

# Traditional European Recipes

*For use at home, Asatru gatherings or moots.*



Herring and potatoes with sour cream



Swiss Rosti

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Tina LeBouthillier, Editor

## **Austria**

### **Linzertorte**

1 cup butter -- softened  
1 2/3 cups flour  
1/2 cup sugar  
1/2 cup ground almonds -- optional  
1/2 cup bread crumbs  
2 teaspoons cinnamon  
1 teaspoon cloves -- ground  
1 Tablespoon lemon juice  
1 Tablespoon orange juice  
1 Tablespoon rum  
1 large egg  
1/4 teaspoon salt  
1 cup raspberry preserves  
1 large egg -- beaten

Combine all but preserves and last egg and form into a dough. Using 3/4 of the dough line a 9 inch buttered pie pan so that the sides are 3/4 inch high. Fill with preserves and using rest of dough, place strips across preserves. Brush strips with egg wash. Bake for 1 hour in 350 degree oven. Allow to cool for 1 hour before serving.

Serves 12

## Belgium

### Belgian Waffles

2 cups cake flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
4 large eggs, separated  
2 tablespoons sugar  
1/2 teaspoon vanilla extract  
4 tablespoons unsalted butter, melted  
2 cups milk  
non-stick cooking spray

Preheat the waffle iron according to the manufacturer's instructions. In 1 medium bowl sift together flour, baking powder, and salt. Set aside. In a second bowl use the wooden spoon to beat together the egg yolks and sugar until sugar is completely dissolved and eggs have turned a pale yellow.

Add the vanilla extract, melted butter, and milk to the eggs and whisk to combine. Combine the egg-milk mixture with the flour mixture and whisk just until blended. Do not over mix. In third bowl, beat the egg whites with an electric mixer until soft peaks form, about 1 minute. Using the rubber spatula, gently fold the egg whites into the waffle batter. Do not overmix!

Coat the waffle iron with non-stick cooking spray and pour enough batter in iron to just cover waffle grid. Close and cook as per manufacturer's instructions until golden brown, about 2 to 3 minutes. Serve immediately.

## **Brittany**

### **Breton Galettes**

Fill with tomatoes and spinach or ham and cheese for breakfast.

3/4 cup plus 1 tablespoon buckwheat flour

1/3 cup all-purpose flour

1 2/3 cup milk

3 eggs

2 tablespoons butter, melted

1/4 teaspoon salt

#### **Preparation:**

Whisk all the ingredients vigorously until the crepe batter is completely smooth; allow it to rest in the refrigerator for 2 hours before making into crepes.

Melt a little butter in a crepe pan or large skillet over low-medium heat. Add 3 tablespoons of batter to the pan and swirl until the bottom of the pan is covered with batter. Cook the crepe for 1 minute, or until the crepe is slightly moist on top and golden underneath. Loosen the edges of the crepe, slide the spatula under it, and then gently flip it upside down into the pan. Cook for 1 minute and transfer the cooked crepe to a plate to keep warm. Repeat with the remaining batter.

Makes 10 servings.

## **Bulgaria**

### **Shopska Salad**

4 green onions, sliced  
4 tomatoes, cut into eighths  
1 cucumber, sliced  
1 green pepper, deseeded and cut into rings  
1 red pepper, deseeded and cut into rings  
Freshly chopped parsley  
Salt and black pepper  
2 tbsp vinegar  
4 tbsp olive oil  
7 oz. Bulgarian White Cheese or Feta

Place all the ingredients apart from the cheese in a mixing bowl and mix well.

Transfer to individual serving plates and sprinkle with the crumbled or grated cheese.

## **Czech Republic**

This is served on Christmas Eve.

### **Kuba**

1 1/2 cups Barley  
1 1/2 cups Mushrooms -- dried  
7 cups Water  
2 tsp. Salt  
1/4 tsp. Black pepper  
2 cups Garlic -- finely minced  
3/4 cups Onion -- dried finely chopped  
1/4 cups Butter  
1 tsp. Marjoram

Cook the onion in the butter until translucent.

Wash the mushrooms until free from grit.

Add the barley (or barley grits, mushrooms, salt and water to the onions and cook, uncovered, until the water has evaporated, stirring frequently. (Mixture will be very thick.) Add the remaining ingredients. Place in a greased casserole or baking dish and bake at 350 degrees for 30 to 35 minutes.  
8 servings.

## **Denmark**

### **Frikadeller**

(Pork meat balls )

2 lb. lean pork  
1 large onion  
2 slices white bread, soaked  
2 eggs  
1 tsp. salt  
1/2 tsp. pepper  
1/2 cup milk

Let lean pork go through meat chopped twice, or let the butcher do it, like they do in Denmark. Add soaked bread, grated onion, eggs, mix well with a wooden spoon. Add salt, pepper and milk. Fry in margarine in a skillet until cooked through.

Good with creamed vegetables.



## **Holland**

### **Amandel Boterkoek**

This is more like a shortbread than a cake.

2/3 cup butter, softened  
1 cup sugar  
1 1/2 teaspoons almond extract  
1 egg, beaten (reserve 1 tsp)  
1 1/2 cups flour  
1/2 teaspoon baking powder

In medium bowl, mix together butter, sugar and almond extract. Add beaten egg except for 1 teaspoon.

Sift flour and baking powder, and add to bowl, mixing with wet ingredients. Put dough in greased 9 inch pie plate.

Mix the reserved 1 tsp of beaten egg with 1 tsp of water, and brush over dough. Bake at 350°F for 25-30 minutes or until done (firm to the touch). Serves 12.

## England

### Lancashire Hot Pot

1 tablespoon vegetable oil  
12 ounces chopped onion  
1 1/2 pounds cubed leg of lamb meat  
2 1/2 pounds potatoes, peeled and thinly sliced  
2 tablespoons chopped fresh thyme  
1 ounce butter  
2 cups chicken or lamb stock

Preheat oven to 375 degrees.

Heat oil in a large skillet over medium high heat. Saute onion until soft and deep golden in color. Remove from skillet and set aside. Add lamb to skillet and fry (in batches if necessary) until rich chestnut brown in color, 12 to 15 minutes. Drain fat and reserve.

Spread 1/2 of the potatoes in the bottom of a 9x13 inch baking dish. Season with salt and pepper to taste. Place browned lamb and onions on top, then sprinkle with thyme and season to taste. Cover with remaining potatoes, season to taste and dot with butter. Pour stock over all.

Bake for 1 1/2 to 2 hours. Note: If casserole is drying out while cooking, add more stock as needed. If casserole is browning too quickly, cover with aluminum foil.

## **Estonia**

### **Estonian Barley Skillet Bread**

This is usually eaten warm with butter and honey.

4 Tablespoons unsalted butter, melted  
1 1/2 cups barley flour  
1/2 cup all-purpose flour  
1/3 cup whole wheat flour  
2 tablespoons brown sugar  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 teaspoon caraway seed (optional)  
1 large egg, beaten  
1 cup buttermilk  
2 tablespoons vegetable oil

Mix the dry ingredients and caraway seeds (if using) together in a large dish. Whisk together the egg, buttermilk, and vegetable oil. Add the dry ingredients and mix until blended. Do not over mix. You will get something between batter and dough.

Preheat the oven to 375 degrees. Brush an 8 inch cast-iron skillet with the butter. Spoon the mixture into the skillet and smooth top with a rubber spatula. Sprinkle the remaining butter over the top. Bake until golden brown and a cake tester comes out clean for about 50 minutes.

Serves 6.

## **Finland**

### **Lamb Stew with Dill**

3-4 pounds boneless lamb, cubed into 1 1/2" chunks  
3 Tbsp. butter  
3 1/2 cups beef broth or water  
2 tsp. salt  
2 tsp. dried dill weed  
10 crushed peppercorns (or 1 Tbsp. coarsely ground pepper)  
1 bay leaf  
1/4 cup flour  
1 Tbsp. vinegar  
1 Tbsp. sugar

In a large pot or Dutch oven, brown the lamb over medium-high heat, about 8 minutes. Add the broth (or water), salt, dill weed, pepper, and bay leaf. Bring stew to a boil, reduce heat to low, cover pot, and simmer for 1 1/2 hours.

For slow cooker: brown lamb and then place along with broth, salt, dill weed, pepper, and bay leaf into slow cooker. Cover and cook on low for 6-8 hours.

Remove 2 cups of broth from the pot or slow cooker and whisk in flour, vinegar, and sugar until mixture is smooth, removing any lumps. Return to pot and cook stew over medium heat until the broth thickens, about 15 minutes.

Divide stew into bowls and garnish with fresh dill, if available. Accompany with artisan bread and a green salad.  
5-6 servings.

## **France**

### **Traditional Croque Monsieur**

This Croque Monsieur recipe is the closest version of the original sandwich served in Parisian cafes in the early 1900's.

2 tablespoons Dijon mustard  
8 slices sandwich bread  
4 ounces baked ham, thinly sliced  
2 1/2 cups grated Gruyere cheese, divided  
4 tablespoons butter, softened

Preheat the broiler to the lowest heat setting. Evenly divide and spread the mustard on 4 slices of bread.

Place a few slices of ham, followed by 1/2 cup Gruyere, on the mustard side of the bread. Cover the cheese with the remaining slices of bread and spread the butter on the outside surfaces of the sandwiches.

Place the sandwiches on an ungreased baking sheet and broil for about 5 minutes, turn them over, cover with the remaining cheese, and continue cooking until they are crispy and golden brown, about 5 additional minutes.  
Makes 4 sandwiches.

## Frisia

Frisia extends from the northwestern Netherlands across northwestern Germany to the border of Denmark

### East Frisian Tea Ceremony

From “The Cuisines of Germany” by Horst Scharfenberg, 1980

- 1 heaping teaspoon East Frisian blended tea leaves
- 1 large chunk of rock candy (crystallized white sugar), or several smaller chunks (see Note)
- 1 teaspoon fresh cream

The farmhouses in East Friesland have massive reed-thatched gables, rather than sliding paper walls, but the tea-drinking ritual that takes place inside is, to my mind, much more enjoyable than anything that goes on in a Japanese teahouse. The conventional equipment and ingredients that are required for the ceremony include a hearty (preferably East Frisian) tea blend, soft (unchlorinated) water or spring water, porcelain teapot, a set of eggshell teacups, a *Teestowke* (“tea-stoker”, or a tea-cosy to keep the pot warm), white rock candy in as large chunks as possible, a little bowl for the cream, and a special spoon for the cream with a flat bottom, or the equivalent – perhaps a Japanese-style ceramic soup spoon. Warm the teapot by rinsing it out with hot water, then pour it out and put in the tea leaves. Pour boiling water over the tea leaves, put the lid on the teapot and cover with the “stoker”. Allow the tea leaves to steep for about four minutes. Place a *Kluntje* (large chunk) of rock candy or several smaller ones on the bottom of each of the teacups and pour the hot tea over them; you may hear a faint crackling sound as you do so. Take the cream spoon and gently place a little swirl – in Frisian, a *Wulkje* (little cloud – of cream on the surface of the tea. Do not stir. In this way, you should become aware of three successive “tea-sensations”, as the Germans would say: first the pure, slightly bitter taste of the tea itself; next the cream should announce its presence, softly and harmoniously, like the statement of the secondary theme in a symphonic adagio; and finally there is the understated sweetness of the rock candy. An ordinary teaspoon will also be provided in the Frisian tea ceremony, but only so you can put it in your empty cup to indicate that you don’t care for any more tea.

Note: The rock candy *Kluntje* should be big enough to last you through at least two refills, preferable three. Note that only white sugar rock candy should be used for this purpose; the brown sugar candy has a distinct caramel taste that obscures the flavor of the tea. As you may recall from grade-school experimentation with supersaturated solutions, sugar will readily crystallize around a string that is dipped into the solution. And in the old days, rock candy was sold in long strings at the grocer’s for so much per meter, like ribbon.

## Germany

### Potato and Herring Salad

2 cups boiled potatoes, diced  
1 cup herring, diced  
3/4 cup celery, diced  
6 tbsp. sour cream  
1 1/2 tbsp. lemon juice  
parsley, chives

In a large bowl, mix together sour cream and lemon juice

Add potatoes, herring, and celery and toss gently

Season with minced parsley and minced chives, salt, and freshly ground pepper

Serve chilled. Serves 4 - 6

#### Hints:

Add pickled beets for color

Add some diced onions or green onions if desired.

If you prefer, potatoes and herring can be sliced instead

## **Greece**

### **Gyro Sandwich**

1/2 cup minced onion  
1 clove garlic, minced  
1/2 pound lean ground lamb  
2 tablespoons lemon juice  
1/2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 cup cucumber, seeded & diced  
1/4 cup nonfat yogurt, drained  
1 tablespoon fresh mint, chopped  
2 pita breads  
1/2 cup shredded lettuce  
1/2 cup tomato, diced  
Feta cheese

Spray skillet with non-stick spray and add onion and garlic. Cook until soft over low heat stirring constantly. Place in mixing bowl with lamb, lemon juice, oregano and cumin and mix thoroughly. Shape into 2 patties. Place on rack of broiler and broil 3 to 5 minutes on each side, turning once, or until desired doneness.

Combine cucumber, yogurt and mint in small bowl and mix. Cut around edge of each pita bread and pull open to form pocket. Fill each pita with half the lettuce and tomato, Feta cheese, 1 lamb patty and half the yogurt mixture.



## Hungary

### Chicken Paprikash

1 (2 to 3 pound) whole chicken, cut into pieces  
2 tablespoons olive oil  
salt and pepper to taste  
1 cup chopped onion  
1 tablespoon paprika  
1/4 cup white wine  
1/4 cup chicken broth  
1/2 cup sour cream

In a 12 inch skillet, heat olive oil and brown chicken on all sides. Season chicken with salt and pepper. Remove chicken and set aside. Add onion to skillet. Cook just until tender, but not brown. Stir in paprika. Return chicken to skillet, turning to coat with paprika/onion mixture. Add wine and broth. Bring to a boil; reduce heat, cover and simmer for 40 minutes or until chicken is fully cooked and tender.

Remove chicken and keep warm. Boil skillet drippings until reduced to 1/2 cup liquid, about 3 minutes. Stir in 1/2 cup sour cream. Heat through. Serve chicken atop pasta if desired, and pour sauce over all.  
4 servings.

## **Iceland**

### **Skyr**

Icelandic yogurt

4 quarts milk

1 tablespoon sugar

1/2 cup milk

1/2 cup sour cream

1 egg

12 drops rennet or 1/2 rennet pill dissolved in 1 tablespoon water

Scald 4 quarts of milk. Let cool to lukewarm or about 86°. Stir together the 1/2 cup milk, egg, sugar, and sour cream until smooth. Add rennet. Add to cooled milk and stir well.

Set aside in a crock or bowl in a warm place, covered with a heavy towel or blanket, for about 24 hours. The milk should curdle. Strain whey from curds through a bag made of muslin or 3 thicknesses of cheesecloth. Stir curds well and serve with sugar and cream.

## **Ireland**

### **Irish Soda Bread**

3 tablespoons butter or margarine, softened  
2 1/2 cups all-purpose flour  
2 tablespoons granulated sugar  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/3 cup raisins (optional)  
3/4 cup buttermilk

Cut butter into flour, sugar, baking soda, baking powder and salt until mixture resembles fine crumbs. Stir in raisins and enough buttermilk to make a soft dough. Turn onto lightly floured surface; knead until smooth, 1 to 2 minutes.

Shape into round loaf, about 6 1/2 inches in diameter. Place on greased cookie sheet. Cut an X about 1/4 through center of loaf with floured knife. Bake at 375 degrees until golden brown, 35 to 45 minutes.

Brush with butter if desired.

## Italy

### Pasta e Fagioli

4 tablespoons olive oil  
2 garlic cloves, minced  
1 (16-ounce) can Italian plum tomatoes, drained, chopped  
2 tablespoons minced fresh parsley  
1/2 teaspoon dried basil, crumbled  
1/4 teaspoon dried oregano, crumbled  
1 (15-ounce) can cannellini beans (white kidney beans), rinsed, drained  
Salt and pepper  
8 ounces elbow macaroni, freshly cooked  
Freshly grated Parmesan cheese

Heat 3 tablespoons oil in heavy large skillet over medium heat. Add garlic and sauté until brown, about 2 minutes. Stir in tomatoes and cook 5 minutes. Add parsley, basil and oregano and simmer until tomatoes soften, stirring occasionally and breaking up tomatoes with back of spoon, about 15 minutes. Add beans and cook until heated through, about 5 minutes.

Season with salt and pepper. Place pasta in bowl. Toss with remaining 1 tablespoon oil. Pour sauce over and toss thoroughly. Serve, passing Parmesan separately.

Serves 2 to 4.

## **Latvia**

### **Latvian Sauerkraut Soup**

5 Cups Beef Broth  
2 Cups Sauerkraut -- Drained  
1/2 Cup Sour Cream  
Salt And Pepper -- To Taste  
6 Small Potatoes -- Cubed And Cooked

Bring broth and sauerkraut to a boil. Simmer for 20 minutes. Add sour cream and mix well. Season with salt and pepper. Add potatoes and bring to a serving temperature.

Serves 4.

## **Lithuania**

### **Homemade Sausage in Caraway Sauce**

1 3/4 lbs ground pork  
1 onion, finely chopped  
3 garlic cloves, minced  
1/4 teaspoon pepper  
6 tablespoons butter  
salt to taste  
pork casings

#### **Sauce:**

4 teaspoons butter  
4 teaspoons flour  
1 cup stock (sausage cooking water)  
1/4 grated nutmeg  
2 tablespoons caraway seed  
1/2 teaspoon sugar  
salt and pepper to taste

Add onion, garlic, pepper and salt to ground meat, mix well and stuff casings. Cook sausages in salted water for 30-45 minutes, then fry cooked sausages in butter until lightly browned.

To make sauce, simmer caraway seed in sausage cooking water for 10 minutes, strain. Mix in flour in butter, add caraway water, stir well. Add sour cream, season with sugar, salt and heat on low heat until sauce has thickened. Serve fried sausage covered with caraway sauce, with mashed potatoes and braised cabbage.

## **Macedonia**

### **Macedonian Stuffed Peppers**

8 medium green peppers  
2 tablespoons butter  
4 small onions, finely chopped  
2 small green peppers, finely chopped  
1 garlic clove, minced  
1/2 cup chopped ham  
1 1/2 cups tomato puree  
salt and pepper  
4 cups fine breadcrumbs  
2 eggs  
1/2 cup cracker crumbs

Cut the top from the stem end of each pepper. Remove seeds and wash. Drop peppers into boiling, salted water and parboil 5 minutes; Drain completely. Melt butter in heavy frying pan. Add onions, garlic and chopped pepper and saute until tender. Add tomato puree, ham, salt, and pepper to taste; Simmer for 15 minutes. Remove from heat, stir in bread crumbs and eggs. Stuff mixture into pepper shells. Sprinkle tops with cracker crumbs.

Bake in oven of 350 for about 25 minutes or until stuffing is firm and lightly browned on top.

Serves 8.

## Norway

### Lefse

Makes about 12 to 15 lefse

2 to 2 1/2 pounds Russet potatoes, peeled and cut into large chunks  
1/4 cup cream or milk  
4 Tbs. butter  
2 tsp. sugar  
1 tsp salt  
1 1/2 to 2 cups flour

Add the potatoes to a large saucepan and cover with cold water. Bring to a boil over medium flame and simmer until the potatoes are cooked through, 15-20 minutes.

Remove the potatoes and drain well. Put the potatoes through a ricer, or mash until smooth with a potato masher. It should make about 4 cups. Stir in the cream or milk, butter, sugar and salt. Cover and cool completely in the refrigerator.

Using a wooden spoon, stir enough flour into the potatoes to make a dough that is only slightly sticky but not too dry. Remove the dough to a well floured work surface and knead lightly until smooth.

Pinch off egg-sized portions of the dough and roll into balls. Press each ball lightly to form a patty. Using a floured rolling pin, roll each patty out into a thin round about 8 to 10 inches in diameter and about 1/8-inch thick. Lightly flour each round as you complete it and stack them together.

Preheat large dry griddle or skillet over medium-high flame. Add a lefse round to the griddle and cook for about 1 minute, or until light brown spots appear on the bottom. Flip the lefse and cook on the other side another minute or so. Remove to a platter, cover with a soft towel and repeat with the remaining lefse rounds.

Spread a piece of lefse with soft butter and sprinkle with sugar and cinnamon, roll it up and serve with hot coffee. Or just serve your lefse as the bread accompaniment to a Scandinavian meal.



## **Poland**

### **Bigos**

(Hunter's Stew)

4 lbs sauerkraut  
1 cup apple juice  
1 lb smoked pork  
1 lb spareribs  
1/4 lb bacon  
1 can tomatoes (large)  
2 cups water  
2 bay leaves  
black pepper, salt  
4 lbs cabbage  
1 lb pork loin chop or pork ribs  
1 lb smoked kielbasa (sausage)  
1/2 cup onions (chopped)  
10 ounces mushrooms (fresh)  
6 ounce mushrooms (dried)  
2 tablespoons flour

Brown pork and spareribs in a large heavy pot. Add smoked pork with 1 cup of water and simmer until 1 hour. Add the sauerkraut and one cup apple juice. Chop the cabbage fine and add to sauerkraut. Add lots of pepper and salt cover and simmer 1 hour. Remove lid and keep pot on a very low simmer. In a pan, fry bacon until crisp, then crumble into sauerkraut mixture. Remove most of the bacon fat and fry onions and mushrooms and flour until they just brown. Mix into sauerkraut mixture. Cut kielbasa into slices add to sauerkraut mixture with the tomatoes. Bring to a boil, simmer 30 minutes and serve hot.

## **Russia**

### **Borscht**

2 lbs. uncooked beets, peeled  
2 carrots, peeled  
2 celery stalks  
3 Tbs. butter  
2 onions, sliced  
2 cloves garlic, crushed  
4 tomatoes, peeled, seeded and chopped  
1 bay leaf  
1 large parsley sprig  
2 cloves  
4 whole peppercorns  
5 cups beef or chicken stock  
2/3 cup liquid from a can of pickled beets  
salt and pepper  
sour cream and fresh chives or dill

Cut the beets, carrots and celery into fairly thick strips. Melt the butter in a large pan and cook the onions over low heat for 5 minutes, stirring occasionally. Add the beets, carrots and celery and cook another five minutes, stirring occasionally. Add the garlic and chopped tomatoes to the pan and cook, stirring, 2 more minutes. Place the bay leaf, parsley, cloves and peppercorns in a piece of muslin or cheesecloth and tie with string. Add the bag to the pot with the stock.

Bring to a boil, reduce heat, cover and simmer for 1 1/2 hrs. until the vegetables are very tender. Stir in the pickled beet juice and salt and pepper to taste. Bring to a boil. Ladle into bowls and serve with sour cream garnished with the chives or dill.

## **Scotland**

### **Scotch Marmalade**

4 oranges  
2 lemons  
2 grapefruit  
2 1/2 quarts water  
7 pounds granulated sugar

Boil fruit whole in the water for 1/2 hour. Cool and remove pulp. Put skins and all through a grinder, then measure back into the pot and add water to make 3 quarts. Boil for 45 minutes. Add sugar. Boil again for 15 minutes. Put into sterilized jars and seal with paraffin. Serve with shortbread, scones or oat cakes.

## Sweden

### Dried Pea Soup

1 lb. dried yellow or green peas (whole if you can get them, but split ones work just as well)  
8 cups water  
2 finely chopped onions (2 cups)  
1 peeled whole onion studded with 2 cloves  
1 large chopped carrot (1/2 cup)  
1 meaty ham bone or 2 to 3 ham hocks  
1 tsp. dried thyme  
1 tsp. ground ginger  
1 tsp. salt  
1/8 tsp. pepper  
1 tsp. grainy brown mustard (optional)

Rinse and pick through 1 lb. dried yellow or green peas. If using whole peas, soak the peas overnight in their soup water (this isn't necessary if using split peas so long as you can let the soup simmer for 2 to 3 hours).

Fill a large pot with 8 cups of water (or 6 if you like a thicker soup. You can always thin it with water as you go along if it looks too dense). Add the peas, 2 finely chopped onions, 1 peeled whole onion studded with two whole cloves, 1 large chopped carrot, and a meaty ham bone (or 2 to 3 ham hocks). Bring to a boil, then cover pot and reduce to a simmer over low heat for 90 minutes. If using whole peas, skim off any pea skins that have risen to the surface.

Remove 2 to 3 cups of the soup, puree in a blender or food processor, and return puree to the pot (this helps to thicken the soup). Continue to simmer for at least 30 more minutes; another hour or more won't hurt it. 30 minutes before serving, remove the studded onion and the meat. Chop the meat (it should amount to about 1 cup) and return to pot. Try swirling a teaspoon of grainy brown mustard on top of each serving to enhance both the presentation and the rich combination of flavors.

## **Switzerland**

### **Cheese Rosti**

2 lbs. potatoes, boiled in their skins  
1 1/2 Tablespoons butter  
1/2 cup diced bacon and /or sliced onion  
2 oz. sliced Gruyere (5-6 slices)

Peel and shred potatoes. Heat butter in skillet, add potatoes, diced bacon and or onions and sprinkle with salt. When a crust begins to form on the bottom, turn the rosti, top with cheese slices and press down. Cover tightly so that the cheese will melt nicely and bake until golden brown. Cheese rosti goes especially well with fried sausage (bratwurst) and browned onion rings. This is especially popular in Bern, Switzerland.

## Transylvania

### An Old Saxon Cabbage Pot

2 lbs. whole pork leg  
2 to 3 heads cabbage, cored, outer leaves removed and quartered  
1 or 2 garlic cloves  
2 large potatoes, peeled and cubed  
1 Tbs. butter  
2 Tbs. flour  
Vinegar, sour cream and salt to taste

In a large pot bring 3 quarts salted water to a boil and cook the meat. When done, remove the meat from the liquid and cut off the fat. Set aside. Put the cabbage and garlic in the pot and boil for 15 minutes. Add the potatoes and continue boiling until the cabbage and the potatoes are done.

Prepare a light roux from the butter and flour. Add to the pot, whisking constantly until it thickens the liquid. Remove garlic. Add a little vinegar, sour cream and salt if necessary. Slice the boiled pork and arrange it on a serving dish. Pour the hot cabbage and potato sauce over the slices. Serve hot.

## **Tyrolean Alps**

### **Tyrolean Savoy Cabbage**

2 1/4 pounds Savoy cabbage  
3 cloves garlic, peeled  
2 onions, finely sliced  
3 tablespoons olive oil (in the past they would have used more butter or lard)  
1/2 cup unsalted butter  
The needles of an 8-inch sprig rosemary, or 1/2 teaspoon dried rosemary  
3 leaves fresh sage, or 1/4 teaspoon dried sage  
2 cups vegetable broth or unsalted bouillon (canned is ok), heated  
A pinch of fennel seeds, crushed  
1 cup dry white wine, heated  
A small bunch parsley, minced  
Salt and pepper to taste

Free the cabbage leaves from the head, rinse them, drain them, and coarsely shred them. Peel and slice the onions. Mince the garlic, rosemary needles, and sage leaves, and mix well. Mince the parsley separately and set it aside. Heat the butter and the oil in a pot large enough to contain the cabbage leaves, and add the garlic mixture and the onions.

Cook, stirring, until the onions are well wilted and beginning to color. Add the cabbage leaves and continue cooking, stirring occasionally, for 10 more minutes. Sprinkle the wine and bouillon into the pot, and add the fennel seeds, salt to taste, and a nice grind of pepper. Mix well, cover the pot, reduce the heat to low, and simmer the cabbage for about an hour.

At serving time, transfer the cooked cabbage to a heated bowl, garnish it with the parsley, and serve at once. This will work well either as a side dish with a roast or stew, or with polenta, in a vegetarian meal.

4 servings.

## **Wales**

### **Glamorgan Sausages**

2 cups fresh breadcrumbs  
1 cup cheddar cheese, grated  
2 green onions, chopped fine  
1 tsp. mustard powder  
2 Tbs. chopped parsley  
salt & fresh ground pepper  
milk, if needed  
2 eggs  
flour  
butter or oil for frying

In a bowl, mix breadcrumbs, cheese, onion, parsley, and mustard. Season with salt and pepper, add 1 whole egg and 1 egg yolk and mix thoroughly (reserve remaining egg white). If needed add a little milk to bind the mixture together. Divide the mixture into 8 and shape into sausages.

Beat egg white until frothy, and dip sausages in egg white, then in flour to coat. Heat oil or butter in a frying pan and fry sausages for 5-10 min until they're golden.

Makes 8 sausages. Serve with French fried potatoes or creamed potatoes and peas.



## **Yugoslavia**

### **Cucumber Boats**

2 medium ripe tomatoes, chopped into 1/4 inch pieces  
1 1/2 teaspoons olive oil  
1 teaspoon vinegar  
1/4 teaspoon dried oregano  
4 1/2 tablespoons feta cheese, finely crumbled  
2 large cucumbers  
salt & pepper

In a small bowl combine chopped tomatoes, oil, vinegar, oregano, salt, and pepper. Toss gently until well mixed. Chill until serving time. (at least a few hours). Just before serving, add feta cheese to tomatoes and mix well. Peel cucumbers and cut them in half lengthwise. Using a melon ball scoop or a spoon, scoop out and discard seeds. Pile tomato mixture into cucumbers. Serve right away.

Serves 4.