

Rathmichael Parish National School

6th Class 2021



European dishes cookbook



Belgium: Chicken Waterzooi, by Lucy

Ingredients

1 pack of chicken pieces

2 carrots

1 celery stalks

2 shallots or small onions

Parsley

1 sprig fresh thyme

1 bay leaf

Salt and freshly ground black pepper

1 leek

200 grams mushrooms

2 egg yolks

125ml double cream

1/2 lemon, juiced

Pinch nutmeg



Chicken Waterzooi

Method

Gather and prepare the vegetables.



Partially fry the chicken pieces followed by the vegetables.



Add the vegetables and chicken pieces into a large pot, along with the herbs and some stock. Place a lid on the pot and cook on a medium heat for 40 minutes.



Finally, separate the eggs and stir the egg yolks along with the cream and lemon into the pot on a low heat.

Serve with potatoes or rice.



Souvlaki and Tzatziki Dip

Mathew



Souvlaki and Tzatziki Sauce

A Popular Greek street food and dish: by Mathew McCauley

Souvlaki

Lamb and chicken cubes

1 onion

Rosemary

Thyme

Garlic

Olive oil

White wine vinegar

Tzatziki Sauce

Cucumber

Salt and Pepper

Dill

Garlic

Mint

Greek yogurt

Olive oil

Instructions

- 1) In a big bowl mix the white wine vinegar with the thyme and the rosemary. Add 5 tablespoons of olive oil, garlic, salt and pepper.
 - 2) Put the lamb and chicken cubes into a bowl and mix them together.
 - 3) Peel and cut an onion into quarters then add to the bowl.
 - 4) Mix the ingredients together and leave the bowl in the refrigerator for 30 minutes.
 - 5) Make the Tzatziki Sauce by peeling a cucumber and cut it length ways to scoop out the seeds.
 - 6) Grate the cucumber into a bowl and squeeze out the water.
 - 7) Add salt, pepper, yogurt, dill, garlic and mint to the cucumber. Mix all together.
 - 8) Drizzle olive oil on top, mix, and put in the fridge.
 - 9) Take out the meat from the marinade bowl and cook by grilling or BBQing on skewers with onion slices.
- Serve meat skewers with rice, pita bread tzatziki sauce and Greek salad.

Greek salad

Ingredients

Red onion

Black olives

Green pepper

Tomatoes

Cucumber

Feta Cheese

Dressing

Olive oil

lemon juice

Red wine vinegar

oregano

basil

Instructions

- 1) Mix together all the ingredients in a big bowl.
- 2) Mix all the dressing ingredients in another bowl and pour over the salad.

Max: Swedish meatballs

Ingredients

- 2 tbsp rapeseed oil
- 1 onion , finely chopped
- 1 small garlic clove , finely grated
- 375g lean pork mince
- 1 medium egg yolk
- grating of nutmeg
- 50g fine fresh breadcrumbs
- 300ml hot low-salt beef stock
- ½ tbsp Dijon mustard
- 2 tbsp fat-free natural yogurt
- 400g spring greens , shredded
- lingonberry or cranberry sauce , to serve

1. Put 1 tbsp rapeseed oil in a frying pan over a medium heat. Add the onion and fry for 10 mins or until soft and translucent. Add the garlic and cook for 1 min. Leave to cool.
2. Mix the cooled onions, pork mince, egg yolk, a good grating of nutmeg and the breadcrumbs in a bowl with your hands until well combined. Form into 12 balls and chill for 15 mins.
3. Heat the remaining oil in a frying pan and fry the meatballs for 5 mins over a medium heat, turning often until golden.
4. Pour over the stock and bubble for 8-10 mins or until it has reduced a little. Stir through the mustard and yogurt.
5. Steam the greens for 5 mins or until tender. Serve the meatballs with the greens and a dollop of the sauce



Zoe: France

Crêpes

Ingredients:

125 g plain flour
2 large eggs
1 tbsp. caster sugar
1/4 tsp. salt
360 ml milk
1 tbsp. butter
Fresh fruit, for serving
Icing sugar, for serving
Nutella, for serving

Method:

In a large mixing bowl, create a well with flour.

Add the sugar and salt and stir until combined.

Gradually add the milk, whisking to combine.

Let the batter stand at room temperature until bubbly on top, 15-20 minutes.

In a small skillet over medium heat, melt butter. About 60ml at a time, drop batter evenly onto the pan swirling it to evenly coat.

Cook for 2 minutes, then flip and cook for 1 minute more; repeat with remaining batter. Serve crêpes warm with toppings of your choice.



Holly: Loukoumades (Greek donuts)

Loukoumades (Greek donuts) Makes 12

Ingredients

350g Plain flour,
4tbsp light brown sugar,
Zest of 2 big oranges,
2 tsp Fast action yeast,
320mls warm water,
Oil for deep frying,
2 tsp Cinnamon,
200g Caster sugar,
Greek honey to drizzle.

Method

Put the flour, orange zest and yeast in a bowl with a pinch of salt and then stir in the water. Keep stirring until you have a sticky runny dough. Leave dough to rise in your kitchen for about an hour.

Scoop your dough into a piping bag and fill a saucepan no more than a third of the way full of oil. Heat up your oil and meanwhile lay some kitchen paper on a tray and mix the cinnamon and sugar together in a large bowl.

When the oil is ready, squeeze marble sized blobs of mix into the oil and cook in batches until your balls of mix are golden brown. When they are ready lift them out of the oil and let them drain. Then put them in the cinnamon and sugar. If your mix is runny don't use a piping bag use a spoon.

When all the doughnuts are done you can drizzle them with honey if you like. Finally Enjoy!

Afshin: Turkish Pide



Ingredients

Dough

- 500G Bread flour
- 1.5 tablespoons yeast
- 1 teaspoon sugar
- 2 teaspoons salt
- 25ml olive oil
- 280ml water

Filling

- 1 tablespoon oil
- 1 large onion, diced
- 4 cloves of garlic, peeled and diced
- 750g minced beef (we used vegan meat)
- 1 red pepper, diced
- 1 green pepper, diced
- 8 tablespoons tomato paste
- 1 teaspoon of chilli flakes or a chilli pepper
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 teaspoon black pepper

Dough method

Place all the dough ingredients in a bread maker on pizza dough setting. When it's finished leave it in a warm place to rise and triple in size.



Filling method



Preheat the oven to 200°C.

While the dough is rising make the filling. Heat the oil in a large frying pan and add the onion and garlic.



Saute for a minute or two. Add the minced beef and fry for a couple of minutes. Add the peppers, chillies, tomato paste, ground cumin, salt and pepper. Fry until cooked (about five minutes). Add $\frac{3}{4}$ of the parsley and leave $\frac{1}{4}$ for topping. Allow to cool.



On a floured surface punch down the dough and knead. Allow to rest for five minutes and then shape into a log. Divide it into eight pieces and shape each piece into a flat oval.



Lift the dough onto a floured oven tray. Fill the centre with the mince mixture and sprinkle with cheese. Curl the edges up slightly, enough to contain the filling. Brush the edges with olive oil and bake for 12-15 minutes. Enjoy



Joshua: Swiss Tresse Bread

Prep time 2 hours 30 mins | Baking time 35 mins | Total Time 3 hours 5 mins

Tresse bread is probably the most famous Swiss bread, it is baked in the form of a plait and traditionally eaten on Sunday mornings.

Serves: 1 loaf

Ingredients

500g white flour

$\frac{3}{4}$ tablespoon salt

7g active dry yeast

1 teaspoon sugar

60g butter, melted

300 ml milk, lukewarm

1 egg yolk mixed with 1 tablespoon of milk to brush over dough

Method

Melt the butter in a small saucepan over low heat. Take the pan off the heat and add the cold milk into the pan. Mixture should be lukewarm now.

Mix the yeast and sugar and add some of the lukewarm milk. Let mixture stand until yeast begins to bubble (5 – 10 minutes).

In a big bowl, mix the flour and the salt together. Then add all the other ingredients.

When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, for about 10 minutes.



Place the dough into a bowl, cover with a damp cloth and let it rise at room temperature for about 1½ hours or until double in size.



Cut dough in three and roll both into long strings.



Braid the dough into a plait.



Place the tresse onto a baking tray lined with baking parchment.
Lightly brush egg wash on the loaf, cover and set aside to proof
for another 30 minutes.



Brush another even coat of egg wash before baking the tresse in a
preheated oven at 200C (395F) for about 35-40 minutes. Tap the
bottom of your plait, the bread will sound hollow when it is
done.

Let cool completely on a wire rack.

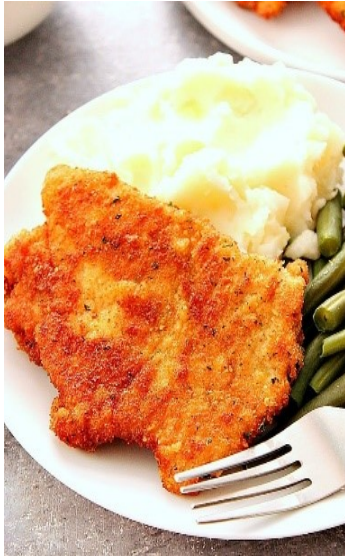


James: English Crumpets

Ingredients

- 400 ml milk
- 1 tablespoon dried yeast
- 1 teaspoon caster sugar
- 300 g strong white flour
- ½ teaspoon bicarbonate of soda
- vegetable oil , for greasing





How to Make Schnitzel! Harriet

You Will Need:

- 2 eggs, beaten
- A handful of sage leaves, finely chopped
- 140g dried breadcrumbs
- 8 boneless pork chops, fat trimmed
- 4 tablespoons of butter, melted



Pour the sage leaves and breadcrumbs onto a plate, then mix together with a little seasoning. Pour the eggs onto another plate.

Pat the pork dry, then coat each chop in the egg mixture, letting any extra egg drip away.

Then dip in them into the breadcrumbs until they are well covered.

To cook the pork pieces, defrost them completely if they are frozen.

Place the pieces on a lightly greased baking sheet and brush them with a little of the butter.

Cook under a medium grill for 7-10 minutes until they are browned.

Next, turn them over, brush with a bit more butter and cook for 7 more minutes until crisp, browned all over and cooked through.



Serve your schnitzel with green beans, fresh peas and some mashed potato mixed with grated cheddar.

Enjoy!

Latvian Potato Pancakes

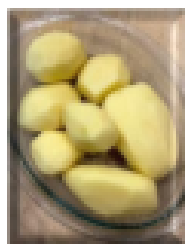
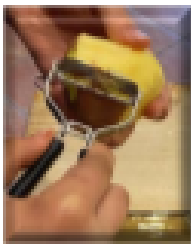
Albert Bernon

Ingredients (to make 7 Pancakes)

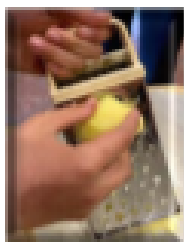
- 7 medium potatoes
- 2 large egg
- 6 tbs flour
- Salt and pepper
- A little oil for frying

Method

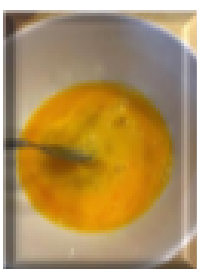
1, Peel the potatoes.



2, Finely grate the potatoes in a large bowl. Squeeze the grated potatoes and drain any extra liquid.



3, Whisk the egg in a bowl then add the egg, flour, salt and pepper to the egg mixture, mix well.



4, Add the mixture to the grated potatoes and combine them together well.



5, Heat the oil in a large frying pan.



6, Drop heaped tablespoons of the potato mixture into the pan and flatten the mixture to make the pancakes.

7, Fry the pancakes for a few minutes each side, turning once, until they are golden brown.



8, Serve with sour cream & a garnish of parsley or dill. Enjoy!



Cillian: Wienel Schnitzel from Austria

Ingredients

- 1 ½ Pound Veal Cuttlets
- ½ Cup all-purpose flour
- 3tbs grated Parmesan Cheese
- 2 eggs
- 1 tsp minced parsley
- ½ tsp salt
- ¼ tsp pepper
- 1 pinch ground nutmeg
- 2tbs milk
- 1 cup dry breadcrumbs



Method

1. Put the nutmeg, pepper, salt, parmesan cheese and the breadcrumbs into a medium size bowl and mix.
2. Pour the flour onto a plate.
3. Drop the eggs and pour the milk into another bowl and Wisk.
4. Surround the veal cutlets with cling film and pound them till they are a ¼ inch thick.
5. Put the veal cutlets into the flour then into the egg mix and the finish with the breadcrumb mix.
6. Place onto a frying pan for 6-7 minutes or when golden and then flip.
7. Serve with potatoes and broccoli.

Icelandic Meringue cookies by Fionn



Ingredients:

2 egg whites

100 grams caster sugar

35g cornflakes

50g dark chocolate

1 half teaspoon vanilla

50 grams melted dark chocolate to decorate

Instructions:

Preheat the oven to 150 degrees Celsius.

Put a baking tray out and put baking paper on it.

Beat the eggs in a mixer while slowly adding sugar until stiff peaks form.

Add in the dark chocolate, cornflakes and vanilla.

Fold the mixture together.

Put tablespoonfuls of the mixture on to the baking paper.

Bake for 20 minutes or until the outside is golden and crisp.

Let them cool.

Melt the decorating Dark chocolate and pour it on top.

ENJOY!!!!

Chicken Kiev by Hugo (Russia)

This is one of my favourite dishes and in this recipe, I'll tell you how to make it.

You'll need: skinless, boneless chicken breasts, breadcrumbs, parmesan, garlic, eggs, and butter.

Step one: take the chicken breast and cut it down the middle to leave a pocket.

Step two: in a bowl mix butter, crushed garlic and some parmesan until it's a thick paste.

Step three: stuff the pocket in the chicken with your new paste.

Step four: crack some eggs into a bowl and beat them so the yolk and white are mixed.

Step five: put your breadcrumbs into a separate bowl.

Step six: prepare a tray with tin foil lay on it. The tinfoil is used so the chicken doesn't stick to the tray.

Step seven: close the pocket with your fingers, this is where it gets messy. While holding the pocket shut, roll the chicken in the eggs and make sure it gets well coated. Quickly after putting it in the eggs roll it into the breadcrumbs until its completely covered

Step eight: put the chicken with eggs and breadcrumbs on it onto the tray. Repeat this process until there's a sufficient number to serve whoever's eating.

Step nine: put the tray in oven at around 180 degrees and cook for about 30-40 minutes depending on how many chicken breasts there are.

The beauty about this dish is that you can mix and match the ingredients to go with your liking! For example, you could add spices when it's out of the oven. Or maybe some fresh basil. It also goes well with potatoes or asparagus. When ready it should look like this;



Hungarian Goulash Recipe

By Norah

Ingredients:

- 600g of stewing beef, cut into cubes
- 2 tablespoons of oil
- 2 medium onions, chopped or 1 ½ cups of frozen onions
- 2-4 cloves of garlic (grated or chopped)
- 1-2 carrots, diced
- 1-3 celery leaves
- 2 medium tomatoes, peeled and chopped, or 1 tbs. tomato paste
- 2 fresh yellow or red peppers
- 2-3 medium potatoes, diced
- 1-2 tablespoons of paprika
- 1 teaspoon ground caraway seed
- 1 bay leaf
- Salt and pepper
- Water or beef stock

Method:

Step 1

Heat up the oil in a pot and fry the onions in it until they are a nice golden-brown colour.

Step 2

Sprinkle the cooked onions with paprika while stirring them to prevent the paprika from burning.

Tip: Add more paprika if needed

Step 3

Add the beef cubes and cook them until they turn a brownish colour.

Step 4

The meat will let out its own juice so let the beef-cubes simmer in it while adding the grated or chopped garlic (grated garlic has stronger flavour), the ground caraway seeds, some salt and ground black pepper and the bay leaves. Pour in the beef stock or water (enough to cover the contents of the pan) and let it simmer on low heat for a while.

Tip: You can add all the vegetables (except the peppers) now if you want them to absorb the flavour of the stew.

Step 5

When the meat is half-cooked, in approximately 1 ¼ hours (it can take longer depending on the type and quality of the beef), add the diced carrots and the potatoes, the celery and some more salt if necessary.

Step 6

When the vegetables and the meat are almost done add the tomatoes or tomato paste and the diced peppers. Let it cook on low heat for another few minutes.

Tip: You can remove the lid of the pan if you want the stew to thicken or you can add some corn-starch.

Step 7

You can serve it with some fresh, squishy bread or some white rice.



This can also be cooked in the slow-cooker if preferred

Cypriot Halloumi Egg Crumpets by Yana

Ingredients

2 large free-range eggs
2 crumpets
80g of cherry tomatoes
1 teaspoon hot chilli sauce
½ a lemon or lime
2 springs of coriander
¼ of a small ripe avocado
Olive oil
8g halloumi cheese



Method

Put on a non-stick frying pan to a medium heat with 1 teaspoon of olive oil. Beat one egg and soak the crumpets in it for a few minutes.

Place crumpets in to frying pan, and crack one egg to fry beside them. Leave to cook while making the salsa.

To make the salsa, quarter the tomatoes, add a teaspoon of chilli sauce, a generous squeeze of lemon or lime juice, some salt, and chopped fresh coriander leaves. Do not mix until the crumpets are ready to be served. Cut the avocado into small cubes and place on plate.

Flip the crumpets once they are golden underneath.

Plate the crumpets. Toss the salsa and place on plate beside them. Grate halloumi cheese in to frying pan, and once golden, nudge it loose and flip it over your crumpets and egg - golden side up.

Finish with extra chilli sauce if you like.

Enjoy!



Aashi Kurmul

Romanian apple cake "Prajitura Turnata cu Mere"



After doing research about different Transylvanian (Romanian) recipes, started appreciating their desert a lot more. It seems like they love cakes here! And the more layers it has, the better.

Here is one of the original recipes for the delicious Romanian apple cake "Prajitura Turnata cu Mere":

Ingredients

Batter:

4 eggs, 300 g sugar, 120 ml oil (or butter), 180 ml milk, 350 g flour, 10 g baking powder, 1 tsp vanilla extract

Filling:

2 kg apples, 150 g sugar, 1 tsp cinnamon, Plus icing sugar for dusting

Directions:

Start by grating the apples. If they're too juicy, strain them a bit.

In a skillet on medium heat, cook the apples with the sugar until the juices are almost evaporated.

Add the cinnamon and leave to cool.

Preheat the oven to 180°

Using a mixer, beat the eggs with the sugar until the sugar is dissolved.

Add the oil and the vanilla extract and mix.

Mix the flour with the baking powder.

Add half of the flour mixture and half of the milk, then the other half of the flour mixture and the remaining milk. The batter should be similar to the one we use for pancakes.

In a buttered, medium cake tray covered with baking sheet, add half of the batter and bake it for 10 minutes.

Take the tray out of the oven, spread the filling over the batter and add the rest of the batter.

Bake for another 30-35 minutes or until the cake is golden brown on top.

Take the cake out of the oven, leave it to cool for a bit and dust with icing sugar.

Paella

By Finn Harty



Ingredients:

1 tbsp olive oil
1 onion, chopped
1 tsp each hot smoked paprika and dried thyme
300g paella or risotto rice
3 tbsp dry sherry or white wine (optional)
400g can chopped tomatoes with garlic
900ml chicken stock
400g frozen seafood mix
1 lemon, ½ juiced, ½ cut into wedges
handful of flat-leaf parsley, roughly chopped

Steps:

Heat the olive oil in the pan. Add the onion and cook slowly for 5 mins. Add the smoked paprika, thyme and paella rice, mix for 1 min, then drop in the sherry, if using. Once evaporated, stir in the chopped tomatoes and chicken stock. Season and cook, uncovered, for about 15 mins, stirring now and again until the rice is almost tender and still surrounded with some liquid. Stir in the seafood mix and cover with a lid. Simmer for 5 mins, until the seafood is cooked through and the rice is tender. Squeeze on the lemon juice, sprinkle on the parsley and serve with the lemon wedges.

Smørrebrød: Sam, Norway.

Smørrebrød is a traditional **Danish** open-faced sandwich that usually consists of a piece of buttered rye bread, a dense, dark brown bread, topped with commercial or homemade cold cuts, pieces of meat or fish, cheese or spreads, and garnishes.

Traditional toppings include pickled herrings (plain, spiced or curried), thinly sliced cheese in many varieties; sliced cucumber, tomato, boiled eggs, pork liver-paste, thinly sliced cured or processed meat, smoked fish such as salmon or mackerel, rings of red onion, sliced boiled asparagus and diced carrot. The open sandwich can be topped with mayonnaise or other thick sauces, and is normally eaten with a knife and fork. It is custom to pass the dish of sliced breads and people help themselves.



Rye bread recipe:

Ingredients

200g dark rye flour, plus extra for dusting
200g strong white or wholemeal flour
7g sachet fast-action dried yeast
½ tsp fine salt
1 tbsp honey
1 tsp caraway seed (optional)

STEP 1

Tip the flours, yeast and salt into a bowl. In a jug, mix the honey with 250ml warm water, pour the liquid into the bowl and mix to form a dough. Rye flour can be quite dry and absorbs lots of water, if the dough looks too dry add more warm water until you have a soft dough Tip out onto your work surface and knead for 10 mins until smooth. Rye contains less gluten than white flour so the dough will not feel as springy as a conventional white loaf.

STEP 2

Place the dough in a well-oiled bowl, cover with cling film and leave to rise in a warm place for 1-2 hrs, or until roughly doubled in size. Dust a 2lb/900g loaf tin with flour.

STEP 3

Tip the dough back onto your work surface and knead briefly to knock out any air bubbles. If using caraway seeds work these in to the dough. Shape into a smooth oval loaf and pop into your tin. Cover the tin with oiled cling film and leave to rise somewhere warm for a further 1 – 1.5 hr, or until doubled in size.

STEP 4

Heat oven to 220C/200C fan/gas 7. Remove the cling film and dust the surface of the loaf with rye flour. Slash a few incisions on an angle then bake for 30 mins until dark brown and hollow sounding when tapped. Transfer to a wire cooling rack and leave to cool for at least 20 mins before serving.

Serve with a selection of toppings that you like and enjoy

Irish Stew: Stephen

(Feeds 4 approximately)

Ingredients

500g of diced lamb

2 large onions

4 carrots

Potatoes

(approximately 2/3 per person)

Utensils

Pressure cooker

Method

First peel potatoes, carrots and onions.

Slice the carrots and onions.

First put half of the meat into the pressure cooker to form a layer of meat.

Next add a layer of half the onions,

Next add a layer of half the carrots

Next add half of the potatoes

Repeat steps 3 – 6 with the remaining ingredients.

Now fill the pressure cooker half full water then seal and bring to pressure.

Cook for a ½ hour.



