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Sabores locais

UNIDADE 11




Deaf Chefs
Learning The World Cuisine



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Sabores Locais

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1.1. Informação geral sobre os sabores locais

A revelação e a promoção dos sabores locais no mundo da gastronomia transportarão estes elementos de geração em geração, e contribuirão, também, muito para o desenvolvimento do turismo gastronómico. É possível indicar os contributos dos estudos sobre o desenvolvimento das cozinhas locais da seguinte forma;

- Novos negócios que fazem pratos locais podem ser abertos em cidades e vilas,
- Podem ser criados pontos de venda especiais onde as iguarias locais são vendidas,
- Aplicam-se "indicações geográficas" aos produtos locais e preservam-se as suas receitas e normas de produção,
- Novas áreas de exposição e museus podem ser criadas para exibir os materiais e ferramentas de cozinha utilizados na produção de produtos locais, e eventos internacionais podem ser realizados nestas áreas,
- Festivais, eventos, organizações, etc., que trarão a cultura da gastronomia local à tona.
- Elementos culturais locais podem ser transformados em diferentes objetos de design, incluindo motivos/imagens de cozinha local em estudos de promoção.

Os sabores da gastronomia local são ferramentas importantes para conhecer diferentes sociedades, cozinhas locais. Oferece oportunidades para elevar os perfis dos destinos turísticos, criar novas oportunidades e apoiar o seu desenvolvimento.

1.2. Exemplo de receitas



UNIT 11 / Germany

Beef Roulades

Ingredients (2 portion)

- 2 x 400 g. Beef roulade schnitzel from the top Shell
- Salt, pepper
- 60 g. onion, peeled and cut into strips
- 60 g. smoked bacon, sliced
- 50 g. Pickles
- 1 El. Medium hot mustard
- 1Tl. Majoram
- 1El. flour for dusting
- 100 ml Soy oil for frying

Sauce

- 250 g. Root vegetables (leek, onion, carrot, celery, garlic) diced
- 1El. tomato paste
- 40 g. wheat flour
- 200 ml. red wine
- 800 ml. beef broth
- 1 St. Bay leaf
- 2 St. cloves
- 5 St. Juniper berries, crushed

Directions

- Pound the beef roulades flat, salt and pepper.
- Sauté the onions in a little oil until glazed. Set pan aside.
- Spread the roulades with mustard, pickles, smoked bacon, glazed onions and majoram on the meat.
- Beat the meat and roll into a roulade.
- Fix roulade with a toothpick.
- Turn the roulades in flour and lightly fry them in oil on both sides and take them out from the pot.
- Sprinkle the vegetables cubes in the roasting set, fry with tomato paste and dust with a little flour.
- To deglaze with red wine, reduce a bit, pour in beef broth and add the spices.
- Put the roulades back in the sauce and let them over medium heat for about 70 to 80 minutes.
- Take out the finished roulades and pass the sauce through a sieve and reduce to 400ml
- In the last step, Taste the sauce and season again if necessary.

Notes: Smoked Poultry or beef can also be used for smoked bacon.





UNIT 11 / Germany

Nut Bread

Ingredients

- 40 g. Fresh yeast
- 650 ml lukewarm water
- 1 El Sugar
- 1 kg spelled flour
- 4 Tl Salt
- 1 El olive oil
- 140 g shelled hazelnut
- 60 g sunflower seeds
- 60 g pumpkin seeds
- 10 g butter
- 20 g honey

Directions

- Place the flour in a large bowl, make a well in the center of the flour.
- Crumble the yeast into the well and dissolve the yeast with lukewarm water. let stand 10 min.
- Roughly chop all the nuts
- Add all the ingredients to the flour and knead a dough for 5 minutes (or put it in the food processor)
- Finally, add all the chopped nuts and seeds.
- Cover the dough with a cake towel and let it rise for 1 hour.
- Place in 2 greased baking pans and let stand for 1 hour
- Preheat the oven to 220 degrees, cut the surface of the bread. Bake for 45 minutes.





UNIT 11 / Germany

Swabian Cheese Noodles

Ingredients

- 300 g. wheat flour (405)
- 1Tl. Salt
- 50 ml Water
- 3 St Eggs
- 30 g. Butter
- 2 El. Soy oil for frying
- 100 g. grated Emmentaler
- 100 g. grated mountain cheese
- nutmeg and pepper
- half waistband
- half bunch chives
- 2 St. big onions

Directions

- Peel the onions, cut into thin rings, fry in butter until golden brown and keep warm.
- Mix the flour, eggs, water and a little salt to form a smooth batter until pale.
- Press or scrape the dough into plenty of boiling salted water with a spatula, sieve with large holes or a wet board.
- Take out the noodles as soon as the surface floats.
- Heat butter in a mold, alternate a layer of noodles and a layer of grated cheese.
- At low heat about 80 degrees, leave bowl in the oven
- Finally, top with roasted onions and freshly chopped chives, garnish and serve

Notes: Serving recommendation a green salad with dressing.





UNIT 11 / Italy

Pasta Bolognese

Homemade Pasta

Ingredients

- For each whole for each whole egg 100 g
- All purpose flour
- A pinch of salt

Strips

- Tagliolini 1-2 mm
- Fettuccine 3-5 mm
- Tagliatelle 6-10 mm
- Pappardelle 1-3 cm

Directions

- Split the eggs into a bowl and add a pinch of salt.
- Place the flour on a work surface and create a hole with your hands.
- mix the eggs with the flours (with hands or fork), incorporating a little at a time, until everything is combined.
- Knead the pieces of dough together. (You can choose to knead by hand to make fresh Italian homemade pasta, or you can use a stand mixer)
- knead and work it with your hands for about 10 minutes. (Pay attention: if the dough is too soft and sticky, add flour; if it is too hard and with too much flour yet, add water.)
- make a big ball and wrap it in a cling film. Let it rest at room temperature for 30 minutes.
- Dust your work surface with some flour, using flour, that's important. Take a tennis ball-sized piece of pasta dough and flatten it out with your palms.
- Start to flatten the dough with your rolling pin. (Remember to dust the pasta dough and/or the rolling pin with flour if you feel it's becoming sticky.)
- Start always from the center, sliding it in all directions in order to obtain a pasta sheet of uniform thickness.
- Gradually reduce the thickness until you get a sheet just over 0.2 inches (0.5 mm) thick.
- Roll out the dough until it reaches a thickness of about 1-5 mm then roll it on itself and with a sharp knife, cut it into strips of dough, same width if possible. With this method you can make different kind of pasta. It always depends on the width of the pasta strips.

Bolognese Sauce

Ingredients

- Beef (minced beef, coarsely minced and mixed) 300 g
- Bacon 150 g
- Red wine 100 g
- Tomato puree/sauce 300 g
- Carrots 50 g
- Celery 50 g
- Golden onions or shallot 50 g
- Fine salt to taste
- Black pepper to taste
- 1 sprig of fresh rosemary
- Extra-virgin olive oil 1 tablespoon
- Vegetable stock

Directions

- Start by taking the pancetta and creating the Bolognese sauce. Without being too exact, slice first, then cut into strips. Next, thoroughly chop it using a knife. Add the pancetta and a drizzle of oil to a saucepan that has been preheated.
- Thoroughly shell it and let it brown. Take care of the vegetables in the meanwhile. Peel the carrot, then finely chop it. After cleaning, chop your celery into pieces that are the same size as your carrots.
- Next, chop the onion after peeling it. The chopped veggies should be added as soon as the pancetta is nicely browned.
- Stir and simmer for a further 5 to 6 minutes. add the ground beef,
- Mix, then turn the heat up. Let it to brown slowly; the meat needs time to properly seal. Deglaze with red wine and mix again. Add the tomato puree as soon as the alcohol has evaporated.
- Stir and incorporate it in. Several ladles of boiling vegetable broth should be added.
- Place the lid on top, but do not entirely close. The Bolognese sauce must now simmer for at least two hours. Every 20 minutes, check it and add more broth as necessary. Taste the sauce after two hours and add salt and pepper as desired. The sauce is ready after one more stirring.





UNIT 11 / Italy

Saffron Risotto

Ingredients

- 320 grams carnaroli rice
- 90 grams butter
- 800 millilitres meat (or vegetable) broth
- 50 grams grana cheese
- 200 millilitres dry white wine
- 1 onion
- 1 tablespoon saffron
- pepper to taste
- salt to taste

Directions

- Put the stock in a saucepan, bring it to the boil and turn off the heat; take a ladleful, pour it into a cup, add the saffron pistils and leave them to infuse.
- Peel the onion and chop it finely; melt 60 g of butter in a large, shallow saucepan and, when it is bubbling, add the onion; stew it without browning, stirring with a wooden spoon.
- Add the rice and let it toast for a couple of minutes, stirring it with a spoon until it is translucent; douse it with the white wine and let it evaporate over a high flame; wet the rice with a ladleful of broth and cook it (it will take about 16-17 minutes), gradually incorporating the remaining hot broth as it is absorbed. Lastly, add the stock put in the cup with the saffron pistils.
- Remove the risotto from the heat, adjust the salt (if necessary) and, if you like, add a grinding of pepper, immediately incorporate the remaining butter in small pieces, 30 g of grated grana cheese and stir vigorously to cream. Cover the pot and let the saffron risotto rest for a couple of minutes so that the flavours blend. Bring it to the table with the remaining Grana cheese cut into thin slivers with a truffle slicer.





UNIT 11 / Portugal

Baked Codfish with Mashed Potatoes

Ingredients

(4 servings)

- 500g slices of codfish
- 250ml milk
- 1 clove of garlic
- 2 onions
- 100ml olive oil
- 2 leaves of bay
- 1 kg mashed potatoes
- Breadcrumbs to sprinkle
- Parsley for garnish
- Salt and pepper as needed

For the mayonnaise

- 1 egg
- 1 teaspoon of mustard
- 100ml olive oil
- 1 tablespoon of vinegar
- 100ml sunflower oil
- Salt and pepper as needed

Directions

- **STEP 1** - Put the slices of codfish, milk and chopped garlic in a pot and boil them between 15 and 20 minutes. Turn off the heat. Peel and chop the onions. Put them in a pan with the olive oil and bay leaves and cook them until they are soft. Take 3 spoons of the milk from the codfish broth, add it to the onions, let it boil and add the spices. Turn off the heat.
- **STEP 2** - Heat the oven to 200°C. Drain the codfish and put it in an oven tray and cover it with the onion mixture. Put the mashed potatoes in a pastry bag with a tip and place it around the codfish.
- **STEP 3** - For the mayonnaise: in a deep recipient put the egg and mustard and whisk them. Without stopping whisking, add the olive oil and a tablespoon of vinegar. Add the oil in drops, continuing to whisk, and the remaining vinegar. Whisk everything. Season it with salt and pepper.
- **STEP 4** - Spread the mayonnaise on the codfish. Sprinkle the breadcrumbs and put in the oven to brown.
- **STEP 5** - Garnish with parsley and serve.





UNIT 11 / Portugal

Beans with Octopus

Ingredients

(4 servings)

- 1 octopus (about 2kg)
- 1/2 Portuguese chouriço
- 500g cooked haricot/ white beans
- 1 tomato
- 1 onion
- 2 cloves of garlic
- 300ml red wine
- 3 tablespoons of olive oil
- 10 black peppercorns
- 1 bay leaf
- Coriander as needed
- Salt and pepper as needed

Directions

- **Step 1** - Put the octopus in a pot, add the bay leaf, peppercorns, red wine, and water until it covers the octopus. Put the pot in low heat and leave it to simmer for 50 minutes.
- **Step 2** - Meanwhile, take another pot and put the olive oil, chopped onions and garlic, and leave them to cook in low heat. Cut the tomatoes in cubes without seeds, and add them in the pot and leave it to cook. Add the chouriço cut in round slices, add the pepper, and leave it to stew until they are brown.
- **Step 3** - Take the octopus from the pot and put it aside. Put the boiled water into the stew pot and leave it to boil. Check the condiments and add if necessary. Add the cooked beans and the octopus cut in pieces in the pot. Leave it to cook 5 more minutes, and serve it with chopped coriander.





UNIT 11 / Portugal

Collard Soup with Portuguese Chouriço

Ingredients

(4 servings)

- 500g potatoes
- 200g collard leaves chopped for the soup
- 1/2 Portuguese chouriço
- 1 onion
- 2 cloves of garlic
- 100ml olive oil
- 1 tablespoon of coarse salt
- 2 litres water
- Corn bread as needed

Directions

- **Step 1** - Put the olive oil, chopped onion and garlic, and peeled and chopped potatoes in a pot and put it on the heat. Mixing from time to time, leave it to stew.
- **Step 2** - Add water, salt, and the chouriço, and leave it to simmer.
- **Step 3** - When the potatoes are cooked, take the chouriço from the mixture, and blend everything with a blender. Add the chopped collard.
- **Step 4** - Put the soup in a serving bowl, add round slices of chouriço in it and serve with slices of corn bread.





UNIT 11 / Sweden

Sandwich cake

Ingredients

(6 servings)

Base

- 250 grams white bread
- Butter to spread

Topping 1

- 150 grams cream cheese
- 0,75 deciliters crème fraîche

Topping 2

- 1,5 deciliters cream
- 3 tablespoons mayonnaise

Garnish

- 100 grams peeled shrimp
- 100 grams cold smoked salmon
- Thinly cut lemon slices
- Lettuce
- Dill sprigs

Filling 1 (layer 1 & 3)

- 750 grams unpeeled shrimp
- 150 grams cold smoked salmon
- 3 deciliters whip cream
- 300 grams cream cheese
- 4,5 grated horseradish
- 3 tablespoons finely chopped dill

Filling 2 (layer 2)

- 150 grams unpeeled shrimp
- 75 grams cold smoked salmon
- 1,5 hard boiled egg, cooled
- 1,5 deciliter crème fraîche
- 1,75 deciliter quark
- 60 grams red caviar
- 2,25 tablespoons finely chopped dill

Directions

Filling 1

- Shred the salmon and peel the shrimp. Whip the cream until hard peaks form and fold in all the ingredients.

Filling 2

- Chop the eggs, shred the salmon and peel the shrimp. Whip the cream until hard peaks form and fold in all the ingredients.

Construction

- **Step 1** - Place white bread close together on a tray, making a square of 3x3.
- **Step 2** - Spread butter on the bread and then add half of filling 1, spreading it evenly.
- **Step 3** - Place the next layer of bread on top of the first layer.
- **Step 4** - Spread butter on the second layer and add filling 2, spreading it evenly
- **Step 5** - Place the third layer of bread on top of the second layer.
- **Step 6** - Spread butter on the third layer and add the remaining filling 1, spreading it evenly.
- **Step 7** - Add the final layer of bread on top of the third layer.
- **Step 8** - Spread topping 1 over the entire cake.
- **Step 9** - Let the sandwich cake set in the fridge for 2 hours, preferably wrapped in plastic wrapping.
- **Step 10** - Spread topping 2 over the entire cake.
- **Step 11** - Garnish the cake to your liking.





UNIT 11 / Sweden

Swedish Meatballs

Ingredients (4 servings)

Meatballs

- 3 tablespoons butter
- 1 onion, finely chopped
- 1 egg
- 1 decilitre breadcrumbs
- 2 tablespoons concentrated veal stock
- 500 grams minced meat (15-20% fat)
- 1 decilitre breadcrumbs
- 1 tablespoon oil
- 1 teaspoon dijon mustard
- 1 pinch fine grain salt
- 1 pinch ground black pepper
- 2 pinches allspice

Mashed potatoes

- 800 grams mealy potatoes
- 50 grams butter
- 2 decilitres milk
- 1,5 teaspoons salt
- 1 pinch black ground pepper

Pickled cucumber

- 0,5 cucumber, thinly sliced
- 1,5 decilitres water
- 0,5 decilitres vinegar essence
- 0,5 decilitres granulated sugar

Stirred lingonberries

- 250 grams frozen lingonberries
- 1-1,5 decilitres granulated sugar

Cream sauce

- 2 decilitres water
- 2 tablespoons concentrated veal stock
- 2 decilitres cream
- 1 teaspoon soy sauce
- 2 tablespoons wheat flour
- 1 pinch salt
- 1 pinch ground black pepper

Directions

Pickled cucumber

- Pour water, vinegar essence and sugar in a pot and let it come to a boil. Let it cool off.
- Put the cucumber in a bowl, pour the brine over the cucumber and let sit for an hour.

Meatballs

- Fry the onion until soft with 1 tablespoon butter
- Stir together breadcrumbs, milk, egg, veal stock and mustard in a bowl and let sit for 5 minutes.
- Add minced meat, fried onions, salt, pepper and allspice to the bowl and mix until smooth.
- Roll the meatballs into bitesized balls and fry in oil and the remaining butter for 6-7 minutes, shaking the frying pan to let them get cooked all around.

Mashed potatoes

- Peel the potatoes and let them boil in a big pot with salted water until soft.
- Pour the water off and add milk and butter to the pot.
- Mix the potatoes, milk and butter with an electric beater until soft and creamy.
- Add salt and pepper to taste

Stirred lingonberries

- With a spoon, gently stir the frozen lingonberries with the sugar and let them thaw.

Cream sauce

- Stir the flour with a little bit of the water in a pot.
- Add the remaining ingredients and bring to a boil, stirring regularly.
- Simmer for a few minutes





UNIT 11 / Sweden

Vegetarian Pea Soup

Ingredients

(4 servings)

- 4 deciliters dried yellow peas
- 1,5 liter water
- 2 onions, finely chopped
- 2 vegetable stock cubes
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme

Accessories

- Mustad
- Thyme

Notes

- If the soup is too thick, add water. If too thin, use a ladle to crush the peas and let simmer.

Directions

- **Step 1** - Wash the peas and put them in a bowl. Add cold water until covered and let sit for at least 12 hours.
- **Step 2** - Pour off the water, add fresh water, salt and the peas to a large pot and let come to a boil.
- **Step 3** - Peel and finely chop the onion. Add the onion, thyme, marjoram and the vegetable stock cubes to the pot. Stir regularly so it does not burn in the bottom. Let the soup boil until the peas are soft, 60-75 minutes.
- **Step 4** - Skim off the surface and use a balloon beater to remove the pea shells
- **Step 5** - Season with salt, pepper and thyme to taste. Serve with mustard and thyme.





UNIT 11 / Türkiye

Karniyarik

Ingredients

(4 servings)

- 6 eggplants
- 250 gr. ground beef
- 1 onion
- 2 green peppers
- 1 tomato
- 1 tablespoon tomato paste
- 1 teaspoon paprika
- 1 clove of garlic
- Salt
- Black Pepper
- Cumin
- Vegetable oil to fry the eggplants
- Sauce:
- 1 tablespoon tomato paste
- 1 teaspoon paprika and 1.5 cups of water
- Tomato and pepper slices to top it

Directions

- Take the stem ends off the eggplants and peel strips off with a vegetable peeler or a knife in a zebra pattern (this will help them hold their shapes better),
- Soak them in salty water for 20 mins (to get rid of the bitterness) and tap them dry with paper towel,
- Heat the vegetable oil in a frying pan with high sides and fry the whole eggplants on all sides,
- Sauté the finely chopped onion, pepper and grated garlic in vegetable oil in a separate skillet,
- Add in the ground beef and cook until it turns light brown,
- Stir in the tomato paste, paprika, black pepper, salt and cumin,
- Add in the tomato cut into small cubes and cook for 3-4 mins,
- Place the fried eggplants on a baking dish,
- Make indents in the centre to create space for the filling,
- Distribute the filling equally among the eggplants,
- Place tomato and pepper slices on top,
- Stir together the sauce ingredients and pour over the filled eggplants,
- Bake at 190 degrees celsius until the tomato and pepper slices start turning brown.





UNIT 11 / Türkiye

Manti

Ingredients

(4 servings)

For the Dough:

- 3 Cups Flour
- 1 Glass Of Water
- 1 Egg
- 1 Teaspoon Of Salt

For the Stuffing:

- 250 Grams Ground Meat
- 1 Onion
- 1 Teaspoon Of Salt
- 1 Teaspoon Of Black Pepper
- 1 Teaspoon Paprika

Directions

- Add 3 cups of flour, egg, salt and water to a bowl and knead.
- When it's doughy, cover it and let it rest.
- Grate the onion and add it to the minced meat. Knead when adding spices.
- Divide the dough and roll it out with a rolling pin.
- Cut the dough into squares and put the minced meat in then and close the dough.
- Add water to the pot and cook the ravioli for 20 minutes.
- Manti ready to serve. Bon appetit.





UNIT 11 / Türkiye

Semolina Dessert

Ingredients

(4 servings)

- 1 cup semolina
- 2 Tablespoon butter
- 1 cup sugar
- 1 cup water
- ½ cup milk
- 2 Tablespoon pine nuts (optional)
- Cinnamon (optional)

Directions

- Take butter and pine nuts (optional) in a pot and sauté over medium heat until the pine nuts turn pinkish. Stir in semolina and sauté until it goes yellow.
- Then, stir in sugar, water and milk. Bring to a boil and close the lid. Simmer over low-medium heat until the water is absorbed. Let it cool for a while.
- While the semolina halvah is still warm, fill a small bowl's bottom and sides with semolina halvah. Immediately turn the bowl upside down over a serving plate. Serve with cinnamon on top.

