

KATRIN SALHENEGGER-NIAMIR

A CULINARY TRIP THROUGH EUROPE

© 2022 Katrin Salhenegger-Niamir

Photos: Katrin Salhenegger-Niamir

Cover design and layout: Corinna Öhler, Buchschmiede

Editing / proofreading: Aryan Salhenegger-Niamir and Ruth Salhenegger

Other contributors: Aryan Salhenegger-Niamir, Doris Salhenegger,
Georg Salhenegger, Maria Salhenegger, Zahra Niamir, Sohrab Niamir

Printing and distribution on behalf of the author:

Buchschmiede by Dataform Media GmbH, Wien

www.buchschmiede.at

ISBN:

978-3-99139-692-5 (Paperback)

978-3-99139-690-1 (Hardcover)

978-3-99139-691-8 (E-Book)



This work, including its parts, is protected by copyright. Any exploitation is not permitted without the consent of the publisher and the author. This applies in particular electronic or other reproduction, translation, distribution and public making available to the public.

KATRIN SALHENEGGER-NIAMIR

A CULINARY TRIP
THROUGH
EUROPE

INTRODUCTION

Europe is the second smallest continent on earth but it is the most populous one compared to its size, and with more than fifty countries, it offers a long and intriguing history as well as a rich and diverse culture. This, of course, also includes European cuisine, which is not as European as you might think given the centuries of interactions and exposures that Europeans have had with non-European cultures over the centuries. For this reason, European gastronomy has been influenced by many different cultures and cuisines from around the world.

Being European, a lover of different cultures and a foodie as well, inspired me to explore European cuisine and cook at least one dish from every European country. Some dishes are very traditional while others have not been around for very long but are nevertheless, very popular in a certain country. When it came to cooking all those dishes, I tried to make them as authentic as possible, but of course I also created my own variation by comparing and distilling different recipes of a certain dish. One of the biggest challenges was finding all the ingredients, especially when a dish was very specific for a certain area. Thus, in most recipes I will provide an alternative ingredient where possible. It was also important to me to write a cookbook that can be used by hobby chefs of all skill levels and to collect dishes that do not require too much effort. Of course, there are a few exceptions, but the majority of the dishes can be made under 60 or 90 minutes.

I would also like to thank everybody who has supported me with this project. Without the assistance of my husband, my mother and my father, my parents-in-law, my uncles and aunts, who helped me, this project would not have been possible. Furthermore, I would like to thank my many friends from all around Europe who were so generous to share their favourite recipes - or sometimes even traditional family recipes - with me. These dishes can be found under ambassador recipes.

Also, this cookbook is a charity project which means that 50% of my earnings will be donated to UNICEF, an organisation run by the United Nations which seeks to improve the quality of life of children around the world.

Finally, I would like to wish you lots of happiness and delicious meals with this cookbook. Of course, the book does not cover every European meal. It is just a glimpse of the whole diversity of this continent but who knows, maybe this book will be extended in the future...

Guten Appetit! Mahlzeit! Enjoy your meal!

Katrin



TABLE OF CONTENTS

NORTHERN EUROPE

DENMARK

Monkey Brains: Abehjerne 14

Danish Fishcakes: Fiskefrikadeller 16

Danish Pastries 18

– FAROE ISLANDS / DENMARK

Fish Casserole with Mustard Ketchup Sauce 20

FINLAND

Ambassador Recipe:

Traditional Salmon Potato Leek Soup: Lohikeitto . 22

Ambassador recipe: Åland's Pancake 24

Finnish Blueberry Pie: Mustikkapiirakka 26

ICELAND

Simple Baked Fish Stew: Plokkfiskur 28

Icelandic Chocolate Cake: Skúffukaka 30

NORWAY

Ambassador Recipe: Lamb in Cabbage: Fårikål 31

Norwegian Salmon Pan Dish 32

Baked Blueberry Pancakes:

BLÅBÆR PANNEKAKER 34

SWEDEN

Jansson's Temptation: Janssonsfröstelse 35

Swedish Pizza 36

Swedish Almond Cake 38

Swedish Chocolate Fudge Cake: Kladdkaka 40

NORTHEASTERN EUROPE

ESTONIA

Simple Salmon Strudel: Lõhepirukas 44

Estonian Rye Bread: Rukkileib 46

LATVIA

Latvian Pork Stroganoff with Pickles:

Kurzeme Stroganoff 47

Latvian Rye Bread Trifle:

Rupjmaizeskartojums 48

LITHUANIA

Ambassador Recipe:

Buckwheat Burgers with Mushroom Sauce 50

Zeppelin Dumplings with Meat Filling:

Lithuanian Cepelinai 52

WESTERN EUROPE

BELGIUM

Belgian Endive and Ham Casserole:

Chicorée au jambon/Gegratineerdwitloof 56

Waffles 58

FRANCE

French Onion Soup: Soupe à l'oignon 60

Chicken Fillets with Ratatouille 62

Ambassador Recipe: Quiche with Leek,
Feta and Bacon Cubes: Quiche aux poireaux,
feta et lardons 64

Ambassador Recipe: Roast Chicken with
Chestnuts & Potatoes:
Poulet au marron et pomme de terre 66

Ambassador Recipe: Strawberry Tart with
Crème Pâtissière: Tarte aux fraises
avec crème pâtissière..... 68

Carneval Doughnuts: Beignets de carnaval 70

Layercake with Custard Cream: Mille-feuille..... 72

Mousse au Chocolat 74

IRELAND

Ambassador Recipe: Irish Soda Bread 76

Irish Vegetable Soup..... 78

Dublin Coddle 79

Ambassador Recipe:
Irish Carrageen Moss Cream..... 80

Apple Crumble 82

LUXEMBOURG

Green Bean Soup: Bouneschlupp 83

Plum Tart: Quetschentaart..... 84

NETHERLANDS

Ambassador Recipe: Dutch Kale Mash
with Potatoes: Boerenkool stampot..... 86

Limburg Rice Tart: Limburgserijstevlaai 88

UNITED KINGDOM:

– ENGLAND

Ambassador Recipe: Cottage Pie from Devon 90

Toad in the Hole 92

Traditional Beer-Battered Fish and Chips 94

Chicken Tikka Masala 96

Banoffee Pie 98

– NORTHERN IRELAND

Fifteens: Northern Irish Delight..... 99

– SCOTLAND

Scottish Mince Pie 100

Scottish Tablet: Scottish Toffee Fudge 102

Ambassador Recipe:
Lemon Meringue Pie (also CH) 104

Marmalade Loaf 106

– WALES

Ambassador Recipe: Cawl: Welsh Broth..... 108

Welsh Cakes 110

SOUTHERN EUROPE



ITALY

Ambassador Recipe:
Stockfish – Dried Cod from Ancona 114

Baked Gnocchi
with Tomato Sauce and Mozzarella 116

Lemon Chicken with Olives and Capers:
Pollo al limone 118

Ambassador Recipe: Pasta alla Carbonara	120
Pizza	122
Tiramisu Custard Cream	124

MALTA

Ambassador Recipe: Maltese Beef Rolls: Bragioli	126
Baked Maltese Macaroni: Ghaginil-forn	128
Baci Cake	130

MONACO

Spinach Cheese Pastries: Barbajuans	132
Almond Tart with Candied Cantaloupe: Galapian	134

SAN MARINO

Rolled up Lasagne with Prosciutto - "Swallows' Nests": Nidi di Rondine	136
Three Mountains Cake: Torta Tre Monti	138

VATICAN

Swiss Guard's Aubergine Parmigiana: Parmigiana di melanzane	139
--	-----

SOUTHWESTERN EUROPE



ANDORRA

Andorran Stew: Escudella	142
--------------------------------	-----

GIBRALTAR/UNITED KINGDOM

Pasta Rosto	144
-------------------	-----

PORTUGAL

Piri Piri Chicken: Chicken with Spicy Chilli Marinade	146
--	-----

Portuguese Fish Stew: Caldeirada	148
Portuguese Custard Tarts: Pastéis de Nata	150

SPAIN

Beef Empanadas	152
Chimichurri-Sauce	153
Chicken with Spicy Sauce	154
Paella Valenciana	156
Churros	158
Crema Catalana	159

SOUTHEASTERN EUROPE



ALBANIA

Albanian Style Trout: Peshk i Pjekur me Hudhra	162
Baked Lamb with Rice and Yoghurt: Tavë Kosi.....	164

BOSNIA AND HERZEGOVINA

Simple Burek with Meat and Potatoes.....	166
Ambassador Recipe: Bosnian Stuffed Peppers: Punjene paprika.....	168

GREECE

Ambassador Recipe: Greek Salad	170
Ambassador Recipe: Beef Stifado	172
Moussaka.....	174
Greek Cucumber Yoghurt Dip: Tzatziki	175
Greek Yoghurt with Honey and Walnuts.....	176

Ambassador Recipe: Zoe's Pineapple Dream 177

CROATIA

Croatian Beef Pot Roast: Pašticada 178

Balkan Burgers: Pljeskavica..... 180

Djuvec Rice..... 181

Hazelnut Chocolate Fudge: Bajadera 182

KOSOVO

Layered Crepes: Flija 184

MONTENEGRO

Bay of Kotor Fish Soup: Riblja Čorba 186

NORTH MACEDONIA

Chicken with Root Vegetables and Rice:
Macedonian Gjuvech..... 187

SERBIA

Serbian Baked Beans: Prebranac 188

Stuffed Cabbage Rolls: Sarma 190

Karadjordje's Schnitzels: Karadorđevašnica..... 192

TURKEY

Chicken Stew with Harissa and Tomato Sauce:
Tavuk Sote..... 194

The Imam Fainted: Imam Bayildi 196

Pide with Spinach..... 198

Adana Kebab – Turkish Mince Skewers 200

Baklava 202

CYPRUS

Taro Stew: Kolokasi Stew..... 204

Roasted Mediterranean Vegetables
with Halloumi 206

CENTRAL EUROPE



GERMANY

Ambassador Recipe:
Obazda: Bavarian Cheese Spread 210

Meatballs Königsberg Style:
Königsberger Klopse 212

Ambassador Recipe: Dumplings with Lentils (and
Sausages): Spätzle mit Linsen (und Würstchen) ... 214

Sausages with Peppers and Spicy Ketchup:
Schaschlikbratwürste 216

Almond Custard Cake (Bee Sting): Bienenstich ... 218

LIECHTENSTEIN

Cheese Dumplings: Käsknöpfle 220

AUSTRIA

Boullain with Sliced Crepes: Fritattensuppe..... 222

Alpine Hut Pan Dish: Almhüttengröstel..... 224

Cheese Schnitzel: Käseschnitzel 225

Viennese Schnitzel: Wiener Schnitzel 226

Apricot Dumplings: Marillenknödel 228

Viennese Chocolate Cake with Apricot Jam Filling:
Sachertorte 230

POLAND

Ambassador Recipe: Pumpkin Soup with Crispy Bacon:
Krem z dyni z chrupiacym boczkciem 232

Polish Style Dumplings: Pierogi Polskie 234

Polish Apple Cake: Szarlotka z Beza: 236

SLOVAKIA

Dumplings Filled with Sheep Cheese:
Bryndzové pirohy 238

Ambassador Recipe: Sheep Cheese Dumplings:
Halušky (singular: haluška) 240

Ambassador Recipe: Slovak French Toast:
“Zemlovka” 242

Poppy Seed and Cherry Strudel 244

SLOVENIA

Istrian Stew: Jota 246

Bled Cream Cakes: Blejska kremšnita 248

Slovenian Layer Strudel: Premurska Gibanica 250

SWITZERLAND

Swiss Cheese Fondue 252

Veal in Creamy Button Mushroom Sauce:
Zürcher Geschnetzeltes 254

Swiss Hash Browns: Rösti 255

Fancy Chocolate Fondue 256

CZECH REPUBLIC

Sirloin Beef in Cream Sauce: Svíčková: 258

Bread Dumplings: Knedlík 259

Czech Fruit Cake: Bublanina 260

HUNGARY

Ambassador Recipe: Goulash Soup: Gulyásleves .. 262

Hungarian Chicken Paprikash: Paprikás Csirke 264

Ambassador Recipe: Pasta with Curd,
Sour Cream and Bacon: Túrós csusza 266

Ambassador Recipe: Curd Cheesecake:
Rákóczi-túrós 268

EASTERN EUROPE



BULGARIA

Beef Stew with Green Beans: Bulgarian Gyuvech .. 272

Baked Apples: Pecheni Yabalki 274

MOLDOVA

Ambassador Recipe:
Cornmeal Bread: Mamaliga 276

Zeama: Chicken Soup with Pasta 278

ROMANIA

Ambassador Recipe: Romanian Bean Soup:
Ciorba de Fasole 280

Ambassador Recipe:
Romanian Cheese Doughnuts: Papanasi 282

RUSSIA

Ambassador Recipe:
Russian Vinaigrette: Vinegret 284

Ambassador Recipe:
Pepper Tomato Stew: Lecho 286

Russian Pancakes: Blini 288

Beef Stroganoff 290

Chocolate Volcano Cake
with Fruit and Soured Cream: Pancho Cake 292

UKRAINE

Beetroot Soup with Beef: Borscht 294

Chicken Kiev 296

Ambassador Recipe:

Sweet Dumplings: Sweet Vareniki..... 298

BELARUS

Belarussian Beer Stew with Buckwheat Pancakes:

Vereshchaka 300

TRANSCAUCASIA



ARMENIA

Armenian Pizza: Simple Lahmacun 304

Armenian Walnut Nutmeg Cake:

Meshgengouz Gargantag 306

Armenian Honey Cake: Medovnik..... 308

AZERBAIJAN

Chicken in Spicy Sauce: Khorak-e-Morgh 310

Rice with Minced Meat and Green Beans:

Lubia Polo..... 311

GEORGIA

Georgian Aubergine Stew: Ajapsandali..... 312

Fudgy Chocolate Walnut Muffins

with Caramel Filling..... 314



~~~~~

# NORTHERN EUROPE

~~~~~



1. DENMARK



2. FAROE ISLANDS/DENMARK



3. FINLAND



4. ICELAND



5. NORWAY



6. SWEDEN



Abehjerne

MONKEY BRAINS

Don't be put off by the name of this dish!..... The ingredients do not contain monkey's brain but minced meat, bacon, sausages and tomato. It is a homey dish Danish farmers used to eat in the past to get a lot of energy after a hard day of work. It is particularly popular amongst children and is quick to prepare.

 4-5

 45 MINUTES

 QUICK AND EASY

INGREDIENTS

2-3 onions, diced
500g (1.1 pounds) ground beef
200g (0.44 pounds) smoked bacon cubes
300g (0.66 pounds) wieners, chopped into bite-sized pieces
250ml (1 cup) cream
680ml (2 ¾ cups) chopped tomatoes with basil (from a jar or tinned)
salt and pepper
600g (about 6 cups or 1.32 pounds) pasta or 240g (1 cup) rice
a dash of vegetable oil

PREPARATION

1. Pour a dash of oil into a pan. Sauté the diced onions and bacon for a few minutes until lightly brown.
2. Add the ground beef. Fry for a few minutes until the meat is broken up into smaller pieces.
3. Then stir in the cream, sausages and tomatoes. Bring to a boil. Reduce heat, cover, and let simmer for about 20 minutes. Season with salt and pepper.
4. In the meantime, boil your pasta or rice.
5. Finally, serve the sauce with pasta or rice.





Fiskefrikadeller

DANISH FISHCAKES

Fiskefrikadeller are Danish fishcakes consisting of white fish, onion, parsley, lemon, salt, and pepper. They are usually served with remoulade sauce and potatoes.



4



1 HOUR



EASY

INGREDIENTS

1kg (2.2 pounds) white fish (i.e. cod)
120g (1 cup) breadcrumbs
250ml (1 cup) milk
2 eggs, lightly beaten
1 small onion
90g (0.2 pounds) smoked salmon
juice of half a lemon
2 tablespoons of fresh parsley and/
or dill
salt and pepper
about 150g (½ cup) breadcrumbs for
the crust
vegetable oil for frying

REMOULADE SAUCE

120g (½ cup) mayonnaise
120g (½ cup) Greek yoghurt
2 tablespoons fresh parsley, chopped
1 small red onion, finely chopped
4 tablespoons pickles, finely chopped
4 teaspoons fresh lemon juice
2 teaspoons mild curry
salt and pepper

PREPARATION

1. Put the breadcrumbs, milk, eggs, salt and pepper in a small bowl and let soak.
2. In a food processor, put the onion, salmon, lemon juice and herbs. Pulse until fine. Then add your white fish and pulse until everything has turned into a mash.
3. Take a palm-full of the mash and shape small patties.
4. Toss the patties in a bowl full of breadcrumbs until they are completely covered.
5. Heat up a frying pan and add oil, covering the bottom of the pan. Slide the patties onto the pan. Fry them over medium heat for about 4 minutes before you check if they are golden and slide easily from the pan. Then flip them over and fry the other side.
6. Serve with potatoes and remoulade sauce.

REMOULADE SAUCE

1. Mix all the ingredients together and serve with your fishcakes.






Danish Pastries

Danish pastries were actually brought to Denmark by Austrian bakers but became very popular in Denmark and around the world. Here we will introduce you to three quick recipes that are very simple to make. The pastries are easy and quick to prepare, meaning, you can make them in no time and anytime you have a craving for desserts.

NUT ROLLS, CINNAMON ROLLS

 **6 AND MORE**

 **ABOUT 15 MINUTES**
BAKING TIME: 20 MINUTES

 **QUICK AND EASY**

INGREDIENTS

1 package of puff pastry (about 400g [0.88 pounds])
150g (1 ½ cups) grated nuts (hazelnuts or walnuts)
90ml (less than ½ cup) milk
1 teaspoon of honey
1 pinch of cinnamon
1 tablespoon of rum
40g (3 tablespoons) sugar
1 sachet vanilla sugar or
½ teaspoon vanilla essence
1 egg, beaten

PREPARATION


1. Take the puff pastry out of the refrigerator and let it set for about 5-10 minutes.
2. In the meantime, preheat the oven to 200°C (392°F) and line a baking tray with baking paper.
3. In a bowl, combine the grated nuts, milk, honey, cinnamon, rum, sugar and vanilla. Stir until smooth.
4. Roll out the puff pastry and spread with the nut filling. Roll up from the width of the rectangle and cut off about 9 rolls.
5. Place them carefully on the baking tray and brush them with the beaten egg.
6. Bake for about 15-20 minutes.

TIP

For a cinnamon version just melt 50g (a bit less than ½ stick) of butter and brush it on the rolled-out puff pastry. Then sprinkle with sugar and cinnamon, and roll up.

CUSTARD RASPBERRY PASTRIES

 6 AND MORE

 ABOUT 25 MINUTES, BAKING
TIME: 10 MINUTES + 30 MINUTES
COOL DOWN TIME OF CUSTARD
CREAM

 QUICK AND EASY

INGREDIENTS

1 package of puff pastry (about 400g
[0.88 pounds])

1 sachet custard powder (about 37g
[1.3 oz or ¼ cup])

500ml (2 cups) milk

2 tablespoons sugar

6 teaspoons raspberry or cherry jam

1 egg, beaten

shaved roasted almonds (optional)

PREPARATION

1. Take the puff pastry out of the refrigerator and let it set for about 5-10 minutes.
2. In the meantime, preheat the oven to 200°C (392°F) and line a baking tray with baking paper.
3. Roll out the puff pastry and cut out 6 quadrangles. Fold in the edges to the centre of the quadrangles.
4. Place them carefully on the baking tray and brush them with the beaten egg.
5. Bake for about 10-15 minutes. Take out of oven and let cool down.
6. In the meantime, mix some of the milk with the custard powder and the sugar in a small cup. Pour the rest of the milk in a saucepan and bring to a boil on medium heat. Stir in the custard mix and bring to a boil again while constantly stirring. Take off heat when the cream thickens.
7. Let the custard cool down.
8. Put a scoop of custard and a teaspoon of jam on each pastry. Sprinkle with almond shaves if desired.





Fish Casserole with Mustard Ketchup Sauce

One of the national dishes of Faroe Islands is stuffed puffin but since puffin is hard to come by in most other countries, we thought we would share a more conventional but nonetheless delicious fish casserole dish.



4



**10 MINUTES +
45 MINUTES BAKING TIME**



QUICK AND EASY

INGREDIENTS

1200g (2.64 pounds) white fish fillets
2 tbsp oil
200ml (a bit less than a cup) cream
5 tablespoons mustard
4 tablespoons ketchup
1-2 teaspoons curry powder
1 teaspoon vinegar
salt and pepper

PREPARATION

1. Preheat the oven to 180°C (356°F).
2. Season the fish fillets with salt and pepper. Then place them on a greased baking tray.
3. In a bowl, mix the oil, cream, mustard, ketchup, curry powder and vinegar until creamy. Then pour the sauce over the fish.
4. Bake for about 45 minutes or until the fish is done and the sauce starts to bubble. Serve with potatoes.