

Junior Chef Euro cookbook



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Welcome to the Junior Chef cookbook for the summer programme of “Make a meal of it” 2021.

Together we will be journeying through the European country’s gastronomical delights as their National teams battle it out on the pitches.

We hope that you enjoy the selection of meals we will be cooking together over the six weeks of this chef led cooking skills programme.

The meals have been selected for being amongst the most popular meals of their home country.

Maybe, one day, you can enjoy the meal when visiting that country. In the meantime, lets get those weights, scales, bowls and cutting boards ready.

Allergens: If you see an ingredient you cannot eat simply leave it out.

Let’s get cooking.



Week One



Austria



Chicken schnitzel with coleslaw

Prep:30 mins

Cook:10 mins

Serves 4

Chicken breasts are tenderised, covered in breadcrumbs and fried until golden and crispy. A dinner that kids will love cooking and eating.

Ingredients

4 small chicken breasts 3 tbs grated parmesan 100g flour
1 large egg, beaten 75g dried breadcrumbs 75 ml vegetable oil

Method

STEP 1: Place a layer of cling film on your work surface and pop the chicken fillets on top. Cover with another piece of cling film and, using a rolling pin, ask your child to bash the chicken until it is 2-3mm thick.

STEP 2: Put the flour on a plate and season, then put the egg on another plate. Get your child to dip the chicken in the flour to coat, then into the egg.

STEP 3: Mix together the breadcrumbs and Parmesan in a shallow bowl, then ask your child to toss the chicken in the mixture to completely coat in the crumbs. Put the chicken on a plate and chill in the fridge until ready to eat if you're not cooking them straight away.

STEP 4: Heat the oil in a large frying pan over a fairly high heat and cook the chicken schnitzels two at a time. Sizzle them for 2-3 mins each side until completely golden, then lift out onto kitchen paper to drain.

You can keep them warm in a low oven while you cook the rest.





Belgium



Boulets liégeois is a very popular dish served all over Belgium. They are meatballs swimming in an apple and onion gravy, served with fries.

Prep Time: 10 minutes

Cook Time: 1 hour 30 minutes

Servings: 6 Servings

Ingredients For the Meatballs

1 pound grass-fed ground beef	1 pound ground pork
4 slices white bread crusts removed (turned into breadcrumbs)	
1 yellow onion diced	1 bunch Italian parsley finely chopped
2 large eggs	salt and pepper to taste
flour for dredging	2 Tablespoons unsalted butter

Ingredients For the Sauce

2 Tablespoons unsalted butter	3 cups diced onions (about 3 onions)
2 Tablespoons brown sugar	1 teaspoon dried thyme
2 Tablespoons flour	1 Tablespoon red wine vinegar
2/3 cups sirop de Liège - organic apple butter I used R.W. Knudsen	
3 cups beef stock	2 bay leaves
salt and pepper to taste	

Instructions

1. Mix beef and pork together in a large bowl to thoroughly combine.
2. Add the breadcrumbs, eggs, parsley, and onions. Mix thoroughly.
3. Roll into meatballs, about 1/2 cup each, and dredge in flour.
4. Heat butter in a large skillet over medium heat.
5. Add the meatballs and brown on all sides, about 8 to 10 minutes on each side.
6. Remove meatballs to a plate. Melt 2 Tablespoons of butter to the skillet.
7. Add the chopped onions and reduce heat to medium-low. Cook until onions are caramelized.
8. Add the brown sugar and thyme, stir and cook for 1 minute.
9. Add the flour, stir to combine.
10. Add the syrup Liège {apple butter} and vinegar, stir.
11. Pour in the beef stock, and add the bay leaves. Bring to a boil, reduce heat and simmer for 25 minutes.
12. Add the meatballs back to the sauce and cook for 15 minutes to heat through.





Croatia



Sausage and Potato Casserole

Prep and cooking time: 75-80 minutes

- | | |
|--|--|
| <ul style="list-style-type: none">- 700g. (1.5 lb.) potatoes or 4 large potatoes- 250g. spicy sausage (preferably smoked)- 50g. (2oz.) smoked bacon- 50g. (2oz.) onion- 2 cloves garlic- 1 tablespoon vegetable seasoning | <ul style="list-style-type: none">- Bay leaf- Parsley- Salt and pepper- Sweet red paprika- Flour- 1 litre water |
|--|--|

Peel and cube the potatoes, slice the bacon and sausage, and chop the onion, garlic, and parsley.

Heat a little bit of vegetable oil and sauté the sliced bacon, onion, and sausage.

Sprinkle with red paprika and add the potatoes, vegetable seasoning, bay leaf and the salt and pepper.

Dust with flour, stir well and add a necessary amount of water.

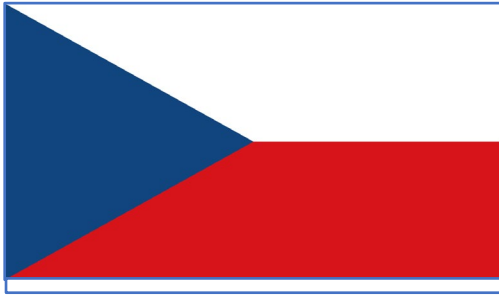
Boil gently until potatoes have softened.

Add chopped parsley and garlic.

Bring briefly to the boil and serve.



Note: Image has optional sour cream added.



Czech Republic



Beef goulash

Prep: 20 mins
Serves 4

Cook: 2 hrs - 2 hrs and 30 mins
Freezable

Ingredients

4 tbsp olive oil	700g stewing steak, cut into chunks
30g plain flour	1 large onion, thinly sliced
2 garlic cloves, finely chopped	1 green pepper, deseeded and thinly sliced
2 tbsp tomato puree	2 tbsp paprika
2 large tomatoes, diced	300ml beef stock
2 tbsp flat-leaf parsley leaves	150ml soured cream

Method

STEP 1: Heat oven to 160C/140C fan/gas 3.

STEP 2: Heat 1 tbsp olive oil in a flameproof casserole dish or heavy-based saucepan. Sprinkle 700g stewing steak chunks with 30g plain flour and brown well in three batches, adding an extra 1 tbsp oil for each batch. Set the browned meat aside.

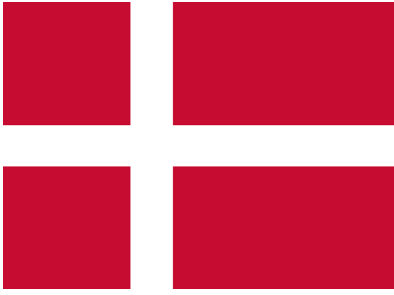
STEP 3: Add in the remaining 1 tbsp oil to the casserole dish, followed by 1 large thinly sliced onion, 2 finely chopped garlic cloves, 1 green pepper and 1 red pepper, both finely sliced. Fry until softened, around 5-10 mins.

STEP 4: Return the beef to the pan with 2 tbsp tomato purée and 2 tbsp paprika. Cook, stirring, for 2 mins.

STEP 5: Add in 2 large diced tomatoes, 75ml dry white wine and 300ml beef stock. Cover and bake in the oven for 1 hr 30 mins - 2 hrs. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 mins.

STEP 6: Sprinkle over 2 tbsp flat-leaf parsley leaves and season well with salt and freshly ground pepper. Stir in 150ml soured cream and serve.





Denmark



Monkey Brains – (Abehjerne)

Don't be afraid of the strange name, this traditional Danish meal is a popular Danish recipe for several reasons. Firstly, it's a really tasty dish that most kids enjoy, perhaps in part because of the funny name. It's quick, easy, and cheap to prepare. Finally, this is a heavy, hearty dish so in the olden days hard working Danish farmers would get plenty of energy after a hard days work.

Serves 4

½ pound ground beef 16% fat	⅓ pound bacon cut into squares
⅓ pounds cocktail sausages	2 large sliced onions
1 can skinned tomatoes	8 ounces of cream 35%
Salt	Pepper

Fry bacon until browned, and place on a plate when done

Brown the sliced onions in the bacon fat.

Add ground beef.

Add bacon, and skinned tomatoes

Add cream

Add salt and pepper

Optional - Add ½ pound cocktail sausages

Cover and simmer for 20 min



WEEK
TWO



England



No-fuss shepherd's pie

Prep: 15 mins

Cook: 1 hr

Easy

Serves 4

Freezable (Freeze once assembled)

Ingredients

1 tbsp sunflower oil	1 large onion, chopped
2-3 medium carrots, chopped	500g pack lamb mince
2 tbsp tomatoe puree	Large splash of Worcestershire sauce
500ml beef stock	900g potatoes, cut into chunks
85g butter	3 tbsp milk

Method

STEP 1: Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.

STEP 2: When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.

STEP 3: Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.

STEP 4: Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.

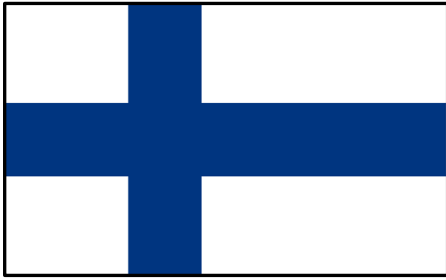
STEP 5: Meanwhile, heat the oven to 180C/fan 160C/gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.

STEP 6: Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. *The pie can now be chilled and frozen for up to a month.*

STEP 7: Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. *(To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)*

STEP 8: Leave to stand for 5 mins before serving.





Finland



FINNISH MACARONI CASSEROLE

Prep Time : 1 Hr

Ingredients	
2 cups cooked macaroni	1 onion, finely chopped
$\frac{3}{4}$ cup cheddar cheese, grated	2 cups milk
1 1/2 lbs ground beef	$\frac{1}{4}$ teaspoon nutmeg
3 eggs	Salt
Pepper	2 tablespoon oil (for frying)

Directions

Heat oil in skillet and brown the ground beef with the chopped onion.

Preheat oven to 425 degrees. Grease or spray oil in an oven proof casserole dish. Add the cooked macaroni and meat/onion mixture.

Whisk together milk and eggs; add the nutmeg and about half of the cheese. Pour this mixture over the macaroni and meat in the casserole. Top with the remaining cheese and bake in the preheated oven for approximately 40 minutes, or until the cheese is golden brown and the casserole is heated throughout.

Serve with ketchup or to be authentic Lingonberry sauce.





France



Ultimate French omelette

Preparation and cooking time

Total time 5 mins **Ready in under** 5 mins **Serves** 1

The omelette is one of the most fundamental dishes in any cook's arsenal, and this recipe will teach you how to get it right every time

Ingredients

3 eggs	2 knobs unsalted butter
1 tspn finely grated parmesan	2-3 chopped tarragon leaves
1 tbspn snipped chives and chopped parsley	

STEP 1: Get everything ready. Warm a 20cm (measured across the top) non-stick frying pan on a medium heat. Crack the eggs into a bowl and beat them with a fork so they break up and mix, but not as completely as you would for scrambled egg. With the heat on medium-hot, drop one knob of butter into the pan. It should bubble and sizzle, but not brown. Season the eggs with the parmesan and a little salt and pepper, and pour into the pan.

STEP 2: Let the eggs bubble slightly for a couple of seconds, then take a wooden fork or spatula and gently draw the mixture in from the sides of the pan a few times, so it gathers in folds in the centre. Leave for a few seconds, then stir again to lightly combine uncooked egg with cooked. Leave briefly again, and when partly cooked, stir a bit faster, stopping while there's some barely cooked egg left. With the pan flat on the heat, shake it back and forth a few times to settle the mixture. It should slide easily in the pan and look soft and moist on top. A quick burst of heat will brown the underside.

STEP 3: Grip the handle underneath. Tilt the pan down away from you and let the omelette fall to the edge. Fold the side nearest to you over by a third with your fork, and keep it rolling over, so the omelette tips onto a plate – or fold it in half, if that's easier. For a neat finish, cover the omelette with a piece of kitchen paper and plump it up a bit with your fingers. Rub the other knob of butter over to glaze. Serve immediately.





Germany



Potato Pancakes (German Kartoffelpuffer)

PREP TIME 15 mins COOK TIME 10 minsSERVINGS 8

INGREDIENT

2 1/2 pounds starchy potatoes, peeled and very finely grated (RAW, not cooked)	
1 small yellow onion, very finely grated	2 large eggs
1/4 cup all-purpose flour (or more if needed)	1 teaspoon sea salt
neutral-tasting oil for frying	

INSTRUCTIONS

1. Thoroughly wring out the liquid in the grated potatoes by placing them in a colander and squeezing them with your hands or by placing them in a clean dish towel and wringing out the liquid.
2. Place the drained grated potatoes in a medium-sized bowl with the grated onion, eggs, flour and salt and use your hands to work it into a tacky mixture. Add a little more flour if needed. Do not let the mixture sit for long before using it, use it immediately.
3. Heat a few tablespoons of oil in a non-stick pan over medium-high heat and place 1/3 to 1/2 cup of the mixture (depending on size preference) in the hot pan and flatten into pancakes with the back of a spoon. Fry on both sides for 3-5 minutes until the Kartoffelpuffer are golden. Place them briefly on paper towels.
4. Serve immediately while hot with applesauce, fruit compote or powdered sugar. For a savory version serve with herbed yogurt, quark or creme fraiche or with meat and gravy as part of a meal.





Hungary



Chicken Paprikash

Prep: 20 min.

Cook: 45 min.

Makes 12 servings

Ingredients

2 broiler/fryer chickens (about 3-1/2 to 4 pounds each), cut into 8 pieces each	
2 teaspoons kosher salt	1 teaspoon pepper
2 tablespoons peanut oil or canola oil	2 medium onions, halved and sliced
2 large garlic cloves, chopped	3 tablespoons all-purpose flour
1 tablespoon sweet Hungarian paprika	2 cups hot chicken broth or water
1 cup sour cream	
Optional: Minced fresh parsley and additional sweet Hungarian paprika	
Optional: Hot cooked noodles or mashed potatoes,	

Directions

- Season chicken with kosher salt and pepper. In a Dutch oven, heat peanut oil over medium-high heat. Brown chicken in batches. Remove with a slotted spoon; drain and keep warm.
- Reduce heat to medium-low. Add onions; cook, stirring to loosen browned bits from pan, until onions begin to soften, 6-8 minutes. Add garlic; cook 1 minute longer.
- Stir in flour and paprika; reduce heat to low. Cook until paprika is fragrant, 3-5 minutes. Add broth; cook, stirring constantly, until smooth, 6-8 minutes. Return chicken to pan; simmer, covered, until a thermometer inserted into deepest part of thigh reads 170°, about 30 minutes. Transfer chicken to a serving platter.
- Skim fat. Stir in sour cream; heat just until warmed through, 3-5 minutes (do not allow to boil). If desired, sprinkle with parsley and additional paprika. Serve with hot cooked noodles or mashed potatoes.



Week Three



Italy



One-pot carbonara pasta bake

SERVES 3-4

HANDS-ON TIME 10 MIN, OVEN TIME 15-20 MIN

This creamy carbonara pasta bake recipe is a no-fuss, one-pot dish that's perfect for a weeknight meal and ready in less than 30 minutes.

150ml double cream	50g parmesan, grated
3 medium free-range egg yolks	Splash olive oil
150g smoked bacon lardons	150g frozen peas
250g fresh lasagne sheets, torn into 3-4cm wide shreds	45g fresh breadcrumbs
Small handful fresh basil or parsley leaves to serve	

Directions

1. Heat the oven to 180°C/160°C fan/gas 4. Whisk the cream, cheese and egg yolks with plenty of freshly ground black pepper until smooth.
2. Heat a splash of olive oil in a shallow casserole and fry the lardons for 5 minutes. Add the frozen peas, lasagne shreds and 400ml freshly boiled water, stirring well to make sure the pasta isn't sticking together, then boil for 2 minutes.
3. Remove from the heat and stir in the creamy cheese mixture to fully coat and incorporate everything. Sprinkle over the breadcrumbs and cook in the oven for 15-20 minutes until golden and crisp. Serve scattered with fresh herbs.





Netherlands



Pannenkoeken

main dish

10 average

45 minutes

Ingredients

- 1 2/3 cups (8.5 oz, 240g) all purpose flour
- 1.5 teaspoons (7g) baking powder
- 1.25 teaspoons salt (7 g)
- 1 large egg
- 2 cups (16oz, 480ml) milk
- 1/4 cup (2 oz, 56g) butter
- 4 oz (112g) speck (smoked prosciutto) or bacon of your choice (see note)
- 4 oz (112g) young Gouda cheese or cheese of your choice

Instructions

1. In a large bowl, whisk together the flour, baking powder and salt. Make a well in the center of the dry ingredients. Add the egg and half the milk to the well. Mix until the ingredients are combined. Slowly add the remaining milk. The texture should be like a thin pancake or crepe batter.
2. Heat a large (12") non-stick skillet over medium. Melt a teaspoon of butter and swirl to coat the pan. Pour 1/2 cup of the batter into the pan and swirl to create a large thin pancake that covers the bottom of the pan.
3. Place several slices of the speck or bacon over the top of the pancake. Cook until the top of the pancake is set. Flip the pancake over and cook until that side is browned.
4. Flip back over so the speck is on top. Add a few slices of cheese, cover and allow the cheese to melt.
5. Serve hot or hold in a warm oven while you make the remaining pancakes





North Macedonia



Musaka – Moussaka

INGREDIENTS FOR MOUSSAKA

potatoes	onions
ground beef	tomato paste
eggs	milk
seasonings	

HOW TO MAKE TRADITIONAL MACEDONIAN MOUSSAKA (MINCED MEAT WITH POTATOES)

Let's get this right – It's a layer of potatoes, layer of ground beef, another layer of potatoes, one more layer of beef, and a last layer of potatoes. Top that with a mixture of milk and eggs and you're set. Got it? Good!

Preheat oven to 375°F

Next, cook sliced potatoes in boiling salted water for 5 minutes; drain under cold water and cool immediately. Set aside.

Then, heat olive oil in heavy skillet over medium heat and add onion; cook for 2 minutes.

Next we add ground beef; break apart with a wooden spoon and cook until browned, about 5 minutes. Stir in garlic.

Then, add tomato paste and stir until completely incorporated.

Season beef with paprika, salt, and pepper. Taste for seasonings and adjust accordingly. Remove from heat and set aside.

Layer 1/3 of the sliced potatoes on the bottom of a baking dish.

Then, top the potatoes with **half** of the ground beef mixture.

Next, arrange another layer of potato slices over beef. Add remaining beef mixture and top with last layer of potatoes. Set aside.

In a bowl, whisk the eggs; then whisk in the milk, salt, and pepper; continue to whisk until thoroughly combined.

Next, pour the milk mixture over the potatoes.

Then, bake for 45 to 55 minutes, or until casserole is set.

Finally, let the moussaka rest for 10 minutes before cutting and serving.





Poland



Polish Haluski

Prep:15 mins

Cook:45 mins

Servings:6 servings

1 onion (very large and sliced into rounds)	8 ounces butter (divided)
1 large head cabbage (cut into 1-inch pieces)	Salt (to taste)
Freshly ground black pepper (to taste)	2 tablespoons water (if necessary)
8 ounces egg noodles (1/2 inch wide, cooked)	

Method:

Gather the ingredients.

Cut the round onion slices in half and then in half again so each round yields 4 piece

In a large skillet or [Dutch oven](#), sauté the onion in 4 ounces of butter, stirring frequently over low heat, until very lightly

caramelized. This could take 15 minutes or more.

Add the 1-inch cabbage pieces and remaining 4 ounces butter, salt, and pepper to taste, and 2 tablespoons of water, if

necessary.

Do not cover. Sauté slowly, stirring frequently over low heat, until the cabbage is tender but not brown (cook to [al dente stage](#) if baking in the oven). This could take 30 minutes or more.



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Portugal



Peri-Peri chicken

Preparation time is **less than 30 mins**

Cooking time **10 to 30 mins**

Serves **Serves 4**

Ingredients

8 skinless and boneless chicken thigh fillets	75ml/2½fl oz medium-hot peri peri sauce
½ tsp hot smoked paprika	sea salt and freshly ground black pepper

For the rice

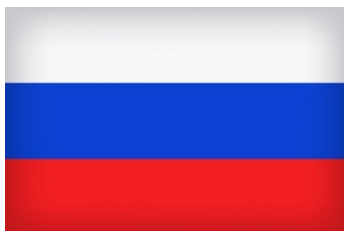
1 tsp olive oil	1 red onion , finely chopped
1 red pepper , halved, cored, seeds removed and finely chopped	1 green pepper , halved, cored, seeds removed and finely chopped
2 garlic cloves, finely chopped	1 tsp paprika
1 tsp ground cumin	large pinch saffron strands
200ml/7fl oz chicken stock	1 chicken stock cube, crumbled
500g/1lb 2oz cooked brown rice (freshly cooked and drained or 2 pouches)	

Method

1. Preheat the oven to 240C/220C Fan/Gas 9. Line a baking tray with an ovenproof silicone mat or baking paper.
2. Slash the chicken thighs with a sharp knife and put in a bowl. Add 50ml/2fl oz of the peri-peri sauce, the smoked paprika and a little sea salt and pepper. Turn the chicken to coat well in the sauce then lay on the baking tray and cook for 20–25 minutes.
3. Meanwhile, to make the dirty rice. Heat the oil in a sauté pan over a high heat. Add the onion and cook for 4–5 minutes until starting to brown. Add the peppers and garlic and cook for 2 minutes. Add the paprika and cumin and cook for 1 minute. Grind the saffron with a pestle and mortar and add to the pan with the stock and stock cube. Simmer for 2–3 minutes, stirring, until the stock cube has dissolved. Add the rice and warm through for 5 minutes.
4. Remove the chicken from the oven, tip the juices from the tray into the rice and stir through. Cook the rice for a further 2 minutes. Wave a cook's blowtorch over the surface of the chicken thighs to lightly char, then brush with the remaining peri-peri sauce.
5. Serve the chicken with the rice.



Week Four



Russia



One Pot Chicken and Rice

Preparation time: 20 minutes to 25 minutes

Cooking time: 20 minutes to 25 minutes

Serves: 4

1 tbsp olive oil	800g pack essential Waitrose British Chicken Thighs
1 large essential Waitrose Onion, chopped	2 cloves garlic, chopped
1 essential Waitrose Red Pepper, deseeded and diced	2 essential Waitrose Tomatoes, chopped
½ tsp smoked paprika	250g Waitrose Bomba Paella Rice
400ml chicken stock (made from a stock cube)	Chopped flat leaf parsley for garnishing

Method

1. Preheat the oven to 180°C, gas mark 4.
2. Heat the oil in a large, ovenproof, deep frying pan or sauté pan.
3. Add the chicken and fry for 10–12 minutes until golden on all sides.
4. Remove to a warm plate and pour off all but 1 tbsp of the cooking juices from the pan.
5. Add the onion, garlic and pepper to the pan and cook for 5 minutes until soft and golden.
6. Stir in the tomatoes, paprika and rice, and coat in the oil.
7. Add the stock, season, and bring to the boil.
8. Cook gently, stirring for 5 minutes until the rice is no longer soupy but not dry.
9. Sit the chicken thighs in the top of the rice, cover and transfer the pan to the oven for 20–25 minutes until the chicken is cooked through and the juices run clear, and the rice is tender.
10. Fork through the rice, sprinkle with chopped parsley and serve.





Scotland



Traditional Scottish Stovies

Prep Time: 10 minutes

Cook time: 1 hour

Serves: 6

Ingredients

Slice sausage	900g raw potatoes
50g (3-4 tbsp) oil	400ml (2 cups) OXO cubes
Stock Pot beef	2 carrots
1 large onions	

How to cook:

Dice the onion, chop the potatoes plus peel the carrots.

Cut the slice sausage into rough sizes

Add the oil to the hot pan

Add the onion to the oil, allow them to change colour but not to brown

Add the cut up sausage to the pan as a layer on top of the onion once they start to change colour

Add potatoes and any other vegetables to the mix on top of the sausage. DO NOT stir together.

Make up your stock.

Pour the stock into the pan. It should come to just below the top layer of vegetables so add more or less if necessary. DO NOT stir, leave everything in layers.

Bring to the boil

Once boiling turn down to a low simmer and cover (put a lid onto the pan)

Cook for 45-60 minutes until the potatoes begin to soften and break down. Test them with a knife to see if they are ready.

Season with salt and pepper. Only stir at this point so that the onion caramelises and the potatoes break down when you stir.

Serve. Happy eating.





Slovakia



Slovakian Meatballs

Prep Time: 25 minutes

Cooking Time: 20 minutes

Servings 4

Ingredients

500g of minced pork meat	1/4 of some old bread, you can use also fresh one in the worst case
1 egg	4 cloves of garlic
2 shallots	Fresh parsley
2 spoons of the classic mustard	Breadcrumbs
500g of potatoes	50ml of milk
75g of butter	Cucumber
Sour cream 18% fat	Salt and black pepper
Vegetable oil for deep fat frying	

Directions

- Put the old bread into warm water and let it soften
- Meanwhile chop shallots into small pieces, cut parsley and peel the garlic
- Once the bread is soft, drain out all the water and mix it with the minced meat.
- Add shallots, 1 egg, fresh parsley, press in the garlic, add 2 spoons of mustard, 1 spoon of salt and black pepper and mix well. In case the mass is very soft add breadcrumbs to make it thick.
- Create small balls, flatten out and deep fry in vegetable oil until brown. When they ready place them on a paper towel to get rid of the extra fat
- Cut the potatoes and cook in salty water until tender. Using potato masher create a smooth mass. You can use a blender if you wish, but get ready that your mash will be sticky like a glue.
- Add butter and milk and mix it until you get a soft and creamy mash. Season with salt.
- Slice cucumber and mix with sour cream, black pepper and a pinch of salt





Spain



Easiest ever paella

Prep: 5 minutes

Cook time: 25 minutes

Serves: 4

1 tbsp olive oil	1 leek or onion, sliced
110g pack chorizo sausage, chopped	1 tsp turmeric
300g long grain rice	1l hot fish or chicken stock
200g frozen pea	400g frozen seafood mix, defrosted

Directions

- **STEP 1**

Heat the oil in a deep **frying pan**, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.

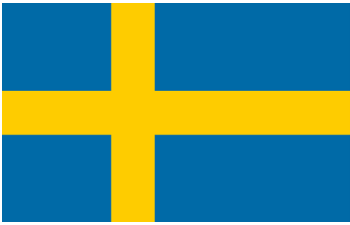
- **STEP 2**

Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately with lemon wedges.

Tip

Chorizo sausage comes from Spain and has a smoked paprika flavour. You can use a handful of pork or chicken instead – cook for 5 mins with 1 tsp smoked paprika before adding the rice.





Sweden



Sausage With Macaroni

Serves 4

INGREDIENTS:

3 ¼ pound macaroni pasta

1 pound falukorv sausage (recipe here), if you can't find falukorv a pound of sliced hotdogs can be a substitute.

2 tablespoons butter

ketchup, for serving

PREPARATION:

Cook the macaroni in boiling water for 7-8 minutes or according to instructions on the package.

Cut the sausage in slices and fry in butter.

Serve with the macaroni and ketchup.



Week
Five



Switzerland



Creamy tartiflette

Total time: 50 minutes

Serves 2

2 medium waxy potatoes , about 350g/12oz (try Vivaldi)	2 tbsp olive oil
1 large onion , sliced	175g smoked back bacon , not too thinly sliced, rind removed, cut into 1cm strips
100g vignotte cheese , cut into 1.5cm cubes (including the rind)	100ml double cream
sprinkling of crushed chilli (optional)	25g fresh white breadcrumb

Method

STEP 1: Peel and thickly slice the potatoes into about 1.5cm slices. Boil them in salted water for 6-8 minutes until just tender, then drain.

STEP 2: While the potatoes are boiling, heat the oil in a large frying pan. Fry the onion over a medium heat for 5 minutes until it becomes transparent. Add the bacon to the pan and carry on frying for 5-7 minutes, stirring occasionally, until the onion turns lightly golden. With a slotted spoon, remove the onions and bacon from the pan to a bowl, leaving as much fat in the pan as possible.

STEP 3: Heat the grill to high. Add the potatoes to the pan and brown briefly in the fat. If your potatoes are on the floury side they may break up or stick a bit, but this isn't a problem, just keep everything moving and avoid too many burnt bits. Return the onions and bacon to the pan and lightly mix everything together.

STEP 4: Nestle the chunks of cheese among the potatoes and bacon then drizzle with the cream. Sprinkle with the chilli, if using, then evenly scatter over the breadcrumbs. Protect the pan handle with foil if necessary and grill for 5 minutes, until lightly browned and just on the point of bubbling.

STEP 5: Transfer to plates with a wide spatula – no hurry, the dish will not spoil.





Turkey



Lamb Pilau : Serve up a basmati rice one pot flavoured with cinnamon, mint and apricot, studded with tender lamb

Cook: 30 minutes

Serves 4

Ingredients

small handful pine nuts or flaked almonds	1 tbsp olive oil
1 large onion , halved and sliced	2 cinnamon sticks, broken in half
500g lean lamb neck fillet, cubed	250g basmati rice
1 lamb or vegetable stock cube	12 ready-to-eat dried apricots
handful fresh mint leaves, roughly chopped	

Directions

STEP 1

Dry-fry the pine nuts or almonds in a large pan until lightly toasted, then tip onto a plate. Add the oil to the pan, then fry the onion and cinnamon together until starting to turn golden. Turn up the heat, stir in the lamb, fry until the meat changes colour, then tip in the rice and cook for 1 min, stirring all the time.

STEP 2

Pour in 500ml boiling water, crumble in the stock cube, add the apricots, then season to taste. Turn the heat down, cover and simmer for 12 mins until the rice is tender and the stock has been absorbed. Toss in the pine nuts and mint and serve.





Ukraine



Chicken Kiev

Prep: 20 minutes

Cook: 30-40 minutes

Makes 8

Ingredients

8 skinless, boneless chicken fillets	225g dried breadcrumbs
75g parmesan, grated	5 eggs, beaten
100g plain flour	pinch paprika
4 tbsp sunflower or vegetable oil, for frying	
For the garlic butter	
4 garlic cloves, crushed	2 tbsp finely chopped parsley
200g butter, softened	½ lemon, juiced

Directions

STEP 1: Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into two sausages using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. *Can be made up to three days in advance.* When firm, slice each into eight even pieces.

STEP 2: Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push two discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.

STEP 3: Mix the breadcrumbs and parmesan on one plate and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Chill for at least 1 hr before cooking, or freeze now – see tips, below.

STEP 4: To cook, heat the oven to 180C/160C fan/gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the kiev's for 2-3 mins each side until golden – you may need to do this in batches. Transfer to a baking tray and cook for 20-25 mins until cooked through.





Wales



Welsh Rarebit

Ingredients

2 slices thick bread	1oz butter
1oz plain flour	½ cup milk
4oz grated cheese	Drops of Worcestershire sauce to taste
Tsp hole grain mustard (adjust to taste)	1 egg plus 1 egg yolk

Method:

Melt the butter in a saucepan over a low heat.

Stir in the flour

Add the milk and whisk until there are no lumps.

Melt in the cheese

Now whisk in the egg (all of one and yolk only of the other)

Add the Worcestershire sauce and mustard

Remove the pan from the heat and set aside to cool

Toast the bread on one side.

Turn over and spread the cheese mix over the bread.

Return to the grill and cook until starting to brown and bubble.

