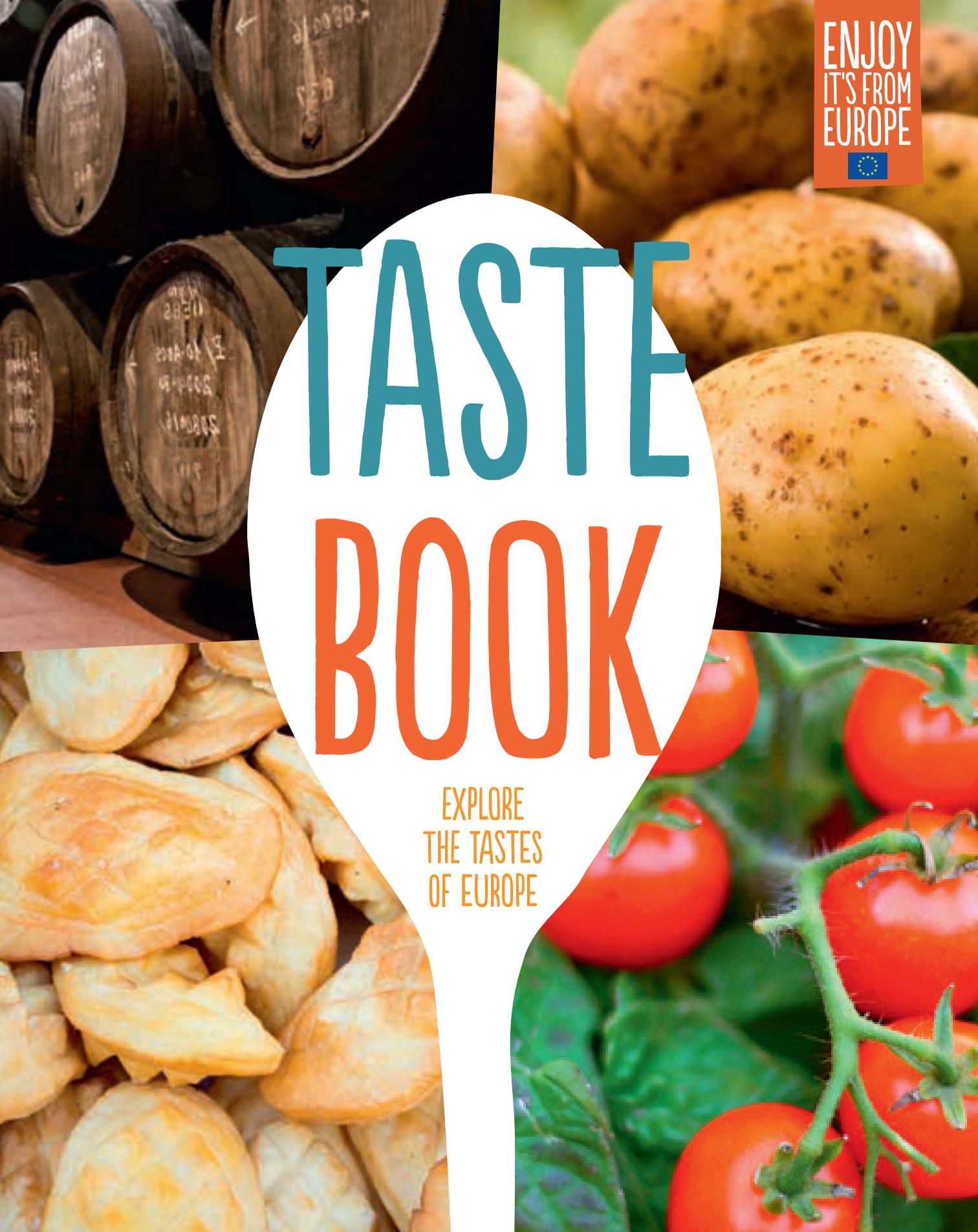


ENJOY
IT'S FROM
EUROPE



TASTE BOOK

EXPLORE
THE TASTES
OF EUROPE



TASTE BOOK

EXPLORE
THE TASTES
OF EUROPE

BON APPÉTIT ENJOY YOUR MEAL

SMACZNEGO GUTEN APPETIT

SMAKELIJK ETEN SMAKLIG MÅLTID!



DOBAR TEK DOBROU CHUŤ

VELBEKOMME JÄTKU LEIBA

HYVÄÄ RUOKAHALUA  JÓ ÉTVÁGYAT

BUON APPETITO LABU APETĪTI

EXPLORE THE TASTES OF EUROPE

Europe's diverse mix of cultures, traditions and climate has given rise to a unique range of produce which span across all food groups. From meat to fruit and herbs to wine, there are thousands of products we are proud to call our own. Techniques can often be traced back over centuries where methods have been handed down from generation to generation, ensuring that they remain of the highest calibre and that quality never falters.

Our passion for food has also translated into an impressive portfolio of dishes and cuisines. Simple plates of food with the fewest of ingredients and the need for minimal intervention can be produced in next to nothing. Yet bolder flavours and unusual condiments can also lead to inspiration for more adventurous gastronomic affairs.

It is in this vein that we hope to whet your appetite; to explore and learn from all that Europe has to offer. Each recipe is centred around a product, which is first explored in its European context before setting out a simple step by step dish. So enjoy with us a traditional favourite or why not have a go at something a bit more avant-garde?





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TASTE QUALITY, TASTE EXCLUSIVITY, TASTE EUROPE

In the European Union, one of our most enriching characteristics can be attributed to the wealth of diversity that exists between one member state and the next and from one geographical region to another. This variety is embodied in the cultural aspects of our 28 individual countries. Our local ingredients are often a labour of love or livelihood, which have been re-worked, mastered and perfected by craftsmen going back over hundreds, if not thousands, of years and they are a question of deep pride.

The uniqueness of the geography in which these products are found is reflected in the final product and caters for their irreplaceable properties. You can really taste the sun-soaked soil of Puglia in its spicy golden olive oil and you can savour the fern-topped knolls of the Black Forest in its smoky Schwarzwälder Schinken ham. It is because of the distinct flavour of each of these ingredients that we are keen to preserve the high quality and exclusivity that they have come to represent.

The EU works to protect and preserve tradition and heritage and has created quality schemes to ensure this. To date more than 1200 food products' names have been registered under the EU's quality labels for agricultural products and foodstuff (PDO, PGI and TSG). All types of products are covered from meat, dairy and fish, to bread, cakes, biscuits, confectionary and beverages. In addition there are over 1700 wines and some 330 spirits carrying a PDO or a PGI label. More and more of these products are available outside Europe. Explore the world of European products. A wealth of flavours awaits.





AGRICULTURAL PRODUCTS, FOODSTUFFS, WINES AND SPIRITS REGISTERED UNDER THE EU'S QUALITY LABELS AT THE END OF JULY 2014



THE EU QUALITY SCHEMES

With such a diverse range of food and beverage products in Europe that encompass rich traditions and value time-honoured production methods, the European Union has created protection schemes that clearly identify these products as being of genuine quality.

The three EU schemes work to encourage diverse agricultural production, protect product names from imitation and help consumers by giving them information on the unique character of these products.

The schemes are also open to non-European producers. This ensures that products of high quality which originate in countries outside the EU can enjoy the same level of protection as EU quality products.

When you see a product with one of these labels you can be sure of its quality. The product will be truly distinctive and will feature taste characteristics retained from its local region. You can be certain that such a product was made with care and a deep respect for its history. A product carrying one of these stamps will have seductive flavours and its own true personality.

PROTECTED DESIGNATION OF ORIGIN (PDO)

A PDO label indicates a foodstuff, wine or spirit that originates in a specific town, region or country, that has characteristics that are particularly linked to the place of origin through inherent natural or human factors, and which is produced, processed and prepared in the defined geographical area. Famous examples include Jamón de Teruel from Spain and Comté cheese from France.



581
REGISTERED PDOS



PROTECTED GEOGRAPHICAL INDICATION (PGI)

PGI covers names of products originating in a specific place, region or country which are recognised for their quality and other characteristics closely linked to the defined geographical area. The label also marks the products as being produced and/or processed and/or prepared in the area in question. Famous examples include Mortadella Bologna from Italy and Melton Mowbray pork pies from the English town of the same name.



PROTECTED GEOGRAPHICAL INDICATION (PGI)

COVERS NAMES OF PRODUCTS ORIGINATING IN A SPECIFIC PLACE, REGION OR COUNTRY WHICH ARE RECOGNISED FOR THEIR QUALITY AND OTHER CHARACTERISTICS CLOSELY LINKED TO THE DEFINED GEOGRAPHICAL AREA.

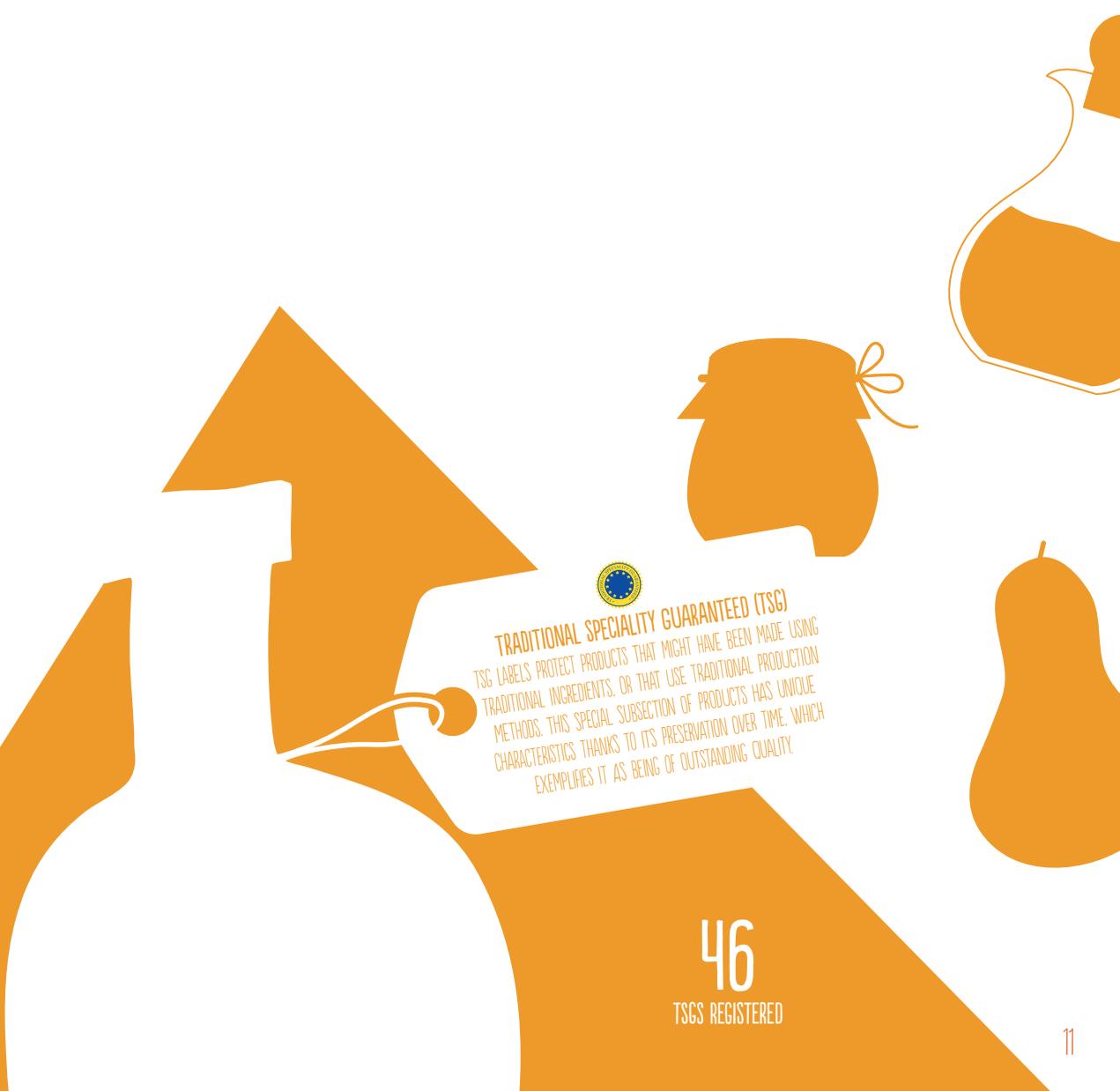
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PGIS REGISTERED



TRADITIONAL SPECIALITY GUARANTEED (TSG)

TSG products are those with distinctive features that have traditional ingredients or are made using traditional methods. These products have specific characteristics that set them apart from similar foodstuffs. Examples include speciality Belgian beers, such as Gueuze and Kriek, and Kalakukko, a Finnish bread with fish and meat baked inside it.



TRADITIONAL SPECIALITY GUARANTEED (TSG)

TSG LABELS PROTECT PRODUCTS THAT MIGHT HAVE BEEN MADE USING TRADITIONAL INGREDIENTS, OR THAT USE TRADITIONAL PRODUCTION METHODS. THIS SPECIAL SUBSECTION OF PRODUCTS HAS UNIQUE CHARACTERISTICS THANKS TO ITS PRESERVATION OVER TIME, WHICH EXEMPLIFIES IT AS BEING OF OUTSTANDING QUALITY.

46

TSGS REGISTERED

EU ORGANIC LABEL

Since 2010, all pre-packaged organic products produced in the EU must show the EU organic logo on its packaging. This gives consumers peace of mind that the product has been manufactured based on a number of principles and practices designed to work with the land naturally, to minimise human impact on the environment and based on the standards set by the European Union.

Information about where the agricultural produce contained in the product was farmed must also be included, as 95% of the agricultural products must have been organically produced for it to bear the organic sticker.



EU ORGANIC LABEL: GOOD FOR NATURE, GOOD FOR YOU

Organic farming is an agricultural production method which offers the consumer quality food that tastes good, while respecting the natural life cycles of plants and animals. It is based on a number of principles and practices designed to work the land naturally and thereby minimise humans' impact on the environment.



An infographic with a dark orange background and white organic shapes. A white pitcher is in the upper center. Five white callout bubbles contain text. The background is decorated with white leaf and swirl patterns.

95% OF THE PRODUCT IS ORGANICALLY PRODUCED

LIMITED NUMBER OF AUTHORISED ADDITIVES

THE PRODUCT HAS BEEN SEALED BETWEEN PRODUCER AND RETAILER

PRODUCT COMPLIES WITH OFFICIAL ORGANIC CONTROL RULES

ORGANIC AND NON-ORGANIC PRODUCTS HANDLED SEPARATELY

Take a close look at these quality logos. Familiarise yourself with what they look like and what they represent. These logos clearly identify products as being of true excellence. It is not easy for European products to receive such protection and the entire life cycle of a product, all the elements within it and the region in which it is produced is examined before they receive this mark of quality.

OLIVE OIL

"OLIVE OIL'S
UNIQUE FLAVOUR DEPENDS
ON THE CLIMATE, VARIETY OF
PLANT AND THE REGION IN
WHICH IT IS CULTIVATED."

Olive oil's unique flavour depends on the climate, variety of plant and the region in which it is cultivated, just like a fine wine. So whether you prefer a nutty, grassy flavour from the hillsides of Cinque Terre in Italy, or delicate notes of fig and banana from the sprawling Andalucían groves, the flavours are as diverse as nature itself.





For more inspiration go to
<http://www.tastesofeurope.eu/videos>

"GREEKS AND ROMANS
WERE PRODIGIOUS IN FINDING
NEW WAYS OF UTILISING
OLIVE OIL BEYOND COOKING."



The European Union is the leading producer of olive oil. Extra virgin olive oil maintains the highest quality of oil due to its production process which requires carefully controlled techniques and minimal interference. This allows for its pure and distinct flavour. The Mediterranean region in particular has been producing extra virgin olive oil for centuries, using its nutritional, health and sensory characteristics as an integral part of daily life. Greeks and Romans were prodigious in finding new ways of utilising olive oil beyond cooking. They used it as a fragrance, a skin moisturiser, lamp fuel and even to lubricate agricultural machinery.

OLIVE OIL CONFIT
DUCK SLIDERS



PREPARATION

Sprinkle 1 tablespoon of salt on a sheet pan. Add the aromatics: strips of orange rind, thyme, garlic, bay leaf, peppercorns and shallots. Lay the duck thighs, skin side down and cover with 1 tablespoon of salt and the remaining aromatics. Cover and refrigerate for 1-2 days.

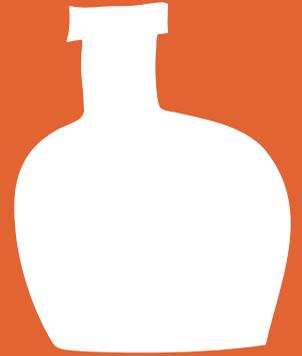
COOKING

Preheat the oven to 110°C Gas mark. Brush off the salt and set aside the aromatics. Rinse the duck thighs and pat dry. Arrange the duck thighs in a high-sided baking dish or oven-proof saucepan. Add the reserved aromatics and cover the duck thighs with the extra virgin olive oil making sure all pieces are completely covered. Place in the oven and bake for 4-6 hours, or until the meat is very tender and the fat on the skin is completely rendered.



SERVING

When ready to serve pull the tender meat off the bone and serve in a bread roll with shredded cabbage and sauce of your choice. We recommend a plum sauce.



INGREDIENTS

- 4 duck thighs
- 2 tbsp. coarse salt
- 2 shallots sliced
- 4 smashed cloves of garlic
- 2 bay leaves
- 6 black peppercorns
- 6 sprigs fresh thyme
- Rind from one orange (in strips)
- 4 ½ cups extra virgin olive oil

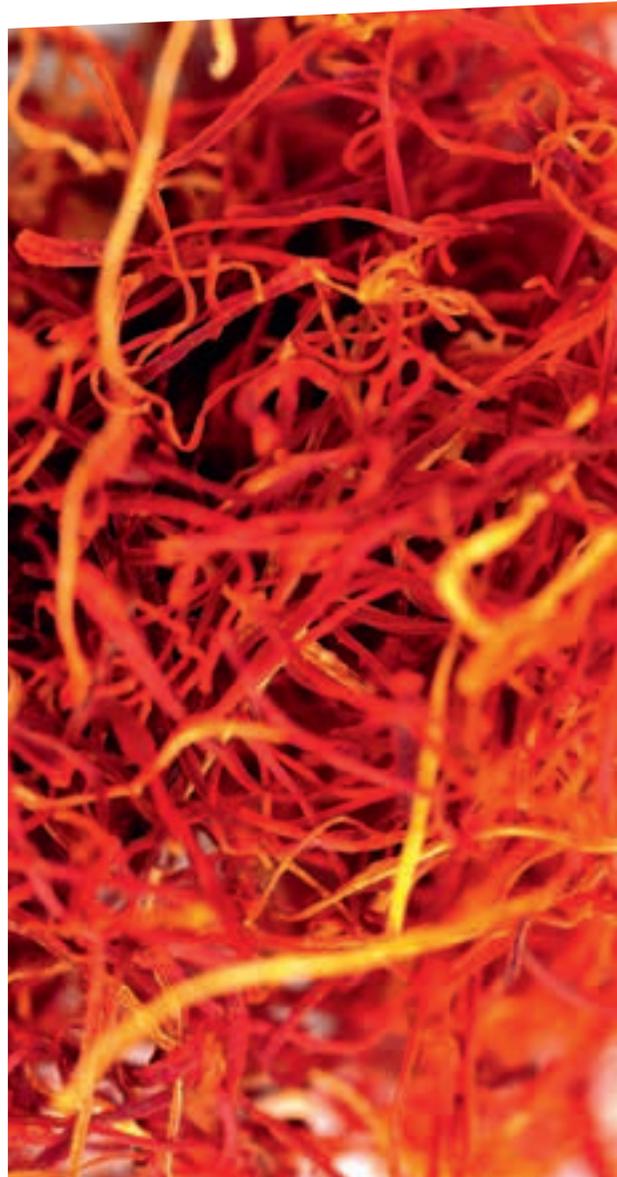




"THE WARMING AROMA OF BAY LEAVES USED TO CROWN THE HEADS OF OUR ANCIENT HEROES."

HERBS

Many species of herbs are resident to Europe and their history in our lands can be traced back over time. Take, for example, the woody aroma of bay leaves which used to crown the heads of our ancient heroes, or the word 'oregano' that is derived from Greek words for 'hill' and 'joy', indicating their prominent position on Hellenic mountain slopes.





Our herbs are part of some of the world's favourite dishes, like Genoese Basil, which is a staple to any good pesto, but they are also enjoyed in situ. In Kozanis, Greece, the unique sweet flavour of Krokos, a variety of ochre-red saffron, can be smelt emanating from fish stews or crushed potatoes in kitchens throughout the city.



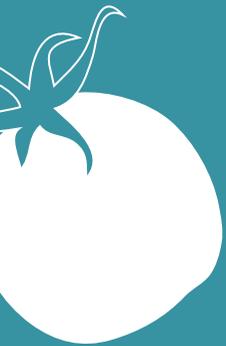
"OUR HERBS HAVE BECOME
INTEGRATED INTO
SOME OF THE WORLD'S
FAVOURITE DISHES."



For more inspiration go to
<http://www.tastesofeurope.eu/videos>

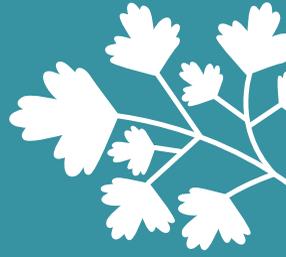


SAFFRON,
ORANGE AND
TOMATO-POACHED
COD



PREPARATION

In a small pot steep the saffron, fish stock and white wine over a medium-low heat.

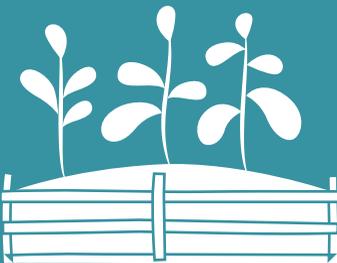


COOKING

In a deep pan on medium-high heat, add 2 tbsp olive oil and the thinly sliced garlic and dried red chili flakes. Once the garlic is softened add the cherry tomatoes and orange zest. Season with salt and pepper. Once the cherry tomatoes begin to burst add the saffron-white wine stock and simmer till the liquid reduces slightly. Season your cod fillets with salt and pepper and add to the sauce. Cover your pan and let simmer for approximately 10 minutes, till the fish gets flaky.

INGREDIENTS

4 skinless cod fillets (or any firm white fish of your choice)
2 garlic cloves thinly sliced
1 tsp. dried red chili flakes
1 ½ cup fish stock
1 cup white wine (dry)
1 tsp. orange zest
1 pinch saffron
1 cups cherry tomatoes
2 tbsp. olive oil
Salt and Pepper to season
Basil to serve



SERVING

In deep dish plates serve the fish with some of the sauce. Garnish with sliced basil. Add a side of sautéed spinach to complete the dish.

CHEESE

"POLISH OSCYPEK, A SMOKED CHEESE MADE FROM SALTED SHEEP MILK, COULD BRING SOMETHING NEW TO YOUR CHEESE BOARD."

We are, perhaps, the most famous region in the world for our cheese production and we think we do a pretty good job! So much so, that more than 200 of our cheeses are protected for their excellence. Our cheeses come in all shapes, textures, sizes and strengths so there is a suitable assortment to choose from for every occasion or accompaniment.



For more inspiration go to
<http://www.tastesofeurope.eu/videos>



"OUR CHEESES COME IN ALL SHAPES,
TEXTURES, SIZES AND STRENGTHS."

Polish Oscypek, a smoked cheese made from salted sheep milk, could bring something new to your cheese board, as would a German Altenburger, made with addition of goat's milk and studded with caraway seeds for a unique flavour. Of course, a firm favourite like West Country farmhouse Cheddar or Parmigiano Reggiano, paired with a glass of ruby red wine will never disappoint any guest.



OSCYPEK
AND NECTARINE
SKEWERS WITH
MINT-ALMOND PESTO



PREPARATION

Prepare your pesto in advance. In a food processor or pestle and mortar add the mint leaves, toasted almonds, lemon zest, juice and season with salt. Pulse or grind while slowly adding the extra virgin olive oil. Once you have achieved the right consistency store the pesto in the refrigerator until ready to use.

If you choose to cook your skewers on a barbecue, begin heating before starting with your pesto.

INGREDIENTS

500 grams Oscypek cheese
(or a firm cheese such as halloumi)

8 large ripe nectarines

1 ½ cups fresh mint leaves
or approximately 2 large bunches

¼ cup toasted almonds
(preferably sliced), extra for garnishing

1 lemon (zest and juice)

¼ cup extra-virgin olive oil
½ tbsp. for grilling)

Salt and Pepper to season

Wooden or metal skewers

COOKING

Slice your cheese and nectarines and skewer these alternating between a piece of cheese and a piece of nectarine. Heat a grill pan on the stove to medium-high heat. Add ½ tbsp extra virgin olive oil to your pan. Grill your skewers turning them to ensure that all sides get golden grill marks. Season with some fresh ground black pepper.

SERVING

Serve the skewers with a few dollops of the mint-almond pesto. Garnish with slices of toasted almond slices.



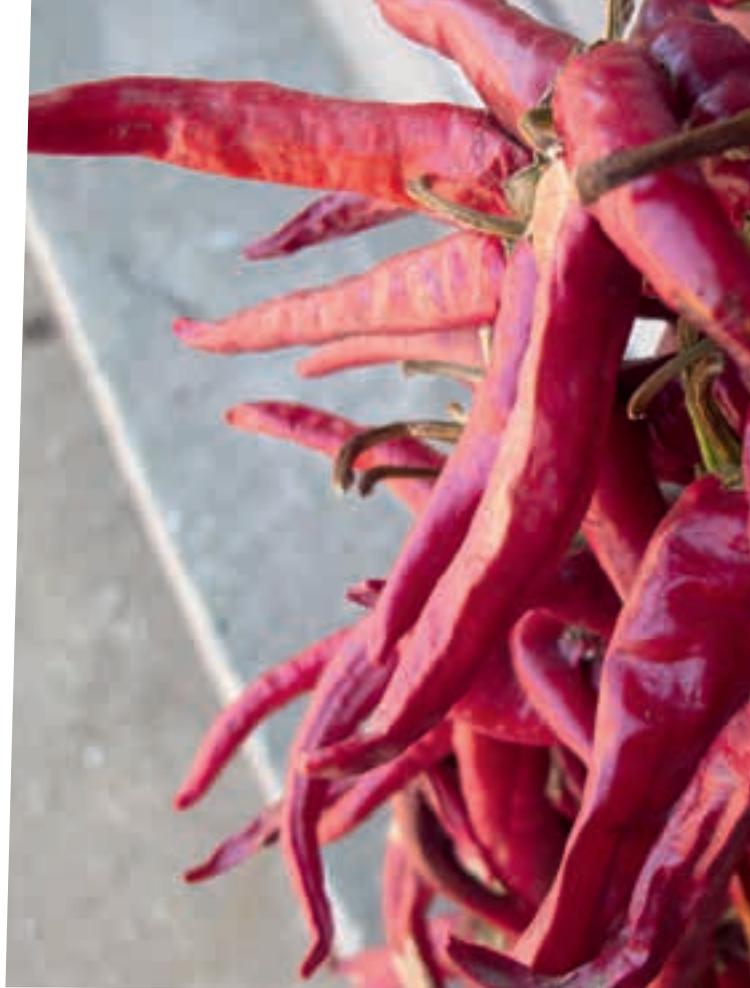
VEGETABLES

Europe's wide-ranging landscapes and climates cater for an equally mixed array of vegetables available during every season meaning we can bring the most delicious produce to the table every day. The sandy terrain and mild temperatures of Portugal's south coast make the sweet potato from Aljezur distinctly sweeter and tastier than others. In Austria, the combination of 220,000 hours of sunshine and light soils gives Marchfeld asparagus its incomparable taste.

"THE HORSERADISH ROOT WITH ITS RACY FLAVOUR IS TENDED WITH THE UTMOST OF CARE IN HUNGARY."



"THE SANDY TERRAIN AND MILD TEMPERATURES OF PORTUGAL'S SOUTH COAST, MAKE THE SWEET POTATO FROM ALJEZUR THAT BIT SWEETER."



Hungary's Szentesi paprika is the spicy hot pepper which is a marriage made in heaven when dried, ground down and accompanied with beef, and a tomato sauce as part of the beloved national dish, Goulash.

The Hajdúsági horseradish root with its racy flavour is tended with the utmost of care in Hungary where precise growth methods allow for slow cultivation which releases a superior taste to the diner.



For more inspiration go to <http://www.tastesofeurope.eu/videos>



HORSERADISH POTATO CAKES

INGREDIENTS

1 onion, grated
3 baking potatoes, grated
2 sweet potatoes, grated
2 tbsp. all-purpose flour
2 large eggs
3 tbsp. finely grated fresh horseradish
¼ cup chopped fresh flat-leaf parsley
2 tbsp. olive oil for frying
Salt and Pepper to season

PREPARATION

Into a mixing bowl, grate the onion, potatoes, sweet potato and horseradish. Add the flour, eggs and roughly chopped parsley to the grated vegetables. Season with salt and pepper and combine the mixture.

COOKING

In a frying pan, heat extra virgin olive oil over medium heat. Spoon 3 heaped tablespoons of the potato mixture into the pan. Fry each potato cake till golden brown, approximately 4 minutes on each side.

SERVING

Serve the potato cakes with a spoon of crème fraiche and garnish with fresh spring onion.



CEREALS AND RICE

"SCHWÄBISCHE MAULTASCHEN
IS A SILKY PASTA WRAPPED
AROUND A DELICIOUS
MIXTURE OF MEATS AND
VEGETABLES"

Grains, cereals and rice have been a staple of our European diet for centuries and our reliance on them is evident by the huge range of beans and pulses produced here. Where citizens have fallen on hard times, or where extreme weather conditions have caused destruction to regular crops, this foodstuff has been a steady element of our diet.





For more inspiration go to
<http://www.tastesofeurope.eu/videos>

"WHERE CITIZENS HAVE
FALLEN ON HARD TIMES,
THIS FOODSTUFF HAS BEEN
A STEADY ELEMENT OF
OUR DIET."



Pulses are easy to store allowing for an inexpensive meal which is full of flavour thanks to the addition of a few herbs, spices or meat, as are pasta dishes, eaten on a daily basis in households across the world. A precise example is the small packages of perfection known as Schwäbische Maultaschen – silky pasta wrapped around a delicious mixture of meats and vegetables.





MAULTASCHEN IN
BROTH TOPPED WITH
ROASTED ONIONS
AND MUSHROOMS

PREPARATION

In a pan warm the beef broth. As the broth warms clean the mushrooms, thinly slice the onions and finely chop the garlic and set aside. Once the broth is hot, but not boiling, carefully add the maultaschen and let them steep for up to 20 minutes.

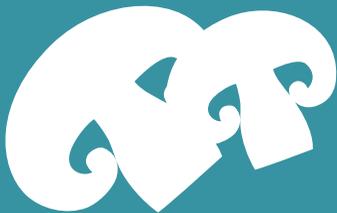


COOKING

In a frying pan melt the butter at medium heat. Once melted, add the chopped garlic and sliced onions. Cook these until softened. Then turn up the heat to medium-high, add the chanterelles. Continue to cook until chanterelles are softened and onions have a light golden colour. Add $\frac{1}{2}$ cup beef broth and reduce for another 3-5 minutes.

INGREDIENTS

8 maultaschen (German stuffed pasta)
4 cups beef broth (or any broth of your choice)
4 red onions
300 grams chanterelles (or your favourite mushroom)
1 garlic clove
1 bunch of chives
Butter for frying
Salt and Pepper to season



SERVING

In a soup plate add 1 $\frac{1}{2}$ ladles of the beef broth. Place 1-2 maultaschen in the middle then top with the onions and mushrooms. Garnish with fresh chives.

HAM

Past methods for preserving meat in Europe are still used today which give us some of the most delicious hams and cured meats that still sit proud atop our kitchen shelves and stored away in larders.

"LUCKILY FOR US, SOME OF THESE PRESERVATION TECHNIQUES GAVE RISE TO SOME OF THE MOST DELICIOUS HAMS AND CURED MEATS."





"THE FLAVOUR OF THE ACORNS, IS UNMISTAKABLE AS YOU BITE INTO SWEET, DARK SLIVERS OF THIS CULINARY DELIGHT."



Smoking, salting and air drying are all techniques that were employed under these preservation auspices. One of the most famous of European cured hams is the Guijuelo ham. The flavour of the acorns, which the pigs eat, is unmistakable as you bite into sweet, dark slivers of this culinary delight.



For more inspiration go to <http://www.tastesofeurope.eu/videos>

FAVA BEAN AND
FENNEL SALAD
WITH POACHED EGG
AND CURED HAM



PREPARATION

For the dressing: combine the extra virgin olive oil, lemons zest and juice, thinly sliced garlic and season with salt and pepper. Stir and set in the refrigerator to rest.

COOKING

For the salad, combine the shelled beans, thinly sliced fennel, sliced spring onion, fresh mint and parsley. Add the dressing and toss carefully.

For the poached eggs: bring a pot with water to a boil. Once the water boils bring down the heat and the water only lightly simmers. Crack an egg in a small ramekin and gently drop the egg in the hot water and cook for approximately 3 ½ minutes. Repeat with all eggs. Remove the poached eggs from the water with a slotted spoon and let dry.

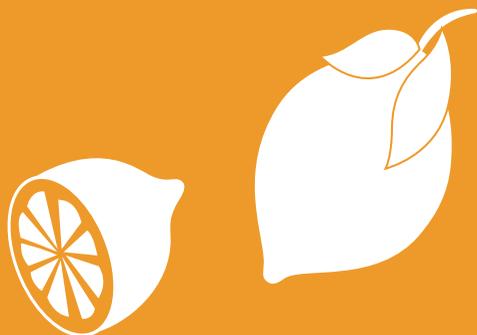


INGREDIENTS

3 cups shelled fava beans
1 large fennel bulb thinly sliced (reserve sprigs for garnish)
½ cup thinly sliced spring onion
¼ cup sliced mint leaves
¼ cup fresh flat-leaf parsley
4 eggs
12 slices of cured ham
½ cup extra virgin olive oil
½ lemon (zest and juice)
1 garlic clove thinly sliced
Salt and Pepper to season

SERVING

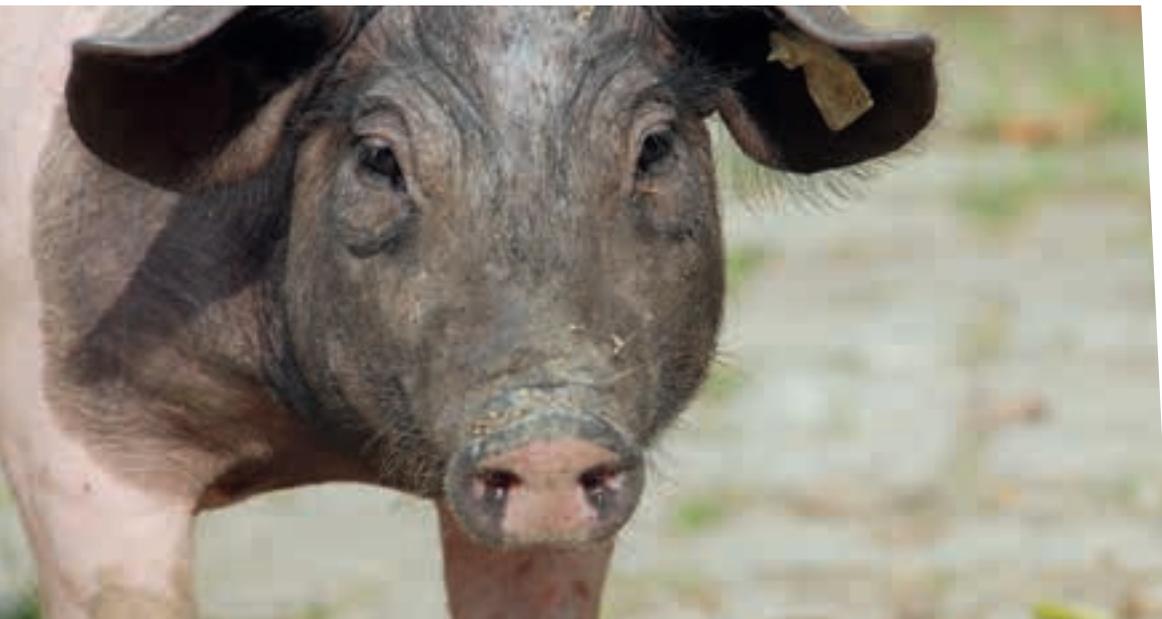
Place some of the bean and fennel salad in the centre of the plate. Top with the poached egg and place several gently rolled slices of the ham on top and season with a bit of pepper. Garnish with the sprigs from the fennel bulb.



MEAT

European animal breeds raised for meat production can be traced back to ancient times, in some cases, such as the Cinta Senese pig from Tuscany in Italy. Their quasi-wild rearing, in which they eat roots and mushrooms found in the wild, allows for fragrant meat which is optimal for cooking. The German Schwäbisch-Hällische breed of pig dates back as early as 1820 and is popular amongst gourmets for its dark juicy meat and strong, distinctive flavour thanks to its carefully measured layer of fat.

"THE CINTA SESESE PIG'S QUASI-WILD REARING ALLOWS FOR A FRAGRANT MEAT WHICH IS OPTIMAL FOR COOKING."



Climate plays a large factor on the flavour and quality of meat. The topography, geology and climate of the Danish coast with its salty grounds which becomes part of the lambs' feed, explains the distinct flavour and texture of Danish Vadehavslam.



"THE TOPOGRAPHY,
GEOLOGY AND CLIMATE OF
THE DANISH COAST EXPLAINS
THE DISTINCT FLAVOUR AND
TEXTURE OF VADEHAVSLAM."



For more inspiration go to
<http://www.tastesofeurope.eu/videos>



OPEN LAMB SANDWICH



PREPARATION

For the ricotta spread: add zest from one lemon and juice from half, and 1 clove of finely minced garlic to the cheese, season with salt and pepper.

For the marinated beetroot: mix the red wine vinegar, extra virgin olive oil, sugar and fresh thyme leaves in a bowl. Add the thinly sliced beetroot and let rest for at least an hour in the refrigerator.

COOKING

In a mixing bowl combine the minced lamb, finely chopped onion, egg, breadcrumbs, ground cumin, and ground coriander. Season with salt and pepper. [Note: ensure that your meat is at room temperature] Use the mixture to form round patties. Fry the lamb patties in a pan at medium-high heat for 6 minutes on each side.

SERVING

Toast a thick piece of brioche-like bread (or any bread of your liking). Spread the lemon ricotta on the bread and place several slices of the marinated beetroot on top. Then place the lamb patty on top of the marinated beetroot and garnish with some flat-leaf parsley.



INGREDIENTS

- 400 grams minced lamb
- 1 ½ cups ricotta cheese
- 1 lemon
- 3 garlic cloves
- 1 red onion
- 1 egg
- ¼ cup breadcrumbs
- 1 tbsp. ground cumin
- 1 tbsp. ground coriander
- 1 bunch fresh coriander

- 2 cooked beetroots
- 3 tbsp. extra virgin olive oil (+ ½ tbsp. for frying)
- 6 tbsp. red wine vinegar
- 4 sprigs thyme
- 2 tbsp. sugar
- 1 loaf of brioche-type bread
- 1 bunch fresh flat-leaf parsley
- salt and pepper to season

DAIRY



Milk accounts for nearly 15% of the EU's agricultural products although it is often just a raw substance which enters the supply chain and is elaborated into other dairy products. Beurre d'Isigny, a rich cow's milk butter made in the Veys Bay area of France is a favourite with diners and chefs the world over. Cornish clotted cream is a sumptuous thick cream made from heating cow's milk which is spread thickly on freshly baked scones, adorned with lashings of fruit jam and accompanied with afternoon tea.



For more inspiration go to
<http://www.tastesofeurope.eu/videos>

"BEURRE D'ISIGNY, A RICH COW'S MILK BUTTER MADE IN THE VEYS BAY AREA OF FRANCE IS A FAVOURITE WITH DINERS AND CHEFS THE WORLD OVER."



"MILK ACCOUNTS FOR NEARLY 15% OF THE EU'S AGRICULTURAL PRODUCTS."

Another milk-derived product found in Europe is crème fraîche. A tangy soured cream made famous in the French region of Normandy, this velvety ingredient is an essential component of French cuisine and a significant element of some of the most famous dishes such as quiche Lorraine.



PANNA COTTA WITH MANGO COULIS





INGREDIENTS

2 tsp. unflavored powdered gelatin
3 tbsp. cold water
1 ½ cups heavy cream
⅔ cup granulated sugar
1 cup crème fraîche (or sour cream)
2 tsp. vanilla extract
1 mango
1 lime
1 tbsp. sugar (depending on the ripeness and sweetness of the mango)
½ tsp. grated ginger



PREPARATION

For the mango coulis: peel the mango and remove the stone. Combine the mango flesh with the sugar, lime juice, and ginger in a food mixer (you can also use a hand mixer). Once mixed to a smooth consistency store in the refrigerator until ready to use.

For the panna cotta: Whisk the gelatine into the water and set aside for the gelatine to absorb the water for approximately 5 minutes.

COOKING

Combine the heavy cream, vanilla and sugar in a medium saucepan over medium heat until the cream is hot and the sugar has dissolved, but do not allow the cream to boil. Remove the pan from the heat. Whisk the gelatine mixture into the cream and add the crème fraîche. Distribute into individual serving glasses or ramekins and place in refrigerator to cool for at least 2 hours.

SERVING

Remove the individual panna cottas once set. Distribute the mango coulis amongst them and top with a bit of lime zest.

FRESH FRUIT



Tomatoes and apples are the main two fruit-types produced in the European Union with overall fruit production amounting to 470 million tonnes per year. In the Austrian Pöllauer valley one finds extensive orchards of pear trees, some 200 years old. With great patience and care this uniquely tasting fruit is made into signature wine and brandy, vinegar, juice and jams.

"THE INTENSE FLAVOUR OF CANARY ISLAND BANANAS COMES FROM THE HIGHER WATER CONTENT AND THE LONGER AMOUNT OF TIME SPENT ON THE PLANT."





For more inspiration go to
<http://www.tastesofeurope.eu/videos>

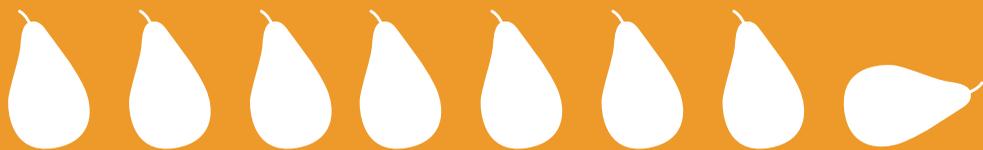
"SWEET SMELLING BLOSSOM
FROM THE NERETVANSKA
MANDARIN GROVES IS
REPLACED BY JUICY FIERY
ORANGE ORBS."



Spain's Canary Island bananas are a smaller, sweeter version of their South American cousin but it is believed these were the first bananas to be transported to South America from Asia. Their intense flavour comes from the higher water content and the longer amount of time spent on the plant in comparison to other banana varieties.



PEAR TARTE TATIN
WITH ROSE CREAM
AND PISTACHIOS



PREPARATION

Core, peel and half your pears. Use a plate slightly larger than the top of your frying pan and cut out a circle for when you are ready to bake your tart. Already heat your oven to 200°C.

COOKING

In an ovenproof frying pan, add the butter, sugar, star anise, cardamom pods, and cinnamon stick. At medium-high heat begin to caramelise your ingredients. Once the mixture has become a sauce, add the pears and a splash of brandy and cook till the pears are slightly softened, approximately 10-12 minutes. Arrange pears in a floral shape and drape pastry over the pears and tuck in the sides. Pierce the pastry several times and place into oven. Bake for 20 minutes or until golden brown.

In a mixing bowl, combine the double cream, rose water and sugar. Whisk using an electric mixer or manually until soft peaks form.

INGREDIENTS

8 pears
100 grams caster sugar
100 grams butter
2 star anise
3 cardamom pods
1 large cinnamon stick
2 tbsp. brandy
500 grams block all-butter puff pastry
1 cup double cream
2 tsp. rose water
1 tsp. sugar
2 tbsp. chopped pistachios



SERVING

Once finished baking, remove the tart and let cool for 15 minutes. Once cooled, invert the tart carefully onto a serving dish. Serve slices of the tart with a dollop of the rose cream and sprinkle with chopped pistachios.

PROCESSED VEGETABLES

"PICKLING, DRYING AND PRESERVING ARE A COMMON WAY TO ENSURE A CONTINUAL SUPPLY OF FRUIT AND VEGETABLES ALL YEAR ROUND."

Pickling, drying and preserving are a common way to ensure a continual supply of fruit and vegetables all year round and many European producers have perfected this technique to ensure the most delicious products. Nošovické kysané zelí is a sour cabbage, fermented to create a zingy flavour with a comforting element, especially during the cold winter months in the Czech Republic.





For more inspiration go to
<http://www.tastesofeurope.eu/videos>

"NOŠOVICKÉ KYSANÉ ZELÍ IS A SOUR
CABBAGE, FERMENTED TO CREATE A
ZINGY FLAVOUR WITH A COMFORTING
ELEMENT."



In Germany's Rhineland, Rheinisches Apfelkraut, a sweet spread made out of apples was traditionally eaten with bread during winter months as an energy-rich food. It is a versatile ingredient which can be added to sauces or used for the filling in a pancake but it is equally as delicious served simply on bread.

CABBAGE STUFFED BAKED POTATO



PREPARATION

Preheat the oven to 200°C. Scrub the potatoes and prick with a fork several times. Bake the potato for 40 – 60 minutes. Once the potatoes are done slice the top of the potatoes and gently scoop out the soft inside and set aside. Keep the oven on as you will be backing the potatoes again once stuffed.

INGREDIENTS

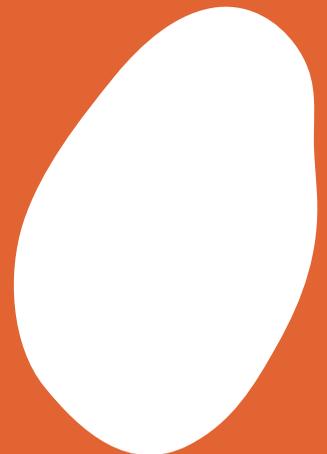
4 baking potatoes
3 cups shredded cabbage
½ cup finely sliced onion
½ cup shredded apple
2 garlic cloves
½ cup heavy cream
½ fresh herbs of your choice
(i.e. parsley, chives,
spring onions)
Salt and Pepper to season

COOKING

In a frying pan on medium heat, add the butter, onions and garlic. Once softened turn up to medium-high heat and add the cabbage. Add the soft potato pulp that was scooped out of the potato skins and heavy cream. Season with salt and pepper. Once well incorporated, take the mixture off the heat and add your fresh herbs. Scoop the cabbage-potato mixture into the potato skins and put them back in the oven and bake for another 15 minutes.

SERVING

When ready to serve sprinkle additional fresh herbs on top. You may also want to sprinkle some cheese or crispy bacon on top for additional flavour (optional).



HONEY

"BEES CAN TRAVEL AS FAR AS 2 KILOMETRES AWAY TO COLLECT THE NECTAR FROM BLOSSOMS."

Honey, the sweet and sticky substance produced by bees from the nectar of plants, has a long history of human consumption where it has been used as a natural sweetener. The flavour of the honey can vary largely, given that it proceeds from the floral ecosystem which surrounds the beehives.





"THE FLAVOUR OF HONEY
CAN VARY LARGELY, GIVEN
THAT IT PROCEEDS FROM THE
FLORAL ECOSYSTEM WHICH
SURROUNDS THE BEEHIVES."

In Europe, mountainous regions can produce a honey with subtle hints of pine and eucalyptus whereas lush meadows in valleys can prompt notes of clover and wild flowers. Bees can travel as far as 2 kilometres away to collect the nectar from blossoms and an entire colony can visit as many as two million flowers to make 500 grams of honey.



For more inspiration go to
<http://www.tastesofeurope.eu/videos>





SPICED HONEY ICE-CREAM



PREPARATION

In a medium saucepan, combine the cream, milk, smashed cardamom pods, orange zest and honey. Heat to a slight simmer over medium heat, stirring frequently. Make sure the mixture does not reach a boil. Remove from the heat and cover. Set aside to cool for 15 minutes. In a medium bowl, whisk the egg yolks. Slowly whisk the cooled cream mixture into the yolks, then pour everything back into the saucepan. Heat the mixture over medium heat, stirring constantly and scraping the bottom as you stir. While the custard heats, stir in the salt and orange blossom water. Pour the custard through a fine-mesh strainer into a clean container, cover and refrigerate for at least 3 hours or overnight.

Churn custard in a frozen ice cream maker (follow supplier instructions). While churning the ice cream, place the container in which you will store the ice cream in the freezer to chill. After the ice cream has reached its desired consistency, place in the chilled storage container. Store the ice cream in the freezer until ready to serve.



INGREDIENTS

- 2 cups heavy cream
- 1 cup whole milk
- 5 egg yolks
- ¼ cup honey
- 4 cardamom pods
- 1 tbsp. orange blossom water
- A pinch of salt
- 1 orange (zest)



SERVING

Serve a scoop or two of ice cream with a light drizzle of honey and orange zest.



WINE

"OUR CENTURY-OLD VINEYARDS HAVE PRODUCED DEEP RUBY REDS WITH SOUR CHERRY NOTES AND A SPICY FINISH."

Europe is home to some of the world's best esteemed wines and we have lots of experience, due to a strong tradition in winemaking. The time between harvest and drinking can vary, from a Beaujolais nouveau, which is ready to be sipped after just a few months, to robust oak-aged affairs which can last for well over twenty years before they reach their prime.





For more inspiration go to
<http://www.tastesofeurope.eu/videos>

"THE TIME BETWEEN
HARVEST AND DRINKING CAN
VARY, FROM A BEAUJOLAIS
NOUVEAU, TO ROBUST
OAK-AGED AFFAIRS."



Still, sparkling, white, red, fruity, dry – our vast range of wines encompasses a whole gamut, so wine lovers will never get bored with our impressive display. Our century-old vineyards have produced deep robust ruby reds with sour cherry notes and a spicy finish that stand-alone, or light fruity white wines, such as the Portuguese Vinho Verde, which provide the perfect accompaniment to a succulent fish dish.





GRAPEFRUIT,
BASIL AND GINGER
SANGRIA

PREPARATION

For the simple syrup: Add the water, sugar, ginger and basil in a saucepan and heat over medium heat. Constantly steer until the sugar is dissolved. Cook for another 5 minutes constantly steering. Take the saucepan off the heat and set aside. Allow for the flavours to infuse and mixture to cool for at least 1 hour.

In the meantime, segment the grapefruit. In a pitcher, add the ice, Vinho Verde, simple syrup (according to your preference of sweetness), club soda and pink grapefruit wedges. Stir carefully.

SERVING

Serve in individual glasses with grapefruit wedges and a sprig of basil for garnish.

INGREDIENTS

1 bottle of Vinho Verde
¼ cup thinly sliced fresh ginger
handful of fresh basil (extra for garnish)
¼ cup water
¼ cup sugar
2 pink grapefruits
2 cups of ice (cubes or crushed)
2 cups club soda



BEER

Beer is produced across the whole of the European Union, yet no beer is ever the same. Belgium is the EU's main source of Trappist beers, those made by monks. This form of beer production is named after a monastery in France called La Trappe where beer-brewing days date back to 1685.

"BEER IS PRODUCED ACROSS
THE WHOLE OF THE EUROPEAN UNION,
YET NO BEER IS EVER THE SAME."



Every Trappist beer comes accompanied by its custom-shaped glass which is believed to heighten the unique flavour of the liquid. Fruit beers are also produced, and can be most welcome on a sunny day. Beer is also used in many cooked dishes, such as one of Belgium's traditional favourites, Konijn in Kriek, a savoury and sweet stew with rabbit braised in cherry beer.

"TRAPPIST BEER COMES ACCOMPANIED BY ITS CUSTOM-SHAPED GLASS WHICH IS BELIEVED TO HEIGHTEN THE UNIQUE FLAVOUR."



For more inspiration go to <http://www.tastesofeurope.eu/videos>



CHERRY BEER
BRAISED RABBIT
STEW



PREPARATION

Marinate the rabbit pieces in the aromatics: orange zest, bouquet garni, garlic, nutmeg, salt and pepper and the beer. Leave to rest overnight in the fridge.



INGREDIENTS

1 kilogram rabbit meat, cleaned and cut into pieces
Zest of one orange
1 bouquet garni (parsley, thyme and bay leaf tied together with kitchen string)
2 garlic crushed cloves
½ tsp. nutmeg
4 tbsp. flour
Knob butter melted
3 shallots chopped
4 carrots chopped
12 prunes
2 bottles/600ml Kriek Lambic (cherry beer)
Salt and Pepper to season

COOKING

Remove rabbit pieces and reserve the marinade. Pat pieces dry with kitchen towel, then dust in flour and brown in a large stewing pan with the melted butter. Remove from the pan and add the onions and carrots and cook for 5 minutes. Return the meat to the pan and add the reserved aromatics. Add the reserved marinade and stew for 90 minutes on a low heat.

SERVING

15 minutes before the end of the cooking time, add the prunes. Adjust seasoning if necessary. Serve with creamy mashed potato.



SPIRITS

"DISTILLATION CAN BE TRACED BACK TO THE 12TH CENTURY IN SALERNO, ITALY."

Produced through distillation, as opposed to fermentation, the process used for wine and beer, spirits are alcoholic drinks sure to warm up even the coldest bodies out there. The method can be traced back to the 12th century in Salerno, Italy.





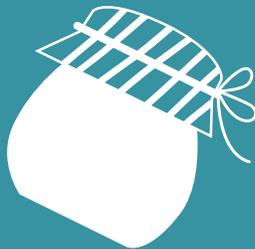
"THE DISTINCT ELEMENT OF VODKA IS FOUND IN A FOREST IN BIAŁOWIEŻA WHICH DATES BACK TO PREHISTORIC TIMES."

Żubrówka is a fragrant vodka made in Poland, flavoured with Bison grass. This distinct element for the spirit is found in a forest in Białowieża close to the Belarusian border which dates back to prehistoric times. Whereas the basic element for spirits comes from grains and pulses, they can also be infused with berries and other fruits to add more flavour such as the Finnish Suomalainen Marjalikööri.



For more inspiration go to <http://www.tastesofeurope.eu/videos>

RASPBERRY AND WHITE CHOCOLATE MACAROONS



PREPARATION

Line two baking trays with greaseproof paper. Blend the ground almonds and icing sugar. Sift the mixture twice and set aside. In another bowl whisk eggwhite until it foams, then add caster sugar gradually. When stiff peaks form, fold in 2 tsp Suomalainen Marjalikööri and food colouring until you reach the desired colour. Gently fold almond mixture into eggwhite mixture a little at a time.

COOKING

Place mixture in piping bag and pipe 3cm circles onto the baking paper, leaving a 3cm gap between each one. Leave macaroons at room temperature for 1-6 hours or until a crust forms so they are no longer sticky to touch. Preheat the oven to 140°C then bake for 15-20 minutes until risen. Slide macaroons immediately onto wire rack.



SERVING

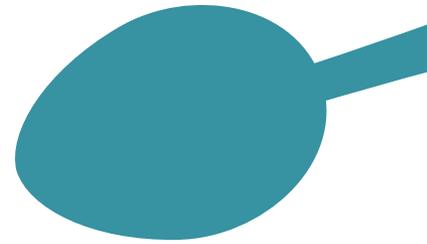
Put chocolate and cream in a bain-marie and heat until melted. Refrigerate until firm but not solid. Add 2 tsp Suomalainen Marjalikööri and jam, mix well. Pipe the ganache onto one of the macaroons and sandwich together with another. Repeat with the remaining macaroons.



INGREDIENTS

120 grams ground almonds
220 grams icing sugar
110 grams egg white
30 grams caster sugar
Pink food colouring
100 grams white chocolate
chopped
2 ½ tbsp. pouring cream
1 tsp. raspberry jam
4 tsp. raspberry Suomalainen
Marjalikööri (raspberry liqueur)

CONVERSION TABLE



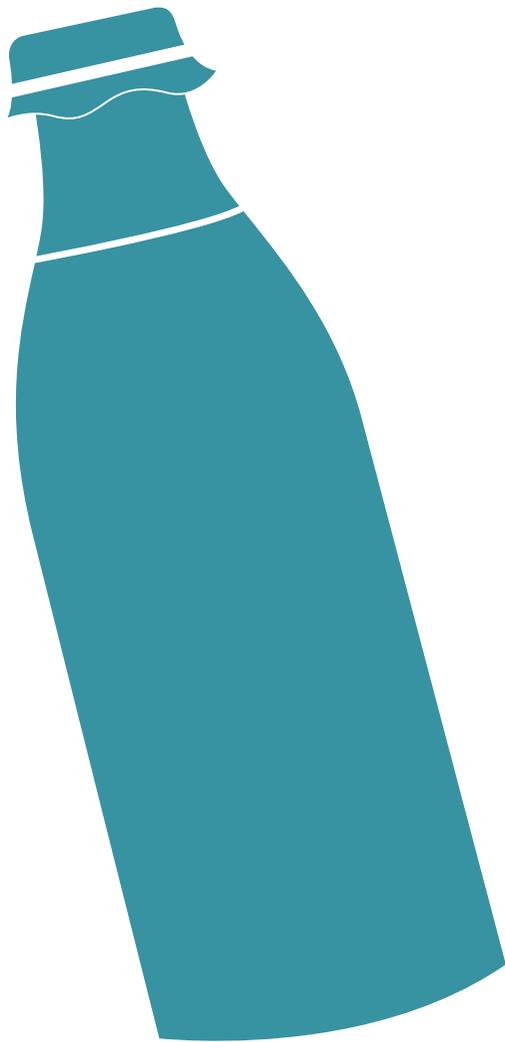
DRY INGREDIENTS

Metric	Imperial
7 g	¼ oz
15 g	½ oz
20 g	¾ oz
25 g	1 oz
50 g	2 oz
75 g	3 oz
125 g	4 oz
150 g	5 oz
275 g	10 oz
425 g	15 oz
450 g	1 lb
500 g	1lb 2oz
550 g	1¼ lb
600 g	1 lb 5 oz
650 g	1 lb 7oz
675 g	1½ lb
700 g	1 lb 9oz
750 g	1 lb 11oz
800 g	1¾ lb
900 g	2 lb
1kg	2¼ lb

LIQUID MEASURES

Imperial	US
1fl oz	n/a
2fl oz	¼ cup
4fl oz	½ cup
6fl oz	¾ cup
8fl oz	1 cup
10fl oz/½ pint	1¼ cups
15fl oz	2 cups/1 pint
1 pint	2½ cups
1¾ pints	1 quart
2 pints	
2½ pints	
2¾ pints	
3 pints	
3½ pints	
5¼ pints	





OVEN TEMPERATURES

°C	Fan °C	°F	Gas
110	90	225	¼
120	100	250	½
140	120	275	1
150	130	300	2
160	140	325	3
180	160	350	4
190	170	375	5
200	180	400	6
220	200	425	7
230	210	450	8
240	220	475	8

GERO APETITO GUDDEN APPETITL
IKLA IT-TAJBA BOM APETITE



POFTĂ BUNĂ DOBRÚ CHUŤ

DOBER TEK ¡BUEN PROVECHO!

SMAKLIG MÅLTID

BAIN TAITNEAMH AS DO BHÉILE

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