

Traditional foods recipe cards



EuroFIR Traditional Foods Recipe Cards

These traditional foods recipe cards were produced as part of the traditional foods work package of the EuroFIR (European Food Information Resource) Network of Excellence.

There are many different cultures within Europe, each with their own, distinct dietary habits. Traditional foods are key elements in the dietary patterns of each country, but unfortunately, in most countries there is little information on the nutritional composition of such foods. Therefore, there is a real need to study traditional foods to preserve these elements of European culture and, if possible, enrich and improve dietary habits across the whole continent.

The Traditional Foods work package in EuroFIR has brought together new information on the culinary history, ingredients, preparation and nutritional composition of traditional recipes from 13 European countries (Austria, Belgium, Bulgaria, Denmark, Germany, Greece, Iceland, Italy, Lithuania, Poland, Portugal, Spain and Turkey). These recipes are presented in this resource and it is hoped that they will provide an informative and interesting reference for those interested in traditional foods all over the world.

The cards were produced by the work package leader, Dr Helena Soares Costa, National Institute of Health (INSA), Portugal, in collaboration with Bridget Benelam at The British Nutrition Foundation, UK. The work package leader would like to thank all colleagues from the EuroFIR consortium's traditional foods work package who have provided information and helped to review the cards, with special thanks to Prof. Antonia Trichopoulou, Vardis Dilis and Effie Vasilopoulou from the National and Kapodistrian University of Athens.

The partners in the traditional foods work package include:

- University of Vienna (UVI)/Graz University of Technology (GUT), Austria
- Ghent University (RUG), Belgium
- National Centre of Public Health Protection (NCPHP), Bulgaria
- National Food Institute, Technical University of Denmark (DTU), Denmark
- The Federal Research Centre for Nutrition and Food (BFEL), Germany
- Department of Hygiene and Epidemiology, Medical School, University of Athens (NKUA), Greece
- Matis ohs (MATIS), Iceland
- National Institute for Food and Nutrition Research (INRAN)/Centro per lo Studio e la Prevenzione Oncologia (CSPO), Italy
- National Nutrition Centre (NNC), Lithuania
- National Food and Nutrition Institute (NFNI), Poland
- National Institute of Health (INSA), Portugal
- Centre for Superior Studies on Nutrition and Dietetics (CESNID)/University of Granada (UGR), Spain
- Tubitak Marmara Research Centre (TUBITAK), Turkey

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Vegetable Soup

(Gemüsesuppe)



Provides 4 servings. Preparation time is 40 minutes.

This traditional Austrian Vegetable soup is not only savoury and healthy but also relatively cheap and easy to prepare. In contrast to other classical vegetable soups like minestrone from Italy, Austrian vegetable soup contains flour and is therefore filling and warming in winter. The ingredients are very varied depending on the recipe. Typically they are a combination of root vegetables like carrots and celery, cabbage types like cauliflower and Brussels sprouts, pulses like peas as well as onion and leek.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 400 / 1697 |
| Protein (g) (N x 6.25) | 1.4 |
| Total Fat (g) of which saturated fatty acids (g) | 1.3 0.8 |
| Carbohydrates (g) of which sugars (g) | 95.6 2.4 |
| Dietary fibre (g) | 1.75 |
| Sodium (mg) | 99.8 |

Values obtained from laboratory analyses

Ingredients

1.5L Water
200g Cauliflower
100g Brussels sprouts
70g Carrots
30g Celery
90g Leek
100g Green beans
1.8g Salt
20g Yellow carrot
2 Vegetable stock cubes
3g Chopped parsley
30g Butter
30g Flour

Preparation

Clean and peel the vegetables. Chop the cauliflower, Brussels sprouts, cube the green beans, carrots and celery and slice the leeks. Add the water to a pot and bring to the boil. Add the salt, the stock and the vegetables which take longest to cook. Then add all the remaining vegetables including the chopped parsley. Cook for about 30 minutes then remove the vegetables from the pot but leave the soup. Heat the butter in a separate pan, then add the flour and heat the roux until it is light brown. Add the vegetables and the roux to the soup and cook for a further 5 minutes.

Gemüsesuppe



Mengenangaben sind gegeben für 4 Portionen.

Zubereitungsdauer beträgt 30 Minuten.

Die traditionelle österreichische Gemüsesuppe ist nicht nur schmackhaft und gesund, sondern auch noch recht günstig und einfach in der Zubereitung. Da sie im Gegensatz zu klassischen Gemüsesuppen aus anderen Ländern wie z. B. der Minestrone aus Italien mit Mehl gebunden wird, ist sie sehr sättigend und dient vor allem in den Wintermonaten als Wärmespender von innen. Die Zutaten sind je nach Rezept unterschiedlich, typisch ist eine vielfältige Zusammenstellung von Wurzelgemüsen wie Karotten und Sellerie, Kohlarten wie Karfiol und Kohlsprossen, Hülsenfrüchte wie Erbsen sowie Zwiebeln und Lauch.

Zutaten

1.5L Wasser
200g Karfiolröschen
100g Kohlsprossen
70g Karotten
80g Sellerie
80g Lauch
20g gelbe Rüben
100g Zuckererbsen
1.8g Salz
11.67g Suppenwürze
Petersilie gehackt
30g Butter
30g Mehl

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|------------|
| Energie (kcal / kJ) | 400 / 1697 |
| Protein (g) (N x 6.25) | 1.4 |
| Gesamtfett (g) | 1.3 |
| davon gesättigte Fettsäuren (g) | 0.8 |
| Kohlenhydrate (g) | 95.6 |
| davon Zucker (g) | 2.4 |
| Ballaststoffe (g) | 1.75 |
| Natrium (mg) | 99.8 |

Werte aus Laboranalysen

Zubereitung

Das Gemüse reinigen und nach Bedarf schälen. Kohlsprossen und Karfiolröschen teilen, Zuckererbsen, Karotten, Kartoffel und Sellerie in Würfel schneiden, Lauch in Streifen schneiden, Wasser salzen und Suppenwürze hinzugeben. Sobald das Wasser kocht, die Gemüsearten je nachdem, ob sie kürzer oder längere Zeit zum Weichwerden benötigen, zugeben und kochen lassen. Fett erhitzen, Mehl begeben und anschwitzen.

Die Gemüsesuppe abseihen, damit die Einmach aufgießen, glatt rühren. 5 min kochen lassen. Gemüse wieder begeben, mit Kräutern und Gewürzen kombinieren.

Für mehr Informationen zu österreichischen traditionellen Gerichten kontaktieren Sie bitte das Institut für Ernährungswissenschaften der Universität Wien oder das Institut für Lebensmittelchemie und -technologie der Technischen Universität Graz.

Diese Arbeit wurde im Namen des EuroFIR Konsortiums erstellt und durch das 6. EU Rahmenprogramm Lebensmittellqualität und -sicherheit finanziert (Projektnummer FP6-513944).

Cabbage Noodles

(Krautfleckerl)



Provides 4 servings. Preparation time is one hour.

The first recipes for Cabbage Noodles appear in Austrian cookery books in the last third of the 19th Century. The dish originally derives from the every-day cuisine from Austria and Bohemia. Nowadays Cabbage Noodles are a part of the traditional Viennese cuisine.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 414 / 1754 |
| Protein (g) (N x 6.25) | 4.2 |
| Total Fat (g) of which saturated fatty acids (g) | 4.4 0.8 |
| Carbohydrates (g) of which sugars (g) | 89.4 6.1 |
| Dietary fibre (g) | 2.0 |
| Sodium (mg) | 140 |

Values obtained from laboratory analyses

Ingredients

60g Oil
50g Bacon rashers
1 Teaspoon sugar
0.5kg Cabbage
1 Onion
½ Teaspoon salt
150g Noodles
A pinch of pepper
1 Teaspoon caraway
125ml of white wine

Preparation

Wash the cabbage, shred it finely and then blanch it. Chop the onion into small pieces and fry in a pan with the sugar and oil. Add the cabbage to the onion, together with some salt, pepper, wine and caraway, and steam until the cabbage softens.

In another pan fry the rashers of bacon. Soft boil the noodles, add in with the cabbage, and warm for a couple of minutes in the oven. Then add the bacon.

Krautfleckerl



Mengenangaben sind gegeben für 4 Portionen.

Zubereitungsdauer beträgt 1 Stunde.

Die ersten Krautfleckerl-Rezepte tauchen in österreichischen Kochbüchern erst im letzten Drittel des 19. Jahrhunderts auf. Das ursprünglich aus der einfachen Bauernküche von Österreich und Böhmen stammende Gericht gehört heute zu den Klassikern der Wiener Küche.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|------------|
| Energie (kcal / kJ) | 414 / 1754 |
| Protein (g) (N x 6.25) | 4.2 |
| Gesamtfett (g) | 4.4 |
| davon gesättigte Fettsäuren (g) | 0.8 |
| Kohlenhydrate (g) | 89.4 |
| davon Zucker (g) | 6.1 |
| Ballaststoffe (g) | 2.0 |
| Natrium (mg) | 140 |

Werte aus Laboranalysen

Zutaten

60g Pflanzenöl
 50g Speck vom Schweinebauch
 1 TL Zucker
 0,5kg Kraut
 1 Zwiebel
 ½ Teelöffel Salz
 150g Fleckerl (Eiernudeln)
 Pfeffer
 Kümmel
 125ml Weißwein

Zubereitung

Kraut fein schneiden, waschen, abbrühen und abseihen. Zwiebeln und Zucker in Fett bräunlich rösten, das Kraut hinzugeben, Wein übergießen, würzen und dünsten bis das Kraut weich ist.

Die gekochten Fleckerln untermischen, das Ganze kurz im Rohr ziehen lassen und zerlassenen Speck unterrühren.

Potato Dumplings

(Kartoffelknödel)



Provides 6 servings. Preparation time is 1 hour and 45 minutes.

Very similar to the cuisine of bordering Bohemia, Lower Austria is famous for its dumplings. They are made of plain dough (flour, breadcrumb, or potato based) and are common side dishes to meat- or vegetable-based dishes.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 105 / 447 |
| Protein (g) (N x 6.25) | 1.8 |
| Total Fat (g) of which saturated fatty acids (g) | 0.1 Trace |
| Carbohydrates (g) of which sugars (g) | 24.3 3.7 |
| Dietary fibre (g) | 2.4 |
| Sodium (mg) | 525 |

Values obtained from laboratory analyses

Ingredients

2kg Potatoes (floury)

5g Salt

5g Wheat flour to sprinkle on worktop and hands to help to shape the dumplings

Preparation

Boil half the potatoes (unpeeled) in water. Once cooked, peel and grate them. Peel the remaining potatoes, then sulphurise them for at least 30 minutes in a hermetically sealed pot (this is done to avoid the dumplings becoming greyish/black after cooking). Then wash the sulphurised potatoes with tap water and grate them with a cheese grater. Put the grated potatoes into a strainer bag and squeeze them to drain and collect the liquid (which contains the starch). The liquid should rest for 10 to 15 minutes until the starch has separated out. After this, drain the water and collect the starch with a spoon and mix with the cooked and pressed potatoes and with the raw and grated potatoes and salt. Mix all the ingredients and knead until they form a smooth dough. Shape the dumplings by hand and boil in water for about 20–25 minutes.

Kartoffelknödel



Die Mengenangaben beziehen sich auf 6 Portionen.

Zubereitungszeit beträgt ca. 1 Stunde und 45 Minuten.

Ähnlich wie das benachbarte Böhmen, ist Niederösterreich für das reichliche Angebot an Knödel bekannt. Diese werden aus einem einfachen Teig zubereitet (Mehl, alte Semmel oder Kartoffel) und werden als Beilage zu Gemüse- oder Fleischgerichten serviert.

Zutaten

2kg Mehligte Kartoffel

5g Salz

5g Weizenmehl (480) für Arbeitsfläche und Hände, um das Formen der Knödel zu erleichtern

Zubereitung

Etwa die Hälfte der Kartoffeln wird in Wasser weich gekocht (ungeschält). Die gekochten Kartoffeln werden sofort geschält und mit einer Kartoffelpresse zerkleinert. Die andere Hälfte wird roh geschält und für ca. 30 Minuten geschwefelt (mit einem Schwefelblatt in einem gut schließenden Topf). Anschließend werden die Kartoffeln gewaschen und fein gerieben. Die geriebenen Kartoffeln werden durch ein feinmaschiges Sieb gepresst und die Flüssigkeit wird extra gesammelt. Nach ca. 10 bis 15 Minuten setzt sich die Kartoffelstärke ab. Anschließend werden die gepressten Kartoffeln mit den geriebenen rohen Kartoffeln und der Stärke vermischt und gesalzen. Die Zutaten werden zu einem homogenen Teig geknetet und die geformten Knödel in Wasser für ca. 20 bis 25 Minuten gekocht.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|-----------|
| Energie (kcal / kJ) | 105 / 447 |
| Protein (g) (N x 6.25) | 1.8 |
| Gesamtfett (g) | 0.1 |
| davon gesättigte Fettsäuren (g) | Trace |
| Kohlenhydrate (g) | 24.3 |
| davon Zucker (g) | 3.7 |
| Ballaststoffe (g) | 2.4 |
| Natrium (mg) | 525 |

Werte aus Laboranalysen

Für mehr Informationen zu österreichischen traditionellen Gerichten kontaktieren Sie bitte das Institut für Ernährungswissenschaften der Universität Wien oder das Institut für Lebensmittelchemie und -technologie der Technischen Universität Graz.

Diese Arbeit wurde im Namen des EuroFIR Konsortiums erstellt und durch das 6. EU Rahmenprogramm Lebensmittellqualität und -sicherheit finanziert (Projektnummer FP6-513944).

Viennese Schnitzel

(Wiener Schnitzel)



Provides 4 servings. Preparation time is 30 minutes.

Viennese Schnitzel is said to originate from the Italian “Cotoletta alla Milanese”. It was the favourite meal of General Radetzky who introduced it to Vienna after suppressing the revolution in Milan (1848). The court society of the Austrian-Hungarian Empire also liked it because of its golden colour.

Nutritional information per 100g of edible portion

| | |
|---|---------------|
| Energy (kcal / kJ) | 268 / 1120.24 |
| Protein (g) (N x 6.25) | 18.1 |
| Total Fat (g) of which saturated fatty acids (g) | 14.6 2.5 |
| Carbohydrates (g) of which sugars (g) | 16.0 ND |
| Dietary fibre (g) | 2.1 |
| Sodium (mg) | 535 |

Values obtained from laboratory analyses
ND – Not detected

Ingredients

4 Escalopes (veal or pork, 120g each)
2 Eggs
Approx. 40g Breadcrumbs
Approx. 40g Wheat flour
Salt
Butter or lard for frying

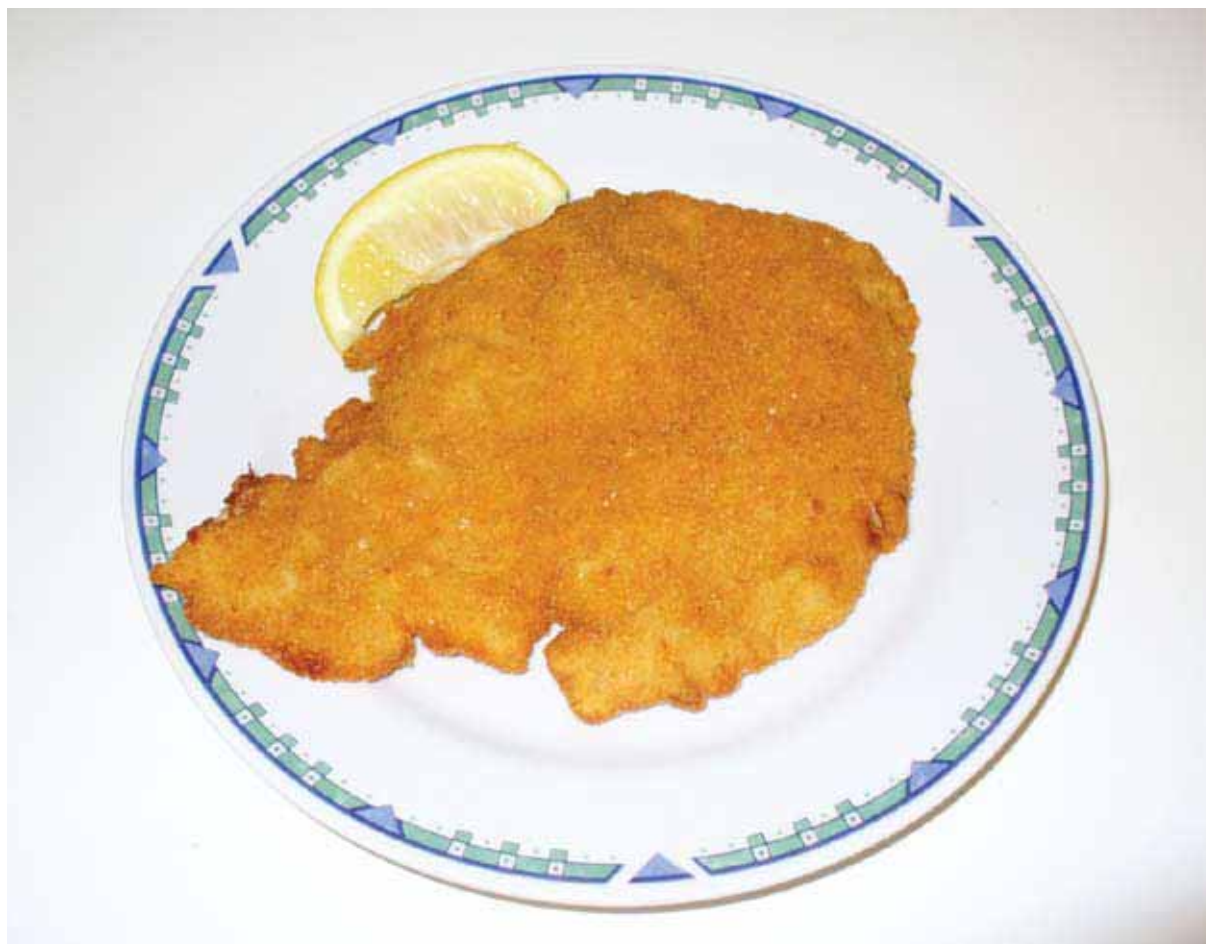
Preparation

The escallops are prepared from a thinly-sliced piece of meat, which is tenderised by pounding with a steak hammer. Traditionally, veal was used for the classic Viennese Schnitzel, but nowadays pork meat has become more popular and is regularly used.

Lightly season the escallops with salt, then dip into the wheat flour, followed by the whisked eggs and finally into the breadcrumbs.

Place the escallops into a hot frying pan filled with enough butter or lard so that the escallops can float whilst frying. Fry on both sides until light brown.

Wiener Schnitzel



Die Mengenangaben beziehen sich auf 4 Portionen.

Zubereitungszeit beträgt etwa 30 Minuten.

Das Wiener Schnitzel hat seinen Ursprung angeblich im "Cotoletta alla Milanese", der Leibspeise von General Radetzky, der es nach Wien gebracht hat, nachdem er die Mailänder Revolution niedergeschlagen hat (1848). Die feine Hofgesellschaft der Österreich-Ungarischen Monarchie schätzte das Wiener Schnitzel auch wegen des goldähnlichen Glanzes.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|---------------|
| Energie (kcal / kJ) | 268 / 1120.24 |
| Protein (g) (N x 6.25) | 18.1 |
| Gesamtfett (g) | 14.6 |
| davon gesättigte Fettsäuren (g) | 2.5 |
| Kohlenhydrate (g) | 16.0 |
| davon Zucker (g) | ND |
| Ballaststoffe (g) | 2.1 |
| Natrium (mg) | 535 |

Werte aus Laboranalysen
ND – Nicht detektiert

Zutaten

4 Schnitzel zu je ca. 120g
2 Eier
Ca. 40g Semmelbrösel
Ca. 40g Weizenmehl
Salz
Butter oder Schweineschmalz zum Frittieren

Zubereitung

Die Schnitzel werden aus einem dünn geschnittenen Fleisch zubereitet, das noch zusätzlich geklopft wird. Die Schnitzel werden gesalzen, zuerst in Mehl, dann im leicht verschlagenen Ei und schließlich in Brösel gewendet. Reichlich Butter oder Schweineschmalz in einer Pfanne erhitzen und die Schnitzel nacheinander schwimmend herausbacken bis diese goldbraun sind.

Traditionell werden Wiener Schnitzel aus Kalbfleisch zubereitet, aber heute werden Schnitzel aus Schweinefleisch immer beliebter.

Für mehr Informationen zu österreichischen traditionellen Gerichten kontaktieren Sie bitte das Institut für Ernährungswissenschaften der Universität Wien oder das Institut für Lebensmittelchemie und -technologie der Technischen Universität Graz.

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Apple Strudel (Apfelstrudel)

Provides 10 servings. Preparation time is 3 hours and 10 minutes.

Austrian cuisine is internationally famous for catering to the sweet tooth. Very similar to Bohemian cooking, sweet meals ("Mehlspeisen") are often served as main courses. It is a mix of culinary styles originating from the many ethnicities of the former Austrian Empire.

Ingredients

Strudel pastry jacket:

330g Wheat flour
10g Salt
6g Vegetable oil
175ml Tap water (lukewarm)
10g Wheat flour to sprinkle on the worktop
3g Vegetable oil to spread on the pastry jacket

Breadcrumb mix:

65g Butter
32g Margarine
90g Sugar
60g Breadcrumbs

Raisins mix:

34g Raisins
12g Rum

Apple mix:

1850g Cooking apples
140g Sugar
12g Cinnamon

In addition:

10g Butter to butter the baking-tin
60g Butter to butter the pastry jacket



Preparation

First prepare the strudel pastry jacket by mixing the listed ingredients and kneading them into dough. Sprinkle the surface with vegetable oil and leave untouched for about 1 hour.

For the breadcrumb mix, melt the butter and margarine together in a pan; add the sugar and breadcrumbs and roast until golden brown. Peel and grate the apples, and mix with the sugar and cinnamon.

Then roll the pastry out on a dish cloth which is sprinkled with wheat flour. Pour vegetable oil to the surface of the dough and stretch it very thinly on to the dish towel. Fill one third of the pastry jacket with the breadcrumb mix, the raisins (soaked in rum), and lastly with the apple mix, and then roll up with the help of the dish cloth.

Pour the melted butter on to the surface of the pastry jacket and finally place the strudel on a tray and bake in the oven at 180 degrees Celsius until golden brown (approx. 1 hour).

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 190 / 799 |
| Protein (g) (N x 6.25) | 2.2 |
| Total Fat (g) of which saturated fatty acids (g) | 5.9 2.9 |
| Carbohydrates (g) of which sugars (g) | 32.0 25.3 |
| Dietary fibre (g) | 2.4 |
| Sodium (mg) | 123 |

Values obtained from laboratory analyses

Apfelstrudel

Die Mengenangaben beziehen sich auf 10 Portionen. Zubereitungszeit beträgt etwa 3 Stunden und 10 Minuten.

Die österreichische Küche ist international für ihre Mehlspeisen bekannt. Ähnlich wie in Böhmen, werden Mehlspeisen auch oft als Hauptspeise serviert. Die österreichische Küche ist eine Mischung aus vielen Kochstilen, die ihren Ursprung im Völkergemisch der Österreich-Ungarischen Monarchie hat.

Zutaten

Strudelteig:

330g Weizenmehl (Type: 480)
10g Salz
6g Pflanzenöl
175ml lauwarmes (weiches) Leitungswasser
10g Weizenmehl (Type: 480) zum Bemehlen der Arbeitsfläche
3g Pflanzenöl zum Bestreichen des Teiges

Brösel:

65g Butter
32g Margarine
90g Zucker
60g Semmelbrösel

Rosinenmischung:

34g Rosinen;
12g Rum;

Apfelmischung:

1850g Äpfel (säuerlich)
140g Zucker
12g Zimt

Zusätzlich:

10g Butter zum Einstreichen des Backblechs
60g Butter zum Bestreichen des Strudels



Zubereitung

Für den Strudelteig die jeweiligen Zutaten vermengen und zu einem Teig verkneten. Die Oberfläche mit Öl bestreichen und zugedeckt etwa eine Stunde ruhen lassen.

Für die Bröselmischung, Butter und Margarine in einer Pfanne schmelzen und aufschäumen lassen. Den Zucker und die Brösel zugeben und goldgelb rösten.

Die Äpfel schälen, raspeln und mit dem Zucker und Zimt vermischen.

Für die Rosinenmischung die Rosinen mit dem Rum vermengen.

Danach den Teig auf einem bemehlten Strudeltuch auswalken und mit Öl bestreichen.

Anschließend den Teig bis zur gewünschten Größe ausziehen und wieder auf das Strudeltuch legen.

Das untere Drittel des Teiges mit der Bröselmischung, der Rosinenmischung und zuletzt mit der Apfelmischung belegen. Mit Hilfe des Strudeltuches einrollen und den Strudel mit flüssiger Butter bestreichen.

Den Strudel bei 180°C auf mittlerer Schiene backen bis er goldbraun ist (ca. 1 Stunde).

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|-----------|
| Energie (kcal / kJ) | 190 / 799 |
| Protein (g) (N x 6.25) | 2.2 |
| Gesamtfett (g) | 5.9 |
| davon gesättigte Fettsäuren (g) | 2.9 |
| Kohlenhydrate (g) | 32.0 |
| davon Zucker (g) | 25.3 |
| Ballaststoffe (g) | 2.4 |
| Natrium (mg) | 123 |

Werte aus Laboranalysen

Für mehr Informationen zu österreichischen traditionellen Gerichten kontaktieren Sie bitte das Institut für Ernährungswissenschaften der Universität Wien oder das Institut für Lebensmittelchemie und -technologie der Technischen Universität Graz.

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Shrimp Croquette

(Garnaalkroket)



Provides 10 croquettes. Preparation time is about 1.5 hours.

Traditional shrimp croquettes are made with brown North Sea shrimp. The croquettes are served with a lemon wedge and some fried parsley. They are a traditional starter on many menus and locally made shrimp croquettes can also often be bought in fish stores.

Ingredients

500g Shrimp, fresh, not peeled
 500ml Milk
 50g Fat
 50g Flour
 1 Egg yolk
 50g Emmental cheese, grated
 Salt and pepper
 Juice of ½ a lemon
 Flour
 Egg whites
 Breadcrumbs
 Fried parsley and lemon wedges

Preparation

Peel and behead the shrimp. Add the shrimp shells and heads to the milk and heat slowly. Remove from the heat before boiling and leave to rest for at least 20 minutes.

Melt the fat and add flour. Pour the strained milk over the roux, stirring continuously. Cook for several minutes until the sauce begins to thicken. Add the egg yolk, lemon juice, grated cheese and the shrimp. Season with salt and pepper.

Pour the mixture into a dish and let it rest over night in the refrigerator. Shape into croquettes. Roll the croquettes in flour, dip in egg white and roll in bread crumbs. Deep fat fry at 180°C.

Serve with a lemon wedge and some fried parsley.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 215 / 893 |
| Protein (g) (N x 6.25) | 9.9 |
| Total Fat (g) of which saturated fatty acids (g) | 16.7 4.9 |
| Carbohydrates (g) of which sugars (g) | 6.4 2.0 |
| Dietary fibre (g) | 0.1 |
| Sodium (mg) | n/a |

Values obtained from laboratory analyses

Garnaalkroket



10 kroketten. Ongeveer 1.5u.

Onze garnaalkroketten worden bereid met de grijze garnaal uit de Noordzee. De kroketten zijn terug te vinden op vele menukaarten als een traditioneel voorgerecht. Ze worden meestal geserveerd met een partje citroen en wat gefrituurde peterselie. Vele viswinkels verkopen ook "thuisbereide" kroketten.

Ingrediënten

500g Verse, niet gepelde grijze Garnalen uit de Noordzee
500ml Melk
50g Vetstof
50g Bloem
1 Eidooyer
50g Gemalen Emmentaler kaas
Zout en peper
Sap van ½ citroen
Bloem
Wit van ei
Paneermeel
Gefrituurde peterselie
Citroenpartjes

Bereiding

Pel de garnalen. Voeg de garnaalkarkassen toe aan de melk. Breng zachtjes aan de kook en verwijder van het vuur zodra de melk begint te koken. Laat nog een 20-tal minuten trekken.

Bereid een blanke roux. Smelt de vetstof en voeg de bloem toe. Giet vervolgens, al roerende, de gezeefde melk bij de roux. Laat de saus dikken en haal van het vuur. Voeg eidooyer, citroensap, gemalen kaas en garnalen toe. Kruid met zout en peper.

Stort het deeg op een metalen plaat en laat een nacht rusten in de ijskast.

Vorm kroketten. Rol de kroketten in bloem, vervolgens in losgeklopt eiwit en tenslotte in paneermeel. Frituur de kroketten goudgeel bij 180°C.

Serveer met een citroenpartje en gefrituurde peterselie.

Voedingswaarde per 100g eetbaar deel

| | |
|-------------------------------|-----------|
| Energie (kcal/kJ) | 215 / 893 |
| Eiwitten (g) (N x 6.25) | 9.9 |
| Vetten (g) | 16.7 |
| waarvan verzadigde vetten (g) | 4.9 |
| Koolhydraten (g) | 6.4 |
| waarvan suikers (g) | 2.0 |
| Voedingsvezels (g) | 0.1 |
| Natrium (mg) | n/a |

Waarden bekomen via chemische analyse

Flemish stew

(Vlaamse stoofkarbonaden)



Serves 4–6. Preparation time is about 1½ hours.

Research by the Academy of Regional Gastronomy, Belgium in 2006 shows that “Vlaamse stoofkarbonaden” or “carbonades à la flamande” is a recipe that dates back to medieval times.

It was Philippe Cauderlier, a cook from Ghent, who wrote down the first recipes in 1861.

One of the most distinguishing characteristics of the Flemish stew is the beer that is used. Although you may find a few Flemish stew recipes that don't include beer, 70% of recipes do. Beer is one of the main ingredients, along with onions and browned meat.

This ‘sweet-and-sour’ stew is made with an old Flemish brown beer. Stored in oak barrels this brew is known for its sour taste.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 118 / 494 |
| Protein (g) (N x 6.25) | 11.3 |
| Total Fat (g) | 5.5 |
| of which saturated fatty acids (g) | 2.2 |
| Carbohydrates (g) | 5.9 |
| of which sugars (g) | 3.8 |
| Dietary fibre (g) | 0.2 |
| Sodium (mg) | n/a |

Values obtained from recipe analysis

Ingredients

800g Beef, cut into cubes
 300g Onions, chopped
 500ml Beer: Rodenbach grand cru
 2 Slices white bread, without crust
 25g Mustard
 50g Butter/margarine
 50g Sugar
 Potato starch or flour
 Water
 Salt and pepper
 Bouquet garni (thyme, bay leaves)

Preparation

Brown meat cubes in fat in small batches. Remove meat cubes and brown the chopped onions. Add sugar.

Place meat cubes with the onions and add beer and water to cover. Add the bouquet garni and season with salt and pepper. Spread mustard on bread and add to pot. Braise until tender. If necessary, bind with potato starch or flour to thicken. Serve with boiled potatoes or fries.

This dish is even better when you let it rest for a night!

Vlaamse stoofkarbonaden



4–6 personen. Ongeveer 1,5u.

In 2006 verscheen bij de Belgische Academie voor de Streekgebonden Gastronomie een uitgave helemaal gewijd aan de “Vlaamse stoofkarbonaden”. Daarin is terug te vinden dat dit gerecht reeds in de Middeleeuwen gegeten werd. Philippe Cauderlier, een kok uit Gent, schreef de eerste recepten neer in 1861.

Eén van de meest belangrijke ingrediënten, naast het gekorste vlees en de ajuinen is het gebruik van bier. 70% van alle recepten vermeldt bier als een ingrediënt. Verder wordt ook gebruik gemaakt van de typisch Vlaamse combinatie zoet (suiker) – zuur (bier, azijn).

Het hieronder beschreven recept is gemaakt met een oud Vlaams bruin bier dat bewaard wordt in eiken vaten. Het is een bruin bier met een “zure” toets.

Ingrediënten

800g rundstoofvlees
300g ajuin
500ml bier: Rodenbach grand cru
2 sneden wit brood, zonder korst
25g mosterd
50g boter/margarine
50g suiker
Aardappelzetmeel, bloem
Water
Zout en peper
Kruidentuil (tijm, laurierblad)

Bereiding

Smelt de vetstof en bak de stukken stoofvlees. Zorg dat het vlees aan alle kanten een mooi korstje krijgt. Bak daarom niet al het vlees in één keer maar herhaal het bakken. Verwijder het vlees en fruit de in stukjes gesneden ajuinen. Voeg suiker toe. Schep vervolgens het vlees weer bij de ajuinen en voeg al het bier en de nodige hoeveelheid water toe tot het hele gerecht onder staat. Kruid met zout, peper, tijm en laurierblad. Besmeer de sneden brood met mosterd en voeg toe aan het gerecht. Zet het deksel op de pot en laat zachtjes stoven tot het vlees zacht geworden is. Bind met bloem of aardappelzetmeel, indien nodig.

Serveer met gekookte aardappelen of frietjes.

Voedingswaarde per 100g eetbaar deel

| | |
|-------------------------------|-----------|
| Energie (kcal/kJ) | 118 / 494 |
| Eiwitten (g) (N x 6.25) | 11.3 |
| Vetten (g) | 5.5 |
| waarvan verzadigde vetten (g) | 2.2 |
| Koolhydraten (g) | 5.9 |
| waarvan suikers (g) | 3.8 |
| Voedingsvezels (g) | 0.2 |
| Natrium (mg) | n/a |

Waarden bekomen via recept berekening

Gratin of Belgian endives with ham and cheese sauce

(Witloof met ham en kaassaus)



Serves 2–4. Preparation time is about 1 hour.

Belgian endives, also known as chicory, were first cultivated in Schaarbeek (Brussels) in the middle of the 19th century. However, recipes featuring the white chicory sprouts can be found in cookbooks as early as 1560.

Nowadays, the traditional way of cultivating these root vegetables, in soil, is often replaced by hydro culture. Belgian endives cultivated the traditional way, will have a Protected Geographical Indication (PGI) label.

Ingredients

4 Belgian endives
4 Slices cooked ham
10g Margarine

Cheese sauce:

40g Margarine
40g Flour
400ml Whole milk (and reserved vegetable stock)
60g Emmental cheese
15g Gruyère
Salt and pepper
Nutmeg

Preparation

Remove the outer leaves from the endives and trim the ends. Braise the endives in margarine until tender. Season with pepper. Drain well and reserve the stock. Wrap each endive in a slice of cooked ham.

To make the cheese sauce:

Melt the margarine and add flour. Pour the milk and the reserved stock over the roux, stirring continuously. Cook for several minutes until the sauce thickens. Add the grated cheese, stirring until melted. Season with salt, pepper and nutmeg.

To assemble:

Pour some of the cheese sauce in a buttered baking dish. Put the wrapped endives in the baking dish and cover with the rest of the sauce. Sprinkle some grated cheese and slices of margarine on top. Bake in a hot oven for 10 minutes. Place under grill (au gratin) until just brown. Serve with mashed potatoes.

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 122 / 508 |
| Protein (g) (N x 6.25) | 7.1 |
| Total Fat (g) of which saturated fatty acids (g) | 8.3 4.2 |
| Carbohydrates (g) of which sugars (g) | 4.7 3.7 |
| Dietary fibre (g) | 2.4 |
| Sodium (mg) | 204 |

Values obtained from laboratory analyses

Witloof met ham en kaassaus



2–4 personen. Ongeveer 1u.

Reeds in 1560 beschrijft R. Dodoens de voorloper van het witloof, namelijk “uyspruysels” of “kapucienenbaard”. Het duurt echter tot het midden van de 19de eeuw eer er sprake is van het witloof zoals we het nu kennen, namelijk in een gekropte vorm. De stronken witloof werden voor het eerst geteelt in “den botanieken hof” in Schaarbeek (Brussel).

Tegenwoordig wordt de klassieke manier van het telen van witloof vervangen door hydrocultuur. Het Brussels grondwitloof kreeg een Europees BGA label (beschermende geografische aanduiding).

Ingrediënten

4 Stronken witloof
4 Sneden gekookte hesp
10g Margarine

Kaassaus:

40g Margarine
40g Bloem
400ml Volle melk (en kookvocht van het witloof)
60g Emmentaler kaas
15g Gruyère kaas
Zout en peper
Muskaatnoot

Bereiding

Verwijder de buitenste bladeren en het uiteinde van het witloof, indien nodig. Stoof de stronken witloof gaar in margarine. Kruid met peper. Laat de stronken goed uitlekken in een vergiet. Bewaar het kookvocht. Rol elke stronk witloof in een snede gekookte ham.

Kaassaus:

Bereid een blanke roux. Smelt de vetstof en voeg de bloem toe. Giet vervolgens, al roerende, de melk en het kookvocht bij de roux. Laat de saus dikken en voeg de gemalen kaas toe. Kruid met zout, peper en muskaatnoot.

Ovenschotel:

Giet een laagje kaassaus in een beboterde ovenschotel. Leg de witloofrolletjes hierop en overgiet volledig met kaassaus. Bestrooi het geheel met wat gemalen kaas en stukjes vetstof. Plaats 10 min in een hete oven. Gratineer onder de ovengrill. Serveer met aardappelpuree.

Voedingswaarde per 100g eetbaar deel

| | |
|-------------------------------|-----------|
| Energie (kcal/kJ) | 122 / 508 |
| Eiwitten (g) (N x 6.25) | 7.1 |
| Vetten (g) | 8.3 |
| waarvan verzadigde vetten (g) | 4.2 |
| Koolhydraten (g) | 4.7 |
| waarvan suikers (g) | 3.7 |
| Voedingsvezels (g) | 2.4 |
| Natrium (mg) | 204 |

Waarden bekomen via chemische analyse

Meatballs

(Vleesballetjes (frikadellen))



Serves 4. Preparation time is about 1 hour.

Belgians are known as real gourmets. Almost every village has its own kermis or local fair. Frikadellen served with sour cherries used to be a traditional dish during such outdoor fairs. Other traditional dishes that would be served might be meatballs in tomato sauce or tomato soup with tiny meatballs, but the sour cherry sauce is uniquely Belgian.

Note: Instead of meatballs the meat mixture can also be baked as a loaf and cut into slices before serving.

| Nutritional information per 100g of edible portion | |
|---|-------------|
| Energy (kcal / kJ) | 175 / 730 |
| Protein (g) (N x 6.25) | 16.5 |
| Total Fat (g) of which saturated fatty acids (g) | 11.2 3.9 |
| Carbohydrates (g) of which sugars (g) | 1.9 0.5 |
| Dietary fibre (g) | 0.1 |
| Sodium (mg) | n/a |

Values obtained from recipe calculation

Ingredients

800g Ground meat (beef/veal or beef/pork)
 3 Eggs
 3 tbsps of breadcrumbs or 3 crumbled rusks (European biscuits)
 1 Onion or a few shallots
 Salt and pepper
 Nutmeg
 Butter/margarine
 1L of preserved sour cherries, or
 1kg Fresh sour cherries
 250g Sugar
 1 Lemon

Preparation

Mix the ground meat with the eggs, breadcrumbs and chopped onion. Season with salt, pepper and nutmeg. Form meatballs (3–4cm diameter). Brown the meatballs in fat and let simmer. Turn the meatballs frequently and remove excess fat.

Sour cherry sauce:

Prepare sugar syrup with 250g sugar and 750ml water. Poach the fresh cherries in the sugar syrup until tender. Add the juice of one lemon at the end of the cooking.

This dish can also be eaten cold, served with bread.

Vleesballetjes

(frikadellen)



4 personen. Ongeveer 1u.

Belgen zijn gekend als culinaire levensgenieters. Bijna elk dorp heeft zijn eigen kermis. “Frikadellen” geserveerd met krieken is een traditioneel gerecht tijdens zulke feestdagen. Ook vleesballetjes in tomatensaus of tomatensoep met kleine vleesballetjes zijn traditionele gerechten. Het serveren met krieken is een typisch Belgisch gerecht waarbij het hartige van het vlees wordt gecombineerd met het zoete en het zure van de krieken.

In plaats van het gehakt te verwerken tot vleesballetjes kan het ook gebakken worden als een vleesbrood. Het wordt dan voor het opdienen in fijne sneden versneden.

Voedingswaarde per 100g eetbaar deel

| | |
|-------------------------------|-----------|
| Energie (kcal/kJ) | 175 / 730 |
| Eiwitten (g) (N x 6.25) | 16.5 |
| Vetten (g) | 11.2 |
| waarvan verzadigde vetten (g) | 3.9 |
| Koolhydraten (g) | 1.9 |
| waarvan suikers (g) | 0.5 |
| Voedingsvezels (g) | 0.1 |
| Natrium (mg) | n/a |

Waarden bekomen via recept berekening

Ingrediënten

800g Gehakt (rund/kalf of rund/varken)
 3 Eieren
 3 Eetlepels paneermeel of 3 beschuiten
 1 Ajuin of een paar sjalotten
 Zout en peper
 Muskaatnoot
 Boter/margarine
 1 liter krieken op siroop of 1kg verse krieken
 250g Suiker
 1 Citroen

Bereiding

Meng het gehakt met de eieren, het paneermeel en de fijngehakte stukjes ajuin. Kruid met zout, peper en muskaatnoot. Draai vleesballetjes tussen de palm van je handen (3–4cm diameter). Bak de vleesballetjes zachtjes gaar in vetstof. Draai de vleesballetjes regelmatig om tijdens het bakken en verwijder overtollig vet.

Krieken:

Maak een suikerstroop van 250g suiker en 750ml water. Pocheer de krieken in de suikerstroop zonder ze te laten stuk koken. Voeg op het einde van de bereiding het sap van 1 citroen toe.

Dit gerecht kan zowel warm als koud gegeten worden.

Waffles

(Wafels)



Provides 20–25 waffles. Preparation time is about 1.5–2 hours.

Waffles, baked on hot irons, are traditionally eaten on special days such as 'Maria Lichtmis' a Christian holiday celebrated on February 2nd, and also during kermesses or local village fairs. The tradition of making waffles is documented in paintings as early as the medieval period.

The traditional Brussels waffle is a very light, rectangular waffle made with eggs as a leavening agent. This recipe is not the traditional recipe to make Brussels waffles, but it is a recipe for a similar waffle made with yeast and eggs as leavening agents.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 356 / 1488 |
| Protein (g) (N x 6.25) | 7.9 |
| Total Fat (g) of which saturated fatty acids (g) | 21.6 11.3 |
| Carbohydrates (g) of which sugars (g) | 32.6 2.0 |
| Dietary fibre (g) | 3.4 |
| Sodium (mg) | 319 |

Values obtained from laboratory analyses

The art of waffle making is so prevalent in Belgium that almost every household has a waffle iron in the home. Because of the popularity of these wonderfully light creations you may find that cookbooks will offer many variations on the recipe described here.

Ingredients

500g Flour
4 Eggs, separated
25g Yeast
0.5L Milk
0.5L Water
200g Butter/margarine
5g Salt
25g Sugar
Icing sugar (or whipped cream/butter)

Preparation

Soften the yeast and sugar in lukewarm water. Sift the flour and add salt. Add yeast, egg yolks, lukewarm milk and the melted fat to the flour and stir well. Add stiffly beaten egg whites. Leave to rise until doubled. Bake in a hot waffle iron. Serve with icing sugar.

You can also serve them with butter or whipped cream.

Wafels



20–25 wafels. Ongeveer 1.5–2u.

Het bakken van wafels is een eeuwenoude traditie. Afbeeldingen hiervan zijn reeds terug te vinden op schilderijen uit de Middeleeuwen. Wafels worden traditioneel gegeten op speciale feestdagen zoals “Maria Lichtmis” op 2 februari, maar ook tijdens de verschillende plaatselijke kermissen.

De traditionele “Brusselse” wafel is een zeer lichte, rechthoekige wafel, gemaakt met eieren als rijsmiddel.

Het hieronder beschreven recept is een variatie op de “Brusselse” wafel. Naast eieren wordt er ook gist gebruikt als rijsmiddel.

Het bakken van wafels zit zo ingeburgerd in onze cultuur dat bijna elk huishouden een wafelijzer in huis heeft. Daarom ook zijn er talloze varianten van wafelrecepten terug te vinden.

Ingrediënten

500g Bloem
4 Eieren
25g Verse gist
0.5L Melk
0.5L Water
200g Boter/margarine
5g Zout
25g Suiker
Bloemsuiker, (slagroom, boter)

Voedingswaarde per 100g eetbaar deel

| | |
|---|--------------|
| Energie (kcal/kJ) | 356 / 1488 |
| Eiwitten (g) (N x 6.25) | 7.9 |
| Vetten (g) waarvan verzadigde vetten (g) | 21.6 11.3 |
| Koolhydraten (g) waarvan suikers (g) | 32.6 2.0 |
| Voedingsvezels (g) | 3.4 |
| Natrium (mg) | 319 |

Waarden bekomen via chemische analyse

Bereiding

Los de gist en suiker op in lauw water. Zeef de bloem en voeg zout toe. Meng vervolgens de opgeloste gist, eidooiers, lauwe melk en gesmolten vetstof onder de bloem. Roer stevig om. Spatel vervolgens de stijfgeklopte eiwitten onder het deegmengsel. Laat het beslag rijzen op een warme, tochtvrije plek. Verwarm het wafelijzer tot het goed heet is en bak wafels. Serveer met bloemsuiker.

De wafels kunnen ook geserveerd worden met slagroom of boter.

Tarator (Cold soup)

(Студена супа “Таратор”)



Provides 6 servings. Preparation time is 30 minutes.

Tarator is a traditional Bulgarian starter with a pleasant taste and cooling effect – great for having on warm summer days. The word ‘Tarator’ is of Persian-Turkish origin. Cookery books have different recipes for Tarator: for example, standard, rustic, and harvest types – made in the Rhodopes, Yambol or Pavlikeni fashion. In some versions of tarator the cucumber is substituted by vegetables such as marrow, celery, lettuce, salad or carrots. Tarator was assessed by the European Commission as a healthy dish and is described as ‘a refreshing Bulgarian lacto-acidic soup’.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 419 / 1777 |
| Protein (g) (N x 6.25) | 2.3 |
| Total Fat (g) of which saturated fatty acids (g) | 4.2 0.9 |
| Carbohydrates (g) of which sugars (g) | 93.2 0.9 |
| Dietary fibre (g) | 0.4 |
| Sodium (mg) | 113 |

Values obtained from laboratory analyses

Ingredients

800g Yogurt
500g Cucumber
10g Garlic
50g Walnuts
16g Dill (fresh)
30g Vegetable oil
4g Salt (to taste)
400ml Water (to taste)

Preparation

Remove the inedible parts of the cucumber, garlic and dill.

Chop the cucumber and dill finely.

Grind the walnuts.

Mix the garlic with some salt and crush it.

Put all ingredients together in a big bowl.

Add oil, salt and water to taste.

Stir well.

Cool before eating.

Студена супа “Таратор”



Описаните количества са за 6 порции. Време за приготвяне около 30 минути.

Тараторът е традиционно българско предястие с приятен вкус и разхлаждащо действие, особено подходящ за консумация в горещите летни дни. Според българския тълковен речник, думата “Таратор” е с персийско – турски произход. В редица готварски книги се срещат различни рецепти за приготвяне на таратор: стандартен, по селски, по жетварски, по Родопски, от Ямболско, от Павликени. В някои варианти на таратора краставицата е заменена с тиквички, целина, маруля или салата. Тараторът е оценен от Европейската комисия като здравословно ястие и е описан като “освежаваща българска млечнокисела супа”.

Хранителна информация за порция от 100g

| | |
|--|-------------|
| Енергийност (kcal / kJ) | 419 / 1777 |
| Протеин (g) (N x 6.25) | 2.3 |
| Общи мазнини (g) от които наситени мастни киселини (g) | 4.2 0.9 |
| Въглехидрати (g) от които захари (g) | 93.2 0.9 |
| Хранителни влакнини (g) | 0.4 |
| Натрий (mg) | 113 |

Стойности получени от лабораторните анализи

Суровини

800г кисело мляко
500г краставица
10г чесън
50г орехи
16г копър (свеж)
30г олио
4г сол (на вкус)
400мл вода (на вкус)

Начин на приготвяне

Отстранете неядимите части на краставицата, чесъна и копъра. Нарезжете ситно краставицата и копъра. Счукайте в хаванче ореховите ядки. Смесете чесъна с малко сол и също го счукайте. Поставете всички продукти в голяма купа. Добавете олио, сол и вода на вкус. Разбъркайте сместа добре. Охладете таратора преди да го консумирате.

Veal 'Priest's' stew (Телешко "Попска яхния")



Provides 6 servings. Preparation time is about 100–120 minutes.

In the past meat-stew was one of the main dishes in Bulgaria. According to various recipes, the meat stew can be cooked with veal, mutton, beef, poultry or rabbit. The basis of 'Veal Priest's Stew' includes shallots, fatty meat and various spices that give the dish a pleasant taste. Because of the large amount of shallots used, it is also called 'Onion stew'. The name 'Priest's' is associated with the national holiday rituals in autumn, for 'Petkovden', when traditionally cooked food is consumed such as boiled mutton soups, stews, stewed meats with seasoning, and soup with mutton or beef.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 445 / 1879 |
| Protein (g) (N x 6.25) | 11.4 |
| Total Fat (g) of which saturated fatty acids (g) | 9.9 2.0 |
| Carbohydrates (g) of which sugars (g) | 77.5 2.4 |
| Dietary fibre (g) | 1.2 |
| Sodium (mg) | 509 |

Values obtained from laboratory analyses

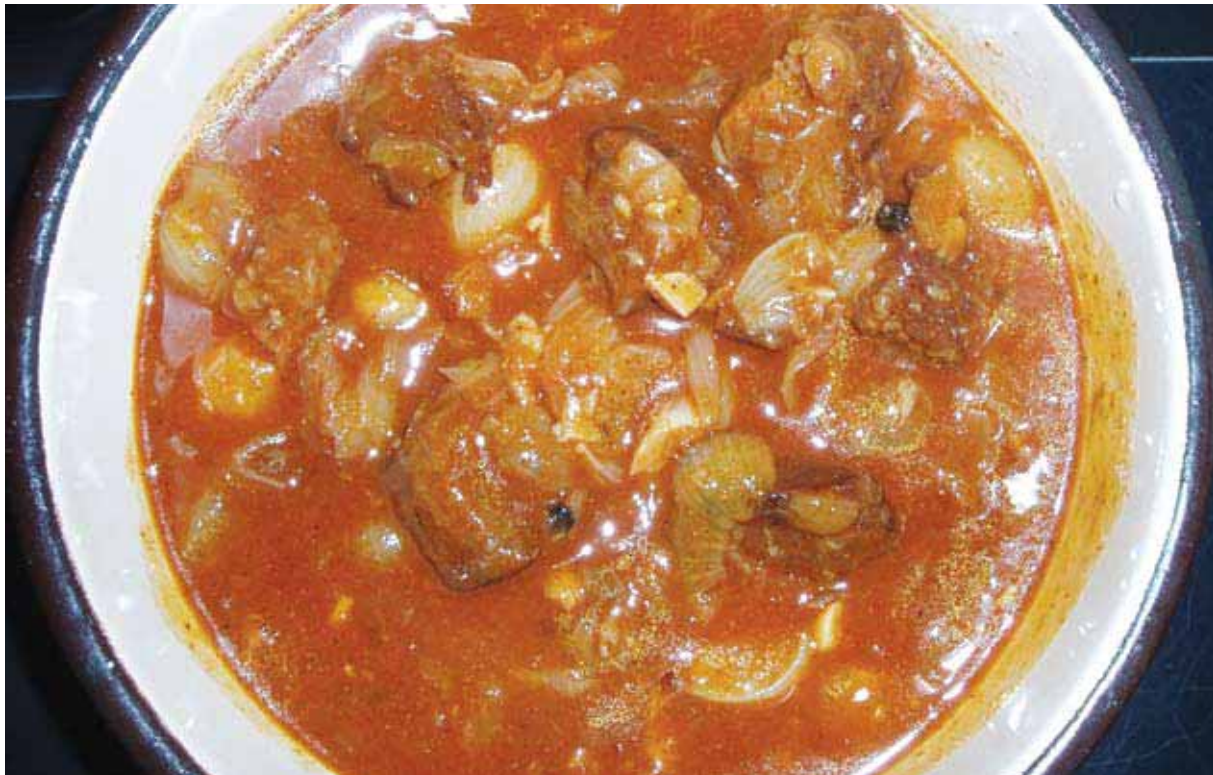
Ingredients

800g veal
100g oil
100g onion
30g garlic
600g shallots
30g tomato puree
24g flour
5g paprika
4–5g black pepper (grains)
Laurel leaves – three pieces (0.5g)
150ml red wine
Salt – to taste (10g)
Hot water – to taste

Preparation

Cut the meat into small pieces and fry for 5–10 minutes in the vegetable oil. Fry the onion, flour and the paprika for 1–2 minutes. Add this sauce to the meat. Add the cleaned shallots, black pepper, laurel leaves, tomato puree, garlic, red wine and salt. Cover with hot water. Boil and stew the mixture (for approx. 60–70 minutes) at a moderate temperature (180°C) until the meat and shallots become soft.

Телешко “Попска яхния”



Описаните количества са за 6 порции. Време за приготвяне около 100–120 минути.

Има данни, че в миналото постната /безмесна/ яхния е била едно от основните български ястия. Месната яхния, според намерените готварски рецепти, може да бъде приготвяна с телешко, овнешко, говеждо, агнешко, пилешко или заешко месо. Поради голямото количество на използвания арпаджик тя се нарича още и “Лучена яхния”. Названието “Попска” има връзка с националните ни празнично – обредни ритуали, според които през есента, за Петковден, традиционно са се приготвяли и консумирали курбан чорбите, яхниите, кебапите и гювечите с овнешко или говеждо месо.

Суровини

800г телешко месо
100г олио
100г лук
30г чесън
600г арпаджик
30г доматиено пюре
24г брашно
5г червен пипер
4–5г черен пипер(зърна) дафинов лист – 3 броя(0.5г)
150мл червено вино
сол – на вкус (10г)
вода – колкото е необходимо

Хранителна информация за порция от 100g

| | |
|--|-------------|
| Енергийност (kcal / kJ) | 445 / 1879 |
| Протеин (g) (N x 6.25) | 11.4 |
| Общи мазнини (g) от които наситени мастни киселини (g) | 9.9 2.0 |
| Въглехидрати (g) от които захари (g) | 77.5 2.4 |
| Хранителни влакнини (g) | 1.2 |
| Натрий (mg) | 509 |

Стойности получени от лабораторните анализи

Начин на приготвяне

Нарежете месото на малки парчета и го запържете за 5–10 минути в мазнината. Запържете леко (за 1–2 минути) лука, брашното и червения пипер. В голяма тенджера добавете към месото и запържката почистения арпаджик, черния пипер, дафиновия лист, доматиеното пюре, чесъна, червеното вино и солта. Залейте продуктите с гореща вода. Варете и задушавайте продуктите около 60–70 минути на умерена температура(180°C) докато месото и арпаджика омекнат.

Pepper relish

(Лютеница)



Provides 10 servings. Preparation time is 150–180 minutes.

Pepper relish is a special traditional food that has been part of the Bulgarian and Balkan diet for several decades. It is a vegetable sauce made of tomatoes, peppers and spices. Some newer recipes also add aubergine, carrots, potatoes, or onions. Pepper relish can be served as an appetizer or a garnish. In the past it was often combined with leeks, white beans or cheese and was eaten as a main dish in Bulgarian cuisine. Now, pepper relish is produced by various manufacturing companies (in addition to the homemade varieties) under different names: Homemade, Thracian, Rustic, Appetizer, Piquant and Table pepper relish for example.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 418 / 1771 |
| Protein (g) (N x 6.25) | 1.3 |
| Total Fat (g) of which saturated fatty acids (g) | 5.1 0.5 |
| Carbohydrates (g) of which sugars (g) | 91.8 4.8 |
| Dietary fibre (g) | 1.8 |
| Sodium (mg) | 1106 |

Values obtained from laboratory analyses

Ingredients

1.0kg Tomato paste
5.0kg Red peppers
60g Sugar
200ml Oil
70g Salt
Spices (black pepper, parsley) – as required

Preparation

Roast, peel and blend the red peppers.

Mix the peppers with the tomato paste and spices.

Heat the oil (without boiling) and pour it slowly into the mixture, stirring continuously to obtain a smooth mixture.

Put the finished product into jars and heat to sterilise for 10–15 minutes.

Лютеница



Описаните количества са за 10 порции. Време за приготвяне около 150–180 минути.

Лютеницата е традиционен хранителен продукт присъстващ в българската и балканската диета от десетилетия. Представлява зеленчукова паста(сос) приготвена от домати, чушки и подправки. В някои по-нови рецепти като компоненти присъстват и патладжани, моркови, картофи или лук. Лютеницата може да се консумира като мезе, предястие (разядка) или гарнитура. В миналото редовно са я комбинирали с праз лук, боб или сирене, и така тя е била и основна храна в менюто на българина. Сега, освен в домашни условия, лютеницата се произвежда от редица фирми под различни названия: домашна, тракийска, селска, първомайска, апетитка, пикантна, трапезна и др.

Хранителна информация за порция от 100g

| | |
|--|-------------|
| Енергийност (kcal / kJ) | 418 / 1771 |
| Протеин (g) (N x 6.25) | 1.3 |
| Общи мазнини (g) от които наситени мастни киселини (g) | 5.1 0.5 |
| Въглехидрати (g) от които захари (g) | 91.8 4.8 |
| Хранителни влакнини (g) | 1.8 |
| Натрий (mg) | 1106 |

Стойности получени от лабораторните анализи

Суровини

1.0кг доматено пюре
5.0кг червени чушки
60г захар
200мл олио
70г сол
подправки (черен пипер и магданоз) – на вкус

Начин на приготвяне

Изпечете, обелете и смелете червените чушки. Смесете преработените чушки с доматеното пюре и с подправките. Загрейте олиото (без да кипва) и го изсипете бавно в сместа при продължително разбъркване до получаването на хомогенна маса. Изсипете готовия продукт в буркани и стерилизирайте за 10–15 минути.

Nettles with rice (Коприва с ориз)



Provides 6 servings. Preparation time is 50 minutes.

In the past, many natural products were used in food preparation in Bulgaria. Traditionally, many leafy vegetables were eaten in spring. It is well known that at Easter, during the feasting period, Bulgarians often consumed nettles, dock, spinach and sorrel. Nettles are also present in Bulgarian folklore and mentioned in many tales, songs and sayings. Nettles are used throughout the country, but are cooked differently in different regions and are combined in various ways with other products.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 411 / 1742 |
| Protein (g) (N x 6.25) | 3.1 |
| Total Fat (g) of which saturated fatty acids (g) | 3.5 0.4 |
| Carbohydrates (g) of which sugars (g) | 91.8 0.6 |
| Dietary fibre (g) | 1.7 |
| Sodium (mg) | 221 |

Values obtained from laboratory analyses

For example, they can be pureed, stewed, used in gruel, or in an omelet, in moussaka, in meat balls with horse radish, nuts and eggs, added to a salad or in a pie. The combination of nettles with rice is a typical seasonal vegetarian dish which combines ingredients with similar taste characteristics.

Ingredients

1kg Nettles
150g Rice
85ml Oil
100g Onion
5g Paprika
Salt – to taste (4g)
Water – about 800ml

Preparation

Clean, wash and chop the nettle leaves.

Chop the onion and stew it for 1–2 minutes together with the paprika. Place all the ingredients into a big pot.

Boil the mixture at a moderate temperature (180°C) for about 30 minutes then serve.

Коприва с ориз



Описаните количества са за 6 порции. Време за приготвяне около 50 минути.

В миналото делът на употребяваните за храна в България естествени и природни продукти е бел значителен. Традиционно през пролетта са се консумирали редица листни зеленчуци. През Великденските пости у нас често се е яло коприва, лапад, спанак и киселец. Освен на трапезата копривата присъства и в нашия фолклор – за нея се споменава в редица разкази, песни, пословици и поговорки. Копривата в различните краища на

страната се приготвя и съчетава с други продукти по различен начин: салата, пюре, яхния, чорба, каша, като омлет, мусака, кюфтета, с хрян, с орехи, с яйца или под формата на баница. Комбинацията “Коприва с ориз” се явява типично сезонно вегетарианско ястие в което са комбинирани хранителни продукти със сходни, взаимно допълващи се вкусови характеристики.

Суровини

1кг коприва
150г ориз
85мл олио
100г лук
5г червен пипер
сол – на вкус (4г)
вода около 800мл

Начин на приготвяне

Отстранете неядимите части на копривата. Измийте с хладка вода и нарежете листата от коприва. Запържете нарязания лук за 1–2 минути заедно с червения пипер. Поставете запръжката и останалите продукти в голяма тенджерка. Варете сместа на умерена температура (180°C) около 30 минути.

Хранителна информация за порция от 100g

| | |
|--|-------------|
| Енергийност (kcal / kJ) | 411 / 1742 |
| Протеин (g) (N x 6.25) | 3.1 |
| Общи мазнини (g) от които наситени мастни киселини (g) | 3.5 0.4 |
| Въглехидрати (g) от които захари (g) | 91.8 0.6 |
| Хранителни влакнини (g) | 1.7 |
| Натрий (mg) | 221 |

Стойности получени от лабораторните анализи

Pumpkin pastry

(Сладкиш с тиква)



Provides 6 servings. Preparation time is 1 hour.

Seasonality is the leading characteristic feature of traditional Bulgarian cuisine. The autumn provides a rich variety and greater consumption of fruit and vegetables. Among them pumpkin is one of the most popular. Historically there are numerous recipes for dishes with pumpkin. Pumpkins can be eaten baked, boiled, fried, dried, with honey, in stews, salads, cookies or pies. For decades pumpkins have been present at Bulgarian tables as 'Pumpkin pastry' – even at Christmas. Together with a compote of dried fruit, milk with rice, semolina pastry and yogurt, 'Pumpkin pastry' and pies with pumpkin are typical national desserts.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 417 / 1767 |
| Protein (g) (N x 6.25) | 3.6 |
| Total Fat (g) of which saturated fatty acids (g) | 4.7 2.4 |
| Carbohydrates (g) of which sugars (g) | 90.2 18.8 |
| Dietary fibre (g) | 1.5 |
| Sodium (mg) | 317 |

Values obtained from laboratory analyses

Ingredients

900g Pumpkin
170g Sugar
300ml Milk
3 Eggs
75g Flour
60g Butter
30g Icing sugar
3g Cinnamon

Preparation

Peel and grate the pumpkin.

Mix the eggs, sugar, flour, milk and butter and stir well.

Add the pumpkin into the mixture and mix well with other ingredients.

Pour the mixture onto a large baking dish (greased with some butter).

Roast at a moderate temperature (180°C) until brown.

After the pumpkin pastry has cooled, sprinkle with cinnamon and icing sugar.

Сладкиш с тиква



Описаните количества са за 6 порции. Време за приготвяне около 60–70 минути.

На първо място сред характерните особености на традиционната българска кухня е нейната сезонност. Есента се характеризира с богато разнообразие и повишена консумация на плодове и зеленчуци. Сред зеленчуците особено място в диетата на българина заема тиквата. В исторически план има голям брой готварски рецепти с нейно участие. Тя се консумира печена, варена, пържена, сушена, както и с петмез, с мед, под формата на гозба, като салата, като сладкиш или баница. От много десетилетия насам тиквата присъства на трапезата на българина под формата на “Тиквеник” и на най-светлия християнски празник Рождество Христово. Наред с ошава, млякото с ориз, халвата с грис и киселото мляко, “Тиквеникът” и сладкишите с тиква са едни от типичните ни национални десерти.

Хранителна информация за порция от 100g

| | |
|---------------------------------------|------------|
| Енергийност (kcal / kJ) | 417 / 1767 |
| Протеин (g) (N x 6.25) | 3.6 |
| Общи мазнини (g) | 4.7 |
| от които наситени мастни киселини (g) | 2.4 |
| Въглехидрати (g) | 90.2 |
| от които захари (g) | 18.8 |
| Хранителни влакнини (g) | 1.5 |
| Натрий (mg) | 317 |

Стойности получени от лабораторните анализи

Суровини

900г тиква
170г захар
300мл мляко
яйца – три броя
75г брашно
60г масло
30г пудра захар
3г канела

Начин на приготвяне

Обелете и настържете тиквата. Смесете яйцата, захарта, брашното, млякото и маслото и разбъркайте добре. Изсипете настърганата тиква в сместа. Разбъркайте отново. Изсипете сместа в голяма тава, предварително намазана с масло. Печете до златист цвят на умерена фурна (около 180°C). След като се охлади, напръскайте готовия продукт с канела и пудра захар.

Hamburger Steak

(Hakkebøf)



Provides 4 servings. Preparation time is 30 minutes.

This traditional Danish food has been cooked in almost all Danish homes and in traditional restaurants for the last 75 years or more. The way of cooking this dish varies a little from family to family and from one area to the other.

Ingredients

2 Large onions
 75g Butter/margarine
 675g Lean diced beef
 5 tbsp wheat flour
 Salt
 Pepper
 400ml soup or potato water, with gravy browning;
 Served with boiled potatoes and pickled cucumber

Nutritional information per 100g of edible portion

| | |
|------------------------------------|------|
| Energy (kcal / kJ) | |
| Protein (g) (N x 6.25) | 11.2 |
| Total Fat (g) | 8.9 |
| of which saturated fatty acids (g) | 3.26 |
| Carbohydrates (g) | 8.8 |
| of which sugars (g) | 2.5 |
| Dietary fibre (g) | NA |
| Sodium (mg) | NA |

Values obtained by laboratory analysis
 NA – Not analysed

Preparation

The sliced onions are fried until brown in half of the fat. The beef is minced once in the mincer and shaped into 6–8 burgers. They are breaded in the flour with salt and pepper and fried in a frying pan for 3–4 minutes on each side. The burgers must be red and juicy, but not bloody. Add the soup or potato water to the frying pan, and thicken with the rest of the flour. Boil the gravy for a couple of minutes. Put one third of the brown fried onions into the gravy and add browning before adjusting the taste. The rest of the onions are divided over the fried steaks together with the gravy. Serve with boiled potatoes and pickled cucumber or salad.

Hakkebøf



Til 4 portioner. 30 Minutter.

Denne traditionelle ret er blevet lavet i danske hjem og restauranter i mere end 75 år, der er imidlertid mange variationer af retten fra familie til familie og fra den ene egn til den anden.

Ingredienser

2 store løg
 75g smør/margarine
 675g skært oksekød (klump)
 5 spsk mel
 Salt
 Peber
 4dl suppe eller kartoffelvand kulør
 serveres med kogte kartofler og syltede asier

Forberedelse

De tyndt skårne løg brunes i halvdelen af fedtstoffet. Kødet hakkes 1 gang gennem maskinen og formes til hakkebøf af passende størrelse (6–8 stk.). De vendes i mel tilsat salt og peber og steges i resten af fedtstoffet på panden ved god varme, 3–4 minutter på hver side. Bøffen skal være rød og saftig, men ikke blodig. Panden afkoges med suppe eller kartoffelvand, som jøvnes med meljævning, udrørt af resten af melet fra paneringen. Sovsen småkoger et par minutter. En tredjedel af de brunede løg kan kommes i sovsen, der tilsættes kulør, før den smages godt til. Resten af løgene fordeles over de stegte bøffer, og sovsen holdes ved. Kogte kartofler og syltede asier eller en råkostsalat serveres til.

ringsindhold pr. 100g spiselig del

| | |
|-----------------------------|------|
| Energi (kcal/kJ) | |
| Protein (g) (N x 6.25) | 11.2 |
| Fedt, total (g) | 8.9 |
| heraf mættede fedtsyrer (g) | 3.26 |
| Kulhydrat (g) | 8.8 |
| heraf sukkerarter (g) | 2.5 |
| Kostfibre (g) | NA |
| Natrium (g) | NA |

Analyseværdier
 NA – Ikke analyseret

Fried Plaice

(Stegt rødspætte)



Provides 2 servings. Preparation time is 30 minutes.

This traditional Danish food has been cooked in almost all Danish homes and in traditional restaurants for the last 75 years or more. The way of cooking this dish varies a little from family to family and from one area to the other.

Ingredients

1kg plaice (2 big or 4 smaller plaice)
Wheat flour
Egg
Breadcrumbs
50g Butter/margarine

Nutritional information per 100g of edible portion

| | |
|------------------------------------|------|
| Energy (kcal / kJ) | |
| Protein (g) (N x 6.25) | 10.2 |
| Total Fat (g) | 8.9 |
| of which saturated fatty acids (g) | 2.94 |
| Carbohydrates (g) | 8.7 |
| of which sugars (g) | 1.04 |
| Dietary fibre (g) | NA |
| Sodium (mg) | NA |

Values obtained by laboratory analysis
NA – Not analysed

Preparation

The cleaned plaice are breaded with egg and breadcrumbs and pan-fried until they are done, which takes approximately 5 minutes on each side. They are served with potatoes and browned butter, parsley butter, parsley sauce, salsa verte or remoulade (similar to tartar sauce). Cold or hot potato salad tastes great with fried plaice. It is also tasty with cucumber salad or gooseberry stew when served with browned butter. When served it is decorated with parsley and sliced lemon.

Stegt rødspætte



Til 2 portioner. 30 Minutter.

Denne traditionelle ret er blevet lavet i danske hjem og restauranter i mere end 75 år, der er imidlertid mange variationer af retten fra familie til familie og fra den ene egn til den anden.

| ringsindhold pr. 100g spiselig del | |
|------------------------------------|------|
| Energi (kcal/kJ) | |
| Protein (g) (N x 6.25) | 10.2 |
| Fedt, total (g) | 8.9 |
| heraf mættede fedtsyrer (g) | 2.94 |
| Kulhydrat (g) | 8.7 |
| heraf sukkerarter (g) | 1.04 |
| Kostfibre (g) | NA |
| Natrium (g) | NA |

Analyseværdier
NA – Ikke analyseret

Ingrediense

1kg rødspætter (2 store eller 4 mindre)
mel æg
rasp
50g smør/margarine
50–75g smør
1 spsk hakket persille
0.5 spsk citronsaft
hvid peber
840g kogte kartofler

Forberedelse

De istandgjorte rødspætter steges hele. De paneres i æg og rasp og steges på panden evt. i halvt olie halvt smør, til de er gennemstegte ca. 5 minutter på hver side. Serveres med kogte kartofler og brunet smør, persillesmør, persillesovs, sauce verte, remoulade eller ymersovs. Også kold eller varm kartoffelsalat smager godt til stegt rødspætte. Serveres den med brunet smør, passer det godt med agurkesalat og stikkelsbærkompot til fisken. Ved anretningen garneres den med persillekviste og citronskiver.

Apple Charlotte

(Æblekage)



Provides 6 servings. Preparation time is 7–10 minutes.

This traditional Danish food has been cooked in almost all Danish homes and in traditional restaurants for the last 75 years or more. The way of cooking this dish varies a little from family to family and from one area to the other.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|------|
| Energy (kcal / kJ) | |
| Protein (g) (N x 6.25) | 9.3 |
| Total Fat (g) | 3.7 |
| of which saturated fatty acids (g) | 2.11 |
| Carbohydrates (g) | 30.5 |
| of which sugars (g) | 0.23 |
| Dietary fibre (g) | NA |
| Sodium (mg) | NA |

Values obtained by laboratory analysis
NA – Not analysed

Ingredients

1kg Apples
10ml Water
Sugar
1 tsp Vanilla sugar
Sugar
200g Breadcrumbs
50g Sugar
50g Butter
15ml Whipping cream
Red currant jelly

Preparation

The peeled, cut apples are boiled in the water to make a thick mash. Add sugar and vanilla sugar to taste. Mix the bread crumbs and the rest of the sugar. Melt the butter in a frying pan and toast the breadcrumb mixture in the butter until it is crisp and golden. Stir the toasted breadcrumbs while they are cooling. The apple charlotte is assembled just before serving. Put the stewed apples on a plate and layer the breadcrumbs over the top. Garnish the apple charlotte with whipped cream and fruit jelly.

Æblekage



Til 6 portioner. 7–10 Minutter.

Denne traditionelle ret er blevet lavet i danske hjem og restauranter i mere end 75 år, der er imidlertid mange variationer af retten fra familie til familie og fra den ene egn til den anden.

Ingrediense

1kg æbler
1dl vand
Sukker
1 tsk vanillesukker
2dl rasp
0.5dl sukker
50g smør
1.5dl piskefløde
ribs gelé

ringsindhold pr. 100g spiselig del

| | |
|-----------------------------|------|
| Energi (kcal/kJ) | |
| Protein (g) (N x 6.25) | 0.93 |
| Fedt, total (g) | 3.7 |
| heraf mættede fedtsyrer (g) | 2.11 |
| Kulhydrat (g) | 30.5 |
| heraf sukkerarter (g) | 0.23 |
| Kostfibre (g) | NA |
| Natrium (g) | NA |

Analyseværdier
NA – Ikke analyseret

Forberedelse

Kog de skrællede, udskårne æbler med vandet til en stiv mos og smag den til med sukker og vanillesukker. Bland rasp og sukker. Smelt smørret på panden og rist raspen deri, indtil den er gylden og sprød. Rør af og til i raspen under afkølingen. Æblekagen lægges sammen lige før anretningen. Læg æblegrød og rasp lagvis i en skål, det øverste lag skal være rasp. Pynt æblekagen med flødeskum og gelé. Rå, revne æbler blandet med sukker kan bruges i stedet for æblegrød. Der kan anvendes rabarber- eller stikkelsbærkompot i stedet for æbler. Den ristede rasp kan erstattes med knuste makroner.

Pumpernickel Bread

(Pumpernickel Brot)



Preparation time is approximately 24 hours.

Pumpernickel bread is one of most famous, typical German breads. It has been baked in the North-Rhine Westphalia region for centuries. Pumpernickel is mentioned by Grimmelhausen in his work 'Simplizissimus' dated around the time of the 30-year war. Many theories tried to explain the origin of its name, but none has been scientifically accepted. Due to its high content of dietary fibre and other nutrients, Pumpernickel became an important part of the diet for sailors.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 200 / 841 |
| Protein (g) (N x 6.25) | 6.08 |
| Total Fat (g) | 1.01 |
| of which saturated fatty acids (g) | 0.13 |
| Carbohydrates (g) | 41.1 |
| of which sugars (g) | 0.8 |
| Dietary fibre (g) | 8.5 |
| Sodium (mg) | 0.43 |

Values obtained from recipe calculations with food composition data from national food tables.

Ingredients

Coarse rye flour (Rye meal)
Water
Salt
Yeast
Sugar beet molasses
Starch (optional)
Malted meal (optional)

Preparation

Take 10% of the rye meal, douse it with a similar amount of water, and let it stand for approximately 3 hours. To obtain a dough, mix all ingredients, including the previously doused meal and knead. Let the dough rest for 3–4 hours. Afterwards, knead strongly and place the dough into a greased baking pan that can be tightly closed. Bake the dough at low temperature (110°C) for at least 16 hrs. This slow baking procedure gives the Pumpernickel its characteristic dark colour.

Pumpernickel Brot



Zubereitungszeit ist ca. 24 Stunden.

Pumpernickel ist eines der bekanntesten, typisch deutschen Brote, das in Westfalen schon seit Jahrhunderten gebacken wird. Bereits in Grimmelshausens „Simplicissimus“ aus der Zeit des 30jährigen Krieges ist es erwähnt. Es gibt eine Vielzahl von Thesen, die versuchen die Herkunft des Namens zu beleuchten, doch keine ist wissenschaftlich belegt. Wegen seines Reichtums an Nähr- und Ballaststoffen wurde es außerdem als Bordverpflegung bei großen Schifffahrtsgesellschaften eingeführt.

| Nährwertangaben pro 100g verzehrbare Menge | |
|---|--------------|
| Energie (kcal / kJ) | 200 / 841 |
| Protein (g) (N x 6.25) | 6.08 |
| Gesamtfett (g) davon gesättigte Fettsäuren (g) | 1.01 0.13 |
| Kohlenhydrate (g) davon Zucker (g) | 41.1 0.8 |
| Ballaststoffe (g) | 8.5 |
| Natrium (mg) | 0.43 |

Diese Werte wurden basierend auf das verwendete Kochrezept mithilfe von Daten aus nationalen Nährwerttabellen berechnet.

Zutaten

Roggenbackschrot
Wasser
Salz
Hefe
Zuckerrübensirup
Stärke (optional)
Malz (optional)

Zubereitung

Für das Brühstück werden 10% des Schrotetes etwa 3 Stunden vor der Teigbereitung mit der gewichtsgleichen Menge siedenden Wassers übergossen. Die Temperatur des Brühstücks liegt dann bei 65°C. Durch dieses Verfahren soll die Wassermenge, die für die Stärkequellung beim backen notwendig ist, in den Teig gebracht werden.

Nun verarbeitet man das Brühstück und die restlichen Zutaten zu einem Teig, wiegt Stücke ab und lässt sie für 3–4 Stunden ruhen. Anschließend werden sie in gefettete, verschließbare Backkästen eingelegt und bei knapper Gare und relativ niedriger Temperatur (nur etwa 110°C) in Dampfbackkammern mind. 16 Stunden lang gebacken.

Swabian Ravioli

(Schwäbische Maultaschen)

Serves 4. Preparation time is approximately 3–4 hours.

Maultaschen or 'Swabian Ravioli' is a Swabian specialty with centuries of tradition. There are many legends about its origin, which have been passed orally from generation to generation, and have been written down only recently. The first written reference to the Maultaschen (ravioli) is from 1831. The prelate of the Kingdom of Württemberg, Johannes Christoph von Schmid, mentions the Maultasche as a 'stuffed noodle from Swabia'. This fact has also been paraphrased in a book published in 1885 by the brothers Grimm. Later in 1914, a Swabian dictionary written by Hermann Fischer mentions that Maultaschen are mostly filled with spinach.

Ingredients

224g Fresh spinach leaves
 20g Fresh parsley leaves
 65g Onions
 78g Wheat bread rolls (1–2 days old)
 20g Smoked bacon
 250g Beef/pork ground meat
 155g Chicken egg (whole)
 10g Butter
 13g Salt
 0.16g Black pepper
 0.24g Nutmeg
 192g Wheat flour



Preparation

Prepare the dough by mixing flour, eggs and salt. Knead until the dough is uniform and let it rest for approximately 2 hours. To prepare the stuffing, soak the bread rolls in water, chop onions finely and cook them with butter until they are glassy. Mince the bacon finely and fry it in the same pan. In the meantime the spinach should be washed, briefly blanched, pressed to release excess water and puréed using a blender. Also blend the soaked bread rolls (after removing excess water) and combine with the spinach. Chop the parsley finely and add to the mixture, together with the ground meat, the eggs, and the fried onions and bacon. Season the mixture. Knead and roll the dough sprinkling some flour on the working area to help roll out the dough and form a thin rectangle. Divide the rectangle (dough) in two halves with a small mark or depression. Fill one side with the stuffing, leaving 1cm edge free. Add some water to the edges and fold the other side of the dough over the stuffing, pressing on the moistened edges well so that a pouch is formed and the edges are stuck together. Now the 'maultaschen' are formed by drawing parallel lines lengthwise and across the stuffed dough and pressing slightly with a wooden spoon. Use a plate for drawing these lines by rolling it over the dough. Finally use a dough cutter to form each 'ravioli' or 'maultaschen'. Cook the maultaschen in salted boiling water for 15 minutes, drain off the water and serve them warm.

Nutritional information per 100g of edible portion

| | |
|---|---------------|
| Energy (kcal / kJ) | 130.8 / 550.9 |
| Protein (g) (N x 6.25) | 10.4 |
| Total Fat (g) of which saturated fatty acids (g) | 4.0 1.7 |
| Carbohydrates (g) of which sugars (g) | 13.3 0.6 |
| Dietary fibre (g) | 2.2 |
| Sodium (mg) | 497 |

Values obtained from laboratory analyses

Schwäbische Maultaschen

4 Portionen. Zubereitungszeit ist ca. 3–4 Stunden.

Bei Schwäbischen Maultaschen handelt es sich um eine schwäbische Spezialität mit jahrhundertealter Tradition. Um die Herkunft der Maultasche ranken sich zahlreiche Legenden und Erzählungen in Schwaben. Das Wissen über den Ursprung der Maultasche gründet sich vor allem auf mündlich tradierte Überlieferungen, welche erst in neuerer Zeit schriftlich fixiert wurden. Die erste urkundliche Erwähnung datiert aus dem Jahr 1831: Der königlich württembergische Prälat Johannes Christoph von Schmid erwähnt die Maultasche als "gefüllte Nudel aus Schwaben". Diese Umschreibung findet sich 1885 auch in dem Standardwerk der Gebrüder Grimm und 1914 mit der Ergänzung "meist mit Spinat gefüllt" im schwäbischen Wörterbuch von Hermann Fischer.

Zutaten

224g Blattspinat, frisch
 20g Petersilie, frisch und gekraust
 65g Speisezwiebel
 78g Weißbrötchen (1–2 Tage alt)
 20g Bauchspeck, geräuchert
 250g Hackfleisch vom Schwein und Rind, gemischt
 155g Eier (ganz)
 10g Butter
 13g Salz
 0.16g schwarzer Pfeffer
 0.24g Muskatnuss
 192g Weizenmehl Typ 405



Zubereitung

Mehl, Ei und Wasser werden gemischt und zu einem Teig verknetet. Der Teig wird gepresst oder durch Auswellen zu einer Teigbahn gewalzt. Anschließend wird das Brät beziehungsweise Füllung hergestellt.

Den Speck in kleine Würfel schneiden und gemeinsam mit fein gehackten Zwiebeln und Petersilie in der Butter glasig gedämpft. Danach werden der gekochte, gewiegte Spinat und die eingeweichten Brötchen hinzugefügt. Diese Masse in einer Schüssel mit den Eiern und dem Hackfleisch vermengen, Die Füllung würzen und gleichmäßig auf die Nudelkuchen streichen, zusammenrollen und in schräge Vierecke schneiden. Die Maultaschen kocht man ca. 15 Minuten in Salzwasser. Sie werden in einer Brühe oder geröstet serviert.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|---------------|
| Energie (kcal / kJ) | 130.8 / 550.9 |
| Protein (g) (N x 6.25) | 10.4 |
| Gesamtfett (g) | 4.0 |
| davon gesättigte Fettsäuren (g) | 1.7 |
| Kohlenhydrate (g) | 13.3 |
| davon Zucker (g) | 0.6 |
| Ballaststoffe (g) | 2.2 |
| Natrium (mg) | 497 |

Werte aus Laboranalysen

Für mehr Informationen zu deutschen traditionellen Gerichten kontaktieren Sie bitte das Max Rubner-Institut, Bundesforschungsinstitut für Ernährung und Lebensmittel, www.mri.bund.de

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Black Forest smoked ham

(Schwarzwälder Schinken)



For 1 pork leg. Preparation time is up to 6 months.

The “Schwarzwälder Schinken” is a specialty from the German Black Forest because it uses the wood found in this area for its cold-smoking process. This ham has been produced for centuries in the Black Forest and its recipe has been passed orally from generation to generation. The low relative humidity of the region is related to its altitude, providing ideal environmental conditions for the curing, drying, cold-smoking and maturation process of this special ham.

Ingredients

6 to 8kg Pork leg
40 to 45g/kg cooking Salt
0.3g/kg potassium Nitrate
2–5g/kg black pepper
1 to 2g/kg coriander
Juniper berry
Cloves as desired
Garlic as desired

Preparation

Traditionally, pigs are reared locally and fed with potatoes, cereals and grass. The animals are butchered between 9 to 12 months of age, weighing about 125kg. Pork leg meat, free of bones and tendons is cured with a mix of cooking salt, potassium nitrate, and spices (garlic, pepper, coriander, juniper berry, cloves). Depending on the farmer, the dry curing process takes from 2 to 8 weeks at temperatures varying from 2 to 8°C, until the characteristic taste is reached. Usually, for the first 2 weeks the ham is stored in its own brine. This brine is sometimes discarded, but some farmers use it until the end of the curing period. To remove excess salt, the ham is sometimes dipped in fresh water for half a day to 2 days. The cured ham is then placed in a cool environment (2 to 10°C) for 7 to 14 days for drying. Afterwards, the ham is smoked with fir wood for 2 to 8 weeks at 20–25°C (room temperature), until the desired texture is reached.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|----------------|
| Energy (kcal / kJ) | 303.1 / 1260.8 |
| Protein (g) (N x 6.25) | 26.5 |
| Total Fat (g) | 21.9 |
| of which saturated fatty acids (g) | 7.6 |
| Carbohydrates (g) | 0.0 |
| of which sugars (g) | 0.0 |
| Dietary fibre (g) | 0.0 |
| Sodium (mg) | 2140 |

Values obtained from laboratory analyses

Schwarzwälder Schinken



Für 1 Schweinskeule. Zubereitungszeit ist ca. 6 Monate.

Der Schwarzwälder Schinken wird seit Jahrhunderten im Schwarzwald nach traditionellen, altüberlieferten Rezepturen hergestellt.

Die trockene Schwarzwaldluft verbunden mit den in den Höhenlagen des Schwarzwaldes herrschenden idealen klimatischen Verhältnissen, spielt bei der Schinkenreifung, die nach dem Räuchern in Klimaräumen stattfindet, eine wichtige Rolle. Sie lassen das würzige Aroma ideal ausreifen und garantieren eine gleichbleibend gute Qualität.

Zutaten

6–8kg Schinken vom Schwein
 40–45g Salz/kg Fleisch
 0.3g Salpeter (KNO₃)/kg Fleisch
 2–5g schwarzer Pfeffer /kg Fleisch
 1–2g Korianderkörner /kg Fleisch
 Wacholderbeeren nach Geschmack
 Knoblauch nach Geschmack
 Nelken nach Geschmack

Zubereitung

Die Schweine, die später zu Schinken verarbeitet werden, werden auf reiner Getreidebasis und mit hofeigener Buttermilch gefüttert. Nach 6 bis 9 Monaten haben sie bei der Schlachtung 120 bis 125kg Lebendgewicht und etwa 100kg Schlachtgewicht.

Der Beinschinken wird von Knochen und Sehnen befreit, und wird mit Salz, Salpeter und Gewürzen (schwarzer Pfeffer, Koriander, Wacholderbeeren, Knoblauch und Nelken) eingerieben. Die Pökellung kann je nach Metzger 2 bis 8 Wochen dauern bei Temperaturen zwischen 2 und 8°C, bis der gewünschte Geschmack erreicht wird.

Normalerweise wird der Schinken die ersten 2 Wochen in seiner eigenen Lake aufbewahrt. Die Lake kann später entsorgt oder bis zum Ende der Pökellung benutzt werden. Nach dem Pökeln kommt das sogenannte Nachbrennen, das die eigentliche Aromatisierungsphase ist. Nach dem Nachbrennen kommt der Schinken wieder in die Produktion und wird 1 bis 2 Nächte in einen Behälter mit frischem Wasser eingelegt.

Danach wird der Schinken in einem Kühlraum bei 2 bis 10°C zum Trocknen aufgehängt. Dort hängt er 7 bis 14 Tage und kommt dann in den Kaltrauch für 2 bis 8 Wochen bei 20–25°C (Zimmertemperatur), bis die gewünschte Konsistenz erreicht wird.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|----------------|
| Energie (kcal / kJ) | 303.1 / 1260.8 |
| Protein (g) (N x 6.25) | 26.5 |
| Gesamtfett (g) | 21.9 |
| davon gesättigte Fettsäuren (g) | 7.6 |
| Kohlenhydrate (g) | 0.0 |
| davon Zucker (g) | 0.0 |
| Ballaststoffe (g) | 0.0 |
| Natrium (mg) | 2140 |

Werte aus Laboranalysen

Für mehr Informationen zu deutschen traditionellen Gerichten kontaktieren Sie bitte das Max Rubner-Institut, Bundesforschungsinstitut für Ernährung und Lebensmittel, www.mri.bund.de

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Thuringian Sausages

(Thüringer Rostbratwurst)



Preparation time is approximately 1 hour.

The 'Thüringer Rostbratwurst' was mentioned for the first time in an invoice found at the Jungfrauen monastery, at the city of Arnstadt, where 1 'Grosch', the currency at that time, was spent to buy guts to produce barbequed sausages. In 1432, the butchers from the city Weißensee proposed a law of 'purity requirements' for several sausages. This way, the butchers from Weißensee were the first ones in a long tradition of butchers to follow hygienic regulations to produce sausages. Later on, these requirements were placed in other neighbouring cities, such as Weimar.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 334 / 1400 |
| Protein (g) (N x 6.25) | 16.3 |
| Total Fat (g) of which saturated fatty acids (g) | 30.2 10.8 |
| Carbohydrates (g) of which sugars (g) | 0.33 0.28 |
| Dietary fibre (g) | 0.05 |
| Sodium (mg) | 0.68 |

Values obtained from recipe calculations with food composition data from national food tables.

Ingredients

Pork meat
Pork stomach (without callouses)
Black pepper
Ground caraway
Ground marjoram
Grated lemon zest
Garlic

Preparation

Use pork meat, free of bones, tendons and calluses. The lean parts are finely cut in cubes, whereas the fatty parts are minced in a meat grinding machine. Mix with spices and knead until a well bound mixture is obtained. Fill in natural pork intestine up to 20cm long. Since sausages are raw, they should be stored at 3°C for a maximum of two days before being sold. Traditionally, Thüringer Rostbratwurst are barbequed before their consumption.

Thüringer Rostbratwurst



Zubereitungszeit ist ca. 1 Stunde.

Aus dem Jahre 1404 gibt es einen Eintrag von der Propsteirechnung des Arnstädter Jungfrauenklosters, in der die Ausgabe von 1 Groschen für Därme zu Bratwürsten „I g vor darme czu brotwurstin“ vermerkt ist. Im Jahre 1432 stellten die Weißenseer Fleischhauer in einer Fleischhauerordnung ein „Reinheitsgebot“ für die Brat-, Leber- und andere Würste auf. Somit waren es die Weißenseer Fleischer, die in langer Tradition stehend erstmalig nach äußerst hygienischen Vorschriften Würste herstellten und dieses Gebot den Weimarer Fleischern „zur Verfügung“ stellten.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|------------|
| Energie (kcal / kJ) | 334 / 1400 |
| Protein (g) (N x 6.25) | 16.3 |
| Gesamtfett (g) | 30.2 |
| davon gesättigte Fettsäuren (g) | 10.8 |
| Kohlenhydrate (g) | 0.33 |
| davon Zucker (g) | 0.28 |
| Ballaststoffe (g) | 0.05 |
| Natrium (mg) | 0.68 |

Diese Werte wurden basierend auf das verwendete Kochrezept mithilfe von Daten aus nationalen Nährwerttabellen berechnet.

Zutaten

Schweinefleisch
Schweinebauch (ohne Schwarte)
Salz
schwarzer Pfeffer
Kümmel, gemahlen
Marjoran, gemahlen
Zitronen, gerieben
Knoblauch

Zubereitung

Als Ausgangsmaterialien für die Thüringer Rostbratwurst wird grob entfettetes Schweinefleisch und Bauchspeck verwendet.

Das Fleisch wird entseht, entschwartet und in Würfel geschnitten, die mageren Stücke werden mittelfein, die fetten Stücke fein im Fleischwolf zerkleinert. Danach mischt man die Gewürze hinzu und knetet alles zu einer gut bindenden Masse, die man in Naturdärme vom Schwein füllt. Bei einer Länge von 20cm bindet man die Würste ab. Da die Wurst roh verkauft wird, darf sie für maximal 2 Tage vor dem Verkauf bei 3°C gelagert werden. Traditionell wird die Thüringer Rostbratwurst auf einem Rost über Holzkohlefeuer gebraten.

Dresden fruit loaf

(Dresdner Stollen)

Provides 1kg of stollen. Preparation time is approximately 4–5 hours.

Baking a fruit loaf is an old tradition in Dresden. The history of fruit loaf or 'Stollen' can be traced back to the 14th century. The 'Dresdner Stollen' was documented for the first time in 1330 in Naumburg an der Saale. Variations in the recipe from region to region symbolise the child Christ wrapped in cloths. Actually, during the Middle Ages this cake was not as rich as we know it now. At that time it was made only of flour, water and yeast, and used to be consumed in the advent season as fasting bread. Only at the end of the 17th century the church relaxed its laws and allowed the use of butter and milk during the fasting time for the production of the 'Christ-bread', according to the regional fruit loaf recipes containing butter and several other ingredients.

Ingredients

500g wheat flour
 40g yeast
 200ml milk
 200g butter
 500g raisins
 80g almonds (peeled)
 150g sugar
 4g salt
 300ml rum
 2g vanilla
 1 egg yolk
 50g candied lemon peel
 50g candied orange peel
 Juice and Peel from ½ a lemon

For the glaze: 50g butter
 50g icing sugar



Preparation

Mix the flour and salt. Add the yeast to the lukewarm milk and mix it well with the flour. Cover the mixture and let it stand for 60 minutes. Soak the raisins in rum for the whole stand time of the dough. Allow the butter to reach room temperature and add to the dough. Then add sugar, raisins, egg yolk, almonds, candied peels and other spices kneading for as long as needed for the dough to be easy to handle and not stick to the bowl. Cover and let the dough stand for 1–1.5 hours in a warm place. Roll the dough and shape into a loaf. Make a 1cm deep cut along the top of the loaf. Let the loaf stand for 30 minutes before baking. Bake for 1 hour, until brown. Melt the butter and coat the surface of the loaf with it using a brush. Sprinkle with powdered sugar. Repeat this procedure twice. Traditionally, the fruit loaf from Dresden should stand for 1 week at 10 to 15°C and 50–80% relative humidity before consumption.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 381 / 1596 |
| Protein (g) (N x 6.25) | 6.3 |
| Total Fat (g) of which saturated fatty acids (g) | 17.6 10.2 |
| Carbohydrates (g) of which sugars (g) | 49.2 33.2 |
| Dietary fibre (g) | 7.6 |
| Sodium (mg) | 280 |

Values obtained from laboratory analyses

Dresdner Stollen

für 1 kg Stollen. Zubereitungszeit ist ca. 4–5 Stunden.

Die Tradition Dresdner Christstollen® zu backen ist schon sehr alt. Die Geschichte reicht bis ins 14. Jahrhundert zurück. Der Stollen wird erstmals im Jahre 1330 in Naumburg an der Saale urkundlich erwähnt. 1474 wird der Stollen auf der Rechnung des christlichen Bartolomäi-Hospitals in Dresden als Fastengebäck erwähnt, das lediglich aus Mehl, Hafer und Wasser hergestellt wurde und dem kirchlichen Dogma unterstand. Ohne Butter und Milch aber war der Stollen, auch Striezel genannt, ein langweilig schmeckendes Gebäck. Deshalb wandten sich Kurfürst Ernst von Sachsen und sein Bruder Albrecht mit der Bitte an den Papst, das „Butter-Verbot“ aufzuheben. Der Heilige Vater ließ sich erweichen und schickte ein als „Butterbrief“ bekanntes Schreiben, dass bei Zahlung einer Buße mit gutem Gewissen und Gottes Segen auch Milch und Butter für den Stollen verwendet werden können. Die Rezeptur variiert von Region zu Region und symbolisiert das in Windeln gewickelte Christuskind. Die längliche Form des Gebäckes ließ einen Vergleich mit einem Pfosten zu, wie er im Bergbau verwendet wurde, daher der Name Stollen.

Zutaten

500g Weizenmehl
 40g Hefe
 200ml Milch
 200g Butter
 500g Rosinen
 80g Mandeln
 150g Zucker
 4g Salz
 300ml Rum
 2g Vanille
 1 Eidotter
 50g Zitronat
 50g Orangeat
 Macisblüte
 Saft und Schale von ½ Zitrone
Für die Glasur: 50g Butter
 50g Puderzucker



Zubereitung

Am Vorabend die Sultaninen in den Rum einlegen. Alle Zutaten sollten zum Backen Zimmertemperatur haben. Alle Zutaten abwiegen. 1/3 des Mehls in eine große Schüssel geben. Die auf 40°C erwärmte Milch und 1 EL Zucker über das Mehl gießen und die Hefe hineinbröckeln. Hefe und Milch mit dem Mehl verrühren und in einem auf 40°C vorgewärmten Ofen 30 Minuten gehen lassen. In einer anderen Schüssel 1/3 Mehl, die Butter, Mandeln, Zitronat, Zitronenschale, Macisblüte, Salz und Zucker vermischen. Die zwei Teige miteinander verkneten, zuletzt die Rosinen zum Teig mischen. Den Teig ca. 15 Minuten kneten. In einem auf 40°C vorgewärmten Ofen den Teig 120 Minuten gehen lassen. Den Teig nochmals kneten und in zwei gleich große Teile teilen. Die Teigstücke rollen, auf ein mit Backpapier ausgelegtes Backblech legen und mit einem Messer ca. 1cm tief einschneiden. Die Teigstücke nochmals ruhen lassen solange der Backofen vorheizt. Den Backofen auf 240°C vorheizen und die Stollen für 5 Minuten backen, den Ofen auf 210°C stellen und die Stollen 25 Minuten backen. Dann den Ofen auf 180°C stellen und die Stollen 30 Minuten weiterbacken. Nach der Backzeit den Stollen aus dem Ofen nehmen. 150g Butter in einem Topf auf ca. 60°C erhitzen und anschließend damit die Stollen bestreichen. Danach 100g Zucker darüber streuen. Die Stollen bis zum nächsten Tag auskühlen lassen und mit 50g Puderzucker bestäuben.

Die Stollen in einen Plastikbeutel verpacken, bei ca. 14°C und 60–70% Luftfeuchtigkeit lagern.

Nährwertangaben pro 100g verzehrbare Menge

| | |
|---------------------------------|------------|
| Energie (kcal / kJ) | 381 / 1596 |
| Protein (g) (N x 6.25) | 6.3 |
| Gesamtfett (g) | 17.6 |
| davon gesättigte Fettsäuren (g) | 10.2 |
| Kohlenhydrate (g) | 49.2 |
| davon Zucker (g) | 33.2 |
| Ballaststoffe (g) | 7.6 |
| Natrium (mg) | 280 |

Werte aus Laboranalysen

Für mehr Informationen zu deutschen traditionellen Gerichten kontaktieren Sie bitte das Max Rubner-Institut, Bundesforschungsinstitut für Ernährung und Lebensmittel, www.mri.bund.de

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Greek Traditional Chickpea Soup

(Ελληνικά Παραδοσιακά Ρεβίθια Σούπα)

The above ingredients yield 2.2kg of chickpea soup. Preparation time is about 2 hours.

According to Greek mythology, chickpeas were found by Poseidon, the God of the sea. They were first domesticated in the Middle East and their cultivation in Greece goes back to the 3rd – 4th millennium BC. In classical Greece, the chickpea or 'erevinthos' as it was then called ('revithi' in modern Greek) was cooked and consumed in a variety of ways, both in dried and fresh forms. The chickpea soup represents a recipe widely known throughout Greece today.

Ingredients

1kg Chickpeas, soaked in water
(from 500g of dried chickpeas)
3.7L Water
110g Onion, grated (2 medium sized)
135g Extra virgin olive oil
Juice of 1½ lemons
17g (3 tablespoons) White flour
16g (2 heaped tsp) Salt



Preparation

Soak the dried chickpeas overnight (for about 12 hours) in a bowl of water. Then rinse them thoroughly and place in an uncovered casserole dish filled with water over high heat.

When the water starts to boil, skim off the foam which forms on the surface and reduce the heat to a medium temperature.

After 10 minutes, add the onion and the salt (the onion is added at this early stage so that it can dissolve and blend into the soup).

During the cooking process, a lot of water evaporates, so you can add some extra (boiled) water when this happens. Adding cold water 'hardens' the chickpeas and delays the cooking process so this should be avoided.

Test the chickpeas whilst they are being cooked, by touching and tasting them to determine their softness.

When the chickpeas are soft enough (almost 2 hours from the beginning of the procedure) mix the lemon juice and the flour in a bowl and add to the soup. This mixture is added in order to thicken the soup (as it contains flour) and also because it adds to the overall flavour of the final recipe (as it contains lemon juice).

After a few minutes add the olive oil and cook the soup for a few more minutes so that the oil can blend with the rest of the ingredients. Then the heat is turned off and the chickpea soup is ready to serve. The overall preparation time of the chickpea soup is approximately 2 hours.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 155 / 650 |
| Protein (g) (N x 6.25) | 5.2 |
| Total Fat (g) of which saturated fatty acids (g) | 7.5 1.2 |
| Carbohydrates (g) of which sugars (g) | 16.7 1.7 |
| Dietary fibre (g) | 4.4 |
| Sodium (mg) | 300 |

Values obtained from laboratory analyses

Ελληνικά Παραδοσιακά Ρεβίθια Σούπα

Τα παραπάνω υλικά έδωσαν 2.2kg ρεβίθια σούπα.
Προετοιμασία στιγμή είναι περίπου 2 ώρες.

Σύμφωνα με την Ελληνική μυθολογία, τα ρεβίθια αποτελούν εύρημα του Θεού της θάλασσας Ποσειδώνα. Πρωτοκαλλιεργήθηκαν στη Μέση Ανατολή και η καλλιέργειά τους επεκτάθηκε στην Ελλάδα περίπου την 3η με 4η χιλιετία π.Χ. Στα κλασσικά χρόνια το ρεβίθι ή “ερέβινθος” όπως ονομαζόταν τότε μαγειρευόταν και καταναλωνόταν με ποικιλία τρόπων, σε ξερή αλλά και φρέσκια μορφή. Σήμερα, τα ρεβίθια σούπα αποτελούν μια συνταγή ευρύτατα διαδεδομένη σε όλη την Ελλάδα.

Υλικά

1kg (από 500g ξερών ρεβιθιών) Ρεβίθια, μουλιασμένα σε νερό
3.7kg Νερό
110g (2 μέτρια) Κρεμμύδι,ξυσμένο;
135g Εξαιρετικό παρθένο ελαιόλαδο
55g (χυμός 1½ λεμονιών) χυμό λεμονιού
17g (3 κουταλιές) σιτάλευρο
16g Αλάτι



Διαδικασία Παρασκευής

Τα ξερά ρεβίθια μουλιάζονται αποβραδής (για περίπου 12 ώρες) σε μια λεκάνη με νερό. Κατόπιν ξεπλένονται καλά και τοποθετούνται σε ξεσκέπαστη κατσαρόλα με νερό σε δυνατή φωτιά.

Όταν ξεκινήσει ο βρασμός απομακρύνεται ο αφρός που δημιουργείται στην επιφάνεια και η φωτιά χαμηλώνεται σε μέτρια ένταση.

Λίγα λεπτά μετά, προστίθενται το κρεμμύδι και το αλάτι. Το κρεμμύδι προστίθεται στην αρχή της διαδικασίας για να διαλυθεί και να ενσωματωθεί με τη σούπα.

Κατά το μαγείρεμα συνήθως προστίθεται βρασμένο νερό επειδή το νερό εξατμίζεται γρήγορα. Το κρύο νερό σκληραίνει τα ρεβίθια καθυστερώντας αισθητά τη διάρκεια της διαδικασίας και πρέπει να αποφεύγεται.

Γίνονται εμπειρικές δοκιμές (με αφή και γεύση) για τη διαπίστωση της μαλακότητας των ρεβιθιών και κατά συνέπεια τη διάρκεια του μαγειρέματος.

Όταν τα ρεβίθια έχουν μαλακώσει αρκετά, ο χυμός λεμονιού και το αλεύρι αναμιγνύονται σε ένα πιάτο και προστίθενται στην κατσαρόλα. Το μείγμα αυτό χυλώνει τη σούπα (επειδή περιέχει αλεύρι) και επίσης συνεισφέρει στο άρωμα της σούπας (επειδή περιέχει λεμόνι).

Λίγο αργότερα προστίθεται το ελαιόλαδο και το φαγητό μαγειρεύεται για λίγα λεπτά ακόμα έτσι ώστε το λάδι να αναμιχθεί με τα υπόλοιπα υλικά. Η φωτιά σβήνεται και η σούπα είναι έτοιμη για σερβίρισμα. Η συνολική διάρκεια μαγειρέματος είναι περίπου 2 ώρες.

Διατροφική σύνθεση ανά 100g βρώσιμου τμήματος

| | |
|---|-------------|
| Ενέργεια (kcal / kJ) | 155 / 650 |
| Πρωτεΐνες (g) (N x 6.25) | 5.2 |
| Ολικά λιπίδια (g), εκ των οποίων κορεσμένα (g) | 7.5 1.2 |
| Υδατάνθρακες (g) Σάκχαρα (g) | 16.7 1.7 |
| Διαιτητικές ίνες (g) | 4.4 |
| Νάτριο (mg) | 300 |

Τιμές προερχόμενες από εργαστηριακές αναλύσεις

Για περισσότερες πληροφορίες για τα Ελληνικά παραδοσιακά τρόφιμα, παρακαλούμε επικοινωνήστε με το Εργαστήριο Υγιεινής και Επιδημιολογίας, Ιατρικής Σχολής, Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών (<http://www.nut.uoa.gr>)

Η εργασία αυτή πραγματοποιήθηκε εκ μέρους της Κοινοπραξίας EuroFIR και υποστηρίχθηκε από την Ευρωπαϊκή Ένωση στο πλαίσιο του Προγράμματος Ποιότητας και Ασφάλειας Τροφίμων του 6ου Κοινοτικού Πλαισίου Στήριξης. Κωδικός Προγράμματος (FP6-513944).

Greek Traditional Rabbit Stew

(Ελληνικό Παραδοσιακό Κουνέλι Στιφάδο)

The above ingredients provide 2.3kg of rabbit stew.

Preparation time is about 1¼ hours.

'Kouneli stifado' is the Greek name for rabbit stew. The word 'Stifado' comes from the ancient Greek word 'tifos' meaning smoke or steam. It refers to a food preparation method which is based on the simmering of meat (usually rabbit, hare or beef but may also include non-meat dishes) with a lot of onions and various seasonings in tomato sauce.

Ingredients

1.5kg (1 whole rabbit) rabbit, raw
 300ml dry red wine
 320ml water
 200ml (1 glass) extra virgin olive oil
 600g onions (cut into large pieces)
 1g (7 medium sized) bay leaves
 550g tomatoes (Cut in large pieces)
 <1g cinnamon, ground
 <1g black pepper, ground
 20g salt



Preparation

Cut the rabbit into portions and wash thoroughly. Place the rabbit portions in a bowl with wine and marinate for a few minutes in order to flavor the meat.

Place the rabbit (not completely drained from the wine), water and salt into a casserole dish over a high heat. When the water starts to boil, reduce the heat to a medium temperature. The food has to be simmered throughout the cooking procedure while the rabbit portions are continuously turned over.

After a few minutes, add the olive oil and let the rabbit simmer gently for about 30 minutes.

Add the onions (cut into large pieces) and bay leaves. When small onions are available, they should be added whole.

After a few minutes, add the tomatoes which should be cut into large pieces (so as not to dissolve completely by the end of the cooking procedure). At the same time, add the cinnamon and black pepper. The range of seasonings used may vary according to several variations of the recipe.

When the rabbit becomes tender, turn the heat off and the stew is ready to serve. The overall cooking time is approximately 1¼ hours.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 196 / 816 |
| Protein (g) (N x 6.25) | 14.8 |
| Total Fat (g) | 13.9 |
| of which saturated fatty acids (g) | 4.0 |
| Carbohydrates (g) | 2.9 |
| of which sugars (g) | 2.2 |
| Dietary fibre (g) | 1.1 |
| Sodium (mg) | 392 |

Values obtained from laboratory analyses

Ελληνικό Παραδοσιακό Κουνέλι Στιφάδο

Τα παραπάνω υλικά έδωσαν 2.3kg κουνέλι στιφάδο.
Προετοιμασία χρόνος είναι περίπου 1¼ ώρα.

Η λέξη “στιφάδο” πιθανόν να προέρχεται από την αρχαία Ελληνική λέξη “τύφος” που σημαίνει ατμός ή καπνός. Αναφέρεται σε μέθοδο προετοιμασίας τροφίμων η οποία βασίζεται στο σιγοβράσιμο κρέατος (συνήθως κουνελιού, λαγού ή μοσχαριού αλλά μπορεί και να περιλαμβάνει συνταγές χωρίς κρέας) με πολλά κρεμμύδια και διάφορα καρυκεύματα σε σάλτσα ντομάτας.

Υλικά

1.5kg (1 Ολόκληρο) Κουνέλι
300g Κρασί, κόκκινο ξηρό
320g Νερό
200g (1 ποτήρι) Εξαιρετικό παρθένο ελαιόλαδο
600g Κρεμμύδια (σε μεγάλα κομμάτια)
1g (7 μέτρια) Φύλλα δάφνης
550g Ντομάτες (σε μεγάλα κομμάτια)
<1g Κανέλα, τριμμένη
<1g Πιπέρι μαύρο, τριμμένο
20g Αλάτι



Διαδικασία Παρασκευής

Το κουνέλι κόβεται σε κομμάτια και πλένεται σχολαστικά. Τα κομμάτια τοποθετούνται σε λεκάνη με κρασί για μερικά λεπτά. Η διαδικασία αυτή αποσκοπεί στον αρωματισμό του κρέατος.

Το κουνέλι (όχι καλά στραγγισμένο από το κρασί), νερό και αλάτι τοποθετούνται σε κατσαρόλα σε δυνατή φωτιά. Όταν το νερό βράσει, η ένταση της φωτιάς μειώνεται σε μέτρια θερμοκρασία. Το φαγητό πρέπει να σιγοβράζει καθ' όλη τη διάρκεια του μαγειρέματος ενώ τα κομμάτια του κουνελιού αναποδογυρίζονται ανά τακτά διαστήματα.

Λίγα λεπτά αργότερα προστίθεται το ελαιόλαδο και το κουνέλι σιγοβράζει για περίπου 30 λεπτά.

Κατόπιν προστίθενται τα κρεμμύδια (σε μεγάλα κομμάτια) και τα φύλλα δάφνης. Όταν υπάρχουν μικρά κρεμμυδάκια προστίθενται ολόκληρα.

Λίγα λεπτά αργότερα προστίθεται η ντομάτα, κομμένη σε μεγάλα κομμάτια, έτσι ώστε στο τέλος του μαγειρέματος να μην έχει διαλυθεί τελείως. Ταυτόχρονα προστίθενται η κανέλα και το πιπέρι. Το εύρος των καρυκευμάτων που χρησιμοποιούνται ποικίλει ανάλογα με την παραλλαγή της συνταγής.

Όταν το κουνέλι είναι τρυφερό, η φωτιά σβήνεται και το στιφάδο είναι έτοιμο για σερβίρισμα. Η συνολική διάρκεια μαγειρέματος είναι περίπου 1 ώρα και 15 λεπτά.

Διατροφική σύνθεση ανά 100g βρώσιμου τμήματος

| | |
|---|-------------|
| Ενέργεια (kcal / kJ) | 196 / 816 |
| Πρωτεΐνες (g) (N x 6.25) | 14.8 |
| Ολικά λιπίδια (g), εκ των οποίων κορεσμένα (g) | 13.9 4.0 |
| Υδατάνθρακες (g) Σάκχαρα (g) | 2.9 2.2 |
| Διαιτητικές ίνες (g) | 1.1 |
| Νάτριο (mg) | 392 |

Τιμές προερχόμενες από εργαστηριακές αναλύσεις

Για περισσότερες πληροφορίες για τα Ελληνικά παραδοσιακά τρόφιμα, παρακαλούμε επικοινωνήστε με το Εργαστήριο Υγιεινής και Επιδημιολογίας, Ιατρικής Σχολής, Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών (<http://www.nut.uoa.gr>)

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Greek Traditional Leek Sausages

(Ελληνικά Παραδοσιακά Λουκάνικα με πράσο)

The final weight of the sausages after a 3-day maturation period is 900g. Preparation time is about 3 days.

Sausages have been eaten in Greece since ancient times. They are prepared throughout the country but the recipe may vary from region to region. The recipe described here, distinguishes itself from other recipes as it uses leeks and has the distinct organoleptic character obtained through the maturation of the pork meat with several spices.

Ingredients

2.5kg Minced meat made up of pork meat and pork fat (2.1kg pork meat and 0.4kg pork fat)
 100g Pigs small intestine
 600g Leek, finely chopped
 25g Pepper, black, ground
 6g Guinea pepper, ground
 27g Pepper, red, ground (sweet paprika)
 60g Salt
 5g Cumin;
 12g Oregano



Preparation

The intestines should be thoroughly washed (turn them inside-out with the aid of a stick) and placed under a running tap so there is constant water flowing from one end of the intestine to the other.

Place the minced meat in a large bowl (or a bucket) and add all the other ingredients (finely chopped leek, black pepper, guinea pepper, red pepper, salt, cumin and oregano). Blend the mixture by hand for approximately 20–25 minutes so that all the ingredients are mixed well.

Cover the mixture with a cloth and leave for 3½ hours, so that the meat absorbs the fragrant ingredients. Then blend the mixture again for 5–7 minutes.

Stuff the small intestine with the mixture using a small stuffing apparatus or a funnel. Adjust one end of the intestine around the apparatus or funnel's outlet, and tie up the other end with thread (the flow of the mixture will force the intestine to unfold from the outlet as it is filled). Prick the end of the intestine (which has been tied) with a needle, so that the air flows out when it is being stuffed. Stuff the intestine completely and once this is done, tie the other end with thread also.

Hang the fresh leek sausages on a piece of wood for about 3 days to mature (dry air and good ventilation provide optimal conditions for maturation). Traditionally, the sausages were left hanging outdoors until they were consumed (they were preserved for approximately 10 days).

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 289 / 1208 |
| Protein (g) (N x 6.25) | 24.4 |
| Total Fat (g) of which saturated fatty acids (g) | 18.1 7.5 |
| Carbohydrates (g) of which sugars (g) | 7.2 5.3 |
| Dietary fibre (g) | 0.5 |
| Sodium (mg) | 935 |

Values obtained from laboratory analyses

Ελληνικά Παραδοσιακά Λουκάνικα με πράσο

Το τελικό βάρος των λουκάνικων μετά από ωρίμανση 3 ημερών ήταν 900g. Προετοιμασία χρόνος είναι περίπου 3 ημέρες.

Σύμφωνα με την Ελληνική μυθολογία, τα ρεβίθια αποτελούν εύρημα του Θεού της θάλασσας Ποσειδώνα. Πρωτοκαλλιεργήθηκαν στη Μέση Ανατολή και η καλλιέργειά τους επεκτάθηκε στην Ελλάδα περίπου την 3η με 4η χιλιετία π.Χ. Στα κλασικά χρόνια το ρεβίθι ή “ερέβινθος” όπως ονομαζόταν τότε μαγειρευόταν και καταναλωνόταν με ποικιλία τρόπων, σε ξερή αλλά και φρέσκια μορφή. Σήμερα, τα ρεβίθια σούπα αποτελούν μια συνταγή ευρύτατα διαδεδομένη σε όλη την Ελλάδα.

Υλικά

2.5kg (2.1kg χοιρινό κρέας και 0.4kg χοιρινό λίπος)
Κιμάς (χοιρινό κρέας + χοιρινό λίπος)
100g Χοιρινό λεπτό έντερο
600g Πράσο, ψιλοκομμένο
25g Πιπέρι μαύρο, τριμμένο
6g Μπαχάρι, τριμμένο
27g Κόκκινο πιπέρι, γλυκό
60g Αλάτι
5g Κύμινο
12g Ρίγανη



Διαδικασία Παρασκευής

Τα έντερα καθαρίζονται με νερό (με τη βοήθεια μιας βέργας αναστρέφεται το μέσα έξω) με συνεχή ροή νερού από τη βρύση, από άκρη ως άκρη.

Ο κιμάς τοποθετείται σε μεγάλη λεκάνη (σκάφη) και ένα ένα προστίθενται τα υπόλοιπα υλικά (ψιλοκομμένο πράσο, μαύρο πιπέρι, μπαχάρι τριμμένο, κόκκινο πιπέρι, αλάτι, κύμινο, και ρίγανη). Ακολουθεί ζύμωμα του μείγματος με τα χέρια για 20–25 λεπτά περίπου για να αναμειχθούν καλά τα υλικά.

Το μείγμα σκεπάζεται με τραπεζομάντιλο και αφήνεται 3½ ώρες για να απορροφήσει το κρέας τα αρωματικά υλικά. Κατόπιν το μείγμα ξαναζυμώνεται για 5–7 λεπτά.

Ακολουθεί το γέμισμα των εντέρων με το μείγμα με τη χρήση μικρής συσκευής γεμίσματος ή χωνιού. Το ένα άκρο του εντέρου προσαρμόζεται και μαζεύεται γύρω από το στόμιο της συσκευής ή του χωνιού, ενώ το άλλο άκρο δένεται με κλωστή. Η ροή του μείγματος εξαναγκάζει το έντερο να ξεδιπλωθεί από το στόμιο κατά το γέμισμα. Το δεμένο άκρο του εντέρου τρυπιέται με βελόνα έτσι ώστε να μπορεί να διαφεύγει ο αέρας που εγκλωβίζεται και το έντερο να γεμίζει πλήρως. Μετά το γέμισμα του εντέρου, το δεύτερο του άκρο δένεται επίσης με κλωστή.

Τα φρέσκα λουκάνικα κρεμιούνται σε ξύλο για περίπου 3 ημέρες για να ωριμάσουν. Ο καλός αερισμός με ξηρό αέρα ευνοεί την σωστή ωρίμανση. Παραδοσιακά, τα λουκάνικα αφήνονταν κρεμασμένα σε εξωτερικό χώρο μέχρι να καταναλωθούν (διατηρούταν για περίπου 10 ημέρες).

Διατροφική σύνθεση ανά 100g βρώσιμου τμήματος

| | |
|---|-------------|
| Ενέργεια (kcal / kJ) | 289 / 1208 |
| Πρωτεΐνες (g) (N x 6.25) | 24.4 |
| Ολικά λιπίδια (g), εκ των οποίων κορεσμένα (g) | 18.1 7.5 |
| Υδατάνθρακες (g) Σάκχαρα (g) | 7.2 5.3 |
| Διαιτητικές ίνες (g) | 0.5 |
| Νάτριο (mg) | 935 |

Τιμές προερχόμενες από εργαστηριακές αναλύσεις

Για περισσότερες πληροφορίες για τα Ελληνικά παραδοσιακά τρόφιμα, παρακαλούμε επικοινωνήστε με το Εργαστήριο Υγιεινής και Επιδημιολογίας, Ιατρικής Σχολής, Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών (<http://www.nut.uoa.gr>)

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Greek Traditional Must-jelly

(Ελληνική Παραδοσιακή Μουσταλευριά)

These ingredients should produce 6.8kg of must-jelly. Preparation time is about 3–4 hours.

Vineyard cultivation was introduced to Greece in the middle of the 3rd millennium B.C. The fresh must is collected through the pressing of grapes can be used either for wine-making, or after a process known as the 'cutting' of the must, for the preparation of a variety of sweets such as marmalades, spoon sweets, petimezi (thick syrup of condensed must), must cookies and must-jelly.

Ingredients

6.5kg (24 Glasses) 'Cut' must
530g (3 Glasses) Semolina, fine
340g Almonds, peeled
180g Sesame seeds
50g Cinnamon, ground



Preparation

The 'cutting' of the must should help to remove unwanted debris, to improve its taste and to preserve it for a longer period of time. This procedure includes the boiling of the fresh must and the addition of ash, white earth or marble dust which is followed by intense foaming. By removing the foam and filtering the surface liquid with a double jaconet (fabric used as a filter), the collected must is ready for use.

Place the resulting 'cut' must, the semolina and the almonds (cut in half) in a pan over a high heat. The ratio should be 8 glasses of must to 1 glass of semolina.

Stir the mixture continuously so that the semolina does not stick at the bottom of the pan.

After about 20 minutes, or when the mixture has a creamy texture – pour into shallow plates immediately.

Pour the mixture into the dishes, mixing in the sesame seeds and cinnamon and leave to cool. The mixture in the shallow dishes will form a thin layer of must-jelly, (there will be sesame and cinnamon in every spoonful, when the jelly is eaten).

Traditionally, the must-jelly is either consumed as a sweet during the vine harvest, or it may be preserved by sun-drying to be consumed during the winter.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 134 / 563 |
| Protein (g) (N x 6.25) | 4.4 |
| Total Fat (g) of which saturated fatty acids (g) | 3.7 0.4 |
| Carbohydrates (g) of which sugars (g) | 20.7 20.1 |
| Dietary fibre (g) | 4.4 |
| Sodium (mg) | 7.8 |

Values obtained from laboratory analyses

Ελληνική Παραδοσιακή Μουσταλευριά

Τα παραπάνω υλικά έδωσαν 6.8kg μουσταλευριάς.
Προετοιμασία χρόνος είναι περίπου 3-4 ώρες.

Η καλλιέργεια της αμπέλου ξεκίνησε στην Ελλάδα περίπου στα μέσα της 3ης χιλιετίας π.Χ. Το γλεύκος ή μούστος που συλλέγεται από την έκθλιψη των σταφυλιών μπορεί να χρησιμοποιηθεί είτε για οινοποίηση, ή μετά από μια διαδικασία που ονομάζεται “κόψιμο του μούστου” για την παρασκευή ποικιλίας γλυκών όπως οι μαρμελάδες, τα γλυκά του κουταλιού, το πετιμέζι, τα μουστοκούλουρα και η μουσταλευριά.

Υλικά

6.5kg (24 ποτήρια) Μούστος “κομμένος”
530g (3 ποτήρια) Σιμιγδάλι, ψηλό
340g Αμύγδαλα, ξεφλουδισμένα
180g Σησάμι
50g Κανέλα, τριμμένη



Διαδικασία Παρασκευής

Το “κόψιμο” του μούστου αποσκοπεί στον καθαρισμό του μούστου από ανεπιθύμητα σωματίδια, στη βελτίωση της γεύσης και στη διατήρησή του για μεγαλύτερο χρονικό διάστημα. Η διαδικασία αυτή περιλαμβάνει τον βρασμό του φρέσκου μούστου και την προσθήκη στάχτης, ασπροχώματος ή μαρμαρόσκονης και ακολουθείται από έντονο αφρισμό. Μετά την απομάκρυνση του αφρού και το φιλτράρισμα του υπερκείμενου υγρού από διπλό τουλουπάνι, ο παραλαμβανόμενος μούστος είναι έτοιμος για χρήση.

Ο “κομμένος” μούστος που προκύπτει, το σιμιγδάλι και τα αμύγδαλα (χωρισμένα στη μέση) τοποθετούνται σε κατσαρόλα σε δυνατή φωτιά. Η αναλογία μούστου με σιμιγδάλι είναι 8 ποτήρια προς 1.

Το μείγμα αναδεύεται συνεχώς για να μην κολλήσει το σιμιγδάλι στον πάτο της κατσαρόλας.

Μετά από περίπου 20 λεπτά, το μείγμα αποκτά κρεμώδη υφή και αδειάζεται αμέσως σε ρηχά πιάτα.

Το μείγμα στα πιάτα πασπαλίζεται με σησάμι και κανέλα και αφήνεται να κρυώσει. Τα ρηχά πιάτα δημιουργούν λεπτή στρώση μουσταλευριάς με αποτέλεσμα κατά την κατανάλωσή της κάθε κουταλιά να περιέχει σουσάμι και κανέλλα.

Η μουσταλευριά προοριζόταν είτε για άμεση κατανάλωση, αφού αποτελούσε αγαπημένο γλύκισμα την εποχή του τρύγου, ή διατηρούταν μετά από ξήρανση στον ήλιο για να καταναλωθεί το χειμώνα.

Διατροφική σύνθεση ανά 100g βρώσιμου τμήματος

| | |
|---|--------------|
| Ενέργεια (kcal / kJ) | 134 / 563 |
| Πρωτεΐνες (g) (N x 6.25) | 4.4 |
| Ολικά λιπίδια (g), εκ των οποίων κορεσμένα (g) | 3.7 0.4 |
| Υδατάνθρακες (g) Σάκχαρα (g) | 20.7 20.1 |
| Διαιτητικές ίνες (g) | 4.4 |
| Νάτριο (mg) | 7.8 |

Τιμές προερχόμενες από εργαστηριακές αναλύσεις

Για περισσότερες πληροφορίες για τα Ελληνικά παραδοσιακά τρόφιμα, παρακαλούμε επικοινωνήστε με το Εργαστήριο Υγιεινής και Επιδημιολογίας, Ιατρικής Σχολής, Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών (<http://www.nut.uoa.gr>)

Η εργασία αυτή πραγματοποιήθηκε εκ μέρους της Κοινοπραξίας EuroFIR και υποστηρίχθηκε από την Ευρωπαϊκή Ένωση στο πλαίσιο του Προγράμματος Ποιότητας και Ασφάλειας Τροφίμων του 6ου Κοινοτικού Πλαισίου Στήριξης. Κωδικός Προγράμματος (FP6-513944).

Cured Shark

(Kæstur hákarl)



Serving size 15g. Preparation time is approximately 7 months.

Throughout time, cured shark has been a favourite dish among Icelanders, not only for its distinct, sharp taste but also for the health benefits associated with its consumption. Today, cured shark is regarded as a supreme delicacy by many Icelanders, indispensable at traditional feasts, preferably consumed with a shot of Icelandic aquavit, brennivín. Others, however, do not share in this delight. Most people who have never eaten shark before often find the sharp, ripe taste almost repugnant, and very few remain indifferent to the taste.

| Nutritional information per 100g of edible portion | |
|---|-------------|
| Energy (kcal / kJ) | 390 / 1610 |
| Protein (g) (N x 6.25) | 17.2 |
| Total Fat (g) of which saturated fatty acids (g) | 35.6 5.0 |
| Carbohydrates (g) of which sugars (g) | 0.3 0 |
| Dietary fibre (g) | 0 |
| Sodium (mg) | 358 |

Values obtained from laboratory analyses

Traditionally, shark meat has not been eaten fresh in Iceland, and the curing of shark is still considered an art, requiring know-how and talent, as well as the right climatic and environmental conditions for the desired outcome.

Ingredients

150kg Fresh or thawed frozen shark meat

Preparation

The shark meat is cut into flanks of 1–10kg each.

Shark pieces are stacked in a box made of wood or plastic, with draining holes at the bottom.

A heavy weight is placed on top of the shark and left to stand at ambient temperature (-5 to 10°C) for 6–12 weeks. The length of time depends on weather conditions.

Shark pieces are hung in a shack to dry for approximately 4 months, until appropriate consistency has been reached.

The shark is cut into bite-size pieces before serving.

In earlier times cured shark was a staple food of Icelanders, and was either consumed as a cold cut, or as a hot dish. It was regarded as good nourishment, especially for long journeys such as the rounding of the sheep in autumn. Nowadays cured shark is a valued snack or hors d'oeuvre, served in small bite-size pieces at traditional feasts or special occasions.

Kæstur hákarl



Skammtastærð 15g. Verkunartími allt að 7 mánuðir.

Vel verkaður, kæstur hákarl er að margra mati eitt mesta sælgæti sem völ er á. Ekki er þó allir á einu máli um ágæti þessarar bragðsterku fæðu. Sumir eiga jafnvel ekki nógu sterk orð til að lýsa óbeit sinni á megnu bragði og lykt, sem engann lætur ósnortinn. Svo mikið er víst að fáir eru hlutlausir þegar kæstur hákarl er annars vegar.

Nú orðið er kæstur hákarl mest etinn sem pinnamatúr á Þorrablótum eða öðrum samkomum, oft með staupi af íslensku brennivíni. En þannig hefur það ekki alltaf verið. Lengi vel var hann dagleg fæða íslenskrar alþýðu, og þá ýmist hafður á brauð eða harðfisk í staðinn fyrir smjör eða bræðing, eða hann var soðinn og gerð úr honum stappa með feiti. Kæstur hákarl þótti sérstaklega góður í nesti í fjallaferðir og göngur, enda saðsamur og næringarríkur.

Næringargildi í 100g af ætum hluta

| | |
|-------------------------------|------------|
| Orka (kcal / kJ) | 390 / 1610 |
| Prótein (g) (N x 6,25) | 17,2 |
| Fita alls (g) | 35,6 |
| þar af mettaðar fitusýrur (g) | 5,0 |
| Kolvetni (g) | 0,3 |
| þar af sykrur (g) | 0 |
| Trefjaefni (g) | 0 |
| Natríum (mg) | 358 |

Gildi fengin með efnagreiningum

Íslendingar hafa aldrei borðað nýjan, ókæstan hákarl, talið hann óætan eða jafnvel eitrandan. Í kjötinu er mikið af köfnunarefnissamböndum sem brotna niður við kæsinguna. Kæstur er hákarlinn hins vegar mikil hollustuvara, orku- og próteinríkur.

Hráefni

Ferskur eða ferskfrosinn hákarl sem er þýddur rétt fyrir verkun.

Aðferð

Kjötið er skorið í stykki sem nefnast beitur eða lykkjur.

Hvert stykki getur verið 1–10kg að þyngd.

Beitunum er staflað í kar úr plasti eða tré, með drengötum í botni.

Farg er stundum sett yfir kjötið.

Hákarlinn látinn kæstast við umhverfishita (-4 til +10°C) í 6–12 vikur. Tímalengd fer eftir veðuraðstæðum.

Beitunum er gjarnan umstaflað um mitt tímabilið.

Að kæsingu lokinni er hákarlinn látinn hanga í hjalli í um 4 mánuði, eða þar til réttir áferð og bragði hefur verið náð.

Skrápurinn er skorinn utan af hákarlinum áður en hann er borinn fram, oftast sneiddur niður í litla bita.

Stockfish, haddock

(Harðfiskur, hert ýsa)



Serving size 30g. Preparation time 4–6 weeks.

Dried fish, or stockfish, was for centuries one of the staple foods of the Icelandic diet. In a country where all grain had to be imported, dried fish was eaten like bread at most meals with butter, suet or other fat sources, as well as being eaten cooked. During the 14th century, stockfish made from cod became an important export item and remained a valuable part of the economy for centuries. Stockfish is still quite popular in Iceland and readily available in all food stores throughout the country.

It is no longer eaten as a staple food at meals but rather as a healthy snack and many consider it indispensable on hikes and trips in the highlands.

Ingredients

Fresh haddock fillets, with a piece of flesh remaining at neck of the fish to connect the two fillets
Salt for making brine, 350g salt in 100 litres of water

Preparation

Preparation takes place during the autumn or winter months.

The fillets are washed in brine then hung up on hooks in an open shack by the seaside.

Flies and small animals are kept out using fine netting.

If necessary a heavy cloth is used for protection from the sand, sun, rain or snow.

The fish is kept hanging for 4–6 weeks, depending on weather.

Before consumption or sale, the fish is beaten in order to soften the hardened flesh. In the past, when stockfish was the equivalent of daily bread, the beating of stockfish was a daily chore in many households, performed using a hammer on a flat stone.

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 310 / 1313 |
| Protein (g) (N x 6.25) | 72.9 |
| Total Fat (g) of which saturated fatty acids (g) | 2.0 0.5 |
| Carbohydrates (g) of which sugars (g) | 0 0 |
| Dietary fibre (g) | 0 |
| Sodium (mg) | 599 |

Values obtained from laboratory analyses

Harðfiskur, hert ýsa



Skammtastærð 30g. Vinnslutími 4–6 vikur.

Harðfiskur gegndi öldum saman svipuðu hlutverki og brauð í mataræði Íslendinga. Hann var hafður í flest mál og etinn með smjöri, bræðingi eða öðru feitmeti, rétt eins og um brauð væri að ræða. “Þú borðar þetta eins og fisk” var sagt um fólk sem tók ótæpilega til matar síns. Mjöl var hér lengi af skornum skammti, og þá var talið drýgra að nota mjölið í graut frekar en í brauð, enda ofnar fáir og lítið um eldivið. Þótt harðfiskurinn sé ekki lengur sú undirstaða í fæði Íslendinga sem áður var, nýtur hann samt enn mikilla vinsælda, ekki síst sem heilsusamlegt snakk og margir telja harðfiskinn ómissandi nesti á fjöllum.

Kalt og þurrt loftslag er kjörlið fyrir góða harðfiskverkun og er hjallurinn gjarnan reistur á tanga við sjó, þar sem kalt sjávarloftið fær að leika um fiskinn.

| Næringargildi í 100g af ætum hluta | |
|------------------------------------|------------|
| Orka (kcal / kJ) | 310 / 1313 |
| Prótein (g) (N x 6,25) | 72,9 |
| Fita alls (g) | 2,0 |
| þar af mettaðar fitusýrur (g) | 0,5 |
| Kolvetni (g) | 0 |
| þar af sykrur (g) | 0 |
| Trefjaefni (g) | 0 |
| Natríum (mg) | 599 |

Gildi fengin með efnagreiningum

Harðfiskur er einhver besti próteingjafi sem völ er á, hert ýsa er um 76% prótein, og 2% fita, þar af er um helmingur omega-3 fitusýrur.

Hráefni

Ný línuýsa

Salt fyrir saltþækil, 350g í 100 lítra af vatni

Aðferð

Vinnslan fer fram að hausti eða vetri.

Ýsan er handflökuð og snyrt.

Gat gert á sporðinn til að hengja fiskinn upp á rá.

Flökin eru skoluð upp úr saltþækli, með saltstyrk sjávar.

Hengd á rær í hjalli, sem er staðsettur nálægt sjó.

Fiskurinn látinn hanga í 4–6 vikur, tími ræðst eftir veðurfari.

Nú orðið er fínt vírmet oft haft til að varna því að meindýr komist í hjallinn

Ef þannig viðrar er lagður segldúkur yfir hjallinn til að koma í veg fyrir að sandur, snjór eða vatn komist að fiskinum.

Fiskurinn er barinn, eða valsaður áður en honum er dreift. Nú orðið er sérstök vél höfð til slíkra hluta, en á árum áður var fiskurinn barinn með hamri á steini, og var það þá daglegur starfi á mörgum bæjum, enda var harðfiskur hafður í flest mál.

Smoked Lamb

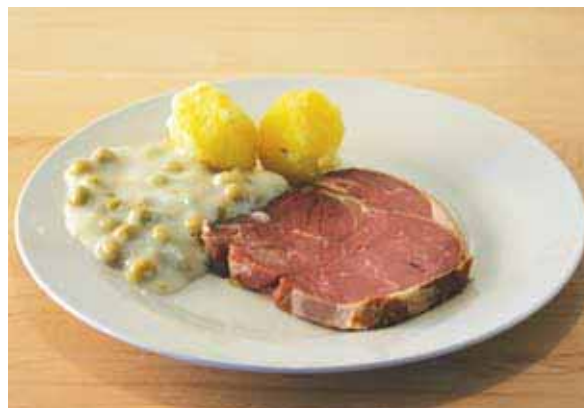
(Hangikjöt)

Serving size 150g. Preparation time 11 days.

For centuries sheep farming dominated Icelandic agriculture and even today lamb or mutton amounts to about half of all meat consumed. In the past smoking was a valuable preservation method of foods in Iceland, like many other countries. Traditionally, smoking of food was simply accomplished by hanging the food under the rafters, directly above the hearth used for cooking. As firewood was not readily available, peat or dried sheep dung was used in its place. Later, after the introduction of stoves in Icelandic kitchens, special smoke houses were built near the farm houses for this purpose. Nowadays, smoked lamb is mainly produced commercially in several meat plants, while home production also thrives on farms around the country.

Ingredients

Legs of lamb
Salt



Preparation

Legs of lamb are placed in a container filled with 11% brine, 2 parts brine for 1 part meat.

Weights are used to ensure complete immersion of the meat.

The lamb is kept at cool temperature for 8 days.

The meat is rinsed in warm water and hung on hooks to dry overnight.

The legs of lamb, still hanging on hooks, are placed in a smoking oven.

Bags of dung flakes and small amount of birch flakes are placed at the bottom of the oven.

A fire is lit and meat smoked for about 24 hours.

The lamb is removed and the oven cleaned.

The smoking procedure is repeated as before.

The meat is cooked in a large pot of boiling water until done.

Smoked lamb is a traditional holiday food, and for most Icelanders the aroma and taste of cooked smoked lamb marks the beginning of the Christmas season. The boiled meat is served either warm or cold, cut into thin slices. Boiled potatoes in white sauce along with red cabbage and canned green peas are the traditional condiments, but canned peas first became common in Iceland around the Second World War. Also, thin slices of smoked lamb are a popular cold cut, eaten with buttered rye bread, or thin rye cakes.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 193 / 808 |
| Protein (g) (N x 6.25) | 24 |
| Total Fat (g) | 10.8 |
| of which saturated fatty acids (g) | 4.2 |
| Carbohydrates (g) | 0 |
| of which sugars (g) | 0 |
| Dietary fibre (g) | 0 |
| Sodium (mg) | 1130 |

Values obtained from laboratory analyses

Hangikjöt

Skammtastærð 150g. Verkunartími um 11 dagar.

Um aldir var sauðfjárbúskapur helsti atvinnuvegur Íslendinga og sauðkindin gjörnýtt til matar.

Reyking var ein leið til að verja kjötið skemmdum. Kjötið var þá hengt upp í rjáfur fyrir ofan hlóðirnar, þar sem reykurinn frá hlóðunum fékk að leika um það. Þar sem eldiviður var af skornum skammti, var notast við tað eða mó við eldamennskuna, og reykurinn tók keim af þessu brennsluefni. Þegar eldavelar komu í stað hlóða á íslenskum heimilum, komu margir sér upp reyk húsum eða kofum í nágrenni bæjarhúsanna til að geta haldið áfram að reykja eigið kjöt, og héldu sig þá yfirleitt við sama brennsluefni. Kjötvinnsur sjá nú að mestu um framleiðslu á íslensku hangikjöti, þótt heimavinnsla sé víða enn við lýði í sveitum landsins. Gömlu geymsluaðferðirnar, reyking, söltun, þurrkun og súrsun, þjóna ekki lengur sama mikilvæga hlutverki og áður, þar sem ferskur og ferskfrystur matur er ævinlega á boðstólum. Samt sem áður er hangikjötið enn vinsæll hátíðarmatur og kindakjöt enn þann dag í dag um helmingur af allri kjötneyslu Íslendinga.

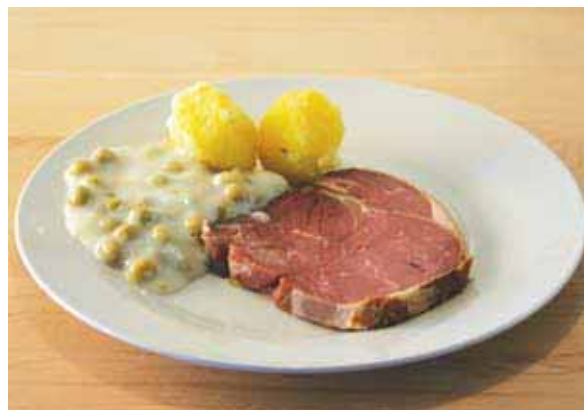
Hráefni

Dilkalæri

Saltþækill, 110 grömm af salti í hvern lítra af vatni

Tveir hlutar þækill á móti einum hluta af kjöti

Pokar með þurrkuðu taði og birkikurl fyrir reyk



Aðferð

Saltþækill (11%) blandaður í stóru kari

Dilkalærin sett í karið, þækillinn láttinn fljóta vel yfir kjötið.

Látið standa í þækli í 8 daga á köldum stað

Lærin eru þrædd á prik, undir hásin, og skoluð með volgu vatni.

Látin þorna yfir nótt.

Prikunum komið fyrir í reykofni eða yfir reykstæði í kofa.

Pokum með þurrkuðum taðflögum komið fyrir á gólfi.

Örlítið birkikurl sett undir taðflögurnar.

Kveikt í taðflögum og kjötið látið reykjast í 22–24 klst.

Gólflið hreinsað og nýjum taðflögum og birki komið fyrir.

Kveikt í að nýju og reykkingin endurtekin.

Hangikjötið er nú tilbúið, og geymist í kæli

Hangikjötið er soðið í stórum bitum, um 1 klst fyrir hvert kíló.

Borið fram heitt eða kalt, skorið í þunnar sneiðar. Hefðbundið meðlæti er soðnar kartöflur í hvítum jafningi, rauðkál og niðursoðnar grænar baunir, en þær urðu algengar á Íslandi um og eftir seinni heimsstyrjöld.

Næringargildi í 100g af ætum hluta

| | |
|-------------------------------|-----------|
| Orka (kcal / kJ) | 193 / 808 |
| Prótein (g) (N x 6,25) | 24 |
| Fita alls (g) | 10,8 |
| þar af mettaðar fitusýrur (g) | 4,2 |
| Kolvetni (g) | 0 |
| þar af sykrur (g) | 0 |
| Trefjaefni (g) | 0 |
| Natríum (mg) | 1130 |

Gildi fengin með efnagreiningum

Hafið samband við Matis ohf eða Landbúnaðarháskóla Íslands ef frekari upplýsinga er óskað um hefðbundin íslensk matvæli.

Verkefnið var hluti EuroFIR sem var fjármagnað af 6. rammaáætlun Evrópusambandsins um gæði og öryggi matvæla. Verkefnisnúmer (FP6-513944).

Pickled Blood Sausage

(Súrsaður blóðmör)

Serving size 160g. Preparation time 100 days.

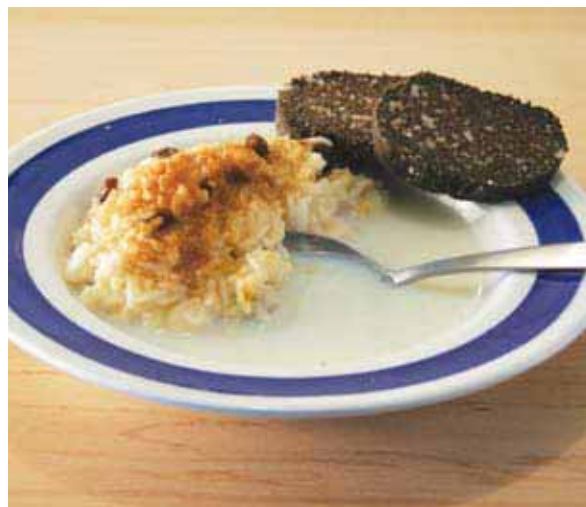
Pickled blood sausage signifies two important aspects of Icelandic food tradition: the use of whey for pickling and food preservation, and the heavy reliance on sheep products for sustenance. Whey-pickling is a unique preservation method for meat and offal, developed as an adaptation to the shortage of firewood and salt in Iceland in the past. The making of blood sausage is still common in Icelandic homes during the lamb slaughtering season in the autumn, but nowadays it is mostly eaten fresh rather than pickled. However, commercially produced whey-pickled food is readily available in shops and restaurants in all parts of the country from late January to February, when traditional food feasts characterise the Icelandic partying scene.

Ingredients

1L of lambs blood
 20–40ml Water
 400g Oatmeal
 400g Rye flour
 1 Tablespoon salt
 750g Diced lamb fat
 Pouches, 10cm long, made of synthetic material or cleaned sheep stomachs (sausage skin)
 Whey

| Nutritional information per 100g of edible portion | |
|---|--------------|
| Energy (kcal / kJ) | 320 / 1325 |
| Protein (g) (N x 6.25) | 7.5 |
| Total Fat (g) of which saturated fatty acids (g) | 26.9 13.3 |
| Carbohydrates (g) of which sugars (g) | 11.9 2.7 |
| Dietary fibre (g) | 3 |
| Sodium (mg) | 71.7 |

Values obtained from laboratory analyses



Preparation

The blood is poured into a pot through a sieve.

Salt and water are added and mixed slowly.

Oat meal and rye flour are slowly added and mixed carefully.

Diced lamb fat is added and mixed carefully. Pouches are sewn from cleaned sheep stomachs or synthetic material.

About 400g of mixture is scooped into each pouch, half filling each pouch.

Pouches are sewn shut using cotton thread.

The sausages are cooked in a large pot of boiling water for 2 hours and 30 minutes.

Small holes are made in the sausages to keep them from floating on top.

After cooling, the cooked sausages are placed in barrels filled with whey, with a lid.

They are left in a cool place for 100 days, with sausages completely immersed.

In the past, when oat meal and rye flour were not readily available for many households, Iceland moss, a type of lichen was commonly used as a carbohydrate source in the blood sausage rather than grain.

The pickled blood sausage is mostly eaten with oat meal porridge or with skyr, a yoghurt-like product. Also, it may be fried, often with some sugar sprinkled on top and served with potatoes and mashed swede. Finally it is eaten at traditional feasts, along with other whey-pickled offal, smoked lamb, stockfish and cured shark.

Súrsaður blóðmör

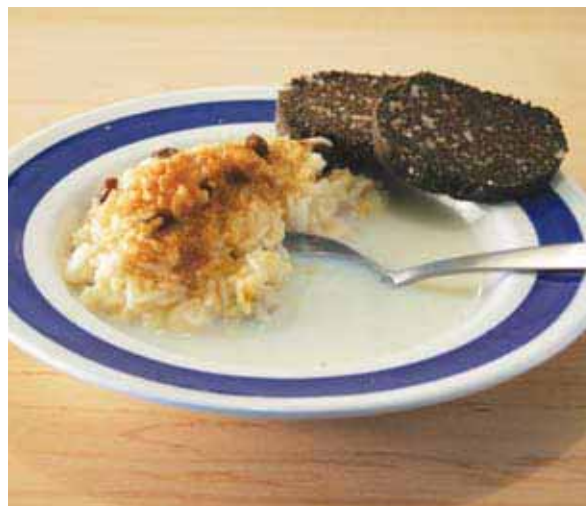
Skammtastærð 160g. Vinnslutími um 100 dagar.

Súrsun í skyrmysu er merkileg geymsluaðferð sem Íslendingar þróuðu snemma eftir landnám, en aðferðin þekkist hvergi nema hér. Í landi þar sem skorti bæði salt og eldivið, reyndist súrsun snjallt ráð, þar sem gerlar þrífast ekki í svo súru umhverfi og maturinn heldur mikið til upphaflegu næringargildi. Mysan varð til við skyrgerð, og því er ekki ósennilegt að þetta mikilvæga hlutverk mysunnar hafi aukið enn frekar á vinsældir og útbreiðslu skyrmins. Blóðmör, blóðbúðingur eða blóðpýlsur þekkjast hins vegar víða um lönd, þótt hráefni og matreiðsla geti verið breytileg. Í íslenskan blóðmör var að sjálfsögðu notað kindablóð. Í það var blandað salti, mör og mjöli, en ef mjölið skorti voru fjallagrös notuð þess í stað.

Blóðmör er ennþá vinsæll matur, sérstaklega með grjónagraut, en þá oftast hafður nýr frekar en súrsaður. Nú á tímum er súr blóðmör helst etinn um Þorrann, jafnvel þótt nokkrir haldi enn í þann ágæta sið að fá sér súran blóðmör með hafragraut eða skyrhræring á morgnana. Blóðmör er líka gjarnan steiktur, og þá borinn fram með soðnum rófum og kartöflum.

Hráefni

1 lítri kindablóð
2-4dl vatn
1 matskeið salt
400g haframjöl
400g rúgmjöl
750g saxaður kindamör
Vambir, hreinsaðar, eða gervivambir
Mysa



Aðferð

Blóðinu er hellt í stórt fat gegnum fínt sigti eða gróft léreft.

Salti og vatni er blandað í blóðið, hrært varlega.

Haframjöli og rúgmjöli er hrært smám saman í blönduna.

Söxuðum mörnum blandað út í, hrært varlega.

Hreinsaðar vambir eru sniðnar og saumaðar í keppi.

Vambakeppirnir eru hálfylltir af blöndunni, um 400g í hvern kepp.

Keppirnir saumaðar saman með garni.

Keppirnir eru soðnir í stórum potti í 2 stundir og 30 mínútur.

Stinga má lítil göt í keppina til að koma í veg fyrir að þeir fljóti upp á fyrirborðið.

Pegar keppirnir hafa kólnað er þeim komið fyrir í sýrutunnu og lok sett yfir.

Haft á köldum stað í um 100 daga og þess gætt að sýran fljóti vel yfir keppina.

Næringargildi í 100g af ætum hluta

| | |
|-------------------------------|------------|
| Orka (kcal / kJ) | 320 / 1325 |
| Prótein (g) (N x 6,25) | 7,5 |
| Fita alls (g) | 26,9 |
| þar af mettaðar fitusýrur (g) | 13,3 |
| Kolvetni (g) | 11,9 |
| þar af sykrur (g) | 2,7 |
| Trefjaefni (g) | 3 |
| Natríum (mg) | 71,7 |

Gildi fengin með efnagreiningum

Hafið samband við Matis ohf eða Landbúnaðarháskóla Íslands ef frekari upplýsinga er óskað um hefðbundin íslensk matvæli.

Verkefnið var hluti EuroFIR sem var fjármagnað af 6. rammaáætlun Evrópusambandsins um gæði og öryggi matvæla. Verkefnisnúmer (FP6-513944).

Skyr

(Skyr)

Serving size 200g. Preparation time 36 hours.

Milk and milk products have always played a very important role in the daily diet of most Icelanders and for centuries, ewe's or cow's milk was a staple component of the diet, along with fish. Skyr is a type of fresh cheese that evolved in Iceland as a way of preserving milk and maximizing its food value. It is made from skimmed milk, leaving the cream to make butter. Skyr is still a popular traditional food and for centuries it was by far the most common dairy product in Iceland along with butter and whey.

Even though skyr is by definition a type of cheese, most Icelanders do not consider it as such, as it is a yoghurt-like product, eaten with a spoon. While skyr was made in most Icelandic households well into the last century, it is now available as a popular, commercial product, acclaimed for its health qualities, high protein and calcium content, and pleasant, creamy taste.

Ingredients

10L Skimmed milk
150g Water diluted skyr from previous preparation
0.6ml Rennet



Preparation

Skimmed milk is heated to 90°C for 30 minutes then cooled down to 39–40°C.

A skyr sample from a previous preparation is added along with the rennet.

The mixture is left to stand for 5 hours then cooled down and left to chill for 24 hours at 4–10°C.

The mixture is poured into linen bags, which are hung up and the whey drained away into a container.

Before serving, skyr is whipped into a smooth consistency, it may be necessary to add water or milk.

In earlier times, sour skyr was consumed unsweetened, often mixed with other food such as oatmeal porridge, berries or pickled blood sausage. The sour product could keep for a long time and was sometimes used for preserving berries for the winter. Nowadays commercially produced skyr is commonly eaten with sugar and cream or milk, often flavoured with berries or fruit. Several varieties and flavours are available in every food store, the latest variety being a skyr drink, a popular convenience food product based on a traditional food.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|----------|
| Energy (kcal / kJ) | 61 / 261 |
| Protein (g) (N x 6.25) | 13.1 |
| Total Fat (g) | 0.2 |
| of which saturated fatty acids (g) | 0.1 |
| Carbohydrates (g) | 1.8 |
| of which sugars (g) | 1.8 |
| Dietary fibre (g) | 0 |
| Sodium (mg) | 32.4 |

Values obtained from laboratory analyses

Skyr

Skammtastærð 200g. Vinnslutími um 36 klst.

Mjólk og mjólkurmatur hafa alla tíð verið mikilvægur þáttur í íslensku mataræði og öldum saman var sauða-eða kúamjólk uppistaðan í fæðunni, ásamt fiski og sauðfjárafurðum.

Skyr virðist hafa verið gert á Íslandi allt frá landnámi, en mjólkurafurð undir þessu sama heiti var þá þekkt um öll Norðurlönd og minnst er á skyr víða í fornsögum. Líklega hefur skyr á landnámsöld þó verið nokkuð ólíkt því sem við þekkjum í dag, bæði súrara og þynnra, en talað var um að súpa skyrið.

Skyrgerð reyndist snjöll leið til að gjörnýta næringu mjólkurinnar, þar sem ekkert fór til spillis. Þjóminn var nýttur í smjör en undanrennan varð að skyri og mysu. Mysan gegndi ekki síst mikilvægu hlutverki við geymslu á mat en var líka notuð til drykkjar og í matargerð.

Tæknilega telst skyrið ostur, þar sem hleypir er notaður við vinnsluna. Skyrið hentaði íslenskum aðstæðum betur en aðrir ostar, m.a. vegna þess að það var borðað með skeið frekar en sem álegg á brauð. Brauð var lengi vel af skornum skammti, og mjöl frekar notað í grauta en í brauð. Hræringur, sem er blanda af skyri og hafragraut, var algeng fæða á Íslandi allt fram á miðja 20. öld, og þótti sérstaklega góður morgunverður með súru slátri.

Hráefni

10 lítrar undanrenna
150g þynnt skyr úr fyrri lögun
0.6ml skyrhleypir



Aðferð

Undanrennan er hituð upp í 90°C í 30 mín

Látin kólna í 39–40°C.

Hleypi og skyri úr fyrri lögun bætt út í og hrært rösklega.

Látið standa í 5 klst.

Kælt í 4–10°C og látið standa í sólarhring.

Síað í soðinni grisju sem er strengd á grind, eða í grisjupoka, í um 8 klst.

Áður er skyrið er borið fram er það hrært vandlega, ýmist með mjólk eða vatni, ásamt sykri. Oft eru höfð ber út á skyr, og það borðað með mjólk eða rjóma.

Næringargildi í 100g af ætum hluta

| | |
|-------------------------------|----------|
| Orka (kcal / kJ) | 61 / 261 |
| Prótein (g) (N x 6,25) | 13,1 |
| Fita alls (g) | 0,2 |
| þar af mettaðar fitusýrur (g) | 0,1 |
| Kolvetni (g) | 1,8 |
| þar af sykrur (g) | 1,8 |
| Trefjaefni (g) | 0 |
| Natríum (mg) | 32,4 |

Gildi fengin með efnagreiningum

Hafið samband við Matis ohf eða Landbúnaðarháskóla Íslands ef frekari upplýsinga er óskað um hefðbundin íslensk matvæli.

Verkefnið var hluti EuroFIR sem var fjármagnað af 6. rammaáætlun Evrópusambandsins um gæði og öryggi matvæla. Verkefnisnúmer (FP6-513944).

Vicentina Cod

(Bacala' alla Vicentina)

Provides: 12 servings. Preparation time: about 3 days.

Vicentina cod is a historical dish in the Palladio town. According to some documents, the origins date back to 1269; according to others the origin is from 1432, when the Venetian captain Pietro Querini, after shipwrecking on the Norwegian island of Rost, in the Lofoten archipelago, brought back to his homeland some stockfish, that is the cod air-dried without the addition of salt, as consumed by the local inhabitants. Since the dried fish was a very good alternative to fresh fish, which was perishable and expensive, the cooks in Vicenza created dishes based on this ingredient, until a simple recipe, always served with polenta, was created and became one of the symbols of the city of Vicenza. It is necessary to specify that only in the Vicenza dialect the term 'bacalà' (one 'c' only) is used to indicate the dried cod: this, in Italian, is commonly called stockfish, while 'baccalà' is used to indicate the salted fish. In both cases, it always refers to the species *Gadus Morrhua*, of the Teleostean order. The two types of preservation techniques are determined by the different climatic conditions in the fishing seasons. The cod that is caught in winter is dried for several months at low temperatures, on wooden racks, and exposed to the arctic winds until it appears, in terms of shape and hardness, like a wooden stock (i.e. stockfish). This is what then becomes the 'bacalà'.

Sources

Venerabile Confraternita del Bacalà alla Vicentina di Sandrigo (Vicenza): www.baccalaallavicentina.it

Acknowledgements

We thank the Venerabile Confraternita del Bacalà alla Vicentina di Sandrigo (Vicenza), and particularly the President, Mr. Benetazzo, for assisting in contacts and local organization, and the cook, Mr. Loris Asnicar, that helped in ingredient selection and prepared the dish according to the traditional recipe.



Ingredients

950g Stockfish, soaked
 140g Onions, white, sweet
 750ml Extra virgin olive oil
 25g Sardines, salted
 300ml Milk, whole, pasteurised
 70g Flour, wheat, type 00
 5g Grana Padano cheese, grated
 40g Parsley, fresh
 1g Salt, fine
 1g White pepper, powder

Preparation

Lay the stockfish on the chopping board. Beat it with a wooden hammer, and intermittently stretch the fish for about 15 minutes, until it becomes tender. Put the stockfish in a sink with running water, for approximately three days, depending on weather conditions (high temperature accelerates the softening process). Drain the stockfish, cut it open lengthways and discard the non edible part (scales, fins and bones), but not the skin. Add salt and pepper. Stuff with onions, previously chopped and stir fried in extra virgin olive oil (keep the olive oil for later use), flour, grated cheese, finely chopped parsley and sardines, previously de-boned and cut in small pieces. Close the fish and cut it into large slices approximately 6cm long and roll the slices in flour. Lay the slices one next to each other in a stoneware or aluminium pot and cover completely with the milk, the extra virgin olive oil used to fry the onions, and the remaining oil. Simmer, uncovered, on a low-to-moderate temperature for about 3 hours, without stirring, but being careful to always keep the fish covered with the liquid. Use a heat spreader to keep the heat even. This cooking method is called, "pipare", to indicate the presence of bubbles of smoke that erupt from the cooking dish like from a pipe.

To test that it is cooked, press a piece of fish on the side of the pot, with a wooden spoon: the bacalà is ready when it flakes easily. Traditionally, Vicentina cod (*bacalà alla vicentina*) is served with slices of *polenta gialla* (yellow corn porridge), making it a dish that is ideal for the cold weather.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|------------|
| Energy (kcal / kJ) | 519 / 2146 |
| Protein (g) (N x 6.25) | 21.5 |
| Total Fat (g) | 47.9 |
| of which saturated fatty acids (g) | 8.0 |
| Carbohydrates (g) | 0.6 |
| of which sugars (g) | 0.2 |
| Dietary fibre (g) | 0.7 |
| Sodium (mg) | 289 |

Values obtained from laboratory analyses

For more information on Italian traditional foods contact: ISPO Molecular and Nutritional Epidemiology Unit – Florence www.cspo.it (Salvini); IEO Division of Epidemiology and Biostatistics – Milan www.ieo.it (Gnagnarella); the University of Udine www.uniud.it (Parpinel); the National Institute for Food and Nutrition Research INRAN – Rome www.inran.it (Marletta, Camilli)

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Bacala' alla Vicentina

Per: 12 persone. Tempo di preparazione: circa 3 giorni.

Il "bacalà alla vicentina" è un piatto storico nella città del Palladio. Le sue origini risalgono secondo alcuni documenti al 1269; secondo altri al 1432, quando il capitano veneziano Pietro Querini, dopo aver fatto naufragio nell'isola norvegese di Rost, nell'arcipelago delle Lofoten, ritornò in patria portando con sé dello stoccafisso, cioè il merluzzo essiccato senza l'utilizzo del sale, così come consumato dagli abitanti del luogo. Potendo il pesce secco essere un'ottima alternativa al pesce fresco, deperibile e costoso, i cuochi vicentini elaborarono piatti a base di questo alimento fino a dare vita ad una ricetta semplice e sempre accompagnata dalla polenta, che è diventata uno dei simboli della città di Vicenza. E' doveroso chiarire che solo nel dialetto vicentino con il termine "bacalà" (con una sola "c") si intende il merluzzo essiccato: questo, nella lingua italiana, viene chiamato stoccafisso, mentre con "baccalà" ci si riferisce al pesce salato. In entrambi i casi, si tratta sempre di merluzzo della specie *Gadus Morrhua*, dell'ordine dei Teleostei. I due tipi di conservazione del pesce sono dettati dalle diverse condizioni climatiche nei periodi di pesca. Il merluzzo pescato nella stagione invernale viene seccato per mesi a basse temperature su graticci di legno ed esposto all'aria artica fino ad apparire simile, per forma e per durezza, ad un bastone di legno (appunto stoccafisso). Ed è quello che diventerà poi il "bacalà".

Fonti

Venerabile Confraternita del Bacalà alla Vicentina di Sandrigo (Vicenza): www.baccalaallavicentina.it

Ringraziamenti

Ringraziamo la Confraternita del Bacalà alla Vicentina di Sandrigo (Vicenza) ed in particolar modo il presidente, Avv. Benetazzo, per l'aiuto fornito in fase organizzativa in loco, ed il cuoco, il signor Loris Asnicar, che ha collaborato nella scelta degli ingredienti ed ha eseguito per noi la ricetta tradizionale.



Ingredienti

950g Stoccafisso ammollato
140g Cipolle bianche dolci
750ml Olio extra vergine di oliva
25g Sardine sotto sale
300ml Latte intero pastorizzato
70g Farina di frumento tipo 00
5g Grana Padano grattugiato
40g Prezzemolo fresco
1g Sale fino
1g Pepe bianco in polvere

Preparazione

Appoggiare lo stoccafisso sul tagliere, batterlo con un martello di legno e lavorarlo con le mani, torcendolo longitudinalmente, per circa 15 minuti fino a renderlo morbido. Quindi metterlo in ammollo in acqua corrente per 3 giorni circa, a seconda delle condizioni atmosferiche (l'alta temperatura accelera infatti il processo di ammorbidimento). Scolare lo stoccafisso, aprirlo longitudinalmente ed eliminare la parte non edibile (squame, pinne e lisce), ma non la pelle. Salare, pepare e farcire con la cipolla, precedentemente tritata, rosolata in olio extra vergine di oliva e scolata dall'olio di cottura (che verrà tenuto da parte), la farina, il formaggio grattugiato, il prezzemolo tritato e le sardine, precedentemente diliscate e ridotte in piccoli pezzi. Richiudere il pesce, tagliarlo in fette larghe circa 6cm e infarinare. Disporre in un tegame di coccio o di alluminio i pezzi di bacalà accostati uno all'altro, versare il latte, l'olio extra vergine di oliva usato in precedenza per cuocere le cipolle ed il rimanente olio fino a coprire completamente il pesce. Cuocere a fuoco lento per circa 3 ore, senza coperchio e senza mai mescolare avendo cura però che il pesce non rimanga mai scoperto dal suo liquido di cottura, ed usando lo spargifiamma per rendere il calore omogeneo. Questo metodo di cottura viene detto, in dialetto vicentino, "pipare", che sta ad indicare la presenza di bolle di fumo che fuoriescono dal composto che cuoce come da una pipa. Per valutare il giusto punto di cottura del bacalà, spingerne un pezzo contro un lato della pentola servendosi di un cucchiaio di legno: se si frantuma facilmente, il bacalà è pronto. Tradizionalmente il bacalà alla vicentina è servito con fette di polenta gialla calda, dando vita ad un piatto unico da consumare preferibilmente nella stagione fredda.

Informazioni nutrizionali per 100g di parte edibile

| | |
|--|-------------|
| Valore energetico (kcal / kJ) | 519 / 2146 |
| Proteine (g) (N x 6.25) | 21,5 |
| Grassi (g) di cui saturi (g) | 47,9 8,0 |
| Carboidrati (g) di cui zuccheri (g) | 0,6 0,2 |
| Fibra alimentare (g) | 0,7 |
| Sodio (mg) | 289 |

Valori ottenuti da analisi di laboratorio

Per maggiori informazioni sugli alimenti tradizionali italiani contattare: l'ISPO – Unità Operativa di Epidemiologia Molecolare e Nutrizionale – Firenze www.cspo.it (Salvini); l'IEO Divisione di Epidemiologia e Biostatistica – Milano www.ieo.it (Gnagnarella); l'Università di Udine www.uniud.it (Parpinel); l'Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione INRAN – Roma www.inran.it (Marletta, Camilli)

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Project number (FP6-513944)

Braised Beef with Barolo Wine

(Brasato al Barolo)

Provides: 6 servings. Preparation time: about 15 hours.

Brasato al Barolo is a typical dish of the Piedmont culinary tradition, particularly of the Langa, the hilly territory between the rivers Tanaro and Bormida, including the northern slopes of the Appennino Ligure. The name of this recipe is relatively recent (approximately 1950), while the recipe itself, prepared according to the procedure presented here, is older. Some references are from the beginning of the nineteenth century, as mentioned in a cookbook of Cuneo, dated 1822. Originally, large ox cuts were used, which needed to be cooked slowly. One of the main features is the use of an old type of pan, which was used for stews, called 'bibinera'. This was a heavy pot with lid, and was also used as an oven when placed on and covered with live charcoal in order to cook the meat more evenly. The name Brasato derives from cooking the meat over live charcoal (*brace*). The wine used for the preparation of this dish is Barolo, a wine with a "Denominazione di Origine Controllata e Garantita" (DOCG) (an Italian quality assurance label for wines), produced from Nebbiolo grapes in the area of the province of Cuneo, southwest of Alba. The Barolo wine became famous in the eighteenth century and started to be produced with today's characteristics at the beginning of the nineteenth century. Thanks to its organoleptic characteristics and to its full body, it is perfect for recipes of red meat.

Sources

Polizia e Cucina. Trascrizione di Maria e Piero anonimo. Ordine dei Cavalieri del Tartufo di Alba 1822. Edizione 1984.

La cucina delle Langhe e del Barolo. I menù della memoria. Gambera A. 2000 a cura della "Cantina Comunale di La Morra".

Acknowledgements

We thank Ms Pierina Gonella and Mr. Maurizio Della Piana, who prepared the Brasato al Barolo and hosted us at the Osteria dell'Arco (Alba, CN), and Mr. Marco Brocco from Slow Food, for help and support in the organization and execution of work.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 109 / 454 |
| Protein (g) (N x 6.25) | 13.8 |
| Total Fat (g) | 5.6 |
| of which saturated fatty acids (g) | 1.5 |
| Carbohydrates (g) | 0.8 |
| of which sugars (g) | 0.2 |
| Dietary fibre (g) | 0.6 |
| Sodium (mg) | 505 |

Values obtained from laboratory analyses



Ingredients

1kg Boneless Beef roast, chuck or topside, trimmed of fat, in a single piece
 2 Bottles Barolo wine (750mL each)
 220g Onions
 200g Carrots
 170g Celery stalks
 70g Extra virgin olive oil
 3 Cloves, dry, 2 fresh Bay leaves, 1 clove Garlic,
 2 small dry Red Chilli Peppers, 2g Cinnamon sticks,
 7g fresh Rosemary (8 small branches), 4g Nutmeg,
 1g Pepper, 15g Salt
 1L vegetable Broth (water, onions, carrots, celery,
 coarse rock salt)

Preparation

Place the meat in a bowl with the onions, carrots and celery cut into pieces, bay leaves, the cloves of garlic cut in half, the small branches of rosemary, cloves, cinnamon sticks, whole chilli peppers and powdered nutmeg. Cover the meat completely with Barolo wine and store in a cool place for about 12 hours. Before cooking the meat, prepare the vegetable broth in a pot, with 2L of water, salt and vegetables (onions, carrots and celery cut into large pieces). Simmer uncovered for about an hour and strain the broth. Remove the meat from the marinade and sprinkle salt and pepper over the whole surface. Brown the meat in a pan with oil, on a high heat until the typical brown crust is formed. Lower the heat and add the marinated vegetables, wine and approximately 500mL of vegetable broth to completely cover the meat. Cook for about two hours, turning the meat occasionally and adding more vegetable broth (approximately 500 mL): the cooking liquid should slowly concentrate until the right consistency is obtained (if it looks too liquid, boil the sauce for a few more minutes to evaporate the liquid). When ready, remove the piece of meat and sieve the cooking liquid and the vegetables, to obtain a thick sauce. Cut the meat into thin slices and serve with a few tablespoons of sauce.

Brasato al Barolo

Per: 6 persone. Tempo di preparazione: circa 15 ore.

Il Brasato al Barolo è un piatto tipico della tradizione culinaria Piemontese, in particolare della gastronomia di Langa, il territorio collinare che si trova tra i fiumi Tanaro e Bormida, e comprendente le propaggini settentrionali dell'Appennino Ligure. La denominazione di questa ricetta è relativamente recente (1950 circa), mentre la ricetta vera e propria, elaborata secondo la procedura qui presentata, è più antica. Alcuni riferimenti risalgono agli inizi dell'ottocento, come attesta un ricettario cuneese del 1822. Originariamente si utilizzavano tagli di bue piuttosto consistenti, che necessitavano di una cottura lenta. Una delle caratteristiche principali è l'uso di un antico tegame, utilizzato per gli stufati, che si chiamava "bibinera". Questa pentola era molto robusta e dotata di coperchio, che fungeva anche da forno. Veniva infatti sistemata nel caminetto ricoperta interamente dalla brace, per ottenere una cottura della carne più uniforme. Il nome di brasato deriva quindi dalla cottura della carne sulla brace. Il vino utilizzato per la preparazione di questo piatto è il Barolo, un vino a Denominazione di Origine Controllata e Garantita (DOCG), prodotto dalle uve del vitigno del Nebbiolo, nella zona in provincia di Cuneo a sud-ovest di Alba. Il Barolo, che acquistò la sua fama a partire dal Settecento ed iniziò ad essere prodotto con le caratteristiche attuali all'inizio dell'Ottocento, grazie alle sue caratteristiche organolettiche e alla sua struttura si lega bene alle preparazioni a base di carne rossa.

Fonti

Polizia e Cucina. Trascrizione di Maria e Piero anonimo. Ordine dei Cavalieri del Tartufo di Alba 1822. Edizione 1984.

La cucina delle Langhe e del Barolo. I menù della memoria. Gambera A. 2000 a cura della "Cantina Comunale di La Morra".

Ringraziamenti

Ringraziamo la sig.ra Pierina Gonella e il sig. Maurizio Della Piana, per aver preparato il brasato e per averci ospitato presso l'Osteria dell'Arco (Alba, CN), e il sig. Marco Dal Brocco di Slow Food, per averci aiutato e sostenuto nell'organizzazione e realizzazione del lavoro.



Ingredienti

1kg Sottopaletta di manzo (oppure Fiocco o Gallinella)
 2 Bottiglie Vino Barolo (750mL l'una)
 220g Cipolle
 200g Carote
 170g Coste di sedano
 70g Olio extravergine di oliva
 3 Chiodi di Garofano, 2 foglie Alloro fresco,
 1 spicchio Aglio, 2 Peperoncini secchi interi,
 2g stecche di Cannella, 7g Rosmarino fresco (8 rametti),
 4g Noce moscata, 1g Pepe nero, 15g Sale fino
 1L Brodo vegetale (acqua, cipolle, carote, sedano, sale grosso)

Preparazione

Sistemare la carne in una terrina con le cipolle, le carote ed il sedano tagliati a tocchetti, le foglie di alloro, lo spicchio d'aglio tagliato a metà, i rametti di rosmarino, i chiodi di garofano, le stecche di cannella, i peperoncini interi e la noce moscata pestata al mortaio. Ricoprire completamente la carne con il vino Barolo e porre in luogo fresco per circa 12 ore. Prima di iniziare la cottura della carne, preparare il brodo vegetale mettendo in una pentola circa 2L di acqua, il sale e le verdure (cipolle, carote e sedano) tagliate in grossi pezzi. Sobbollire senza coperchio per circa un'ora e utilizzare il brodo dopo averlo filtrato. Togliere la carne dalla marinata, salare e pepare tutta la superficie, quindi rosolare in un tegame con l'olio, a fuoco vivace, fino a quando si sarà formata la tipica crosticina. Abbassare la fiamma e unire le verdure della marinata, il vino e circa 500mL di brodo vegetale fino a coprire completamente la carne. Cuocere per circa due ore, girando di tanto in tanto la carne e aggiungendo altro brodo vegetale (circa 500mL). Il liquido di cottura deve restringersi poco alla volta fino a diventare denso, se risultasse troppo liquido, continuare la cottura della salsa per altri 5-10 minuti. A cottura ultimata, estrarre il pezzo di carne e passare al setaccio il fondo di cottura con le verdure fino ad ottenere una salsa densa. Tagliare la carne (preferibilmente a freddo) a fette sottili e servirle ricoperte con alcuni cucchiaini di salsa.

Informazioni nutrizionali per 100g di parte edibile

| | |
|-------------------------------|-----------|
| Valore energetico (kcal / kJ) | 109 / 454 |
| Proteine (g) (N x 6.25) | 13,8 |
| Grassi (g) | 5,6 |
| di cui saturi (g) | 1,5 |
| Carboidrati (g) | 0,8 |
| di cui zuccheri (g) | 0,2 |
| Fibra alimentare (g) | 0,6 |
| Sodio (mg) | 505 |

Valori ottenuti da analisi di laboratorio

Per maggiori informazioni sugli alimenti tradizionali italiani contattare: l'ISPO - Unità Operativa di Epidemiologia Molecolare e Nutrizionale - Firenze www.cspo.it (Salvini); l'IEO Divisione di Epidemiologia e Biostatistica - Milano www.ieo.it (Gnagnarella); l'Università di Udine www.uniud.it (Parpinel); l'Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione INRAN - Roma www.inran.it (Marletta, Camilli)

Questo lavoro è stato reso possibile grazie al consorzio europeo EuroFIR e ad un finanziamento nell'ambito del VI programma quadro dell'Unione Europea (EU 6th Framework Food Quality and Safety Programme).
 Project number (FP6-513944)

Pizza Napoletana Margherita

Provides: 1 pizza. Preparation time: about 12 hours.

Pizza or focaccia bread could have been invented by the Phoenicians, the Greeks, the Romans or anyone who learned the secret of mixing flour with water and cooking it on a hot stone. In the case of *Pizza Napoletana*, it was not until the early 1700's that Neapolitans started utilizing tomatoes to their focaccia bread rounds and cooking it on a wood-fired oven. Pizza Napoletana Margherita was created in 1871 by Raffaele Esposito and his wife as a tribute to the Queen of Italy, Margherita di Savoia, on a visit in Naples, dedicating to her a pizza representing the colours of the Italian flag (green=basil, white=mozzarella and red=tomato). Pizza is likely the most widespread Italian dish in the world but Naples is, for excellence, the traditional production area of the pizza Napoletana Margherita, where recipe and technique have been handed from generation to generation. The authentic recipe of pizza Napoletana Margherita is made with local ingredients like San Marzano tomatoes, which grow on the volcanic plains to the south of Mount Vesuvius and Mozzarella Campana, made with the milk from cows or buffalo raised in the plains of Campania. Dough consists of Neapolitan wheat flour, natural yeast, salt and water.

Reference

Guida gastronomica d'Italia. Milano 1931 Touring Club Italiano.

La cucina regionale italiana. 1988. Boni Ada. Mondadori Editore.

Atlante dei prodotti tipici: Il pane. 2000. Istituto Nazionale di Sociologia Rurale (INSOR). AGRA Editrice.

Ingredients:

300g Dough (wheat flour, yeast, water, salt)
 100g San Marzano peeled Tomatoes (puree)
 130g Mozzarella cheese (cut by hand)
 20g Olive/Soy Oil
 15g Parmigiano/Pecorino cheese, grated
 2 Leaves of Basil



Preparation

Crumble the yeast in a cup and dilute with several tablespoons of warm water. Mix with a little flour, cover the cup with a cloth and keep it in a warm place so that it can rise.

Pour the remaining flour on the pastry board, add a pinch of salt and knead with warm water. Add the fermented dough and continue to knead vigorously until it becomes elastic.

Shape the dough into several balls and then place them on a wooden board, lightly coated with flour. Cover with a cloth and keep it in a warm place until the dough swells to twice its former size (for 8 to 12 hrs).

The dough must be hand-kneaded to make disks of approximately 35cm in diameter; top with pureed tomatoes, mozzarella slices and add basil, oil, salt, and grated parmigiano/pecorino. With an edgeless shovel (*pala*) coated with flour, slip the pastry disk into wood-burning oven when the temperature is about 485°C (lit at least 3–4 hours in advance); with a brisk backward move, move the pizza onto the floor of a wood burning oven and rotate it to allow for even cooking. Cook until done (1–2 min), remove from oven with the same *pala* and serve.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 233 / 978 |
| Protein (g) (N x 6.25) | 10.7 |
| Total Fat (g) of which saturated fatty acids (g) | 9.3 4.9 |
| Carbohydrates (g) of which sugars (g) | 26.5 0.9 |
| Dietary fibre (g) | 2.7 |
| Sodium (mg) | 664 |

Values obtained from laboratory analyses

For more information on Italian traditional foods contact: the National Institute for Food and Nutrition Research INRAN – Rome www.inran.it (Marletta, Camilli); ISPO Molecular and Nutritional Epidemiology Unit – Florence www.cspo.it (Salvini); IEO Division of Epidemiology and Biostatistics – Milan www.ieo.it (Gnagnarella); the University of Udine www.uniud.it (Parpine)

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Pizza Napoletana Margherita

Per: 1 pizza. Tempo di preparazione: circa 12 ore.

La pizza o focaccia potrebbe essere stata inventata dai Fenici, dai Greci, dai Romani o da chiunque avesse appreso il segreto di mescolare la farina con l'acqua per poi cuocere l'impasto su una pietra infuocata. La pizza napoletana risale ai primi del 1700, quando i napoletani cominciarono a guarnire con i pomodori le loro focacce per poi cuocerle nel forno a legna. La pizza Margherita fu creata nel 1871 da Raffaele Esposito e sua moglie, i quali vollero fare un tributo alla Regina Margherita di Savoia, in visita a Napoli, dedicandole una pizza in cui erano rappresentati i colori della bandiera italiana (verde=basilico, bianco=mozzarella, rosso=pomodoro). La pizza è probabilmente il piatto più diffuso nel mondo e Napoli è, per eccellenza, l'area di produzione tradizionale della pizza Napoletana Margherita dove, ricetta e tecniche di preparazione sono state tramandate di generazione in generazione.

La ricetta autentica della pizza Napoletana Margherita è realizzata utilizzando come ingredienti il pomodoro San Marzano, coltivato nella pianura alle pendici a sud del monte Vesuvio e la mozzarella prodotta con latte di mucche o bufale allevate nella pianura della regione Campania. L'impasto è realizzato con farina proveniente dall'area di Napoli, lievito naturale, sale ed acqua.

Bibliografia

Guida gastronomica d'Italia. Milano 1931. Touring Club Italiano.

La cucina regionale italiana. 1988. Boni Ada. Mondadori Editore.

Atlante dei prodotti tipici: Il pane. 2000. Istituto Nazionale di Sociologia Rurale (INSOR). AGRA Editrice.

Ingredienti:

300g Pasta per la pizza (farina, lievito, acqua, sale)
100g Pomodori pelati San Marzano (passati)
130g Mozzarella (tagliata a mano)
20g Olio d'oliva/soia
15g Parmigiano/Pecorino grattugiato
2 Foglie di Basilico



Preparazione

Sbriciolare il lievito in una tazza e diluire con diversi cucchiari di acqua tiepida. Mescolare con un po' di farina, coprire la tazza con un panno e tenerla in un luogo tiepido in modo che l'impasto possa lievitare. Versare la restante farina sulla tavola, aggiungere un pizzico di sale e impastare con acqua. Aggiungere la pasta lievitata e continuare ad impastare energicamente, meglio con una impastatrice, fino a che non diventa elastica.

Dividere la pasta in diversi panetti, disporli su un piano di legno precedentemente infarinato. Coprire con un panno e conservarli in un luogo caldo fino a quando la pasta non raddoppia le sue dimensioni (circa 8–12 ore).

Stendere a mano i panetti realizzando dei dischi di 35cm circa, farcire con il pomodoro passato, la mozzarella tagliata a listarelle, aggiungere le foglie di basilico, sale, olio, il parmigiano/pecorino e, servendosi di una pala precedentemente infarinata, far scivolare la pizza nel forno a legna che ha già raggiunto i 485°C (acceso almeno 3–4 ore prima); con un movimento energico collocare la pizza sul piano del forno e ruotarla per permettere una cottura uniforme. Cuocere per 1–2 minuti, rimuovere la pizza dal forno con la stessa pala e servire.

Informazioni nutrizionali per 100g di parte edibile

| | |
|-------------------------------|-----------|
| Valore energetico (kcal / kJ) | 233 / 978 |
| Proteine (g) (N x 6.25) | 10,7 |
| Grassi (g) | 9,3 |
| di cui saturi (g) | 4,9 |
| Carboidrati (g) | 26,5 |
| di cui zuccheri (g) | 0,9 |
| Fibra alimentare (g) | 2,7 |
| Sodio (mg) | 664 |

Valori ottenuti da analisi di laboratorio

Per maggiori informazioni sugli alimenti tradizionali italiani contattare: l'Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione INRAN – Roma www.inran.it (Marletta, Camilli); l'ISPO – Unità Operativa di Epidemiologia Molecolare e Nutrizionale – Firenze www.cspo.it (Salvini); l'IEO Divisione di Epidemiologia e Biostatistica – Milano www.ieo.it (Gnagnarella); l'Università di Udine www.uniud.it (Parpinel)

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Tuscan Castagnaccio

(Castagnaccio Toscano)

Provides: 10 servings. Preparation time: about 1 hour.

Castagnaccio is a traditional dessert from Tuscany. It is thought to originate from the Lucca province, as testified by a document from 1553, talking about 'Pilade da Lucca', the castagnaccio inventor. As can be gathered from the name, the ingredient that characterises this recipe is the chestnut or more specifically, the chestnut flour. In the mountainous area of Lucca province, Garfagnana, there has historically been a presence of chestnut trees. Here they grow everywhere, from the bottom of the valley up to a height of one thousand meters. Their fruits and products have been the staple of the rural population for centuries. In this area the chestnut flour, also called 'farina di neccio' (neccio flour) substituted wheat flour: this is why the chestnut tree is also called the 'bread tree'. Since 2004, the 'farina di neccio della Garfagnana' has been a Protected Designation of Origin product (PDO). In the past, the main ingredients of castagnaccio were only chestnut flour, water and oil, all 'poor' ingredients, available in the area. The addition of orange peel, walnuts, or rosemary was a variation of the basic recipe depending on local tradition and availability. Also the addition of pine-nuts and raisins (locally called zibibbi) was very common, but not in all mountain areas. Today, the choice of the optional ingredients of castagnaccio is determined mainly by family traditions and personal taste. Many areas of Tuscany have maintained the castagnaccio tradition in addition to Lucca province and the Garfagnana area. Among these, as an example, Lunigiana (the PDO is currently under approval), Pratomagno, and Casentino are traditional production areas.

Ingredients

570g Chestnut flour
840g Water (some use milk)
60g Extra virgin olive oil
3g Salt

Optional ingredients:

50g Pine nuts, 100g Raisins, 70g Walnuts,
35g Orange peel, 8g Rosemary

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 231 / 972 |
| Protein (g) (N x 6.25) | 3.4 |
| Total Fat (g) of which saturated fatty acids (g) | 6.8 1.1 |
| Carbohydrates (g) of which sugars (g) | 39.0 16.2 |
| Dietary fibre (g) | 5.8 |
| Sodium (mg) | 275 |

Values obtained from laboratory analyses



Preparation

Add water (or milk) and the salt to the previously sifted chestnut flour, stirring with a wooden spoon, a table spoon or a whisk until a smooth and fluid batter is obtained. Raisins, pine nuts, walnuts or chopped orange peel may be added, to taste. Mix well and pour into a round pie-dish (aluminium or tinned), of approximately 30cm diameter, previously greased with some extra virgin olive oil. Pour the remaining extra virgin olive oil on the surface of the batter. Optionally, decorate with rosemary leaves, pine nuts and walnuts, and finally put it in the wooden oven for 40–50 minutes. The dish should be put in the oven when the temperature is around 200°C, after having completely removed the live charcoal and when all ashes are deposited. If an electric or gas oven is used, heat the oven to 200°C and lower the thermostat to 150°C when the baking dish is introduced. The chocolate colour crust that forms with the heat should crack, reminiscent of the wrinkled bark of a chestnut tree.

Sources

Regione Toscana – ARSIA – Agenzia Regionale per lo Sviluppo e l'Innovazione nel Settore Agricolo-forestale. www.arsia.it

Tuscany: Garfagnana e Valle del Serchio. Treasures to hand down. www.galgarfagnana.com

Associazione Castanicoltori della Garfagnana. www.associazionecastanicoltori.it

Consorzio Farina di castagne del Pratomagno e del Casentino. www.cm-casentino.toscana.it/agricoltura/consorzio2.asp

Acknowledgements

We thank the Associazione Castanicoltori della Garfagnana, in particular Mr. Ivo Poli and the inhabitants of Sillico (Pievefosciana-LU), mainly Mrs Giuliana Bonugli, Gertrude Lenzarini, Anna Pieroni, Ginevra Almerini and Mr. Ermete Filippi, that prepared for us five variants of castagnaccio, in the kitchen of Mrs. Pieroni.

For more information on Italian traditional foods contact: the National Institute for Food and Nutrition Research INRAN – Rome www.inran.it (Marletta, Camilli); ISPO Molecular and Nutritional Epidemiology Unit – Florence www.cspo.it (Salvini); IEO Division of Epidemiology and Biostatistics – Milan www.ieo.it (Gnagnarella); the University of Udine www.uniud.it (Parpine)

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Castagnaccio Toscano

Per: 10 persone. Tempo di preparazione: 1 ora circa.

Il castagnaccio è un dolce che tradizionalmente appartiene alla cucina toscana. Si ritiene sia originario della provincia di Lucca, come testimonia un documento storico del 1553 in cui si parla di “Pilade de Lucca”, inventore del castagnaccio. Come dice il nome stesso, l’ingrediente che caratterizza questo dolce sono le castagne o meglio la farina di castagne. Nell’area montana della provincia lucchese, la Garfagnana, è storica la presenza dei castagni: qui prosperano ovunque, dal fondovalle fin verso i mille metri di altitudine. I loro frutti ed i prodotti da essi ottenuti sono stati per secoli la principale fonte di sostentamento per la popolazione rurale. In questa zona la farina di castagne detta “farina di neccio”, divenne sostituto della farina di grano: proprio per questo il castagno è detto “albero del pane”. Dal 2004 la “farina di neccio della Garfagnana” è un prodotto a Denominazione di Origine Protetta (DOP). In passato gli ingredienti base del castagnaccio erano solo farina di castagne, acqua e olio, tutti ingredienti “poveri” presenti sul territorio. L’aggiunta di scorza di arancio, di noci o di rosmarino era una variante della ricetta che dipendeva dalle tradizioni e dalla disponibilità locale. Anche l’aggiunta di pinoli ed uvetta (zibibbi) era molto comune, ma non in zone montane. Oggi invece la scelta degli ingredienti aggiuntivi del castagnaccio è dettata principalmente dalla tradizione familiare e dal gusto individuale. Oltre alla provincia di Lucca ed alla zona della Garfagnana, sono molte le aree della Toscana in cui si è mantenuta la tradizione del castagnaccio. Tra queste ad esempio la Lunigiana (riconoscimento in corso per la denominazione DOP della farina di castagne locale), il Pratomagno ed il Casentino sono aree tradizionali di produzione.



Preparazione

Evitando di formare grumi, aggiungere alla farina di castagne, precedentemente setacciata, l’acqua (o il latte) ed il sale, mescolando con un mestolo di legno, un cucchiaino o una frusta, fino ad ottenere una pastella fluida a cui si possono unire uvetta, pinoli, noci o buccia di arancia tritata grossolanamente. Amalgamare e versare in una teglia di rame stagnato o alluminio, rotonda, del diametro di circa 30cm, precedentemente unta con olio extra vergine di oliva. Versare a filo l’olio extra vergine di oliva sulla superficie dell’impasto. Decorare, volendo, con foglie di rosmarino, pinoli, o noci e quindi infornare nel forno a legna per circa 40–50 minuti: il dolce viene introdotto nel forno a circa 200°C, dopo aver tolto completamente le braci ed aver lasciato depositare la cenere per alcuni minuti. Se si usa il forno elettrico o a gas, preriscaldare a 200°C e ridurre a 150°C quando si inforna la teglia. La crosta color cioccolato che si forma con il calore si dovrà screpolare, ricordando la corteccia rugosa dei tronchi di castagno.

Fonti

Regione Toscana – ARSIA – Agenzia Regionale per lo Sviluppo e l’Innovazione nel Settore Agricolo-forestale. www.arsia.it

Toscana: Garfagnana e Valle del Serchio. Tesori da tramandare. www.galgarfagnana.com

Associazione Castanicoltori della Garfagnana. www.associazionecastanicoltori.it

Consorzio Farina di castagne del Pratomagno e del Casentino. www.cm-casentino.toscana.it/agricoltura/consorzio2.asp

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Ingredienti

570g Farina di castagne (“farina di neccio”)
840g Acqua (alcuni usano il latte)
60g Olio extra vergine di oliva
3g Sale

Ingredienti facoltativi:

50g Pinoli, 100g Uvetta, 70g Noci,
35g Buccia di arancia, 8g Rosmarino

Informazioni nutrizionali per 100g di parte edibile

| | |
|--|--------------|
| Valore energetico (kcal / kJ) | 231 / 972 |
| Proteine (g) (N x 6.25) | 3,4 |
| Grassi (g) di cui saturi (g) | 6,8 1,1 |
| Carboidrati (g) di cui zuccheri (g) | 39,0 16,2 |
| Fibra alimentare (g) | 5,8 |
| Sodio (mg) | 275 |

Valori ottenuti da analisi di laboratorio

Per maggiori informazioni sugli alimenti tradizionali italiani contattare: l’ISPO – Unità Operativa di Epidemiologia Molecolare e Nutrizionale – Firenze www.cspo.it (Salvini); l’IEO Divisione di Epidemiologia e Biostatistica – Milano www.ieo.it (Gnagnarella); l’Università di Udine www.uniud.it (Parpinel); l’Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione INRAN – Roma www.inran.it (Marletta, Camilli)

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Project number (FP6-513944)

Ricotta Stuffed Roll

(Cannoli Siciliani)



Provides: 12 Cannoli. Preparation time: about 3 hours.

Cannoli, a typical product of Sicilian artisan confectionery, can be found in the best Italian pastry shops. The origin of cannoli dates back to the time of Arab dominion in Sicily by the Saracens and perhaps even earlier. Originating in the Palermo area, they were historically prepared as a Carnival joke: a tap called 'cannulu' in Sicilian dialect from which cream instead of water runs out. Another legend assigns their origin to the women in a harem of Caltanissetta, who made these cakes to please their sultan. They range in size from 'cannulicchi', no bigger than a finger, to the fist-sized proportions typically found in Piana degli Albanesi, south of Palermo, Sicily.

Cannoli Siciliani are prepared with a 'scorza' made of a fried dough shaped pipe and a filling of sifted sheep ricotta with the addition of vanilla, chopped extra dark chocolate and pistachios, Marsala wine or other flavourings. In the Catania area, the final decoration is made with chopped pistachios of Bronte, unlike Palermo where they are decorated with slices of candied orange peel. Regardless of size, the shells should be filled as late as possible to avoid becoming wet, thus losing the crunchiness and contrast with the softness of the filling.

Reference

Guida gastronomica d'Italia. Milano 1931 Touring Club Italiano.

La cucina regionale italiana. 1988. Boni Ada. Mondadori Editore.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 330 / 1385 |
| Protein (g) (N x 6.25) | 7.2 |
| Total Fat (g) of which saturated fatty acids (g) | 14.6 8.0 |
| Carbohydrates (g) of which sugars (g) | 42.6 26.1 |
| Dietary fibre (g) | 2.1 |
| Sodium (mg) | 118 |

Values obtained from laboratory analyses

Ingredients:

Shell

110g Flour, wheat, type 00
80g Flour, durum wheat
1tsp Unsweetened cocoa
1tsp Coffee powder
1tsp Granulated sugar
3g Butter
1 Egg-white
30ml White wine
Suet for frying
Table salt

Stuffing cream

370g Ricotta cheese (sheep)
190g Granulated sugar
5ml Amaretto liqueur
1 Small vanilla pod
13g Cubes of mixed candied fruit
10g Dark Chocolate
7g Candied fruit orange, cedar and cherries
2g Icing sugar

Preparation

Preparation of shells (scorze): mix flour (wheat and wheat durum), unsweetened cocoa, coffee powder, a pinch of salt and granulated sugar on a pastry board. Add the butter, egg-white and enough white wine to work into moderately firm dough. Knead for a few minutes, and then shape the dough into a ball. Wrap it in a cloth and let it stand for one hour in a cool place. Coat a few cane pipes (bamboo canes about 10cm. long and 2.5cm. in diameter) with suet. Roll out the dough with a rolling pin and cut some disks using an ovoid mould. Fold the dough around the cane pipes, overlapping the two ends and sealing with a bit of egg-white. Fry the shells in hot suet in a pot for frying (~ 4/5 min, to 145°C). Gently drain them and place on paper towels. Cool the pastries for a few minutes. Gently remove the cane pipes and let them cool thoroughly.

Preparation of stuffing cream: mix the ricotta well with sugar, Amaretto liqueur, vanilla, and sift three times to obtain a soft cream. Add the diced candied fruit and the chopped dark chocolate. Store the cream in a cool place.

Preparation of Cannoli: fill the shells with ricotta cream. Dress with candied fruit and dust with icing sugar.

For more information on Italian traditional foods contact: the National Institute for Food and Nutrition Research INRAN – Rome www.inran.it (Marletta, Camilli); ISPO Molecular and Nutritional Epidemiology Unit – Florence www.cspo.it (Salvini); IEO Division of Epidemiology and Biostatistics – Milan www.ieo.it (Gnagnarella); the University of Udine www.uniud.it (Parpine)

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Cannoli Siciliani



Per: 12 cannoli. Tempo di preparazione: circa 3 ore.

I cannoli, tipico prodotto dell'antica arte dolciaria siciliana, oggi si possono facilmente trovare nelle migliori pasticcerie italiane. I cannoli risale al tempo della dominazione araba in Sicilia da parte dei Saraceni e forse ancor prima. Originari della zona di Palermo, storicamente venivano preparati, come scherzo di Carnevale: un rubinetto detto in dialetto siciliano "cannulu" da cui fuoriusciva crema invece di acqua. Mentre una leggenda attribuisce la loro origine alle donne di un harem di Caltanissetta che producevano questi dolci per ingraziarsi il loro sultano. I Cannoli siciliani si preparano con una "scorza" fatta di pasta fritta a forma tubo, e un ripieno di ricotta di pecora setacciata con l'aggiunta di vaniglia, pezzetti di cioccolato fondente extra, pistacchio, vino Marsala o altri aromi. Nella zona di Catania, la decorazione finale è realizzata con pistacchi tritati di Bronte, a differenza di Palermo, dove vengono decorati con filetti di scorza di arancia candita. La loro dimensione varia da "cannulicchi", non più grandi di un dito, a quella di un pugno tipicamente prodotti nella Piana degli Albanesi, a sud di Palermo. Indipendentemente dalle dimensioni, le scorze devono essere riempite il più tardi possibile per evitare che diventino umide, perdendo così la croccantezza e il contrasto con la morbidezza del ripieno.

Bibliografia

Guida gastronomica d'Italia. Milano 1931. Touring Club Italiano.

La cucina regionale italiana. 1988. Boni Ada. Mondadori Editore.

Informazioni nutrizionali per 100g di parte edibile

| | |
|--|--------------|
| Valore energetico (kcal / kJ) | 330 / 1385 |
| Proteine (g) (N x 6.25) | 7,2 |
| Grassi (g) di cui saturi (g) | 14,6 8,0 |
| Carboidrati (g) di cui zuccheri (g) | 42,6 26,1 |
| Fibra alimentare (g) | 2,1 |
| Sodio (mg) | 118 |

Valori ottenuti da analisi di laboratorio

Ingredienti:

Scorze

110g Farina, tipo 00
80g Farina di grano duro
1 Cucchiaino Cacao amaro
1 Cucchiaino Caffè in polvere
1 Cucchiaino Zucchero
3g Burro
1 Albume d'uovo
30g Vino bianco
Strutto per friggere
Sale

Crema per il ripieno

370g Ricotta di pecora
190g Zucchero
5g Liquore 'Amaretto'
1 Bustina di Vanillina
13g Cubetti di frutta candita
10g Cioccolato fondente
7g Arance, cedro e ciliege candite
2g Zucchero a velo

Preparazione

Preparazione dell'impasto per le scorze: mescolare la farina (grano tenero e grano duro) con il cacao amaro, il caffè in polvere, un pizzico di sale e lo zucchero su un piano di legno. Fare una fontana, aggiungere il burro, l'albume d'uovo, il vino bianco quanto basta e lavorare moderatamente l'impasto fino a renderlo sodo. Impastare per un paio di minuti, quindi formare una panetto con l'impasto; avvolgerlo in un panno e lasciare riposare per un'ora in luogo fresco. Ungere con un po' di strutto le canne (canne di bambù di circa 10cm. di lunghezza e 2,5cm. di diametro). Stendere la pasta con un mattarello e tagliare dei dischi con uno stampino di forma ovoidale. Avvolgere le canne con i dischi di pasta e sovrapporre le estremità saldandole con dell'albume. Friggere le scorze nello strutto ben caldo in una pentola per frittura (per circa 4/5 minuti, a 145°C). Sgocciolare su una carta assorbente, raffreddare per alcuni minuti, rimuovere le canne e lasciare raffreddare bene le scorze.

Preparazione della crema: mescolare bene la ricotta con lo zucchero, il liquore Amaretto e la vanillina e setacciare tre volte in modo da ottenere una crema soffice. Aggiungere i cubetti di frutta candita e il cioccolato fondente e lasciare riposare la crema in un luogo fresco.

Preparazione dei Cannoli: riempire le scorze con la crema di ricotta attraverso le estremità. Guarnire con frutta candita e spolverare con zucchero a velo.

Per maggiori informazioni sugli alimenti tradizionali italiani contattare: l'Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione INRAN – Roma www.inran.it (Marletta, Camilli); l'ISPO – Unità Operativa di Epidemiologia Molecolare e Nutrizionale – Firenze www.cspo.it (Salvini); l'IEO Divisione di Epidemiologia e Biostatistica – Milano www.ieo.it (Gnagnarella); l'Università di Udine www.uniud.it (Parpinel)

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Cold Fresh Beetroot Soup

(Šaltibarščiai)



1 serving 395g. Preparation time is 20 minutes.

A perfect summer soup that is a gorgeous treat on a hot day. This traditional Lithuanian soup is served with crisp, boiled potatoes or mashed potatoes. The first cold beetroot soup recipe in Lithuania was documented in 1936 (the cook book is named *'The great cook: practical advice for housewives', Klaipeda city, 1936*). This soup is widely eaten in all Lithuanian counties.

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 67 / 280 |
| Protein (g) (N x 6.25) | 3.5 |
| Total Fat (g) of which saturated fatty acids (g) | 3.6 NA |
| Carbohydrates (g) of which sugars (g) | 5.11 NA |
| Dietary fibre (g) | NA |
| Sodium (mg) | 219 |

Values obtained from laboratory analysis
NA – not analysed

Ingredients

- 65g milk
- 130g kefir (a fermented milk drink)
- 30g boiled beetroots
- 15g sour cream
- 15g fresh cucumbers
- A boiled egg
- 120g peeled boiled potatoes
- 1 chopped spring onion

Preparation

Mix milk and kefir with sour cream and water; then add the beets, cucumbers and finely chopped egg whites and stir. Take the egg yolks and mash them with 1/4 tsp. of salt and spring onion. This is done to release the onion's flavor. Add the yolk mixture to the soup and stir. Chopped dill is sprinkled on top of individual bowls just before serving. This soup is eaten with hot boiled potatoes, and is a summer favourite.

Šaltibarščiai



Paruošimo laikas yra 20 minučių.

Šaltibarščių receptūros paminėtos 1936 m. (Didžioji virėja: praktiškas vadovas šeimininkėms, Klaipėda, 1936 m.). Šaltibarščiai plačiai žinomi visuose Lietuvos regionuose. Tai – neįprasta šalta sriuba, kurią lietuviai mėgsta valgyti karštomis vasaros dienomis.

Sudedamosios Dalys

Kiekvienos sudedamosios dalies kiekis nurodytas pašalinus nevalgomą dalį, 1 porcija – 0,395kg
 65g Pienas
 130g Kefyras
 30g Burokėliai
 15g Grietinė
 15g Agurkai švieži
 20g Kiaušinis
 120g Virtos luptos bulvės
 1 Svogūnų laiškai

100g maistinė vertė

| | |
|--|------------|
| Energinė vertė (kcal / kJ) | 67 / 280 |
| Baltymai (g) (N x 6.25) | 3.5 |
| Riebalai (g) kuriuose sočiųjų riebalų rūgščių (g) | 3.6 NA |
| Angliavandeniai (g) kuriuose cukrų (g) | 5.11 NA |
| Skaidulinės medžiagos (g) | NA |
| Natris (mg) | 219 |

Vertės pagal laboratorinius tyrimus
 NA – Netirta

Paruošimas

Sumaišyti pieną, kefyra, grietinę ir vandenį, sudėti pjaustytus burokėlius, agurkus, virto kiaušinio baltymą. Išmaišyti kiaušinio trynį su svogūnų laiškais ir ¼ arbatinio šaukštelio druskos, masę sudėti į sriubą ir išmaišyti. Tiekiami šaltibarščiai supilstomi į atskirus dubenėlius, pabarstomi smulkintais krapais, valgoma su karštomis bulvėmis.

Cheese 'Džiugas'

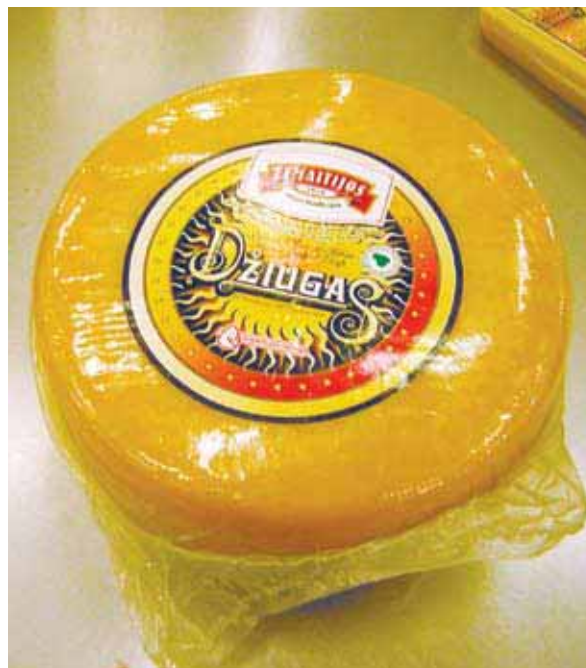
(Sūris „Džiugas“)

1 serving – 200g.

The 'Džiugas' cheese is a medium-fat (39–40%) very hard ripened cheese, made from pasteurized cow's milk, treated by enzymes and ripened. It is produced in the Western part of Lithuania (Žemaitija), in the region of Telsiai where there is a mountain named Džiugas. According to the legend, this mountain got its name from the warrior Džiugas who had a lot of power from a special cheese made in his own homestead. For a long time hard cheeses were produced only in the local farms of that region. At the beginning of 20th century industrial manufacturing of this kind of cheese began. Now cheese 'Džiugas' are widely known in Lithuania and abroad. 5000 tones of this cheese are produced every year in the factory "Žemaitijos pienas" and over 200 tonnes are exported to the European Union every month.

Ingredients

196g Milk
4g salt



Preparation

Raw milk is separated, cleaned and normalized and pasteurized for 20s at 74±2°C. The milk is then cured at 33–34°C with thermophilic lactobacillus. Afterwards some special microbiological origin enzyme is added. When the mixture becomes hard it is crumbed to small 0.7–1.0cm grains. Secondary heating from 33°C to 50°C is then performed for 1 hour. After this, the cheese grains are put into plastic boxes and are pressed for 1 hour 30 minutes. The cheese is then taken from the boxes and salted in special tanks at a temperature of 8–12°C and at a pH of 5.0–5.2. Initial ripening lasts 30–33 days, under 80–85% air humidity and 10–12°C temperature. Afterwards, the cheese is put into the casings and ripened for 3–12 months at 8°C, under 80–85% air humidity. The finished cheese is stored at a temperature of 2–4°C at the same air humidity. Cheese for sale is divided into 25–50g, 50–100g, 100–200g, 200–300g, 300–500g, 500–1000g, 1000–10000g and over 10000g pieces and packed in foil, plastic casings or wooden boxes.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 364 / 1516 |
| Protein (g) (N x 6.38) | 33.2 |
| Total Fat (g) of which saturated fatty acids (g) | 24.9 16.9 |
| Carbohydrates (g) of which sugars (g) | 1.8 NA |
| Dietary fibre (g) | NA |
| Sodium (mg) | 342 |

Values obtained from laboratory analysis
NA – not analysed

Sūris „Džiugas“

Vidutinio riebumo (39–40%) labai kietas fermentinis sūris, pagamintas iš normalizuoto pagal riebumą ir pasterizuoto karvių pieno, jį sutraukinus fermentiniais preparatais ir vėliau sūrio masę specialiai apdirbant ir nokinant. Sūris gaminamas Žemaitijoje, Telšių rajone, kuriame yra kalnas, vadinamas Džiugo vardu. Pasak senos legendos, kalnas pavadintas žemaičių karžygio Džiugo garbei. Tikima, kad karžygio stiprybės paslaptis – jo sodybos rūsyje laikytas sūris, kurį valgydamas karžygys ir įgavo nepaprastų galių. Ilgus metus kietą sūrį gamino tik šio regiono ūkininkai. XX a. pradžioje pradėta pramoninė gamyba. Sūris „Džiugas“ sulaukė vartotojų pripažinimo ne tik Lietuvoje, bet ir užsienyje. Kasmet pagaminama 5000 t šio sūrio, o kas mėnesį į Europos Sąjungos valstybes eksportuojama daugiau kaip 200 t.

Sudedamosios Dalys

T. y. pirminis maisto produktas; 1 porcija – 0,2kg
196g sūris
4g druska



Gamybos Būdas

Neapdorotas separuojamas pieno mišinys, valomas, normalizuojamas iki reikiamo riebumo ir pasterizuojamas $74\pm 2^{\circ}\text{C}$ temperatūroje 20s. Sūrio gamybai skirtas pieno mišinys pašildomas iki $33\text{--}34^{\circ}\text{C}$ temperatūros ir užaugiamas termofilinių lazdelių *Lactobacillus* raugu, kuris kultivuojamas sūrio išrūgose. Įdedama mikrobiologinės kilmės fermento. Paruošta masė supjaustoma 0,7–1,0cm dydžio grūdeliais. Antrinis pašildymas atliekamas tokia tvarka: nuo 33°C iki 50°C pašildoma apie 1 val. Sūrių grūdeliai supilami į plastikines formas ir presuojami apie 1,5 val. Išimti iš formų sūriai sūdomi sūdyimo baseinuose, kuriuose sūrymo temperatūra yra $8\text{--}12^{\circ}\text{C}$, pH 5.0–5.2. Sūrio pradinis nokinimas vyksta 30–33 paras, palaikant 80–85% santykinę drėgmę ir $10\text{--}12^{\circ}\text{C}$ temperatūrą. Sūriai fasuojami vakuuminiu būdu polimeriniuose maišeliuose. Sūrio nokinimo trukmė nuo 3 iki 12 mėn. 8°C temperatūroje, palaikant 80–85% santykinę drėgmę. Išnokę sūriai laikomi patalpoje, kurios temperatūra $2\text{--}4^{\circ}\text{C}$, santykinė oro drėgmė – 80–85%. Grynasis sūrio kiekis pakuotėje gali būti: 25–50g, 50–100g, 100–200g, 200–300g, 300–500g, 500–1000g, 1000–10000g ir daugiau kaip 10000g. Sūriai fasuojami į polimerinių medžiagų, folijos paketus, indelius, dėžutes.

100g maistinė vertė

| | |
|--------------------------------------|------------|
| Energinė vertė (kcal / kJ) | 364 / 1516 |
| Baltymai (g) (N x 6.38) | 33.2 |
| Riebalai (g) | 24.9 |
| kuriuose sočiųjų riebalų rūgščių (g) | 16.9 |
| Angliavandeniai (g) | 1.8 |
| kuriuose cukrų (g) | NA |
| Skaidulinės medžiagos (g) | NA |
| Natris (mg) | 342 |

Vertės pagal laboratorinius tyrimus
NA – Netirta

Boiled Banger (Country-Style Sausages) (Kaimiškos Dešrelės,)



1 serving – 250g. Preparation time is up to 2 hours.

Country style sausages are made according to traditional Lithuanian recipes described in 1983 (the cookery book is named *'The common recipes and description of technologies in traditional Lithuanian dishes and culinary products'*, Vilnius, 1983). This product is widely eaten in the whole of Lithuania, especially in the Suvalkija region.

Ingredients

70g Beef leg
70g Pork leg
70g Flank of pork
2g Spices
70g Boiled water
15g Pig or sheep intestines
3g Salt

Preparation

Mince or coarsely chop the meat and the fat. The meat should be fresh, of high quality, have the proper lean-to-fat ratio and have good binding qualities. Mix it with the salt, pepper and chopped garlic. It is very important to select spices and combine them in proper amounts. Homogenise this mixture and then put the pig or sheep intestines, washed and cleaned, to the funnel of the mince machine and fill them up with the meat mixture.

All casings (intestines) preserved in salt must be soaked in lukewarm water for at least 30 minutes before use. Flush each casing under cold water by running water through it. This removes excess salt.

Put the sausage into boiling water and cook for 20–25 minutes. Sausages are eaten immediately after cooking.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 198 / 829 |
| Protein (g) (N x 6.25) | 24.2 |
| Total Fat (g) of which saturated fatty acids (g) | 11.2 4.4 |
| Carbohydrates (g) of which sugars (g) | 0.2 NA |
| Dietary fibre (g) | NA |
| Sodium (mg) | 374 |

Values obtained from laboratory analysis
NA – not analysed

Kaimiškos Dešrelės,



Paruošimo laikas yra iki 2 valandų.

Kaimiškų dešrelių, kaip lietuviško tradicinio patiekalo receptūra, aprašyta 1983 m. („Vieningos lietuviškų tautinių, firminių patiekalų ir kulinarijų gaminių receptūros bei technologijų aprašymų rinkinys“, Vilnius, 1983). Kaimiškos dešrelės vartojamos visuose Lietuvos regionuose, ypač – Suvalkijoje.

Sudedamosios Dalys

Kiekvienos sudedamosios dalies kiekis nurodytas pašalinus nevalgomą dalį, 1 porcija – 250g
 70g Jautienos kumpis
 70g Kiaulienos kumpis
 70g Kiaulienos šoninė
 2g Prieskoniai
 70g Vanduo
 15g Plonosios žarnos
 3g Druska

Paruošimas

Mėsa sumalama ar susmulkinama. Mėsa turi būti šviežia, aukščiausios rūšies, su tinkamu riebalų kiekiu. Malta mėsa sumaišoma su druska, pipirais ir smulkintu česnaku. Labai svarbu pasirinkti prieskonius ir tinkamą jų kiekį. Kiaulės ar avies žarnos išvalomos ir išplaunamos, ir prikemšamos faršu.

Jei žarnos buvo sūdytos, prieš naudojimą turi būti mirkomos šiltame vandenyje apie 30 min., po to perplaunamos tekančiu šaltu vandeniu.

Dešrelės verdamos 20–25 min.

100g maistinė vertė

| | |
|--------------------------------------|-----------|
| Energinė vertė (kcal / kJ) | 198 / 829 |
| Baltymai (g) (N x 6.25) | 24.2 |
| Riebalai (g) | 11.2 |
| kuriuose sočiųjų riebalų rūgščių (g) | 4.4 |
| Angliavandeniai (g) | 0.2 |
| kuriuose cukrų (g) | NA |
| Skaidulinės medžiagos (g) | NA |
| Natris (mg) | 374 |

Vertės pagal laboratorinius tyrimus
 NA – Netirta

Zepplins with Meat

Cepelinai Su Mésa („Didžkukuliai“)

1 portion – 2 zepplins. Preparation time is approximately 2 hours.

‘Cepelinai’ (or ‘Didžkukuliai’) has been a Lithuanian national food for a long time. They are made from grated potatoes, usually containing ground meat, although sometimes dry cottage cheese (curd) is used instead. The potato dish resembles a Zeppelin in its shape, and is about 10-20cm long. The size depends on where it was made – in the western Lithuanian counties cepelinai are made bigger than in the east. Cepelinai are boiled and served with sour cream sauce, or bits of bacon.

Ingredients

The main potato part:

750g Potatoes to grate
75g Potatoes for boiling
25g Starch
A pinch of salt
(400g of shredded potatoes = 1 portion)

Stuffing:

65g Veal ham
90g Pork ham
Laurel leaves and salt
15g Onion
10g Butter
(100g of stuffing = 1 portion)

Sauce:

33g Smoked pork bard (fat)
33g Smoked pork flank
16g Onion
30g Sour cream



Preparation

Peel and grate the raw potatoes, then squeeze out the excess liquid through a cheesecloth. Let the starch settle to the bottom of the liquid, then pour the liquid off and add the starch back to the potatoes. Peel and mash the boiled potatoes, then add them to the grated ones. Add a pinch of salt and knead the mass well.

Peel and dice the onions, and fry in the oil until golden. Put them aside to cool. Place the ground pork and the cooled and drained onions in a bowl; add salt and pepper to taste, and knead as if you were making a hamburger or meatloaf.

Take approximately egg-sized pieces of the made mixture of potatoes and form into patties. Place spoonfuls of the previously prepared filling into the center of the patties. Close the patties around the filling and form them into ovoid shapes squeezing and smoothing it with both hands so that the edges of the patty become glued together. Place the cepelinai in salted boiling water and cook for 30–40 minutes. Carefully stir the pot so that cepelinai do not stick to the bottom.

Lithuanians traditionally eat zepplins with either sour cream, sizzling bacon-bits, or both.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 154 / 644 |
| Protein (g) (N x 6.25) | 5.6 |
| Total Fat (g) of which saturated fatty acids (g) | 7.1 2.7 |
| Carbohydrates (g) of which sugars (g) | 16.8 4.0 |
| Dietary fibre (g) | NA |
| Sodium (mg) | 289 |

Values obtained from laboratory analysis
NA – not analysed

Cepelinai Su Mėsa („Didžkukuliai“)

Paruošimo laikas yra maždaug 2 valandos.

Cepelinai (didžkukuliai) yra nacionalinis lietuvių valgis. Gaminamas iš tarkuotų bulvių, įdaru dažniausiai pasirenkama malta mėsa, nors gaminami ir su varške. Šis patiekalas yra ovalo formos, 10–20cm ilgio. Cepelinų dydis priklauso nuo regiono, kuriame jie gaminami: vakarų Lietuvoje cepelinai gaminami didesni nei rytų. Cepelinai dažniausiai patiekiami su grietine ar spirgučiais.

Sudedamosios Dalys

1 porcija – 2 cepelinai. Nurodytas kiekvieno produkto grynasis kiekis

Bulvių masė:

750g Bulvės tarkavimui
75g Bulvės virimui
25g Krakmolas
Žiupsnelis druskos
400g Tarkiai (1 porcija)

Įdaras:

65g Veršienos kumpis
90g Kiaulienos kumpis
Lauro lapeliai ir druska
15g Svogūnas
10g Sviestas
100g Įdaro kiekis (1 porcija)

Padažas:

33g Rūkyti lašiniai
33g Rūkyta šoninė
16g Svogūnas
30g Grietinė



Paruošimas

Bulvės nuskutamos, sutarkuojamos ir išspaudžiamos per marlę. Gauta sunka palaikoma, kad nusėstų krakmolas, po to skystis nupilamas ir, ant indo dugno likęs krakmolas sudedamas į tarkius. Virtos bulvės sugrūdomos ir sudedamos į tarkius, įberiama druskos pagal skonį ir masė gerai suminkoma.

Įdarui mėsa sumalama, pakepinami kubeliais pjaustyti svogūnai kol suminkštės ir pagels, sudedami į masę, įberiama druskos bei pipirų ir gerai išmaišoma.

Pagaminus įdarą, formuojami cepelinai: iš bulvių tešlos padaromi delno dydžio blynėliai, į vidų įdedama 50g įdaro, sulenkiamo, kraštus užspaudžiame, kad jie suliptų ir suformuojami ovalo formos cepelinai. Jie dedami į verdantį pasūdytą vandenį ir verdami 30–40 min.

Lietuviai cepelinus dažniausiai valgo su grietine, spirgučiais arba grietinės ir spirgučių padažu.

100g maistinė vertė

| | |
|--------------------------------------|-----------|
| Energinė vertė (kcal / kJ) | 154 / 644 |
| Baltymai (g) (N x 6.25) | 5.6 |
| Riebalai (g) | 7.1 |
| kuriuose sočiųjų riebalų rūgščių (g) | 2.7 |
| Angliavandeniai (g) | 16.8 |
| kuriuose cukrų (g) | 4.0 |
| Skaidulinės medžiagos (g) | NA |
| Natris (mg) | 289 |

Vertės pagal laboratorinius tyrimus
NA – Netirta

Lithuanian Biscuits – ‘Twigs’ (Zagareliai) (Žagarėliai)

1 serving – 100g. Preparation time is approximately 1 hour.

Žagarėliai (Twigs) are delicate pastry biscuits, deep fried in fat. It is best to use lard or oil for deep frying these biscuits. The pastry recipe in Lithuania was described in 1936 (the cookery book is named *The great cook: practical advice for housewives*, Klaipeda city, 1936). These dessert biscuits are widely eaten throughout Lithuania, especially in the Aukštaitija and Dzūkija districts. The gastronomic inheritance of the Aukštaitija region is well known as a part of European culinary heritage.

Ingredients

300g flour
20g butter
120g eggs (approx 4 eggs)
30g sugar
10g salt
200g oil for cooking
20g icing sugar



Preparation

All ingredients except oil for cooking and the icing sugar should be mixed together. This creates a dough which should be beaten with a rolling pin, folding the edges of the dough towards the centre, until blisters start to form. Then leave the dough to cool. Later roll it out 3mm thick, and using a knife or pastry cutting wheel, cut it into strips 15 to 20cm long and 3cm wide. Then make a slit in the center of each strip and pass one end of the strip through the slit so that it looks like a knot.

Heat up the fat in a shallow wide pan. Remove from the heat and add a couple of slices of raw potato (this will prevent the pastry strips from burning). Put one strip of pastry into the boiling fat. The strip should immediately rise to the surface and sizzle; this shows that the fat is just right for deep frying and the others can be added in batches. When one side of the pastry strips becomes yellow, turn them over and finish frying. Then place žagarėliai on paper towels so that excess fat will be absorbed. These biscuits are served with powdered sugar and flavoured with vanilla.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 567 / 2365 |
| Protein (g) (N x 6.25) | 9.1 |
| Total Fat (g) of which saturated fatty acids (g) | 36.5 NA |
| Carbohydrates (g) of which sugars (g) | 50.6 14.6 |
| Dietary fibre (g) | NA |
| Sodium (mg) | 28 |

Values obtained from laboratory analysis
NA – not analysed

Žagarėliai

Paruošimo laikas yra maždaug 1 valanda.

Žagarėliai yra trapūs saldžios tešlos sausainiai, virti riebaluose. Geriausia vartoti kiaulinius taukus ar aliejų. Žagarėlių receptūros Lietuvoje aprašytos 1936 m. (Didžioji virėja: praktiškas vadovas šeiminkams, Klaipėda, 1936 m.). Šie desertiniai kepiniai (sausainiai) plačiai vartojami visoje Lietuvoje, ypač Aukštaitijos ir Dzūkijos kraštuose. Beje, aukštaičių kulinarinis paveldas yra Europos kulinarinio paveldo sudėtinė dalis.

Sudedamosios Dalys

Kiekvienos sudedamosios dalies kiekis nurodytas pašalinus nevalgomą dalį, 1 porcija – 0,1kg

300g Miltai
20g Sviestas
120g Kiaušiniai
30g Cukrus
10g Druska
200g Aliejus kepimui
20g Cukraus pudra



Paruošimas

Visos sudedamosios dalys sumaišomos kartu ir suminkoma tešla. Tešla išmušama kočėlu, vis lankstant į vidų, kol joje atsiras pūslelių. Tešla atšaldoma. Atšaldyta tešla iškočiojama 3mm storio lakštais, ratuku arba peiliu supjaustoma 15–20cm ilgio, 3cm pločio juostelėmis, per vidurį įpjaunama ir perneriama kilpa.

Riebalai įkaitinami plačiame neaukštame inde. Jei įmestas žagarėlis čirkšdamas iškyla į paviršių, riebalai tinkamo karštumo. Kai viena pusė pagelsta, žagarėliai apverčiami. Po to išgriebiami ant spec. popieriaus, kad nuvarvėtų riebalai. Po to žagarėliai apibarstomi vanilės skonio cukraus pudra.

100g maistinė vertė

| | |
|--|--------------|
| Energinė vertė (kcal / kJ) | 567 / 2365 |
| Baltymai (g) (N x 6.25) | 9.1 |
| Riebalai (g) kuriuose sočiųjų riebalų rūgščių (g) | 36.5 NA |
| Angliavandeniai (g) kuriuose cukrų (g) | 50.6 14.6 |
| Skaidulinės medžiagos (g) | NA |
| Natris (mg) | 28 |

Vertės pagal laboratorinius tyrimus
NA – Netirta

Cold Soup

(Chłodnik litewski)

Provides 12 portions. Preparation time is 1 hour.

This cold, uncooked soup, is popular in Polish cuisine but is probably of Lithuanian origin, which is reflected in its name 'Lithuanian chłodnik' (or 'chołodziec') given in some older cookbooks. The name 'Lithuanian chołodziec' was mentioned, like 'bigos', in Pan Tadeusz, a national poem written by Adam Mickiewicz, a great Polish poet (a poem was first published in 1834). There is quite a variety of recipes for chłodnik. There is one quoted from a book by M. Lemnis and H. Vitry (Old Polish Traditions in the Kitchen and at the Table, Interpress, Warsaw, 1981).

Ingredients

1200g Home made beet extract
 1000g Cream 30% fat
 1500g Sour milk
 70g Dill
 54g Spring onion greens
 650g Cucumber
 300g Radishes
 3g Salt



Preparation

Combine $\frac{1}{4}$ of the soured beet juice (made by fermenting sliced raw beet and water) or the juice of freshly soured cucumbers (salt pickles) with $\frac{1}{4}$ of thick fresh sour cream and $\frac{1}{2}$ of sour whole milk (or buttermilk, yogurt or kefir). If only cucumber juice has been used, colour the chłodnik pink with the juice from a finely grated red raw beet squeezed through muslin. $\frac{1}{8}$ of the soured beet juice and $\frac{1}{8}$ of the soured cucumber juice can also be added and the chłodnik can be coloured additionally if necessary.

Salt the chłodnik to taste and add a little castor sugar. The chłodnik should be mildly but distinctly sour.

Now add 1 fair-sized bunch of minced dill and a small bunch of finely minced chives. A teaspoon of finely grated onion may be added as well and a peeled fresh cucumber diced into small cubes is a necessary ingredient. Some thinly sliced radishes can also be added.

Chłodnik has to "mature" for 2 hours in a cool place.

Place 4 quarters of hard-boiled eggs on soup plates and pour cold chłodnik over them. Cold roast veal cut into small cubes may be added. The most elegant addition, however, is cooked shelled tails of crayfish.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|----------|
| Energy (kcal / kJ) | 77 / 323 |
| Protein (g) (N x 6.25) | 1.9 |
| Total Fat (g) | 6.3 |
| of which saturated fatty acids (g) | 3.8 |
| Carbohydrates (g) | 2.9 |
| of which sugars (g) | NA |
| Dietary fibre (g) | 0.4 |
| Sodium (mg) | 92 |

Values obtained from laboratory analysis
 NA – not analysed

Chłodnik litewski

Dla 12 osób. Czas przygotowania: 1 godzina.

Nie gotowana zupa, podawana na zimno, popularna w polskiej kuchni, ale najprawdopodobniej pochodząca z Litwy, znajduje to bowiem odzwierciedlenie w jej nazwie, chłodnik litewski (lub chołodziec), pod którą występuje w starszych książkach kucharskich. Pod nazwą chołodziec litewski została wymieniona, podobnie jak bigos, w narodowym poemacie, Pan Tadeusz, napisanym przez Adama Mickiewicza, największego polskiego poety (poemat został po raz pierwszy opublikowany w 1834 r). Jest wiele przepisów na chłodnik. Poniższy zaczerpnięto z książki autorstwa M. Lemnis i H. Vitry – „W staropolskiej kuchni i przy polskim stole”, Interpress, Warszawa, 1986.

Składniki

1200g Zakwasu buraczanego
1000g Śmietany 30% tłuszczu
1500g Kwaśnego mleka
70g Kopru
54g Szczypiorku
650g Ogórka
300g Rzodkiewki
3g soli



Metoda wyrobu

Łączymy ¼ l kwasu buraczanego (uzyskanego w wyniku fermentacji pokrojonych buraków i wody) lub kwasu ze świeżo ukiszonych ogórków z ¼ l gęstej śmietany i ½ l kwaśnego mleka (lub maślanki, jogurtu bądź kefiru). Jeżeli użyliśmy jedynie kwasu, chłodnik zabarwiamy na różowy kolor sokiem wyciśniętym (przez gazę) z utartego na miazgę surowego buraka ćwikłowego. Można też użyć 1/8 l kwasu buraczanego i 1/8 l kwasu ogórkowego i w razie konieczności chłodnik dobarwić. Chłodnik solimy do smaku, nie zapominając o odrobinie cukru pudru; powinien być łagodnie, lecz zdecydowanie kwaskowaty. Teraz dodajemy 1 spory pęczek drobniotko posiekanego kopru i mały pęczek drobno pokrojonego szczypiorku. Można też dodać łyżeczkę utartej na miazgę cebuli. Koniecznym natomiast dodatkiem jest pokrajany na drobną kostkę, świeży, obrany ogórek- wskazanym zaś- pęczek pokrajanej na cieniutki plasterki rzodkiewki. Chłodnik musi „dojrzewać” w chłodnym miejscu przez 2 godziny.

W głębokie talerze kładziemy po 4 ćwiartki jaj ugotowanych na twardo i zalewamy je bardzo zimnym chłodnikiem.

Do chłodnika można dodać pokrajaną w drobną kostkę zimną pieczeń cielęcą. Najwykwintniejszym dodatkiem są ugotowane i obrane szyjki rakowe.

Wartość odżywcza w 100g części jadalnych

| | |
|---------------------------------------|----------|
| Energia (kcal / kJ) | 77 / 323 |
| Białko (g) (N x 6.25) | 1.9 |
| Tłuszcz ogółem (g) | 6.3 |
| Z czego nasycone kwasy tłuszczowe (g) | 3.8 |
| Węglowodany (g) | 2.9 |
| Z czego cukry (g) | NA |
| Błonnik pokarmowy (g) | 0.4 |
| Sód (mg) | 92 |

Wartości uzyskane poprzez oznaczenia laboratoryjne
NA – Nie analizowano

Smoked Ewe's Milk Cheese

(Oscypek)



Provides 4 servings. Preparation time is about 2 weeks.

Oscypek has been produced for at least the last four centuries in the Tatra Mountains in Poland, in the region named Podhale, meaning an area with mountain pastures where the flocks of sheep were grazing during the season. Setting the sheep off to the pastures and awaiting their return were the ceremonial events in the life of the local communities.

The shepherds of the individual sheep flocks spent several months in the pastures living in primitive huts. Their leader was the flock-master, called baca. He trained and controlled the activities of the shepherds including the making of Oscypek produced according to recipe handed down from generation to generation.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 371 / 1552 |
| Protein (g) (N x 6.38) | 29.0 |
| Total Fat (g) of which saturated fatty acids (g) | 27.6 14.8 |
| Carbohydrates (g) of which sugars (g) | 2.7 NA |
| Dietary fibre (g) | NA |
| Sodium (mg) | 1620 |

Values obtained from laboratory analysis
NA – not analysed

Ingredients

100L Ewe's milk
About 1 tea spoon of Rennet
Salt (enough to prepare about 17 cheeses)

Preparation

Collected ewes' milk is strained through linen into a wooden barrel. Rennet is then added resulting in a forming of the cheese mass. This mass is squeezed to remove whey. The quantity needed for an Oscypek is taken out of the barrel, formed into a shape of a ball and put into hot water for 5 to 10 minutes. Hand squeezing of the cheese mass continues and its heating is repeated a few times. Due to this process the cheese mass becomes soft and elastic. It is then put into a wooden form with carved patterns. A batch of cheese prepared in such a way is then kept in brine for a few days. The final step includes smoking of the cheese in bonfire smoke, which may take from three days to a fortnight. The resulting products have the form of a spindle and are golden brown, contain about 30% fat and have a spicy and slightly salty taste. They can be kept for a few months.

Oscypek



Dla 4 osób. Czas przygotowania: około 2 tygodni.

Wytwarzany od co najmniej czterech stuleci w Polsce w regionie zwanym Podhale, z górskimi pastwiskami, na których wypasano owce podczas sezonu. Wypęd owiec na pastwiska i ich późniejszy powrót były ceremonialnymi wydarzeniami w życiu miejscowych społeczności.

Pasterze spędzali na pastwiskach kilka miesięcy, żyjąc w prymitywnych szałasach. Ich zwierzchnik nazywał się baca. Szkolił on i nadzorował czynności pasterzy, a w tym wyrób oscypeka produkowanego zgodnie z przepisem przekazywanym z pokolenia na pokolenie.

| Wartość odżywcza w 100g części jadalnych | |
|--|------------|
| Energia (kcal / kJ) | 371 / 1552 |
| Białko (g) (N x 6,38) | 29,0 |
| Tłuszcz ogółem (g) | 27,6 |
| Z czego nasycone kwasy tłuszczowe (g) | 14,8 |
| Węglowodany (g) | 2,7 |
| Z czego cukry (g) | NA |
| Błonnik pokarmowy (g) | NA |
| Sód (mg) | 1620 |

Wartości uzyskane poprzez oznaczenia laboratoryjne
NA – Nie analizowano

Składniki

100L mleka owczego
1 łyżeczka podpuszczki
Sól (wystarcza na przygotowanie około 17 oscypeków)

Metoda wyrobu

Wydojone mleko owcze przecedzane jest przez płótno lniane do drewnianego pojemnika, zwanego pucierą. Po dodaniu podpuszczki tworzy się masa serowa, która jest następnie wygniatana ręcznie w celu usunięcia serwatki. Z masy tej brana jest ilość potrzebna do pojedynczego oscypeka, formowana w kształt kuli i wkładana do gorącej wody na 5–10 minut. Kontynuowane jest wyciskanie ręczne tej kuli oraz ponowne wkładanie do gorącej wody. Dzięki temu procesowi masa staje się miękka i elastyczna. Jest ona następnie wkładana do formy drewnianej z rzeźbionymi wzorami. Partia serów, przygotowanych w opisany sposób poddawana jest przez parę dni soleniu w solance. Etapem końcowym jest wędzenie serów w dymie z ogniska. Powstałe wyroby mają kształt wrzeciona, są barwy złocisto brązowej, zawierają 30% tłuszczu, mają lekko słony smak. Mogą być przechowywane przez szereg miesięcy.

Dish made of sauerkraut, meat and dried mushrooms

(Bigos)

Provides 8 servings. Preparation time is 8 hours.

This dish, known as 'bigos', has a very special place in Polish cuisine and its traditions are very long-standing. It was mentioned in the book by Jędrzej Kitowicz describing habits in Poland during the reign of Augustus III (1733–63). Bigos was also recognized, together with borsch and zrazy (a special kind of roast beef) as the most popular Polish dish in Samuel Orgelbrand's Encyclopedia (published in 28 volumes in 1859–1868). The entry on bigos as the Polish dish is also in 'Larousse Gastronomique' (M. Łebkowski, 2001). There is quite a variety of recipes for bigos, including one quoted from a book by M. Lemnis and H. Vitry (Old Polish Traditions in the Kitchen and at the Table, Interpress, Warsaw, 1981).

Ingredients

1500g sauerkraut
 130g pork meat without bone
 70g veal meat
 90g beef meet without bone
 80g smoked slab bacon
 180g pig neck fat
 400g sausage (not too fatty)
 50g pork, ham cooked
 75g dried mushrooms
 1 onion about 120g
 60g lard
 2 tablespoons (25g) sugar
 90ml dry red wine
 4–6 glasses water
 2 garlic cloves
 Pepper, marjoram
 5 bay leaves
 1 tablespoon salt
 20 prunes (stones removed)

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 118 / 491 |
| Protein (g) (N x 6.25) | 6.5 |
| Total Fat (g) of which saturated fatty acids (g) | 8.1 3.3 |
| Carbohydrates (g) of which sugars (g) | 6.3 NA |
| Dietary fibre (g) | 2.3 |
| Sodium (mg) | 520 |

Values obtained from laboratory analysis
 NA – not analysed



Preparation

Take 1.5kg of sauerkraut or fresh cabbage for 1kg of various meats, (equal parts of sauerkraut and fresh cabbage may also be taken), although some take 1.5kg of assorted meats for 1kg of cabbage (sour or fresh).

The assorted meats could consist of the following (all cut into cubes): roast pork, roast beef, joint of pork cooked in vegetables, a piece of roast duck and sliced kielbasa (various kinds of polish sausages, if possible, along with lean cooked ham cut into cubes).

The addition of roast game strengthens the flavour of the bigos considerably. Sauces from roast meats are also added to the bigos.

The sauerkraut can be chopped and fresh cabbage can be thinly sliced and blanched with boiling water before cooking. Cook the cabbage over low heat in a small amount of water (or preferably, in stock from cooked kielbasa). If only fresh cabbage is used, add ¾kg of sour apples, peeled and finely chopped, towards the end of the cooking.

Apples are also added to sauerkraut, but in smaller amount (4 large sour apples).

In a separate dish, soak the dried mushrooms in boiling water for 20 minutes. Slice the cooked mushrooms thinly and add to the cabbage and heat along with the stock.

Fry 2 large, finely chopped onions in lard or butter until lightly browned. If a richer bigos is preferred, fry the onions in 50–100 grams of lard. While the bigos is simmering, add 20 prunes (stoned) cut into strips. The prunes may be substituted for 1–2 tablespoons of well fried plum butter.

Season the bigos with salt, pepper and, if desired, with a little sugar. It should be sharp in taste. Finally, add ½–2/3 cup of red wine or Madeira. After adding all the ingredients, cook the bigos over low heat for 40 minutes (stir often, as it tends to burn). Next day, reheat the bigos. It is tastiest and "mature" after the third reheating.

Serve it very hot with whole-wheat (or white) bread, along with a glass of chilled vodka (Wyborova, Rye or Zubrówka)".

Bigos

Dla 8 osób. Czas przygotowania: 8 godzin.

Bigos zajmuje szczególne miejsce w polskiej kuchni, a jego tradycje sięgają bardzo daleko wstecz. Wspomniano o nim w książce, napisanej przez Jędrzeja Kitowicza, opisującej zwyczaje w Polsce w okresie panowania Augusta III (1733–63). Razem z barszczem i zrazami został wymieniony jako najbardziej ulubiona polska potrawa w Encyklopedii Samuela Orgelbranda (wydanej w 28 tomach w latach 1859–1868). Informacja o bigosie jako polskiej potrawie znajduje się także w „Larousse Gastronomique” (M. Łebkowski, 2001). Jest wiele przepisów na bigos. Podany niżej zaczerpnięto z książki M. Lemnis i H. Vitry (W staropolskiej kuchni i przy polskim stole, Interpress, Warszawa, 1986).

Składniki

1500g Kapusty kiszzonej
130g mięsa wieprzowego bez kości
70g cielęciny
90g wołowiny bez kości
80g boczku wieprzowego
180g podgardla
400g kielbasy
50g szynki wieprzowej gotowanej
75g grzybów suszonych
120g cebuli
60g słoniny
25g cukru
90ml czerwonego wina wytrawnego
4–6 szklanki wody
2 ząbki czosnku
pieprz, majeranek
5 sztuk liści laurowych
sól
20 śliwek suszonych bez pestek-

Metoda wyrobu

A oto przepis na tradycyjny bigos, zaczerpnięty z książki autorstwa M. Lemnis, H. Vitry, 1981: „ Na 1 kg różnych mięs w bierzemy 1,5kg kiszzonej lub świeżej kapusty. Można także wziąć pół na pół kapusty kiszzonej i świeżej. Niektórzy jednak biorą na 1kg kapusty (świeżej lub kiszzonej) – 1,5kg asortymentu mięs i wędlin.

Asortyment mięs powinien się składać z pokrojonych w kostkę: pieczeni wieprzowej, pieczeni wołowej, ugotowanego w warzywach schabu, kawałka pieczonej kaczki i pokrajanej w talarki kielbasy (lepiej: różnych gatunków kielbas , jeśli to możliwe, z dodatkiem pokrajanej w kosteczkę chudej, gotowanej szynki). Dodatek pieczonej dziczyzny znacznie podnosi smak bigosu. Do bigosu dodajemy też sosy pieczeniowe z użytych mięs.

Kapustę kiszoną można niezbyt drobno posiekać, natomiast kapustę świeżą cienko poszatkować i przed gotowaniem koniecznie sparzyć wrzątkiem. Kapustę gotujemy na małym ogniu, w małej ilości wody (lepiej: w



wywarze z gotowanej kielbasy). Jeśli użyjemy wyłącznie świeżej kapusty, to pod koniec gotowania dodajemy do niej ¼ kg kwaśnych, obranych i drobno pokrajanych jabłek.

Jabłka dodajemy też do kapusty kiszzonej, lecz w mniejszej ilości (4 duże kwaśne jabłka).

Oddzielnie gotujemy najmniej 5 dkg suszonych grzybów. Ugotowane grzyby krajemy na cienkie paseczki i wraz z wywarem dodajemy do kapusty zmieszanej z mięsiami.

Teraz do bigosu dodajemy 2 duże, drobno posiekane i w tłuszczu (smalec lub masło) lekko przyrumienione cebule. Kto lubi bigos bardziej tłusty, niech przysmaży cebule w 5-10 dkg smalcu. Do „mrugającego” na ogniu bigosu dodajemy 20 suszonych śliwek (bez pestek) pokrojonych na paski. Śliwki można zastąpić 1–2 łyżkami dobrze wysmażonego powidła śliwkowego. Bigos przysmaczamy solą, pieprzem i ewentualnie odrobiną cukru. Powinien być pikantny. Na zakończenie wlewamy do bigosu ½–2/3 szklanki wytrawnego wina czerwonego lub, jeśli kto może- madery. Po dodaniu wszystkich składników bigos gotujemy na małym ogniu 40 minut. (Uwaga: często mieszać bo lubi się przypalać). Nazajutrz bigos odgrzewamy. Najsmaczniejszy i „dojrzały” jest po trzecim odgrzaniu.

Podajemy bardzo gorący. Oddzielnie podajemy razowy chleb (lub jasny) i- jako ułatwiający trawienie napój- kieliszek ochłodzonej wódki (Wyborowa, Żytnia lub Zubrówka)”.

Wartość odżywcza w 100g części jadalnych

| | |
|---------------------------------------|-----------|
| Energia (kcal / kJ) | 118 / 491 |
| Białko (g) (N x 6.25) | 6.5 |
| Tłuszcz ogółem (g) | 8.1 |
| Z czego nasycone kwasy tłuszczowe (g) | 3.3 |
| Węglowodany (g) | 6.3 |
| Z czego cukry (g) | NA |
| Błonnik pokarmowy (g) | 2.3 |
| Sód (mg) | 520 |

Wartości uzyskane poprzez oznaczenia laboratoryjne
NA – Nie analizowano

Pork Chop

(Kotlet schabowy)



Provides 4 servings. Preparation time is 35 minutes.

Pork is by far the most popular type of meat consumed in Poland and a traditionally prepared joint of pork or pork chop, are amongst the most popular dishes. This is invariably reflected in the results of surveys on Polish culinary habits. This important position was gained, after the Second World War. Before this, pork chop was considered a rather inferior dish, according to the cook book *'Best Polish Recipes'* (M. Łebkowski, 2001). Considerable upgrading of the importance of the pork chop in the preferences of the Poles was most probably influenced by mass catering practices, particularly during communist times when the dish was commonly served.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 232 / 969 |
| Protein (g) (N x 6.25) | 24.6 |
| Total Fat (g) of which saturated fatty acids (g) | 12.2 5.0 |
| Carbohydrates (g) of which sugars (g) | 7.6 NA |
| Dietary fibre (g) | 0 |
| Sodium (mg) | 326 |

Values obtained from laboratory analysis
NA – not analysed

Ingredients

900g Joint of pork with bone
2 Table spoons wheat flour
1 Egg
4 Table spoons bread crumbs
Salt
Pepper
Frying fat

Preparation

Rinse the meat and cut into 4 chops. Cut the backbone with a chopper. Leave 1 rib bone with each chop and remove the other rib bones. Crush chops slightly with a pestle. Remove meat from the bones and season with salt and pepper. Cover with the flour and egg diluted with water and then with bread crumbs. Fry in the heated fat for 5 minutes each side. Serve with cabbage in a roux sauce and fried potatoes (the fat from frying the pork can be used to fry the potatoes).

Kotlet schabowy



Dla 4 osób. Czas przygotowania: 35 min.

Wieprzowina zajmuje zdecydowanie pierwsze miejsce wśród rodzajów mięs, spożywanych w Polsce, a schab i przygotowywany z niego kotlet schabowy jest od dziesięcioleci wśród najbardziej ulubionych i popularnych potraw. Znajduje to nieodmiennie odbicie w badaniach zwyczajów żywieniowych Polaków. Ta ważna pozycja została jednak uzyskana nie wcześniej jak po drugiej Wojnie Światowej. Wcześniej, kotlet schabowy był uważany raczej za poślednie danie jak podaje M. Łebkowski w książce „Najlepsze przepisy kuchni Polskiej” ,Warszawa, 2001. Ten poważny wzrost znaczenia kotleta schabowego w preferencjach żywieniowych Polaków był

najprawdopodobniej związany z praktykami w gastronomii, szczególnie w okresie gospodarki nakazowej; był on wówczas bardzo często podawany.

Składniki

900g schabu z kością
2 łyżki mąki
1 jajko
4 łyżki tartej bułki
Sól
Pieprz
Tłuszcz do smażenia

Metoda wyrobu

Mięso optukać, pokroić dzieląc na 4 kotlety. Kość kręgosłupa rozciąć tasakiem. Przy każdym kotlecie pozostawić 1 kostkę żebrową, pozostałe usunąć. Kotlety lekko rozbić tłuczkiem. Zeskrobać mięso z kostek i nałożyć na kotlety. Oprószyć je solą i pieprzem. Obtoczyć kolejno w mące, jajku roztrzepanym z 1 łyżką wody i tartej bułce. Smażyć na rozgrzanym tłuszczu po 5 minut z jednej strony. Podawać z kapustą zasmażaną oraz z ziemniakami polanymi tłuszczem ze smażenia kotletów.

Wartość odżywcza w 100g części jadalnych

| | |
|---------------------------------------|-----------|
| Energia (kcal / kJ) | 232 / 969 |
| Białko (g) (N x 6.25) | 24.6 |
| Tłuszcz ogółem (g) | 12.2 |
| Z czego nasycone kwasy tłuszczowe (g) | 5.0 |
| Węglowodany (g) | 7.6 |
| Z czego cukry (g) | NA |
| Błonnik pokarmowy (g) | 0 |
| Sód (mg) | 326 |

Wartości uzyskane poprzez oznaczenia laboratoryjne
NA – Nie analizowano

Dla uzyskania pełniejszych informacji o tradycyjnych produktach żywnościowych w Polsce porozum się z Instytutem Żywności i Żywienia

Praca ta została wykonana na rzecz Konsorcjum EuroFIR i sfinansowana w ramach 6 Programu Ramowego UE Jakość i Bezpieczeństwo Żywności

Tree Cake

(Sękacz)

Provides 72 portions. Preparation time is about 9 hours.

Tree cake is particularly typical of the area called the Sejny Land in the southern region of the country. In 2005 it was added to the list of Polish traditional products.

The name sękacz is due to the characteristic shape of the cake. It resembles the wood trunk with protruding knots, and wood knot in Polish is sęk.

Sękacz is hollow inside, usually 50cm high, and its diameter is biggest at its base.

The shape of the cake is due to the method of its preparation. It includes the use of a wooden roller, wider at the one end, and narrower at the other, which is placed over the fire. The roller should be wrapped into greaseproof paper and covered with butter to ease the removal of the cake from the roller.

It was initially named "baumkuchen" and was most probably of German origin. It appeared in Polish culinary recipes at the turn of 19th and 20th centuries. The oldest recipe written in Polish was published in Vilnius in 1856.

Ingredients

1000g Wheat flour
1000g White sugar
40 Eggs
500g Butter
Vanilla extract
1000ml Cream
500g Margarine
Flavours



| Nutritional information per 100g of edible portion | |
|---|--------------|
| Energy (kcal / kJ) | 477 / 1994 |
| Protein (g) (N x 6.25) | 10.3 |
| Total Fat (g) of which saturated fatty acids (g) | 28.8 11.0 |
| Carbohydrates (g) of which sugars (g) | 45.6 NA |
| Dietary fibre (g) | 1.3 |
| Sodium (mg) | 113 |

Values obtained from laboratory analysis
NA – not analysed

Preparation

All the ingredients are mixed to prepare a thin dough which is then carefully wrapped around a roller. Baking lasts 3 hours as the roller is covered with subsequent layers of the dough. Next sękacz has to harden which takes some 6 hours and only then can it be removed from the roller.

It can be kept for 7–10 weeks at room temperature.

Sękacz are prepared in different sizes depending on the occasion, the largest can weigh up to 15kg.

Sękacz

Dla 72 osób. Czas przygotowania: 9 godzin.

Sękacz jest pusty w środku, ma zwykle 50cm wysokości, a jego średnica jest większa u podstawy.

Kształt ciasta spowodowany jest metodą jego przygotowania. Do jego wypieku stosowany jest drewniany wałek, szerszy na jednym końcu a węższy na drugim, który obraca się nad ogniem. Wałek powinien być owinięty tłuszczo odpornym papierem i posmarowany masłem, aby ułatwić późniejsze zdjęcie sękacza z wałka.

Nazywany był pierwotnie "baumkuchen" i najprawdopodobniej pochodził z Niemiec. W polskich przepisach kulinarnych pojawił się na przełomie XIX i XX w. Najstarszy przepis w języku polskim opublikowano w Wilnie w 1856 r. (Szlakiem polsko-litewskich tradycji kulinarnych. Starostwo Powiatowe w Sejnach). Nazwa sękacza pochodzi od jego charakterystycznego kształtu. Przypomina on obły kłoc drewna, z którego wystają sęki. Sękacz jest w szczególności typowy dla powiatu sejneńskiego, położonego w regionie Południowym. W 2005r. wpisano go na listę polskich produktów tradycyjnych.

Składniki

1000g mąki pszennej
1000g cukru
40 jaj
500g masła
esencja waniliowa
1000ml śmietany
500g margaryny
zapachy



Metoda wyrobu

Składniki służą one do przygotowania stosunkowo rzadkiego ciasta, którym następnie polewa się obracający się wałek. Pieczenie trwa około 3 godzin ponieważ nakładane są i zapiekane kolejne warstwy ciasta. Sękacz musi następnie wystygnąć, co zajmuje dalsze około 6 godzin i dopiero wtedy może być zdjęty z wałka.

Sękacz wytwarzany jest w różnych rozmiarach, w zależności od potrzeby. Jego masa może osiągnąć nawet 15 kg.

Może być przechowywany przez 7–10 tygodni w pokojowej temperaturze.

Wartość odżywcza w 100g części jadalnych

| | |
|---------------------------------------|------------|
| Energia (kcal / kJ) | 477 / 1994 |
| Białko (g) (N x 6.25) | 10.3 |
| Tłuszcz ogółem (g) | 28.8 |
| Z czego nasycone kwasy tłuszczowe (g) | 11.0 |
| Węglowodany (g) | 45.6 |
| Z czego cukry (g) | NA |
| Błonnik pokarmowy (g) | 1.3 |
| Sód (mg) | 113 |

Wartości uzyskane poprzez oznaczenia laboratoryjne
NA – Nie analizowano

Green Kale Soup

(Caldo Verde)



Provides 4 servings. Preparation time: 1 hour.

A good meal in Portugal should always begin with a soup. If Portugal has a national dish, it is without doubt, this potato-thickened soup with chopped kale ('couve galega') seasoned with a dash of olive oil and a slice of 'chourizo'. This soup originates from the province of Minho and is referred to as a morning food in several of Camilo Castelo Branco's books (19th century). Due to its simplicity and lightness, it is usually served at the beginning of a meal or as a late supper.

Ingredients

600g Potatoes
 500g 'Galega' kale (with stems)
 240g Onion
 4.8g Garlic
 14.4g 'chourizo' (a kind of pork sausage)
 16g Olive Oil
 8g Salt
 120g Corn Bread
 1L Tap water

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 61 / 256 |
| Protein (g) (N x 6.25) | 2.8 |
| Total Fat (g) of which saturated fatty acids (g) | 3.6 0.8 |
| Carbohydrates (g) of which sugars (g) | 4.4 0.7 |
| Dietary fibre (g) | 0.6 |
| Sodium (mg) | 301 |

Values obtained from laboratory analyses

Preparation

Place the onions, garlic and potatoes into a saucepan with water seasoned with salt and olive oil. Cover and boil gently over a moderate heat until the potatoes are very soft. Mash the potatoes. Stack the kale leaves on top of each other, then roll them up (like cigars) and shred them thinly. Add the kale to the potato purée and cook through in an uncovered pan. Add salt to taste and olive oil. Use a ladle to pour into soup bowls and add a slice of chourizo. Serve the soup with sliced corn bread.

Caldo Verde



As quantidades indicadas são para 4 pessoas.

Tempo de preparação: 1 horas.

Uma boa refeição portuguesa começa sempre com uma sopa. Se Portugal tiver um prato Nacional, é sem dúvida esta sopa original do Minho feita com batata e couve galega finamente cortada e temperada com um fio de azeite e uma rodela de chourizo. É mencionada em vários livros de Camilo Castelo Branco (séc. XIX) como um alimento matinal. Devido à sua simplicidade e leveza é usualmente servida no início de uma refeição ou à ceia.

Ingredientes

600g Batata
500g Couve Galega (incluindo os talos)
240g Cebola
4.8g Alho
14.4g Chourizo
16g Azeite
8g Sal
120g Broa de milho
1L Água

Preparação

Colocar as cebolas, alho e batatas numa panela com água temperada com sal e azeite. Tapar a panela e deixar ferver em lume moderado até as batatas estarem bem cozidas.

Triturar as batatas.

Arranjar as folhas de couve, lavar e cortar em juliana finíssima (caldo verde).

Juntar a couve ao puré de batata e cozer com o recipiente destapado.

Rectificar o tempero, adicionando sal e azeite.

Servir em prato de sopa ou tigela com uma rodela de chourizo.

Acompanhar com uma fatia de broa de milho.

Informação nutricional por 100g de parte edível

| | |
|-----------------------------|----------|
| Energia (kcal / kJ) | 61 / 256 |
| Proteína (g) (N x 6,25) | 2,8 |
| Gordura total (g) | 3,6 |
| Ácidos gordos saturados (g) | 0,8 |
| Hidratos de carbono (g) | 4,4 |
| Açúcares (g) | 0,7 |
| Fibra alimentar (g) | 0,6 |
| Sódio (mg) | 301 |

Valores analíticos

Para mais informações sobre alimentos tradicionais portugueses contactar o Departamento de Alimentação e Nutrição, Instituto Nacional de Saúde Doutor Ricardo Jorge, I.P. www.insa.pt
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Codfish with Chickpeas

(Bacalhau com grão)



The quantities are given for 4 portions. Preparation time is up to 48 hours.

Dried salt cod, or 'Bacalhau', is a typical Portuguese recipe, found on every restaurant menu, and cooked in every home. In the thirties in Portugal, a cook book entitled '*1001 Maneiras de Cozinhar Bacalhau*' (1001 ways to cook the cod fish) was published.

The Portuguese started fishing cod on the Scottish coast, in the 13th century. Later with the discovery of Newfoundland's Grand Banks, they began to fish with special ships called 'bacalhoeiros'. Until a short time ago, the fishing was done by men that went out alone, from the mother ship, in small boats, 'dóris', to fish cod by line. The cod processing steps are: 'gutting', head and viscera removal and 'salting'. After the maturation time (21 to 30 days), the fish is washed and drained. Fish drying used to be done in the open air in wood structures. Nowadays, the cod drying is done in controlled temperature and humidity conditions, in appropriate plants.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 137 / 572 |
| Protein (g) (N x 6.25) | 12.9 |
| Total Fat (g) | 6.9 |
| of which saturated fatty acids (g) | 1.1 |
| Carbohydrates (g) | 5.7 |
| of which sugars (g) | 0.8 |
| Dietary fibre (g) | 4.6 |
| Sodium (mg) | 548 |

Values obtained from laboratory analyses

Ingredients

1000g dried salted Codfish (cut in slices)
 280g dried chickpeas
 4 Eggs
 400g Potato
 100g Onion
 40g Garlic
 Parsley
 Olive oil
 Salt
 Vinegar
 Ground pepper
 Paprika

Preparation

Soak the codfish in water for 24 to 48 hours, changing the water several times, then simmer for 2–3 minutes.

Soak the chickpeas for 6 hours; drain, wash and place them in a pot with cold water; cover and simmer for 1 hour, over moderate heat.

Place the potatoes and the eggs in a pan and boil in water for 15 minutes.

Meanwhile, finely chop the onions, garlic and parsley.

Place the chickpeas in a platter with the potatoes and the cooked codfish on top.

Sprinkle with the onions, garlic and parsley and season with olive oil, vinegar, pepper and paprika (optional). Garnish with slices of hard-boiled eggs.

Bacalhau com grão



Receita para 4 pessoas. Tempo de preparação: 48 horas.

O bacalhau seco e salgado é uma pura invenção portuguesa, está presente na ementa de todos os restaurantes e na cozinha de todos os portugueses. Nos anos 30 foi editado em Portugal um livro de cozinha que se intitulava as *1001 Maneiras de Cozinhar Bacalhau*.

Os portugueses começaram por capturar o bacalhau nas costas da Escócia, no séc. XIII; posteriormente com a descoberta da Terra Nova, a pesca tornou-se mais assídua sendo utilizados navios especiais, denominados bacalhoeiros. Até à relativamente pouco tempo, a pesca era efectuada por homens que a partir do navio mãe saíam em pequenos barcos (dóris) pescando o bacalhau à linha. As fases de processamento do peixe são: “escala”, dissecação do peixe fresco com corte de cabeça e evisceração e “salga”. Após a maturação (21 a 30 dias) procedia-se à lavagem e escorrimento do peixe. A secagem do peixe decorria por secagem natural ao ar livre em armazéns de madeira. Actualmente, a secagem do bacalhau é feita em condições de temperatura e humidade controladas, em instalações próprias.

Informação nutricional por 100g de parte edível

| | |
|-----------------------------|-----------|
| Energia (kcal / kJ) | 137 / 572 |
| Proteína (g) (N x 6,25) | 12,9 |
| Gordura total (g) | 6,9 |
| Ácidos gordos saturados (g) | 1,1 |
| Hidratos de carbono (g) | 5,7 |
| Açúcares (g) | 0,8 |
| Fibra alimentar (g) | 4,6 |
| Sódio (mg) | 548 |

Valores analíticos

Ingredientes

1000g Bacalhau salgado seco cortado em postas
 280g Grão
 4 Ovos
 400g Batata
 100g Cebola
 40g Alho
 salsa
 azeite
 sal
 vinagre
 pimenta moída
 colorau

Preparação

Por o grão de molho durante 6 h; escorrer e colocar numa panela com água fria, tapar e cozer durante 1 h, em lume brando.

À parte cozer o bacalhau que foi previamente demolido durante 24 a 48 h (mudando a água várias vezes) durante 2 a 3 min.

À parte cozer as batatas descascadas e os ovos em água temperada com sal, durante 15 min.

Entretanto picar finamente a cebola, os alhos e um ramo de salsa.

Numa travessa colocar o grão, as batatas e no cimo o bacalhau cozido. Espalhar a cebola, o alho e a salsa picados sobre o bacalhau e enfeitar com os ovos cortados às rodelas. Temperar com azeite e vinagre e opcionalmente com pimenta e colorau.

Goat kid roasted in a wood fired oven

(Cabrito assado no forno)

The quantities are given for 8 portions. Preparation time: approx. 5 hours.

Oven-roast goat kid is a main dish, traditionally served at family gatherings, especially at Easter time. Traditionally cooked in a wood fire oven, the goat kid is placed on a bay stick grill over an earthenware casserole dish which contains the rice and the broth. The unique taste is obtained by the juice from the cooking goat kid falling in drops that are absorbed by the rice while it is cooking.

In the past, the goat kid was used as a gift to thank important people like physicians, priests and civil or military authorities.

Ingredients

5.5kg goat kid
20g garlic
10ml white vinegar
20g salt
5g sweet paprika
2g ground pepper
1 lemon
1kg rice
200g smoked ham
250g chicken
200g beef
180g chorizo
5g saffron
2L tap water



Preparation

Using a mortar and pestle, mash the garlic and add vinegar, lemon, salt and ground pepper. Rub the goat kid well all over with this mixture and let it stand overnight. Light a fire in a wood oven and heat it for 1 hour 15 minutes. Meanwhile cook the meats; chorizo, smoked ham, beef and chicken for 45 minutes in water. After cooking remove the meats and season with salt, pepper and saffron. Wash the rice and drain.

Put the rice and 2 litres of the broth into a deep earthenware casserole dish. Rub the goat kid with sweet paprika previously dissolved in the broth. Place the goat kid on top of a 'grill' made with bay sticks over the earthenware with the rice and broth. Place in a wood-fired-oven for 30 minutes and then turn it on the other side and roast for a further 30 minutes. The rice bakes in the oven at the same time as the goat kid is roasting and dripping over the rice.

After roasting, cut the meat into small portions. Spoon the rice into small deep earthenware pots and place the goat kid portions on top of it. Serve hot.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 183 / 769 |
| Protein (g) (N x 6.25) | 14.0 |
| Total Fat (g) of which saturated fatty acids (g) | 6.9 3.1 |
| Carbohydrates (g) of which sugars (g) | 16.2 0.3 |
| Dietary fibre (g) | 3.0 |
| Sodium (mg) | 691 |

Values obtained from laboratory analyses

Cabrito assado no forno

Receita para 8 pessoas. Tempo de preparação: 5 horas.

É um prato tradicionalmente servido como prato principal, sempre que há convidados especiais, sobretudo na altura da Páscoa. O cabrito é assado num forno de lenha sobre varas de loureiro colocadas num alguidar de barro que contém o arroz e o caldo. O sabor único deste prato é conferido pelo “pingo” da assadura da carne que vai caindo e se entranha no arroz que está a cozer no fundo do alguidar.

Outrora o cabrito era utilizado como presente de honra para presentear as entidades importantes como o médico, o padre ou as autoridades civis e militares.



Ingredientes

5,5kg Cabrito
 20g Alho
 1dl Vinagre branco
 20g Sal
 5g Colorau
 2g Pimenta moída
 1 Limão
 1kg Arroz
 200g Presunto
 250g Galinha
 200g Carne vaca
 180g Chourizo
 5g Açafrão
 2L Água

Preparação

Esmagar os dentes de alho num almofariz e juntar o vinagre, limão, sal e pimenta. Esfregar bem o cabrito com esta massa e deixar ficar assim durante a noite. No dia de assar, acender o forno a lenha e aquecê-lo durante aproximadamente 1 h 15 min. Entretanto cozer as carnes de vaca e galinha, o chourizo e o presunto, durante 45 min em água. Quando estiver cozido remover as carnes e temperar com sal, pimenta e açafrão. Lavar o arroz e escorrer.

Colocar 2 L de caldo e o arroz num alguidar de barro fundo, em forma de chapéu. Barrar o cabrito com colorau previamente dissolvido num pouco de caldo. Colocar o cabrito sobre a grelha de paus de loureiro armada na boca do alguidar do arroz e levar a assar no forno. Deixar assar primeiro de um lado durante meia hora, e depois do outro lado durante o mesmo tempo. O arroz coze no forno ao mesmo tempo que se assa o cabrito. Quando estiver pronto retirar do forno e cortar a carne em pequenas porções. Colocar o arroz em pequenos alguidares em forma de chapéu e colocar a carne por cima. Servir quente.

Informação nutricional por 100g de parte edível

| | |
|-----------------------------|-----------|
| Energia (kcal / kJ) | 183 / 769 |
| Proteína (g) (N x 6,25) | 14,0 |
| Gordura total (g) | 6,9 |
| Ácidos gordos saturados (g) | 3,1 |
| Hidratos de carbono (g) | 16,2 |
| Açúcares (g) | 0,3 |
| Fibra alimentar (g) | 3,0 |
| Sódio (mg) | 691 |

Valores analíticos

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Portuguese boiled dinner

(Cozido à portuguesa)

The quantities are given for 4 portions. Preparation time: 24 hours (including soaking the beans).

This is a robust one-dish meal of beef, chicken, pork and smoked sausages, as well as a variety of vegetables, ideal for winter. It was originally a favourite food of the affluent farmer, which later reached the tables of the urban bourgeoisie. It is a well known national dish in Portugal, and it is a perfect dish to have with the family on a Sunday at lunch time. There are different types of Portuguese boiled dinner depending on the region. For example in the 'Alentejo' region, the ingredients change according to the season's products; in the Azores islands, there is a famous boiled dinner cooked for about five hours with the heat of the caldeiras (small volcanic craters, with sulphate springs).

Ingredients

200g beef
 200g 'morcela'*
 100g rice 'morcela'*
 200g 'farinheira'*
 100g chourizo*
 100g 'chourizo mouro'*
 250g chicken
 1 pig's ear
 2 pig's trotters
 300g pig's back fat
 200g spare-ribs
 150g pig's mouth and nose
 200g portuguese cabbage
 200g savoy cabbage
 200g cabbage hearts
 50g carrots
 100g potatoes
 50g turnips
 100g catarino beans;
 60g Rice
 Salt
 Mint

*Different kinds of Portuguese pork sausage



Preparation

Soak the beans in water overnight. The next day cook the beans. Place the meat ingredients (except the sausages) in a large pot, cover with water and simmer over a moderate heat. When the meats are almost cooked, add the sausages ('farinheira' are only cooked for a few minutes). When all the meats are cooked, remove them from the pot and reserve; cook the rice in another pot with part of the meats' broth. In the remainder of the broth add the turnips, carrots, cabbage, mint, and lastly the potatoes, re-cover and simmer. Place the rice in the centre of a platter, garnish with sausage that is cut into slices. Cut the meat into pieces and place them around the rice with little heaps of cabbages, carrots, turnips, potatoes and beans.

Serve hot.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 175 / 726 |
| Protein (g) (N x 6.25) | 13.5 |
| Total Fat (g) | 13.1 |
| of which saturated fatty acids (g) | 4.5 |
| Carbohydrates (g) | 0.7 |
| of which sugars (g) | 0.7 |
| Dietary fibre (g) | 6.4 |
| Sodium (mg) | 428 |

Values obtained from laboratory analyses

Cozido à portuguesa

Receita para 4 pessoas. Tempo de preparação: 24 horas.

Um prato robusto composto por carnes de vaca, galinha, porco e enchidos e por vários legumes, ideal para ser degustado no tempo frio de Inverno. Era originalmente uma refeição do campo que posteriormente passou a ser consumida pela população das cidades. É um prato tipicamente português, perfeito para juntar a família ao domingo à hora de almoço. A forma como é confeccionado pode variar dependendo da zona do país onde nos encontramos. Temos o cozido alentejano em que os ingredientes variam de acordo com os produtos da estação, ou o famoso cozido das Furnas, um cozido à portuguesa cozinhado, durante 5 horas, no calor das terras vulcânicas da Lagoa das Furnas, nos Açores.

Ingredientes

200g carne de vaca
200g morcela
100g morcela de arroz
200g farinha
100g chourizo
100g chourizo mouro
250g galinha
1 orelheira
2 chispes
300g toucinho entremeado
200g entrecosto
150g focinho
200g couve portuguesa
200g couve lombarda
200g couve coração
50g cenouras
100g batatas
50g nabos
100g feijão catarino
60g arroz
sal
hortelã



Preparação

Demolhar o feijão durante a noite, escorrer e cozer.

Colocar as carnes (excepto os enchidos) numa panela grande com água e cozer em lume moderado. Quando as carnes estiverem quase cozidas, adicionar os enchidos, sendo a farinha o último (cozer apenas durante alguns minutos).

Depois de tudo cozido remover as carnes e reservar; retirar o caldo necessário para fazer o arroz, que regra geral deverá ser o dobro do volume do arroz. No restante caldo cozer os nabos, as cenouras, as couves a hortelã e finalmente as batatas.

O cozido serve-se colocando o arroz no centro da travessa e enfeita-se com os enchidos cortados às rodelas. À volta dispõem-se as carnes cortadas em pedaços alternadas com montinhos de couve, cenouras, nabos, batatas e feijão.

Servir quente.

Informação nutricional por 100g de parte edível

| | |
|-----------------------------|-----------|
| Energia (kcal / kJ) | 175 / 726 |
| Proteína (g) (N x 6,25) | 13,5 |
| Gordura total (g) | 13,1 |
| Ácidos gordos saturados (g) | 4,5 |
| Hidratos de carbono (g) | 0,7 |
| Açúcares (g) | 0,7 |
| Fibra alimentar (g) | 6,4 |
| Sódio (mg) | 428 |

Valores analíticos

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Egg Sweet from Murça

(Toucinho de céu de Murça)

The quantities are given for 12 portions. Preparation time is about 5 hours.

This is one of Portugal's rich egg-yolk and almond sweets. It is a traditional sweet from the Benedictine sisters; after the extinction of the monastery, one family kept the recipe for more than 120 years. The process is made with the same care as in the past, using iron pans over a wood fire to cook the Malabar gourd and a wood fire oven to cook the sweet.

Ingredients

500g Sugar
 125g Almonds
 125g Malabar gourd jam (1kg Malabar gourd filaments;
 0.5kg sugar; 2 cinnamon sticks)
 20 Egg yolks
 2 Tablespoons flour



Preparation

Peel the almonds and grind them finely. Combine the sugar and water in a large saucepan over moderate heat and bring to the boil, stirring constantly until the sugar reaches a hair like stage (103°C). Add the Malabar gourd jam* and boil for 2–3 minutes. Add the ground almonds and boil until the mixture is slightly thickened. Remove from heat, let it cool and add the egg yolks. Bring back to the heat without boiling. Grease the pan with butter and sprinkle with flour. Pour the previously made mixture into the pan, sprinkle with flour and bake on a high heat wood oven (200 to 250°C). Carefully remove from the pan. Cut in slices and serve.

***Malabar gourd jam:** Malabar gourds; sugar; cinnamon sticks. Cut the Malabar gourds into chunks. Discard all seeds and all the soft yellow threads in the centre of the Malabar gourd. Immerse the chunks in water in an iron pan and cook in firewood for 1.5 h. Drain the water and remove the pieces one by one and pull out all the threads, rubbing them lightly between the fingers to separate into filaments. Weigh the filaments, and for each kilogram add 0.5kg of sugar, 2 cinnamon sticks and 150ml of water. Cook over moderate heat, stirring often with a long wood fork until the mixture becomes quite thick.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 327 / 1375 |
| Protein (g) (N x 6.25) | 7.3 |
| Total Fat (g) of which saturated fatty acids (g) | 10.1 2.8 |
| Carbohydrates (g) of which sugars (g) | 51.6 50.9 |
| Dietary fibre (g) | 1.9 |
| Sodium (mg) | 52 |

Values obtained from laboratory analyses

Toucinho de céu de Murça

Receita para 12 pessoas. Tempo de preparação: 5 horas.

O nome deriva provavelmente de antigamente utilizarem o toucinho na confecção deste doce. É um doce conventual herdado das freiras Beneditinas que estiveram instaladas no mosteiro existente nesta vila até finais do séc. XIX. Após a extinção do convento o segredo da receita foi religiosamente guardado por uma família que o preservou até hoje. Este bolo é ainda hoje feito com o mesmo cuidado de outrora; a gila é cozida em panelas ferro em lume de lenha e o bolo é cozido em forno a lenha.



Ingredientes

500g açúcar
125g amêndoas
125g doce de gila (1kg de gila em filamentos; 0,5kg açúcar; 2 paus de canela)
20 gemas de ovos
2 colheres de sopa de farinha

Preparação

Pelar e ralar finamente as amêndoas. Levar o açúcar ao lume com a água e deixar ferver até atingir o ponto de fio (103°C). Adicionar o doce de gila* e deixar ferver mais 2 a 3 minutos. Adicionar as amêndoas raladas e levar novamente ao lume até a mistura ficar ligeiramente espessa. Remover o doce do lume e depois de arrefecer um pouco juntar as gemas e levar novamente ao lume para engrossar um pouco, sem deixar ferver. Retirar do lume e deixar arrefecer ligeiramente. Untar uma forma com manteiga e polvilhar com farinha e em seguida adicionar a mistura.

Polvilhar a superfície com uma colher de farinha e levar a cozer em forno bem quente (200°C a 250°C). O bolo está cozido quando se introduzir a faca e esta ficar quente e limpa. Desenformar e cortar em fatias.

***Doce de gila:** gilas; açúcar; paus de canela. Partir as gilas em pedaços, atirando-as ao chão. Retirar as sementes e todos os filamentos amarelados aderentes. Colocar numa panela de ferro, cobri-las com água e deixar cozer em lume de lenha durante 1,5 h.

Escorrer a água, retirar os pedaços um a um e com os dedos remover e separar os filamentos. Pesar os filamentos e por cada kg adicionar 0,5kg de açúcar, 2 paus de canela e 150mL de água. Levar a lume moderado e deixar cozer mexendo frequentemente com um garfo de madeira, e a mistura ficar espessa até fazer ponto de estrada.

Informação nutricional por 100g de parte edível

| | |
|-----------------------------|------------|
| Energia (kcal / kJ) | 327 / 1375 |
| Proteína (g) (N x 6,25) | 7,3 |
| Gordura total (g) | 10,1 |
| Ácidos gordos saturados (g) | 2,8 |
| Hidratos de carbono (g) | 51,6 |
| Açúcares (g) | 50,9 |
| Fibra alimentar (g) | 1,9 |
| Sódio (mg) | 52 |

Valores analíticos

Para mais informações sobre alimentos tradicionais portugueses contactar o Departamento de Alimentação e Nutrição, Instituto Nacional de Saúde Doutor Ricardo Jorge, I.P. www.insa.pt
dan@insa.min-saude.pt

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Hot vegetable sauce

(Mojo picón)



This recipe will serve 10 people. Preparation time is about 1 hour.

This dish comes from the Canary Islands where it is a staple food, and it goes with just about everything! Try it with “papas arrugadas” (small boiled potatoes with salt and lemon) for a Canary Island specialty. It keeps well in the refrigerator, and is even better after a day or two. Serve at room temperature.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|------------|
| Energy (kcal / kJ) | 361 / 1487 |
| Protein (g) (N x 6.25) | 1.9 |
| Total Fat (g) | 38.7 |
| of which saturated fatty acids (g) | 6.3 |
| Carbohydrates (g) | 1.3 |
| of which sugars (g) | 1.2 |
| Dietary fibre (g) | 3.2 |
| Sodium (mg) | 944 |

Values obtained from laboratory analyses

Ingredients

10g garlic peeled
3g cumin
10g sweet paprika
1 chilli pepper slices
5g sea salt
350ml olive oil
100ml vinegar
Paprika for colour

The paprika is used to increase the red colour of the sauce.

Preparation

To prepare hot vegetable sauce you need a pestle and mortar, to grind everything. First, grind the salt and the cumin in the pestle and mortar to a fine powder. Then add the garlic, the paprika and sliced chilli pepper. When everything is ground, add some water. The amount of water will depend on how thick you want the sauce. Finally, the olive oil and the vinegar are added to make an emulsion.

Mojo picón



Cantidad de los distintos ingredientes para preparar mojo picón para 10 personas. Tiempo de preparación 1 hora aproximadamente.

Esta salsa es oriunda de las islas Canarias. Se utiliza para aderezar todo tipo de comida, siendo especialmente típica la combinación del mojo con papas arrugadas. Se la ofrecerán en todo tipo de bares y restaurantes. Se conserva bien en el frigorífico y esta incluso mejor si se preparó el día anterior. Se sirve a temperatura ambiente.

Información nutricional por 100g de porción comestible

| | |
|-------------------------|------------|
| Calorías (kcal / kJ) | 361 / 1487 |
| Proteína (g) (N x 6.25) | 1.9 |
| Grasa total (g) | 38.7 |
| Grasa saturada (g) | 6.3 |
| Carbohidratos (g) | 1.3 |
| Azúcares (g) | 1.2 |
| Fibra dietética (g) | 3.2 |
| Sodio (mg) | 944 |

Valores obtenidos por análisis

Ingredientes

10g Ajos pelados
3g Comino
10g Pimentón dulce
1 Picona picante
5g Sal marina
350ml Aceite de oliva
100ml Vinagre
Pimiento rojo

El pimiento rojo se usa para incrementar el color rojo de la salsa

Preparación

Para preparar el mojo picón se utiliza un mortero o almirez de madera para triturar y majar todos los ingredientes. Primero, se pone en el mortero la sal y el comino y se reducen a un polvo fino, luego se añade el ajo, el pimentón y el pimiento picante o picona canaria (previamente se han picado finamente). Cuando todos los ingredientes están bien majados se le añade un poco de agua. La cantidad de agua depende de lo espesa que queramos obtener la salsa. Finalmente, se añade el aceite y el vinagre y se emulsiona.

Para más información acerca de alimentos tradicionales en España contactar con el Centro de Enseñanza Superior de Nutrición y Dietética de la Universidad de Barcelona www.cesnid.es o con el Instituto de Nutrición y tecnología de Alimentos de la Universidad de Granada www.winyta.ugr.es www.cibm.ugr.es

Este trabajo ha sido realizado en nombre del Consorcio EuroFIR y financiado en el marco del 6º programa de la UE en el programa Calidad y Seguridad de los Alimentos. Proyecto nº (FP6-513944)

Galician Octopus

(Pulpo 'a feira')



This recipe will serve 4 people. Preparation time is about 40 minutes.

Galician octopus is a typical dish of Galician cuisine. It is usually served at traditional fairs and markets in the rural Galician hinterland, though its consumption has been extended throughout Spain.

Ingredients

1kg octopus
600g potatoes
180g onion
Olive oil
Salt
Sweet paprika
Spicy paprika

Preparation

Boil water in a copper pot with the unpeeled onion. Once the water starts to boil, dip the octopus in and out (three times), by holding it up by head, and then leave it in the boiling water (20–30 min.) depending on the octopus' size. After 10 minutes of boiling, drain off some water and use it after adding salt, to cook the potatoes. Cook the potatoes for 10–15 minutes, depending on the type and size. Chop the cooked potatoes into pieces. Cut the tentacles of the cooked octopus into fine slices and cut the head into small pieces. Put the octopus onto a wooden plate used to serve octopus and sprinkle with coarse salt. Place the potatoes around the octopus, sprinkle with paprika and add a generous amount of olive oil.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 121 / 511 |
| Protein (g) (N x 6.25) | 12.0 |
| Total Fat (g) of which saturated fatty acids (g) | 4.4 0.7 |
| Carbohydrates (g) of which sugars (g) | 8.5 <0.05 |
| Dietary fibre (g) | 1.1 |
| Sodium (mg) | 356 |

Values obtained from laboratory analyses

Pulpo a la Gallega

“a feira”



Cantidades de cada ingrediente para preparar 4 porciones.

Tiempo de preparación 40 minutos.

Plato tradicional y básico de la gastronomía de Galicia.

Presente en fiestas y romerías de la Galicia rural, aunque su consumo se ha generalizado por toda España.

Ingredientes

1kg Pulpo
600g Patatas
180g Cebolla
Aceite de oliva
Sal
Pimentón dulce
Pimentón picante

Información nutricional por 100g de porción comestible

| | |
|-------------------------|-----------|
| Calorías (kcal / kJ) | 121 / 511 |
| Proteína (g) (N x 6.25) | 12.0 |
| Grasa total (g) | 4.4 |
| Grasa saturada (g) | 0.7 |
| Carbohidratos (g) | 8.5 |
| Azúcares (g) | <0.05 |
| Fibra dietética (g) | 1.1 |
| Sodio (mg) | 356 |

Valores obtenidos por análisis

Preparación

Calentar, en olla de cobre, el agua con la cebolla sin pelar hasta ebullición. Cuando el agua empiece a hervir, sumergir y sacar el pulpo del agua (tres veces), manteniéndolo sujeto por la cabeza. Dejarlo en el agua hirviendo (20–30 min) dependiendo de su tamaño. Tras 10 minutos de ebullición, retirar agua y tras añadir sal utilizarla para cocer las patatas, se requieren de 10 a 15 minutos dependiendo del tipo y tamaño. Cortar las patatas cocidas a trozos. Cortar los tentáculos del pulpo cocido en rodajas finas y la cabeza en trozos pequeños y colocarlos en el plato de madera, que se utilizará para servir el pulpo. Sazonar con sal gruesa. Rodear el pulpo con las patatas cocidas y sazonar con pimentón y abundante aceite de oliva.

Roasted Pepper & Aubergine Salad

(Escalivada)



This recipe will serve 4 people. Preparation time is about 10–15 minutes.

Roasted pepper and aubergine salad is a typical Catalan dish which includes several types of grilled vegetables. It usually contains aubergines, sweet red peppers, tomatoes and sweet onions.

Ingredients

400g red pepper
400g aubergine
400g tomato
400g onion
Olive oil
Salt

Preparation

Coat the vegetables with a small amount of olive oil. Build a fire, with pine wood if possible. Let the fire burn for a while. Wait until the flames have died out and only the glowing cinders are left. Put a grill over the cinders and place the vegetables on the grill. Once cooked, remove the vegetables from the grill and wrap them all in a wet cloth, except the tomatoes, and leave to cool. Unwrap the vegetables from the cloth and peel them, including the tomatoes, completely removing the skin and seeds. It is crucial to wash hands, repeatedly. Once peeled, slice the peppers and aubergines into strips (1–2 fingers wide) and add to the onions and tomatoes. Serve after a sprinkling of salt and a generous amount of oil.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|----------|
| Energy (kcal / kJ) | 34 / 142 |
| Protein (g) (N x 6.25) | 1.2 |
| Total Fat (g) | 1.6 |
| of which saturated fatty acids (g) | 0.3 |
| Carbohydrates (g) | 3.7 |
| of which sugars (g) | 3.4 |
| Dietary fibre (g) | 2.1 |
| Sodium (mg) | 122 |

Values obtained from laboratory analyses

For more information on Spanish traditional foods contact the Centre for Superior Studies in Nutrition and Dietetics at the University of Barcelona www.cesnid.es or the Institute of Nutrition and Food Technology at the University of Granada www.winyta.ugr.es www.cibm.ugr.es

This work was completed on behalf of the EuroFIR Consortium and funded under the EU 6th Framework Food Quality and Safety Programme. Project number (FP6-513944).

Escalivada: Ensalada de Pimientos y Berenjenas Asadas



Cantidades de cada ingrediente para preparar 4 ensaladas. Tiempo de preparación 10–15 minutos aproximadamente.

Plato típico de la cocina catalana rural que consiste en distintos vegetales, berenjenas, pimientos rojos, tomates y cebollas dulces asados a la brasa.

Ingredientes

400g Pimiento rojo
400g Berenjena
400g Tomates
400g Cebolla
Aceite de oliva
Sal

Información nutricional por 100g de porción comestible

| | |
|-------------------------|----------|
| Calorías (kcal / kJ) | 34 / 142 |
| Proteína (g) (N x 6.25) | 1.2 |
| Grasa total (g) | 1.6 |
| Grasa saturada (g) | 0.3 |
| Carbohidratos (g) | 3.7 |
| Azúcares (g) | 3.4 |
| Fibra dietética (g) | 2.1 |
| Sodio (mg) | 122 |

Valores obtenidos por análisis

Preparación

Untar los vegetales con una pequeña cantidad de aceite, a poder ser de oliva. Preparar el fuego, si es posible con madera de pino y dejar quemar hasta obtener brasas. Poner una parrilla encima de las brasas y en ella los vegetales. Una vez cocidos, retirar los vegetales de las brasas y, excepto los tomates, envolverlos en un paño húmedo. Una vez fríos pelar a mano eliminando totalmente la piel y las semillas, para ello se requiere un lavado continuo de manos. Cortar los pimientos y berenjenas a tiras (1–2 dedos de ancho) y servir tras sazonar con sal y aceite de oliva.

Para más información acerca de alimentos tradicionales en España contactar con el Centro de Enseñanza Superior de Nutrición y Dietética de la Universidad de Barcelona www.cesnid.es o con el Instituto de Nutrición y tecnología de Alimentos de la Universidad de Granada www.winyta.ugr.es www.cibm.ugr.es

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Cardoon in Almond Sauce

(Cardos en Salsa de Almendras)



This recipe will serve 4 people. Preparation time is approximately 1 hour.

Cardoon (artichoke thistle) in almond sauce is a traditional dish served at Christmas Eve dinner in Aragon (Spain) and also in the south of France.

Ingredients

1400g frozen cardoon
230g pork belly
100g raw almonds
40g wheat flour
Garlic
Olive oil
Salt

Preparation

Peel and crush the garlic and grind together with the almonds. Remove the skin and cut the pork belly into small bits. Heat a small amount of oil in a frying pan, add the pork belly and cook until golden brown, remove it from the heat and set aside. Cook the cardoon in boiling water for 30 minutes and drain. Toast the ground garlic and almonds in a dry frying pan; adding a small amount of oil (optionally, the fat from the cooked pork belly can be used) and immediately add the flour. Stir to mix the flour with oil/fat, and add water whilst continuing to stir. Keep over the heat until a slightly thick sauce is obtained. If needed add salt and more water. Add the sauce to the cardoon and cook for 10 minutes.

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 65 / 272 |
| Protein (g) (N x 6.25) | 3.9 |
| Total Fat (g) of which saturated fatty acids (g) | 5.1 1.0 |
| Carbohydrates (g) of which sugars (g) | 1.0 <0.05 |
| Dietary fibre (g) | 2.8 |
| Sodium (mg) | 207 |

Values obtained from laboratory analyses

For more information on Spanish traditional foods contact the Centre for Superior Studies in Nutrition and Dietetics at the University of Barcelona www.cesnid.es or the Institute of Nutrition and Food Technology at the University of Granada www.winyta.ugr.es www.cibm.ugr.es

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Cardos en Salsa de Almendras



Cantidades de cada ingrediente para preparar 4 porciones. Tiempo de preparación 1 hora aproximadamente.

Los cardos con salsa de almendras son un plato tradicional de la cena de Nochebuena en Aragón (España) y también en el sur de Francia.

Ingredientes

1400g Cardos congelados
230g Panceta
100g Almendras crudas
40g Harina de trigo
Ajos
Aceite de oliva
Sal

Preparación

Pelar y triturar los ajos junto con las almendras. Quitar la piel y cortar la panceta a trocitos. Calentar en una sartén una pequeña cantidad de aceite, añadir la panceta y dorarla, retirar del fuego y dejar aparte. Cocer los cardos en agua hirviendo durante 30 minutos y escurrir.

En una sartén seca tostar los ajos y las almendras molidas; añadir una pequeña cantidad de aceite (opcionalmente puede usarse la grasa resultante de cocer la panceta) y añadir inmediatamente la harina. Remover el conjunto para impregnar la harina con aceite/grasa, y añadir agua removiendo continuamente.

Cocer hasta obtener una salsa ligeramente espesa. Si es necesario corregir de sal y agua. Añadir la salsa a los cardos y cocer durante otros 10 minutos.

Información nutricional por 100g de porción comestible

| | |
|-------------------------|----------|
| Calorías (kcal / kJ) | 65 / 272 |
| Proteína (g) (N x 6.25) | 3.9 |
| Grasa total (g) | 5.1 |
| Grasa saturada (g) | 1.0 |
| Carbohidratos (g) | 1.0 |
| Azúcares (g) | <0.05 |
| Fibra dietética (g) | 2.8 |
| Sodio (mg) | 207 |

Valores obtenidos por análisis

Para más información acerca de alimentos tradicionales en España contactar con el Centro de Enseñanza Superior de Nutrición y Dietética de la Universidad de Barcelona www.cesnid.es o con el Instituto de Nutrición y tecnología de Alimentos de la Universidad de Granada www.winyta.ugr.es www.cibm.ugr.es

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Almond cake

(Soplillos)



Quantities below are for 206 almond cakes. Preparation time is about 2 hours and 30 minutes.

Almond cake is a typical dessert from Las Alpujarras region, Granada. The name Alpujarras is derived from the Moorish word Al-Busherat, 'the grassland'. This area belongs to Andalusia or Al-Andaluz, the kingdom of the Moors, who ruled southern Spain from the eighth to the 15th century. While many Andalusian dishes reveal a

Moorish legacy, nowhere is it more apparent than in their sweet dishes which are typically flavoured with aniseed, cinnamon, sesame, almonds and honey.

Ingredients

3kg Sugar
1.5kg Almonds
1.5kg Egg white

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 469 / 1970 |
| Protein (g) (N x 6.25) | 11.0 |
| Total Fat (g) of which saturated fatty acids (g) | 18.8 1.7 |
| Carbohydrates (g) of which sugars (g) | 64.0 59.7 |
| Dietary fibre (g) | 3.4 |
| Sodium (mg) | 50 |

Values obtained from laboratory analyses

Preparation

Toast the almond slices in the oven for 25 minutes at 170°C. Mix the egg white and the sugar for 30 minutes with an industrial mixer. Add the slices of toasted almond and mix for another 2 minutes. Once everything is mixed, spoon out the separate portions on a baking tray and bake in the oven for 50 minutes at 145°C. These will keep for 1 month when the product is kept in a clean, dry and airtight container.

Soplillos



Cantidades de cada ingrediente para preparar 206 soplillos.

Tiempo de preparación 2 horas y 30 minutos.

Postre típico de Las Alpujarras, Granada. El nombre Las Alpujarras viene de la palabra mora Al-Busherat que significa pradera. Esta área pertenece a Andalucía o Al-Ándalus, el reino de los Moros que gobernaron en el sur de España durante los siglos VIII al XV. La cocina andaluza fue la más opulenta de toda Europa en el uso de especias, hierbas, almendras, agua de rosas, azahar y

otras ingredientes exóticos de herencia oriental. Muchos platos andaluces tienen reminiscencias moras siendo los dulces con anisetes, almendras, canela y miel los más representativos de este legado culinario.

Ingredientes

3kg Azúcar
1.5kg Almendras peladas
1.5kg Clara de huevo

Información nutricional por 100g de porción comestible

| | |
|-------------------------|------------|
| Calorías (kcal / kJ) | 469 / 1970 |
| Proteína (g) (N x 6.25) | 11.0 |
| Grasa total (g) | 18.8 |
| Grasa saturada (g) | 1.7 |
| Carbohidratos (g) | 64.0 |
| Azúcares (g) | 59.7 |
| Fibra dietética (g) | 3.4 |
| Sodio (mg) | 50 |

Valores obtenidos por análisis

Preparación

Tostar las almendras troceadas en el horno a 170°C durante 25 minutos. Mezclar, con una mezcladora industrial la clara de huevo y el azúcar durante 30 minutos. Añadir la almendra tostada y mezclar otros 2 minutos. A continuación se hacen las porciones, se van poniendo en una bandeja de horno y finalmente se hornean durante 50 minutos a una temperatura de 145°C. La fecha de caducidad es de 1 mes si el producto se almacena en un sitio fresco y seco.

Para más información acerca de alimentos tradicionales en España contactar con el Centro de Enseñanza Superior de Nutrición y Dietética de la Universidad de Barcelona www.cesnid.es o con el Instituto de Nutrición y tecnología de Alimentos de la Universidad de Granada www.winyta.ugr.es www.cibm.ugr.es

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Tarhana Soup

(Tarhana Uşak)

Provides 450kg dried tarhana. Preparation time is about 18 days.

Tarhana is a traditional Turkish ready to eat/dried fermented soup, made from cereal and yoghurt. With its acidity and low water activity characteristics, it preserves milk proteins effectively for long periods. Tarhana soup is one of the most commonly consumed dishes in Turkey. Preparation of dried tarhana and tarhana soup varies among regions. Uşak is one of the well known cities in Turkey that produces tarhana.

Ingredients

50kg Tomatoes without skin
 200kg Red pepper without stalks
 250kg Green pepper without stalks
 1.3kg Mint without stalks
 50kg Full fat yoghurt
 50kg Dried onion
 50kg Wheat flour (Type 650, Turkish Food Codex, Declaration 99/1)



Preparation

Mixing of ingredients:

200kg red peppers and 250kg green peppers are washed and homogenized in a blender. 50kg tomatoes and 50kg onions are added into the mixture and homogenized. The mixture is divided and transferred into stainless steel tanks (700L). Red and green peppers, tomatoes, onions and mint are homogenized in the blender and added into each tank. Finally, the yoghurt (50kg) is added.

Kneading: 40kg of the 'taşıyat' mixture and 50kg flour are mixed into a dough mixer for 1 hour.

Fermentation: Tarhana dough is left in the tanks (700L) for fermentation for 15 days at 26°C, in dark/dry air. The product is kneaded for about 30 minutes each day.

Drying: Fifteen days later, small pieces of tarhana dough (egg sized) are transferred into the trays. Tarhana dough is dried at 30–31°C, not under direct sun light, for 3 days, (the ideal months for tarhana preparation in Uşak are July to September).

Sieving: Dried tarhana is sieved by an electric milling screen for 4 hours and collected in the reservoir of the screen and put in cotton bags.

Tarhana is the main ingredient of 'tarhana soup' which is consumed traditionally every season by Turkish people. One of the recipes for the soup is given below (4 servings):

Place 60g of tarhana in a cup, add a small amount of tap water and stand for 1–2 hours to dissolve. In a casserole dish; put 10g vegetable oil, 10g tomato paste, and 1 tea spoon of salt and mix until the tomato paste blends well. Add dissolved tarhana and 1L of tap water. While cooking, stir constantly at medium-low heat. Once it has started to boil, leave it to boil for 10 minutes at low heat.

It is possible to add bread, garlic, beans, peas, meat, onion, cheese etc to the tarhana soup.

The composition and preparation of tarhana and tarhana soup changes from region to region. In Turkey one of the most common types is Uşak.

Tarhana can be stored in a dry and cool place for about 2 years.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 351 / 1488 |
| Protein (g) (N x 5.80) | 11.1 |
| Total Fat (g) of which saturated fatty acids (g) | 2.3 0.8 |
| Carbohydrates (g) of which sugars (g) | 71.4 4.1 |
| Dietary fibre (g) | 0.5 |
| Sodium (mg) | 1155 |

Values obtained from laboratory analyses

Tarhana Uşak

450kg kuru tarhana. Hazırlık süresi: Yaklaşık 18 gün.

Türk mutfağının geleneksel hazır/kuru fermente çorbalarından olan "tarhana" temel olarak tahıl ve yoğurt karışımından yapılır. Asidik yapısı ve düşük su aktivitesi özellikleriyle süt proteinlerinin uzun süre korunabilmesini sağlar. Kurutulmuş tarhana ve tarhana çorbasının hazırlanışı bölgeler arasında farklılık göstermekle birlikte, Uşak Türkiye'de tarhana üretiminin yoğun olarak gerçekleştirildiği illerden biridir.

içindekiler

50kg Domates, kabuksuz
200kg Kırmızıbiber, kabuksuz
250kg Yeşilbiber, kabuksuz -
1.3kg Nane, sapsız-
50kg Tam yağlı yoğurt
50kg Soğan, kurutulmuş
50kg Buğday unu (Tip 550, Türk Gıda Kodeksi, Tebliğ No 99/1)-



Hazırlama

Malzemelerin karıştırılması:

200kg kırmızıbiber ve 250kg yeşilbiber yıkanır ve elektrikli parçalayıcıda homojen hale getirilir. 50kg domates ve 50kg soğan homojenize edilir ve karıştırılır.

Karışım tanklara paylaştırılarak aktarılır (700L) ve en son yoğurt ilave edilir (50kg).

Yoğurma: 40kg karışım "taşıyat" ve 50kg un eklenerek 1 saat boyunca elektrikli bir hamur karıştırma makinesinde karıştırılır.

Fermentasyon: Tarhana hamuru 700L'lik çelik tanklarda 15 gün boyunca, yaklaşık 26°C olan, karanlık/kuru bir ortamda fermentasyon için bekletilir ve her gün 30 dakika süre ile tarhana ustaları tarafından yumruklanır.

Kurutma: 15 günlük fermentasyon sonucunda tarhana hamurundan yumurta büyüklüğünde parçalar alınarak çelik tepsilere dizilir. Tepsiler 3 gün boyunca beklemek üzere 30–31°C sıcaklıktaki odalara, doğrudan güneş ışığı almayacak şekilde yerleştirilir (Uşak için ideal tarhana üretim ayları; Temmuz-Eylül'dür).

Eleme: Kuru tarhana elektrikle çalışan bir öğütücünden ve elekten geçirilir, pamuklu bezden yapılmış torbalar içerisine konur.

Tarhana, Türkiye'de her mevsim geleneksel olarak tüketilen "tarhana çorbasının" temel malzemesidir.

Tarhana çorbasına ait bir tarife (4 porsiyon) aşağıda verilmiştir:

Bir kap içine 60g tarhana konulur ve bir miktar suyla çözünmesi için 1–2 saat bekletilir. Bir tencere içerisine 10g bitkisel sıvı yağ, 10g domates salçası ve 1 kaşık tuz konur. Malzeme iyice karıştırıldıktan sonra, tencereye daha önceden çözülmüş tarhana ve 1L su eklenerek orta ateşte kaynayana kadar karıştırılır. Kaynadıktan sonra ocağın ısısı düşürülür ve 10 dakika sonra tencerenin altı kapatılır.

Tarhana çorbasına ekmek, sarımsak, fasulye, soğan, peynir, tereyağı vb. gibi malzemeler de eklenebilir.

Tarhana çorbasının bileşimi ve hazırlanış tekniği bölgeler arasında çeşitlilik göstermekle birlikte, yapılışı ülke genelinde en yaygın olan tarhanalardan biri Uşak tarhanasıdır.

Tarhana, serin ve kuru ortamda yaklaşık 2 yıl süreyle muhafaza edilebilir.

Besin öğeleri bilgisi 100g yenilebilir porsiyonda

| | |
|------------------------|------------|
| Enerji (kcal / kJ) | 351 / 1488 |
| Protein (g) (N x 5.80) | 11.1 |
| Toplam yağ (g) | 2.3 |
| Doymuş yağ (g) | 0.8 |
| Karbohidrat (g) | 71.4 |
| Şekerler (g) | 4.1 |
| Diyet lif (g) | 0.5 |
| Sodyum (mg) | 1155 |

Laboratuvar analizleriyle elde edilmiş değerler

Pastirma

(Pastirma (Kayseri))

Provides 1 Pastirma. Preparation time is about 10 days.

In Turkish, the term 'pastirma' came from 'bastirma et' and means 'pressed meat'. In ancient times, Turks stored meats, with the help of salting and drying techniques. Particularly, Turkish armed forces, who were usually on the move, supplied their food needs from 'bastirma' (beef and/or horse meat by placing slabs of it in the leather bags on the sides of their saddles). Pastirma's origins in Anatolia are not well known however, according to researchers it was brought there by the Seljuk Empire in the early 12th century and passed to Thrace with the capture of Istanbul and spread out into all of the countries in the Ottoman Empire. The techniques of pastirma production were improved in Central Anatolia, by the chefs of Kayseri and these methods are still used today. 'Kayseri Pastirması' has 'Registered geographical sign', given by the Turkish Patent Institute in 2001.



Ingredients

9kg Veal
 400g Çemen flour (*Trigonella foenum graecum* L.)
 20g Powdered hot chilli pepper
 20g Garlic; dried
 800g–1000g Rock salt
 550ml Tap water

Preparation

Brining. A hole is made in the thickest part of the dorsal part of veal. Ropes are passed from the hole in order to string up meat. Deep cuts are made with a knife and rock salt is sprinkled onto the surface of the meat. The deep cut surfaces of veal are put on top of one another and placed on rock salt for 24 hours. The next day the other surface of the veal is placed on rock salt for 6 hours.

Washing. Salted meat is washed in small tanks that are full of tap water.

Drying and Pressing. First drying (3 days): The meat is hung up on 'cerek' (special braces 175–180cm above the ground, 1m apart, outside, in contact with sun light during the day) for 3 days. The ideal season for pastirma production is the second week of September until the end of autumn (the average temperature of this season in Kayseri is approx. 26.6°C in day and 7.3°C at night).

Cold press (12 hours): The meat is moved from the 'cerek' (at about 05:00–07:00 am due to the cool temperature of the day for Kayseri). The meat pieces are stowed in the pressing machine all together in a cubic form and pressed for 12 hours with approx. 0.9–1.0kg/cm² pressure.

Second drying (12 hours): The pressed meat is hung on the 'cerek' and stood for 12 hours in contact with sun light during the day.

Hot press (4 hours): The meat is moved from the 'cerek' at about 05:00–07:00 pm. And it is exposed to approx. 0.9–1.0-kg/cm² pressure by a hydraulic press machine for about 4 hours.

Third drying (3 days): The pressed meat is hung on the 'cerek' outside and stood for 3 days in contact with sun light during the day.

Çemenleme (meat to be covered with çemen) Ingredients of 100kg çemen.

Çemen unu; the powdered seed of fenugreek – *Trigonella foenum graecum* L. – 40kg.

Powdered red hot chilli pepper – 2kg.

Dried garlic – 2kg.

Tap water – 56L.

Çemen preparation. The 'Çemen unu', tap water, powdered red hot chilli pepper and milled dried garlic are mixed in a dough mixer for about 30 minutes.

Çemenleme (Covering the meat piece with çemen): The meat is cropped before the 'çemenleme' process and rolled in a container full with 'çemen' and left for about 12 hours.

Silme; The surface of the meat is covered with 'çemen', stroking by hand. The thickness of this coat is approx. 1–6mm.

Drying of pastirma with 'çemen': The 'çemen' covered Pastirma is put in cool rooms at 0±4°C for 12 hours. After cooling, dried products are covered with white sheets and stored in wooden cases until they are sold.

Storage: Pastirma can be stored at (about) 15°C for 3–5 months. The ideal storage temperature is 4–5°C.

Nutritional information per 100g of edible portion

| | |
|---|------------|
| Energy (kcal / kJ) | 236 / 990 |
| Protein (g) (N x 6.25) | 28.6 |
| Total Fat (g) of which saturated fatty acids (g) | 9.5 4.4 |
| Carbohydrates (g) of which sugars (g) | 9.0 1.4 |
| Dietary fibre (g) | 0.5 |
| Sodium (mg) | 933 |

Values obtained from laboratory analyses

Pastırma (Kayseri)

1 Pastırma. Hazırlık süresi: Yaklaşık 10 gün (kurutma acamaları hariç)

Pastırma, Türkçe'de "bastırma et" kelimelerinden türemiştir. Türkler eski çağlarda tüketim fazlası etleri tuzlama ve kurutma teknikleriyle muhafaza etmişlerdir. Hareket halindeki Türk Orduları gıda ihtiyaçlarını, atın eđeri üzerindeki bir deri torba içinde taşıdıkları "bastırma" adı verilen kurutulmuş, tuzlu siđir ve/veya at etinden karışılmışlardır. Pastırmanın Anadolu'ya geldiđi tarih kesin olarak bilinmemektedir. Bazı arařtırmacılar, pastırmanın Selçuklular tarafından 12. yüzyılın başlarında Anadolu'ya getirildiđini; İstanbul'un fethiyle de Trakya'ya geçtiđini ve buradan da Osmanlıların hüküm sürdüđü bütün ülkelere yayıldıđını ileri sürmektedirler. Pastırma üretimi, Orta Anadolu'da, özellikle Kayserililer tarafından geliştirilmiř ve üretim tekniđi günümüze kadar getirilmiřtir. Türk Patent Enstitüsü tarafından "Kayseri Pastırması" na 2001 yılında "Cođrafi iřaret tescil" belgesi verilmiřtir



içindekiler

9kg Dana eti
400g Çemen unu (*Trigonella foenum graecum* L.)
20g Toz kırmızı biber
20g Sarımsak; kurutulmuş
~ 800g–1000g Kaya tuzu; orta büyüklükte
550ml Su-

Hazırlama

Tuzlama:

Bıçakla kesilip ayrılan ve kenarları düzeltilen tek parça dana eti, kalın ucundan delinir ve ucundan ip geçirilir. 2 geniş yüzeyinden birine bıçak ucuyla derin kesikler atılır, üzerine kaya tuzu serpilir. Etler, kesilen yüzeyleri üste gelecek şekilde, üst üste istif edilir ve 24 saat süreyle beklemeye bırakılır. Ertesi gün, tuzlanmayan diđer yüzeyler tuzlanarak istiflenir ve 6 saat bekletilir.

Yıkama: Tuzlanmış etler, içi suyla dolu tenekelerde iplerinden tutularak sert hareketlerle sađa sola çalkalanarak yıkanır.

Kurutma ve Bastırma:

Birinci kurutma: Yıkama safhası tamamlanan etler, zeminden 175–180cm yükseklikte ve 1m aralıklı, "cereklere" asılarak 3 gün süreyle açık havada kurumaya bırakılır. Pastırma üretimi için ideal mevsim Eylül ayının ikinci haftasından başlar ve sonbaharın sonuna kadar devam eder (bu sezonda Kayseri'de mevsim normallerine göre sıcaklık gündüz yaklaşık 26°C, gece ise 7°C dir).

Socœuk baskı: Etler "cereklere" günün en serin saatlerinde (05:00–07:00) indirilir ve hidrolik pres

makinesine, üst üste tabanı kare oluşturacak biçimde istif edilir. Bu etlere 12 saat boyunca yaklaşık 0.9–1.0 kg/cm² bir basınç uygulanır.

İkinci kurutma: Etler, "cereklere" asılarak 12 saat süreyle, güneş gören saatlerde açık havada kurumaya bırakılır.

Sıcak baskı: Etler günün 15:00–17:00 saatleri arasında "cereklere" indirilir. Güneşin etkisi ile ısınmış olan etlere hidrolik baskı makinesinde 4 saat boyunca basınç uygulanır.

Üçüncü kurutma: Baskıdan çıkarılan etler "cereklere" asılarak 3 gün süreyle açık havada, güneş alacak şekilde kurumaya bırakılır.

Çemenleme:

100kg çemenin içeriđi:

Çemen unu; çemen tohumu tozu – *Trigonella foenum graecum* L. – 40kg.
Kırmızı toz biber – 2kg.
Sarımsak; kurutulmuş – 2kg.
Su – 56L.

Çemenin hazırlanması: Çemen unu, su, kırmızı toz biber, ve çekilmiş sarımsak hamur karıştırmak makinesinde karıştırılır (30 dak.).

Çemenleme: Çemenleme işlemi öncesi şekil bozuklukları olan etler bıçakla tıraşlanarak düzeltilir, çemen hamuruna daldırılarak istif edilir ve çemen içinde 12 saat bekletilir.

Silme; Çemene yatırılan etler ipe asılır, elle sıvazlanarak, etin daha iyi şekilde çemenle kaplanması sağlanır, çemenin fazlası alınır. Pastırmanın üzerindeki çemen tabakasının kalınlıđı yaklaşık 1–6 mm, dir.

Çemenli pastırmanın kurutulması: Çemenle kaplı olan pastırma 12 saat boyunca 0–4°C sıcaklıktaki sođuk odalarda bekletilir. Kuruyan çemenli pastırmalar, pazarlanmak üzere içi beyaz bezle örtülü tahta sandıklarda takım halinde ambalajlanır.

Depolama:

Pastırma yaklaşık 15°C de 5 ay muhafaza edilebilir. İdeal depolama sıcaklıđı 4–5°C dir.

Pastırma, tuzlama işlemi sonrasında yaklaşık % 5, kurutma işleminden sonra ise % 10 oranında ağırlık kaybına uğramaktadır.

Kullanılan et çeşidine göre pastırma üretim yöntemleri çeşitlilik göstermektedir.

Besin öğeleri bilgisi 100g yenilebilir porsiyonda

| | |
|------------------------|-----------|
| Enerji (kcal / kJ) | 236 / 990 |
| Protein (g) (N x 6.25) | 28.6 |
| Toplam yağ (g) | 9.5 |
| Doymuş yağ (g) | 4.4 |
| Karbohidrat (g) | 9.0 |
| Şekerler (g) | 1.4 |
| Diyet lif (g) | 0.5 |
| Sodyum (mg) | 933 |

Laboratuar analizleriyle elde edilmiş değerler

Kebab with yoghurt

(Kebap, yoğurtlu)

Provides 1 serving. Preparation time is about 115 minutes.

'Kebab with yoghurt' is one of the most well known meat dishes of north-western Turkey. It is a kind of kebab prepared from thinly cut grilled meat served with tomato sauce over pieces of 'pide' bread and generously slathered with melted butter and yoghurt.

Ingredients

58.5g Mutton
31.5g Veal
180g 'Pide' (flat bread)
125g Whole fat yoghurt (min 3% fat.)
40g Butter
10.5g Tomato paste
10g Green pepper
10g Red pepper
39.5ml Tap water



Preparation

Preparation of raw meat. Meat of the kebab consists of 65% raw mutton and 35% raw veal. Bones and nerve fibres of the meat are cut off using a knife. Chest meat is cut from the nerve fibres and cut into filmy slices, called 'yaprak' (leaf). These meat leaves are placed into a tray that is buttered and animal fats placed between each leaf. The full tray is covered with cling film and left to stand at +4°C for 1 night. Mutton pieces, (except the chest part), after disposing of its inedible parts, are minced by a meat grinder.

Fixing the raw meat on the vertical split. Large and small raw meat leaves are fixed on the vertical split respectively. Mince (prepared 1 night before) is layered between them. At the end of the process, the surface of the vertical meat is shaped with a long 'döner' knife.

Cooking of the meat. Meat that is fixed on the vertical split is slowly rotated and the surface is roasted by charcoal (or a döner machine could be used). When it is gradually roasted, it is cut into thin slices by a döner chef.

Tomato sauce preparation. In a casserole dish mix 4kg of tomato paste and 15L of tap water and boiled for 15 minutes. This sauce is boiled in a small casserole dish during the service in order to keep it hot.

Green pepper grilling. Green peppers are grilled on charcoal.

Buttering of 'pide' breads. 'Pide' breads are buttered lightly with heated butter.

Assembling the kebab. 90g of meat slices are spread over a square shaped piece of pide bread. Tomato sauce is poured on the kebab and a piece of grilled green pepper and a slice of fresh tomato are placed on top. A dollop of yogurt is added on one side of the plate and melted butter is poured on the kebab.

Nutritional information per 100g of edible portion

| | |
|------------------------------------|-----------|
| Energy (kcal / kJ) | 226 / 940 |
| Protein (g) (N x 6.25) | 9.2 |
| Total Fat (g) | 15.6 |
| of which saturated fatty acids (g) | 6.9 |
| Carbohydrates (g) | 12.1 |
| of which sugars (g) | 2.5 |
| Dietary fibre (g) | 1.1 |
| Sodium (mg) | 381 |

Values obtained from laboratory analyses

Kebap, yoğurtlu

1 porsiyon. Hazırlık süresi: Yaklaşık 115 dakika.

"Kebap, yoğurtlu" Türkiye'nin kuzeybatısındaki en çok tanınan et yemeklerinden biridir. Kebap, yoğurtlu; küp şeklinde doğranmış pidelerin üzerine, ince ince kesilmiş etlerin yerleştirilerek, yanında yoğurt, üzerine domates sosu ve eritilmiş tereyağı ile servis edildiği bir kebab çeşididir.

içindekiler

58.5g Koyun eti
31.5g Dana eti
180g Pide
125g Tam yağlı yoğurt (en az 3% yağ, Türk Gıda Kodeksi, 3/15481, Madde 52)
40g Tereyağı
10.5g Domates salçası
10g Yeşilbiber, taze
10g Kırmızıbiber, taze
39.5ml Su



Hazırlama

Çiğ etin hazırlanması. Kebap yapımında kullanılan etin % 65'i koyun eti, % 35'i dana etidir. Et kemiklerinden sıyrılır ve sinir lifleri bıçak yardımıyla ayrılır. Hayvanın göğüs kısmından gelen et, "yaprak" olarak adlandırılan ince filetolar şeklinde kesilir. Bu et yaprakları ile aynı boyutta kesilmiş olan hayvan iç yağı parçaları üst üste gelecek şekilde sarılır. Sarılmış olan parçalar yağlanmış tepsiye yerleştirilir ve 1 gece soğuk dolapta (+4°C) bekletilir. Göğüs kısmı hariç, koyun etinin yağlı kısımları, yenilmez parçaları ayıklandıktan sonra kıyma makinesinde çekilir.

Çiğ etin dikey döner çubuğuna yerleştirilmesi. Çiğ et yaprakları, dik ve sabit şekilde duran döner çubuğuna sırasıyla küçük ve büyük parçalar gelecek şekilde geçirilir. Daha büyük boyuttaki et yaprakları, iki yaprak arasında bir gece önceden hazırlanmış olan kıymadan doldurularak şişe takılır ve etle dolan döner çubuğuna bir döner bıçağı yardımıyla şekil verilir.

Etin pişirilmesi. Etin pişirilmesinde kömürle yanan dikey bir pişirici kullanılabilir (veya döner makinesi). Pişirici yakıldıktan sonra, etlerin geçirilmiş olduğu çubuk makineye yerleştirilir ve yavaşça döndürülerek etlerin dış yüzeyi pişirilir. Pişen kısımlar, usta tarafından ince şeritler halinde kesilir.

Domates sosunun hazırlanışı. 4kg domates salçası ve 15L su 15 dakika süreyle büyük bir tencerede karıştırılarak kaynatılır. Daha sonra küçük tencerele alınan domates sosu servis boyunca sıcaklığını koruması için ısıtılır.

Yeşilbiberlerin ızgara edilmesi. Yeşilbiberler kömürde ızgara edilir.

Pidelerin yağlanması. Pidelere eritilmiş tereyağı ile yağlanır. Yağlanmış olan pideler birbirine sürtülür.

Servis. Küp küp doğranmış pide ekmeği üzerine, yaklaşık 90g et yerleştirilir ve üzerinde domates sosu gezdirilir. Tabağın yan kısmına bir top yoğurt koyulur. Etlerin üzerine ızgara edilmiş yeşilbiber ve taze domates dilimi yerleştirip, eritilmiş tereyağı İskender kebabın üzerinde gezdirilerek servis yapılır.

Besin öğeleri bilgisi 100g yenilebilir porsiyonda

| | |
|------------------------|-----------|
| Enerji (kcal / kJ) | 226 / 940 |
| Protein (g) (N x 6.25) | 9.2 |
| Toplam yağ (g) | 15.6 |
| Doymuş yağ (g) | 6.9 |
| Karbohidrat (g) | 12.1 |
| Şekerler (g) | 2.5 |
| Diyet lif (g) | 1.1 |
| Sodyum (mg) | 381 |

Laboratuvar analizleriyle elde edilmiş değerler

Hamsi Anchovy (Hamsi Buğulama)



Provides 6 servings. Preparation time is about 55 minutes.

'Hamsi' (anchovy) is one of the most economically important fish species of the Black Sea. There are various ways to consume hamsi in traditional Turkish cuisine and 'buğulama' (stewing) is one of the favourites. In the old days 'Bilek' (dishes made from carved out stone) were pre-heated and then filled with fish and the other ingredients, prior to baking. 'Hamsi buğulama' is served as a main dish for lunch or dinner.

Ingredients

1150g hamsi (*Engraulis encrasicolus*)
 440g red tomatoes
 572g dried onions
 770g potatoes
 50g lemon
 100ml extra virgin olive oil
 10g parsley
 5g table salt
 5g powdered black pepper
 500ml tap water

The ideal months to eat hamsi are November to February

Preparation

Gutting method: the fish is held in the palm of the left hand; and using the right hand thumb and forefinger, the head is held and organs are removed by the thumb. Then it is washed and the water drained.

The onions and tomatoes are peeled and cut into round pieces. The lemons are sliced. The potatoes are peeled and cut into round pieces and put into a stainless steel pan (50cm x 50cm). Potatoes, prepared hamsi, tomatoes and lemons are placed over the onions. Parsley leaves are cut and spread over the ingredients. Powdered black pepper and table salt are added whilst stewing.

500ml of tap water and 100ml of olive oil are poured into the pan. The prepared dish is baked in an electric oven at 230°C for 45 minutes and 'hamsi buğulama' is served hot.

Nutritional information per 100g of edible portion

| | |
|---|-------------|
| Energy (kcal / kJ) | 155 / 645 |
| Protein (g) (N x 6.25) | 9.3 |
| Total Fat (g) of which saturated fatty acids (g) | 11.0 0.4 |
| Carbohydrates (g) of which sugars (g) | 4.7 2.1 |
| Dietary fibre (g) | 0.5 |
| Sodium (mg) | 242 |

Values obtained from laboratory analyses

Hamsi Buğulama



6 porsiyon. Hazırlık süresi: Yaklaşık 55 dakika.

Karadeniz'in ekonomik öneme sahip balık cinslerinden hamsinin geleneksel Türk mutfağındaki yaygın tüketim şekillerinden biri "Hamsi buğulamadır". Eski yıllarda oyulmuş taştan yapılan çanaklar ısıtıldıktan sonra içleri balık ve diğer malzemelerle doldurulduktan sonra fırınlanarak tüketilmekteydi. Hamsi buğulama, öğle veya akşam yemeklerinde ana yemek olarak servis edilmektedir.

içindekiler

1150g Hamsi (*Engraulis encrasicolus*)
 440g Domates
 572g Soğan
 770g Patates
 50g Limon
 100ml Sızma Zeytinyağ
 10g Maydanoz
 5g Sofra tuzu
 5g Toz karabiber
 500ml Su

Hamsinin ideal tüketim ayları: Kasım-şubat

Hazırlama

Hamsinin (*Engraulis encrasicolus*) temizlenmesi:

Balık sol avucunun içine alır, sağ el işaret ve başparmağı vasıtasıyla kafa koparılır ve başparmak karnına sokularak yanılır. Temizlenmiş balıklar su ile yıkanır, süzülür.

Kuru soğanların ve domateslerin kabukları soyulur, halka şeklinde doğranır. Limonlar halka şeklinde kesilir. Patateslerin kabukları soyulur ve halka şeklinde doğranarak bir tepsiye (50cm x 50cm) konulur. Doğranmış soğanların üzerine sırasıyla üst üste gelecek şekilde patatesler, hamsiler, domatesler ve halka şeklinde doğranan limonlar dizilir. Maydanoz yaprakları doğranarak malzemelerin üzerine serpilir. Buğulamanın üzerine toz karabiber ve tuz ilave edilir.

500ml su ve 100ml sızma zeytinyağı tepsiye eklenir. Hamsi buğulama elektrikli fırında 230°C' de 45 dakika pişirilir ve sıcak olarak servisi yapılır.

Besin öğeleri bilgisi 100g yenilebilir porsiyonda

| | |
|------------------------|-----------|
| Enerji (kcal / kJ) | 155 / 645 |
| Protein (g) (N x 6.25) | 9.3 |
| Toplam yağ (g) | 11.0 |
| Doymuş yağ (g) | 0.4 |
| Karbohidrat (g) | 4.7 |
| Şekerler (g) | 2.1 |
| Diyet lif (g) | 0.5 |
| Sodyum (mg) | 242 |

Laboratuar analizleriyle elde edilmiş değerler

Baklava

(Baklava Gaziantep)

Provides 28 portions. Preparation time is about 147 minutes.

'Baklava' is one of the most popular Turkish desserts. 'Antep baklavası' has a registered geographical sign, given by the Turkish Patent Institute in 2007. Gaziantep is a well known city in Turkey with various types of baklavas and baklava production techniques that have been passed down from generation to generation over many years.



Ingredients

5kg Antep pistachio nuts
1kg Wheat flour (Type 550)
1kg Butter
591g Whole milk (min. 3% fat)
343g Sugar; sucrose
3 Chicken eggs, medium
100g Starch
59g Semolina
10g Table salt
157ml Tap water

Preparation

Preparation of dough: 1kg wheat flour, 3 whole chicken eggs and table salt are mixed in a dough mixer. Dough is divided into pieces and rolled by hand.

Rolling out dough: The dough is rolled out with an electric dough roller and passed between rolling pins.

Rolling dough thin: The dough is mixed and made thin by a thin wooden roller called an 'oklava'. The principal aim of this process is to make the sheets of dough thinner. As the chef is rolling out the dough, he sprinkles starch on to the dough sheets. The first time he does this is called 'tekleme' and second time is called 'çiftleme'.

'Boy verme' (to extend the dough sheets): 'Oklava' that are wrapped with dough sheets (about 12) are rotated by the baklava chef. The large, thin (filmy) dough sheets are separated from the oklava one by one and collected in order to be used for the next step.

Sheets to be laid out on the tray: The filmy sheets of dough are laid out on trays one by one. The best dough sheets are used for the base and top of the product. Non-damaged sheets are marked with a small piece of

dough, so that the chef can see the non-damaged sheets more easily.

'Taban verme' (making the base of baklava): The tray is oiled lightly with butter and a few undamaged filmy dough sheets are put on the base of the tray. Thin dough sheets are layered one on top of the other on the tray (12 layers).

'Kaymıklama' (spreading cream): 650g of cream is prepared from the mixture of semolina with whole milk. The cream (at room temperature) is spread on the base sheets of baklava. Cream preparation: 1kg of whole milk and 100g semolina are mixed and boiled.

'Fıstıklama' (sprinkling Antep pistachio nuts): Milled raw Antep pistachio nuts are sprinkled over the cream.

To make the top level of baklava: filmy dough sheets are placed one by one, until there are 12 layers. Melted butter is brushed on to each sheet during the process.

'Kenar çevirme' (shaping the edge): The edge of the baklava in the tray is cut and shaped by a knife.

'Dilim dilme' (cutting baklava into slices): Baklava is cut (portioned) into squares and melted butter is poured on it.

'Fırınlama' (baking): the baklava is baked at 270°C in a traditional stone oven until brown in colour and a crisp texture is obtained.

'Çetleşme' after being taken out of the oven the Baklava is left to rest at room temperature for 20 minutes.

'Taban yakma' (browning the base of baklava): The base of the baklava is browned on a gas cooker.

'Şerbetleme' (adding syrup): Boiled syrup is poured on the baklava and the tray is stood in the oven for 1 min. to boil the baklava with the syrup.

Syrup preparation: 7kg sugar is mixed with 3L of tap water and boiled for approx. 10 mins.

'Yıkma' (toppling): The baklava tray is tilted to one side using a knife to control the base so that the syrup can penetrate into the sides.

Cooling: Baklava trays are stood in troughs full of cold tap water in a room at about +8°C.

Storage: Stored at room temperature until it is sold.

Transport: It is served in cardboard cartons (with laminated aluminium paper).

Nutritional information per 100g of edible portion

| | |
|---|--------------|
| Energy (kcal / kJ) | 427 / 1786 |
| Protein (g) (N x 6.25) | 4.9 |
| Total Fat (g) of which saturated fatty acids (g) | 22.4 11.2 |
| Carbohydrates (g) of which sugars (g) | 51.4 30.2 |
| Dietary fibre (g) | 2.0 |
| Sodium (mg) | 87 |

Values obtained from laboratory analyses

Baklava Gaziantep

28 porsiyon. Hazırlama süresi: Yaklaşık 147 dakika.

Baklava Türkiye'nin en çok üretilen ve tüketilen geleneksel hamur tatlılarından biridir. "Antep baklavası" na "coğrafi işaret tescil belgesi" Türk Patent Enstitüsü tarafından 2007 yılında verilmiştir. Baklavalarıyla da bilinen Gaziantep şehrinde baklava üretim teknikleri uzun yıllar boyunca nesilden nesile aktarılmaktadır.



İçindekiler

5kg Antep fıstığı; kabuklu
1kg Buğday unu (Tip 550, Türk Gıda Kodeksi, Tebliğ No 99/1)
1kg Tereyağı
591g Tam yağlı süt (en az 3 % yağ, Türk Gıda Kodeksi, Tebliğ No 3/15481, Madde 25)
343g şeker; sakaroz
3 Tavuk yumurtası, bütün
100g Nişasta
59g İrmik
10g Sofra tuzu
157ml Su

Hazırlama

Hamurun hazırlanması: 1kg buğday unu, 3 yumurta ve tuz hamur yoğurucuda karıştırılıp yoğrulur. Hamur küçük parçalara bölünür ve elle şekillendirilir.

Hamurun yoğrulması: Hamur parçaları, elektrikle çalışan bir hamur düzleştirme makinesinden (dönen merdanelerin arasında hamuru geçirip, sıkıştırma mekanizması olan) geçirilerek, düzleştirilir.

Hamurun açılması: Hamur oklava yardımıyla açılarak ince yufkalar haline getirilir. Hamur açma işleminin basamakları;

"Tekleme", "Çiftleme": Hamur açılırken yufkaların üzerine 1 kere ve 2 kere (çiftleme) nişastanın serpilmesi,

"Boy verme" (yufkaların boyunu uzatma): Yaklaşık 12 adet yufka ile sarılı olan oklavanın sıkılarak boy vermesi/ uzamasının sağlanmasıdır. Oklavaya sarılı olan geniş ve ince yufkalar birer birer oklavadan ayrılır.

Yufkaların baklava tepsisine serilmesi: Yufkalar baklava tepsisine tek tek ve üst üste gelecek şekilde

yerleştirilir. Hasarsız olan yufkalar baklavanın taban ve en üst kısmında kullanılır. Hasarsız olan yufkaların anlaşılabilmesi için, usta tarafından açılan her bir hasarsız yufkanın ortasına küçük bir hamur parçası ilâştirilerek hasarsız yufkalar işaretlenir.

"Taban verme": Baklava tepsisi tereyağı ile yağlanır ve tepsinin tabanına birkaç adet hasarsız yufka üst üste gelecek şekilde yerleştirilir. Diğer yufkalar da üst üste yerleştirilerek (toplam 12 adet) baklavanın tabanı oluşturur.

"Kaymıklama": Tam yağlı süt ve nişasta karışımından 650g krema hazırlanır. Oda sıcaklığındaki krema baklava tabanına yerleştirilmiş olan yufkalardan oluşan taban katın üzerine sürülür.

Kremanın yapılışı: 1kg tam yağlı süt ve 100g irmik karıştırılarak kaynatılır.

"Fıstıklama": Dövmüş antepfıstıkları kremanın üzerine serpilir.

Baklavanın üst katının yapılması: Hasarsız olanlar en üst üste gelecek şekilde 12 adet yufka üst üste yerleştirilir ve her bir katın arasına eritilmiş tereyağı serpilir.

"Kenar çevirme": Baklava tepsisinin kenarı bir bıçak yardımıyla usta tarafından şekillendirilir.

"Dilim dilme": Baklava, kareler halinde dilimlenir.

"Fırlama": Baklava, geleneksel taş fırında 270°C'de yaklaşık 30 dakika boyunca kızarana kadar pişirilir.

"Çetleşme": Baklava fırından çıktıktan sonra 20 dakika oda sıcaklığında bekletilir.

"Taban yakma": Fırından çıkan baklava tepsisi ocak üzerinde yüksek ateşte tabanı kızarana kadar tutulur.

"Şerbetleme": Baklavanın üzerine şerbet dökülür ve 1 dakika boyunca yüksek ateşte işlem görür.

Şerbetin hazırlanışı: 7kg şeker 3L su ile karıştırılıp yaklaşık 10 dakika boyunca kaynatılır.

"Yıkma": Şerbetleme işleminden sonra tepsi yan olarak eğilir ve taban bıçakla kontrol edilir. Yapılan bu işlemle şerbetin baklava içine daha iyi nüfuz etmesi sağlanmış olur.

Soğutma: Baklava tepsileri +8°C sıcaklıktaki bir depoda musluk suyu doldurulmuş havuzlar içine yerleştirilerek soğumaya bırakılır.

Depolama: Gün içinde satış aşamasına kadar oda sıcaklığında bekletilir.

Taşıma: Baklava servisi, içi alüminyum kaplı karton kutular içerisinde yapılır.

Besin öğeleri bilgisi 100g yenilebilir porsiyonda

| | |
|------------------------|------------|
| Enerji (kcal / kJ) | 427 / 1786 |
| Protein (g) (N x 6.25) | 4.9 |
| Toplam yağ (g) | 22.4 |
| Doymuş yağ (g) | 11.2 |
| Karbohidrat (g) | 51.4 |
| Şekerler (g) | 30.2 |
| Diyet lif (g) | 2.0 |
| Sodyum (mg) | 87 |

Laboratuar analizleriyle elde edilmiş değerler