



REDISCOVER COOKBOOK

Adventures in the Jewish Gastronomy
of the Danube Region



 **Interreg** 
Danube Transnational Programme
REDISCOVER

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Adventures in the Jewish Gastronomy
of the Danube Region

Budapest, 2021

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THE REDISCOVER PROJECT

Contemporary Jewish communities in the Danube region are fragmented: the capitals and large regional centres have significant communities with religious and cultural heritage background preserved to this day. Mid-sized cities with limited built cultural heritage are usually linked to well-known heritage centres on the tourism market. For them, the main challenge is to find ways to explore the tangible/intangible elements of Jewish cultural heritage in order to create competitive cultural products with potential tourism prospects.

REDISCOVER (*Rediscover, expose and exploit the concealed Jewish heritage of the Danube Region, DTP2-084-2.2*) is a project implemented with the participation of 18 institutions from 9 countries of the Danube region, financed by the Danube Transnational Programme.

The partnership consists of the following members: the Municipality of Szeged as the lead partner, as well as

the Szeged and Surroundings Tourism Non-profit Ltd., the Municipality of Galați, the Municipality of Timișoara, the World Heritage Management City of Regensburg, the Institute for Culture, Tourism and Sport Murska Sobota, the City of Osijek, the Municipal Museum of Subotica, Kotor Municipality, and the City of Banja Luka. The partnership within the project is based on a choice of cities of similar historical background with Jewish heritage and similar cultural and tourism missions. In addition to the partnership, the City of Subotica, the City Municipality Murska Sobota, the Jewish communities of Szeged, Timișoara, Osijek, Montenegro and Banja Luka, part of the Federation of Jewish Communities of Romania, and the Romanian Institute for Research on National Minorities are involved in the project as thematic partners.

The main objective of the project is to explore, revive and display the

hidden intellectual heritage along with locally available Jewish cultural heritage of project partner cities, creating a jointly presented, synergistic tourism tool/service that is accessible to the wide audience as well.

Within the framework of the project, the partners undertook to publish a joint cookbook in order to promote Jewish gastronomic values. The cookbook features recipes which were proposed by the partners and are still prepared by members of their local Jewish communities. Those who are interested in Jewish gastronomy will catch an exciting glimpse into the Jewish culinary heritage of the Danube region. The recipe collection is appropriate for all those who cook regularly or rarely and want to broaden their horizons to make their cooking more varied and colourful.

Jewish cooking

Foreword

Jewish food offers a genuine culinary experience, inspired by the strict dietary laws of the Old Testament. The dishes not only have to be created and but also served according to these strict rules. What constitutes the uniqueness of Jewish cuisine of Central Eastern Europe is that even though it was influenced by numerous regional styles, it upheld the traditions of thousand years in terms of the laws. The regional influences were Galician, Polish, Ukrainian, Austrian, German, Serbian, Croatian, Czech, Moravian, Slovakian, Transylvanian and Romanian. One aspect has not changed at all during thousands of years: the system of laws set by religion.

The origins of kosher food, food that is permitted to be eaten by Jews, date back to ancient Israel. Its characteristics are based in numerous biblical laws. The majority of these laws (and the ones about Kashrut) can be found in the fifth book of Moses. Even today, observing Jewish families keep these laws. The basic laws about Jewish food can be divided into three groups.

Jewish dietary laws are called Kashrut. For religious Jews if something is kosher, it means it is permitted to be eaten as there is nothing that would forbid its consumption. "Ritually clean", or ritually permitted is something that fulfils religious and traditional laws.

To observe the laws of kashrut does not simply mean to follow a certain diet based on dietary laws, but, for observant Jews, it also means to uplift the spirit as well. Foods that are not kosher, or are forbidden are called terefah.

The dietary laws play a considerable role in maintaining Jewish identity and social cohesion.

According to the laws of Kashrut, dairy and meet dishes cannot be combined. "Thou shalt not seethe the kid in its mother's milk" is the original religious law, which can be read three times in the Torah, the five books of Moses. What this means is that in a kosher kitchen dairy and fatty dishes

are completely separated from each other. It is also forbidden to eat the two together. Separate pans and pots are necessary for cooking as well for milk and meat dishes and one also needs cooking dishes that have never been used either for milk or meat dishes. This latter is called a pareve dish. Neither milk, nor meat dishes are ever cooked in this dish, so food made in this dish can be eaten both with milk and with meat dishes.

The Jewish religion distinguishes clean and unclean animals. Animals are clean and permitted if they have cloven hooves and chew the cud. As for poultry, chicken, turkey, goose, duck, and pigeon are permitted for observant Jews. Pork is completely prohibited. Kosher fish have fins and scales. Fruits and vegetables, eggs and fish are neutral, so they can be consumed both with milk and meat. Milk is kosher if it comes from a kosher animal. Kosher egg can only come from a kosher bird and cannot contain even a drop of blood. Honey is a kosher dish. Kosher wine and cheese are both fundamental ingredients of Jewish gastronomy and their use goes back to several centuries of traditions.

Animals have to be slaughtered in a specific way by the shochet. A shochet usually slaughters poultry, while cattle, goat, and sheep are slaughtered by kosher butchers under special supervi-

sion, controlled by the ritual inspector (meshgiah) to make sure all the ritual laws have been observed.

The ritual slaughter of animals involves the cutting of the throat of the animal with a razor-sharp knife (a so called halef) with a swift movement causing as little pain as possible. Blood must be removed and then the meat is salted. Before that they wash the meat with water and soak it in water for half an hour. Salting the meat helps draining the meat of all traces of blood as salt crystals can absorb blood from the meat.

Four-legged animals have a so called sciatic nerve in their hindquarters which is forbidden for observant Jews. If this sinew is removed properly, the rest is permitted, but very few people know how to remove that sinew properly so usually the hindquarters of the animal is sold to non-Jews. That is why there are not any recipes of the hindquarters of cattle.

All kosher food has to be marked with a hechsher. This certifies the kosher status of a food, issued by the Rabbinat.

Jewish gastronomy is in its heyday again. Traditional, classical (kosher), or kosher-style or Jewish-style dishes are more and more popular not only among Jews. It is a real multicultural phenomenon.




SIMPLE DISHES



Potato Kugel

Inspired by Kotor

 70 minutes
preparation:
20-25 minutes

Serves **4**

The name Kugel dates back to the time when they used to bake the bread on top of the cholent in a smaller clay dish. The form disappeared a long time ago but, in the meantime, many other types of kugel appeared, from savoury to sweet.

Ingredients

4 large (1 kg) potatoes	3 large eggs
100 g Schmaltz (goose or other clarified poultry fat)	1 ½ teaspoons (15 g) salt freshly ground pepper
1 large (120 g) onion	

Preparation

- 1 Place an ovenproof dish in the oven and heat it to 200 °C.
- 2 Melt the Schmaltz, but be careful not to overheat it.
- 3 Dice the onion finely.
- 4 Grate the potato on the large holes of a box grater. Be as quick as you can to avoid the browning of the potato.
- 5 Remove the juice from the grated potatoes: squeeze it and place it into a bowl.
- 6 Add the finely diced onion, season with salt and pepper, add the lightly beaten eggs and the melted Schmaltz (reserve 2 tablespoons of it). Stir well.
- 7 Take your hot dish from the oven, add in the remaining melted fat and spread it carefully to distribute the fat evenly. Pour the potato mix into the hot dish and place it back to the oven. Reduce the heat to 180 °C, bake for 40 minutes.
- 8 Increase the heat up to 200 °C and bake till the top is golden (approx. 10-15 minutes).



Tips&Hints

The best type of potato for this dish is the floury, type C potato, with high starch content. They're usually the yellow ones.

It is easy to opt for a vegetarian version if using plant-based fat or oil instead of Schmaltz.

Be generous with the pepper and dare to add some garlic.



Roe soup

Inspired by Subotica

The roe soup is typically served for Friday lunch as it is easy to prepare and leaves time for taking care of other activities which must be done before sunset.

Ingredients

For the stock:

500 g carp bones and trimmings (spine, head, tail)
1 medium (100 g) carrot
1 medium (100 g) parsley root
2 medium (80 g each) onions
1 teaspoon (5 g) salt

For the soup:

250 g raw carp roe
2 large (250 g) potatoes (cubed 1-1.5 cm)
3-4 tablespoons oil
1 medium onion
2 bay leaves
2 flat teaspoons (10 g) of salt

1 tablespoon (20 g) wheat flour
1 bunch of parsley leaves
freshly ground pepper
tiny bit of paprika powder

Preparation

- 1 Place the carp bones and trimmings into 2 litres of cold water, add the carrot, parsley, onions and the salt. Simmer on moderate to low heat for 1.5 hours. Pass it through a fine sieve, and set aside.
- 2 Sprinkle the roe with a teaspoon of salt, then set aside.
- 3 Fry the finely diced onion till golden yellow, add the peeled and cubed potato, the bay leaves, season with a teaspoon of salt, and fry briefly. Sprinkle the wheat flour on top, fry for 10-20 seconds stirring continuously. Add finely chopped parsley, sprinkle with tiny bit of paprika powder and freshly ground pepper. Add the sieved stock.
- 4 Bring to the boil, stirring frequently.
- 5 When it comes to the boil, add the salted roe and simmer on moderate heat for 10-15 minutes, stirring from time to time carefully, not breaking up the roe blocks too much.
- 6 Remove the bay leaves before serving.
- 7 Serve with toasted croutons, and offer some vinegar on the side.

120 minutes preparation:
25 minutes

Serves 4



Tips&Hints

The use of the less valuable parts of the fish is very smart and thrifty. You can prepare a larger amount of stock, freeze it and use in other dishes calling for fish stock.

Dry toasted (without fat) croutons are the crunchy elements in this great soup.

Vinegar is an optional condiment; it can be skipped or replaced by lemon juice.

This dish, inspired by the Murska Sobota community shows clear relation to the well-known chicken Obara ('thick soup') as a traditional dish in Slovenia from north to south, and east to west. The preparation, however, just like in the case of other chicken dishes, may be very, very diverse. It can be served either with bread – the easiest and probably the most common way – or homemade dumplings or polenta.



Chicken stew

Inspired by Murska Sobota

 85 minutes
preparation:
25 minutes

Serves **4**

Ingredients

1 smaller (1-1.2 kg) whole chicken	2 teaspoons (10 g) salt
1 large (150-200 g) carrot	30 g goose fat or vegetable oil
2 medium (total: 130-150 g) parsley roots	25 g wheat or matzo flour
¼ celery root (100-120 g)	1 (+some) small bunch of parsley
1 small onion (80 g)	2 large cloves of garlic
	ground pepper to taste

Preparation

- 1 Cut the chicken into desired pieces (which will be easy to serve and handle), place the pieces into 1.5 l of cold water, and season with 2 flat tsp of salt.
- 2 Slowly bring it to the boil, remove foam, and simmer for further 10 minutes.
- 3 Add peeled and sliced onion, carrot, parsley, and celery roots.
- 4 Simmer for 45-50 minutes.
- 5 During the last ten minutes, start to prepare the roux: heat goose fat on moderate to medium temperature, add the flour, fry on medium-low heat for 4-5 minutes, stirring frequently, resulting a light beige colour. Add finely chopped garlic and parsley, fry briefly (15-20 seconds), dilute it with 100-150 ml cold water and add to the boiling chicken pieces, stirring continuously.
- 6 Cook on moderately high heat for further 5 minutes, stirring gently (focusing on the bottom) and quite frequently.
- 7 Just before serving, sprinkle with freshly chopped parsley and/or garlic and freshly ground pepper to taste. Serve with bread and a great smile!



Tips&Hints

For a different taste, you can add 1-2 bay leaves during the last 10-15 minutes. Don't forget to remove them before serving. Cooking bay leaves for long may result in tartness or bitterness.

Noodles with fake cottage cheese is a recipe provided by Subotica. Noodles used for this dish are home-made with flour and eggs, mixed into a dough, and cut into the desired shape and size, then cooked in water.

Noodles with fake cottage cheese *Inspired by Subotica*

60 minutes preparation: 30 minutes

Serves 2

Ingredients

For the noodles:

200 g wheat flour
2 eggs
½ tablespoon salt
½ tablespoon goose fat

For the topping:

4 egg whites
100 g smoked goose breast with skin
½ tablespoon goose fat
freshly ground pepper to taste

Preparation

- 1 Pour the flour onto a board, make a nest in the middle, add the eggs and the salt. Beat the eggs gently, not destroying the nest's wall. Start to stir the flour into the eggs with the tip of your fingers from top to down, incorporating the flour little by little. When the dough is crumbly, start to knead dynamically, otherwise your pasta will be flabby and soft when you cook it.
- 2 You need to slap the dough with your hands, squashing it into the table, reshaping it to a lump, then pulling it, stretching it, squashing it again. It's relatively hard work. Don't stop till the dough starts to feel smooth and silky. Wrap it in cling foil, put it in the fridge to rest for 30 minutes.
- 3 While your pasta is resting, cut the smoked duck breast into small cubes, and fry them in goose fat till crispy. Remove the cracklings, then set them aside. Beat the egg whites until stiff peaks form, add it into the hot fat, and gently stir it and let it become crumbly like curd. Set aside.
- 4 Cut the dough into half or even into quarters, work only with maximum half of it at the time. Keep the rest wrapped to avoid drying out. Dust the working surface with flour, and roll out your pasta to 1-1.5 mm thick. Cut the dough into desired shape either tagliatelle or into small rectangles. Work quick because the noodles dry quite quickly.
- 5 Cook the pasta in boiling salted water only for 1-2 minutes (fresh pasta doesn't need more). Sieve and rinse with hot water. Heat the remaining ½ tablespoons of goose fat, add the washed, well drained but still hot pasta to it and roll it around in the fat.
- 6 You can choose: either stir in the cracklings and the fake curd, or you can serve them on the top of the pasta. Season with freshly ground pepper.



Nothing beats fresh pasta, but, of course it takes some effort. Choosing the easier way (dry noodles) is still OK. We recommend using rather flat types of pasta like tagliatelle or pappardelle, so the goose fat can cover it evenly.

Goose cracklings can be replaced, for example by roast meat. Pour the jus of the roast on the pasta.

You can add personal touches by using fresh herbs, or even minced garlic. Just before adding the egg foam, briefly fry them (3-4 seconds only) in the hot goose fat.



Shakshuka

Inspired by Osijek

This Israeli version of ratatouille was brought to Israel by North-African Jewish immigrants. These days it is popular all around the world.

Ingredients

2 tablespoons olive oil	½ teaspoon ground cumin
1 large (130-150 g) onion	½ teaspoon ground coriander
2 (150-200 g) red bell peppers (deseeded)	1 teaspoon paprika powder
3 large (300 g) tomatoes	1 teaspoon salt
1 jalapeno or 10-15 g green hot peppers	freshly ground black pepper
4 cloves of garlic	chili flakes
1 tablespoon tomato paste	4 eggs (size L)
	2 tablespoons fresh parsley roughly chopped

Preparation

- 1 Dice the onion. Heat a large heavy skillet over medium-high heat. When it is hot, add the olive oil and the onion, sauté on medium heat for 4 to 6 minutes until onions are translucent.
- 2 In the meantime, dice the bell peppers and jalapeno, mince the garlic, dice the tomatoes.
- 3 Add the garlic and the peppers to the skillet, sprinkle with the ground cumin, ground coriander. Fry for 2-3 minutes, sprinkle with paprika powder and fry briefly.
- 4 Stir in the tomato paste and diced tomatoes, season with salt, pepper and chili flakes to taste (be careful with the jalapeno already in the mix.). Bring to a simmer, reduce heat to low, continue to simmer for 8-10 minutes, stirring occasionally.
- 5 Create 4 little nests in the tomato mixture with the back of your spoon. These nests will hold the eggs. Crack the eggs into the prepared holes. Cover with a lid, and simmer for 1-2 minutes till the egg whites are set. Do not stir but gently shake your skillet. The yolks will remain runny this way, but if preferred, simmer longer (5-7 min), shaking it from time to time.
- 6 Sprinkle with chopped fresh parsley before serving.

30 minutes
preparation:
20 minutes

Serves 4



Tips&Hints

If possible, peel the tomatoes before dicing: make a shallow crosscut at the bottom of the tomatoes, place them into boiling water for 10 seconds, put them into ice-cold water and simply peel them.

Reserve 1/3 of diced tomato, and add only during the last 3-4 minutes, so they'll be cooked a bit but still have a bite. This only works with peeled tomato.

Instead of or in combination with parsley, you can use fresh coriander leaves.



Meatballs with sauce

Inspired by Regensburg


Meatball dishes are popular in many cuisines around the world, and are prepared in a variety of sauces. The variation presented in this cookbook originates from Regensburg, and gives an insight into local Jewish gastronomic traditions.

Ingredients

1 kg minced beef	1 bunch of parsley	20-25 g salt
3 medium size (200 g) onions	½ teaspoon cumin (ground)	1 teaspoon ground pepper
2 medium size (300 g) potatoes	½ teaspoon coriander seeds (ground)	300 ml water
1 egg	¼ teaspoon paprika powder (best: lightly smoked paprika)	2 tablespoons vegetable oil
1 bunch of coriander leaves		

Preparation

- 1 Finely dice the onions (reserve 1/3 of it for the sauce later). Peel and grate the potatoes on the small holes of a box grater. Be as quick as you can, avoiding the browning of your potato.
- 2 Mix onions and potatoes, squeeze and combine with the minced meat.
- 3 Coarsely chop the coriander and add half of it and the egg to the minced meat mixture (reserve the other half of the coriander for the sauce later). Season the minced meat with salt (15-20 g), a teaspoon of ground pepper and knead well.
- 4 Heat the vegetable oil in a large pan and fry the remaining onion till translucent, even golden yellow. Reduce the heat to minimum, add 2-3 small pinches of salt, ground cumin, ground coriander, paprika powder and pepper. Fry briefly for 20-30 seconds, stirring continuously. Add water and bring to the boil.
- 5 Shape the minced meat into 10-12 equal sized balls with wet or slightly oiled hands (so the meat does not stick to them). Carefully place the balls in the sauce, cover with a lid and simmer on moderate-low heat for 20-25 minutes turning around the balls from time to time. Remove the lid and reduce the sauce to a thick, creamy consistency. Stir the remaining chopped coriander leaves into the sauce and season to taste with salt, pepper and chopped parsley.
- 6 Serve with fresh bread or boiled rice.

 70 minutes preparation:
45 minutes

Serves **6**



Tips&Hints

Minced meat tolerates strong seasoning, so you can play with flavours, adding some grated garlic, some ground nutmeg or even a bit of freshly grated ginger.

Instead of water, you may use lightly salted beef stock. In this case be careful with adding salt to the sauce as while you are reducing it the salt concentration will increase.

If aiming for a smoother sauce rather than the rustic one, remove the meatballs and make your sauce smoother with a blender then add the balls and the chopped herbs.



Japrakis

Inspired by Banja Luka

90 minutes
preparation:
25 minutes

Serves **6**

Japrakis is a great example of the Bosnian Sephardic integration. Japrak is a well-known dish in the area. They made it their own by adding the Spanish origin diminutive 'is' ending. *Pasah Al Mano (Passover is at hand)* by Flory Jagoda (Flora Papo) also mentions this dish. The song was written in Ladino (Judeo-Spanish). The 'rostika' leaves (collard greens) are also typical for the region and are used widely in many other dishes.

Ingredients

500 g of 'rostika' / green collard leaves	100 g long grain rice 15-20 g salt	1 tablespoon roughly chopped mint
1 kg minced veal	1 teaspoon ground pepper	
100 g onion	2 tablespoon oil	

Preparation

- 1 Blanche the rostika leaves in salted boiling water for one minute, transfer them to ice-cold water, then dry them off.
- 2 Devein the leaves: cut off the protruding part of the tough main vein at the back of the leaves.
- 3 Combine minced meat with the finely chopped onion, salt, uncooked rice, oil and ground pepper. Mix well.
- 4 Form walnut-sized balls with wet hands. Place a ball on a blanched leaf, fold the long sides on the ball, roll up and press to get a small cylinder.
- 5 Line them up in a wider pot, even in 2-3 layers, add water to cover the small rolls. Season with a small pinch of salt and sprinkle with roughly chopped mint.
- 6 Cover with a lid and cook on moderate-medium heat for 60-70 minutes, shaking the pot time to time and adding water just to keep the japrakis covered by water.
- 7 Remove gently the small rolls from the water, serve them hot.



Tips&Hints

You can enhance the minced meat by adding some garlic and tiny bit of ground cumin.

Instead of rostika / collard leaves, you can use vine, savoy cabbage or kohlrabi leaves.


You can use minced lamb instead of veal. If so, do not be shy to add more chopped mint, even directly into the mince.

Sambousak are savoury pasty turnovers filled with chickpeas, ground meat, cheese or potatoes. They are typical of Mizrahi / Sephardic / Israeli cuisine. They are served on festivals like Purim, Shavuot, etc.



Chickpea sambousak

Inspired by Timisoara

 150 minutes
active 35 minutes

Serves **6-8**
(20 pasties)

Ingredients

For the dough

50 g fresh yeast
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons sugar
230 ml lukewarm water
400 g cups all-purpose flour

For the chickpea filling

2 cans of chickpeas (480 g)
2 tablespoons olive oil
2 medium onions,
finely chopped
1 teaspoon salt
1 ½ teaspoon ground cumin
¼ teaspoon ground ginger

¼ teaspoon ground nutmeg
½ teaspoon black pepper
½ teaspoon white pepper –
or use 1 teaspoon of either
white or black pepper
Oil for frying

Preparation

- 1 Dissolve the yeast in the 230 ml lukewarm water. Add the salt, baking powder and sugar. Stir well.
- 2 Add the flour, one cup at the time, keep mixing till all flour has been added. Then knead until the dough becomes smooth and elastic.
- 3 Cover the bowl and let the dough rise for 2 hours.
- 4 In the meantime, drain and rinse chickpeas, make a smooth paste using a blender
- 5 Fry the onions in the olive oil for 2 minutes on medium heat, add the dry spices to the onions and fry further on low medium heat for further 3 minutes, stirring frequently.
- 6 Add the seasoned onions to the chickpeas and stir well. Taste and season to taste with salt as needed, depending on the salt content of the canned chickpea. It should taste slightly less salty than you desire as it will become saltier after frying. Set aside.
- 7 If the dough has risen, divide it into 20 equal-sized pieces. Roll each patty into a circle about 8 cm in diameter.
- 8 Place a tablespoon of filling in the middle of each circle, wet the edges with a finger, fold the dough over the filling, pinch and twist them together, or fix them with a fork.
- 9 Fry the sambousak in shallow oil over medium heat. Turn them over when the first side is golden and fry the other side. Serve hot.



Tips&Hints

You can easily vary the stuffing using some mashed potato, green pea purée, even cheese.

Do not be afraid of using a tiny bit of tahini, minced garlic and freshly chopped coriander leaves in the chickpea stuffing.

For the meatless version it is recommended to offer some dips made of yogurt combined with garlic and fresh herbs (e.g. mint, chives, or coriander leaves).

You can also bake sambousak in the oven instead of frying them. Brush the filled pastries with a beaten egg, sprinkle with sesame seeds and bake in preheated oven at 180°C for 12-15 minutes.

Boiled beef is typically served as main course if there was a rich beef soup on the table. The meat can be served with different sauces and side dishes. There are several simple sauces known by most of us, but this “Brill” - as called in the Szeged Jewish community - comes from Aunt Giti.

Boiled beef with onion

Inspired by Szeged

35 minutes
preparation:
35 minutes
Serves 4

Ingredients

For the brill:

2 large (200 g) onions
2.5 tablespoons (60 g) goose fat
1.5 tablespoons (30 g) tomato paste
1 tablespoon wheat flour
1 teaspoon paprika powder
200 ml beef stock
2 smaller pinches of salt
freshly ground pepper to taste

For the chremslach:

1 kg potato (best is type C, used for baking)
3 eggs (size M)
120 g wheat flour
2 teaspoons salt
½ teaspoon of ground white pepper
4 cloves of garlic
4-5 tablespoons oil for frying

Preparation

- 1 Halve the peeled onions, then slice them thinly lengthwise.
- 2 Heat the goose fat, add the onion and sauté on moderate medium heat for 4 minutes, stirring frequently, season with salt and sauté further till it is golden (approx. another 4 minutes).
- 3 Push the onion into one side of the pot, add the tomato paste to the other side and quickly fry it a bit (15-20 seconds). Mix it with the onion, sprinkle with the wheat flour and paprika, give it a good stir, then add the stock and 100 ml water. Bring to the boil, stirring continuously, and simmer on low heat for 20 minutes, stirring occasionally.
- 4 In the meantime, grate the potato on the large holes of a box grater. Be as quick as you can, avoiding the browning of your potato.
- 5 Squeeze the grated potatoes as much as you can. Place them in a bowl. Add the minced garlic, the salt, pepper and the lightly beaten eggs, stir well.
- 6 Add the flour spoon by spoon sprinkling it while stirring continuously, getting a relatively soft mass.
- 7 Heat the oil in a pan, and spoon the mixture in the pan (2-3 tablespoons per pancake). Spread it with your spoon into a 0.5-1 cm thick pancake and fry both sides on medium heat till golden brown. Turn it over and fry the other side (cca. 5 minutes per side).
- 9 Heat the sliced cooked meat in some beef soup, taste the brill, season to taste by salt and freshly ground pepper. Serve with the hot chremslach.



Tips&Hints

To get a real nice and rich beef soup use bones, trimmings and, of course, meat and vegetables. Recommended spices: black peppercorns, allspice, nutmeg, a tiny piece of ginger and a bay leaf. Make sure to remove the bay leaf after 15-20 minutes as it can dominate the taste if left in for too long.

The brill itself is a very simple sauce. If you wanted to upgrade it a bit, try to add some grated celery root along with the onion; 1-2 cloves of garlic is always a good idea, or try some ground cumin and a tiny bit of cinnamon as the sweet (onion) – sour (tomato paste) balance supports these spices to dazzle you.

Burikitas (Bourekas) are a popular baked pastry in Sephardic Jewish cuisine. They are made in a wide variety of shapes and a vast selection of fillings. The recipe variety included in the cookbook is an offer of Regina Altarac in Osijek.



Burikitas

Inspired by Osijek

Ingredients

For the dough:

280 g margarine (dairy free,
min. 80% fat content)

280 g flour

2 egg yolks

1 tablespoon lemon juice

150 ml cold water

1-2 pinches of salt

For the filling:

500 g of minced veal

1 large (100 g) onion

2 cloves of garlic

1 tablespoon of goose fat

1 slice of bread

1 teaspoon (12 g) salt

½ teaspoon ground pepper

1 egg (size L)

Preparation

- 1 Stir 30 g of flour into 250 g soft margarine till homogenous. Place it in the fridge for 30 minutes.
- 2 Add the salt to the remaining flour, stir well, add the remaining 30 g margarine, the egg yolks, the lemon juice and the water and knead it to a relatively hard but elastic dough. Let it rest, covered, for 20 minutes.
- 3 Roll out the dough to a 0.5 cm thick circle, place in the middle the floury margarine, fold on the upper and lower part, than the two sides.
- 4 Roll it out to a square. Fold the upper 1/3 to the middle, fold the lower 1/3 on top of it, then fold it by half from the right side. Wrap it in cling foil and place it back to the fridge for an hour. Repeat this (roll to square and fold) twice keeping a minimum of one hour resting time in the fridge. The last rest could even be overnight. A less authentic but smart solution is buy puff pastry in the supermarket (make sure you buy dairy free as the dish contains meat.)
- 5 Fry the finely chopped onion on the goose fat till golden yellow, add the minced garlic, fry for further 30 seconds and add the minced meat, season with salt and pepper and fry till most of its juice has evaporated. Set aside and add soaked and squeezed bread, mix well.
- 6 Roll out the chilled dough into 1 cm thick layer, cut into 20 squares or 20 small circles. Divide the filling on top of them. Brush the edges with a beaten egg and fold the dough over the filling and press edges together shaping either small pillows, triangles (from squares) or crescents (from circles). Brush the top with the remaining egg.
- 7 Bake in preheated oven for 30 minutes at 190-200°C.



270 minutes
preparation:
45 minutes

Serves

4

(20 pieces)



Tips&Hints

Instead of the meat filling, you can prepare the filling made of 500 g of cottage cheese. You can turn either into sweet or savoury direction. If using cottage cheese as filling, you can use butter for the dough.

The meat filling can be easily upgraded by additional spices, like ½ teaspoon of ground cumin, bit of nutmeg, little touch of ground coriander seeds, or you can choose a fresh direction with freshly chopped parsley, mint or chives.



CLASSIC DISHES



Hallah (barhesz)

The classic festive bread has its long and interesting story which could fill up several pages. Most probably, it is still present on most Jewish tables. It is an overall classic; the recipe we share here is a general one.

Ingredients

1 kg wheat flour	400 ml lukewarm water
60 g sugar	4 eggs (size L)
20 g salt	120 ml oil
50 g fresh yeast	1 egg for brushing

Preparation

- 1 Sift the flour into a bigger bowl, stir in the sugar and salt. Crumble the yeast into the lukewarm water, stir well.
- 2 Make a nest in the middle of the flour, add the lightly beaten eggs, water and oil. Start to stir the flour into the wet mass with the tip of your fingers from top to down, incorporating the flour little by little, then knead vigorously. Depending on flour quality, you may need a bit more water. The dough should be soft, but not sticking to your fingers. Form a ball, cover with a damp clean cloth, let it rise for two hours at a warm place.
- 3 Divide the dough into two or four pieces, knead for 4-5 minutes on a dusted board.
- 4 Depending on your ambitions, you can choose a simple triple braid for making smaller loaves or you can go for the more complicated, but indeed more attractive 4- or 6-braid versions, making two bigger loaves.
- 5 Divide the bigger parts into the desired number of (3-4-6) relatively equal parts. Roll them out to 3-3.5 cm thick rolls. Braid the rolls together. Cover with a cloth and let it rise for further 30 minutes.
- 6 Preheat oven to 190 °C. Brush the top of the breads with a beaten egg. You can sprinkle the top with poppy or sesame or any seeds of your choice. Place them in the oven, reduce heat to 180 °C and bake for 30-40 minutes.

 4 hours
preparation:
45 minutes

Serves **2** bigger
or
4 smaller
breads



Tips&Hints

If using a stand mixer, start with the wet ingredients. Dissolve yeast in the warm water, add eggs, oil, sugar or honey, salt. Give it a stir and then on a lower speed add the flour cup by cup. The dough is ready when it pulls away from the wall of the bowl. From here continue as described.

Make sure that the room temperature is high enough so the yeast can do its job.

You can add some boiled potato to the dough (we recommend 200g). The potato should be mashed when it's still hot, but let it cool down to room temperature before adding it to the dough.



The history of the bagel is like a tale of facts surrounded by legends. We are surely not aiming to find the truth about its history, but we are certain that bagel is a Classic related to the 'new' Jewish history. Preparing your own great tasting bagel is in itself a rediscovery. The trends are changing, so it can easily happen that your favourite bagel place closes out of the blue, but making your own will secure your constant supply of this brilliant pastry.

Bagel

Ingredients

10 g yeast or 6 g active dry yeast	300 ml warm water	6 g salt
20 g sugar	440 g bread flour + approx. 60 g for kneading	3 tablespoons of honey or 2 tablespoons of cane sugar

Preparation

- 1 Add sugar and yeast to 120 ml warm water. Let it sit for five minutes, and then stir the yeast and sugar mixture until it all dissolves in the water.
- 2 Combine the flour with salt in a large bowl. Make a deeper nest in the middle and pour in the yeast and sugar mixture. Add 120 ml of warm water into the well. Start to mix and add the rest of the water just as needed. The target is a moist but firm dough.
- 3 Place the dough on a dusted board, knead for about 10-15 minutes until it is smooth and elastic. After the vigorous, strong kneading you should end up with a firm and stiff dough.
- 4 Lightly brush the mixing bowl with oil and place the dough in it. Cover the bowl with a damp dish towel. Let it rise in a warm place for 1 hour, until the dough has doubled in size.
- 5 Punch the dough, pressing out the most of the air, reshape it to a ball, and let it rest for another 10 minutes.
- 6 Divide the dough into 8 pieces. Shape each piece into a ball. Take a ball and by pressing it against the surface with circular motion form tight balls. The dough shall be elastic and non-sticky enough so you should avoid using any additional flour.
- 7 Cover a finger with flour, gently press it into the centre of each dough ball to form a ring. Stretch the ring to get an about twice as big hole in the middle as expected in the final ones (approx. 3-4 cm diameter). Place the bagel on a lightly oiled cookie sheet. Repeat the same step with the remaining balls.
- 8 Cover them with a damp kitchen towel, let it rest for 10 minutes. Meanwhile, preheat your oven to 230 °C and bring a large, wide pot of water (4 l) to a boil. Reduce the heat to simmer. Stir in honey or cane sugar. Using a slotted spoon, immerse the bagels into the water. Place only as many as fit comfortably in your pot. as they'll expand a bit. Let them float to the top (a couple of seconds), cook for 1 minute, then flip them over for another minute.
- 9 Take them out with the slotted spoon, draining them well. Let them cool just a bit. Roll them in or sprinkle them with seeds. Place them on an oiled or parchment-lined baking sheet.
- 10 Bake for 17-20 minutes. They shouldn't bake too long as they can get dry.

120 minutes preparation: 40 minutes

Serves 8



Tips&Hints

The basic recipe indeed can be enriched to your own taste. Increase sugar/honey (a tablespoon) to make it sweeter. Maple syrup can be used to glaze before baking. Or turn it to a savoury direction by adding slightly more salt (do not modify the original amount of sugar), adding some dried garlic granules (do not use fresh garlic as it would kill the yeast), thyme, or your favourite seeds to the dough. Use the basic recipe as a white paper, keeping the borders given by it.




Almost every family has their own recipe, though most of these are not actually written down but passed down through generations as part of the oral traditions. In each household the family's own recipe is considered the one and only 'right' one.

Traditionally, and that is where the name actually originates from, the whole fish skin was stuffed with the minced and seasoned flesh. It was even served with the head on! The instructions in the recipe below you can find a simpler solution, still popular within Jewish Cuisine.

'Gefillte fish' -stuffed fish

Inspired by Regensburg

 75 minutes
preparation:
30 minutes
+ chilling period

Serves **4-6**

Ingredients

600 g totally boneless white fish filet (e.g. pike, pikeperch, cod or seabass)	1 large or 2 medium carrots	1 teaspoon sugar
2 eggs (size M)	2 large onions	1.5 litres of lightly salted white fish stock (see its preparation on page 13)
1 small beetroot	2 tablespoons of matzo flour	
	2 teaspoons of salt	
	pepper to taste	

Preparation

- 1 Mince the fish meat along with one of the onions.
- 2 Sprinkle the matzo flour on the minced fish, add the egg, salt, pepper and the sugar. Knead it well, set aside.
- 3 Slice the peeled beetroot, the carrot and the remaining onion. Place in wider pot, and add the fish stock.
- 4 Bring it to boil over low heat, slowly simmer for 5-7 minutes.
- 5 Form small balls of the minced fish stuffing by wet hands. Place them in the simmering stock and cook them in the simmering fish stock along with the vegetables for 40-45 minutes.
- 6 Taste the liquid and season as needed with salt, pepper and sugar. Be aware: at this stage every taste should be perceived as a little bit too much as the taste will become less intense when it gets cold.
- 7 Carefully remove the fish balls, place them in the serving dish. Slowly sieve the fish stock through a fine filter cloth. Pour over the fish balls with some of the clear stock, garnish with a few slices of the cooked carrot. Place it in the fridge for overnight so that the broth sets like aspic.
- 8 Serve the gefillte fish cold, with *Krein* (grated horseradish mixed with grated beetroot) on the side.



Tips&Hints

In order to get a more pronounced, golden brown coloured aspic, add a darker brown onion (unpeeled but washed) while cooking.

The beetroot is used for adding not just colour but a bit of earthy, sweet taste.


You can add some other root vegetables like parsley root and/or celery root, but be careful and do not overuse them as they can mask the taste of the fish.

Another great classic! Just as is the case with all the classics, this recipe has several variations in each household. Originally it used to be made with goose liver, but due to affordability this expensive ingredient disappeared in the past decades and is usually prepared either with other poultry liver or even without liver keeping the goose fat and onion as the most characteristic ingredients.



Jewish egg with goose liver

Inspired by Szeged

 150 minutes
preparation:
20 minutes

Serves **6-10**

Ingredients

10+1 large eggs	1 tablespoon (20 g) mustard
2 middle sized (150 g) onions	1 teaspoon salt
200 g goose liver	freshly ground pepper
100 g goose fat	½ teaspoon paprika powder

Preparation

- 1 Start to boil the eggs in salted, cold water. When it starts to boil, reduce the heat to moderate medium and cook for 10 minutes to get them really hard boiled.
- 2 Meanwhile, cut the liver into 0.5-0.7 cm thick slices. Fry them on moderate medium heat in half of the fat; 1.5-2 minutes each side. Remove liver, set aside and season with a pinch of salt. Let it cool.
- 3 Add the other half of the fat in the pan, add the finely chopped onion and fry on moderate on low heat till they golden yellow (7-8 minutes). Remove from heat, sprinkle with the paprika powder, season with ½ teaspoon of salt, and freshly ground pepper.
- 4 Cool the eggs swiftly in running cold water, but try to keep the middle of the eggs warm. Peel them, and check that no shell particles get stuck to them.
- 5 Mash the eggs. Here you can choose from several methods: use a fork, a potato masher with bigger holes, grate them on the bigger holes of a box grater or simply chop them with a knife. What's important is to keep the egg pieces small enough, but visible. It should not be a smooth paste.
- 6 Chop the liver in the same manner; no big chunks but it should not be a pâté.
- 7 Add the mustard, the fried onion with all the fat and juices to the eggs, stir well. Taste, adjust salt, pepper and mustard level (be careful with the mustard - it should be present but not too pronounced).
- 8 Add the liver. From this point on, stir carefully so as not to break the pieces totally.
- 9 Refrigerate it, covered, for a minimum of 2 hours, though overnight is even better.
- 10 Serve with hallah or toasted bagel.



Tips&Hints

It can be kind of decadent if some stronger liquor is added at the end of frying the liver. It is even recommended to light the evaporating alcohol on fire.

As a final touch, you can sprinkle some spring onion rings or finely chopped chives on top.

Cholent is a traditional Jewish stew. It is usually simmered overnight for 12 hours or more, and eaten for lunch on Sabbath. Cholent was developed over the centuries to conform with Jewish laws that prohibit cooking on the Sabbath.



Cholent


Inspired by Galati

Ingredients

500 g dry beans	1 tablespoon tomato paste	5 medium (cooking) potatoes (type A)
100 g pearl barley	5-7 cloves of garlic	8-10 eggs, in their thoroughly washed shell
50 g goose fat	1 tablespoon sweet paprika powder	1 freshly ground black pepper,
500 g beef shoulder or brisket, diced	1 teaspoon hot paprika powder	1 tablespoon salt
200 g smoked goose or duck breast	1.5 l lightly salted beef stock (or water)	
2 large (300 g) onions		

Preparation

- 1 Soak beans for minimum 3 hours but it is best to leave them in the water overnight.
- 2 Preheat the oven to 120 °C.
- 3 Choose the right pot: its capacity is about 6 litres, it is ovenproof and it has a lid.
- 4 Heat the pot, add the fat and brown the beef meat chunks rapidly on high heat.
- 5 Remove the meat, reduce heat to low medium, add the finely chopped onion and sauté till golden yellow.
- 6 Add tomato paste and fry for further 30 seconds, add crushed garlic, and fry briefly.
- 7 Remove from heat, sprinkle with the paprika powder, and let it stand for a minute. Stir and add the beef stock. Stir well, add the beans, the barley, the roasted beef chunks with its released juices, the whole smoked goose pieces, the peeled and halved potatoes. Stir again, so all ingredients sit well in the pot, covered by the stock by at least 2-3 cm. Sprinkle with 1 tablespoon salt and freshly ground pepper.
- 8 Sit the eggs on top and cover with an ovenproof lid.
- 9 Place it in the oven for minimum 6 hours at 110-120 °C or for overnight (even up to 15 hours) on 90-95 °C.
- 10 Before serving, take out the eggs and the whole smoked meat. Peel the eggs and halve them, slice the meat. Serve hot. Offer some hot peppers on the side.

 7-16 hours preparation: 45 minutes

Serves **6-8**



Cholent should be thicker than a regular soup. If you are not sure about the amount of stock/liquid, check your dish after 3 hours and maintain an approx. 1 cm layer of liquid on top by adding stock little by little, so it won't get either too dry or too runny.

The best pot to use is a so called 'Dutch-oven' (a cast iron casserole), but you can also try to use a clay pot (if it's sufficient in size), but this should be pre-soaked in cold water for at least an hour.

This dish can be prepared on the stove as well, though it then needs far more attention because the heat comes only from the bottom and the evaporation is different, so you'll need to stir it from time to time and adjust the water level regularly.



DESSERTS



Classic honey cake

Inspired by Koton

75 minutes
preparation:
15 minutes

Serves **8-12**

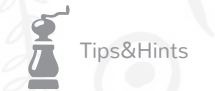
The classic honey cake is more than a cake: it connects Jews to the Torah, to holidays, and to the sweetness of life. Honey is used on the Jewish New Year as a symbol for sweetness to come. A round honey cake is a common staple at festive Rosh Hashanah feasts.

Ingredients

540 g wheat flour	10 g baking powder
450 g honey	45 g dairy free margarine
275 g unbleached cane sugar	5 g baking soda
3 eggs (size L)	1 teaspoon cinnamon
230 ml strong black coffee (cold)	

Preparation

- 1 Preheat oven to 165 °C.
- 2 Grease and dust with flour a 12×30×4.5 cm or two 11×22×3.5 cm loaf pan (if using silicone form, there is no need to do so).
- 3 In a large mixing bowl, stir eggs and honey together, with moderate intensity not overbeating it. Add sugar and margarine; stir well. Mix coffee with baking powder, and add to the egg mixture.
- 4 Sift baking soda, flour and cinnamon together and stir this mix little by little into the egg mix. Stir well, pour into the greased loaf pan.
- 5 Bake for 60 minutes. Let it cool in the form. Let it rest for overnight before serving.



Tips&Hints

It is very easy to add a different flavour to it with additional spices (ginger powder, ground allspice, ground nutmeg or even a tiny bit of ground black pepper) or combination of these.

You can cover the cake with chocolate glaze.

A handful of roughly chopped candied almonds can enhance the taste.



Walnut-apricot cake

Inspired by Timișoara

🕒 45 minutes
preparation:
20 minutes

Serves **6-8**

Walnut apricot cake is easy to make. It is a delicious dessert from Timișoara.

Ingredients

300 g flour	150 g ground walnuts
120 g butter	200 g apricot jam
250 g icing sugar	1 untreated lemon
4 eggs (size L)	

Preparation

- 1 Preheat the oven to 175 °C.
- 2 Separate egg whites from yolks.
- 3 Lighten the butter by whisking it with 100 g icing sugar. Add the egg yolks one by one whisking continuously.
- 4 Grate the lemon peel (zest only) into the flour and stir well.
- 5 Squeeze half of the lemon into the butter-egg mix, stir well.
- 6 Add the flour little by little, stirring with a spatula.
- 7 Spread the cake batter in a round (25-26 cm diameter) or rectangular (22×25 cm) form, greased with butter and dusted with flour.
- 8 Place it in the oven until it is half baked (approx. 15 minutes).
- 9 In the meantime, whip 4 egg whites with a pinch of salt till it gets shiny, then add the remaining 150 g powdered sugar spoon by spoon, while whipping continuously. Fold gently the ground walnut into the stiff foam.
- 10 Homogenize the apricot jam with 1-2 tablespoons of warm water.
- 11 Cover the half-baked dough with the apricot jam, pour the whipped egg whites over it, increase heat to 180-185 °C and bake for further 10-15 minutes. Let it cool down on a rack.



Tips&Hints

By replacing the butter with dairy free margarine, the cake can be turned into a pareve dish.

You can give it a small twist by spicing the dough with a bit of nutmeg (add it to the flour at step 4) and/or the egg white foam with a bit of cinnamon.

Replace half of the ground walnut with ground almond. In this case do not use additional spices in the foam to let the taste of the almond dominate.

You can make an even more decorated cake if you place some halved or quartered apricots in the foam.



Tzimmes

Inspired by Murska Sobota


This dish - though it appears in the Desserts section - is an absolute universal food. It is not only quick and easy to make but it can be served as a side dish for boiled beef or even can be prepared with the meat, stewing them together. There are many related histories around it and just as many alternative combinations of the used ingredients. What is common in all of them is the use of carrots and the sweetness which relates much to the Jewish culture and celebrations.

Ingredients

1.3 kg of carrots	2-3 tablespoon of sugar
800 g of apples	½ teaspoon cinnamon or to taste
200 g of dairy free margarine	½ of a lemon's juice
1 flat teaspoon of salt	

Preparation

- 1 Peel the carrots and the apples.
- 2 Cut the carrots into thin slices (if the carrots are too thick halve them lengthwise) and dice the apples.
- 3 Melt the margarine on moderate heat, toss the carrot slices in so they are covered, sauté for a minute, add the apple cubes and the lemon juice, then pour hot water over it, not completely covering it.
- 4 Simmer on moderate heat for 8-10 minutes, add sugar and simmer further 5-7 minutes till it's get glazy, syrupy.
- 5 Season with salt and cinnamon to your taste.

 40 minutes
preparation:
15 minutes

Serves **8-10**



Tips&Hints

Instead of sugar, you can use 4-5 tablespoons of honey. Add it when the sugar is supposed to be added.

Use orange juice instead of water.

Adding raisins or prunes is also a popular twist.

Dare to try other spices like freshly minced ginger, a bit of ground pepper or grated lime zest.



Charoset

Inspired by Galati

20 minutes
preparation:
15 minutes

Serves **7-8**

This multipurpose “dessert” goes well with cheese, grilled fish or chicken breast. Often used as a condiment for other meaty dishes. It is eaten at Passover as part of the Seder meal. It is placed on the Seder plate for religious reasons.

Ingredients

5 large crunchy, rather sour apples (e.g.: Gala, Granny Smith, or a combination of these)	5-7 soft, pitted dates 1 handful of raisins 1,5 teaspoon unbleached cane sugar
100 g walnuts	2 tablespoons of honey
½ orange	50 ml sweet red wine
1 teaspoon ground cinnamon	

Preparation

- 1 Toast the walnut on moderate heat in a dry skillet shaking it time to time to avoid burning till they are lightly browned. Set it aside, allowing it to cool.
- 2 Peel and core the apples and grate them into a large bowl on the large holes of a box grater. Squeeze the juice of ½ orange on it.
- 3 Place the toasted walnuts and the halved dates on a chopping board and chop them into coarse bits. The dates will help prevent the walnuts from popping all around.
- 4 Add the raisins, the walnut-date mix to the apples, stir well.
- 5 Mix the cinnamon with the cane sugar. Sprinkle it on top of the apple.
- 6 Pour honey and wine over it and stir well. Let it rest for 5 minutes and serve.



Tips&Hints

If the dates and raisins seem to be too dry, soak them in warm water for 3-5 minutes, but do not go over as they are supposed to absorb some of the juice that's been released by the grated apple.

Instead of orange juice, you can use lemon or even lime juice to make it a bit tarter, achieving a different sweet-sour balance.

A tiny bit of grated citrus zest (orange, lemon or lime) can be added. It will give a more intense citrusy profile. Be careful not to overdo it, as it can easily mask the taste of the apple.



Hanukah Halva

Inspired by Banja Luka

Sephardic cuisine in Bosnia and Herzegovina is a combination of Bosnian and Spanish cuisine with a certain Jewish touch. Nevertheless, it is specific only to the Sephardi in Bosnia and Herzegovina. The Sephardi introduced Spanish dishes and combined them with Bosnian cuisine. Regardless of their origin (either Spanish or Bosnian), certain meals were accepted completely or partially and they were adapted for celebrations of different holidays.


The Sephardi made small modifications on the traditional Bosnian sweet, halva and named it Hanukah Halva.

Ingredients

150 g flour	60-70 g toasted, roughly chopped walnuts, hazelnut, almond or combination of these	10 g vanillin sugar
30 g sunflower oil		10-15 g dried red berries (e.g. cranberry)
100 g dairy free margarine		
150 g sugar		
300 ml water	30 g icing sugar	

Preparation

- 1 Melt the margarine.
- 2 Bring the water to boil with the sugar in a separate pot, boil for 1-2 minutes.
- 3 If the margarine is melted, add the sunflower oil and the flour, and keep stirring it on moderate low heat till it turns beige or light brown. Pull away from the stove and add the syrup, stirring it with a wire whisk till it's homogenous.
- 4 Add the toasted, chopped nuts, and stir well. Cover with a lid and let it cool down.
- 5 Sift the icing sugar on a board, and sprinkle it evenly with the vanillin sugar. Give a good stir to the dough. Take the halva and shape it or roll it to a 7-8 cm diameter cylinder on the icing sugar.
- 6 Take small bites with a spoon or slice it on a serving tray or plate. Refrigerate for 2 hours. Sprinkle with roughly chopped walnut and dried red berries before serving.

 3 hours preparation: 15 minutes

Serves **4**



Tips&Hints

It can be stored for quite long, but keep it tightly covered by cling foil so the surface won't get dry.

Serve it with at an afternoon tea (the best choice is Earl Grey).

To give it extra nutty flavours, add 1-2 teaspoons of roasted sesame oil to the dough during the last 30 seconds of frying the flour.

Partner Cities in the project

*Szeged · Regensburg
Murska Sobota
Osijek · Subotica
Timișoara · Galați
Banja Luka · Kotor*



Szeged

With a population of 160,000, Szeged is the third most populous city in Hungary, located close to the southern border of the country, at the confluence of the Tisza and Mureș/Maros rivers.

Written records first mention the city in 1183. In 1498 Szeged was granted the rank of a free royal city, regaining this rank in 1715 after the Turkish rule. It received its coat of arms on May 21, 1719, and to commemorate this day, May 21 is celebrated every year as the Day of the City. One of the most significant events in the history of Szeged and in the formation of today's cityscape is the Great Flood of 1879, when most of the buildings were destroyed. Today's Szeged was largely built after the flood: not only did more beautiful and more modern buildings replace the old ones, but the current urban structure also reflects post-flood reconstruction efforts.

It is a unique feature that the southern, south-eastern territory of the country is exposed to the most sunlight in Hungary. In the area of Szeged the average number of sunshine hours is more than 2,000 hours per year, which is why Szeged is called the "city of sunshine".

Szeged is an outstanding cultural and sports centre of the Southern Great Plain region. The city offers many programs for locals and tourists visiting here. An outstanding cultural attraction each summer is the Szeged Open-Air Festival, which is the largest and most significant open-air theatre festival in Hungary. Every year, nearly 70,000 people are enchanted by the magic of a series of theatre performances featuring famous performers from Hungary and abroad.

Year after year, the city hosts several arts and crafts fairs and festivals. Around Christmas, an artisanal festival is held in Dóm Square, along with a Christmas market held in Széchenyi Square for people looking for gifts. In addition to the city's wine and beer festivals, the Tisza Fish Festival on the bank of the River Tisza offers a unique gastronomic experience to the visitor.

Prestigious sporting events held on the high-quality rowing track in Szeged, the National Canoe and Rowing Olympic Centre on the Maty Stream, often attract sports fans to the city. The World Kayak Canoe Championships were held here in 1998, 2006, 2011 and 2019. The Anna Thermal Bath and the Napfényfürdő Aquapolis Szeged make the city an ideal health tourism destination.



Regensburg

Regensburg is located at the northernmost point of Danube, with nearly 170,000 residents. The city has its roots in the Roman times, as it served as a military fortress around the 179 AD. Regensburg became a rich trading city, encountering different cultures and cuisines from all over the world. The typical architecture of the 11th–13th centuries still defines the character of the town, marked by tall buildings, shaded narrow lanes and strong fortifications. Luckily, Regensburg's Old Town survived World War II with minor damages and is, therefore, one of only a few fully intact medieval old towns in Germany. In 2006 the Old Town of Regensburg with Stadtamhof was added to the UNESCO World Herit-

age list. Regensburg is a vibrant and innovative science centre and a modern university city. It is home to a diverse cultural hub hosting traditional and internationally renowned events.

Regensburg is also a crossroad of religions and traditions. The oldest Jewish community in Bavaria was established here and the first traces of the Jewish quarter go back to the year 1020. The community has a long and eventful history. Nowadays the city and the Jewish community are working together to rediscover the rich Jewish legacy which was, for a long time, concealed and to make it visible to the public.



Murska Sobota

Despite its mighty hundred-year-old oaks and wonderful historic buildings which tell its rich history, the town of Murska Sobota is a young and energetic town. It has a fast growing industrial zone, successful businesses, shopping malls on the outskirts of the town, banks, insurance companies, educational centres and other facilities and fast motorways link it with the rest of Slovenia. The town is lively and vibrant, featuring a wide variety of cultural and social events, so it is second

to none of the other comparable towns of Europe. As the centre for the region, Murska Sobota offers numerous possibilities for all culture and art enthusiasts. Yet, Murska Sobota is different. Its people still understand how to stop in their tracks, take a breath and find delight in the joys of life. They have managed to preserve their hospitable Prekmurje soul intact and anybody who makes a stop in town feels great here. The biggest attraction in Murska Sobota and also in Pomurje region be-

side the other well-known attractions is the Expano pavilion - an innovative, technologically advanced, fun, and educational presentation of life by the river Mura. Expano introduce the Pannonian world to foreign and domestic visitors in an attractive manner. The interactive adventure park takes the visitors across Pomurje and encourages them to further explore and discover hidden places through new technologies.





Subotica

The City of Subotica is located on the north of the Republic of Serbia, along the main European corridors and between two rivers: the Danube and Tisa rivers.

Rich cultural heritage assets, lavishly decorated buildings, multicultural spirit and European charm – these are the features that make this city distinctive.

History of Subotica

The first mentioning of Subotica in written documents dates from May 7th 1391; however the settlement has surely been older. It has been established that people inhabited these territories even 3000 years ago. Frequent migrations resulted in a diverse population on this military borderland, such as: Serbs, Hungarians, Germans, Slovaks, Jews, Bunjevci and Greeks... Both the rulers and the names of the city changed quite often. Since its first name: Zabatka given in 1391, the city has changed more than 200 names, however the most peculiar ones are Szent-Maria, Maria-Theresiopolis, Maria Theresienstadt, Szabadka and Subotica.

Despite its location along crossroads, Subotica has always been a place of turbulent historical events. Hence, Pongrác János from Dengelega, the Duke of Transylvania, built a fortress here in 1470, though it failed to withstand the impact of the people and time.

The remained parts of this fortress can be seen on the inside wall of the Franciscan Church tower.

Subotica's self-proclaimed czar

One of the fairy-tale-like images from Subotica's past, Jovan Nenad, appeared in history after the Hungarian army was defeated by the Ottoman Turks in the



Battle of Mohács in 1526. Jovan Nenad had a strange black line stretching from his temple to his foot and it strengthened his mysterious appeal and served as a reason behind his nickname: the Black Man. He defeated the Ottoman Turks in South Hungary and founded his own ephemeral Slavic state there. He proclaimed himself a czar and chose Subotica for his capital. He died in 1527 in a conflict with a Hungarian nobleman. After four centuries, on the anniversary of his death, a monument was erected in the central square in Subot-

ica that was demolished in 1941 by the occupying troops. This monument was restored and re-erected in 1991.

Maria Theresiopolis

A free borough under the Crown

The Turks conquered Subotica in 1542 and governed it until 1686. On a privilege from 1743, Maria Theresa declared Subotica a free borough under the Crown, for which she was bestowed with 150 horses. For the committed service of the border guards, Maria Theresa declared Subotica a free borough under the Crown in 1799. In their appreciation of that important decision, the inhabitants of Subotica bestowed the empress with 5000 gold coins and paid a ransom of 266,666 forints. A free

borough status meant extended autonomy for Subotica, and a new name: Maria Theresiopolis.



Osijek



Osijek, the 4th largest city in Croatia and the economic, academic and cultural centre of eastern Croatia, is located on the right bank of the river Drava, 25 kilometres upstream of its confluence with the Danube. The city, first named Mursa (from *móri*, "marshland"), has had a long history since the Neolithic age with Illyrians and Celtic tribes as the first inhabitants of the area. Its significant geo-strategic position attracted a whole host of different conquerors through the ages.

First mention of the city in 1196 was in Hungarian (*Eszék*), and in German it was called *Esseg(g)*. In the middle ages Osijek was a wealthy merchant and craft town. In 1526 it was conquered by the Ottoman Empire, and liberated by the Austrian army in 1687. A for-

ress was built along the Drava and the city was rebuilt in Baroque style. In the 19th century, Osijek experienced great economic and cultural boom. A large number of administrative and cultural institutions were opened and factories built, which attracted a large number of new residents.

Timișoara



Timișoara is a vibrant, multicultural and multi-ethnic city, a highly developed business and university centre of great importance. The designation of Timișoara as 2021 European Capital of Culture has generated great interest in the city, internationally known as the starting point of the Romanian Revolution of 1989. The city has a rich cultural agenda, featuring music, theatre and film festivals, exhibitions, open-air and street events, museums and art galleries. The city has been a home for Jewish people for centuries and their contribution to the economic and cul-



tural development of Timișoara has been vital. The oldest evidence of Jews in Timișoara dates back to the 17th cen-

tury, but Jewish people probably were present in the area even before. The Jewish population of Timișoara has a very rich history. The community was diverse, including both Sephardic and Ashkenazi Jews, who belonged to several denominations: Orthodox, Neolog, and Status quo ante. The Jewish cultural heritage is still visible in the city's architectural landmarks, the local industry, etc. Many of the palaces and houses from the historical districts were commissioned by local Jewish families, and/or designed by Jewish architects. The Jewish cemetery has over 14,000 graves; the oldest dating back to 1636. The monuments are uniquely beautiful and many personalities who contributed to the local history are buried there. The Jewish community has a very rich intangible heritage that includes Jewish cuisine, religious traditions, literature, history, arts and crafts, music and dance, etc. The Jewish Community of Timișoara is very active, providing a great variety of programs for its members of every age group and implementing common activities with other cultural and educational organizations and public institutions.

Galați

Galați is the seat and also the largest city of Galați County, located near the border with the Republic of Moldova. The population of the city is about 292,898 inhabitants, being the 6th largest city in the country after Bucharest, Iasi, Cluj Napoca, Timișoara and Constanța. It is one of the largest economic centres in Romania, and in the region of Moldova. The city of Galați has a rich history due to the fact that it is located on the left bank of the Danube, more specifically the Danube-Main-Rhine Canal, the most important commercial-river artery in Europe.

(<https://ro.wikipedia.org/wiki/Gala%C8%9Bi>)

Regarding the existence of Jews in Galați since ancient times, it is related to the fact that this settlement exists as a port on the Danube, at the end of the "Siret road" through which trade between Poland and the Ottoman Empire was carried out. This also explains the law passed by Alexander the Good (October 8, 1408) by which he exempts the sellers from Lvov from paying customs duties on the territory of Moldavia. He and Stephen the Great also took other measures to attract Jewish merchants, whose contribution to the country's prosperity they appreciated.



The presence of Jews in Galați is attested by the first cemetery of the Jews in the area, which dates back to 1590-1595. A second cemetery was established in 1629, then another in 1774, and finally the current existing cemetery in 1867.

One aspect that reveals the rapid growth of the Jewish population on the Lower Danube is the construction in Galați of numerous synagogues by

different categories of parishioners who attended them. Thus, in 1780, the Great Synagogue was established in the courtyard of which a *mikveh* (ritual bath) with steam was installed. The Great Synagogue also functioned as the first headquarters for the Jewish Community of Galați (epitropy).

Source: https://adevarul.ro/locale/galati/dramatica-istorie-comunitatii-evreiesti-zona-dunarii-jos-fost-motorul-progresului-aproape-disparut-1_5a4660ffd7af743f8dd8e2a5/index.html

Banja Luka

As the university, economic, finance, political and administrative centre of the Republic of Srpska, one of the two entities in Bosnia and Herzegovina, Banja Luka is the second biggest city in Bosnia and Herzegovina with the population of 180,053.

Due to many of its green surfaces, parks and tree-lined roads, Banja Luka is also known as the city of greenery. It is also called a city of young people, sport and culture.

A huge tourism potential lies in Banja Luka. A natural resource of special significance is the Vrbas River, which is suitable for water sports such as kayaking, rafting and sports fishing. A special boat, Dayak, a peculiarity of the Vrbas River, adds to the river's attractiveness and the touristic potential of Banja Luka.

"The Beauty on the Vrbas River", just like the entire Balkan region, is a place where the East meets the West. This makes the city an amalgam of religious communities and their places of worship. Special attractions are the Serbian Orthodox Church of Christ the Saviour and Ferhat Pasha Mosque in the city centre, and the Catholic Marija Zvijezda Convent in Trapisti. Hospitable local population will help you get to know the rich city's gastronomy, which offers a variety of traditional dishes, revealing a specific culture and customs of the surrounding rural area. The natural and cultural

heritage of Banja Luka's surroundings is very attractive and includes the Vrbas River canyon and the plateau of Manjača Mountain, which is some 12 km away from the city centre. Specific natural surroundings enabled the development of adventure sports as part of an integral tourist offer.



The blend of many cultures in Banja Luka gave a considerable number of cultural and historical monuments that witness various epochs and human creations in the area. The Kastel fortress is particularly attractive as a historical centre of the city and the place where Banja Luka was basically founded. It is situated in the city centre, at the confluence of the Crkvena and Vrbas River. Old walls kindle imagination as the witnesses of battles, trade expeditions, ups and downs in city's historical development.

The fort is the oldest historical monument in Banja Luka, positioned on the very spot where the oldest remains of settlements in the city territory were found. It was raised to serve as a physical defence of people and their lives, whereas today it serves as a reminiscence of the culture and tradition of

past times. The Cultural Centre "Banski dvor", the National Theatre and the Children's Theatre of the Republic of Srpska, the Museum of the Republic of Srpska, the Museum of Modern Art of the Republic of Srpska, galleries and other numerous cultural events that take place throughout the whole year add to the city's cultural offer.

Banja Luka has a rich night life and is known for many night clubs as well as numerous music festivals that take place in the city throughout the year.



Kotor

"No, this is not a photoshop of some fictional place, this photo is real - this is Kotor on the Montenegrin coast of the Adriatic", states the Daily Mail while placing Kotor among world's most beautiful ports.

The Bay of Kotor is among the most interesting natural attractions and the only fjord of the Mediterranean. The beauty of nature and the lush, extraordinary relief made it one of world's 25 most beautiful bays. Due to its unique mixture of different cultural influences, cultural heritage of Kotor is on the

UNESCO World cultural and natural heritage list since 1979. 60% of Montenegro's cultural heritage sights is located at this territory. At the south-western side the sea connects Kotor with the rest of the world. Kotor has the status of permanent border for maritime crossing and a port for international maritime transportation. Kotor functions as coherent community, full of diversity that creates a priceless value, a city filled with cultural and historical heritage and beautiful tradition that becomes richer year after

year. Kotor is a city of every generation and group. The evidence is the multicultural community that makes Kotor what it is: a city of diversity that forms a rich cultural image. On this ancient junction of routes, leading to the East and the West, to the sea and the mainland, from the oldest days civilization and cultures touched, merged and clashed, styles and influences mingled creating a unique symbiosis of form and elements of the highest value.



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www.interreg-danube/approved-projects/rediscover

