

Central European Cooking Class
Saturday, December 5th, 2009
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All recipes are from International Vegetarian Union (IVU), see their website for more information:

<http://www.ivu.org/recipes/>

Bulgarian Mixed Salad

From: Folk Dancer

This is a salad for people who love onions and olives. You might want to use Vidalia or Maui onions for a slightly sweeter flavor. The recipe comes from "The Best of Slavic Cooking" by Alojzije Kapetanovic and Ruzica Kapetanovic.

SERVES 4

- 2 cucumbers
- 1 tomato, sliced
- 1 onion, thinly sliced
- 1 green pepper, sliced
- 1/4 cup black olives, chopped
- 2 tablespoons red wine vinegar
- 1/4 teaspoon paprika
- 5 tablespoons olive oil
- 2 cloves garlic, minced
- salt and pepper



Peel the cucumbers and cut them in half lengthwise, then cut into slices.

Salt the cucumbers and the onions separately and let stand for 30-45 minutes.

For the dressing, mix the vinegar, paprika, olive oil and garlic.

Drain the cucumbers, and combine them with the onion, green pepper and olives.

Pour 2/3 of the dressing over the salad and toss.

Place the sliced tomato on top and drizzle remaining dressing over the tomatoes.

German Potato Salad

From: barber

SERVES 4 -6

- 2 lbs potatoes
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1 tablespoon pepper
- 3/4 cup cider vinegar
- 1/2 cup red onion
- 1/2 cup olive oil
- 3 tablespoons dill weed



Boil your potatoes about 40 min until done, drain. Peel the skins off and slice or chop the potatoes up (preferred method still while the potatoes are warm) and place in a large mixing bowl. Pour the cider vinegar over the potatoes and stir once- Let them sit for 1 hour to soak up good.

Slice up red onion and add them to potatoes as well as the olive oil. Add Dill and pepper and salt and garlic powder. Mix well and serve.

Serve room temperature.

Serbian Potato Salad

From: Sarah

A potato salad Serbian style. It is an oil and vinegar based salad rather than the creamy style more common in North America.

SERVES 6

- 6 large potatoes, boiled, peeled and sliced
- 2 medium yellow onions, halved and sliced thinly
- 1/4 cup white vinegar
- 1/2 cup olive oil
- 1 garlic clove, finely chopped
- 1 roasted red pepper, chopped
- 1 1/2 teaspoons salt
- 2 tablespoons sugar
- 1/2 teaspoon black pepper



Place potatoes in a large bowl. In a screw-top jar, add remainder of ingredients, cover with the lid and shake vigorously. Toss potatoes with dressing. Refrigerate overnight or at least a few hours. Adjust seasonings if necessary and serve at room temperature.

Borstch

From: Lyuda Lavrentyeva, New Jersey, USA

Recipe from Uzhgorod-Eastern Ukraine. Dad's best Borstch recipe.

- 5 medium potatoes
- 1 cup mushrooms - optional (white or any firm mushroom without overpowering flavor will do)
- 1 can of beans (I like to use black or white beans for nice color but red, pink or any other beans are good too)
- 2-3 carrots
- 1/2 head of cabbage
- 2 medium beet roots
- small bunch of fresh dill
- 3-5 cloves of garlic
- 2-3 dried bay leaves



- freshly ground black pepper to taste
- salt to taste
- 1 - 6oz can of tomato paste, or half of a 12oz can dissolved with water to thick juice-like condition
- 2 glasses of tomato juice
- little bit of vegetable oil for sautéing (canola oil is a good healthy option)

Peel and cut the vegetables. Cut carrots in circles. Cut potatoes in chunks. Slice beets in long thin slices like wide matchsticks or you can grate them on a large hole grater. Slice the cabbage as thin as possible. Chop the dill and press out the garlic. Dissolve the tomato paste with water until it's juice like.

In a large 8qt pot half-ways filled with water cook the potatoes, carrots, mushrooms (if using any), one of the chopped beets with the bay leaves. Meanwhile sauté the other beet with the dill until the beet is tender. Add 2 cloves of pressed garlic and salt to the mixture and sauté another minute or two. Put the mixture aside.

When the potatoes are almost cooked add the beans and the sliced cabbage. Simmer until the cabbage is a little bit tender and still firm.

Add the dissolved tomato paste, tomato juice, salt and pepper. Bring it to boil and add the beet and dill mixture, remaining pressed clove of garlic and some ground black pepper to taste. Simmer another 5 minutes.

Sprinkle some fresh dill into the plates when serving this soup.

Makes a whole 8qt pot of beautiful, tasty bright red soup. Might be served with some sour cream (I prefer without it). This soup is supposed to be thick and chunky and it could replace a meal if served with some good bread. Yumm!

You can always cook the beans from scratch if you prefer, this way they taste better.

Leeks with Olives

from: Astrid Andreescu - Burlington, Vermont, USA

A Romanian dish that my grandmother used to make.

- 3-4 leeks
- 4-5 garlic cloves
- 2 medium onions
- 10-20 calamata olives (black olives, unpitted)
- Italian seasoning (or a mix of dried thyme, basil, oregano, rosemary, sage) - 2 tsp
 - tomato paste - 1 tbsp
 - vegetable oil - 2 tbsp
 - salt to taste
 - 2 tbsp cooking wine (optional)



Clean leeks well (lots of dirt clings between the leaves especially in the white part, so chop them into 1-2 " bits and open each to clean well), bring them to a boil in water. At the same time put chopped onions and garlic in oil and about 1/3 cup water to boil until onions soft enough.

Drain leeks and add to onions, also add olives (you may pit them if you wish), herbs. When almost done (leeks soft) add cooking wine and tomato paste.

Great to serve hot or cold, goes well with Middle Eastern dishes.

Romanian Mushrooms in Tomato Sauce

From: Dancer

These were great, fast and easy side dish.

SERVES 3 -4

- 1 lb button mushroom or cremini mushroom or other mushroom
- 3 tablespoons olive oil or vegetable oil
- 1 medium onion, chopped
- 2-3 cloves garlic, minced
- 3/4 teaspoon paprika
- 2 cups peeled seeded and chopped plum tomatoes (about 1 pound)
- 1 tablespoon chopped fresh oregano or 1 1/2 teaspoons dried oregano
- 1 1/4 teaspoons salt, about
- 1/2 teaspoon sugar
- 1/2 cup dry red wine
- 1/4 teaspoon crushed chili flakes or 1 dried red chili
- Small mushrooms, leave whole



Slice the big ones into large pieces with the stems intact. Heat the oil in a large saucepan over medium heat. Add the onion and garlic and sauté until soft and translucent, 5 to 10 minutes. Add the mushrooms and saute until slightly tender, about 15 minutes. Stir in the paprika and saute for 1 minute. Add the tomatoes, oregano, salt, and sugar, bring to a boil, reduce the heat to low, and simmer for 10 minutes.

Add the wine and chili and simmer until the mushrooms are tender and the sauce thickens, about 20 minutes. Serve warm as an accompaniment to mamaliga (cornmeal mush) or pasta.

Tempeh Paprikash

From: Sharon

Serve this stew hot noodles or over steamed potatoes. Top with a dollop of (soy) sour cream

SERVES 6

- 4 cups vegetable broth
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 cup apple cider
- 1 tablespoon smoked Hungarian paprika or regular paprika
- 2 teaspoons salt
- 1 tablespoon caraway seed
- 1 teaspoon dried thyme
- 1 teaspoon fresh ground pepper
- 6 garlic cloves, minced
- 2 (8 ounce) packages tempeh, diced into 1-inch pieces
- 3 large Spanish onions, thinly sliced (about 6 cups)
- 1 1/2 teaspoons hot Hungarian paprika
- 6 ounces tomato paste
- 2 tablespoons cornstarch, dissolved in
- 4 tablespoons cold water

Preheat oven to 400°F.

In large saucepan, bring vegetable broth to a simmer. Turn off heat; cover to keep warm.

In medium bowl, combine oil, vinegar, cider, 1 tablespoon paprika, salt, 1 1/2 teaspoons caraway seeds, 1/4 teaspoon thyme, 1/2 teaspoon pepper and 1 tablespoon garlic. Add diced tempeh and toss to coat.

In large, shallow baking dish, place tempeh with liquid in single layer. Bake, uncovered, until all liquid has been absorbed, about 25 minutes.

Check often, making sure cooking liquid does not burn.

Meanwhile, in large Dutch oven, combine onions, 1 1/2 teaspoons hot paprika, caraway, thyme and pepper and 1/4 cup hot broth.

Cover and cook over medium heat until onions are softened, about 10 minutes. Add tomato paste and stir well. Reduce heat to low and cook, covered, 10 minutes.

In small bowl, dissolve cornstarch completely in cold water and add to hot broth. Stir with whisk, increase heat slightly and return mixture to a simmer. Cook, whisking, until broth thickens, about 2 minutes.

Add broth to pan with onions and stir until mixture is well blended. Remove tempeh from oven and add to pan, along with remaining cooking liquid; stir well.

Cover pan and bake, stirring occasionally, 45 minutes. Serve hot.

Belarus Kutya

From: Alskann

This delicious dessert from Belarus is similar to a rice pudding.

SERVES 6

- 1 1/2 cups rice
- 1/2 cup raisins
- 1/2 cup honey-style sweetener (or to taste)
- water



Rinse rice in cold water. Bring 3 cups water to a boil; add rice; cover. Boil the rice in a saucepan for 3 minutes over high heat. Reduce heat to medium and continue cooking, another 6 minutes. Add raisins and continue cooking over low heat for 3 minutes. Remove from heat and let stand for 15 minutes. DO NOT OPEN LID. Stir rice and sweeten with honey to taste.

Serve warm with a little soy milk or soy cream.

