美味欧洲 *Tasty Europe*

—— 27个国家 27道美食

27 European countries, 27 European dishes

目 录
TABLE OF CONTENTS

© Österreich Werbung/ Eisenhut & Mayer

奥地利
Republic of Austria

国家描述： 活力现代、传统创新
语　　言： 德语；少数民族语：斯洛文尼亚语
　　　　　　（克恩顿州）；克罗地亚语（布尔根兰州）
首　　都： 维也纳
人　　口： 约840万
货　　币： 欧元
主要出口产品： 机械、轿车、医疗技术
加入欧盟时间： 1995年
以何闻名： 古典音乐、秀丽风景、食物、好客的人民、
　　　　　　清洁环境、技术
名　　人： 沃尔夫冈·阿马德乌斯·莫扎特

Slogan/Country characteristic: Vibrating modern Austria - traditionally creative
Name of country in language of origin: ÖSTERREICH
Language(s):German
Minority languages: Slovenian (Province of Carinthia), Croatian (Province of Burgenland)
Capital: Vienna
Population (in millions): approx. 8.4
Currency: Euro
Main export products: machinery, cars, medical technology
Date of entry into EU: 1995
Famous for: classical music, beautiful landscape, food, hospitality, clean environment, technology
Famous persons: Wolfgang Amadeus Mozart

食谱描述：

一道真正的奥地利美味。

配　料：

杏子布丁：
- 20克新鲜顺滑奶酪
- 一个鸡蛋
- 一汤匙糖
- 一小把盐
- 一杯半精面粉
- 一汤匙奶油
- 12个新鲜杏子
- 12块方糖

外皮：
- 两汤匙无盐黄油
- 四分之三杯新鲜面包屑，缴干
- 一汤匙糖
- 四分之一茶匙肉桂

烹调指南：

把新鲜奶酪放置于棉布或纸巾上，沥干5到10分钟。轻轻挤压出多余水分。

用搅拌机把奶酪打至顺滑。加入一个鸡蛋再次搅打直至蛋酪分离。撒入糖和盐，缓缓加入面粉再次搅打直至开始出现一个面团。加入混合黄油加以搅拌，拍拍手，把面团粘到一起。将面团包裹起来放在塑料容器里放入冰箱冷藏数小时或最多到半夜。取出时面团冷却变硬。

用小刀在杏子上划一小道口，小心取出核儿并保持杏子原样。把方糖放进杏子核儿处并挤压，使杏子和方糖紧紧粘连，这样方糖就会在烹调的时候融在杏子里。

烧开一大壶水。用擀面杖轻轻在面团表面滚动，直至形成圆圈状，切成12个10厘米的小圆圈。取一个杏子放在面团中间，把面团两边捏到一起形成饺子状。注意在捏的时候不要把面皮扯出洞来。以次类推，把饺子一一放入滚水中，避免一次性放太多粘到一起。煮10到15分钟，饺子会先沉入壶底再浮到表面。小心地用笊篱把饺子从水里捞出来。

准备一个不粘锅，倒入黄油融化至中热。加入面包屑、糖和肉桂，烹制搅拌几分钟，直至面包屑呈焦黄色。把面包屑盛到烤盘或普通盘子里，把饺子均匀地裹上焦黄色的面包屑。

取一个小碗，加入酸奶、红糖和柠檬汁搅拌并放置一边，吃饺子的时候可以蘸着这个酸酸甜甜的奶油酱。如果能再蘸着糖粉那就更好了。

Recipe description:

A true Austrian delight!

Ingredients

Apricot dumplings:
- 200 g fresh smooth cottage cheese
- 1 large egg
- 1 tbsp. sugar
- salt
- 1½ cups sifted all-purpose flour
- 1 tbsp. melted butter
- 12 whole fresh apricots
- 12 sugar cubes

Coating:
- 2 tbsp. unsalted butter
- 3/4 cup fresh bread crumbs, dried out
- 1 tbsp. sugar
- 1/4 tbsp. ground cinnamon

Directions

Place the cottage cheese in some cheesecloth or several layers of paper towels and let it drain for 5 to 10 minutes, pressing gently, to remove excess moisture.

With a mixer, beat the cheese until smooth. Add the egg and continue to beat until incorporated. Sprinkle in the sugar and salt, and then gradually add the flour; continue to mix until a dough begins to form. Add the melted butter and mix just until the dough holds together when patted with your hands, it will look pretty wet. Wrap the dough in plastic and refrigerate for several hours or overnight, the dough will stiffen as it chills.

Using a knife, make a slit down the seam of the apricot and carefully pull out the pit, keeping the fruit intact. Place a sugar cube inside the apricot where the pit was and squeeze the apricot back together to close it up tightly. The sugar cube will melt inside the apricot when you cook it.

Bring a large pot of water to a boil. Lightly flour a rolling pin and the work surface. Roll the dough out into a thin circle and cut out 12 circles with a 10 cm ring cutter. Place an apricot in the center of the dough and carefully bring the edges together to completely enclose the fruit and form a dumpling; make sure there are no tears or holes in the dough. Working in batches, gently lower the dumplings into the simmering water; they should not be touching or crowded. Cook for about 10 to 15 minutes; the dumplings will sink to the bottom of the pot and then rise to the surface. Carefully remove the dumplings from the water with a strainer.

In a large nonstick skillet, melt the butter over medium heat. Add the bread crumbs, sugar, and cinnamon, cook and stir for a couple of minutes until the bread crumbs are toasty and golden. Lay the bread crumbs out on a sheet pan or plate and roll the apricot dumplings in the browned crumbs to coat evenly.

In a small bowl, mix the sour cream, brown sugar, and lemon juice together. Serve the apricot dumplings with the sweet-sour cream sauce on the side and a dusting of confectioners' sugar if desired.

巧克力慕斯 Chocolate Mousse
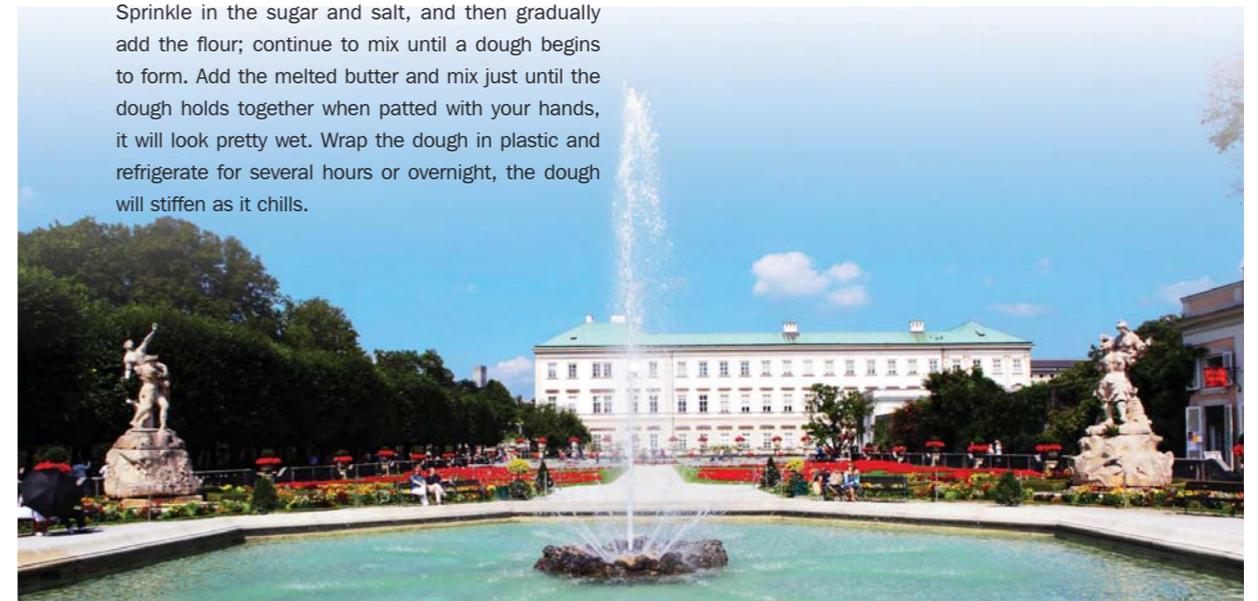
比利时 Belgium

食谱描述：

巧克力慕斯包含了比利时能呈现给您的最好的东西：巧克力和创意美食。制作"巧克力慕斯"的方法有上千种，这只是许多最基本的方法之一。尽管如此，所有比利时人都将为您作证，无论您使用哪种制作配方，您做的慕斯总是美味的。

配料（四人份）：

- 100至150克的黑色比利时巧克力
- 1个鸡蛋黄
- 4个鸡蛋白
- 1小袋香草糖

烹调指南：

搅动鸡蛋白直至蛋白膨胀并且泡沫能保持坚挺；
将掰碎的巧克力放置在汤碗中加热使其完全融化；
在融化的巧克力中 加入鸡蛋黄；
轻轻的将鸡蛋白搅入；
将巧克力慕斯用汤勺分别盛入4支杯子，并用塑料膜封好
后放入冰箱冷藏至少4小时

国家描述：团结就是力量
语　　言：荷兰语、法语、德语
首　　都：布鲁塞尔
人　　口：1100万
货　　币：欧元
主要出口产品：化学品、矿产、机械
加入欧盟时间：1951年
以何闻名：啤酒、巧克力、贻贝（海虹）和正宗的
　　　　　比利时薯条
名　　人：丁丁

Slogan/Country characteristic: United we stand
Name of country in language of origin: La Belgique, België, Belgien
Language(s): Dutch, French and German
Capital: Brussels
Population (in millions): 11
Currency: Euro
Main export products: Chemicals, Minerals, Machinery
Date of entry into EU: 1951
Famous for: beer, chocolate and mussels with authentic Belgian fries.
Famous person: Tintin

Recipe description:

Chocolate mousse combines the best of what Belgium has to offer: chocolate and culinary creativity. There are a thousand ways to make chocolate mousse and this is one of the most basic. However, all Belgians will testify that whatever recipe you use, it always tastes delicious.

Ingredients for recipe (serves 4 persons):

- depending on your personal taste: between 100 and 150 g of dark Belgian chocolate
- 1 egg yolk
- 4 egg whites
- 1 little bag of vanilla sugar

Recipe instructions:

Beat the egg whites until they are stiff and holding shape.

Crumble the chocolate and heat it "au bain marie" until it becomes completely liquid. Add the egg yolk to the melted chocolate. Gently stir in the egg whites.

Spoon the chocolate mousse into 4 glass serving cups, cover the bowls with cling film and aluminum foil and put them in the fridge for at least 4 hours.

酸奶冷汤 Tarator

保加利亚共和国
Bulgaria (Republic of)

食谱描述：

酸奶冷汤是一道由酸奶和黄瓜制成的夏季冷汤。这是一种冷饮。当地的一些新配方中也用水和醋来代替酸奶，省掉了坚果和莳萝，而会加点面包。在极少数情况下，也用生菜或胡萝卜来代替黄瓜。

配 料：

- 一根长黄瓜，切成小丁或细丝；
- 一瓣大蒜，捣碎；
- 四杯酸奶；
- 一杯水；
- 一茶匙盐（保加利亚人喜欢更咸一点的）；
- 一汤匙莳萝，切碎；
- 四个大胡桃，磨碎；
- 三茶匙橄榄油

烹调指南：

将以上所有食材混合，搅拌均匀。点缀些橄榄油（或其他喜爱的油），最好是在冷冻的时候。

提 示：

保加利亚餐馆喜欢做没有莳萝和胡桃的口味，您也可以尝试一下。

国家描述：前进！新生！
语　　言：保加利亚语
首　　都：索非亚
人　　口：约750万
加入欧盟时间：2007年
货　　币：列弗
主要出口产品：服装、钢铁、机械
以何闻名：拥有世界上最大的考古文化遗产之一
名　　人：屈克里斯多夫（歌剧演唱家）

Slogan/Country characteristic: Move ahead , O people, the freshly born.
Name of country in language of origin: България
Language(s): Bulgarian
Capital: Sofia
Population (in millions): 7.5
Currency: lev
Main export products: clothing, iron and steel, machinery.
Date of entry into EU: 2007
Famous for: Bulgaria has one of the biggest collections of archaeological heritage in the world
Famous person: Boris Christoff (opera singer)

Recipe description:

Tarator is a cold summer soup made of yogurt and cucumbers. It is served chilled. Local variations may replace yogurt with water and vinegar, omit nuts or dill, or add bread. The cucumber may on rare occasions be replaced with lettuce or carrots.

Ingredients for recipe:

- 1 long cucumber, chopped or grated
- 1 garlic clove, minced or smashed
- 4 cups yoghurt
- 1 cup water
- 1 tsp. salt (Bulgarians like it saltier)
- 1 tbsp. dill, finely chopped
- 4 big pecans, well crushed
- 3 tsp. olive oil

Recipe instructions:

Put all the ingredients in a large bowl together and mix well. When ready garnish with olive oil (or other favorite oil). Best when chilled.

Hint: Try it with no dills and pecans - Bulgarian restaurants favorite.

斯提法多牛肉 Stifado

塞浦路斯共和国
Republic of Cyprus

食谱描述：

一道制作简单，口感美味的主菜。

配　　料：

- 4汤匙橄榄油；
- 1小枝迷迭香；
- 1千克嫩牛肉，切成大方块状；
- 900毫升水；
- 2汤匙番茄浓汤；
- 盐、黑胡椒粉；
- 3汤匙红酒醋；
- 4–6汤匙蔬菜油；
- 700克小葱，去皮，整段留下；
- 1小杯红酒；
- 5厘米长的桂皮条；
- 1茶匙糖；
- 5粒五香粉

烹调指南：

准备一个炖锅，往里加入适量橄榄油并加热，放入牛肉煎炒，使之由棕色变为金黄色。往锅里缓缓倒入入醋、酒和除了蔬菜油、葱和糖之外的所有调料。盖上锅盖慢炖一小时直至牛肉变嫩。

另备炒锅一只，往里倒入蔬菜油，加入尽可能多的葱，文火翻炒15分钟直至其呈淡棕色。盛出葱，均匀地铺在牛肉上并重复此过程直至用完所有的葱。在葱上撒上糖，文火烹制30分钟，使之变软，但避免过于稀烂。加入葱后再把牛肉搅拌均匀，时不时转动炖锅确保牛肉充分裹上酱汁。

国家描述：维纳斯之岛
语　　言：希腊语、土耳其语
首　　都：尼科西亚
人　　口：80万
货　　币：欧元
主要出口产品：医药产品、农产品（土豆/柑橘）、乳制品（哈罗米芝士）
加入欧盟时间：2004年
以何闻名：历史遗产和好客的人民
名　　人：马科斯·巴格达蒂斯

Slogan/Country characteristic: The island of Aphrodite (Venus)
Name of country in language of origin: Kypros
Language(s): Greek and Turkish
Capital: Nicosia (Lefkosia)
Population (in millions):0.8 million
Currency: Euro
Main export products: Pharmaceutical products, agricultural products (potatos/citrus fruits), dairy products (Halloumi cheese)
Date of entry into EU: 2004
Famous for: Historical heritage and hospitality of the people (philoxenia)
Famous person: Marcos Baghdatis

Tasty Europe
European Union

Recipe description:

An easy and delicious main dish.

Ingredients for recipe:

- 4 tbsp. olive oil
- 1 small sprig of rosemary
- 1 kg tender beef, cut into large cubes
- 900 ml water
- 2 tbsp. tomato puree
- salt and black pepper
- 3 tbsp. red wine vinegar
- 4-6 tbsp. vegetable oil
- 700 g small onions, peeled and left whole
- 1 small glass red wine
- 5 cm cinnamon stick
- 1 tsp. sugar
- 5 grains allspice

Recipe instructions :

Heat the olive oil in a large saucepan and brown the meat until it turns golden. Slowly pour the vinegar over it, add the wine and all the remaining ingredients except the vegetable oil, onions and sugar. Cover and cook slowly for 1 hour or until the meat is almost tender.

Heat the vegetable oil in a frying pan and add as many onions in one layer as it will take. Sautee them gently for about 15 minutes, until they brown lightly. Take them out and spread them over the meat. Repeat until all the onions are done. Sprinkle the sugar over the onions, cover and cook very gently for 30 minutes, until the onions are soft but not disintegrating. Do not stir once the onions have been added, but rotate the saucepan occasionally to coat them in the sauce.

水果馅儿饺子
Fruit-filled Dumplings

捷克共和国
Czech Republic

食谱描述：

这道菜肴美味又健康。

配　　料：

- 3公斤土豆；
- 20克盐；
- 150克面粉；
- 400克粗面粉；
- 1只鸡蛋；
- 新鲜水果（以杏为例）

烹调指南：

　　土豆带皮煮熟冷却，去皮捣碎，加盐、面粉和鸡蛋，和成面团。用手把小块面团搓圆，捏成锅形，放入切碎的杏，捏拢收口。在水中煮约7分钟即成。

Recipe description:

It's tasty and healthy too!

Ingredients for recipe:

- 3 kg potatoes
- 20 g salt
- 150 g flour
- 400 g coarse flour
- 1 egg
- fresh fruit (in this case apricot)

Recipe instructions :

Boil unpeeled potatoes and let them cool down.

Peel cold potatoes and grate them, then add salt, all flour and egg and make dough.

Roll small pieces of dough between your hands to make small dough balls.

Use your finger to make a small hole in the ball and put a small piece of apricot in there.

Seal the hole; the piece of fruit must be completely inside the dough ball. Boil prepared dough balls in water for approximately 7 minutes.

国家描述：真理必胜
语　　言：捷克语
首　　都：布拉格
人　　口：1050万
货　　币：捷克克朗
主要出口产品：汽车、机器、玻璃制品
加入欧盟时间：2004年
以何闻名：啤酒、玻璃制品、文学、建筑
名　　人：瓦茨拉夫·哈维尔

Slogan/Country characteristic: Truth prevails
Name of country in language of origin: Česká republika
Language(s): Czech
Capital: Prague
Population (in millions): 10.5
Currency: Czech crown
Main export products: cars, machinery, glass products
Date of entry into EU: 2004
Famous for: Beer, glass products, literature, architecture
Famous person: Vaclav Havel

洋葱烤猪肉、烤土豆配大黄和芥末醋油汁

Roast Pork With Onion Puré, Baked Potatoes, Rhubarb and Mustard Vinaigrette

丹麦 Denmark

国家描述：一个幸福感指数很高的地方；
友好、温暖，满意、和平之地
语　言：丹麦语
首　都：哥本哈根
人　口：560万
货　币：丹麦克朗
主要出口产品：食物、农业和渔业、医药产品、清洁技术
加入欧盟时间：1973年
以何闻名：自行车、绿色环保技术、设计和北欧菜肴
名　人：汉斯·克里斯蒂安·安徒生

Slogan/Country characteristic: Hygge ['hoo-ga'] - a deep sense of place & well-being; a feeling of friendship, warmth, contentment and peace with your immediate surroundings.
Name of country in language of origin: Danmark
Language(s): Danish (dansk)
Capital: Copenhagen (København)
Population (in millions): 5,6
Currency: Danske Kroner (DKK)
Main export products: Food, agriculture and fisheries; Medicine and pharmaceutical products; Cleantech.
Date of entry into EU: 1973
Famous for: Bikes, Greentech, Design and Nordic cuisine
Famous person: Hans Christian Andersen

食谱描述：

这道菜的原料均取自焦糖洋葱，猪肉和烤土豆的培植基地。所有的味甜的原料都被完美地结合在一起：新鲜的大黄、水果和芥末辣酱。脆脆的生洋葱和新鲜草药不只是为菜肴增添色彩和分量，还增加了菜肴的质感和平衡了苦味。

配料（4人份）：

- 猪颈肉或猪腰肉600克，要求瘦肉、去除骨头
- 葱4根
- 黄油或普通油少许用于煎炒
- 苹果陈醋100毫升
- 中个土豆4个
- 洋葱1个
- 大黄2茎
- 果醋100毫升
- 蜂蜜3汤匙
- 粗粮芥末2汤匙
- 菜籽油100毫升，最好经过冷却压榨
- 野菜叶一把，葱芥叶子、水芹叶子均可
- 海盐和黑胡椒

烹调指南：

葱去皮切段，放入油锅中低温煎炒20分钟至暗金黄色，淋上苹果醋，加入盐和胡椒粉调味。
土豆洗净，去除两端并把余下部分切成三段，放置于涂有油的烘烤箔纸上，加入盐和胡椒粉调味。
洋葱去皮切成圈儿状，放入冷水中使之变脆。把芥末、菜籽油和少许果醋搅拌均匀。
大黄洗净理顺切成片，把果醋和蜂蜜烧开再加入大黄片加热2分钟再冷却。
打开烤箱把温度调到170摄氏度，把猪肉用盐和胡椒粉调味放入烤箱烘烤40分钟。在烤箱中放入土豆和猪肉再一起烘烤20分钟。
拿出猪肉切条放上适温的洋葱、3个土豆和大黄少许，淋上芥末香醋，最顶端放上洋葱圈儿和绿叶。

Tasty Europe
European Union

Recipe description:

This dish has elements from the stable and the fields with a deep, darkly caramelized onion base, seared pork and simple, baked potatoes. The sweeter elements are perfectly balanced against the sharpness and fruity freshness of the rhubarb and mustard vinaigrette. Crunchy raw onions and fresh herbs do not just add color and height on the plate, but bring texture and a controlled bitterness to the dish.

Ingredients for recipe （serves 4 persons）：

- 600 g pork neck or loin, skin and boneless
- 4 white onions
- a little butter or oil for frying
- 100 ml aged apple vinegar
- 4 medium size potatoes
- 1 shallot onion
- 2 stems of fresh rhubarb
- 100 ml cider vinegar
- 3 tbsp. honey
- 2 tbsp. coarse grain mustard
- 100 ml rapeseed oil, preferably cold pressed
- a handful of wild, peppery leaves like "Jack-by-the-hedge" or cress
- sea salt and black pepper to taste

Recipe instructions:

Peel onions and slice. Fry onions in oil and at low temperature for 20 minutes, until they are a dark, golden color. Deglaze the onion in the pot with apple vinegar. Blend onions and season with salt and pepper.
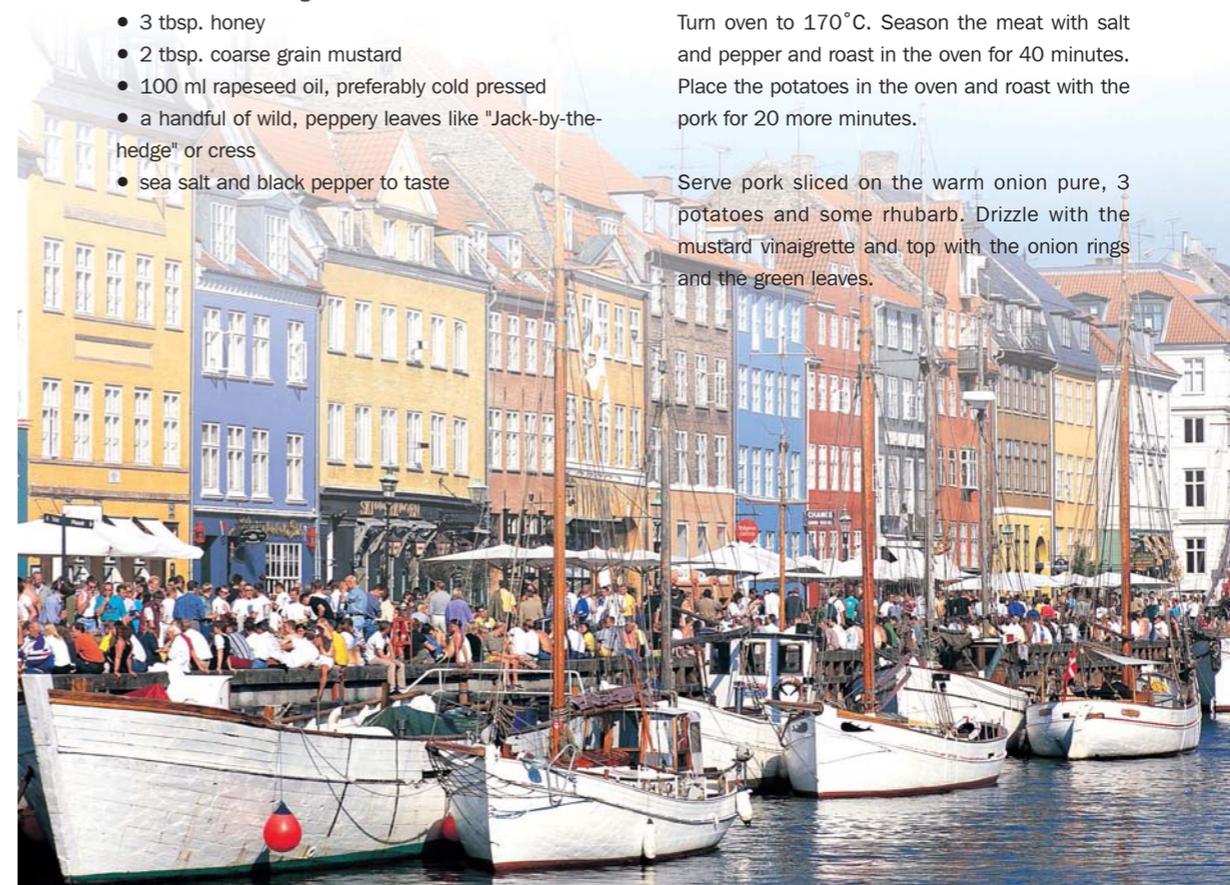
Wash potatoes and trim off top and bottom. Divide into 3 pieces across, place it all on an oiled baking sheet and season with salt and pepper.

Peel the shallot and slice into rings. Place in cold water to crisp up. Mix mustard with rape seed oil and a little cider vinegar.

Wash and trim rhubarb and slice into pieces. Bring the cider vinegar and honey to the boil, add the rhubarb pieces and heat for 2 minutes. Leave to cool.

Turn oven to 170°C. Season the meat with salt and pepper and roast in the oven for 40 minutes. Place the potatoes in the oven and roast with the pork for 20 more minutes.

Serve pork sliced on the warm onion pure, 3 potatoes and some rhubarb. Drizzle with the mustard vinaigrette and top with the onion rings and the green leaves.

猪肉冻 Jellied Pork（Sült）

爱沙尼亚
Estonia (Republic of)

食谱描述：

猪肉冻是爱沙尼亚的传统美食，它是将煮熟的猪肉制成胶冻状。我们的读者如果有勇气自己在家烹制，那您既可以向别人炫耀，也可以得到别人的赞许。

配　料：

- 2条猪腿（2条猪大腿、2只猪蹄）
- 500克瘦牛肉
- 3个洋葱
- 1瓣大蒜
- 2个胡萝卜
- 10–12粒黑胡椒
- 5混合香料
- 2片月桂叶
- 盐少许

烹调指南：

洗净猪肉并将其放入大号的炖锅中备煮，注入冷水，锅开后将血沫捞出，始终保持煮沸状态，文火焖炖。一小时后，将所有的洋葱（去头去尾但不要剥开）、大蒜、胡萝卜（切块儿）倒入锅中。继续焖煮，直到猪肉与骨头分离（大约需要3到4个小时）。关火前15分钟加入盐和香料。将锅中的猪肉与骨头捞出并分开盛装，并把猪肉切成小块，倒入原汤中继续炖煮至开锅。将猪肉冻的半成品分装在几个小碗中，置于低温环境中冷却凝固（需5至8小时）。装盘时配以山葵根或芥末以及热土豆或南瓜沙拉即可。

国家描述：充满惊喜的国度
语　　言：爱沙尼亚语、瑞典语
首　　都：塔林
人　　口：约130万
货　　币：欧元
主要出口产品：稀土矿物、食品、建筑建材
加入欧盟时间：2004年
以何闻名：网络即时语音沟通工具

Slogan/Country characteristic: Positively surprising
Name of country in language of origin: Eesti Vabariik
Language(s): Estonian, Swedish
Capital: Tallinn
Population (in millions): 1.3
Currency: Euro
Main export products: rare earths, food, construction
Date of entry into EU: 2004
Famous for: Skype

Recipe description:

A favourite traditional Estonian dish is sült, a jellied meat dish made from boiled pork. Any of our readers who are brave enough to try concocting it at home will earn bragging rights and the admiration of all!

Ingredients for recipe:

- 2 pork legs (2 thighs, 2 hooves)
- 500 g bony beef
- 3 medium onions
- 1 garlic clove
- 2 carrots
- 10-12 grains of black pepper
- 5 grains of mixed spices
- 2 laurel leaves
- salt to taste

Recipe instructions:

Wash the meat and boil it in a large stew pot. Water must be cold when meat is added. Remove foam when the water starts to boil. Keep the water just above the boiling point, allowing it to simmer. After the first hour, add whole onions (tops and bottoms removed, but not peeled), garlic, and carrots (cut into rings). Continue boiling until meat is loose from bones (three to four hours). Add salt and spices 15 minutes before boiling process is finished. Remove all meat and separate it from bones. Cut the meat into small pieces, mix with the liquid and heat to boiling point once more. Pour sült mixture into several smaller bowls, and allow to harden in a cool place (five to eight hours). Serve cold with horseradish or strong mustard, and with hot potatoes and pumpkin salad on the side.

蓝莓派
Blueberry Pie
(Mustikkakukko)

国家描述：创意芬兰
语　　言：91%芬兰语、5%瑞典语
首　　都：赫尔辛基
人　　口：540万
货　　币：欧元
主要出口产品：电子产品、机械与交通设备、
　　　　　　　木材与造纸产品
加入欧盟时间：1995年
以何闻名：创造力、教育、清洁技术、设计、食品安全
名　　人：圣诞老人

Slogan/Country characteristic: Think Finland
Name of country in language of origin: Suomen Tasavalta
or Suomi
Language(s): 91% speak Finnish, 5% speak Swedish
Capital: Helsinki
Population (in millions): 5.4
Currency: Euro
Main export products: electronic products, machinery and
transport equipment, wood and paper products
Date of entry into EU: 1995
Famous for: creativity, education, clean technology,
design, food safety
Famous person: Santa Claus

芬兰 Finland

食谱描述：

蓝莓派是来自芬兰东部的一种传统甜点。蓝莓的香味与黑
麦富含的能量相融合，美味又健康。

配　料：

面皮：
- 250克 黄油, 软化
- 150毫升 糖
- 400毫升 黑麦粉 (全世界各大健康食品店皆有售)
- 100毫升 小麦粉
- 1 勺 发酵粉

馅料：
- 1公斤 蓝莓
- 100克 糖

烹调指南：

将黄油和糖混合，随后将黑麦粉、小麦粉和发酵粉与事先
混合好的黄油与糖和在一起。将三分之二的面皮均匀铺在一个比
较深的烤盘的底部和四周。

加入新鲜或者冰冻的蓝莓。（如果是冰冻的蓝莓，则要加
入一小勺的马铃薯淀粉与糖混合）然后在蓝莓上洒上糖，再将
剩下的面皮盖在蓝莓上面。

以200度温度烤一个小时，取出待用。可以配合香草冰淇
淋、奶油蛋羹或鲜奶油一起食用。

Recipe description:

Mustikkakukko is a traditional dessert from eastern
Finland. It combines the delicate taste of the
blueberry and the robust energy of rye. Rye and
blueberries are health-enhancing.

Ingredients for recipe:

For the dough:
- 250 g butter, softened
- 150 g sugar
- 400 g rye flour (available from health food shops
all over the world)
- 100 g wheat flour
- 1 tsp. baking powder

For the filling:
- 1 kg blueberries
- 100 g sugar

Recipe instructions:

Mix the butter and sugar. Mix the rye flour, wheat
flour and baking powder and add to the sugar
and butter mixture. Press about 2/3 of the dough
onto the base and sides of a deep-sided oven
dish.

Add fresh or frozen blueberries. (If you are using
frozen blueberries, add 1 dessert spoon of potato
starch, mixing it with the sugar.) Sprinkle sugar
over the blueberries. Cover the blueberries with
the rest of the dough.

Bake for about an hour at 200˚C. Allow to cool
for a while and serve with vanilla ice cream,
custard or whipped cream.

法式橙汁烤鸭
Roast Duck with Orange Sauce
（Canard à l'Orange）

国家描述： 自由、平等、博爱
语　　言： 法语
首　　都： 巴黎
人　　口： 6500万
货　　币： 欧元
主要出产品： 机械和交通设备，化工，红酒
加入欧盟时间： 1951年
以何闻名： 法国菜，红酒，时装，建筑
名　　人： 维克多·雨果

Slogan/Country characteristic: Liberty; Equality, Fraternity
Name of country in language of origin: France
Language(s): French
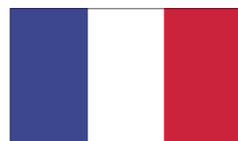Capital: Paris
Population (in millions): 65
Currency: Euro
Main export products: machinery and transportation equipment, chemicals, wine
Date of entry into EU: 1951
Famous for: French cuisine, wines, fashion, architecture
Famous person: Victor Hugo

法兰西共和国
French Republic

食谱描述：

橙汁烤鸭是法国的经典佳肴。鸭肉本身肉质非常鲜美，橙汁的味道又使这道菜品得到升华，这酱汁就像是浓缩的阳光的味道，即使是路易十四也挑不出它的毛病！

食谱配料：

- 一整只鸭或4片鸭胸
- 盐及胡椒
- 2个橙子
- 4汤匙蜜
- 4汤匙红酒醋
- 1/3杯白酒或波特酒
- 3汤匙柑曼怡酒
- 4根葱，切沫
- 2 汤匙软化黄油
- 400毫升鸡汤或鸭汤

烹调指南：

烤箱预热至220度。将鸭子提取从冰箱里取出并在室温下放置30分钟。用凉水清洗鸭子，用厨房用纸将其拭干并把鸭翅膀包进鸭身以免被烤焦。用烤肉叉子或者牙签将鸭子皮上扎孔。取除掉鸭身处多余油脂。按照个人口味在鸭内外调撒上盐及胡椒。

将鸭子放在烤盘中，并将烤盘放在烤箱最底层处烤架上烤15分钟。然后将烤箱温度调到180度继续烤，每15到20分钟将烤盘里的油涂在鸭子身上直到整只鸭子被烤熟。因鸭子及烤箱的大小不同，大致需要1到1个半小时。

在烤鸭子的过程中，可以开始准备酱汁。小心的取下橙子皮，注意不要取到白色苦的部分。将橙汁榨出并将橙皮及橙汁放置待用。

将糖和酒醋加到一个中号炖锅中，并将锅在中火上加热，不断的搅拌直到糖充分溶解并开始变成棕色。此时立即将锅从火上取走，并小心的搅拌将橙汁加入到锅内。

再将锅放在火上并加入鸡汤。用小火加热并搅拌至焦糖完全溶解。将做好的酱汁放置待用。

鸭子烤好之后，从烤箱取出，用箔纸蓬松的将鸭子包裹一下并放置15到20分钟。撒出烤盘中多余的油脂并将白葡萄酒或波尔多红酒加入其中。将烤盘放在烤箱火上加热直到酒和烤盘里的汁沸腾，并将它加入到刚才准备好的酱汁的锅里。将橙皮搅拌的加入到锅中。

将混合的酱汁用小火加热到近沸腾。将玉米淀粉及Grand Marnier利口酒在一个小碗里混合，并将它加入之前的酱汁中使其变稠。让酱汁从火上取下并缓慢的将黄油加入到酱汁中，搅拌将其混合。

将鸭子切好并放在一个盘子中。酱汁可放在一个另一个容器中，一起呈上。

Recipe description:

A classic French dish of roasted duck served with a rich orange sauce. The duck meat itself is a deeply flavorful meat but it is the sauce that lifts the dish into memorability, a sauce that tastes like concentrated sunshine that even Louis XIV couldn't possibly quibble with.

Ingredients for recipe:

- 1 duck or 4 duck breasts
- sea salt and freshly ground black pepper
- 2 oranges
- 4 tbsp. honey
- 4 tbsp. red wine vinegar
- 1/3 cup white wine or port
- 3 tbsp. grand Marnier liqueur
- 4 shallots, finely diced
- 2 tbsp. butter, softened
- 400 ml duck or chicken stock

Recipe instructions:

Preheat oven to 220 °C. Remove the duck from the refrigerator about 30 minutes before you put it in the oven and let it come to room temperature. Wash the duck with cold water, pat it dry with paper towels and tuck the wings under the body to keep them from burning. Prick the duck skin all over with a skewer or toothpick. Trim any excess fat from the opening of the body cavity. Season the duck liberally inside and outside with salt and pepper.

Set the duck on a rack in a roasting pan. Place the roasting pan in the lowest rack of the oven and roast for about 15 minutes. Then reduce the heat to 180 °C and continue to roast, basting with the pan juices every 15 to 20 minutes, until the duck is cooked through and the temperature in the thickest part of the thigh measures between 70 °C and 80 °C (use a meat thermometer). Depending on your oven and the size of your bird, this should take anywhere from 1 to 1½ hours.

While the duck is roasting, prepare the sauce. Zest the oranges, taking care not to get any of the bitter white pith. Squeeze the juice from the oranges and set the zest and juice aside.

Add the honey and vinegar to a medium-sized saucepan. Set the saucepan over medium-low heat and cook, stirring constantly, until the honey is completely dissolved and starts to turn golden brown. Immediately remove from heat and carefully stir in the reserved orange juice.

Return to the flame and add the chicken stock. Whisk over low heat until the caramelized sugar is completely dissolved. At this point the sauce base can be set aside until the duck is finished roasting.

When the duck is finished, remove it from the oven, cover it loosely with foil and set it aside to rest for 15 to 20 minutes. Skim any excess fat from the roasting pan and add the wine or port. Place the roasting pan on the stovetop over medium flame and bring the wine and pan juices to a boil, scraping up any bits of drippings off the pan. Pour the pan juices into the saucepan with the sauce base. Strain the sauce, return it to the saucepan and stir in the reserved orange zest.

Bring the sauce to a simmer over low heat. Stir the cornstarch and Grand Marnier together in a small bowl, then whisk the mixture into the simmering sauce to thicken it. Remove the sauce from heat and slowly whisk in the butter to enrich the sauce.

Carve the duck and place it on a serving platter. Serve the sauce in a sauceboat alongside the carved roast duck.

黑森林蛋糕Black Forest Gateau (Schwarzwälder Kirschtorte)

© picture-alliance/dpa/Stockfood

德意志联邦共和国
Federal Republic of Germany

国家描述：思想之国
语　　言：德语
首　　都：柏林
居　　民：8200万
货　　币：欧元
主要出口产品：汽车，机械，化学产品
加入欧盟时间：1951年
以何闻名：高科技产品，创新，电子音乐，啤酒，汽车
名　　人：约翰·沃尔夫冈·冯·歌德

Slogan/Country characteristic: Land of ideas
Name of country in language of origin: Bundesrepublik Deutschland
Language(s): German
Capital: Berlin
Population (in millions): 82
Currency: Euro
Main export products: cars, machines, chemical products
Date of entry into EU: 1951
Famous for: high-tech products, innovation, electronic music, beer, cars
Famous person: Johann Wolfgang von Goethe

食谱描述：

　　黑森林蛋糕是由多层巧克力组成的海绵蛋糕，蛋糕里有樱桃汁，并用奶油和樱桃装饰。黑森林蛋糕是德国，甚至是全世界最受欢迎的蛋糕之一。一些人认为黑森林蛋糕是根据黑森林命名的（德国西南地区浓密的森林山脉），还有一些人认为仅仅因为使用了黑森林地区的樱桃酒。不管怎样，蛋糕的主要成分巧克力，涂抹的奶油和点缀的樱桃，其颜色同样也是黑森林地区传统服饰的颜色。

配　　料：

巧克力蛋糕配料
- 3个鸡蛋
- 4汤匙温水
- 150克糖
- 100克淀粉
- 80克面粉
- 20克可可粉
- 1茶匙发酵粉

夹层配料
- 600毫升搅打奶油
- 3个用于打发奶油的袋子
- 25克冰糖
- 一些樱桃酒或樱桃汁
- 一罐酸樱桃
- 一汤匙可可粉
- 80克黑巧克力屑

食谱指南：

　　巧克力蛋糕（应在准备夹层前一天烘烤好）：将糖，鸡蛋和4茶匙水在碗中搅拌直到产生泡沫。缓慢加入淀粉，面粉，发酵粉和可可粉。把面团放入一个直径为26厘米的蛋糕烤盘中，不要忘了涂油脂，在预先加热至180度的烤箱里烘烤。

　　奶油夹层：把糊状奶油，已搅打的奶油以及冰糖放入电动混合器中。然后在三分之一的糊状奶油中混入20克可可粉。

　　如何制作蛋糕：把海绵蛋糕水平切成三层。将底层浸没在樱桃汁里，加入酸樱桃和三分之一白色搅打奶油。把第二层放在上面，并在上面涂抹巧克力奶油和50克巧克力屑，最后把第三层蛋糕至于顶部，把剩下的奶油涂抹在上方或边沿。用剩下的巧克力屑和樱桃装饰。

Recipe description:

Black Forest Gateau consists of several layers of chocolate sponge cake sprinkled with kirschwasser (cherry schnapps), whipped cream and cherries. It is one of the most popular cakes in Germany if not worldwide. While some believe it is named after the Black Forest (a densely wooded mountainous region in South-West Germany), other sources claim the name only stems from the use of cherry schnapps from the Black Forest region. In any case, the colours of the main ingredients – chocolate, whipped cream and cherries – are also the colours of the traditional costume of the Black Forest region.

Ingredients for recipe:

For the chocolate sponge cake:
- 3 eggs
- 4 tbsp. warm water
- 150 g sugar
- 100 g starch flour
- 80 g flour
- 20 g cocoa powder
- 1 tsp. baking powder

For the filling:
- 600 ml whipped cream
- 3 packages of cream stabilizer
- 25 g icing sugar
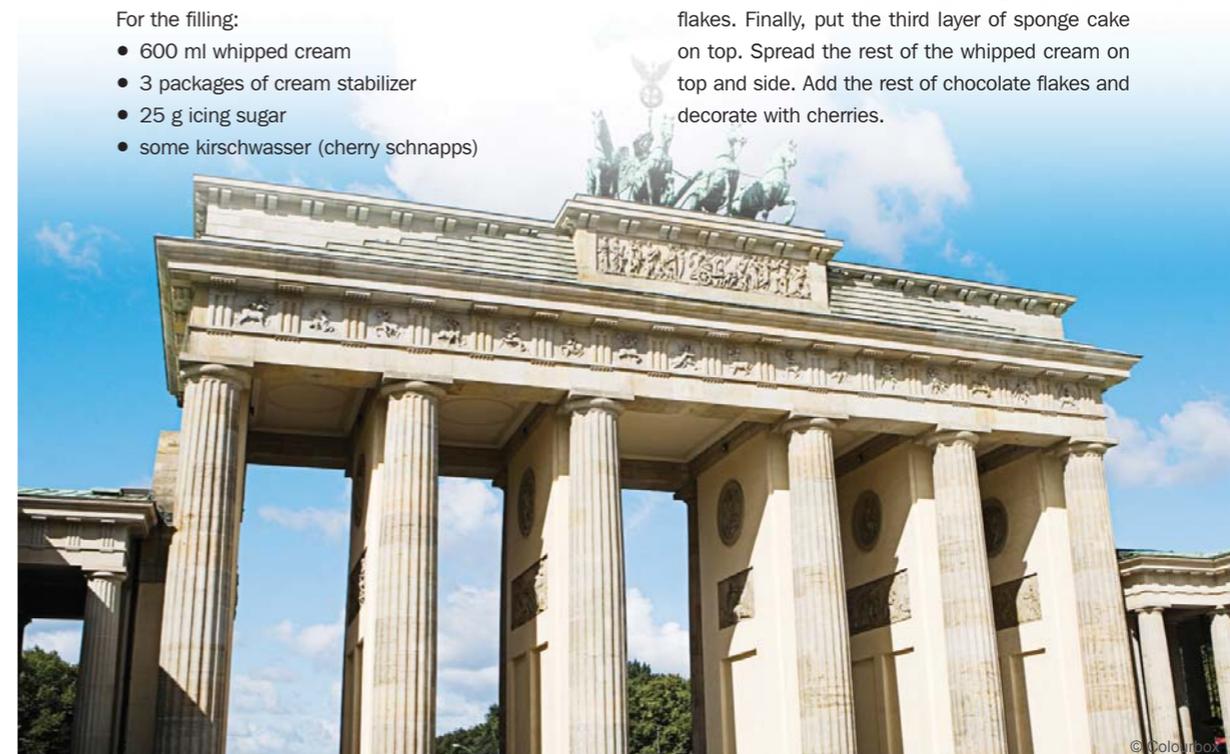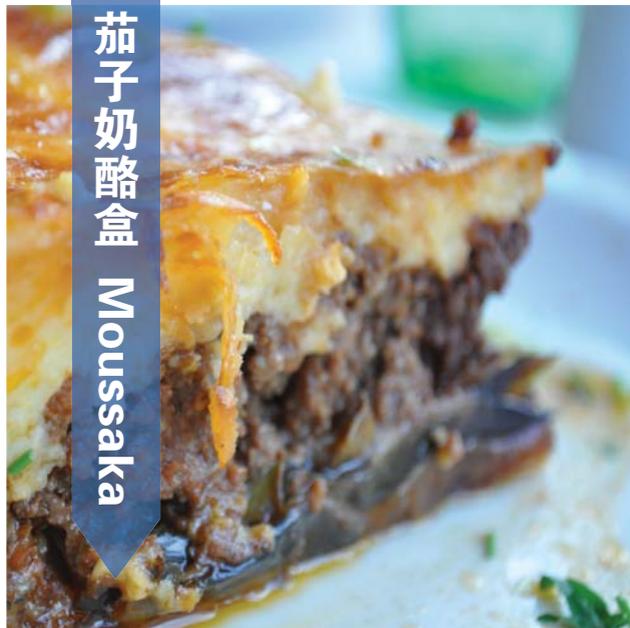- some kirschwasser (cherry schnapps)
- 1 jar sour cherries
- 1 tbsp. cocoa powder
- 80 g dark chocolate flakes

Recipe instructions

Chocolate sponge cake (you should bake it one day before you prepare the filling). Put sugar, eggs and 4 teaspoons of water in a bowl and beat until foamy. Gradually add starch flour, flour, baking powder as well as cocoa powder. Put the dough in a round cake pan (26cm diameter, don't forget to grease!) and bake in preheated oven at 180˚C.

Cream filling: Beat whipping cream, cream stabilizer and icing sugar with an electric mixer. Then mix 1/3 of the whipped cream with 20 g of cocoa powder.

How to assemble the cake: Slice the sponge cake into three horizontal layers. Douse the bottom layer with kirschwasser, add sour cherries and 1/3 of the white whipped cream. Place the second layer of sponge cake on top and spread it with the chocolate cream and 50 g of chocolate flakes. Finally, put the third layer of sponge cake on top. Spread the rest of the whipped cream on top and side. Add the rest of chocolate flakes and decorate with cherries.

茄子奶酪盒 Moussaka

希腊
Hellenic Republic

国家描述：
"天佑国土，
希腊，英雄的母亲，
挚爱的，我亲爱的祖国……"
– 安德烈亚斯·希尔斯诗集，1792–1869

语　　言：希腊语
首　　都：雅典
人　　口：1120万
货　　币：欧元
主要出口产品：造船业、旅游业、农产品
加入欧盟时间：1981年
以何闻名：文化遗产、阳光美景、岛屿、美酒、
　　　　　橄榄油、美食
名　　人：亚历山大大帝

Slogan/Country characteristic:
'Land, care of the Gods,
HELLAS, mother of heroes,
dearest, my sweet fatherland…'
Andreas Kalvos, poet, 1792-1869
Name of country in language of origin: ΕΛΛΑΔΑ
Language(s): Greek
Capital: Athens
Population (in millions): 11, 2
Currency: Euro
Main export products: Shipping, tourism, agricultural products.
Date of entry into EU: 1981
Famous for: cultural heritage, picturesque sunny scenery, islands, wine, olive oil and gastronomy, greek diet
Famous person: Alexander the Great

食谱描述：

茄子奶酪盒是希腊美食的外交功臣，这道菜提升了希腊美食在全球的知名度。

配　　料：

- 4 个中号茄子
- 1块黄油
- 两大棵洋葱，切碎
- 900克牛肉馅
- 3 汤匙番茄酱
- 1/2 杯水
- 1/2 杯葡萄酒
- 盐，胡椒，欧芹
- 3 个鸡蛋
- 100克面包屑
- 100克帕米森芝士

调味酱
- 6 汤匙黄油
- 6 汤匙面粉
- 3 杯热牛奶
- 4 个鸡蛋

烹调指南：

将茄子切成1厘米厚的薄片。洒适量盐，放置两个盘中腌制1 小时后，洗净。

将黄油融化，用慢火翻炒肉馅和洋葱碎。放入番茄酱，水，及葡萄酒。加入盐，胡椒，欧芹（新鲜或成品）。小火炖至收汤。

将三个鸡蛋打碎与肉酱混合。加入50克面包屑和帕米森芝士。

在植物油中浸泡茄子片直至变成金黄色，但不要卷曲。将茄子片放入纸巾上吸干。

将一个平底锅底涂上黄油，并均匀洒下50克杯面包屑。平铺肉酱和茄子，最上面再加一层肉酱。

准备调味酱首先将 6 汤匙黄油融化，加入6 汤匙面粉。放入牛奶搅拌。将鸡蛋打碎分小量慢慢加入到混合物中，低火加热，继续搅拌。

将调味酱盖在肉酱表面，洒些芝士粉。用 180度火烤1 个小时。切成方块上桌。

Recipe description:

Moussaka is the ambassador of Greek cuisine, the meal that has raised global awareness of Greek culinary delights.

Ingredients for recipe:

- 4 medium eggplants
- 1 stick of butter
- 2 large onions, chopped
- 900 g ground beef
- 3 tbsp. tomato paste
- 1/2 cup of water
- 1/2 cup of wine
- salt, pepper, parsley
- 3 eggs
- 100 g bread crumbs
- 100 g Parmesan cheese

Sauce:
- 6 tbsp. butter
- 6 tbsp. flour
- 3 cups warm milk
- 4 eggs

Recipe instructions:

Cut eggplant into 1 cm thick slices. Sprinkle with salt.

Place between two plates and stand for one hour. Rinse well.

Melt butter and sauté onions with meat. Add tomato paste, water and wine. Season with salt, pepper and parsley (fresh or dried). Cook over low heat until all liquid is absorbed.

Stir 3 beaten eggs into the meat mixture. Add 50 g bread crumbs and Parmesan cheese.

Brown eggplant in Crisco. Slices should be golden, not crisp. Let eggplant drain on paper towels.

Butter a pan, sprinkle with 50 g bread crumbs. Layer beef and eggplant, ending with ground beef on top.
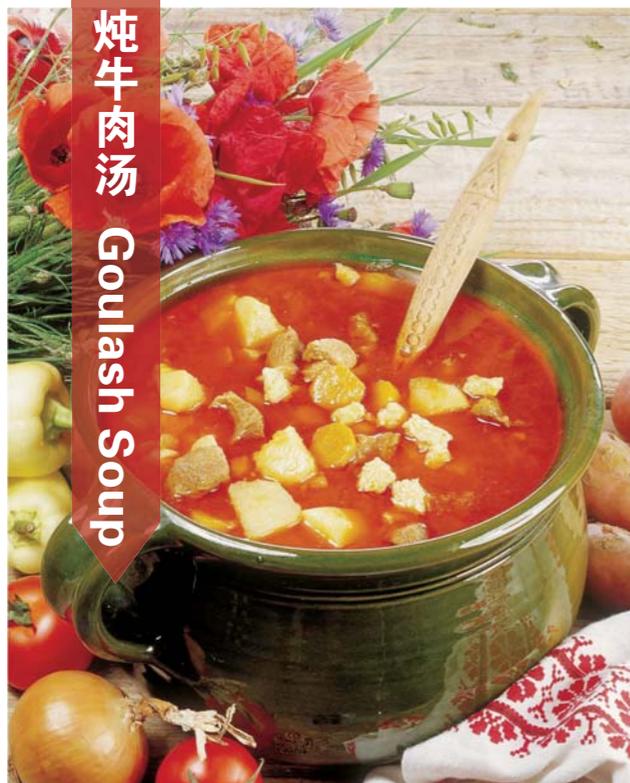
Prepare sauce by first melting 6 tablespoons of butter and adding 6 tablespoons flour. Stir in milk gradually. Beat eggs. Add small amount of eggs to milk mixture and continue beating. Stir constantly and cook over very low heat.

Cook meat with sauce. Sprinkle with more grated cheese. Bake for 1 hour in 180°C oven. Cut into squares and serve hot.

炖牛肉汤 Goulash Soup

匈牙利
Hungary

食谱描述：

做这道菜最好使用铁锅，明火加热。

配料（6人份）：

- 1.2千克牛肉
- 100克食用油
- 3个洋葱
- 两茶匙辣椒面
- 一个青椒
- 1500毫升水
- 一千克土豆
- 1.5茶匙盐
- 一颗鸡蛋
- 150克面粉

烹调指南：

洋葱切成小块儿，油煎至金黄。加一茶匙辣椒面和一个青椒。将牛肉切成粒状，并倒向炸好的洋葱。混合均匀，盖上锅盖煮至肉变嫩。锅内水少下，要经常翻看。当牛肉煮好后，加水至没住牛肉，加入土豆。。土豆煮软后，向汤中加些辣椒面。

Recipe description:

The best way of cooking it is on an open fire in an iron pot "bogrács".

Ingredients for recipe (for 6 persons):

- 1.2 kg beef
- 100 g cooking fat
- 3 onions
- 2 tsp. of paprika (powder)
- 1 green pepper
- 1500 ml water
- 1 kg potatoes
- 1.5 tsp. of salt
- 1 egg
- 150 g flour

Recipe instructions:

Chop the onions into small pieces. Fry in fat till they turn yellow. Add a teaspoon of paprika and one green pepper. Cut the beef into small cubes; add it to the fried onion. Mix it well, and stew it under the lid till the meat becomes tender. Constantly replace the moisture that has boiled off with a little water.

When the beef is ready, add water to cover, and add diced potatoes. When the potatoes are soft, boil small pieces of pastry in the soup.

国家描述：匈牙利，超乎你的想象
语　　言：匈牙利语
首　　都：布达佩斯
人　　口：1000万
货　　币：匈牙利福林
主要出口产品：器械、食物和饮料、电子产品
加入欧盟时间：2004年
以何闻名：发明创造（魔方、圆珠笔、火柴等等）、
　　　　　古典音乐和传统美食
名　　人：费伦茨·李斯特

Slogan/Country characteristic: Hungary - beyond your expectations.
Name of country in language of origin: Magyarország
Language(s): Hungarian
Capital: Budapest
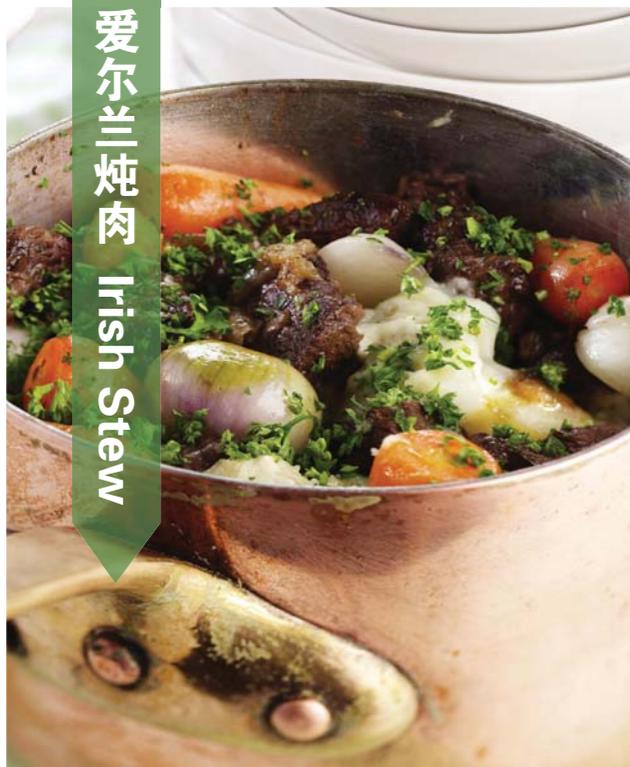Population (in millions): 10
Currency: Hungarian Forint (HUF)
Main export products: Machinery, food and beverages, electronics.
Date of entry into EU: 2004
Famous for: Inventions (Rubik's Cube, ball pen, matches etc.), classical music and national food.
Famous person: Franz Liszt

爱尔兰炖肉 Irish Stew

爱尔兰 Ireland

食谱描述：

爱尔兰炖肉：美食家的炖肉，寒冷的冬夜里的理想美味。

配　料：

- 1千克 羊肩排切成整齐的方块（保留骨头）
- 两根胡萝卜，剁碎
- 1个洋葱，剁碎
- 4个马铃薯，剁碎
- 两根芹菜，剁碎
- 1根韭菜切片
- 盐和黑胡椒
- 大约50克 绿卷心菜，切碎
- 125毫升奶酪
- 少量伍斯特沙司
- 剁碎的欧芹

烹调指南：

　　把羊肉放在一口大锅里，放入凉水，煮沸，然后把水排干，清洗羔羊肉后放入一个干净的罐里，放入骨头，注入大约1升水，放入蔬菜（但不包括卷心菜）和调料，盖上罐盖，温火煮大约1个小时，或者直到肉嫩为止，最后剔除骨头。

　　最后调味：从罐里倒出大约250毫升的汤和蔬菜。然后用奶酪加工后放回罐里，加入切好的卷心菜和伍斯特沙司，炖大约5−10分钟，直到完全煮熟卷心菜，尝尝味道，加点欧芹，就可以盛入深盘。

国家描述：绿宝石岛
语　　言：英语，爱尔兰语
首　　都：都柏林
人　　口：450万
货　　币：欧元
主要出口产品：通信技术产品，药品，农产品
加入欧盟时间：1973年
以何闻名：爱尔兰舞蹈，音乐，绿地，莫赫悬崖，
　　　　　爱尔兰威士忌，牛肉，海鲜
名　　人：乔治·萧伯纳

Slogan/Country characteristic: the Emerald Isle
Name of country in language of origin: Éire/Ireland
Language(s): English, Irish
Capital: Dublin
Population (in millions): 4.5
Currency: Euro
Main export products: ICT products, chemicals and pharmaceuticals, agri-food products
Date of entry into EU: 1973
Famous for: Irish dance, music, green fields, Cliffs of Moher, Irish whiskey, beef, seafood
Famous person: George Bernard Shaw

Recipe description:

Irish stew: A gourmet stew, ideal comfort food for a cold winter's evening

Ingredients for recipe:

- 1kg shoulder of lamb well trimmed and diced (keep the bones)
- 2 carrots, chopped
- 1 onion, chopped
- 4 potatoes, chopped
- 2 sticks celery, chopped
- 1 leek, finely sliced
- salt and black pepper
- 50 g approximately green cabbage, finely shredded
- 125ml cream
- dash worcester sauce
- chopped parsley

Recipe instructions:

Place the lamb in a large pot. Cover with cold water and bring to the boil. Drain and rinse the lamb, place in a clean pot. Add the bones to the pot. Cover with approx 1 litre of water. Add the vegetables, except the cabbage. Season. Cover the pot and cook gently for approx. one hour, or until the meat is tender. Then remove the bones.

Remove about 250ml of the liquid and vegetables from the pot. Process this with the cream and return to the pot with the finely shredded cabbage. Add the Worcester sauce. Simmer for 5-10 minutes, until the cabbage is heated through. Check the seasoning. Add the parsley and serve in deep plates.

博洛尼亚肉酱 Ragù Bolognese

意大利
Republic of Italy

国家描述：美丽的国家
语　　言：意大利语
首　　都：罗马
人　　口：约6030万
货　　币：欧元
主要出口产品：汽车，石油及制品，能源和电气工程
加入欧盟时间：1951年
以何闻名：意大利面，批萨，冰激凌，节日
名　　人：达芬奇

Slogan/Country characteristic: "Il Bel Paese" ("The Beautiful Country")
Name of country in language of origin: Italia
Language(s): Italian
Capital: Rome
Population (in millions): 60.3
Currency: Euro
Main export products: Motor Vehicles; Chemicals and Petrochemicals; Energy and Electrical Engineering.
Date of entry into EU: 1951
Famous for: Pasta, Pizza, Gelato, Holidays
Famous person: Leonardo da Vinci

食谱描述：

　　博洛尼亚肉酱是来自博洛尼亚的经典食谱。其起源可追溯到几个世纪前，早在番茄被引入欧洲之前即存在。实际上，它是一种肉酱，其中只含有少量的番茄或番茄汁。酱汁以文火慢炖而成，肉香丰富。酱汁用来配食干面条或宽条面，作为正餐的头道菜再好不过了。

配　　料：

- 60克意大利熏肉（或未经烟熏的培根）
- 芹菜1根
- 中等胡萝卜1个
- 中型洋葱1个
- 60+60克黄油
- 3–4汤匙初榨橄榄油
- 盐和胡椒
- 340克牛肉馅
- 340克瘦猪肉馅
- 约100克意大利生火腿，切碎
- 225克原味意大利香肠，去皮
- 230毫升干红葡萄酒1杯
- 200克西红柿酱1杯
- 1杯（230毫升）肉汤（如有需要）
- 2汤匙牛奶或鲜奶油
- 250克新鲜意面（或干鸡蛋宽条面）
- 140克磨碎的帕尔马奶酪

烹调指南：

　　将熏肉，芹菜，胡萝卜，洋葱切碎。将60克黄油和橄榄油放于中等大小锅中。当黄油开始发酒，放入蔬菜丁，盐和胡椒。翻炒至洋葱变软呈半透明状。

　　加入牛肉馅，猪肉馅，切好的生火腿和香肠。改为中火，煮至肉呈金黄色。用木勺搅拌，将肉碾成小块。加入葡萄酒。改为中高火，使葡萄酒蒸发。

　　加入番茄,改为文火慢煨，酱汁慢煮至少3个小时。如果酱汁过于浓稠，加入少量肉汤。

　　加入牛奶（或奶油）和60克黄油，锅离火。加入盐和胡椒调味。

　　在做好的酱汁上撒入帕马森奶酪屑并搅拌。食用时，可根据口味添加更多帕玛森奶酪屑。

Recipe description:

Ragù Bolognese is a classic recipe from Bologna. The original recipe goes back centuries, before the introduction of the tomato to Europe. In fact it is a meat sauce and there is only a small quantity of tomatoes or tomato extract. The sauce is very slowly cooked on low heat and the final flavor is meaty and rich. The sauce is used to dress tagliatelle or fettuccine, and is a wonderful first course for any formal dinner.

Ingredients for recipe:

- 60 g pancetta (or substitute with un-smoked bacon)
- 1 celery stick
- 1 medium carrot
- 1 medium onion
- 60 + 60 g butter
- 3-4 tbsp. extra-virgin olive oil
- salt and pepper
- 340 g ground beef
- 340 g ground lean pork meat
- 100 g prosciutto, finely ground
- 225 g unflavored Italian sausage, skin removed
- 1 cup (230 ml) dry red wine
- 1 cup (200 g) tomatoe purée
- 1 cup (230 ml) broth (if necessary)
- 2 tbsp. milk or heavy cream
- make fresh pasta or substitute with 250 g dry egg fettuccine
- 140 g parmigiano reggiano cheese, freshly grated

Recipe instructions:

Chop finely together the bacon, celery, carrot, and onion. Place 60 g of the butter and olive oil in a medium size saucepan. When the butter starts foaming add the chopped vegetables, salt, and pepper. Sauté until onion becomes soft and translucent.

Add the ground beef, ground pork, ground prosciutto, and sausage. Turn the heat to medium and cook until meat is browned. Stir and break the meat in small bits with a wooden spoon.

Add the wine. Turn the heat to medium-high and let the wine evaporate. Add the tomato and lower the flame to a very slow simmer. Let the sauce cook very slowly for at least 3 hours.

Add a small quantity of broth if the sauce thickens too much. Stir in the milk (or cream) and 60 g butter just before removing the saucepan from the heat. Adjust salt and pepper.

Top with the sauce, the parmigiano reggiano cheese, and toss. Serve accompanied by a small bowl with more grated parmigiano reggiano cheese.

培根蛋糕（Speķa Rauši）
Bacon Cake（Speķa Rauši）

拉脱维亚
Latvia (Republic of)

国家描述：慢慢享受！尽情享受！
语　　言：拉脱维亚语
首　　都：里加
人　　口：约220万
货　　币：拉特
主要出口产品：木材、纸和农产品
加入欧盟时间：2004年
以何闻名：八目鳗、酸甜面包、香菜芝士、啤酒、篮球
名　　人：阿尔维德·布卢门撒尔（鳄鱼猎人）

Slogan/Country characteristic: Best Enjoyed Slowly
Name of country in language of origin: Latvijas Republika
Language(s): Latvian
Capital: Riga
Population (in millions): 2.2
Currency: Lats
Main export products: timber, paper and agricultural products
Date of entry into EU: 2004
Famous for: Latvia is famous for its lampreys, sweet-and-sour bread, caraway cheese and beer. Latvians are known to be good at basketball.
Famous person: Arvids Blumentāls (crocodile hunter)

食谱描述：

拉脱维亚的美食几乎都不含香料，这主要是因为其进口不易。因而其食物主要是取自当地自产的食材，如干豌豆、肉（培根和火腿），这些食材都含有较高的热量。培根蛋糕是用黑麦粉、胡萝卜、土豆、苹果和干烙馅饼制作而成的圆形小蛋糕。它的馅在边上。

配　　料：

- 500克小麦粉
- 一杯牛奶
- 75克黄油
- 100克土豆
- 盐少许

馅料
- 250克熏培根
- 50克洋葱
- 糖及胡椒少许
- 1/2汤匙香菜

烹调指南：

将牛奶、黄油和盐加热至30摄氏度后放入混有酵母的精选小麦粉中，揉成面团，在搓揉面团的过程中加入煮熟并切碎的土豆块。

将混有土豆的面团揉好后放在温暖的地方发酵一段时间，再放回碗中进行二次发酵。之后将面团分成大约20个等份，将每个小面团擀平成面饼状，在面饼中间放入一汤匙的馅料，在平底锅底上涂上油后，将抱有馅料的面饼沿锅边摆放，使其外形成新月状。让蛋糕在平底锅中发酵一会儿后，在蛋糕表面涂一层半熟的蛋液，放入热烤箱中烤十分钟即可。冷热均可食用。

馅料制作，将培根切成小块，然后根据个人口味加入适量的洋葱末、胡椒、糖和香菜。如果您愿意，也可用洋葱将培根煎至微熟后再行调配。

Recipe description:

Latvian food is totally free from spices mainly because of the unavailability of imported spices. It usually consists of home grown materials like dry peas, cheap meat (like bacon and pork hocks), which are high in calorie content. Speka rauši is a bun that is made out of rye flour with carrots, potatoes, apples and cottage cheese pies. Its border holds the filling in place.

Ingredients for recipe:

- 500 g wheat flour
- one glass milk
- 75 g butter
- 100 g potatoes
- salt to taste

Filling
- 250 g smoked bacon
- 50 g onions
- sugar, pepper
- 1/2 tsp. caraway

Recipe instructions:

Heat the milk, butter, and salt to 30 ℃. Into the mix blend yeast and sifted wheat flour, forming the dough, during the kneading of which add boiled diced/minced potatoes.

Take the well-kneaded dough and let it rise in a warm place, press it back into the bowl, let it rise again, then separate into about 20 equal pieces. Flatten each piece of dough, put about one tablespoon of filling into the middle, press the edges together and place it on a greased pan with the seam on the bottom, formed into the shape of a crescent moon. Let them rise again on the pan, coat with a half-beaten egg, and cook in a very hot oven for about 10 minutes. Eat hot or cold.

For the filling, cut the bacon into small cubes, then add diced onion, pepper, sugar, and caraway according to taste. If you wish, you can lightly brown the bacon with the onion.

European Union

甜菜根冷汤 (saltibarsciai) Cold Beet Soup

© Renata Ničajienė

立陶宛
Republic of Lithuania

食谱描述：

大多数的立陶宛神话故事都会有这样的相似的喜剧结尾，"他们又继续享受美食、畅饮美酒……"立陶宛有很深远的餐饮文化传统，所以如果想尝遍所有的立陶宛美食，您可要 在立陶宛多呆些日子哦！

在这本烹饪手册中，我们将为您介绍的是红甜菜冷汤。立陶宛人每天午餐和晚餐都要喝汤，在众多的汤品中，甜菜冷汤是最受欢迎的夏季汤。请您尽情享用吧！

配　料：

- 两根熟红甜菜，去皮，切成粗粒
- 两个新鲜黄瓜，切丝
- 两颗煮熟的鸡蛋
- 100克酸奶油
- 四杯酸乳脂，黄油牛奶或天然的酸奶
- 一杯开水
- 八根新鲜茴香，切碎
- 一碟葱末
- 盐（根据口味不同，适量调放）

烹调指南：

将蛋黄压碎，放入葱末和盐搅拌，再加入黄瓜、切粹的蛋清、酸乳脂，酸牛奶（或者黄油牛奶，或天然酸奶），加入甜菜和凉白开，搅拌均匀。

在每个人的碗里，撒些茴香，在边上放上热土豆。

国家描述：观赏他！感受他！热爱他！
语　　言：立陶宛语
首　　都：维尔纽斯
人　　口：320万
货　　币：立特
主要出口产品：矿物燃料, 交通工具, 机械及机械器具
加入欧盟时间：2004年
以何闻名：篮球，琥珀，啤酒
名　人：篮球运动员阿维达斯·萨博尼斯

Slogan/Country characteristic: See it! Feel it! Love it!
Name of country in language of origin: Lietuva
Language(s): Lithuanian
Capital: Vilnius
Population (in millions): 3.2
Currency: Litas
Main export products: Mineral fuels, transport means, machinery and mechanical appliances.
Date of entry into EU: 2004
Famous for: Basketball, amber, great food and beer
Famous person: Arvydas Sabonis (basketball player)

Recipe description:

The majority of Lithuanian fairy-tales have a similar happy ending: "and they continued eating and drinking for three days...". Lithuania is very rich in food and drink traditions, so if you wish to taste the entirety of Lithuanian cuisine, you have to visit Lithuania being prepared for a lengthy stay!

In this cookery book we are offering you a recipe of a red beet cold soup called Saltibarsciai. Lithuanians eat soup every day - for lunch and quite often for dinner as well. Saltibarsciai is the most popular summer soup dish. Enjoy! Gero apetito!

Ingredients for recipe:

- 2 cooked red beets, peeled and coarsely grated
- 2 fresh cucumbers, finely chopped
- 2 hard boiled eggs
- 100 g sour cream
- 4 cups sour milk, butter milk or natural yoghurt
- 1 cup of boiled water
- 8 sprigs fresh dill, finely chopped
- 1 cup of scallion greens, finely chopped
- salt to taste

Recipe instructions:

Crush egg yolks with scallion greens and salt. Add cucumber, finely chopped egg whites, sour cream, sour milk (or butter milk, or natural yoghurt), beets and 1 cup of boiled but chilled water. Mix well.

Serve in individual bowls sprinkled with dill, with hot potatoes on the side.

鲜绿青豆汤
Green Stringbean Soup
(Bouneschlupp)

卢森堡
Luxembourg

国家描述: 我们希望保持自我
语　　言:卢森堡语, 法语, 德语
首　　都: 卢森堡市
人　　口: 50万
货　　币: 欧元
主要出口产品: 钢铁制品，金融业，化学制品
加入欧盟时间: 1951年
以何闻名: 高品质生活，顶级餐厅，美丽的自然景观，数
　　　　　量众多的城堡，活力四射的艺术及人文气息，
　　　　　列队舞蹈一赶羊节
名　　人: 卢森堡国王都是中世纪的帝王：查理·高尔，史
莱克家的兄弟

Slogan/Country characteristic: We want to remain what we are.
Name of country in language of origin: Lëtzebuerg
Language(s): Luxembourgish, French, German
Capital: Luxembourg
Population (in millions): 0.5
Currency: Euro
Main export products: steel products, financial industry, chemicals products
Date of entry into EU: 1951
Famous for: Good quality of life, good restaurants, beautiful nature, many castles, a vibrant arts and culture scene, dancing procession - Hämmelsmarsch (march of the sheep)
Famous person: The Luxembourg kings and emperors of the Middle Ages: Charly Gaul, the Schleck brothers.

配　　料:

- 500克绿青豆
- 大个胡萝卜一支
- 大葱一棵
- 洋葱一个
- 西芹两茎
- 熏肉200克
- 盐&胡椒
- 牛奶500毫升
- 水2升
- 黄油20克

烹调指南:

将青豆洗净去掉两端和梗，切成小块儿，置于冷水中冷却备用；

将洋葱、胡萝卜、大葱和西芹分别切成丁状，用一大锅融化黄油，并加入切好的蔬菜，轻轻翻炒至蔬菜发亮，接着加入准备好的青豆和熏肉，加水没过蔬菜，炖约一个小时；

接着将土豆去皮，切成小块，加入蔬菜中。捞出熏肉切成条，再加入汤中。煮约15分钟土豆变软即可；加适量盐和胡椒调味(注意熏肉内已含部分盐分)，再加入奶继续烹调。

洒入切好的西芹或香葱，佐以肉肠和/或土豆饼。也可以搭配咸味法式煎饼或华夫饼干食用。

Recipe description:

- 500 g green stringbeans
- 1 big carrot
- 1 leek
- 1 onion
- 2 stalks celery
- 200 g smoked bacon
- salt, pepper
- 50 ml milk
- 2 l water
- 20 g butter

Recipe instructions:

Wash the beans, trim the ends and the strings and cut into bitesize pieces. Put them aside in cold water. Finely dice the onion, carrot, leek and celery. In a large pot melt the butter and add the chopped vegetables, cook lightly until glazed. Then add the beans and the bacon, cover with water and let it simmer for about one hour.

Peel the potatoes, cut them in small cubes, add them to the vegetables. Take out the bacon and cut in strips, then add to the soup again. Let it simmer for 15 minutes or until the potatoes are tender.

Salt and pepper to taste at the end (the bacon contains lots of salt already), add the milk.

Sprinkle with chopped parsley or chives and serve with Mettwurscht (meat sausages) and/or Gromperekichelcher (potato pancakes). You can also serve it with salty crêpes or waffles.

牛肉橄榄卷 Bragioli

马耳他 Malta

食谱描述：

牛肉橄榄卷是马耳他最富盛名的美食之一，在英语国家中这道菜被称为牛肉橄榄卷，原因是由于其牛肉片非常的薄，就像橄榄叶一样，事实上这道菜肴中并没有橄榄。

牛肉橄榄卷在马耳他很多餐厅中是非常普遍的。制作时，首先用牛肉片将面包屑、培根碎、大蒜、欧芹以及熟蛋末卷裹起来，然后将牛肉卷煎炸至馅肉一体，不会松散后放入配有红酒、洋葱、胡萝卜的汤汁中炖煮，如此文火炖制大约两个小时后方可食用。正是由于这个原因，许多餐厅都要求顾客提前一天预订牛肉橄榄卷。

配　料：

- 4片牛排薄片（约500克）
- 2个洋葱
- 2个胡萝卜
- 100克豌豆
- 3片干面包屑
- 2颗切碎的煮鸡蛋
- 6片培根
- 一小捆欧芹
- 2瓣蒜
- 2片月桂叶
- 1杯红酒
- 盐及胡椒依个人口味调制

烹调指南：

将炉灶调制180摄氏度。
用厨房锤按压牛肉使其尽可能薄。
将大蒜、欧芹、培根切碎。
将干面包片磨成面包屑后开始准备填充的馅料，即把面包屑、大蒜末、欧芹末、培根末以及调味料混合，但注意不要放月桂叶，然后再将切好的熟鸡蛋末放入搅拌。
舀一或两汤匙的馅料放在牛肉片上。
用牛肉片纵长地将馅料卷起，然后迅速地用牙签将牛肉卷刺穿固定住。
在平底锅中倒入适量食用油，放入月桂叶，将牛肉卷放入锅中煎至焦黄。
将煎好的牛肉橄榄卷和月桂叶捞出放入砂锅中。
用刚刚煎完牛肉卷的油再将洋葱段和胡萝卜片煎炸一下。
用红酒将已捞出并煎好蔬菜浸没，文火慢炖至开锅，然后将料汁浇在砂锅中的牛肉橄榄卷上。
加入豌豆。
文火煨半个小时，在煨煮的过程中您可能需要再加入适量的红酒，但注意不要添加过量，否则牛肉橄榄卷就变味了。
将月桂叶捞出，再配以你最喜爱的蔬菜或一大份薯条和沙拉即可。

语　言：马耳他语、英语
首　都：瓦莱塔
人　口：约45万
货　币：欧元
主要出口产品：船舶、制造业产品、鱼和甲壳类动物
加入欧盟时间：2004年
以何闻名：马耳他十字
名　人：埃马纽埃尔·伯格·高其(雕刻家)

Name of Country in language of origin:
Repubblika ta' Malta
Language(s): Maltese, English
Capital: Valletta
Population (in millions): 0.45
Currency: Euro
Main export products:ships, manufactured goods, fish and custaceans
Date of entry into EU: 2004
Famous for:the Maltese Cross
Famous person: Sir Emmanuel Borg-Gauci (sculptor)

Recipe description

One of the most famous Maltese dishes is Bragioli. Often known as Beef Olive in English speaking countries, the "olive" refers to the beef slice - cut thin and then beaten even thinner. Bragioli has no olive in it!

This is available in many Maltese restaurants. It consists of a thin slice of beef wrapped around a filling of breadcrumbs, chopped bacon, garlic, parsley and slice of boiled egg. The filled beef is first fried to seal it then braised in a wine, onion and carrot sauce. The braising should be at a low heat for around two hours. For this reason many restaurants require that you order the Bragioli a day in advance.

Ingredients for recipe:

- 4 thin slices of beef topside (aprox. 500 g)
- 2 diced onions
- 2 diced carrots
- 100 g peas
- 3 slices stale white breadcrumbs
- 2 hard boiled eggs, chopped
- 6 slices of bacon
- 1 bunch parsley
- 2 garlic cloves
- 2 bay leaves
- salt and pepper to taste
- 1 glass red wine

Recipe instructions:

Set oven to 180 ℃.
Beat each slice of meat flat with a kitchen mallet until as thin as possible.
Chop the bacon, garlic and parsley.
Grind the bread to crumbs, then prepare the stuffing by mixing the crumbs with the chopped bacon, garlic, parsley and seasoning, but not the bay leaves. Add the chopped hard boiled egg.
Put a heaped tablespoon or two of the stuffing onto a slice of meat.
Roll up the meat slices lengthwise over the stuffing, and fasten together with wooden toothpicks.
Pour some oil in a large pan, and brown the beef olives all over in this, together with the bay leaves.
Put the browned bragioli and bay leaves into a casserole dish.
Fry the sliced onion and carrot in the same oil.
Pour the wine over the frying vegetables.Let the sauce reach a slow boil and then pour this over the bragioli in the casserole dish.
Add the peas.
Simmer very gently for 1 hour. You probably will have to add a little more wine to top up the braising liquid, but don't add too much, otherwise the bragioli will not cook correctly.
Remove the bay leaf and serve with your favourite vegetables or even a large portion of chips and salad.

月桂焦糖饼干 Speculaas

荷兰
The Netherlands
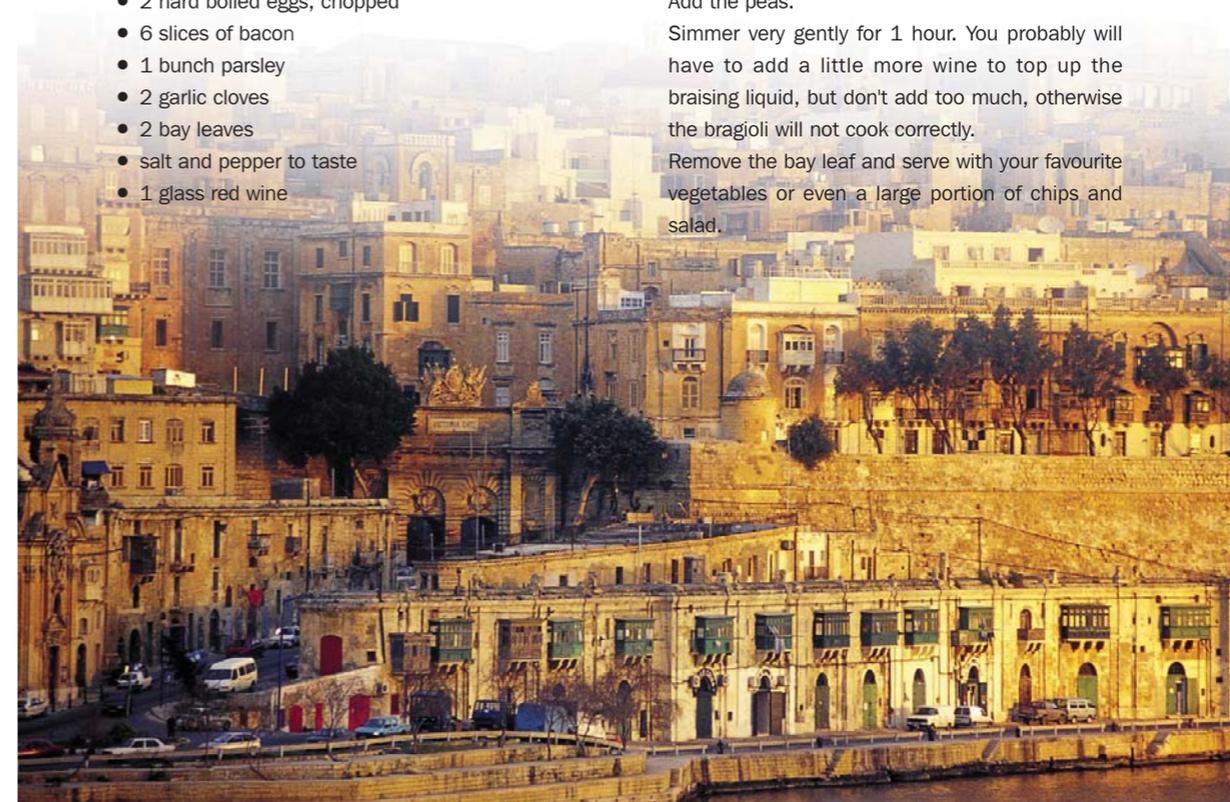
国家描述：荷兰 – 源于创新
语　　言：荷兰语，佛里西语
首　　都：阿姆斯特丹
政府所在地：海牙
人　　口：1670万
货　　币：欧元
主要出口产品：花卉，农业产品，机器
加入欧盟时间：1951年
以何闻名：郁金香，风车
名　　人：梵高

Slogan/Country characteristic: Holland - Powered by Innovation
Name of country in language of origin: Nederland
Language(s): Dutch, Frisian
Capital: Amsterdam
Seat of goverment: The Hague
Population (in millions): 16.7
Currency: Euro
Main export products: Flowers, agricultural products, machinery.
Date of entry into EU: 1951
Famous for: Tulips and windmills
Famous person: Vincent van Gogh

食谱描述：

　　月桂焦糖饼干是荷兰传统美食，历史悠久，广受喜爱。最早的配方可以追溯到15世纪！香料配方包括肉桂、肉豆蔻、丁香、白胡椒、姜和小豆蔻（所有香料均磨成粉状，配比为8:2:2:1:1:1）。这个配方甚至在荷兰人开始远航发现新大陆、寻找新香料之前就已经存在，是地地道道的荷兰美食配方！

　　月桂焦糖饼干全年皆宜，尤其是每年12月5日圣尼古拉斯节的必备美食。圣尼古拉斯是一位传说中的圣人，每年造访荷兰一次，向好孩子派发礼物，同时对坏人施以惩罚（不过，现在惩罚越来越轻了）。

配　　料：

- 普通面粉500克
- 冷黄油250克
- 糖250克
- 鸡蛋2个，打散
- 奶油50毫升
- 食盐少许（关键配料，若不加入食盐，饼干口感淡而无味）
- 月桂焦糖饼干香料50-60克（具体配比见第一段）
- 未腌制柠檬2个，磨碎柠檬皮
- 杏仁片200克，粉碎（可选）
- 泡打粉1茶匙
- 小苏打1茶匙

烹调指南：

　　将普通面粉、糖、食盐、泡打粉、小苏打和饼干香料混合。黄油切成花生粒大小，加入前一步混合物中。加入杏仁（可选）和碎柠檬皮，以及适量鸡蛋和奶油，揉成结实的面团。将面团置于碗中，盖好，放入冰箱过夜。

　　用和好的面团即可制作月桂焦糖饼干。因为面团中混有黄油，需从冰箱中取出放置一段时间，待面团柔软后再擀成面饼。之后，可使用饼干模具或荷兰传统的月桂焦糖饼干木模扣出饼干形状。若使用木制模具，每次压制新的饼干前，需向模具上撒少许面粉。

　　将饼干置于涂油的烤盘纸上，放入预热175度的烤箱烤制约20分钟。烤成后，将饼干放在蛋糕架上自然冷却。

Recipe description:

Speculaas is a traditional Dutch cookie that the Dutch have been enjoying for centuries: the spice mix used can be found in recipes from as long ago as the 15th century! The spices used (cinnamon, nutmeg, cloves, white pepper, ginger and cardamom (everything powdered) in a ratio of 8:2:2:1:1:1) were known in Holland even before the Dutch went travelling around the world in search of new tastes, making this a very Dutch recipe.

Speculaasjes can be eaten year round, but are especially connected to the Sinterklaas festivities on December 5. Sinterklaas, a legendary saint, visits the Netherlands once a year to give presents to good children and punish those who have been bad (although these days, he goes light on the punishing).

Ingredients for recipe:

- 500 g white flour
- 250 g cold butter
- 250 g sugar
- 2 eggs, beaten
- 50 ml cream
- salt to taste (don't forget this, otherwise your speculaas will taste bland)
- 50 to 60 g spices for speculaas (see above for spices)
- grated skin of 2 untreated lemons
- 200 g flaked almonds, broken into little pieces (optional)
- 1 tsp. baking powder
- 1 tsp. baking soda

Recipe instructions:

Mix flour with sugar, salt, baking powder and soda and spices. Add the butter, cut it to little chunks the size of peanuts. Add almonds (optional) and lemon peel, and as much egg and cream as necessary to obtain a firm dough. Place the dough in a bowl, cover, and let it rest, preferably a whole night, in the refrigerator.

With this dough you can make small cookies, called speculaasjes. Since there is butter in the dough, you need to take it out of the refrigerator well before rolling it out, otherwise it will be too firm. Roll out the dough and use either a cookie cutter or traditional Dutch wooden speculaas moulds to make the small cookies called speculaasjes. If you use a wooden mould, be sure to sprinkle the mould liberally with flour ever time you press fresh dough into it.

Place the biscuits on a greased baking sheet and bake them in the preheated oven (175 °C) until done (about 20 minutes). Let the biscuits cool on a cake rack.

酸菜汤 Sauerkraut Soup (Kapuśniak)
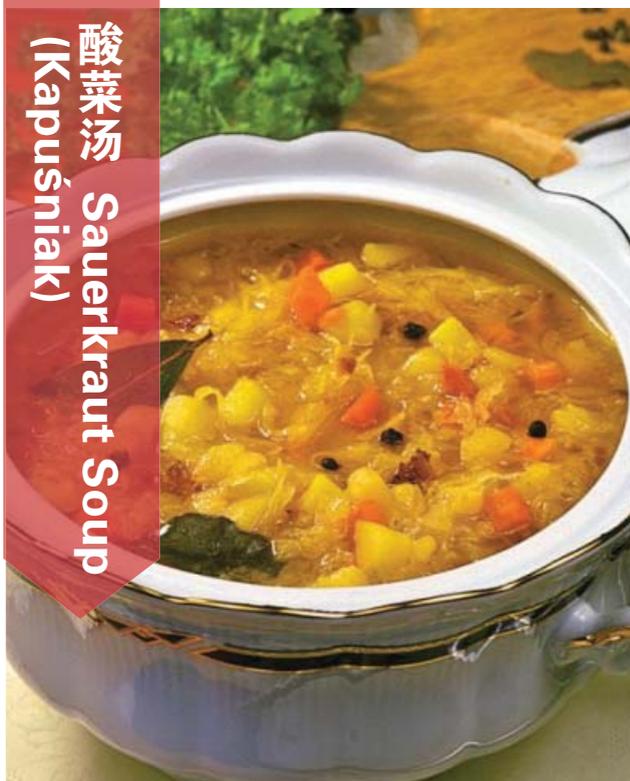
波兰
Republic of Poland

食谱描述：

　　酸菜汤是一道鲜美的波兰美食，是用生圆菜和酸菜混合制成的。在塔特拉山脉地区，酸菜使这道菜的唯一食材，所以叫做酸菜汤。这个地方的波兰汤比一般的用圆菜做的酸菜汤更酸。酸菜汤一般是用培根和肋骨肉做的，很多时候也会加些香肠粒。有时，波兰酸菜汤也会加些番茄来调味，使汤更有色泽。

配　　料：

- 一只猪蹄
- 200克烟熏培根
- 400克酸菜
- 40克干蘑菇
- 一根欧芹
- 香菜
- 盐，胡椒
- 2升水

烹调指南：

　　向猪蹄、培根、欧芹，和蘑菇中倒入凉水，煮两小时后，将其捞出。猪蹄去皮，择捡蘑菇。再将切好的酸菜倒入刚才的水中，去皮的猪蹄肉切片后，将其与培根、蘑菇，和欧芹一起倒入锅中，煮5分钟，再放些盐和胡椒调味。

国家描述：波兰——天府之国
语　　言：官方语言：波兰语
地区语言：德语,卡舒比语,立陶宛语,西里西亚语,乌克兰语
首　　都：华沙
人　　口：3820万
货　　币：波兰兹罗提
主要出口产品：机械，交通设备，食品，家具
加入欧盟时间：2004年
以何闻名：热情好客，美丽的草坪，波兰香肠
名　　人：肖邦

Slogan/Country characteristic: Poland - Land of Plenty
Name of country in language of origin: Rzeczpospolita Polska
Language(s): Official language: Polish
Regional languages: German, Kashubian, Lithuanian, Silesian, Ukrainian
Capital: Warsaw
Population (in millions): 38.2
Currency: Polish Zloty (PLN)
Main export products: machinery and transport equipment, food products, furniture
Date of entry into EU: 2004
Famous for: hospitality, beautiful landscapes, Polish sausage
Famous person: Fryderyk Chopin

Recipe description:

Kapuśniak is a tasty soup famous in Polish cuisine, which is prepared of a blend of raw cabbage and sauerkraut. In the Tatra Mountains region the soup is made exclusively from the sauerkraut, and as such is called kwaśnica. This regional Polish soup is much more tart than a typical cabbage soup kapuśniak, whose name derives from the word "kapusta" meaning cabbage. Kapuśniak is usually prepared with bacon or ribs stock, oftentimes with the addition of some diced sausage. Sometimes Polish cabbage soup is seasoned with a tomato concentrate that makes it slightly orange or red in colours.

Ingredients for recipe:

- 1 pig's trotter
- 200 g smoked bacon
- 400 g sauerkraut
- 40 g dried mushrooms
- 1 parsley
- caraway
- salt, pepper
- 2 l water

Recipe instructions:

Pour the cold water over the trotter, bacon, parsley and mushrooms and cook for 2 hours. Strain the extract, peel the trotter and take out the mushrooms. Add chopped sauerkraut to the extract and cook for 30 minutes. Add peeled meat cut into pieces, with bacon, mushrooms, and caraway, and cook for 5 more minutes. Season with salt and pepper.

葡式鸭饭 Oven Duck Rice

葡萄牙
Portugal

国家描述：连接世界和欧洲的国家
语　　言：葡萄牙语
首　　都：里斯本
人　　口：1070万
货　　币：欧元
主要出口产品：汽车、电气机械、木浆
加入欧盟时间：1986年
以何闻名：糕点及烘焙食品、陶瓷、波尔图葡萄酒、
足球及流行的足球明星
名　　人：克里斯提安努·罗那尔多

Slogan/Country characteristic: Country that brought Europe and World together
Name of country in language of origin: Portugal's name derives from Latin Portus Cale
Language: Portuguese
Capital: Lisbon
Population (in millions): 10.7
Currency: Euro
Main export products: Vehicles, Electrical machinery, wood pulp
Date of entry into EU: 1986
Famous for: pastries and baked food items, ceramics, Porto wine, football and popular football stars.
Famous person: Cristiano Ronaldo

食谱描述：

一个非常传统的葡萄牙菜。在葡萄牙各地相当普遍，这个配方是4人量，可以是午餐或晚餐的一道主菜。

配　　料：

- 鸭子一只
- 1杯半的大米
- 盐和胡椒粉
- 大蒜和2个洋葱
- 香菜和月桂叶
- 切块的培根
- 橄榄油
- 2个鸡蛋
- 1份伊比利亚香肠（类似中国的腊肉）

烹调指南：

把鸭子放进压力锅炖一个小时，炖的汤里只放一只整个洋葱及少许盐。炖好后，取出鸭子，放凉。鸭子的骨头和皮能轻易分离。汤汁保留用来煮大米。

在剩余的鸭汤里加入3杯水（2杯水对应1杯大米）来煮米饭，当汤水烧开时，放入大米，加入盐和胡椒粉调味。

把培根切碎并与大蒜、月桂叶、香菜、切碎的洋葱丁一起用橄榄油烧香，放入炖好的鸭子肉，反复煎鸭肉的两面至油分尽出。

把煮好的饭盛入器皿中，然后铺上煎好的鸭子肉，上面再覆盖剩余的米饭。把2个鸡蛋打散，铺在米饭上，盖住米饭。然后把切成片的伊比利亚香肠铺在上面。送入烤箱，用180度的温度烤15分钟即可食用。

Recipe description:

A very traditional Portuguese recipe and quite common all over Portugal. This recipe is for 4 people and is a main dish that can be for lunch or dinner.

Ingredients for recipe:

- one duck
- 1½ cup of rice
- salt and pepper
- garlic, 2 onions
- parsley, bay leaf
- diced bacon
- olive oil
- 2 eggs
- 1 chorizo (Iberian salami)

Recipe instructions:

Cook the duck in a pressure cooker for about an hour, together with a whole onion and a little salt in the water. Remove the duck from the cooker, allow it to cool, remove all the bones and then slightly shred the duck to obtain small strips of meat. The water should be strained and kept for cooking the rice.

You will need a light broth to cook the rice. Add 3 cups of the water you used for cooking the duck (2 cups of the water for each cup of rice), and when the water is boiling add the rice. Add the salt and pepper to taste.

In a frying pan, put the garlic, bay leaf, parsley, bacon, a chopped onion and olive oil together. Add the duck to the pan and let it fry slightly while browning.

In a Pyrex, add a first layer with half the rice, then another layer with all the duck, and finally another layer with the remaining rice. Scramble two whole eggs and brush them on the surface of the rice. Cut the chorizo in thin slices and place on the top of the rice. Put the dish in the oven (180 °C) for about 15 minutes to "toast" the surface.

海绵蛋糕 Cozonac

罗马尼亚
Romania

食谱描述：

　　海绵蛋糕是餐后甜品，它由甜蜜的酵母面团制作的。面团填馅有核桃仁，可可粉，葡萄干，果冻等配料制作的混合物。用擀面杖把面团擀平，并在面团上面铺上蛋糕填馅。然后把整个产品卷起来并放烤箱托盘里。

　　罗马尼亚人习惯很频繁烘烤海绵蛋糕，几乎在每一个特殊的场合：周年纪念日，圣诞节，复活节，家庭团聚，都喜欢尝试这个食品。海绵蛋糕是一个非常柔软，甜美的点心。为了增加它的香味需要添加朗姆酒，香草，柠檬皮等调味。

配　料：

- 30 + 800克低筋面粉
- 1/2杯 + 1/2杯+ 1/4杯牛奶
- 1包干酵母
- 4个大的蛋黄
- 150克超细糖
- 120克白或者黑葡萄干
- 1个柠檬的刮削皮
- 120克融化的黄油
- 1 汤池深色朗姆酒
- 1茶匙香草精
- 1汤池菜籽油
- 30克切碎的核桃仁
- 100克糖

烹调说明：

　　煮开1/2杯牛奶。把牛奶倒入并搅拌与2和1/2汤匙低筋面粉，直到均匀。放凉 10分钟。

　　把另外1/2杯牛奶加热至微温。不要让奶煮开。把酵母放在一个小碗里，加入温牛奶，搅拌直到溶解。在面粉糊中(第1 要点的) 添加酵母混合物并搅打直到出现大气泡。盖好，等至少15分钟，让面团上升。

　　剩下的1/4杯牛奶加热至微温。用一个加热的大碗或者带有搅拌机的大碗一边搅拌一边倒入下列成分：蛋黄，糖，葡萄干，柠檬刮碎皮，酵母混合物和面粉。以搅拌机把面团搅拌大约10分钟，或用涂上黄油的双手揉面团15~20分钟，同时一点一点的加给面团所需要的黄油量（最可能90克）以获取不粘手，柔韧，湿润的面团球。把剩下的黄油保存好。

　　添加朗姆酒，香草精和菜籽油之后，再揉面团2~3 分钟。用一块擦过油的保鲜膜覆盖大碗。等待面团上升，并增容量一倍。然后，再重新揉面团5~10分钟。

　　烤箱里温度升至180度。给一个深至少25~30厘米的圆形或方形托盘涂上黄油。以擀面杖把面团擀平，并在面团上面铺上蛋糕填馅（可可核桃馅，又可可，糖，切碎核桃仁，果冻制作的混合物），然后把整个产品卷起来并放在烤箱托盘里。盖上保鲜膜，等待面团上升到托盘的顶端。

　　把一个蛋黄跟一汤匙冷开水混合，然后用刷子在面团上部表面涂上蛋黄混合物。如想要的话，可以在面团上撒少数核桃仁和葡萄干。在烤箱里烘烤1小时直到牙签测试试验变干净或直到即时读温度表显示100度。

　　从托盘中取出蛋糕并让它在丝网架上冷却。蛋糕仍然温热时，撒上切碎的核桃仁。

Recipe description:

The Cozonac is a dessert, filled with a mixture made of ground nuts, cocoa, sugar and meringue, and then rolled, and plaited. The Romanians bake cozonac very often, almost on any special occasion such as an anniversary, Easter, Christmas, etc. It's very puffy, sweet and flavoured with rum, vanilla, lemon and orange zest.

Ingredients for recipe:

- 30 + 80 g all-purpose flour
- 1/2 cup +1/2 cup + 1/4 cup milk
- 1 package active dry yeast
- 4 large egg yolks
- 150 g superfine sugar
- 120 g light or dark raisins
- zest of 1 lemon
- 120 g melted butter
- 1 tbsp. dark rum
- 1 tsp. vanilla extract
- 1 tbsp. canola oil
- 30 g walnuts (optional)
- 100 g confectioners' sugar (optional)

Recipe instructions:

Scald 1/2 cup milk and stir in 2½ tablespoons flour until smooth. Let cool for 10 minutes.

Heat another 1/2 cup milk just until lukewarm. Do not scald. Place yeast in a small bowl and pour lukewarm milk over, stirring until dissolved. Add yeast mixture to flour paste and beat until large air bubbles appear. Cover and let rise for at least 15 minutes.
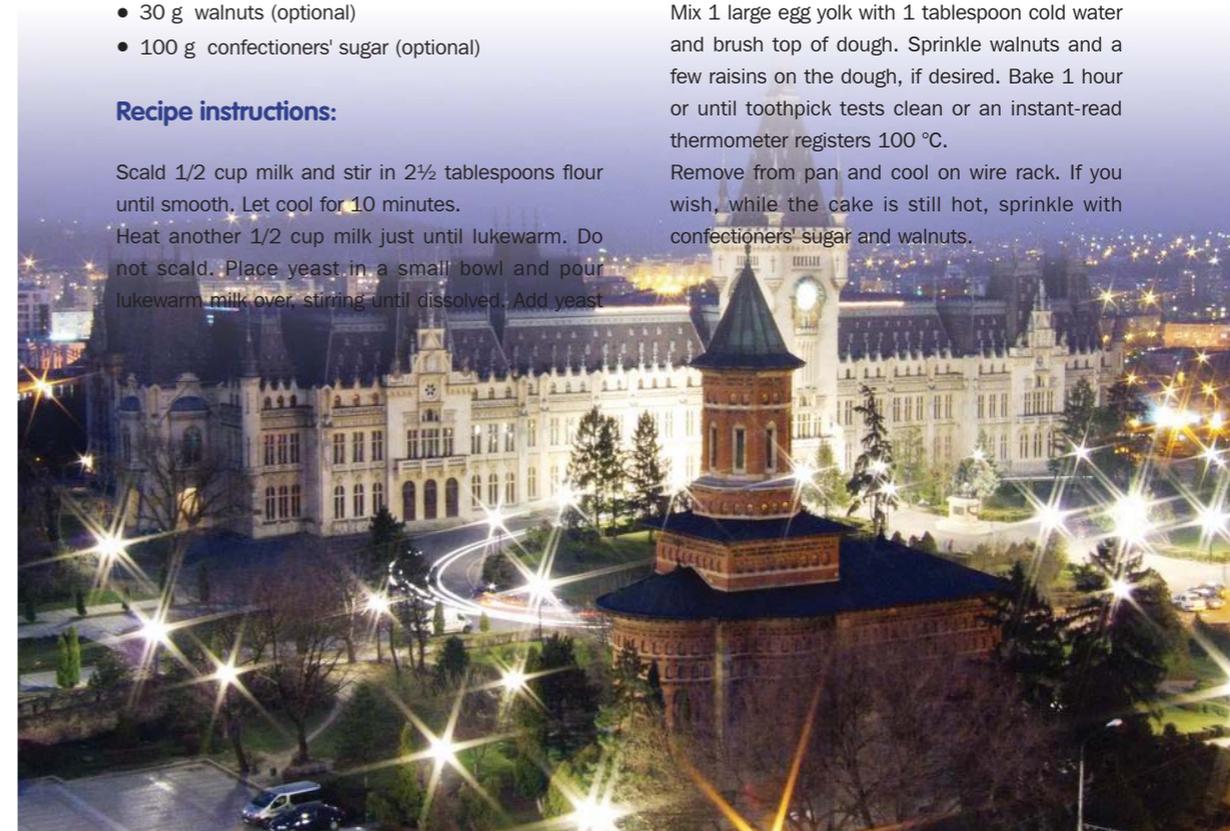
Heat the remaining 1/4 cup milk to lukewarm. Do not overheat. Pour into a warmed large bowl or bowl of a stand mixer. Add, stirring after each ingredient, the egg yolks, sugar, raisins, zest of the lemon, yeast mixture and flour. Knead for about 10 minutes by machine or 15-20 minutes with buttered hands while still in the bowl, adding butter as necessary to achieve a nonstick, pliable, moist ball of dough. It will probably take about 90 g of butter. Save the rest.
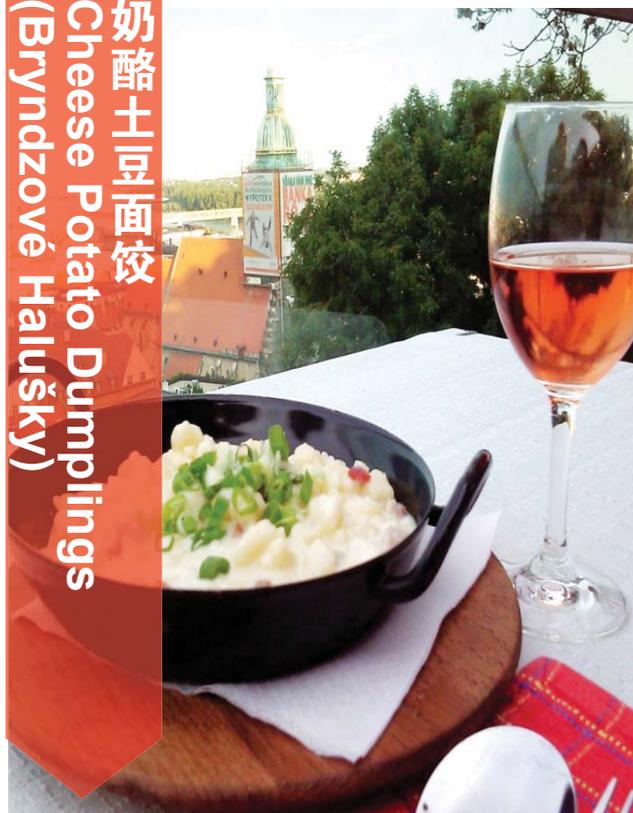
Add rum, vanilla and oil and knead for another 2-3 minutes. Cover bowl with greased cling paper and let rise until doubled. Punch down and with hands dipped in some of the reserved melted butter; knead for another 5-10 minutes.

Heat oven to 180 ℃ Coat a 25-30 cm round pan that is at least 3 inches deep with cooking spray. Using buttered hands, twist the dough and place in the pan. Cover with greased cling paper and let rise until dough reaches the top of the pan.

Mix 1 large egg yolk with 1 tablespoon cold water and brush top of dough. Sprinkle walnuts and a few raisins on the dough, if desired. Bake 1 hour or until toothpick tests clean or an instant-read thermometer registers 100 ℃.

Remove from pan and cool on wire rack. If you wish, while the cake is still hot, sprinkle with confectioners' sugar and walnuts.

奶酪土豆面饺
Cheese Potato Dumplings
(Bryndzové Halušky)

斯洛伐克
Slovakia

食谱描述：

奶酪土豆面饺是斯洛伐克的传统美食，有多种做法。您可以加些圆白菜、鸡蛋。把它和由羊奶制成的松软奶酪搅拌在一起，这道美食就做完了。当然了，要想做的地道，你可以上网购买需要的奶酪。每年斯洛伐克都会举办吃奶酪土豆饺的比赛。

配　料：

- 2–3 个土豆
- 4–5汤匙面粉
- 盐
- 1个鸡蛋
- 羊奶奶酪或一包菲达芝士
- 3/4包奶油乳酪
- 3/4汤匙牛奶

烹调指南：

土豆去皮，切至碎块。加入鸡蛋和粉面，面团不要过硬，也不要过软。可以加适量粉面或水对其硬度进行调配。再加入一汤匙盐。待水煮沸后，加入两汤匙盐。用茶匙将生面糊滴入沸水中，这期间，要保证水处于沸腾状态。

待土豆饺浮到水面上来，用笊篱将其盛出。将羊奶奶酪或菲达芝士，3/4包奶油乳酪，3/4汤匙牛奶同土豆饺一起加热，不停的搅拌。煮沸后，关火，切些培根末，煎熟，将其撒在奶酪土豆饺上面。

国家描述：国家小魅力大
首　　都：伯拉第斯拉瓦
人　　口：540万
货　　币：欧元
主要出口产品：机动车、机械和原材料
加入欧盟时间：2004年
以何闻名：连绵的山脉和文石洞穴（世界上仅发现了三个）
名　　人：约瑟夫·贝尼克（军用降落伞的发明者）

Slogan/Country characteristic: Little Big Country
Name of country in language of origin: Slovenská republika
Language(s): Slovak
Capital: Bratislava
Population (in millions): 5.4
Currency: Euro
Main export products: motor vehicles, machinery and raw materials
Date of entry into EU: 2004
Famous for: Slovakia is known for its numerous and impressive mountain ranges and for having an aragonite cave (there are only 3 discovered in the world).
Famous person: Jozef Banic (inventor of military parachute)

Recipe description:

Bryndzové halušky (cheese potato dumpings) is the national dish of Slovakia. Halušky are potato dumplings, and they come in many varieties. They can be topped with cabbage, eggs, or simply used as a side dish. But when you mix them with bryndza, a soft crumbly cheese traditionally made by shepherds out of sheep's milk, you get this national dish. Of course, to make them right, you will need bryndza, which can easily be ordered on the internet. There is an annual Bryndzové Halušky festival that features an eating contest.

Ingredients for recipe:

- 2-3 potatoes
- 4-5 tbsp. flour
- salt
- 1 egg
- bryndza or 1 package of feta cheese
- 3/4 pack of cream cheese
- 3-4 tbsp. of milk

Recipe instructions:

Peel potatoes and finely shred them.

Add egg and flour. Make a dough that is not too tough but not too watery. You may use more or less flour or add a little bit of water if it is too tough. Add 1 teaspoon of salt.

Boil water with 2 tablespoon of salt. Use a teaspoon to drop a little bit of the dough into the boiling water. Be sure the water is always boiling.

When the halusky are done they will float on top of the water. Pick them out with a strainer.

If you don't have bryndza, heat together 1 package of Feta Cheese, 3/4 of a pack of cream cheese, and 3-4 tablespoon of milk.

Heat everything together. Mix all the time. When it starts to boil, remove from the heat.

Cut up little pieces of bacon and fry them. Serve halusky with the cheese sauce on top and sprinkle with the bacon pieces.

龙蒿波提察蛋糕卷
Tarragon Potica

斯洛文尼亚
Republic of Slovenia

国家描述: 感受斯洛文尼亚
语　　言: 斯洛文尼亚语（在意大利和匈牙利利居民区，意大利语和匈牙利语被认为是官方语言）
首　　都: 卢布尔雅那
人　　口: 约205万
货　　币: 欧元
主要出口产品: 汽车零部件、冰箱冷冻机的压缩机、机械工具
加入欧盟时间: 2004年
以何闻名: 绿色的自然风景, 世界上最古老的酿酒
名　　人: 卡尔尼察（第一个从世界第一高山珠穆朗玛峰上滑雪而下的人，也是在最高的顶峰滑雪的世界第一人）

Slogan/Country characteristic: I feel Slovenia
Name of country in language of origin: Slovenija
Language(s): Slovenian (Italian and Hungarian are recognised as official languages in the residential areas of the Italian or Hungarian national community.)
Capital: Ljubljana
Population (in millions): 2.05
Currency: Euro
Main export products: automotive parts, compressors for refrigerators/freezer, machine-tools
Date of entry into EU: 2004
Famous for: green landscapes, the oldest vine in the world
Famous person: Davo Karničar (the first man to ski down Mount Everest, the highest mountain in the world and the first man in the world to ski the highest peaks of all seven continents)

食谱描述：

波提察蛋糕卷是斯洛文尼亚最有代表性的甜点。它有80多种不同的馅儿，是特殊场合下的传统斯洛文尼亚菜品。最有特点的种类包括龙蒿、蜂蜜、核桃仁、罂粟籽、脆皮、细香葱、草药以及脱脂干奶酪。

配　　料:

面团:
- 500克白面粉
- 40克酵母
- 60克黄油
- 80克砂糖
- 2个鸡蛋
- 约200毫升牛奶
- 朗姆、柠檬或者橙子皮、香草
- 糖或香精、盐

馅:
- 100克黄油
- 100克面包屑
- 120克糖
- 3个鸡蛋
- 200毫升奶油
- 切好的龙蒿叶

烹调描述:

面团：把面粉过滤到一个大碗，加入盐。在一个较小的碗里，用微温的牛奶或者水溶解酵母。再在另外一个碗里，加入鸡蛋、糖、朗姆酒、香草、柠檬或者橙子皮（新鲜的或者干的）。加热牛奶把黄油溶化。把温好的牛奶倒到面粉中，搅拌，再加入鸡蛋、糖、朗姆酒和香精的混合物，再次搅拌，然后加入溶解的酵母和黄油。搅拌至面团成型，均匀厚；再揉至面团内是柔韧的，外表是光滑的。要确保面团不粘碗，也不要太硬了。考虑使用的鸡蛋的大小还有面粉的湿度不固定，牛奶的量要适当而加。然后用不透气的薄膜盖上面团，让它发酵。用足够大的塑料盘子把面团全部盖住，将面团的热量和湿度保留在面团里。面团的发酵要在室温下。发酵好的面团应该是发酵前的两倍大。达到这样的发酵效果后，再次揉面，放置再发酵。然后滚面团，把馅铺在面团上，再撒上龙蒿叶，再把面团折起来，放在烤盘上，并在面团上扎几个小眼。在180摄氏度下烘培一个小时。

馅：用黄油煎面包屑。等它凉了后，把它和糖、蛋黄、奶油以及打好的蛋清混起来。

Recipe description:

Potica is the most typical Slovenian dessert. It is made with more than 80 different fillings. Potica is a traditional Slovenian dish for special occasions. The most characteristic types of potica include tarragon, honey, walnut, poppy seed, crackling, chive, lovage and cottage cheese.

Ingredients for recipe:

Dough:
- 500 g white flour
- 40 g yeast
- 60 g butter
- 80 g sugar
- 2 eggs
- 200ml milk approx.
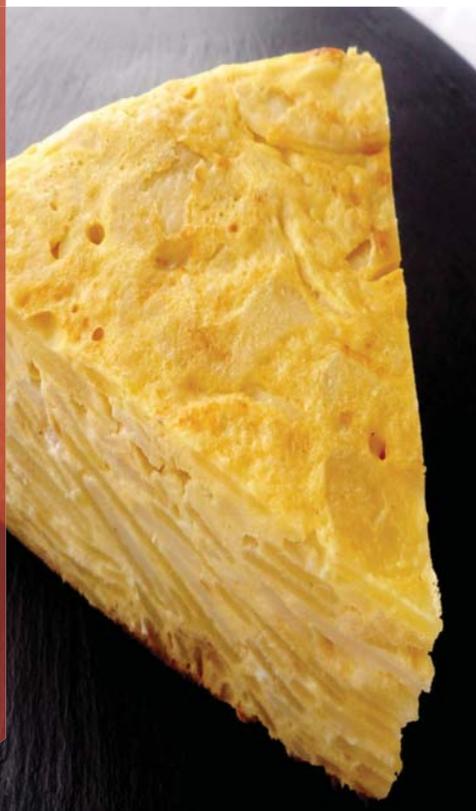- rum, lemon or orange rind, vanilla
- sugar or aroma salt

Filling:
- 100 g butter
- 100 g breadcrumbs
- 120 g sugar
- 3 eggs
- 200 ml cream
- finely chopped tarragon

Recipe instructions:

Dough: Sift flour and place into a bowl. Add salt. In a smaller bowl, dissolve yeast in lukewarm milk or water. In another bowl, mix eggs, sugar, rum, vanilla, lemon or orange rind (fresh or dried). Warm the milk and dissolve the butter. Add the warm milk to the flour, stir, add the egg, sugar, rum and aroma mixture, stir again, add the dissolved yeast and butter. Stir so as to form medium thick dough, knead only so much as to become elastic inside and smooth on the surface. Make certain that it does not stick to the bowl and that it is not too hard. The amount of milk cannot be set in stone because the egg size and flour moisture are not always the same. Cover with cling film and leave it to rise. Any plastic dish that can be sealed and is large enough is ideal because all the heat and moisture are retained. Always raise the dough at room temperature. The amount of dough shall be double after rising. Once this is achieved, knead the dough once and leave to rise again, then roll the dough, spread the filling over it, sprinkle tarragon onto it, fold together, place on a baking sheet and prick it. Bake for a good hour at 180 ℃ degree.

Filling: Fry the breadcrumbs in butter. When cold, mix in sugar, egg yolks, cream and beaten egg whites.

西班牙式煎蛋饼
Spanish Omelet
（Tortilla Española）

西班牙
Kingdom of Spain

食谱描述：

在西班牙美食中，西班牙式煎蛋饼绝对是最有名的，在西班牙的每一个角落里都可以找到它。但是每家餐馆或酒吧都有自己独特的做法，就像西班牙的每一位母亲都有自己独特的方式做菜一样。我们在这里介绍的是用鸡蛋、土豆和洋葱做成的最经典的菜谱。

配　　料：

- 6到7个大小适中的土豆，
- 1个全黄的葱头
- 5到6枚大鸡蛋
- 2到3杯食用橄榄油
- 适量盐

烹调指南：

土豆去皮，纵向对切，将洋葱切成块状。加热橄榄油，将土豆和洋葱混合放入煎锅中。将打好的蛋液浇在土豆和洋葱上，用大勺搅拌均匀。当其底部呈现浅褐色时，翻至另一边，三四分钟后关火，这时需要注意的是要把饼在煎锅中再放上两分钟。现在，您就可以享用这道美味佳肴了！

国家描述：快乐!
语　　言：西班牙语（局部地区使用巴斯克语、加泰罗尼亚语和加利西亚语。）
首　　都：马德里
人　　口：4600万
货　　币：欧元
主要出口产品：机械、机动车、药物
加入欧盟时间：1986年
以何闻名：烂灿历史的多样化、城市和旅游胜地；特色美食和弗拉明戈文化；顶级体育明星和影星
名　　人：佩内洛普·克鲁兹

Slogan/Country characteristic: Olé!
Name of country in language of origin: España
Language(s): Spanish (in some regions: Catalan, Galician and Basque).
Capital: Madrid
Population (in millions): 46
Currency: Euro
Main export products: Machinery, motor vehicles, chemicals.
Date of entry into EU: 1986
Famous for: The amazing beauty and diversity of its history, cities and sightseeing places; very characteristic food and Flamenco culture; top Sport Players and Movie Stars.
Famous person: Penelope Cruz

Recipe description:

The Spanish omelet is without any doubt the most renowned dish of Spanish cuisine. This dish can be found in every corner of Spain. Spanish omelet is served in every Spanish restaurant and bar and there are thousands of variations of this recipe, as every mother in Spain does it in a very personal way. However, we explain here the classic recipe, with eggs, potatoes and onions.

Ingredients for recipe:

- 6-7 medium potatoes
- 1 whole white onion
- 5-6 large eggs
- 2-3 cups of olive oil for pan frying
- salt to taste

Recipe instructions:

Cut the peeled potatoes in half lengthwise and chop the onion. Heat the olive oil and place the potato and onion mixture into the frying pan. Crack the eggs into a mixing bowl and beat by hand. Pour in the potato and onion mixture. Mix together with a large spoon.

When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. First loosen the sides of the omelet. Then place a large plate on top of the pan face down. Tie the pan over supporting the bottom of the plate with the palm of your hand. Now slide the omelet off the plate with the un-cooked side face down. Let it cook for 3 - 4 minutes.

Turn the heat off and let the tortilla sit in the pan for 2 minutes. Now you are ready to enjoy an authentic Spanish FIESTA.

© Per-Erik Berglund
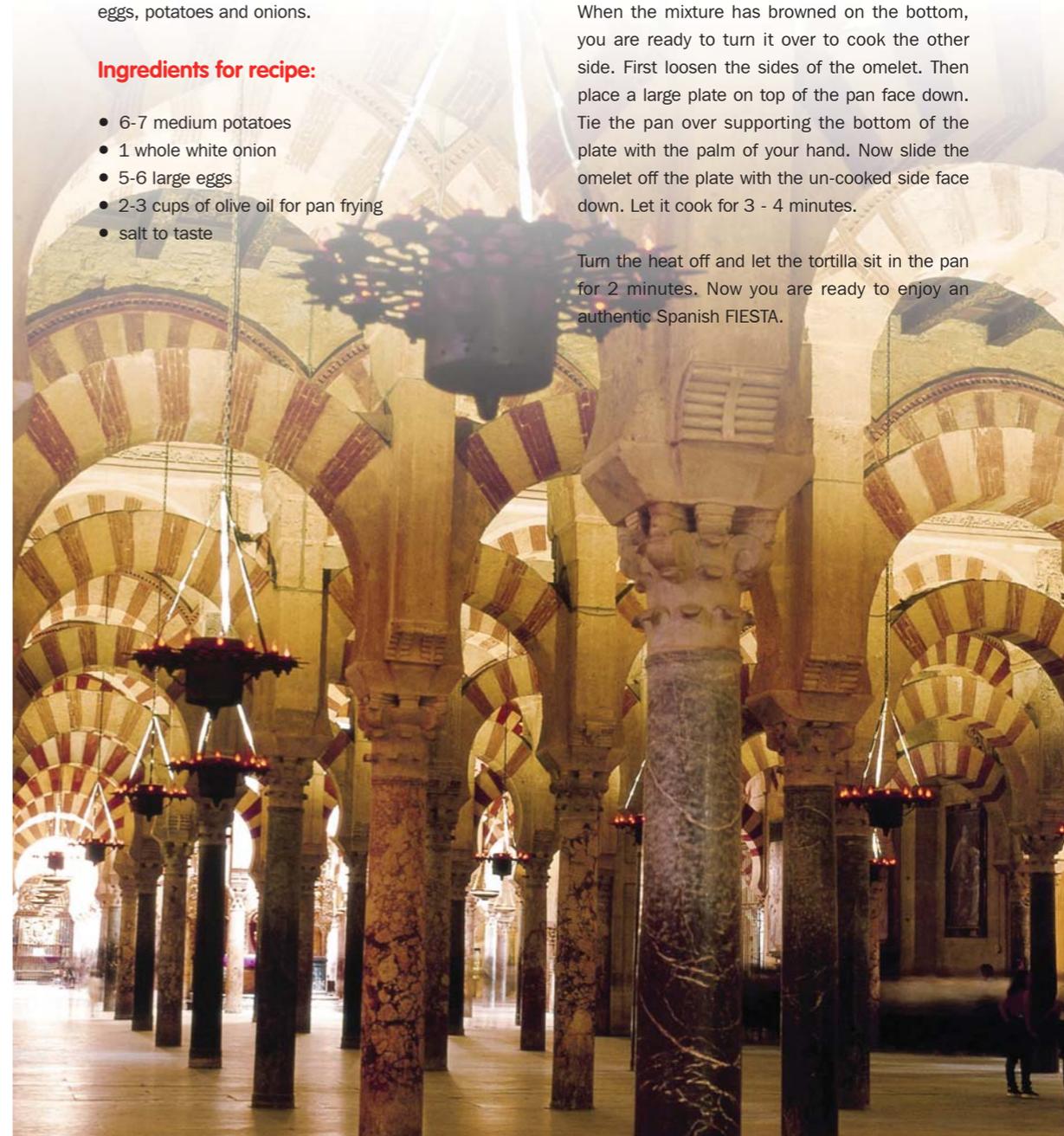
瑞典肉丸子
Swedish Meatballs

瑞典
Sweden

食谱描述：

大多数瑞典人极有可能都会说"妈妈的肉丸子"是最美味的肉丸子！虽然肉丸子的配方多种多样，但让瑞典肉丸子拥有其特殊粘稠度的是面包屑。这些面包屑事先需要浸满牛奶，然后再被掺到肉馅中。

瑞典肉丸子配上土豆泥或煮土豆一起吃味道最好。肉丸子的调料是越橘、以及西餐浇汁或肉酱。但是如果找不到越橘也别失望。如今，很多瑞典人在吃肉丸子的时候也只蘸番茄酱。

配料（4–6人份）：

- 500克牛肉馅/猪肉馅
- 250毫升牛奶
- 75克白面包屑
- 1个鸡蛋
- 1个洋葱
- 盐、白胡椒
- 甘椒粉

烹调指南：

将洋葱切成小丁，轻轻爆香，注意不要炒焦。将面包屑浸泡在牛奶中。最好在一个食物加工机中，将肉馅与洋葱、鸡蛋、牛奶/面包屑的混合物、以及所有的香料一起搅拌，直至粘稠度和味道都达到要求为止。如果觉得肉馅有点硬，就再添加少许的水。

先试着煎一个丸子，检查一下味道。然后用两把勺子将肉馅做成小个的丸子。在一个煎锅里将一大块黄油煎成褐色，把丸子倒入锅中，然后将它们各面都煎焦。需要时常地晃动煎锅。

最后，将土豆泥或煮土豆、以及搅拌好的生越橘和肉丸子一起上桌即可。

国家描述：瑞典，创新的国度
语　　言：瑞典语
首　　都：斯德哥尔摩
人　　口：950万
货　　币：瑞典克朗
主要出口产品：矿物能源品，工业机械，电子通信设备
加入欧盟时间：1995年
以何闻名：诺贝尔奖，仲夏节，瑞典肉丸子，流行音乐（如ABBA），创新，"瑞典模式"，可持续性
名　人：阿尔弗雷德·诺贝尔

Slogan/Country characteristic: "Sweden: Where creativity plays"
Name of country in language of origin: Sverige
Language(s): Swedish
Capital: Stockholm
Population (in millions): 9.5
Currency: Swedish krona (SEK)
Main export products: Mineral and energy goods, industrial machine products, electrical and telecommunications products
Date of entry into EU: 1995
Famous for:Nobel prize ceremony, Midsummer festival, Swedish meatballs, Pop music (ABBA), Innovation, "the Swedish model", sustainability
Famous person: Alfred Nobel

Recipe description:

Most Swedes would probably claim that "Mom's meatballs"- a widespread concept in Sweden - are the tastiest meatballs you will find! The recipes for meatballs are many, but what gives Swedish meatballs their special soft consistency are the bread crumbs that have been allowed to swell in milk and are later blended in with the ground meat.

Swedish meatballs taste best with mashed or boiled potatoes. Lingonberries and either brown sauce or meat juice are traditionally served with the meatballs. However, if you can't get a hold of lingonberries, don't despair. Many Swedes nowadays simply have their meatballs with ketchup.

Ingredients for recipe (4–6 servings):

- 500 g ground (minced) beef/pork mixture
- 250 ml milk
- 75 g white breadcrumbs
- 1 egg
- 1 onion
- salt, white pepper
- ground allspice

Recipe instructions:

Finely dice the onion and saute gently in a little butter without browning. Soak the breadcrumbs in milk. Blend the ground meat, preferably in a food processor, with the onion, egg, milk/breadcrumb mixture and the spices to the proper consistency and taste. Add a little water if the mixture feels too firm.

Check the taste by test-frying one meatball. Then shape small meatballs with the aid of two spoons and place on water-rinsed plates. Brown a generous pat of butter in a frying pan, and when it "goes quiet" place the meatballs in the pan and let them brown on all sides. Shake the frying pan often.

Serve with potato puree or boiled potatoes and raw stirred lingonberries.

© Ola Ericson

炸鱼薯条
Fish and Chips

英国
United Kingdom

食谱描述：

炸鱼薯条是英国的传统菜肴。在鱼片上涂上面糊炸熟，配上薯条一起吃。虽然很多餐厅都有炸鱼薯条，但是实际上他也是一道传统的外卖美食，用报纸一包，动动几根手指就可以享用了。

配　料：

- 四个大土豆，去皮，切成条状
- 125克中筋面粉
- 5克发酵粉
- 6克盐
- 2克黑胡椒粉
- 235毫升牛奶
- 一枚鸡蛋
- 945毫升植物油
- 680克鳕鱼块

烹调指南：

将土豆放入一碗凉水中，在另一个碗中将放入面粉、发酵粉、盐，和胡椒，加入牛奶和鸡蛋搅拌，持续搅拌20分钟至混合均匀。预热锅里的油，或将电锅调制175度，在热油中将薯条炸嫩，用纸巾将其吸干。

在鱼片上撒上面粉，将其放入热油锅中炸至金黄，一次放一片即可。必要的话，加热油温至175度，用纸巾将其吸干。

在将薯条在锅中炸一至两分钟，使其更加酥脆。

Recipe description:

Fish and chips are a national institution in the UK. It is fish fillets coated with batter and deep-fried, eaten with potato chips. Although fish & chips can be found in gourmet restaurants, it is traditionally a take-away dish, wrapped in a newspaper and eaten with bare fingers.

Ingredients for recipe:

- 4 large potatoes, peeled and cut into strips
- 125 g all-purpose flour
- 5 g baking powder
- 6 g salt
- 2 g ground black pepper
- 235 ml milk
- 1 egg
- 945 ml vegetable oil for frying
- 680 g cod fillets

Recipe instructions:

Place potatoes in a medium-size bowl of cold water. In a separate medium-size mixing bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg; stir until the mixture is smooth. Let mixture stand for 20 minutes.

Preheat the oil in a large pot or electric skillet to 175 ℃ .

Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.
Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 175 ℃. Drain well on paper towels.

Fry the potatoes again for 1 to 2 minutes for added crispness.

国家描述：神和我的权利
语　　言：英语、爱尔兰语、苏格兰盖尔语、苏格兰语、威尔士语、康沃尔语
首　　都：伦敦
人　　口：约6320万
货　　币：英镑
主要出口产品：核子反应堆、锅炉、机械及机械器具
加入欧盟时间：1973年
以何闻名：议会民主制的发源地
名　　人：温斯顿·丘吉尔

Slogan/Country characteristic: Dieu et mon droit
Name of country in language of origin: United Kingdom of Great Britain and Northern Ireland
Language(s): English, Irish, Scottish Gaelic, Scots and Ulster Scots, Welsh, Cornish
Capital: London
Population (in millions): 63.2
Currency: Pound sterling
Main export products: nuclear reactors, boilers, machinery and mechanical appliances
Date of entry into EU: 1973
Famous for: The birthplace of modern parliamentary democracy
Famous person: Winston Churchill

欧洲联盟
European Union

Member states of the EU

Candidate countries

1957年3月25日6个欧洲国家成立了欧洲经济共同体。随后陆续有其他欧洲国家接受邀请加入欧洲经济共同体，最初6个成员国的机构很快变成9个，接着又扩大到10个，12个，继而达到15个。如今，这一根据《罗马条约》设想建立的共同体已经拥有27个成员国，并改称欧洲联盟，简称欧盟。

In Europe there is a saying: "At the table no one grows old." It means that when we sit down to eat, especially with family and friends, time stands still and the hustle and bustle of life melt away. Just as in China, food in Europe is a central and important part of civilization, culture and family life. And just as it is difficult to define what Chinese cuisine really is, given the vast range of dishes and differences in tastes and ingredients from region to region, the same is true for European cuisine. The food of Europe is just like the continent itself – diverse. This booklet offers a simple yet comprehensive introduction to some of the finest food of the countries of the European Union. Presenting one typical dish per country, we hope to inspire you to discover Tasty Europe.

Bon Appétit!

在欧洲有一个说法，"餐桌边上人人是小孩"。当我们坐下就餐时，时光静止，喧嚣褪去。美食在中国很重要，在欧洲美食也是人类文明、文化和家庭生活的重要部分。如同中国菜系一样，欧洲菜系由于其多样化以及来自各个地区的不同味道和食材，很难一言概之。欧洲大陆丰富多元，美食亦然。本手册向读者呈现了欧盟成员国一些简单易学的美食精华。通过呈现这些传统菜肴，我们希望激发大家来探索欧洲的美味。

祝大家好胃口！