

EUROPEAN WEEK 2010

Recipe Book

Desserts from participating countries

**Ecole alsacienne, Paris
May 16-21, 2010**

AUSTRIA

Coconut kisses (Kokosbuserln)



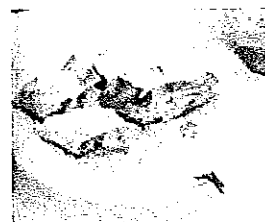
Ingredients:

- 4 egg whites
- 200 g confectioners sugar
- 200 g grated coconut
- 1 vanilla sugar

Preparation:

Whip the egg whites until very stiff, add sugar and coconut flour. Use a spoon to shape the coconut kisses and bake at 150 degrees for 20 minutes.

Apple Strudel (Apfelstrudel)



Ingredients:

- Strudel pastry
- 1,5 kg apples (Elstar or other similar type)
- 1 piece lemon (juice)
- 60 g raisins (soaked in rum)
- 200 g butter (melted)
- 100 g sugar
- 2 tbsps vanilla sugar
- 100 g bread crumbs
- 1 pinch cinnamon powder
- icing sugar (for dusting)

Preparation:

Prepare the pastry. Peel and seed the apples. Slice into very thin slices. Dribble over some lemon juice. In a bowl, combine 2 tablespoons of raisins and 1 tablespoon of vanilla sugar.

Brush the pastry dough with half of the melted butter, using the rest of the butter to fry the breadcrumbs. Combine the crumbs with the rest of the vanilla sugar and cinnamon and sprinkle over the pastry. Distribute the apples evenly over the pastry. Roll with the help of a dish towel. Make sure the ends are well closed. Place the strudel on a greased baking tray. (If the tray is too small, bend the strudel into a horseshoe shape).

Bake it in a preheated oven at 180 °C for 30–40 minutes, occasionally brushing with melted butter. When done, let the strudel cool, and dust with icing sugar. The strudel can be served either warm or cold.

FRANCE

Tarte Tatin

(Upside-down Apple Tart)

Preparation

Oven temperature: 6-7
Preparation time: about 25 minutes
Cooking time: 30 minutes

For the filling:

500 g. apples
40 g. butter
125 g. sugar

Recipe

Make a *pâte brisée* (pie crust). Let it sit while preparing the apples and caramelizing the pie tin. In a deep-dish pie tin, place 100 g. sugar with a small amount of water and make a nice, dark caramel. Let cool. The bottom of the pie tin should be covered.

Peel the apples. Remove the cores. Cut into thin slices and place them in rounds in the caramelized pie tin (close together). Sprinkle with the remaining sugar and then with small pieces of butter. Roll out the dough (1/2 centimeter thick) and place over the apples. Make sure all the fruit is completely covered.

Cook in a hot oven for 30 minutes and immediately turn over on a plate: the apples are now visible and caramelized.

Crêpes

For 6 people

Preparation time: 5 minutes

Resting time: 1 hour

Cooking time: 15 minutes

Ingredients:

250 g. flour

4 eggs

25cl milk

25cl water

oil

Recipe:

1. Place the flour in a mixing bowl, make a pit in the middle and break the eggs into it.
2. Slowly add the milk and water while mixing. Mix until the mixture is smooth and fluid. Cover with a clean dish towel and let sit 1 hour at room temperature.
3. In a non-stick frying pan, oiled and heated, pour a ladle of batter. Slightly tilt the pan and move it in a circular motion with your wrist, so the batter spreads and becomes uniform. Let cook 1 minute.
4. Turn over the crêpe with a spatula. Let cook 1 more minute. Repeat until all the batter has been used.
5. Keep the crêpes warm by piling them as they cook.

FINLAND

THE FINNISH CAKES

Mustikkapiirakka

Raaka-aineet

100g voita
1dl sokeria
1 kananmuna
1dl vehnä jauhoja
1dl perunajauhoja
1tl leivinjauhetta
3-4dl mustikoita

Täyte

2dl kermaviiliä
1dl sokeria
1rkl vanilliinisokeria
1 kananmuna

Ohje

1. Vatkaa pehmennyt voi ja sokeri vaahdoksi. Lisää muna, sekoita voimakkaasti.
2. Sekoita kuivat aineet yhteen ja yhdistä munavoisokerivahto.
3. Laita taikinapohja marjapiirakkavuolelle ja sekoita marjat sen päälle. Kaada lopuksi päälle kermaviiliseos.
4. Paista n. 45 min 175 asteessa uunin keskitasolla.
5. Anna piirakan vähän jäähtyä, ja nauti maidon tai kahvin kera!

Blueberry pie

Ingredients

100g butter
1dl sugar
1 egg
1dl wheat flour
1dl potato flour
1 teaspoon baking powder
3-4dl blueberries

Filling

2dl sour cream

THE FINNISH CAKES

1dl sugar
1 tablespoon vanilla sugar
1 egg

Instruction

1. Whisk the butter and sugar to foam. Add the egg, mix strongly.
2. Mix the dry ingredients and add to the egg-butter-sugar foam.
3. Put the dough to a pot and add the berries on top of it. Sprinkle the filling on top of everything.
4. Bake the pie in the oven for about 45 min in 175 C degrees.
5. Let the pie cool a little.
6. Enjoy with milk or coffee!

Unelmatorttu

Raaka-aineet

4 munaa
1 ½ sokeria
1 dl perunajauhoja
1 rkl vehnäjäuhoja
2 rkl kaakaojauhetta
1 tl leivinjauhetta

Täyte

2 dl kuohukermaa
1 rkl sokeria
1-2 banaania

Ohje

1. Vatkaa munat ja sokeri vaahdoksi.
2. Sekoita kuivat aineet keskenään ja lisää ne muna-sokerivaahtoon varovasti sekoittaen.
3. Kaada taikina uunipellille leivinpaperin päälle, ja paista torttupohjaa uunissa 225 asteessa n. 8 minuuttia, kunnes pohjaan työntämäsi puutikkiin ei enää tartu taikinaa.
4. Ripottele sokeria puhtaalle leivinpaperille tai leiviniinalle ja kumoa torttupohja sokerin päälle.
5. Irrota leivinpaperi, mutta laita se uudelleen torttupohjan päälle.
6. Kääri torttu rullalle, ja anna jäähtyä.
7. Vatkaa kerma ja sokeri vaahdoksi.
8. Lisää banaaninpalaset joukkoon.
9. Avaa rulla, ja levitä täyte. Rullaa torttu kiinteäksi kääreksi leivinpaperin avulla, ja anna sen jähmettyä jääkaapissa.
10. Leikkaa veitsellä sopivia viipaleita ja nauti!

THE FINNISH CAKES

Sweet tart of your dreams

Ingredients

4 eggs
1½ dl sugar
1 dl potato flour
1 tablespoon wheat flour
2 tablespoons cocoa
1 teaspoon baking powder

Filling

2 dl cream (for whipping)
1 tablespoon sugar
1-2 bananas

Instruction

1. Whip the eggs and the sugar to foam.
2. Mix the rest of the ingredients, and add them carefully into the egg-sugar foam.
3. Pour the dough on an oven shelf covered with baking paper. Bake the tart in 225 C for about 8 minutes. You can try the dough with a wooden stick (a matc, for example); when the dough is not sticky any more you can take it out of the oven.
4. Strew some sugar on a clean baking paper or a towel and place the tart on the sugary paper (upside down).
5. Remove the used baking paper, replace it with a new one and roll the tart loosely.
6. Let the tart cool for a while.
7. Whip the cream and the sugar to a foam.
8. Add the banana pieces.
9. Open the tart, and spread the filling. Roll the tart again tightly with the help of the baking paper, and let the tart cool in the fridge.
10. Slice the tart carefully and enjoy!

GERMANY

Guido Horn's Nut Triangles

the original recipe from Guido Horn's mother

Ingredients (for 12 people)

For the dough:

300g flour
1 teaspoon baking powder
130g sugar
1 package vanilla sugar
2 eggs
130g margarine

For the topping:

7 tablespoons apricot jam
100g sugar
250g butter
2 packages vanilla sugar
4 tablespoons water
200g chopped hazelnuts
200g chopped almonds

Directions:

Combine the flour, baking powder, vanilla sugar, eggs and margarine to make a dough. Roll out the dough on a baking sheet with baking paper. Lightly smear the apricot jam on the dough. Melt the butter in a saucepan. Add sugar, vanilla sugar and water and boil up briefly. Stir in the nuts. Smear the mixture evenly on the dough.

Bake at 180°C for 30 minutes.

After cooling down, first cut the pastry into squares, then these squares into triangles.

You can also melt some chocolate to dip the edges of the triangles into it.

Preparation time: 20 min
Degree of difficulty: easy

Apple Pie

For the dough:

150g butter
200g sugar
4 eggs
200g flour
2 packages vanilla flavoured blancmange powder
2 teaspoons baking powder

For the topping:

one bag of apples

Baking time:

Bake at 200°C for 30-45 minutes

ITALY

Bussolano mantovano

Ingredienti

500 gr. di farina bianca
150 gr. di burro ammorbidito, ma non sciolto
150 gr. di zucchero
1 bustina di lievito per dolci
scorzetta di limone grattugiata
50 gr. di uvetta ammollata
3 uova intere
un pizzico di cannella in polvere
granella di zucchero per guarnire

Preparazione

Mettere in una grande zuppiera tutti quanti gli ingredienti e lavorarli a lungo sino a formare una palla omogenea.

Trasferire l'impasto su carta da forno e formare una grande S rivestire la superficie con la granella di zucchero ed infornare.

Il forno deve essere preriscaldato a 220° poi, quando il bussolano sarà in forno, abbassare a 180° e cuocere per 40 minuti

Ingredients:

500 gr. de farine blanche
150 gr. de beurre ramolli, mais pas dissous
150 gr. de sucre
1 sachet de levure pour desserts
peler de citron râpé
50 gr. de raisin sec trempé
3 oeufs entiers
une pincée de cannelle en poudre
grain de sucre pour garnir

Préparation

Mettre dans une grande soupière tous les ingrédients et les travailler longuement jusqu'à la formation d'une balle homogène. Déplacer la pâte sur papier de cuisson et former une grande "S", recouvrir la surface avec le grain de sucre et mettre à cuire. Le four doit être préchauffé à 220° puis, quand le "bussolano" sera dans le four, baisser à 180° et cuire pour 40 minutes.

Ingredients

500 grams. white flour

150 gr. butter softened but not melted

150 gr. Sugar

1 teaspoon baking powder

grated lemon peel

50 gr raisins soave

3 eggs

a pinch of cinnamon

granulated sugar for garnish

Preparation

Put in a large bowl all of the ingredients and work hard to form a smooth ball.

Transfer the dough on baking paper and form a large S coating the surface with granulated sugar and bake.

The oven must be preheated to 220 ° then when the bussolano will be in the oven, lower than 180 ° and bake for 40 minutes

LATVIA

Medus kūka.

Nepieciešams:

Mīkla:

- 3 olas
- 1 glāze cukura
- 1 glāze medus
- 2 tējkarotes sodas
- 1 ēdamkarote citrona sulas
- 4 glāzes miltu

Glazūra:

- 1 l skāba krējuma
- 1 glāze cukura

Dekorējums:

- 500 g marmelādes konfektes



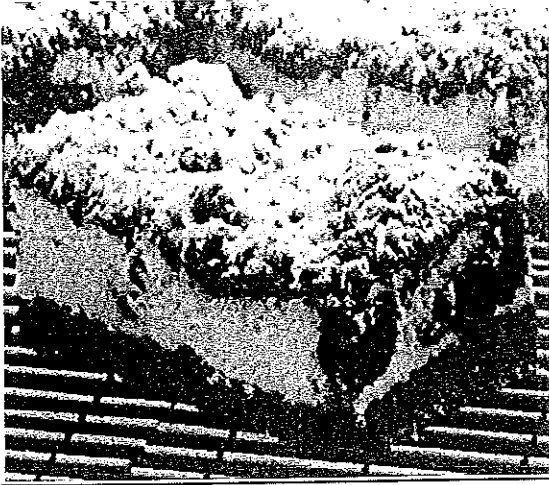
Pagatavošana.

Sajauc olas, cukuru, medu, miltus, sodu un skābo citrona sulu viendabīgā masā. Masu sadala 6 daļās un izcep sešas plātes. Atsevišķā traukā ielej 1 litru pēc iespējas biezāka krējuma, pievieno cukuru. Šo masu ieklāj starp biskvīta kārtām. Rotā ar marmelādes gabaliņiem.

POLAND

POLAND

A recipe for A CHOCOLATE CHEESECAKE



INGREDIENTS

1. 3 glasses of flour
2. 1 glass of sugar
3. 3 big spoons of cocoa
4. 30 dkg of butter or margarine (1 packet)
5. 1 big spoon of baking powder
6. 5 yolks
7. A pinch of salt

add the flour to the butter (which should be cold) and cut it with a long knife, add other ingredients and knead them; divide the dough into 2 parts and put them into the freezer for 45 minutes

Cheese dough:

1. 2 glasses of sugar
2. 4 yolks
3. 20 dkg of butter
4. 1 vanilla pudding or 1 big spoon of potato flour
5. 1 kg of the white cheese

Blend the butter with sugar, add the cheese and yolks gradually, add the vanilla pudding (or the potato flour) and finally beat egg whites (from 7 eggs) and put them carefully into the cheese dough

If you want you can also put some raisins or candied cherries.

Grate one part of the chocolate dough on the baking tin, pour the cheese dough and again on the top grate the second part of the chocolate dough; bake for 1 hour -temperature 180°C.

When it is ready you can put some powdered sugar or melted chocolate on the top.

PORTUGAL

Arroz con Leche:

Ingredients

- cups (16 fl. oz) milk
- 1 cinnamon stick
- 3 strips lemon rind
- Pinch of salt
- 1/2 cup (4 oz) short-grain white rice
- 3 egg yolks
- 1/3 cup (3 oz) sugar
- 1/2 stick (2 oz) butter
- 1 teaspoon ground nutmeg

Preparation:

In a large saucepan, slowly bring the milk, cinnamon stick, strips of lemon rind, and salt to a boil. With a slotted spoon, remove the cinnamon and lemon rind. Stir in the rice and egg yolks, reduce the heat, and allow the rice to simmer for about 15 minutes, stirring constantly.

When the rice is soft, add the sugar and butter and combine well. Pour the mixture into a serving dish, sprinkle with nutmeg.

PANELLETS

INGREDIENTS:

- 1 pound small potatoes, scrubbed
- 1 cup almonds
- 1 cup white sugar
- 1 egg white

PREPARATION:

1. Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook until tender, 20 to 30 minutes. When done, you can stab them with a fork, and they will fall off easily. Drain, cool slightly, and peel. Preheat the oven to 350 degrees F (175 degrees C).
2. Place 1 cup of almonds into a food processor, and grind to a fine powder. Add sugar to almonds, and process to mix. Transfer to a medium bowl. Add potatoes to the almond mixture, and mash together until it becomes a very thick paste. Roll into 1 inch balls, and roll the balls in chopped almonds. Place cookies on a baking sheet, and brush with egg white.
3. Bake for 10 to 15 minutes in the preheated oven, until the tops are brown. Gently remove from the baking sheets, and cool on a plate in the refrigerator. Serve cold. They are supposed to be squishy when you eat them.

PANELLETS

INGREDIENTES:

- 1 puñado de patatas pequeñas
- 1 taza de clara de huevo
- 1 taza de azúcar blanco
- 1 taza de almendras molidas

PREPARACIÓN:

1. Patatas de lugar|sitio en una cacerola|cazo con bastante agua por cubrir. Lleve|Traiga a una ebullición, y cocine hasta, 20 a 30 minutos tiernos. Cuando hecho, los puede apuñalar con un tenedor, y caerán fácilmente. Drene, enfríe un poco, y pélese.
2. Precaliente el horno a 350 grados F (175 grados C).
3. Ponga 1 copa|tassa de almendras a un procesador alimenticio, y reduzca a unas pólvoras bones|fines. Añada azúcar a almendras, y procese para mezclarse. Transfiera a un medio bol|bola. Añada patatas a la mezcla de almendras, y pienso junto hasta que se convierta en una pasta muy gruesa. Ruede en pelotas de 1 pulgada, y haga rodar las pelotas en almendras cortadas. Ponga galletas en un full|llençol que se cuece, y unte con clara de huevo.
4. Cuézase durante 10 a 15 minutos al horno precalentado, hasta que la parte superior sea marrón. Suavemente saque de los fulls|llençols que se cuecen, y enfríe en una placa|plat en la nevera. Fred|Refredat de servicio. Se supone que son squishy cuando los come.

SPAIN

RECETA DE CREMA CATALANA

Ingredientes:

6 huevos
1 l de leche
10 cl de nata líquida
10 g de almidón
150 g de azúcar
1 rama de canela
1 piel de limón

Preparación:

»Poner en una olla al fuego la leche y la nata líquida, junto con una piel de limón y la rama de canela, dejar la hervir y apagar el fuego enseguida. Después, dejar enfriar y colar.

»Además, separar las yemas de las claras. En una cazuela o cazo donde haréis la crema, y fuera del fuego, mezclar las yemas con el azúcar y remover muy bien hasta que la mezcla empiece a volverse de un color más claro.

»Aparte, diluir el almidón con un poco de leche, añadir a los yemas mezcladas con azúcar, remover bien y añadir poco a poco la leche colada. Poner a un fuego muy suave y, sin parar de remover, llevarlo al punto de ebullición (debe vigilar que no se llegue a hervir, para que los huevos se cortarán).

»Poner la crema en cuencos individuales y una vez enfriada espolvorear el azúcar por encima, sólo os queda quemarlo con la pala de quemar bien caliente.

RECIPE OF "CREMA CATALANA"

Ingredients:

6 eggs
1 l milk
10 cl cream
10 g starch
150 g sugar
1 cinnamon stick
1 lemon peel

Preparation:

"Put in a pot to heat the milk and cream, along with lemon peel and cinnamon stick, leave the boil and turn off heat immediately. Then let cool and strain.

"In addition, separating the yolks from the whites. In a pot or pan where you will make the cream off the heat, mix the yolks with the sugar and stir well until the mixture begins to turn a lighter color.

"In addition, dilute the starch with a little milk, add the yolks mixed with sugar, stir well and gradually add the strained milk. Placing a low heat and, stirring, bring to boiling point (must watch not to boil, so the eggs would be cut).

"Put the cream in individual bowls and sprinkle once cooled sugar on top, you just burn it with the shovel is burning hot.

SWEDEN

Swedish raspberry Caves

Ingredients

- 4 ½ dl wheat flour
- 1 dl sugar
- 1 teaspoon baking powder
- 2 teaspoons of vanilla sugar
- 200 g butter (or margarine)

FILLING

- 1 cup raspberry / cloudberry jam
(works with any jam)

Do this

Mix together the flour, sugar, baking powder and vanilla sugar in a bowl.
Cut the butter / margarine into small pieces and add it.
Work quickly into a dough, preferably in the food processor.
If you let the dough rest for a little while in the fridge it becomes easier to manage.
Shape the dough into walnut sized balls. Preheat the oven to 200 ° C.

Put muffin cups on plates.
Make an indentation into each cookie and then a bit of jam.
Bake in oven for about 10 minutes. Let cool on a rack.