffron, which originally came from our former colonial possessions.

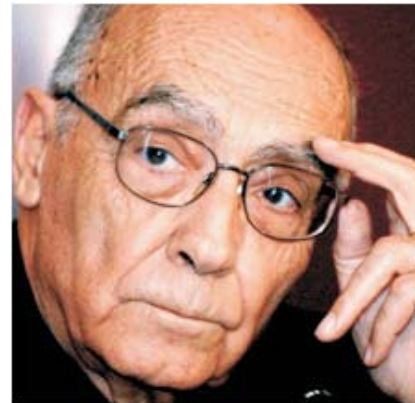
There are some Portuguese people who are worldwide known, such as José Mourinho (one of the best football coaches in the world), Cristiano Ronaldo (one of the best football players in the world), José Saramago (one of the greatest writers in Portugal) and Mariza (one of the greatest fado singers in Portugal).



José Mourinho



Cristiano Ronaldo



José Saramago



Mariza

Portugal

Caldo Verde: Green Soup

Ingredients:

- 450 g russet potatoes, peeled, diced
- 1 bunch collard greens (c. 500g): center stems cut away, leaves thinly sliced
- 2 litres water
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cooked spicy sausage (cut into ½-inch-thick rounds)
- tablespoon salt
- 2 dl olive oil

Preparation:

1. Turn on the cooker and place a pot with water and salt. When it starts boiling, add the potatoes that should be cut in small pieces.
- When cooked, smash the potatoes and then put them back in the boiling water and add the chopped collard greens (that should be previously washed two or three times).
- 3. Add the olive oil and let it boil for two or three minutes with the pot uncovered, so the vegetables get greener.



Bacalhau à Brás: Codfish

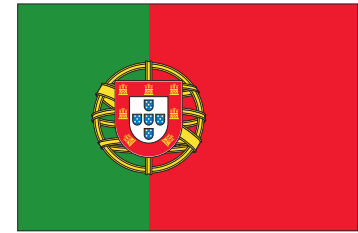
Ingredients:

(4 persons)

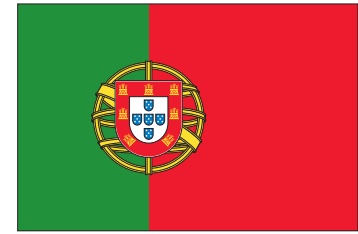
- 400 g codfish
- 6 tablespoons olive oil
- 500 fries, very thinly sliced
- 6 eggs
- 3 onions, chopped
- 1 clove garlic, minced
- parsley
- salt
- pepper
- black olives

Preparation:

1. Soak the codfish in water, remove the skin and spines and shred it with your hands.
2. Cut the onions into thin slices and chop the garlic.
3. In the meantime, place a pot on the cooker with the olive oil, onions and garlic and let it sauté slowly until the onion becomes translucent. At this point, add the codfish and mix it all with a wooden spoon, so the codfish absorbs the oil.
4. Add the chips and the slightly beaten eggs, that should be seasoned with salt and pepper.



Portugal



Aletria (Angel hair or vermicelli)

Ingredients:

(4 or 5 persons)

- 6 dl of water
- a dash of salt
- lemon peel
- 1 cinnamon stick
- 300g of angel hair pasta
- 1 litre milk
- 400g of sugar
- 7 egg yolks
- 2 tablespoons butter
- cinnamon powder

Preparation:

1. Turn on the cooker and place a pot with water, a dash of salt, the cinnamon stick and the lemon peel on it. Let it boil, add the angel hair pasta and separate it by using a fork. Let it boil on a low flame, but don't let it overcook.
2. In the meantime, heat the milk, add the sugar and the already cooked pasta to it. You should also add the cinnamon stick and the lemon peel that were already used before.



Spain

Have you ever been to Spain? No? Well then you missed a lot! With its mix of cultural influences Spain can offer a lot to every adventurer.

From its Moorish architecture in the south to its medieval castles nestled in the mountains in the north, from its hot deserts and badlands, covered with red sand, to the ski treks in the Pyrenean mountains, from its seaside to its highest peaks Spain is for everybody.

If you are fan of the nature and the quiet lifestyle be sure to check the northern mountain ridges, which are hiding peaceful little villages that are unchanged from centuries. Spain's nature is unique with its diverse types of terrain, offering lush fields, deep forests, hot deserts snowy mountains and pristine beaches. Some of the rarest animal species have found home here, like the Lynx, the brown bear, the European wolf and unique set of birds and bats.

And if instead of going around you prefer sun and sea the beautiful beaches of the Balearic Islands are perfect for you. Not only they have perfect conditions for seaside tourism, but the nightlife is amazing too. The main city of the islands is Ibiza, famous tourist and clubbing destination. It's preferred location for parties of some of the most famous DJ-s around the world and it gather thousands of tourist and music fans every year.

Don't forget the Spanish culture, because it can offer a lot. Spain is home of some of the hottest Latino dances around the world, and its music and movies are respected all over the globe. Some of the local traditions are famous around the world like the corrida or maybe the encierro, where people run chased by bulls.

Visit Spain, you won't regret it!



Spain

BREAD WITH TOMATO

- 6 Kg bread
- cheeses
- sausage (ham, loin,...)
- tomato

Bread with tomato literally in English: "Bread with olive oil" is a simple and typical recipe in Catalonia, Majorca and Valencia.

Pa amb tomàquet or pa amb oli consists of bread — optionally toasted — with tomato rubbed over and seasoned with olive oil and salt. Sometimes garlic is rubbed on the bread before rubbing in the tomato. In many Catalan restaurants, the tomato mixture is pre-made and is brushed on the bread. The dish is served accompanied with any sorts of sausages (cured botifarres, xoriço, fuet, etc.), ham, cheeses or grilled vegetables like escalivada.

The original base used to be made with toasted slices of pa de pagès ('peasants' bread'), a typical round piece of wheat bread of a fair size (from ½ kg to 5 kg, from some 20 cm to 50 cm in diameter).

If the mixture is not premade, there is said to be an ideal order in which the ingredients are integrated to yield the best flavour. First, the garlic is rubbed on the bread. Then the same is done with the tomato. Next comes the salt, and lastly the olive oil. The traditional way to get all the flavours mixed well without having to premake a sauce, is to cut off the heel of a baguette and use it to gently but firmly press all of the ingredients together.



SPANISH OMELETTE

Ingredients :

- 4 eggs
- 1 kilo potatoes
- Olive oil
- 2 Onion



- Steps:

- 1: Wash and cut the potatoes into thin slices. Heat the oil in the pan, and add the potatoes and salt. Fry, stirring occasionally. Tip: If you prefer the potatoes to be soft, use a spatula to mash them as they are frying. As soon as they are a golden colour, remove from the pan and put the potato mixture either in a sieve or on kitchen paper, so that as much oil as possible drains away or is absorbed.
- 2: Beat the eggs well with a pinch of salt, and add to the potatoes. Mix well.
- 3: Put two small spoonfuls of olive oil in the frying pan, so that the bottom of the pan is covered with a thin layer of oil. Once the oil is hot, add the potato and egg mixture. Tip: shake the pan gently as you move the mixture, so that none sticks to the bottom. Once the omelette seems to be cooked, use the lid of the frying pan (or a large plate) to tip the omelette out of the pan, add a little more oil and slide the omelette in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelette is perfectly cooked and golden on both sides, you may do so. This omelette is delicious hot or cold.

Spanish omelette with onion and potato: the process is the same. All you have to do is cut two onions into thin slices, and add them to the oil just after adding the potatoes.



Spain

CATALAN CREAM

Ingredients:·

- 200gr sugar
- 4 egg yolks
- 1 stick cinnamon
- 1 L milk
- 50g flour
- 1 lemons
- 1tbs cornstarch Preparation:

This is a great dessert to make ahead of time, since it is very easy and requires 2-3 hours of refrigeration before serving. Make it the day before and leave it in the refrigerator until you are ready to serve. Then, heat the broiler, caramelize the sugar and serve!

In a pot, beat together the egg yolks and 3/4 cup sugar until thoroughly blended and the mixture turns frothy. Add the cinnamon stick and grated lemon rind. Pour in the milk and cornstarch. Slowly heat the mixture, stirring constantly, just until thickened. Remove pot from heat immediately.

Tip: As soon as the mixture thickens and you feel resistance while stirring, remove the pot from the heat or the mixture may curdle or separate! The texture of the finished crema will be grainy instead of smooth and creamy as it should be.

Remove the cinnamon stick and ladle the milk mixture into 4-6 ramekins (depending on size). Allow to cool, then refrigerate for at least 2-3 hours.

Before serving, preheat the broiler. Remove ramekins with the crema catalana from refrigerator and sprinkle the rest of the sugar over each ramekin. When broiler is hot, place the ramekins under the broiler on the top shelf and allow the sugar to caramelize, turning gold and brown. This may take 10 minutes or so, depending on your broiler. Remove and serve immediately.

If you'd like, you can serve the crema catalana chilled, but we think it has more flavor when served warm from the broiler.





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