

TYPICAL MEALS FROM EUROPE

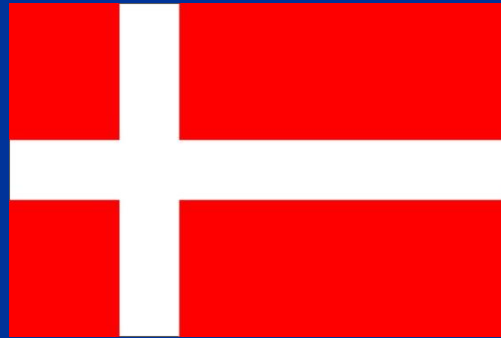


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Italy



Denmark



Greece



SANDRA NAVAS ARANDA

ITALY



ESPRESSO:

- ▶ Coffee and, of course, espresso, is very popular drink in Italy.
- ▶ Espresso is also the base for other drinks such as a café latte , cappuccino, café macchiato, café mocha, or café Americano. Espresso has more caffeine per unit volume than most coffee beverages, but because of this the usual serving size is much smaller.
- ▶ Luigi Bezzera, from Milan, came up with a number of improvements to the espresso machines. He patented a number of these ones in 1901.
- ▶ Angelo Marino's Italian patent for a steam-driven “instantaneous” coffee beverage-making device, which was registered in Turin in 1884 ,is notable.



DENMARK



NEW NORDIC:

- ▶ On these pages you can find examples of what the new Nordic cuisine has to offer.
- ▶ With the New Nordic Cuisine the traditional Nordic diet with a focus on local produce and ingredients is being explored.

STARTERS

Choose one of our many delicious starters.



MAIN COURSES

Choose one of our many main courses.



DESSERTS

Finish a nice meal with a perfect dessert. Here are some of our favourites.





GREECE



MOUSSAKA

Variations on moussaka are found throughout the Mediterranean and Balkans, but the iconic Greek baked dish is based on layering.



FETA & CHEESES

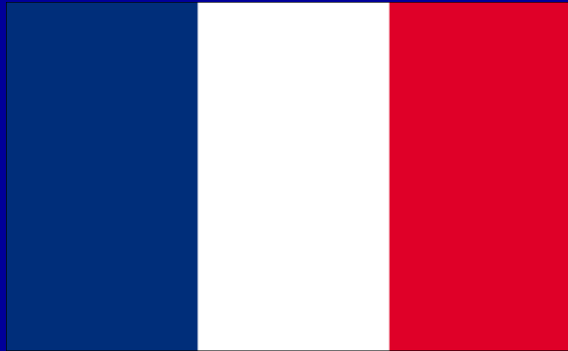
When in Greece, be sure to sample the vast array of fresh cheeses. Ask behind market counters for feta kept in big barrels, creamy and delicious.



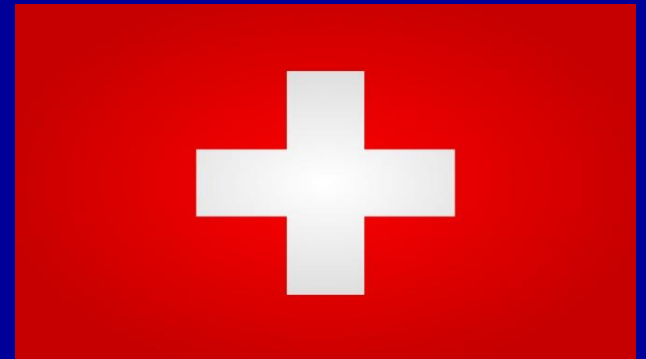
SPAIN



FRANCE



SWITZERLAND





SPAIN

PAELLA

- ▶ It's the most popular Spanish dish.
- ▶ It is originated from a region of Spain called Valencia.
- ▶ Paella is usually made with rice, chicken, fish, vegetables....

TYPICAL PRODUCTS:

Olive oil:

The oil is produced by pressing whole olives and it's used in cooking, cosmetics, pharmaceuticals and soaps.

The olive tree is native to the Mediterranean Sea.



Spanish cured ham:

Ham is historically important food, dried and cured in salt for centuries.

This type of ham is only from Spain.

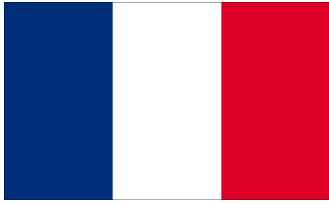


Spanish wine:

With more vineyard land than any other region on earth.

Spain's most famous red wine region is Rioja and the classic Sherry.





FRANCE

BOUILLABAISE:

It is originated from Marseille in the south.
The origin is that the fish that fishermen didn't sell, they made a soup at home
Actually this soup is made with shellfish too.



TYPICAL FRENCH PRODUCTS:

Profiteroles:

It's a puff pastry filled with chocolate or cream.

It's originated from Paris.
An Italian chef, who worked for the wife of a French king, was the first to think of putting a filling inside cream puffs.



Crêpe:

It's originated from Bretagne region in the northwest.

It's a thin crust with syrup of caramel chocolate, strawberry....

It can be salty or sweet.



Camembert cheese:

Camembert is the most popular French cheese in the world.

It's originated from Normandy.

The history of Camembert began when the French farmer, Marie Harel, in the middle of the French Revolution, gave birth to this delicious cheese.





SWITZERLAND

FONDUE

- This is probably the most famous Swiss menu.
- The origin of fondue began when poor families used aged cheese and bread to the main hot dish for winter.
- We eat it by dipping small pieces of bread in the molten cheese



TYPICAL PRODUCTS:

Muesli:

It's made with different kinds of cereals mixed with dried fruits.

A doctor was the first who made this meal for his patients in the hospital.

Today we used for a healthy breakfast.



Bündner Nusstorte:

It's a pastry filled with nuts.
It's originated from Graubünden



Rösti

It was originally eaten as a breakfast by farmers.
It a potato dish made with grated potato with cheese.
It is considered a national dish.



RUSSIA



THE
NETHERLANDS



THE
UNITED
KINGDOM



RUSSIA



PELMENI:

- ▶ It is a traditional Eastern European dish, usually made with minced meat filling, wrapped in thin doughy (made out of flour and eggs, sometimes with milk or water added). For filling, pork, lamb, beef, or any kind of meat. Mixing several kinds is popular.



KHOLODETS:

- ▶ Jellied chopped pieces of pork or veal meat with some spices added and minor amounts of vegetables. The meat is boiled in large pieces for long periods of time, then chopped, boiled a few times again and finally chilled for 3-4 hours, forming a jelly mass.

SHASHLYK:

- ▶ It is a form of Shish kebab. It often features alternating slices of meat and onions



THE NETHERLANDS



POFFERTJES:

Poffertjes are a traditional Dutch food consumed in fall and winter. They're perfectly puffed small pancakes. They are usually served on a little paper plate with a tiny fork for smearing the butter and stabbing the cakes to ferry into your mouth.



APPELTAART:

Traditional Dutch appeltaart has a sweet cakey dough on the bottom and edges, with a lattice on the top. The apple slices in the filling are flavored with cinnamon, sugar and lemon juice.



STROOPWAFLES:

This sweet snack is a waffle cookie made from two thin layers of batter with a sticky syrup filling in the middle. They can be purchased in packages at nearly every grocery store and bakery in the Netherlands, as well as freshly made at street stands at markets and festivals.

THE UNITED KINGDOM



BREAKFAST:

The traditional English breakfast consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms.



LUNCH:

Many children at school and adults at work have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink.

DINNER:

The evening meal is usually called 'dinner' or 'supper'.

A typical British meal for dinner is meat and "two veg". We put hot brown gravy, traditionally made from juices of the roast meat and usually the vegetables. One of the vegetables is almost always potato.



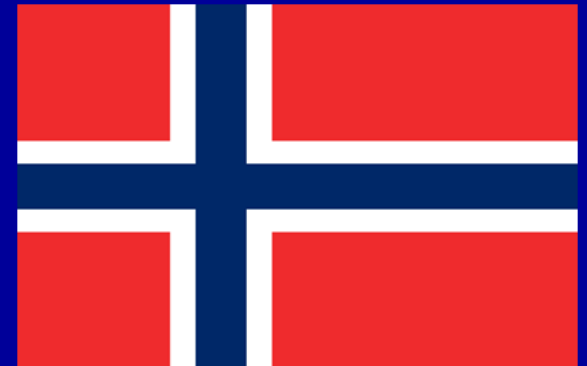
IRELAND



GERMANY



NORWAY



ÁNGELA CASADO PÉREZ



IRELAND

Bacon and Cabbage:

It's a traditional dish from Ireland.

The dish consists of unsliced back bacon boiled with cabbage and potatoes.

Sometimes other vegetables such as turnips and onions are also added.

The dish is served with the bacon sliced, and with some of the boiling juices added.

It is also added a white sauce, which generally consists of flour, butter, milk and various herbs.



Bareback

It's a yeasted bread with added sultanas and raisins.



Chocolate Potato Cake

It's a typical Irish dessert made with potatoes and chocolate.





GERMANY

Apfelstrudel:

Apfelstrudel (apple strudel) is a delicious pastry filled with apples flavoured with sugar, raisins cinnamon, and breadcrumbs.



Schnitzel

It's a thin, boneless cutlet of meat, which is coated in breadcrumbs and often served with a slice of lemon.



Sauerkraut:

Sauerkraut is cut cabbage that has been fermented by various lactic acid bacteria.

It has a long shelf life and a distinctive sour flavour.



NORWAY



KJØTTKAKER:

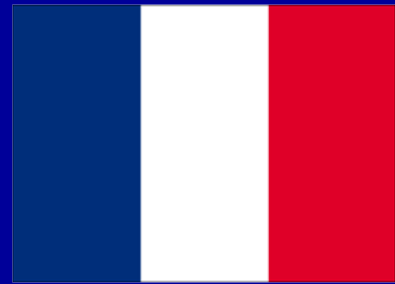
Meat cakes: rough and large cakes of ground beef, onion and salt and pepper. Roughly the size of a child's fist. Generally served with sauce espagnol. Potatoes, stewed peas or cabbage and carrots are served on the side. Many like to use a jam of lingonberries as a relish. The pork version is called **medisterkake**.



MULTEKREM:

Dessert made of cloudberry and whipped cream.





THE END

