

EUROPEAN GASTRONOMY



**THE MOST POPULAR
DISHES IN
EUROPEAN COUNTRIES**

UNITS



TOP FOODS IN

- **GREECE**
- **SPAIN**
- **ITALY**
- **GERMANY**
- **FRANCE**
- **RUSSIA**
- **SERBIA**
- **BRITAIN**

GREECE



GREEK SALAD



- Greek salad consists of tomatoes, sliced cucumbers, onion, feta cheese and olives, typically seasoned with salt and oregano and dressed with olive oil.



MOUSSAKA



- Moussaka is made of aubergine, potatoes, and spiced minced meat. There are other, less common variations besides eggplant, such as zucchini.



PITA WITH GYRO



- A Gyro is when the meat is roasted vertically turning on the spit. Slices of it are then placed in pita with typical accessories such as sauce (tzatziki), tomatoes, onions, lettuce and often french fries/chips.



SPAIN



TORTILLA ESPAÑOLA



- Tortilla Española or Tortilla de patatas is an omelette made with eggs and potatoes, sometimes also served with onion or chives or garlic. It is fried in oil and often served as an appetizer.



PAELLA



- It is a traditional saffron rice dish combined with white fish, shrimps, squids and clams, from Valencia. Rice can be mixed with fish and meat (Mixed Paella) or vegetables (Vegetarian Paella).



GAZPACHO



- It is a cold soup made with raw tomato, cucumber, pepper, onion and some garlic, olive oil, wine vinegar, water, and salt. Typically drunk in summer.



ITALY



PIZZA



- Pizza is a yeasted flatbread generally topped with tomato sauce and cheese and baked in an oven. It is commonly topped with a selection of meats, vegetables and condiments.



PASTA



- Typically, pasta is a noodle made from an unleavened dough of a durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. It can also be made with flour from other cereals or grains. Pastas may be divided into two broad categories, dried and fresh.



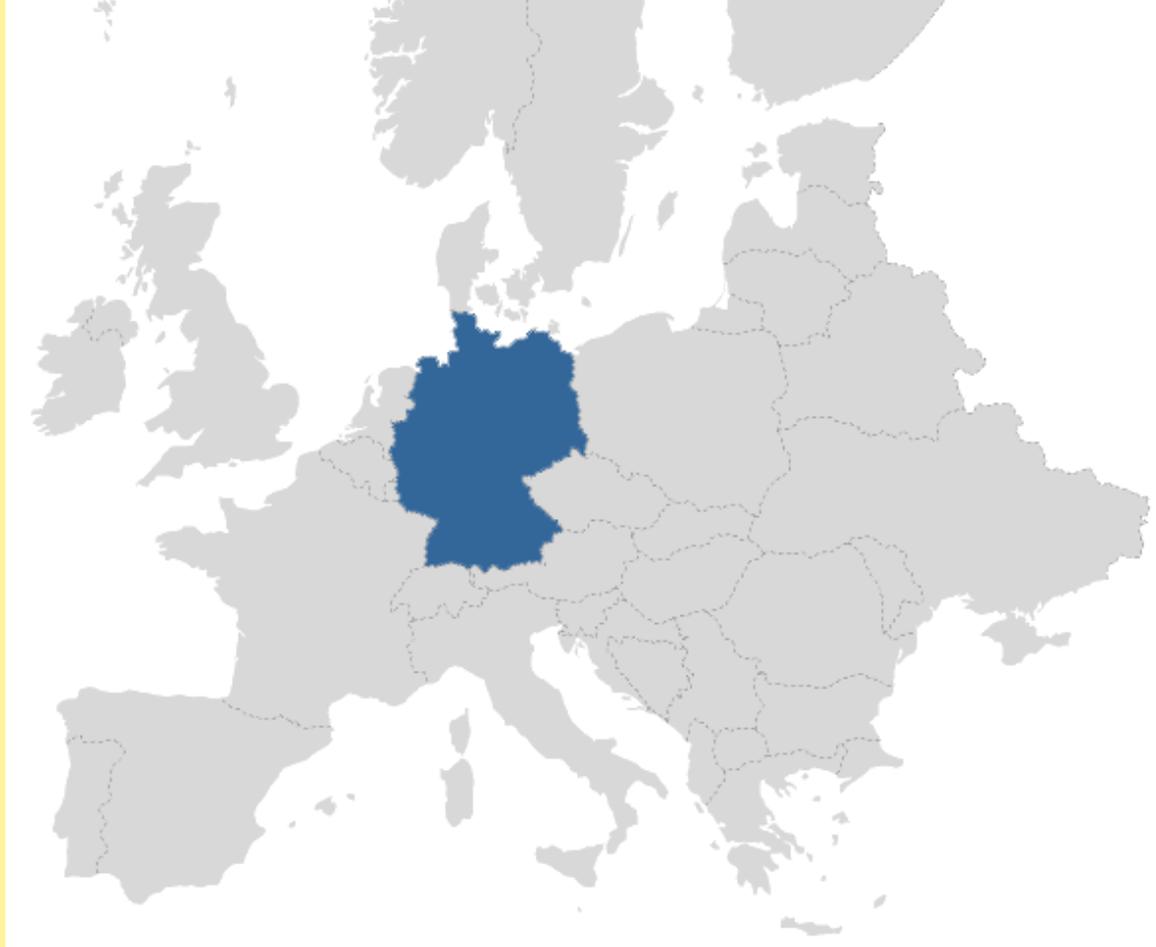
TIRAMISU



- Tiramisu is a popular coffee- flavoured Italian custard dessert. It is made of ladyfingers dipped in coffee, layered with a whipped mixture of eggs, sugar, and mascarpone cheese, flavoured with cocoa.



GERMANY



Schwarzwälder Kirschtorte



- Schwarzwälder Kirschtorte is a Black Forest cake that consists of several layers of chocolate sponge cake sandwiched with whipped cream and cherries. It is decorated with additional whipped cream, maraschino cherries, and chocolate shavings. In some European traditions, sour cherries are used both between the layers and for decorating the top.



SAUSAGES



Some of the most famous German sausages are:

- Bratwurst,
- Weisswurst and
- Currywurst. A dish of sausages with curry sauce, is a popular fast food in Germany.



BREZEL



- Brezels are soft, white pretzels made from flour, water, and yeast, and are sprinkled with salt. They're found in every bakery and on street stands, sold plain, sliced and buttered, or with slices of cold meats or cheese.



FRANCE



Coq au vin



- It is a dish of chicken braised with wine, mushrooms, salt pork or bacon, mushrooms, onion, often garlic and sometimes brandy. Although the name translates as 'rooster or cock in wine' – and braising is ideal for tougher birds – the recipe usually uses chicken or capon.



CASSOULET



- Cassoulet is a comfort dish of white beans stewed slowly with meats, typically pork or duck but also sausages, goose, mutton or whatever else the chef has around. This peasant dish originates from southern France and is popular in Toulouse, Carcassonne and Castelnaudary.



Soupe à l'oignon



- This is a traditional French soup made of onions and beef stock, usually served with croutons and melted cheese on top. The liquid is typically meat stock, although variations include using just water, adding milk or thickening it with eggs or flour.



RUSSIA



RUSSIAN SALAD

- Russian salad is fresh and crispy with a light smattering of mayonnaise. This could be due to the use of fresh cucumber or crunchy Russian pickles, although the base of diced potato, peas, egg and mayonnaise/sour cream remains ubiquitous.



BORSCH



- This beet and cabbage red soup is served with or without meat, potato, herbs and a dollop of *smetana*, Russian sour cream. Accompanied with a piece of rye bread or garlic bread topped with melted cheese.



SMOKED SALMON

- Salmon is served alone as a dish or with pancakes, and salted herring served in salads, a typical one colloquially named 'herring under a fur coat' or *shuba*, which covers salted herring with layers of grated boiled vegetables, beets, onions and mayonnaise.



SERBIA



PLJESKAVICA

- It is a grilled dish of spiced meat patty mixture of pork, beef and lamb. It can also be served with onions.



CEPAVI



- It is a grilled dish of minced meat, a type of skinless sausage. They are usually served of 5–10 pieces on a plate or in a flatbread, often with chopped onions, sour cream, kajmak, ajvar, minced red pepper and salt.



KARADORDEVA SNICLA

- It is a rolled veal or pork steak ,stuffed with kajmak , and then breaded and fried. It is served with roasted potatoes and tartar sauce.



BRITAIN



FISN 'N' CHIPS



- The fish, usually cod, haddock or plaice, is dipped in batter and deep-fried, the chips are cut thicker than French fries and deep fried twice.



THE SUNDAY ROAST

- Beef, chicken, lamb, pork or turkey is roasted in the oven. It's served with a selection of vegetables like roast potatoes, carrots, cabbage, roasted onions, Brussels sprouts, peas, as well as tiny sausages wrapped in bacon called 'pigs in blankets'.



ENGLISH BREAKFAST



- It consists of fried or grilled bacon, a sausage or two, a fried egg, baked beans, grilled or fried tomatoes, a slice of fried bread, perhaps some slices of fried black pudding, and fried mushrooms, eaten in any combination.



EUROPEAN GASTRONOMY



BY THE STUDENTS:

- **DALAGIORGOU OLYMPIA**
- **MAXIMIADOU BESSY**
- **SAKELLAROPOULOU EFTICHIA**
- **MOUSIOU MARIA**