



#ERASMUSDAYS

15. bis 17.

Oktober
2020

We met online with all our friends



I ORGANIZE

I SHARE

from October 17 – 2020

NOT ALONE BUT TOGETHER

INDA-GYMNASIUM

School education

Online conferences, meetings and webinar

Tags: Culture & heritage, Distance learning, Solidarity

We are 4 schools from Aachen and also Erasmus partner schools from different countries. We will be together live and also online and we will create different things:

- sewing beanies
- collecting recipes to create a calendar for 2021

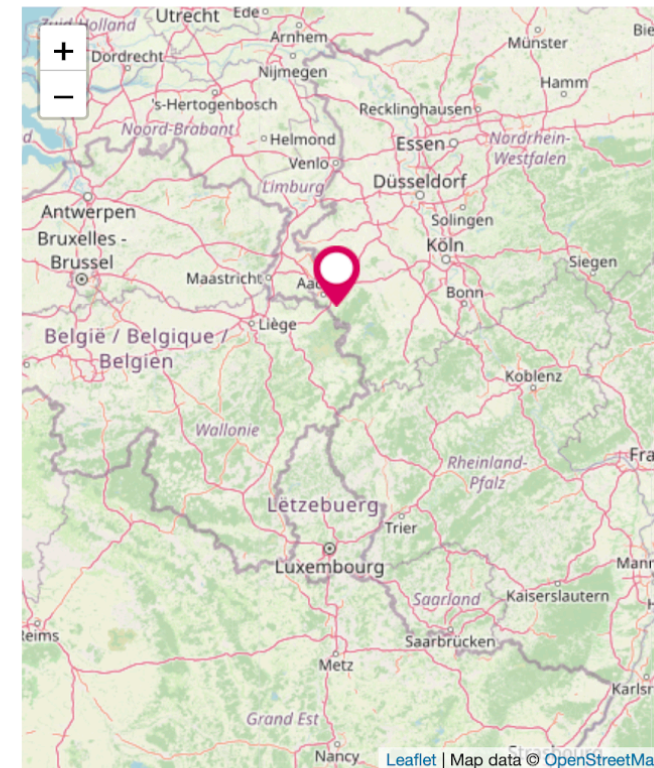
Because we are on holiday the 15th till 17th of October, we will have our ErasmusDay the 27th of October

Discover the Erasmus + project of this organization:

4 schools from Aachen and Erasmus partner will be together live and online and will: - sew beanies - collect recipes to make a calendar

Event venue

Inda-Gymnasium
Gangolfsweg 52
52076, Aachen





Recipes we love From different countries



Each school is responsible for the recipe and for respecting the copyright

Co-funded by the
Erasmus+ Programme
of the European Union



Yogurt, Cucumber & Garlic Dip (Tzatziki)

Tzatziki (pronounced sat-ZEE-key, or cha-CHI-key in Greece), is a yogurt-based cucumber sauce traditionally made with strained salted sheep or goat milk yogurt and combined with cucumbers, garlic, and herbs. Cool and creamy, this tangy cucumber dip is the perfect complement to grilled meats and vegetables. It is often served on the side with warm pita bread triangles for dipping, is used as a condiment for souvlaki, and can be part of a meze platter.

This recipe includes store-bought yogurt and vinegar, which could result in quite a tangy sauce; by cutting the yogurt in half, however, and adding sour cream, the tzatziki here is smooth and mellow, without any bite.

This is one of those recipes that is better when made ahead of time. If you can, let the yogurt mixture sit overnight (before adding the cucumber) so the garlic loses its sharpness and blends nicely. Meanwhile, place the diced cucumber in a colander to allow any liquid to drain so the tzatziki isn't watery.

Ingredients

- 3 tablespoons olive oil
- 1 tablespoon white vinegar
- 2 cloves garlic (finely minced)
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 cup Greek yogurt (strained)
- 1 cup sour cream
- 2 cucumbers (peeled, seeded, and diced)
- 1 teaspoon chopped fresh dill



Steps to Make It

1. Combine olive oil, vinegar, garlic, salt, and pepper in a bowl. Mix until well combined.
2. Using a whisk, blend the yogurt with the sour cream in a separate bowl. Add the olive oil mixture to the yogurt mixture and mix well. Add the cucumber and chopped fresh dill.
3. Chill for at least 2 hours before serving and garnish with

Pastitsio: Baked Pasta With Meat and

When teaching others to make this dish, some cooks tease that the word *pastitsio* (pa-STEE-tsee-oh) translates to "messy kitchen" in Greek. Although just a joke, there is a hint of truth to that statement. The Greek word *pastitsio* is derived from the Italian *pasticcio*, which loosely translates to a mess or a hodgepodge. You can think of it as the Greek version of lasagna.

Three essential components make up this dish—pasta, meat filling, and a creamy béchamel sauce—which are layered in a pan and baked to a golden brown. You use some egg whites for the pasta stage and reserve the yolks for the béchamel. Each prep step will require dirtying some pots and pans, but the end result is well worth the cleanup.

You'll likely need to find some of the ingredients at a specialty retailer or online, as this recipe calls for a specific type of Greek pasta shape used for this dish. If you happen to live near a great cheesemonger or a supermarket with an excellent cheese selection, you may be able to find the sharp, salty Kefalotiri cheese; otherwise, the closest and most widely available substitute would be Parmesan.

Ingredients

- For the Meat Filling:
- 1/2 cup olive oil
- 2 pounds ground beef (or ground lamb, or a mixture of both)
- 1 large yellow onion (chopped)
- 1 cup dry white wine



- 1 (14-ounce) can tomato puree (or sauce)
- 3 tablespoons fresh parsley (chopped)
- 1/2 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- Salt to taste
- Freshly ground black pepper to taste
- 3 tablespoons breadcrumbs

For the Pasta:

- 1 (16-ounce) box #2 Macaroni for pastitsio (available at Greek or specialty grocers)
- 1/2 cup (1 stick) unsalted butter
- 4 egg whites (reserve the yolks for béchamel sauce)
- 1 1/2 cups Parmesan cheese or Kefalotyri, (grated, divided)

For the Béchamel Sauce:

- 1 cup (2 sticks) unsalted butter
- 1 cup all-purpose flour
- 1 quart milk (warmed)
- 8 egg yolks (beaten lightly)
- Pinch ground nutmeg

Steps to Make It

Note: while there are multiple steps to this recipe, this pastitsio dish is broken down into workable categories to help you better plan for preparation and cooking.

Make the Meat Filling

1. Heat **olive oil** in a large sauté pan.
2. Add **ground beef** and cook over medium-high heat until the pink color disappears about 5 minutes.
3. Add onions and cook until they are translucent, about 5 minutes more.
4. Add wine, tomato sauce, parsley, allspice, cinnamon, salt, and pepper and allow the sauce to simmer over low heat for 10 minutes.
5. Stir breadcrumbs into meat sauce to absorb excess liquid; remove from heat.



Make the Noodles

1. Gather the ingredients.
2. While sauce is simmering, put water on to boil for pasta. **Cook pasta** according to package directions and drain well.
3. Rinse noodles in a colander under cold water to cool them slightly.
4. Melt butter in pasta pot and return the cooked noodles to the pot.
5. Stir in beaten egg whites and 1 cup of grated cheese and toss lightly, being careful not to break the noodles.

Assemble the Pastitsio

1. **Gather the ingredients.**
2. **Brush the bottom and sides of a lasagna pan with olive oil. Layer the bottom with half the pasta noodles and press down so that they are somewhat flat.**
3. **Add the meat filling in an even layer.**
4. **Top with remaining pasta noodles and flatten top layer as best you can.**
5. **Preheat the oven to 350 F while you prepare the béchamel sauce.**



Prepare the Béchamel Sauce

1. **Gather the ingredients.**
2. **Melt butter in a saucepan over low heat.**
3. **Using a [whisk](#), add flour to melted butter whisking continuously to make a smooth paste (called a roux). Allow the flour-butter mixture to cook for a minute, but do not let it brown.**
4. **Add warmed milk to mixture in a steady stream, whisking continuously. Simmer over low heat until it thickens but does not boil.**
5. **Remove from heat and stir in beaten egg yolks and a pinch of nutmeg.**
6. **If sauce still needs to thicken, return to stove and cook over very low heat while continuing to stir. Béchamel should be thicker than gravy, but not quite as thick as pudding. One way to tell if it is thick enough is to draw your finger across the back of a spoon in the sauce and draw your finger across the back of the spoon. If it leaves a visible line then it is ready.**



Bake the Pastitsio

1. **Pour the béchamel over the pasta noodles making sure to pour sauce down into the corners as well.**
2. **Sprinkle with remaining 1/2 cup of grated Parmesan cheese.**
3. **Bake in 350 F oven for approximately 45 minutes or until the top is a nice golden color.**



Fassolatha (White Bean Soup)

Bean soup or *fassolatha* (fah-soh-LAH-tha) will be on the menu at least once a week in a Greek household. It's also a staple of the Lenten season. This recipe is hearty, nutritious, and delicious.

Ingredients

- 1 pound dried white beans (such as Great Northern or Navy beans)
- 10 cups water
- 1/2 cup olive oil
- 1 large onion (diced)
- 2 medium carrots (diced)
- 2 ribs celery (diced)
- 1 bay leaf
- 1 (14-ounce) can diced plum tomatoes (un-drained)
- 2 tablespoons tomato paste
- Dash salt (or to taste)
- Dash freshly ground black pepper (or to taste)
- *Garnish:* 1/4 cup fresh parsley (chopped)

Steps to Make It

Soaking dried beans rehydrates them and results in more tender beans and shorter cooking time. If you don't have an extra day to soak the beans overnight, you can try the quick soak method below.

Quick Soaking Method

1. Gather the ingredients.



For the Soup:

1. Gather the ingredients.
2. Add the beans, water, and olive oil to a large, non-reactive soup pot and bring to a boil.
3. Reduce heat and simmer covered until beans are tender but not mushy - about 1 hour.
4. Add vegetables, tomatoes, tomato paste, and bay leaf to the pot and simmer uncovered another 30 to 45 minutes for flavors to meld and soup to thicken a bit.
5. Season the soup with salt and freshly ground black pepper to taste.
6. Remove the bay leaf and sprinkle with chopped fresh parsley

Zacusca

Here is what you'll need to make zacusca at home:

Eggplants – Grilled or baked until charred.

Red bell peppers—Gogosari are some kind of Romanian red peppers, sweeter and thicker than the usual red peppers.

Onions – Chopped.

Vegetable Oil – You want a mild flavor oil so a vegetable oil is best, like canola or sunflower oil.

Tomato Sauce – Use your preference.

Salt & Pepper Bay Leaves – For deep flavor.

Grilling:

Grill the eggplants and gogosari or red bell peppers on a hot grill until the skins blacken all over and the eggplants and peppers are very soft.

Depending on their size, you should grill the eggplants somewhere between 20 to 40 minutes or until the skin is evenly charred and the eggplant collapses, the flesh should be really soft.

The peppers will be faster to cook, keep them on the grill, turning often, until the skin blisters and has dark spots.

Peeling:

Cover the veggies with plastic wrap. This procedure makes the peeling afterward easier.

Let the vegetables cool separately.

Discard the juices released by the eggplants, but keep the juices released by the pepper.

Peel carefully, chop very roughly.

Place the eggplants in a large sieve and let drain well for about 1 hour.

Place the peppers in another container to cool, but reserve the juices they release during this time.



Zacusca

How to cook zacusca?

- **Chop the onions. Heat the oil in a large pan and cook the onions until translucent.**
- **Add the roughly chopped eggplants and red bell peppers, pureed tomatoes, bay leaves, peppercorns and salt.**
- **Add about 300 ml/ 10 fl.oz/ 1 ½ cups water and the juices released by the peppers as well, the mixtures should not be too dry.**
- **Cook everything on a very low flame for about 1 ½ hours, stirring regularly.**
- **Adjust the taste with salt and honey. You might need a bit more honey, depends on how sweet the peppers and the tomatoes were.**
- **Puree the vegetables roughly (there should still be small bits in the zacusca, it should not turn to a paste) with a hand-held mixer.**
- **Pour everything in the jars, close with the lids and can.**

How to can?

- **Sterilize your jars while the spread is cooking.**
- **Pour everything in the jars, close with the lids and can in a water bath canner for 20-25 minutes.**
- **If you don't have a canner, you can still very easily can anything.**
- **Place a folded kitchen towel on the bottom of a large pot, put the jars on the towel taking care that they don't touch each other, then pour enough hot water to cover them.**
- **Let everything come to a boil again, then boil the jars for 20 to 25 minutes.**
- **Take the jars out of the water immediately (using a jar lifter and mitts) - and let cool at room temperature.**
- **Keep the jars on shelves in the cellar or a colder room.**

How to serve?

- **The most common way to serve zacusca is as a bread spread.**
- **We eat it for breakfast or dinner**
- **It can also be eaten as a dip or with noodles like a normal pasta sauce.**
- **You can enrich the taste of other sauces with it.**
- **You can mix a few tablespoons of it with sour cream or**



The old cake of Brač

Ingredients:

12 eggs

300 g of sugar

1 orange

500 g of ground almonds

1 deciliter of Maraskino(almond liqueur,we will bring it)

5 spoons of milk and 100 g of chocolate and and 1 spoon of butter for the icing

Method of preparation:

Whisk eggs and sugar,add orange juice and orange zest,Maraskino,almonds and whisked egg whites.Pour the mixture into a cake mould of around 29-30 cm.

Bake the cake in a preheated oven(200 centigrades).The cake is baked for about 60 minutes. After first 10 minutes,you should reduce the temperature a bit and bake it on 150 degrees for the last 30 minutes.Don't cut the cake when it is baked.

The icing:

Melt the chocolate with milk on steam,remove from the heat to get a smooth mixture and add butter.Pour the icing over the cake and leave it that way.Using peeled almonds and orange zest to make decorations or adorn it with fresh flowers



Lamb with peas (Croatian recipe)

Ingredients:

800g of leg of lamb

50g of bacon

150g of onion

200g of fresh tomatoes

3 spoons of oil

1 spoon of Vegeta(dried herbs)

700 g of fresh peas

100 g of carrot

2 cloves of garlic

100 ml of pressed tomatoes

1 spoon of finely chopped parsley

salt, pepper



Method of preparation:

Dice lamb and bacon, chop the onion, peel the tomatoes, remove the seeds and then dice them too. Braise the lamb on heated oil, add bacon, onion, tomatoes and Vegetables. Sautee it briefly on low temperature, add water from time to time (for around 35 minutes). Add peas, chopped carrot and smashed/squeezed garlic. Add enough water to cover all the ingredients and keep cooking until the peas are soft. When it is almost finished, stir in the pressed tomatoes and parsley.

Christmas bread

Ingredients for the dough

400 g of flour

1 cube of fresh yeast

1 tablespoon of honey

120 milliliters of milk

80 g of butter

1 egg

200 g of prunes

200g of dried figs

120 of dried apricots

120 g of dates

150 g of chopped almonds

200 g of hazelnuts (toasted and peeled)

Orange and lemon zest, vanilla sugar

Half a tea spoon of ground clove and cinnamon



Method of preparation

Using your hands mix flour, honey, egg, butter, yeast and milk, gradually adding chopped dried fruits, almonds and hazelnuts and knead a dough adding flour if necessary.

Make a ball and leave it to at room temperature to reach double size. When the dough is ready, form it into a bread and bake for 45 minutes at 180 degrees.

KARNIYARIK



A hot dish of slitted and stuffed Aubergine.

Method

Split the aubergines lengthways and cook in some oil on a high heat. Brown the grated onion with the mince in some of the oil and add a little water together with the tomato paste and grated garlic. Place the split aubergines in a large pan with some oil and water then fill with the cooked mincemeat mixture. Place a round of tomato on top of each with some green pepper rings and cook covered for 20 min. Serve hot garnished with crushed parsley.

Ingredients

- 300 gr lambs mince
- 8 Aubergines
- 1 Onion
- 1 Tomatoes
- 2 Long Green Pepper
- for 8 People
- 2 Cloves Garlic
- 1 Tumblers Water
- ½ Tumblers Olive Oil
- 2 Dessert spoons tomato salcha
- 1 Bunch Parsley
- Sugar, Salt, Pepper

Ukrainian folk pancake dish

Today I will share a recipe for Ukrainian folk pancake dish. The recipe is very easy and everyone can cook it)) ⚡

Ingredients:

6-7 medium raw potatoes

1-2 eggs

2-3 full tablespoons flour

1 tsp salt

black pepper

cooking oil

- Peel and wash the potato.
- Grate on a coarse grater.
- Beat in eggs, add flour, salt (for 6-7 medium potatoes, 1 tsp salt without top), add ground black pepper.
- Shuffle. Give a little infusion (10 minutes), the potatoes will release juice and the mixture will be more convenient to spread for frying.



- Spoon the dough with a spoon like ordinary pancakes, fry from 2 sides over medium heat until golden brown. About 7 minutes on each side.
- Serve warm or cold. It's delicious to add sour cream and garlic sauce to the pancakes! Bon Appetite!

Ukrainian dumplings with potatoes

You will need it for the dough

Ingredients

3 cups (450 g) flour

3 st. spoons of cream

1/2 teaspoon salt

1/2 teaspoon baking soda

about 100 ml (1/2 cup) of room temperature water

For the filling:

5-6 small potatoes (500 g)

2 bulbs

70-100 g of butter

ground pepper

salt

Method of cooking:

Peel a squash, grate it and boil it in salted water. Drain the water, put half of the butter in a saucepan and make a puree.

Stage 1

Finely chop the onion and fry in oil until nicely ruddy.

Stage 2 '

Sift the flour into a bowl and mix it with the salt.

Stage 3 '

Add baking soda to sour cream and mix well.

Stage 4

Add sour cream and baking soda to the flour, mix and, stirring constantly and adding water, knead the dough to a medium density.

Stage 5 ,

Knead the dough well and wrap it for 15-20 minutes in cling film or balls so that the dough stands a little and does not weather.



Stage 6 '

Pepper mashed potatoes, add half a fried onion and mix well.

Stage 7

Cut about a quarter of the finished dough, download from this piece a sausage about 3 cm thick, which you cut into pieces about 1.3 cm thick. Keep the rest of the dough in the film.

Stage 8

Roll out the pieces of dough into thin circles. Keep the dough pieces under a napkin so that they do not dry out.

Stage 9

Put an incomplete teaspoon of filling in the middle of the circle.

Step 10

Glue the edges of the dumpling carefully. If desired, you can decorate the edge of the dumpling "pigtail".

Stage 11 '

Dip dumplings in boiling salted water, stir lightly so that they do not stick to the bottom, and cook for 2-3 minutes after rising.

Ham and potato casserole

INGREDIENTS

- 8 potatoes
- 150 gram ham slices
- 1 onion
- 25 gram cooking oil
- ½ teaspoon salt
- 0,25 teaspoon black pepper
- ½ teaspoon pepper spice
- 1½ - 2 decilitre milk
- 1 egg



RECIPE

1. Wash, peel and chop the potatoes. Boil the potatoes in lightly salted water until they are soft.
2. Peel and chop the onion. Fry the onion in cooking oil in a frying pan.
3. Mash the cooked potatoes and add the milk to the extent that the mashed potatoes will be loose enough.
4. Increase salt mashed potatoes, onion, ham slices and spices. Add the egg mixture and stir until smooth. Mix carefully.
5. Pour into a buttered casserole dish.
6. Fry at 200 degrees for about 30 minutes.

Vegetable soup

INGREDIENTS

- **2 Carrots (about 160gram)**
- **500 gram leftover mashed potatoes**
- **8 decilitre water**
- **1-2 vegetable stock cubes**
- **2½ decilitre sour cream**
- **1 touch of black pepper**
- **1 teaspoon seeds of coriander**
- **1 touch of nutmeg**

For serving:

- o **1-2 tablespoon chopped parsley**
- o **cottage cheese**
- o **ryebread**



RECIPE

1. **Wash and grate the carrots.**
2. **Boil the grated potato and onion mix in vegetable broth until it's done, about 10 minutes.**
3. **Add the cream, black pepper and the chopped coriander seeds. Bring to a boil.**
4. **Puree with a hand blender and check the salt.**
5. **Chop the parsley and mix it to the cottage cheese. Add on the soup portions.**
6. **Serve with rye bread.**

Karelian pie

INGREDIENTS



DOUGH

- 3½ decilitre rye flour
- ½ decilitre wheat flour
- 2 decilitre water
- 1 teaspoon salt
- 1 tablespoon oil

PORRIDGE FILLING

- 1 tablespoon butter
- 2 decilitre porridge rice

- 1 litre milk
- 1 teaspoon salt
- 1 tablespoon oil

RECIPE

1. Make the dough from cold ingredients. Stir in the flour, salt and oil in cold water. Stir. Put the dough in the refrigerator to cool the dough.
2. Make the porridge. Grease the baking dish with butter and add milk, porridge and salt. Bake the rice porridge in a 175 degree oven for about 1.5 hours. It is advisable to stir the porridge a few times during cooking. Cool down the porridge.
3. Heat the oven warm to 250-270 degrees.
4. Take the dough and start rolling it into balls of the desired size, gently press it into the flour and roll into a circle.
5. During rolling, use plenty of rye flour so that the dough does not stick to the table. Once the dough has been rolled, you can start filling it with porridge. Finally, wrinkle the edges and put the pies in the oven for about 15-20 minutes.

Potato flatbread

INGREDIENTS

- **3 decilitre potato flakes or 1½ dl mashed potato flour mix**
- **4 decilitre water**
- **50 gram margarine or butter, melted**
- **½-1 teaspoon salt**
- **1 decilitre barley flour**
- **2 decilitre wheat flour**

RECIPE

1. **Heat the oven to 225°C.**
2. **Mix the potato flakes with lukewarm water. Add the melted butter, salt and flours.**
3. **Knead the dough into a bar shape and slice into 7-8 pieces. Tap the pieces into ½ cm thick flat breads and put them to the baking tray.**
4. **Tick the bread few times with a fork before baking.**
5. **Bake in the oven for about 15 minutes. The flatbreads tastes the best when they are still**



Apple Pie



INGREDIENTS

- 2,5 dl sugar
- 3 dl wheat flour
- 1 dl potato flour
- 2,5 teaspoon baking powder
- 1 teaspoon vanilla sugar
- 2,5 dl soy milk
- 75g margarine

RECIPE

1. Put the oven on 200 degrees.
2. Put greaseproof paper in the mould.
3. Melt the margarine and let it cool down.
4. Measure the soy milk in a bowl.
5. Mix all dry ingredients: sugar, wheat flour, potato flour, baking powder and vanilla sugar.
6. Mix the dry ingredients, soy milk and melted butter.
7. Pour the dough in the mould
8. Peel and chop the apples into small pieces.
9. Put pieces on top of the dough and sprinkle sugar and cinnamon.
10. Bake the pie in the oven for 25-30 minutes. Let the pie cool down.

Rice porridge (Christmas recipe)



INGREDIENTS

- 2dl water
- 2 tablespoon of butter
- 2 dl of porridge rice
- 1l milk
- salt

RECIPE

1. Barboil the water and butter.
2. Put the rice and milk to mixture.
3. Mix all the time down to the bottom until the mixture turn boil.
4. Down the teperature to lowest.
5. Mix about 5min until the mixture doesn't roil anymore.
6. Let it stew low for about 40-50min under the lid.
7. Mix it down to the bottom every 5min.
8. Put the salt with your own mind in the end.
9. Enjoy your porridge with the cinnamon and sugar, plum soup and milk for example.

Plum soup (Christmas recipe)

INGREDIENTS

- 7dl water
- 250g of dried plums
- $\frac{3}{4}$ (three quarters) dl of sugar
- 1 teaspoon of cinnamon
- $\frac{1}{2}$ (half) dl water
- 2 $\frac{1}{2}$ taplespoon of potato flour

RECIPE

1. Put the sugar, water, plums and cinnamon to the kettle. You can cut the plums into smaller pieces or put them full to the kettle. Boil with low temperature for about 30-40min.
2. Take the plums out of the mix when you have boiled it.
3. Mix the potato flour with the $\frac{1}{2}$ dl water and pour it into the hot plum mix.
4. Heat the mix and wait that it wells up.
5. Pour the mix on the plums and sprinkle sugar on the mix.
6. You can enjoy this with the rice porridge for example.



Carrot casserole (Christmas recipe)

INGREDIENTS

- 1kg carrots
- 5dl water
- 1ts salt
- 1,5dl rice porridge
- 2dl whipping cream
- 1dl whole milk
- 1 egg
- 0,5ts salt
- 0,5dl syrup
- 0,2ts nutmeg
- 0,2ts grinded white pepper



RECIPE

1. Boil the chopped carrots halfdone in salt seasoned water in a way that the water just covers the carrots. Keep the broth and put the porridge rice in it to boil.
2. In the mean while squash the carrots. Add in the mash cream, milk, egg and the seasoning. When the rice are well done, combine it with the other ingredients. Make sure that the salts amount is right.
3. Pour the mixture into a 2 liter vetoiseen, well buttered cassarole. Ripottele pinnalle korppujauhoja.
4. Cook in a 200 celcius oven for 45 min.

Christmas star pastry



INGREDIENTS

- Dough
- 250 g milk quark
- 250 g butter
- 4 dl wheat flour
- 1 tsp baking powder

RECIPE

1. Mix milk quark and soft butter.
2. Mix wheat flour and baking powder together and add them to the mixture.
3. Quickly blend smooth.
4. Shape the dough rectangle and wrap it plastic wrap. Let the dough set in the fridge before the rolling.
5. Roll the dough thin and take it with a dough wheel or a square shaped base.
6. Spread the marmelade on to the base. You can also add the marmelade on to the ready made pastry.
7. Spread the pastrys with egg yolk and bake them in the oven 200 degrees 12-15 minutes.
8. Put the icing sugar on top of the pastrys.

Christmas bread

INGREDIENTS

One bread:

- 0,5 kg floury potatoes
- 2 dl milk
- About 0,3 dl syrup
- 0,25 dl beer malts
- 1 teaspoon salt
- 0,5 teaspoon anise seeds
- 3,5 dl rye flour
- 1 bag (11 g) dry yeast
- 4 dl wheat flour
- And if you want, you can also put raisin about 0,5 dl

Oiling:

- 1 tablespoon syrup
- 1 tablespoon water



RECIPE

1. Cook potatoes and mash them.
2. Mix potatoes, milk, syrup, beer malts, salt, anise seeds (and raisin if you want).
3. Put dry yeast into rye flour and put it into the dough (potatoes, milk, syrup...).
4. Put wheat flour little by little. The dough must look strong.
5. Raise dough covered for one hour in warm.
6. Make one bread. Raise dough for 15 minutes again.
7. Bake bread in 175 degrees for about one hour.
8. Oil the bread with syrup water at the end of baking.

Ukrainian Borsch

Borscht is a hot beetroot soup that satisfies both meat-eaters and **vegetarians**. This dish comes in many shades of red depending on the kind of beet used. Deliciously flavored with sour cream or classic yogurt, borscht is usually served with garlic doughnuts.



Ingredients for Classic Ukrainian Borscht:

I like my borscht full of vegetables, with thin broth, lots of fresh garlic and dill.

Borscht can be vegan, vegetarian, with beef, pork or even chicken.

It truly depends what's in your fridge that day. That's how borscht came about – out of necessity and hunger.

- 1 (16 ounce) package pork sausage
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 medium baking potatoes, peeled and cubed
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (6 ounce) can tomato paste
- 3/4 cup water
- 1/2 medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 3-4 cloves garlic, minced
- salt and pepper to taste
- 1 teaspoon white sugar, or to taste
- 1/2 cup sour cream, for topping
- 1 tablespoon chopped fresh parsley for garnish



- Crumble the sausage into a skillet over medium-high heat.
- Cook and stir until no longer pink. Remove from the heat and set aside.
- Fill a large pot halfway with water(about 2 quarts), and bring to a boil.
- Add the sausage, and cover the pot.
- Return to a boil. Add the beets, and cook until they have lost their color.
- Add the carrots and potatoes, and cook until tender, about 15 minutes.
- Add the cabbage, and the can of diced tomatoes.
- Heat the oil in a skillet over medium heat.
- Add the onion, and cook until tender.
- Stir in the tomato paste and water until well blended.
- Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat.
- Let stand for 5 minutes.
- Taste, and season with salt, pepper and sugar.
- Ladle into serving bowls, and garnish with sour cream and fresh dill or parsley.
- Note: I prefer to cook my beets with the skins on for about an hour in the soup water. The skins slip right off after

Pampushkas



Pampushkas are served with borsht and are Ukrainian cuisine's symbol on par with it. They have unusual taste and excellent scent that is impossible to withstand.

Pampushkas are small round dough rolls without filling. They are richly steeped with garlic sauce, which adds memorable taste and exotic scent to them.

The name 'pampushkas' has Italian and French roots, and German recipe. According to legend, this dish was first invented and cooked in Ukraine, but - by German colonists. The aromatic rolls got their name in Odesa and spread from there all over Ukraine. Today they are national dish, without which it's impossible to imagine Ukrainian cuisine. Pampushkas are regularly served with borsht, but they can be consumed instead of bread as well. In winter pampushkas perfectly serve as preventive against cold, because they contain a lot of garlic.

Ingredients

Flour - 400 g
Sugar - 1 tbsp
Yeast - 12 g
Vegetable oil - 50 g
Water - 4 glass
Parsley - 1 bunch



1. Combine the yeast, sugar, salt, and $\frac{1}{4}$ of flour in warm water. Make dough. Put it aside to ferment. Thereafter, put the remaining flour, vegetable oil, and knead it well. Then put it aside to ferment.
2. When ready, roll the pasty up; cut it into small equal pieces. Powder them with flour and shape the balls.
3. Put the balls closely onto the baking tray.
4. Let them rest for 20 mins so they can grow in size a little. Brush with whipped egg and put in oven, preheated to 200C. Bake for 20-25 mins.
5. Meanwhile the pampushkas are in oven, make the sauce. Combine the garlic with vegetable oil, water and herbs.
6. Brush the finished pampushkas with garlic sauce, and

Hutsul dish Banosh

Banosh is one of the most popular Hutsul dishes in Ukraine. By tradition men usually cooked it in the open air. Banosh is considered to be one of the variants of mamaliga.

The tastiest banosh cook in Carpathians. Historically the main components of banosh were sour cream and brynza. The sour cream was kept 3 days in a cellar before cooking.

However you can cook not less tasty banosh at home too. Follow the recipe to make yummy maize grits with salty cheese.



Ingredients:

- 300 g (10,5 oz) maize grits
- 200 g (7 oz) brynza
- 400 ml sour cream
- 900 ml water



Cooking

Bring water to boil and reduce the fire. Add maize grits stirring them continuously. Be careful the water will gurgle. Then add sour cream and stir the dish for 20-30 minutes. Turn off the fire, cover the lid and leave banosh for 5 minutes.



Crush brynza and top the cooked dish with it.

Enjoy your meal!

Tip! As a side dish you can serve cracklings and fried mushrooms.

It is better to use the homemade sour cream while bought in the shop sour cream is sourer.

Use a wooden spoon to cook the dish while the metallic one can leave acid after-taste. Boil banosh in a loam pot or kettle.

It is better to use fine flour or grind it in a coffee-grinder.

Stuffed Cabbage (Holubtsi)



Ukrainian stuffed cabbage is known as *holubtsi*, which literally means "little pigeons." Fillings vary widely and can be meatless or contain any combination of meats, vegetables, and grains. The wrapper can variously be cabbage, beet, lettuce or spinach leaves, and even grape leaves in the grape-growing regions of Ukraine. The cooking liquid varies by region and family and can include broth, tomato juice, and sour cream. We've used a potato-buckwheat filling in this Ukrainian holubtsi recipe.

Ingredients

- 1 head **cabbage** (about 4 pounds)
- 4 large potatoes (peeled and grated finely)
- 1 small onion (chopped)
- 2 tablespoons butter
- 1 1/2 cup sour cream (divided)
- 1/2 cup **buckwheat** (rinsed twice with boiling water and drained)
- Salt (to taste)
- Pepper (to taste)



Easy Mushroom Broth



Store-bought mushroom broth is often too salty, with flavors that fall flat, so we developed our own easy recipe. The secret to a rich broth: sautéing the vegetables first, rather than just simmering them raw. This balanced broth—not too herbal or vegetal—is versatile enough to use anywhere you would use chicken or beef broth, like stews, **soups**, **stuffing**, or **gravy**.

Preparation

1. Heat the oil in a large pot over medium-high heat until shimmering. Add the carrot, leek, and onion and cook, stirring occasionally, until the onions and leeks have softened, about 8 minutes. Add the garlic and cook, stirring occasionally, until fragrant, about 1 minute.
2. Add the mushrooms, parsley, thyme, bay leaf, and peppercorns and cook, stirring occasionally, until the mushrooms start to release some moisture, about 4 minutes.
3. Add the water and bring to a boil. Reduce the heat to low and simmer until the vegetables are completely soft and the stock has a pronounced mushroom flavor, about 1 hour.
4. Remove from the heat and strain through a fine-mesh strainer set over a large heatproof container or saucepan; discard the contents of the strainer. Stir in the salt. If not using immediately,

Dumplings

RUSSIAN DUMPLINGS ARE ONE OF THE MOST FAMOUS DISHES IN POLAND. LOVED BY POLISH PEOPLE AND APPEARING ON ALMOST EVERY HOLIDAY TABLE. RUSSIAN DUMPLINGS ARE NOT A RUSSIAN DISH, BUT A TRADITIONAL DISH OF POLISH CULTURE. THIS FOOD COMES FROM THE EASTERN BORDERLANDS.

IF YOU WANT TO TRY THIS DELICIOUS DISH YOU WILL NEED :

FOR THE STUFFING FOR RUSSIAN DUMPLINGS:

- 50 GRAMS OF BOILED POTATOES,
- 25 GRAMS OF COTTAGE CHEESE,
- 15 GRAMS OF SMOKED BACON,
- 2 ONIONS,
- SALT,
- PEPPER,
- 2 TABLESPOONS OF BUTTER.

FOR THE DOUGH FOR RUSSIAN DUMPLINGS:

- 3 GLASSES OF FLOUR,
- A GLASS OF WARM WATER,
- 1.5 TABLESPOONS OF WARM MELTED BUTTER.

A METHOD OF PREPARING: START BY PREPARING THE DUMPLING STUFFING. CHOP THE ONION AND FRY IT TOGETHER WITH THE BACON IN A HOT PAN WITH THE BUTTER. SQUEEZE THE CHEESE AND POTATOES THROUGH THE PRESS, ADD THE ONION AND BACON. MIX THE CONTENTS. SEASON WITH SALT AND PEPPER TO TASTE. NOW PREPARE THE

DUMPLING DOUGH. POUR THE FLOUR ONTO THE DOUGH. MAKE A HOLLOW INSIDE AND ADD THE WATER AND BUTTER. MAKE A SMOOTH AND ELASTIC DUMPLING DOUGH (ADD MORE WATER IF NECESSARY) .WRAP IN FOIL AND SET ASIDE FOR 15 MINUTES. AFTER A QUARTER OF AN HOUR, ROLL OUT THE DOUGH THINLY .WITH A GLASS, CUT OUT CIRCLES, PUT THE STUFFING IN THE CENTER AND STICK THE DUMPLINGS TOGETHER .BOIL THE DUMPLINGS IN SALTED WATER FOR 5 MINUTES. TAKE IT OUT CAREFULLY.



Waffles



Ingredients

- 3 cups flour
- 3 cups milk
- 3 teaspoons sugar
- 2 teaspoons baking powder
- 2 tablespoons butter / margarine
- 2 eggs

Preparation

1. Pour milk into the pot and pour in flour and mix it.
2. Add eggs, sugar, baking powder, pinch of salt and mix everything again.
3. Melt the butter or margarine and mix all the ingredients.
4. Pour the batter onto the waffle maker.

French Cookies



Ingredients

- 3 glasses of flour
- 1 margarine
- 1/3 glass of sugar
- 2 eggs
- 1 glass of sour cream
- 1 teaspoon of lemon
- sugar, sesame or poppy seeds to dip

Preparation

1. Mix flour, sugar and margarine
2. Separate white from yolk. Add yolk to flour and mix.
3. Add sour cream and lemon juice and knead the dough. Put it into the fridge for two hours.
4. Preheat the oven to 200°C. Grease a baking tin lightly.
5. Roll the dough thinly (app. 1 cm). Cut out cookies with a cookie cutter. Dip in white on one side and sugar, poppy seeds or sesame on the other.
6. Put in the baking tin. Bake for 20 minutes.
7. Serve after a few minutes.

Gingerbread



Ingredients

- 4 cups of flour
- 5 eggs
- a jar of peach jam (about 300 g)
- 2 cups of sugar
- 2 cups of milk
- a cup of oil
- a big bag of vanilla sugar
- 2 spoons of cinnamon
- 2 spoons of baking soda
- 2 spoons of dark cocoa
- 2 spoons of gingerbread spice

Preparation

1. Whip eggs with sugar and vanilla sugar. Add flour and cocoa.
2. Next pour oil, mix with cocoa, cinnamon, baking soda and gingerbread spice. Add jam at the end.
3. Put it into the baking pan.
4. Preheat the oven to 180°C and bake for about 45 minutes.
5. Serve when it gets cool.

Fruit Cheesecake



Ingredients

- 3 egg yolks
- 1 egg white
- 1 tablespoon sugar
- 3 tablespoons flour
- 1 teaspoon baking powder
- 1 kilo cream cheese
- 3/4 glass of sugar
- 25 g butter, melted
- 4 tablespoons gelatin
- 1 packet of jelly powder
- 24 cm springform pan
- tin paper

Preparation

1. Mix 1 egg yolk with 1 tablespoon sugar, add flour and baking powder. Beat the egg white and add to the mixture.
2. Press this mixture into a 24 cm springform pan, previously lined with tin paper.
3. Preheat the oven to 180° C, bake it for about 20 minutes. Take it out of the oven, when it's cooled gingerly remove the tin paper then put the base back to the springform pan.
4. Dissolve the jelly powder in hot water as it is in the recipe on the packet and let it cool.
5. Dissolve gelatin in boiling water. Cream the melted butter and egg yolk then add sugar and cream cheese. Mix it all.
6. Pour gently gelatin, still mixing.
7. Pour the mixture into the springform pan.
8. Put the cheesecake into the refrigerator to set.
9. Cover the cheesecake with slices of fruit. When it completely gets cool, pour the cold jelly. Refrigerate it before removing from springform pan

Markizy (Round biscuits with coconut and coffee filling)



Ingredients

Dough:

- 100g flour
- 90g margarine
- 50g sugar
- ½ vanilla blancmange powder
- ¼ spoon of baking powder
- 30g dried coconut

Filling:

- 70g butter
- ½ glass of powdered sugar
- 2 spoons of instant coffee
- ¼ glass of milk powder

Sauce:

6 cubes of chocolate

½ spoon of margarine

Preparation

1. Mix butter with sugar. Next add flour, baking powder and vanilla blancmange powder.
2. Mix it all and finally add dried coconut.
3. Knead the dough and put it to freezer.
4. Preaheat the oven to 200°C.
5. Take the dough out of the fridge and roll it up to 0.5cm. Next cut out the biscuits using a small glass.
6. Put the cookies on the baking bin and bake for 15 minutes.
7. Whip the butter with powdered sugar, add milk powder and mix it all.
8. Solute margarine and add pieces of chocolate.
9. Heat lightly, stirring all the time.
10. When the sauce gets cool, spread it on the top

Cream Puff



Ingredients

- 2 glasses of flour
- 1 margarine
- ½ glass of 36% sour cream
- ¾ l milk
- 5 g of butter
- 1 glass of sugar
- 1 packet of vanilla sugar
- 1 packet of chocolate blancmange powder
- 2 spoons of wholemeal flour
- 1 spoon of potato flour

Preparation

1. Mix 2 glasses of flour, margarine and sour cream. Knead the dough and put it into the fridge to cool.
2. Divide the dough into two pieces, roll them up and put them into the baking tins.
3. Preheat the oven to 200°C.
4. Bake for 20 minutes.
5. Pour ½ l milk into the saucepan. Add sugar, vanilla sugar and butter.
6. Mix ¼ l milk with eggs, blancmange powder and flour. Bring it to boil.
7. Pour hot cream onto one piece of the dough.
8. Put the second piece on the top carefully.

Old Polish fruit cake



Ingredients

- 400g flour
- 100g butter
- 12 eggs
- 300g sugar
- baking powder
- a pinch of salt
- 100g walnuts
- 50g dried plums
- 250g raisin

Preparation

1. Blend 6 eggs, 6 yolks and sugar.
2. Next mix flour with baking powder, add melted and cool butter.
3. Add walnuts, dried plums and raisin.
4. Mix it all well.
5. Grease a baking tin, put the cake in it.
6. Preheat the oven to 180°degrees.
7. Bake it for 60 minutes.
8. Pour chocolate or icing over the cake at the end.

Doughnuts



Ingredients

1kg cake flour

½ liter of milk

1 tablespoon butter

Cube of yeast

6 tablespoons of sugar

5 egg yolks

Liter of frying oil

Preparation

1. Yeast mix with yolk.
2. Add the sugar, milk, warmed on the stove with butter.
3. Combine warm milk yeast, egg yolk and a kilo of flour. (Everything should be mixed until it is a smooth mass).
4. Dampen your hands with some oil from time to time.
5. Shape into small balls fry in deep oil for about 2 minutes on each side.

Pancakes



Ingredients

500g of flour

2 eggs

200 ml of milk

Jam

50g of oil

Preparation

- 1. Mix 500 g of flour with 2 eggs. Pour in milk and blend for 10 minutes.**
- 2. Pour the batter slowly over the hot oil on the frying pan.**
- 3. When ready spread some jam on the pancakes.**

Apple pie



Ingredients

- 3 glasses of flour
- 1 teaspoon of baking powder
- 3 glasses of sugar
- 2 vanilla sugar
- 250g of butter or margarine
- 4 eggs
- 2kg apples
- 5-10g raisins
- 1 teaspoon of cinnamon

Preparation

1. Peel the apples, cut into small pieces. Mix together with sugar and vanilla sugar. Add raisins and cinnamon.
2. Add baking powder to flour. Then mix $\frac{3}{4}$ glass of sugar, vanilla sugar and butter. Chop it with a knife.
3. Add 3 yolks and 1 whole egg.
4. Knead the dough and divide it into two parts.
5. Put in the fridge for one hour.
6. Roll out one piece of dough and put it into baking tin .
7. Whip 3 eggs, next add sugar and whip again until stiff.
8. Preheat oven to 175°C. Take the dough out of fridge and put apples.
9. Put the whipped eggs and the second piece of dough on the top.
10. Bake for one hour. Sprinkle with powdered

Amatriciana Pasta: Ingredients For 4 People



Ingredients

500 grams of spaghetti
125 grams of pork cheek
1 tablespoon of extra virgin olive oil
1 drop of dry white wine
400 grams of San Marzano tomatoes
1 piece of chili
100 grams of pecorino cheese
salt

Amatriciana Pasta: Recipe

In a frying pan put chili, oil and the pork cheek cut in strips. Allow to flake alive and then blend with the wine.

Remove the browned cheek from the frying pan and put it aside.

Add the tomatoes, adjust with the salt and let it cook for a few minutes. Remove the chili pepper, put the cheek back and let it flame low for a few minutes.

Cook the pasta al dente, drain, season with the sauce, add the cheese and mix.

Serve hot if necessary by adding another grated pecorino.

Video Tutorial

<https://youtu.be/0-6WuDML2ec>

Mushroom Risotto - Simple And Original Italian Recipe

Mushroom risotto means autumn and winter. A good mushroom risotto is what you need when you want to celebrate something or when you want to feel warm and make your friends and family feel loved. You do not need any special ingredient or skills: just good mushrooms, a good rice and some patience to prepare this easy and quick mushroom risotto with my very Italian recipe.

The risotto was born in Lombardy and Piedmont and it is now one of the most exported Italian recipes thanks to the variety of ingredients that can be used and to its versatility.

What's The Best Rice To Use For Risotto?

Arborio, Vialone Nano or Carnaroli are recommended because they cook very well and have a great absorption capacity.

Ingredients For 4 People

500g rice

250g fresh wild mushroom

1 medium onion finely chopped

White wine

Broth, either meat or vegetable, preferably homemade

100g freshly grated Parmesan cheese

Unsalted butter



1. Trim off the roots from the mushroom, clean off any dirt and dice them.
2. Sauté the onion over gentle heat in a knob of butter. After a few minutes add the mushrooms while raising the heat a little bit.
3. Once the liquid has cooked off, add the rice. Then add a splash of white wine and let that cook off.
4. Over medium heat, start adding the broth, ladle by ladle, letting each ladleful cook off before adding the rest.
5. When the rice is done, take it off the heat, add the grated cheese and, if you like a richer risotto, another knob of butter (the so-called “mantecatura” to give your risotto a creamy texture.) Serve your risotto immediately.

Fritto Misto alla Piemontese

Ingredients

250 g semolina
1 liter milk,
Grated rind of 1 lemon,
200 g calf's liver,
200 g sausage,
200 g brains,
200 g sweetbread,
200 g chicken breast,
60 g sugar,
2 apples,
10 macaroons,
1 liter oil, for frying,
100 g butter,
4 eggs,
Breadcrumbs,
Sparkling water,
Flour, for breading (plus a little for the batter), 8 medium carrots

- First, prepare the semolina breading.
- Bring the milk with the grated rind of 1 lemon to a boil in a saucepan.
- Then slowly pour in the semolina, stirring constantly to prevent lumps from forming.
- Once ready, add the sugar, stir and then spread the semolina into a pan, levelling the surface. Wait until the mixture has cooled and then cut it into pieces.
- Take all the meat and cut it into pieces.
- Peel the apple, chop it up and slice it.
- Brush the meat and semolina in the flour, then in the lightly beaten eggs and finally in the breadcrumbs.
- Press them into each ingredient well so that the flour, eggs and breadcrumbs adhere perfectly before placing everything into a saucepan to fry them in hot oil.
- In a bowl, mix 2 tablespoons flour and sparkling water using a whisk until the batter is thick enough.
- Dip the apple slices and the macaroons and fry them too.
- Once the meat, vegetables and semolina are fried, place them on a serving plate with paper towels.
- Keep warm and serve immediately, accompanying the fritto misto with boiled carrots, seasoned with a drizzle of extra-virgin olive oil.

Bunet

The origin of the **Piedmont** bunet (called bunet, pronouncing the final U and TY) is lost in the mists of time: originally it was based only on eggs, sugar, milk, liquor and dried macaroons and it's still so in the Monferrato version. Later in modern times chocolate was added to it, to become what we know it as today, in its most widespread version of the Langarola. Back in its day more than rum, cognac or Fernet was added. It was created as a rustic dessert because it was baked in the oven after being turned off, slowly once the bread was prepared, and still today it's cooked like this, in a bain-marie as you would with crème caramel. It's not a pudding as believed and seen in the industrial versions, but a spoon dessert.

Ingredients

2 cups cream

2 cups milk

4 oz yolks

11 oz whole eggs

7 oz sugar

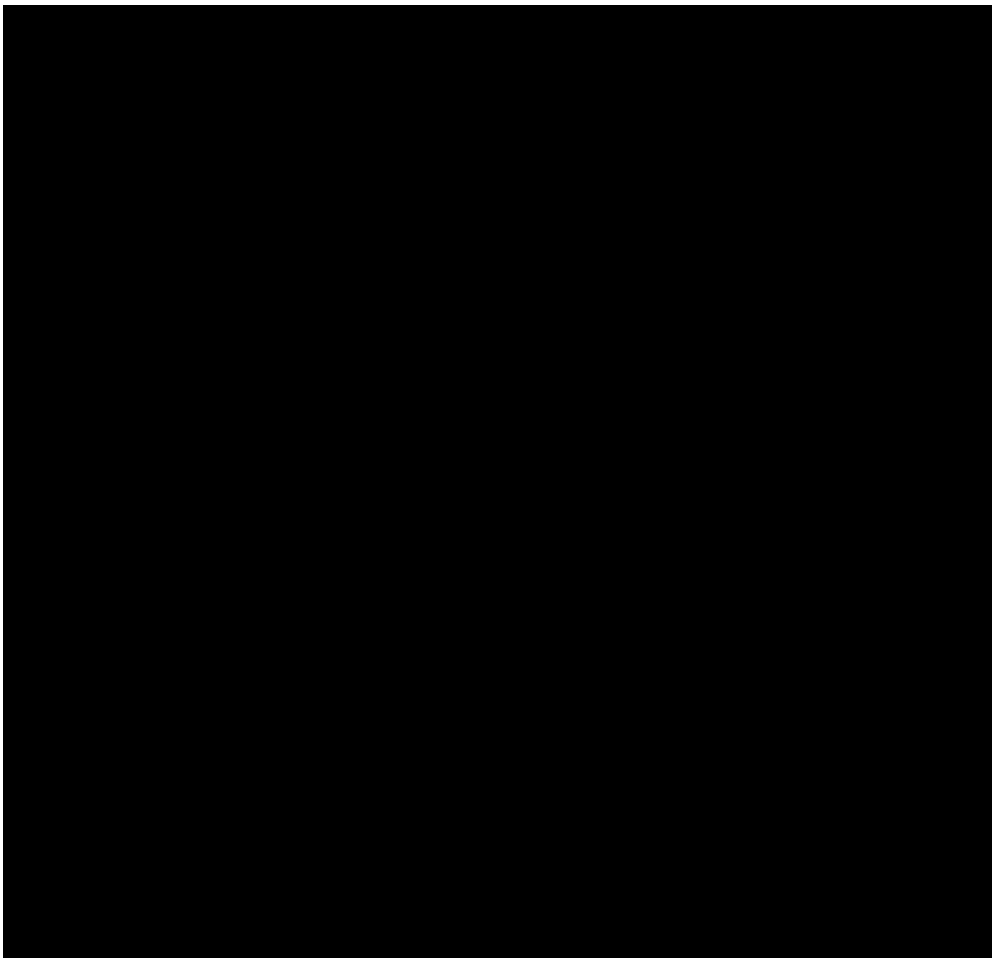
5 oz macaroons crumbled

3 oz cocoa powder

4 oz dark chocolate melted in a bain-marie

1 ½ oz amaretto liqueur

12 cups suitable for baking



In a pan heat the cream and milk, separately slowly mix the other ingredients together, except the liquor, in the order in which they are listed. Add the cream and milk to the mixture then add the liqueur and mix.

Fill the cups and bake in a bain-marie covered in the oven at 160 degrees for about 25 minutes (the water in the bain-marie must already be hot). Remove from the oven, leave to rest in the same water and then cool in the fridge.

Aachener Reisfladen

(Rice cake from Aachen)

Prepare yeast dough using:

**250 g flour
25 g yeast
50 g butter
50 g sugar
1 egg
125 ml milk,
a pinch of salt**

Use it to lay out a round baking tin.

For the filling you will need the following:

**1l milk
150g rice
2-3 eggs,
115g sugar
the grated part of a lemon peel, vanilla extract and a pinch**



Cook the washed rice with the milk and salt on low until puffy. Then let it cool to room temperature.

Mix the egg yolks with the vanilla extract and 2/3 of the sugar to a cream. Then mix the egg whites with the last third of the sugar until it is stiff.

Now mix the egg yolk mixture with the rice and fill 2/3 into the baking tin. Then fold the beaten egg white into the rest of the rice mixture and pour this amount onto the baking tin.

Then put the rice cake in the oven and bake for 45-60 minutes at 175°.



Aachener Quarkbällchen

Aachener Quarkbällchen, Aachener Krapfen and Mutzen are typical pastries for Sylvester(New Year's Day) and Karneval(carnival)



Ingredients:

150ml whole Milk

250 g All-Purpose Flour

100 g sugar

200g quark (curd cheese)

Pinch of Salt

1 package Vanilla Sugar

Oil for deep frying

Powdered Sugar



Heat the milk, mix in the flour and the sugar and take it from the cooker

Add in the mixture eggs, quark and vanilla sugar. Mix until you get a smooth dough. Heat the oil in a large pot or deep frier to 180°C.

Form little balls with a spoon.

Fry the Quarkbällchen for 5 minutes, turne them to make sure that all sides brown nicely. Place fried Quarkbällchen on clean paper towels to absorb excess oil. Allow to cool.

Chocolate Rum Balls



Ingredients (48 servings)

- 3 1/4 cups crushed vanilla wafers
- 3/4 cup confectioners' sugar
- 1/4 cup unsweetened cocoa powder
- 1 1/2 cups chopped walnuts
- 3 tablespoons light corn syrup
- 1/2 cup rum
- Add all ingredients to list

Directions

1. In a large bowl, stir together the crushed vanilla wafers, 3/4 cup confectioners' sugar, cocoa, and nuts. Blend in corn syrup and rum.
2. Shape into 1 inch balls, and roll in additional confectioners' sugar. Store in an airtight container for several days to develop the flavor. Roll again in confectioners' sugar before serving.

German Sauerbraten



INGREDIENTS:

1 medium onion, sliced
4 pounds beef rump roast
1 1/2 cup dry red wine
3/4 cup cider vinegar
2 tablespoons sugar
2 bay leaves
8 whole cloves
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dried thyme, crushed
1 can (10 1/2 oz. size) double-strength beef broth
1/3 cup cold water
1/4 cup cornstarch
1 teaspoon ground ginger (optional)

PREPARATION:

Place half of the onion in a deep 2 1/2- to 3-quart bowl. Slash top layer of fat on roast in a crisscross pattern. Place roast in bowl. Top with remaining onion; set aside.

In a small saucepan, place wine, vinegar, sugar, bay leaves, cloves, salt, pepper and thyme. Over medium heat, bring to a boil. Pour over roast, pushing bay leaves into liquid. Cover and refrigerate at least 12 hours or overnight, turning several times.

Transfer roast to a slow cooker, fat-side up. With a slotted spoon, transfer onions to slow cooker. Add beef broth and 1 cup of the marinade; discard remaining marinade.

Cover and cook on high for 5 to 5 1/2 hours or on low for 10 to 11 hours or until roast is very tender. Transfer roast and onions to a large platter. Cover and keep warm.

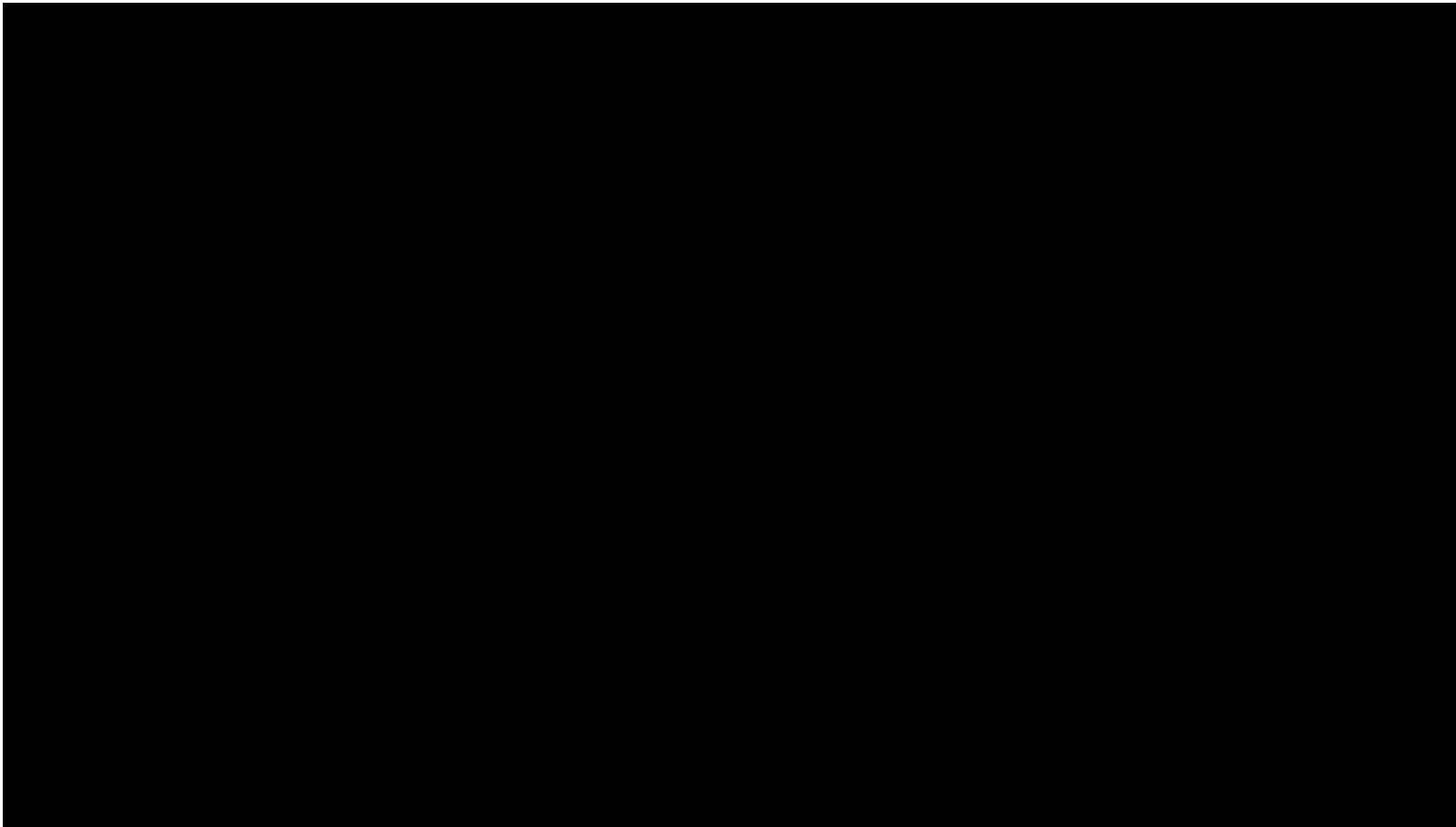
Pour 3 cups of the cooking liquid into a medium saucepan; discard remaining cooking liquid. Over medium heat, bring to a boil.

Meanwhile, in a small bowl, stir cold water, cornstarch and ginger until smooth. Stir into boiling liquid. Stirring, bring to a boil and boil for 1 to 2 minutes or until thickened. Serve gravy separately.

SIDE DISH:

Serve with potato dumpling and red cabbage

Roast Rosmarine potatoes



It is delicious with a salad

Ingredients

1 kg fine medium sized floury potatoes

2 spoon cooking oil

Salt, pepper, rosmarine

1. Carefully brush the potatoes under water and wipe dry them.
2. Cut the potatoes into quarters
3. Line the parchment with baking sheet and coat it with the oil
4. Arrange the potatoes on the baking sheet and season them with salt, pepper and rosmarine.
5. Roast them in the oven preheated to 200°. After 30 minutes the potatoes will be golden and crisp.

Poftă bună!

Buon Appetito!

Guten Appetit!

We hope you will enjoy our recipes

Καλή Όρεξη

Hyvää ruokahalua!

Afiyet olsun!

Good Appetite!

Bon Appetit

Смачного!

Smaczne!

Dobar appetit!