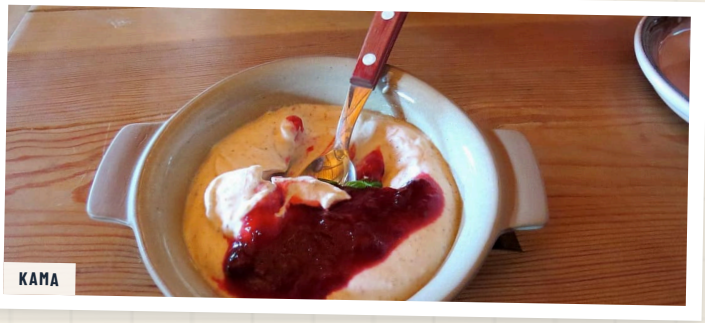
COOKBOOK · 109 RECIPES FROM 24 COUNTRIES

Hearty Kitchens of Europe

From Ireland to Ukraine



WIENER SCHNITZEL



KAMA



POTATO PANCAKES



PAPANAȘI

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INSIDE THIS BOOK

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Every recipe here is written for an ordinary home kitchen, in large print, with the story of the dish. Measures are as cooks in each country use them; taste as you go.

Tick the ingredients as you shop: every list has boxes.

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CENTRAL EUROPE

Austria

Austrian food mixes Alpine farm cooking with the kitchens of the old empire, from Hungary, Bohemia and northern Italy. The day starts with bread rolls, butter, jam, cheese and coffee. The midday meal was traditionally the main one, often a clear soup followed by meat and dumplings, and a mid-morning or afternoon snack is called a 'Jause'. Austria is famous above all for its cakes and pastries, best enjoyed slowly in a coffee house.



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AUSTRIA · MAIN

Wiener Schnitzel

SERVES 4 40 MIN VIENNA

A thin escalope of veal, coated in flour, egg and breadcrumbs and fried in lard or clarified butter until the coating puffs up golden. It is served with a wedge of lemon and potato salad, parsley potatoes or a green salad.

You need

- ☐ 4 veal escalopes, about 150 g each
- ☐ Salt
- ☐ 80 g plain flour
- ☐ 2 eggs
- ☐ 150 g fine dry breadcrumbs
- ☐ About 250 g clarified butter or lard, for frying
- ☐ 1 lemon, cut into wedges
- ☐ Parsley, to serve

Method

1. Put each escalope between two sheets of cling film and pound it evenly to about 4 mm thick. Season both sides with salt.
2. Put the flour, the beaten eggs and the breadcrumbs in three shallow dishes.
3. Coat each escalope first in flour, then in egg, then in breadcrumbs. Do not press the crumbs on, so the coating can puff up.
4. Heat the fat in a large frying pan until it is about 1 to 2 cm deep and hot (160 to 170°C).
5. Fry the schnitzels one or two at a time for 2 to 3 minutes on each side, gently shaking the pan so the fat washes over the top, until golden and the meat is cooked through.
6. Drain on kitchen paper and serve at once with lemon wedges, parsley and potato salad.

Did you know? By Austrian rules, a 'Wiener Schnitzel' must be made from veal. A pork version has to be called 'Wiener Schnitzel vom Schwein' or 'Schnitzel Wiener Art'.