

1 carrot, quartered  
1 bay leaf  
1 garlic clove, peeled  
1/4 tsp peppercorns, whole  
1/4 tsp salt  
1 tablespoon lemon juice  
1 teaspoon sugar

**Preparation:**

Drain the beetroot, reserving liquid and put beets aside. In a large pan combine the liquid from the beets, water, celery, carrot, bay leaf, garlic, peppercorns and salt. Heat until boiling. Cover and turn down the heat, then simmer for 15 minutes. Remove vegetables and seasonings with a slotted spoon. Stir in reserved chopped beetroot, lemon juice and sugar. Continue cooking for 10 minutes or until heated through. Serve topped with sour cream.

**Spanish paella**

**Ingredients:**

1 medium chicken  
1 medium rabbit  
2 medium ripe chopped tomatoes  
165 grs. wide green bean  
130 grs. large white lima beans  
1 level teaspoon of saffron  
3 cups of Spanish rice  
8 cups of hot water or chicken broth  
olive oil to cover the bottom of the pan  
salt  
1 level teaspoon of sweet red paprika

**Preparation:**

Heat the oil and when it is hot enough, add the rabbit and chicken (lightly salted) and fry until lightly browned. Add the white and green beans and cook them together with



the meat. While they are cooking, make a clearance in the middle of the paella pan and fry the chopped tomatoes until they look a little pasty, quickly adding the paprika, stirring quickly and immediately adding the hot water or broth until it is almost to the top of the paella pan edge. Cook all the ingredients for about 20 minutes over a high fire and taste for salt. After 20 minutes add the rice, distributing it evenly, making sure the rice is covered with liquid. The fire should be fairly high, not interrupting the boil. It takes about 20 minutes for the paella rice to cook. Do not stir the rice once you have added it to the paella pan, just change its position so that the fire gets to all parts equally. All the broth should be absorbed when finished. Take the paella off the fire and let stand for about 10 minutes covering the top with newspaper. If the rice has been cooked correctly, the rice grains should be loose, not clumped together or having a mushy texture.

Well, you have read the recipes and now you can prepare the dishes at home. In this way, you can bring some parts of Europe to your house. But you should not forget... The dish is the most delicious in its land, where you can enjoy the native people, and view to the land's sights. But the choice is yours.

Enjoy your meal!

With a  
spoon  
through  
Europe



As probably all people, we enjoy food as well. More specific it is, more attractive it is. We took a trip through Europe with a spoon, a fork and a knife in our hands. Here are some of the most delicious dishes we have chosen for you.

#### Romanian potato soup

##### **Ingredients:**

4 med. potatoes  
1 qt. soup stock  
1 med. onion, minced  
1/2 tsp. salt  
a few grains pepper  
4 tbsp. grated American cheese

##### **Preparation:**

Peel and grate the potatoes; combine with the soup stock. Add the onion, salt and pepper; cook together for 20 minutes. Serve in old-fashioned soup plates or soup bowls; sprinkle each serving with 1 tablespoon of the cheese. Canned consommé may be substituted for the soup stock.



#### Belgian waffles

##### **Ingredients:**

500g all purpose flour  
7g instant dried yeast  
4 medium eggs  
whole milk (add some sparkling mineral water to make them even fluffier)  
250g butter  
one sachet vanilla sugar  
some salt

##### **Preparation:**

Take a cup of milk and heat it until it is lukewarm then mix in your yeast. You can



now leave the yeast standing for a while. In the mean time melt the butter. Separate the Egg yolks from the egg whites and beat the egg whites until you get snow. Now take a big giant huge bowl and throw in all the flour, vanilla sugar and some salt. Make a hole in the middle of the flour and fill it with melted butter, dissolved yeast and egg yolk. Mix while you are adding milk and some mineral water. You should mix it really well so there are no lumps. It should be thick, thicker than for pancakes. Now gently mix the beaten egg whites into the dough and stop mixing. Leave the dough to rest and rise at room temperature for a while. It should double or even triple. If you can, make the waffle dough in the evening and leave it overnight. Use the oil to grease the waffle iron and pour the dough in it. Bake until they turn golden brown.

#### Checks Knedliky

##### **Ingredients:**

2 eggs  
1/2 cup milk  
1 teaspoon salt  
3 cups flour, sifted with a pinch of baking powder  
4 slices white bread, cut into cubes

##### **Preparation:**

Beat eggs, salt & milk in a large mixing bowl; add flour gradually. Continue beating with a large spoon (the dough must be smooth and stiff enough to hold its shape). Stir in bread cubes last. Have a clean, wet towel ready. Shape the dough with wet hands into an oblong, roll in a towel and



drop into a large kettle of salted boiling water. Boil, covered, for 45 minutes. Remove the towel and slice the dumpling 1/2 inch thick. Keep hot until ready to serve.

#### Danish Frikadellers

##### **Ingredients:**

1 1/4 lbs ground veal or ground pork  
1/2 onion, finely chopped  
50 g flour  
1 egg  
200 ml milk  
salt and pepper  
butter (for frying)

##### **Directions:**

With a wooden spoon stir the meat with 1 teaspoon salt for about 2 minutes. Stir in the egg, chopped onion, and flour. Little by little add the milk stirring it in well. Add a few grinds of black pepper to the mixture and stir in well. Place the mixture in the refrigerator to rest for 30 minutes. Remove from refrigerator and add a little more milk if the mixture seems too stiff. With a wet tablespoon form the frikadeller, rolling them around in your hand so they resemble eggs. In a frying pan melt the butter over medium heat until it is hot. Place the frikadeller in the pan and cook them for 2 minutes on each side. Lower the heat to low and cook for a further 4 minutes on each side. Serve them hot.

#### Latvian borscht

##### **Ingredients:**

32 oz diced canned beetroots  
3 cups water  
1 celery stalk

