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# INTERNATIONAL NEWSPAPER 12



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# INTERNATIONAL NEWSPAPER

**Traditional food in our country with recipes**

This magazine celebrates the rich culinary heritage of several European countries, each with its own unique and time-honored traditions. We will delve into the heart of Italian, Austrian, Czech, Greek, Turkish, and Latvian kitchens, uncovering the stories behind their most cherished dishes. From hearty stews and savory pastries to aromatic spices and delectable desserts, we will explore the cultural significance and the tantalizing flavors that define these national cuisines.



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# 12



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# Italy: Pasta Dishes

Italy is renowned for its diverse and delectable cuisine, and pasta dishes are a cornerstone of its culinary heritage. From the iconic spaghetti carbonara to the layered lasagna and the aromatic pesto alla Genovese, Italian pasta dishes are beloved worldwide for their rich flavors, textures, and culinary artistry. These dishes are a testament to the country's long and storied culinary tradition, reflecting the creativity and passion of Italian cooks throughout the centuries.



# Spaghetti Carbonara

## A Classic Italian Comfort Food

Spaghetti Carbonara is a beloved Italian pasta dish that originated in Rome. The dish's simplicity and rich flavors have made it a global favorite. It features spaghetti tossed in a creamy sauce made with eggs, cured pork (usually guanciale or pancetta), and Parmesan cheese.

The sauce is typically made by whisking together egg yolks, grated Parmesan cheese, and a bit of pasta water. The heat from the pasta cooks the eggs, creating a silky sauce that coats the spaghetti.

## A Story Behind the Recipe

The origin of the name "Carbonara" is somewhat debated. One theory suggests it comes from the charcoal miners (carbonari) of the Lazio region, who may have eaten similar dishes during their work. Another theory proposes that the dish was created by carbonai (coal workers), who used the egg yolks and guanciale as a source of protein and fat.

Regardless of its origin, Spaghetti Carbonara has become a staple of Italian cuisine and a dish cherished worldwide.



# Lasagna

## Layers of Flavor

Lasagna is a quintessential Italian dish, known for its rich layers of pasta, meat sauce, cheese, and béchamel sauce. It's a labor of love, requiring some time to assemble, but the result is a truly satisfying and flavorful meal. The pasta sheets, traditionally made from durum wheat, are layered with a hearty meat sauce, often incorporating ground beef, pork, or veal, simmered with tomatoes, onions, garlic, and herbs like oregano and basil. A generous layer of creamy béchamel sauce, made with butter, flour, and milk, is then spread on top, followed by a generous amount of shredded cheese, often mozzarella, Parmesan, or ricotta.

## Regional Variations

While the basic components of lasagna remain consistent, regional variations abound. In Naples, for instance, lasagna is often made with a simple tomato sauce and ricotta cheese, while in Emilia Romagna, the region renowned for its cured meats, lasagna might include pancetta or mortadella. In the north of Italy, lasagna may also feature a variety of vegetables, such as spinach or zucchini. The beauty of lasagna lies in its versatility; each region has its own unique interpretation.

## Beyond the Dish

Lasagna is often served as a main course, but it can also be enjoyed as a side dish or even as a light lunch. It's a dish that can be adapted to different dietary needs, with vegetarian versions using vegetables, lentils, or mushrooms instead of meat. In some regions, lasagna may also be baked in individual ramekins, making it a convenient and elegant option for entertaining.



# Pesto alla Genovese



## The Essence of Liguria

Pesto alla Genovese, a beloved staple of Ligurian cuisine, is more than just a sauce; it's a symphony of flavors that encapsulates the essence of the Italian Riviera. Its vibrant green hue is a testament to the abundance of fresh basil that thrives in the region's sun-drenched climate.



## A Versatile Culinary Star

Pesto alla Genovese is renowned for its versatility. It elevates simple pasta dishes to new heights, adds a burst of flavor to grilled vegetables, and even enhances the taste of grilled seafood. This vibrant sauce transforms ordinary ingredients into culinary masterpieces.



## A Culinary Legacy

The history of pesto alla Genovese dates back centuries, deeply rooted in the culinary traditions of Genoa, a city known for its maritime history and rich cultural heritage. This flavorful sauce has been passed down through generations, evolving into a beloved symbol of Ligurian cuisine.





# Austria: Hearty Comfort Foods

Austria is renowned for its hearty and comforting cuisine, often featuring rich, savory flavors and traditional techniques. These dishes are perfect for warming the soul on a chilly day or enjoying with loved ones. From the iconic Wiener Schnitzel to the comforting Gulasch, Austrian cuisine is a celebration of tradition and indulgence.



# Wiener Schnitzel

## Classic Austrian Dish

Wiener Schnitzel, a beloved Austrian culinary icon, is a thin, breaded, and pan-fried cutlet made from veal. It's a dish steeped in tradition and a symbol of Austrian cuisine. The origin of Wiener Schnitzel can be traced back to the 19th century, when it gained popularity in Vienna.

## Serving and Enjoyment

Traditionally, Wiener Schnitzel is served with a side of potato salad, lingonberry sauce, or a lemon wedge. It's a dish that embodies the essence of Austrian comfort food, renowned for its crispy texture, flavorful seasoning, and satisfyingly hearty nature. The combination of the tender veal, crispy breading, and the accompanying sides creates a symphony of flavors that delight the palate.

## Preparation

The preparation involves pounding the veal to achieve a tender and thin consistency. This is followed by breading, typically using flour, eggs, and breadcrumbs, creating a crispy outer layer. The schnitzel is then pan-fried in clarified butter or oil until golden brown and cooked through.

## Cultural Significance

Beyond its culinary appeal, Wiener Schnitzel holds a prominent place in Austrian culture. It's often featured in traditional restaurants and is a staple dish at festive gatherings. It's not just a meal; it's a symbol of Austrian heritage and a source of national pride.



# Gulasch



## Hearty and Flavorful

Gulasch is a quintessential Austrian dish, known for its rich, savory flavors and comforting warmth. The dish features tender beef slowly simmered in a flavorful broth, often made with paprika, onions, and other aromatic vegetables. This creates a stew that is both satisfying and full of depth.



## Traditional Accompaniments

Gulasch is traditionally served with a variety of sides, most notably bread dumplings or spätzle. These starchy accompaniments perfectly complement the rich stew, absorbing its flavors and creating a complete culinary experience.



## Cultural Significance

Gulasch holds a special place in Austrian culture, representing the country's love for hearty and comforting dishes. It is often enjoyed during cold winter months, bringing warmth and togetherness to gatherings and family meals.

# Knödel



## A Versatile Side Dish

Knödel, also known as dumplings, are a beloved staple in Austrian cuisine. These fluffy, comforting balls of dough can be made with a variety of ingredients, including bread, potatoes, and even cheese. They are often served as a side dish to hearty stews and roasts, providing a delightful contrast in texture and flavor.



## Variety of Flavors and Textures

Each type of Knödel brings its own unique flavor and texture to the table. Bread Knödel are known for their soft, pillowy consistency, while potato Knödel offer a heartier, more substantial bite. Cheese Knödel, with their creamy, cheesy filling, are a decadent treat.



## A Perfect Pairing

Knödel are the ideal accompaniment to a variety of Austrian dishes, particularly those with rich, savory sauces. The soft, absorbent texture of Knödel soaks up the flavors of the sauce, creating a truly satisfying culinary experience.



# Czech Republic: Savory Dumplings and Stews

The Czech Republic is renowned for its hearty and comforting cuisine, particularly its savory dumplings and stews. These dishes often feature traditional ingredients like potatoes, flour, and meat, creating a satisfying and flavorful meal. Dumplings, known as "knedlíky," are a staple accompaniment to many Czech dishes, providing a fluffy and absorbent base for rich sauces and gravies.

One of the most famous Czech stews is "svíčková," a tender beef tenderloin braised in a creamy sauce flavored with juniper berries and a hint of lemon. The dish is typically served with a side of dumplings, either bread or potato dumplings, and a dollop of whipped cream. Another popular option is "bramboráky," potato pancakes that are crispy on the outside and fluffy on the inside, often served with a variety of toppings such as sour cream, cheese, or fried onions.

For a lighter and more refreshing option, consider "kulajda," a creamy mushroom soup often made with sour cream and a touch of dill. The soup can be served hot or cold and is a perfect comfort food for a chilly day. Whether you're craving a hearty stew or a fluffy dumpling dish, the Czech Republic's culinary traditions offer a wide range of options to satisfy your taste buds.





# Czech Republic: Savory Dumplings and Stews

## Svíčková

Svíčková na smetaně, or simply svíčková, is a traditional Czech dish considered a national treasure. It features a tender beef tenderloin braised in a rich cream sauce with vegetables like carrots, onions, and root vegetables. The sauce is typically flavored with juniper berries, which impart a unique, earthy note, and often includes a touch of lemon juice for brightness. Served with a side of dumplings, usually knedlíky, fluffy and made with bread or potatoes, svíčková is a comforting and flavorful meal enjoyed throughout the Czech Republic.

## Preparation

Preparing svíčková involves a slow and deliberate process, allowing the flavors to meld and the beef to become incredibly tender. The braising liquid is often enriched with red wine for a deeper complexity. The sauce is then carefully reduced and thickened with cream, creating a velvety and luxurious consistency. This dish is a testament to the Czech culinary heritage, showcasing the art of slow cooking and the combination of earthy and savory flavors.

## Cultural Significance

Svíčková holds a special place in Czech cuisine and is often served on special occasions like family gatherings or holidays. It is considered a quintessential Czech dish and a source of national pride. The slow cooking process and the careful attention to detail in its preparation reflect the Czech emphasis on traditional values and the appreciation for good food.

# Bramboráky



## Potato Pancakes

Bramboráky are a traditional Czech dish consisting of crispy potato pancakes, often served as a side dish or a light meal. These savory delights are made from grated potatoes, flour, and sometimes eggs, seasoned with salt and pepper. The batter is then formed into thin, round patties and fried until golden brown and crispy. They have a satisfyingly hearty texture and a simple, comforting flavor, making them a staple in Czech cuisine.



## Flavor Variations

While the basic recipe for bramboráky remains simple, there are several variations on this classic dish. Some cooks add finely chopped onions or garlic to the batter for extra flavor, while others incorporate herbs like parsley or chives. Smoked paprika or cumin are also popular additions, giving the pancakes a deeper, smoky flavor.



## Serving Suggestions

Bramboráky can be enjoyed in various ways. They are commonly served as a side dish with meat dishes like roast pork or goulash. They can also be enjoyed as a light meal, topped with sour cream, cottage cheese, or a simple tomato sauce. For a more indulgent treat, bramboráky can be topped with melted cheese or fried bacon.

# Czech Republic: Savory Dumplings and Stews - Kulajda

## A Creamy and Comforting Soup

Kulajda is a traditional Czech soup that embodies the warmth and comfort of home-style cooking. Its creamy texture and savory flavors make it a perfect dish for cold winter days. The main ingredients are potatoes, mushrooms, and a generous helping of sour cream, resulting in a rich and comforting broth. This dish is often served with a garnish of chopped fresh herbs, adding a final touch of freshness to the dish.

## A Variety of Preparations

Kulajda can be prepared in various ways, offering a range of flavor profiles to suit different preferences. The most common version features a creamy base achieved by simmering potatoes and mushrooms in a flavorful broth. The soup is then thickened with flour and finished with a generous dollop of sour cream. Some variations include adding dill, parsley, or even a touch of lemon juice for a burst of freshness. Kulajda is often enjoyed with toasted bread or a side of dumplings.





# Greece: Mediterranean Flavors



Greece, a land steeped in history and culture, boasts a culinary tradition that celebrates fresh, vibrant ingredients and simple yet flavorful preparations. Greek cuisine is all about embracing the bounty of the Mediterranean Sea and the sun-drenched fields, resulting in dishes that are both nourishing and tantalizing.

The essence of Greek cooking lies in the use of olive oil, herbs, and spices, which create a symphony of aromas and flavors. From the fragrant oregano and thyme to the tangy lemon and the earthy garlic, each ingredient plays a vital role in shaping the unique character of Greek dishes.



# Greece: Moussaka

## Layered Delight

Moussaka is a beloved Greek dish that exemplifies the country's culinary mastery. This comforting casserole is a harmonious blend of flavors and textures, featuring layers of eggplant, seasoned ground meat, and a creamy béchamel sauce. Each component is carefully prepared, showcasing the essence of Mediterranean cuisine.

## Aromatic Spices

The unique flavor profile of moussaka is achieved through a careful combination of aromatic spices. Cinnamon, nutmeg, and cloves lend warmth and depth, while oregano and garlic provide a distinct herbaceous touch. These spices work in harmony to create a symphony of flavors that tantalize the palate.

## History and Tradition

Moussaka's origins can be traced back to ancient Greece, with its roots firmly planted in the region's rich culinary heritage. The dish has evolved over time, incorporating various influences and techniques. Today, moussaka remains a staple in Greek kitchens and restaurants, celebrated for its rich history and satisfying flavors.

## Visual Appeal

Moussaka is not only delicious but also visually appealing. The golden-brown béchamel topping, sprinkled with breadcrumbs, creates a captivating contrast against the eggplant layers. This visually appealing dish is a testament to the artistry of Greek cuisine, inviting diners to savor both its taste and aesthetics.



# Souvlaki



## Meat and Marinades

Souvlaki, a classic Greek street food, features tender cubes of marinated meat, typically pork, chicken, or lamb, threaded onto skewers. The marinade is a key component, infusing the meat with rich flavors. Traditional marinades often include olive oil, lemon juice, garlic, oregano, and a touch of red wine vinegar.



## Pita Bread Wrap

The skewers are grilled to perfection, yielding juicy, flavorful meat. Souvlaki is often served in a warm pita bread, creating a satisfyingly soft and chewy wrap. This allows for a satisfying bite that combines the grilled meat with the fluffy pita bread.



## Fresh Toppings

A variety of fresh toppings enhance the flavors and textures. Sliced tomatoes, onions, and tzatziki sauce (a creamy yogurt sauce with cucumbers, garlic, and dill) are common additions. Other options include feta cheese, olives, and a squeeze of lemon juice.



# Greece: Mediterranean Flavors - Dolmades

## History and Origins

Dolmades, also known as grape leaves stuffed with rice and herbs, are a beloved dish in Greek cuisine. Their origins trace back centuries, influenced by the Ottoman Empire and the rich culinary traditions of the Eastern Mediterranean. The dish has variations throughout the region, often featuring different fillings and wrapping techniques.

## Flavor Profile

Dolmades offer a delightful combination of savory and tangy flavors. The brined vine leaves add a distinctive tanginess, while the rice filling provides a comforting and slightly sweet element. The herbs, such as parsley, mint, and dill, contribute refreshing and aromatic notes. The overall result is a harmonious blend of flavors that embodies the essence of Greek cuisine.

## Preparation and Ingredients

The key ingredients for dolmades are vine leaves, usually preserved in brine, along with a filling of rice, herbs, and sometimes meat. The filling is typically a blend of rice, chopped parsley, mint, dill, onions, and sometimes ground meat or chickpeas. The leaves are softened, then filled and tightly rolled into small parcels. The dolmades are then simmered in a flavorful broth or tomato sauce, resulting in a tender and flavorful dish.

## Cultural Significance

Dolmades hold a significant place in Greek culture, often served at festive occasions, family gatherings, and religious holidays. The dish is seen as a symbol of tradition, hospitality, and the richness of Greek culinary heritage.



# Turkey: Flavorful Kebabs and Breads

Turkish cuisine is renowned for its vibrant flavors and tantalizing aromas, a testament to the country's rich history and diverse cultural influences. One of the most iconic aspects of Turkish food is its wide array of kebabs, grilled meat skewers infused with spices and herbs, often served with fresh vegetables and fluffy bread. The combination of smoky char, tangy sauces, and tender meat creates an unforgettable culinary experience.

Kebabs are not just a staple food but a cultural symbol, enjoyed in bustling street food stalls and refined restaurants alike. The sheer variety of kebabs is astonishing, each region boasting its own unique specialties. From the classic Adana kebab, made with ground lamb and spicy peppers, to the succulent İskender kebab, served on a bed of pide bread with yogurt and tomato sauce, every kebab tells a story of tradition and culinary innovation.



# Turkey: Flavorful Kebabs and Breads - Kebab

## A Culinary Tradition

Kebab, a beloved Turkish dish, embodies the country's culinary heritage. This versatile street food and restaurant staple showcases the art of grilling, bringing together fresh ingredients with flavorful marinades. Its origins trace back centuries, with historical evidence suggesting kebabs were enjoyed by nomadic tribes as a convenient and satisfying meal.



## A Variety of Flavors

The world of kebab is diverse, offering a range of options to tantalize taste buds. From succulent lamb and chicken to flavorful beef and fish, each variation offers a unique taste experience. These skewers are often accompanied by fresh vegetables, herbs, and spices, creating a symphony of flavors that have captivated generations of Turks and visitors alike.



# Turkey: Flavorful Kebabs and Breads

## **Baklava**

Baklava is a beloved Turkish dessert that originated in the Ottoman Empire. It is a pastry made with layers of phyllo dough, filled with chopped nuts and sweetened with syrup or honey. The phyllo dough is brushed with melted butter, giving the baklava its characteristic crispy texture. The nuts, typically pistachios or walnuts, are finely ground and mixed with sugar, spices, and sometimes citrus zest. The baklava is then baked until golden brown and drizzled with a sweet syrup that soaks into the layers, adding a delightful balance of sweet and crunchy textures.

## **Variations**

While the basic recipe remains consistent, baklava comes in many variations across Turkey and other regions. Some variations include the addition of different nuts, such as almonds or hazelnuts, while others incorporate spices like cinnamon, cardamom, or cloves. The syrup used can also vary, with some recipes using a rosewater-infused syrup for a more floral aroma.

## **Significance**

Baklava holds cultural significance in Turkey, often served during special occasions, religious holidays, and weddings. It is a symbol of celebration and hospitality, and its rich flavors and delicate texture make it a truly unforgettable dessert. Whether enjoyed with a cup of strong Turkish coffee or served as part of a larger feast, baklava continues to be a treasured part of Turkish culinary tradition.

# Latvia: Seasonal Specialties



Latvia, a country nestled in the Baltic region, boasts a cuisine deeply rooted in its agricultural heritage. Its seasonal specialties reflect the bounty of nature, with dishes changing throughout the year, showcasing the freshest ingredients available.

From hearty winter stews to light summer salads, Latvian cuisine is a delightful fusion of tradition and innovation.

The use of local produce, such as rye, potatoes, berries, and mushrooms, plays a crucial role in defining Latvian culinary traditions.





# Latvia: Seasonal Specialties



## Pīrāgi: Latvian Savory Pies

Pīrāgi are a quintessential Latvian dish, beloved for their comforting flavors and satisfying texture. These savory pies, often filled with a variety of ingredients, are a staple of Latvian cuisine, reflecting the country's rich culinary traditions. Whether filled with mushrooms, cabbage, or meat, pīrāgi are a delicious and versatile dish that can be enjoyed as a light snack or a hearty meal.



## A Culinary Legacy

The tradition of making pīrāgi has been passed down through generations, with each family often having their own unique recipe and variations. These pies are often made with local ingredients, emphasizing the importance of seasonal produce and traditional techniques. Whether enjoyed at home or at a local market, pīrāgi represent a connection to Latvia's culinary heritage and a celebration of its flavors.



# Sklandrauši: Latvian Pastries

## Sweet and Savory

Sklandrauši are traditional Latvian pastries known for their unique, airy texture. These pastries are often enjoyed as a sweet treat, but they can also be filled with savory ingredients for a more substantial meal. They are traditionally made with a simple dough of flour, eggs, and milk, and are often flavored with vanilla, sugar, and cinnamon.

Sklandrauši are usually baked in a rectangular baking dish, and their light and airy texture results from the use of baking powder or yeast in the dough. Their versatility allows for diverse fillings, such as poppy seeds, fruit jams, and cheese. They are commonly served with a dusting of powdered sugar or a dollop of whipped cream, adding to their delightful indulgence.

## A Feast for the Eyes and Palate

The visual appeal of Sklandrauši is just as captivating as their taste. These delicate pastries are often shaped into intricate swirls or braids, creating a visually stunning presentation. The golden-brown color of the baked dough, along with the contrasting colors of the fillings, create an alluring visual experience.

Sklandrauši are a beloved part of Latvian cuisine, representing a cherished tradition that has been passed down through generations. Their combination of sweetness, savory options, and delightful texture has made them a staple dessert and a beloved snack in Latvian homes and gatherings.



# Latvia: Biezpiena Sieriņi

## 1. Creamy Delights

Biezpiena sieriņi, meaning "curd cheese pastries," are a beloved Latvian treat, often enjoyed as a snack or dessert. These small, bite-sized pastries are made with a base of sweet, creamy curd cheese, similar to a soft, spreadable ricotta. They are traditionally filled with various ingredients, including raisins, poppy seeds, and sometimes even fruit preserves, offering a delightful balance of sweet and tangy flavors.

## 2. Versatile and Indulgent

Biezpiena sieriņi are incredibly versatile and can be enjoyed in numerous ways. They can be eaten fresh, dipped in melted chocolate or honey, or enjoyed alongside coffee or tea. These pastries are a staple at Latvian gatherings, offering a charmingly simple yet satisfying treat.

## 3. A Taste of Latvian Tradition

The origins of Biezpiena sieriņi can be traced back to Latvian folklore, where they are said to have been a popular snack among shepherds and farmers. The use of curd cheese, a readily available ingredient, reflects the practicality of traditional Latvian cuisine. These pastries, with their simple yet flavorful nature, represent a cherished part of Latvian culinary heritage.