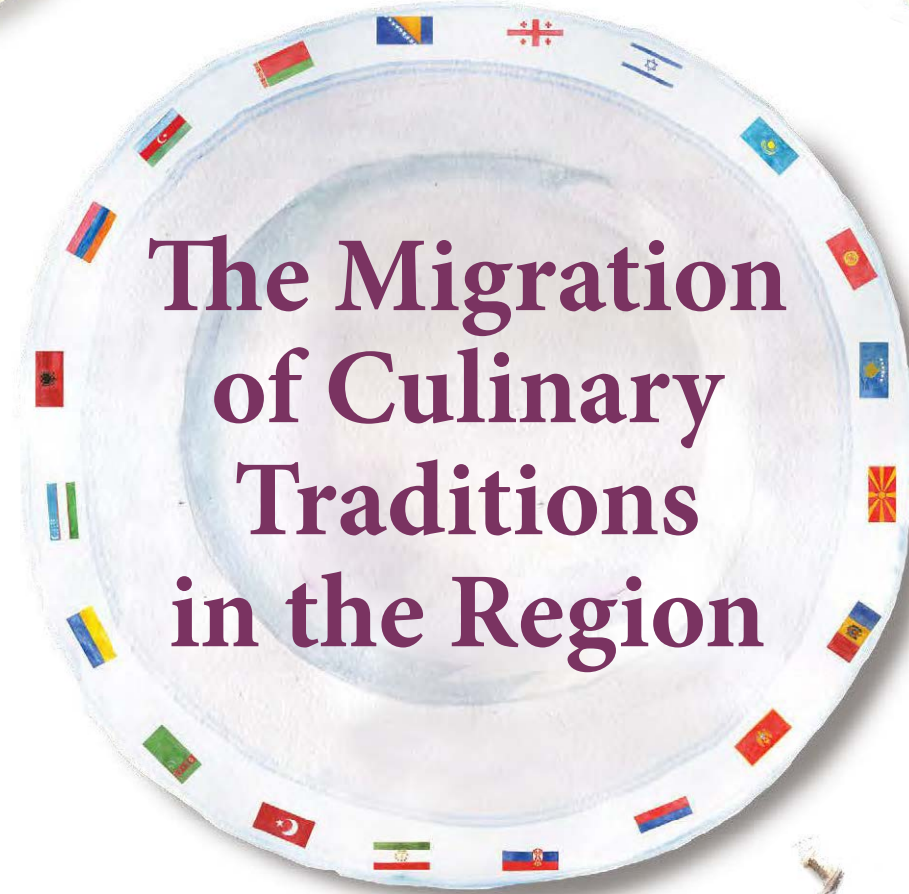
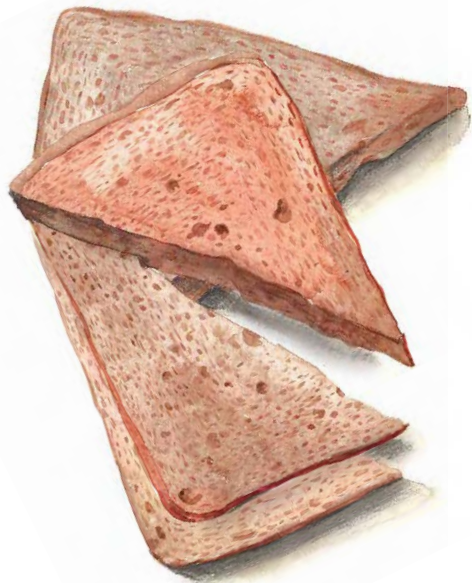


International Organization for Migration (IOM)
The UN Migration Agency

South-Eastern Europe,
Eastern Europe
and Central Asia



The Migration of Culinary Traditions in the Region



TOGETHER
RESPECT, SAFETY AND DIGNITY FOR ALL
#UN4REFUGEESMIGRANTS



The opinions expressed in this book are those of the authors and do not necessarily reflect the views of the International Organization for Migration (IOM). The designations employed and the presentation of material throughout the book do not imply the expression of any opinion whatsoever on the part of the International Organization for Migration (IOM) concerning the legal status of any country, territory, city or area or of its authorities, or concerning its frontiers or boundaries.

IOM is committed to the principle that humane and orderly migration benefits migrants and society. As an intergovernmental organization, IOM acts with its partners in the international community to: assist in meeting the operational challenges of migration; advance understanding of migration issues; encourage social and economic development through migration; and uphold the human dignity and well-being of migrants.

IOM refers to the UNSC resolution 1244-administered Kosovo in an abbreviated manner as “Kosovo/UNSCR 1244”. For the purpose of this report, it has been agreed to reference UNSC resolution 1244-administered Kosovo as “Kosovo*”, this designation being without prejudice to positions on status and in line with UNSCR 1244 and the ICJ Opinion on the Kosovo declaration of independence.

For the purpose of this cookbook and due to spacing issues with the maps “FYR of Macedonia” will be used when referring to the former Yugoslav Republic of Macedonia, “Russia” will be used when referring to the Russian Federation, “Moldova” will be used when referring to the Republic of Moldova.

In the narrative text however always the full name of the respective country will be used, except in cases of historical reference.

The boundaries and names shown and the designations used on the maps do not imply official endorsement or acceptance by the United Nations.

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**South-Eastern Europe,
Eastern Europe
and Central Asia**

The Migration of Culinary Traditions in the Region



International Organization for Migration (IOM)
The UN Migration Agency



Acknowledgments

This book includes the recipes provided by the staff working in IOM country missions throughout South-Eastern Europe, Eastern Europe and Central Asia (SEEECA). It was put together by the IOM Regional Office for the SEEECA region based in Vienna under the guidance of Argentina Szabados, the Regional Director. Special thanks are due to Tanja Dedovic, IOM Regional Office in Vienna, for her initiative, creativity and coordination of the process. Special thanks go to Alina Narusova-Schmitz and Alexander Doggen who did the editing and proof reading of the cook book, and to Elodie Jacoby, Kara Huff and Jake Friedly for their help and support in preparing this book. The editorial team is grateful to all the IOM-ers, representing different nationalities from across the region and beyond, who made this publication possible.

The beautiful illustrations were created by Svitlana Matveenکو, an Ukrainian artist and designer with extensive experience of cooperation with charities and international organizations, including IOM.





About the IOM Regional Office in South-Eastern Europe, Eastern Europe and Central Asia

The International Organization for Migration (IOM) works to help facilitate orderly, safe and responsible migration and mobility, to promote international cooperation on migration issues, to assist in the search for practical solutions to migration challenges and to provide humanitarian assistance to migrants in need, be they refugees, displaced persons or other uprooted people.

IOM has been active in South-Eastern Europe, Eastern Europe and Central Asia (SEEECA) from the early 1990s, when it established presence in most of the countries in the region to help governments address the highly complex mix of migration and displacement challenges which had emerged following major political changes of that period. As the migration trends in the region continue evolving, IOM remains committed to providing comprehensive support to governments in refining their policies, frameworks and practical mechanisms for migration management at national and multilateral levels, and ensuring protection and assistance to migrants in need. IOM has a large footprint in the region with offices in 19 out of the 20 SEEECA countries and territories and a vast variety of activities covering the full range of migration management issues. The IOM Regional Office located in Vienna supports further improvement in quality and diversification of programmatic activities at country level, promotes regional initiatives and enables IOM to provide better support to interstate dialogue and cooperation.

The countries and territories of the SEEECA region include: Albania, Armenia, Azerbaijan, Belarus, Bosnia and Herzegovina, Georgia, Israel, Kazakhstan, Kosovo*, Kyrgyzstan, the former Yugoslav Republic of Macedonia, Republic of Moldova, Montenegro, Russian Federation, Serbia, Tajikistan, Turkey, Turkmenistan, Ukraine, and Uzbekistan.



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List of Measurements

mm Millimeter
cm Centimeter
ml Milliliter
l Liter
g Gram
mg Milligram
kg Kilogram
°C Degrees Celsius





Introduction

Food and our relationship to it are integral parts of who we all are as human beings. Cuisine, therefore, plays an important role in how communities and members of these communities define themselves. Throughout history, whenever people have migrated, either by choice or due to outside pressures, how and what they prepare as food has travelled with them, even when they have been able to take nothing else. Cuisine acts as the link to our origins, our families, communities and customs. All of this changes and evolves over time and yet, seems to remain ever the same in a comforting way. Distinct foods, dishes and preparation techniques define us as much as language, religion or citizenship does. This is a testament to the common relationship with food that all of humanity shares.

For the region of South-Eastern Europe, Eastern Europe and Central Asia and the countries and territories that are part of it common histories and themes have led to distinctive national cuisines that are, in fact, anything but. It is often tempting to think of the world of nation-states as the norm, as the way in which borders and peoples have always been defined throughout history. When seeking answers to questions, such as: “where are the origins of specific national cuisines to be found?” and “how is it that the same or similar dishes are found in and claimed by numerous countries?” – it is important to keep in mind that people and the boundaries within which they live are not always defined along ethnic, linguistic or even religious lines. Today’s nation-States and their societies have been shaped by centuries of movement and settlement, as well as the spread and collapse of



large multicultural empires, which swelled and receded like flood waters, engulfing existing communities while sweeping others to new locations. Trade within the region and beyond remained the constant as political frontiers shifted. By way of the trade routes (most famously the Silk Roads), the different culinary traditions and produce as well as cooking methods found their way from one culture to the next. This historic perspective highlights the rich cultural diversity and interconnectedness of societies, which is reflected in modern-day national cuisine.

Today, the culinary evolution brought about by the centuries of migration, trade and settlement is clearly visible in the region's traditional cuisines. One dish can be claimed as a national dish in a dozen countries, claimed by all and with none being wrong. The basic fabric of dishes, as of peoples, is very much the same, but local variations represent the culinary and social diversity which enriches our lives. It is by stepping back away from definitions of nations and people that we take for granted today, that one can appreciate the fluidity of history and culture that is reflected in a wonderful meal.

2016 was an important year for IOM. Firstly, the Organization founded in 1951 celebrated its 65th anniversary of assisting migrants, supporting governments and promoting cooperation on migration. Secondly, in September 2016, IOM joined the United Nations family. To commemorate these important occasions and to highlight the benefits of migration and diversity in our daily lives, the IOM Regional Office in Vienna has put together this book of traditional recipes from South-Eastern Europe, Eastern Europe and Central Asia.

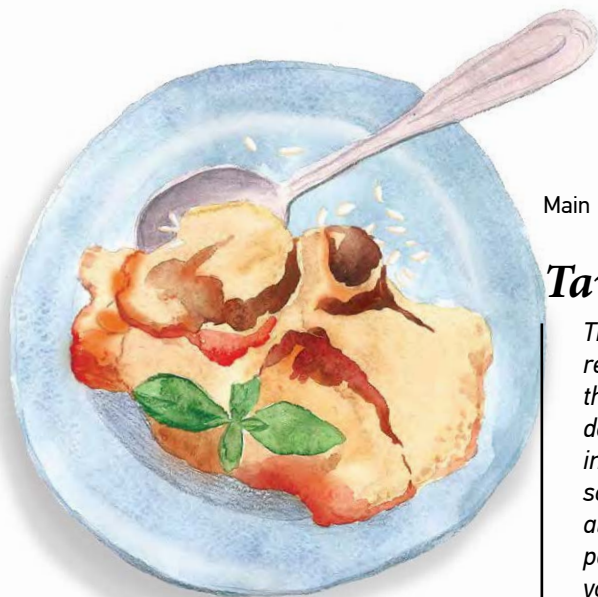
The recipes give an insight into the rich cultural heritage of each country and are meant to be shared as a way of celebrating the histories and stories of migration that each meal embodies. Three dishes (usually a starter, a main dish and a dessert) are featured from each of the 20 countries that make up the region. The dishes generally come from different regions within each country to offer a fuller experience of culinary richness from each land.





ALBANIA

Albania's closeness to the sea and the close interactions with its neighbours and peoples make the country's cuisine truly intercultural, combining Mediterranean influences with those from the Balkans. Albanian cuisine was influenced first by the Greek cooking traditions, followed by the Turkish ones during the time of the Ottoman Empire, after the end of which Italian influences became more prominent in the region. Today's Albanian cuisine speaks to this movement of people and national borders in its variety and unique combination of tastes.



Main

Tavë Kosi (Baked lamb and yogurt)

This delicious recipe is especially great for family gatherings and comes in several variations, with each reflecting the traditions and the characteristic ingredients of different regions. It is most typically found in the southern region of Albania, in which livestock-rearing is very popular and therefore, milk and other dairy products have become important components to many dishes. A variation of this dish is also popular in the northern parts of Greece, where it is called 'vlachiko'. With Albanian and Greek cultures having been so closely entangled for centuries, it is hard to pinpoint the exact origin of this dish. However, it is generally thought that it originated from the traditional cooking of the Vlachs, an Eastern-Romance-speaking people, often referred to as nomadic shepherds. Organic lamb cooked in a sauce made with delicious local yogurt remains Balkan cooking at its best!

Servings: 4

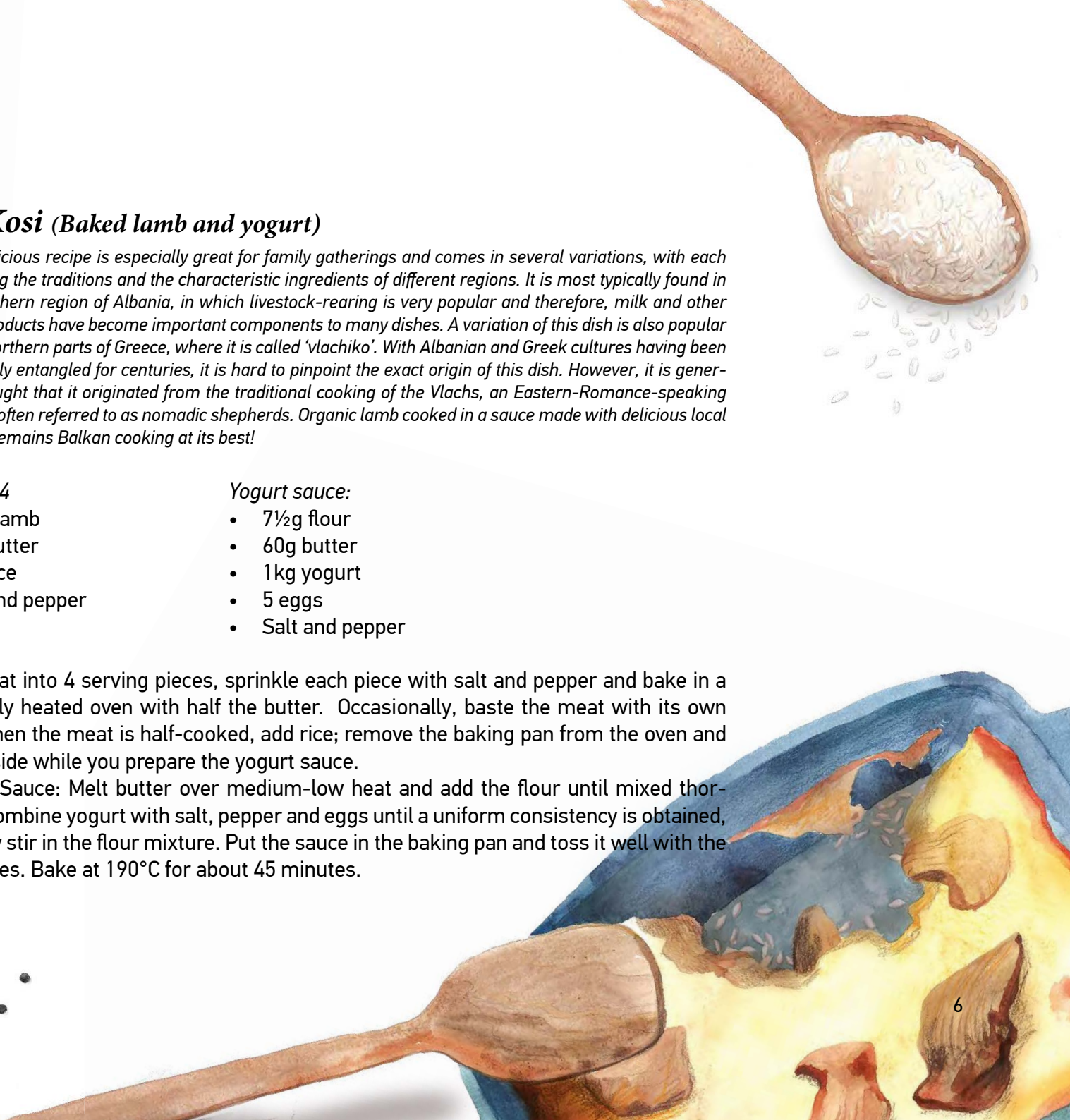
- 500g lamb
- 60g butter
- 25g rice
- Salt and pepper

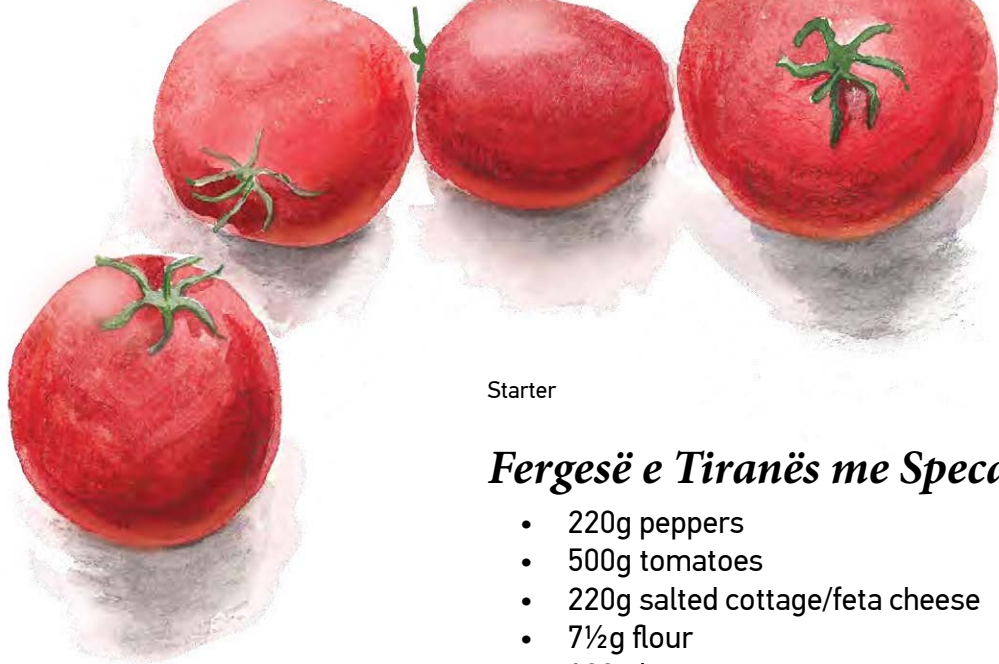
Yogurt sauce:

- 7½g flour
- 60g butter
- 1kg yogurt
- 5 eggs
- Salt and pepper

Cut meat into 4 serving pieces, sprinkle each piece with salt and pepper and bake in a moderately heated oven with half the butter. Occasionally, baste the meat with its own juices. When the meat is half-cooked, add rice; remove the baking pan from the oven and leave it aside while you prepare the yogurt sauce.

Yogurt Sauce: Melt butter over medium-low heat and add the flour until mixed thoroughly. Combine yogurt with salt, pepper and eggs until a uniform consistency is obtained, and finally stir in the flour mixture. Put the sauce in the baking pan and toss it well with the meat pieces. Bake at 190°C for about 45 minutes.





Starter

Fergesë e Tiranës me Speca (Tirana furghes with peppers)

- 220g peppers
- 500g tomatoes
- 220g salted cottage/feta cheese
- 7½g flour
- 100g butter
- 45ml olive oil
- Salt, black pepper and chili pepper, to taste

Peel the skin off the tomatoes and peppers. Sauté them in a saucepan for 5–7 minutes in the olive oil and then set them aside to cool down for 15 minutes. Dice them the way you like. In another saucepan, melt the butter. Add flour, cottage or feta cheese, black pepper, salt and chili pepper to taste. Mix all these ingredients together with the tomatoes and peppers and place them in an oven-safe saucepan. Put saucepan in a preheated 176°C oven for 15 minutes. Take out and serve immediately.





Dessert

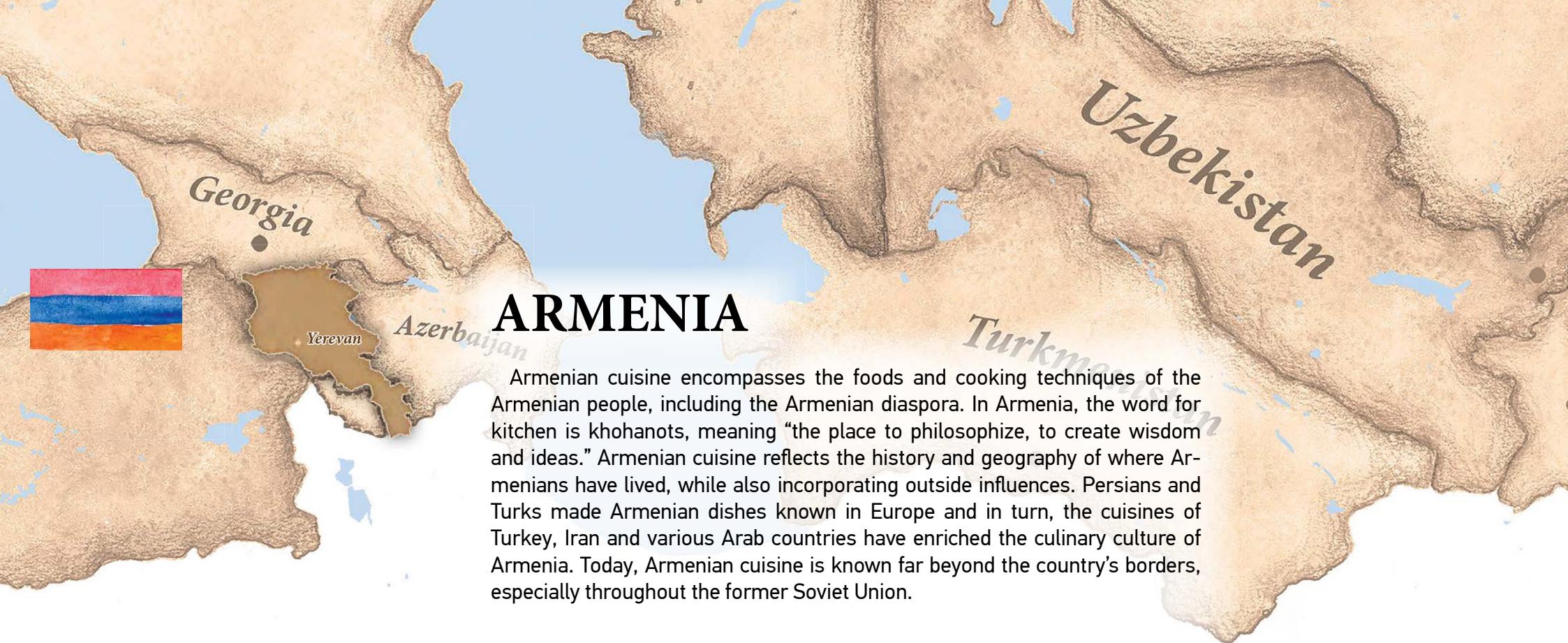
Tullumba (Fried pastry with syrup)

- 30g margarine
 - 120g flour
 - 45ml water
 - 4 eggs
 - 2–3g salt
 - 300ml olive oil
- Syrup:*
- 400g sugar
 - 420ml water
 - 5ml lemon juice

Syrup: Put the sugar, water and lemon juice into a saucepan. After melting the sugar by stirring, allow it to boil until moderately thick. Set aside to cool.

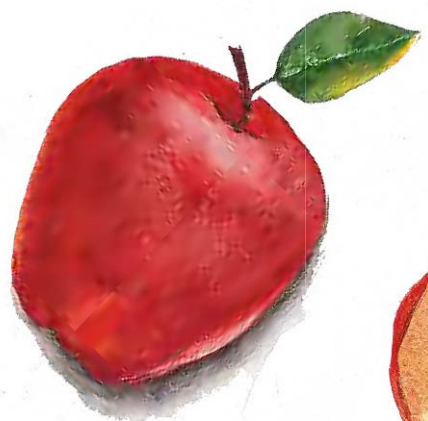
Pastry: Heat the margarine in a saucepan, add the water and salt and bring to a boil. Reduce heat and add the flour all at once. Stir constantly with a wooden spoon and continue until the mixture leaves the sides of the pan and forms a ball. When cool, add the eggs and knead for approximately 10 minutes. Using a pastry bag with a large nozzle, pipe 7–8 pastries into a pan containing the heated olive oil. Start frying the pastries over low heat, increase heat when they puff up a bit and then fry until golden. Remove fried pastries with a perforated spoon, draining away the oil, then put into the syrup. Strain off the syrup, place Tullumba on serving plate and serve cool.





ARMENIA

Armenian cuisine encompasses the foods and cooking techniques of the Armenian people, including the Armenian diaspora. In Armenia, the word for kitchen is khohanots, meaning “the place to philosophize, to create wisdom and ideas.” Armenian cuisine reflects the history and geography of where Armenians have lived, while also incorporating outside influences. Persians and Turks made Armenian dishes known in Europe and in turn, the cuisines of Turkey, Iran and various Arab countries have enriched the culinary culture of Armenia. Today, Armenian cuisine is known far beyond the country’s borders, especially throughout the former Soviet Union.





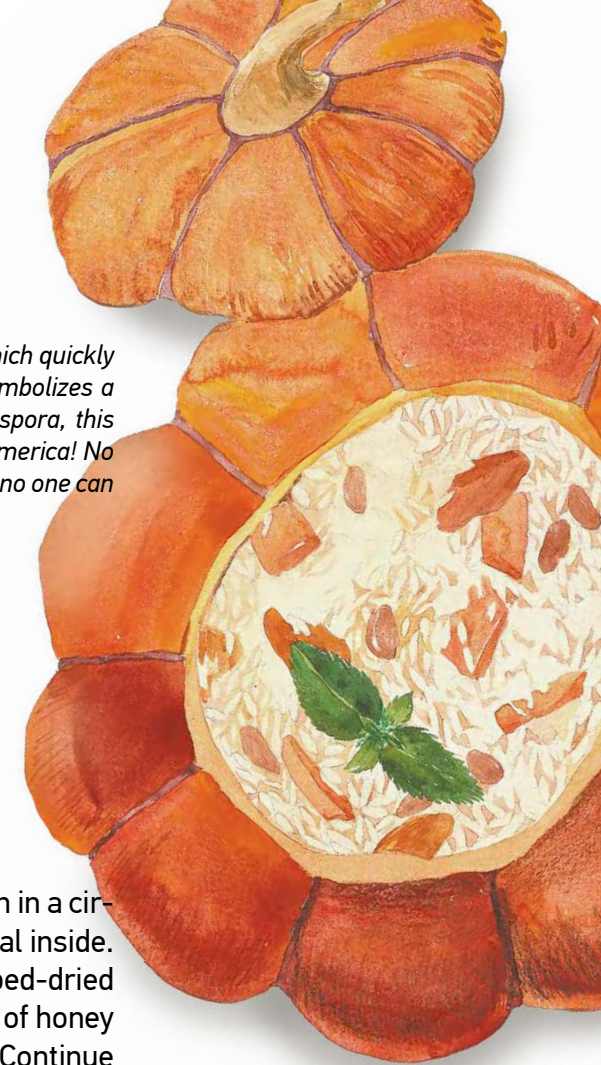
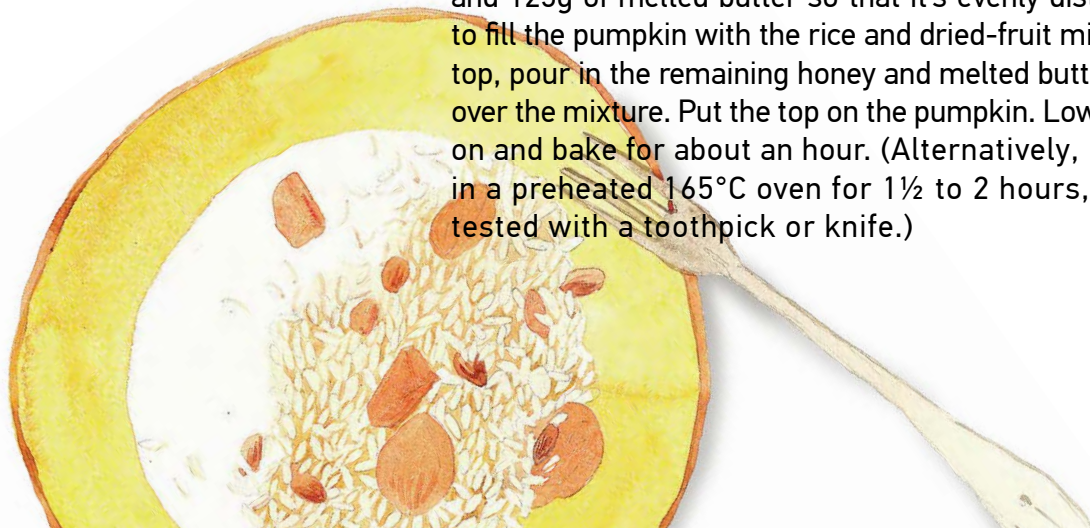
Dessert

Ghapama (Stuffed pumpkin)

This traditional pumpkin dish is commonly cooked in a clay furnace called a tonir, the use of which quickly spread from Armenia to all the peoples across Transcaucasia in ancient times. Ghapama symbolizes a sweet life and is served at weddings and New Year's Day – and thanks to the Armenian diaspora, this warming autumn-dish has also made its way to Thanksgiving tables in the United States of America! No wonder there is even a pop song about this hamov-hotov (tasty-aromatic) dish, describing how no one can resist its aroma – be they Armenians or not.

- 1 whole 5–6 kg pumpkin
- 1–1½kg parboiled long-grain, white rice
- 250g sultanas (or raisins)
- 360g dried apricots
- 150g dried apples
- 525g honey
- 250g butter, melted

Light a fire in the tonir and preheat for about an hour. Carefully slice the pumpkin in a circle close to the top (retaining the lid) and spoon out the seeds and fibrous material inside. In a big bowl, mix the parboiled rice with the dried fruit. Spoon the rice and chopped-dried fruit mixture into the pumpkin. When the pumpkin is about half full, pour in 175g of honey and 125g of melted butter so that it's evenly distributed over the rice mixture. Continue to fill the pumpkin with the rice and dried-fruit mixture. Once the mixture is almost to the top, pour in the remaining honey and melted butter – again, so that it's evenly distributed over the mixture. Put the top on the pumpkin. Lower the pumpkin into the tonir, put the lid on and bake for about an hour. (Alternatively, place the pumpkin on a baking sheet in a preheated 165°C oven for 1½ to 2 hours, or until the pumpkin is tender when tested with a toothpick or knife.)

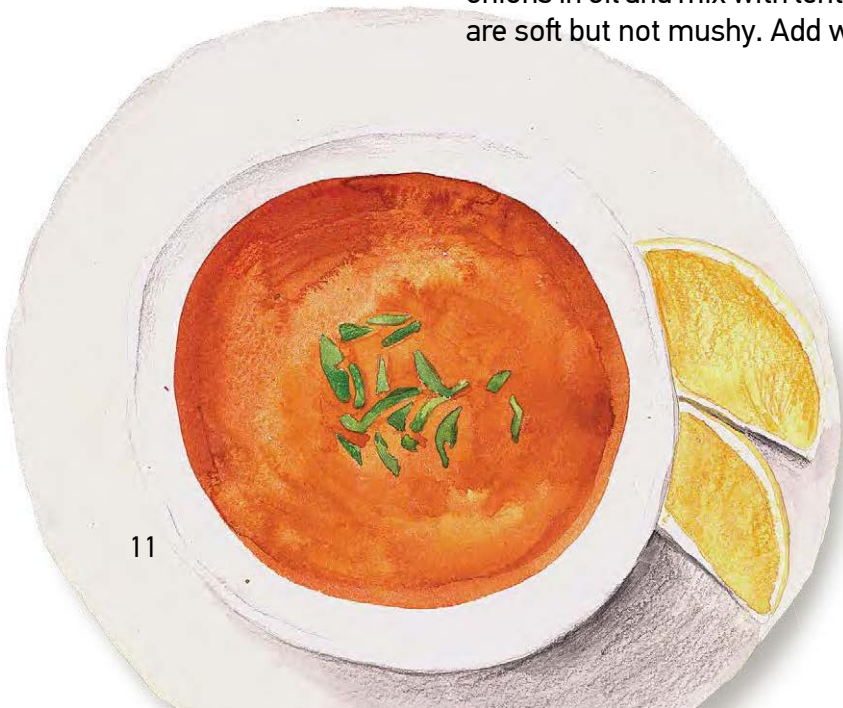


Soup

Armenian-Style Lentil Soup

- 150–200g dried split peas or lentils
- 50g rice
- 950ml water
- Finely chopped onions (about 5 medium-sized onions or 350g)
- Oil
- A pinch of black pepper
- About 10g salt

Put lentils or peas and rice in saucepan with 950ml of water and bring to a boil. Sauté onions in oil and mix with lentils. Add salt and pepper. Simmer 40 to 45 minutes until lentils are soft but not mushy. Add water if necessary for proper consistency.



Main

Armenian Harisa (Porridge with chicken)

- 70g wheat grits (farina)
- 200g chicken breast
- 200g butter
- 4–5g salt

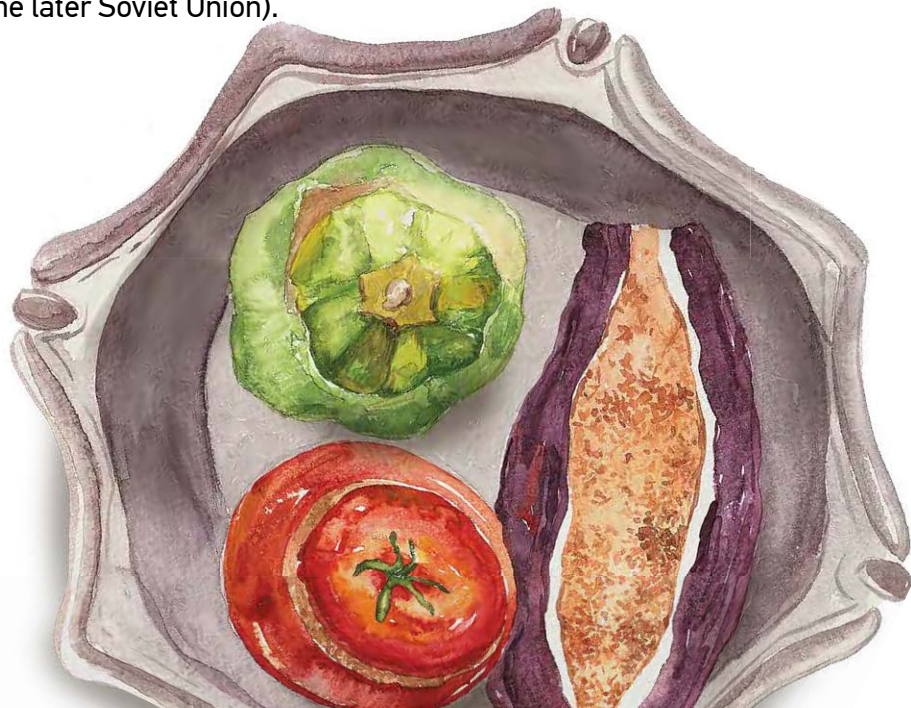
Pour 600ml water into a big pan, add the wheat grits and chicken meat. Simmer over a very low heat until very soft. It will take 6 hours until chicken meat and wheat grits are smooth. Serve with a pat of butter on top.





AZERBAIJAN

For the people of Azerbaijan, food is an important part of their culture. At the same time, the country's cuisine has a lot in common with Iranian and Turkish cuisine, speaking to the regional connectedness through historic and current migration and exchange. Due to this connectedness, many foods that originate in Azerbaijan can also be found now in the cuisines of other neighbouring cultures and vice versa. As is the case with so many places, many of the dishes of Azerbaijan are, in fact, simply a version of a regional dish specific to the country. Common threads that connect the cuisine of Azerbaijan to those throughout the region can be seen by way of the expansive and multi-ethnic Ottoman and Russian Empires (and the later Soviet Union).



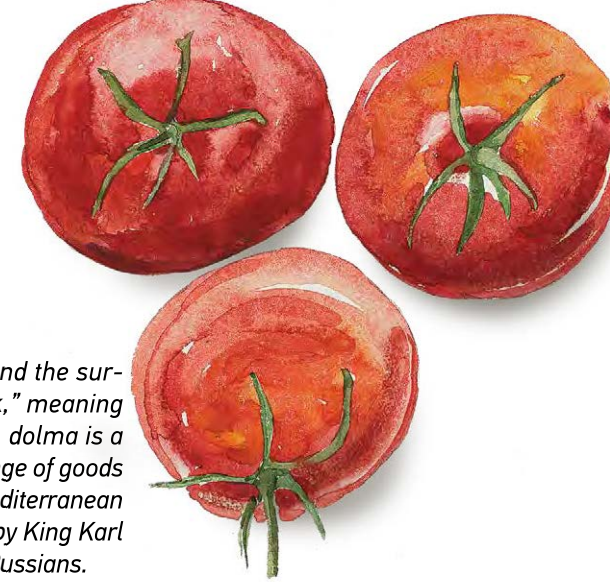
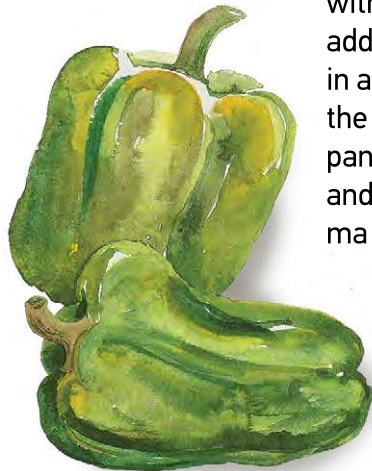
Main

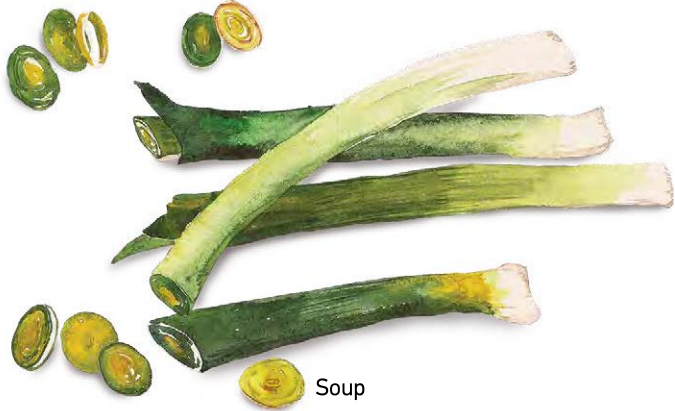
Three Sisters Dolma (Stuffed vegetables)

Dolma is a family of stuffed vegetable dishes, originating in the former Ottoman Empire and the surrounding regions. The name of the dish is said to originate from the Turkish verb “dolmak,” meaning “to be stuffed.” Considered a national dish in Azerbaijan, as well as in Armenia and Turkey, dolma is a truly regional way of preparing food, speaking to the history of regional migration and exchange of goods and ideas. Today, dolma dishes are widespread in the South Caucasus, Middle East and Mediterranean area. And by the way, there is even a dish called Kåldolmar in Sweden, probably taken there by King Karl XII who was held captive by the Turks in Bender after losing the Battle of Poltava against the Russians.

- 3 eggplants
- 3 peppers
- 3 tomatoes
- ½kg ground beef or lamb
- 1 onion
- 1 bunch of cilantro
- ½ bunch of each dill and mint
- 200g skinless crushed tomatoes (fresh or canned)
- Clarified butter or olive oil
- Salt and pepper to taste

Wash the eggplants, bell peppers and tomatoes. Cut a long slit down the middle of the eggplants, being careful not to cut them too deep to the bottom. Pour the butter or olive oil into a saucepan, and over low heat lightly fry the eggplants on all sides until they are soft enough to open the slit. Set aside. Cut the tops off each bell pepper and set aside. Remove seeds and lightly fry. Cut the tops off each tomato and set aside. Scoop out the tomato flesh with a spoon and save for the stuffing. Wash herbs and chop them. Mix the ground meat with finely chopped or ground onion. Cook the stuffing in a large pot. After the meat is done, add salt, pepper, chopped herbs and tomato flesh, and mix well. Let it cool. Fry tomatoes in a small saucepan, add 15g butter and simmer for 5–10 minutes. Fill the vegetables with the stuffing and cover with their “lids.” Place the vegetables side-by-side in a deep baking pan, stuffing side up, and pour the sauce around the vegetables. Preheat the oven to 150°C and bake the dolma until all the vegetables are tender and cooked through. Serve the dolma with yogurt and crushed garlic.





Soup

Dovgha (Yogurt soup)

- 2l thick plain yogurt
- 1l water
- 100g chickpeas
- 1 egg
- 50g flour
- 50g short-grain rice

Large bunches of chervil, coriander (cilantro), dill, mint, parsley, spinach or beet tops, celery tops (leaves) and leeks

Wash and finely chop the herbs. Put 285g of yogurt into a bowl, break the egg into it and mix well. Add the flour and rice and mix until the flour has been absorbed. Put the mixture and the rest of the yogurt and chickpeas into a saucepan. Gradually add the water and stir well. Place over a medium heat and bring to a boil, stirring all the time. When the dovgha has come to a boil, add the chopped herbs. Bring back to a boil and simmer until the rice is cooked, around 10–15 minutes, stirring frequently. Don't add salt until the dovgha is cooked and taken off the heat, or add only when serving. Adding salt during the cooking process can cause the dovgha to curdle.

Dovgha can also have meat added to it. For the meaty version, use meat broth rather than water to dilute the yogurt. Fry minced lamb with the chickpeas and shape into small balls. Add the meatballs and chickpeas to the dovgha at the end of the cooking process.





Dessert

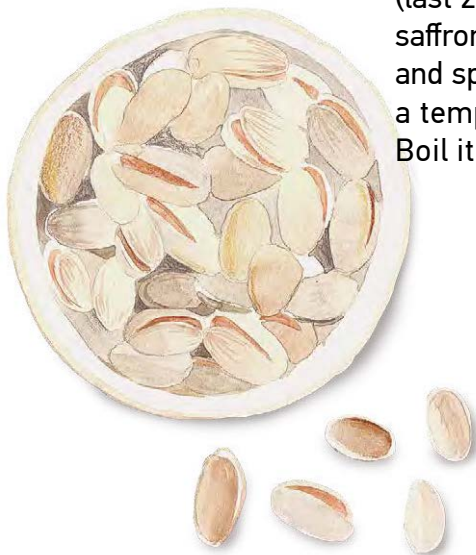


Pakhlava

- 1 kg walnuts
- 500g butter
- 2 eggs
- 800g wheat flour
- 1 kg sugar
- 200g gyulab (rose water)
- 2g saffron
- 600ml water
- 50g white poppy seed
- 50g pistachio



Put 2 egg yolks in flour. Add 100g of butter and a pinch of salt. Knead dough. Cut it into 10 parts. Grind walnuts. Mix with 500g sugar. Divide into 7 parts. Grease baking sheet. Roll one part of dough into a thin layer. Put it onto a baking sheet and stick its edges to the baking sheet sides. Grease with butter and then put another layer of rolled dough on top. Grease again with butter. Sprinkle this layer with ground walnuts. Repeat 9–10 times (last 2 layers should have no walnuts). Tamp (firmly press together from above). Prepare saffron extract (2g per 90ml of boiling water). Smear over pakhlava. Cut into diamonds and sprinkle white poppy seeds. Put half of the pistachios in the center. Bake in oven at a temperature of 180°C for one hour. Make syrup out of granulated sugar and water. Boil it. Add gyulab (water of rose extract) and pour it on ready pakhlava.





Russia

BELARUS

Minsk

Belarusian cuisine was and is influenced by two factors complementing each other: farming and use of local produce on the one hand, and influences from neighbouring countries and migrant settlers on the other hand. Potatoes, meat and regional vegetables are the fundamentals of Belarusian dishes. The national cuisine is not so much characterized by special ingredients, but rather by the complex process of their cooking. Since the times of the Grand Duchy of Lithuania (11th–15th century), Belarusian culinary traditions have incorporated parts of Baltic, Slavic, Jewish and German cuisines. Therefore, Belarusian cuisine is very diverse, showing many traces of international migration while preserving its uniqueness in a hearty and delicious way.

Ukraine

Moldova

Kazakhstan

Uzbekistan

Turkmenistan

Georgia

Armenia

Azerbaijan

Turkey

Bosnia and Herzegovina

Serbia

Montenegro

Kosovo

SCR 1244

Albania

FYR of Macedonia



Main

Draniki (Grated-potato pancakes)

Potatoes are the most popular product and ingredient in Belarusian cuisine. After having migrated to Europe from South America in the 16th century, potatoes found their way to Belarus from the Baltics and Poland in the era of the Grand Duchy of Lithuania (11th–15th century). Draniki, or grated-potato pancakes, became very popular in Belarus in the 19th century. The word draniki means “having been grated”. The dish emigrated to the country from Russia, the first mention of it dating back to 1830. It is said, however, that draniki were actually adapted from a similar German dish: in the 19th century, Jewish influence on Belarusian cuisine was especially noticeable in their bringing in of potato dishes of German origin. Interestingly, this was a two-way gastronomic migration route, for the famous bulbe latkes, the potato pancakes of the East European Jews, had probably been borrowed from the Belarusian draniki. Today, recipes for grated-potato pancakes similar to Belarusian draniki can also be found in Czech, Polish (tartyuchy), Ukrainian (deruny or kakorki), Irish, Norwegian and American cuisines.

- 10 potatoes
- 15g flour
- 250g salted pork fat
- 2–3 onions
- Vegetable oil
- Salt

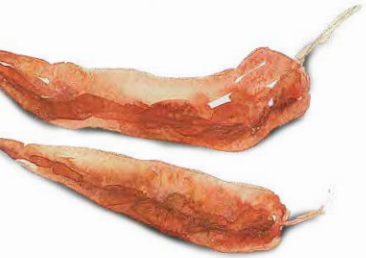
Grate the raw potatoes; add wheat-flour and salt and mix together. Fry like pancakes in a very hot frying-pan with butter. Serve the draniki with salted pork-fat cracklings which are cooked as follows: slice the salted pork-fat and fry over low heat until melting, then add chopped onions and fry until golden.





Borsht (Beet soup)

- 2½l water
- 300g ham bones
- 200g beef
- 60g sausages
- 2 beets
- 5 potatoes
- 1 carrot
- 1 onion



- 14g tomato paste
- 20g pork fat
- 7½g flour
- 8g sugar
- 10ml 3% vinegar
- 21g sour cream
- 1 parsley root
- Salt



Place chopped ham-bones and beef in a saucepan of cold water and bring to a boil. Froth with a skimmer and allow it to simmer over a low heat. Half an hour before the stock is done, add the salt and drop in cleaned and washed carrot, onion and parsley root. Strain the stock. Sauté the shredded carrot, parsley and onion in pork fat. Add tomato paste and keep over low heat for about ten minutes. To the boiling stock, add cubed potatoes, boiled, shredded beets, onion and parsley roots (browned slightly), along with flour blended with some stock, and cook until it is done. Season the borsht with sugar and vinegar. Cut boiled meat and sausages into chunks and add to the borsht.

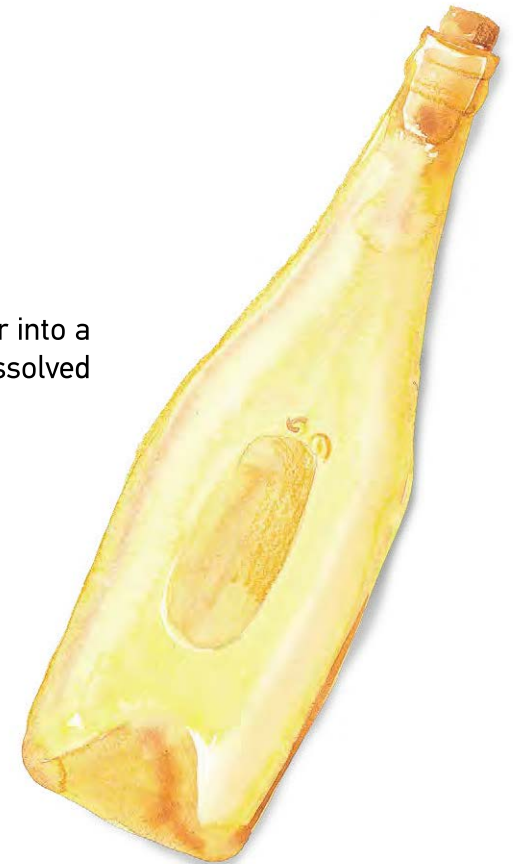


Dessert

Medovukha (Honey drink)

- 2½l water
- 150g honey
- 5g yeast

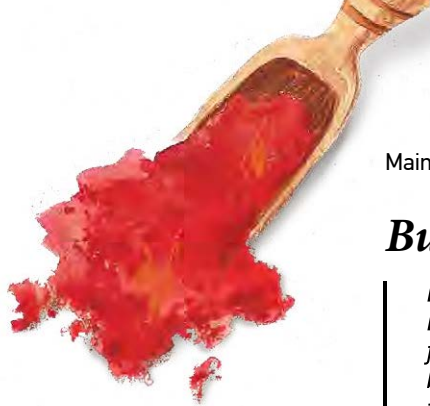
Dissolve the honey together with honeycombs in cooled, boiled water, then pour into a wooden barrel. Separately, dissolve the yeast in warm water, combine with the dissolved honey and mix well. Store in a cool place for 6 to 8 days.





BOSNIA AND HERZEGOVINA

Bosnian cuisine is a composition made from both Western and Eastern influences. As a result of Ottoman administration for more than 400 years (1463–1878), Bosnian food is closely related to Turkish, Greek, and other former Ottoman and Mediterranean cuisines. However, due to years of Austrian rule, there are also many influences from Central Europe. As a multi-ethnic country and home to Muslims and Christians alike, Bosnia and Herzegovina presents a cuisine speaking as much to its history, traversed by migration dynamics, as to its diverse present-day society.



Main

Burek

Burek originates in Turkey, where it is called börek, from the Turkish word burmak, meaning “to twist.” Burek was introduced in Bosnia and Herzegovina during the Ottoman Empire (1463–1878). This type of food is very popular in Croatia, Serbia, Montenegro, the former Yugoslav Republic of Macedonia and Albania. The Bosnian version of burek is an easy, ground-beef meat pie rolled up into a snail-like form to fit the traditional dish in which it is baked. In this way, it differs from other regional forms. In fact, this style of burek is called sarajevske pita (Sarajevo pie) or bosanske pita (Bosnian pie) because of its introduction to Serbia by way of war refugees in the 1990s. Many members of the Bosnian diaspora spread this popular dish to their host countries, so burek can be found in all the countries worldwide in which this diaspora lives.

4 to 6 servings

Pastry:

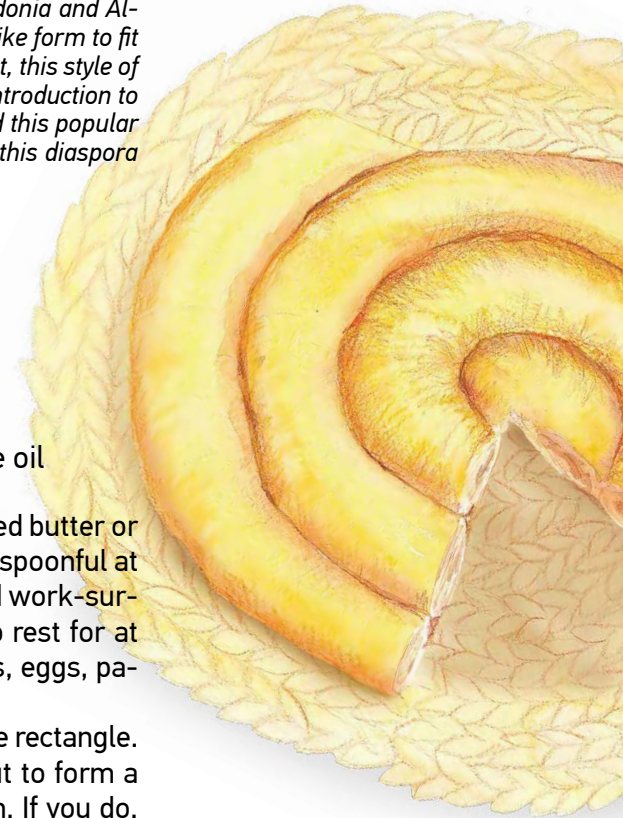
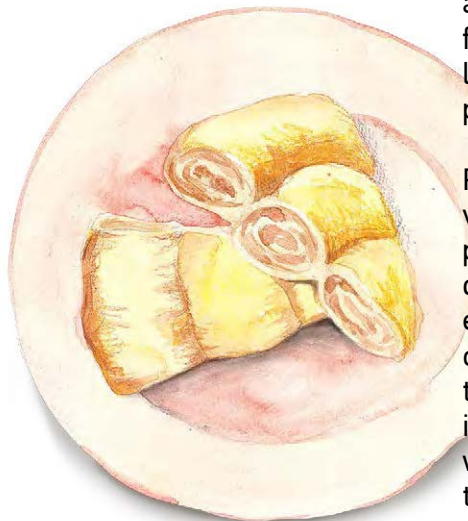
- 240g flour
- 120ml warm water
- 60ml melted butter or olive oil
- 1 egg, beaten
- 5g salt

Meat filling:

- 675g ground beef
- 3 onions, minced
- 2 eggs, beaten
- 14g paprika
- Salt and pepper
- 120ml melted butter or olive oil

In a large bowl, use a wooden spoon to mix together the flour, warm water, melted butter or olive oil, egg and salt until it comes together in a doughy mass. Add more water, a spoonful at a time, as needed, to bring the ingredients together. Remove the dough to a floured work-surface and knead until smooth and pliable. Cover with plastic wrap and set aside to rest for at least 30 minutes. Preheat the oven to 190°C. Mix together the ground beef, onions, eggs, paprika, salt and pepper in a large bowl until smooth and set aside.

Remove the rested dough to a lightly floured work surface and roll out into a large rectangle. Place floured fists underneath the dough and gently pull sections of the dough out to form a very thin rectangle, about 60cm by 90cm. Take care not to tear holes in the dough. If you do, pinch them together. Let the dough rest for 10 minutes to dry out a little. Brush the pastry dough all over with melted butter or olive oil. Place a row of the meat filling along the longer edge of the rolled-out pastry dough, leaving a 2cm border. Bring the bottom of the pastry up over the meat filling and roll it up into a long sausage-shaped roll. Lay one end of the roll onto the middle of a greased baking pan. Carefully wrap the remainder of the pastry roll around itself to form a snail-shaped pie in the middle of the baking pan. Brush the top of the pastry with melted butter or olive oil. Place in the oven and bake for 35 to 45 minutes, or until cooked through and golden-brown. Cut into wedges and serve with a large dollop of good yogurt.



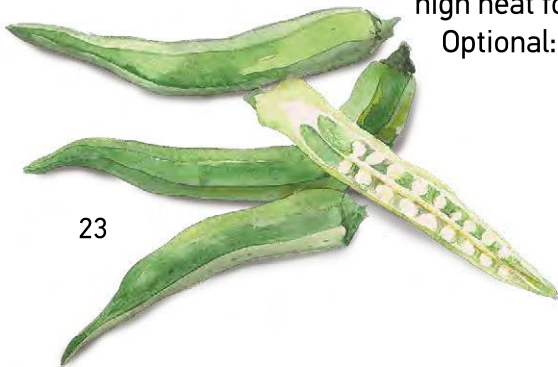
Soup

Begova Čorba (Bey's soup)

- 2 chicken leg quarters
- 2 carrots (large, diced)
- 2–3 celery stalks
- ½ bunch parsley
- Salt and pepper
- 1 handful okra (cut into rounds)
- 15g flour
- Optional: 1 egg

Place the chicken, carrots, celery sticks, ¼ bunch of parsley, okra, salt and pepper in a pot, cover with about 1½ liters of water and cook on high heat until it boils. Lower to medium heat and cook for another 70–80 minutes. Occasionally replenish with (warm) water so that the level of water is about the same throughout cooking. Take the chicken, celery, and parsley out. Remove chicken skin and bones, dice the meat, and then return it to the pot. (You can also take the carrot out and cut it up into even smaller pieces, or mash it up and return it to the liquid.) Place the flour and some water in a smaller cup, then mix well, so there are no bubbles. Add the mix to the soup so that it thickens. Let it simmer on high heat for 5–10 minutes. Dice the remaining, fresh parsley and also add to soup.

Optional: Mix the egg in a cup, then pour into the soup, and simmer another 5 minutes.





Dessert

Tufahjie (Poached apples)

Apples:

- 4 Golden Delicious apples, peeled, cored and placed in lemon water to prevent browning
- 400g sugar
- 475ml water or enough to cover apples
- ½ lemon, juice of

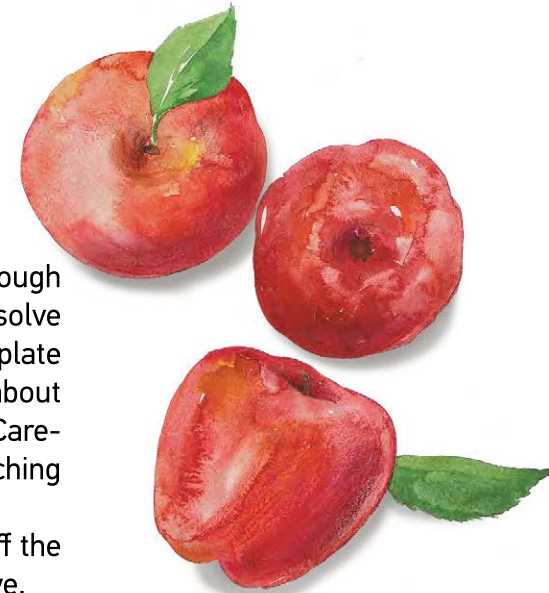
Apples: In a saucepan large enough to hold all the apples, mix together sugar and enough water to cover the apples. Bring to a boil, and simmer a few minutes, stirring to dissolve all the sugar. Pour in lemon juice. Then add the apples, weighing them down with a plate on top. Simmer over medium heat until they are just soft enough to poke with a fork, about 5–10 minutes depending on their size and ripeness. Be sure not to overcook them. Carefully remove them from the water and place them on a rack to cool. Reserve the poaching liquid they were cooked in.

Filling: In a medium bowl, coarsely chop the walnuts and raisins together and stuff the apples with the mixture when they are cool enough to handle. Chill until ready to serve.

Serve the apples cold in individual bowls with some of their syrup, topped with whipped cream.

Filling:

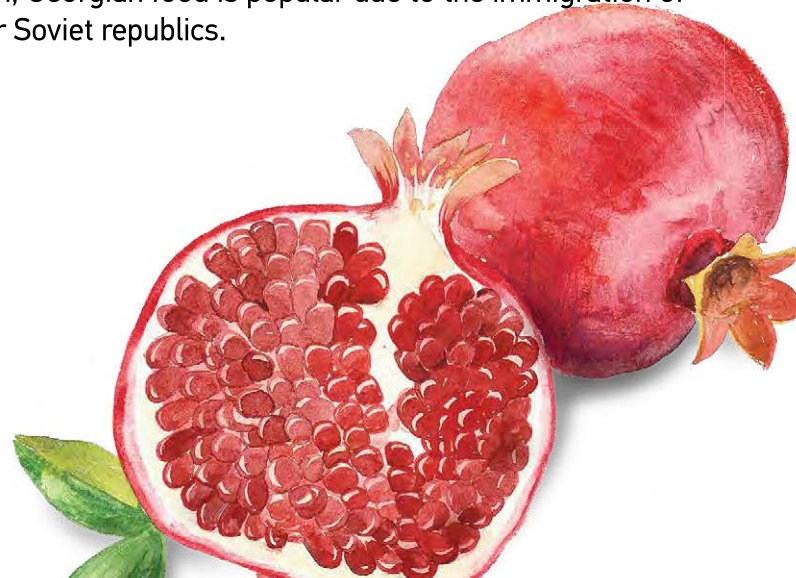
- 60g chopped walnuts
- 9g raisins
- Whipped cream, to serve





GEORGIA

Georgia is situated at the crossroads of Europe and Asia; its cuisine is the result of the interplay of culinary ideas carried along the Silk Road and other trade routes. Russian poet Alexander Pushkin once wrote that “every Georgian dish is a poem” – and indeed, Georgian cuisine is a poem composed of the meeting and enrichment of Eastern and Western cultures on the plate. However, in its unique combinations of ingredients and cooking techniques, Georgian cuisine remains true to itself. As in many cultures, food is an integral part of Georgia’s hospitality, which can be particularly felt (and tasted!) at feasts called supra, at which a large assortment of dishes is prepared and accompanied by large amounts of wine. Meat, cheeses and a variety of different sauces are the essentials of Georgian cuisine, along with an extensive use of walnuts and tarragon. In countries of the former Soviet Union, Georgian food is popular due to the immigration of Georgians to other former Soviet republics.





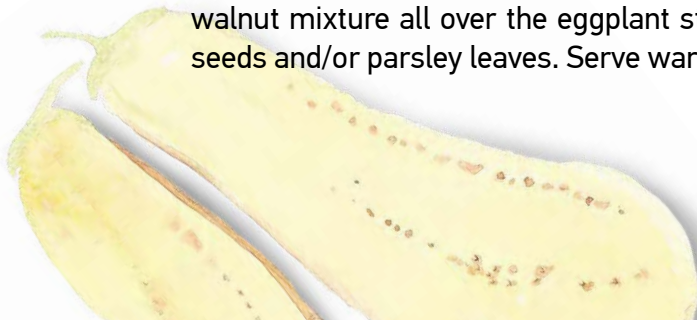
Starter

Badridzhani Nigvsit (Eggplant with walnuts)

This tasty and surprising Georgian appetizer is a wonderful demonstration of how Georgian dishes combine the best of all the foods that found their way to the country. Eggplant from opposite points of the compass, from either Japan or Italy, is combined with walnuts. Originating in Persia, those healthy nuts have become an all-rounder in Georgian cuisine and have given birth to such extraordinary combinations as badridzhani nigvsit. Garnished with pomegranate seeds, this dish makes for an intercultural culinary experience – the Georgian way.

- 4 Japanese eggplants (the long thin kind; or 2 medium regular eggplants)
- 150g chopped walnuts
- 2g coriander
- 3½g ground fenugreek
- 1g hot paprika
- 7/10g saffron or 1½g ground turmeric
- 7/10g dried marigold
- 15ml red wine vinegar
- 2 cloves of garlic, minced
- ½ onion, chopped
- Salt
- Pomegranate seeds and/or parsley for garnish

Peel the eggplant and cut it into long, thin strips about 1¼cm thick. Lay the eggplant strips out flat and sprinkle them with salt. Be generous! This step is very important because it draws water out of the eggplant, and also helps take the bitterness away. Go ahead and sprinkle both sides with salt. You will see the eggplant start to “sweat.” Let it sweat for about 30–60 minutes. Preheat the oven to 190°C. Brush both sides of the eggplant strips with oil and bake for 20–25 minutes, or until soft. Set the eggplant strips aside when done. Heat a bit of oil in a pan and fry the walnuts with the garlic and onions. Blend the walnuts with all the spices. Add the red wine vinegar to the walnut mixture and blend some more. It should form a nice paste. If it is too thick, add 15–30ml of water. Spread the walnut mixture on 1/3 of the eggplant strip, then fold over and add some more walnut mixture. Fold over again and top it off with more walnut mixture. Or you can spread the walnut mixture all over the eggplant strips and roll them up. Garnish with pomegranate seeds and/or parsley leaves. Serve warm or cold.



Main

Ghomi with Bazhe Sauce (Cornmeal and cheese dish with walnut sause)

Ghomi:

- 200g coarse cornmeal
- 40g fine cornmeal
- 40g butter
- 5–6g salt
- 1½l water
- 400g cheese (preferably Sulguni but you can also use Imeretian or Mozzarella)

Bazhe Sauce:

- 250g walnuts
- 2 cloves of garlic
- 3½g dried fenugreek
- 2g ground coriander
- 7/10g dried marigold
- Salt
- Red pepper, crushed
- Vinegar
- Water

Add the coarse ground cornmeal and salt to a deep, cast iron pan. Stir the ingredients to mix them. Add water, stir thoroughly and cook on a low heat, stirring frequently for 20–25 minutes. After 20–25 minutes add 40g of fine ground cornmeal and stir and mash vigorously for 5–7 minutes on a very low heat. Serve on plates whilst hot and add strips of butter and cheese to the surface of the ghomi. The butter and cheese will begin to melt.

To prepare bazhe, grind the walnuts and garlic. It is common in Georgia to crush the nuts with the back of a spoon to extract the walnut oil. The oil is later used to dress the prepared dish. Add spices and salt to the bowl of ground walnuts. Add boiled, cooled water to the mixture and stir until you get a gravy-like texture. Keep adding small amounts of water and continue stirring and mashing until you get a smooth sauce. Add vinegar to taste and the dish is ready.



Dessert

Red wine (Organic Saperavi, Telavi Wine Cellar, 2009)





Jerusalem

ISRAEL

Israel's cuisine is a reflection of the many different countries where Israelis and their ancestors lived prior to immigration to Israel, and is as diverse as Israel itself. Influences, from the Mediterranean, Eastern and Central Europe, North Africa and the Middle East, all form part of its current cuisine, with its roots in global Jewish and regional traditions. It all comes down to the origin and therefore "authentic" Israeli food is a combination of recipes from all over the globe.





Dessert

Malabi (Milk and flour-based custard with rose water, traditionally of Middle Eastern origin)

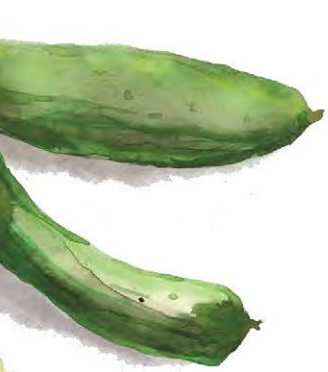
This sweet and milky dish containing rose water is one of Israel's most popular desserts, and symbolizes the great influence of Arab cuisine in modern day Israel. Many variations can be found throughout the Middle East, as well as in Turkey, and it is still offered at Jewish-Turkish weddings in Israel to symbolize the sweetness of the couple's life ahead. It is also a popular dessert during the Israeli holiday "Shavuot," and this holiday is also sometimes referred to as "the feast of roses." The traditional dish is made using rice flour, whereas modern variations rely on cornstarch.

- 1,070ml milk
- 75g rice flour
- 100g sugar
- 30ml rosewater
- 5ml vanilla extract
- 100g chopped nuts, such as pistachios or walnuts
- Sweet syrup to garnish, such as maple or raspberry syrup



Put the rice flour in a small bowl. Slowly, add 120ml milk to it, whisking to dissolve any lumps. Bring the rest of the milk, plus the sugar, to a boil. Stir in the rice flour/milk mixture. Stir well to distribute the rice flour, but don't scrape up the thickened layer that will form at the bottom of the pot – it will simply form lumps. Lower the heat to medium and cook the pudding for 5 minutes, stirring. Stir in the vanilla and the rosewater. Pour the malabi into a big bowl, or tip it into 6 dessert-sized bowls. Cool it completely, then refrigerate it for at least 2 hours. Garnish the tops with chopped pistachios and your favorite sweet syrup.





Starter

Israeli Salad (Middle Eastern origin, as well as Turkish and Iranian)

- 6 tomatoes
- 6 small cucumbers
- ½ green bell pepper
- ½ yellow or red bell pepper
- ½ red onion
- 1/5 bunch freshly chopped parsley
- 1/5 bunch freshly chopped mint
- 1 lemon
- 45ml olive oil
- Salt, pepper

Chop all ingredients finely into small cubes and combine in a salad bowl. Add juice of lemon, olive oil, parsley, mint and salt and pepper to taste.



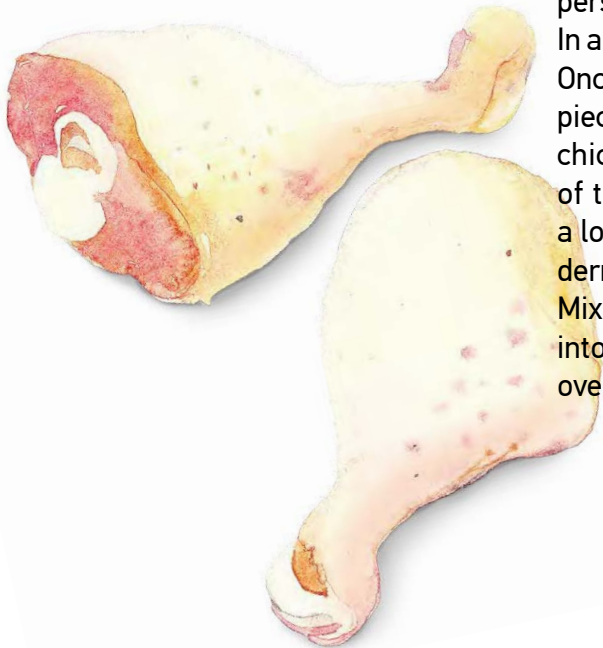


Main

Chicken Paprikash (Central European origin, in particular Hungarian)

- 12 pieces chicken legs and thighs (skinned)
- 4½g paprika (Hungarian paprika is best)
- 2 red bell peppers, seeded
- 2 tomatoes
- 2–3g chicken consommé powder
- 4 cloves of fresh garlic
- 22ml olive oil
- 2 onions peeled and sliced
- 1/5 bunch fresh chopped parsley
- 15g cornstarch
- 225g sour cream, optional
- Salt and black pepper to taste

Sprinkle the chicken pieces generously with paprika, salt and pepper. Place the bell peppers, tomatoes, chicken consommé powder and garlic into a blender, blend to form a sauce. In a large pot, heat olive oil over medium heat. Sauté the onion slices in olive oil until tender. Once the onions have softened and are starting to caramelize, add the seasoned chicken pieces to the pot. Sauté for a few minutes. Pour the blended sauce over the top of the chicken pieces. Add water until the sauce just covers the chicken. Sprinkle with 2/3 of the chopped parsley, season with salt and pepper and bring to a boil. Reduce heat to a low simmer, cover the pot slightly. Cook the chicken for about 1 hour or to desired tenderness. When the chicken is finished cooking, adjust salt and pepper seasoning to taste. Mix together 15g cornstarch with 45ml of cold water, gently stir the corn starch mixture into the chicken sauce and simmer for a minute or two to thicken. Serve chicken and sauce over warm noodles or rice.





KAZAKHSTAN

Going back to the earlier nomadic way of life on the Kazakh steppe, meat, flour and dairy products form the base of many dishes in Kazakhstan. Due to the country's location on the Silk Road, however, various influences and ideas from Asia, the Middle East and Europe have shaped the cuisine of Kazakhstan. Being a multicultural country up to the present day, Kazakhstani cuisine naturally includes Uzbek, Russian, Korean and other foods as well. And not to forget: tea is the most popular drink in Kazakhstan and tea-drinking ceremonies complete almost every meal. However, tea has really never grown on Kazakhstani territory, but is an "immigrant" to the country.





Main

Beshbarmak (Meat noodles)

Beshbarmak is the traditional food of the nomadic tribes in Central Asia, who spread this dish while migrating through present day Kyrgyzstan, Kazakhstan and beyond. The name beshbarmak translates to “five fingers,” referring to the manner in which this dish is traditionally eaten by hand. Beshbarmak involves an elaborate preparation procedure and is traditionally cooked from all parts of an animal (mostly mutton, ram or horse). The various body parts of the animal signify different desired traits (the eye, for example, signifies wisdom) and are distributed to the honored guests accordingly. Beshbarmak is often featured on a dastarkhan, a low, round table full of foods on festive occasions with guests, showing the appreciation and enthusiasm the people of Kazakhstan have for guests and foreigners and sharing their homes and foods with them.

- 800g of mixed meat (horse (kazy), lamb, beef)
- 18g salt
- 2½g pepper
- 2 cloves of garlic, minced
- 2 bay leaves (optional)

Noodles:

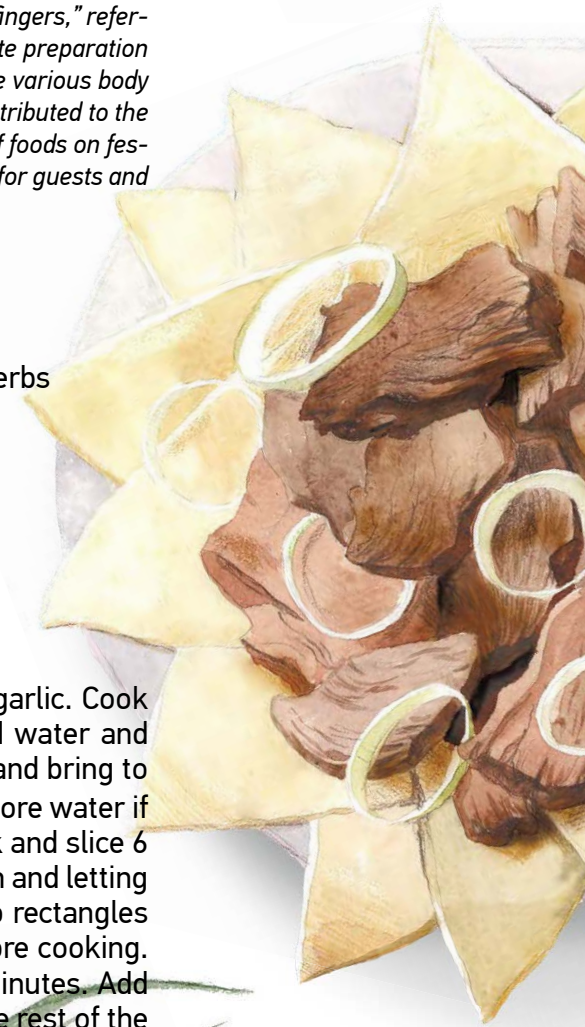
- 300g flour
- 100ml stock
- 1 egg
- 3g salt

Alternatively, you can buy ready-made zhaima noodles.

The day before cooking, season the meat (except the kazy) with salt, pepper and garlic. Cook kazy sausage separately. Cook the other meat in a large saucepan. Cover with cold water and bring to a boil. Drain and rinse the meat. Once again, cover the meat with cold water and bring to a boil. Add the bay leaves. Skim off the scum. Simmer covered for 2½ hours, adding more water if necessary. Take off the heat and let cool for 2 hours. Remove the meat from the stock and slice 6 mm thick. Make the noodles by mixing the ingredients, wrapping dough in a plastic film and letting it rest at room temperature for 30 minutes. Take 1/3 of the dough, roll it and cut into rectangles around 5cm by 8cm. Let the noodles dry on a floured surface for 20–30 minutes before cooking. Make the sauce by taking 600ml of the stock from the meat and simmering for 15 minutes. Add onions, fat, salt and pepper. If you like, add whole carrots and potatoes. Then, bring the rest of the stock to a boil. Add the noodles and cook until tender. Drain the noodles and serve them by placing the meat on top and covering with sauce and fresh parsley and dill.

Sauce:

- 2 medium onions
- 600ml stock
- Small bunch of mixed herbs (parsley and dill)





Starter

Boursak (Fluffy bread)

- 1½kg white flour
- 500ml lightly warmed milk
- 20g salt
- 18g sugar
- 10g dried yeast
- 2 eggs
- 14g melted butter

Mix the ingredients together in a large bowl with your hands. Once the dough is pulled together, knead it for up to 5 minutes until it is springy and forms into a nice, slightly loose ball. Cover and leave in a warm place for a minimum of 4 hours. After the rising time has passed and you are ready to cook, heat oil in a heavy pan. Separate the dough into 7 or 8 medium-sized balls and, one at a time, roll them out to a thickness of about 5mm. Cut your rolled dough into strips of around 10cm wide, and then each strip into rectangles. As you make the shapes, set them aside on a towel in a single layer and repeat the process with each of your balls of dough. Once you are ready to cook, lay out a few of the shapes on a plate you can carry to the stove and make sure your oil is at the right temperature. Put as many pieces of dough as will fit in a single layer into the hot oil and fry, turning over to ensure they are golden all over. Scoop out, drain on paper briefly and serve.



Main No.2

Nauryz Kozhe (Thick yogurt drink)

- 500g meat (preferably horse (kazy); beef or lamb is also fine)
- 1l kefir
- 50g rice
- 100g barley
- 50g noodles

Boil meat for at least 2–3 hours. Make sure to skim off foam that builds up when it just starts boiling. This provides a clear stock. When ready, take out the meat. Have the barley half-cooked by boiling it in salted water while the meat is cooking. Then, when the meat is ready, pop it in together with the rice. Add the noodles after the rice and barley have been in the stock for 10–15 minutes. Give it 5 more minutes, just for the noodles to be ready. Slice the meat up into smaller chunks and add it back into the pot. Let it all cool down a bit before you add the kefir.





KOSOVO*

The local cuisine is at the crossroads of Eastern and Western flavours. With influences from Turkish cuisine (ever-present in the Balkans), Italian-by-way-of-Albania, Albanian, and Greek culinary traditions. The many dishes that make up Kosovar cuisine are a testament to the historical shift of peoples which cascaded over the area century after century. Most notable may be the general Balkan dishes, themselves inspired by or originating from within the Ottoman Empire. After the defeat of the Serbs by the Ottomans in Kosovo* in 1389, the area became increasingly populated by Albanians who brought their language, culture and cuisine. Serbian influence remained strong, especially to the north, and many regional and Serbian dishes found their way to Kosovo*. Kosovar cuisine, however, continued and continues to be something unique.



Dessert

Tespishte (Syrup-soaked cake)

It is difficult to say whether or not tespishte is a product of outside culinary influence. Few things are, however, created in a vacuum. Throughout the entire region from the Balkans to Central Asia, similar trends and dishes can be seen. Some were certainly introduced directly by one culture or another, and others evolved through more nuanced and often imperceptible influences. Cakes that are baked and then covered with sweet syrup, doughs that are fried and doused with similar sweet liquids, folded pastries that are inundated with yet-different-syrups: this overarching culinary trend may be happenstance, or the work of centuries of cultural give-and-take across vast distances that has left Kosovo with its own version.*

- 800g flour
 - 600ml oil
 - 600ml milk
 - 5g baking soda
 - 1 spoon of sugar
 - 1 egg yolk
 - 200g walnuts
- Syrup:**
- 500g sugar
 - 500ml water
 - 18g (2 packets) vanilla sugar
 - 2 slices of lemon

Dough: Put in a deep pot 600ml of milk and 600ml of oil and boil them. After boiling, remove it from the fire and pour a teaspoon of baking soda and add 800g of flour, cooking it over medium temperature and constantly stirring so that it does not burn. After one hour of cooking, add one eating spoon of sugar, 1 egg yolk and 200g of frozen walnuts, and stir for 5 more minutes until the mass is well mixed. The fried hot mass is laid out on a baking pan, cut and baked for 20 minutes in temperature of 250°C. After baking, leave it to cool for 5 minutes. The warm (not boiling) syrup is then poured onto the mass.

Syrup: Into a deep pot, add 500ml of water and 500g of sugar and let it boil over high temperature for one hour, half-covered. After the syrup gets thicker, add vanilla sugar and 2 slices of lemon, then cover the pot so that the syrup remains warm.



Starter

Llokuma (Fried dough - an every-day treat)

- 450g flour
- 15g baking powder
- 7½g baking soda
- 245g yogurt
- 2 eggs
- 120ml sparkling water
- 1 small handful of salt
- Vegetable oil

Makes 32 pieces.

Beat two eggs in a bowl. Add 245g of yoghurt. Add 120ml of sparkling water. Add 7½g baking soda. In a larger bowl, mix 450g of plain flour with 15g of baking powder and a small handful of salt. Add the wet mixture to the dry mixture and fold together. Add more flour if the mixture is too wet – it shouldn't stick to your fingers – and then turn out from the bowl and lightly roll out on a floured surface. Roll out to ½cm thickness. Cut into 3cm by 5cm rectangles. Put into smoking vegetable oil (at a depth of a little more than ½cm). The llokuma should puff up to four times their thickness in the oil. Turn them as soon as they start to brown. Eat immediately.





Main

Flija (Layered pancake-pie)

Batter:

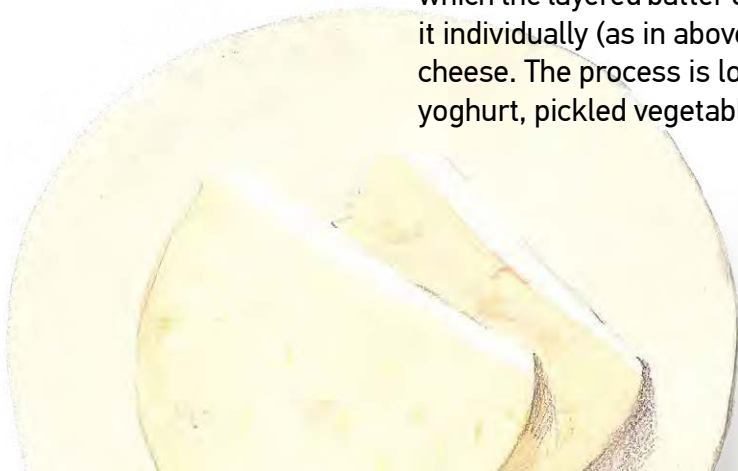
- 3kg flour
- 2l water
- 2 spoons of salt

Extra:

- 2 jars of cream cheese

Oven version: Whisk together the flour and water until a pouring-consistency is achieved, add more water if needed. Using the broiler-setting on the oven, set to medium-heat. Grease a wide, shallow, metal, oven-safe dish with oil or butter. Ladle in a thin layer of batter in a star shape and place under broiler until browned and cooked though. Remove, spread on a layer of cream cheese and then ladle in another thin layer of batter over the cooked layer, filling in the gaps. Return to the oven until browned. Repeat these steps (it will take some time, be patient!) until the flija (pancake-pie) reaches the top of the dish. Serve immediately.

Traditional version: The flija is baked with cinders. The batter is poured, one thin layer at a time, into a pie-pan and is covered with a “saç”- a metal dome over which hot ash is placed to bake the dough. The saç, warmed on ash and cinders, is put on the pie-pan into which the layered batter of the flija is placed. After pouring each layer into the pie-pan, bake it individually (as in above steps) under the saç and then coat the layer with melted cream cheese. The process is long, but the results are delicious! Flija is served with sour milk or yoghurt, pickled vegetables, cheese, honey, jam or ajvar (a spicy homemade spread).





KYRGYZSTAN

Food and culture in Kyrgyzstan are closely bound to those of its fellow Turkic neighbours, exemplified by the numerous dishes shared by the country and Kazakhstan. This is also due to the same influences having had their effect upon the region throughout its history. A location along the Silk Roads means that the many culinary products and traditions of Eastern, Southern and Western Asia, as well as Europe have all left their mark on the local cuisine. A place within the Russian Empire and Soviet Union solidified Russian influence over the area in many ways, but also allowed central Asian traditions to find their way beyond their usual home.



Dessert



Chak Chak (Fried honey-cake)

The history of Chak Chak is one of migration, travel and trade: simply, the movement of people. This treat was a symbol of hospitality of Tatar hospitality in Tatarstan (currently part of the Russian Federation). As such, it was generally eaten on special occasions such as celebrations and the arrival of guests. Traders and travellers passing through were given Chak Chak and many of them took this treat with them throughout the Russian Empire and beyond; leaving the tradition of making this dish scattered all around. This is likely how Chak Chak made its arrival in Kyrgyzstan and Kazakhstan, where they are now an integral part of the national cuisine.

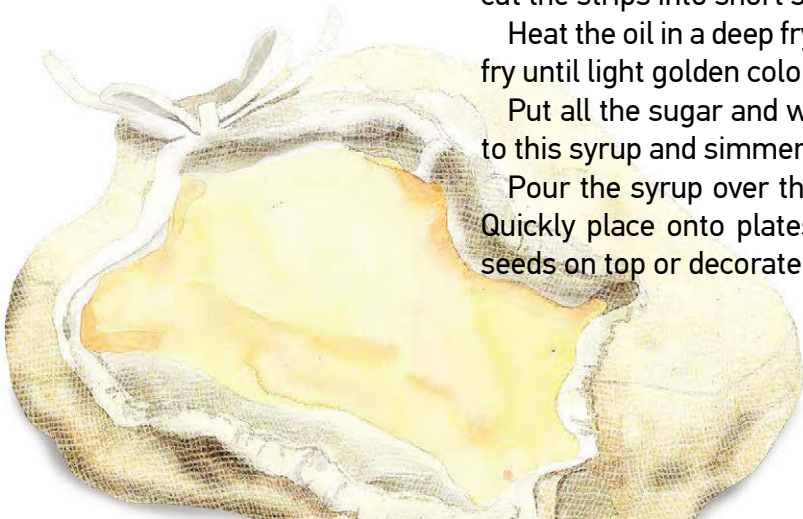
- 6 eggs
- Pinch of salt
- Baking powder
- Flour, as needed
- 500ml vegetable oil for frying
- 300g sugar
- 100ml water
- 350g honey
- Nuts, chocolate chips, coconut flakes or sesame seeds for decoration

Separate egg whites from yolks. Beat egg yolks with mixer until they are light in color. Separately, beat egg whites until stiff peaks form. Very carefully mix whites and yolks, add salt and baking powder. Carefully start adding flour, mixing gradually. The dough must not be too hard or too soft. When finished shaping the dough, cover it and let rest for 15 minutes. Then cut the dough into 7 equal pieces and roll each piece separately into circles (about 4mm thick) and spread the oil on both sides. Cut out strips (about 4cm wide) and cut the strips into short sticks.

Heat the oil in a deep frying-pan, put in the short sticks that were cut from the dough and fry until light golden color. Set aside fried sticks.

Put all the sugar and water into a deep pot and cook the syrup. Immediately add honey to this syrup and simmer for 4–5 minutes.

Pour the syrup over the fried sticks while hot and carefully mix with a wooden spoon. Quickly place onto plates and shape them with your hands. At the end, sprinkle some seeds on top or decorate as you wish.



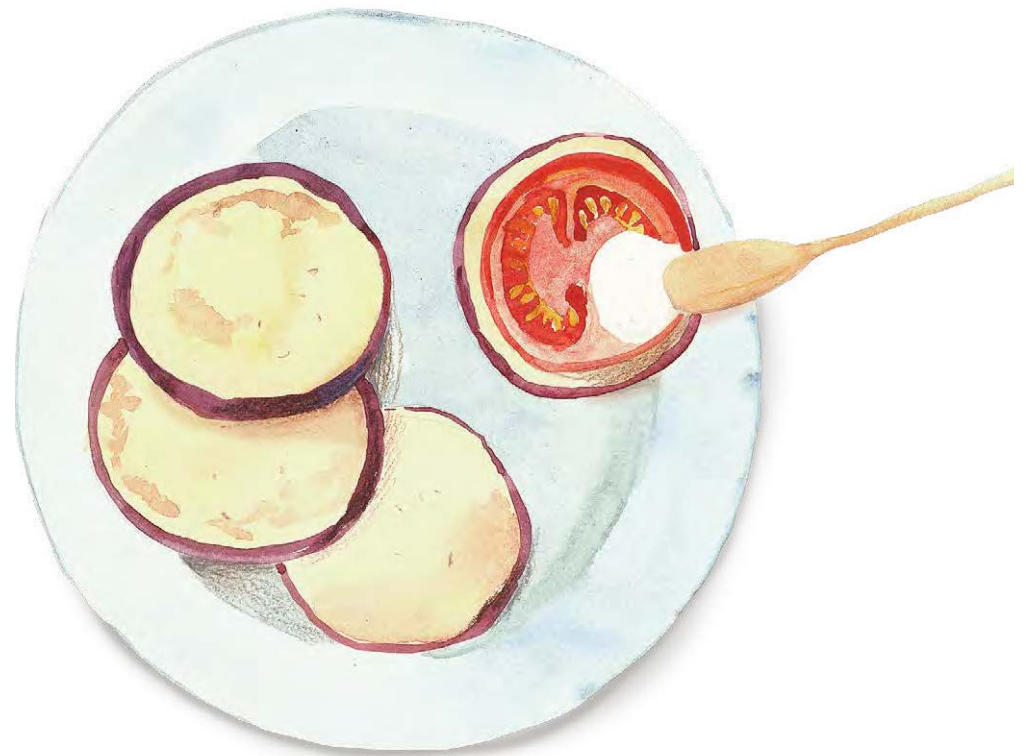


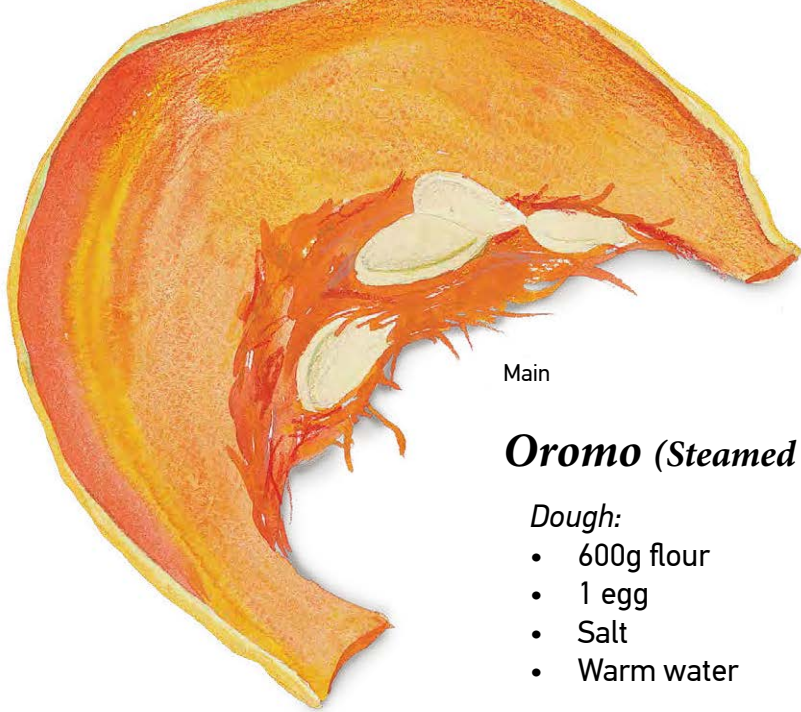
Starter

Eggplant and Tomato Salad

- 5 medium purple-eggplants
- 5 red, plump tomatoes
- Mayonnaise
- Olive oil
- Garlic
- Salt and pepper
- Basil or dill

Begin by slicing the eggplants and tomatoes. Then place as many eggplant rounds as will fit into the bottom of the pan. Sprinkle with salt, put the lid on and let them fry for about 5 minutes. Eggplant sucks up oil, so you might end up using more than you wanted. Mix 15g mayonnaise with 1–2 cloves of crushed garlic, a pinch of basil and a few grinds of black pepper, and stir. Once these are all cooked and cooled slightly, you can begin assembly. Using a small spatula, spread the mayonnaise mixture across one eggplant round, top with tomato, spread more mayonnaise, add another eggplant round, more mayonnaise and finally top with a tomato slice. If these begin to slip apart, use a toothpick to hold them together. These can be enjoyed hot or cold.





Main

Oromo (Steamed dumpling/meat pie)

Dough:

- 600g flour
- 1 egg
- Salt
- Warm water

Filling:

- 200g beef
- 300g pumpkin
- 2 onions
- 2 potatoes
- 1 bell pepper
- Parsley or dill
- Oil or buttermilk
- Salt and black pepper



First, mix the flour with salt water and one egg and knead until the dough is medium soft. Then cover the dough and let stand for about 15–20 minutes. Now, prepare the filling. Finely dice vegetables and place into a bowl. Add meat, salt and black pepper, to taste. The filling (Farsh) is ready. Roll out the dough (it should be round and very thin). Once the dough is ready, spread oil (or butter) over it and top with filling. Make sure that the filling is spread thoroughly and evenly over the dough's entire surface. Now carefully fold over the dough in 4 steps starting from the edge and then crumple the ends of the dough into loose "knots." Place the oromo onto an oiled surface and then into a tiered steamer. Steam for 40–45 minutes. Serve with condiments as desired.



THE FORMER YUGOSLAV REPUBLIC OF MACEDONIA

Cuisine of the former Yugoslav Republic of Macedonia is a combination of Balkan and Mediterranean tastes, inherited mostly from Turkish traditional dishes, since this area was under the Ottoman rule for five centuries. It is believed that the specific national dishes presented below originally came from the Middle East and Arab culture, whose influence spread via the Ottoman Empire to the Balkan Peninsula. This is the case with lots of different types of food in the former Yugoslav Republic of Macedonia and throughout the whole region, where the Turkish names and recipes are still present after centuries in their original or slightly adapted forms. Through time, these dishes have slowly become a mix of the local cuisines, varying somewhat from one region to another. Apart from these significant Middle Eastern and Turkish influences, the former Yugoslav Republic of Macedonia cuisine shows traces of Greek, Italian as well as Hungarian influences. Hence its great diversity.

The page features several watercolor illustrations. At the top left, a sandwich is shown with a filling of beans and a slice of green vegetable. Below it, several individual beans are scattered. At the top right, there are two slices of bread with a porous texture. On the right side, a white ceramic bowl is filled with a thick, reddish-brown bean stew, topped with fresh green herbs. A silver spoon rests on the rim of the bowl. At the bottom right, there is a bunch of fresh green parsley. In the bottom left corner, a small cluster of black peppercorns is visible.

Main

Tavche Gravche (Bean stew)

Tavche gravche is a famous traditional dish. Since the majority of the population are Orthodox Christians (although a large percentage adheres to Islam) and Friday lunch is meatless, tavche gravche is a Friday staple. In some cultures, beans represent fortune and prosperity due to their shape (they look like coins). In some southern countries, beans are a symbol of good luck and are prepared on New Year's Day among other things such as pork and fruit. Because most people in the country follow the Julian calendar and New Year's Day is during Christmas Lent, every household serves the meatless tavche gravche as a custom on this occasion. Tavche gravche is a traditional meal which dates back centuries and the preparation process has changed very little.

- 500g beans
- 1 onion
- 100ml cooking oil
- 2–3 pieces of red dry paprika
- Pepper and salt
- Flour
- Parsley
- Mint

Wash the beans and soak in water overnight. After that, cook them until they boil; drain and put them in hot water. Continue to cook until the beans are soft but hold their shape. If there is too much water left, drain the beans. Fry the chopped onion and paprika in a little bit of cooking oil and then add this to the beans. Put everything in an oven-proof saucepan and then sprinkle with parsley, mint, pepper and salt. Put the saucepan in a preheated 180°C oven and bake for approximately 1½ hour (the beans shouldn't be too dry). Serve with bread and salad.

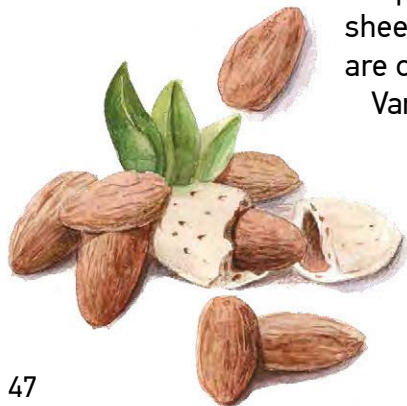
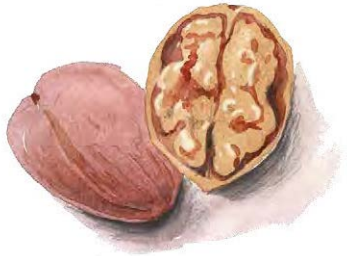
Dessert

Gurabii (Shortbread)

- 500g unsalted sweet-butter
- 5g baking powder
- 39g icing sugar
- 600g all-purpose flour
- 3 egg yolks
- 5ml vanilla extract
- 30ml whisky

Preheat the oven to 150°C. Have all the ingredients at room temperature. Place the butter in a large bowl and beat for 10 minutes at high speed with an electric mixer. Add the egg yolks, icing sugar, baking powder, whisky and vanilla. Continue beating until well blended. Sift the flour and mix in enough to make a soft, pliable dough. The less flour you use, the richer the shortbread will be. Let the dough stand for 15 minutes before shaping. Shape the dough into small crescents or fingers and place on an ungreased cookie sheet. Bake for 20 to 25 minutes or until the shortbread is lightly browned. When they are completely cooled, sprinkle with icing sugar.

Variation: Crushed almonds or crushed walnuts may be added to the dough before shaping.



Starter

Ajvar (Roasted-pepper and eggplant relish)

- 8 fresh red peppers/chilli peppers (medium or hot)
- 4 medium eggplants
- 120–180ml olive oil
- 1 large onion
- 3 large minced cloves of garlic
- 30ml lemon juice
- Salt and pepper to taste
- Fresh, chopped parsley to garnish

Roast the peppers and eggplant until their skins are blistered and darkened. Place roasted vegetables in paper bag to steam for 10 minutes. Peel off and discard burned skin along with stems and seeds. Mash vegetables using a fork or food processor into pulp to form slightly chunky mass. Heat 45ml of oil in a large skillet and sauté onion. Add garlic and cook for 2 minutes. Remove from heat and add pepper-eggplant pulp. Slowly drizzle the remainder of the oil into the mixture. Add lemon juice, salt and pepper to taste. Garnish with parsley.



A stylized, textured map of Eastern Europe and the Balkans. The map is rendered in shades of brown and tan, with blue lines representing rivers and coastlines. The Republic of Moldova is highlighted in a darker brown color. A text box is overlaid on the map, containing a paragraph about Moldovan cuisine. To the left of the text box is a small inset of the Romanian flag. The map also shows parts of Ukraine, Turkey, Georgia, Armenia, and Azerbaijan. The text 'Ukraine' is written in a large, elegant font above the text box. The text 'Turkey' is written in a large, elegant font below the text box. The text 'Georgia' is written in a large, elegant font to the right of the text box. The text 'Armenia' is written in a large, elegant font below the text box. The text 'Azerbaijan' is written in a large, elegant font to the right of the text box. The text 'Chisinau' is written in a small, elegant font near the capital of Moldova. The text 'FYR of Macedonia' is written in a small, elegant font in the bottom left corner. The text 'sovo 1244' is written in a small, elegant font in the bottom left corner. The text '49' is written in a small, elegant font in the bottom left corner.

Ukraine

REPUBLIC OF MOLDOVA

Moldovan cuisine reflects the long history of the movement of peoples through the region. Its modern cuisine was greatly influenced by its time as a vassal of the Ottoman Empire (1538–1812), during which time many dishes and ingredients, such as stuffed cabbage-leaves, fried eggplant and chickpeas, were introduced. During the 18th century, Greek-Ottoman administrators (Phanariotes) controlled Moldova and brought in Greek culinary traditions like moussaka and baked pies. Once the area fell under the control of the Russian Empire, traditionally Russian dishes migrated: soups like solyanka and okroshka, dumplings and pancakes, to name a few. Of course, Moldovan cuisine has always been open to the movement of people and foods right along its borders: Ukrainian borsht and stewed cabbage are especially popular in the North.

Chisinau

Turkey

Georgia

Armenia

Azerbaijan



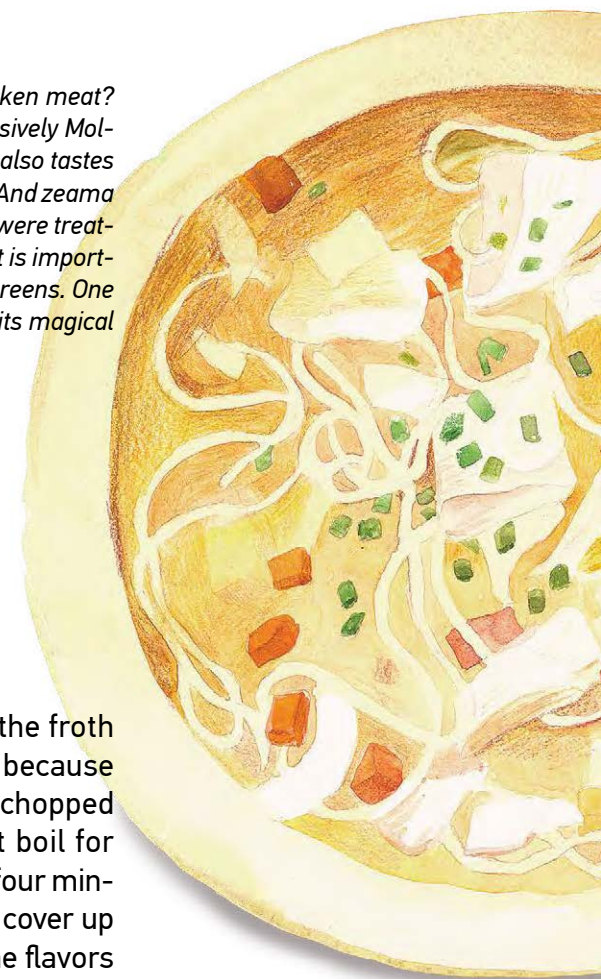
Soup

Zeama (Traditional Moldovan chicken soup)

Zeama soup bewilders many non-Moldovans. What is this combination of sour broth and chicken meat? They try to compare it with many chicken soups known to the world, however, zeama is exclusively Moldovan. Even in the brotherly nation of Romania, zeama is called something else – ciorba – and also tastes different. However, Moldovan cuisine is, after all, a mixture of Greek, Turkish and Slavic dishes. And zeama could be a result of the influence of the Turkish, who were known to mix, in one dish, foods that were treated and preserved differently – like meat and vegetables. As for the rather sour taste of zeama, it is important to note that the Slavs were widely known for their natural preservation of vegetables and greens. One way or another, zeama made it on to the tables of every Moldovan family. It is also known for its magical powers to treat the drunk, making it the “anti-hangover soup.”

- 1 small chicken
- 2,850ml water
- 1 onion
- 1 carrot
- 1 big tomato
- 150g egg noodles
- 45ml lemon juice
- 1 spoonful chopped leaves of the lovage herb (lavas) or 1 chopped celery stalk
- 1/2 bunch chopped fresh parsley
- 1/3 bunch chopped dill weed
- Some salt, pepper and thyme (how much depends on your own taste)

Start off by cutting up the chicken and wash it well. Then boil it softly until the froth comes up. Remove this froth from the top. Do not throw all the water away, because you will miss the flavor the chicken already gave to the soup. Then add the chopped onion, tomato, carrot and celery (or lovage herb) with salt and pepper. Let it boil for three minutes, before adding the egg noodles and the lemon juice. After another four minutes of cooking, you can add the parsley, the dill weed and the thyme. After this, cover up the pan and remove the pan from the heat. Let it stand for some time to allow the flavors mix. Zeama is best mixed with traditional corn bread.



Starter

Plăcintă Cu Brânză Și Verdeață (Plancita with cottage cheese and greens)

Dough:

- 50g yeast
- 250ml warm water
- 30g sugar
- 700g flour
- 1 egg
- 2g salt
- 10ml vegetable oil for frying

Filling:

- 1kg of low-fat cottage cheese
- 2 eggs
- Herbs to taste – parsley or dill

Mix the yeast, 20–30g of flour, 100 ml of water and sugar. Set the dough in a warm place for 10–15 minutes. Add the egg, salt and remaining water to the dough and then gradually add the remaining flour and knead the dough. Let the dough rest for 1 hour. Mix the cottage cheese with chopped greens and eggs. Season with salt and mix it once again. Roll out the dough into a thin layer and spread the filling over it. Fold it like an envelope and then put placintas on a baking sheet brushed with oil. Bake in preheated oven (200°C) about 8 minutes.





Dessert

Cuşma Lui Guguță (Woodpile cake)

Dough:

- 200g unsalted butter
- 200g sour cream
- 60g caster sugar
- 5g baking soda
- 15ml white vinegar or lemon juice
- 500g plain flour

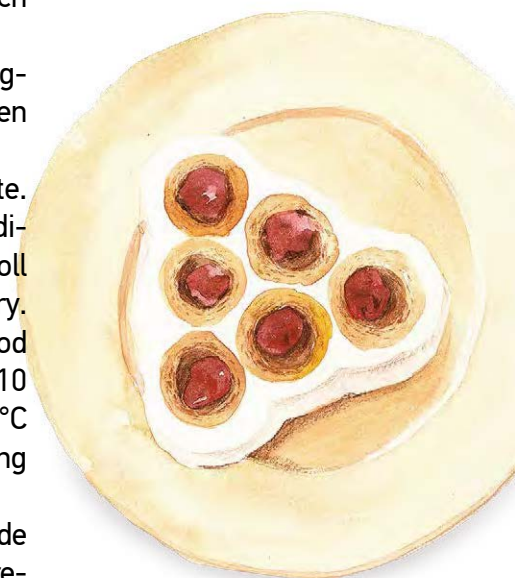
Soften the butter and beat until light and fluffy. Mix in the sour cream and sugar. Mix the baking soda with the vinegar/lemon juice and add to the mix, stirring well. Gradually mix in the flour, knead until a soft and smooth dough is formed. Use any excess flour to dust the work surface. Weigh the dough and divide it into 10 equally sized portions. Roll each portion into a ball, wrap in plastic and chill in the fridge for about 1 hour.

Prepare fruit: between 800g–1kg of fresh cherries, remove stones/pits then toss in the sugar (60 g). Cover and set to steep while the pastry chills or if you use cherries from the can, then open 3–4 cans, drain the cherries from the juice.

Prepare the coating cream: mix 1,200ml reduced-fat creme fraiche with sugar to taste. When the pastry has chilled, remove from the fridge. Count the well drained cherries and divide by 10. This will tell you how many go into each pastry roll. For each piece of dough, roll it out thinly (3–4mm) into a rectangle. Lay a line of cherries down the middle of the pastry. Dampen the edges of the pastry, then wrap closely around the fruit. Make sure there is a good seal on the ends as well, otherwise juice will escape during baking. When finished, lay all 10 rolls of pastry onto a baking sheet lined with parchment. Preheat the oven to 180°C, 160°C Fan. Bake until pastry starts to brown at the edges. This will take 10–20 minutes, depending on the size of the rolls.

To assemble the dessert: Select your serving dish and lay out four baked pastry rolls, side by side. Cover generously with the coating cream, not forgetting the ends. Repeat with the remaining biscuits, in a 4, 3, 2, 1 pattern, until it resembles a snow-covered stack of logs. If you have cream left over, spread it onto the sides and the ends of the assembled pastry roll cake. Sprinkle your decoration of choice over the top. Choose from grated dark-chocolate, chocolate sprinkles, chopped walnuts, toasted almond flakes.

Wrap the finished dessert completely in cling film and leave in a cool place, or fridge, overnight.





MONTENEGRO

Montenegrin cuisine is one that reflects the country's geographical location as a cultural cross-roads. Italian influence is quite pronounced, largely due to having been a dominion of the Venetian Republic from 1420 until 1797. This is especially apparent in the coastal areas, and can be seen in the country's cheese making traditions, the way in which bread is made and with the curing and drying of meats (pršuta being a good example). Elsewhere, like many other countries in the region, Turkish culinary influences are prevalent in the form of common dishes and desserts which are seen in the same or similar forms throughout the Balkans and beyond. From the north, too, many dishes, especially pastries, made their way from central Europe into Montenegrin cuisine.

Starter

Hominy Kačamak (Cornmeal dish, similar to polenta)

It may be the Italian influence on Montenegrin cuisine that can be seen with this polenta-decended dish (especially if served with a little pršuta). However, with the vast array of similar cornmeal-based dishes existing in so many countries between Italy and central Asia, to pin-point an origin may not be possible. Wherever these variations are found, however, they are claimed by their host countries and have been made unique. In Montenegro, for example, is it common to add cheese and potatoes to the Kačamak, leaving a hearty and delicious meal.

- 500g of corn flour
- 1l of water
- 1 small spoon of salt
- 1 small spoon of fat

Pour 1l of water into an average, deep pan, add salt and cook it until the water starts to boil. Into the boiling water, slowly pour the corn flour, bit by bit, continuously stirring with a wooden spoon. Add salt to taste. After a few minutes of boiling, lower the cooking temperature and cook it for 20 minutes more, continuously stirring the contents of the pot, until it becomes dense. Some people like it more dense, and some like it less so. Turn off the heat and leave the cooked mixture on the hot stove plate for about 1/2 an hour more before serving. This can be served by itself or with cheese, kaymak, cold milk, sour milk, yoghurt, butter, fried bacon or dry ham (pršuta). It is also an excellent contribution to various vegetables, meat, a fish etc.



Main

Sarma (Stuffed cabbage leaves)

- 1 large cabbage
- 500g lean ground beef
- 250g ground pork
- 250g ground ham
- 190g uncooked long-grain white rice
- 1 onion, finely chopped
- 1 egg
- 1½g garlic powder
- 5–6g salt
- 2½g coarse ground black pepper
- 500g sauerkraut
- 240ml tomato juice
- Water to cover

Place cabbage in the freezer for a few days. The night before making the rolls, take it out to thaw. In a large bowl, combine the beef, pork, ham, rice, onion, egg, garlic powder, salt and pepper. Mix well. Form meat mixture into oblong balls, using 1/2 cup of the mixture at a time. Then, wrap a cabbage leaf around each ball. Spread the sauerkraut in the bottom of a large pot, then layer cabbage rolls on top, placing them seam-side down. Pour tomato juice over rolls, then add enough water to cover. Bring to a boil, then reduce heat to low and simmer for about 3 hours, adding water as necessary.



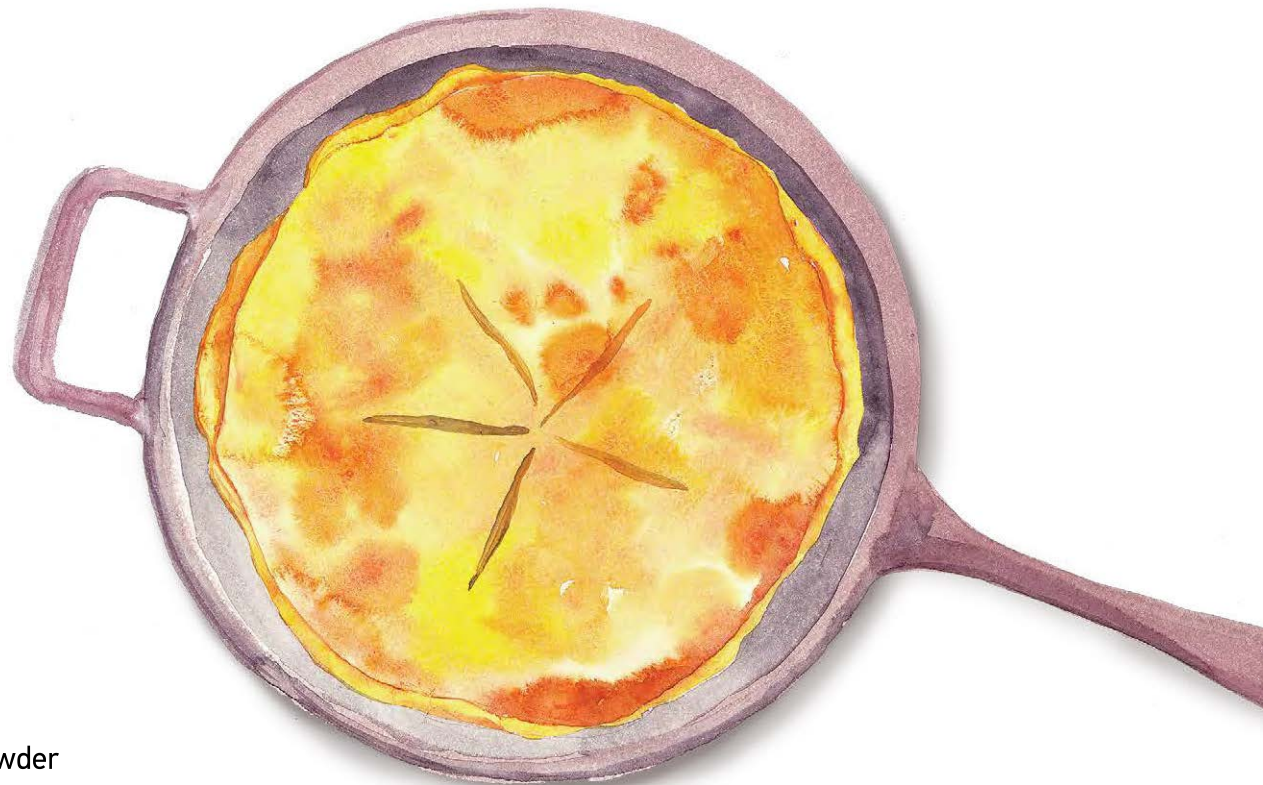


Dessert

Apple Pie

- 200g margarine
- 100g lard
- 400g sugar
- 4 eggs
- 2 cups of milk
- 600g flour
- 1 sachet (8g) baking powder
- vanilla sugar
- 1kg sour apples

Stir together 200g of margarine and 100g of lard, add 125g of sugar and 4 egg yolks and continue stirring well. Add 280ml of milk, 600 g of flour mixed with a baking powder and vanilla sugar. Knead the dough. Put more than half of the dough into a greased baking pan, then beat 4 egg whites well with 6 tablespoons of sugar and pour over the dough in the pan. Add 1 kg of grated sour apples to all of that. Roll out the rest of the dough to form a crust that fits the pan's shape and place it over the filling. Place the pie into a medium-heated oven and bake until the crust is golden brown. Sprinkle powder sugar over warm pie.





RUSSIAN FEDERATION

Russian cuisine is very diverse, considering the influence of more than 130 ethnic groups living in the country and its rich migration history. Back in the 16th century, with the addition of the Kazan and Astrakhan Khanates, along with Bashkiria and Siberia, to Russia, new foods were brought to traditional Russian cuisine. It was introduced to dishes borrowed from Asian cuisines like noodles and pelmeni (dumplings), which later became “typically” Russian. Western European culinary customs found their way into Russian cuisine thanks to Peter the Great, who opened a window, not only for European technology and trade, but also for culture, including new ingredients and cooking traditions. Did you know that, for example, potatoes were introduced to Russia by Peter the Great, who brought them from Holland in the early 18th century? Today, Russian cuisine is thus a blend of various traditions and a reflection of the rich migration history and culture of the country.





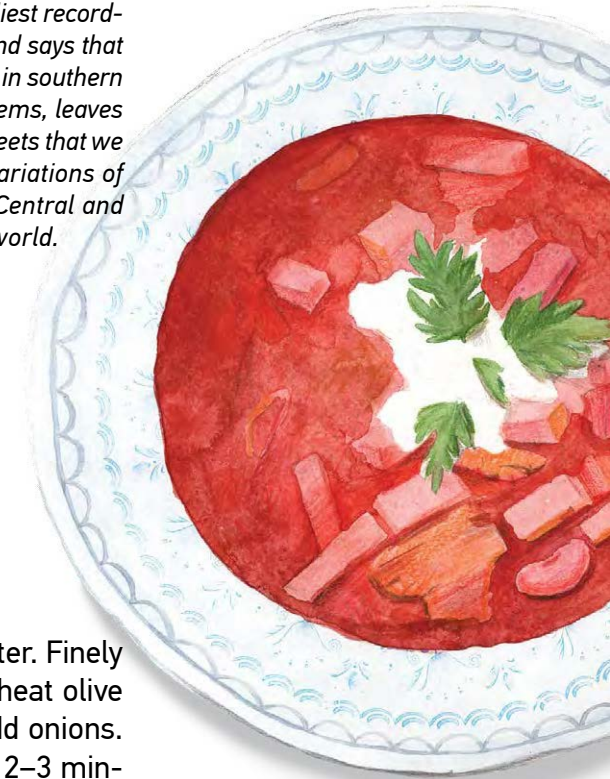
Soup



Siberian Borsht (Beet soup)

There is an ongoing dispute about where borsht originates from, as it is claimed to be a national dish of several Eastern European countries like the Russian Federation, Ukraine and Poland. The earliest recorded reference to borsht is found in 10th century Polish documents. However, a Ukrainian legend says that the first-ever borsht was cooked in 1637 by the Cossacks during the siege of the Azov fortress in southern Russia, which was occupied by the Turkish army. Borsht was originally prepared from the stems, leaves and umbels of cow-parsnip. Only in the 15th century did it become the red soup cooked from beets that we know today. As borsht migrated and spread throughout Eastern Europe, many regional variations of it developed. It made its way to North America with Slavic and Jewish immigrants from Central and Eastern Europe. Today, this nourishing and tasty dish is popular in many kitchens of the world.

- 1 large beet
- 2 carrots
- ½ cabbage
- 2 potatoes
- 1 onion
- 4–5 cloves of garlic
- 30g tomato sauce
- ¾ bunch chopped parsley (or cilantro)
- 1/5 bunch chopped dill
- 2–3 bay leaves
- 10 pepper corns
- 180g red kidney beans
- 30–45ml olive oil
- 1½–2l boiling water
- Sour cream



Wash and peel all vegetables. Grate beets and carrots on a medium-sized grater. Finely chop onion or shallots and smash or roughly chop garlic cloves. In a deep pot, heat olive oil and drop in smashed garlic. Let the garlic infuse the oil for a minute and add onions. When the onions are translucent, add beets and carrots and let cook for about 2–3 minutes. Stir occasionally to prevent burning. Once the vegetable juices start to release, add boiling water and let simmer for a few minutes. Chop potatoes into small cubes and finely cut the cabbage. Add potatoes to the boiling mixture and drop in the peppercorns and bay leaves. Season with salt and pepper and allow to boil for another 5 minutes. Add the finely chopped cabbage, kidney beans and tomato paste and season with more salt as needed. Add roughly chopped parsley and dill and bring to another boil, about 7–10 minutes. Once the borsht is cooked, turn off the heat and let it sit for about 10–15 minutes. Add freshly chopped dill and parsley, a spoon of sour cream and enjoy the warm and delicious medley of vegetable flavors.

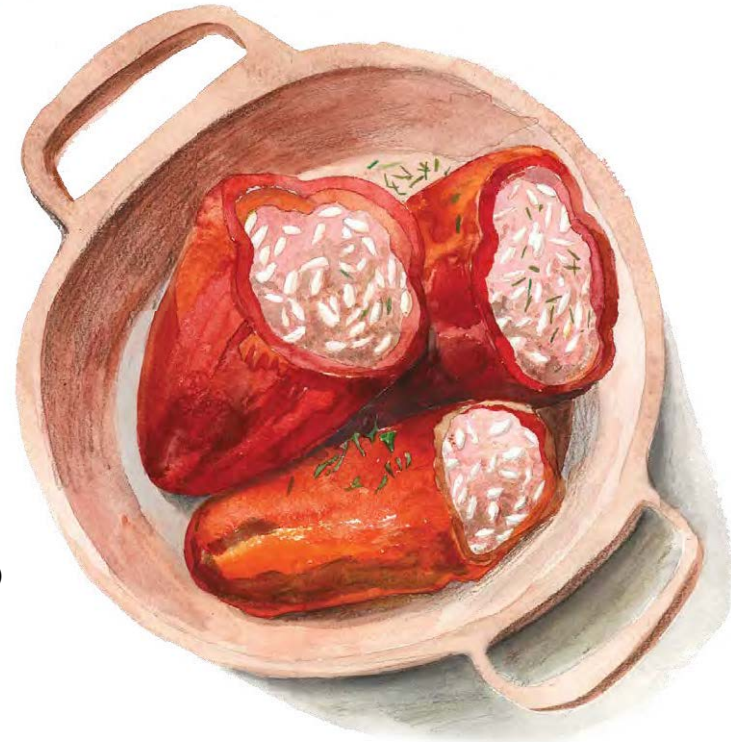




Main

Russian Stuffed Peppers

- 6 medium-sized bell peppers
- 1 onion
- 5–6 medium-sized, fresh, ripe tomatoes
- 1 carrot (can be combined with ½ celery, ½ zucchini)
- 190g rice
- 225g ground lean beef or turkey
- 30ml oil
- 120ml vegetable broth
- Salt, pepper, parsley, dill, basil to taste



Cook the rice in a separate pot in slightly salted water just past the point of al dente. Sauté the meat with onions and grated vegetables on medium to low heat in oil (for vegetarian version: Sauté only vegetables). Add salt, pepper and herbs to taste. Combine rice with the meat and onion mixture. Clean the peppers, cut the tops and remove all seeds and veins. Stuff peppers with rice, meat and vegetable mixture. Heat vegetable broth and chopped tomatoes in a large, shallow pot. Place stuffed peppers in a preheated pan with broth/tomato mixture. Simmer the stuffed peppers on a low heat for about 30 minutes. Garnish with a dollop of sour cream and some freshly cut herbs.

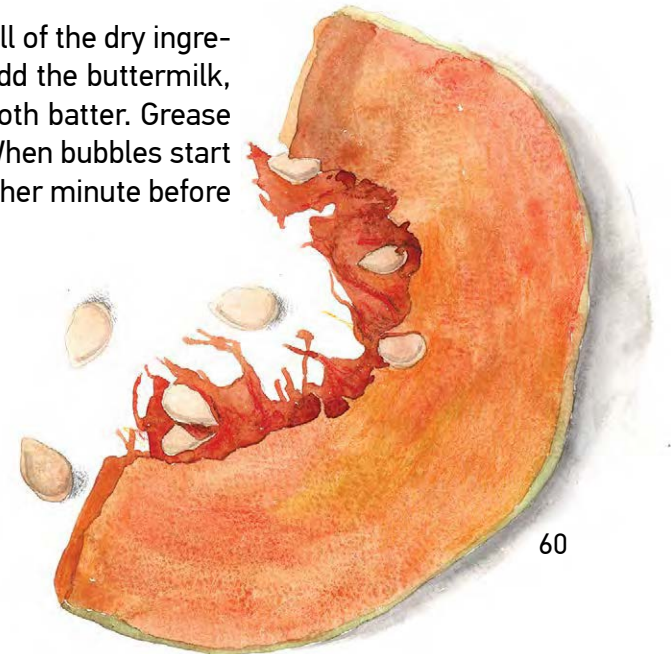


Dessert

Pumpkin Pancakes

- 120g flour
- 5g salt
- 7g baking soda
- 4½g brown sugar
- 320ml buttermilk
- 115g grated pumpkin (or 110g thinly sliced sour apples, or 60g grated zucchini and 55g grated mild cheese)
- 1 egg
- 30g melted butter
- Oil (to grease a pan)

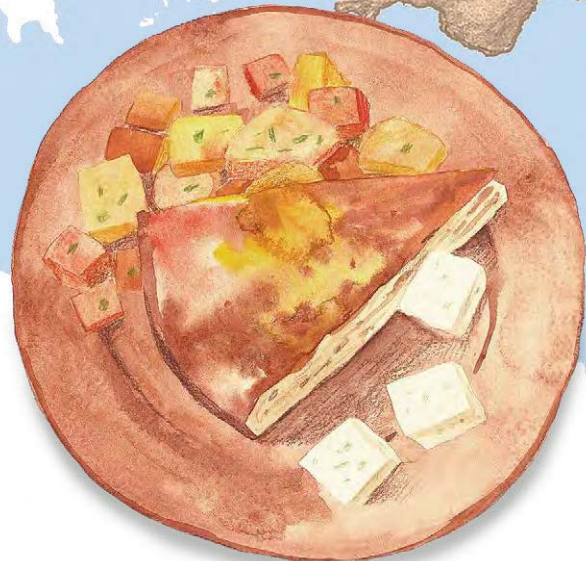
On medium to low heat, warm a large skillet or frying pan. Combine all of the dry ingredients in a bowl. Make a well in the center of the dry ingredients and add the buttermilk, vegetables, egg and melted butter. Combine well until you have a smooth batter. Grease a pan with vegetable oil. Pour the pancakes to whatever size you like. When bubbles start to form on the surface, it is time to flip the pancake. Let them cook another minute before removing them to a plate. Serve hot with butter and/or sour cream.





SERBIA

It would be easy to say that Serbian cuisine is essentially the same as that of its neighbours, but this would ignore the interesting and nuanced influences that have shaped it. While the regionally ubiquitous presence of Turkish foods and preparation techniques presents itself, especially in the South, the North of the country adds another element. There, Hungarian culinary themes can be detected due to centuries of on-again, off-again Hungarian rule of the region of Vojvodina between the 12th century and the collapse of the Austro-Hungarian Empire in 1918. During these centuries, a large number of Hungarians and Swabian Germans are also still a minority (albeit tiny) in the Vojvodina region, the former of which still remain today as an ethnic minority there.



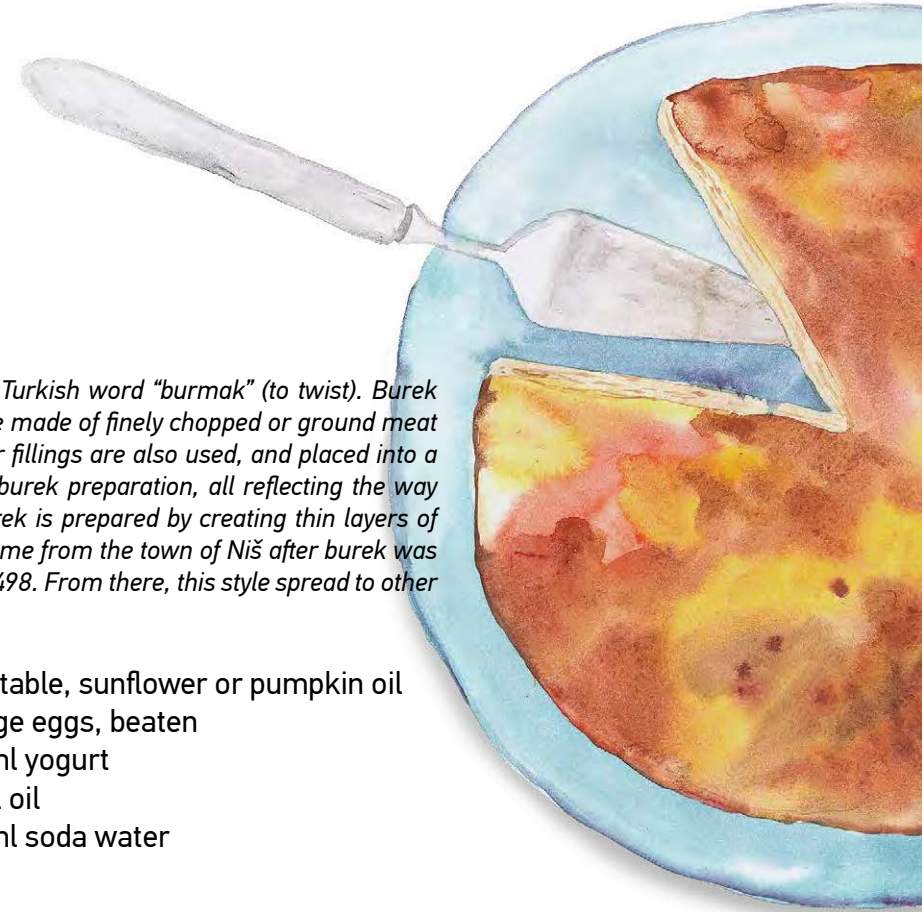
Starter

Serbian Burek

Burek originated in Turkey, where it is called börek, from the Turkish word “burmak” (to twist). Burek arrived in Serbia with the rule of the Ottoman Empire. It is a pie made of finely chopped or ground meat that is mixed with onion and spices, although an array of other fillings are also used, and placed into a thin-stretched layer of dough. There are different methods of burek preparation, all reflecting the way in which they were adapted by different regions. In Serbia, burek is prepared by creating thin layers of dough and filling in a large, round pan. A preparation, which came from the town of Niš after burek was introduced there by a famous Turkish baker, Mehmed Oglu, in 1498. From there, this style spread to other nearby areas.

- 350g ground beef
- 350g ground, lean pork
- 1 onion, chopped
- 10g salt
- black pepper, to taste
- 1 (50g) package thawed filo-dough
- Vegetable, sunflower or pumpkin oil
- 4 large eggs, beaten
- 250ml yogurt
- 70ml oil
- 240ml soda water

In a large skillet, cook the meats, onion and garlic until meat is no longer pink and onions are translucent. Return to pan and mix with salt and pepper. Let cool to room temperature. Separate filo dough into 3 piles (about 9 sheets each) and keep covered. Heat oven to 200°C. Coat a pan with olive oil. Lay down 3 sheets of filo dough and lightly brush with oil. Repeat two more times until one pile of filo dough has been used. Spread half of the meat mixture on. Then lay down 3 sheets of filo dough from the second pile and lightly brush with oil. Repeat two more times until the second pile of filo has been used. Spread the remaining meat mixture. Then, using the last of the filo dough, lay down 3 sheets at a time, brushing lightly with oil, until the pile is gone. Tuck any ends down the sides of the pan and, using a sawing motion and a serrated knife, cut the burek into cubes of whatever size desired. In a medium bowl, mix together the eggs and oil. Add sparkling water and mix slightly. Pour over the burek and let sit for 2 minutes. Bake 45 minutes to 1 hour or until golden brown. Let cool in the pan for 15 minutes or so before serving.



Main

Sarma (Stuffed cabbage rolls)

- 1½kg cabbage leaves/sauerkraut, drained and rinsed
- 60ml vegetable oil
- 2 onions, chopped
- ½ carrot, grated
- 1 celery stalk, grated
- 1 garlic clove, crushed
- 1½kg ground pork
- 350g ground beef
- 10ml vegetable stock
- 400g bacon, half finely chopped with rind removed, half roughly chopped with rind
- 60g long-grain rice
- 400g smoked pork ribs, cut into 3cm pieces

Soak cabbage leaves in water until needed. Cook onions until golden. Add vegetables and cook for 2 minutes, then stir in parsley and garlic. Increase heat to high and add ground meat, stock and paprika. Stir for 3 minutes, breaking up the ground meat with a wooden spoon until almost cooked. Stir in finely chopped bacon and rice. Remove from heat and season with pepper. Drain cabbage leaves. Reserve 16 of the largest leaves and cut out stems. Set aside remaining leaves. Place 1 leaf on a board and place about 110g of the meat mixture at one end. Roll tightly to enclose filling, tucking in side of leaf while rolling. Place, seam-side down, on a plate. Repeat to make 16 rolls. Place half the remaining leaves in a large steamer set inside a saucepan and top with cabbage rolls, seam-side down. Add ribs and remaining bacon. Dissolve tomato paste in 2l hot water and pour gently over rolls. Cover with remaining leaves and weigh down with a large plate. Bring to a boil, then reduce heat to low-medium and simmer, covered, for 1½ hours to allow flavors to develop. Carefully remove the plate and discard loose cabbage leaves. Serve cabbage rolls with smoked ribs, bacon and pan juices.





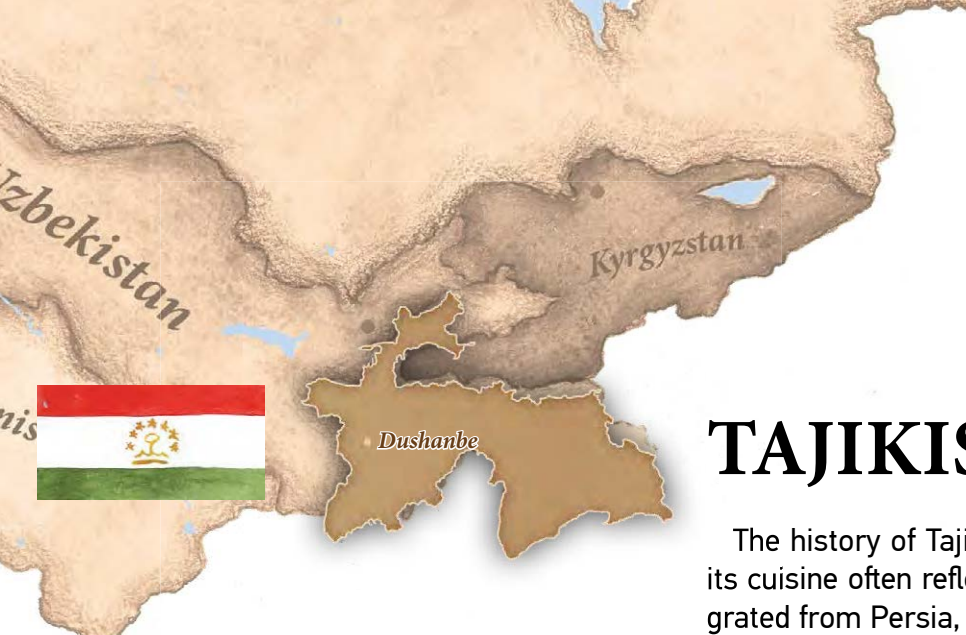
Dessert

Kiflice (Jam-filled pastry)

- 250g flour
- 1g baking powder
- 100g unsalted butter, at room temperature
- ½ lemon, zested
- 80ml thickened cream
- 1 egg yolk
- 2 spoon-fulls jam
- Icing sugar, to dust

Preheat oven to 180°C. Sift flour and baking powder into a large bowl. Using fingertips, rub in butter and zest until mixture resembles breadcrumbs. Add cream and egg yolk, and stir until combined. Turn out dough onto a lightly floured work-surface, knead until smooth, then shape into a ball. Divide into 4 and, working with one piece at a time, roll out to a 20cm circle and cut into 8 wedges. Place ¼ teaspoon of jam on the wider side of each wedge and roll toward its point to enclose the filling. Place on lined trays and repeat with remaining dough and filling. Bake kiflice for 15 minutes, or until lightly golden, swapping trays halfway. Roll kiflice in sugar while hot and cool on a wire rack. Store in an airtight container for up to 2 weeks.

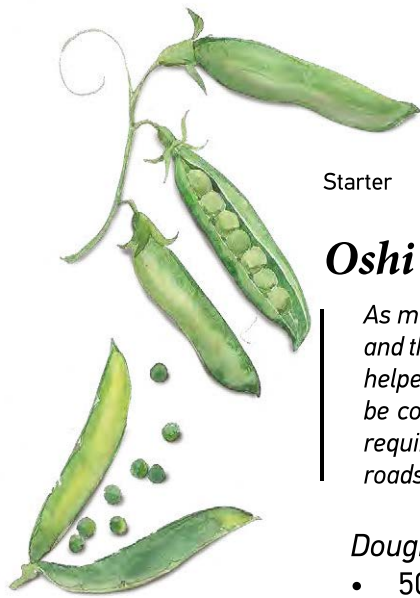




TAJIKISTAN

The history of Tajikistan is one of empires, conquest and trade routes, and its cuisine often reflects this. Tajiks, being of Iranian origin who originally migrated from Persia, share the basis of their cuisine with Iranians. Through the centuries, however, the shifting presence of imperial dominions (Ancient Greek, Turkic, Arab, Persian, Indian, Mongol and Russian) and the movement of their peoples, as well as its location along trade routes between China and the West, would introduce many new dishes and ingredients to Tajikistan. The introduction of Islam by Arabs in the early 8th century brought with it religious dietary traditions. Turkic neighbours conquered the region between the 10th and 13th centuries and had their own cultural impact. Mongolians brought with them many noodle-based dishes and other ingredients from their vast empire. Finally, between the end of the 18th century and the collapse of the Soviet Union, Russian administration and settlers led to many additions to the cuisine which remain to this day.





Starter

Oshi Burida (Soup)

As mentioned above, noodle dishes, like Oshi Burida, were introduced to Tajikistan by way of the Mongols and their vast empire. Of course, the Mongols themselves had adopted these dishes from China and simply helped to spread them, along with other aspects of Chinese culture. This particular soup would also not be complete without the addition of tomato. Since tomatoes, of course, originated in the New World, it required travellers and traders passing through to drop this plant into the culinary melting-pot and cross-roads that is Central Asia.

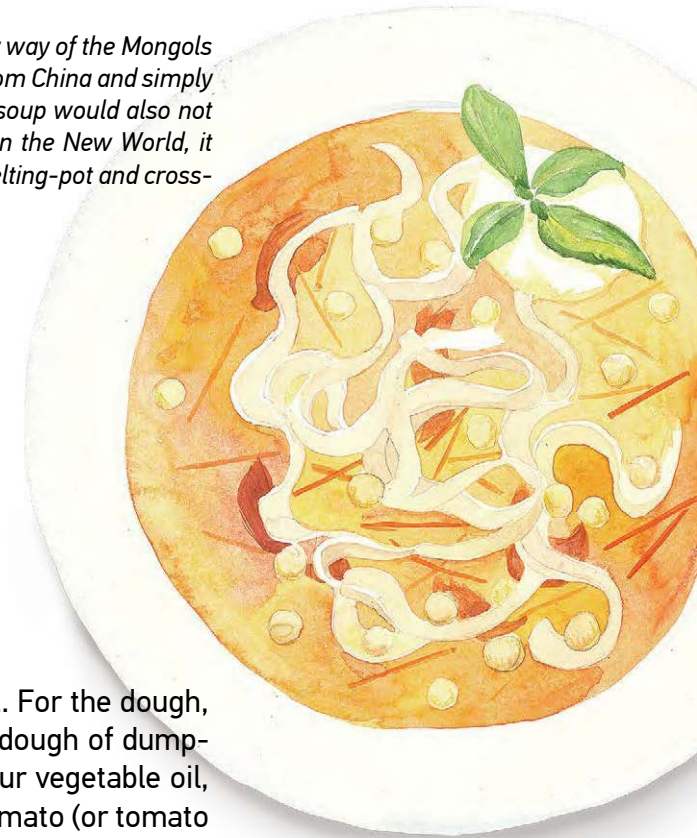
Dough:

- 500g flour
- 100ml water
- 5g salt

Soup:

- 300g beef
- 30ml oil
- 2 onions
- 1 pepper
- 100g peas
- 1 tomato or 5½g tomato paste
- 2l water
- 2½g mint
- Salt

Start with making the dough and putting it aside for 15 minutes to rest. For the dough, we need flour, salt and water. The dough of oshi burida is similar to the dough of dumplings. While the dough rests, start preparing the soup. In a saucepan, pour vegetable oil, cut the meat to small pieces and fry it. Add chopped onions, pepper and tomato (or tomato paste), mix all together and cook a bit. Add water and peas to the saucepan and let it boil for 20 minutes. Next thinly roll out the dough and cut it very thin. After cutting segments of dough, put them into the boiling soup in the saucepan and boil for 7–10 minutes. Alternatively, substitute handmade noodles with ones sold in the supermarkets (made of wheat or rice flour). In order to make the oshi burida tastier and give it a good smell, add mint. Serve the ready soup with chopped greens: coriander and leek and one spoonful of sour milk in the dish.





Main

Qurutob with Fatir (Tajik salad and bread)

Fatir:

- 200 ml water
- 5g salt
- 240–360g flour
- 2g butter

Qurutob:

- 15ml oil
- 25g each of chopped onions, tomatoes and cucumber
- 1 bunch coriander
- 1 bunch of green onion
- 200g plain yogurt
- 100ml water
- 120ml vegetable oil
- A bit of salt
- Chaka (yogurt) to taste

Prepare bread. Mix water with salt and then add flour to the salty liquid. Non-sticky but elastic dough needs to be prepared from the mixture. Set the dough aside to rest for about 10 minutes. Then, roll the dough flat to a 50cm diameter circle ½cm thick. Soften butter and smear it onto the dough. Roll the dough inwards, as if to make a tube, and eventually the dough should look like a snake. Now, roll the “snake” inwards into a spiral. The result is a ball-shaped dough, similar to cinnamon roll. Then, flatten the ball until its 1 cm thick. It can now go into the preheated oven until it has a nice golden color (about 30 minutes). The oven needs to be pre-heated to a minimum of 150 degrees Celsius.

While the fatir is baking, chop the ingredients for the salad. Onions need to be fried with oil until they are slightly golden. Put yogurt (chaka) in the microwave oven for about 30 seconds to make it warmer. Pour chaka into the tabaq and put sliced pieces of fatir on top. Add the vegetables on top. Lastly, pour hot oil on top of your island.

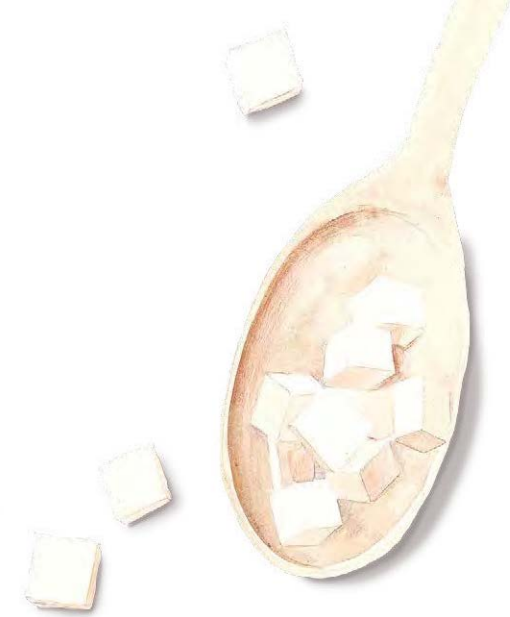


Dessert

Halvoi Tar (Sweet spread)

- 500ml boiled water
- 200ml natural oil
- 120g wheat flour
- 250g sugar
- Pinch of salt

First, add the oil into a pot and put on the gas stove. When it becomes hot, add flour and cook it until the color changes to brown. Stir it constantly! Next, melt sugar in the water and add it to the cooked flour. Stir it constantly for 15–20 minutes over low heat. You should try it with bread.

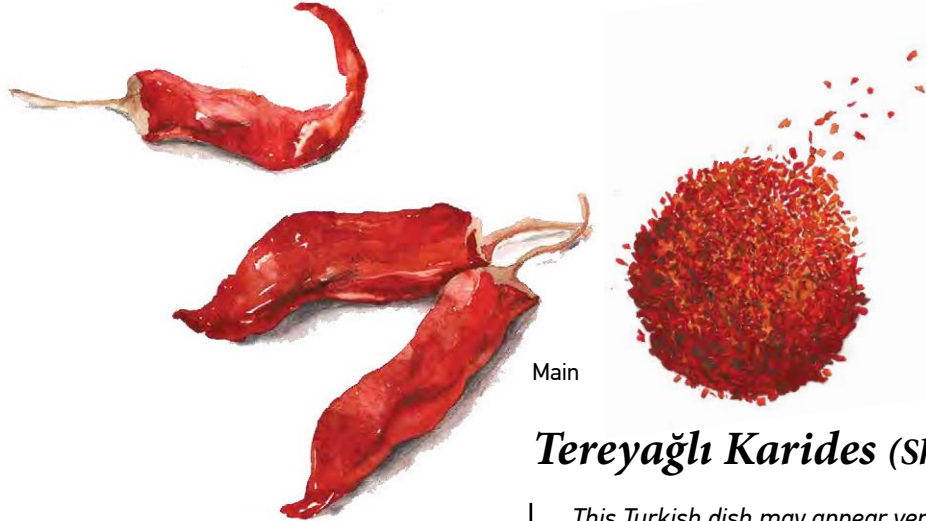




TURKEY

One theme that can be seen connecting many of the countries of this book, especially those within the Balkans, is the lasting influence of the Ottoman Empire (1299–1922) on their cuisine and cultures. It must be noted, however, that this very cuisine itself was formed through an amalgamation of far-flung cultures as well as their foods, techniques and ingredients. The Turkic peoples first arriving in Anatolia from Central Asia had much simpler culinary traditions. Various peoples were brought into the Ottoman Empire, as it expanded outward in all directions. Others still travelled from great distances to trade. The culinary traditions they brought enriched the Ottoman Palace cuisine, which absorbed Byzantine, Persian, Arab, Turkic and Slavic influences, among others. Importantly, the Ottoman Empire adopted crops from the New World far more quickly into their cuisine than many contemporary European countries. Thus, the great impact of Turkish culinary traditions is tied with the give-and-take cultural cross-pollination which took place within the Ottoman Empire.





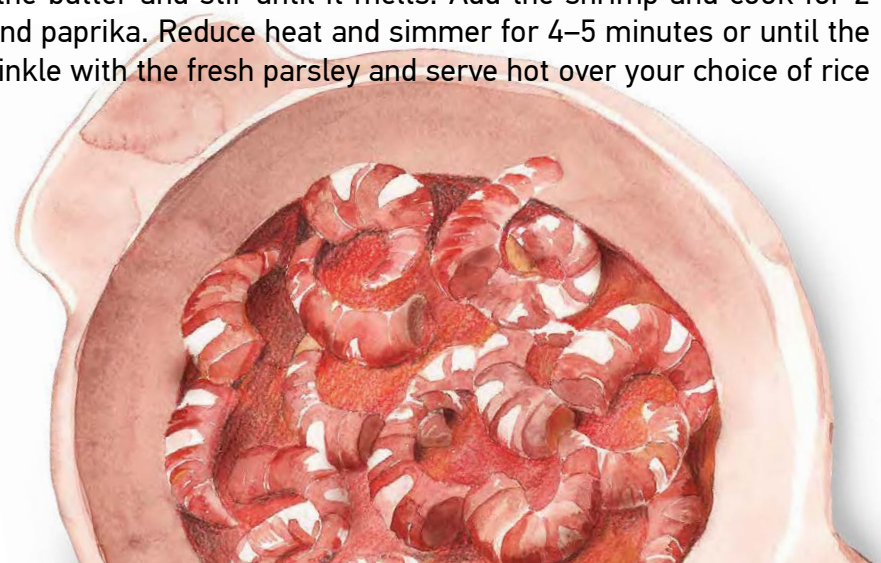
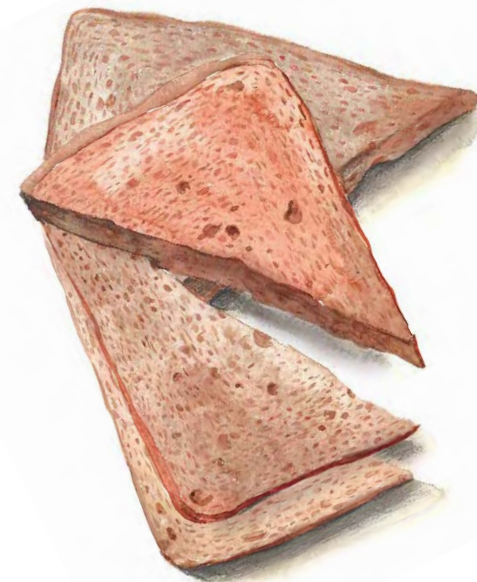
Main

Tereyağlı Karides (Shrimp scampi with butter sauce)

This Turkish dish may appear very familiar to anyone who enjoys Italian food, and may have indeed been borrowed from Italian cuisine centuries ago. In adopting it, however, the Turks have made it very much their own. Using the ingredients available in the Ottoman Empire, fresh shrimp from the Aegean are used along-side Turkish crushed red pepper, or pul biber, which is made from Aleppo peppers, originally grown around Aleppo in modern day Syrian Arab Republic.

- 450g shrimp
- 3 cloves garlic, minced
- 30ml olive oil
- 60g unsalted butter
- ½g paprika or crushed red pepper (optional)
- 5g parsley

Peel and de-vein the shrimp. In a large skillet, saute minced garlic in hot olive oil for 1 to 2 minutes. Add the butter and stir until it melts. Add the shrimp and cook for 2 minutes. Stir in salt and paprika. Reduce heat and simmer for 4–5 minutes or until the shrimp turn pink. Sprinkle with the fresh parsley and serve hot over your choice of rice or pasta.



Starter

Manti (Dumplings with yogurt sauce)

Dough:

- 420g flour
- 1 egg
- 160ml lukewarm water

Filling:

- 225g ground beef
- 1 chopped onion
- Salt and pepper

Sauce:

- 490g yogurt
- 4 cloves garlic
- salt to taste
- 45ml melted butter/oil
- 16g tomato paste
- 1½g paprika
- 45ml water
- Dried mint
- Sumac

Place the flour in a bowl, crack the egg and add salt and water. Then knead until you get a firm and smooth dough. Make sure to make it firm to make flattening easier later. Cover it with a damp cloth and leave to rest (15–30 minutes). Mix all the filling ingredients and set aside. Divide the dough into 2–3 pieces, take one piece and place on the floured counter. Cover the rest of the dough. Then, with a rolling pin, flatten the dough as thin as you can. Cut it with a knife or roulette into 1½–2cm square pieces. Then place ¼ teaspoon of filling over each square. Stick both traverse edges together diagonally, by pressing with your fingertips. Do the same for the remaining dough. Boil the water in a big pot and add salt. Then add all the manti into the boiling water. Cook over medium heat until the manti get soft.

Meanwhile, prepare the sauce. In a bowl, mix yogurt, salt and garlic. In a small pan, melt the butter/oil and stir in tomato paste and water. Cook for 2 minutes over low heat. Optionally, you can add paprika into melted butter/oil and turn the heat off after one minute. Do not add water if using paprika.

Drain the cooked manti and transfer onto serving plates. Allow to cool and pour the yogurt sauce over. Finally, pour about one small spoonful of the butter/oil mixture all over. And if desired, sprinkle some dried mint and sumac over the dumplings.



Dessert

Baked Turkish Rice Pudding

- 95g rice
- 280ml water
- 475ml milk
- 100g sugar
- 1 egg yolk, whisked
- 7½g corn starch
- 2½ml vanilla extract

Place the water and drained rice in a pot. Put the pot over high-medium heat. When it just begins to boil, place a lid on top and turn to low-medium heat. Stir occasionally with a wooden spoon. Simmer until the rice is cooked and a small amount of water remains. Add the milk and sugar, stir. Meanwhile, dissolve the starch in 15–20ml of milk and add it to the rice pudding. Stir constantly. When you see the bubbles on the surface, add the vanilla extract and cook for 2–3 minutes over low heat. Then pour a ladle of rice pudding into a bowl and mix it with the egg yolk. Set aside. With a ladle, pour the Turkish rice pudding into small bowls. Spread the egg yolk mixture over them. Broil about 2–3 minutes until they turn golden brown. Then, take out and let them cool in the fridge for 1–2 hours.

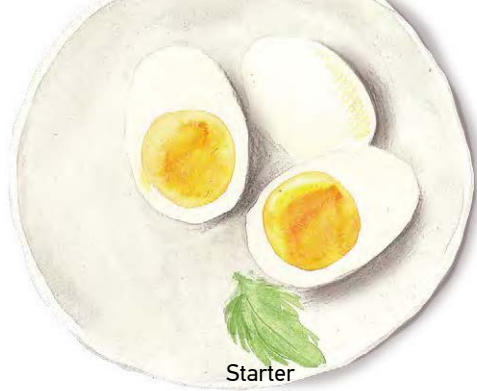




TURKMENISTAN

Turkmenistan is a country that benefited from its proximity to the Silk Road during its history. With traders came new spices, ingredients and cooking styles, which were adopted into the local cuisine. It was during this period that rice from the East and peppers and saffron from the South became popular aspects of Turkmenistan's culinary landscape. These influences are similarly found among most Central Asian countries and, like many Central Asian countries, Russian influence left a lasting mark on Turkmenistan beginning in the 19th century. Common Russian dishes have become equally common in Turkmenistan: meat dumplings and beet soup (borsht) are just two notable examples.



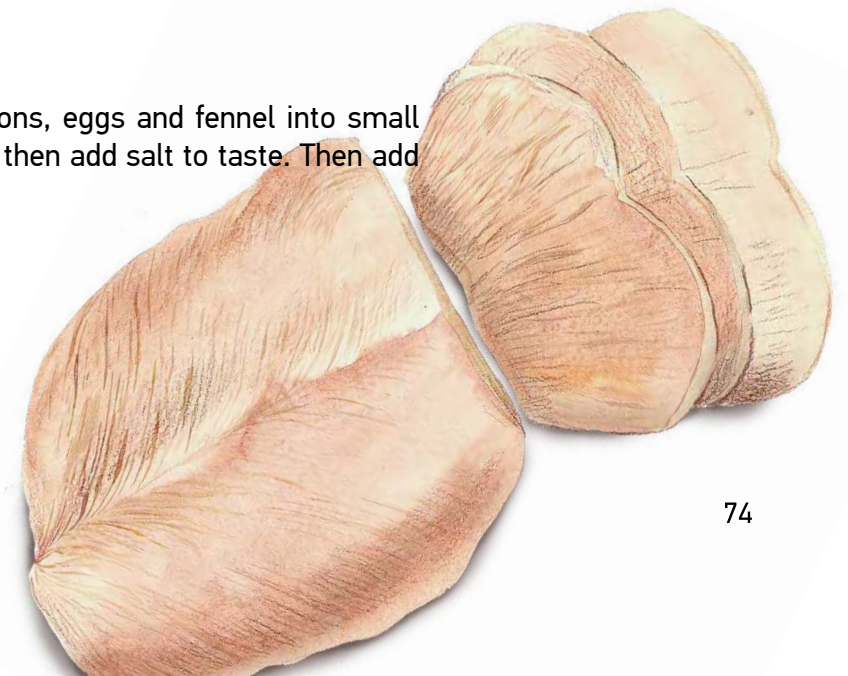


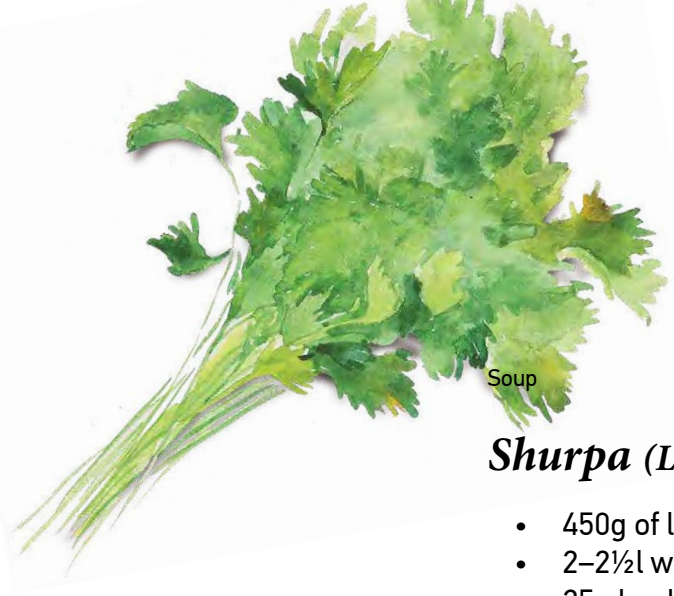
Okroshka

Okroshka is a dish which shows Russian influence upon the culture and cuisine of Turkmenistan. This cold soup is most often served in the hot weather of summer to provide refreshing relief from the heat. In Russia, it was also originally made with kvass, a drink made from fermented black or rye bread, and served with a dollop of sour cream. It spread throughout the Soviet Union and became slightly altered in the places where it took root. In Turkmenistan, for example, kefir is used in place of the kvass.

- 100g cooked beef
- 30g spring onions
- 120g cucumber
- 4 boiled eggs
- 1 spoon of fennel
- 175ml water
- 125g kefir
- Salt

Mix water with kefir in a pot. Then cut the meat, onions, eggs and fennel into small cubes. Place everything into the pot. Mix all ingredients, then add salt to taste. Then add the chopped potato. Cool the okroshka before serving.





Shurpa (Lamb soup)

- 450g of lamb
- 2–2½l water
- 25g lamb fat
- 25g sour cream
- 530g of potatoes
- 2 onions
- 4 tomatoes
- 1 carrot
- Salt and pepper to taste

First, cut the meat and lamb fat to pieces, then put the meat and fat into a pot. Add water and let it boil (remove the foam) over low-medium heat for 40–50 minutes. Meanwhile, peel and wash the potatoes and cut into cubes. Then chop onions, carrots and tomatoes. Add chopped onions, carrots, tomatoes, pepper and salt into the pot, mix all together. Let it boil over low-medium heat for 20–25 minutes. Now, the Shurpa is ready! You can serve the ready soup with chopped greens and one spoon of sour cream. Enjoy!



Main

Ishleki (Meat pie)

Dough:

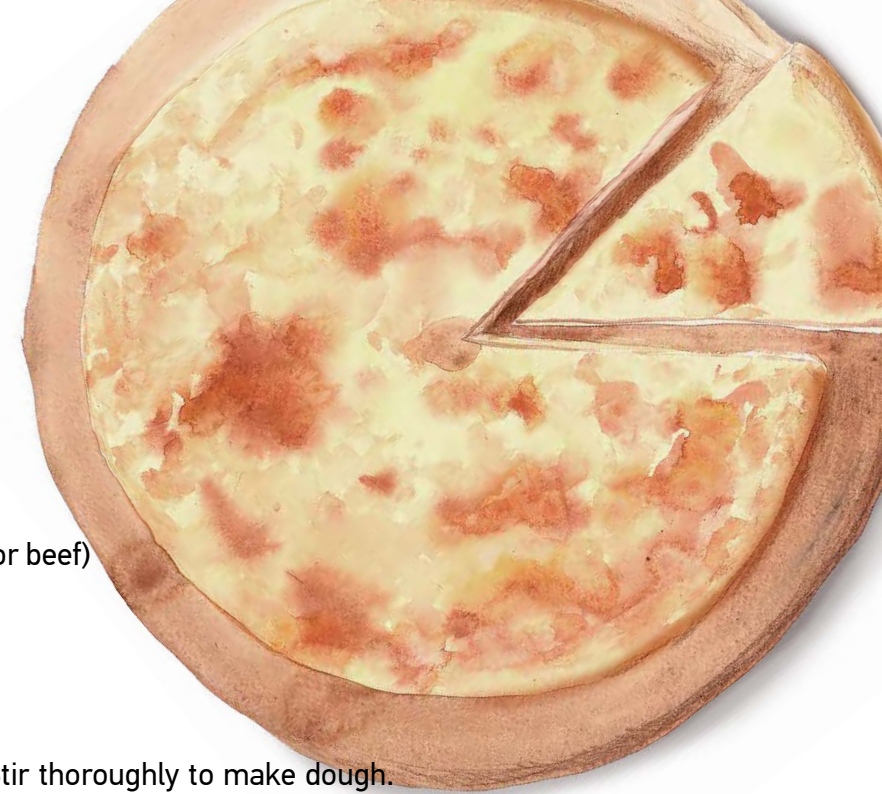
- 800g flour
- 200ml warm boiled water
- 1 egg
- 5g salt
- 50g butter

Stuffing:

- 700g meat (lamb or beef)
- 3 onions

Warm up water, add flour, salt, egg and melted butter. Stir thoroughly to make dough. Split dough into two pieces. Cover the pieces with a dish-cloth and leave them to rise for 30 minutes. Meanwhile, cut the meat and onions into small cubes; add salt, black pepper and spices, as wanted. Mix ingredients.

Take one piece of dough and roll it until it is thin (4 mm). Roll the second piece of dough until it is thinner (2–3 mm). The dough needs to be rolled out flat to a 50cm diameter. Then, on the lower part of the rolled out piece of dough, put the filling, prepared out of meat and onions. Then cover it with the second rolled piece and crimp. Place the ishlekli directly onto a baking stone. Stir an egg with a fork and lightly cover the top of the ishlekli for shining golden look, when ready. Have the oven preheated to 200°C. Bake for about 50–55 minutes. When they are done, you should see golden brown spots appearing on top.



Belarus

Kyiv



UKRAINE

The territory of Ukraine has always had rich soil and a favorable climate perfect for cultivating crops. Wheat, millet and rye were plentiful, and soon trading routes were established along Ukraine's Black Sea coast to market the grain. Ukrainian territory became the cross-road connecting Arabia, Europe and Asia. Over time, Ukraine fell under the power of many different countries, including Poland, Austria and Russia. Kovbasa (sausage) and sauerkraut have Polish origins. Varenyky (dumplings) and holubtsi (stuffed cabbage) were originally imported from Turkey. Strudels, breaded meats, and desserts, such as cheesecake and tarts, were carried over to Ukraine during Austro-Hungarian times. Although Ukrainian dishes have origins in different countries, their preparation and specific taste are quite uniquely Ukrainian.

Kazakhstan

Kyrgyzstan

Tajikistan

Turkey





Main

Banosh (Hutsul dish popular in Transcarpathia)

Banosh, a staple dish of the Carpathian shepherds, has successfully made its way into restaurants' menus throughout Ukraine. The main ingredients of the dish are corn – a crop domesticated by the indigenous peoples of what is today Mexico, brought to Europe from America in the 16th century, spread through Balkans and introduced to the Carpathians during Turkish influence – and brynza – cheese that originated from Slovakia in the 15th century, which has become widely popular in the region since then. While Banosh is claimed to have been invented by the Hutsul, inhabitants of the Ukrainian highlands, immediate relatives of banosh are found in many other countries – from Tokan in Hungary, to Mamalyga in the Republic of Moldova, to polenta in Italy.

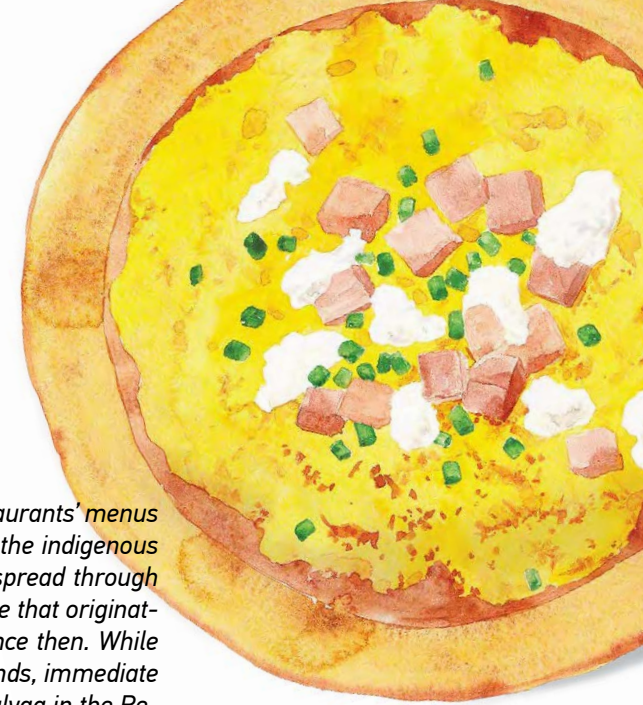


- 200g corn grits or flour (polenta)
- 500g sour cream or cream
- 200g brynza (sheep milk cheese or alternatively feta cheese)

Optional: fried porcini mushrooms and/or fried pork cracklings

Add a small amount of warm water to sour cream and bring it to a boil on a medium heat, preferably in a cast-iron pot. Add corn flour and stir well, until it's thick. Reduce the heat to low and keep stirring for 25–30 minutes until the porridge is easily separated from the pot walls and drops of oil are visible on the porridge surface. Turn off the heat, cover the pot and let it stand for 5 minutes.

Crumble brynza and top the cooked dish with it. Serve hot. Add more brynza, fried mushrooms or pork cracklings to each individual serving.





Starter

Vorschmack (Jewish dish, popular in Odesa)

- 500g herring
- 5 boiled eggs
- 2 apples
- 2 onions
- 200g butter
- 2 bread buns
- 500ml milk



Use the grater to remove the crust from the buns. Soak the remaining soft part of the bun in milk for a few minutes. Then press. Prepare the herring by removing the bones and cutting it into small pieces. Peel and cut the apples. Add all ingredients (besides the onions) together and shred using a grinder or a blender. Cut the onions into small pieces and add them to the main mix at the end of cooking. Place the finished mix in the fridge for a few hours. Serve on warm toast



Dessert

Pakhlava (Crimean Tartar national dish)

Dough:

- 100g margarine
- 3 eggs
- 250g water
- 4g baking soda
- 1kg flour
- Salt

Syrup:

- 1l water
- 1½kg sugar
- 500g honey

Dough: Knead the dough as for noodles. Divide it into 3 parts and put it in the refrigerator for 2 hours. Thinly roll out each piece to dry, curl them up on a thin rolling pin and pull them out. Cut into slices and fry strips in a large amount of vegetable oil on both sides until golden brown, straightening layers with a fork.

Syrup: Melt sugar and honey in water, bring to a boil. Put the fried dough into the boiling syrup for 2 minutes. Remove and allow to cool. On top, you can sprinkle chopped walnuts.





Kazakhstan

UZBEKISTAN

Uzbek cuisine is closely linked to its culture, traditions and rich history. The main routes of the Great Silk Roads, connecting East and West, passed through the territory of present-day Uzbekistan. On the one hand, through trade and migration along these routes, Uzbek cuisine travelled throughout and spread across Eurasia; on the other hand, it was influenced by cuisines of other regions and nations in the same way. Some notable culinary migrants include manti (a filled dumpling found throughout Central Asia and almost certainly spread from China within the 13th century Mongol Empire), somsa (otherwise known as samosa, originated in the Middle East and was then spread via trade routes and Arab invaders to Central Asia and India), and tea. Tea is an integral part of life in Uzbekistan, but tea-drinking originated in China and it too was spread by traders.



Main

Uzbek Palov

Palov, plov or pilaf – these are only a few of the many variations of names for the most popular Uzbek dish, made of rice, meat, carrots and onions, and enriched with spices. The legend of palov says that this dish was presented to Alexander the Great in the 4th century BC during his campaign to Central Asia, in particular to the territories of the modern-day Surkhandaryo region of Uzbekistan. The ancient Silk Road allowed palov to migrate from Central Asia to the cuisines of many nations. Today, palov, in its numerous variations and under different names, can be found in many cuisines, including all Central Asian countries, the Caucasus, Afghanistan, Pakistan, India and Turkey.

- 1 kg moderately fat lamb, shoulder or ribs
- 1 kg medium grain rice (paella type)
- 200–250ml vegetable frying oil
- 1 kg carrot (preferably not young)
- 2–3 medium size onions
- 6–8g cumin
- 2–3 whole heads of garlic, the younger the better (optional)
- 1–2 long hot chilies (optional)
- Salt to taste
- 5-liter heavy cast-iron pot (dutch oven) or bigger, preferably round-bottomed

Wash the rice until the water runs clear, cover with cold water and let it soak. Cut the meat with bones into match-box pieces. Cut the carrots into 1/2cm by 1/2cm thick sticks. Slice the onions into thin rings or half-rings. Clean the heads of garlic.

Heat the oil in the pot on a very high heat, deep-fry meat until golden-brown, in 3–4 batches. Fry the onions until golden, add meat to the pot, stir well to prevent the onion from burning. Add carrot, stir from time to time, until the pieces start to wilt and brown a little (15–20 min). Add 2/3 of the cumin - rub it in your palms a little to release flavor, stir gently to keep carrot from breaking.

Lower the heat to moderate, pour in hot water just to cover all the goods, add salt and let it simmer for 40 min to 1½ hours until almost all the water has evaporated and the meat has become tender and juicy. Do not stir.

Turn the heat to max. Drain the rice, place it on top of the meat and vegetables in one layer, stick the garlic and whole chilies in and carefully pour boiling water over it (place a spoon or ladle on top of the rice to keep the rice layer from washing away). Cover the rice with about 2cm of water, let it boil. Add salt to make the water a bit over-salted. When the water goes down to the rice, reduce the heat a bit, keeping it boiling rapidly. Check when the water evaporates and absorbs into the rice completely – the rice should remain rather al dente. Make a hole in the rice to the bottom of a vessel to check the water level.

Reduce the heat to absolute minimum, cover tightly with the lid and let it steam for 20 minutes. Turn off the heat, remove the garlic and chilies onto a separate plate. Carefully mix the rice with meat and carrots; if the rice tastes a bit bland, add some salt, mix and let stand for 5 minutes. Pile the palov onto a big plate and serve with the garlic and chilies. Enjoy!



Starter

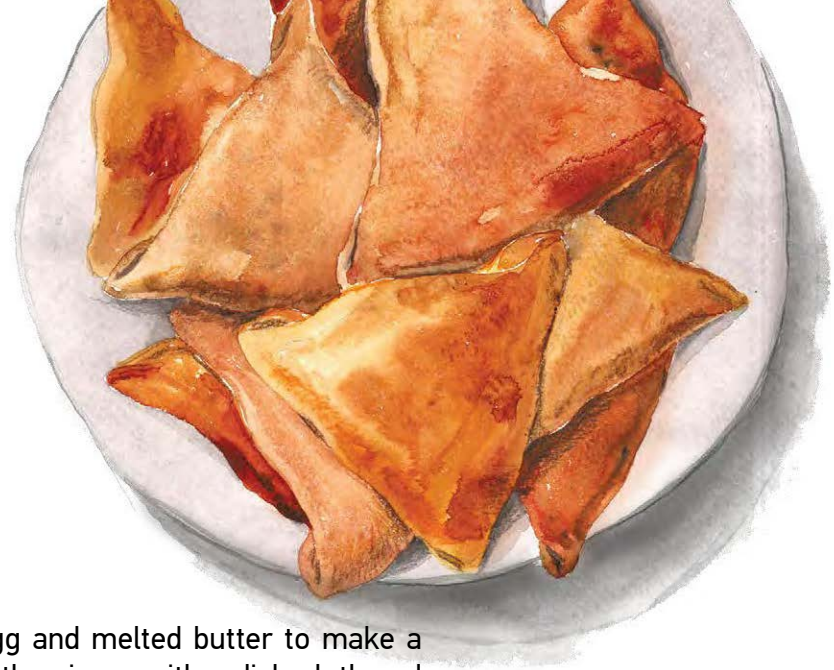
Somsa (Pastry with meat)

Dough:

- 800g flour
- 240ml warm boiled-water
- 1 egg
- 5g salt
- 50g butter
- Small amount of starch and oil

Stuffing:

- 700g meat
- 3 onions



Stir thoroughly together the water, add flour, salt, egg and melted butter to make a dough. Split the finished dough into three pieces. Cover the pieces with a dish-cloth and leave them to stand for 30 minutes. Meanwhile, cut the meat into small cubes and dice the onions; add salt, black pepper and spices to taste. Mix the ingredients.

Take each piece of dough and roll it out until it is thin (2–3 millimeters). Lightly cover it with melted butter. Roll up the dough sheet into a tube. Coil up the resulting dough tube and keep it in the fridge. Do this for two other pieces of the dough.

When all three dough tubes are ready, cut each into small pieces, about 25 millimeters wide. Take one piece, holding it upright (so the spiral faces the ceiling), press down on it with your other hand. Squash the spiral out and create the layered dough. Roll this dough out until it is thin. The diameter should be about 12 centimeters, and about 2–3 millimeters thick. Do the same with all other pieces of dough.

Put about 2 tablespoons of stuffing, prepared out of meat and onions, on each of the rolled out pieces of dough. Simply fold up the two sides, then fold the bottom. You can fold it into a packet shape (two sides, then two ends) as well. Whatever you do, make sure your somsa are sealed well so the juices do not leak out during the baking. Place the somsa directly onto a baking stone. Alternatively, you can put them on a baking sheet lined with oiled foil. When placing the somsa, make sure to put it with the sealed side down. Cover the tops of the somsas with an egg yoke for a shining golden look.

Have the oven preheated to 200°C. Bake for about 35 minutes. When they are done, you should see golden brown spots appearing on them. Bon appetite!

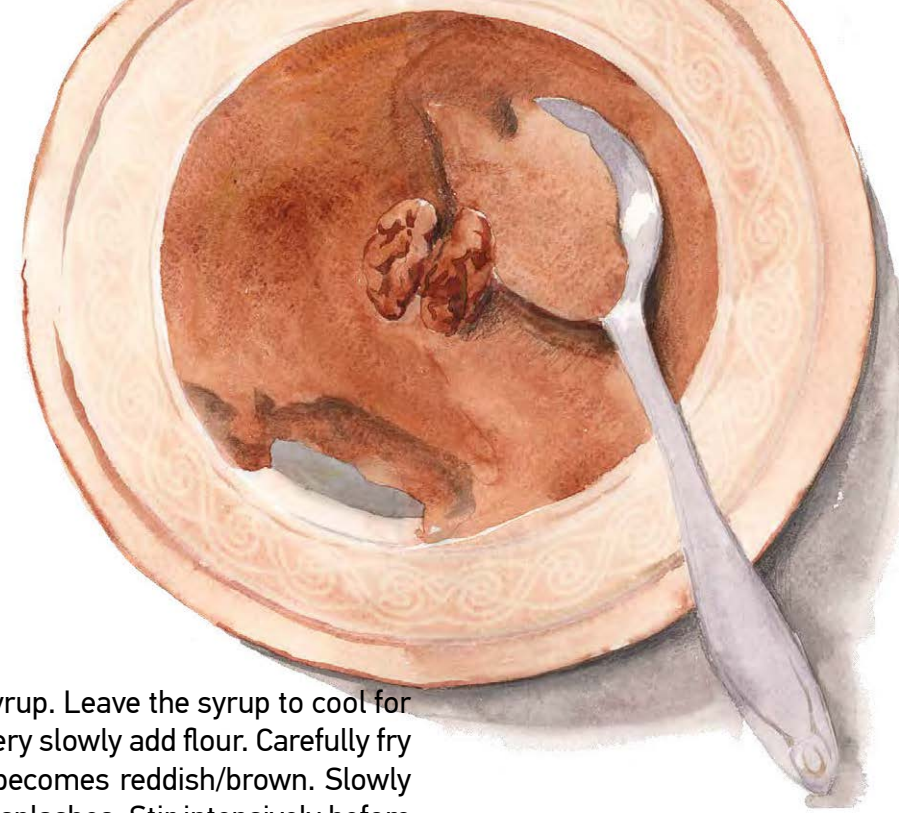


Dessert

Holvaitar (Syrup dish)

- 400g flour
- 200g sugar
- 100g sunflower oil
- 280ml boiled hot water

Stir the sugar into freshly boiled hot water to make a syrup. Leave the syrup to cool for a while. Heat up the oil in a frying pan over low heat and very slowly add flour. Carefully fry the flour, stirring the whole way through, until its color becomes reddish/brown. Slowly add the sugar syrup. Be very careful and slow, to prevent splashes. Stir intensively before the mass becomes dense. Fill up plates with holvaitar while it is hot. You may decorate it with nuts, if you wish. Enjoy eating holvaitar with a teaspoon while it is warm or wait until it cools down.



Food – the ingredients used, how it is cooked, the culinary rituals – is an important part of culture, family tradition and human identity. Yet, any national cuisine is a result of many centuries of contributions by the different peoples, who, through trade and migration, have brought new ingredients and ways of cooking. This continuous process is symbolic of what migration means for our cultures and identities. To celebrate the benefits of migration in our daily lives and the multiplicity of ways in which it builds connections and promotes exchange, the International Organization for Migration (IOM) Regional Office in Vienna has compiled this book of traditional recipes from South-Eastern Europe, Eastern Europe and Central Asia. The recipes reflect the rich cultural heritage of each country in the region and their interconnectedness; they each have a story to tell – a story of tradition, diversity and migration. So, join us in the culinary journey through the region of South-Eastern Europe, Eastern Europe and Central Asia!

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The International Organization for Migration (IOM) is the leading intergovernmental organization in the field of migration. It is part of the United Nations family and works closely with governmental, intergovernmental and non-governmental partners to promote good migration governance and international cooperation on migration, to help ensure the orderly and humane management of migration, to assist in the search for practical solutions to migration problems and to provide humanitarian assistance to migrants in need, including refugees and internally displaced people.



International Organization for Migration (IOM)
The UN Migration Agency