



MODULE 11

Vegetable recipes from Bulgaria, Austria, Great Britain and Italy

Both past and present cultural heritage can be discussed through the plants - vegetables and herbs - that are used in these recipes. Below are many dishes that show how many of our food ingredients are the same across Europe – although the recipes (and taste!) may be very different.

The following recipes offer an exciting and tasty cultural experience!! They have been sent to us from all of our project partners – so enjoy!



Tarator - typical Bulgarian cold summer soup

Ingredients for 4 people:
1 kilo Bulgarian or Greek yoghurt
0.5 litre water
2 Cucumbers
A bunch of Dill
1 clove of Garlic
A few chopped walnuts to finish
Salt to season

How to make it (prep and cook time 5 to 10 minutes):

Typical Bulgarian yogurt has to be diluted with some water. Add the water to the yoghurt and mix well. Cut the 2 cucumbers into small pieces, finely chop the dill, crush a clove of garlic and crushed or finely chopped the walnuts. Stir all these ingredients into the yoghurt. Season to taste with salt and black pepper.

It has to be served cold, even with some ice in it.

Austria



Nettle soup

Ingredients for 2 people:

¼ kg nettles
2 tablespoons finely ground flour
One onion
1 spoon of margarine
1 clove of garlic
Grounded nutmeg
Sea salt and black pepper
½ litre vegetable stock
A little milk or cream
1 pat of butter

How to make it (prep and cook time 25 to 35 minutes):

Wash and stew gently the nettles (*Urtica dioica*) for a short period. Roast the flour gently in a dry pan for short time, stirring constantly so as not to let it burn. Let it cool.

Chop the onions and fry them in the margarine. Mix in the prepared nettles and season with sea salt, nutmeg, pepper, and a crushed garlic clove.

Mix the flour with little water, add it to the other ingredients and then pour in the vegetable stock, stirring to get a smooth mixture. Simmer gently. At the end, stir in a little milk or cream, and pop in a pat of fresh butter. Serve hot.

United Kingdom



Bean and Vegetable Soup

Ingredients for 4 people:

25 g Butter (1 oz)
225 g Carrots (8 oz), diced
225 g Parsnips (8 oz), diced
1 onion, sliced
2 potatoes, peeled and diced
1 green pepper, seeded and diced
50 g lentils (2 oz)
450 ml vegetable stock (15 fl oz)
450 ml milk (15 fl oz)
1 bouquet garni (includes thyme)
1 x 213 g can red kidney beans (7.5 oz), drained
1 x 213 g can butter beans (7.5 oz), drained
Sprigs fresh parsley - to garnish
Bread rolls - to serve

How to make it (prep and cook time 30 to 40 minutes):

Melt the butter in a large non-stick frying pan and add the prepared vegetables and cook until softened. Add the lentils, stock, milk and bouquet garni and simmer for 15-20 minutes. Remove and discard the bouquet garni. Add the beans and heat through. Garnish with parsley and serve with bread rolls.

Soups have long been a favourite foodstuff in British food; in the past the initial soup or broth 'course' helped to fill stomachs and decrease the need for more expensive meat or poultry. Scotland and Ireland in particular have many famous 'soup' recipes – mostly vegetable based, often with barley or potato bases. In the past this reflected both the locally grown crop and the need for a substantial carbohydrate foodstuff to feed a hungry, and often poor, population. British recipes are ever-changing, reflecting the ethnic mix, constant mobility, and more 'global' outlook of our population. Our foods have always been hugely influenced by other cultures, from the Romans to the present day, and many are now part and package of British contemporary cuisine. Britain has embraced the pizza and the curry, as well as integrating foods from the Mediterranean, the Middle East and Africa to name but a few. This soup includes several vegetables that reflect the origin of many of the plant groups we explore within the food topic.

Soup Source: <http://www.greatbritishkitchen.co.uk>

Italy



Oven baked pasta with tomatoes and mozzarella

Ingredients for 2 people:

180 g of durum wheat pasta

30 g parmesan

Extra virgin olive oil

10 little Ciliegini (Italian fresh mozzarella cheese that is formed into small cherry tomato shaped portions)

Oregano

Thyme

Basil

How to make it (prep and cook time 45 minutes):

Turn on the oven to 200°C. Take the mozzarella and drain off any excess liquid. Cut the cheese into little pieces. Grate the parmesan.

Cook the pasta in boiling salted water (a spoon of salt) and after about 6 minutes test to see if the pasta is cooked. It should be 'al dente'. If not, try it again in a couple of minutes. (How quickly it cooks depends on the type of pasta that you chose). Drain the pasta once cooked.

Cut the tomatoes into very small pieces and mix with a little bit of oregano, thyme, half of the grated parmesan, the mozzarella pieces and pasta. Put the mixture into an oven dish and flavour it by pouring over a spoon of extra virgin olive oil. Sprinkle the rest of the grated parmesan onto the top and decorate with basil leaves. Bake in the oven for 10-15 minutes. Serve and eat immediately!