



EVERY DISH HAS A STORY



2015- 2017



CURDLE

Inside Basque cuisine, this is one of the tastiest desserts that has preserved since ancient times.

The cottage cheese or curd is a dairy dessert. In the past, farmers milked their sheep in a container called "Kaiku". These couldn't be placed directly into fire because they were made of wood. So, in order to make milk boil they put a very hot stone into the milk (esne harria). This way the dessert had a burnt taste which is a typical characteristic of the dessert. These stones made the mixture hot from the inside, and two hours later it clotted separating fat from whey, obtaining a flavorful pastry: CURD.

Nowadays, in Basque homes, people boil milk, and when temperature falls to 38°, people add curdling agent and they get a tasty curdle.

It can be served in a big bowl for all dinner guests, or in individual containers made of clay. We normally eat it cold with honey, dried fruit or sugar.



MARMITAKO

Marmitako is a quite contemporary meal: potatoes arrived almost 400 years ago, and in old recipe books has never appeared, not at least until 1932.

Marmitako meal was "invented" by sailors from Vizcay's Golf, and as the word says, it was prepared in a "marmite", which is a pot. It is traditionally prepared in a clay pot, using tuna meat, potato, onion, tomato and garlic.

Although it was a simple and easy recipe, nowadays it is one of the most meaningful meal of the Basque gastronomy. In a lot of towns along the coastline, this meal uses to be the main character of the town's parties, because a lot of competition are celebrated to see who prepares the best marmitako.



SQUIDS IN THEIR INK

Squid's ink is well accepted in our culture, but it still continues astonishing people who have never tasted it. This famous meal is, nevertheless, quite recent in our tradition.

There isn't exist any documentation about who was the first cooking squids in their ink.

It isn't known who had the idea to add the squids the ink, when everybody knew that it was toxic (this disappeared when we heat it). It is said that maybe it arises, not as a culinary recipe, but as a ritual joined to witchcraft.

Another thing that we don't known is its origin. Some people say that could be Basque, others think could be Italian or oriental, and it is also possible to have Philippine roots.

The facts take us until the XVII century. At that time, the ink was thrown. At that time, the Basque Jesuits arrived in the Philippines and there, a cultural exchange with gastronomy millenaries took place. There are some resources about a Philippine meal called " adobong", made of squids . They also added ink in the last moment.

We could feel proud of thinking we are the one who promoted ink consumption , but the dates don't say that, because at that time, in Spain, ink wasn't used yet. Anyway, the ink continues being a mystery.



BUCKWHEAT



1. Description

Buckwheat (*Fagopyrum esculentum*) is perennial and annual herb with white and pink blooms. Buckwheat is not related to wheat but its seeds are eaten and rich in complex carbohydrates, it is referred to as a [pseudocereal](#).

2. Buckwheat and health

Buckwheat contains a special antioxidant called [rutin](#) that makes [capillary](#) and vessel walls stronger. It doesn't contain gluten so it is good for people who are sensitive to wheat or other grains that contain gluten. It lowers risk of heart disease and it protects against cancer. It also strengthens immunity system.

3. Buckwheat in the kitchen

Buckwheat is very popular in the Czech republic. It's been growing here since 12th century. It is Czech traditional dish. Often it can be served as an alternative to rice or porridge.

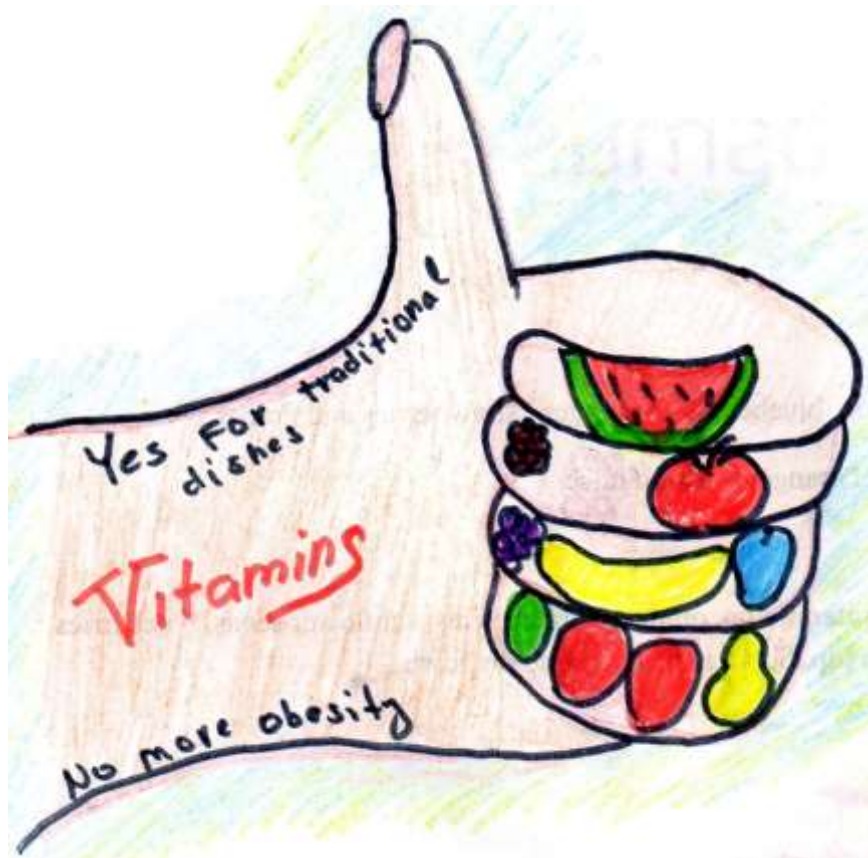


FRUIT SALAD

Some fact about vitamins:

Your body needs vitamins to stay healthy and fight diseases. Vitamin A keeps your skin healthy. You can get vitamin A from orange fruits and vegetables like carrots or pumpkins.

Dark green vegetables, like spinach, have lots of vitamin A, too. Dairy products give you vitamin B from meat, fish, and eggs. Vitamin C helps your body fight diseases. You can get vitamin C from citrus fruits like oranges and lemons.



LENTIL SALAD

Some facts about Proteins:

Your body needs proteins to build muscles. Proteins are also important for healthy hair and fingernails. You can get lots of proteins from meat, fish, and eggs. Dairy products, like milk, cheese, and yogurt, also contain proteins. Many people don't eat animal products. Pulses, like beans and lentils are rich in proteins. Many grains, nuts, and seeds have proteins, too.

Which of these foods do you eat?





FISHERMAN'S SOUP

Fisherman's soup or **halászlé** (Hungarian pronunciation: [ˈhɒlɒːslɛː]) is a hot, spicy [paprika](#)-based river [fishsoup](#), originating as a dish of [Hungarian cuisine](#), a bright-red hot soup prepared with generous amounts of hot paprika and carp or mixed river [fish](#), characteristic for the [cuisines](#) of the [Pannonian Plain](#), particularly prepared in the [Danube](#) and [Tisza](#) river regions. With its generous use of hot paprika, halászlé is arguably one of the hottest (spicy hot) dishes native to the European continent.



Many people, especially fishermen, regard the preparation of fish soup as somewhat secretive. Although the recipe is basically simple, the "right" ratio of [spices](#), onion, fish (its quality and variety) and water, as well as timing, affect the soup taste significantly. Many dedicated fishermen regarded their recipe as a highly-kept secret.

Competitions in preparing the soup are popular and are usually held at [fairs](#) along river coast. Visitors are offered to taste the soup for money or for free; the quality is determined by public or [committee](#) and (un)success of competitors is often subject of mutual [teasing](#).

The Fisherman's soup or halászlé is a traditional dish for Christmas Eve dinner in Hungary.

HUNGARIAN PANCAKES

Palacsinta

Pancakes from Hungary. The origin of these thin which are extremely popular in Hungary, is not Most probably they developed from the Roman small, round cake that was eaten instead of Pancakes are served in a wide range of sweet and savory. They are served as an main course, and a dessert. As well as the familiar round, they are also made as pasta or even cakes, and are even breaded and deep-fried in hot oil. What makes this "quick-change artist" so popular with rich and poor alike is the easy availability and affordability of the ingredients.



(palacsinta), entirely clear. plazenta, a bread. varieties, both appetizer, a

Hungarian pancakes are eaten hot. The more genteel diner will use a fork to shred it into pieces, but others will make life easier by using a knife as well.



GOULASH



Interesting facts about the Hungarian goulash! Once it was the shepherds food, as its name stands for (the Hungarian goulash is the shepherd in other word). The name is from the Árpád-era (from the 10th to the 13th century), the food itself is made later. From the second half of the 18th century, through the villager cuisine became the goulash common food. In the beginning, the goulash in every Hungarian household is eaten and offered, but after a few years, in the reform era (the first half of the 19th century) the goulash was on every restaurant's menu. Its popularity, the fame on the table is comes with the development of the national consciousness from the middle of the 18th century .

It is a common agreement in the households, and in the restaurants, that the goulash can only be made from hard beef and the real goulash is made only in kettle!



STORY OF ABDIGOR MEATBALL

Location Dogubeyazit / Ağrı. Our protagonists are ; Isak Pasha's father, One-armed Abdi Pasha. In 1634 IV. Abdi Pasha, who took the nickname of "One-armed" because Murat was very useful in military maneuver during the Iranian campaign and lost his right arm during a conflict, was assigned to Doğubayazıt , which was first established in 1635. Abdi Pasha starts a palace construction as the first job when he comes. The construction of the palace takes 99 years and It is completed by Ishak Pasha. According to story, One-armed Abdi Pasha is a stomach patient. For this reason, he can not eat meat. Even if you do not eat meat, however, there is also a serious problem. Because only livestock is made in the region and in a small region rice paddies (rice) are raised by the Armenian villagers. And even worse, the local cooks are only masters of "meat dishes". On top of that, a cook gets serious and develops a series of dishes and eventually succeeds in making a meatball that does not disturb One-armed Abdi Pasha. And from that day onwards the name of this meatball is Abdigör meatball.



STORY OF TARHANA SOUP



The world's first ready soup, tarhana soup, goes back to the Seljuks. According to the history, one of the sultan and his vizier changed their clothes and were walking around the city. They said " If iftar ball breaks while we are in front of the house, let's iftar there". And they became a guest in a poor house. There was only soup on the table. The Sultan liked the soup so much that he asked the name of the soup. The peasant woman who prepares the soup said: "This is dar-hane (poor-house) soup, enjoy your meal!" Thus the name of the 'dar-hane' changed over time and got this name: 'tarhana' .

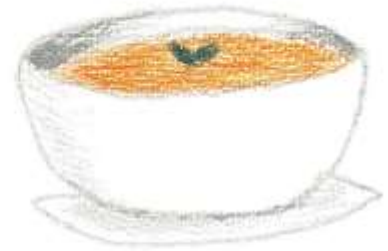
THE HIKKOR'S STORY

The story goes on in Beylerbeyi Palace in 1869. Our Heroes III. The wife of Napoleon was the Emperor Eugenie and the Ottoman sultan Abdulaziz who was on the throne at that time. He invited the Emperor and his wife to his palace in the presence of the sultan who visited France in 1867. Due to the intensity of government affairs, Emperor III. Napoleon can not come and the case will only be called the Empress. He comes to Istanbul, brings his cookie with him and is hosted in Beylerbeyi Palace. French chef who cooks together with Turkish cooks in the palace kitchen prepares "Bechamel" sauce one day. This new sauce attracts the attention of the Turkish chef who prepares the aubergine salad by smashing the eggplant right next to it and crushing it. He prepares the "béchamel" sauce and adds the eggplants that he has crushed. She likes it, she likes it, she decides to offer this dish with lamb meat. The Sultan likes to eat new. After that day, the name of your meal will be "Honey". Here is the interesting story of this tasty meal which is one of the popular dishes of Turkish cuisine, entertaining menus of stylish restaurants, small artisan restaurants ...



HEALTHY PUMPKIN SOUP

Pumpkin is an extremely nutrient-dense food, meaning it is chock-full of vitamins and minerals but low in calories. There are many meals that can be made out of pumpkin, for example desserts, soups, salads, preserves and even substitute for butter. Pumpkins keep your eye sight sharp, aid weight loss, help your heart, may reduce cancer risk, protect skin, boost immune system.



COLD BEETROOT SOUP

Only in the Eastern Europe
you can find strange pink soup.
It's called "Cold beetroot soup".

Even in Grand Duchy of Lithuania
people knew about this soup. This meal
is known not just for its colour but and
for vitamins in it. Beetroots are full of
proteins, sugar, grease, magnesium,
sodium, calcium, phosphorus,
iron etc.

Healthy and delicious!



Baked apples

15 health benefits of eating apples

1. Get whiter, healthier teeth
2. Avoid vitamin's
3. Protect against Parkinson
4. Curb all sorts of cancer
5. Decrease your risk of diabetes
6. Reduce cholesterol
7. Get a healthier heart
8. Prevent gallstones
9. Beat diarrhea and constipation
10. Neutralize volatile bowel emissions
11. Avoid hemorrhoids
12. Control your weight
13. Detoxify your liver
14. Boost your immune system
15. Prevent cataracts



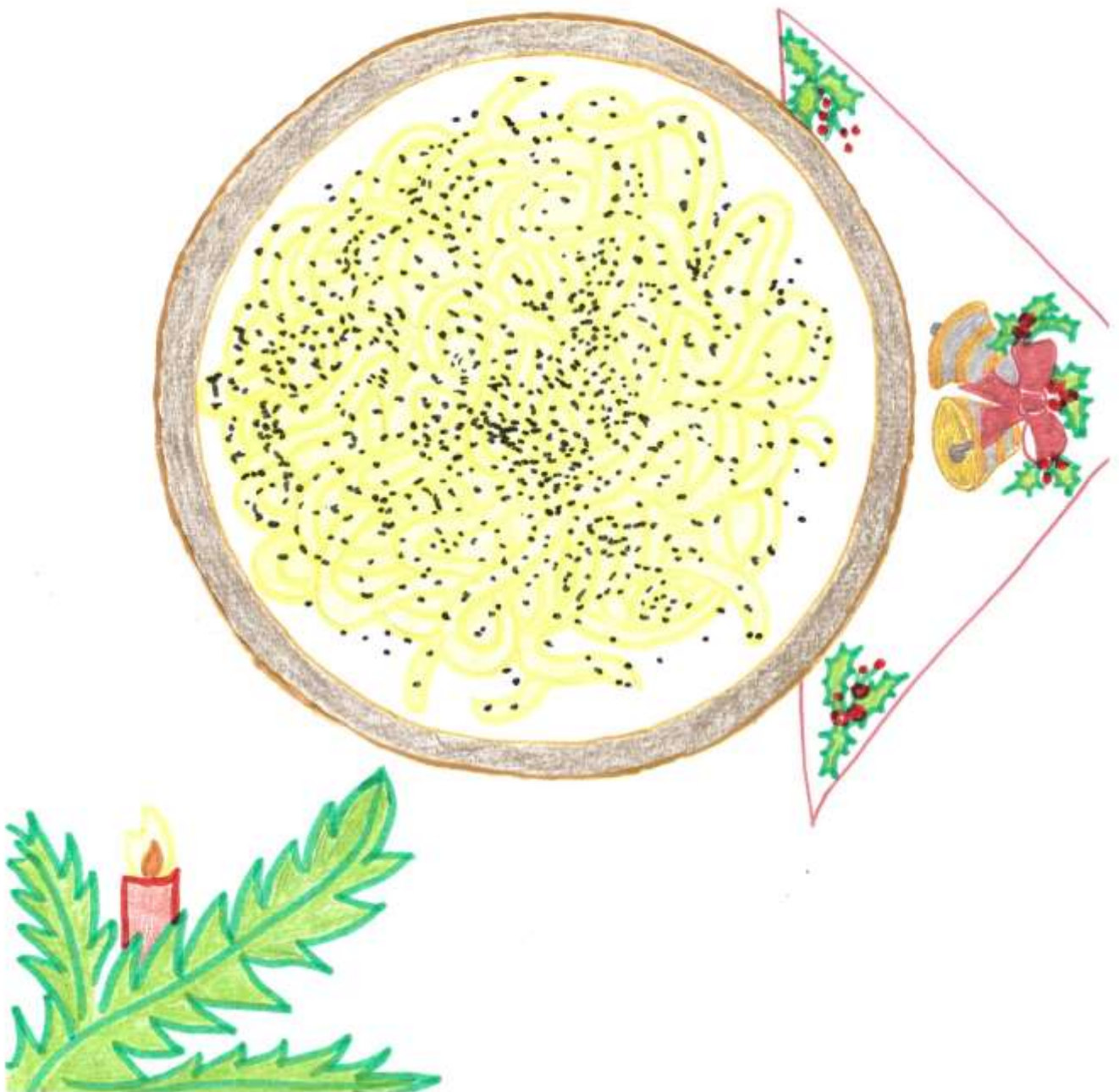
Dumplings with mushroom and cabbage filling

Pierogi also known as **varenyky**, are filled dumplings of East European origin. Typical fillings include potato, sauerkraut, ground meat, cheese and fruits. The dumplings may be served with a topping, such as melted butter, sour cream or fried onion. The traditional savory method is with onion, and the sweet method with sour cream. There is a dispute about where *pierogi* originated. Some legends say that *pierogi* have come from China through Italy during Marco Polo expeditions. Other stories contend that *pierogi* were brought to Poland by Saint Hyacinth of Poland, who brought them back from Kiev . On July, 13 1238, Saint Hyacinth visited Kościelec, and on his visit, there was a storm that destroyed all crops. Hyacinth told everyone to pray and by the next day, crops rose back up. As a sign of gratitude, people have made *pierogi* from those crops for Saint Hyacinth. There is another legend that states that Saint Hyacinth fed people with *pierogi* during famine caused by an invasion in 1241 by the Tartars. Although one legend states that *pierogi* were brought by the Tartars to the West from the former Russian Empire, it has been said that in the 13th century, *pierogi* had first arrived on Polish territories.



Pasta with poppy seed

In Poland and Ukraine the supper begins with eating soup. **Pasta with poppy seed** is served as a dessert and forms a significant part of the Lithuanian Christmas Eve menu. Poppy seeds are widely used for Christmas Eve dishes, because they symbolize abundance and prosperity.



Bigos, also known in English as **hunter's stew**, is a Polish dish of finely chopped meat of various kinds stewed with sauerkraut and shredded fresh cabbage. The dish is also traditional for Belarusian and Lithuanian cuisine.

Bigos made entirely of meat and exotic spices was affordable only to the affluent Polish nobility. The 18th century saw the development of a poor man's version of the dish, known as *bigos hultajski*, or "rascal's *bigos*", in which vinegar and lemon juice were replaced with cheaper sauerkraut as the source of tartness

Bigos is considered a Polish national dish, which, according to American food historian William Woys Weaver, "has been romanticized in poetry, discussed in its most minute details in all sorts of literary contexts, and never made in small quantities".

