

EAT LOCAL
THINK GLOBAL

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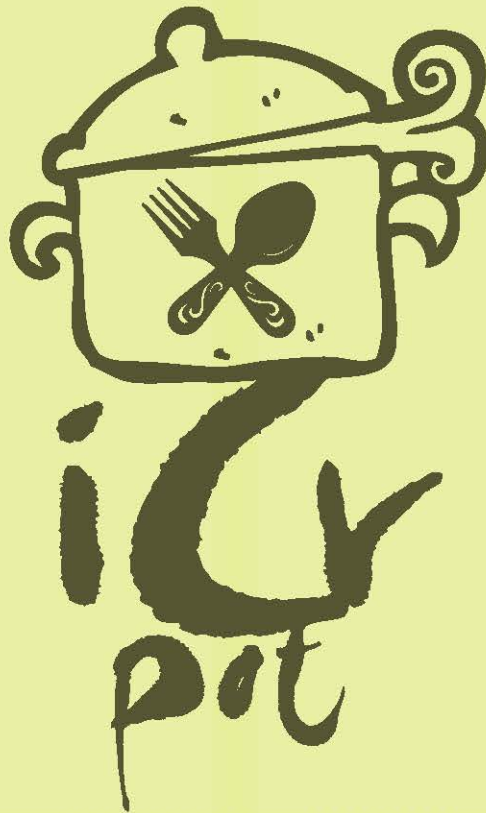
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2015

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EAT LOCAL
THINK GLOBAL



2015

Dear Colleagues and Friends of ICR,

Gastronomy was chosen as the theme of ICR's conferences in 2011 and 2012. There was great and even worldwide interest in contributing papers to the conferences dealing with this theme.

In addition to the papers that were presented during the ICR conferences in the above-mentioned years, the Board of ICR also decided to publish a cook book with recipes from different countries worldwide.

Every region has developed distinctive patterns of eating and drinking in response to the natural resources available in its physical environment. However, rapid development, globalization and international fast food are rapidly overtaking local dishes, eating houses and family food practices. Movements such as "Slow Food" are nevertheless reclaiming locally grown ingredients and traditional recipes, while the popularity of television cooking programs and well-researched cookery books show that public interest in regional foods and drink is strong.

ICR suggests that regional museums can add new dimensions to our understandings of the inventiveness of cooks, gardeners, fishermen, farmers and hunter-gatherers across time and across cultures. Almost every museum holds some food-related material in its collections: still-life paintings, farm tractors, kitchen utensils, plant and animal specimens, traditional table textiles, cookbooks, historic photographs recording wedding feasts, fish nets used by indigenous cultures and pottery from archaeological contexts.

As Chair of ICR, I have been given the honor and privilege of sending a greeting via this publication to my fellow ICR members and to our other colleagues in ICOM. The present publication constitutes a further example of the high standards of ICR's professional activities and qualities.

I would like to take this opportunity to thank ICR's board member Irena Žmuc and her husband Mitja in Slovenia, for their work on the publication's layout, photo editing and administration of this cook book.

In conclusion, I hope that all ICR members and other interested persons will enjoy reading this publication and learning from it. Please try to make the food – you will not regret it!

Rune Holbek

Chairperson of the International Committee for Regional Museums

EAT LOCAL
THINK GLOBAL



2015

DE GUSTIBUS NON EST DISPUTANDUM

In matter of taste, there can be no disputes

Food or a lack of food was and is always a concern of human life and a constituent part of man's everyday life, inherent to all segments of life. Climate, natural resources, the environment, political and economic changes all have influenced behavioural patterns in the past as they still do today. Writing about food history can be classified in sociological terms and need no only be identified with how cooking was described in one of the cooking books: "to cook means to make food a man's pleasure, to maintain health and to use healthy ingredients".

There is a new awareness of well-being which implicates rediscovering old, local and healthy food. Food is increasingly being seen as a way of documenting individual civilisation periods and man's lifestyles. New technologies for investigating the past, written documents about food and, primarily, interest directed towards everyday life have elevated food to the status of a fashionable research topic. Food history is an interdisciplinary field that examines the history of food and its political, economic, cultural, environmental, sociological and spiritual impacts, different technologies and anthropological impact.

In addition to storing enormous quantities of kitchenware and different types of memorabilia in repositories since prehistory, museums also document ways of life together with cooking recipes and cooking books, they organise workshops on cooking etc. and also serve as vehicles for passing on culinary traditions, the survival and abundance of food, the art of laying a table, the history of kitchenware, gastronomy, and medicine, the "dramaturgy" of a dinner, the change of gustibus etc.

Cooking is nowadays very popular; TV programmes and the internet offer numerous cooking courses and recipes, chefs have become celebrities... In ICR we turned to the culinary past to reveal traditional recipes. Eleven ICR members share a recipe of a main dish and a dessert. Some recipes are world-famous, the other might become that – so Eat local – think global, try the recipes and as Goranka suggested enjoy your meal with family and friends!

Irena Žmuc, Editor-in-chief

Tafelspitz /
Boiled beef

Kaiserschmarrn /
Emperor's Pancake



AUSTRIA

ÖSTERREICH





Tafelspitz / Boiled beef

Ingredients:

1 onion with skin, halved

About 2 kg Tafelspitz, cap of rump

About 3.5 liters water

10 - 15 black peppercorns

250 g peeled vegetables

(equal amounts of carrots, yellow carrots, celery root and parsley root)

½ leek, halved and washed

Granulated bouillon, as needed

Salt

Chives, chopped, to garnish

Preparation:

Brown the unskinned onion halves on their cut sides without oil in a pan lined with aluminum foil until very dark brown. Wash meat briefly with lukewarm water; drain. Bring water to the boil, add meat and cook at a simmer. Keep skimming off the foam that accumulates, and add peppercorns and onion. About 25 minutes before the meat is scheduled to be done, add vegetables, leek and, if desired, granulated bouillon. Remove cooked meat from the broth, cut into finger-thick slices, place on pater and sprinkle with salt and chives. Strain broth and season to taste with salt.

Serves 6 - 8.

Cooking time: about 3 - 3½ hours

Serve it along with Semmelkren (old diced white bread smoothly boiled with soup; horseradish added) and creamed spinach, or with hash browns (Röstkartoffeln), chive sauce (Schnittlauchsauce) and apple sauce with horseradish (Apfelkren)!

History:

Emperor Franz Joseph I. (1830-1916) made boiled beef hugely popular when he declared that it was his favorite meal. Beef was not only eaten in Viennese homes, but first and foremost in the good, solidly middle-class restaurants. Among the many beef delicacies, it is undoubtedly Tafelspitz that has achieved the greatest fame – all over Austria.

The name “Tafelspitz” is a compound of “table” and “head”. Tafel nowadays means a festive decorated table but refers here to the story that the Emperor, who sat at the head of the table, always ate quickly and only portions of his meals. It is said that his guests often left table still hungry as they were only allowed to eat until His Majesty rose from table.



Kaiserschmarrn / Emperor's pancake

Ingredients:

¼ cup raisins	2 - 3 tbsp rum
2/3 cup flour, pinch of salt	1 tbsp sifted powdered sugar
1 tsp vanilla extract	Grated rind of ½ lemon
3 egg yolks, 3 egg whites	½ cup milk
½ tbsp lemon juice	3 tbsp ground almonds (optional)
¾ tbsp butter or margarine for frying	2 tbsp sifted powdered sugar

Preparation:

Stew raisins and place in a small bowl. Drizzle with rum and set aside. Sift flour into a mixing bowl. Beat in salt, powdered sugar, vanilla, lemon zest, egg yolks and milk. Using an electric mixer or food processor, beat to an easy-to-pour batter and let stand approx. 20-30 minutes.

Beat egg whites with powdered sugar and few drops of lemon juice until very stiff. If desired, add ground almonds. Fold egg whites into batter.

Melt butter in a large skillet. Pour in batter and sprinkle with raisins; cover. Heat until underside is golden brown; turn. Using two forks, gently pull pancake into bite-sized pieces and complete cooking, turning often. Serve hot, sprinkled generously with powdered sugar.

Traditionally, Kaiserschmarrn is accompanied with Zwetschkenröster, a fruit compote made out of plums. Served also with cranberries, apple or plum sauce; sometimes also as a main course.

History / Legend:

According to legend, the court chef dedicated this dish originally to Empress Elisabeth (1837-1898), wife of Austrian Emperor Franz Joseph I. (1830-1916), calling it the "Empress Pancake" (Kaiserin-Schmarrn). Since it was not to her liking, but instead satisfied the Emperor's sweet tooth, it was simply renamed.

The story says that the Empress, obsessed with maintaining a minimal waistline, directed the court chef to prepare only light desserts for her, much to the consternation and annoyance of her notoriously austere husband. Upon being presented with the chef's confection, she found it too rich and refused to eat it. The exasperated Franz Joseph quipped, "Now let me see what 'Schmarrn' our chef has cooked up." It apparently met his approval.

The name Kaiserschmarrn is a compound of the words Schmarren (shredded pancake) and Kaiser (emperor). Schmarren is a colloquialism used in Austria and Bavaria to mean "trifle, mishmash, mess, "nonsense and folly".

东安子鸡

Dong'an Chicken

甜酒冲蛋

Fermented glutinous rice and egg soup



CHINA





东安子鸡 / Dong'an chicken

Ingredients:

About 4 liters chicken stock
800 g free-range chicken
10 g fresh ginger, unpeeled
4 scallions
1 fresh red chili
3 dried red chilies
20 g cooking wine
50 g vinegar
2 g Sichuan peppercorns
Salt
20 g mixture of corn-starch and water
5 tsp sesame oil
100 g cooking oil

Preparation:

Clean and dry the chicken, and steam the chicken for 15 minutes. Take it out and cool it and then cut it into small pieces. Salt the chicken pieces for 10 minutes. Slice the scallions and ginger. Heat the wok over a high flame until smoke rises, then add the cooking oil and swirl around. When the oil is warming up but before it starts to smoke, add the fresh chilies, and ginger, along with the dried chilies and Sichuan pepper and stir-fry until fragrant. Add the chicken and continue to stir-fry. Splash the cooking wine around the edges of the chicken. Add the vinegar and salt. Add up to half cup of the chicken stock, bring to a boil and then turn the heat down a little and simmer briefly to allow the flavors to penetrate the chicken, and spoon the liquid over the chicken. Add the corn starch mixture to the liquid and stir as the sauce thickens. Remove from the heat and stir in the sesame oil.

History:

Dong'an is a county in Hunan Province. Dong'an chicken is one of Hunan's most famous dishes. It is said to have originated in Dong'an County and has a history of nearly 1,300 years. According to Wan Li, a famous expert in the history of Hunan cuisine, among all the famous Hunan cuisines, Dong'an Chicken is the earliest cuisine recorded in history books. As early as the Kaiyuan reign of the Tang Dynasty (AD618-907), people in Dong'an County started to cook this special cuisine called "vinegar chicken". Then in the Qing Dynasty (1644-1912), Dong'an Chicken was brought to Changsha, capital city of Hunan Province and became very popular there.



甜酒冲蛋 / Fermented glutinous rice and egg soup

Ingredients:

500 g glutinous rice

2.5 g Chinese yeast

1 egg

5 g white sugar

5 g osmanthus sugar

10 g smashed dried longan pulp

Preparation:

Put 350 g glutinous rice into a saucepan, and cover the rice with hot water and let it soak for 2 hours. Drain the rice through a strainer and put the drained rice into a double-boiler. Steam the rice for 25 minutes. Drain again and rinse the steamed rice with warm water. Return the rice to the saucepan. Crumble 2.5 g Chinese yeast on the rice. Mix the rice with crumbled yeast and stir. Put the rice into a container with a lid, cover the lid tightly. Place the container at somewhere with the temperature of 30° for 34 hours. Then, the sweet glutinous rice wine is finished. Set it aside. Put 175 g clean water in a wok. Add 15 g cooked glutinous rice to the wok. Boil the water and rice. Add half cup of sweet glutinous rice wine to the wok. Stir the water and rice. Break an egg and place it into a bowl. Whisk the egg white and yolk together. Pour the boiled hot sweet glutinous rice soup into the bowl. Stir the egg slightly. Add white sugar, osmanthus sugar and smashed dried longan pulp to the bowl.

History:

Fermented glutinous rice and egg soup is a traditional and popular Hunan dessert. The recipe is recorded in the *Recipes for Nurturing Life* which is a silk medical book unearthed from Mawangdui Han tombs (buried in 168 BC) in Changsha. It is recorded in this ancient medical book that this soup is good for health, especially for women.

Purica s mlincima /
Turkey with mlinci

Zagorski štrukli od sira /
Štrukli from Zagorje



CROATIA

HRVATSKA





***Purica s mlincima* / Turkey with mlinci**

Ingredients:

A hen turkey

Salt

Bacon

Preparation:

The hen turkey is preferred to make this delicacy. They are more expensive but also more delicious. It should be slowly roasted. In order to prepare the turkey, rub salt all over the cleaned turkey inside and out and leave it to sit for at least an hour or overnight if possible. If you want a more succulent roast, wrap the breasts and the drumsticks with bacon.

While the turkey is baked in the oven prepare mlinci:

300 g plain flour

Lukewarm water (to make a stiff dough)

Salt

Mlinci is a famous side-dish that goes well with poultry. It is a thin dried flatbread that is easy to prepare by simply pouring boiled salted water over the mlinci.

To prepare homemade mlinci, make a dough of flour, salt, and water. The dough is then rolled out about 1 mm thick and 20 to 30 cm wide, and baked in an oven or on a hot plate. Later it is broken into pieces about 5 cm in size before final preparation with hot water.

Before serving, mlinci should be quickly fried in turkey fat that has been left in the baking pan.

The roast turkey is removed from the pan and the broken pieces of mlinci are placed in the fat in the tray. Then mlinci is then served as a side dish accompanying the turkey.

Beetroot salad goes well with the turkey and mlinci.

History:

Turkey with mlinci is a Croatian folk-cuisine specialty, especially in Zagorje and it is almost obligatory for the Christmas lunch.

Small family farms in the meadows and hills of Hrvatsko Zagorje grow, in the traditional way, the only indigenous breed of turkey in Croatia. Zagorje's turkey originates from the Middle American turkey, which came to Croatia from Italy in the 16th century. Through time it became well domesticated in the region of Zagorje where the climatic and breeding conditions created exceptionally tasty poultry meat famous throughout Europe. The secret to the Zagorje turkey lay in breeding in small flocks, allowing the birds to move around freely and feed on the meadows and hills or other vegetation-rich areas. It was only during bad weather and at night that the turkeys were placed in a poultry house to shelter them from unfavorable conditions.



Zagorski štrukli od sira / Štrukli from Zagorje

Ingredients:

For the dough:

500 g all purpose flour

Salt

1 egg

2 tbsp vegetable or sunflower oil

Lukewarm water (about 100 ml)

For the filling:

600 g fresh cottage cheese

100 g butter, softened + 2 tbsp

4 eggs

100 ml sour cream

Salt

Pepper

Topping:

Sour cream

Preparation:

Sift flour combined with some salt (about 1 tsp) onto a clean working surface and make an indentation in the middle. Put the egg into that indentation, add oil and combine all ingredients using fork. Gradually add lukewarm water to the dough, until it all comes together. Knead the dough with hands until it is smooth and elastic, and not too soft and sticky. Divide dough into three equal parts, brush each with oil and cover with warm pot. Leave for 30 minutes.

While the dough rests, prepare the filling:

Mix softened butter with fresh cottage cheese; add eggs, sour cream, salt and pepper.

Take a clean tablecloth and dust it with some flour. Place one part of the dough onto it, roll out with rolling pin until thin and then begin stretching it with your palms. Be gentle and patient, stretch it from the middle. The dough should be thin, but for štrukli you don't need to make it too thin. Cut out thick edges. Then sprinkle it with some melted butter. Brush the filling over the dough; brush only half of the dough. Roll it, using tablecloth. Using your hands, separate the dough into equal parts and cut them with a plate or similar vessel instead of using a knife in order to firmly seal the edges and ensure the filling doesn't pour out.

Take a baking pan, brush it with some butter and assemble štrukli in it. Preheat oven to 200 C.

Make the topping with sour cream and pour it over štrukli. Bake for about 40 minutes, until nicely golden. Let cool slightly and then serve them warm.

History:

This is a famous delicacy originating from Hrvatsko Zagorje region in north-west Croatia. Štrukli can be made in various ways – they can be a starter, a main dish or dessert. There are numerous recipes for this traditional Croatian dish which is a regional brand and an example of how simplicity can be attractive. It are made of only a few ingredients and the most important is high quality fresh cottage cheese. This kind of cheese is also popular in the region and can be served for breakfast or as a starter.

Labskaus /
Lobscouse

Bayerische Creme auf Himbeerspiegel /
Bavarian cream on raspberry coulis



GERMANY

DEUTSCHLAND





Labskaus / Lobsconse

Ingredients:

1 can of Corned Beef (ca. 350 g)

500 - 750 g potatoes, peeled

3 gherkins

2 onions

Some beetroot, boiled and peeled

Salt, pepper, ground pimento

Oil or margarine for frying

Some gherkin juice

Preparations:

While the potatoes are cooking in salted water, gently fry the diced onions in some fat until blond. Add the chopped Corned Beef, cover and let braise for 3 minutes. Add the diced gherkins and the gherkin juice. Season with salt, pepper and pimento. Add the diced beetroots and let braise for 10 minutes. Mash the cooked potatoes (not too much) and mix them in the roasted Corned Beef compound. Add a bit more gherkin water if needed.

Serve on plates with a fried egg and a pickled herring rollmop as desired. Serves 4.

History:

Labskaus is a traditional Sailor's meal. It is centuries old, but was first mentioned in 1706 by the English author and satirical writer Ned Ward. It was created during the days of the big sailing ships which lacked modern methods of conservation.. Many foodstuffs such as cured meat, smoked meat (bacon), potatoes, onions, beetroot could be store, however. Chicken were also kept aboard, giving eggs.

Cured meat was part of the daily diet, but Sailors whose teeth could not bite solid food due to scurvy, got their portion chopped and mashed. Each smutje (ships cook) had his secrets of composing and preparing a good meal from the available food on board.

Towards the end of the 19th century, Labskaus went ashore along the coastline of the North Sea. First it appeared in home cooking, and step by step traditional restaurants put it on their menus. Today Labskaus is offered in North Germany with elaborated recipes based on minced meat, beetroot and rollmop (pickled herring) added.



Bayerische Creme auf Himbeerspiegel / Bavarian cream on raspberry coulis

Ingredients:

1 1/2 cups heavy cream
3 envelopes unflavored gelatin
6 egg yolks
1 cup + 2 tbsp confectioners' sugar
2 cups milk
2 tbsp pure vanilla paste
1 1/2 pints fresh raspberries
1/2 cup confectioners' sugar

Preparations:

Chill a metal bowl in the freezer for a few minutes. Soak the gelatin in 2/3 cup cold water for 10 minutes. Beat the egg yolks with the confectioners' sugar in a large metal bowl until they have a thick, creamy consistency.

Bring the milk and the vanilla paste to a boil in a saucepan, stirring occasionally. Remove from the heat and slowly pour the milk into the egg yolks, stirring constantly.

Transfer the mixture to a double boiler. Continue stirring until the mixture coats a wooden spoon. Gradually stir in the dissolved gelatin and place the bowl over a large bowl of ice water. Make sure that the mixture is lump-free. Continue stirring vigorously until the cream starts to cool and stiffen. Fold in the whipped cream.

Immediately pour the Bavarian cream into individual serving dishes and chill for several hours until set.

Cook the raspberries and confectioners' sugar over low heat for 10 to 15 minutes, stirring occasionally. Press through a fine sieve to remove any seeds and chill.

Take the Bavarian cream and the coulis out of the refrigerator 30 minutes before serving. Top each serving of Bavarian cream with a few spoons full of coulis.

History:

Bavarian cream is a classic dessert with a mysterious origin. During the late 17th and early 18th centuries many French chefs studied and worked at the court of the Wittelsbachs in Bavaria. When they returned to France, they continued to make the dish and called it Crème Bavaroise (Bavarian Cream). Another legend says that the dish dates back to the time of Isabeau de Bavière, daughter of the Duke of Bavaria, who either invented this dish for her husband, King Charles VI of France, or brought the recipe with her from Germany.

Χοχλιοί με χόντρο

Snails with “Chondros”

Μελόπιτα

Melopita (Cheese and honey tart)



GREECE

ΕΛΛΑΣ





Χοχλίοι με χόντρο / Snails with "Chondros"

Ingredients:

1 kilo snails
½ kilo "chondros" (ground wheat)
½ kilo ripe tomatoes
120 g olive-oil
1 grated onion
100 g red wine
1 clove of thyme
Salt, pepper

Preparation:

We throw the "chondros" in tepid water and we let it soak for 2 hours approximately. We clean the snails' shells carefully and remove the membrane from their orifice. Then we wash them with water to make sure that they are all alive, checking them one by one. We take the tomatoes' skin out and grate them.

In salted water we throw the snails to boil for 15 minutes and we add thyme. We remove once/twice the froth excreted by the snails during boiling. We throw the boiled snails in a large bowl and we wash them again carefully. Sauté the onion in olive-oil for 2 minutes and then throw the snails and stir them for 5 minutes. We add the wine and we simmer for 10 minutes. We throw the grated tomatoes and let boil for more 5 minutes. We throw the "chondros" in the pot, add little salt and pepper and let it simmer for 20 minutes stirring often to keep the "chondros" from sticking to the bottom. Serves 6.

History:

Eating snails is very common in Crete dating back in ancient times. Shells of snails have been found in excavations. Galen, a Roman doctor in 2nd A.D. noted "all Greeks eat snails daily", while European travelers during the Ottoman period admired the process of collection and preparation of the snails. At the same time, snails were very important in the Christian religious life of the country, as their cooking was allowed during fasting periods. Particularly Crete was snails' exporter since prehistoric times, and their consumption - the highest in the world-, is one of the main features of the Cretan diet.

Recent researches have shown that snails contain protein, minerals, vitamins, omega-3 and a-linolenic acid, which have antioxidant substances and protect against heart diseases and cancer.



Μελόπιτα / Melopita (Cheese and honey tart)

Ingredients:

For the pastry

300 g all purpose flour

20 g icing sugar

5 g salt

150 g very cold butter

1 large egg, beaten

Cold water

For the filling

700 g unsalted mizithra (not sour) or anthotiro [if not available it could be substituted with ricotta, queso blanco, urda or similar fresh, soft cheese]

250 g light-coloured honey

100 g sugar

3 g salt

4 large eggs

1 lemon, the grated zest

13 g of vanilla extract

Preparation:

For the pastry:

Mix the dry ingredients and then rub the butter into that mixture with your hands, or process in a food processor, until it resembles coarse breadcrumbs. Add the beaten egg and continue to mix/process, until it starts to come together. If it is too dry add gradually a tablespoon of cold water until you have a clumpy result but not a homogeneous dough. Form the dough to a ball, flatten and wrap it in cling film. Put it in the fridge for 30 minutes.

Roll out the chilled dough between two pieces of cling film or parchment paper. Remove the top piece of cling film/paper and turn the dough, with the help of the bottom piece of cling film/paper, into a 28 cm diameter, deep tart pan with removable base. Alternatively cut round discs, transfer and press them in tartlet cases of your preferred size. Seal any cracks in the crust. Prick the bottom and sides of the tart with a fork and bake in preheated oven in 180 °C for 15-20 minutes until you have a golden crust.

For the filling:

With an electric mixer cream all the ingredients, besides eggs and flavorings, until you get a smooth mixture, free of any lumps. Add eggs, one at a time, and finally add the vanilla essence and the lemon zest.

Preheat oven in 180 °C . Pour the batter into the tart shell/s and bake, in the lower-racks of your oven, for 30 minutes, until the top is golden. Allow the melopita to cool in the pan for 5 minutes, remove it from pan and let it cool completely. Drizzle with honey and dust with cinnamon before serving.

History:

Honey and cheese were used in Greece since Prehistoric times. Honey in specific was a precious ingredient, which was often referred in myths about gods and heroes. While elaborate pastry making was not common in ancient Greeks cuisine, classical Athens was famous for the sweet pies (melopites) that were filled with cheese and honey. The recipe probably survived the Byzantine era and it can be traced nowadays as a local specialty of specific Greek islands of the Aegean. It is interesting that in some cases it is connected with the celebration of Orthodox Easter.

Freekeh - Wheat and tuber vegetable stew and
Antipasti

Philistine crêpe



ISRAEL





Freekeh - Wheat and tuber vegetable stew and Antipasti

Ingredients for the Freekeh:

3 onions
3 leaks
3 kohlrabies
3 carrots (white or orange)
3 parsley roots
5 cups of freekeh grains
1 bushel of mangold leaves

Ingredients for the Antipasti:

2 kohlrabies
1 white cabbage
2-3 cloves of garlic and 5 onions

Preparation:

Fry onions until brown. Add the leaks, kohlrabi, carrots and parsley roots and fry until soft. Add the thoroughly rinsed freekeh grains and add water at a ratio of 2:1 (1 cup freekeh to 2 cups of water). After the freekeh is cooked, season with salt, black pepper and chicken soup powder. When the freekeh is soft, add cut mangold leaves (leaves only) and stew for approximately 10 minutes.

For the Antipasti, slice the kohlrabi, onion and cabbage into thin slices. Cut the garlic on top and arrange everything on a tray.

Dressing:

Mix 1 cup of date honey, a generous portion of olive oil, salt and black pepper. Brush onto the vegetables, coating them on both sides. Place in the oven for 90 minutes at 200°, covered by foil until the vegetables soften. Remove the aluminum foil to brown the vegetables.

History:

These dishes are served in the Philistine feast hall of the Museum of Philistine Culture in Ashdod, Israel. The recipes are based on research conducted by Dr. Tova Dickstein, who specializes in the study of ancient biblical food. The ingredients for the dishes were available in biblical times and they served as the basis for the dish. However, the dish itself reflects a modern interpretation. In biblical times, people ate unripe wheat that was still green. The reason for this is that the wheat grew between Passover and Shavuot, a period of erratic weather and the fear of severe heat or heavy rain. Farmers were worried that the wheat would be damaged and they would have nothing to eat, so they hurried to harvest the wheat before it was completely ripe. The vegetables consumed in biblical times were green vegetables, which the Philistines seasoned with onion, garlic, leaks and herbs such as cilantro, mint and dill.



Philistine crêpe

Ingredients:

2 cups	regular flour
2 cups	milk (regular or soy)
2.5 tbsp	sugar
2 tbsp	oil
1 tsp	baking powder
Vanilla extract	
Pinch of salt	

Preparation:

Mix all ingredients in a bowl. Prepare a hot pan and pour a soup ladle of the mixture into the pan. Wait until holes appear in the crêpe and lift.

History:

Why no eggs? In biblical times, farmers did not grow chickens and did not use eggs for food. Proteins from beef, lamb and pork were also expensive and were not served often on the ancient table. A kid goat served as a special gift to a woman, such as the one that Samson gave Delilah. Most of the protein intake was provided by legumes. A combination of whole grains and legumes creates a whole protein, similar in nutritional value to meat.

湯豆腐

Hot Tofu

抹茶アイスクリーム

Matcha (Green Tea) Ice Cream



JAPAN

日本





湯豆腐 / Hot Tofu

Ingredients:

1 momen tofu (regular, between silken and firm)

About 15 cm dashi kombu

1,500 l water

1 1/2 tbsp salt

Sauce

1/4 cup soy sauce

1 tbsp sake

1 tsp mirin

1/2 cup bonito flakes (katsuobushi)

*Alternatively soy sauce, ponzu, miso, or sesame sauce can be used as sauce.

Toppings

Finely chopped scallions

Shichimi togarashi (seven-flavour chili pepper)

Grated ginger

Preparation:

Score dashi kombu, put it in clay pot and pour water till 70% full. Let it soak for 3 hours.

Meanwhile, put soy sauce, sake, and mirin in a small pan for making sauce. Add bonito flakes when boiling. Mix with chopsticks and cook for 2 minutes. Cut tofu as per personal preference.

Add salt to water prior to start heating. Put tofu in boiled water. Eat tofu with sauce and toppings.

History:

It is believed that tofu was introduced from China to Japan in the 7th - 8th century after Buddhism was introduced. For a long time, tofu was only eaten by Buddhist priests and aristocrats. The word "tofu" first appeared in a document (the diary of Nakatomino Sukeshige) in 1183 in Japan and there was a rapid increase in usage of the word "tofu" in the 14th -16th century in records of Buddhist temples; therefore, it is believed that tofu spread as ingredient of Buddhist cuisine. The origin of hot tofu is believed to be a Buddhist cuisine of Nanzen-ji Temple in Kyoto. Tofu was an important source of protein for Buddhist priests because eating meat was prohibited in Japanese Buddhism.



抹茶アイスクリーム / Matcha (Green Tea) Ice Cream

Ingredients:

5 g matcha (powdered green tea)

75 g - 80 g caster sugar

1 egg

300 ml soy milk

80 g whipping cream

Preparation:

Mix matcha and caster sugar well. Put egg, soy milk and whipping cream in a small pan and simmer it over low heat and add matcha/sugar powder. Simmer until it has thickened. Cool it down and mix it with ice-cream maker or put it in a freezer and mix 3 times with hands every 3 hours.

History:

A new method of tea cultivation called "Ōishita Saibai" was developed in Uji, Kyoto in the 16th century. It is said that the tea cultivated under this method was used to produce the first batch of matcha, a finely ground powder of specially grown and processed green tea.

Mount Fuji-shaped matcha ice cream was on the menu of the banquet at the Imperial Palace during the early Meiji period (1868-1912). Also, local manufacturer in Wakayama invented a new method to produce matcha ice cream in 1958, which became popular in Wakayama region and had explosive sales at Expo '70 in Suita, Osaka; however, people had to wait until 1990s, when the patent expired and matcha ice cream made in the U.S.A. was imported. Finally, Japanese ice cream manufacturers, which had been producing only vanilla, strawberry and chocolate ice cream, realised that Japanese people would accept different flavours.

Frijol con puerco /
Black beans with pork

Dulce de papaya /
Candied papaya with cheese



MEXICO





***Frijol con puerco* / Black beans with pork**

Ingredients:

2 lbs black beans
3 lbs pork meat
1 onion cut into four pieces
Epazote leaves
1.5 tbsp salt
The “chiltomate” (tomato sauce)
2 tomatoes
2 oz chopped onion
Fresh coriander (a bunch)
Salt to taste

Preparation:

Rinse the beans and cook them in 8 liters (8 quarts) of boiling water. Add the onion and the epazote leaves. When beans are partially cooked, add the pork meat and salt. Cover the pot and cook for 1.5 to 2 hours (low to medium heat) until meat is soft (add more water if needed).

For the tomato sauce:

2 lbs tomatoes
2 oz finely chopped onion
A bunch of fresh coriander
Salt to taste

Grill the tomatoes in a pan, mash and mix them with onion, coriander and salt.

Accompaniments:

1 chopped white onion
2 chopped bunches of radishes
2 bunches of fresh coriander
4 lemons (in slices)
1 or 2 Habanero peppers
Avocados
Maize tortillas
Black rice

Serve in soup plates. Add the tomato sauce, the chopped onion, radish and coriander, a slice of avocado and if you are very brave, small pieces of Habanero pepper (2 or 3).

For the black rice, just prepare a white rice and cook it with 2 or 3 cups of the black-bean broth.

History:

Frijol con Puerco is a traditional Monday lunch in Yucatecan homes. It is a mestizo dish, since pigs were brought to the New World by the Spaniards. Eating pork or beef, fish or poultry used to depend on the location of the villages as well as on their traditions. It seems that butchers used to sell pork meat on Monday. On the other hand, the Frijol con Puerco is also considered an easy dish to prepare at the beginning of the week.



***Dulce de papaya* / Candied papaya with cheese**

Ingredients:

1 unripe papaya (6 lb)
1/2 cup of caustic lime
2 kilos (4 lbs) sugar
1 pint of water
Cinnamon sticks
A piece of Edam cheese (or similar)

Preparation:

Peel the papaya, cut it in slices and remove seeds. Soak the papaya for an hour in a mixture of water and caustic lime in order to firm the fruit. Place in a pot. Add sugar, water and cinnamon. Cover and simmer for about 90 minutes (do not stir). Let it cool before refrigerating. Serve the candied papaya with crumbled Edam or similar cheese.

History:

Sixty years ago, cattle raised in Yucatan produced only meat. Dairy products were imported from other provinces and mainly from abroad: Edam and Gouda cheeses, canned butter, powdered milk ... These were soon incorporated to the local cuisine. Some decades later, dairy goods were produced locally. However, Dutch cheeses are still used in main dishes and in desserts, like accompaniments e. g. candied papaya or candied guava.

Toheroa soup

Pavlova



NEW ZEALAND





Toheroa soup

Ingredients:

6 to 8 large fresh toheroa clams

1 large onion, chopped

1 liter fish stock

Salt and pepper

2 egg yolks or 1 large egg

1 dl heavy cream

Preparation:

Process the minced clams and chopped onions in a blender. Put this mixture in a saucepan, add the fish stock and season with salt and pepper. Stir well over low heat for about 40 minutes. Beat the egg yolks or egg, blend into 2 dl of the warm stock, pour back into the pan and stir constantly until the soup thickens. Add the cream, reheat and serve at once.

History:

This soup is more of a starter for four people than a main dish, but is so typical of New Zealand that the recipe is being included. The soup can be made in other countries by using local clams or other white mussels. In this case, give it the proper greenish tinge by adding a little puréed cooked spinach.

The toheroa clam is a green surf clam that is found on New Zealand's northern and southern beaches. It has been highly appreciated by the country's indigenous people, the Maori, who have always been fond of seafood. Unfortunately, after colonists also began eating them, this new popularity led to the commercial harvesting and canning enterprises that reduced the stocks alarmingly. Gathering is now strictly limited as to season, amounts and harvesting methods. But there is a "Kiwi" tall tale about the American who loved the soup so much that he tried to buy New Zealand and thus get a monopoly on harvesting, and eating, toheroa clams.



Pavlova

Ingredients:

4 egg whites
1 cup of castor sugar
1 pinch of cream of tartar
1 tsp of white vinegar
1 tsp of vanilla essence
3/4 tbsp of corn flour

Preparation:

Pre-heat the oven to 400 Fahrenheit (205 Celsius). Beat eggs until very stiff. Gradually add half of the castor sugar, while beating the egg whites. Fold in the remaining castor sugar and cream of tartar with a spoon (do NOT beat). Add remaining ingredients and mix in with a spoon.

Place a piece of baking paper on a flat baking tray, and pour the mixture into the middle of the tray. Spread into a circle and cover loosely with a piece of aluminum foil. Turn off the oven and put the tray with the meringue mix on a shelf in the middle of the oven. Leave in the oven until the oven is completely cool.

Take the meringue base out of the oven, and place on a serving plate (take the paper off). Garnish with whipped cream and decorate with slices of peeled kiwifruit, strawberries or other summer fruit.

History:

Traditional home baking flourished in rural 19th and 20th century New Zealand, where women produced their best cakes and desserts for family and community events, including the highly competitive women's events at regional Agricultural and Pastoral Shows.

The Pavlova (or 'Pav') is the classic New Zealand dessert, especially for celebrations. It is a large, flat soft-centered meringue covered with whipped cream and decorated with summer fruit – usually strawberries or raspberries. Supposedly inspired by local performances in 1926 by the Russian prima donna ballerina Anna Pavlova of the Dying Swan, by Mikail Fokine (1905), both New Zealand and Australia claim the recipe's invention.

A popular variation today includes sliced kiwifruit, another New Zealand contribution to contemporary cuisine. Seeds introduced to New Zealand from China in 1906 by school headmistress Mary Isobel Fraser, who had been visiting missions, first fruited in 1910. Originally marketed as 'Chinese gooseberries', the name 'kiwifruit' was been used since 1959 and the fruit is now available internationally.

Both individually and together, Pavlova and kiwifruit have achieved iconic status in New Zealand's gastronomic heritage.

Pinnekjøtt /

Lamb or mutton ribs

Multekrem /

Arctic cloudberries



NORWAY

NORGE





© fjellnisse.com

***Pinnekjøtt* / Lamb or mutton ribs**

Ingredients:

Allow about 350 g of lamb or mutton ribs per person

Preparation:

The ribs are cured in brine or coarse sea salt and then hung in a cool, dry and airy place to dry. Fresh ribs can be smoked before curing. Traditionally this was done to prevent mold during the drying process. Before cooking, the ribs are separated into individual pieces with a sharp knife. Then the ribs are soaked in water to rinse out the salt and reconstitute the meat. After soaking the rib pieces are placed on a layer of birch twigs, or “pinner”, over a little water in a large pot and steamed for about two hours. The meat is usually broiled very briefly to give it a crisper surface.

Most people now buy ready cured and smoked ribs direct from farmers or in supermarkets.

History:

Pinnekjøtt is a main dish based on salt-cured, dried and often smoked ribs of lamb or mutton. It is a favorite dinner meal on Christmas Eve and served with potatoes, mashed swede (rutabaga, US) and spicy mutton sausage. Beer and aquavit are served to drink.



Multekrem / Arctic cloudberries

Ingredients:

3 dl whipping cream

2 tbsp sugar

1 cup or more of drained berries

Preparation:

Whip the cream and sugar until stiff. Fold the berries carefully into the cream. Save a few berries to use as decoration on the top. Serves 4.

Sugary wafers, especially Norwegian wafer-cones ("krumkaker"), are often served with multekrem.

History:

Multekrem, or Arctic cloudberries with whipped cream, is a dessert usually served on festive occasions such as Christmas or New Year's Eve or on the national holiday. It is a very simple dish, but rather expensive because cloudberries are very costly – unless you pick them yourself. The berries, *Rubus chamaemorus*, are native to the arctic and alpine tundra and to northern forests. The berries, which resemble raspberries, grow on low bushes.

Svatbarski kupus /
Wedding cabbage

Bakin kolač /
Traditional fruit pie



SERBIA

SRBIJA





Svatbarski kupus / Wedding cabbage

Ingredients:

500 g pork
500 g beef
300 g of dry ribs
300 g of dry bacon
2 heads of cabbage
10 seeds peppercorns
3 bay leaves
2 onions
2 dry red peppers
2 tsp cayenne pepper

Preparation:

Cut bacon on the leaves and place it at the bottom of the pot for cooking. The pot in which to cook Wedding cabbage is a traditional one of coarse ceramics. Remove the root from the cabbages and cut both heads of cabbage in 8 pieces.

First place the bacon in the pot on top of the cabbage, then the mixed meat and one-half onion, a bay leaf and cayenne pepper.

Repeat the next layers in the same order.

Place the cabbage on the top and put the dry red peppers over it.

Pour into cold water and cook over low heat for about 4-6 hours.

The cooking water should evaporate as cabbage does not add liquid.

Add salt if needed. Serve corn bread with the cabbage in semi-deep ceramic bowls.

History:

In central part of Serbia, in the Šumadija region, quality cabbage is grown and the meals from this vegetable, which is a veritable vitamin bank, have always been on a the daily menu. Cabbage is used to prepare salads, cooked either natural or pickled, while its pickle juice is recommended as being rich in vitamin C. To this day, the older generation will place cabbage leaves as a cure on rheumatic joints. However, the certainly best known meal is “wedding cabbage”. It is a true gourmet dish, because several kinds of meat are added to it, both fresh and smoked.



***Bakin kolač* / Traditional fruit pie**

Ingredients:

For the dough

500 g flour

1 tsp baking powder

150 g powdered sugar

200 g lard (or 250 g margarine for a vegetarian variant of the cake)

For the filling

150 g dried plums (peeled)

150 g raisins

50 g chopped walnuts

5 tbsp of plum jam

Preparation:

Mix all ingredients for the dough, knead it and leave it for half an hour in the fridge. Chop the prunes, add them to the raisins, rinse and leave in warm water until tender. Then drain and stir in the chopped walnuts. Divide the dough in two. The first part fits the size of the pan in which the pie is baked (e.g. 35 x 25), spread it with plum jam and sprinkle it with the fruity filling. Roll out another sheet and transfer it to pan over the filling. Pinch the edges with your fingers to seal, and make little holes with fork on the top crust. Bake in the oven for about for about 20 minutes at 180 degrees.

Cut the cooled pie into squares and sprinkle with powdered sugar.

If the dough is made with lard, it will be extremely soft and sensitive, so we recommend that you immediately make a crust on paper to transfer it to the baking sheet as it is quite fragile. The dough made with margarine is much easier to work with, but does not have the taste of literally melting in your mouth, that it does when made with lard.

History:

For long time, the only desserts in these regions were baked apples in honey, a juice made by fermenting dried fruits in a barrel, and sweet pies made of plums, apples or sour cherries. This is a simple recipe from grandmother's kitchen.

Leteči žganci /

Flying fried chicken drumsticks and wings

Pehtranova potica /

Potica with tarragon



SLOVENIA

SLOVENIJA





***Leteči žganci* / Flying fried chicken drumsticks and wings**

Ingredients:

Chicken thighs and wings

Flour

Eggs

Bread crumbs

Salt

Lard or flax oil

Preparation:

Wash the meat, dry it with a paper towel and salt it. Dip the chicken meat piece by piece in the flour, then drop it in beaten eggs and roll it in bread crumbs coating it evenly all over. Fry it in lard or flax oil.

History:

The name of the dish is an ironic name for fried chicken drumsticks and wings. In 17th century dockers, known as fakini, worked at the city port on the Ljubljanica River mainly during the night. In the morning they joked with the farmers and artisans, who started working. The Fakini ate fried chicken, and humorously referred to it as “flying žganci”, which was a common everyday dish of boiled buckwheat, barley or wheat commonly associated with poverty and struggle to survival. Both dishes are still popular in Ljubljana.



***Pehtranova potica* / Potica with tarragon**

Ingredients:

For the dough

500 g white flour, type 400

40 g yeast

60 g butter

80 g sugar

2 eggs

2 dl milk

Rum

Grated lemon rind

Vanilla sugar

A pinch of salt

For the tarragon filling

150 g fresh tarragon leaves (dry leaves can also be used)

350 g drained full fat cottage cheese

2 eggs

250 g sugar

100 g semolina

Vanilla sugar

Rum

Preparation:

Sift the flour into a bowl, add salt. Separately, in a smaller bowl, dissolve yeast in lukewarm milk and, in a third bowl, mix the eggs, sugar, rum, vanilla sugar and lemon rind. Heat up the milk, melt the butter.

Combine the flour with the warm milk and mix, add the egg mixture, mix together, then add the dissolved yeast and butter. Knead into a medium-thick dough until elastic on the inside, smooth on the surface and not sticking to the bowl. Be careful not to make the dough too firm, because the quantity of liquid in the recipe (the milk) cannot be defined precisely, since it depends on the humidity of the flour and the size of eggs or egg yolks. Cover with a plastic cling-film and leave to rise at room temperature. The dough should rise until it has doubled in size. Then knead it again and roll out.

For the filling add the eggs, vanilla sugar and rum to the cottage cheese, mix well, spread over the rolled out dough, sprinkle with tarragon and semolina. The temperature of the filling and the dough should be the same. Roll up tightly. Place in a prepared tin, prick and allow to rise. Before putting in the oven, brush with a mixture of milk and eggs and avoid filling the pricked holes. Bake at 175 °C for 40 minutes.

History:

Potica is very old and characteristic holiday cake, first mentioned by the Slovenian Protestant writer Primož Trubar in 1575. The richness of the ingredients depended on the status. There are different in their fillings and currently there are more than 120 different types. Today the most typical is spring summer potica with tarragon, the most popular is one with walnuts.

Pot pie

Apple pie



UNITED STATES OF AMERICA





Pot pie

Ingredients:

2 - 2 ½ qt chicken or ham broth

2 ½ - 3 cups ham or chicken

Ham or chicken bouillon to flavor if needed

4 - 5 medium potatoes, quartered (optional)

For the dough:

2 cups flour

2 tbsp shortening

2/3 cup cold water or use cold meat broth

¼ tsp salt (only for chicken pot pie)

Preparation:

Cook ham or chicken until done and cut into cubes or pieces. Use the broth from the meat; add water to make about 2 - 2½ quarts of broth. If the flavor seems weak, bouillon can be added to taste. Bring to boil. Mix flour, shortening and then add cold water or broth. (Dough should be the texture of pie dough.) Roll dough out on floured surface until very thin and cut into squares. Lay the squares on a cookie sheet in a single layer. Do not stack the dough. Add the dough squares to the boiling broth and meat. You may add diced potatoes right before you add the dough. After all the dough as been added to the boiling meat and broth, stir and cover the pot. Lower heat to let it cook slowly for about 20 - 25 minutes. If mixture appears to be too thick, add hot water to thin. Use a 6 quart pot. Serves 6 - 8.

History:

Ham (or chicken) pot pie is a popular dish among the Somerset County Pennsylvania, USA residents of German/Amish/Mennonite descent. This particular recipe is from the Beulah United Methodist Church whose members have provided pot pie for over 35 years to visitors who attend the Somerset Historical Center's annual Mountain Craft Days festival.



Apple pie

Ingredients:

For the filling

6 to 8 tart apples

1½ tbsp flour

Pie dough for a double-crust 9-inch pie

¾ cup brown sugar

Cinnamon to taste

Rind and juice of ½ lemon (optional)

1 1/2 heaping cups pastry flour

1 tsp salt

A scant 1/2 cup lard

1/3 cup ice water

Preparation:

Peel and core apples, and slice into eighths. Mix with flour and brown sugar. Toss in lemon juice and rind if desired. Place the mixture into a pastry-lined 9-inch pie dish. Sprinkle with cinnamon and dot with butter. Place on a top crust. Pinch and seal crusts together, and trim off excess. Cut in steam vents. Bake in a 400-degree oven for about 1 hour.

Mix the flour, salt and lard until it looks like coarse meal or small peas. Add enough water to make a nice dough. It may take more or less water. Most people tend not to use enough water.

Learning to make pie dough is a matter of developing a feel for it. The best way to mix the dough is with your fingers. Makes enough dough for one 9-inch double-crust pie. If using vegetable shortening, use a ratio of 2 cups flour to 1 cup shortening. It is always best to go scant on the shortening. (You can also use 1 cup of unsalted butter to 2 ½ cups of flour.)

History:

While no one knows the exact origin of the expression "As American as apple pie," versions of apple pie were brought to the new world by Swedish, Dutch and English settlers in the seventeenth and eighteenth centuries. The first apple pie recipe published in the United States appeared in Amelia Simmons' *American Cookery*, 1796.

Cooking measurements and equivalents

1 cup / liquid volume = 250 millilitres

1 cup / dry volume = 250 grams

1 libra = 453 grams

1 ounce = 28,5 grams

1 pint = 475 millilitres

1 quart = 1liter

Abbreviations

oz = ounce

qt = quart

tbsp = tablespoon

tsp = teaspoon

Eat local - Think global

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Participating individuals and institutions:

• *Dagmar Bittricher for Austria*, after Ewald Plachutta the Doyen of Viennese Cuisine; main dish

Tafelspitz/Boiled Beef (recipe by Ewald Plachutta - the Doyen of Viennese Cuisine) Foto: © <http://www.plachutta.at/de/tafelspitz/> dessert

Kaiserschmarrn/Emperor's Pancake Foto: ©

<http://en.wikipedia.org/wiki/Kaiserschmarrn>

• *Ying Xie for China*, main dish after Li, Wan (2004): The Historical and Geographical Background of Hunan Cuisine. In: Yiheng, Li (ed.), Hunan Gastronomy. Changsha : Hunan Science and Technology press; dessert after Xigui, Qiu (2014): The Complete Works of the Bamboo and Silk Manuscripts from Mawangdui Han Tombs in Changsha, Vol. VI, p. 41. Zhonghua Book Company : Beijing.

- *Goranka Horjan for Croatia*
 - *Helmut Sydow (main dish) after Wikipedia and Otto Lohr (dessert) for Germany*
 - *Yiannis Markakis and Mary Baritaki (main dish) and Stefanos Keramidas (dessert) for Greece*
 - *Mira Levy for Israel* conducted by Dr. Tova Dickstein, Ancient Culinary Researcher; photos: Ilanit Turgeman
 - *Kenji Saotome for Japan*
 - *Blanca Gonzales for Mexico*
 - *Jane Legget for New Zealand*, main dish <http://www.soupsong.com/rtoheroa.html> and <http://www.nzhistory.net.nz/culture/no-pavlova-please/seafood-consumption>; dessert recipe taken from an old magazine "Kiwi Home Hospitality" (further reading: Leach, H.M. & Browne, M. (2008) *The Pavlova Story: A Slice of New Zealand's Culinary History*. Dunedin, New Zealand : University of Otago Press).
- bsites I used as the basis for what I re-wrote
- *Jean Aase for Norway*
 - *Mila Popović Živančević for Serbia*
 - *Irena Žmuc for Slovenia* main dish <http://www.visitljubljana.com/en/activities/eating-out/taste-ljubljana-gallery>; for the dessert Bogataj, J. (2007): *Sladka Evropa : sladice držav Evropske unije*. Sweet Europe : desserts from the countries of the Europe Union. Ljubljana : Kmečki glas.
 - *Sue Hanna for United States of America* main dish photo and recipe courtesy of Mark D. Ware, Historical and Genealogical Society of Somerset County, Inc; dessert from *The Landis Valley Cookbook: Pennsylvania German Foods & Traditions*, Landis Valley Associates, 2nd Edition, Stackpole Books : Mechanicsburg, 1969. Photo courtesy of Landis Valley Village & Farm Museum. The first apple pie recipe published in the United States appeared in Amelia Simmons' *American Cookery*, 1796.

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"HUNGER
IS A
HARD TASKMASTER"

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THINK GLOBAL