

AROUND THE WORLD IN 17 RECIPES

17 MOUTH-WATERING, MULTI-CULTURAL RECIPES TO
BRING THE WORLD INTO **YOUR** KITCHEN

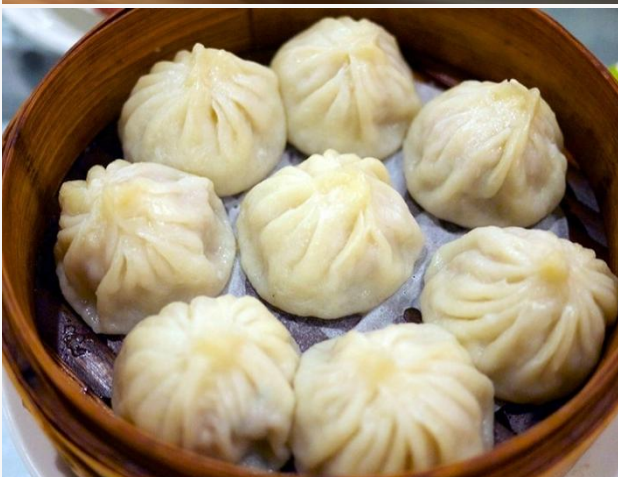




Table of Contents

Introduction	3
Arabic: Kasbah	4
Chinese: Dumplings	8
Danish: Brændende Kærlighed	12
Dutch: Stampot Boerenkool met Rookworst	16
French: Cassoulet.	20
German: Buletten mit Blumenkohl und Kartoffeln	24
Greek: Tzatziki	28
Icelandic: Hjónabandssæla	32
Indonesian: Nasi Goreng	36
Irish: Arán Sóide	40
Italian: La Marmellata di Zucca	44
Japanese: Hanba-gu	48
Korean: Gimbap	52
Norwegian: Betasuppe	56
Polish: Gołąbki	60
Russian: Vinegret	64
Spanish: Garbanzos Manchegos.	68

Introduction

Just as learning a foreign language provides insight into a new culture, sampling local foods is another doorway through which you can experience a different way of life. Sure, we all need to eat. But the significance of food goes far beyond that basic human need. Cuisine influences and reflects on culture during every step of the process, from the way food is grown and transported to the way it is prepared and shared.

Food sheds light on both the way people live now and how they have lived in the past. In present day, cooking plays a major role in social gatherings; bringing people together for a hearty meal is valued around the world. Nearly every holiday is marked by a signature dish, from the ubiquitous Thanksgiving turkey to the coveted moon cake of China's Autumn Moon Festival. Special recipes are passed down from generation to generation as a means of preserving cultural identity. Food also provides a window into the history of a country, such as the significance of the potato in Irish cuisine as a result of the Potato Famine in the mid nineteenth century.

Behind every great recipe lies a story of the people who enjoy it and the culture that influenced it. In this eBook, we present delicious insights into 17 cultures around the world. We hope you will find a new meal, and a new culture, to share next time you gather around the table. **Bon appétit!**

KABSAH

الكبسة

MIDDLE EASTERN RICE DISH



Image by Basel15 on Wikipedia

ORIGINALLY POSTED TO THE [ARABIC LANGUAGE & CULTURE BLOG](#)

KABSAH

الكبسة



Image by Abdullah AlBargan on Flickr.com

Kabsah (الكبسة) is a common dish in Gulf cuisine, and is a national dish of Saudi Arabia. The dish is made by mixing rice (usually long grain or Basmati) with spices (including pepper, cardamom, saffron, and nutmeg), meat (typically chicken, goat, or camel), and vegetables. Kabsah is suitable for any occasion, so it's a great recipe to have at your disposal!

KABSAH

الكبسة

Ingredients

- half a kilo of small cubed lamb meat
- 3 glasses of basmati rice soaked in water
- 2 sliced onions
- 4 cloves of mashed garlic
- 1 sliced green pepper
- chopped carrots
- half a glass of raisin
- 4 mashed or chopped tomatoes
- 6 cardamom seeds
- 3 heads of cloves
- 2 lumis (black lemons)
- 4 cinnamon sticks
- 1 big spoon of Kabsah spices
- salt as needed
- almond and pine for decoration

Preparation

1. Put the lamb meat in a pot with water to boil.
2. Add half the onions.
3. Add salt, cinnamon sticks, cloves and cardamom seeds.
4. Cover the pot and leave for the meat to be cooked.
5. In another pot, fry the rest of the onions with oil (olive).
6. Add the garlic, the green pepper and carrot.
7. Stir the mixture for two minutes.
8. Add the raisin, the tomatoes, the cinnamon sticks, Lumi and cardamom seeds.
9. Stir the mixture till it is cooked.
10. When the meat is cooked, take the soup a side.
11. Add the rice to mixture (in the second pot) with the Kabsah spices.
12. Add one and a half glass of the meat soup to the mixture.
13. Leave the mixture to cook on low heat for 15 minutes or till the rice is cooked.
14. When the rice is cooked, pour the mixture in a big dish.
15. Put the lamb meat on the rice (mixture).
16. Decorate the dish with almond and pine.
17. The Kabsah dish is served hot.

KABSAH

الكبسة

المقادير (المكونات)

- * أربع حبات طماطم مهروسة أو مفرومة
- * ست حبات هال (هيل)
- * ثلاث حبات قرنفل
- * حبتين لومي (الليمون الأسود)
- * أربعة أعواد من القرفة
- * ملعقة كبيرة من بهارات الكبسة
- * ملح حسب الطلب
- * لوز و صنوبر للزينة
- * نصف كيلو لحم غنم مكعبات
- * ثلاثة أكواب من الأرز البسمتي المنقوع في ماء
- * بصلتان شرائح
- * أربعة فصوص من الثوم المهروس
- * حبة فلفل أخضر مهروس
- * ثلاث جزرات مبشورة
- * نصف كوب من الزبيب

طريقة التحضير

- 1- ضع لحم الغنم في إناء به ماء ليغلى على النار
- 2- أضف نصف كمية البصل
- 3- أضف الملح و عيدان القرفة و القرنفل و الهال
- 4- غطي الإناء (القدر) و اتركه يغلى حتى يستوى اللحم
- 5- في إناء آخر اقلي بقية البصل بالزيت
- 6- أضف الثوم و الفلفل الأخضر و الجزر
- 7- قم بتحريك الخليط لمدة دقيقتين
- 8- أضف الزبيب و الطماطم و عيدان القرفة و اللومي و الهال
- 9- قم بتحريك الخليط حتى يطبخ
- 10- عند نضج اللحم ، نحتفظ بالشربة على جنب
- 11- نضيف الأرز على الخلطة مع بهارات الكبسة
- 12- نضيف كوب و نصف من شربة اللحم و نقلب الخليط جيداً
- 13- نترك الخلطة تغلى على نار هادئة لمدة 15 دقيقة حتى يستوى الأرز
- 14- بعد ما يستوى الأرز نسكبه في طبق كبير
- 15- نضع اللحم فوق طبق الأرز
- 16- نزين الطبق باللوز و الصنوبر
- 17- تقدم الكبسة ساخنة

饺子

Jiǎo Zi

CHINESE DUMPLINGS



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饺子

Jiǎo Zi



饺子(jiǎo zi), or dumplings, is one of the most popular dishes to make for the Chinese Spring Festival, especially in the northern part of the country. During the holiday, families gather for hours to prepare these delicious morsels. From the simple pre-made plates served on street corners all across China, to the fancy restaurants with countless options for delicious fillings, dumplings are a must-try if you're in China at any time of year.

饺子

Jiǎo Zi

Ingredients

Dough

- 1 cup of all purpose flour
- 1/3 cup of water/spinach or carrot juice

Meat

- 200g finely chopped chives
- 100g minced pork

Filling

Vegetarian

- 50g vermicelli
- 1 block tofu, finely chopped and cooked
- 2 carrots, finely chopped
- 100g finely chopped mushrooms
- 10g black wood ear mushrooms
- 1 fried egg

Dressing

- 2 teaspoons of salt
- 4 teaspoons of pepper oil
- 1 teaspoon of finely chopped spring onion
- 1 teaspoon finely chopped ginger
- 2 teaspoon of cooking wine

Recipe

Dumpling Wraps

1. In a large bowl, slowly add the water to the flour. Stir to mix until it forms dough.
2. Adjust the amount of water or flour as necessary.
3. Knead the dough into a smooth ball.
4. Cover and let sit for 20 minutes.
5. Separate into two equal sections.
6. Shape each section into a cylinder, approximately 1 inch in diameter.
7. Cut each section into equal pieces, scoring the dough if necessary.
8. Roll out each piece into a 3-3 ½ inch circle.

Filling

Vegetarian

1. Mix filling in a mixing bowl.
2. Season with pepper oil, salt, spring onion, and ginger.
3. Stir with chopsticks in one direction until the ingredients are well mixed.

Meat

1. In a mixing bowl, mix the pork with cooking wine, pepper oil, and salt. Stir in chives at the end.

饺子

Jiǎo Zi

成份

生面团

- 1杯通用面粉
- 三分之一杯水/ 菠菜或胡萝卜汁

肉

- 200克切好的韭黄
- 100克切碎的猪肉

馅

- 青菜
- 50克冬粉
- 一块切好熟了的豆腐
- 2个切好的胡萝卜
- 100克切好的蘑菇
- 10克黑木耳
- 1个煎鸡蛋

调料

- 2茶匙盐
- 4茶匙辣椒油
- 1茶匙切好的葱
- 1茶匙切好的姜
- 2茶匙料酒

食谱

饺子皮

1. 拿一个大碗，慢慢往面粉里加水，然后搅拌成生面团
2. 根据情况加水和面粉
3. 把生面粉揉捏成光滑的小球状
4. 然后盖起来放置20分钟
5. 把面粉团均匀的切成两半
6. 然后把每一半都捏成小圆柱形状，最多直径1英尺长
7. 把每一个都均匀的切成一片片，如果有必要可以加面团
8. 把每一片都碾成3到5英寸大小的圆形

馅

蔬菜

1. 把馅料放进一个碗中
2. 加上辣椒油，盐，葱，姜一起调好味
3. 用筷子朝一个方向搅拌直到混合均匀

肉

1. 拿一个碗，把肉和料酒，辣椒油，盐混合起来。最后加上韭黄一起搅拌好。

BRÆNDENDE KÆRLIGHED

MASHED POTATOS, DANISH STYLE



[Image by Thomas Angermann on Flickr.com](#)

ORIGINALLY POSTED TO THE [DANISH LANGUAGE AND CULTURE BLOG](#)

BRÆNDENDE KÆRLIGHED



A classic in Danish cuisine is **brændende kærlighed**, which translates as "ardent love" or "burning love". It is basically an elaborate version of **kartoffelmos** (mashed potatoes), with a little "love" added, typically in the form of bacon. This traditional Danish meal was once very popular among poor farmers because it is affordable, filling, and easy to make.

BRÆNDENDE KÆRLIGHED

Ardent love

- *1 portion of mashed potatoes (see below)*
- *300 grams of pork brisket or smoked bacon in cubes*
- *2 onions*
- *Decoration: if convenient, clipped chives*

Stir-fry pork or bacon in a pan until crisp. Cut the onions into cubes and fry them tender in the rendered fat. Distribute the mix onto the mash. If convenient, decorate with clipped chives.

Served with: Pickled cucumbers or pickled large cucumbers and black currant jam.

Mashed potatoes

- *roughly $\frac{3}{4}$ kg of big, mealy potatoes*
- *35-50 grams of butter*
- *roughly 3 decilitres of boiling milk*
- *salt and pepper*
- *if convenient, nutmeg*
- *if convenient, clipped parsley, chives or dill*

Peel the potatoes and cut them into smaller pieces. Boil them tender in water without salt and steam them carefully afterwards, before mashing them with a potato masher, a solid whip or a purée press.

Put the mash into the pot with the fat. Whip the boiling milk, little by little, until the mash has a suitable consistency. Heat it through while vigorously whipping it. When it is light and hot, add salt and pepper to taste. If necessary, sprinkle chopped parsley, chives or dill onto the collation.

Instead of parsley, chives or dill, one may add to the mash other chopped spices, chopped spinach or borecole or a concentrated tomato purée.

BRÆNDENDE KÆRLIGHED

Brændende kærlighed

- 1 portion kartoffelmos (se under)
- 300 g svinebryst eller røget bacon i tern
- 2 løg
- Pynt: evt. klippet purløg

Steg flæsk eller bacon sprød på en pande. Skær løgene i tern og steg dem møre i det afsmeltede fedt. Fordel blandingen over kartoffelmosen. Pynt evt. med klippet purløg.

Server hertil: Syltede agurker eller asier samt solbærsyltetøj.

Kartoffelmos

- ca. ¾ kg store, melede kartofler
- 35-50 g smør
- ca. 3 dl kogende mælk
- salt og peber, evt. Muskat
- evt. hakket persille, purløg eller dild

Skræl kartoflerne og skær dem i mindre stykker. Kog dem møre i vand uden salt og damp dem derefter omhyggeligt, før de moses med kartoffelmoser, et solidt piskeris eller en purépresse.

Kom mosen i gryden med fedtstoffet. Pisk den kogende mælk i, lidt ad gangen, til kartoffelmosen har en passende konsistens. Varm den igennem under kraftig piskning, og når den er let og varm, smages den til med salt og peber. Evt. drysses hakket persille, purløg eller dild over anretningen.

I stedet for at bruge persille, purløg eller dild, kan man tilsætte kartoffelmosen andre hakkede krydderurter, hakket spinat eller grønkål eller en koncentreret tomatpuré.

STAMPPOT BOERENKOOL MET ROOKWORST

DUTCH “MASH POT”



ORIGINALLY POSTED TO THE [DUTCH LANGUAGE AND CULTURE BLOG](#)

STAMPPOT BOERENKOO MET ROOKWORST



Stamp Pot Boerenkool met Rookworst is one of the most Dutch dishes out there. Stamp pot, literally “mash pot”, is a traditional dish made from some combination of mashed potatoes, vegetables, and meat. Stamp pot itself comes in many varieties. For this recipe, we’ve chosen boerenkool (kale) and rookworst (smoked sausage). Stamp pot was traditionally made in one pot, though modern recipes generally call for the ingredients to be cooked separately.

STAMPPOT BOERENKOOL MET ROOKWORST

Ingredients (for 2-3 people):

- 300g (11 oz) Kale
- 750g (25 oz) floury potatoes
- 1 *rookworst* (smoked sausage) (225g (7.5 oz) is enough)
- a little bit of milk
- Salt and pepper
- Optional: mustard

Required kitchen materials:

- Big or tall pan with lid
- *Stamppot*-masher
- water cooker

Instructions:

1. Boil the water in the water cooker.
2. Peel the potatoes and cut them in half, and put them in the pan.
3. Add the kale. The pan may be filled all the way!
4. Add the boiling water, and let it cook for 5 minutes on the stove at high temperature.
5. Put the *rookworst* on top of the kale, and let it all cook for another 20 minutes.
6. Pour out the water with the lid of the pan.
7. Take out the *rookworst*. Mash the potatoes and the kale (the *stamppot*), cut the *rookworst* in slices and mix it with the *stamppot*. Flavor it with salt and pepper.
8. Ready to eat! Mustard and the like are nice variations with this dish.

STAMPPOT BOERENKOOL MET ROOKWORST

Ingredienten (voor 2-3 personen):

- 300g Boerenkool
- 750g kruimige aardappelen
- 1 rookworst (225g is genoeg)
- Een scheutje melk
- Zout en peper
- Lekker erbij: mosterd

Benodigd keukengerei:

- Grote of hoge pan met deksel
- Stampotstamper
- Waterkoke

Instructies:

1. Kook het water in een waterkoker.
2. Schil de aardappelen en snijd ze doormidden, en doe ze in de pan.
3. Strooi de boerenkool over de aardappelen. De pan mag goed gevuld zijn.
4. Giet het kokende water over het geheel, en laat het 5 minuten koken op hoog vuur.
5. Leg na 5 minuten de rookworst bovenop, en laat alles 20 minuten door koken.
6. Giet het water af met het deksel van de pan.
7. Neem de rookworst uit de pan, stamp de boerenkool en de aardappelen, en snijd de rookworst in stukjes en doe hem door de stampot heen. Breng op smaak met zout en peper.
8. Serveren maar! Mosterd of dergelijk erbij is ook lekker als variatie.

CASSOULET

FRENCH WHITE BEAN STEW



Image by Isabelle Hurbaln-Palatin on Flickr.com

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CASSOULET



Un cassoulet is a southern French white bean and meat stew. The name comes from the traditional glazed earthenware cooking pot, un cassole. There are many variations of this dish, with cheaper versions includes only beans, sausage, and bacon. More expensive versions calls for sausages, lamb, and duck, among other ingredients. No matter how it is prepared, this heart meal is great for staying warm on a cold day.

CASSOULET

Ingredients:

400g of white beans

1 tube sausage

4 pork spare ribs

4 duck legs

garlic, thyme, bay leaf

breadcrumbs

Preparation:

1. Soak the beans overnight in cold water.
2. With a strainer, drain the beans. Place them in a pan and cover with unsalted cold water. Add 5 cloves of garlic, some thyme, and a bay leaf. Let it cook for a half an hour just up to boil.
3. While the beans are cooking, cook the pork spare ribs in a pan. Once they're finished and in the same pan, cook the sausage. Finally, cook the duck legs. If you're getting the legs from a can, make sure to wash off all the fat before cooking.
4. Preheat the oven to about 230° F.
5. To construct the cassoulet, add a layer of the beans without its water. For the next layer, add some meat. Continue until you reach the top of the baking pan. Add salt and pepper if you feel the need. Add in some of the water from the beans.
6. Sprinkle breadcrumbs on top.
7. Bake in the oven for 3 hours.

CASSOULET

Les Ingrédients:

400g de haricots blancs

1 saucisse

4 travers de porc

4 manchons de canard

de l'ail, du thym, et du laurier

des miettes de pain

La Préparation:

1. Mettre les haricots à tremper la veille dans l'eau froide.
2. Égoutter les haricots à l'aide d'une passoire, puis les mettre à cuire dans une cocotte. Couvrir les haricots d'eau froide et non-salée. Ajouter 5 gousses d'ail, du thym, et du laurier. Laisser cuire pendant une demi-heure jusqu'à l'ébullition.
3. Pendant le cuisson des haricots, faire griller les travers de porc. Ensuite, dans la même poêle, faire griller la saucisse, et enfin les manchons de canard. Si vous prenez des manchons d'une boîte, nettoyer toute la graisse avant de cuisiner.
4. Mettre le four à préchauffer à 110° C.
5. Pour faire le montage dans la cassole, ajouter une couche d'haricots sans son eau. Pour la prochaine couche, de la viande. Continuer jusqu'au ras de la cassole. Ajouter du sel et du poivre si vous voulez. Ajouter un peu d'eau des haricots.
6. Saupoudrer avec des miettes de pain.
7. Mettre au four pendant 3 heures.

BULETTEN MIT BLUMENKOH UND KARTOFFELN

MEATBALLS WITH CAULIFLOWER AND POTATOES



Image by Björn Kobiow on Flickr.com

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BULETTEN MIT BLUMENKOHL UND KARTOFFELN



German cooking is very rustic. A common meal consists of meat, potatoes, and vegetables. One of my favorite dishes is **Buletten mit Blumenkohl und Kartoffeln** (meatballs with cauliflower and potatoes). My mother usually cooked it for Sunday's lunch.

BULETTEN MIT BLUMENKOHLE UND KARTOFFELN

Ingredients:

- | | | |
|--------------------------------|----------------------------------|--------------------------|
| - 4 to 6 medium-sized potatoes | - 1 small onion | - Pepper |
| - Half a cauliflower | - 1 egg | - 1 tsp mustard |
| - 250 g (8.82 oz) ground meat | - 2 to 3 tbsp white bread crumbs | - Oil for frying |
| | - Salt | - 100 g (3.22 oz) butter |

Preparation:

1. Peel the potatoes, halve them lengthways and put them in a pot with cold water.
2. Rinse the peeled potatoes, add fresh cold water, salt them, close them with a lid and put them to the heat.
3. When the potatoes boil open the lid a little, decrease the heat and boil lightly for further 20 to 30 minutes.
4. The potatoes are done, when you can easily prick them with a paring knife.
5. Drain the done potatoes and let them steam for 5 minutes with the closed lid.
6. Remove the stem from the cauliflower. Joint the cauliflower into single florets and clean them.
7. Rinse the jointed cauliflower, put it in a pot with cold water and salt it. Close the cauliflower with a lid and put it to the heat.
8. When the cauliflower boils open the lid a little, decrease the heat and boil it lightly for further 10 to 15 minutes.
9. Drain the cauliflower or take it off the pot with a skimmer and spread some white bread crumbs over it.
10. Peel the onion and cut it finely into cubes. Put the onion and the ground meat in a bowl. Add the egg, the white bread crumbs and the mustard to the ground meat and the onion in the bowl and mix it well. Season with salt and pepper.
11. Add oil in a pan and heat it. At each time, take a handful of ground meat and form a scoop by rolling the meat between both hands, press it flat and put it into the hot oil. Depending on the size, fry the meatballs between 7 to 12 minutes.
12. The meatballs are done when they have a nice brown color. Remove the meatballs from the pan and put them on a plate. In order to keep them warm put a lid or plate over them.
13. Melt the butter in a pan until it turns brown and spread it over the cauliflower with the white bread crumbs.
14. Finally, arrange everything on a plate. Enjoy your meal!

BULETTEN MIT BLUMENKOHL UND KARTOFFELN

Zutaten:

4 bis 6 mittelgroße Kartoffeln	-	eine kleine Zwiebel	-	Pfeffer
- einen halben Blumenkohl	-	1 Ei	-	1 TL (Teelöffel) Senf
- 250 g Hackfleisch	-	2 bis 3 EL (Esslöffel) Semmelmehl	-	Öl zum Braten
			-	100 g Butter
				Salz

Zubereitung:

1. Die Kartoffeln schälen, der Länge nach halbieren und in einen Topf mit kaltem Wasser geben.
2. Die geschälten Kartoffeln abspülen, mit frischem Wasser auffüllen, salzen, mit einem Deckeln verschließen und ansetzen.
3. Wenn die Kartoffeln kochen, den Deckel leicht öffnen, die Hitze herunterschalten und 20 bis 30 Minuten leicht kochen lassen.
4. Die Kartoffeln sind gar, wenn man mit einem Messer leicht einstechen kann.
5. Die gegarten Kartoffeln abgießen und mit geschlossenem Deckel 5 Minuten dämpfen lassen.
6. Den Strunk vom Blumenkohl entfernen. Den Blumenkohl in einzelne Röschen zerteilen und putzen.
7. Den auseinandergenommenen Blumenkohl mit Wasser abspülen, in einen Topf mit kaltem Wasser geben und salzen. Den Blumenkohl mit einem Deckel schließen und ansetzen.
8. Wenn der Blumenkohl kocht, den Deckel leicht öffnen, die Hitze herunterschalten und ihn 10 bis 15 Minuten leicht kochen lassen.
9. Den Blumenkohl abgieße oder mit einer Schaumkelle aus dem Topf nehmen und in eine Schüssel geben und mit etwas Semmelmehl bestreuen.
10. Die Zwiebel pellen und in feine Würfel schneiden. Die Zwiebel mit dem Hackfleisch in eine Schüssel geben. Ei, Semmelmehl und Senf zum Hackfleisch und zur Zwiebel in die Schüssel geben und alles gut mischen. Mit Salz und Pfeffer abschmecken.
11. Öl in eine Pfanne geben und erhitzen. Jeweils eine handvoll Hackfleisch zwischen beiden Händen zu einer Kugel rollen, flach drücken und in das heiße Öl legen. Je nach Größe, die Buletten von jeder Seite 7 bis 12 Minuten braten.
12. Die Buletten sind fertig, wenn sie eine schöne braune Farbe haben. Die Buletten aus der Pfanne nehmen und auf einen Teller legen. Um sie warm zu halten, mit einem Deckel oder Teller abdecken.
13. Die Butter in einer Pfanne zerlassen bis sie braun wird und über den Blumenkohl mit dem Semmelmehl geben.
14. Zum Schluss alles auf einem Teller anrichten. Guten Appetit.

τζατζίκι TZATZIKI

THE GREEK DIP TO BEAT ALL DIPS



Image by Klearchos Kapoutsis on Flickr.com

ORIGINALLY POSTED TO THE [GREEK LANGUAGE AND CULTURE BLOG](#)

τζατζίκι

TZATZIKI



Image by Litlnemo on Flickr.com

Tzatziki (τζατζίκι) is of Turkish origin and is used as a dip. Traditionally, it accompanies grilled pork, lamb or goat and we eat it with bread, pita bread or fried potatoes. Tzatziki is related to souvlaki, the most famous Greek fast food. Greeks have a love-hate relationship with it: we love it because it's creamy, fresh and piquant and we hate it because the garlic smell can turn a romantic moment to a disaster.

τζατζίκι

TZATZIKI

Ingredients:

- 500 gr strained yogurt
- 3 garlic cloves
- 1 medium cucumber
- 1 soup spoon finely chopped dill
- Salt
- Pepper
- Olive oil

Preparation:

1. Peel off the garlic and mash it in a mortar or grate it.
2. Grate the cucumber and let it drain. You can also squeeze it by hand in order to get rid of its liquids.
3. Mix well the yogurt with all the ingredients in a bowl.
4. Cover the bowl and keep it in the refrigerator for one hour before serving.

τζατζίκι

TZATZIKI

Υλικά:

- 500 γρ. στραγγιστό γιαούρτι
- 3 σκελίδες σκόρδο
- Ένα μέτριο αγγούρι
- Μία κουταλιά της σούπας ψιλοκομμένο άνηθο
- Αλάτι
- Πιπέρι
- Ελαιόλαδο

Εκτέλεση:

1. Καθαρίζουμε το σκόρδο και το λιώνουμε σε γουδί ή το τρίβουμε.
2. Τρίβουμε το αγγούρι και το στραγγίζουμε καλά. Επίσης, το στύβουμε με το χέρι για να φύγουν όλα τα υγρά.
3. Ανακατεύουμε πολύ καλά το γιαούρτι με όλα τα υλικά σε ένα μπολ.
4. Σκεπάζουμε το μπολ και το αφήνουμε στο ψυγείο για μία ώρα πριν το σερβίρουμε.

HJÓNABANDSSÆLA

AN ICELANDIC RECIPE FOR
“MARITAL BLISS”



ORIGINALLY POSTED TO THE [ICELANDIC LANGUAGE AND CULTURE BLOG](#)

HJÓNABANDSSÆLA



Hjóbandssæla is something so deeply Icelandic that every Icelander will immediately recognize it, but no two families bake it alike. The name of this dish literally means “marital bliss” and is considered the “happy marriage cake,” even though it’s more like a oatmeal and jam-based pie. Just like in marriages, every recipe is a little different, as each baker determines what is “just right” for the dish.

HJÓNABANDSSÆLA

Innihald:

- 7 oz butter, let soften a little
 - 0.7 cups brown sugar
 - 0.2 cups white sugar
 - 0.4 cups wheat flour, all purpose
 - 1.3 cups oatmeal
 - 1 tsp baking soda
 - 1 tsp cinnamon
 - 1-2 eggs
 - Rhubarb jam
-
1. Mix together sugar and butter.
 2. Mix together all dry ingredients in a bowl, add to the mix.
 3. Add eggs and mix well.
 4. Part of the dough is pressed to a cake form, jam spread over and in the end the rest of the dough is sprinkled over the pie.
 5. Bake at 365 F for about 35-40 minutes or until the pie has turned brown on top.

HJÓNABANDSSÆLA

Innihald:

- 200g smjör, mjúkt
- 1,5 dl púðursykur
- 0,5 dl sykur
- 1 dl hveiti
- 3 dl haframjöl
- 1 tsk sóðaduft/natron
- 1 tsk kanill
- 1-2 egg
- Rabarbarasulta

1. Hrærið saman sykri og smjöri.
2. Blandið saman öllum þurfnunum í skál, bætið saman við deigið.
3. Bætið í egg/eggjum og hrærið vel.
4. Hluta af deginu er þrýst í kökuform, sultunni smurt yfir og að lokum er restinni af deginu dreift yfir.
5. 5. Bakist við 180° C , í um það bil 35-40 mín eða þar til bakan er orðin brún ofan á.

NASI GORENG

INDONESIAN FRIED RICE



Image by avlyxz on Flickr.com

ORIGINALLY POSTED TO THE [INDONESIAN LANGUAGE AND CULTURE BLOG](#)

NASI GORENG



No matter where you are in Indonesia, chances are you're not far away from a tasty plate of **nasi goreng** (fried rice). It's cheap, filling, and reliable. This dish, often referred to as the national dish of Indonesia, was voted the second most delicious food in an online poll by CNN in 2011. Remember that nasi goreng comes in many varieties with different meats and spices, so if part of this recipe doesn't appeal to you, feel free to experiment with it!

NASI GORENG

Ingredients:

- 4 plates of white rice
- 200 grams of shrimp, fried
- 100 grams of chicken breast, diced, fried
- 2 red chilies, remove the contents, sliced diagonally
- 2 tablespoons soy sauce
- 2 tablespoons tomato sauce
- butter to taste

Seasoning Ingredients:

- 5 spring onions
- 3 cloves of garlic
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon shrimp paste

Supplementary Materials:

- 4 fried eggs
- fried onion to taste

Directions:

1. Heat the butter, then add the spices that have been smoothed and red pepper, then cook until fragrant.
2. Add rice, chicken and shrimp, then stir until smooth and all the ingredients are mixed together perfectly.
3. Remove and the special fried rice is ready to serve while warm.

NASI GORENG

Bahan:

- 4 piring nasi putih
- 200 gram udang, goreng
- 100 gram dada ayam, potong dadu, goreng
- 2 buah cabai merah, buang isinya, iris menyerong
- 2 sendok makan kecap manis
- 2 sendok makan saos tomat
- mentega secukupnya

Bahan Bumbu:

- 5 siung bawang merah
- 3 siung bawang putih
- 1 sendok teh garam
- 1/2 sendok teh gula pasir
- 1/2 sendok teh terasi

Bahan Pelengkap:

- 4 butir telur ceplok
- Bawang goreng secukupnya

Cara Membuat:

1. Panaskan mentega, lalu masukkan bumbu-bumbu yang telah dihaluskan dan cabai merah, setelah itu masak hingga berbau harum.
2. Masukkan nasi, ayam dan udang, kemudian aduk-aduk hingga rata dan semua bahan tercampur menjadi satu dengan sempurna.
3. Angkat dan nasi goreng spesial siap disajikan selagi hangat.

ARÁN SÓIDE

IRISH SODA BREAD



Image by O'Dea on Wikimedia Commons

ORIGINALLY POSTED TO THE [IRISH LANGUAGE AND CULTURE BLOG](#)

ARÁN SÓIDE



Arán sóide, or soda bread, is quick and simple to make, and it's a true Irish classic. It's a great recipe for those who love baking but don't want to whip up something too sweet, as it does not call for any sugar. Various types of soda bread are popular throughout Ireland, including breads made with whole meal, white flour, or a combination of both (as you'll see in this recipe).

ARÁN SÓIDE

Na Comhábhair:

- plúr donn: ceithre chupán agus plúr bán: dhá chupán
- bláthach, bainne géar, nó bainne géaraithe le gealtartar: cupán amháin agus giota beag eile má tá sé de dhíth don uigeacht
- sóid aráin (décharbónáit sóidiam): taespúnóg amháin
- salann: taespúnóg amháin, agus gráinnín eile don ghlónra

Agus más rogha leat:

- *Glónra* (rud nach bhfuil i ngach oideas arán sóide ach rud a dhéanaim féin, de ghnáth): buíocán uibhe agus beagán uisce agus gráinnín salainn, measctha le chéile go dtí go bhfuil sé mar leacht gan chnapanna gan righne.

Treoracha:

1. Measc na comhábhair thirime le chéile i mbáisín agus déan “tobar” (poll) sa lár.
2. Cuir an chuid is mó den bhainne sa tobar, go leor de le taos tiubh a dhéanamh (ach fág giota beag den bhainne amuigh; seans go mbeidh sé de dhíth níos moille).
3. Measc le spúnóg adhmaid é. Ba chóir go mbeadh an meascán bog ach gan a bheith fliuch. Measc go héadrom agus go tapaigh é. Má tá an meascán róirighin, úsáid beagán níos mó bainne.
4. Cuir beagán plúir ar do lámha agus cuir an meascán ar losaid phlúrtha nó ar chlár plúrtha agus leacaigh an taos i gcruth ciorcail thart fá orlach go leith ar airde.
5. Cuir an glónra ar an taos le scuab thaosráin. Tá a lán cineálacha glónra ann ach má úsáideann tú ubh amh sa ghlónra, cuirtear ar an arán roimh bhácáil é.
6. Cuir an taos ar leathán bÁCála smeartha (le him nó le hola chócaireachta) agus gearr cros mhór thairis le scian phlúrtha. I mo thaithí féin, is féidir leathán bÁCála cothrom nó panna builín cruinn a úsáid. I mo thaithí féin, ar a laghad, coinníonn an t-arán a chruth, fiú ar leathán cothrom. Tar éis an tsaoil, is taos é — ní fuidreamh é.
7. BÁCáil in oigheann 375-400° F ar feadh 40 nóiméad é.
8. Úsáid tástálaí císte (nó scian) le fáil amach an bhfuil sé réidh nó nach bhfuil. Bí cinnte go dtagann an tástálaí amach glan lonrach agus nach bhfuil taos amh (neamhbhÁCáilte) fós ann. Má tá sé taosach fós, lig don arán bÁCáil ar feadh, b’fhéidir, cúig nóiméad eile agus tástáil arís é.
9. Lig don arán fuarú ar raca sreinge agus ansin cuir éadach glan mar thuáille tae thart ar an arán chun é a choinneáil bog go dtí go n-itear é.
10. Bain sult as!

ARÁN SÓIDE

The Ingredients:

- brown flour: four cups and white flour: two cups
- buttermilk, sour milk, or milk soured with cream of tartar: one cup and a little more if needed for the texture
- baking soda (bicarbonate of soda): one teaspoon
- salt: a teaspoon, and an extra pinch for the glaze

And, optionally:

- Glaze (something that's not in every soda bread recipe but which I usually do): an egg yolk and a little water and a pinch of salt, mixed together until it's a liquid without lumps or stringiness (ropiness).

Instructions:

1. Mix the dry ingredients together in a basin and make a "well" ((hole) in the middle.
2. Put most of the milk in the well, enough of it to make a thick dough (but leave a little bit of the milk out; perhaps it will be needed later)
3. Mix it with a wooden spoon. The mixture should be soft but not wet. Mix it lightly and quickly. If the mixture is too stiff, use a little more milk.
4. Put a little flour on your hands and put the mixture on a floured kneading-trough or on a floured board and flatten the dough in the shape of a circle about an inch and a half high.
5. Put the glaze on the dough with a pastry brush. There are many types of glaze, but if you use raw egg in the glaze, it is put on the bread before baking.
6. Put the dough on a baking sheet greased (with butter or with cooking oil) and cut a big cross across it with a floured knife. In my experience, one can use either a flat baking sheet or a round or rectangular loaf pan. In my own experience, the bread keeps its shape, even on a flat sheet. After all, it's a dough, not a batter.
7. Bake it in 375-400° F oven for 40 minutes.
8. Use a cake tester (or a knife) to find out if it's ready or not. Be sure the tester comes out clean and shiny, without any raw (unbaked) dough still on it. if it is still doughy, let the bread bake for another, say, five minutes, and test it again.
9. Let the bread cool on a wire rack and then put a clean cloth, like a tea towel around the bread to keep it soft until it is eaten.
10. Enjoy!

LA MARMELLATA DI ZUCCA

PUMPKIN JAM



Image by Jody Morris on Flickr.com

ORIGINALLY POSTED TO THE [ITALIAN LANGUAGE AND CULTURE BLOG](#)

LA MARMELLATA DI ZUCCA



Image by Sonya Green on Flickr.com

Halloween isn't an Italian tradition, but it has become more popular within the last few years. Pumpkins are in abundance in Italy during the fall, making it the perfect time to make this Sicilian recipe for **marmellata di zucca** (pumpkin jam).

LA MARMELLATA DI ZUCCA

Ingredients:

- 1 kg pumpkin flesh
- 800 g sugar
- 1 orange, untreated
- 1 lemon, untreated

Preparation:

1. Peel the pumpkin and remove the seeds until you have 1 kg of pumpkin flesh. Cut it in small cubes of about 1 cm square, and put them in a big saucepan.
2. Add a little water to the pumpkin cubes, cover with a lid, and let them cook on a gentle heat until the pumpkin is soft and mushy, and most of the water has been absorbed.
3. Leave the pumpkin to cool down, then mash it with a potato masher or with a sieve for vegetables in order to make a puree. Put it back into the saucepan.
4. Finely grate the rinds of both the orange and the lemon, and add them to the pumpkin puree. Then squeeze the orange and the lemon and pour the juice into the saucepan. Mix well and bring it to boiling point.
5. When the pumpkin puree begins to boil, add the sugar, and let it cook without the lid until it has reached a nice thick consistency, stirring often with a wooden spoon to prevent it from sticking to the saucepan.
6. Pour the hot jam into warm sterilized jars. Seal the jars and leave the jam to rest for a few days before tasting. Once opened, keep the jar in the fridge.

LA MARMELLATA DI ZUCCA

Ingredienti:

- 1 kg di polpa di zucca
- 800 gr di zucchero
- 1 arancia non trattata
- 1 limone non trattato

Preparazione:

1. Sbucciare la zucca e privarla dei semi così da ottenere 1 kg di polpa. Tagliarla a cubetti piccoli di circa 1 cm per lato, e metterli in una pentola capiente.
2. Aggiungere un po' di acqua ai dadini di zucca, coprire e far cuocere a fuoco gentile finché la zucca non è morbida e sfatta, e l'acqua è quasi tutta assorbita.
3. Far raffreddare la zucca e poi schiacciarla con lo schiacciapatate o passarla al passaverdure così da ottenere una purea. Rimetterla nella pentola.
4. Grattugiare finemente le bucce sia dell'arancia che del limone e aggiungerle alla purea di zucca. Quindi spremere l'arancia e il limone e versarne i succhi nella pentola. Mescolare bene e portare a bollore.
5. Quando la purea di zucca comincia a bollire, aggiungere lo zucchero e far cuocere senza coperchio finché non è ben densa, mescolando spesso con un cucchiaino di legno perché non attacchi.
6. Invasare la marmellata calda in barattoli di vetro ben puliti e caldi. Sigillare i barattoli e lasciar riposare per alcuni giorni prima di assaggiare. Una volta aperto, conservare il barattolo in frigorifero.

ハンバーグ

HANBA-GU

JAPANESE HAMBURGER



Image by yto on Flickr.com

ORIGINALLY POSTED TO THE [JAPANESE LANGUAGE AND CULTURE BLOG](#)

ハンバーグ

HANBA-GU



When you think Japanese food, you might think sushi, but do you think hamburgers? In Japanese, they are called **Hanba-gu** (ハンバーグ), and they are actually fairly popular. Many Japanese like to eat burgers not with ketchup or mustard, but with a citrus sauce called Ponzu (ポン酢), as pictured above.

ハンバーグ

HANBA-GU

Ingredients: — 2 servings

- Ground Beef and Pork combined half and half – 250g total
- Minced onion – Large 1
- Egg 1
- Fine bread crumbs 1/2 cup
- Milk 2 tbs
- Miso 1 tbs
- Mayonnaise 1.5 tps
- Nutmeg small amount
- Salt and Pepper small amount
- Cooking Sake 100 cc

Directions:

1. Put all ingredients except cooking sake into food processor and mix them well.
2. Form into 4 patties.
3. With vegetable oil, brown both sides of the burger over medium heat. Pour cooking sake and cover. Let the burger cook until well done.
4. Serve with your favorite vegetables on the side.

ハンバーグ

HANBA-GU

材料 ー 二人分

- 牛豚合いびき肉 250g
- 玉ねぎみじん切り 大 1個分
- 卵 1個
- パン粉 1/2cup
- 牛乳 大さじ2
- みそ 大さじ1
- マヨネーズ 大さじ1. 5
- ナツメグ 適量
- 塩コショウ 適量
- 酒 100cc

作り方

1. 酒以外の全部の材料を、フードプロセッサーに入れて、よく混ぜる。
2. 1のたねを4等分に分ける。丸く形をつくる。
3. 油をひいたフライパンに、焦げ目が両面につくまで、焼く。その後、酒を回しいれて蓋をし、蒸し焼きにする。
4. 野菜を一緒にお皿に盛り付けて、出来上がり。

김밥

GIMBAP

KOREAN SEAWEED RICE



Image by manda_wong on Flickr.com

ORIGINALLY POSTED TO THE [KOREAN LANGUAGE AND CULTURE BLOG](#)

김밥

GIMBAP



Image by Sarahtz on Flickr.com

Gimbap (김밥) is the quintessential picnic food of Korea. It is made from a combination steamed rice (bap), vegetables, meat, or eggs, rolled in sheets of dried seaweed (gim). There are many varieties of gimbap using different combinations of fillings, but one thing is certain: if you're attending an outdoor event or picnic, there will be gimbap!

김밥

GIMBAP

Ingredients for 1 serving (2 rolls):

- ½ cucumber, cut in strips
- ½ medium carrot, cut in strips
- 2 strips yellow pickled radish
- 1 ½ cups cooked rice
- 2 sheets of seaweed
- ½ tsp sesame oil
- ½ tsp sesame seed
- Gimbap mat

Directions:

1. Clean the Gimbap mat first and put a seaweed on the mat.
2. Put half of cooked rice on the seaweed.
3. Put a strip of cucumber, carrot, yellow pickled radish and sausage on the cooked rice.
4. Roll up all using the mat.
5. Spread sesame oil and sprinkle sesame seeds.

김밥

GIMBAP

재료: 일 인분 (두 개)

- 오이 반 개- 길게 자르기
- 중간크기 당근 반 개- 길게 자
- 길게 자른 단무지 두 개
- 길게 자른 소시지 두 개
- 밥 - 한 컵 반
- 김 - 두 장
- 참기름 - 반 스푼
- 깨 - 반 스푼
- 김밥 싸개

1. 김밥 싸개 닦기 그리고 김 놓기
2. 김 위에 밥 반 놓기
3. 밥 위에 오이, 당근, 단무지, 소시지 놓기
4. 싸개를 사용해서 김밥 싸기
5. 참기를 바르기 그리고 깨 뿌리기

BETASUPPE

NORWEGIAN “BIT SOUP”



ORIGINALLY POSTED TO THE [NORWEGIAN LANGUAGE AND CULTURE BLOG](#)

BETASUPPE



Image by knuton on Flickr.com

When the cold hits in Norway, there's no better way to regain inner heat than by sharing a steaming bowl of **betasuppe**. Literally meaning "bit soup," this dish is a Norwegian classic. You can even buy pre-made pouches in stores, but homemade is always better. Don't forget to serve it alongside some delicious flatbrød!

BETASUPPE

Ingredients:

- 4 tablespoonfuls of barley groats (may be excluded)
- 1 ¼ decilitres of split peas
- 1 ½ litre of cold water
- 300 grams of mutton (sheep or lamb)
- 2 carrots
- 4 potatoes
- 2 slices of rutabaga/swede
- 1/4 finely chopped leek
- Salt
- Pepper
- if convenient, parsley

Directions:

Soak the barley groats and the peas separately during the night. Boil water, peas and groats for about 90 minutes. Add the meat, and cook it for about half an hour. Remove the meat and cut it into cubes. Put the cubes back in the pot. Cut the vegetables into cubes and add them. Boil for about 15 minutes until everything is tender. The soup should be thick. Add salt and pepper to taste. If convenient, sprinkle with nicely clipped parsley before serving. Serve with flatbread.

BETASUPPE

Ingredienser:

- 4 ss byggryn (kan utelates)
- 1 ¼ dl gule erter
- 1 ½ l kaldt vann
- 300 g kjøtt av sau/lam
- 2 stk gulrot
- 4 stk poteter
- 2 skiver kålrot
- 1/4 finhakket purre
- Salt
- Pepper
- eventuelt persille

Slik gjør du:

Legg byggrynene og ertene i bløt hver for seg natten over. Kok vann, erter og gryn i ca. 90 minutter. Tilsett kjøttet, og kok det i ca. en halv time. Ta opp kjøttet og del det i terninger. Legg terningene tilbake i gryta. Skjær grønnsakene i terninger og tilsett. Kok i ca. 15 minutter til alt er mørt. Suppa skal være tykk. Smak til med salt og pepper. Dryss eventuelt med finhakket persille før servering. Server med flatbrød.

GOŁĄBKI

POLISH STUFFED CABBAGE



Image by Quinn Dombrowski on Flickr.com

ORIGINALLY POSTED TO THE [POLISH LANGUAGE AND CULTURE BLOG](#)

GOŁĄBKI



Gołąbki is a cabbage rolled stuffed with minced meat, onions, and rice. The name comes from “gołąb”, the Polish word for “pigeon”. Fortunately that has nothing to do with what’s stuffed inside this dish, it simply refers to the roll’s shape. This traditional Polish dish dates back to the nineteenth century and is commonly served at Christmas or other festive celebrations. Every family will make the dish a little differently, of course, so our blogger shares it as her mother always made it!

GOŁĄBKI

Ingredients:

- 1 cabbage
 - 1 cup of rice
 - 1 pound ground pork
 - 1 pound ground beef
 - 1 can tomato paste (0.5 oz)
 - 1 onion
 - 3 bay leaves
 - 2 teaspoons of Vegeta
 - 1 teaspoon pepper
 - 1 teaspoon salt
- Sauce:**
- 2 tablespoons flour
 - 1 can of tomato paste
 - 3 tablespoons sour cream

1. Cut the core of the cabbage out. In a large pot boil salted water and add the cabbage to it. Cook for 10-15 minutes. Remove from the water and gently separate leaf by leaf. Put them aside (do not pour out the water in which the cabbage is cooked).
2. Meanwhile, cook rice (cook half way through, rice will get fully cooked inside the cabbage rolls). Chop the onions and saute them on the butter.
3. In a bowl, mix the ground meat (beef and pork), tomato paste, rice, salt, pepper, Vegeta, sauteed onions.
4. Make meat balls (size depending on the size of the leaves) and wrap them in a cabbage leaf. Place them in a large pot. Now use the remaining water after cooking cabbage to pour over gołąbki. I usually add salt, pepper, a little bit of tomato paste, and bay leaves. Make sure the water covers all the gołąbki. Simmer for an hour.
5. Meanwhile, make the sauce: mix the flour with a little bit of water. Add tomato paste and cream and mix to a sauce in a hot pan.
6. Stuffed cabbage serve with boiled potatoes. Pour sauce over it.

GOŁĄBKI

Składniki:

- 1 główka kapusty
- 1 szklanka ryżu
- 1 funt mielonego mięsa wieprzowego
- 1 funt mielonego mięsa wołowego
- 1 puszka koncentratu pomidorowego (0.5 uncji)
- 1 cebula
- 3 liście laurowe
- 2 łyżeczki vegety
- 1 łyżeczka pieprzu
- 1 łyżeczka soli

Sos:

- 2 łyżki mąki
- 1 puszka koncentratu pomidorowego
- 3 łyżki śmietany

1. Z kapusty wytnij głąb. W dużym garnku zagotuj osoloną wodę i włóż do niej główkę kapusty. Gotuj przez 10-15 minut. Wyjmij z wody i delikatnie oddziel liść po liściu. Odłóż je na bok (nie wylewaj wody w której kapusta się gotowała).
2. W międzyczasie ugotuj ryż (ugotuj na pół twardo, reszta ryżu dogotuje się w gołąbkach). Pokrój cebulę w kostkę i przysmaż na maśle.
3. W misce wymieszaj mięso mielone (wołowinę i wieprzowinę), koncentrat pomidorowy, ryż, sól, pieprz, vegetę , przysmażoną cebulę.
4. Z masy uformuj kulki (wielkość w zależności od wielkości liści) i zawijaj je w liście kapusty. Ułóż gołąbki w garnku. Teraz wodę pozostałą po gotowaniu kapusty użyj do zalania gołąbków. Ja przeważnie do tej wody dodaję sól, pieprz i odrobinę koncentratu pomidorowego, oraz liście laurowe. Upewnij się że woda zakrywa wszystkie gołąbki. Gotuj na wolnym ogniu przez godzinę.
5. W międzyczasie zrób sos: mąkę rozmieszaj z obrobioną wodą. Dodaj koncentrat pomidorowy i śmietanę, wymieszaj na jednolity sos na gorącej patelni.
6. Gołąbki podawaj z gotowanymi ziemniakami.

ВИНЕГРЕТ

VINEGRET

RUSSIAN VINAIGRETTE SALAD



ORIGINALLY POSTED TO THE [RUSSIAN LANGUAGE AND CULTURE BLOG](#)

ВИНЕГРЕТ

VINEGRET



винегрет is a popular Russian salad consisting of beets, potatoes, carrots, onions, sauerkraut and/or brined pickles, tossed in a vinaigrette dressing. There is no consensus regarding the origins of this dish, but most sources tend to agree that it was probably borrowed from Germany around 19th century. The details of the story get fuzzy when it comes to the name. Supposedly, the emperor's chef, who was French, asked if the dish contained vinegar and the people making it nodded in agreement saying "vinegret". You can either serve vinegret by itself, use it as a salad, or even a side dish with any meat or fish.

ВИНЕГРЕТ

VINEGRET

Ингредиенты:

- 2 большие или 4 маленькие свеклы
- 3-4 большие картофелины
- 1 банка зеленого горошка
- половина луковицы (или 2-3 стручка зеленого лука)
- от $\frac{1}{4}$ до $\frac{1}{2}$ стакана кислой капусты (можно заменить укропом и/или петрушкой)
- Заметка: на фото показана петрушка, так как у меня не было кислой капусты, но вообще я предпочитаю винегрет с кислой капустой
- 3 ст. л. оливкового или подсолнечного масла
- 3 соленых огурца
- соль, перец на вкус
- от $\frac{1}{4}$ до 1 ч. л. уксуса, по желанию

Приготовление:

1. Помойте свеклу и картошку. Если свекла крупная, разрежьте на четвертинки. Отварите картошку и свеклу в кожуре; варите до тех пор, пока вилка не будет с легкостью входить внутрь. Обратите внимание на то, что свекла иногда варится дольше, поэтому время от времени проверяйте овощи вилкой.
2. Пока картошка и свекла готовятся, мелко нарежьте лук и соленые огурцы. В большой миске смешайте лук, горошек, огурцы и капусту (или укроп с петрушкой).
3. Когда картошка и свекла будут готовы, выложите их на разделочную доску до полного остывания. Затем очистите и мелко нарежьте, как показано на фото.
4. Смешайте свеклу и картошку с остальными ингредиентами. Добавьте масло, соль, перец и уксус по вкусу.
5. Охладите от 1 до 2 часов.

ВИНЕГРЕТ

VINEGRET

Ingredients:

- 2 large or 4 small beets
- 3-4 large potatoes
- 1 regular can of peas
- ½ medium onion (or 2-3 spring of green onion)
- ¼ to ½ cup sauerkraut (preferably Russian style) or dill/parsley to taste
- Note: you see parsley in the photo because I did not have any sauerkraut at the time, but I personally like it better with sauerkraut.
- 3 Tbsp. olive or sunflower oil
- 3 pickles (or 5-6 pickle spears)
- salt and pepper to taste
- ¼ to 1 tsp vinegar, optional

Preparation:

1. Start by washing beets and potatoes. If using large beets, cut in quarters. Boil potatoes and beets (skin on) in a large pot until the fork goes in easily. Keep in mind, beets might take longer to cook, so check your veggies periodically.
2. While potatoes and beets are cooking, finely chop the onions and pickles. In a large bowl combine onions, peas, pickles, and sauerkraut (or dill/parsley)
3. Once potatoes and beets are cooked, lay them out on a cutting board to cool off. Once cool, peel the skin off and cut in small pieces, as shown.
4. Mix beets and potatoes with the rest of the ingredients. Add oil, salt, pepper, and vinegar to taste.
5. Refrigerate for 1-2 hours.

Note: винегрет is usually best the next day, once the flavors had a chance to marry.

GARBANZOS MANCHEGOS

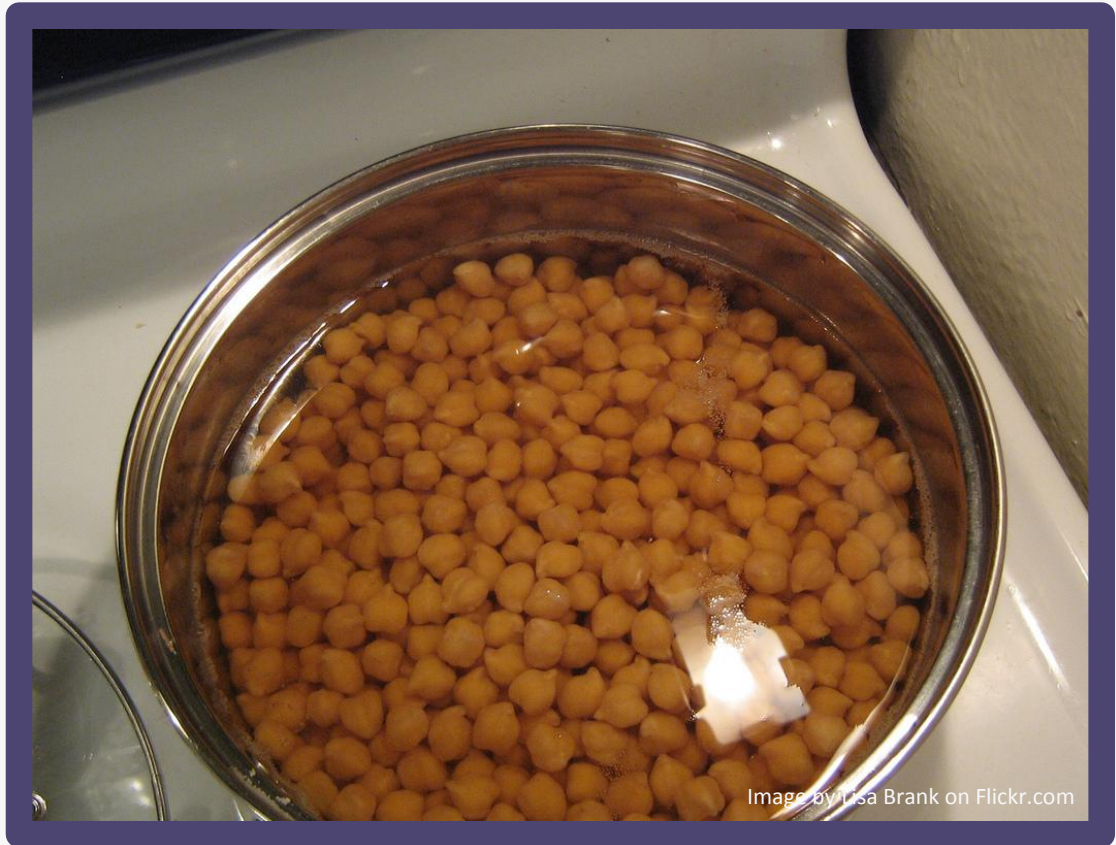
LA MANCHA STYLE CHICK PEAS



Image by demi on Flickr.com

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GARBANZOS MANCHEGOS



This is a typical dish from Castilla La Mancha in Spain that uses one of the most important ingredients in Spanish home cooking: the chick pea. In this dish the chick peas are cleverly used alongside cod and spinach. Castilian-Manchego dishes are generally sober and sensible, reflecting a modest, rural origin. They contain a limited number of ingredients, which tend to be those most easily accessible by the locals. The cuisine of this area was popularized by Cervantes in his “Don Quixote de la Mancha”, where a number of traditional dishes are mentioned.

GARBANZOS MANCHEGOS

Ingredients :

- 750 gr. of chickpeas
- 200 gr. of cod in 6 pieces
- 250 gr. of spinach
- 1 onion
- 3 eggs
- 60 gr. of breadcrumbs
- 1 teaspoon of paprika
- 3 garlic cloves
- 1 pinch of salt Parsley
- 1 bay leaf
- 1 tablespoon of bicarbonate
- 120 cc. of olive oil

Preparation:

1. Leave the chickpeas to soak in warm water and bicarbonate overnight.
2. The next day, drain the water away and put the chickpeas in a sauce pan with salt and a bay leaf.
3. Boil for one and a half to two hours.
4. While the chickpeas are boiling make some parsley fritters like this:
5. Whisk the eggs, add garlic, the parsley and the breadcrumbs without letting it get too thick.
6. Heat the olive oil. When it is very hot, add tablespoons of the fritter batter. When the fritters are cooked put them to one side.
7. Use some of this oil to fry the chopped onion. When soft, add the paprika and take off the heat.
8. When the chickpeas are nearly ready add the onions and the cod (it can be raw or you can cover it with flour and fry it slightly before.)
9. With 10 minutes left, add the spinach and finally the fritters.

GARBANZOS MANCHEGOS

Ingredientes:

- 750 gr. de garbanzos
- 200 gr. de bacalao en 6 piezas
- 250 gr. de espinacas
- 1 cebolla
- 3 huevos
- 60 gr. de pan rallado
- 1 cucharadita de pimentón
- 3 dientes de ajo
- 1 pizca de perejil y sal
- 1 hoja de laurel
- 1 cucharada de bicarbonato
- 120 cc. de aceite de oliva

Preparación:

1. Deja los garbanzos en remojo en agua tibia con bicarbonato durante la noche.
2. Al día siguiente, escúrrelos y ponlos en una olla con sal y una hoja de laurel.
3. Hiérvelos durante una hora y media o dos horas.
4. Cuando los garbanzos estén hirviendo haz unos buñuelos de perejil siguiendo este proceso:
5. Bate los huevos, añade el ajo, el perejil y el pan rallado que no sea demasiado grueso.
6. Calienta el aceite de oliva. Cuando esté muy caliente, añade cucharadas de la masa de buñuelos. Cuando las frituras estén cocinadas se sacan de la sartén.
7. Usa un poco de este aceite para freír la cebolla picada. Cuando esté blanda, añade el pimentón y retira del fuego.
8. Cuando los garbanzos estén casi listos agrega las cebollas y el bacalao (que puede estar crudo o se puede cubrir con harina y freir un poco antes).
9. Diez minutos antes de que esté hecho, añade las espinacas y, finalmente, los buñuelos.

Bon Appétit!

慢慢吃！

Velbekomme!

Smakelijk!

Καλή όρεξη!

Guten Appetit!

いただきます!

Smacznego!

Приятного аппетита!

Enjoy your meal!