

POLISH CUISINE

Arabic-polish evening

28.10.2016

Inkubator Kultury Pireus

Recipes of Libian, Moroccan and Polish cuisine

The event is a part of the project:



cofunded by:



TRADITIONAL POLISH CHEESECAKE

- 1000 g of ground, fat white cheese
- 200 g butter
- 200 to 250 g sugar
- 4 large eggs, separate whites and yolks
- 2 tablespoons potato starch
- dried fruit: raisins or candied orange zest

All ingredients should be at room temperature. In a mixer bowl, rub the soft butter with sugar until fluffy mass. Add the egg yolks, mix. Gradually add the white cheese, mix together. Add the potato starch and mix. Add the orange zest and/or raisins and mix. Beat the whites till fixed and add to the cheese mass. Bake in a baking try (23 cm diameter) for about 60 minutes at a temperature of 170°C. Let cool in the switched off, half-open oven. Freely decorate, for eg. chocolate, frosting.

DUMPLINGS WITH WHITE CHEESE NAD POTATOS

(for about 70 dumplings):

- 1 kg flour
- 1 egg
- 1 teaspoon salt
- 1 heaped tablespoon butter, softened
- 2 tablespoons oil
- about 1.5 cups very hot water

Filling for dumplings: - 1 kg potato - 1 kg of white cheese - 2 onions
- oil - salt, pepper

Boil the potatoes in salted water the day before. The next day mill the potatoes and white cheese in the minder (or very carefully crush with a fork). Add onion chopped and fried in a little oil till soft. Add to the filling, season with salt and pepper.

Pour the flour on a pastry board. Mix with salt. In the middle of flour make a hole, stick egg, add the butter and oil. Mix gently together with a spoon. Add slowly the water and knead until the dough will become homogenous. It should be flexible, but do not stick to the hands. Rool the dough very thinly (about 1-2 mm) without sprinkling the flour. When it will be already thin cut circles out of it. For every circle put a spoonful of filling and glue the edges (filling should not touch the edges). Ready-made dumplings boil in salted water. Serve with fried, chopped onion.

LIBIAN CUISINE

BASBOUSA (for 10 pieces):

- 1,5 cup (250 ml) cornmeal - 1,5 cup flour - 1 cup of sugar
- 3 tablespoons of coconut shreds - 2 eggs - 1,5 tablespoon baking powder

- Sugar syrup:** - 1 cup sugar - 1 cup water - 0,5 lemon
- pinch of cinnamon (optional)

Mix the ingredients in an energetic way in the bowl. Put them all out into the baking tray sprinkled gently with fat. Bake until brown (approximately 45 min in 180 centigrades). Prepare the syrup in the saucepan and wait till it boils. When it's ready pour gently on basbousa and let it soak in. Cut into pieces.

TRADITIONAL ARABIC HUMMUS:

- 2 cups chickpeas - 4 tablespoons tahini - 2 teaspoons lemon juice
- 2 tablespoons water - 2 tablespoons olive oil - salt, pepper

Leave chickpeas in the water overnight. Then boil it in the same water (salted or no) till soft. Blend it with the rest of the ingredients until it's creamy, season.

TABBOULEH:

- couscous - tomato - parsley - chive - fresh mint - onion
- raisins - cinnamon (optional) - salt, pepper - olive oil - lemon juice

Chop the vegetables in small pieces. Cook the couscous according to the instructions placed on the box. Mix the ingredients in a bowl, season.

MOROCCAN CUISINE

DATE COOKIES:

- 250 grams of fine semolina - 250 grams date paste - pinch of salt
- 1/2 teaspoon ground cardamom (or cinnamon) - 4 tablespoons butter
- 2 tablespoons honey

Roast the semolina in a pan on medium heat. Keep stirring it constantly to avoid burning, just to take a deep golden color. After around 10-12 minutes, the semolina is ready. Mix all the ingredients. Place hot semolina in a bowl, add the butter, cardamom/cinnamon and pinch of salt. Add the honey and date paste, mix. Shape cookies - there are many ways. You can roll the dough and cut it into squares or use different molds. Cookies are ready to eat.

„CAT PAWS” COOKIES:

- 150 grams of all-purpose flour - 150 grams of corn starch (maizena)
- 70 grams of powdered sugar - 110 grams (8 tablespoons) of softened butter
- 1 large egg - 1 teaspoon of vanilla extract - a pinch of salt
- 100 grams of dark chocolate - jam, nutella to fill in the cookies

Beat the softened butter until it becomes creamy. Add the powdered sugar and keep mixing at medium speed until it is fully incorporated. Add the vanilla extract. Keep mixing. Add the egg, flour, corn starch, and salt. Keep mixing until you get smooth buttery dough. Roll the dough into a ball, cover it with a plastic wrap, and place it in the fridge for 15 minutes. Remove the dough from the fridge and start shaping the cookies. Take a little bit of dough and roll it in your palms until you get a ball, the size of a hazelnut. Use your finger to flatten the ball. Press two-thirds of the flattened ball with a fork, to shape it and make it look like a cat's paw. Place the cookies in a baking pan. Bake for 8-10 minutes in 170-180°C. Do not over bake the cookies. They must retain the whitish color. Assemble cookies by placing some filling on the smooth side, and then cover it with another cookie. Melt the chocolate and dip 1/3 of the assembled cookie in it and place it in a pan covered with parchment paper. Place the cookies in the fridge for 1 hour.