



Gastronomy and cultural heritage guidebook





Get to know the locals !



CHAPTER 9

Objectives

- Introduce readers to the richness of local traditions, including unique recipes and culinary customs

Requirements

- Understand the importance of gastronomy in European cultural heritage





Contents

Get to know the locals: Christmas and Easter recipes

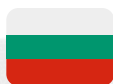
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Christmas recipe:



Postni sarmi

Ingredients

- ½ tsp. rice
- 2 heads of onion
- 1 stalk of leek onion; leaves of sauerkraut
- ½ tsp. oil
- 1 teaspoon sauerkraut juice
- red pepper
- salt
- dry savoury

Instructions

- Chopping the two onion & the leek into very small pieces and then mix them with a pinch or two of salt. Stir them in the oil till they become golden.
- Then add the rice, which you previously cleaned and washed. Add the spices and some hot water. Leave to simmer - until the rice is almost ready.
- In the meantime, prepare of the cabbage leaves - you need to remove the hard zippers that are located in the middle. When you do this, the cabbage rolls will be much more delicate and pleasant to eat.
- When the rice is ready, let it cool down a bit. Then, put a spoonful of the rice stuffing in each cabbage leaf and wrap it up. Take a pot, on the bottom of which cabbage leaves or vine branches are arranged.
- The wrapped sarmi are placed on top of them and covered with a plate on top so that they do not float. Add the cabbage juice and 2 tsp. hot water. This delicacy must be boiled over low heat for about an hour OR you can put the pot with the sarmi in a pre-heated oven for an hour at 180°C. Check the rice before you take the pot from the oven.





Easter recipe:

The Easter Oven-roasted Lamb

Ingredients

- lamb shoulder - 1 piece
- fresh onion - 1 bunch
- Jojen - 5 stalks
- red pepper
- 1 teaspoon
- black pepper
- 1/2 teaspoon



Instructions

- The first step in the oven roasted lamb recipe is to prepare the lamb. You wash the leg of lamb well, then sprinkle it with salt, which you rub into the meat with your hands
- Sprinkle with red and black pepper, which also rubs well into the leg of lamb. You leave the meat for about 15 minutes to absorb the spices.
- Meanwhile, finely chop the onion and garlic. You place the lamb in a large tray, according to the size of the leg/meat, pour 1 teacup of warm water into which you add the chopped onions and garlic.
- You place the tray in a preheated oven at 200 degrees for about 15 minutes so that the lamb gets a light crust, then remove the tray, cover it tightly with aluminum foil and bake for about 3 hours at 180 degrees.
- Although this is usually the time needed to roast the lamb, after about 2 hours spent in the oven you can look to see if the meat has run out of water or if it is already ready.

Christmas recipe



The chestnuts turkey

Ingredients (for 8 people)

- 1 free-range turkey weighing 3.5kg
- 400 g chestnuts in a jar
- 80 g butter
- 25 cl chicken stock
- Stuffing :
 - 150g breadcrumbs + 15 cl milk
 - 2 shallots, chopped
 - 20 g butter
 - Diced turkey liver
 - 350g butcher's stuffing
 - 1 egg
 - 100 g jarred chestnuts, crumbled
 - 1 tbsp. cognac
 - Salt and freshly ground pepper



Instructions

- Prepare the stuffing. Soak the breadcrumbs in the milk. Sweat the shallots with 20g of butter, add the liver and cook for 1 min. Mix the drained bread, shallot and liver mixture, stuffing, egg, chestnuts (100g each) and cognac in a bowl. Season with salt and pepper. Stuff the turkey.
- Preheat the oven to 180°C. Coat the turkey with 30g of soft butter. Season with salt and pepper. Place a rack on the drip tray and place the turkey on it. Place in the oven. Allow to cook for 18 minutes for 500g of stuffed turkey, i.e. 2 hours 20 minutes, basting the turkey regularly (every 30 minutes) with the cooking juices.
- Wrap the turkey in aluminium foil and leave it to rest in the oven for 15 minutes. Meanwhile, brown the chestnuts in the remaining butter, then pour in the chicken stock. Cook over a low heat until the stock has almost evaporated. Carve the turkey and serve hot with the chestnuts.



Easter recipe:

The berrichon pâté

Ingredients (for 6 people)

- 2 rolls of puff pastry (or shortcrust pastry if you prefer)
- 6 eggs
- 300g minced pork
- 200g minced veal
- 1 shallot
- 50g breadcrumbs
- 1 tablespoon Cognac
- 0.5 teaspoon nutmeg
- 0.5 bunch parsley
- Salt
- Pepper



Instructions

- Scald 4 boiled eggs (10 minutes cooking time). Chop a shallot. Wash and chop the parsley.
- In a salad bowl, mix the 2 meats, 1 egg beaten into an omelette, the parsley, shallot, breadcrumbs, cognac and nutmeg. Season with salt and pepper.
- Unroll 1 of the puff pastry rolls. Place it in a special "pâté en croûte" mould (lined with greaseproof paper). Spread half the mincemeat over the pastry. Make indentations at regular intervals. Place the 4 hard-boiled eggs in the filling, pressing them in slightly. Cover with the remaining minced meat.
- Separate the white from the yolk of the last egg. Brush the edge of the pastry with the yolk diluted in a little water. Seal with the second roll of puff pastry, sealing the edges and browning with egg.
- Using the tip of a knife, make 3 chimneys in the puff pastry to let the steam escape during cooking. Bake for 20 mins at 180°C (gas mark 6) and 30 mins at 150°C (gas mark 5).



Christmas recipe

Melomakarona – Greek Christmas honey cookies

Ingredients

For the syrup

- 250 g water
- 400 g granulated sugar
- 70 g honey
- 2 sticks cinnamon
- 2 whole cloves
- 1 orange, cut in half

2nd mixture

- ½ kilo all-purpose flour
- 100 g semolina, fine

To serve

- Honey
- Walnuts

1st mixture

- 200 g orange juice
- 200 g seed oil
- 90 g olive oil
- 30 g icing sugar
- ¼ teaspoon ground cloves
- 2 teaspoons cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon baking soda
- Orange zest, of 2 oranges



Instructions

- Preheat the oven to 190* C (370*F) set to fan. To make the cookies, you need to prepare 2 separate mixtures. For the first mixture, add all the ingredients in a large bowl. Mix, using a hand whisk.
- In a separate bowl, add all the ingredients for the second mixture. Combine the first and second mixture. Mix by hand, very gently and for a very short time (10 seconds at the most). Mold cookie dough into oval shapes, 3-4 cm in length, 30 g each.
- Bake for about 20-25 minutes, until they are crunchy and golden brown. As soon as you remove them from the oven, soak the hot cookies in the syrup for 10 seconds. Allow them to drain on a wire rack. Drizzle with honey and chopped walnuts.



Easter recipe:

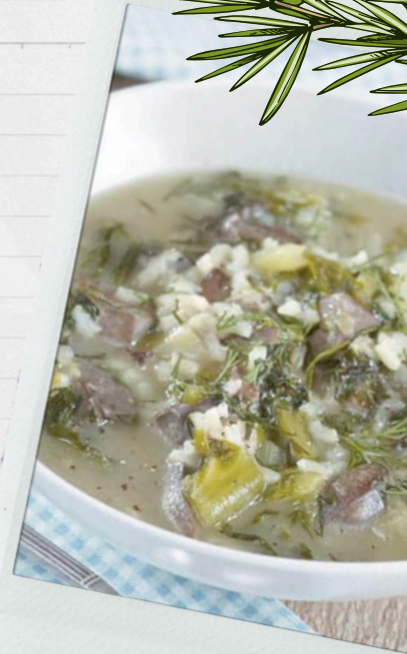
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Ingredients (for 6-8 people)

- 1 kilo lamb pluck
- 2 slices lemon
- 2 bay leaves
- salt
- 4-5 tablespoons olive oil
- 2 medium dry onions
- 2 lettuces, coarsely chopped
- 50 g white wine
- 1.5 liter water
- 5-6 spring onions
- 1 bunch dill
- 100 g round grain rice (optional)

For the egg lemon sauce

- Lemon juice of 2 lemons
- 1 egg
- salt
- Pepper



Instructions

- Place a pot with water over high heat until it boils. Add the lamb pluck, lemon slices, bay leaves, salt, and boil for 10-15 minutes. Regularly skim the foam. Drain and throw the water away.
- Place the pot over high heat again and add the olive oil. Finely chop the onion and add it to the pot. Cut the lamb pluck into small pieces, add them to the pot, and sauté for 8-10 minutes.
- Deglaze with the wine, add the water and the lettuces and boil at medium heat for 30-40 minutes.
- Then, cut the spring onions into rounds, and the dill into large pieces, and add them to the pot. Keep the green part of the spring onions and 1 tablespoon of the dill. Add the rice, seal with the lid and boil at medium heat for 15-20 minutes.

Christmas recipe:



Panettone

Ingredients

- Flour
- sugar
- eggs
- butter
- yeast
- candied fruits
- raisins
- vanilla extract
- lemon zest
- orange zest



Instructions

- 1. Prepare a dough with flour, sugar, eggs, and butter, then let it rise.
- 2. Incorporate the yeast and allow the dough to rise again.
- 3. Add candied fruits and raisins to the dough.
- 4. Shape the dough into a dome and bake until golden brown and fully cooked.

Christmas recipe:



Torrone

Ingredients

- Honey
- sugar
- egg whites
- toasted almonds or hazelnuts
- vanilla extract
- wafer paper.



Instructions



- 1. Cook honey and sugar together until it reaches a caramel consistency.
- 2. Beat egg whites until stiff peaks form and slowly incorporate them into the honey-sugar mixture.
- 3. Stir in the toasted nuts.
- 4. Spread the mixture onto wafer paper, cover with another layer of wafer paper, and let it cool before cutting into pieces.

Christmas recipe:



Cappelletti in Brodo

Ingredients

- Flour
- eggs
- ground meat (pork, beef, or a mixture)
- Parmesan cheese
- nutmeg, broth (chicken or beef)
- salt
- pepper.



Instructions



- 1. Prepare the pasta dough with flour and eggs, then roll it out thinly.
- 2. Make a filling with ground meat, Parmesan cheese, nutmeg, salt, and pepper.
- 3. Cut the pasta into small squares, place a small amount of filling in the center of each, and fold into a cap-shaped pasta.
- 4. Cook the cappelletti in simmering broth until they float to the surface.

Easter recipe:

Colomba Pasquale

Ingredients

- Flour
- sugar
- eggs
- butter
- yeast
- candied orange peel, almonds
- pearl sugar
- vanilla extract.

Instructions

1. Prepare a dough with flour, sugar, eggs, butter, and yeast, and let it rise.
2. Incorporate candied orange peel into the dough.
3. Shape the dough into a dove shape and let it rise again.
4. Top with almond icing and pearl sugar, then bake until golden.





Easter recipe:

Torta Pasqualina

Ingredients

- Puff pastry
- ricotta cheese
- spinach or chard
- eggs
- Parmesan cheese
- nutmeg
- salt
- pepper.



Instructions

1. Roll out the puff pastry and line a pie dish.
2. Prepare the filling with ricotta cheese, cooked spinach or chard, Parmesan cheese, nutmeg, salt, and pepper.
3. Pour the filling into the pastry and make indentations to crack whole eggs into.
4. Cover with another layer of puff pastry, seal the edges, and bake until golden brown.

Easter recipe:

Agnello al Forno

Ingredients

- Lamb (leg or shoulder)
- garlic, rosemary
- olive oil
- white wine
- salt
- pepper.



Instructions



- 1. Marinate the lamb with garlic, rosemary, olive oil, salt, and pepper.
- 2. Roast in the oven, occasionally basting with white wine, until the meat is tender and cooked through.
- 3. Serve with roasted potatoes or seasonal vegetables.



Christmas recipe:

Bacalhau de Consoada (Christmas Eve Codfish)

Ingredients

- 4 pieces of salted codfish
- 8 potatoes
- 4 onions
- 4 carrots
- 4 hard-boiled eggs
- Olive oil
- Garlic
- Bay leaves
- Black olives (for garnish)



Instructions

Soak the codfish in water for 24-48 hours, changing the water several times to remove the salt.

1. Boil the codfish, potatoes, onions, and carrots separately until cooked. Slice the potatoes, onions, and carrots.
2. Arrange the codfish, potatoes, onions, and carrots on a serving platter.
3. Drizzle with plenty of olive oil and garnish with garlic, bay leaves, and black olives.

Serve with hard-boiled eggs sliced in halves or quarters.



Christmas recipe:

Peru Recheado (Stuffed Turkey)

Ingredients

- 1 turkey (about 5 kg)
- 200g ground pork
- 100g chorizo, diced
- 2 onions, finely chopped
- 3 cloves garlic, minced
- 100g breadcrumbs
- 2 eggs
- Olive oil
- White wine
- Salt and pepper
- Herbs (parsley, thyme, bay leaves)

Instructions

1. Preheat the oven to 180°C (350°F).
2. In a large bowl, mix the ground pork, chorizo, onions, garlic, bread crumbs, and eggs.
3. Season with salt, pepper, and herbs.
4. Stuff the turkey with the mixture and secure the opening with kitchen string.
5. Rub the turkey with olive oil, salt, and pepper.
6. Place the turkey in a roasting pan, add a splash of white wine, and roast for about 3-4 hours, basting occasionally with the pan juices.

Let the turkey rest for 15-20 minutes before carving.





Dessert:

Rabanadas (Portuguese French Toast)

Ingredients

- 1 loaf of stale bread (preferably baguette)
- 1 liter of milk
- 200g sugar
- 1 cinnamon stick
- Zest of 1 lemon
- 4 eggs
- Olive oil (for frying)
- Ground cinnamon (for dusting)



Instructions



1. Slice the bread into thick slices.
2. In a saucepan, heat the milk with sugar, cinnamon stick, and lemon zest until it just starts to boil.
3. Remove from heat and let it cool slightly.
4. Dip the bread slices in the milk mixture until well soaked.
5. Beat the eggs in a bowl.
6. Heat olive oil in a large frying pan.
7. Dip the soaked bread slices in the beaten eggs, then fry until golden brown on both sides.
8. Drain on paper towels and sprinkle with ground cinnamon and sugar.



Dessert:

Filhós (Fried Dough)

Ingredients

- 500g flour
- 10g yeast
- 1 dl orange juice
- 50g sugar
- 3 eggs
- 1 tsp salt
- Olive oil (for frying)
- Sugar and cinnamon (for dusting)



Instructions



1. Dissolve the yeast in a little warm water.
2. In a large bowl, mix the flour, yeast mixture, orange juice, sugar, eggs, and salt. Knead until smooth and elastic.
3. Let the dough rise in a warm place until doubled in size.
4. Roll out the dough on a floured surface and cut into desired shapes.
5. Heat olive oil in a deep fryer or large pan.
6. Fry the dough pieces until golden brown.
7. Drain on paper towels and dust with sugar and cinnamon.



Easter recipe:

Borrego Asado (Roast Lamb)

Ingredients

- 1 leg of lamb (about 2 kg)
- 4 cloves garlic, minced
- 2 lemons, juiced
- 100 ml olive oil
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- Salt and pepper
- 200 ml white wine
- 1 kg potatoes, peeled and cut into wedges



Instructions

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix the minced garlic, lemon juice, olive oil, salt, and pepper to create a marinade.
3. Rub the lamb leg with the marinade, ensuring it is well coated. Place the rosemary and thyme sprigs on top.
4. Place the lamb in a roasting pan and pour the white wine around it.
5. Add the potato wedges to the pan, surrounding the lamb.
6. Roast in the oven for about 1.5 to 2 hours, basting occasionally with the pan juices, until the lamb is tender and the potatoes are golden.
7. Let the lamb rest for 10-15 minutes before carving and serving with the roasted potatoes.





Easter dessert:

Pão-de-Ló (Portuguese Sponge Cake)

Ingredients

- 6 eggs
- 250 g sugar
- 150 g flour
- Zest of 1 lemon
- 1 tsp baking powder



Instructions

1. Preheat the oven to 180°C (350°F). Grease a round cake pan and line it with parchment paper.
2. Beat the eggs with the sugar until light and fluffy.
3. Add the lemon zest and gradually fold in the flour and baking powder, mixing gently until well combined.
4. Pour the batter into the prepared cake pan.
5. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean. Let the cake cool in the pan before transferring it to a wire rack to cool completely.





Christmas recipe:

Cardoons with almonds

Ingredients

- 1 kg of cardoon clean and chopped
- 100gr of peeled raw almonds
- 50gr of pine nuts
- 2 garlic cloves
- 4 tablespoons of olive oil
- 2 tablespoons of flour
- 500ml of vegetable broth
- 100ml of milk
- Salt and pepper to taste
- A pinch of nutmeg



Instructions

- Boil the chopped cardoon in salted water for about 15 minutes until tender. Drain, chill and set aside.
- Grind almonds and pine nuts in a mortar and set aside. Simultaneously, in a frying pan, heat the olive oil and sauté the garlic until starting to brown. Add the flour and stir to form a roux.
- Gradually add the vegetable broth and milk, stirring constantly to avoid lumps. Add the almonds and pine nuts and let the sauce thicken.
- Add the drained cardoon to the almond sauce and simmer for an additional 10 minutes. Season with salt, pepper and a pinch of nutmeg. Serve warm.



Easter recipe: Torrijas (Spanish-style French Toast)

Ingredients

- 1 loaf of stale bread (preferably brioche or butter enriched)
- 1 liter of milk
- 200g sugar
- 1 cinnamon stick
- Zest of 1 lemon and 1 orange
- 1cl rhum
- 4 eggs
- Olive oil for frying
- Ground cinnamon for sprinkling
- Honey or sugar syrup (optional)



Instructions

- Heat the milk in a saucepan with 100g of sugar, the cinnamon stick, the rhum and the lemon and orange zest. Bring to a gentle boil, then remove from heat, cover and let infuse and chill.
- Slice the stale bread into thick slices. Dip each slice in the warm milk mixture, allowing the bread to soak up the liquid but not fall apart. Let drain any excess liquid.
- Beat the eggs and heat a generous amount of olive oil in a frying pan. Dip the soaked bread slices in the beaten eggs and fry until golden brown on each side.
- Drain the fried torrijas on paper towels to remove excess oil. Sprinkle with a mixture of sugar and ground cinnamon. Serve warm or cold.



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