



TRGOVINSKO-UGOSTITELJSKA ŠKOLA
LESKOVAC

Dubočica bb
016/222-962
www.tusleskovac.com



PROJEKAT UČENIKA ODELJENJA III-6
KUVAR

Gastronomski vodič kroz Evropu
COOK & TRAVEL



Mentori:

Jelena Ristić, profesor engleskog jezika
Marija Ničić, profesor engleskog jezika

Slaviša Milošević, nastavnik kuvarstva
Miloš Đorđević, nastavnik kuvarstva

Leskovac
Maj, 2024

GRČKA / GREECE



Grčka salata(Salata Eliniki)

Ljudi koji nikad nisu probali grčku salatu ne znaju sta propuštaju. Kada se spremna po originalnom receptu, grčka salata treba da bude kombinacija zelene salate, paradajza, crnog luka i krastavca, a jedinstvenom ukusu doprinose grčke masline, feta sir i sveži preliv od vinskog sirća i soka od limuna.

Vreme pripreme: 15min

Dobijena količina: 4 porcije

1 velika glavica dugolistne zelene salate

½ solje makazama isečene sveže mirođije

1 mala glavica crvenog luka isečena na tanke kolutove

1 krastavac isečen na kocke

1 paradajz isečen na kocke

½ solje kalamata maslina

½ solje mrvljenog ovčijeg feta sira

¼ solje ekstra devičanskog hladno cedjenog maslinovog ulja

1 supena kašika crvenog vinskog sirća

1 supena kasika sveze cedjenog soka limuna

1 kafena kašika sušenog origana

So i biber po ukusu

Postupak rada:

Položite zelenu salatu na dasku i iseckati je na žiljen širine 1,5cm i oprati pod mlazom hladne vode. Razbacajte po ovalu. Pospite mirođijom. Pokrijte crvenim lukom, krastavcem, paradajzom, maslinama i feta sirom. U maloj posudi pomešati so, biber, maslinovo ulje, vinsko sirce i posipati preko salate i servirati.

Zapečeni plavi patlidžan (Moussaka)

Zamislite lazanju napravljenu sa listovima prženog plavog patlidžana umesto testenine,i dobićete musaku (Moussaka), popularno grčko jelo zapečeno u rerni. Musaka je dokaz kako se od malo mesa i puno povrća može napraviti glavno jelo izvanrednog ukusa.

Vreme pripreme: 30 minuta

Vreme kuvanja: 1 sat i 5 minuta

Dobijena kolicina: 8-10 porcija

4 plava patlidžana, oko 500g svaki, oljuštena i isečena uzduž na listove debljine 5mm

4 supene kašike maslinovog ulja

3 velike glavice crnog luka, isečenog na tanke režnjeve

2 cena belog luka, sitno seckanog

1 slatka zelena paprika, očišćena od jezgra i semenki i isečena na kockice

500g posnog mlevenog junećeg mesa

½ kafene kasičice mlevenog cimeta

1 supena kašika soli

½ kafene kašičice bibera

1 šolja vina Marsala

Konzerva paradajz sosa od 840g

Biljno ulje za prženje plavog patlidžana

1 1/3 šolje Grčkog jogurta

4 jaja

1 šolja punomasnog mleka

1/3 šolje rendanog tvrdog ovčijeg sira

Posolite listove plavog patlidžana i ostavite ih i ostavite ih na ubrusu sat vremena da izadu svi gorki sokovi. Zagrejte maslinovo ulje u velikoj šerpi na srednje jakoj vatri. Dodajte crni luk, beli luk I zelenu papriku. Pržite dok crni luk i paprika ne omekšaju. Dodajte mlevenu junetinu i pržite dok ne izgubi ružicastu boju, razbijajući sve velike komade kašikom. Dodajte cimet, so, biber i vino. Pustite da proključa i kuvajte minut. Umešajte paradajz sos. Pustite da proključa. Smanjite vatru tako da ključa na tiho i kuvajte pokriveno, 20 minuta. Dobro osušite plavi patlidžan. U veliki tiganj sipajte biljno ulje do visine od 5 mm i zagrejte ga na srednje jakoj vatri. Pržite listove plavog patlidžana dok ne poprime zlatnosmeđu boju sa obe strane. Ocedite ih na kuhinjskom papiru. Prema potrebi, dodajte još ulja u tiganj.

Rernu prethodno zagrejte na 200 stepeni. Stavite jedan sloj plavog patlidžana na dno posude za pečenje dimenzija 33 x 23 cm .Stavite malo sosa od mesa. Nastavite da ređate slojeve plavog patlidžana i mesa tako da završite s plavim patlidžanom. Pomešajte jogurt s jajima, mlekom i tvrdim ovčijim sirom. Prelijte patlidžan.

Stavite u rernu i pečite 40-50 minuta, ili sve dok ne poprimi zlatnosmeđu boju. Ostavite da odstoji 10 minuta pre nego što musaku isečete na komade.

Ravani kolač:

Ravani je stari orijental kolač, koji je pre svega bio zastupljen u Turskoj, a danas se i dalje pravi baš zbog svoje jednostavne pripreme i jeftinih sastojaka. U grčkoj ovaj kolač zovu ravani, a u Bosni lutma ili nutma. On je neka vrsta koha ili griza, koji se preliva uspinovanim sećerom, a po zelji ukrašava sitno iseckanim orasima, kokosom ili suvim grožđem. S obzirom na to da je popularan u mnogim balkanskim zemljama, možda ste se susreli sa mnogim varijantama ovog kolača. Najbolji i najoriginalniji je sa jogurtom.

Potrebne namernice:

4 jaja

250g sećera

100g jogurta

100g putera

50ml ulja

1 prašak za pecivo

400g brašna

Za sirup:

700g sećera

500ml vode

2 kašike limunovog soka

Priprema:

Umutite jaja sa sećerom, jogurtom, uljem i rastopljenim puterom. Dodajte prašak za pecivo i brašno I ponovo umutite. Testo takvo dekantovati u pleh podmazan uljem I peći na 180 stepeni celziusa 35 do 40 minuta.

Sastojke za sirup kuvati nekih 15 minuta i preliti ispečen kolač, sačekati da se ohladi i moze te ga poslužit

Greek cuisine

Greek salad (Elliniki salad)

People who have never tried Greek salad do not know what they are missing. When prepared according to the original recipe, the Greek salad should be a combination of lettuce, tomato, onion and cucumber, and the unique taste is contributed by Greek olives, feta cheese and a fresh dressing made of wine vinegar and lemon juice.

Preparation time: 15 min

Quantity obtained: 4 servings

1 large head of long-leaf lettuce

½ salt fresh pepper cut with scissors

1 small head of red onion, cut into thin rings

1 cucumber cut into cubes

1 diced tomato

½ salt Kalamati olives

$\frac{1}{2}$ salt crumbled feta cheese
 $\frac{1}{4}$ salt extra virgin cold-pressed olive oil
1 tablespoon of red wine vinegar
1 tablespoon of freshly squeezed lemon juice
1 teaspoon of dried oregano
Salt and pepper to taste

Work procedure:

- 1 Place the green salad on a board and cut it into 1.5 cm wide strips and wash under cold water
- 2 Spread over the oval. Sprinkle with pepper. Cover with red onion, cucumber, tomato, olives and feta cheese
- 3 Mix salt, pepper, olive oil, wine vinegar in a small bowl and sprinkle over the salad and serve.

Baked Blue Eggplant (Moussaka)

Imagine a lasagna made with roasted blue eggplant leaves instead of pasta, and you will get Moussaka, a popular Greek dish baked in the oven. Moussaka is proof that a full main dish with an extraordinary taste can be made from a little meat and a lot of vegetables.

Preparation time: 30 minutes

Cooking time: 1 hour and 5 minutes

Quantity obtained: 8-10 servings

4 blue aubergines, about 500g each, peeled and cut lengthwise into 5mm thick sheets

4 tablespoons of olive oil

3 large heads of onion, cut into thin slices

2 cloves of garlic, finely chopped

1 sweet green pepper, removed from the core and seeds and cut into cubes

500g lean ground beef

$\frac{1}{2}$ teaspoon of ground cinnamon

1 tablespoon of salt

$\frac{1}{2}$ teaspoon of pepper

1 salt of Marsala wine

Can of tomato sauce of 840g

Vegetable oil for frying blue eggplant

1 $\frac{1}{3}$ salt plain yogurt

4 eggs

1 salt of whole milk

$\frac{1}{3}$ of a tablespoon of grated Parmesan

1 salt the leaves of the blue eggplant and leave them in a jar for an hour so that all the bitter juices come out.

2 heat the olive oil in a large saucepan over medium heat. Add onion, garlic and green pepper. Fry until the onion and pepper soften. Add ground beef and fry until it loses its pink color, breaking up all large pieces with a ladle. Add cinnamon, salt, pepper and wine. Let it boil and cook for a minute. Stir in the tomato sauce. Let it boil. Reduce the heat to a simmer and cook, covered, for 20 minutes.

3 Dry the eggplant well. Pour vegetable oil to a height of 5 mm in a large pan and heat it on medium heat. Fry the blue eggplant leaves until they turn golden brown on both sides. Drain them on kitchen paper. If necessary, add more oil to the pan.

4 Preheat the oven to 200 degrees.

5 Place a single layer of blue eggplant in the bottom of a 33 x 23 baking dish cm. Put some meat sauce. Continue layering the blue aubergine AND meat until you end up with a blue aubergine.

6 Mix yogurt with eggs, milk and Parmesan cheese. Pour over the blue eggplant.q

7 Place in the oven and bake for 40-50 minutes, or until it takes on a golden brown color.

8 Let it rest for 10 minutes before cutting the moussaka into pieces.

Flat stake:

Ravani is an old oriental dish, which was first of all represented in Turkey, and today it is still made because of its simple preparation and cheap ingredients. In Greece, this stake is called ravani, and in Bosnia, lutma or nutma. It is a kind of koh and semolina, which is topped with granulated sugar and, if desired, decorated with finely chopped walnuts, coconut or raisins. Considering that it is popular in many Balkan countries, you may have come across many variations of this cake. The best and most original is with yogurt.

Required Intentions:

4 eggs

250g of sugar

100g of yogurt

100g of butter

50ml of oil

1 baking powder

400g of flour

For the syrup:

700g of sugar

500ml of water

2 tablespoons of lemon juice

Preparation:

Beat eggs with sugar, yogurt, oil and melted butter. Add baking powder and flour and beat again. Decant the dough like this into a pan greased with oil and bake at 180 degrees Celsius for 35 to 40 minutes. Boil the ingredients for the syrup for about 15 minutes and pour over the baked cake, wait for it to cool and serve it.



Александар Ђоковић



Јована Ђоковић



Ђорђе Стевановић

Turska/Turkey



Turska nacionalna kuhinja je jedna od najraznovrsnijih i jedna od najvećih u svetu kulinarstva, poznata je po tome sto ne koristi svinjsko meso a najvise se koristi ovčije i juneće, a takodje koristi dosta voća i povrća kao sto su :pirinač, patlidžan,crveni i beli luk,bulgur ili pšenicu,bamija.Od začina i začinskog bilja se koriste : kumin, biber, so, beli luk, mirođija, peršun, nana, timijan,šafran, maslinovo ulje.

Salata Džadžak

Krastavci – 1 komad

So

Nana – ½ kašičice, suva

Mirođija – 3 grančice

Beli luk – 2 čena

Kiselo mleko – 250 g

Sok od limuna – 1 kašičica

Maslinovo ulje – 1 kašika

Način pripreme

Oljušti se krastavac i isecka na kockice staviti u posudu i začiniti solju po ukusu, dodati suvu nanu, iseckana mirođija i zgnječeć beli luk zatim dodati gusto kiselo mleko, sok od limuna i maslinovo ulje promešati i spremno za serviranje..

Kabak rulosu(Rolovane tikvice)

2 velike tikvice

2 jaja

1 puna kašika brašna

1 velika rotkvica

2 kašike majoneza ili grčkog jogurta

1 kašika iseckanog kopra

100 g feta sira

4 velika lista salate

3-4 kašike ulja za prženje

So po ukusu

Način pripreme

Tikvice iseći na tanke listove i malo posoliti, u posudu umutiti jaja i brašno kao smesu za palačinke i posoliti, zagrejati ulje za prženje, tikvice umočiti u smesu i malo propržiti da dobiju boju skloniti na pek papir da se ohlađene tikvice premazati sa malo majoneza i posoliti iseckanim koprom, staviti komadić rotkvice, fete i malo zelene salate, urolovati i po potrebi zelenim delom prazi luka vezati rolovani patlidžan.

Šiš kebab

700 g teletine ili ovčetine

250 g crvenog luka

250 g paradajza

250 ml kvalitetnog crvenog vina

30 ml sirčeta

2 kašike aleve paprike

2 kašike ulja

Biber

So

Način pripreme:

U većoj posudi izmešati vino, sirće, alevu papriku, biber, so, iseckani crveni luk, ulje i seckani paradjz. Meso iseći na kockice pa spustiti u marinadu, ostaviti da prenoći u frižideru.

Meso staviti na štapiće i peći na roštilju

Baklava sa pistacima

400 g neslanih pistaca

500 g prečišćenog putera

375 g tankih kora

Sirup za tursku baklavu

500 g sećera

500 ml vode

1/4 soka od limuna

Način pripreme

Sameljite pistace, otopite puter ali paziti da ne proključa.

Pleh premažite puterom, a potom staviti prvu koru i jos jednom namažite puter preko.

Zatim ponoviti postupak, ali ovog puta dodati 2 kašičice mlevenih pistaca.

Postupak je isti do samog kraja.

Pistače stavljati na svaku drugu koru, ali ih premažite puterom svaku koru.

Kada stavite poslednju koru secite baklavu po želji, kockice, trouglovi itd.

I ispeći baklavu na 180 stepeni 30 minuta.

Sirup za baklavu

Zagrejte vodu i šećer na srednjoj temperaturi, vodeći računa da ne dođe do karamelizacije.

Dodati limunov sok ili krisku limuna.

Kuvajte 15 do 20 minuta dok nedobije gustinu.

Izvaditi pleh sa baklavom i staviti na zagrejanu ringlu na jedan minut, okrećite polako da bi se dno ravnomerno zagrejalo. Sklonite pleh i preko sipajte preliv. Sacekajte 1 sat da bi baklava upila sirup i posuti mlevenim pistacima.

Turkish national cuisine is one of the most diverse and expansive in the world of culinary arts. It is known for its avoidance of pork and predominant use of lamb and beef, along with a variety of fruits and vegetables such as rice, eggplant, red and white onions, bulgur or wheat, and okra. Common spices and herbs include cumin, pepper, salt, garlic, dill, parsley, mint, thyme, saffron, and olive oil.

Cacik Salad



Cucumbers – 1 piece

Salt

Dried Mint – ½ teaspoon

Dill – 3 sprigs

Garlic – 2 cloves

Yogurt – 250 g

Lemon Juice – 1 teaspoon

Olive Oil – 1 tablespoon

Preparation Method:

Peel the cucumber and dice it. Place it in a bowl and season with salt to taste. Add dried mint, chopped dill, and crushed garlic. Then add thick yogurt, lemon juice, and olive oil. Mix well and it's ready to serve.

Zucchini Rolls



2 large zucchinis
2 eggs
1 heaping tablespoon of flour
1 large radish
2 tablespoons of mayonnaise or Greek yogurt
1 tablespoon of chopped dill
100 g feta cheese
4 large lettuce leaves
3-4 tablespoons of frying oil
Salt to taste

Preparation Method:

Slice the zucchinis into thin slices and lightly salt them. In a bowl, whisk together eggs and flour to make a pancake-like batter, and add salt. Heat frying oil in a pan. Dip the zucchini slices into the batter and fry them briefly until they get color. Remove them onto a paper towel to cool down. Once cooled, spread a bit of mayonnaise on the zucchini slices and sprinkle chopped dill on top. Place a slice of radish, some feta cheese, and a bit of lettuce on each slice. Roll them up and if needed, tie them with a green onion stem.

Shish Kebab



700 g of veal or lamb
250 g of red onions
250 g of tomatoes
250 ml of quality red wine
30 ml of vinegar
2 tablespoons of paprika
2 tablespoons of oil
Black pepper
Salt

Preparation Method:

In a large bowl, mix together the red wine, vinegar, paprika, black pepper, salt, chopped red onions, oil, and diced tomatoes.

Cut the meat into cubes and place them in the marinade, leaving it to marinate overnight in the refrigerator. Thread the marinated meat onto skewers and grill them on a barbecue.

Dessert
Pistachio Baklava



400 g unsalted pistachios

500 g clarified butter

375 g thin pastry sheets

Syrup for Turkish baklava

500 g sugar

500 ml water

¼ lemon juice

Preparation Method:

Grind the pistachios and melt the butter, being careful not to let it boil.

Grease a baking dish with butter, then place the first pastry sheet and brush it with butter.

Repeat the process, but this time add 2 teaspoons of ground pistachios.

Continue the process until the end. Place pistachios on every other pastry sheet, brushing each sheet with butter.

When you place the last pastry sheet, cut the baklava into desired shapes, such as squares or triangles.

Bake the baklava at 180 degrees Celsius for 30 minutes.

Syrup for Baklava:

Heat water and sugar over medium heat, being careful not to let it caramelize.

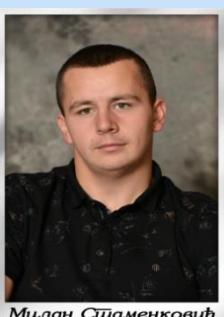
Add lemon juice or a lemon slice.

Cook for 15 to 20 minutes until it thickens.

Remove the baklava from the oven and place it on the stove for one minute, turning it slowly to evenly heat the bottom.

Remove the baking dish from the heat and pour the syrup over the baklava.

Wait for 1 hour for the baklava to absorb the syrup, then sprinkle with ground pistachios.



RUSIJA / RUSSIA



SADRŽAJ:

Hladno predjelo:

Ruske slane kape

Toplo predjelo:

Ruske lepinjice sa kačkavaljem

Ruska čorba Boršč

Glavno jelo:

Beef Roast

Dezert:

Varenjec

RUSKE SLANE KAPE

Za dve osobe

SASTOJCI:

4 jajeta

12 kašika brašna

2 dl jogurta

1 kesica praška za pecivo

100 ml ulja

250 g krem sira

100 g šunka

1 dl pavlake

100 g majoneza, 150 g kačkavalja

PRIPREMA:

Za koru umutite jaja, posolite, dodajte jogurt, ulje, brašno pomešano sa praškom za pecivo, rendanu šargarepu i seckani peršun, sve sjedinite i pecite na 200 stepeni oko 20 minuta.

Za fil pomešajte krem-sir, seckanu šunku, rendano kuvano jaje i izmrvljen ostatak patišpanaja posle vađenja krugova.

Odozgo svaku šubaru premažite majonezom i pospite rendanim jajetom. Ukrasiti po želji.

RUSKE LEPINJICE SA KAČKAVALJEM

Za dve osobe

SASTOJCI:

| | |
|---------------|--------------------|
| 1 jaje | 300 g brašna |
| 2 g soli | 1 prašak za pecivo |
| 1 kašika ulja | 200 g kačkavalja |
| 200 ml kefira | |

PRIPREMA:

U posebnoj posudi pomešajte brašno i prašak za pecivo, pa dodajte mešavinu s kefirom. Umesite meko testo koje se blago lepi za ruke. Ako je potrebno, dodajte još brašna.

Razvucite testo na debljinu oko 5 mm, pa svuda po njemu pospite rendani kačkavalj. Uvijte u rolat, pritisnite krajeve da kačkavalj ne ispada, pa isecite na kriške. Jednu po jednu rukama savite u kuglicu, pa oklagijom razvucite na debljinu oko 5 mm.

Zagrejte ulje u tiganju i pržite lepinjice na srednjoj temperaturi sa obe strane dok ne dobiju lepu zlatnu boju (oko 1 minut po strani).

Vadite na papirni ubrus kako bi se ocedio višak masnoće.

RUSKA ČORBA BORŠČ

Za dve osobe

SASTOJCI:

| | |
|----------------------|-------------|
| 300 g cvekla | 2 paradajza |
| 1 glavica kupusa | so, biber |
| 1 glavica crnog luka | beli luk |

2 šargarepe

2 krompira

PRIPREMA:

Cveklu oguliti i izrendati, kupus narezati na rezance, krompir na kockice, šargarepu na sitnije kockice, a luk sitno nasjeckati. Na 2-3 kašike ulja dinstati crni luk, pa dodati šargarepu. Zatim dodati i naribanu cveklu, paradajz pire, malo soli, mješavine začina, bibera. Naliti 1 l vode.

Kad prokuva dodati krompir i kuhati 10-tak minuta, zatim dodati i kupus, začiniti po ukusu, pa sve zajedno kuhati još 30-tak minuta, na laganoj vatri, poklopljeno.

Pred kraj dodati i sitno sjeckani bijeli luk.

BEEF ROAST

Za dve osobe

SASTOJCI:

| |
|-------------------------------------|
| 2 kg goveđeg mesa |
| 30 g maslinovog ulja |
| 3 čena belog luka |
| 20 g sveže iseckanog ruzmarina |
| 20 g sveže iseckanog lista timijana |
| 5 g soli |
| 5 g šarenog bibera |

PRIPREMA:

Meso i tepsiјu premažite uljem. Namažite meso senfom sa zrnatim senfom. Začinite po ukusu. Dodajte 1–2 dl vode i polivajte meso sokovima koji nastaju tokom pečenja.

VARENJEC

Za dve osobe

SASTOJCI:

| |
|--------------------------|
| 300 g pavlake za kuhanje |
| 1 l kondenzovanog mleka |
| 200 g šećera |
| 100 ml vode |

100 g meda

100 g brusnice, 200 ml crnog vina

PRIPREMA:

U jednu litru kondenziranog mlijeka dodajte vrhnje, a u drugu litru šećer. Stavite obje posude u peć ili pećnicu da stoje 12 sati na temperaturi od 100 do 120°C. Nakon toga mlijeko stavite u cjediljke na 3-4 sata da izađe višak vode. I jedno i drugo mlijeko sjedinite u posebnoj posudi i promiješajte.

2. Pire od jabuka: Očistite zelene jabuke, pomiješajte s vodom i medom, i pecite u pećnici 20-25 minuta na temperaturi od 160 °C. Omekšale jabuke zatim izgnječite viljuškom i ohladite do sobne temperature.

3. Obradžena brusnica: Šećer istopite u tavi, dodajte crno vino, promiješajte dok se šećer sasvim ne otopi, dodajte brusnicu.

4. Ulupajte slatko vrhnje da se dobije šlag i dodajte pire od jabuka. Za serviranje u restoranu dobivena se masa propušta kroz sifon u tekući dušik kako bi se dobio oblik lopte. Kod kuće šlag možete pažljivo sjediniti s pireom od jabuke kuhačom ili špatulom, a zatim ga staviti u centar posude (2 jušne žlice), oko poredajte varenjec (2-3 jušne žlice) i pospite brusnicom po ukusu

THE CONTENT:

Cold appetizer:

Russian salt caps

Warm appetizer:

Russian buns with cheese

Russian soup Borsch

Main course:

Beef Roast

Desert:

Varenjec

RUSSIAN SALT CAPS



INGREDIENTS:

- 4 eggs
- 12 tablespoons of flour
- 2 dl of yogurt
- 1 bag of baking powder
- 100 ml of oil
- 250 g cream cheese
- 100 g of ham
- 1 dl of sour cream
- 100 g of mayonnaise, 150 g of cheese

PREPARATION:

- For the crust, beat eggs, add salt, add yogurt, oil, flour mixed with baking powder, grated carrot and chopped parsley, combine everything and bake at 200 degrees for about 20 minutes.
- For the filling, mix cream cheese, chopped ham, grated hardboiled egg and crumbled remaining patishpanai after removing the circles.
coat each šubara with mayonnaise and sprinkle with grated egg. Decorate as desired.



RUSSIAN BUNS WITH CHEESE

INGREDIENTS:

| | |
|---------------------|------------------------|
| 1 egg | 300 g flour |
| 2 g salt | 1 bag of baking powder |
| 1 tablespoon of oil | 200 g of cheese |
| 200 ml of kefir | |

PREPARATION:

- Mix the flour and baking powder in a separate bowl, then add the kefir mixture. Knead a soft dough that slightly sticks to your hands. If necessary, add more flour.
 - Roll out the dough to a thickness of about 5 mm, then sprinkle grated cheese all over it.
 - Twist into a roll, press the ends so that the cheese does not fall out, then cut into slices.
 - Heat the oil in a pan and fry the buns on medium temperature on both sides until they get a nice golden color (about 1min per side).
- Remove to a paper towel to drain excess fat.

RUSSIAN BORSHCH SOUP



INGREDIENTS:

| | |
|-------------------|--------------|
| 300 g of beets | 2 tomatoes |
| 1 head of cabbage | salt, pepper |
| 1 head of onion | garlic |

2 carrots

2 potatoes

PREPARATION:

- Peel and grate the beets, cut the cabbage into noodles, dice the potatoes, cut the carrots into smaller cubes, and finely chop the onion. Sauté the onion in 2-3 tablespoons of oil, then add the carrot.

Then add grated beets, tomato

puree, a little salt, a mixture of spices, pepper. Pour 1 l of water. When it boils, add potatoes and cook for about 10 minutes, then add cabbage, season to taste, and cook everything .Pred kraj dodati i sitno sjeckani bijeli luk.Towards together for another 30 minutes, on low heat, covered the end, add finely chopped garlic.

BEEF ROAST



INGREDIENTS:

- 0.5 kg of beef
- 30 g of olive oil
- 3 cloves of garlic
- 20 g of freshly chopped rosemary
- 20 g of freshly chopped thyme leaves

5 g salt

- 5 g of colorful pepper

PREPARATION:

Remove the beef from the fridge 30 minutes before you want to cook it, to let it come up to room temperature.

Preheat the oven to 240°C

Wash and roughly chop the vegetables – there's no need to peel them. Break the garlic bulb into cloves, leaving them unpeeled.

Pile all the veg, garlic and herbs into the middle of a large roasting tray and drizzle with oil.

Drizzle the beef with oil and season well with sea salt and black pepper, then rub all over the meat.

Place the beef on top of the vegetables.

Place the tray in the oven, then turn the heat down immediately to 200°C and cook for 1 hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.

VARENJEC



INGREDIENTS:

300 g of cooking cream
1 liter of condensed milk
200 g of sugar
100 ml of water
100 g of honey
100 g of cranberries, 200 ml of red wine

PREPARATION:

- Add cream to one liter of condensed milk, and sugar to the second liter. Place both containers in the stove or oven to stand for 12 hours at a temperature of 100 to 120°C. After that, put the milk in colanders for 3-4 hours so that the excess water comes out. Combine both milks in a separate container and mix.
- 2. Apple puree: Clean the green apples, mix with water and honey, and bake in the oven for 20-25 minutes at a temperature of 160 °C. Then mash the softened apples with a fork and cool to room temperature.
- 3. Processed cranberry: Melt the sugar in a pan, add red wine, stir until the sugar is completely dissolved, add the cranberry.
- 4. Beat the sweet cream to get whipped cream and add the apple puree. For serving in a restaurant, the resulting mass is passed through a siphon into liquid nitrogen to form a ball. At home, you can carefully combine the whipped cream with the apple puree with a food processor or spatula, then put it in the center of the dish (2 tablespoons), arrange the varenjec (2-3 tablespoons) around it and sprinkle with cranberries to taste.



Марцин Динич



Ване Маникуковски



Стефан Тасин

SRBIJA / SERBIA



Srpska kuhinja ima bogatu istoriju koja seže daleko unazad i uključuje različite uticaje i tradicije. Evo nekoliko ključnih momenata i uticaja na razvoj srpske tradicionalne hrane:

Stari Rimski Uticaj: Na teritoriji današnje Srbije, Rimljani su ostavili značajan kulturni uticaj, uključujući i gastronomiju. Ovo se posebno odnosi na upotrebu maslinovog ulja, vina, raznih vrsta povrća i začina.

Srednjovekovna Srbija: Tokom srednjeg veka, srpska kuhinja bila je pod uticajem različitih naroda koji su živeli na Balkanu, kao i vizantijske i turske kuhinje. Ovo je period kada su se razvili mnogi recepti koji su postali deo srpske tradicije, poput različitih vrsta mesnih jela, pečenja, kiselog kupusa i ajvara.

Otomanska Vlast: Tokom vladavine Osmanskog carstva, koje je trajalo više od pet vekova, srpska kuhinja je upila mnoge turske uticaje. Ovo se može videti u mnogim tradicionalnim jelima poput čevapčića, pljeskavica, bureka i sarmi.

Modernizacija i Globalizacija: Tokom 19. i 20. veka, srpska kuhinja doživela je dalje promene pod uticajem modernizacije i globalizacije. Neki tradicionalni recepti su ostali nepromenjeni, dok su drugi integrirali nove sastojke i tehnike kuhanja.

Raznolikost Regionala: Važno je napomenuti da srpska kuhinja nije homogena i da svaki region ima svoje specifične tradicije i jela. Na primer, jela koja se tradicionalno pripremaju u Vojvodini mogu se razlikovati od onih na jugu Srbije.

Kroz sve ove promene i uticaje, srpska kuhinja zadržala je svoju autentičnost i raznolikost, nudeći širok spektar ukusnih jela koja odražavaju bogatu istoriju i kulturu naroda Srbije.

ZAPADNA SRBIJA

Kuhinja zapadne Srbije, kao i u većini drugih regionalnih kuhinja u zemlji, obiluje raznovrsnim jelima koja odražavaju lokalne tradicije, klimu i dostupne sastojke.

Karađorđeva šnicla: Ovo je popularno jelo koje se sastoji od tanko isečenih šnicala, obično svinjskog mesa, punjenih kajmakom, rolovanim i zatim prelivanim umakom od pečuraka.

Sjenički sir: Ovo je poznati sir koji se proizvodi u regionu Sjenice, zapadna Srbija. To je mekani sir sa specifičnim ukusom i teksturom, često se koristi kao sastojak u raznim jelima ili se jednostavno servira sa kiselim mlekom i hlebom.

Pršuta: Iako je pršuta karakteristična za mediteransku kuhinju, u zapadnoj Srbiji se takođe proizvodi domaća pršuta, koja se suši i dimi na tradicionalan način, dajući joj jedinstveni ukus.

Užička pogača: Ovo je vrsta tradicionalnog peciva koje se pravi u regionu Užica. Pogača se obično pravi od kiselog testa sa dodatkom sira, krompira, luka ili drugih sastojaka, a potom se peče u peći.

Zlatarska štrudla: To je slatko pecivo karakteristično za region Zlatibora. Štrudla se pravi od tankog testa koje se puni jabukama, orasima, šljivama ili drugim voćem, zatim se roluje i peče.

Kiseli kupus: Kao i u drugim delovima Srbije, kiseli kupus je popularan prilog ili osnova mnogih jela u zapadnoj Srbiji. On se često koristi u kombinaciji sa mesom, kao što su sarma ili varivo.

Pita sa krompirom: Ovo je tradicionalno jelo koje se sastoji od tanko narezanih krompira, složenih između slojeva testa, obično kiselog. Može se dodati i luk, sir ili začini po ukusu.

Slatko od šljiva: Slatko od šljiva je popularna poslastica u zapadnoj Srbiji, gde su šljive često dostupne. Šljive se kuju sa šećerom i začinima dok ne postanu gusta smesa, koja se zatim koristi kao namaz ili dodatak drugim desertima.

Ražnjići: Ražnjići su popularno jelo u celoj Srbiji, pa tako i u zapadnoj regiji. To su komadići mesa, obično svinjskog ili pilećeg, naboden na drvene ili metalne štapiće, koji se zatim peku na roštilju ili u rerni.

Zlatiborski kajmak: Kajmak je tradicionalni mlečni proizvod koji se pravi od zagrejanog i zatim ohlađenog mleka. U regionu Zlatibora, poznat je Zlatiborski kajmak koji ima specifičan ukus i teksturu, često se koristi kao prilog uz razna jela.

Užički riblji paprikaš: Riblji paprikaš je popularno jelo, posebno u mestima koja su blizu reka ili jezera. Užički riblji paprikaš je specifičan po svojoj recepturi i načinu pripreme, obično se pravi sa svežim ribama, paprikom i začinima.

Sir i kiselo mleko: U zapadnoj Srbiji, sir i kiselo mleko su česti deo obroka. Sir se obično pravi od ovčijeg ili kravljeg mleka, dok se kiselo mleko koristi kao osvežavajući napitak ili prilog.

SEVERNI DEO SRBIJE (VOJVODINA)

Severni deo Srbije, posebno regija Vojvodine, ima svoju specifičnu kulinarsku tradiciju koja je često različita od ostalih delova zemlje.

Kulen: To je suhomesnati proizvod koji je karakterističan za Bačku, regiju u severnoj Vojvodini. Kulen se pravi od svinjskog mesa, obično buta, koje se melje i začinjava specifičnim začinima poput crvene paprike, belog luka i bibera, zatim se suši i dimi.

Riblja čorba: S obzirom na to da je Vojvodina bogata rekama i jezerima, riblja čorba je često jelo na stolu. Ova čorba se obično pravi od različitih vrsta sveže ribe, krompira, crnog luka, paprike i začina.

Sremska salata: Ovo je salata od svežeg povrća, obično paradajza, krastavaca, paprike i crnog luka, obično začinjena maslinovim uljem, sirčetom, solju i biberom. Ponekad se dodaju i masline ili feta sir.

Fiš paprikaš: Još jedno jelo koje potiče iz bogatstva ribe u Vojvodini, fiš paprikaš je gust i aromatičan paprikaš od različitih vrsta rečne ribe, paprike, luka, krompira i začina.

Pogača sa sirom: Ovo je tradicionalno pecivo koje se pravi od kiselog testa i puni se sirom. Pogača se peče u rerni dok ne postane zlatno smeđa i hrskava, često se služi kao prilog uz razna jela ili kao samostalan obrok.

Knedle sa šljivama: Ovo je popularan desert u severnom delu Srbije, posebno tokom sezone šljiva. Knedle se prave od krompira, oblikuju se oko šljive, kuvaju u vodi, a zatim posipaju prezlima i šećerom.

Lepinja sa masti i belim lukom: Ovo je jednostavno, ali ukusno jelo koje se sastoji od tople lepinje prelivene rastopljenom svinjskom mašču (mast) i posuto iseckanim belim lukom. Često se služi kao brza užina ili prilog uz razna jela.

Teleća čorba: Teleća čorba je popularno jelo u Vojvodini, koje se obično priprema sa komadima telećeg mesa, krompirom, šargarepom, peršunom i drugim povrćem, uz dodatak raznih začina i biljaka.

Bundeva sa slatkom pavlakom: Ovo je tradicionalni desert u Vojvodini, posebno tokom jeseni kada je bundeva sezonsko povrće. Bundeva se peče ili kuva, zatim se servira sa slatkom pavlakom i dodatkom šećera i cimeta.

Futoški kupus: Futoški kupus je specifična vrsta kiselog kupusa koja se proizvodi u mestu Futoš u Vojvodini. Ovaj kupus je poznat po svom blagom ukusu i hrskavoј teksturi, često se koristi u pripremi sarmi i drugih tradicionalnih jela.

Vojvodanska riblja čorba: Ova čorba je slična običnoj ribljoj čorbi, ali se pravi sa specifičnim vrstama rečne ribe koje su karakteristične za reke i jezera u Vojvodini. Osim ribe, često se dodaju i krompir, crni luk, paprika i paradajz.

Čvarci: Čvarci su hrskavi komadići masti i kože sa svinjskog mesa, koji se tradicionalno prave tokom klanja svinja. Ovi komadići se peku ili prže dok ne postanu hrskavi, zatim se posole i služe kao zalogaj uz piće ili kao dodatak jelima.

ISTOČNA SRBIJA

Istočna Srbija takođe ima svoju bogatu kulinarsku tradiciju koja je oblikovana lokalnim sastojcima, klimom i kulturnim uticajima.

Pihtije: Pihtije su tradicionalno srpsko jelo koje se pravi od kuvane svinjske glave i nogu, koje se zatim hlađe i stvrđnjavaju u želatinu. Pihtije se obično poslužuju hladne, isečene na kocke i posute sitno iseckanim lukom i peršunom.

Belo meso sa kajmakom: Ovo je popularno jelo u istočnoj Srbiji, gde se komadi belog mesa (piletina ili svinjetina) peku ili kuvaju, a zatim poslužuju uz kajmak, koji je bogat, kremasti mlečni proizvod.

Karađorđeva šnicla: Iako je ovo jelo pomenuto i ranije, vredi napomenuti da je popularno širom Srbije, uključujući i istočni deo. Karađorđeva šnicla se sastoji od tanko izlupanih šnicli, punjenih kajmakom, pečenih u jajima i prelivene umakom od pečuraka.

Paprikaš: Paprikaš je često jelo u istočnoj Srbiji, pripremljeno sa komadima mesa (piletina, svinjetina ili junetina), crvenom paprikom, crnim lukom, paradajzom i začinima. Paprikaš se obično služi sa kuvanim krompirom ili domaćim knedlama.

Kajgana sa slaninom: Kajgana je jelo od jaja koja se muti i prži na tiganju, a često se dodaje i komadićima slanine za dodatni ukus. Ovo je jednostavan, ali ukusan doručak ili lagani obrok.

Domaći hleb: U istočnoj Srbiji, kao i u drugim delovima zemlje, domaći hleb je neizostavan deo svakog obroka. Domaći hleb se često pravi od mešavine različitih vrsta brašna, a može biti pečen u peći ili u modernoj rerni.

Slavski kolač: Slavski kolač je tradicionalni hleb koji se pravi za posebne prilike i verske praznike. Ovaj kolač se obično ukrašava sa različitim simbolima i simbolizuje blagoslov i zajedništvo.

Podvarak: Podvarak je tradicionalno srpsko jelo koje se priprema od kiselog kupusa koji se dinsta sa slaninom, lukom i začinima. Ovo je obično zimsko jelo koje je bogato ukusima i aromama.

Gibanica: Gibanica je popularno pecivo u celoj Srbiji, ali se priprema na različite načine širom zemlje. U istočnoj Srbiji, gibanica se obično pravi od tankih kora sa slojevima sira, jaja, kiselog mleka i ulja, a ponekad se dodaje i spanać ili zelje.

Prebranac: Prebranac je srpsko jelo koje se pravi od pasulja koji se kuva sa začinima i zatim peče u rerni sa dodatkom luka, slanine i začina. Ovo je obično obrok koji se služi uz kriške domaćeg hleba i salatu.

Srpska čorba: Srpska čorba je jelo koje se pravi od mesa (obično svinjskog ili pilećeg), krompira, šargarepe, crnog luka, paprike i paradajza, kuvano u bogatom bujonu. Ova čorba je hranljiva i ukusna, često se služi kao glavno jelo.

Ajvar: Ajvar je popularna paprikaška poslastica koja se pravi od pečenih paprika, paprike i belog luka, obično se pravi tokom letnjih meseci kada su paprike u sezoni. Ajvar se koristi kao namaz, dodatak jelima ili kao umak uz razna mesa.

JUŽNA SRBIJA

Južna Srbija ima svoju jedinstvenu kulinarsku tradiciju koja je oblikovana lokalnim sastojcima, kulturnim uticajima i geografskim položajem.

Ajvar: Ajvar je popularna paprikaška poslastica koja se pravi od pečenih paprika, paprike i belog luka. To je često zimski specijalitet koji se pravi u velikim količinama i čuva za kasniju upotrebu. Ajvar se koristi kao namaz, dodatak jelima ili kao umak uz razna mesa.

Pita sa mesom: Pita sa mesom je tradicionalno jelo koje se pravi od tankih kora punjenih mešavinom mlevenog mesa, crnog luka i začina. Ovo je omiljena poslastica za posebne prilike ili porodične okupljanja.

Mućkalica: Mućkalica je srpsko jelo slično gulašu, koje se pravi od komada mesa (obično svinjetine ili junetine), crnog luka, paprike, paradajza i začina. Mućkalica se kuva polako dok meso ne postane mekano i sočno, a zatim se obično poslužuje uz kuvani krompir ili domaći hleb.

Selski kupus: Selski kupus je jelo koje se pravi od kiselog kupusa kuvanog sa komadima mesa (često svinjetine), crnog luka, šargarepe i začina. Ovo je obično zimsko jelo koje je hranljivo i punog ukusa.

Jagnjetina ispod sača: Jagnjetina ispod sača je tradicionalno jelo koje se priprema u velikim glinenim posudama (sačevima), gde se jagnjetina peče sa povrćem, začinima i krompirom dok ne postane mekana i sočna. Ovo je omiljeni specijalitet za svečane prilike i proslave.

Proja: Proja je jednostavno, ali ukusno jelo koje se pravi od kukuruznog brašna, jaja, kiselog mleka, ulja i sira. Smesa se peče u rerni dok ne postane hrskava spolja, a mekana unutra.

Proja se često služi kao prilog uz razna jela ili kao samostalni obrok.

Đuveč: Đuveč je jelo koje se pravi od povrća (paprike, paradajza, šargarepe, krompira) koje se peče u rerni sa začinima i biljem. Đuveč može biti vegetarijansko jelo ili se može dodati meso, poput svinjetine ili junetine.

Pita sa zeljem: Pita sa zeljem je još jedna omiljena pita u južnoj Srbiji. Napravljena od tankih kora i punjena dinstanim zeljem, obično sa dodatkom crnog luka, pirinča i začina. Ovo je ukusna i hranljiva poslastica koja se često služi kao deo obroka.

Paprikas: Paprikas je jelo koje se pravi od komada mesa (često piletine ili svinjetine), dinstanog sa crnim lukom, paprikom i paradajzom. Začinjava se raznim začinima i obično se služi sa kuvanim krompirom ili pirinčem.

Krmenadle: Krmenadle su komadići mesa (obično svinjetine) marinirani u začinima i zatim pečeni ili prženi. Ovo je jednostavno jelo koje je popularno u celoj Srbiji, ali je posebno omiljeno u južnom delu zemlje.

Slatko od dunja: Slatko od dunja je tradicionalni desert koji se pravi od dunja koje se kuvaju sa šećerom i vodom dok ne postanu mekane i dobiju bogatu aromu. Ovo je slatko i osvežavajuće posluživanje koje se često služi uz šolju kafe ili kao dezert posle obroka.

Srpska salata: Srpska salata je jednostavno jelo koje se sastoji od iseckanog paradajza, krastavca, crnog luka i paprike, obično začinjeno sa maslinovim uljem, sirčetom, solju i biberom. Ovo je osvežavajuća salata koja se često služi kao prilog uz glavno jelo.

Serbian cuisine has a rich history that goes back far and includes various influences and traditions. Here are some key moments and influences on the development of Serbian traditional food:

Ancient Roman influence: in the territory of today's Serbia, the Romans left a significant cultural influence, including gastronomy. This is especially true with the use of olive oil, wine, various kinds of vegetables and spices.

Medieval Serbia: during the Middle Ages, Serbian cuisine was influenced by various peoples living in the Balkans, as well as byzantine and Turkish cuisines. This is the period when many recipes developed that became part of the Serbian tradition, such as various types of meat dishes, roasts, sauerkraut and ajvar.

Ottoman rule: during the rule of the Ottoman Empire, which lasted more than five centuries, Serbian cuisine absorbed many Turkish influences. This can be seen in many traditional dishes such as Ćevapčići, burka, and sarmi.

Modernisation and globalization: 19. and 20. in the century, Serbian cuisine has undergone further changes under the influence of modernization and globalization. Some traditional recipes remained unchanged, while others integrated new ingredients and cooking techniques.

Diversity of the region: it is important to note that Serbian cuisine is not homogeneous and that each region has its own specific traditions and dishes. For example, dishes traditionally prepared in Vojvodina may differ from those in southern Serbia.

Through all these changes and influences, Serbian cuisine has maintained its authenticity and diversity, offering a wide range of delicious dishes that reflect the rich history and culture of the people of Serbia.

WESTERN SERBIA



Western Serbian cuisine, as in most other regions of the country, abounds in a variety of dishes that reflect local traditions, climate and available ingredients.

Karađorđeva schnitzel: this is a popular dish consisting of thinly sliced schnitzel, usually pork, stuffed with kajmak, rolled, breaded and then topped with mushroom sauce.

Sjenica cheese: this is a famous cheese produced in the region of Sjenica, western Serbia. It is a soft cheese with a specific taste and texture, often used as an ingredient in various dishes or simply served with sour milk and bread.

Prosciutto: even if prosciutto is characteristic of Mediterranean cuisine, western Serbia also produces homemade prosciutto, which is dried and smoked in a traditional way, giving it a unique taste.

Užička pogača: this is a type of traditional pastry made in the region of Užice. The muffin is usually made from sour dough with the addition of cheese, potatoes, onions, or other ingredients, and then baked in a kiln.

Zlatarska strudel: it is a sweet pastry characteristic of the region of Zlatibor. Strudel is made from a thin dough that is filled with apples, nuts, plums or other fruits, then rolled and baked.

Sauerkraut: as in other parts of Serbia, sauerkraut is a popular side dish or the basis of many dishes in western Serbia. It is often used in combination with meat, such as sarma or stew.

Potato pie: this is a traditional dish consisting of thinly sliced potatoes, folded between layers of dough, usually sour. Onions, cheese, or spices to taste may also be added.

Plum sweet: plum Sweet is a popular treat in western Serbia, where plums are often available. The plums are cooked with sugar and spices until they become a thick mixture, which is then used as a spread or addition to other desserts.

Ražnjići: Ražnjići is a popular dish throughout Serbia, including in the western region. These are pieces of meat, usually pork or chicken, impaled on wooden or metal sticks, which are then grilled or roasted in the oven.

Kajmak is a traditional dairy product made from heated and then chilled milk. In the region of Zlatibor, Zlatibor kajmak is known, which has a specific taste and texture, often used as a side dish with various dishes.

Fish stew: fish stew is a popular dish, especially in places close to rivers or lakes. Užice fish stew is specific in its recipe and method of preparation, usually made with fresh fish, pepper and spices.

Cheese and sour milk: in western Serbia, cheese and sour milk are a common part of the meal. Cheese is usually made from sheep's or cow's milk, while sour milk is used as a refreshing drink or side dish.

NORTHERN PART OF SERBIA (VOJVODINA)



The northern part of Serbia, especially the region of Vojvodina, has its own specific culinary tradition that is often different from other parts of the country.

Kulen: it is a dry meat product that is characteristic of Bačka, a region in northern Vojvodina. Kulen is made from pork, usually Butte, which is ground and seasoned with specific spices such as red pepper, garlic and pepper, then dried and smoked.

Riblja čorba: since Vojvodina is rich in rivers and lakes, riblja čorba is often a dish on the table. This soup is usually made with various types of fresh fish, potatoes, onions, peppers, and spices.

Sremska salad: this is a salad of fresh vegetables, usually tomatoes, cucumbers, peppers and onions, usually seasoned with olive oil, vinegar, salt and pepper. Sometimes olives or feta cheese are added.

Fish paprikash: another dish that originates from the richness of fish in Vojvodina, fish paprikash is a dense and aromatic paprikash of various types of river fish, peppers, onions, potatoes and spices.

Cheese muffin: this is a traditional pastry that is made from sour dough and filled with cheese. The muffin is baked in the oven until golden brown and crispy, often served as a side dish with various dishes or as a stand-alone meal.

Plum dumplings: this is a popular dessert in the northern part of Serbia, especially during the plum season. Dumplings are made from potatoes, shaped around plums, boiled in water, and then sprinkled with overflows and sugar.

Bun with lard and garlic: this is a simple but tasty dish consisting of a warm bun topped with melted pork fat (lard) and sprinkled with chopped garlic. It is often served as a quick snack or side dish with a variety of dishes.

Veal soup: veal soup is a popular dish in Vojvodina, usually prepared with pieces of veal meat, potatoes, carrots, parsley and other vegetables, with the addition of various spices and herbs.

Pumpkin with sweet sour cream: this is a traditional dessert in Vojvodina, especially during autumn when pumpkin is a seasonal vegetable. The pumpkin is baked or cooked, then served with sweet cream and added sugar and cinnamon.

Futoški cabbage: Futoški cabbage is a specific type of sauerkraut produced in Futoš in Vojvodina. This cabbage is known for its mild flavor and crunchy texture, often used in the preparation of sarmi and other traditional dishes.

Vojvodina fish soup: this soup is similar to ordinary fish soup, but it is made with specific types of river fish that are characteristic of rivers and lakes in Vojvodina. In addition to fish, potatoes, onions, peppers, and tomatoes are often added.

Chews: Chews are crunchy pieces of fat and leather from pork, traditionally made during the slaughter of pigs. These pieces are baked or fried until crispy, then salted and served as a snack with a drink or as a side dish.

EASTERN SERBIA

Eastern Serbia also has its own rich culinary tradition which is shaped by local ingredients, climate and cultural influences.

Pihtije: Pihtije is a traditional Serbian dish made from boiled pork head and legs, which are then cooled and hardened into gelatin. Pihtias are usually served cold, cut into cubes and sprinkled with finely chopped onions and parsley.

White meat with kajmak: this is a popular dish in eastern Serbia, where pieces of white meat (chicken or pork) are baked or cooked and then served with kajmak, which is a rich, creamy dairy product.

Karadžorđeva schnitzel: although this dish has been mentioned before, it is worth noting that it is popular throughout Serbia, including in the eastern part. Karadžorđe's steak consists of thinly sliced steaks, stuffed with kajmak, baked in eggs and topped with mushroom sauce.

Paprikaš: Paprikaš is a common dish in eastern Serbia, prepared with pieces of meat (chicken, pork or beef), red pepper, onions, tomatoes and spices. Stew is usually served with boiled potatoes or homemade dumplings.

Scrambled eggs: scrambled eggs are eggs that are stir-fried on a frying pan, and often added to pieces of bacon for extra flavor. This is a simple but tasty breakfast or light meal.

Homemade bread: in eastern Serbia, as in other parts of the country, homemade bread is an indispensable part of every meal. Homemade bread is often made from a mixture of different types of flour, and can be baked in the oven or in a modern oven.

Slava cake: slava cake is a traditional bread made for special occasions and religious holidays. This cake is usually decorated with different symbols and symbolizes blessing and communion.

Podvarak: Podvarak is a traditional Serbian dish prepared from sauerkraut stewed with bacon, onions and spices. This is a common winter dish that is rich in flavors and aromas.

Gibanica: Gibanica is a popular pastry throughout Serbia, but it is prepared in different ways throughout the country. In eastern Serbia, gibanica is usually made from thin crusts with layers of cheese, eggs, sour milk and oil, and sometimes spinach or greens are added.

Prebranac: Prebranac is a Serbian dish made with beans cooked with spices and then baked in the oven with the addition of onions, bacon and spices. This is usually a meal served with slices of homemade bread and salad.

Serbian čorba: Serbian čorba is a dish made with meat (usually pork or chicken), potatoes, carrots, onions, peppers, and tomatoes, cooked in a rich broth. This soup is nutritious and tasty, often served as the main dish.

SOUTH SERBIA



Southern Serbia has its own unique culinary tradition that is shaped by local ingredients, cultural influences and geographical location. **Ajvar:** Ajvar is a popular paprika treat made from roasted peppers, peppers and garlic. It is often a winter specialty made in large quantities and stored for later use. Ajvar is used as a spread, an addition to dishes or as a sauce with various meats. **Meat pie:** meat pie is a traditional dish made with thin crusts filled with a mixture of minced meat, onions and spices. This is a favorite treat for special occasions or family gatherings. **Mućkalica:** Mućkalica is a Serbian stew-like dish, which is made with pieces of meat (usually pork or beef), onions, peppers, tomatoes, and spices. The muffin is cooked slowly until the meat is soft and juicy, then usually served with boiled potatoes or homemade bread. **Village cabbage:** Village cabbage is a dish made with sauerkraut cooked with pieces of meat (often pork), onion, carrots, and spices. This is usually a winter dish that is nutritious and full of flavor. **Lamb under the sackcloth:** Lamb under the sackcloth is a traditional dish prepared in large clay pots (sackcloth), where the lamb is baked with vegetables, spices, and potatoes until soft and juicy. This is a favorite specialty for festive occasions and celebrations. **Proja:** Proja is a simple but tasty dish made with cornmeal, eggs, sour milk, oil, and cheese. The mixture is baked in the oven until it is crispy on the outside and soft on the inside. Proja is often served as a side dish with various dishes or as a stand-alone meal. **Đuveč:** Đuveč is a dish made from vegetables (peppers, tomatoes, carrots, potatoes) that are baked in an oven with spices and herbs. Đuveč can be a vegetarian dish or meat can be added, such as pork or beef. **Pita with zeljem:** Pita with zeljem is another favorite pie in southern Serbia. Made with thin crusts and stuffed with stewed greens, usually with the addition of onion, rice and spices. This is a delicious and nutritious treat that is often served as part of a meal. **Paprikas:** Paprikas is a dish made with pieces of meat (often chicken or pork), stewed with onions, peppers, and tomatoes. It is seasoned

with various spices and is usually served with boiled potatoes or rice. Pork chops: pork chops are pieces of meat (usually pork) marinated in spices and then roasted or fried. This is a simple dish that is popular throughout Serbia, but is especially favorite in the southern part of the country. Quince sweet: quince Sweet is a traditional dessert made with quince cooked with sugar and water until soft and rich in aroma. This is a sweet and refreshing serving that is often served with a cup of coffee or as a dessert after a meal. Serbian salad: Serbian salad is a simple dish consisting of chopped tomatoes, cucumbers, onions, and peppers, usually seasoned with olive oil, vinegar, salt, and pepper. This is a refreshing salad that is often served as a side dish to the main course.



ITALIJA / ITALY



Italijanska kuhinja je poznata i cenjena širom sveta. Njena bogata gastronomска tradicija, autentični ukusi i raznolikost jela čine je jednom od najomiljenijih kuhinja na svetu.

-Antipasto:

Tradicionalan italijanski obrok započinje nečim za grickanje, pod nazivom *antipasto*, što u bukvalnom prevodu znači „pre obroka“. Antipasto može da se sastoji od činije mariniranih maslina i malo svežeg komorača (divlje mirodije) za umakanje u ekstra devičansko hladno ceđeno maslinovo ulje, s kriškom finog sira parmiđano-ređano i malo hleba. Možete servirati i piće, na primer vino, gaziranu vodu, *proseko* (italijan- ski ekvivalent šampanjca), ili koktele (npr. Kampari i gazirani sok).

Pasta:

ili testenina je grupni naziv za sve specijalitete od rezanog ili sušenog testa, pripremljenog od brašna, jaja, soli i vode. Jede se u celom svetu, a prepostavlja se da joj je kolevka Italija ili Kina. Postoji više teorija o njenom nastanku i poreklu, uključujući i onu po kojoj je Marko Polo doneo pastu u Italiju, nakon povratka iz Kine 1295. godine.

Sirevi:

Italijanskih sireva ima na stotine. Međutim, većina se ne izvozi. Spisak koji sledi opisuje najpopularnije i najkorisnije Italijanske sireve.

Fontina: Pravi *fontina* sir iz Vale d'Aosta na krajnjem severu kaloričan je i kremast, sa aromom putera i oraha. sobnoj temperaturi postaje mekan.

Gorgonzola: Ovaj cenjeni Italijanski plavi sir pravi se na različite načine. Ponekad je *gorgonzola* suva i mrvi se, te ima jak ukus plavog sira sličan rokforu, popularnom plavom siru iz Francuske. Tekstura mu je kremasta, a karakterističan ukus plavog sira nije dominantan.

Maskarpone: Ova italijanska verzija krem sira često se koristi za pripremu deserata. (On je neophodan za moderan *tiramisu*) *Maskarpone* možete da koristite i da biste obogatili sosove ili filove za testeninu. I uvozne i doma će verzije ovog svežeg sira sasvim su dobre i prodaju se u plastičnim posudama. *Maskarpone* ima lagantu, kremastu teksturu i aromu putera.

Mocarella: U prodaji ima više vrsta ovog značajnog italijanskog sira, pa će vam možda biti teško da izaberete. Većinom se sveža *mocarella* (svež sir se pakuje u vodi, a ne u vakuum pakovanju) pravi od kravljeg mleka i naziva se *frore di late*. Aroma mu je mlečna i slatka, a tekstura elastična, a ipak meka.

Parmezan: *Parmiđano-ređano* je kralj italijanskih sireva. Ovaj naziv se daje najfinijem odležalom parmezantu proizvedenom u oblasti *Parma* na severu Italije. Drugi italijanski

parmezan, pod nazivom *grana padano*, prilično je dobar, ali ništa ne može da se uporedi s pravim kvalitetom. Ima bogatu aromu putera i oraha.

Takođe, u Italiji su jako poznati njihovi **začini**, a ovo su jedni od najboljih i najpopularnijih. Bosiljak(*bosilico*), Lovorov list(*alloro*), majoran(*maggiorana*), nana(*menta*), origano, peršun(*prezzemolo*), ruzmarin(*rusmarino*), žalfija(*salvia*)

Brusketa s paradajzom (*Bruschetta al Pomodoro*)

Ovo je letnji specijalitet. Međutim, za njega je potreban zaista zreo paradajz Isprobajte ovaj recept u jeku sezone paradajza; u suprotnom, možda bi bilo bolje da pripremite nešto drugo.

Poseban pribor: Multipraktik

Vreme pripreme: 15 minuta

Vreme kuhanja: 5 minuta

Dobijena količina: 4 porcije

3 paradajza srednje veličine, seckana

6 čenova belog luka, oljuštenog i izdrobljenog

12 celih listova bosiljka

Malo ljuspica ljute crvene paprike

Malo crnog bibera

So po ukusu

3 supene kašike balzamskog sirćeta

3 supene kašike crvenog vinskog sirćeta

2/ šolje maslinovog ulja

8 kriški seljačkog belog hleba (italijanski ili francuski hleb)

1 Rernu prethodno zagrejte na 180 stepeni.

2 Stavite paradajz, beli luk, bosiljak, ljuspice crvene paprike, crni biber, so, bal- zamsko sirće i crveno vinsko sirće u multipraktik.

3 Uključite multipraktik na nekoliko sekundi, pa ga isključite. Ponovite ovaj postupak 2-3 puta. Dobijena mešavina bi trebalo da bude pomalo grudvasta, a ne glat- ka masa.

4 Dodajte maslinovo ulje i mutite još nekoliko puta. Začinite solju prema potrebi i promešajte.

5 Poredajte kriške hleba na pleh za pečenje i stavite ga u rernu. Ostavite ih da se malo prepeku, oko 5-7 minuta, a potom ih izvadite iz rerne.

6 Stavite mešavinu s paradajzom na prepečen hleb i servirajte.

TELEĆI KOTLET NA NAČIN „MILANEZ“

2,5 kg teleće kotleta, 20 g soli, 200 g brašna, 5 jaja (300 g), 300 g prezli, 200 g sira parmezana, 5 dl ulja; za prilog : 2 kg špageta milanez, 10 pečenih paradajza, 5 tartar sosa, za dekoraciju veza peršunovog lišća i 100g limuna.

Način rada. – Od odležalog kotleta iseći dva komada, za jednu osobu 225 do 250 g jedan komad kotleta sa koskom a drugi b. K. Ili oba kotleta sa koskom 250 g, ili oba kotleta b. K. 200 g. Meso kotleta seći rezom između kostiju rebara, poprečno u odnosu na poprečno-prugasta mišićna vlakna. Isečene komade kotleta blago izlupati, a potom ih formirati u prvobitni oblik. Oblikovane kotlete posoliti, a potom ih panirati na bečki način (uvaljati u

brašno, a potom u umućena jaja i prezle pomešane sa sirom parmezanom) i ponovo ih oblikovati.

Termička obrada – prženje. U fritezi na umereno zagrejanom ulju pržiti kotlete s obe strane dok ne postanu zlatnožute boje. Prženje traje od osam do deset minuta. Za vreme prženja kotlete okretati, ali ih ne bosti. Pržene kotlete ocediti od masnoće u kojoj su prženi.

Izbor ovala i priloga za serviranje i serviranje. – Odgovarajući oval dekorisati topлом dekoracijom. Potom na oval staviti prilog: špagete milanez, posuti ih parmezanom i ukrasiti buketićem peršuna. Kotlete servirati tako da gornji deo kosti bude prislonjen na prilog a naredni složiti da se delimično naslanja na prethodni. Preko svakog kotleta staviti po jednu krišku limuna uvaljanu u iseckano peršunovo lišće. Na očišćenu kost kotleta, staviti papilotnu. Oval dekorisati pečenim paradajzom i buketićima francuskog peršuna. Tartar sos posebno servirati u sosijeru.

Teleći kotlet milanez može se servirati posebno za jednu osobu ili na jednom ovalu za više osoba. Tartar sos, kriške limuna i parmezan se i posebno serviraju.

Salata od paradajza i mocarele, sa Kaprija (*Insalata Caprese*)

Klasična italijanska salata, dobra kao lagani ručak ili predjelo. Ovo letnje jelo počiva na zrelom paradajzu, svežem bosiljku i kvalitetnoj svežoj mocareli. Možete da dodate i crveni luk isečen na režnjeve.

Vreme pripreme: 10 minuta

Dobijena količina: 4 porcije

1 supena kašika crvenog vinskog sirćeta

So i biber po ukusu

2 supene kašike maslinovog ulja

2 šolje rukole, oprane (neobavezno)

2 velika zrela paradajza, isečena na kriške debljine 5 mm

375 g mocarele, isečene na kriške debljine 5 mm

8 listova bosiljka, sitno iseckanog, ili 2 supene kašike sušenog origana

1 Pripremite salatni preliv, tako što ćete umututi sirće, so i biber u maloj činiji. Muteći polako, dodajte ulje sve dok salatni preliv ne postane gladak. Ostavite da stoji.

2 Listovima rukole obložite 4 tanjira. Poredajte naizmenično režnjeve paradajza i mocarele preko rukole tako da formiraju krug.

3 Salatu pospite bosiljkom i poprskajte pripremljenim salatnim prelivom. Servirajte odmah pošto ste prelili salatu.

Tiramisu

Priprema ovog kremastog deserta nalik na puding započinje tako što se piškote (patišpanj) natope u hladan espresso. (Piškote se prodaju u većini supermarketa. Zlatnosmede su boje i izduženog ovalnog oblika.) Natopljene piškote se poredaju u jednom sloju u odgovarajuću

posudu i premažu se filom od umućenih jaja, šećera i sira maskarpone. Kad se fil rasporedi preko piškota, pospe se sa malo kakao praha ili rendanom gorkoslatkom čokoladom.

Budući da se za ovaj specijalitet jaja ne kuvaju, možda ne bi trebalo da ga servirate deci, starijima ili ljudima sa oslabljenim imunološkim sistemom.

Poseban pribor: stojeći mikser

Vreme pripreme: 25 minuta (plus nekoliko sati za rashlađivanje)

Dobijena količina: 8 porcija

7 jaja, odvojena belanca i žumanca

7 supenih kašika šećera

½ šolje slatkog vermuta, likera (na primer kalua) ili ruma

¾ šolje hladnog espresa ili jake crne kafe

24 piškote

3 supene kašike kvalitetnog kakao praha ili 120 g gorkoslatke čokolade, rendane

21/, šolje sira maskarpone

1 U velikoj činiji mutite žumanca i šećer stojećim mikserom sve dok ne dobijete gustu masu blede boje, oko 5-6 minuta. Dodajte vermut i maskarpone i mutite sve dok masa ne postane gusta i glatka.

2 Očistite metlice miksera i dobro ih osušite. U drugoj činiji umutite čvrstu penu od belanaca. Umešajte belanca u masu sa sirom maskarpone.

3 Sipajte espresso u plitku posudu. Umačite piškote u kafu tako što ćete ih brzo okre tati jer treba da postanu vlažne ali da se ne raspadnu. Stavljajte ih na dno posude dimenzija 20 x 20 x 5 cm. Ponavljam postupak sve dok celo dno posude ne bude prekriveno natopljenim piškotama. Rasporedite polovinu fila preko piškota. Preko stavite još jedan sloj natopljenih piškota i prekrijte ih prestalim filom. Poravnajte površinu špatulom i odozgo pospite kakao prahom. Pokrijte. Držite u frižideru nekoliko sati pre serviranja.

Italian cuisine for those who know and appreciate light. The richest gastronomic tradition, authentic dishes and a variety of dishes prepared here in one of the favorite cuisines in the world. Antipasto: A traditional Italian meal, made especially for дріканья, called antipasto, which literally means until the meal. There is something delicious that can be made with marinating olives and some fresh meat in a comoraco (divle worldwide) for dipping in an all-girlish cold Olive Street, with a lot of Parmigiano-Reggiano cheese and a little bread. Here you can order dishes and pastries, for example, wine, carbonated water, Prosecco (the Italian equivalent of champagne) or cocktails (for example, Campari and carbonated juice). Macaroni: or pasta is a group of people who specialize in sliced or dried dough made from flour, eggs, salt, and water. I want to be around you, I want to be near you in Italy or in China. Wait, it's a theory that I used to live here and rebuke, I was thinking about how Marco Polo ended the past in Italy, finally returning from the Gens in 1295. year. Cheeses: I love Italian women. However, we'll never know. Write the following description of the most popular and vibrant Italian country. Fountain: the right Spring, located in the D'aosta Valley, on the edge of the North, is caloric for me and cream, with the smell of air and nuts. such temperatures are soft in the station. Gorgonzola: I love Italian dishes because they are right when it comes to theirs alone. A little bit of Gorgonzola that I love and want you to try on Roquefort, the popular pilaf Sirah from Francuske. Mu texture is creamy, a characteristic feature of the dominant language. Mascarpone: eggs in Italian are what is needed to be emptied immediately. (About neofodane for moderator tiramisu) Mascarpone can be prepared and quickly enriched with sausages or pasta fillets. I'm sure there's everything you need at home to do well and sell it in plastic containers. Mascarpone called Light, Cream for texture and aroma

of fruit. Mozzarella: I hope you will always be there for the famous Italian, because you can be alone with Isaberte. In the book Fresh mochala ("the freshest cheese that collects water, not you the vacuum to collect") there is a truth to what I thought and thought before. The Aroma is sweet, the texture is elastic, and the texture is soft. Parmesan: Parmigiano-Reggiano for stealing Italian cheese. We hope to continue to deal with Parmesan produced in the Parma area of northern Italy. Another Italian Parmesan, called "grana padano", is very healthy but cannot be healthy with the right quality. I'm rich in the smell of road and Walnut. Just like in Italy, I want to know what is love and what is love for one's neighbor and the most popular. Basil (bosilico), bay leaf (Alloro), majoran (majorana), mint(mint), oregano, parsley(prezemolo), Rosemary (rusmarino), sage (Salvia)

Tomato bruschetta (Bruschetta al Pomodoro)



This is a summer special. However, it requires a truly ripe tomato try this recipe at the height of the tomato season; otherwise, it might be better to prepare something else. Special accessories: multipractice Preparation time: 15 minutes Cooking time: 5 minutes Quantity obtained: 4 portions. 3 medium-sized tomatoes, chopped 6 cloves of garlic, peeled and crushed 12 whole leaves of basil A little bit of red pepper A little bit of black pepper They're to taste 3 tablespoons balsamic vinegar 3 tablespoons of red wine vinegar 2 / cups olive oil 8 slices of peasant white bread (Italian or French bread) Preheat 1 oven to 180 degrees. 2 put tomatoes, garlic, basil, red pepper flakes, black pepper, salt, bal - zamsko vinegar and red wine vinegar in a multipractice. 3 Turn on the multipractice for a few seconds, then turn it off. Repeat this post 2-3 times. The resulting mixture should be a bit lumpy, not glat - ka mass. 4 add olive oil and beat a few more times. Spice the salt as needed and stir. 5 arrange the slices of bread on the baking sheet and put it in the oven. Leave them to simmer for about 5-7 minutes and then remove them from the oven. 6 Put the tomato mixture on toasted bread and serve.

VEAL CUTLET "MILANES" WAY



pieces, then they will be cut into pieces, then they will be cut into pieces. Heat treatment-frying. In a fryer in moderately heated oil fry the co-tlets on both sides until golden yellow in color. Frying lasts from eight to ten minutes. Turn the chips around, but don't beat them. Fried cutlets drain from the fat in which they are fried. Selection of ovals and attachments for serving and serving. The oval is decorated with warm decoration. Then put the side on the oval: spaghetti milanez, sprinkle them with parmesan and decorate with a bouquet of parsley. Cutlets are served so that the upper part of the bone is attached to the side and the next one is partially leaning on the previous one. Over each cutlet, put one slice of lemon rolled into a slice of parsley leaves. On the cleaned bone cutlet, put the papilot. Oval decorations hours roasted tomatoes and bouquets of French parsley. Tartar sauce especially served-virati in sosiera. Milanez veal cutlet can be served specifically for one person or on one oval for multiple people. Tartar sauce, lemon slices and Parmesan are served separately.

Tomato and mozzarella salad with Capri (Insalata Caprese)



A classic Italian salad that can be used as a light lunch or appetizer. This summer meal is based on ripe tomatoes, fresh basil and quality fresh mozzarella. You can also add red onions cut into wedges.

Cooking time: 10 minutes Quantity: 4 portions. 1 tablespoon of red wine vinegar Salt and pepper to taste 2 tablespoons olive oil 2 cups of washed rags (optional) 2 large ripe tomatoes, cut into slices 5 mm thick 375 g mozzarella, cut into slices 5 mm thick 8 finely chopped basil leaves or 2 tablespoons of dried oregano 1 Prepare the salad dressing by whisking vinegar, salt and pepper in a small bowl. While stirring slowly, add butter until the salad dressing becomes smooth. Let her slide. 2 leaves of arugula cover 4 plates. Alternately arrange the tomato slices and mozzarella over the arugula so that they form a circle. 3 sprinkle the salad with basil and sprinkle with boiled salad dressing. Serve immediately after preparing the salad.

Tiramisu



The preparation of this creamy pudding-like dessert begins with soaking the Cookies in cold espresso. (Cookies are sold in most supermarkets. It is golden brown in color and has an elongated oval shape.) The stewed cookies are placed in one layer in a suitable container and covered with a layer of scrambled eggs, sugar and mascarpone cheese. When the fillets are spread on the biscuit, they are sprinkled with cocoa powder or grated bitter-sweet chocolate. Since eggs are not prepared for this dish, you may not need to serve them to children, the elderly, or people with weakened immune systems. Special accessories: stationary mixer Cooking time: 25 minutes (plus a few hours of cooling) Number of pieces: 8 pieces. 7 eggs, separate the egg white from the yolk 7 tablespoons of sugar A few cups of sweet vermouth, liqueur (such as Kahlua) or rum A few cups of cold espresso or strong black coffee 24 cookies 3 tablespoons high-quality cocoa powder or 120 g grated bittersweet chocolate 21/, cups of mascarpone cheese 1 in a large bowl mix the yolks and sugar until you get a thick mass of pale color, about 5 to 6 minutes. Add vermouth and mascarpone and beat until the mass becomes thick and smooth. 2 clean

the brooms of the mixer and dry them well. In the second bowl, whisk a strong foam of egg whites. Mix the egg whites in a homogeneous mass with Mascarpone cheese. 3 Pour the espresso into a shallow bowl. Dip the urine in the coffee, quickly turning it in front of dad, because it should get wet, but not cooked. Repeat the process until the entire bottom of the mold is covered with soaked cream. Put half the fillet on the biscuit. Spread another layer of soaked cookies on it and cover it with the remaining fillets. Level the surface with a spatula and sprinkle cocoa powder on top. Coverage. Put in the fridge a few hours before serving.



VELIKA BRITANIJA / GREAT BRITAIN



Engleska kuhinja svoje korene vuče iz davnašnjih seoskih domaćinstava jer su se tada domaćice takmičile čije će biti najukusnije. Engleska je već vekovima jedna od najbogatijih zemalja na svetu tako se vekovima i njihova gastronomija pomerala korak u napred u svakom smislu. Kao i svaka stvar u Engleskoj i kulinarstvo je propraćeno raznim pričama i tradicijama. Ona nije toliko raznovrsna u namirnicama kao recimo italijanska ali je daleko od jednolične. Zastupljena su jela od mesa, ribe, krompira imostalog poveća.

-Engleski doručak-

2 jaja
300g mladog krompira
5-6 kom. Šampinjona
2 kom. Pečenice
1kom. Konzerve sitnog pasulja u paradajz sosu
1 kobasicica
1 paradajz
2 parčeta tost hleba
100g margarina
Ulje
So
biber

Oguliti krompir iseći ga na kolutove i pržiti na ulju. Kada se isprži posoliti ga. Šampinjone oguliti i propržiti ih na tiganju 10-15 minuta. Pobiberiti i posoliti. Iseći paradajz na pola staviti na roštilj ili tiganj zajedno sa pečenicom i prethodno iskuvanom kobasicom. Pržiti kobasicu 7-8 minuta, a pečenicu i paradajz dok ne dobiju boju. Okretati s vremena na vreme. Zagrejati pasulj, zagrejati tost hleb i namazati ga margarinom. Na kraju ispeći 2 jaja na oko. Posoliti. Sve to servirati na veliki plitak tanjur.

-Fish and chips-



4 filea oslića
180ml piva

120g brašna

So

Šećer

Kvasac

Ulje

Zamrznuti pomfrit

U činiji promešati brašno, so, šećer i kvasac pa dodati pivo. Sjedinite žicom u gusto testo i ostaviti sa strane. Ulje zagrejte a zatim filete ribe koje su prethodno prosušene ubrusom umočiti u testo i staviti polako u vrelo ulje. Pržiti 3-4 minuta sa jedne a zatim okrenuti pa pržiti još toliko. Da li je riba gotova proveriti po boji i izgledu. Testo treba da bude zlatnožute boje i da je naraslo i hrskavo. Prženu ribu izvadite iz ulja i staviti na ubrus da upije višak masnoće. Taj postupak ponoviti sa ostalom ribom. Pomfrit se može pržiti u istom ulju gde su se prethodno pržile ribe. Fish and chips poslužiti uz tartar sos, riške limuna i pomfritom.

-Ovčarska pita-



1kg krompir

20g maslac

100ml sveže mleko

2 glavice crnog luka

2 šargarepe

1 kašika ulja

500g mleveno meso

Biber

So

Aleva paprika

Peršun

Kačkavalj

Skuvati krompir izgnječiti ga u pire sa maslacom, svežim mlekom i prstohvatom soli. Sitno iseći šargarepu, luk i upržiti u serpici na zagrejanom ulju. Dodati 500g mlevenog mesa kao i začine, prstohvat bibera, kasiku aleve paprike i kašičicu soli. Staviti uprženo mleveno meso i povrće u posudu za pečenje i zagladiti smesu, to isto uraditi i sa krompir pireom. Staviti odozgo isečeni kačkavalj i staviti pitu da se peče u zagrejanoj rerni na 220 stepeni.

-Bif velington-



1 biftek 400g

250g pečuraka

Senf

250g testo

Pršuta

1 jaje

Ulje

So

Biber

Očistiti biftek od masnoće, zamotati ga u trostruki sloj prozirne folije i staviti u frižider veče pre pripreme kako bi meso zadržalo svoj oblik. Biftek odmotati i propržiti na zagrejanom ulu sa svih strana dok se ne karamelizuje, za to će biti potrban oko 1 minut. Vrući biftek premazati senfom i ostaviti da se ohladi. Očistiti pečurke i ispasisirati u blenderu. Razvucite testo na praznoj foliji i ostaviti u frižder da se ohladi. Na peozirnu foliju staviti kriške pršute preko njih pastu od pečurke pa biftek urolati tako da bude obmotan pečurkama i pršutom sa svih strana staviti na pola sata u frižideru. Na ohlađeno testo staviti položiti biftek obmotan pečurkama i pršutom. Mešavinom žumanceta i vode premazati ivice testa ma urolati biftek u njega ostatkom žumanca premazati celo testo i nožem lagano zaseći vrh. Staviti u zagrejanu rernu na 200 stepeni 15-20 minuta dok testo ne postane zlatno žuto. Izvadite iz rerne ostaviti da se odmori 10 minuta pa seci kriške mesa debljine 2,5cm.

-Pita sa jabukama-

1 pakovanje kore
1kg jabuka
4 kašike griza
4 kašike šećera
1 kesica cimeta
2 kesice vanilin šećer
Ulje
voda

Jabuke oljuštiti i narendati, u jabukama staviti šećer, vanilin šećer, cimet i griz lepo izmešati i svaku koru zasebno filovati i stavljati u tepsiju premazanu uljem, staviti u zagrejanu rernu na 200 stepeni 20-25 minuta zatim izvaditi iz rerne i servirati

-Engleski krem-

500ml sveže mleko
3 jaja
70g šećer
1 kašičica brašna
Sveže voće *u zavisnosti od sezone*
Esencija vanile

Mleko staviti da provri i aromatizuje esencijom. Šećer, jaja i brašno se umute dobro i sipaju lagano u mleko i mešati. Smesa se ostavlja na vatri i meša dok se ne dobije gustina krema sipa se u kalupe i ponovo promeša. Može se dodati pasirano voće ili da se ukrasi voćem.

English cuisine

English cuisine has its roots in aheieht rural households, because then the housewives competed to see which dish would be the estaiest.England has been one of the riehest countries in the world for cehturies, so for centuries their gastronomy has moved forivard in every sense like everything in english, cooking is accompanied by various stories and traditions. Dishes made of meat, fish, potatoes and other vegetables are represented.

-English breakfast-

2 eggs
300g potatos
5 pieces of mushrooms

2 pieces roast beef
1 can off small beans in
tomato sauce
1 sausage
1 tomato
2 slices of toasted bread
100g of margarine
Salt
pepper

Peel the potatoes, cut them into rings and fry them in oil, and salt as desired. Peel the mushrooms and fry them in a pah for 10 minutes. Add pepper and salt. Cut the tomato in half and put it oh the pan together with te roast and the previously cooked sausage fry the sasusage for 7-8 minutes and the tomato and the roast untly they get they color.

Turn occasionally. Heat the beans and toast the bread spread the bread with margarine. At the end, fry 2 eggs and sprinkle with salt. Serve it all on a large shallow plate.

-Fish and chips-

4 hake fillets
180ml of beer
120g of flour
Salt
Sugar
Yeast
Oil
Frozen fries

Mix flour, sugar, and yeast in a flour and add beer. Combine into a thick dough and set aside. Heat the oil and then dip the fish fillets, which have been previously dried with a towel into the batter and slowly put them in the hot oil. Fry for 3 min. on both sides. We can see if the fish is ready by its color and appearance. The dough should be gotten and crispy. Take the fried fish out of the oil and place it on a napkin to absorb the fat. Repeat the process with the rest of the fish. French fries can be fried in the same oil as the fish. Serve fish and chips with tartar sauce, lemon wedges and fries.

-Shepherds pie-

1kg of potatoes
20g of butter
100ml of milk
2 heads of onion
2 carrots
1 spoon of oil
500g minced meat
meat
Pepper
So
Parsley

Boil the potatoes and mash them into a puree with butter, fresh milk and a pinch of salt. Finely chop the scallions and fry in a pan on oil. Add 500g of minced meat and spices: a pinch of pepper, a teaspoon of allspice and a teaspoon of salt. Put the seasoned minced meat and vegetables in a baking dish and smooth the mixture, do the same with the potato puree. Put sliced cheese on top. And put the pie to bake in a heated oven at 220 degrees.

-Beef wellington-

1 steak 400g
250g of mushrooms
Mustard
250g dough
Prosciutto
1 egg
Oil
So
Pepper

Wrap the steak in a triple layer of transparent foil and leave it in the refrigerator overnight

so that the meat keeps its shape. Unwrap the steak and fry it in hot oil on all sides until it caramelizes; it will take one minute. Coat the hot steak with mustard and let it cool. Clean the mushrooms and puree them in a blender. Roll out the dough on a floured surface and leave it in the freezer to cool. On a floured surface, put slices of prosciutto over them, mushroom puree, then roll up the steak so that it is unwrapped with mushrooms and prosciutto on all sides, put it in the refrigerator for half an hour. Coat the edges of the dough with a mixture of egg yolk and water, then roll the steak into it, coat the entire dough with the rest of the egg yolk and lightly cut the top with a knife. Put it in a heated oven at 200 degrees for 20 minutes until the dough turns golden brown. Remove from the oven, leave to rest for 10 minutes, then cut into 2.5cm thick slices of meat.

-English cream-

500ml milk
3 eggs
70g of sugar

1 tablespoon of flour
Fresh fruit depending on the season
The essence of vanilla

Bring the milk to boil and flavor it with the essence. Sugar, eggs, and flour are beaten and poured into milk. The mixture is left on the fire and mixed until it reaches the thickness of the cream. It is then poured into molds and chilled again. Pureed fruit can be added or fruit can be decorated.

-Apple pie-

1 pack of bark

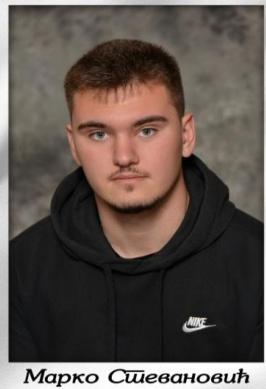
1kg apples
4 spoons of semolina
4 tablespoons of sugar
1 bags of vanilla sugar
Oil
Voda
1 bag of cinnamon

Peel and greate the apples.

Put sugar, vanila sugar, cinnamon and semolina in the apples, mix well and fill each crust separately and put it in a pan and coat it with oil. Put in a heated oven at 200 degrees for 20 min. Then remove from the oven and serve.



Александра Ђокић



Марко Стјевановић



Тијана Злајковић

MEKSIKO / MEXICO



VEGETABLES USED IN SPANISH CUISINE

Olive oil is obtained by pressing olive fruits and is rich in antioxidants. It also contains monounsaturated fatty acids, which doctors consider healthy fats

Monounsaturated fatty acids are mainly found in vegetable oils, nuts, seeds and some plant foods. They have a liquid consistency at room temperature

Chickpea is a plant species that is little cultivated in our region. Its origin is not known for sure, but it is suspected that it comes from Asia, more precisely from the Middle East, and it was brought here from Greece. It is believed that it was brought to Europe by the Turks. It has an exceptional nutritional and energy value and a digestibility coefficient of 97%. Chickpea is extremely hardy and thrives at altitudes of over 3,000 meters above sea level. There are some traces that chickpea seeds were used in ancient times.

Smoked paprika is not only a tasty and fragrant spice, but also a real house useful for the human body of vitamins and trace elements. If you store the spice properly, you will preserve its beneficial properties for longer. It is enough to place the powder in a container for sealing and put it in a cool place, protected from direct sunlight. Fragrant hot pepper is a natural source of vitamins E, C, K, B6 and. Contains Thiamine, Niacin, sodium, pantothenic acid, potassium, calcium, copper, iron, magnesium, phosphorus, selenium, zinc.

- Basic ingredients of Spanish cuisine are:

- Olive oil
 - Garlic
 - Red pepper
- Significant consumption of cereals has:
- Wheat
 - corn

SPANISH COW CHEESE AND GOATS CHEESE

Mahón is a Spanish cheese from one of the Balearic islands in the Mediterranean, Minorca. Although widely exported, many people are not familiar with Mahon. Next time you go to the cheese shop, take a break from Spain's other famous cheese (Manchego) and ask for Mahon (pronounced mah-HONE) instead.

Mahon is made from cow's milk. Both raw and pasteurized versions are sold, although pasteurized is less flavorful, so keep an eye out for raw milk variants.

Young Mahon (older than 4 months) is semi-hard and mild. Cheese can be fatty, thin and salty. Mahon wheels aged 4 months or more take on a savory, herbal, more complex flavor and a noticeably tangy finish. Wheels that are older than a year have a parmesan-like texture and an intense caramelized, salty flavor.

Monte Enebro is a soft Spanish cheese produced in the Avila region by Rafael Báez and his daughter Paloma. The cheese is made from pasteurized goat's milk and is aged for 6 to 8 weeks. It is shaped into a trunk. The characteristic rind is covered with gray and black mold. The aromas are intense, barnyard and goat, while the flavors are bun, tangy, lemon and sour, depending on the age. The texture of Monte Enebro is dense, brittle and credible when young.

IDIABAZAL: is a cheese that comes from the Basque Country and Navarre. It is made from raw sheep's milk with at least 6% fat from certain types of sheep, which is regulated by DOC regulations. It is made by hand. It has a hard, inedible peel, dark brown in color. There should be no mold on the rind, and there should be imprinted signs characteristic of the Basque culture. Its taste is slightly smoky even when it is not really smoked, but it is allowed to be smoked after ripening on beech, cherry, birch or white pine wood, so the choice of wood gives it a different taste. It is aged for several months and acquires a nutty, fatty taste, eaten fresh, often with quince jam. The longer it ages, the firmer it becomes and can be used for grating. The color of the interior ranges from beige to yellowish, the interior is smooth, although it can have very small holes the size of a pinhead. The weight of the reels is from 900 to 1800 gr



CHARACTERISTIC FOOD

Gazpacho



Ingredients

- ½ cucumber, peeled, roughly chopped
- 1 large yellow pepper, de-seeded, roughly chopped
- 1 large red pepper, de-seeded, roughly chopped
- 6 ripe tomatoes, roughly chopped
- 2 banana shallots, roughly chopped
- 3 garlic cloves, roughly chopped
- 100g/3½oz stale white bread, soaked in a little cold water
- 3 tbsp olive oil
- 2 tbsp sherry vinegar

Method

Blend most of the cucumber, peppers, tomatoes and shallots to a rough purée in a food processor, reserving a couple of chunks of each vegetable for the garnish.

Add the garlic, soaked bread, olive oil and sherry vinegar to the food processor and blend again until smooth, or to a more textured consistency if desired.

Transfer the soup to a jug, cover with cling film and chill for at least 20 minutes, or until cold. Cut the reserved vegetables into small cubes. When ready to serve, pour the gazpacho into bowls and garnish with the vegetables.

Paella



Ingredients

- 170g/6oz chorizo, cut into thin slices

110g/4oz pancetta, cut into small dice
2 cloves garlic finely chopped
1 large Spanish onion, finely diced
1 red pepper, diced
1 tsp soft thyme leaves
 $\frac{1}{4}$ tsp dried red chilli flakes
570ml/1pint calasparra (Spanish short-grain) rice
1 tsp paprika
125ml/4fl oz dry white wine
1.2 litres/2 pints chicken stock, heated with $\frac{1}{4}$ tsp saffron strands
8 chicken thighs, each chopped in half and browned
18 small clams, cleaned
110g/4oz fresh or frozen peas
4 large tomatoes, de-seeded and diced
50ml/2fl oz good olive oil
1 head garlic, cloves separated and peeled
12 jumbo raw prawns, in shells
450g/1lb squid, cleaned and chopped into bite-sized pieces
5 tbsp chopped flatleaf parsley
Salt and freshly ground black pepper

Recipe tipsHow-to-videos

Method

Heat half the olive oil in a paella dish or heavy-based saucepan. Add the chorizo and pancetta and fry until crisp. Add the garlic, onion and pepper and heat until softened. Add the thyme, chilli flakes and calasparra rice, and stir until all the grains of rice are nicely coated and glossy. Now add the paprika and dry white wine and when it is bubbling, pour in the hot chicken stock, add the chicken thighs and cook for 5-10 minutes.

Now place the clams into the dish with the join facing down so that the edges open outwards. Sprinkle in the peas and chopped tomatoes and continue to cook gently for another 10 minutes.

Meanwhile, heat the remaining oil with the garlic cloves in a separate pan and add the prawns. Fry quickly for a minute or two then add them to the paella. Now do the same with the squid and add them to the paella too.

Scatter the chopped parsley over the paella and serve immediately.

ARROZ NEGRO



Place a paella pan (or wide pan) over medium heat and add olive oil. When the oil is hot, add the squid rings and the sauce for 30 seconds. Remove from the tray and set aside for now

Add the onion and bell pepper to the pan (add more olive oil if needed), then saute for 4-5 minutes or until the onion is soft and translucent. Add garlic, paprika, cumin and saffron and the sauce for another minute until it becomes aromatic

Stir in the tomato paste and cook for another 2 minutes. Pour into the rice, stirring to coat with the tomato-spice mixture. Add the wine and let it simmer for 5 minutes or until the wine has almost completely evaporated

Add the stock and squid ink to the pan and stir to combine. Season with salt. Bring to a boil and immediately reduce to a gentle simmer. Leave for 15 minutes until the sections have reduced and the rice is almost cooked. Resist the urge to stir! Leave the rice as it is so that the socarate has time to develop at the bottom of the tray

Add the hams on top of the rice and cook for another 4-6 minutes until fully cooked. Add back the squid.

Take off the heat and leave to settle for about 10 minutes. Serve straight out of the pan and garnish with lemon wedges

Preparation:

Sauté the onion in olive oil while stirring.

Add crushed garlic, and before it turns yellow, add Ledo. Add spices and cook until the vegetables are completely soft

Add squid and prawns, followed by rice and cook, stirring and pouring warm stock mixed with wine.

After ten minutes, add the peas and cook until the rice is done

Churros



DOUGH

250 ml of water

100 g of butter

1 tablespoon of sugar

1 vanilla sugar

150 g of flour

2 pinches of salt

3 eggs

oil for frying

SPRINKLE

powdered sugar

ground cinnamon

SAUCE

200 g of cooking chocolate

100 ml of sweet cream

100 ml of milk
50 g of sugar
a few drops of vanilla extract

Preparation

Put water, butter, salt, sugar and vanilla sugar in a bowl and when it boils, let it cook until the butter melts.

Remove from the heat, then mix in the flour, ALL AT ONCE, not a little at a time. Mix energetically with a wooden spoon until the dough starts to separate from the bowl.

Cool for 2-3 minutes, stirring constantly so that the crust does not stick to the top.

Add 1 egg at a time to the warm dough. Mix each egg well and when it is completely absorbed into the dough, add the next one. The dough will be smooth, thick and silky in the end. Cover and let cool at room temperature

Put the dough in a pastry bag with a star nozzle with a diameter of 1-2 cm

The first method of production: Press the dough 10 cm long directly into deep, heated, but not overheated, oil. Cut it with a sharp knife or scissors, or simply tear it off with your fingers. Fry no more than 3-4 strips at a time until they are golden brown and crispy, they are ready quickly, max. 1 minute. Remove with a slotted spoon onto a paper towel.

OR: Press the dough onto a floured tray and place 3-4 pieces in the oil

Roll the churros in powdered sugar mixed with a little ground cinnamon

Sauce: Put all the ingredients for the sauce in a bowl and melt over low heat, stirring occasionally, until you get a smooth, shiny sauce.



Викторија Ибишевић

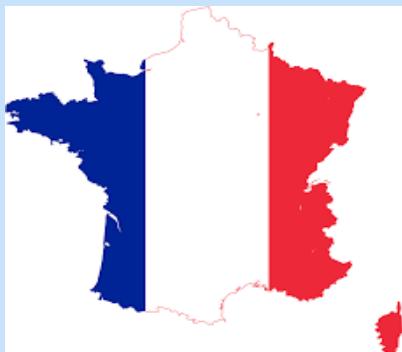


Марко Милић



Наталија Величковић

FRANCUSKA / FRANCE



Francuska kuhinja

Francuska kuhinja se sastoji od tradicije i prakse kuvanja iz francuske. Na kuhinju su vekovima uticale mnoge okolne culture Španije, Italije, Švajcarske, Nemačke i Belgije, pored sastavne tradicije ishrane. Sorte mesa koje se konzumiraju uključuju piletinu, goluba, patku, gusku, govedinu, teletinu, svinjetinu, jagnjetinu, ovčetinu, žabu i puževe. Jaja su dobrog kvaliteta i cesto se jedu kao omlet, tvrdo kuvana sa majonezom i obična kajgana.

Le petit dejuner – doručak je tradicionalno brzi obrok koji se sastoji od kriške francuskog hleba sa puterom i medom ili dzemom, zajedno sa crnom kafom ili č. Kroasani se uglavnom uključeni kao vikend poslastica.

Le dernnier – vecera se cesto sastoji od 3 jela, predjela, glavnog jela I jela od sira ili dezerta. Obrok je cesto pracen hlebom, vinom I mineralnom vodom. Glavna jela od mesa se cesto služe uz povrce, zajedno sa krompirom, pirincem ili testeninom.

Mozda cete naći na neki francuski recept za koji je neophodan garni buket. To je mala veza svezih zacinskih trava- na primer lovorođ list ipersun, majcina dusica, ruzmarin itd. Ovo su neki osnovni zacihi u francuskoj kuhinji.

Lovorov list – pripadnik porodice zimzelinih, ova aromatična zacinska trava daje divnu aromu skoro svakom jelu, narocito paprikasima isupama.

Krbuljica – ovu delikatnu zacinsku travu sa aromom anisa trebalo bi dodavati jelima kao što su omleti, sosevi s pavlakom i supe tek pred samom serviranjem jer se njegova aroma brzo oslabi kada se zagreje.

Origano – najbolje se koristi kao suv jer se njegova aroma i ukus snažniji u tom obliku. Dobro se slaze i sa drugim jakim mediteranskim zacinima.

Peršun – uvek koristite svezi, nikada susenu verziju iz tegle, koja je bezukusna. Postoje 2 vrste, s talasastim I ravnim listicima.

Estragon – veoma popularna zacinska trava u Francuskoj, estragon se najbolje korsiti kada je svez. Smatra se za gorku zacinsku travu, a najbolji je kada se koristi sa I obazrivo.

Salata od mediteranskog povrca (Salade Nicoise)

500g boranije, ociscene I iseckane na komade duzine 4cm

500g malih crvenih I mladih krompirica dobro istrljanih cetkom

4 jajeta

1 velika glavica zelene salate

2 konzerve tunjeve u maslinovom ulju

½ kg koktel paradajza

1 krastavac oljusten I isecen na reznjeve debljine 6mm
½ solje maslina nisoaz ili nekih drugih crnih maslin iz marinade
1 mala glavica crvenog luka isecen na kolutove
1/4 kafene kasicice susene majcine dusice
½ vinegreta
So i biber po ukusu

Stavite veliki lonac vode da prokluju. Dodajte boraniju I kuvajte dok ne omeksa. Procediti u đerđefu. Dodajte krompir I jaja u vrelu vodu I kuvajte dok krompir ne omeksa. Izvadite I u djerdjef ostavite krompire da se ohlade, oljustite tvrdo kuvana jaja, isecite ih na cetvrtiny I stavite sa strane.

Listovima zelene salate oblozite veliki oval. Stavite ohladjenu boraniju na jednu polovicu a krompir na drugu polovicu ovala. Stavite tunjevinu u sredinu, poredjajte jaja, paradajz, krastavac I crne masline oko boranije I krompira, poredjajte kolutove crvenog luka preko salate.

Dodajte majcincu dusicu u vinegret I poprskajte preko salate.

Supa od luka

3 supene kasike neslanog putera
1 supena kasika maslinovog ulja
6 solja spanskog ili vidalija crnog luka isecenog na tanke reznjeve
4 cena belog luka isecene na tanke reznjeve
1 supena kasika susene majcine dusice
2/3 solje suvog šeri brendija I belog vermuta
4 solje govedje supe
So i biber po ukusu
12 kriske dobro prepecenog francuskog hleba
1 solja rendanog grijera ili švajcarskog sira

Zagrejte puter i maslinovo ulje u velikoj šerpi na srednjoj vatri. Dodajte crni i beli luk. Pokrijte i kuvajte na tihoj vatri 15 min. Skinite poklopac i kuvajte uz povremeno mešanje još 30min, ili dok luk ne promeni boju svetlu zlatnosmeđu boju. Dodajte majčinu dušicu i šeri brendi, pustite da prokluča i kuvajte još 2 min. Dodajte supu i pustite da prokluča. Smanjite vatrnu i ostavite da ključa na tiho u pokrivenoj posudi 30min. Stavite po 2 kriške hleba u svaku činijicu supe sipe preko hleba. Servirajte sa rendanim sirom.

Juneći paprikaš

2 supene kašike maslinovog ulja
5 debelih režnjeva slanine isećene na komade
1 kg junećeg vrata isećenog na kockice
1 šargarepa isećena na režnjeve
1 velika glavica crnog luka
2 cena belog luka sitno iseckanog
1 kafena kasičica sušene majčine dušice
So i biber po ukusu
2 supene kašike uni brašna
2 šolje crnog vina
1 šolja goveđeg bujona

1 supena kašika paradajz paste
500g belih pečuraka proprženih na puteru
2 supene kašike sitno seckanog peršuna
250g kuvanih širokih rezanaca kao prilog

Zagrejte ulje u teškoj tučenoj šerpi na srednjoj vatri,dodajte slaninu i pržite samo dok se ne istopi masnoća. Stavite komade junetine tako da pokrije dno šerpe i pecite ravnomerno sa svake strane. Dodajte šargarepu,beli i crni luk i majčinu dušicu u šerpu. Pržite dok crni luk ne omeša. Vratite meso u šerpu.

Posolite i pobiberite. Pospite brašno i kuvajte sve dok slanina i junetina ne budu dobro pečene. Dodajte vino,bujon i paradajz pastu,pustite da proključa. Pokrijte i pustite da tiho ključa 3h uz povremeno mešanje.

Izvadite meso kašikom sa prozirima i ostavite ga sa strane I odstranite svu masnoću iz safta od pečenja. Stavite saft da proključa i da mu se količina smanji na 2 šolje. Probajte i dodajte so i biber prema potrebi. Vratite meso u šerpu zajedno sa pečurkama umešajte peršun. Servirajte preko rezanaca.

Kolač sa jabukama

Vreme pripreme:15 minuta

Vreme kuvanja: 40 minuta

Dobijen kolicina:6-8 porcija

Sastojci:

-2 supene kašike putera

6 šolja kriski oljuštenih jabuka (koristite jedru, ne previse kiselu vrstu jabuka, npr. Jonagold ili zlatni delišes)

½ šolje mleka

3 jajeta

1/3 šolje univerzalnog brašna

¼ šolje šećera

2 supene kašike brendija

¼ kafene kašičice praška za pecivo

Malo cimeta (po želji)

1 rernu prethodno zagrejte na 180 stepeni.

2 istopite puter u velikom tiganju na srednjoj vatri. Dodajte jabuke i pržite ih dok ne omeknu, 6-8 minuta. Poređajte kriške jabuka u staklenu ili keramičku posudu za pečenje od 2 L

3 Stavite mleko, jaja brašno, šećer, brendi i prask za pecivo u blender, ili u činiju ako koristite ručni električni mikster> Mutite dok ne dobijete glatku masu.

4 Sipajte masu preko jabuka. Pospite cimetom, ukoliko želite.

5 Pecite 40-45 minuta ili sve dok noz kojim ste uboli testo ne bude cist kad ga izvadite.

Servirajte toplo

Budite mastoviti! Clafoutis s breskvama ili clafoutis s kruškom podjednako su ukusni.

Umesto jabuka stavite kriske čvrstih bresaka ili krusaka u koraku 1.

Hvala! Prijatno!

French cuisine consists of traditions and cooking practices from France. For centuries, the cuisine has been influenced by many surrounding cultures of Spain, Italy, Switzerland, Germany and Belgium, in addition to the integral food tradition. The types of meat consumed include: chicken, pigeon, duck, goose, beef, veal, pork, lamb, mutton, pork and reptiles. The eggs are of good quality and are often eaten as an omelette, hard boiled with mayonnaise and plain scrambled eggs.

Le petit déjeuner - breakfast is traditionally a quick meal consisting of a slice French bread with butter and honey or jam, along with black coffee or tea. Croissants are usually included in the weekend treat.

Le dîner - dinner often consists of 3 courses an appetizer a main course and a cheese or dessert. The meal is often followed by bread wine and mineral water. Main meat dishes are often served with vegetables, together with potatoes, rice or pasta.

Perhaps you will come across a French recipe that requires a bouquet,,garni". It is small bouquet of fresh herbs-bay leaves and parsley, thyme, rosemary etc... These are some basic spices in French cuisine.

Bay leaf - a member of the winter garden family, this aromatic herb gives a wonderful aroma to almost every dish, especially peppers and soups

Oregano - is best used dry because its aromatic flavor is stronger in that form. Its going well with other soft Mediterranean dishes.

Parsley - always use fresh , never the dried version from the jar, which is tasteless. There are 2 types with wavy and flat leaves.

Mediterranean vegetable salad (Salad Nicoise)



500g of small red and young potatoes, rubbed well with brush

4 eggs

1 large head of lettuce

2 cans of tuna in olive oil

1/2 kg cocktail tomatoes.

1 cucumber, peeled and cut into slices 6mm thick

1/2 nicoise olives or some other black olives from tapenade

1 small head of red onion cut into rings

1/4 teaspoon of dried thyme

1/2 vinaigrette

Bring a large pot of water to a boil. Add beans and cook green beans until soft. Add the potatoes and eggs to the hot water and cook until the potatoes are soft. Take out and leave the potatoes in bowl to cool, peel the hard boiled eggs, cut them into quarters and put them aside.

Line a large oval with lettuce leaves. Place the coded green beans on one half and the potatoes on the other half. Place the tuna in the middle, arrange the eggs, tomatoes, cucumbers, black olives, around the green beans and potatoes, mange the red onion rings over.

Add thyme to the vinaigrette and sprinkle over the salad.

Beef bourguignon



2 tablespoons of olive oil
5 thick slices of bacon cut into pieces. 1kg of beet neck cut into cubes.
1 carrot cut into slices
1 large head of onion
2 cloves of finely chopped garlic
1 teaspoon of dried thyme
salt and pepper to taste
2 cable spoons plain flour
2 red wine shots
1 salt of beet broth
1 tablespoon of tomato paste
white mushrooms fried in butter
2 tablespoons of finely chopped parsley
250g of cooked wide moodles as a side dish

Heat the oil in heavy soucepan over medium heat, add the bacon and fry just until the fat melts. Place the pieces of beet so that they cover the bottom of the pan and cook evenly on each. side. Add the carrot, gorlic and thyme to the bowl. Fry until the onion is soft. Return the meat to the bowl.

Season with salt and pepper. Sprinkle with frour and cook until the bacon and beet are well cooked. Add wine, broth and tomato paste, let it boil. Cover and let it boil for shoars. Remove the meat with a slotted spoon and set it aside and remove all the fat from the cooking juices. Bring the juice to boil so that its quantity is reduced by 2 salt.

Tart Tatin



Preparation time: 15 minutes Cooking time: 40 minutes Size: 6 to 8 portions. Ingredients: -2 tablespoons butter 6 cups of crispy peeled apples (use a sail, not too sour type of apples, e.g. Jonagold or Golden Delicious) ½ A cup of milk 3 eggs 1/3 cup of universal flour 2 cups of sugar 2 tablespoons brandy Kaf coffee teaspoons baking powder A little cinnamon (if desired) Preheat 1 oven to 180 degrees. 2 melt the butter in a large pan on a medium fire. Add the apples and fry them until soft, for 6-8 minutes. Arrange

the apple slices in a glass or ceramic baking dish of 2 L 3 put milk, eggs flour, sugar, brandy and baking powder in a blender, or in a bowl if you use a hand-held electric mixer> beat until you get a smooth mass. 4 Pour the mass over the Apple. Sprinkle with cinnamon, if you like. 5 bake for 40-45 minutes or until the knife with which you stabbed the dough is clean when you take it out. Serve warm Be imaginative! Clafoutis with peaches or clafoutis with pear are equally delicious. Instead of apples, put slices of firm peaches or pears in Step 1



MAĐARSKA / HUNGARY



Mađarska kuhinja je ukusna mešavina tradicija, uticaja susednih zemalja i oblikovana bogatom istorijom Mađarske. Poznata po obilnim jelima i hrabrim ukusima, mađarska hrana oduševljava kako domaće stanovništvo tako i posetioce. Hajde da istražimo neke od vrhunaca mađarske kulturne kulture.

Jela istočne Madjarske kuhinje

Istočna Mađarska, posebno regija poznata kao Transilvanija ili Erdelj, ima bogatu kulinarsku tradiciju koja se razlikuje od ostatka Mađarske. Ova regija je poznata po svojim jedinstvenim jelima koja su često inspirisana susednim kulturama i lokalnim sastojcima.

Primer jednog jela: -Szilvásgombóc (Šljivene Knedle) Ovo je tradicionalno mađarsko jelo koje se sastoji od knedli napunjениh šljivama i kuvenih u slatkom sirupu od šećera i začina. U istočnoj Mađarskoj, ovo jelo može biti obogaćeno dodatnim začinima poput cimeta ili limunove korice, dodajući složenost ukusa

Zapadna Mađarska, posebno regija blizu granice sa Austrijom, takođe ima svoje karakteristične specijalitete koji odražavaju lokalne ukuse i tradiciju.

Primer jednog jela: Marhapörkölt (Gulaš od govedine) Marhapörkölt je gulaš od govedine koji je popularan u celoj Mađarskoj, ali se posebno često konzumira na zapadu zemlje. Ovo jelo se priprema od komadića goveđeg mesa koji se kuju sa lukom, paprikom i začinima dok ne postanu nežni i sočni. Obično se poslužuje sa knedlama ili krompirom

Jela severne Madjarske kuhinje

Severna Mađarska, koja obuhvata regije blizu granice sa Slovačkom i Ukrajinom, takođe ima svoju jedinstvenu kulinarsku tradiciju. Primer jednog jela: Hortobágyi palacsinta (Hortobágyi palačinke) Hortobágyi palacsinta je jelo od tankih palačinki punjenih mešavinom svinjskog ili piletinskog mesa, začina i kuvenih jaja. Nakon punjenja, palačinke se uvijaju, peku u rerni i obično se poslužuju sa kremastim umakom od paradajza i pavlake

Jela južne Mađarske kuhinje

Južna Mađarska, ima bogatu kulinarsku tradiciju koja je prožeta uticajem različitih kultura. Primer jednog jela: Lángos Lángos je popularno jelo koje se sastoji od prženog testa koje se obično poslužuje sa različitim nadevima kao što su češnjak, pavlaka, sir ili šunka. Ovo je omiljeni izbor za brzi obrok ili užinu

Poznati dezerti Madjarske kuhinje Mađarska kuhinja je poznata i po svojim ukusnim desertima koji zadovoljavaju i najzahtevnije sladokusce. Evo nekoliko poznatih mađarskih dezerta: Dobos torta Dobos torta je klasična mađarska torta koja se sastoji od šest tankih slojeva biskvita prelivenih karamelizovanim šećerom i prekrivenih čokoladnom glazurom. Ova torta je često dekorisana bademima i poznata je po savršeno balansiranim ukusima i teksturama



Kürtőskalács Kürtőskalács, poznat i kao mađarski čokoladni rolat, je slatkiš koji se pravi od testa koje se uvija oko štapića, peče na otvorenom plamenu i zatim se valja u šećeru i cimetu. Ovaj slatkiš je popularan na sajmovima hrane i festivalima, a njegov slatki i hrskavi ukus često je upotpunjena čokoladom ili drugim dodacima

Mađarska kuhinja nudi primamljiv niz ukusa i tekstura, prikazujući kulturno nasleđe zemlje i strast prema dobroj hrani. Od obilnih gulaša do ukusnih palačinki, ima nešto što će zadovoljiti svaki ukus. Bez obzira da li uživate u opuštenom doručku ili u svečanoj večeri, mađarska kuhinja će sigurno ostaviti trajan utisak. Hvala što ste nam se pridružili na ovom kulinarском putovanju kroz Mađarsku

Introduction to Hungarian cuisine

Hungarian cuisine is a delicious blend of traditions, influences from neighboring countries and shaped by Hungary's rich history. Known for its abundant dishes and bold tastes, Hungarian Food Delights both locals and visitors. Let's explore some of the highlights of Hungarian Cultural culture. Eastern Hungarian cuisine

Eastern Hungarian cuisine

Eastern Hungary, especially the region known as Transylvania or Erdelj, has a rich culinary tradition that differs from the rest of Hungary. This region is known for its unique dishes that are often inspired by neighboring cultures and local ingredients.

Szilvásbombóc (Plum dumplings) is a traditional Hungarian dish consisting of dumplings filled with plums and cooked in a sweet syrup of sugar and spices. In eastern Hungary, this dish can be enriched with additional spices like cinnamon or lemon peel, adding to the complexity of the taste.



Western Hungary, especially the region close to the border with Austria, also has its own distinctive specialties reflecting local tastes and traditions.

An example of one dish: Marhapörkölt (beef stew) Marhapörkölt is a beef stew that is popular throughout Hungary, but especially often consumed in the west of the country. This

dish is prepared from pieces of beef that are cooked with onions, peppers and spices until tender and juicy. It is usually served with dumplings or potatoes



Northern Hungarian cuisine

Northern Hungary, which encompasses regions close to the border with Slovakia and Ukraine, also has its own unique culinary tradition. Example of one dish: Hortobágyi palacsinta (Hortobágyi pancakes) Hortobágyi palacsinta is a dish of thin pancakes stuffed with a mixture of pork or chicken meat, spices and boiled eggs. After filling, the pancakes are twisted, baked in the oven and usually served with a creamy tomato sauce and cream.

Dishes of southern Hungarian cuisine



Southern Hungary, has a rich culinary tradition that is steeped in the influence of different cultures-an example of a single dish: Lángos Lángos is a popular dish consisting of fried dough that is usually served with various toppings such as garlic, sour cream, cheese or ham. This is the preferred choice for a quick meal or snack

Hungarian cuisine is known for its delicious desserts that satisfy even the most demanding tastes. Here are some famous Hungarian desserts: Dobos torta Dobos torta is a classic Hungarian cake consisting of six thin layers of biscuits topped with caramelized sugar and covered with a chocolate glaze. This cake is often decorated with almonds and is known for its perfectly balanced flavors and textures

Kürtőskalács Kürtőskalács, also known as Hungarian chocolate roll, is a confection made from dough that is rolled around sticks, baked over an open flame and then rolled in sugar and cinnamon. This candy is popular at food fairs and festivals, and its sweet and crunchy flavor is often complemented by chocolate or other toppings

Hungarian cuisine offers a compelling array of flavors and textures, showcasing the country's cultural heritage and passion for good food. From plentiful stews to delicious pancakes, there is something to satisfy every taste. Whether you enjoy a relaxed breakfast or a festive dinner, Hungarian cuisine will certainly leave a lasting impression. Thank you for joining us on this culinary journey through Hungary



Лазар Стаменковић



Стефан Марјановић



Никола Илић