

KITCHENS
of the
WORLDTM



TRAVEL THE WORLD FROM YOUR KITCHEN

*A Cookbook to Support
Charitable Non-profit
Organizations*

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ALBANIA



Tungjatjeta

LOCATION: Southeastern Europe, bordering the Adriatic Sea and Ionian Sea, between Greece in the south and Montenegro and Kosovo to the north

CAPITAL CITY: Tirana

POPULATION: 3,639,453 (July 2009 est.)

LANGUAGES: Albanian (official, derived from Tosk dialect), Greek, Vlach, Romani, Slavic dialects

WEBSITE: www.albaniantourism.com



Photos: Abraham John Sheppard

Top: Apollonia

Bottom: Mother Teresa memorial poster

Recipes from Albania



Albanian cuisine is influenced by its neighboring countries; however, Albanians create their own distinct recipes and flavors using local crops and dairy products. Fish dishes are abundant in Albanian cuisine because of the wealth of fish provided by the Adriatic and inland rivers and lakes. Olive oil is the main type of fat used, and staples include bread, cheese, yogurt, and meat, mainly lamb and mutton. The main meal in Albania is lunch, which often includes stew or a pilaf dish with rice and meat.

Tave Elbasani is a famous Albanian dish that combines lamb and yogurt.

Tave Elbasani

- 1 pound boned lamb, cut into 1½-inch cubes
- 4 eggs
- 3 cups plain yogurt
- ¼ cup cooked rice
- 1 tablespoon all-purpose flour
- Salt



Photo: Courtesy of Hamda Al Badr

Put the lamb in a heavy saucepan with cold water to cover. Bring to a boil, cover, and simmer for 30 minutes. Drain and set aside.

Preheat the oven to 350°F.

Beat the eggs in a bowl until they are just blended. Put the yogurt in another bowl and stir in the beaten eggs. Mix in the rice, flour, and salt to taste.

Place the boiled lamb cubes in a baking dish and pour the yogurt mixture over them (it should just cover the lamb). Mix well. Bake for 30 to 45 minutes, until the yogurt sets. Serve hot.

YIELD: 4 servings

AUSTRIA



Hoi; Grüß gott

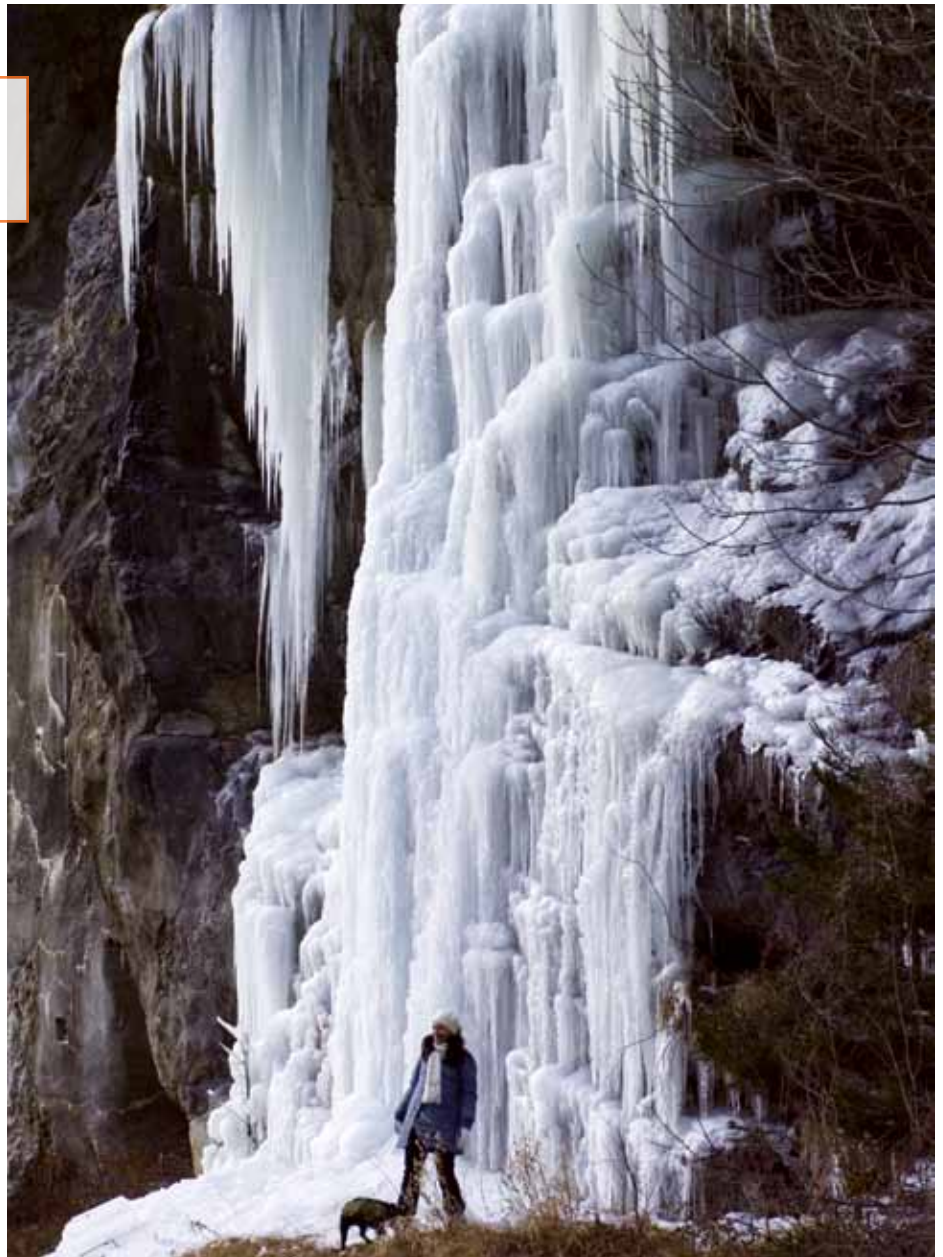
LOCATION: Central Europe, north of Italy and Slovenia

CAPITAL CITY: Vienna

POPULATION: 8,210,281 (July 2009 est.)

LANGUAGES: German (official nationwide) 88.6%, Turkish 2.3%, Serbian 2.2%, Croatian (official in Burgenland) 1.6%, other (includes Slovene, official in Carinthia, and Hungarian, official in Burgenland) 5.3% (2001 census)

WEBSITE: www.austria.info



Top: Ice fall
Bottom: Shöpl

Photos: Courtesy of photographer Kirill Azhitsky

Recipes from Austria



Austrian cuisine is well known throughout the world. Austria was once the center of a vast empire, and its cuisine reflects the food traditions of over a dozen nations. The traditional Austrian diet is based on veal, pork, and chicken, and Austrians are famous for their rich but delicate pastries.

Wiener Schnitzel

Wiener schnitzel is perhaps the most famous Austrian specialty. Consisting of pounded (thin) cutlets of veal that are egged, breaded, and fried to a golden color, this treat is best eaten when it is fresh and hot. Typically, Wiener schnitzel is served with a green salad and fried potatoes, potato chips, or boiled potatoes sprinkled with chopped parsley.

- 2 pounds veal, cut into slices
¼ inch thick
- Salt
- 1 egg
- Pepper
- 2 tablespoons milk
- 4 tablespoons all-purpose flour
- 4 tablespoons fine bread crumbs
- Oil for frying
- 4 lemon wedges for garnish



Pound the veal slices until thin and sprinkle them liberally with salt.

In a medium bowl, whisk together the egg, pepper to taste, and milk. Put the flour and the bread crumbs in two separate bowls.

Dip the veal slices in the flour and shake off the excess, then dip them into the egg mixture, and finally into the bread crumbs. Gently shake off the excess bread crumbs.

Heat the oil in a heavy skillet. Make sure that there is enough oil so that the schnitzel can float and does not touch the bottom of the pan. Add the veal slices and cook over medium heat for 3 to 4 minutes on each side, or until they are golden brown, using tongs to turn them. Serve immediately, garnished with the lemon wedges.

YIELD: 4 servings