

# COLOUR MY WORLD COOKBOOK



# CONTENTS

	STARTERS	MAIN COURSES	DESSERTS
BULGARY	<b>Shopska salad</b>	<i>Meatballs</i>	<b>Chocolate semifreddo</b>
CYPRUS	<b>Grilled Halloumi</b>	<b>Koupepia</b>	<b>Daktyla</b>
FINLAND	<b>Sultsina</b>	<b>Cabbage casserole</b>	<b>Åland Pancake</b>
MALTA	<b>Maltese Ftira</b>	<b>Maltese Pasta</b>	<b>Bread Budding</b>
PORTUGUAL	<b>Bacalhau à Brás</b>	<b>Ameijoas à bulhão pato</b>	<b>Arroz Doce</b>
TURKEY	<b>ARABAŞI SOUP</b>	<b>Steamed Kebab in pot</b>	<b>Rice Pudding</b>

# STARTERS

- SHOPSKA
- GRILLED HALLOUMI
  - SULTSINA
  - MALTESE FTIRA
- BACALHAU à BRás
- ARABAŞI SOUP





# SHOPSKA SALAD

## INGREDIENTS:

- 4 tomatoes, chopped
- 1 large cucumber, unpeeled and chopped
- 4 green or red peppers, roasted or raw, chopped
- 1 large yellow/red onion, chopped, or 6 green onions, sliced
- 2 tablespoons chopped fresh parsley
- 1/2 cup sunflower oil or extra-virgin olive oil
- 1/4 cup red-wine vinegar - optional
- Salt
- 1/2 cup Bulgarian white cheese or feta cheese, grated

## METHOD:

Place tomatoes, cucumber, peppers, onion and parsley in a large bowl and toss.

Place oil, vinegar and salt to taste in a screw-top jar. Cover and shake until well blended.

Toss dressing with vegetables, turn into a serving bowl and refrigerate until ready to serve. Top with grated cheese and put on chilled plates.





# GRILLED HALLOUMI

## INGREDIENTS:

- 1 halloumi
- 4 small pitta breads
- 1 tomato

## METHOD:

Cut the halloumi cheese and tomato in thin slices and put them in the pitta bread

.

Then grill or toast it for 2-3 minutes until the ingredients are hot and you serve!

You can serve this starter without toasting it too. Just put the halloumi and tomato in the pitta bread and you're all set.





# SULTSINA

## INGREDIENTS:

### Filling:

- ½ c Milk
- ¼ tsp Salt
- 2 tpl Farina ( Cream of wheat)
- 1 tbl Butter –room temp.
- 3-4 tbl Whipping cream

### Rye dough:

- ½ c Warm water
- 1 tbl Butter, melted
- ¼ tsp Salt
- ½ c All purpose flour
- ½ c Rye flour

## METHOD:

### For Filling:

Bring milk to a boil in small saucepan over med, heat. Add salt, then slowly stir in farina until smooth. Return to boil and cook 1 minute stirring constantly. Remove from heat. Cover and let stand 3 minutes. Stir in butter and enough cream to make mixture spreadable. Cover filling to keep warm while preparing dough.

### For Dough:

Combine water, butter and salt in medium bowl. Beat in all purpose flour until smooth, using wooden spoon. Mix in rye flour. Turn dough out onto floured surface and knead until smooth, about 2 minutes adding more flour if dough is sticky.

Shape into cylinder; cut into 4 pcs. Dust with flour.

Reflour surface lightly. Pate each piece into small round 'cake.'

Roll into 8-inch rounds. Flour tops of rounds lightly. Stack; cover with plastic wrap. Heat elec griddle. Cook 1 dough round, turning once, until dry and spotted with brown but still pliable, about 30 Seconds on each side. Transfer to warm platter. Repeat with remaining rounds. Spread 2 Tbl filling down the center of each Sultsina and fold the 2 opposite edges over filling, just meeting in center, then fold again lengthwise. Cut into 2 pcs if desired. Serve immediately with the additional melted butter & cinnamon sugar for dipping.





# MALTESE FTIRA



## INGREDIENTS:

- 1 Maltese ftira
- 2 spoons tomato paste
- 1 small onion
- 1 clove garlic
- 50 gr sliced green olives
- 50 gr capers
- 1 small can tuna
- 1 spoon olive oil
- Salt and pepper
- 2 leaves lettuce
- 1 tomato
- 1 spoon olive oil
- Salt and pepper
- 2 leaves lettuce
- 1 tomato

## Optional:

- 50 gr anchovies
- 50 gr sun-dried tomatoes
- 50 gr broad beans in oil, garlic and parsley

## METHOD:

Peel the onions and the garlic.

Finely chop the onion, garlic, tomatoes and lettuce.

In a mixing bowl, mix the tuna, olives, capers, onion, garlic, tomato and olive oil.

Add salt and pepper to taste.

Slice the bread and spread with tomato paste.

Fill in the bread with the filling

Add the lettuce.





# BACALHAU à BRás



## INGREDIENTS:

1 pound dried salt cod  
7 tablespoons olive oil, divided  
1 1/2 pounds russet potatoes, peeled, cut into matchstick-size strips (about 6 cups)  
1 large onion, thinly sliced  
1 bay leaf  
8 large eggs  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
4 tablespoons chopped fresh parsley, divided  
18 oil-cured black olives

## METHOD:

Rinse the fish and place it in a bowl. Add enough cold water to cover. Chill overnight, changing the water several times.

The next day, drain the fish and transfer to a large saucepan. Cover with water, bring to a boil, and simmer until the fish flakes easily, about 15 minutes. Drain and cool. Flake the fish, discarding any bones.

Heat 4 tablespoons of the oil in a heavy, large nonstick skillet over medium-high heat. Add the potatoes in batches and saute until crisp and golden, about 7 minutes per batch. Transfer the potatoes to paper towels to drain.

Add 1 tablespoon of the oil to the same skillet. Add the onion and bay leaf and saute until golden, about 15 minutes. Discard the bay leaf. Reduce the heat to low. Add the remaining 2 tablespoons oil to the onion slices in the skillet. Mix in the fish and potatoes. Whisk the eggs, the 1/2 teaspoon salt, and the 1/2 teaspoon pepper in a large bowl to blend. Add the egg mixture and 3 tablespoons of the parsley to the fish mixture in the skillet. Cook over medium heat until the eggs are softly set, stirring occasionally, about 3 minutes. Transfer the eggs to a platter. Garnish with the olives and the remaining 1 tablespoon parsley.





# ARABAŞI SOUP

## INGREDIENTS:

2 Cups Flour  
4 tablespoon Salt  
9 cups Water  
3 tablespoon Margarine  
3 tablespoon Tomatopaste  
4 Cups Chickenmeat  
2 cups Chickenbroth  
1 teaspoon Ground black pepper  
1 teaspoon Ground red chili  
3 tablespoon Lemonjuice

## METHOD:

Place 2 cups of flour and 2 desert spoon of salt in a sauce pan. Work in two cups of water. Add 3 cups of hot water to the sauce pan while rapidly stirring the flour paste. Cook for 15-20 minutes. Wet a service plate of 25-30 cm diameter and pour the cooked dough. When cooled, cut into 2 cm squares. Place the margarine in another sauce pan and add the remaining flour and stir fry approximately 2-3 minutes until it allows and turns yellow and add the tomato paste. Add the chicken meat, chicken stock, salt and the remaining hot water and stir. Pepper is sprinkled in the boiling water. Add lemon juice and turn off the heat when it comes to boil once more. Serve with side dish of previously made piths.



# MAIN COURSES

- *MEATBALLS*
- *KOUPEPIA*
- **CABBAGE CASSEROLE**
  - **MALTESE PASTA**
- **AMEIJOAS à BULHÃO PATO**
- **STEAMED KEBAB IN POT**





# MEATBALLS



## INGREDIENTS

Extra-virgin olive oil  
1 large onion,  
Salt  
2 cloves garlic, smashed and  
chopped  
Pinch crushed red pepper  
1/2 pound ground beef  
1/2 pound ground veal  
1/2 pound ground pork  
2 large eggs  
1 cup grated Parmigiano  
1/4 cup finely chopped fresh  
Italian parsley leaves  
1 cup breadcrumbs  
1/2 cup water

## METHOD

Coat a large saute pan with olive oil, add the onions and bring to a medium-high heat. Season the onions generously with salt and cook for about 5 to 7 minutes. The onions should be very soft and aromatic but have no color. Add the garlic and the crushed red pepper and saute for another 1 to 2 minutes. Turn off heat and allow to cool.

In a large bowl combine the meats, eggs, Parmigiano, parsley and bread crumbs. It works well to squish the mixture with your hands. Add the onion mixture and season generously with salt and squish some more. Add the water and do 1 final really good squish. The mixture should be quite wet. Preheat the oven to 220 degrees C.

Shape the meat into desired size. Some people like them big some people like them small. I prefer meatballs slightly larger than a golf ball. Coat a large saute pan with olive oil and bring to a medium-high heat. Brown the meatballs on all sides. Place them on a cookie sheet and bake them in the preheated oven for about 15 minutes or until the meatballs are cooked all the way through. Serve with potatoes and Barbecue sauce or just eat them straight out of the pot! YUM!

## BBQ sauce

2 onions  
1 piece of garlic  
tomato sauce  
paprika  
olive oil; vinegar (red wine)  
salt; pepper; sugar

Chop the onions and garlic into really small pieces. Pour some olive oil in a frying pan on a strong heat. One you see them start to change color, lower the heat and season them with 2/5 salt, 2/5 pepper and 1/5 sugar. Sugar helps caramelize the onions and softens them. Once the onions are golden brown, put in the paprika and mix it until the onions are red and the oil left in the pan is red as well. Then put 2 table spoons of vinegar. You will feel the acidic smell, once it wears off put in some tomato sauce and cook for as long as you like. If you want the sauce thicker don't cook it for long. If you want it to be more lighthearted cook it a bit longer.



# KOUPEPIA



## INGREDIENTS

50 vine leaves  
150 grams minced pork  
3 quarters cup olive oil  
1 small onion minced  
Parsley minced  
1 quarter tea spoon pepper  
Mint (optional)  
1 cup rice  
1 tsp tomato sauce  
1 - 2 tblsp lemon juice  
1 cup warm water  
1 tsp salt

## METHOD

Wash the vine leaves and put them in warm water to get soft. The color will change and will go darker than they are.

Put the olive oil in a pan to warm and lightly cook the minced onion.

Add the minced ground pork and leave it to lightly cook.

Add the rice, pepper, parsley, mint, tomato sauce mixed in water. Leave them to cook for 3-5 minutes and mix occasionally.

When the mixture cools, put one teaspoon of filling on each vine leaf and wrap them up. Be careful as some leaves might be bigger or smaller than others so sometimes you might need to fill them with less or more than one teaspoon.

Put all the koupepias in a 4-quart pot. Place a small plate on top of them to keep them in place and add the water and lemon juice, or chicken stock if preferred.

Let them cook on low heat for about half an hour.



# CABBAGE CASSEROLE



## INGREDIENTS

2 medium heads of white  
cabbage  
butter  
(sunflower oil)  
about 300 g ground beef  
75 ml short grain rice  
2 medium carrots  
salt  
pepper  
about 4 - 6 tbsp dark molasses

## METHOD

Remove any withered outer leaves from the cabbages. Cut the cabbages in smaller pieces and remove the core. Finely chop the cabbage into short, thin strips. This is most easily done using a food processor's slicing/shredding attachment fitted with a julienne disk, a mandoline, or another slicing device. Slowly sauté the chopped cabbage in some butter (and oil), until most of the moisture has evaporated and the cabbage is soft and wilted. Stir often and add some more butter and/or oil, if needed. Cook the rice until just tender, strain and set aside. In a little butter, brown the ground meat until all the moisture has evaporated. If you are using carrots (they give extra flavour to the dish), peel and tail them and boil in salted water until al dente. Thinly slice the carrots or cut them in small pieces. Mix all the ingredients and season with salt, pepper and dark molasses to taste. Use enough molasses to make the dish taste sweetish, but note that the cabbage will further sweeten during baking in oven. Pour the mixture in a deep oven casserole dish, dot the surface with knobs of butter and bake, uncovered, in 150 °C for about 1 - 3 hours, or until the cabbage is browned, soft and succulent. Stir the casserole every now and then to prevent it from burning on the bottom. Cover the pan with a lid if the dish seems to dry out or brown too much. Serve the casserole in the traditional Finnish way, accompanied with Lingonberry jam or sugared lingonberries.



# MALTESE PASTA



## INGREDIENTS

1 large onion  
1 clove garlic  
1 vegetable cube  
200 gr pasta  
75 gr Maltese sausage  
50 gr cheeselets (peppered and plain)  
25 gr sun dried tomatoes  
125 gr tomato salsa  
125 ml of cream  
1 spoon sugar  
2 spoons olive oil  
2.5 litre of water  
Salt and pepper

## METHOD

Bring 2.5 litres of water to the boil.  
Add the pasta and cook for about 10 minutes.  
Peel and finely chop the onions and the garlic.  
Shallow fry the onions and the garlic.  
Add the Maltese sausage meat. Cook until the meat is brown.  
Add tomato salsa, sugar, vegetable cube, salt and pepper to taste.  
Simmer for 20 minutes.  
Chop the cheeselets.  
Add the cream and the cheeselets.  
Mix the salsa and the pasta. Serve hot.



# AMEIJOAS à BULHÃO PATO

## INGREDIENTS

2 kg of Clams  
olive oil  
garlic to taste  
Some coriander  
1 lemon  
Salt and pepper



## METHOD

Let soak the clams in the water with salt, for two or three hours.  
Drain them and pass them in water until they are cleaned, before cooking.  
Then mince the garlic and the coriander.  
On a pan, braise the garlic and the olive oil. When braised, join the coriander.  
Next you can join the clams and cover them.  
When they are all open remove them from the heat and season with pepper and lemon juice to taste.



# STEAMED KEBAB IN POT

## INGREDIENTS

1 kg Boneless lamb shoulder or leg  
½ kg Pearl onion (shallots)  
6 cloves Garlic  
2 large size Tomato  
3 teaspoon Salt  
1 teaspoon Ground black pepper  
1 teaspoon Thyme  
3 leaves Bay leaf



## METHOD

Cut meat into 2 cm cubes. Remove tips and stems of onions. Mince tomatoes and garlic. Combine all in a well covered pot. Mix constantly. Season with salt and spices. Add bay leaves. Cover tightly. Simmer for 2 hours or until meat is tender. Remove bay leaves before serving. You can add black pepper or other spices in it, if you want. Serve hot.



# DESSERTS

- **CHOCOLATE SEMIFREDDO**
  - **DAKTYLA**
  - **ALAND PANCAKE**
  - **BREAD BUDDING**
    - **ARROZ DOCE**
    - **RISE PUDDING**





# CHOCOLATE SEMIFREDDO

## INGREDIENTS

4 eggs  
500ml of cream  
100gr chocolate  
100gr sugar  
tablespoon of vanilla extract  
100gr pistachios



## METHOD

Leave the chocolate to melt, always steam melt it. Crack the four eggs in a bowl and whisk them with the sugar. In a separate bowl, mix the cream with the vanilla. By then, the chocolate should be melted so take it and mix it with the eggs and sugar. Then pour out the cream and vanilla in the chocolate mixture and mix again. Then simply take the pistachios and drop them inside. Leave the mixture in the freezer for at least 3 hours to set.



# DAKTILA



## INGREDIENTS

330 g (1½ cups) caster sugar,  
55 g (¼ cup) caster sugar  
440 ml water  
1 cinnamon quill  
2 strips of lemon rind  
1 tsp lemon juice  
160 g chopped toasted walnuts,  
plus extra to serve  
1 tsp cinnamon

### Pastry

500 g (3⅓ cups) flour  
1½ tbsp caster sugar  
125 ml (½ cup) peanut oil  
⅛ tsp salt  
1 egg, lightly whisked

## METHOD

To make syrup, place 330 g (1½ cups) caster sugar, 440 ml water, 1 cinnamon quill, 2 strips of lemon rind and 1 tsp lemon juice in a saucepan over high heat. Bring to the boil and cook for 5 minutes, stirring to dissolve sugar. Reduce heat to low and simmer for 8 minutes. Allow to cool.

To make filling, mix 160 g chopped toasted walnuts in a bowl with 1 tsp cinnamon and 55 g (¼ cup) caster sugar. To make pastry, combine 500 g (3⅓ cups) flour, 1½ tbsp caster sugar, 125 ml (½ cup) peanut oil and ⅛ tsp salt in a bowl and stir to combine. Slowly add 200 ml iced water and knead to form a soft dough. Roll out to 2 mm-thick and cut into 14 x 10cm squares, brush edges with egg wash.

Place 1 tablespoonful of filling in the centre of each square. Fold one end over and seal edges with a fork. Fill a large saucepan one-third full with vegetable oil. Heat over medium heat to 180°C (or until a cube of bread turns golden in 10 seconds). Working in batches, gently drop pastries into oil and fry, turning halfway, for 12 minutes or until golden. Remove with a slotted spoon and drain. While still hot, place in syrup and soak for 6 minutes, turning halfway. Drain excess syrup and sprinkle with extra chopped walnuts.



# ÅLAND PANCAKE

## INGREDIENTS

2 dl semolina  
1 dl wheat flour  
1 litre whole milk  
2 or 3 eggs  
1 tsp salt  
1 dl sugar  
2 tsp cardamom



## METHOD

Heat the semolina in the milk for a few minutes to a porridge consistency, and let it cool down. Mix eggs, sugar, salt and cardamom separately, then stir this mixture and the flour into the semolina.

Pour the mixture into a baking dish greased with butter, and scatter a few small knobs of butter over the top of the pancake. Bake 50 to 60 minutes at 200 degrees Celsius (390 degrees Fahrenheit), until the surface of the pancake is golden brown. Serve hot or cold topped with whipped cream and stewed prunes or jam (popular jams in Åland are made of local apples, strawberries, rhubarb or buckthorn berries).



# BREAD BUDDING

## INGREDIENTS

400g piece of a stale Maltese bread  
400 ml skimmed milk  
3 eggs, beaten  
100g sugar  
1 apple, chopped  
3 tbsp. Cocoa  
1 tbsp. almonds, chopped  
400g dried fruit (raisins, sultanas,  
mixed fruit)  
Grated rind of ½ lemon  
½ tsp. cinnamon  
½ tsp. ground cloves  
¼ tsp. nutmeg



## METHOD

Soak the bread in milk.

Pre-heat the oven to 170°C and grease a rectangular dish and line the bottom with silicon-coated baking paper.

Add all the other ingredients in a large mixing bowl and mix well everything together.

Pour the mixture into the dish and bake in the oven for 35 to 45 minutes.

Test with a skewer which should come out clean if the pudding is done.

When ready, cool the pudding for 5 minutes in the baking dish and then turn out onto a cooling tray after passing a round-ended knife all around the sides.

Serve warm or cold.



# ARROZ DOCE

## INGREDIENTS

250 grams of rice  
1 litre of milk  
½ litre of water  
1 cinnamon stick and  
cinnamon powder  
1 lemon peel  
125 grams of sugar  
1 package of milk cream  
Salt



## METHOD

In a saucepan, bring water, lemon peel, butter and salt to a boil. When it is boiling add the rice and reduce heat to a simmer for about 25 minutes or until almost all the water has been absorbed then add the hot milk. Continue to let simmer for about 5 minutes then add the sugar.

In a separate bowl, beat the egg yolks together and add a few tablespoons of the rice mixture to temper the eggs. Add the egg mixture quickly into the saucepan. Let the rice continue to simmer for about 10 minutes to allow rice to thicken. The rice should not completely absorb the liquid it should form a nice creamy consistency. Remove lemon peel and transfer to one large serving dish or ramekins and garnish with cinnamon.



# RICE PUDDING

## INGREDIENTS

1 cup Rice  
1 cup Water  
½ table spoon Starch  
5 cups Milk  
1 ½ cup Sugar  
3 teaspoon Lemonpeel(grated)  
1 teaspoon Cinnamon



## METHOD

Cut meat into 2 cm cubes. Remove tips and stems of onions. Mince tomatoes and garlic. Combine all in a well covered pot. Mix constantly. Season with salt and spices. Add bay leaves. Cover tightly. Simmer for 2 hours or until meat is tender. Remove bay leaves before serving. You can add black pepper or other spices in it, if you want. Serve hot.

# BON APPETIT!!!!

