

International cooking

„Diversity Unites -



together for Europe”

Recklinghausen, 28.08.2017



Dear friends,

each country and region has its own food and drinks. Eating habits are as diverse as the countries of this earth. Cooking and eating together and meanwhile showing the different eating habits bring us together and encourage our community. While cooking we can intensively deal with different cultures.

"Looking over your own eyes" means here as much as looking closely at what happens in our partner regions, where and why there are differences to one's own traditions.

The EU project "Diversity Unites - together for Europe" considers four countries / regions. We have a look at the people, the work, the traditions, the cultures, the songs and with this cookbook at their traditional recipes.

The project ends with a joint cooking of the recipes which are written down in this booklet. At a festive closing ceremony we present the results of the project and plan for further cooperation.

Enjoy reading, trying out and especially eating!

Jelgava - Recklinghausen - Sörmland - Wodzisław



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Sörmland in Sweden



Sörmland is located South-West of Stockholm. Sörmland is famous for its numerous castles and manor houses, but also for its fantastic archipelago. When Sweden was a European power in the 17th century, many rich and aristocratic Stockholm settled down in Sörmland. They had received land from the Swedish Crown for their services. Some of these goods are extraordinarily large and have beautiful park-like surfaces. Such a density of castles and manor houses can't be found a second time in Sweden.

Culinary experiences

In Sörmland you can find a lot of local suppliers who produce their food artisanally, ecologically and sustainably. The spread of treats ranges from ostrich pastes, lamb sausages and smoked wild boar to special coffee, fish and cheese varieties or even edible wild flowers. If you would like to experience a selection of these traditional specialties in nature and in the open air, you should join a culinary excursion.



Quelle:

<http://www.schwedentipps.se/soermland/>

Smaklig måltid!



Recipes from Sweden, Landstinget Sörmland



Toast Skagen

The name is Danish but most of the Danish people don't know about it. There is no connection to Denmark; it is the Swedish chef Tore Wretman who has created it in the late fifties.



Ingredients

16 slices of white bread, 4 tablespoons of butter, 1 kg of shrimps (with shell on), less if there is no shell, 6 deciliters of mayonnaise, salt and pepper, dill and 3-4 lemons for garnish

Preparation

Scale the prawns, save some for the decoration, cut the rest - not too small - and mix them with the mayonnaise and some salt and pepper.

Roast/toast the bread and spread the butter on while the bread is hot.

Put the shrimp- and mayonnaise mix on the bread; decorate with some shrimps, dill and slices of lemon.

Ready to serve!



Recipes from Sweden, Landstinget Sörmland



Jansson's Frestelse

Jansson's temptation, or *Janssons frestelse* – a creamy potato and anchovy casserole – is said to have been named after Pelle Janson, a food-loving Swedish opera singer of the early 1900s. In any case, the recipe was published for the first time in 1940, and this rich casserole quickly became a classic of the Swedish Christmas dinner. But Jansson's temptation can just as easily be eaten at any time of the year.

Ingredients (for 12 people)

20 potatoes, 6 onions, 3 tablespoons of butter, anchovies, 1.2 liters of cream, 3 tablespoons of bread crumbs, 6 tablespoons of butter, crisp bread

Preparation

Peel the potatoes and cut them into sprats. Peel and cut the onions into thin slices, sauté them gently in a little bit of butter without browning. Grease an ovenproof baking dish and cover the bottom with a layer of potatoes, then add half the onions and half of the sprat ('anchovy') filets. Add another layer of potatoes, then the rest of the onion and sprats. Finish with a layer of potatoes. Flatten the surface, apply a few turns of pepper fresh from the mill and sprinkle on a little salt. Pour the cream on until it is almost visible through the potatoes. Place a few pats of butter on top and, if desired, sprinkle with some breadcrumbs. Bake in the oven (250°C/475°F) for about an hour.



Recipes from Sweden, Landstinget Sörmland



Crunchy apple cake

Crunchy apple cake is one of the most common desserts in autumn, but also all over the year, in Sweden. There are probably a hundred different recipes, sometimes it is served as a pie. It is most common to serve it lukewarm with cold vanilla sauce, whipped cream or ice cream

Ingredients (for 12 people)

12 apples (à 130 g); 300 g butter, 6 deciliter rolled oats , 4 deciliter sugar, 1 deciliter syrup, 3 deciliter wheat flour, 1 teaspoon baking powder , 4 tablespoon milk, 1.5 litre vanilla sauce

Preparation

Heat the oven (175°C / 347°F). Melt the butter and take it away from the heat. Mix all ingredients except the apples. Scrape and remove the kernels in the apples and put them into an oven proof form. Spread the mix on the top and put the form into the oven for around 30 minutes until the cake is golden brown.

Serve with vanilla sauce or ice cream!



Jelgava in Latvia



Jelgava, the center of the former duchy of Kurland and Semgallen (Kurzemes hercogiste), is a hospitable city on the banks of the river Lielupe, which is located just 40 kilometers away from Riga.

In Jelgava Local Municipality visitors will find everything their heart desires - recreational opportunities, new impressions and a varied cultural offer.

Jelgava wants to share this wealth with others. Entertainment and recreation facilities, museums and cultural events invite you!

Culinary experiences

Wild mushrooms, wild berries, sweet strawberries and sour cherries, great honey, rhubarb wine and local brewed beer by local masters - all this and much more awaits you in Latvia.



*Labu
apetīti!*

Quelle: <http://www-latvia-travel/de>



Bread with herring

Ingredients (for 12 people)

Rye bread, ½ kg of slightly salted herring filet in oil, 1 glass of mayonnaise, 1 red onion, Olive oil for baking of bread

Leaves of green lettuce for serving the dish.

Preparation

Slice the bread. Fry the bread in hot oil, let it cool and the oil run off by placing it on a paper towel. Dress the bread with some mayonnaise and top with the piece of herring. Put the slice of red onion on top.

Serve on leaves of green lettuce.



Soup with meatballs and vegetables

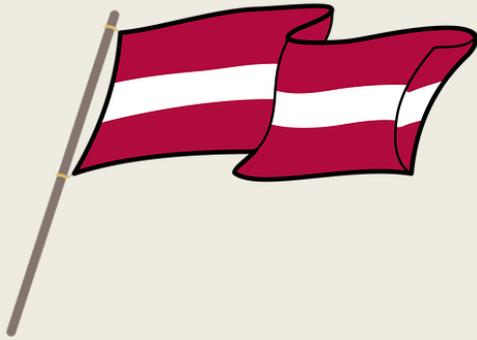
Ingredients (for 12 people)

1 piece celeriac (root), 1 piece celery (petiole), 5 carrots, 2 kg potatoes, 2 kg minced pork, 3 eggs, 4 onions, 3 garlic heads, 4 tomatoes, 1 packet of sour cream, greens for serving (dill, parsley), bay-leafs salt, pepper

Preparation

Prepare the meat balls – add salt, finely cut greens (celery (petiole), dills), pepper and eggs to the minced meat. Mix all ingredients well and form small round balls. If possible, place into refrigerator to freeze. Put finely cut onions, garlic and bay-leafs in the saucepan with hot water to boil. Grate celeriac and carrots. Fry grated vegetables in the oil. Peel and cut potatoes into small cubes. Add fried vegetables, potatoes and meat balls in the saucepan. Add eco-cube of bouillon. Blanch tomatoes, peel and cut into pieces and add them to the soup. Add salt and pepper. When potatoes and meat are ready, pour out into soup-plates, garnish with fresh chopped dill or chopped fresh parsley. Add sour cream at your own wish.





Bread soup

If a dessert very characteristic to traditional Latvian cuisine should be named, it would be bread soup. It is an excellent dish characteristic only to Latvian cuisine with a history of several centuries

Ingredients (for 12 people)

Rye bread - prepared with dried fruits, whipped cream (natural, 35% fat), 100 g of red currants or raspberries for decoration, peppermint leaves for decoration

Preparation

To prepare the dish, slices of rye-bread are fried in oven, then poured over with boiling water and boiled for another half an hour on low heat. Of course, bread soup does not consist only of rye-bread. Dried apples, cinnamon, raisins, and plums are added, giving the dish a sweet-sour taste. A little sugar is added for taste. After the dessert has been boiled, it is left to cool. When it has become cool, it is arranged in soup plates and served with whipped cream, peppermint leaves and some berries. Rye-bread gives the soup firm, slightly granular structure, but berries and fruit create a wonderful play of flavours.

This will be an unforgettable experience of taste!



Powiat Wodzisławski in Poland



The district of Wodzisław is located in the South-Western part of the Silesian “Woiwodschaft”. In the south, along the rivers Olza and Oder, the border of the district also forms the border to the Czech Republic. The total area of the district is almost 300 km². The four towns of Wodzisław Śląski, Rydułtowy, Radlin and Pszów, located in the Northern part of the district, determine the industrial character of it.

Culinary experiences

The Polish cuisine is very versatile and is influenced by, among other things, the Eastern neighbouring countries. Due to the geographical location there are also traces of the Central European and Scandinavian food culture in Polish cuisine. The Polish national court is Bigos. This is a powerful stew. It is cooked from white cabbage, pork and beef, various sausage varieties such as crackers, dried mushrooms, laurel and tomato. The longer the court can pull, the more intense is the taste.



Quelle: <http://www.reiselexikon.de>

Smacznego!



Recipes from Poland, Powiat Wodzisławski



KISZONY ŻUR ŚLĄSKI - Silesian Sour Rye Soup

Ingredients (for 12 people)

2 bottles of Sour Rye Soup, 0.5 kg smoked bacon, 1 big onion / 2 small onions, 2 spoons of cumin / ground cumin, 3 spoons of marjoram, 3 spoons of sugar, 5 bay leaves, 1 garlic head – to be chopped or pounded, ½ package of allspice, 5 bouillon cubes, 5 white sausages, Oil for frying the onions and the sausages in a pan, 12 eggs, 5 litres of water, Seas oning: „kucharek” (universal vegetable seasoning), pepper, salt.

Preparation

Make a brew from the smoked bacon with all the ingredients, except onions, eggs and sausages. Add the herbs and seasonings. Boil it for about 40 minutes. In a pan add oil and fry onions and sausages cut into slices, add it to the brew. Cut the boiled bacon into small pieces and add it to the brew. Add the Sour Rye Soup and wait till it boils.

Season to taste. Serve it with boiled eggs.



Café in Warschau



Recipes from Poland, Powiat Wodzisławski



KAPUSTA MŁODA ZASMAŻANA - Fried young cabbage

Ingredients (for 12 people)

Large young cabbage / two small cabbages, Allspice (6-8 balls), cumin (2 spoons), oil (5 spoons), 1 big onion - chopped, 20 dag smoked bacon, flour (3 spoons), Maggi (knorr delicat), vinegar (3 spoons), dreen dill (handful / bunch), granulated garlic (1 spoon), Salt, pepper.

Preparation

Chop the cabbage, cook it for 15 minutes, drain it off, leave the water (we will need it to the roux). Fry the smoked bacon with onion. Add 3 spoons of flour, fry it till it gets a golden shade, add the water from the cabbage till it gets thick, stir everything. Add the cabbage. The cabbage cannot be too thin nor too thick – adjust it with the water from the cabbage. Flavour it with granulated garlic, salt, pepper and Maggi.



Recipes from Poland, Powiat Wodzisławski



FAWORKI - Polish Fried dough

Ingredients (about 60 pieces)

400 g of extra fine sponge flour, pinch of salt, 5 dag of butter, 1 egg, 4 egg yolks, 1 spoon of icing sugar, 4 spoons of thick soured cream 12%, 1 spoon of spirits, 2 liter of oil for frying

Preparation

Sift the flour into a bowl, add salt and butter (cut into smaller pieces). It would be best to precisely blend the butter with the flour using your fingers. In another bowl, for a few minutes, whip the egg with egg yolks and a spoon of icing sugar to get puffy and thick foam. Add the butter blended with flour to the whipped eggs and mix everything. Next add thick sour cream and spirits. Again, mix everything together and knead until you get an homogeneous dough.

Put the dough into a bowl, cover it with food wrap and leave it for 30 to 45 minutes, till it gets soft. Thanks to that it will be easier to roll the dough. Roll the dough to form a small crumpet, fold it into two and roll it again. Fold it and roll it like that a few times more. To make it easier you can roll smaller but very thin crumpets. Using a knife you cut the rolled dough into 10-12 cm long and 3 cm wide pieces (no longer than the diameter of the pot it will be fried in). Make an incision in the middle of every piece, roll one part of the dough through the incision.

In a big, wide pot heat half of the oil (1 liter) to 180°C and put in no more than 3 Faworki at a time. They will be ready very quick so use a wooden kitchen utensil quickly to turn the dough to the other side. Take the Faworek out when it gets a golden shade. They shouldn't be brown! Otherwise, they will be too hard and dry. After half of frying, change the oil in the pot (1 liter). Put the freshly made Faworki on paper towels. When the Faworki are cooled down, powder them with icing sugar.



Kreis Recklinghausen in Germany



The district of Recklinghausen is located in the North of the Ruhr area in the North-West of the state of North Rhine-Westphalia and is the most populous district in the Federal Republic of Germany. It is particularly colorful and versatile. This applies not only to the people, but also to the country. "Lippe", country, "Emscher" - the three-colored waves of our logo stand for this. The contrasts of the district with its ten cities make it so interesting. From the metropolis Ruhr to the gate to the "Münsterland", the district of Recklinghausen offers places to work, live and feel well. Between ancient landscape, forests and fields, old billowing towers still bear witness to the structural change of the past few years.

Culinary experiences

In the Ruhr region, eating culture is practiced on a wide variety of levels. At the snack booth with "Currywurst", in the gourmet restaurant with industrial flair or just with the "beer" in the brewery next door. The Ruhr Metropolis is a unique international restaurant scene. People have come to the Ruhr from all over the world and have brought Italian, Turkish, Greek and Asian specialties to us.



Guten Appetit!



Recipes from Germany, Kreis Recklinghausen



Tomato dip

1 tomato, 3 tablespoons of olive oil, 1 teaspoon of lime juice, 1 garlic toe, 2 tablespoons of crème fraiche, salt, black pepper

Chop the tomatoes and mash well. Peel one garlic toe and press it with the garlic press. Give the olive oil in a bowl with lime juice and the pressed garlic and crème fraiche. Mash it until a creamy texture has formed. At the end to salt and to pepper to taste.

Egg garlic dip



3 eggs, 2 garlic toes, 2 tablespoons of olive oil, 90 g of salad crème, salt, black pepper

Cook the eggs, peel them and cut into small cubes. Peel two garlic toes and press with the garlic press. Give the small cubes of eggs in a bowl, stir pressed garlic, olive oil, salad crème together and taste with salt and pepper.

Birds of paradise dip

200 g of crème fraiche, 200 g of whipped cream and 50 g of salad cream, 1 teaspoon of lime juice, 1 tablespoon of grill mustard, 2 garlic toes, 1 pinch of nutmeg, sugar, rose-sharp paprika, salt, black pepper

Peel two garlic toes and press them with the garlic press. Give the crème fraiche in a bowl, mix with whipped cream, salad cream, lime juice, grill mustard and pressed garlic and taste with sugar, rose-sharp paprika, salt, pepper, nutmeg . It must rest half an hour.

Curry dip

200 g of crème fraiche, 1 tablespoon of curry ketchup, 1 tablespoon of curry spice, 1 pinch of rose-sharp paprika, 1 teaspoon of sugar, 1 garlic toe, salt, black pepper

Put the crème fraiche, curry ketchup and pressed garlic in a bowl and then mix everything until a creamy mass has originated. Afterwards, taste with the curry ketchup, rose-sharp paprika, sugar, salt and pepper.



Recipes from Germany, Kreis Recklinghausen



Herbal curd dip

250 g regular quark, plucked parsley, cut dill, cut lemon balm, milk, olive oil, sea salt from the mill and sugar

Wash parsley and dry. Wash dill, dry and cut. Don't use the thick handles. Wash lemon balm, dry and cut. Take the cut dill and add the plucked parsley, the cut lemon balm, curd, milk, olive oil and coarse sea salt from the mill and sugar. Mash everything well with the hand-held blender.

Vegetables to dip

carrots, red paprika, cucumber, celery

Peel carrots and cut in halve and long sticks. Clean paprika, wash and cut in stripes. Peel cucumber and cut in halve and long sticks as well. Clean blanched celery, cut in three parts and halve along in sticks.



Recipes from Germany, Kreis Recklinghausen



Chicken Fricassee

Ingredients (4 persons)

1.2 kg of chicken (1 piece)
 1 onion
 1 alliance soup green
 2 bay leaves, small
 8 punches of black pepper, salt
 200 g of champignons
 2 tablespoons of oil
 580 ml asparagus, out of the glass
 1 alliance chives
 40 g of butter
 40 g of flour
 Fresh white pepper,
 1 pinch of sugar
 1 tablespoon of lemon juice
 50 ml white wine, drily, to your own
 taste even a little bit more
 1 tablespoon of capers
 1 yolk, parsley, rice



Preparation (Working hours: approx. 30 min.)

Peel the onion and dice it into pieces. Clean the soup green, wash and perhaps peel it. Dice the celery into pieces. Halve the carrots and cut the leek in pieces. Wash the chicken. Boil the chicken, soup green, onion, laurel, peppercorn and salt in a pot with 1.5 liters of water for 1 hour. Clean and halve the champignons. Heat up the oil and sear the mushrooms in it. Let the Asparagi drain and cut them into pieces. Wash the chives and cut it into fine little roles.

Lift the chicken from the broth and pour broths by a sieve. Cut the carrots in small slices. Take 750 ml broth. Remove the skin of the chicken and bone it, then cut into small pieces. Let the butter melt in a pot and brown the flour in it under stirring. Wipe off with broth and boil it under stirring. Taste with salt, pepper, sugar, lemon juice and wine. Heat up chicken's meat with mushrooms, capers, carrots and asparagi in the sauce. Whisk yolk with 3 tablespoons of the sauce and carefully slide it in the fricassee. Stop cooking the fricassee and strew it with chives and parsley. The best tasting garnish is rice.



Recipes from Germany, Kreis Recklinghausen



German wedding dessert

“Herrencreme”

Ingredients

1/2 liters of milk, 1 package of pudding powder - vanilla flavor, 50 g of sugar, 1 small glass of rum, 100 g of chocolate, 1 mug cream, 1 glass of sour cherries and chocolate rasp for decorating

Preparation

Cook vanilla pudding from the milk, the pudding powder and the sugar. Touch until it has cooled off and no skin forms. Fold in rum and chocolate rasp. At last whip the cream stiffly and fold in.





Diversity Unites – together for Europe!



JELGAVAS NOVADS
STABILAI NĀROTNĒI

POWIAT
WODZISŁAWSKI

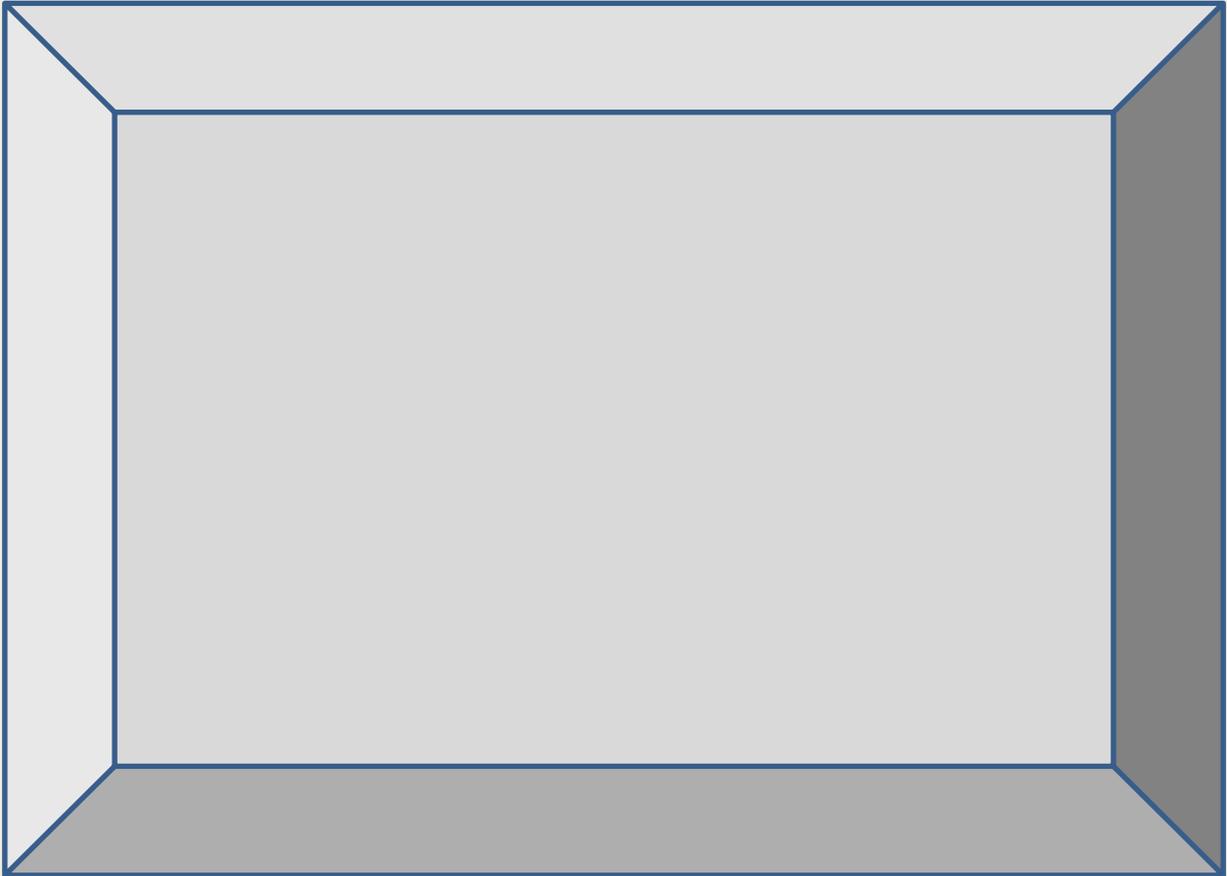
LANDSTINGET
SÖRMLAND

KREIS
RECKLINGHAUSEN
DER WESTFÄLISCHEN ANDES

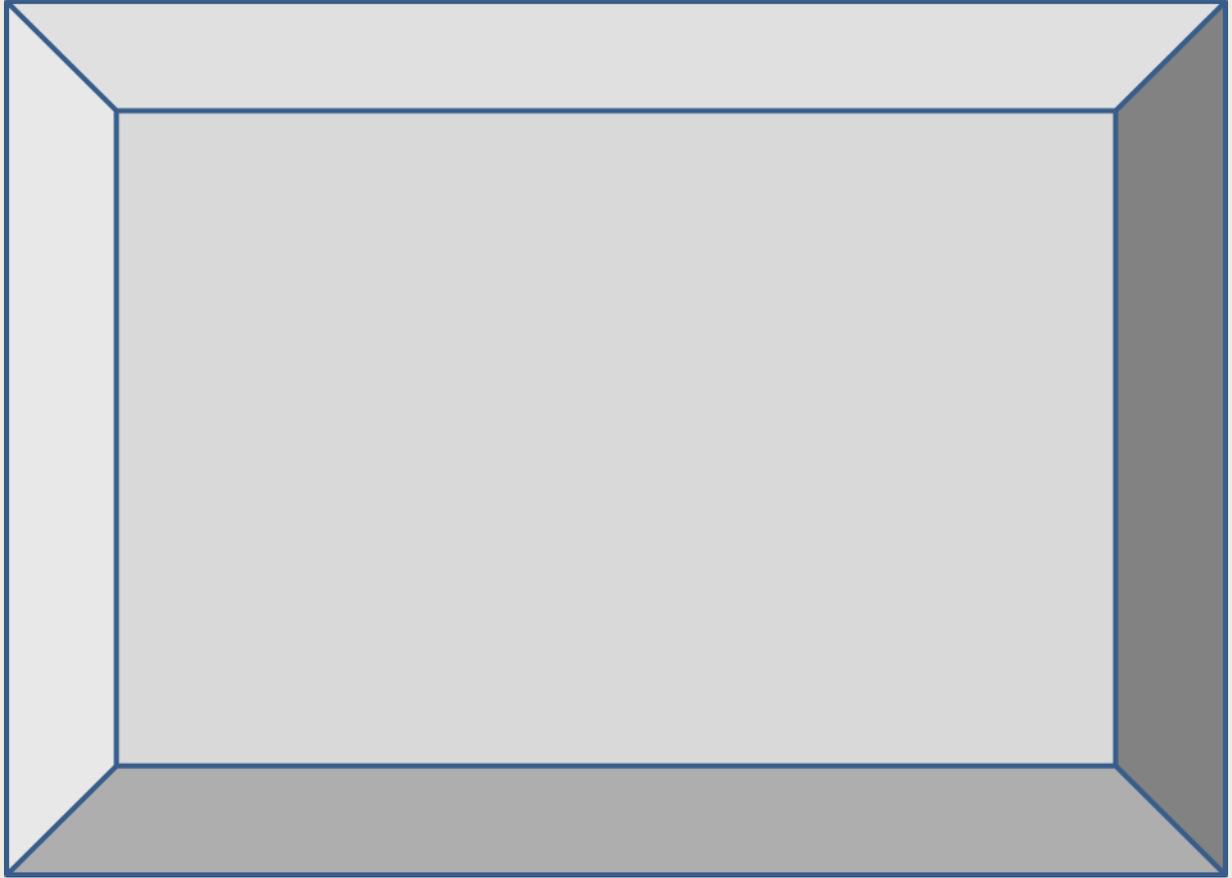
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