



Co-funded by the  
Erasmus+ Programme  
of the European Union

# RECIPE BOOK



**HERIT-APP E+**

Vilnius  
2020

# CONTENT

## I. POTATO

- *Cepelinai / 4*
- *Soup recipe / 5*
- *Paprika potatoes / 6*
- *Potato omelette / 7*

## II. OLIVE OIL

- *Salad / 9*
- *Sauce of oil, garlic and parsley / 10*
- *Utopenci / 11*
- *Salad / 12*

## III. MUSHROOMS

- *Mushroom soup / 14*
- *Mushrooms with garlic / 15*
- *Smaženice / 16*
- *Pasta with mushrooms / 17*

## IV. PEPPER

- *Stuffed pepper / 19*
- *Fritada / 20*
- *Plnene papriky / 21*
- *Porkolt / 22*

## V. DESSERTS AND DRINKS

- *Apple pie / 24*
- *Natillas / 25*
- *Kolace / 26*
- *Farsangi donut / 27*
- *Gira / 28*

I.

POTATO

# CEPELINAI

*(dumplings filled with meat)*



## Ingredients:

### 1. For the Meat Filling:

- 1 pound ground pork (or 1/3 pound pork, 1/3 pound beef, 1/3 pound veal)
- 1 medium onion (peeled and finely chopped)
- 1 teaspoon salt
- 1/4 teaspoon pepper

### 2. For the Dumplings:

- 8 large Idaho potatoes (peeled and finely grated, not shredded)
- 2 large potatoes (peeled, boiled, and riced)
- 1 medium onion (peeled and finely grated)
- 1 teaspoon salt, more or less to taste
- 1 tablespoon potato starch

## How to make:

In a large bowl, mix together ground meat, finely chopped onion, 1 teaspoon salt, pepper until well incorporated.

Cover with plastic wrap and refrigerate until ready to use.

Place them in a fine-mesh cheesecloth or cotton dish towel and twist over a large bowl to get rid of the excess water. Pour off the water, reserving the potato starch at the bottom of the bowl.

Unwrap the cheesecloth and place potatoes in the bowl with the potato starch you reserved from the bottom of the bowl. Add the riced boiled potatoes, grated onion and 1 teaspoon salt or to taste. Mix well.

Put a large stockpot of water on to boil. To form the zeppelins, take about 1 cup of dumpling mixture and pat it flat in the palm of the hand. Place 1/4 cup or more of the meat mixture in the center and, using slightly dampened hands, fold the potato mixture around the meat into a football shape, sealing well. Continue until both mixtures are gone.

Carefully lower dumplings into salted, boiling water to which 1 tablespoon of cornstarch has been added (to prevent dumplings from falling apart). Make sure water returns to the boil and continue boiling for 25 minutes.



# POTATO OMELETTE



## Ingredients:

- Potatoes
- Olive oil
- Eggs
- Onion
- Pepper

## How to make:

Heat the oil in a skillet. While the oil is heating, we cut the potatoes and the onion into small pieces.

When the oil is hot, you add the onion and the potatoes to fry them. While it is frying, we beat the eggs.

When the eggs are ready, we have to add them.

With a dish, we turn the potato omelette to cook the other side.



# SOUP RECIPE



## Ingredients:

- 3 – 4 Carrots
- 3 – 4 Celery Stalks
- 4 – 5 Medium Potatoes
- 1 Whole Onion
- 1 Tablespoon Caraway Seeds
- 1/2 Cup Dried Mushrooms (any kind or combination)

## Roux:

- 3 Tablespoons Butter
- 2 Tablespoons Flour

## How to make:

In a large pot place diced carrots, celery, potatoes, a whole onion and cover with water and start to boil. Add caraway seeds and salt and pepper to taste. In a separate bowl soak the mushrooms until soft. Cook until the vegetables are tender. In a frying pan fry the flour in the butter until it's golden brown, then add to soup to thicken. Add the mushrooms and a little bit of the mushroom water to add color and taste, discard the onion and enjoy.



# PAPRIKA POTATOES



## Ingredients:

- 2 onions
- oil
- 4 sausages
- 2 tablespoon red pepper
- 1 kg potatoes
- salt
- 1 tablespoon mashed tomato

## How to make:

We clean the onion and cut it into cubes.

We heat up the oil in a pot and we put the onion into it.

Add the sausage and roast it.

We take the pot off the cooker and sprinkle it with red pepper.

We mix it and then we add the sliced potatoes.

We spill water in it until everything is covered.

We salt it and put the mashed tomato into it.

Cook it until the potatoes are soft.

We eat it with fresh bread and sour cucumber.



II.

OLIVE OIL



# SALAD

*(Olive oil is new to our kitchen so we don't have traditional recipes with it)*



## **Ingredients:**

- 6 radishes
- 1 cucumber
- 10 leaves of spinach
- 2 dill twigs
- 2 table spoons of olive oil
- 1 table spoon of lemon juice
- sugar
- salt

## **How to make:**

Cut the vegetables and put them into the bowl. Add olive oil, lemon juice, sugar and salt. Mix everything and it's ready to eat.



# SAUCE OF OIL, GARLIC AND PARSLEY



## Ingredients:

- Oil
- Garlic
- Parsley

## How to make:

1. Cut the garlic and the parsley into small pieces.
2. Mix the garlic and the parsley with the oil in a bowl.
3. Put it in the fridge.



# UTOPENCI (Drowning man)

## *Sausage pickled with onions*



### Ingredients

- 2.5 cups water
- 2 tsp olive oil
- 1.5 cups 8% white vinegar
- 10 whole pepper corns
- 4pc allspice
- 1 bay leaf
- 2 pounds of thick hot-dogs
- 1 tsp salt
- 1/2 tsp sugar
- 5 cloves garlic
- 4-5 big onions
- 2 chilies
- 10 cherry tomatoes
- 2 cups of sauerkraut

### How to make

Mix the water, vinegar, salt, olive oil, sugar and the spices and bring them to boil. Boil them for 2 minutes and then let the liquid cool.

Peel the hot-dogs, chop the onions into circles. Peel the tomatoes. The trick with tomatoes is to put them into boiling water for 20 sec. After that it is very easy to pop them out of their skin.

Prepare a 4.2 pint (2 liter) jar. Start to layer onions, garlic, hot-dogs, sauerkraut, chilies. You can do a few layers. On the top I have put the tomatoes.

Once the vinegary liquid is lukewarm, pour it into the jar. Shake the jar in order to get rid of bubbles. Do not leave out the spices and put them into the jar. Seal the jar and put it into a cool place or fridge for 2 weeks. If you are going crazy you can eat them in one week, but two weeks is the etiquette. In the fridge they will take longer to mature.

Serve with rustic bread and plenty of pilsner. Do not forget to invite me over.



# SALAD



## Ingredients:

- Olive oil
- Tomato
- Cucumber
- Chicken strips
- Mozzarella
- Ice-salad

## How to make:

We slice the tomato and the cucumber.  
After that slice up the chicken and roast it in oil.  
Mix everything and pour olive oil to the top.



III.

# MUSHROOMS



# MUSHROOM SOUP



## Ingredients:

- Chopped mushrooms
- One chopped carrot
- One chopped onion
- Broth
- Butter
- 1 tablespoon of flour
- Salt and pepper (or other seasoning of choice)
- Sour cream

## How to make:

1. First, make the broth.
2. Fry the mushrooms, the carrot and the onion in a frying pan using butter.
3. When the mixture is almost done, add flour, mix and fry it for a little longer.
4. Mix the fried mushrooms with broth and boil it for about 10 minutes.
5. After the soup is done, add seasoning. Serve with sour cream.



# MUSHROOMS WITH GARLIC



## Ingredients:

- mushrooms
- garlic
- hot pepper
- white wine
- olive oil
- salt and pepper (optional)

## How to make:

clean the mushrooms and cut them into small pieces.

heat the olive oil and when it is hot, add the mushrooms.

add the garlic and the hot pepper.

put the wine in the pan with all the ingredients and cook it for a few minutes.

if you want, add salt and pepper.



# SMAŽENICE

*(Mushrooms with scrambled eggs)*



## Ingredients:

- 2 cups mushrooms,
- 1 very small onion (chopped)
- 3-5 eggs, 1 crushed garlic clove
- Tbsp of butter (Czech lard or saldo is better),
- 1/2 tsp. ground caraway seeds and salt and pepper to taste.
- How many eggs depends on how you like it. Do you like eggs with mushrooms or mushrooms with eggs? It's really a personal taste choice.

## How to make:

Heat the butter in the skillet and add the chopped onion and cook for about 5-6 minutes or until it's clear. Add the mushrooms and saute until they begin to soften, just a couple of minutes. Add garlic and seasonings and stir. Crack the eggs into the pan and immediately begin scrambling, stirring constantly until cooked.

*Note:* If you want a “cleaner looking” dish, you can pre-scramble the eggs in a small bowl and then pour over the mushrooms.

Best if served with topinka which is a garlic Czech-style toast.





# PASTA WITH MUSHROOMS



## Ingredients:

- 250 g pasta
- 1 tablespoon olive oil
- 20 dkg cooked ham
- 15 dkg mushroom
- 20 dkg peas
- 2 clove of garlic
- 20 dkg cream cheese
- 100 ml milk
- 1 tablespoon parsley
- salt
- pepper

## How to make:

We put the pasta into salted hot water and cook it until it's smooth.

We put the olive oil into the pan and we add the ham and the mushrooms.

After 5 minutes we add the peas and the smashed garlic.

Mix it.

With the cream cheese and the milk we cook it for some more minutes.

After that, season it with salt and pepper and mix it again.

We can eat it with parsley.



IV.

PEPPER

# STUFFED PEPPER

*(not traditional, but very popular)*



## Ingredients:

- 4 Large bell peppers (any color)
- ½ kg lean (at least 80%) ground beef
- 1 tablespoons chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- 1 clove garlic, finely chopped
- 1 can organic tomato sauce
- ¾ cup shredded mozzarella cheese (3 oz)

## How to make:

Pre-heat the oven to 180°C.

Cut thin slices from the stem end of each bell pepper to remove the top of the pepper. Remove seeds and membranes; rinse peppers. If necessary, cut a thin slice from the bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.

In a 10-inch skillet, cook beef and onion over medium heat for 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

Stuff the peppers with the beef mixture. Put the peppers upright in an ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over the peppers.

Cover tightly with foil. Bake for 10 minutes. Uncover and bake for about 15 minutes longer or until peppers are tender. Sprinkle with cheese.



# FRITADA

*(Fried pepper stew)*



## Ingredients :

- 4 peppers
- 1 onion
- 3 cloves of garlic
- 2 tomatoes
- 1 tbsp. sugar
- salt and pepper

## How to make:

clean all the peppers and the tomatoes. Then cut it in small pieces.

In a pan with olive oil, fry the onion with garlic.

Add the peppers, the tomatoes and the sugar. Let them cook slowly until they're ready to eat.



# PLNENE PAPRIKY

*(pepper filled with meat)*



## Ingredients:

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 1 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed
- 1 c. shredded Monterey jack
- Freshly chopped parsley, for garnish

## How to make:

Preheat the oven to 400°. In a small saucepan, prepare the rice according to package instructions. In a large skillet over medium heat, heat oil. Cook the onion until soft, for about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, for about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, for about 6 minutes. Drain fat.

Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let it simmer until the liquid has reduced slightly, for about 5 minutes.

Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with Monterey jack, then cover baking dish with foil.

Bake until peppers are tender, for about 35 minutes. Uncover and bake until cheese is bubbly, for 10 minutes more.

Garnish with parsley before serving.



# STEW (PORKOLT)



## Ingredients (for 4 portions):

- 1 big red onion
- 1kg pork chop
- 1/2 yellow bell pepper
- 1 small tomato
- 2 clove of garlic
- 2 tablespoon of fat
- salt
- 3 heaped teaspoon red pepper
- Eros Pista (smashed hot pepper)

## How to make:

We slice the cleaned meat for cubes of 2 centimeters. We hew the onions. We season them with salt and put them into fat. After the sauteing take it off from the stove. Season with red pepper and put the meat into it. Mix it for some minutes so every side of the meat will be cooked.

After that salt it and pour some water on it until the meat will be covered and then start to steam it. Cook it until the meat is smooth.

Hungarians eat it with a special Hungarian dumpling, called nokedli.



V.  
DESSERTS  
AND  
DRINKS



# APPLE PIE



## Ingredients:

- 4 apples (diced)
- 150 grams butter (unsalted)
- 1/2 cup caster sugar
- pinch of salt
- 1 tsp vanilla extract
- 3 eggs
- 2 tsp cinnamon
- 3/4 tsp baking powder
- 1 cup flour

## How to make:

Dice up the apples, set aside.

Melt the butter on medium-low heat and mix in with sugar. Add the eggs, vanilla and pinch of salt. Once mixed – add the apples.

Add flour, baking powder and cinnamon to the mixture and mix thoroughly, coating all the apples.

Line a square or circular pan with non-stick paper and add batter, spreading it out evenly.

Bake at 170 degrees C for 30-35 minutes. Great both warm and cold.





# NATILLAS



## Ingredients :

- Milk
- Cinnamon
- Lemon
- Egg
- Sugar
- Cookies

## How to make:

1. Boil the milk with cinnamon and lemon.
2. Beat the eggs with the sugar.
3. Mix all the ingredients.
4. We put all the ingredients in a small recipient with the cookies.
5. At the end we have to put it in the fridge.



# KOLACE

*(traditional sweet pastry treat of a round shape usually with fruit topping)*



## Ingredients (makes 12-18)

For the sweet dough:

- 1 package (2¼ tsp) dry yeast or 1 cube (.6-ounce/18g) fresh yeast
- 1 cup (2 dcl) warm milk
- 5 tbsp sugar
- Pinch of salt
- 2 cups (500g) unbleached all-purpose flour
- 2 eggs
- ½ cup (120g) unsalted butter, softened

For the filling:

- 16 oz (500g) cottage cheese
- 2 eggs
- Sugar (to taste)
- Raisins (ideally soaked in rum)

For the topping:

- 1 cup plum jam
- Streusel (if desired) – combine 7oz (200g) of each: sugar, butter and flour, add a sprinkling of vanilla or cinnamon (optional)

## How to make:

Prepare the dough: in a bowl, combine milk, sugar, salt and yeast and whisk well. Add eggs and gradually stir in the flour. Knead the dough with a mixer or with hands on a lightly floured surface until smooth and springy. Place in a greased bowl, cover with a kitchen towel and let it rise (1-2 hours).

Preheat the oven to 400 F (200C).

Prepare the filling: stir cottage cheese, eggs and raisins and sweeten with sugar to taste.

Take a large spoonful of the dough and roll out ¼-1/2 inch thick on floured pastry board. Cut into 2 ½ inch squares. Fill each with the cottage cheese mixture and wrap (overlap opposite corners and pinch them together). Top with a dollop of plum jam and sprinkle with streusel (if desired). Place on a greased cookie sheet.

Bake for 10-15 minutes until golden brown. Transfer to a wire rack and let it cool.



# FARSANGI DONUT



## Ingredients:

- 2 (1/4) teaspoon dry yeast
- 2 cups warmed milk
- 1 tablespoon granulated sugar
- 1/2 cup melted unsalted butter
- 5 eggs yolks, slightly beaten
- 1 teaspoon salt
- 5 (1/4) cups flour

## How to make:

1. Mix the milk, yeast and sugar and let it rest for 15 minutes.
2. Add melted butter and combine it with the mixture and salt and half the flour.
3. Add the other half of flour into the mixture in small portions and place into a large bowl. Cover the ball with plastic wrap and let it rise in a warm place until it's doubled in bulk, for about 45 minutes.
4. After that, punch down and place on a lightly floured surface. Roll dough about 1/2 inch thick. Cut out circles.
5. Use parchment paper and rest for 30 minutes.
6. After that spill oil on the pan.
7. When the oil is hot enough add some doughnuts and cook them for about 2 minutes per side. Repeat with every doughnut.



# GIRA



## Ingredients:

- 500g of black bread
- 5l of water (about 30C)
- 200g of sugar
- 20g of yeast
- 1 tablespoon of caraway seeds
- 1 handful of dried apples
- 1 handful of raisins

## How to make:

1. Preheat the oven and fry the bread for 20-30 minutes.
2. Put the bread, apples and caraway seeds in a pot with water, boil it for a few minutes, then let it cool down.
3. Drain the water, put sugar and yeast into the pot and mix everything together.
4. Put the raisins into the pot as well and leave the mixture in room temperature for 1-1,5 hours.

