



美味歐洲 TASTY EUROPE



European Union Office
to Hong Kong and Macao

美味歐洲 TASTY EUROPE

28 個歐盟國家 ★ 28 道美食

28 European Union Countries ★ 28 European Dishes

本刊由歐盟駐港澳辦事處發行

Produced by the European Union Office to Hong Kong and Macao

本刊物中的食譜及部份圖片由歐盟成員國提供，未經允許不得翻轉於商業用途。

The recipes and images, including photos in this booklet are provided by the Member States of the European Union. Reproduction for commercial use is not authorised without prior permission.

2016 年出版

Published in 2016

www.EUinHongKongandMacao.com

www.facebook.com/EUOfficeHongKongMacao

Map of the European Union 2016



Member States of the European Union (2013)
Candidate and potential candidate countries

前言 Foreword



歐洲律師兼美食家 Jean Anthelme Brillat-Savarin (1825) 曾說過：「只要告訴我你吃什麼，我就知道你是個怎樣的人。」

我很榮幸可以透過《美味歐洲》食譜集把歐洲聯盟28個成員國獨特的美食及文化呈獻給您們。這本刊物は歐盟28個成員國駐港澳總領事館及榮譽總領事館合作下的成果。

歐洲、香港及澳門都以多元化但又獨特的美食聞名全世界。人家常說歐洲人注重「飲文化」，而亞洲人以「食文化」為重。可是這卻不能否定歐洲美食帶給我們的愉悅享受。

歐洲的地型及歷史對她的飲食文化有直接影響。從低地到山區，海岸到內陸，都是歐洲美食多元化的來源。而這些相異之處除了反映了歐洲文化的多樣化外，也印證了歐盟的座右銘「多樣化中的和諧」。

食譜集內每個國家的小檔案讓您在享受美食的同時也可以增加對該國家的認識。

我衷心希望這本食譜集能提起您們對探索歐洲最重要的文化之一——飲食文化的興趣。

請好好享受這些來自歐洲的傳統美食！

彭家傑
香港及澳門辦事處主任

"Tell me what you eat, and I will tell you what you are," European gourmet and lawyer Jean Anthelme Brillat-Savarin (1825) said.

I am pleased to present you the second edition of our "Tasty Europe", a collection of recipes showing the individuality of our 28 Member States and their food cultures.

This publication was produced by diplomatic representatives of all EU Member States to Hong Kong and Macao.

Just as in Hong Kong and Macao, food in Europe is a central and important part of civilization, culture and family life. European geography and history has a huge impact on food culture. From the lowlands to the mountain regions, and from sea shores to inlands, Europe developed different flavours. These differences show the diversity of our cultures and reflect the EU's motto of "unity in diversity".

I hope the recipes included in this cooking book will inspire you to explore, taste, and discover this "diversity" of delicious food with its unique flavours and tastes.

Bon appétit!

Vincent Piket
Head of EU Office to Hong Kong and Macao

國家官方名稱：比利時王國
國家口號 / 特色：團結就是力量
語言：荷蘭語、法語、德語
首都：布魯塞爾
人口：1,110 萬
貨幣：歐元
主要出口產品：化學品、藥物、機械、
美食特產
加入歐盟時間：1952 年
以何聞名：歷史和建築遺蹟、藝術（繪畫）、
鑽石、朱古力及啤酒
名人：雷內·馬格利特（超現實主義畫家）

Official Name of Member State:
Kingdom of Belgium

Slogan / Country Characteristic:
United we stand

Name of Country in Own Language:
België, La Belgique, Belgien

Languages: Dutch, French, German

Capital: Brussels

Population (in millions): 11.1

Currency: Euro

Main Export Products: chemicals,
pharmaceuticals, machines, culinary
specialities

Date of Entry into EU: 1952

Famous for: historical and
architectural patrimony, art (painting),
diamonds, chocolate and beer

Famous Person: René Magritte
(surrealist artist)

朱古力慕斯



材料（四人份）

- 比利時黑朱古力 100-150 克
- 雞蛋白 4 隻
- 雞蛋黃 1 個
- 雲呢拿糖 1 小袋

烹調指南

攪動雞蛋白直至蛋白膨脹且泡沫能保持堅挺。將掰碎的朱古力放置在湯碗中，加上雲呢拿糖，隔水加熱使其完全融化。在融化的朱古力中加入雞蛋黃。輕輕的將雞蛋白攪入。將朱古力慕斯用湯勺分別放入 4 隻杯子，並用塑料膜封好後放入冰箱冷藏至少 4 小時。



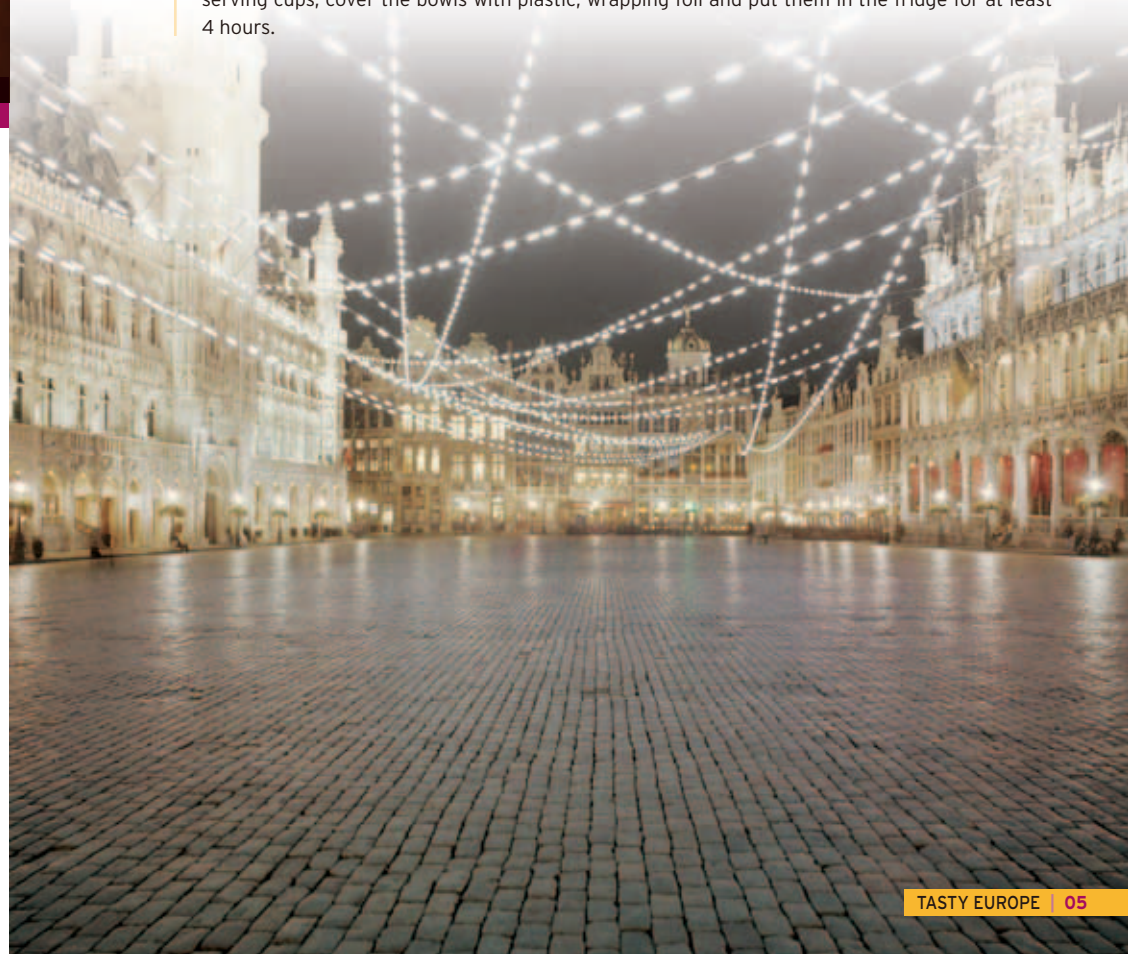
Chocolate Mousse

INGREDIENTS (serves 4 persons)

- 100-150 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. "Crumble the chocolate, heat it "au bain marie" together with the vanilla sugar until the mixture 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 plastic, wrapping foil and put them in the fridge for at least 4 hours.



國家官方名稱：保加利亞共和國
國家口號 / 特色：前進！新生！
語言：保加利亞語
首都：索非亞
人口：約 730 萬
貨幣：列弗
主要出口產品：服裝、鋼鐵、機械
加入歐盟時間：2007 年
以何聞名：擁有世界上最大的考古文化遺產之一
名人：屈克裡斯多夫（歌劇演唱家）

Official Name of Member State:
Republic of Bulgaria

Slogan / Country Characteristic:

Move ahead, O people, the freshly born!

Name of Country in Own Language:
България [bɤˈɫɡarijɐ]

Language: Bulgarian

Capital: Sofia

Population (in millions): 7.3

Currency: Lev

Main Export Products: clothing, iron and steel, machinery

Date of Entry into EU: 2007

Famous for: one of the biggest archaeological heritages in the world

Famous Person: Boris Christoff (opera singer)



材料

- 長黃瓜 1 根，切成小丁或細絲
- 鹽 1 茶匙（保加利亞人喜歡鹹一點的）
- 大蒜 1 瓣，搗碎
- 蒔蘿 1 湯匙，切碎
- 乳酪 4 杯
- 大胡桃 4 個，磨碎
- 水 1 杯
- 橄欖油 3 茶匙

烹調指南

將所有材料加入並拌勻。食之前可加入橄欖油（或你喜歡的沙律油）點綴。最好冷藏後才飲用。

小提示

保加利亞餐館喜歡做沒有蒔蘿和胡桃的口味，您也可以嘗試一下。

Tarator

INGREDIENTS

- 1 long cucumber, chopped or grated (we prefer it peeled)
- 1 garlic clove, chopped and crushed
- 4 cups yoghurt
- 1 cup water
- 1 tsp salt (Bulgarians like it saltier)
- 1 tbsp dill, finely chopped
- 4 big walnut, finely crushed
- 3 tsp olive oil

RECIPE INSTRUCTIONS

Put all ingredients together and mix them well. When ready garnish with olive oil (or other favourite oil). Best when served chilled.

HINT

Try it with no dill and walnut - Bulgarian restaurants favorite.



國家官方名稱：捷克共和國
國家口號 / 特色：真理必勝
語言：捷克語
首都：布拉格
人口：1,050 萬
貨幣：捷克克朗
主要出口產品：汽車、機器、玻璃製品
加入歐盟時間：2004 年
以何聞名：啤酒、玻璃製品、文學、古典音樂、建築
名人：瓦茨拉夫·哈維爾

Official Name of Member State:
Czech Republic

Slogan / Country Characteristic:
Truth prevails

Name of Country in Own Language:
Česká Republika

Language: 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, classical music, architecture

Famous Person: Václav Havel

餃子配酸菜烤豬



材料

烤豬：

- 豬肉 1 公斤
- 洋蔥 2 個
- 酸蘋果 1 顆
- 鹽
- 胡椒粉
- 大蒜
- 碎香菜種子
- 湯料
- 原粒香菜種子
- 食用油

酸菜：

- 酸菜
- 洋蔥 1 個
- 原粒香菜種子
- 脂肪
- 鹽
- 糖
- 中筋麵粉 1 湯匙

餃子：

- 薯仔 1 公斤
- 雞蛋 2 隻
- 牛奶 1 湯匙
- 全麥麵粉 400 克
- 粗麵粉 3 湯匙
- 鹽

烹調指南

豬肉撒上鹽、胡椒粉、研磨了的碎香菜種子和磨碎的大蒜，然後放置在一個有蓋的鍋裡，並把它留在冰箱裡，直到第二天。同時亦可把連皮的薯仔在前一天焗熟。

把洋蔥切開一半，蘋果切片，並把他們放在烤盤上。將醃好的豬肉連蓋放進烤箱。烤約 45 分鐘左右，取下蓋子，煮至一側呈粉紅色，然後煮另一側。在煮另一側前澆上肉汁。

在烤肉的同時，可把酸菜焗熱並加入香菜種子和鹽。酸菜準備好後，加入適量的糖和洋蔥汁讓肉汁變稠。洋蔥汁是在平底鍋把切碎的洋蔥炸成。當它呈現一些顏色時，加入中筋麵粉並加熱。加糖調味。

把薯仔去皮並刨絲，並與鹽和已加入牛奶的蛋漿混合。將薯仔混合物表面上撒上麵粉，逐點加入麵粉和小麥，搓成麵團。把麵團搓成粒狀後，在鹽水中煮沸 20 分鐘左右。

享用烤肉時，配上酸菜和餃子（這個菜也可與其他種類的餃子一起進食）。



Vepřo-Knedlo-Zelo

[Roast Pork With Dumplings and Sauerkraut]

INGREDIENTS

Roast Pork:

- 1 kg pork
- 2 onions
- 1 relatively sour apple
- salt
- ground pepper
- garlic
- crushed caraway seeds
- stock
- whole caraway seeds
- oil

Sauerkraut:

- Sauerkraut
- 1 onion
- whole caraway seeds
- fat
- salt
- sugar
- 1 tbsp of medium flour

Dumplings:

- 1 kg potatoes
- 2 eggs
- 1 tbsp of milk
- 400 g of whole grain flour
- 3 tbsp of semolina
- salt

RECIPE INSTRUCTIONS

Sprinkle the pork with salt and ground pepper, ground or crushed caraway seeds and crushed garlic, place in a pot with a lid and leave in the fridge until the following day. Boil the potatoes in their skins the day before.

Cut the onion in half, the apple into slices and place them on the roasting tray, which already contains the melted fat and whole caraway seeds. Place the marinated pork on the tray, cover and put in the oven. Roast for 45 minutes then remove the lid and allow it to go pink on one side, then on the other. Pour the stock with the meat juice before turning it to the other side.

While the meat is roasting, boil the sauerkraut with some caraway seeds and salt. When the sauerkraut is ready, sweeten to taste and thicken with onion roux. This roux is prepared by frying finely chopped onion in a pan. When it begins to take on some colour, add some medium flour and leave on the heat for a short while. Sweeten to taste.

Peel and grate the potatoes, add salt and mix in the eggs beaten with milk. Put the potato mixture onto a surface dusted with flour and, adding flour and semolina in stages, work into dough. Scoop out gnocchi and boil them in salted water for around 20 minutes.

Serve the roast pork with the sauerkraut and dumplings (you can also serve this dish with different kind of dumplings).



洋蔥烤豬肉 · 烤薯仔 配大黃和芥末醋油汁

Roast Pork with Onion Puré Baked Potatoes Rhubarb and Mustard Vinaigrette



國家官方名稱：丹麥王國

國家口號 / 特色：一個幸福感指數很高的地方

語言：丹麥語

首都：哥本哈根

人口：560 萬

貨幣：丹麥克朗

主要出口產品：食物、農業和漁業、
醫藥產品、清潔技術

加入歐盟時間：1973 年

以何聞名：單車、綠色環保技術、設計和
北歐菜餚

名人：漢斯·克裡斯蒂安·安徒生

Official Name of Member State:

Kingdom of Denmark

Slogan / Country Characteristic:

Hygge [ˈhoo-ga] – a deep sense of
place of well-being

Name of Country in Own Language:
Danmark

Language: Danish

Capital: Copenhagen (København)

Population (in millions): 5.6

Currency: Danske Kroner (DKK)

Main Export Products: food,
agriculture and fisheries, medicine and
pharmaceutical products, clean-tech

Date of Entry into EU: 1973

Famous for: bikes, green-tech, design
and Nordic cuisine

Famous Person: H. C. Andersen

材料 (四人份)

- 豬頸肉或豬腰肉 (瘦肉) 600 克，去骨
- 洋蔥 4 個
- 牛油或普通油少許，用於煎炒
- 蘋果陳醋 100 毫升
- 中型薯仔 4 個
- 紫洋蔥 1 個
- 大黃 2 莖
- 果醋 100 毫升
- 蜂蜜 3 湯匙
- 芥末籽醬 2 湯匙
- 菜籽油 100 毫升，最好經冷卻壓榨
- 野菜菜一把 (蔥芥菜、水芹菜均可)
- 海鹽和黑胡椒

烹調指南

洋蔥去皮，切絲，放入油鍋低溫煎炒 20 分鐘，至呈暗金黃色，淋上蘋果醋。加鹽和胡椒粉調味。

把薯仔洗淨，切掉兩端，並把剩餘部分切成三段，置於塗有油的烘焙箔紙上，加鹽和胡椒粉調味。

紫洋蔥去皮，切成圈狀，放入冷水中使之變脆。把芥末醬、菜籽油和少許果醋攪拌均勻。

把大黃洗淨，切片。把果醋和蜂蜜煮開，加入大黃片加熱 2 分鐘，然後放涼。

打開烤箱把溫度調到 170°C，把豬肉用鹽和胡椒粉調味。放入烤箱烘烤 40 分鐘。在烤箱中放入薯仔和豬肉再一起烘烤 20 分鐘。

豬肉伴着洋蔥、薯仔和大黃享用，淋上芥末香醋，最後放上洋蔥圈和野菜葉。

INGREDIENTS (serves 4 persons)

- 600 g pork neck or loin, skinless and boneless
- 4 yellow onions
- A little butter or oil for frying
- 100 ml aged apple vinegar
- 4 medium size potatoes
- 1 shallot
- 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 and slice onions. Fry onions in oil 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. Slice in 3 pieces and place on an oiled baking sheet; season with salt and pepper.

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

Wash and trim rhubarbs and slice into pieces. Bring the cider vinegar and honey to the boil, add the rhubarb pieces and cook 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 few rhubarbs. Drizzle with the mustard vinaigrette and top with onion rings and the green leaves.

國家官方名稱：德意志聯邦共和國

國家口號 / 特色：思想之國

語言：德語

首都：柏林

人口：8,200 萬

貨幣：歐元

主要出口產品：汽車、機械、化學產品

加入歐盟時間：1952 年

以何聞名：高科技產品、創新、古典及電子音樂、啤酒、汽車

名人：貝多芬、歌德

Official Name of Member State:
Federal Republic of Germany

Slogan / Country Characteristic:
Land of Ideas

Name of Country in Own Language:
Bundesrepublik Deutschland

Language: German

Capital: Berlin

Population (in millions): 82

Currency: Euro

Main Export Products: cars, machines, chemical products

Date of Entry into EU: 1952

Famous for: high-tech products, innovation, classical and electronic music, beer, cars

Famous Persons: Ludwig van Beethoven, Johann Wolfgang von Goethe



材料

餅底：

- 原味多用途麵粉 125 克 (550 型)
- 可可粉 1 湯匙 (不是即溶可可)
- 糖 50 克
- 發粉少量
- 雲呢拿糖 1 茶匙
- 軟牛油 5 湯匙
- 櫻桃 2 茶匙

朱古力海綿蛋糕：

- 雞蛋 4 隻
- 糖 100 克
- 100 克原味麵粉 (550 型)
- 粟粉 25 克
- 可可 10 克
- 發酵粉 1/2 茶匙
- 雲呢拿糖 1 茶匙
- 肉桂粉末少量

餡料：

- 罐頭酸櫻桃 350 克
- 櫻桃汁 250 毫升
- 櫻桃 2 湯匙
- 竹芋或粟米粉 2 茶匙
- 砂糖 4 茶匙
- 魚膠粉 1 包
- 冷水 3 湯匙
- 忌廉 800 毫升
- 糖霜 40 克
- 香草糖 1 茶匙
- 櫻桃酒少量

烹調指南

烤箱預熱，把油脂擦在 28 厘米 (11 英寸) 彈性鍋裡。

餅底：

篩麵粉，泡打粉和可可粉倒入攪拌碗裡，加牛油，糖，雲呢拿糖和櫻桃。揉麵團大約 5 分鐘，直到麵團變光滑。將麵團延著鍋底倒進去，用叉子刺幾個洞。把它放進已經預熱的烘箱中用 180°C/350°F 烘烤 15 分鐘。快速地吧麵皮從鍋裡取出，並放在網架上冷卻。清潔彈性鍋，上完油脂後鋪上烘焙紙。

朱古力海綿蛋糕：

將雞蛋放入一個大碗裡用打蛋器快速攪拌，直到變成泡沫狀。一邊攪拌一邊慢慢地撒上糖和香草糖。加入糖後最少再打 2 分鐘。現在蛋液應該是很蓬鬆而且幾乎是白色的。麵粉過篩，混入發粉，肉桂粉及可可，然後快速加蛋液裡攪拌。把麵漿倒進鍋裡，用湯匙弄平然後用 180°C/350°F 火烤約 30 分鐘。把鍋子從烤箱中取出，取出海綿蛋糕並冷卻。小心撕下烘焙紙並打橫把海綿切兩半。

忌廉餡：

把竹芋 / 粟米粉跟少許混在平底鍋裡，拌入剩下的汁還有 4 茶匙砂糖。把它加熱至沸騰，偶爾攪拌，讓它煮 1 分鐘，再加弄乾的櫻桃 (留 14 個櫻桃來裝修)，拿離火爐。冷卻後加入櫻桃酒。魚膠粉浸泡在冷水中 10 分鐘，加熱，同時攪拌直到魚膠溶解，再讓它冷卻。把忌廉打至變硬，添加魚膠，篩入糖霜和雲呢拿糖。繼續攪打直至忌廉變得很硬。

最後階段：

將餅底放在盤子上，把櫻桃鋪在底層，並在周圍的邊緣留下 1 厘米空位。把三分之一的忌廉平鋪上去。放上第一層海綿蛋糕，並輕輕按壓。鋪上另外三分之一的忌廉，再放上第二個海綿層。把 3 湯匙忌廉裝進星形噴嘴裝點袋。用剩下的忌廉覆蓋整個蛋糕的頂面和側面。用糕點袋擠出 14 個忌廉玫瑰裝飾在蛋糕面，每個忌廉玫瑰放上櫻桃，可以用朱古力片裝飾蛋糕的側面和頂部。冷藏黑森林櫻桃蛋糕至少 3 小時。

Schwarzwälder Kirschtorte (Black Forest Gateau)

INGREDIENTS

Short crust pastry:

- 125 g plain all-purpose flour (type 550)
- 1 tbsp cocoa powder (no instant product)
- 50 g sugar
- 1 pinch baking powder
- 1 tsp vanilla sugar
- 5 tbsp soft butter
- 2 tsp cherries

Chocolate sponge cake:

- 4 eggs
- 100 g sugar
- 100 g plain flour (type 550)
- 25 g corn flour
- 10 g cocoa
- 1/2 tsp baking powder
- 1 tsp vanilla sugar
- 1 pinch cinnamon powder

Filling:

- 350 g canned sour cherries
- 250 ml cherry juice
- 2 tbsp cherries
- 2 tsp arrowroot or cornstarch
- 4 tsp sugar
- 1 packet powdered gelatin
- 3 tbsp cold water
- 800 ml whipped cream
- 40 g icing sugar
- 1 tsp vanilla sugar

RECIPE INSTRUCTIONS

Preheat the oven and grease a 28 cm (11 inch) spring form pan.

Short crust pastry:

Sift flour, baking powder and cocoa into a mixing bowl, add butter, sugar, vanilla sugar and cherries. Knead the dough for 5 minutes until you get a smooth dough. Roll the dough out and line the bottom of the spring form pan, prick the dough a few times with a fork. Bake in the preheated oven at 180°C/350°F for 15 minutes. Remove the pastry immediately from the pan and let it cool on a wire rack. Clean the spring form pan, grease the bottom and line with baking paper.

Chocolate sponge cake:

Put the eggs into a large mixing bowl, use a hand mixer at the highest speed and whisk the eggs until foamy. Slowly sprinkle the sugar and vanilla sugar into the egg mixture while you continue whisking. Whisk for at least 2 minutes after the sugar is added. The egg mixture should be very fluffy and nearly white. Sift and mix the two flours, baking powder, cinnamon and cocoa, and stir into the egg mixture quickly. Spoon the sponge dough into the prepared spring form pan, flat the surface, and bake it for about 30 minutes at 180°C/350°F. Remove the sponge from the oven, remove the ring from the pan and let the sponge cool down. Carefully peel off the baking paper and cut the sponge in half horizontally.

Cream filling:

Blend the arrowroot/cornstarch with a little of the cherry juice in a saucepan, stir in the rest of the juice, and the 4 teaspoons sugar. Heat the liquid until it boils, stir occasionally, and let it simmer for a minute, add the well-drained cherries (set 14 cherries aside for decoration) and remove from the oven. When it is cool add the kirschwasser (cherry water). Soak the gelatin in the cold water for ten minutes, warm it up while stirring until the gelatin has dissolved. Let it cool. Whip the cream until nearly stiff, add the gelatin, the sifted icing sugar and the vanilla sugar. Continue whipping until the cream is very stiff.

Finishing:

Put the short crust pastry on a serving plate. Spread the cherries on the bottom layer, leaving 1 cm (1/8 inch) uncovered around the edge. Add one-third of the cream and flatten with a cake spatula. Put a sponge layer on top and press lightly. Spread half of the remaining cream and add the second sponge layer. Fill a pastry bag (star-shaped nozzle) with 3 tablespoons of cream. Cover the entire cake, top and sides, with the remaining cream. Decorate your masterpiece with 14 cream roses, put a cherry on each rose, and sprinkle chocolate curls on the side and top of the cake. Refrigerate the black forest cherry cake for at least 3 hours.

豬肉凍



國家官方名稱：愛沙尼亞共和國

國家口號 / 特色：充滿驚喜的國度

語言：愛沙尼亞語、瑞典語

首都：塔林

人口：約 130 萬

貨幣：歐元

主要出口產品：稀土礦物、食品、建築建材

加入歐盟時間：2004 年

以何聞名：網絡即時語音溝通工具 (Skype)

Official Name of Member State:

Republic of Estonia

Slogan / Country Characteristic:

Positively surprising

Name of Country in Own Language:

Eesti Vabariik

Language: Estonian

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



材料

- 豬腿 2 條 (2 條豬大腿、2 隻豬蹄)
- 瘦牛肉 500 克
- 洋蔥 3 個
- 大蒜 1 瓣
- 胡蘿蔔 2 個 (切塊)
- 黑胡椒 10-12 粒
- 香料 5 混合
- 月桂葉 2 片
- 鹽少許

烹調指南

洗淨豬肉後將他放入一個大燉鍋中，並注入冷水。把鍋中的血沫撈出，保持煮沸狀態，並文火燉煮。1 小時後，將整個洋蔥 (去頭去尾但不要剝開)、大蒜和胡蘿蔔 (切小塊) 倒入鍋中。燉煮直到豬肉與骨頭分離 (大約需要 3 到 4 個小時)。

關火前 15 分鐘加入鹽和香料。將鍋中的豬肉與骨頭撈出並分開盛裝，並把豬肉切成小塊，混入湯中燉煮直至把湯汁煮沸。將豬肉凍的半成品放置在幾個小碗中，置於低溫環境中冷卻凝固 (需 5 至 8 小時)。上碟時配以山葵根或芥末以及熱馬鈴薯或南瓜沙拉即可。

Sült (Jellied Pork)

INGREDIENTS

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

RECIPE INSTRUCTIONS

Wash the meat and put to boil in large stew pot and add cold water. Remove foam when water starts to boil. Keep 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 rounds). Continue boiling until meat is loose from bones (three to four hours).

Add salt and spices 15 minutes before the boiling process is finished. Remove all meat and separate it from bones. Cut meat into small pieces, mix with the liquid and heat to boiling point once more. Pour sült mixture into several smaller bowls, and allow hardening 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.



國家官方名稱：愛爾蘭

國家口號 / 特色：綠寶石島

語言：英語、愛爾蘭蓋爾語

首都：都柏林

人口：460 萬

貨幣：歐元

主要出口產品：通信技術產品、藥品、農產品

加入歐盟時間：1973 年

以何聞名：愛爾蘭舞蹈、音樂、綠地、莫赫懸崖、愛爾蘭威士忌、牛肉、海鮮

名人：喬治·蕭伯納

Official Name of Member State:

Ireland

Slogan / Country Characteristic:

The Emerald Isle

Name of Country in Own Language:

Éire, Ireland

Languages: English, Irish Gaelic

Capital: Dublin

Population (in millions): 4.6

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



材料

- 羊肩排 1 千克，切成整齊的方塊（保留骨頭）
- 大蔥 1 棵，切片
- 鹽和黑胡椒
- 胡蘿蔔 2 根，剁碎
- 綠椰菜大約 50 克，切碎
- 洋蔥 1 個，剁碎
- 125 毫升芝士
- 薯仔 4 個，剁碎
- 噫汁少量
- 芹菜 2 根，剁碎
- 剁碎的歐芹

烹調指南

把羊肉放在一口大鍋裡，放入涼水，煮沸，然後把水排乾，清洗羔羊肉後放入一個乾淨的鍋裡，放入骨頭，注入大約 1 升水，放入蔬菜（但不包括椰菜）和調料，蓋上鍋蓋，溫火煮約 1 個小時，或者直到肉嫩為止，最後剔除骨頭。

最後調味：從鍋裡倒出約 250 毫升的湯和蔬菜。然後用芝士加工後放回鍋裡，加入切好的椰菜和噫汁，燉大約 5 至 10 分鐘，直到完全煮熟椰菜，嘗味道，加點歐芹，就可以盛入深盤。

Irish Stew

INGREDIENTS

- 1 kg 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
- 125 ml 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 it with approx 1 litre of water. Add the vegetables, except the cabbage and season. Cover the pot and cook gently for approx. one hour, until the meat is tender. Then, remove the bones.

Sauce:

Separate about 250 ml 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 fully cooked. Check the seasoning. Add the parsley and serve in deep plates.



茄子芝士盒

國家官方名稱：希臘共和國

國家口號/特色：「天佑國土，希臘，
英雄的母親，摯愛的，我親愛的祖國……」
—《安德烈亞斯·希爾斯詩集》1792-1869

語言：希臘語

首都：雅典

人口：1,130 萬

貨幣：歐元

主要出口產品：造船業、旅遊業、農產品

加入歐盟時間：1981 年

以何聞名：文化遺產、陽光美景、島嶼、
美酒、橄欖油、美食

名人：荷馬、蘇格拉底、亞歷山大帝

Official Name of Member State:
Hellenic Republic

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 Own Language:
Ελλάδα

Language: Greek

Capital: Athens

Population (in millions): 11.3

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 cuisine

Famous Persons: Homer, Socrates,
Alexander the Great



材料

- | | | |
|--------------|---------------|-----------|
| • 中型茄子 4 個 | • 葡萄酒 1/2 杯 | 調味醬： |
| • 牛油 1 塊 | • 鹽、胡椒、歐芹 | • 牛油 6 湯匙 |
| • 大洋蔥 2 個，切碎 | • 雞蛋 3 個 | • 麵粉 6 湯匙 |
| • 牛肉餡 900 克 | • 麵包屑 100 克 | • 牛奶 3 杯熱 |
| • 蕃茄醬 3 湯匙 | • 巴馬森芝士 100 克 | • 雞蛋 4 隻 |
| • 水 1/2 杯 | | |

烹調指南

將茄子切成 1 厘米厚的薄片。灑適量鹽，放置兩個盤中醃製 1 小時後，洗淨。

將牛油融化，用慢火翻炒肉餡和洋蔥碎。放入蕃茄醬、水及葡萄酒。加入鹽，胡椒、歐芹（新鮮或成品）。小火燉至湯被吸收。

將三個雞蛋打碎與肉醬混合。加入 50 克麵包屑和巴馬森芝士。

在植物油中浸泡茄子片直至變成金黃色，但不要卷曲。將茄子片放入紙巾上吸乾。

將一個平底鍋底塗上牛油，並均勻灑下 50 克杯麵粉。平鋪肉醬和茄子，最上面再加一層肉醬。

準備調味醬首先將 6 湯匙牛油融化，加入 6 湯匙麵粉。放入牛奶攪拌。將雞蛋打碎，分少量慢慢加入到混合物中，低火加熱，繼續攪拌。

將調味醬蓋在肉醬表麵，灑些芝士粉。用 180°C 火烤 1 個小時。切成方塊上桌。

Moussaka

INGREDIENTS

- | | | |
|---------------------------|-------------------------|--------------------|
| • 4 medium eggplants | • 1/2 cup of wine | Sauce: |
| • 1/2 stick of butter | • salt, pepper, parsley | • 6 tbsp butter |
| • 2 large onions, chopped | • 3 eggs | • 6 tbsp flour |
| • 900 g ground beef | • 100 g bread crumbs | • 3 cups warm milk |
| • 3 tbsp tomato paste | • 100 g Parmesan cheese | • 4 eggs |
| • 1/2 cup of water | | |

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.

Soak the eggplants with vegetable oil until it turns into golden colour. Let the 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 of flour. Stir in milk gradually. Beat eggs. Add a small amount of egg to the milk mixture and continue beating. Stir constantly and cook with 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.



西班牙式煎蛋餅



國家官方名稱：西班牙王國

國家口號 / 特色：耶！！

語言：西班牙語*、加泰羅尼、加利西亞語、巴斯克語

首都：馬德里

人口：4,600 萬

貨幣：歐元

主要出口產品：機械、機動車、化學品

加入歐盟時間：1986 年

以何聞名：輝煌多樣歷史的，城市和旅遊勝地；特色美食和弗拉明戈文化；頂級體育明星和影星

名人：佩內洛普·克魯茲

Official Name of Member State:

Kingdom of Spain

Slogan / Country Characteristic: Olé!!

Name of Country in Own Language:
España

Languages: Spanish, Catalan, Galician, 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



材料

- 大小適中的薯仔 6-7 個
- 洋蔥 1 個
- 大雞蛋 5-6 隻
- 食用橄欖油 2-3 杯
- 適量鹽

烹調指南

薯仔去皮，縱向對切，將洋蔥切成塊狀。加熱橄欖油，將薯仔和洋蔥混合放入煎鍋中。將打好的蛋液淋在薯仔和洋蔥上，用大勺攪拌至均勻。當其底部呈現淺褐色時，翻至另一邊，3 至 4 分鐘後關火，把餅在煎鍋中再放上 2 分鐘。現在，您就可以享用這道美味佳餚了！

Tortilla Española (Spanish Omelet)

INGREDIENTS

- 6-7 medium potatoes
- 1 whole yellow 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.

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. Flip the pan over supporting the bottom of the plate with the palm of your hand. Now slide the omelet off the plate with the uncooked side faced 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.

國家官方名稱：法蘭西共和國
國家口號 / 特色：自由、平等、博愛
語言：法語
首都：巴黎
人口：6,560 萬
貨幣：歐元
主要出口產品：機械和交通設備、化工、紅酒
加入歐盟時間：1952 年
以何聞名：法國菜、紅酒、時裝、建築
名人：維克多·雨果

Official Name of Member State:

French Republic

Slogan / Country Characteristic:

Liberty, Equality, Fraternity

Name of Country in Own Language:

France

Language: French

Capital: Paris

Population (in millions): 65.6

Currency: Euro

Main Export Products: machinery and transportation equipment, chemicals, wine

Date of Entry into EU: 1952

Famous for: French cuisine, wines, fashion, architecture

Famous Person: Victor Hugo



材料

- 杏仁粉 125 克
- 牛油 125 克
- 紅糖 200 克
- 蛋白 5 隻
- 麵粉 125 克
- 檸檬糖漿

烹調指南

首先將紅糖、杏仁粉和麵粉混在一起，然後放到一個碗內。

把牛油融化，在等待其冷卻時把蛋白打發。之後把蛋白倒入碗內，加上融掉的牛油和一茶匙的檸檬糖漿。

把麵團攤平，然後弄成一個個一厘米厚的手指狀麵團。最後放在烤盤上，並在焗爐以 180°C 烤 30 分鐘。

FINANCIERS

INGREDIENTS

- 125 g ground almonds
- 200 g brown sugar
- 125 g flour
- 125 g butter
- 5 egg whites
- Lemon syrup

RECIPE INSTRUCTIONS

Mix sugar, ground almonds and flour in a bowl.

Melt butter and leave it to cool down while whisking up the whites. Fold the whites into the bowl. Add the melted butter and a spoonful of lemon flavour.

Put on a floured board and make into fingers of about 1cm thick. Place on a baking tray and bake for 30 minutes at 180°C.



國家官方名稱：克羅地亞共和國

國家口號 / 特色：地中海之國

語言：克羅地亞語

首都：札格瑞布

人口：440 萬

貨幣：克羅地亞庫納

主要出口產品：木材、農業產品、船、
電器設備、藥物

加入歐盟時間：2013 年

以何聞名：美麗的海岸線及眾多的島嶼

名人：尼古拉·特斯拉（發明家）

Official Name of Member State:

Republic of Croatia

Slogan / Country Characteristic:

The Mediterranean as it once was

Name of Country in Own Language:

Hrvatska

Language: Croatian

Capital: Zagreb

Population (in millions): 4.4

Currency: Croatian Kuna

Main Export Products: wood and
wood products, agricultural products,
electrical equipment, pharmaceutical
products

Date of Entry into EU: 2013

Famous for: beautiful coastline and
many islands

Famous Person: Nikola Tesla (inventor)



材料

- 1.2 公斤的中型魷魚
- 蝦仁 100 克
- 青口 100 克
- 新薯仔 600 克
- 大蒜 3 瓣
- 橄欖油 100 毫升
- 白酒 100 毫升
- 鹽和胡椒
- 香菜（歐芹）
- 檸檬

烹調指南

把魷魚清洗乾淨後抹乾。把魷魚的觸角和頭部剪下並切成小塊。把切碎的大蒜、香菜、鹽、胡椒粉、清理過的青口、蝦仁、一半的橄欖油、幾滴白葡萄酒和檸檬汁混合好後釀入魷魚內。用牙籤或線把魷魚的切口封好。將釀好的魷魚放在塗油的烤盤上，並把剩下的橄欖油倒在魷魚上。把釀好的魷魚放入 180°C 的焗爐中烤焗。加入洗淨和撒上調味料的薯仔後再烤約 1 小時，並不時翻動魷魚。接近尾聲時，倒入剩下的白葡萄酒，烤十分鐘。把魷魚放在薯仔上，用大的橢圓形碟子盛著，撒上香菜，並倒上一肉汁在魷魚上。

小提示

烤焗時間長短取決於魷魚的大小。

Stuffed Calamari

INGREDIENTS

- 1.2 kg of medium sized calamari
- 100 g shrimp tails
- 100 g mussels
- 600 g new potatoes
- 3 cloves of garlic
- 100 ml olive oil
- 100 ml white wine
- salt and pepper
- flat parsley
- lemon

RECIPE INSTRUCTIONS

Clean, wash and dry the calamari. Cut the tentacles and head of the calamari into small cubes. Prepare finely minced garlic, parsley, salt, pepper, cleaned mussels, shrimp tails, half of the olive oil, a few drops of white wine and lemon juice. Mix the ingredients well and stuff it into the calamari. Close the calamari with a toothpick or with a string. Put the calamari on the oiled baking tray and pour the rest of the olive oil over it. Put in oven at 180 degrees Celsius. Add washed and seasoned potatoes and bake for around 1 hour, turning and basking it in its own juices from time to time. Towards the end, pour the rest of the white wine and bake for another ten minutes. Serve in a large oval plate, calamari on top of the potatoes, sprinkle with parsley and pour some of the gravy over it.

HINT

Baking time depends on the size of calamari.



國家官方名稱：意大利共和國

國家口號 / 特色：美麗的國家

語言：意大利語

首都：羅馬

人口：約 5,940 萬

貨幣：歐元

主要出口產品：汽車、化學製品及石油製品、能源和電子工程

加入歐盟時間：1952 年

以何聞名：意大利粉、批薩、雪糕、旅遊聖地

名人：達文西

Official Name of Member State:

Republic of Italy

Slogan / Country Characteristic:

Il bel paese (The beautiful country)

Name of Country in Own Language:

Italia

Language: Italian

Capital: Rome

Population (in millions): 59.4

Currency: Euro

Main Export Products: motor vehicles, chemicals and petrochemicals, energy and electrical engineering

Date of Entry into EU: 1952

Famous for: pasta, pizza, gelato, holiday destination

Famous Person: Leonardo da Vinci



材料

- 意大利燻肉 60 克 (或未經煙燻的煙肉)
- 芹菜 1 根
- 中型胡蘿蔔 1 個
- 中型洋蔥 1 個
- 牛油 120 克
- 初榨橄欖油 3-4 湯匙
- 鹽和胡椒
- 牛肉餡 340 克
- 瘦豬肉餡 340 克
- 意大利生火腿約 100 克，切碎
- 原味意大利香腸 225 克，去皮
- 紅酒 230 毫升
- 蕃茄醬 200 克
- 肉湯 230 毫升(如有需要)
- 牛奶或忌廉 2 湯匙
- 新鮮意大利粉 (或乾雞蛋寬條麵) 250 克
- 巴馬森芝士 140 克，磨碎

烹調指南

將燻肉，芹菜，胡蘿蔔，洋蔥切碎。將 60 克牛油和橄欖油放於中等大小鍋中。當牛油開始發泡，放入蔬菜丁，鹽和胡椒。翻炒至洋蔥變軟呈半透明狀。

加入牛肉餡，豬肉餡，切好的生火腿和香腸。改為中火，煮至肉呈金黃色。用木勺攪拌，將肉碾成小塊。加入紅酒。

改為中高火，使紅酒蒸發。加入蕃茄醬，改用文火慢煨，醬汁慢煮至少 3 個小時。如果醬汁過於濃稠，加入少量肉湯。

加入牛奶 (或奶油) 和 60 克牛油，鍋離火。加入鹽和胡椒調味。

在做好的醬汁上撒入巴馬森芝士屑並攪拌。食用時，可根據口味添加更多巴馬森芝士屑。

Ragù Bolognese

INGREDIENTS

- 60 g pancetta (or substitute with bacon)
- 1 celery stick
- 1 medium carrot
- 1 medium onion
- 120 gm 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
- 230 ml dry red wine
- 200 g tomatoe purée
- 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 and let it the meat is browned. Stir and break the meat in small bits with a wooden spoon.

Add the wine. Turn heat to medium-high and let the wine evaporate. Add the tomato and lower the flame until it is 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.

國家官方名稱：塞浦路斯共和國

國家口號 / 特色：維納斯之島

語言：希臘語、土耳其語

首都：尼科西亞

人口：86 萬

貨幣：歐元

主要出口產品：醫藥產品、農產品
(薯仔 / 柑橘)、乳製品 (哈羅米芝士)

加入歐盟時間：2004 年

以何聞名：歷史遺產和好客的人民

名人：馬科斯·巴格達蒂斯

Official Name of Member State:

Republic of Cyprus

Slogan / Country Characteristic:

The Island of Aphrodite (Venus)

Name of Country in Own Language:

Κύπρος [ˈcipros] (Kýpros)

Languages: Greek, Turkish

Capital: Nicosia (Lefkosia)

Population (in millions): 0.86

Currency: Euro

Main Export Products:

pharmaceutical products, agricultural products (potatoes/citrus), dairy products (halloumi)

Date of Entry into EU: 2004

Famous for: historical heritage and hospitality of the people (philoxenia)

Famous Person: Marcos Baghdatis

斯提法多牛肉



材料

- 橄欖油 4 湯匙
- 迷迭香 1 小枝
- 嫩牛肉 1 千克，切成大方塊狀
- 水 900 毫升
- 蕃茄濃湯 2 湯匙
- 鹽、黑胡椒粉
- 紅酒醋 3 湯匙
- 蔬菜油 4-6 湯匙
- 小洋蔥 700 克，去皮，整段留下
- 紅酒 1 小杯
- 桂皮條 5 厘米長
- 糖 1 茶匙
- 五香粉 5 粒

烹調指南

平底鍋裡加入適量橄欖油並加熱，放入牛肉煎炒，使之由棕色變為金黃色。鍋裡緩緩倒入醋、酒和除了蔬菜油、洋蔥和糖之外的所有調料。蓋上鍋蓋慢燉 1 小時直至牛肉變嫩。

另備炒鍋一隻，倒入蔬菜油，加入所有洋蔥，文火翻炒 15 分鐘直至其呈淡棕色。盛出洋蔥，均勻地鋪在牛肉上並重復此過程直至用完所有的洋蔥。在洋蔥上撒上糖，文火烹製 30 分鐘，使之變軟，但避免過於稀爛。加入洋蔥後再把牛肉攪拌均勻，時不時轉動燉鍋確保牛肉充分裹上醬汁。

Stifado

INGREDIENTS

- 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 of 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. Sauté 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.





國家官方名稱：拉脫維亞共和國

國家口號 / 特色：慢慢享受！盡情享受！

語言：拉脫維亞語

首都：裡加

人口：200 萬

貨幣：拉特

主要出口產品：木材、紙和農產品

加入歐盟時間：2004 年

以何聞名：八目鰻、酸甜麵包、香菜芝士和啤酒、籃球員

名人：阿爾維德·布盧門撒爾（鱷魚獵人）

Official Name of Member State:

Republic of Latvia

Slogan / Country Characteristic:

Best enjoyed slowly

Name of Country in Own Language:

Latvijas Republika

Language: Latvian

Capital: Riga

Population (in millions): 2

Currency: Euro

Main Export Products: timber, paper and agricultural products

Date of Entry into EU: 2004

Famous for: lampreys, sweet-and-sour bread, caraway cheese and beer, good basketball players

Famous Person: Arvids Blumentāls (crocodile hunter)



材料

- 小麥粉 500 克
 - 牛奶 1 杯
 - 牛油 75 克
 - 薯仔 100 克
 - 鹽少許
- 餡料：
- 燻煙肉 250 克
 - 洋蔥 50 克
 - 糖及胡椒少許
 - 香菜 1/2 湯匙

烹調指南

將牛奶、牛油和鹽加熱至 30°C 後放入混有酵母的精選小麥粉中，揉成麵團，在搓揉麵團的過程中加入煮熟並切碎的薯仔塊。

將混有薯仔的麵團揉好後放在溫暖的地方發酵一段時間，再放回碗中進行二次發酵。之後將麵團分成大約 20 個等份，將每個小麵團擀平成麵餅狀，在麵餅中間放入一湯匙的餡料，在平底鍋底上塗上油後，將包有餡料的麵餅沿鍋邊擺放，使其外形成新月狀。讓蛋糕在平底鍋中發脹一會兒後，在蛋糕表面塗一層半熟的蛋液，放入焗爐中焗 10 分鐘即可。冷熱均可食用。

餡料製作，將煙肉切成小塊，然後依個人口味加入適量的洋蔥碎、胡椒、糖和香菜。如果您喜歡，也可將洋蔥和煙肉煎至微熟後再行調配。

Speka Rauši (Bacon Cake)

INGREDIENTS

- 500 g wheat flour
 - cup milk
 - 78 g butter
 - 100 g potatoes
 - salt to taste
- Filling:
- 250 g smoked bacon
 - 50 g onions
 - pepper
 - 1/2 tbsp of caraway

RECIPE INSTRUCTIONS

Heat the milk, butter, and salt to 30°C. 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, 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.



國家官方名稱：立陶宛共和國
國家口號 / 特色：觀賞他！感受他！熱愛他！
語言：立陶宛語
首都：維爾紐斯
人口：300 萬
貨幣：立特
主要出口產品：礦物燃料、交通工具、
機械及機械器具
加入歐盟時間：2004 年
以何聞名：籃球、琥珀、啤酒
名人：阿維達斯·薩博尼斯（籃球運動員）

Official Name of Member State:
Republic of Lithuania

Slogan / Country Characteristic:
See it! Feel it! Love it!

Name of Country in Own Language:
Lietuva

Language: Lithuanian

Capital: Vilnius

Population (in millions): 3

Currency: Euro

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)

甜菜根冷湯



材料

- 熟紅甜菜 2 根，去皮，切成粗粒
- 新鮮黃瓜 2 個，切絲
- 煮熟的雞蛋 2 個
- 乳酪油 100 克
- 酸奶 4 杯，酪奶或天然乳酪
- 開水 1 杯
- 新鮮茴香 8 根，切碎
- 蔥末 1 碟
- 鹽（根據口味不同，適量調放）

烹調指南

將蛋黃壓碎，放入蔥末和鹽攪拌，再加入黃瓜、切碎的蛋白、酸奶（或者酪奶、天然乳酪），加入甜菜和涼開水，攪拌均勻。

在每個人的碗裡，撒些茴香，在邊上放上熟薯仔。



Šaltibarščiai (Cold Beet Soup)

INGREDIENTS

- 2 cooked red beets, peeled and coarsely grated
- 2 fresh cucumbers, finely cut
- 2 hard boiled eggs
- 100 g (6 tbsps) of sour cream
- 1 liter (4 cups) of sour milk, butter milk or natural yoghurt
- 1 cup of boiled water
- 8 springs 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 (buttermilk 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.



鮮豇角湯

國家官方名稱：盧森堡大公國

國家口號 / 特色：我們希望保持自我

語言：盧森堡語、法語、德語

首都：盧森堡市

人口：54 萬

貨幣：歐元

主要出口產品：鋼鐵製品、金融業、化學製品

加入歐盟時間：1952 年

以何聞名：高品質生活、頂級餐廳、美麗的自然景觀、數量眾多的城堡、活力四射的藝術及人文氣息、列隊舞蹈——趕羊節

名人：盧森堡國王都是中世紀的帝王：
查理·高爾、史萊克家的兄弟

Official Name of Member State:

Grand Duchy of Luxembourg

Slogan / Country Characteristic:

We want to remain what we are

Name of Country in Own Language:

Lëtzebuerg

Languages: Luxembourgish, French, German

Capital: Luxembourg

Population (in millions): 0.54

Currency: Euro

Main Export Products: steel products, financial industry, chemicals products

Date of Entry into EU: 1952

Famous for: good quality of life, good restaurants, beautiful nature, many castles, a vibrant arts and culture scene, dancing procession – Häämmelsmarsch (march of the sheep)

Famous Persons: The Luxembourg kings and emperors of the Middle Ages: Charly Gaul, the Schleck brothers



材料

- 豇角 500 克
- 大胡蘿蔔 1 根
- 大蔥 1 棵
- 洋蔥 1 個
- 西芹 2 莖
- 燻肉 200 克
- 鹽和胡椒
- 牛奶 500 毫升
- 水 2 升
- 牛油 20 克

烹調指南

將豇角洗淨去掉兩端和梗，切成小塊，置於冷水中冷卻備用。將洋蔥、胡蘿蔔、大蔥和西芹分別切成丁狀，用一大鍋融化牛油，並加入切好的蔬菜，輕輕翻炒至蔬菜發亮，接着加入準備好的豇角和燻肉，加水沒過蔬菜，燉約 1 個小時。接着將薯仔去皮，切成小塊，加入蔬菜中。撈出燻肉切成條，再加入湯中。煮約 15 分鐘薯仔變軟即可；加適量鹽和胡椒調味（注意燻肉內已含部分鹽分），再加入奶繼續烹調。

灑入切好的西芹或香蔥，佐以肉腸和 / 或薯仔餅。也可以搭配鹹味法式煎餅或窩夫食用。

Bouneschlupp (Green Stringbean Soup)

INGREDIENTS

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

RECIPE INSTRUCTIONS

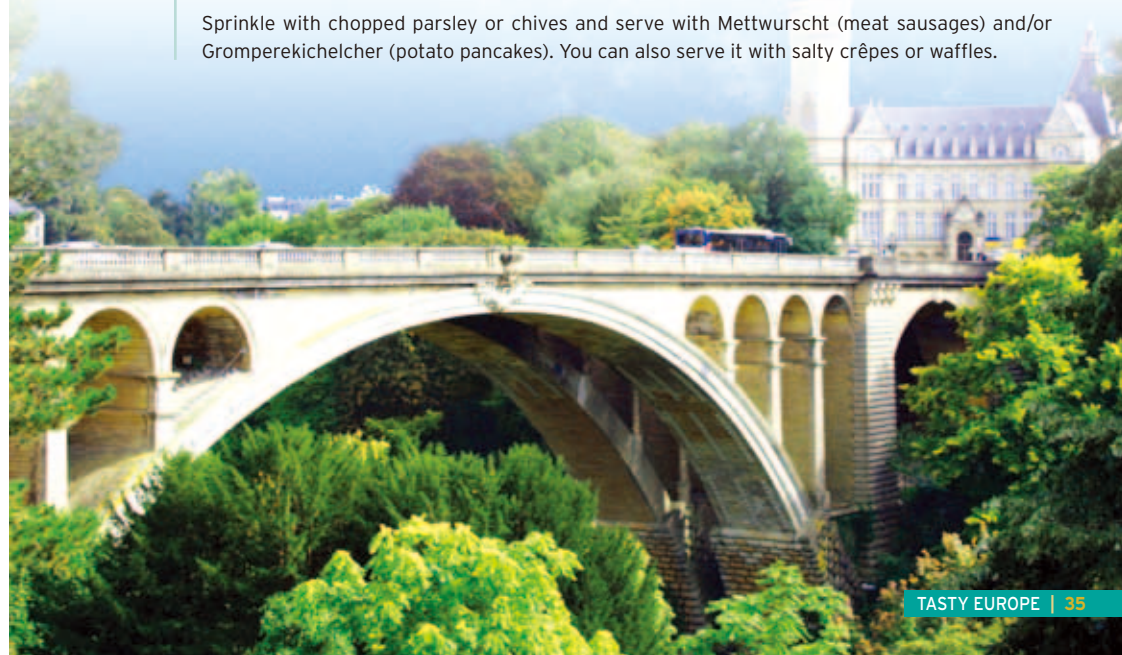
Wash the beans, trim the ends and the strings and cut into bitesize pieces, keep them aside in the cold water.

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 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 stripes, then add it to the soup again. Let 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 Mettwurst (meat sausages) and/or Gromperkichelcher (potato pancakes). You can also serve it with salty crêpes or waffles.





國家官方名稱：匈牙利共和國

國家口號 / 特色：匈牙利 — 超乎你的想像

語言：匈牙利語

首都：布達佩斯

人口：990 萬

貨幣：匈牙利福林

主要出口產品：器械、食物和飲料、電子產品

加入歐盟時間：2004 年

以何聞名：發明創造（扭計骰、原子筆、火柴等等）、古典音樂和傳統美食

名人：費倫茨·李斯特

Official Name of Member State:

Republic of Hungary

Slogan / Country Characteristic:

Hungary - beyond your expectations

Name of Country in Own Language:

Magyarország

Language: Hungarian

Capital: Budapest

Population (in millions): 9.9

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: Ferenc Liszt



材料（六人份）

- 牛肉 1.2 千克
- 水 1,500 毫升
- 食用油 100 克
- 薯仔 1 千克
- 洋蔥 3 個
- 鹽 1 1/2 茶匙
- 辣椒粉 2 茶匙
- 雞蛋 1 隻
- 青椒 1 個
- 麵粉 150 克

烹調指南

洋蔥切成小塊，並煎至金黃。加入一茶匙的辣椒粉和一個青椒。把牛肉切成粒狀，並倒進已煎好的洋蔥。把牛肉和洋蔥拌勻，並蓋上鍋蓋煮至牛肉變嫩。要經常翻看鍋內的水份，若鍋內太少水就要加水。

當牛肉煮好後，加水至蓋過牛肉，並加入薯仔丁。薯仔煮軟後，可在湯中加些辣椒粉。

Goulash Soup

INGREDIENTS (serves 6 persons)

- 1.2 kg beef
- 100 g cooking fat
- 3 onions
- 2 tsp of paprika (powder)
- 1 green pepper
- 1,500 l water
- 1 kg potatoes
- 1 1/2 tsp of salt
- 1 egg
- 150 g flour

RECIPE INSTRUCTIONS

Chop up the onions to small pieces; fry them in fat till they turn yellow. Add a teaspoon of paprika and one green pepper. Cut the beef to small dices; pour it on 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.



國家官方名稱：馬耳他共和國

語言：馬耳他語、英語

首都：瓦萊塔

人口：約 42 萬

貨幣：歐元

主要出口產品：船舶、製造業產品、
魚和甲殼類動物

加入歐盟時間：2004 年

以何聞名：馬耳他十字

名人：埃馬紐埃爾·伯格·高其（雕刻家）

Official Name of Member State:

Republic of Malta

Name of Country in Own Language:

Repubblika ta' Malta

Languages: Maltese, English

Capital: Valletta

Population (in millions): 0.42

Currency: Euro

Main Export Products:

ships, manufactured goods, fish and
custaceans

Date of Entry into EU: 2004

Famous for: Maltese Cross

Famous Person: Sir Emmanuel
Borg-Gauci (sculptor)

牛肉橄欖卷



材料

- 牛排薄片 4 片（約 500 克）
- 煙肉 6 片
- 洋蔥 2 個
- 歐芹 1 小捆
- 胡蘿蔔 2 個
- 大蒜 2 瓣
- 豌豆 100 克
- 月桂葉 2 片
- 乾麵包屑 3 片
- 紅酒 1 杯
- 熟雞蛋 2 個切碎
- 鹽及胡椒，依個人口味調製

烹調指南

將焗爐預熱至攝氏 180°C。用廚房錘按壓牛肉使其盡量成為薄片。將大蒜、歐芹、煙肉切碎。將乾麵包片磨成麵包屑後開始準備填充的餡料，即把麵包屑、大蒜碎、歐芹碎、煙肉碎以及調味料混合，但注意不要放月桂葉，然後再把切好的熟雞蛋放入拌勻。

舀一或兩湯匙的餡料放在牛肉片上。用牛肉片將餡料卷起，然後用牙籤將牛肉卷固定。在平底鍋中倒入適量食用油，將牛肉卷放入鍋中煎至焦黃，並加入月桂葉。

將煎好的牛肉橄欖卷和月桂葉撈出放入砂鍋中。用剛剛煎完牛肉卷的油將洋蔥段和胡蘿蔔略煎一下。加入紅酒蓋過早已煎好蔬菜，並以文火慢燉，然後將料汁澆在砂鍋裏的牛肉橄欖卷上。加入豌豆。文火燉約一個半小時，在燉煮的過程中可能需要再加入適量的紅酒，但注意不要添加過量，否則牛肉橄欖卷就變味了。

將月桂葉撈出，再配以你喜愛的蔬菜或一份大薯條和沙律。馬爾他人喜歡加入薯蓉、焗熟的或烤焗的薯仔作配菜。

Bragioli

INGREDIENTS

- 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°C.

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 hardboiled 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 1/2 hours. 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 favorite vegetables or even a large portion of chips and salad. Maltese prefer mashed, boiled or roasted potatoes.

國家官方名稱：荷蘭王國

國家口號 / 特色：荷蘭 — 源於創新

語言：荷蘭語、佛裡西語

首都：阿姆斯特丹

人口：1,680 萬

貨幣：歐元

主要出口產品：花卉、農業產品、機器

加入歐盟時間：1952 年

以何聞名：鬱金香、風車

名人：梵高

Official Name of Member State:

Kingdom of the Netherlands

Slogan / Country Characteristic:

Holland - Powered by innovation

Name of Country in Own Language:

Nederland

Languages: Dutch, Frisian

Capital: Amsterdam

Population (in millions): 16.8

Currency: Euro

Main Export Products: flowers, agricultural products, machinery

Date of Entry into EU: 1952

Famous for: tulips and windmills

Famous Person: Vincent van Gogh



材料

- 1.5 升水
- 固體湯料 2 塊
- 豌豆 300 克
- 豬肉 400 克
(排骨、五花肉和豬腳)
- 胡蘿蔔 1 個
- 月桂葉 2 片
- 根芹 (芹菜根) 1 塊
- 香蔥 2 條
- 新鮮歐芹 25 克
- 燻腸 1 條

烹調指南

固體湯料加水煮開，放入豌豆，切好的胡蘿蔔，豬肉和月桂葉。加熱至沸騰後，調低至小火煮 30 分鐘。

把韭菜切成環狀，歐芹切絲，接著將芹菜去皮，切丁洗淨瀝乾。再把豬肉出鍋，然後切成小塊。

將豬肉、芹菜、韭菜、歐芹煮 45 分鐘或直到蔬菜變軟。期間中間攪拌。燻腸切片後放入湯中，再煮數分鐘即可食用。

Erwtensoep (Green pea soup)

INGREDIENTS

- 1.5 liter water
- 2 bouillon cubes
- 300 g split peas
- 400 g pork
(pork chops, pork belly or pork knuckle)
- 1 carrot
- 2 bay leaves
- 1 celeriac (celery root)
- 2 thin leeks
- 25 g fresh parsley
- 1 smoked sausage

RECIPE INSTRUCTIONS

Boil water with the bouillon cube, split peas, sliced carrot, pork and bay leaf. Once the water is boiling, lower the heat and simmer for 30 minutes.

Peel the celeriac, cut into cubes, rinse and drain. Cut the leeks into rings, wash and drain. Chop the parsley finely. Take the pork out of the pan and cut in small pieces.

Put the pork, celeriac, leek, parsley in the soup and simmer for 45 minutes or until the vegetables are all soft. Stir the soup occasionally.

Add the sliced smoked sausage into the soup, boil for few more minutes and serve.





國家官方名稱：奧地利共和國

國家口號 / 特色：活力現代、傳統創新

語言：德語

首都：維也納

人口：850 萬

貨幣：歐元

主要出口產品：機械、轎車、醫療技術

加入歐盟時間：1995 年

以何聞名：古典音樂、秀麗風景、食物、好客的人民、清潔環境、科技

名人：沃爾夫岡·阿馬迪斯·莫扎特、西格蒙德·弗洛伊德

Official Name of Member State:

Republic of Austria

Slogan / Country Characteristic:

Vibrating modern Austria -
Traditionally creative

Name of Country in Own Language: Österreich

Language: German

Capital: Vienna

Population (in millions): 8.5

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, Sigmund Freud



材料

杏子布丁：

- 新鮮茅屋芝士 20 克
- 雞蛋 1 隻
- 糖 1 湯匙
- 鹽 1 小把
- 中筋麵粉 1 1/2 杯
- 牛油 1 湯匙
- 新鮮杏子 12 個
- 方糖 12 塊

外皮：

- 無鹽牛油 2 湯匙
- 新鮮麵包糠 3/4 杯，放乾
- 糖 1 湯匙
- 肉桂粉 1/4 茶匙

烹調指南

把新鮮芝士放置於棉布或紙巾上，瀝乾 5 至 10 分鐘。輕輕擠壓出多餘水分。

用攪拌機把芝士打至順滑。加入一個雞蛋再次攪打直至蛋酪分離。撒入糖和鹽，緩緩加入麵粉攪拌直至出現一個麵團。加入牛油再攪拌，直至麵團粘到一起。

將麵團包裹起來放在塑料容器裡放入冰箱冷藏數小時或最多到半夜。麵團會自然冷卻變硬。

用小刀在杏子上劃一小道口，小心取出核兒並保持杏子原樣。把方糖放進杏子中空處並擠壓，使杏子和方糖緊緊粘連。在烹調的時候，方糖就會融在杏子裡。

煲一鍋水。用擀麵棍輕輕在麵團表面滾動，直至形成圓圈狀。從麵團切出 12 個 10 厘米的小圓圈。取一個杏子放在小麵團中間，把麵團兩邊捏到一起形成餃子狀。注意在捏的時候不要把麵皮扯出洞來。以此類推，把餃子一一放入滾水中，避免一次放太多以免粘到一起。煮 10 至 15 分鐘，餃子會先沉入鍋底再浮到表面。小心地把餃子從水裡撈出來。

把不粘鍋加熱，加入牛油融化至中熱。倒入麵包糠、糖和肉桂粉，攪拌幾分鐘，直至麵包糠呈焦黃色。把麵包糠放到烤盤或普通盤子裡，在餃子表面均勻地裹上焦黃色的麵包糠。

取一個小碗，加入乳酪、紅糖和檸檬汁攪拌。吃餃子的時候可以蘸這個酸甜忌廉醬。如果能再蘸糖粉那就更好了。

Marillenknödel (Apricot Dumplings)

INGREDIENTS

Apricot dumplings:

- 20 g fresh smooth cottage cheese
- 1 large egg
- 1 tbsp sugar
- pinch salt
- 1 1/2 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 tsp ground cinnamon

RECIPE INSTRUCTIONS

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 up to 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. Stick a sugar cube inside the apricot where the pit was and squeeze the apricot back together to close it up tightly. The sugar cube melts inside the apricot when you cook it.

Bring a large pot of water to a boil. Lightly flour a rolling pin and work surface. Roll the dough out into a thin circle and cut out 12 circles with a 4-inch 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 not any 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.



國家官方名稱：波蘭共和國
國家口號 / 特色：波蘭 — 天府之國
語言：波蘭語（官方語言）；德語、卡舒比語、立陶宛語、西裡西亞語、烏克蘭語（地區語言）
首都：華沙
人口：3,850 萬
貨幣：波蘭茲羅提
主要出口產品：機械、交通設備、食品、家具
加入歐盟時間：2004 年
以何聞名：熱情好客、美麗的草坪、波蘭香腸
名人：蕭邦

Official Name of Member State:

Republic of Poland

Slogan / Country Characteristic:

Poland - Land of Plenty

Name of Country in Own Language:

Rzeczpospolita Polska

Language: Polish

Capital: Warsaw

Population (in millions): 38.5

Currency: Polish Złoty

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



材料

- 豬蹄 1 隻
- 煙燻煙肉 200 克
- 酸菜 400 克
- 乾蘑菇 40 克
- 歐芹 1 根
- 香菜
- 鹽、胡椒
- 水 2 公升

烹調指南

將豬蹄、煙肉、歐芹，和蘑菇中倒入涼水，煮 2 小時後，將其撈出。豬蹄去皮，處理好蘑菇。再將切好的酸菜倒入剛才的水中，去皮的豬蹄肉切片後，將其與煙肉、蘑菇，和歐芹一起倒入鍋中，煮 5 分鐘，再放些鹽和胡椒調味。

Kapuśniak [Sauerkraut soup]

INGREDIENTS

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

RECIPE INSTRUCTIONS

Pour the cold water over the trotter, bacon, parsley and mushrooms and cook for 2 hours. Strain the extract, peel the trotters and sort 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.



國家官方名稱：葡萄牙共和國
國家口號 / 特色：連接世界和歐洲的國家
語言：葡萄牙語
首都：里斯本
人口：1,050 萬
貨幣：歐元
主要出口產品：汽車、電氣機械、木漿
加入歐盟時間：1986 年
以何聞名：糕點及烘焙食品、陶瓷、波爾圖葡萄酒、足球及流行的足球明星
名人：克裡斯提安奴·羅那爾多

Official Name of Member State:
Portuguese Republic

Slogan / Country Characteristic:
Country that brought Europe and World together

Name of Country in Own Language:
República Portuguesa

Language: Portuguese

Capital: Lisbon

Population (in millions): 10.5

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



材料 (四人份)

- 新鮮大蝦 250 克
- 新鮮蛤蜊 150 克
- 蟹腳 150 克
- 蝦仁 100 克
- 熟蕃茄 4 個或 1 罐
- 紅椒 1 個
- 青椒 1 個
- 橄欖油
- 白葡萄酒 1 杯
- 月桂葉 2 片
- 洋蔥 1 個，切片
- 大蒜 3 瓣，切碎
- 香菜
- 辣椒
- 燈籠椒
- 鹽和胡椒

烹調指南

把洋蔥、大蒜、蕃茄和辣椒切碎，在鍋裡用橄欖油炒約 7 分鐘。放入月桂葉和白葡萄酒，蓋着燜煮 10 分鐘。放入燈籠椒、蝦子、蟹腳和蛤蜊，再燜煮 10 分鐘。放入大蝦、香菜、辣椒及撒上鹽和胡椒再煮 5 分鐘。

熄火後再燜 10 分鐘。每次燜煮時都要蓋上蓋子，直到上餐桌才揭開，同時展示這道豐富多彩的美。可用麵包蘸着吃，或用配上白米飯。

Seafood Cataplana

INGREDIENTS (serves 4 persons)

- 250 g fresh prawns
- 150 g fresh clams
- 150 g crab legs
- 100 g peeled shrimps
- 4 ripe tomatoes or 1 tin of tomatoes
- 1 red pepper
- 1 green pepper
- olive oil
- 1 glass white wine
- 2 bay leaves
- 1 onion sliced
- 3 crushed garlic cloves
- coriander
- chilli
- paprika
- salt and pepper

RECIPE INSTRUCTIONS

Chop the onion, garlic, tomato and peppers and fry in olive oil in the cataplana for around 7 minutes. Add the bay leaves and white wine and cook for 10 minutes with lid on. Add the paprika, shrimps, crab legs and clams and cook for a further 10 minutes with lid on. Add the prawns, coriander, chilli and season with salt and pepper. Cook for another 5 minutes always covered with lid.

Remove from cooking and leave for 10 minutes with lid on. Only remove lid at the table to reveal the colourful beauty of this dish. Serve with bread for dipping or with white rice.





國家官方名稱：羅馬尼亞

國家口號 / 特色：探索喀爾巴阡山花園

語言：羅馬尼亞語

首都：布加勒斯特

人口：2,130 萬

貨幣：羅馬尼亞列伊

主要出口產品：工業機械、電器和電子設備、汽車和冶金產品

加入歐盟時間：2007 年

以何聞名：位於布加勒斯特的國會大廈，被列為歐洲最大及世界第二大辦公大樓，僅次於美國五角大樓

名人：納迪亞·科馬內奇（聞名全球的體操運動員）

Official Name of Member State:

Romania

Slogan / Country Characteristic:

Explore the Carpathian garden

Name of Country in Own Language:

România

Language: Romanian

Capital: Bucharest

Population (in millions): 21.3

Currency: Romanian Leu (RON)

Main Export Products: industrial machinery, electrical and electronic equipment, automobiles and metallurgic products

Date of Entry into EU: 2007

Famous for: Palace of Parliament, located in Bucharest, ranks as the biggest office building in Europe and second-largest in the world, after the U.S. Pentagon

Famous Person: Nadia Comaneci (the most worldwide known gymnast)



材料

- 椰菜 1 個，約 4 磅
- 6 湯匙橄欖油
- 1 個中型洋蔥，切碎
- 大蒜 2 顆，切碎
- 米 2 1/2 湯匙
- 熱水 1/4 杯
- 豬肉碎 1 1/2 磅
- 白麵包 1 塊（去邊）
- 新鮮蒜蓉 2 湯匙，切碎
- 麝香草 1 茶匙
- 黑胡椒 1 茶匙
- 鹽 2 茶匙
- 酸菜葉汁 1 杯（酸菜中留下的，見以下說明）
- 蔬菜湯塊 1 塊
- 黑胡椒 10 粒
- 月桂葉 4 片
- 臘肉片 6 塊
- 新鮮蒜蓉 6 枝
- 蕃茄切片 2 磅（新鮮或罐裝都可）

烹調指南

將椰菜去除中間菜心的部分，放入煮沸的鹽水中，加蓋煮 3 分鐘直到菜葉變軟。大概需要 18 片菜葉。煮好冷卻後，用削皮刀細心將每片菜葉硬的部分去掉，以免破壞菜葉，將準備好的菜葉先放在一邊。

在一個大鍋裡放入一湯匙橄欖油不斷翻炒洋蔥碎、大蒜和米直到洋蔥呈透明狀。加入熱水，煮幾分鐘，然後將鍋從火上移開，大約等 5 分鐘直到米將水份全吸收，讓它冷卻。

把豬肉放在一個大盆裡。將麵包在水中很快地沾一下水，將多餘的水份擠掉，放在豬肉上，加入剛剛炒好的大蒜洋蔥和米，胡椒和 2 茶匙水，將以上原料粗略地拌和，不要太用力以免將肉變硬。在一個中型盤裡，加入 3 杯水和酸菜汁，香菜，放在一邊。

在每片椰菜葉上放半杯拌好的肉碎，從內往外捲，把肉包好。將右邊的葉子往上折起放在中間，這樣看起來像一個菜卷，從內到外又捲一次，這樣小肉卷就顯得很整齊。用剩下的 2 湯匙橄欖油，抹在一個烤鍋上，將剩下的椰菜切好和酸菜和在一起，然後分層放好：一層切好的椰菜，一層臘肉，一層菜卷，這樣分層放好直到用完所有的酸菜，在最上面灑上蒜蓉和剩下的橄欖油，再灑上酸菜汁。

將焗爐加熱到 190°C。將烤鍋放在高火上加熱直到沸騰，調低火，加蓋燜 20 分鐘，然後放入切好的蕃茄加蓋，另烤 45 分鐘，移開蓋子，接着烤 15 分鐘。做好後可搭配煮好的薯仔，麵條或粟米餅（Polenta）一起味道最佳。

Sarmale

INGREDIENTS

- 1 whole head cabbage, about 4 pounds
- 6 tbsp olive oil
- 1 finely chopped medium onion
- 2 minced garlic cloves
- 2 1/2 tbsp raw rice
- 1/4 cup hot water
- 1 1/2 pounds ground pork
- 1 slice crustless white bread
- 2 tbsp chopped fresh dill
- 1 tsp thyme, black pepper (each)
- 2 tsp salt
- 1 tsp black pepper
- 1 cup sauerkraut juice reserved from drained sauerkraut (see below)
- 1 cube vegetable bouillon
- 10 black peppercorns
- 4 bay leaves
- 6 strips bacon
- 6 fresh dill sprigs
- 2 pounds sliced tomatoes (fresh or canned)

RECIPE INSTRUCTIONS

Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 18 leaves. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop any remaining cabbage and set aside.

In a large skillet, saute chopped onion, garlic and rice in 1 tablespoon olive oil, stirring frequently, until onion is translucent. Add hot water, bring to a boil, reduce heat and simmer 10 minutes. Remove from heat, cover and let stand 5 minutes or until rice has absorbed all the water. Let cool.

Place pork in a large bowl. Quickly dip bread in water, squeeze to remove excess water and add to meat along with onion-garlic-rice mixture, combining thoroughly. Add dill, thyme, salt, pepper, and 2 tablespoons water. Mix completely but lightly so as not to toughen the meat. In a medium bowl, mix 3 cups water with sauerkraut juice, bouillon cube, peppercorns and bay leaves, and set aside.

Place about 1/2 cup of meat mixture on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side. You will have something that looks like an envelope. Once again, roll away from you to create a neat little roll. Using 2 tablespoons of the remaining olive oil, coat a large, lidded Dutch oven or casserole dish. Mix reserved chopped cabbage with sauerkraut and make layers of chopped cabbage, bacon strips and stuffed rolls until all rolls finish. Then top with remaining sauerkraut. Spread dill sprigs on top and sprinkle with remaining olive oil. Pour sauerkraut juice-water mixture over all.

Heat oven to 190°C. Place Dutch oven over high heat and bring to a boil, lower heat to medium-low, cover and simmer about 20 minutes. Transfer to oven and cook 1 1/2 hours. Then add sliced tomatoes, cover and cook another 45 minutes. Remove lid and continue cooking another 15 minutes. When ready to serve, remove bay leaves, and accompany sarmale with boiled potatoes, pasta or mamaliga (polenta).



國家官方名稱：斯洛文尼亞共和國

國家口號 / 特色：感受斯洛文尼亞

語言：斯洛文尼亞語（意大利語和匈牙利語在意大利和匈牙利居民區被認為是官方語言）

首都：盧布爾雅那

人口：約 210 萬

貨幣：歐元

主要出口產品：汽車零部件、冰箱冷凍機的壓縮機、機械工具

加入歐盟時間：2004 年

以何聞名：綠色的自然風景、世界上最古老的酒

名人：卡爾尼察（第一個從珠穆朗瑪峰上滑雪而下的人）

Official Name of Member State:
Republic of Slovenia

Slogan / Country Characteristic:
I feel Slovenia

Name of Country in Own Language:
Slovenija

Languages: Slovene (Italian and Hungarian are recognised as official languages in the residential areas of the Italian or Hungarian national community)

Capital: Ljubljana

Population (in millions): 2.1

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 wine in the world

Famous Person: Davo Karničar (the first man to ski down Mount Everest)



材料（六人份）

麵團：

- 白麵粉 500 克
- 酵母 40 克
- 牛油 60 克
- 砂糖 80 克
- 雞蛋 2 隻
- 牛奶約 200 毫升
- 蘭姆酒、檸檬或者橙皮、香草
- 糖或香精、鹽

餡料：

- 100 克牛油
- 100 克麵包屑
- 糖 120 克
- 雞蛋 3 隻
- 200 毫升忌廉
- 切好的龍蒿葉

烹調指南

麵團：

把麵粉過濾到一個大碗，加入鹽。在一個較小的碗裡，用微溫的牛奶或者水溶解氧酵母，再在另外一個碗裡，加入雞蛋、糖、蘭姆酒、香草、檸檬或者橙皮（新鮮或者乾的），加熱牛奶至牛油溶化。

把暖牛奶倒到麵粉中，攪拌，再加入雞蛋、糖、蘭姆酒和香精的混合物，再次攪拌，然後加入溶解的酵母和牛油，攪拌至麵團成型，均勻後再揉至麵團柔韌，外表是光滑。要確保麵團不粘碗，也不要太硬。

基於雞蛋的大小還有麵粉的濕度不是每次都一樣，牛奶的量要適量而加。然後用保鮮膜蓋上麵團，讓它發酵。用足夠大的塑料盤子把麵團全部蓋住，將麵團的熱量和濕度保留在麵團裡。

麵團的發酵要在室溫下。發酵好的麵團應該是發酵前的兩倍大。達到這樣的發酵效果後，再次揉麵，放置再發酵然後滾麵團，把餡鋪在麵團上，再撒上龍蒿葉，再把麵團折起來，放在烤盤上，並在麵團上扎幾個小孔在 180°C 下烘培 1 個小時。

餡料：

用牛油煎麵包屑。等它涼了後，把它和糖、蛋黃、忌廉以及打好的蛋白混起來。

Tarragon Potica

INGREDIENTS (serves 6 persons)

Dough:

- 500 g white flour
- 40 g yeast
- 60 g butter
- 80 g sugar
- 2 eggs
- 200 ml 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 on to it, fold together, place on a baking sheet and prick it. Bake it for a good hour at 180°C.

Filling:

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

國家官方名稱：斯洛伐克共和國

國家口號 / 特色：國家小魅力大

首都：布拉第斯拉瓦

人口：540 萬

貨幣：歐元

主要出口產品：機動車、機械和原材料

加入歐盟時間：2004 年

以何聞名：連綿的山脈和文石洞穴
(世界上僅發現了三個)

名人：約瑟夫·貝尼克 (軍用降落傘的發明者)

Official Name of Member State:

Slovak Republic

Slogan / Country Characteristic:

Little big country

Name of Country in Own Language:

Slovenská Republika

Language: 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: numerous and impressive mountain ranges and aragonite cave (there are only 3 discovered in the world)

Famous Person: Jozef Banic (inventor of military parachute)

芝士薯仔麵餃



材料

- 薯仔 2-3 個
- 麵粉 4-5 湯匙
- 鹽
- 雞蛋 1 隻
- 羊奶芝士或菲達芝士 1 包
- 忌廉芝士 3/4 包
- 牛奶 3/4 湯匙

烹調指南

薯仔去皮，切塊。加入雞蛋和麵粉，麵團不要過硬，也不要過軟。可以加適量麵粉或水對其硬度進行調配。再加入一湯匙鹽。待水煮沸後，加入兩湯匙鹽。用茶匙將生麵糊放入沸水中，這期間，要保持水處於沸騰狀態。

待薯仔餃浮到水面上來，用笊籬將其盛出。將羊奶芝士或菲達芝士，3/4 包忌廉芝士，3/4 湯匙牛奶同薯仔餃一起加熱，不停的攪拌。煮沸後，關火，煙肉切碎，煎熟，將其撒在芝士薯仔餃上面。



Bryndzové Halušky

INGREDIENTS

- 2-3 potatoes
- flour 4-5 tbsp
- salt
- 1 egg
- bryndza or 1 package of feta cheese
- 3/4 of a 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 tablespoons of salt. Use teaspoon to drop a little bit of the dough into the boiling water. Be sure the water is always boiling.

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

Heat bryndza and feta cheese, 3/4 of a pack of cream cheese, and 3-4 tablespoons of milk together with the halušky.

Don't stop stirring it. Mix all the time. When it starts to boil, remove it from the heat.

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



國家官方名稱：芬蘭共和國
國家口號 / 特色：創意芬蘭
語言：91% 芬蘭語、5% 瑞典語
首都：赫爾辛基
人口：540 萬
貨幣：歐元
主要出口產品：電子產品、機械與交通設備、木材與造紙產品
加入歐盟時間：1995 年
以何聞名：創造力、教育、清潔技術、設計、食品安全
名人：聖誕老人

Official Name of Member State:

Republic of Finland

Slogan / Country Characteristic:

Think Finland

Name of Country in Own Language:

Suomen Tasavalta / Suomi

Languages: 91% speak Finnish, 5% speak Swedish

Capital: Helsinki

Population (in millions): 5.4

Currency: Euro

Main Export Products: electro-technical goods, 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



材料

- 蘑菇 1.5 公升
- 雞蛋 1 隻
- 洋蔥 2 個
- 鹽
- 麵包屑 50 毫升
- 黑胡椒粉
- 忌廉 100 毫升
- 牛油或其他食用油
- 薯仔 3 個

烹調指南

將薯仔煮熟並冷卻。將麵包屑和忌廉混合。把蘑菇和洋蔥切成小塊，用熱油炒洋蔥至呈金黃色，再加入蘑菇炒。加入鹽和黑胡椒粉調味（依個人喜好加入新鮮香草迷迭香）。

把薯仔去皮搗爛。把蘑菇、薯仔蓉、麵包屑、雞蛋和調味料一起攪拌均勻，搓成小圓餅，煎至兩面金黃。

Mushroom Patties

INGREDIENTS

- 1.5 litre mixed mushrooms
- 2 onions
- 50 ml bread crumbs
- 100 ml cream
- 3 cooked potatoes
- 1 egg
- salt
- black pepper
- butter or oil

RECIPE INSTRUCTIONS

Cook potatoes and let them cool down. Mix bread crumbs with cream and let soak. Clean mushrooms and cut finely. Cut onions finely. Pan-fry onions until golden brown. Add mushrooms and pan-fry. Season with salt and pepper. (You can add fresh rosemary if you like)

Peel potatoes, cook and mash with fork. Mix in mushrooms and onions. Add bread crumbs. Add egg. Season with salt and pepper. Mix well. Form small patties and fry them in oil and butter until golden brown.



國家官方名稱：瑞典王國

國家口號 / 特色：瑞典，創新的國度

語言：瑞典語

首都：斯德哥爾摩

人口：980 萬

貨幣：瑞典克朗

主要出口產品：礦物能源品、工業機械、
電子通信設備

加入歐盟時間：1995 年

以何聞名：諾貝爾獎、仲夏節、瑞典肉丸子、
流行音樂（如 ABBA）、創新、“瑞典模式”、
可持續性

名人：阿爾弗雷德·諾貝爾、柏格曼、特朗斯
特羅默、瓦倫貝格、伊布拉希莫維奇

Official Name of Member State:
Kingdom of Sweden

Slogan / Country Characteristic:
Sweden, where creativity plays

Name of Country in Own Language:
Sverige

Language: Swedish

Capital: Stockholm

Population (in millions): 9.8

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 Persons: Alfred Nobel,
Ingmar Bergman, Tomas Tranströmer,
Jan-Ove Waldner, Raoul Wallenberg



材料（四至六人份）

- 牛肉餡 / 豬肉餡 500 克
- 洋蔥 1 個
- 牛奶 250 毫升
- 鹽、白胡椒
- 麵包屑 75 克
- 甘椒粉（五香粉）
- 雞蛋 1 隻

烹調指南

將洋蔥切成小丁，輕輕爆香，注意不要炒焦。將麵包屑浸泡在牛奶中。最好用攪拌器，將肉餡與洋蔥、雞蛋、牛奶 / 麵包屑的混合物、以及所有的香料一起攪拌，直至粘稠度和味道都達到要求為止。如果覺得肉餡有點硬，就再添加少許的水。

先試着煎一個丸子，檢查一下味道。然後用兩把勺子將肉餡做成小個的丸子。在一個煎鍋裡將一大塊牛油煎成褐色，把丸子倒入鍋中，然後將它們各面都煎焦。需要時常地晃動煎鍋。

最後，將薯蓉或煮薯仔、以及攪拌好的生越橘和肉丸子一起上桌即可。

Swedish Meatballs

INGREDIENTS (serves 4-6 persons)

- 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 sauté 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 purée or boiled potatoes and lingonberries.



國家官方名稱：大不列顛及北愛爾蘭聯合王國

國家口號 / 特色：神和我的權利

語言：英語*、愛爾蘭語、蘇格蘭蓋爾語、蘇格蘭語、威爾士語、康沃爾語

首都：倫敦

人口：約 6,370 萬

貨幣：英鎊

主要出口產品：核子反應堆、鍋爐、機械及機械器具

加入歐盟時間：1973 年

以何聞名：議會民主制的發源地

名人：溫斯頓·丘吉爾

Official Name of Member State:

United Kingdom of Great Britain and Northern Ireland

Slogan / Country Characteristic:

Dieu et mon droit

Name of Country in Own Language:

United Kingdom of Great Britain and Northern Ireland

Languages: English, Irish, Scottish Gaelic, Scots and Ulster Scots, Welsh, Cornish

Capital: London

Population (in millions): 63.7

Currency: Pound Sterling

Main Export Products: nuclear reactors, boilers, machinery and mechanical appliances

Date of Entry into EU: 1973

Famous for: constitutional monarchy

Famous Person: Winston Churchill



材料

- 大薯仔 4 個，去皮，切成條狀
- 中筋麵粉 125 克
- 發粉 5 克
- 鹽 6 克
- 黑胡椒粉 2 克
- 牛奶 235 毫升
- 雞蛋 1 隻
- 植物油 945 毫升
- 鱈魚 680 克

烹調指南

將薯仔放入一碗凍水中，在另一個碗中將放入麵粉、發粉、鹽和胡椒，加入牛奶和雞蛋攪拌，持續攪拌 20 分鐘至混合均勻。預熱鍋裡的油，或將電鍋調製 175°C，在熱油中將薯條炸至軟身，用紙巾將其吸乾。

在魚柳上撒上麵粉，將其放入熱油鍋中炸至金黃，一次放一片即可。必要的話，加熱油至 175°C。煮好後用紙巾將油吸乾。

再將薯條在鍋中炸 1 至 2 分鐘，使其更加酥脆。

fish and Chips

INGREDIENTS

- 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°C.

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°C temperature. Drain well on paper towels.

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



目錄 Content

- 04 比利時 BELGIË/BELGIQUE (BELGIUM) | 朱古力慕斯 Chocolate Mousse
- 06 保加利亞 БЪЛГАРИЯ (BULGARIA) | 乳酪冷湯 Tarator
- 08 捷克 ČESKÁ REPUBLIKA (CZECH REPUBLIC) | 餃子配酸菜烤豬 Vepřo-Knedlo-Zelo
(Roast Pork with Dumplings and Sauerkraut)
- 10 丹麥 DANMARK (DENMARK) | 洋葱烤猪肉·烤薯仔配大黃和芥末醋油汁
Roast Pork with Onion Puré, Baked Potatoes, Rhubarb and
Mustard Vinaigrette
- 12 德國 DEUTSCHLAND (GERMANY) | 黑森林蛋糕 Schwarzwälder Kirschtorte (Black Forest Gateau)
- 14 愛沙尼亞 EESTI (ESTONIA) | 猪肉凍 Sült (Jellied Pork)
- 16 愛爾蘭 ÉIRE/IRELAND | 愛爾蘭燉肉 Irish Stew
- 18 希臘 ΕΛΛΑΔΑ (GREECE) | 茄子芝士盒 Moussaka
- 20 西班牙 ESPAÑA (SPAIN) | 西班牙式煎蛋餅 Tortilla Española (Spanish Omelet)
- 22 法國 FRANCE | 費南雪蛋糕 Financiers
- 24 克羅地亞 HRVATSKA (CROATIA) | 釀魷魚卷 Stuffed Calamari
- 26 意大利 ITALIA (ITALY) | 博洛尼亞肉醬 Ragù Bolognese
- 28 塞浦路斯 Κύπρος/KIBRIS (CYPRUS) | 斯提法多牛肉 Stifado
- 30 拉脫維亞 LATVIJA (LATVIA) | 煙肉蛋糕 Speķa Rauši (Bacon Cake)
- 32 立陶宛 LIETUVA (LITHUANIA) | 甜菜根冷湯 Šaltibaršciai (Cold Beet Soup)
- 34 盧森堡 LËTZEBUERG (LUXEMBOURG) | 鮮綠青豆湯 Bouneschlupp (Green Stringbean Soup)
- 36 匈牙利 MAGYARORSZÁG (HUNGARY) | 燉牛肉湯 Goulash Soup
- 38 馬耳他 MALTA | 牛肉橄欖卷 Braġioli
- 40 荷蘭 NEDERLAND (NETHERLANDS) | 豌豆湯 Erwtensoep (Green pea soup)
- 42 奧地利 ÖSTERREICH (AUSTRIA) | 杏子餃 Marillenknödel (Apricot Dumplings)
- 44 波蘭 POLSKA (POLAND) | 酸菜湯 Kapuśniak (Sauerkraut Soup)
- 46 葡萄牙 PORTUGAL | 葡式海鮮煲 Seafood Cataplana
- 48 羅馬尼亞 ROMÂNIA (ROMANIA) | 慢燉酸高麗菜卷 Sarmale
- 50 斯洛文尼亞 SLOVENIJA (SLOVENIA) | 龍蒿波提察蛋糕卷 Tarragon Potica
- 52 斯洛伐克 SLOVENSKO (SLOVAKIA) | 芝士薯仔麵餃 Bryndzové Halušky
- 54 芬蘭 SUOMI (FINLAND) | 蘑菇餅 Mushroom Patties
- 56 瑞典 SVERIGE (SWEDEN) | 瑞典肉丸 Swedish Meatballs
- 58 英國 UNITED KINGDOM | 炸魚薯條 Fish and Chips



European Union Office to Hong Kong and Macao

19/F, St. John's Building, 33 Garden Road, Central, Hong Kong

Tel: (852) 2537 6083 | Fax: (852) 2522 1302

Email: Delegation-Hong-Kong@eeas.europa.eu

Website: www.EUinHongKongandMacao.com

Facebook: www.facebook.com/EUOfficeHongKongMacao