

European Minority Community Recipes

1. Boiled Beef with Horseradish Sauce

Origin: Central European cuisine

Ingredients

- 1 kg beef
- Celery, carrots and onions
- 1.5 L water
- 1 bay leaf, 1 clove and 2 allspice berries
- 100 g butter, 50 g flour, 500 ml beef broth
- 2 eggs, 100 ml milk and 100–200 g horseradish

Method

Simmer the beef with vegetables, water and spices for about 2 hours until tender. For the sauce, melt butter, stir in flour and gradually add broth. Mix in eggs, milk and horseradish. Serve the beef with the sauce and cooked vegetables.

2. Orehova Potica (Slovenian Walnut Roll)

Origin: Slovenia and the Slovenian minority in northeastern Italy

Ingredients

- 500 g flour, 35 g yeast
- 1 egg and 2 egg yolks
- 200 ml milk, 60 g butter, 60 g sugar
- Salt, lemon zest, vanilla and 1 tsp rum
- Filling: 500 g walnuts, 150 g raisins, 75 g butter, 100 g sugar, 200 ml milk, 50 g pine nuts, 1 egg and rum

Method

Make a yeast dough with the flour, yeast, egg, yolks, milk, butter, sugar and flavourings. Let it rise. Prepare the filling by combining the walnuts, raisins, melted butter, sugar, milk, pine nuts, egg and rum. Spread over the dough and roll it up. Let rise for 45–55 minutes. Bake at 150°C for 15 minutes, increase to 180–200°C until golden, then reduce to 150°C for another 20–25 minutes. Cool and dust with sugar.

3. Asparagus Wrapped in Ham with Buckwheat and Hollandaise

Origin: Sorbian minority in Germany

Ingredients

- 500 g asparagus
- 7–8 slices of ham
- 100 g buckwheat
- ½ lemon, 50 g butter, salt, pepper and sugar
- Sauce: 4 egg yolks, ½ tsp vinegar, lemon juice, 100 ml water and 200 g butter

Method

Cook the asparagus and buckwheat separately. Wrap the asparagus in ham and fry until lightly browned. For the sauce, whisk the yolks with vinegar, lemon juice and water over gentle heat. Gradually whisk in the butter until thick and creamy. Season and serve with the asparagus and buckwheat.

4. Plain in Pigna (Swiss Potato Bake)

Origin: Rhaeto-Romansh community, Engadine, Switzerland

Ingredients

- 800 g potatoes and 3 carrots
- 1 onion
- 75 g salsiz sausage or bacon
- 75 g raw ham
- 50 g flour, 200 ml milk and 20 g butter
- Rosemary, salt and pepper

Method

Grate the potatoes and carrots. Mix with flour, chopped onion, diced meats and seasoning. Heat the milk with the butter and stir it into the mixture. Transfer to a baking dish and bake at 180°C for about 45 minutes. Serve with apple purée.

5. Egg Salad with Curry

Origin: German minority in Denmark

Ingredients

- 100 ml yoghurt and 100 ml mayonnaise
- 1½ tsp curry powder
- 1 tbsp mustard
- 2 spring onions
- 2 hard-boiled eggs
- Salt and pepper
- Optional: apple or bacon

Method

Mix the yoghurt, mayonnaise, curry powder and mustard. Chop the eggs and spring onions, then fold them into the dressing. Season and add apple or bacon if desired. Serve on bread.

6. Traditional Strudel

Origin: German minority in Hungary

Ingredients

- 1 kg flour, 700 ml warm water and 1 tbsp salt
- Oil or melted butter
- Filling options: cottage cheese, butter, 4 eggs, sugar and vanilla sugar; or poppy seeds, sugar and grated apple; or plum jam, cherries, breadcrumbs and sugar

Method

Mix the flour, water and salt into a dough. Knead, rest and roll it out very thinly. Add your chosen filling and roll up the dough. Brush with oil or melted butter and bake at 180°C for about 45 minutes, until golden.

7. Green Bean Soup

Origin: Russian German community

Ingredients

- 400 g green beans
- 1 kg potatoes
- 1 onion and 1 carrot
- 200 g flour
- 1 glass of cream or milk
- Butter, 1–2 bay leaves, salt and soup herbs

Method

Cook the green beans for 15 minutes, then add the potatoes. Sauté the onion and carrot in butter and add them with the bay leaves. Mix the flour with the cream or milk until smooth and stir into the soup. Simmer for another 5 minutes, season and garnish with herbs.

8. Sûkerbôle (West Frisian Sugar Bread)

Origin: West Frisian community, Netherlands

Ingredients

- 500 g flour, 10 g salt and 3 g cinnamon
- 200 ml milk mixed with ginger syrup
- 25 g yeast, 75 g melted butter and 2 eggs

- 100 g sugar lumps
- Extra butter and sugar for the pan

Method

Mix the milk and ginger syrup with the yeast. Add the flour, salt, cinnamon, butter and eggs. Knead and leave to rise for 1 hour. Knead in the sugar lumps, place in a greased and sugared pan, and rise for another 30 minutes. Bake at 200°C for about 30 minutes.

9. Øllebrød (Danish Bread Porridge)

Origin: German minority in Denmark

Ingredients

- 150 g dark whole-grain bread
- 200 ml light beer or water
- 1 tsp honey and a pinch of salt
- Optional: whipped cream, nuts or berries

Method

Cut the bread into cubes and soak in the beer or water for 15 minutes. Heat gently, stirring until it becomes a thick porridge. Add honey and salt. Serve warm with optional toppings.

10. Christmas Stollen from Lusatia

Origin: Sorbian minority in Lusatia, Germany

Ingredients

- 300 g raisins soaked in alcohol
- 375 g flour and 4 tsp baking powder
- 125 g sugar and 1 vial of vanilla flavouring
- Cinnamon and gingerbread spice
- 200 g quark, 150 g butter and 200 g ground almonds
- 1 egg, 190 g candied lemon peel
- 1 block of marzipan and icing sugar

Method

Mix the raisins, flour, baking powder, sugar, vanilla, spices, quark, butter, almonds, egg and candied peel. Shape into loaves, adding a marzipan centre if desired. Bake at 180°C for 40–45 minutes. Cool and dust with icing sugar.

11. Caramelized Almonds

Origin: Christmas market tradition in Germany and Scandinavia

Ingredients

- 200 g almonds
- 200 g sugar
- ½ tsp vanilla sugar
- 100 ml water

Method

Place all ingredients in a pan and bring to a boil, stirring. When the water evaporates, let the sugar caramelize briefly, then stir until the almonds look glossy and coated. Spread on baking paper, separate the almonds and let cool.

12. Vanilla Wreath Cookies

Origin: German minority in Denmark

Makes: About 80 cookies

Ingredients

- 1 vanilla bean
- 200 g flour and 200 g butter
- 160 g sugar
- 150 g almond flour
- 1 egg

Method

Scrape the vanilla seeds and mix with the sugar. Combine with the almond flour and butter, then add the egg and flour. Knead briefly and pipe the dough into wreath shapes. Bake at 180°C for about 8 minutes. For fresh cookies later, freeze the dough in portions.

13. Pølsehorn (Danish Sausage Rolls)

Origin: Danish minority in Germany

Ingredients

- 250 ml lukewarm water
- 25 g sugar and 50 g fresh yeast
- 10 g salt and 1 egg
- 600 g flour and 100 g butter
- 14 small sausages, vegetarian if preferred
- 1 egg for brushing

Method

Mix the water, sugar, yeast and salt. Add the egg, butter and flour, then knead. Let rest for 20 minutes. Divide the dough into 14 portions and wrap each around a sausage. Rise for 30 minutes, brush with beaten egg and bake at 200°C for 12–15 minutes.

14. Bizochels with Cheese (Rhaeto-Romansh Dumplings)

Origin: Rhaeto-Romansh community, Switzerland

Serves: 4

Ingredients

- 500 g flour, 3 eggs and about 500 ml milk
- Salt, pepper, paprika and nutmeg
- 1–2 onions and 30 g butter, plus extra butter
- Plenty of grated mountain cheese, Sbrinz or Gruyère

Method

Mix the flour, eggs, milk and seasonings into a thick dough. Cut small pieces into gently boiling salted water and cook until they float. Layer the dumplings in a casserole with grated cheese between the layers. Top with sautéed onions, extra butter and cheese. Serve with applesauce; smoked sausage, bacon, spinach or leeks can also be added.

15. Fish on Onion

Origin: Aromanian community in Serbia

Ingredients

- 1–1.5 kg onions
- Fish fillets
- Oil and salt
- 1 cup water and 2 tbsp flour
- 1 tbsp ground red paprika
- Cayenne pepper and fresh mint leaves

Method

Finely dice and fry the onions in oil, adding a little water, until golden. Transfer to a ceramic baking dish. Mix the water, flour, paprika, cayenne and chopped mint, then pour over the onions. Season and briefly fry the fish. Place it on top of the onions and bake until browned.

16. Pears, Beans and Bacon

Origin: North Frisian community, Germany

Serves: 4

Ingredients

- 4 slices smoked pork belly, about 0.5 cm thick
- 1 onion and 500 g green beans
- 1 sprig of savory

- 500 g potatoes and 4 cooking pears
- 1 can of pears and its juice
- 2 tbsp flour, white pepper and 750 ml water, plus extra

Method

Boil the bacon and onion in 750 ml water and 250 ml pear juice for 20 minutes. Add the beans and savory and cook for 15 minutes. Add peeled, diced potatoes and the washed whole pears; cook for another 15 minutes. Mix the flour with cold water and stir in to thicken. Season with white pepper and extra pear juice if needed. Simmer uncovered to reduce the sauce and serve with the pears arranged stem-side up.

17. Old-Fashioned Apple Cake

Origin: European traditional dessert

Serves: 4

Ingredients

- Apple compote: 300 g apples, 30 g sugar, a pinch each of vanilla powder, cinnamon and cardamom, and 100 ml water
- Macaroons: 100 g almond flour, 120 g icing sugar and 1 egg white
- Breadcrumbs: 150 g breadcrumbs, 85 g sugar and 75 g butter
- 200 ml cream

Method

Simmer the apples with sugar, spices and water for about 30 minutes. Mix the almond flour, icing sugar and egg white, pipe small macaroons and bake at 150°C until set. Fry the breadcrumbs in butter, add sugar and stir until golden; cool. Layer the apple compote, macaroons and breadcrumbs in a glass bowl. Top with whipped cream and the remaining breadcrumbs.

18. Potato Dumplings with Feta

Origin: European regional cuisine

Ingredients

- 700 g potatoes
- 500 g flour and 1 egg
- 50 g bacon
- 120 g feta
- 250 g cream and salt

Method

Peel and grate the potatoes, then mix with flour, egg and salt. Shape into dumplings and cook in salted boiling water. Mix the feta with the cream and combine with the dumplings. Fry the bacon until crisp and scatter over the top.

19. Pùlczi ze sledzã (Potatoes with Herring Salad)

Origin: Kashubian community, Poland

Preparation: 15 minutes; total about 30 minutes, plus chilling

Ingredients

- 500 g salted herring fillets
- 250 ml sour cream
- 2 onions
- New potatoes
- Sugar, pepper and lemon juice

Method

Drain and cut the herring, then drizzle with lemon juice. Mix the sour cream with chopped onions, sugar and pepper, then add the herring. Cover and chill for at least 1 hour. Boil the potatoes in salted water, peel while hot and serve topped with the cold herring salad.

20. Szálckippl (Salzkipfel or Salt Crescents)

Origin: German minority in Hungary, Wemend

Ingredients

- 1 kg flour
- 2 eggs, plus 1 egg for brushing
- 50 g yeast and 3 tbsp oil
- 1 large tbsp lard, plus extra for spreading
- Milk as needed
- Salt and caraway seeds

Method

Dissolve the yeast in a little milk. Add flour, eggs, oil, lard and enough milk to make a smooth dough. Rest for 30–40 minutes. Divide into 8 pieces and roll each into a circle. Spread with lard and cut each circle into 8 triangles. Roll the triangles into crescents. Brush with beaten egg, sprinkle with salt and caraway seeds, and bake at 200°C for about 20 minutes.

21. Młodzowi Kùch (Kashubian Yeast Cake)

Origin: Kashubian community, Poland

Preparation: 20 minutes, plus several hours of rising; baking 50–60 minutes

Ingredients

- Cake: 1 kg flour, 3 tbsp oil, 1 L milk, 6 eggs, 50 g butter, 50 g sugar, 100 g raisins, 100 g fresh yeast and salt
- Crumble: 50 g butter, 1 packet vanilla sugar, 50 g sugar and 70 g flour

Method

Warm 500 ml milk and mix with 1 tbsp sugar, 2 tbsp flour and the yeast. Leave until foamy. Mix the flour and vanilla sugar with the eggs, yeast mixture, melted butter and enough lukewarm milk to make a smooth dough. Knead in soaked raisins and let rise for 1–2 hours. Spread in a greased tin. Mix the crumble ingredients and sprinkle over the dough. Bake at 180°C for 50–60 minutes, until a toothpick comes out clean.

22. Rökefloose (Buttermilk Soup with Semolina Dumplings)

Origin: Traditional regional cuisine

Serves: 4–6

Ingredients

- Soup: 1.5 L buttermilk, 1 packet of vanilla pudding powder for cooking, whole milk as needed and 4–5 tbsp sugar
- Dumplings: 250 ml milk, 100 g semolina, 30 g butter, 2 eggs and salt

Method

Bring the buttermilk to a boil and thicken it with the pudding powder. Add milk if needed, sweeten and keep warm. For the dumplings, boil the milk with butter and salt. Stir in the semolina until firm, then cool and beat in the eggs. Shape dumplings with two teaspoons and simmer in salted water for about 10 minutes, until they float. Add the dumplings to the soup.

23. Potato Pancakes

Origin: German minority in Slovakia (KDJ)

Ingredients

- 700 g potatoes
- 500 g flour and 1 egg
- Salt, garlic and marjoram
- Oil for frying
- Sour cream to serve

Method

Peel and grate the potatoes. Mix with flour, egg, salt, crushed garlic and marjoram to make a firm dough. Spoon portions into an oiled pan and flatten to American-pancake size. Fry on both sides until golden and cooked through. Serve with sour cream.

24. Potato Ravioli with Finferli Mushrooms

Origin: European regional cuisine

Ingredients

- 400 g potato dough
- 250 g finferli (chanterelle) mushrooms
- 1 tbsp marjoram, 50 g brown butter and 30 g Parmesan
- ½ onion and 1 garlic clove
- 1 tbsp butter and ⅛ L cream
- 2 tsp chopped chives, salt and pepper
- 120 g sautéed finferli for serving

Method

Clean and chop the mushrooms. Sauté the onion and garlic in butter, add the mushrooms and cook for 2 minutes. Add cream, salt and pepper, then simmer until thick and stir in chives. Roll the potato dough thin and cut into 5 cm rounds. Fill each with a teaspoon of mushroom mixture, fold into half-moons and seal. Cook in boiling salted water for 3–4 minutes. Serve with sautéed mushrooms, marjoram, Parmesan and brown butter.

25. Galettes (Crêpes au blé noir / Buckwheat Crêpes)

Origin: Brittany, France

Makes: About 20

Ingredients

- 500 g buckwheat flour
- 1 L water
- 1 egg and 10 g salt
- Salted butter
- Optional classic filling: egg, ham and grated cheese

Method

Mix the flour, egg and salt. Gradually add the water, whisking to a smooth batter. Add a little melted butter and chill for 2 hours. Butter a pan, pour in a thin layer of batter and cook until golden. Flip and cook the other side. Add the filling if desired, then fold the edges like an envelope and serve.

26. Strawberry Tiramisu

Origin: German minority, South Tyrol, Italy

Ingredients

- 160 g quark and 160 g natural yoghurt
- 1 packet vanilla sugar
- Juice of ½ lemon and 70 g icing sugar
- 150 ml cream
- 160 g sliced strawberries and 100 g strawberries for garnish
- 200 ml cloudy apple juice

- 1 packet of ladyfingers

Method

Press the quark through a sieve and mix with yoghurt, vanilla sugar, lemon juice and icing sugar. Whip the cream and fold it into the mixture with the sliced strawberries. Briefly dip the ladyfingers in apple juice and layer them in a dish with the cream mixture. Repeat the layers, garnish with strawberries and refrigerate until chilled.

27. Lakumići (Twisted Bread Rolls)

Origin: Croatian minority, Serbia (CroV)

Makes: About 12 rolls

Ingredients

- 400 ml milk
- 3 egg yolks
- 3 tbsp sugar and 1½ tsp salt
- 1 tbsp butter or oil
- 650 g flour and 25 g fresh yeast
- For coating: egg yolk mixed with milk, or melted butter or oil

Method

Warm the milk until lukewarm. Dissolve the sugar and yeast in some of the milk and wait until bubbly. Mix with the remaining milk, salt, egg yolks, melted fat and flour. Knead until smooth, cover and rise for 1 hour. Divide into 24 pieces, roll into strands and twist pairs together into spiral knot-shaped buns. Place on a tray and rise for 30 minutes. Brush with egg yolk or melted fat and bake at 200°C for about 20 minutes, until golden. Serve with soup, as a lunch roll, snack or breakfast bun.

28. Capuns (Stuffed Chard Leaves)

Origin: Rhaeto-Romansh community, Graubünden, Switzerland

Ingredients

- 400 g flour
- 4 eggs
- 250 ml milk and water, half of each
- Salt
- 100 g diced salsiz sausage
- 100 g diced Landjäger sausage or raw ham
- Parsley, chives and mint
- Large chard leaves and butter
- Sauce: 1 onion, butter, 150 ml beef stock and 150 ml cream
- Garnish: crispy bacon strips and grated cheese

Method

Whisk the eggs, milk, water and salt. Gradually add flour until the batter bubbles, then rest for 30 minutes. Stir in the diced meats and herbs. Place a teaspoon of filling on each chard leaf and wrap. Fry briefly in butter, then simmer in salted water for 5–10 minutes. For the sauce, sauté the onion in butter, add stock and cream, and reduce by half. Serve with sauce, crispy bacon and grated cheese.

Vegetarian option: Replace the meat with 100 g diced potatoes, 50 g diced green pepper and 1 small chopped onion. Use vegetable stock and omit the bacon.

29. Piperchi Dinjicati (Paprika, Tomato and Feta Spread)

Origin: Aromanian community, Balkans

Ingredients

- 2 kg paprika (about 8 large peppers)
- 1–1.5 kg fresh tomatoes or 500 g tomato sauce
- ½ onion, optional
- 5 tbsp olive oil
- Salt
- 300 g sheep's milk cheese or feta

Method

Sauté the chopped onion in olive oil until soft. Add diced paprika and cook until softened and the liquid evaporates. Add chopped tomatoes or tomato sauce and simmer until reduced by one-third. Stir in grated cheese and cook for 3 minutes. Remove from the heat and cool slightly. Store in clean jars in the refrigerator. Feta makes the spread creamier. Serve on bread or as a dip.

30. Dúmkes (Little Thumb Cookies)

Origin: European regional baking tradition

Ingredients

- 75 g butter and 75 g hard fat
- 125 g brown sugar and 1 egg
- 300 g flour
- 1 tsp cinnamon and 1 tbsp aniseed
- Pinch of salt
- 50 g chopped almonds and 50 g chopped hazelnuts
- 1 tsp ground ginger

Method

Mix the softened butter, hard fat, sugar and egg until smooth. Add the flour and knead for 15 minutes. Mix in the spices and nuts. Roll the dough to about 1 cm thick and cut into bars

measuring 2 × 4 cm. Place on a greased baking sheet and bake at 180°C for about 25 minutes, until golden. Gently press both ends of each cookie with your thumb.

31. Halva (Romanian-Style Flour Halva)

Origin: Romanian community, Serbia (Lunjina)

Ingredients

- 1 cup oil
- 2 cups flour
- 2 cups sugar
- 4 cups water
- Chopped walnuts
- Lemon juice and a little cinnamon

Method

Heat the oil and flour in a pan, stirring constantly until the flour turns caramel-coloured without burning. Meanwhile, boil the sugar and water to make a syrup. Add walnuts, lemon juice and cinnamon. Carefully pour the hot syrup into the fried flour, stirring quickly until smooth and lump-free. Transfer to a mould or shape into small balls with a spoon. Cool before serving.

32. Baconcake – Krivekucha (GJU)

Origin: GJU

Ingredients

- Yeast dough
- 1 egg
- Salt, to taste
- Bacon, cut into cubes

Method

Preheat the oven and grease a baking tray. Spread the yeast dough over the tray. Whisk the egg with a little salt and brush it over the dough. Scatter the bacon cubes evenly on top. Bake for 15–20 minutes, until the dough is cooked and golden.