

# International Cooking Book

with eggs



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## Spanish Potato omelets

-Ingredients

for 4 people:

- 4 medium potatoes
- 4 or 5 eggs
- 1 medium onion
- ¼ l of olive oil
- Salt



-Preparation

Peel, wash and dry the potatoes. Cut in thin slices and place in a deep pan with olive oil at medium heat so that they cook slowly. Add the finely chopped onion. Fry slowly with the potatoes until they are soft and beginning to brown. It is best to stir using a skimming spoon to cut up the vegetables. After 10 minutes strain off the oil. Beat the eggs with a pinch of salt in an earthenware bowl. Add the potato and onion mix. Put the pan back on the heat with a little of the oil and add the egg and potato mix. Cover the pan and leave to cook on a low flame for 5 to 10 minutes until the bottom begins to brown. Turn the omelets upside down using a lid and then put it back in the pan on the other side so that it slowly sets. It should brown on both sides.

# Broken eggs with Iberian ham

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## Ingredients

- 400 g potato
- 2 medium eggs
- [Slices of Iberian ham](#)
- Oil for frying
- [Salt](#)

## Directions

1. The first thing we do is peel the potatoes, cut them into slices and rinse them well under running water, then drain them well.
2. Put the oil, virgin or extra virgin olive oil, in a large frying pan or casserole dish.
3. When the oil is hot, add the potatoes, first put them over medium heat, they should be covered, when we check that the potatoes are tender, increase the heat to maximum and let them brown.
4. Remove the potatoes and leave them on kitchen paper.
5. Place the potatoes on the plate or dish where they are to be served.
6. Put the ham on top of the potatoes, the fat will be perfect with the heat of the potatoes.
7. Put some of the leftover oil in a frying pan and fry the eggs to taste.
8. Put them on top of the ham, with a little salt on top.
9. And now comes the most important part, we serve them and at the table we cut the eggs and mix everything together. That's where the name 'huevos rotos' or 'estrellados con jamón' comes from, because the final step is to break them and mix the flavours of these three delicious ingredients: the potatoes, the eggs and the ham.



# PERNÍKOVÝ KOLÁČ

## Ingredients

- 2 cups of flour
- 1 cup of sugar
- 1 cup of milk
- 1 egg
- 1 pocket of baking powder
- 1 tea spoon perník powder
- 1 soup spoon kakao
- 100 ml of sunflower oil
- 1 little bit of nuts
- cooking chocolate
- plum jam



Mixing all ingredients bake 25 minutes in 180 grades oven and put chocolate maze on it

# MACOK

## Ingredients

- 4 pcs potatoes
- 1 pcs egg
- 1 tbsp marjoram
- 4 cloves of garlic
- ground black pepper
- salt
- vegeta
- ground red pepper
- 2 tbsp plain flour
- oil

## Recipe

1. On a fine grater, grate the cleaned potatoes.
2. Add egg, salt, marjoram, pepper, a little vegeta and paprika. I put spicy. Clean the garlic. Press 2 cloves and chop 2 finely.
3. Finally, add more flour. If the potatoes have let a lot of water in, try to remove it with a spoon rather than adding more flour.
4. Mix everything together well and taste if there is enough salt.
5. We make a patty out of the dough in heated oil or homemade lard and fry it until golden brown on both sides.
6. Always serve fresh.



Enjoy the meal!

## Chizhi-Bizhi

(chiji-biji)

ჩიჯი-ბიჯი

### Ingredients

- 2 eggs
- 1 onion
- 5 medium tomatoes
- Vegetable oil
- 1 bell pepper
- Basil, coriander, parsley
- peppercorns
- Salt to taste



### Steps to prepare the recipe

Pour vegetable oil into a medium saucepan, add chopped onion and cook on low heat.

Add finely chopped tomatoes. Simmer for 5 minutes, then stir in the beaten egg. Cook for another 3-4 minutes.

Add chopped bell pepper and chopped herbs. Season with salt and pepper.

This type of chizhi-bizhi is made with minced beef, without tomatoes and peppers.

Add the minced onion to the batter. Then mix the beaten egg, and add only parsley from the greens.



Enjoy it!

## French Toast from Georgia

Ingredients:

- 2 eggs
- 200 mL milk
- salt
- bread
- grease/butter/oil



Preparation:

Beat 2 eggs, add them to 200 ml of milk, salt, put thinly sliced white bread inside.

Fry on a greased pan with butter and vergi oil, on both sides.



Bon apeteite!

# Spaghetti Carbonara

## INGREDIENTS

- Spaghetti 0.7 lb (320 g)
- Guanciale 5 oz (150 g)
- Egg yolks 6 - *average size*
- Pecorino Romano PDO cheese ½ cup (50 g)
- Black pepper to taste

## PREPARATION



To prepare spaghetti carbonara start by putting a pot of salted water on the burner to cook the pasta. In the meantime, remove the pork rind from the guanciale 1 and cut it first into slices and then into strips about 1/2" (1cm) 2 thick. The removed rind can be reused to flavor other things. Put the pieces into a non-stick pan 3 and brown for about 15 minutes over medium heat, being careful not to burn it or it will smell too strong.



Meanwhile, put spaghetti in boiling water 4 and cook for the time indicated on the package. In the meantime, pour the yolks into a bowl 5, add most of the Pecorino cheese needed for the recipe and the remaining part will be used just before serving.



Season with black pepper 7 and whip by hand 8. Add a tablespoon of cooking water to dilute the mixture and stir 9.



In the meantime the guanciale will be cooked, turn off the burner and set it aside 10. Drain the pasta al dente directly into the pan with the guanciale 11 and stir it briefly to season it. Remove from heat and pour the mixture of eggs and pecorino cheese 12 into the pan. Mix quickly to combine.



To make it very creamy, if necessary, you can add a little cooking water to your pasta 13. Serve spaghetti carbonara immediately with the remaining pecorino cheese 14 and ground black pepper 15 on top.

<https://youtu.be/spJjSRpoA1s>

## Zabaione (Egg cream)

### INGREDIENTS

- Egg yolks 0.2 lb (90 g)
- Sugar 2 tbsp (25 g)
- Vin santo wine ⅓ cup (75 g)

### PREPARATION



To prepare the egg cream, first place ice in a bowl and put it in the freezer so it is ready when needed. Then pour the Vin Santo wine into a saucepan 1, add half the sugar 2 and heat it just until it melts 3. Do not heat the wine too much, otherwise the alcohol will evaporate; we recommend not to exceed 95° F (35° C).



Place the egg yolks in a bowl, and whisk in the remaining sugar 4; continue whisking until you obtain a homogeneous mixture 5 then add a ladle of hot liqueur 6 to dilute the mixture.



Quickly add the remaining part of wine while whisking 7 and cook everything in a bain-marie 8, while continuing to whisk 9. You will gradually notice a thickening of the cream, and the foam will tend to disappear.



Beat continuously until the volume has increased and the temperature has reached 180° F (83° C) 10. If you don't have a kitchen thermometer, you will know that the egg cream is ready when the whisk leaves furrows and lines form. By lifting the whisk the egg cream will remain inside 11. Take the bowl with ice from the freezer and place another one on top 12.



Pour the egg cream inside 13 and stir with a spatula gently for a couple of minutes 14; it will cool quickly, the air will remain inside but that annoying film will not form. The egg cream is ready 15 to be served.

<https://youtu.be/bbD-W9zCOyU>

# Tagliatelle

## INGREDIENTS

- Type 00 flour 3 cups (300 g)
- Eggs 3 - *room temperature*
- Semolina to taste - *for sprinkling*

## PREPARATION



To prepare tagliatelle, start by placing the flour in a bowl (use slightly less than the full dose so that you can add more if needed) 1. Create a well in the center of the flour, break open the eggs at room temperature and place them in the middle. Now beat with a fork 2 and as soon as the eggs absorb a little flour, knead by hand 3



to obtain a homogeneous dough. Continue kneading the dough on a worktop lightly sprinkled with flour 4 for at least 10-15 minutes to achieve a smooth and elastic consistency 5. Knead energetically to develop the gluten, but without tearing the dough. Now roll into a ball and envelop in plastic wrap 6. Leave the dough to rest at room temperature for at least 30 minutes.



Split it into three parts 7 so that it is easier to roll out. Sprinkle abundant flour over one piece and flatten it 8; do not remove the other two pieces from the plastic wrap, otherwise they will dry out. Take the pasta making machine and set it to thickness level 1, the thickest setting, and feed the dough through the rollers 9



to obtain a thick pasta sheet 10, then fold both edges of the pasta to the middle, for a more rectangular shape (11-12)



and lightly sprinkle with flour before feeding it through the rollers once more; repeat several times all the way up to thickness setting 8 13. Place the resulting sheet of pasta on a pastry board sprinkled with flour, tip the edges using a spatula (or knife) for a more regular-shaped pasta (14-15)



and split into two pieces 16 so that it is easier to work with. Feed it back into the pasta machine set to 8 17, as it will have shrunk a little after kneading. Now sprinkle a little semolina on both sides 18, leave the pasta sheets to dry for 5 minutes on each side.



Take a pasta sheet, fold one edge over by around two thirds 19 and start shaping it 20 into a very flat roll, with the closed end up 21.



Cut the pasta roll into 0.28 inch (7 mm) thick slices 22. Pick up the tagliatelle by both ends 23 and spread them out on your hand 24;



now roll them around your fingers to create a nest and place on a pastry board lightly sprinkled in flour (25-26). Continue until you finish all the dough. Your tagliatelle are ready, all you need to do now is cook them 27.

# Italian Meringue

## INGREDIENTS

- Sugar 1 ¼ cup (250 g)
- Water 3.3 cups (50 ml)
- Egg whites ½ cup (125 g) - *at room temperature*
- Fine salt 1 pinch

## PREPARATION



To make Italian meringue, pour the water into a heavy-bottomed saucepan 1, add the sugar and cook over low heat 2, stirring to dissolve it. Immerse the food thermometer 3, which will indicate the temperature to be reached, i.e. 250° F (120° C).



When the temperature of the syrup reaches 235° F (114° C), place the egg whites in a stand mixer equipped with a whisk 4 (or use an electric blender) and whip them at medium speed 5. When the syrup has reached 250° F (120° C), lower the speed of the stand mixer (to prevent the syrup from dispersing on the walls of the bowl), pour half of the syrup into the egg whites 6 and then increase the speed again. Wait a few seconds and keep pouring the syrup slowly, without pouring it directly onto the whisk. Continue to whip until the meringue has cooled down completely.



The meringue mixture must be very dense, smooth, and shiny 7 and can only be cooked when it is completely cold. Pour the meringue into a pastry bag 8, choosing the nozzle according to your intended use, and form the meringues by squeezing the mixture on a baking tray lined with baking paper. You can create classic cloud meringues using a wide star-shaped nozzle 9.



You can form the shells by using a star-shaped nozzle 10, swirls by rotating while squeezing the meringue with a smooth nozzle 11. Draw the outline on baking paper with a pencil to make it easier. Bake the meringues in a static oven preheated to 140-160° F (60-70°C) and let them dry for at least 4 hours leaving the oven door slightly ajar, in order to avoid any condensation that would prevent them from drying properly (humidity is a bitter enemy of meringues). Once cooked, turn off the heat and leave the meringues in the oven with the door ajar, and let them cool and dry completely for at least a couple of hours.

## Turkish Lahmacun

### Ingredients

#### For the dough:

- 1 cup lukewarm water
- 10gr. fresh yeast or 1 tsp dry yeast (you can also make it without yeast)
- 1 tsp salt 1 tsp vegetable oil
- about 3 cups all-purpose flour (don't add all at once)

#### For the topping:

- 250gr. ground beef
- 1 medium-size onion
- 2 medium-size tomatoes
- a handful of parsley leaves
- 2 sweet green pepper
- 1 sweet roasting red pepper
- 2-3 cloves of garlic
- 1/2 tbsp tomato and red pepper paste
- 1 tsp salt
- 1/2 tsp each sweet ground red pepper, red pepper flakes, isot pepper (optional), cumin, ground black pepper
- 2-3 tbsp olive oil
- 1/4 cup water if needed to make a thin spreadable consistency

#### To cook:

- About 28-32 cm diameter nonstick pan with a lid or anything to cover it

## How To Make Lahmacun

### Simple Dough With or Without Yeast

To a mixing bowl add fresh or dry yeast (according to the package) along with 1 cup lukewarm water, close to 3 cups all-purpose flour, and 1/2 tsp salt. If you want you can make the dough without yeast too.

Knead the mixture to make a soft unstick dough. Cover and let it rest until you make the topping

### Preparing Meat Topping

Wash the veggies, take out the stems and seeds. In a food processor, process onion, green and red peppers, tomatoes, parsley and garlic. You can make this step by finely chopping the veggies too. It is actually a preferable way to make it since the veggies don't leave their juice much this way. But I prefer using a food processor for practical use and a similar result.



Add minced meat, 1/2 tbsp tomato and red pepper paste, 1 tsp salt, 1/2 tsp each sweet ground red pepper, red pepper flakes, isot pepper (optional), cumin, ground black pepper, 2-3 tbsp olive oil and process. Drizzle water and mix to have a spreadable consistency.

### Shaping & Cooking

Cut the rested dough to 8 even pieces and shape it into a ball. Dusting the countertop with little flour roll out the dough with a rolling pin to about 1-2 mm thin or to fit nonstick wide pan.

### Spreading topping over the rolled dough

Meanwhile, heat a wide nonstick or cast-iron pan. (my pan size is about 32cm) If your pan size is smaller you can make smaller dough pieces to fit the pan.

You can transfer the lahmacun with pizza peel





If you have, transfer the dough onto a pizza transfer board and spread a good layer of topping over the dough with your hand, not leaving any white space. slide the lahmacun into the hot pan and close the lid to cook over medium-high heat. Alternately after spreading the meat topping quickly transfer with your hand, being careful not to stretch the lahmacun too much, and cook. To shorten the time you can use two pans.

Close a lid to create steam inside to cook the top



### Baking The Lahmacun In The Oven

Instead of cooking on the stovetop in the pan, you can also bake lahmacun in the 250C preheated oven. Use either pizza stone and cook like pizza or in the oven tray. Just make sure to bake the dough and top it evenly. Depending on the oven you might need to put the tray first to the bottom shelf and then to the top for it.

In order to prevent getting dry and to let them stay warm place cooked lahmacun in a tray stacking top sides facing each other and covering with another tray. You can always reheat them if you like to make them crispy and hot after cooking all of them.

Stack the cooked lahmacun facing each other so they stay warm and don't dry out



<https://youtu.be/Z5Fi-Wxyo8Y>

## Rice Pudding, Turkish-Style

Sütlac

### Ingredients

#### For The Rice

- 50 grams short grain rice
- 110 millilitres water just enough to cover

#### For The Pudding

- 80 grams sugar
- 450 millilitres fresh whole milk
- 100 millilitres double cream
- 1 dessert spoon cornstarch
- 1 dessert spoon vanilla extract or 1 sachet of vanilla sugar
- 1 teaspoon ground cinnamon to garnish



### Instructions

1. Add your water and rice to a medium-sized saucepan.
2. Bring the water to the boil and then simmer until the water has been absorbed and the rice is cooked.
3. Now add the milk, leaving a splash (around 30 millilitres) behind.
4. Pour in the sugar and the double cream and stir together.
5. Bring the mixture to the boil.
6. Meanwhile, add the remainder of your milk to your cornstarch and stir until the cornstarch is dissolved.
7. Turn the heat down to medium and gradually pour in your cornstarch and milk mixture, stirring constantly.
8. Continue to stir your sütlac gently for around 15 minutes until the pudding is thick and creamy.

## To Serve

1. Share your stla between 4 small, individual oven-proof bowls, dust the tops with a little cinnamon (if using) and allow to cool a little so that it sets on top.
2. Preheat your grill and place your bowls of stla under the heat until the top bubbles and darkens.
3. Allow to cool and then place in the fridge for a couple of hours.
4. Eat your stla directly from the dish.

## KOGEL MOGEL:

Ingredients:

- 2 yolks
- 3-5 tablespoons of white or cane sugar

Optional:

- 1 tbsp of dark cacao powder

Preparation:

Whip all the ingredients until fluffy (If you want added cacao, do it after whipping yolks and sugar and then mix it).

Serve it immediately after preparation.

Enjoy!



## SĘKACZ:

### Ingredients:

- 220 grams of butter or margarine
- 1 cup of wheat flour
- 2/3 cup of potato flour
- 1/2 cup powdered sugar
- 1 stick of vanilla
- A pinch of salt
- 6 eggs
- 1/2 cup of white sugar



### Preparation:

- First, cream the butter with the sugar, watch if the mass becomes uniform. If so, add egg yolks, flour, a pinch of salt and a vanilla pod to it. Now mix everything!
- What about egg whites? Beat them stiff in a separate bowl and add to the prepared mass. Mix gently until the consistency is smooth.
- Grease a mold or cake tin with fat, then pour 3 tablespoons of dough into the dish and spread it thoroughly.
- Bake the sękacz at 200 degrees for 5 minutes, then remove it from the oven. Add more dough and repeat the process until you run out of dough. Ready!

## Floating Islands

(madártej = milk of birds)

### INGREDIENTS

- 6 whole eggs
- 1 litre whole milk
- 6 tbsp sugar
- 1 vanilla pod or 1 tbsp vanilla extract

### INSTRUCTIONS

1. Start heating milk in a big pot. Heat until hot but not boiling.
2. Separate the egg yolks from the whites. Do not let any egg yolk get into the white. (Yolks go in a medium bowl, whites go in a large bowl.)
3. In a bowl beat the egg whites until stiff peaks form. When the milk is hot, using a spoon, put 4 dollops of egg-white foam in the milk (they will look like dumplings). Cook one side for about 2 minutes, then flip to the other side, cover the pot and cook for another 2 minutes. When the egg-white foam dollops have boiled, take them out of the milk and place them in a strainer or colander.  
  
Make sure that the milk is not too hot and not boiling. If it is too hot, you would overcook the egg white and it will shrink and be flat and thin once you take them out. Keep cooking the dumplings until you have egg white in your bowl.
4. Slice the top outer layer of the vanilla pod in half lengthwise. Once you have cut through the outer layer you can open the vanilla pod to reveal the many little black seeds inside. Use a spoon or knife to scrape out the seeds, put them in the hot milk.
5. Beat the egg yolks with sugar and vanilla extract until thick and the color is light yellow. Pour some of the hot milk into the egg yolks, stir continuously. Now pour this mixture back to the rest of the milk, put back on the heat, do not stop stirring. Do not let it boil, this prevents the eggs from scrambling. Keep stirring until you get a creamy consistency.
6. Turn the heat off and keep stirring for another minute.
7. Let it cool down, pour the content into nice serving bowls.
8. Then place the boiled egg white foam on surface of the cream. Enjoy!



## Casino Eggs

Ingredients / 2 people:

4 eggs

- sour cream
- mustard
- mayonnaise
- butter
- white ground pepper



Preparation

1. Boild the eggs, and then peel it.
2. Cut the bottom of the eggs, and put the yolk into a dish.
3. The remaining part of the egg (which was cut) is cut into small piaces and mixed with the yolk and sour cream (1.5 tablespoon), mustard (1 teaspoon), mayonnaise (1 teaspoon), butter (20g) and spices. Taste it and you can change the amounts as you feel. Mix it well.
4. Fill the eggs with the cream.
5. You can serve i ton French salad, or eat it alone.

Enjoy.

<https://www.youtube.com/watch?v=KyZafF42d6Y>