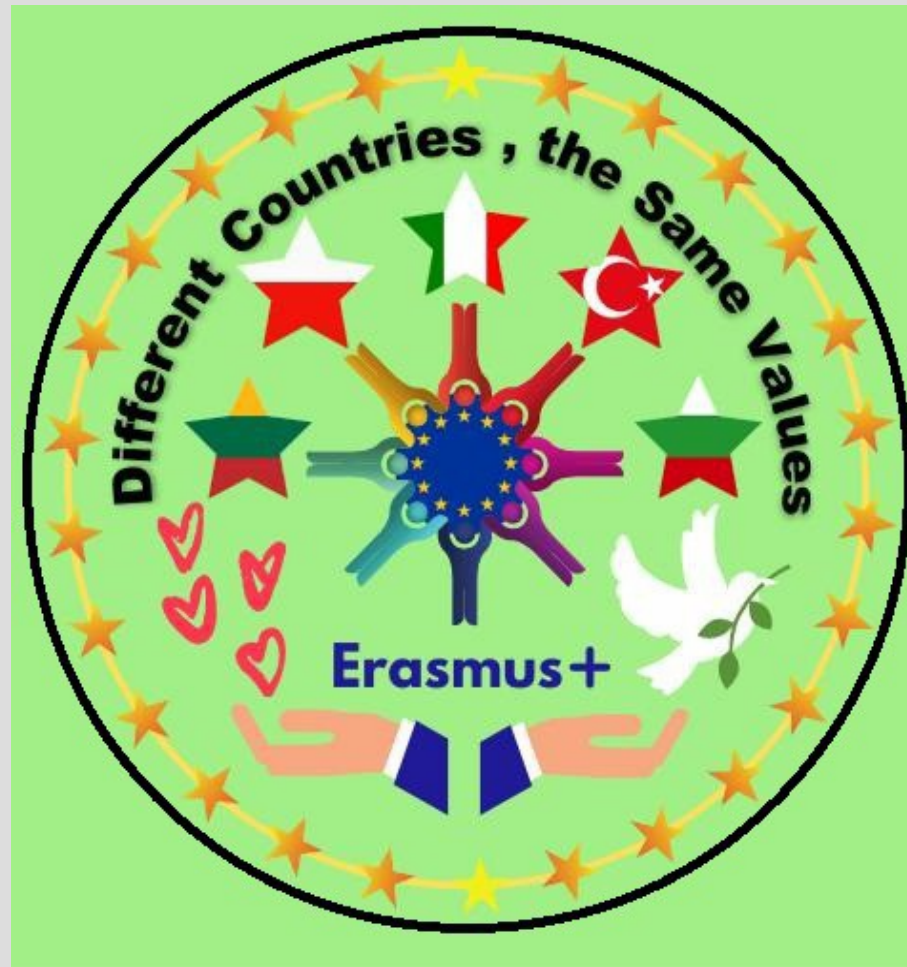


EUROPEAN COOKBOOK



Turkish cuisine



LENTIL SOUP

INGREDIENTS

- 3 tablespoons of sunflower oil
- 1 dry onion (coarsely chopped)
- 1 tablespoon
- 1 carrot (coarsely chopped)
- 1 potato (large size, coarsely chopped)
- 1 teaspoon salt
- 1 teaspoon of black pepper
- 1.5 cups red or yellow lentils
- 6 glasses of hot water (prepared with 1 broth tablet)

For the above:

- 3 tablespoons oil
- 2 spoonful butter
- 1 teaspoon red ground pepper



TARHANA SOUP

INGREDIENTS

- 3 Tablespoon Granulated Tarhana
- 1 Tablespoon Tomato Paste
- 1 Tablespoon Butter
- 1 Teaspoon Mint
- Salt
- 1 Teaspoon Red Pepper

PREPARATION

Heat the butter in the pot. Add a tomato paste and heat they. Add 5 glass water. Add tarhana and mix the mixture. 15-20 minutes wait. Serve it with mint and pepper.



İSKENDER MEAT INGREDIENTS

Ingredients for İskender Recipe from
Azır Döner

- 1 package uncooked doner kebab
- 2-3 pieces of pita bread
- 2 tomatoes
- 1 bowl of yogurt
- 50 grams of salted butter
- 2 tablespoons
- 3-4 peppers
- 1 teaspoon of salt



İSKENDER MEAT PREPARATION

How Is Iskender Recipe Made From Ready-Made Doner? Cut the breads from the oven and put them on a plate. Slice the tomatoes and place them on the edge of the plate. Fry the peppers in a pan. Put it on the edge of the plate. Dilute the tomato paste in a Teflon pan and boil it until it reaches the consistency of sauce. When it boils, pour 1 tablespoon on the bread on the plate. Put the meat on the tomato paste left in the pan and cook. Spread the meat over the breads. Add melted butter and yoghurt and serve.

BEYTİ KEBAP MEAT INGREDIENTS

2 sheets of dough

For the sauce;

- 340 g Tat Tomato Grater
- 2 tablespoons of SEK butter Black pepper,
- ground red pepper
- Salt

For Meatballs;

- 400 g ground beef
- 1 egg
- 1 clove of garlic
- 1 onion
- 1/2 (half) tea glass of breadcrumbs Black pepper,
- chili pepper
- Salt

For Service; SEK Yoghurt



BEYTİ KEBAP MEAT PREPARATION

Beyti Kebab Recipe Preparation For the meatballs; Let's knead the ground beef, eggs, grated onion and garlic, half a tea glass of breadcrumbs, black pepper, chili peppers and salt in a deep bowl. Let's put the meatballs in flat and long shapes and place them on the baking tray. Let's bake them for 10-12 minutes in an oven at 185 degrees. After taking our meatballs from the oven, let's take one piece of dough on the counter and divide it into two. Let's rub the melted butter on the half dough. Let's arrange our meatballs in a single row on the wide side of the dough and fold the edges of the dough in a roll shape. After wrapping all the meatballs in the same way, let's slice our rolls diagonally and arrange them on a baking tray covered with oiled paper. Let's put melted butter on them and place them in the oven again. Let's bake them in the oven heated to 185 degrees until they turn slightly pink. For the sauce; Let's melt the butter in a small pan. Let's pour tomato grated on it, add spices and salt and mix. After boiling for 3-4 minutes, let's take it from the stove. Let's get our meatballs on the serving plate. Let's add tomato sauce on it. Let's serve with yoghurt. Bon Appetit.

BEYTI KEBAP MEAT PREPARATION

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KADAYIF DESERT INGREDIENTS

- 500 g fresh shredded wheat
- 20g of melted butter
- 1 bowl of walnuts

For its sherbet;

- 3 cups granulated sugar
- 4 glasses of water
- The juice of half a lemon



KADAYIF DESERT PREPARATION

Kadayif Dessert Recipe Preparation on Tray First, let's prepare the sherbet and leave it to warm. For this, let's put sugar and water in a small pot. Let's add lemon juice 10 minutes after it starts to boil, let it boil for 5 more minutes, then take it off the heat and let it cool. Let's pour the melted butter over the wire kadayifs we bought in a deep bowl. Let's ensure that the kadayif strings are oiled by blending them well. Let's take half of the kadayif and place it in a small oven dish (I used small round borcam) and press it with a palm to make it squeeze. Sprinkle plenty of walnuts on it and spread the remaining kadayif over the walnuts. Again, let's press it well with the palm. Let's fry our dessert in the oven preheated to 180 ° C for 40 minutes. Let's wait for the first heat for 5 minutes after taking it from the oven. After the first heat comes out, let's wet all parts of our sherbet. It is important that the sherbet is cold, if it is hot, it can make kadayif dough. Then let's rest for a few hours to absorb the syrup. You can cut our sherbet desserts like a square or a pizza slice. Since my tray is round, I cut it into slices of pizza. Let's serve it on a suitable serving plate. Bon Appetit.

ÇOBAN SALAD

- 4 Tomato
- 3 Green pepper
- 2 cucumber
- 1 onion
- parsley
- Olive oil
- Lemon juice
- a half of teaspoon salt

Preparation

- Dice the every ingredients and add olive oil and salt



Bulgarian cuisine



MOUSSAKA

INGREDIENRS

- Potatoes
- Onion
- Mince
- Tomatoes
- Black pepper
- Eggs
- Milk
- Flour
- Salt



MOUSSAKA

PREPARATION

- Peel the potatoes
- Cut them to cubes
- Mix them with the mince
- Put the tomatoes, black pepper and salt
- Mix everything
- Put water and bake
- Shake the eggs with flour and mix with milk
- You water this on the done Musaka
- And bake again

BANITSA

INGREDIENTS

- 1 pack of filo dough
- 250 g Bulgarian cheese (or feta cheese)
- 4 eggs
- 1 cup of Bulgarian yoghurt
- 3 tablespoons butter



BANITSA

PREPARATION

- Mix the products for the filling in separate bowl—eggs, white cheese and yogurt. Add some butter and mix well.
- Then take a large baking pan and put some oil on the bottom. Layer the pastry sheets individually one by one with small amounts of the filling between them. Roll each sheet and arrange the finished rolls in the baking pan so that they form a spiral.
- Grease the pastry with egg yolk and bake in oven at 200—250 °C until golden. And voila

TARATOR

INGREDIENTS

- Yoghurt
- Cucumber
- Dill
- Garlic
- Water

PREPARATION

- Mix and stir everything.
Serve cold.



SHOPSKA SALAD

INGREDIENTS

- Tomatoes
- Cucumber
- Onion
- Salt
- Olive oil
- Vinegar
- Parsley
- Olive
- Pepper



SHOPSKA SALAD

PREPARATION

- Chop vegetables
- Add seasoning
- Garnish on top of the grated cheese with a stalk of fresh parsley, black olives or a small hot pepper.

Italian cuisine



TIRAMISU



LIGHT TIRAMISU WITHOUT MASCARPONE AND EGG YOLK

Light and healthy tiramisu recipe is crafty, easy and fast dessert.

A smart way to spoil ourselves even if we are on a diet and if we don't want to get fat.

The light tiramisu without mascarpone and yolks is to be understood as a total revision of the traditional dessert; it contains less than half of the fatty acids compared to the original preparation and also the cholesterol is considerably reduced.

Ingredients

350 g of Greek yogurt

1 pinch of salt

250 g of fresh ricotta cheese

1 cup of milk

80 g of fructose

1 cup of coffee

150 g of rusks

80 g (2 medium) of egg white



Preparation

First of all, whisk the egg whites at room temperature with a pinch of salt.

In the electric mixer, mix well the Greek yogurt, the ricotta and the fructose for a few minutes, until the mixture will be rather soft and without lumps.

Gradually incorporate the egg whites with the spatula, with regular movements (from the bottom to the top): it should be a very soft cream.

Be careful not to collapse the egg whites, otherwise the tiramisu will not succeed.

Meanwhile, mix the chilled coffee and milk.

Put the liquid into the appropriate cake watering or in a small bowl.

Sprinkle a little cream (1 teaspoon) in each bowl, then stick the rusks to the edges (in this way, they remain attached to the bowl).

Also line the base of the bowl with the rusks, then sprinkle with the coffee-milk (if you don't have the appropriate tool, use the spoon).

Then alternate a layer of cream with one of wet rusks (sprayed with liquid), and continue for another layers.

Finish with a layer of cream, then sprinkle with the bitter cocoa and decorate as desired with chocolate sticks, coffee beans and teaspoons of chocolate.

Allow to cool in the refrigerator at least an hour before serving.

Nutritional values refer to the cake without seal. (100 g)

Energy value 175 Kcal

Carbohydrates 20,0 g

Proteins 12,20 g

Fats 5,70 g

Cholesterol 50.50 mg

Fiber 0,20 g

SIMPLE GRILLED SEA BASS



SIMPLE GRILLED SEA BASS

Ingredients

- 1 whole sea bass, about 400g each, gutted and scaled (125 calories)
- 20ml olive oil (165 calories)
- 1 lemon (17 calories)
- 1 tbsp chopped oregano
- 2 tbsp chopped parsley

Preparation

To cook grilled fish, do not neglect the preparation of the meat.

In addition to the eviction and removal of scales, an important step must be carefully studied: marinating. This solution consists of 3 elements: one acid (lemon and orange juice, wine, yogurt, beer, vinegar) which "bakes" and softens the meat; an oily one, which keeps it hydrated (extra virgin olive oil); an aromatic one, composed of spices and herbs.

After choosing the marinade balance, select an appropriate container: ceramic, porcelain, glass and Pyrex are fine.

Don't consider metal and thin plastic.

The marinade must completely cover the meat and the container must be tightly closed

In the case of whole fish marinades it takes 1-2 hours, for shellfish or fish slices it takes 30 minutes.

Nutritional values and calories (150 g)

Energy value 125 Kcal

Carbohydrates 0,00 g

Proteins 19,80 g

Fats 1,10 g

Cholesterol 70,00 mg



VAPORED COURGETTES



VAPORED COURGETTES

Steamed zucchini are a very quick side dish to prepare.

Light and tasty, it goes well with meat and fish dishes. In less than 10 minutes you will have brought your side to the table.

Ingredients

*4 large zucchini
2 garlic cloves
4 tablespoons Black olives
2 tablespoons Pine nuts
2 spoons Capers
q.s. Origan
q.s. salt
q.s. Hot pepper (optional)
q.s. Olive oil
q.s. White wine vinegar*



Preparation

Wash the zucchini and remove the ends.

Cut the zucchini into sticks.

Cook the vegetable with steam for 2 minutes, then pour them into a colander and immediately pass them under running water to stop cooking and keep the bright green color.

Drain well before passing them in a bowl.

In a bowl, add the steamed zucchini, olives, pine nuts, oregano, garlic into thin slices and chili to taste, extra virgin olive oil, white wine vinegar and desalted capers and mix good everything.

Season with salt if necessary.

Serve the zucchini salad immediately or keep it in the refrigerator covered with transparent film until ready to serve.

Nutritional values and calories (100 g)

Energy value 11 Kcal

Water 93,6 g

Proteins 1,3 g

Fats 0,1 g

Cholesterol 0,00 g

Carbohydrates 1,4 g

Vitamin C 11 mg

From the saline point of view, however, zucchini abound mainly of potassium and manganese (not visible in the table).

Zucchini lend themselves to any diet and contribute to increasing the intake of water, potassium and fiber in the diet.

CARROT SALAD



CARROT SALAD

Ingredients:

- 300 g of fresh carrots
- 4-5 sage leaves
- 1 minced oregano socket
- salt and black pepper to taste
- extra virgin olive oil q.b.
- 1 thread of balsamic vinegar
- 1 clove of garlic (optional)

Preparation

Wash the carrots and dab them with absorbent paper.

Peel them and remove the ends.

Then cut them into washers.

Boil the carrot washers in plenty of water for about 2-3 minutes depending on the thickness of the carrot slices and according to their tenderness.

Drain the carrots and immediately pass them under running water so as to cool them, block their cooking and preserve the beautiful bright color.

Season the carrots with the salad.

In a bowl, add the carrot slices, chopped sage, chopped oregano, chopped garlic, salt and black pepper to taste, extra virgin olive oil and balsamic vinegar. Mix everything.

Nutritional values and calories (100 g)

Energy value 250 Kcal

Carbohydrates	54,90 g
Water	239,1 g
Proteins	7,8 g
Fats	1,5 g
Fiber	9,3 g
Cholesterol	0 g



PASTA WITH SARDINES



PASTA WITH SARDINES

To prepare this recipe we use sardines in salt, which require careful washing in cold water, in order to remove the entrails and the tail.

You have to cook the spaghetti in plenty of NOT salted water: the salt contained in the sardines will be sufficient.

Meanwhile prepare the sauce with the sardines. Blend the salted, washed and cleaned sardines in a blender: in this way you avoid the risk of finding thorns in the pot!

To facilitate the blending, it's advisable to add a tablespoon of oil in the blender.

Collect the sardine cream and heat it gently in the pan, adding a couple of tablespoon of extra virgin oil and some pasta water.

Season to taste with a clove of garlic.

With the fork, remove the pasta and pour the spaghetti directly into the sardine sauce.

Chop the parsley and add it to the pasta.

Season with pepper.

Serve the spaghetti with a grated lemon zest.

Ingredients

180 g of pasta

150 g of salted sardines

3 tablespoons of extra virgin olive oil

1 clove of garlic

1 sprig of parsley

Pepper

Uncooked lemon grated zest



Nutrition facts and Healthy commentary on the recipe

Pasta with Salted Sardines is a first course that provides a good quantity of calories. Energy is supplied predominantly by carbohydrates, but also the lipid supply (with distribution in favor of the unsaturated ones) contributes considerably.

Proteins are not many and fiber is scarce, as is cholesterol.

Pasta with Salted Sardines is a first course suitable for food against dyslipidemia, but must be consumed in moderate portions by diabetic and overweight subjects.

The average portion of is about 100g (205 kcal).

The dish is instead not recommended in case of inadequately controlled hyperuricaemia.

Nutritional values and calories (100 g)

Energy value 205 Kcal

Carbohydrates	27,60 g
Proteins	10,60 g
Fats	6,60 g
of which	
saturated:	1.20 g
monounsaturated:	4.40 g
polyunsaturated:	1.00 g
Cholesterol	16,70 mg
Fiber	0,90 g

Lithuanian cuisine



KISIELIUS

This special drink is made from:

- Cranberries,
- Starch,
- Water,
- Sugar.



POPPY MILK

INGREDIENDS

- One or two glasses of poppy
- Water
- Sugar or honey



POPPY MILK PREPARATION

- Soak poppy seeds in some hot water for a day, changing the water over time, until the seeds become soft.
- Then crush poppy seeds in a food processor until a white liquid comes out.
- Add some cold water and strain and crush once more.
- Dilute the poppy milk concentrate with some cold boiled water (the quantity of the water used, is a matter of taste, and certain family preferences, but the flavor of the poppy seeds should be pronounced).
- Finally, add some sugar or honey to sweeten the poppy seed milk.

PATTIES

- It can be made with various stuffings, such as boiled eggs, mushrooms, bacon, etc. or without any stuffing .
- It can be simmered in a cream sauce for a softer taste and most of the time served with mashed potatoes and pickle dill on the side.



HERRINGS WITH CARROTS

INGREDIENTS

- carrots
- onion
- oil
- sea salt
- freshly ground pepper
- herring



HERRINGS WITH CARROTS

PREPARATION

- Peel and shred the carrots.
- Slice the onion into thin circle slices.
- In a pan heat the oil. ...
- Season with more sea salt and freshly ground pepper. ...
- Slice herring into small pieces and mix it with cool carrot-onion mixture.
- Best served with bread or steamed potatoes!
- Enjoy!

SAUERKRAUT WITH CHICKPEAS

INGREDIENTS

- 400 g of sliced sauerkraut
- 200 g of chickpeas
- 1 red (purple) onion
- Coconut oil
- Peppercorns
- Turmeric
- Red pepper
- Bay leaf
- Sea salt



SAUERKRAUT WITH CHICKPEAS

PREPARATION

- Fry the chopped onion and turmeric on coconut oil and then add the sauerkraut, salt, red pepper, a few peppercorns, bay leaf and a little bit of water. If you are uncomfortable with sauerkraut's excessive acidity, then you can rinse it with water before stewing, but not too much because you will wash out its good ingredients.
- Sauerkraut should be cooked for about 20 minutes and at the end add canned or pre-cooked chickpeas. In addition to this meal you can cook whole potatoes with the skin because, during cooking, potato preserves its valuable ingredients and, therefore, such a method of preparation is considered the healthiest.

DUMPLINGS WITH MUSHROOMS

The filling

- Cut and fry the onions.
- Boil the dried mushrooms until they become soft.
- Then cut your mushrooms finely, and add some salt.
- Mix the onions with cooked mushrooms.



DUMPLINGS WITH MUSHROOMS

The dough

- First pour your flour, water, and oil into a bowl, and knead the dough.
- When there's no residue of flour, and the dough isn't sticky anymore, you can transfer it on the table and knead it there.
- Role your dough. Cut the dough into circles. Then add some filling in the middle of the circle and secure the edges.
- Boil the dumplings for 7-8 minutes (stir constantly). Serve them with fried onions.

Presentations about Christmas Eve dinner or dishes

<https://www.youtube.com/watch?v=xn01IEku3p0>

<https://www.youtube.com/watch?v=PF74P7wftco>

<https://www.youtube.com/watch?v=AaHPB0f80D0>

Polish cuisine



DOVES

INGREDIENDS

- 1 head cabbage, cored
- 2 tablespoons butter
- 1 large onion, chopped
- 1 pound ground beef
- ½ pound ground pork
- 1 ½ cups cooked rice
- 1 teaspoon finely chopped garlic
- 1 teaspoon salt, plus more to taste
- ¼ teaspoon ground black pepper, plus more to taste
- 3 (10.75 ounce) cans condensed tomato soup
- 2 (12 fluid ounce) cans tomato juice, or more to taste
- ½ cup ketchup



DOVES

PREPARATION

- Place cabbage head into water, cover pot, and cook until cabbage leaves are slightly softened enough to remove from head. Remove cabbage from pot and let cabbage sit until leaves are cool enough to handle.
- Remove 18 whole leaves from the cabbage head, cutting out any thick tough center ribs. Set whole leaves aside. Chop the remainder of the cabbage head and spread it in the bottom of a casserole dish.
- Melt butter. Cook and stir onion in hot butter until tender. Cool.
- Stir onion, beef, pork, rice, garlic, 1 teaspoon salt, and 1/4 teaspoon pepper together in a large bowl.
- Preheat oven to 350 degrees F (175 degrees C).
- Place about 1/2 cup beef mixture on a cabbage leaf. Roll cabbage around beef mixture, tucking in sides to create an envelope around the meat. Repeat with remaining leaves and meat mixture. Place cabbage rolls in a layer atop the chopped cabbage in the casserole dish; season rolls with salt and black pepper.
- Whisk tomato soup, tomato juice, and ketchup together in a bowl. Pour tomato soup mixture over cabbage rolls and cover dish with aluminum foil.
- Bake in the preheated oven until cabbage is tender and meat is cooked through, about 1 hour.

CHICKEN SOUP

INGREDIENTS

- 1 chicken weighing approx. 2 kg or (2 large thighs and 1 chicken body with neck and wings - approx. 2 kg of meat)
- 300 g of beef, e.g. entrecote, brisket, beef eye
- offal: 10 chicken hearts and 5 stomachs or 1 turkey neck



CHICKEN SOUP

PREPARATION

If we have a whole chicken, cut it into parts - cut off the neck, wings, thighs. Leave the body with the breasts.

Rinse all parts of the chicken, beef and offal, then place in a large pot and pour cold water. Season with salt and bring to a boil over medium heat.

After boiling, reduce the heat and hum in the brew. Reduce heat and cook over low heat (the broth is only supposed to "flash") under the slightly open lid for about 1 1/2 hours.

In the meantime, prepare the vegetables: peel the carrots, parsley and celery (or for greater flavor - just wash it thoroughly). Rinse the onion, leek and parsley (do not peel the onion, its husks will give the soup a nice color).

Place the vegetables in the broth and boil them. Add spices: allspice, bay leaf and black pepper. Reduce heat and simmer for about 1 hour or up to 1 1/2 hours.

Serve the broth hot, with cooked noodles, chopped parsley, thinly sliced carrots from the broth and pieces of chicken meat.

SILESIAN NOODLES

INGREDIENTS

- *About 500g of boiled mashed potatoes*
- *Potato flour / potato starch*
- *1 egg*
- *salt*



SILESIAN NOODLES

PREPARATION

- Press the mashed potatoes into a bowl and smooth the top
- Draw two lines on the top of the potatoes, dividing the mass into fourths
- Scoop out 1/4 of the potatoes and fill this space with potato starch, return the potatoes you just scooped out
- Add egg and salt, stir until well combined
- Roll a small amount of the mixture, about the size of a golf ball, in your hands until smooth
- Make an indentation with your thumb and continue smoothing the dumpling
- Preparing a large pot of barely simmering salted water
- Without overcrowding the pot, place dumplings in water with a slotted spoon
- They will rise to the top after a few minutes, if a stubborn one or two stay on the bottom, give them a gentle nudge, they may be stuck
- Cook for 5 more minutes, remove with a slotted spoon
- Top with whatever wonderful creation you're using

APPLE PIE

INGREDIENTS

Cake:

300 g of flour

250 g cold butter (50g butter can be replaced with lard)

1,5 teaspoons of baking powder

5 tablespoons of sugar

1 tablespoons of vanilla sugar

1 egg

Apples:

1.5 kg of apples (e.g. Reneta, Antonovka) or

1 jar, approx. 800g of ready-made apples

5 tablespoons of sugar

½ teaspoon of cinnamon

Powderd sugar



APPLE PIE

PREPARATION

- Combine all the ingredients for the dough together. Mix until smooth.
- Transfer the dough to a baking pan.
- Grate the apples, add sugar and cinnamon and mix.
- Put the apples on the cake.
- Bake in the oven for about 45 minutes.

ROASTED PORK LOIN WITH PRUNES

INGREDIENTS

- 1 kg of pork loin
- 300g of dried plums
- vegetable oil or olive oil
- salt and pepper,
- ½ packet of dried savory,
- 1 teaspoon of Provencal herbs
- 6 toothpicks
- ¾ cup of broth or water
- optional – 1 tablespoon of plum jam



ROASRED PORK LOIN WITH PRUNES

PREPARATION

- season the meat with spices and herbs
- put the prunes on the meat, then roll it up and fix it with toothpicks
- heat the oil in a pot, put the roulade into the pot and fry it until brown, then add water or broth and cook until soft
- serve with Silesian noodles and red cabbage

SOUR SOUP

INGREDIENTS

- 1.5 liters of meat broth or stock
- 400g smoked pork ribs or bones or smoked or steamed bacon
- 500g of raw white sausage
- 500 ml of sour soup (sour soup, sourdough) from the bottle
- tablespoons of dried marjoram
- 1 clove of garlic
- 6 tablespoons of cream 18% or 30% (for soups and sauces)



SOUR SOUP

PREPARATION

- Fry the meat in a pan, add garlic
- Pour meat broth and sauer soup from the bottle into the pot.
- Add meat and bring to a boil.
- Season it with spices and marjoram.
- Serve with boiled egg and potatoes.

POTATOE CAKES

INGREDIENTS

- 1kg of potatoes
- Salt
- 1 teaspoon of flour
- 2 eggs
- 1 small onion
- Oil
- Sugar
- Cream



POTATOE CAKES

PREPARATION

- Peel the potatoes and grate them.
- Add grated onion, salt, flour and eggs. Mix the ingredients.
- Heat the oil in a frying pan and fry small pancakes with the potato mixture until brown.
- Serve sprinkled with sugar or topped with cream.

**ENJOY YOR
MEAL!!!**