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## German food

### Bienenstich, a rich German dessert

This German dessert is made with three layers; the first layer is a shortcrust pastry, the second layer is a filling of butter, sugar and almonds, and the last layer is also a shortcrust pastry, just like the first, but with caramelized almonds.

The making of the dessert is not very simple, but I am sure that with desire and will, everyone will find it delicious. Next we will go to the ingredients, which are indicated for 4 diners, and to the preparation.

#### Ingredients:

- 2 eggs
- 6 tablespoons of milk
- 250 gr of leavening flour
- 250 gr of ground sugar
- 100 gr of soft butter
- 100 gr of melted butter
- 75 gr of almonds
- Vanilla essence and cinnamon powder to taste

#### Elaboration:

We will start with the dough first. For this we will beat, with a wooden spoon, the soft butter with 150 gr of sugar, until obtaining a cream. We can beat it in a bowl. Then we add the eggs, one by one.

Add the flour, sandwiching with four tablespoons of milk.

Added these ingredients, we should get a soft dough bun. To this, we will stretch it in the shape of a rectangle, cut it in half and place a part in a roasting pan, previously plastered; the other part we will place later on the filling. To take them into account, the dough should be about 1 cm thick.

On the other hand, we must mix the melted butter with 100 gr of ground sugar, the two tablespoons of milk that we have left, the peeled almonds (previously cut into strips), and add to taste the vanilla essence with the cinnamon powder.

Put prepared on the dough, placing the other half of the dough on the filling and bake it at a temperature of 180 ° C, for approximately 40 minutes, or until you start to see that everything begins to brown.

When we remove it, or we can add it in the oven, we place some almonds on top of our dessert, with a touch of caramel.

Finally, let cool for a few minutes, cut into squares and serve it. It is recommended to taste warm. To those who wish, they can give a touch of icing sugar.

### Kartoffelauflauf, traditional German dish

Its name that costs to pronounce, and in Spanish it would be something like "potato cake and bacon". Not everything in German gastronomy is based on its famous sausages, of which there are more than 1500 varieties, but it is a wide cuisine in different flavors.

Ingredients:

- Onions
- Potatoes
- Bacon
- Cooking cream
- Nutmeg
- Grated cheese for gratin
- Salt

Elaboration:

Peel and chop the onions, fry in olive oil until they are transparent, not golden. The potatoes are washed, peeled and cut into relatively thin slices, the bacon is cut into small pieces, strips or cubes. While we do this, we will preheat the oven. In a baking dish, we will cover the bottom with the fried onion, then we will arrange a layer of potatoes on top, spreading a little salt, nutmeg (the amount of nutmeg depending on whether you like it with more flavor or less) ) and bacon. Then another layer of potatoes is added, repeating the process and proceed as before. So on until the source is full. In the last layer we will add the cream until it covers the surface of it. We will introduce the source in the oven at 200°, the time can oscillate between twenty, thirty minutes depending on the amount we have prepared, puncturing from time to time with a fine point knife or fork to see if the potatoes are cooked. In the last five minutes we will put the grated cheese abundantly and let it gratin.

## **Brazilian food**

### Acarajé, typical recipe from Bahia, Brazil

One of the traditional and most eaten dishes in the cuisine of the State of Bahia, in the Northeast of Brazil, is the "acarayé" (or also said in Portuguese acarajé). In general, this food is made by Bahia vendors, dressed in white and located, for the most part, on the local sidewalks.

Ingredients:

- ½ kilo of peas (beans or beans)
- ½ kilo of small shrimp, peeled and cut
- Flour (a pinch)
- 1 large onion, chopped
- Salt to taste
- Pepper to taste
- Vegetable oil

Preparation:

The first thing they should do is let the beans sit overnight. The next day, once softened, they should be washed in very cold water and drained. Then with your hands, rub them until the skin is removed.

Take a blender and puree them, adding a little water to obtain a thick mass. Add the chopped onion, salt, pepper and a pinch of flour.

Lightly heat a frying pan with the vegetable oil. Add small portions of the dough. For this step, they can help themselves with a spoon and, then yes, let them brown for about 5 minutes. Take them out and strain them on an absorbent paper.

For the presentation, serve them on a plate and sprinkle with a little pepper on top. The amounts that I mentioned is for four diners and the time it will take is approximately 30 minutes.

### The classic Brazilian breakfast.

Brazilians for your information tend to have a very healthy diet and of course the first meal was not going to be the exception. Among its foods we will see fruit juices, cereals, ham, waffles, etc. It is for this reason that I bring you an outstanding recipe on how to start the routine.

Ingredients for 4 people:

- Fruits (can be papayas, mangoes, bananas, watermelons, oranges, apples)
- Coffee
- Milk
- Tea
- 1 package of bread (bran, milk or the one you want the most)
- 2 lemon, orange, coconut and vanilla puddings
- 200 grams of ham
- 200 grams of cheese
- 12 croissants
- 8 waffles
- Jam (strawberry, orange, peach)
- Butter
- Cream cheese

- 10 chipas or cheese breads

Preparation:

Let's start by always preparing the coffee to put aside warm and be able to continue with the realization of the other meals. The same with water and milk.

As we finish each meal, keep in mind to already have a nice tablecloth placed along with the newspaper, magazine and soft music to start the routine in peace.

Let us now move on to making various juices. As I mentioned you can choose orange.

Once we're done with the juices, let's introduce everything else. We will take some trays and put on one side the fruits such as watermelon, papaya or bananas. On the other hand, the breads, I already told you that here you can choose the ones you like the most. And finally, in two or three small tablets, distribute the ham, cheese, chips, waffles and croissants.

Jams, cream cheese and butter must be separated from each other so as not to mix the flavors. And now yes, good start!

## **Chinese Food**

### Vegetable spring rolls, of Chinese origin

Among the largest foods consumed, rice is the protagonist and spring rolls, one of the most requested foods in Chinese restaurants.

Also called spring rolls or chun kun, these rolls can be made with various fillings such as vegetables, meat, chicken or fish.

Ingredients:

- 250 grams of cabbage
- 1 leek
- 100 grams of mushrooms
- 2 carrots
- Ginger (can be in powder)
- Salt
- Pepper
- Oil
- Soy or sweet and sour sauce
- A bag of bean sprouts
- A packet of sheets (usually sold in supermarkets and made with rice flour, especially for making spring rolls).

Preparation:

The first thing to do (in case you don't get the foil pack from the supermarket) is the dough. To do this, knead 100 grams of flour, a glass of water, salt and two teaspoons of oil. Let it rest for 30 minutes and then, with the help of a rolling pin, stretch it out as much as possible. Cut into rectangles.

As for the filling, wash all the vegetables well and cut them into thin strips. The ideal is to skip them in a wok, but if they do not have, do not worry, you can choose a frying pan. Now yes, add a splash of oil and over a high heat, brown them for about 3 minutes (they should be crisp). When finished, add the bean sprouts, ginger and season with salt and pepper.

With the rectangles scattered on a counter, start inserting the filling in the middle. Do not overfill them as they cannot be closed and this will cause them to overflow on the sides.

Before closing, moisten the end with a little water to seal correctly. Many often paint the roll with egg yolk.

Heat a pot with plenty of oil and fry until they are golden in color. Drain with absorbent paper and serve with sweet and sour or soy sauce.

### Shengjian mantou, have breakfast in Shanghai

Breakfast in Shanghai, as in every country in the world, is the main meal of the day. But particularly in this country, they focus on making a small bread roll called "shengjian mantou" (or sheng jian), which means "raw fried buns."

Ingredients for four diners:

- 300 grams of flour
- Water
- 200 grams of pork
- 1 leek
- 50 grams of smoked bacon
- Salt
- Pepper
- Peppers
- Soy sauce

preparation:

As a first step, knead the flour with the water and a pinch of salt until obtaining a homogeneous and easy-to-handle dough. Let stand with about 15 minutes.

Cut the pork into small squares, the mushrooms, the bacon and the leek. Add salt, pepper, paprika, and soy sauce. Mix everything.

Take the dough again and roll it out with a thickness between 2 and 3 mm. Cut small circles of 8-9 cm. diameter. Put the filling in the middle and then lift all the edges up and bring them to the center. Tie with a strip of leek.

Now yes, place the balls on the grid of the saucepan and add 2 cm. of water. When it starts to boil, steam until the dough is transparent.

If you want to fry them, once you remove them from the rack, you can add oil to a pan and leave them for a few minutes until you see the slightly golden dough.

Finally, for the presentation, serve the buns hot with soy sauce.

## **Corean Food**

### Kimchi, a typical Korean garnish

Despite the fact that the most common food in Korea is rice (in fact, the term "food" in Korean is identical to one of those used to designate this cereal), the indigenous recipe book also reserves a privileged place for fish and , of course, to vegetables, with cabbage in the lead. Precisely, this is the basis of the delicious accompaniment described in these lines.

Ingredients for 4 people):

- 1 Chinese cabbage (or normal)
- 4 young onions
- 2 carrots
- 8 garlic cloves
- 3 tablespoons of chili powder
- 2 tablespoons of salt
- 2 tablespoons of sugar

Preparation:

Cut the cabbage in half and defoliate it. Salt sheet by sheet and leave them in a container overnight (between 8 and 10 hours, approximately).

Then clean the leaves, rinsing them with plenty of water.

Grate the onions and carrots and mix them with the garlic cloves, minced; chili powder, salt and sugar.

Drain the cabbage leaves well and smears them one by one with the mixture of onion, garlic and carrot. For this, it is necessary to form different layers, alternating the cabbage with the obtained mixture. Serve hot.

Warning:

the Korean garnish is spicy, although very tasty. Its flavor can be enhanced if, after its preparation, it is reserved for two or three days. In turn, you can also add chopped squid or shrimp to the mixture.

## Bulgogi, Korean-style marinated beef

It is a dish whose origin dates back to the time of Christ, when the Goguryeo kingdom ruled in Korea (north and center). This recipe was then known as Neobiani, and not only was it preserved, but later it became one of the most appreciated dishes by the kings of the Joseon dynasty.

### Ingredients:

- 400 grams of veal meat (in thin strips)
- A medium onion
- 1/2 Asian pear, failing that we can use sweet pear or pear juice
- A handful of paengi or enoki mushrooms
- 2 stalks of chives
- 5 cloves of garlic
- A piece of ginger root
- 2 tablespoons of honey
- Sesame oil (1 tablespoon)
- Soy sauce (5 tablespoons)
- Black pepper
- Sesame seeds

### Elaboration:

First of all we have to prepare a puree by crushing the half pear, a quarter of the onion, the ginger and the 5 peeled garlic cloves.

Now we are arranging the strips of beef in a container and covering them with the previously made puree.

Once ready, we will add the soy sauce, the tablespoon of sesame oil, honey and pepper to taste to the mixture, then stir and mix everything well.

Meanwhile we chop the remaining onion, the chive stalks and the mushrooms.

Once we have the chopped vegetables we will add it to the meat and let it marinate overnight in a closed container.

When we want to prepare the bulgogi, it is best to do it in small quantities, to prevent it from releasing too much juice.

### Tips:

If we do not want to wait a whole night to prepare the meat, we can do it earlier, but at least we must let it marinate for half an hour.

## **Egyptian food**



### Kufta, typical dish of Egypt

Typically Egyptian recipe ingested in the Middle East. These are small balls made from minced meat called "kufta" (also called kofta, kofte or kafteh), which means a type of method that the Arabs use to prepare such food in the oven.

#### Ingredients:

- 1 kilo of minced beef
- 1 large onion
- 3 garlic cloves
- 3 tomatoes
- 3 potatoes
- 1 pot of tomato sauce (tomato puree)
- Oil
- Lemon juice
- Black olives
- Salt
- Pepper
- Peppers
- cumin

#### Preparation:

Take a large saucepan and add a splash of oil until hot. Subsequently add the garlic (previously diced) and the onion. Sauté for a few minutes and add the minced beef. You can help yourself to undo it, but use a wooden spoon. Do not forget to add salt, pepper and other spices.

Once it is ready, use a baking dish (previously oiled) and spread the mixture evenly. Now you can help yourself with a spatula, but continue using the spoon. Take to preheated oven for about 30 minutes and then let it rest.

Cut the potatoes into slices and fry them for a few minutes. Place the tomato in slices on the preparation and do the same with the potatoes you were frying.

Meanwhile, mix the tomato sauce with the lemon juice and drizzle the sauce over the minced meat. Now again take to the oven for 20 more minutes, until you see that the potatoes are tender and the meat well cooked.

Remove from the oven and add chopped parsley and black olives as a garnish to garnish.

### Honey bread: another exquisite Egyptian dessert

It is not lost on anyone that the countries of North Africa have earned a well-deserved reputation for their delicious sweets. And in this sense, the land of the

pharaohs is no exception. Within their dessert recipes, the «baklawa», a generic name by which the cupcakes are known, occupy an exceptional place.

Although these can sometimes be a bit heavy and oily, they end up being very juicy if you add honey, the star component of the recipe that is offered below.

Ingredients (for 6 individual servings):

- 350 g of sugar
- 250 g of bread without crust
- 1 cup of whipped cream
- 1 splash of lemon juice

For the syrup:

- 5 tablespoons of sugar
- 3 cups of water
- 1 cup of light honey
- 1 tablespoon of rose water
- 1 splash of lemon juice

Preparation:

First, it is advisable to put the oven to heat.

Meanwhile, cut the bread into strips 2 cm thick, place them side by side on a pastry plate and bake until dry, but without toasting.

Next, prepare the golden syrup, heating 5 tablespoons of sugar in a saucepan.

Then add the rest of the sugar, the 3 cups of water and a little lemon juice.

Let it cook everything until the syrup becomes consistent.

Add honey and rose water and cook for a few more minutes.

Pour the syrup over the bread strips, keep it on the fire for 45 more minutes and let it cool for 24 hours.

When serving dessert, cut the bread into squares and decorate with whipped cream.

## **Spanish food**

### Cod skeleton, typical of Catalonia

It is a very rich and simple salad to prepare, and perhaps what desalting the cod desires the most work and should not take more than half an hour. Traditionally it has raw cod, but if we do not want to do it this way we can lightly sauté the cod once crumbled with a little olive oil, draining well when ready.

## Ingredients:

- 2 cod loins (previously desalted)
- 3 or 4 ripe tomatoes
- 1 green pepper
- 1 onion
- Black olives
- Olive oil
- Parsley
- Vinegar (better if it is apple)

## Elaboration:

First we have to soak the cod loins until they have been desalted well, and then drain them pressing with your hand so that they release as much liquid as possible. Once this is done we leave them reserved separately.

Now we take a salad bowl or a large bowl and in it we will add the onion, the pepper and the diced tomatoes.

Add the previously reserved cod to the mixture

We will add a handful of black olives and season everything with oil, vinegar and salt to taste.

We stir well so that it mixes and we let it rest 15 or 20 minutes at room temperature. At the time of serving we will decorate it with a pinch of very finely chopped parsley.

## Tips:

There are many possible variants for the esqueixada, being able to use canned tuna instead of cod, adding diced stewed egg or even legumes.

## Roasted recipe

Although there is a basic recipe consisting of tomato, onion, pepper and eggplant, this dish admits numerous changes and additions such as cod in the variant known as espenecat. A recommended dish, very simple to prepare and ideal for vegetarians, as well as containing a lot of fiber and having a low calorie content.

## Ingredients:

- 2 aubergines
- 1 red pepper
- 3 onions
- 1 head of garlic
- 3 tomatoes
- Extra virgin olive oil

- Salt

Preparation:

First we preheat the oven to 180°C.

Now it's time to wash and dry the vegetables, then place the eggplant, the pepper, the garlic head and the onion on a baking sheet (the tomato will be left for later since it has a different cooking point). Before putting them in the oven, we will water them with a generous splash of olive oil.

We put the tray with the vegetables in the oven and let them roast for about an hour, taking care that they do not stick, turning them every so often. This will also help to make them even.

After this hour we will remove the tray from the oven to add the tomatoes and we will bake again for about 25 minutes or half an hour, when we see that the vegetables are well roasted. Keep in mind that there may be differences in the cooking points depending on the size of the vegetables and the power of the oven.

We will let them cool a little so as not to burn when handling them and remove the skin and seeds from the eggplants, peppers and garlic.

Once all the vegetables are peeled, we will give it the point of salt, we will add a few drops of vinegar and we will water it with the juice of the roast.

## **French food**

### French ham and cheese pancakes au gratin

One of the most typical dishes of the gastronomy of France are the popular crepes or crepes. These are mainly made with flour, eggs, butter, sugar and milk, and have a round shape.

Ingredients:

- ½ liter of milk
- 200 grams of flour
- 4 eggs
- 40 grams of butter
- 100 grams of cooked ham cut into slices
- 100 grams of sliced emmental cheese
- 2 deciliters of cream
- 100 grams of grated Parmesan cheese
- Salt and freshly ground black pepper

Preparation:

To prepare the dough, in a blender add the butter and mix with the milk. Add the flour, salt, pepper, the four eggs and mix one 4 more minutes. Let stand for 15 minutes.

Then place a small piece of butter in a Teflon pan over low heat and pour a little of the dough until it extends over the entire surface. When you see it curdle, turn and add a slice of cheese on top of the crepe and a slice of ham on top, without removing it from the heat. (You must place them in the center of the crepe).

Fold the crepe on itself and place it on a baking sheet. Turn on the oven to 200 ° C and once you carry out this procedure with all the crepes, sprinkle grated Parmesan cheese on top of them. Put it for 10 minutes or less in the oven until you see that they are gratin.

### How to prepare Baeckeoffe, tradition in Alsace

Located in the east of France, Alsace is a region recognized for having gastronomy full of elaborate specialties such as tarte flambées, sauerkraut or, the traditional and popular dish called baeckeoffe.

Ingredients:

- 500 grams of pork loin
- 500 grams of lamb
- 500 grams of beef
- 1 onion
- 2 or 3 cloves of garlic
- Thyme
- Laurel
- Parsley
- Black pepper
- Salt
- 1 bottle of some fruity white wine
- 1 kilo of potatoes

preparation:

Cut all types of meat into large pieces. Then peel the onion, cut it into thin strips and cover the pieces of meat with them. Above them add all the aromatic herbs (in the amount that you want) and lastly, the fruity white wine. Cover and leave to marinate for approximately 24 hours to make all the products come together.

The next day, take the kilo of potatoes, peel them and cut them into thin slices.

Take a deep ovenproof container and gradually place layers of potatoes and the mixture of meats marinated with the vegetables until all the ingredients are finished. Add salt to taste and cover again with white wine from the ready-made marinade. Cover.

Cook in a 160 ° or 180 ° C oven for about 2 and a half hours until the meats are very tender. No garnish is necessary as the dish features potatoes and onions.

## **Greek food**

### Tzatziki, delicious Greek yogurt and cucumber sauce

Tzatziki Sauce is considered one of the most typical recipes in Greece and perhaps for this reason it is curious that its preparation is so simple and inexpensive. Apart from the Kebab, it is also quite common to accompany the Mezze and the pita bread. It has a very peculiar flavor before which the flavor of the accompanying food runs the risk of pale.

Ingredients:

- 2 small grated cucumbers (not soft).
- 500 ml of Greek yogurt, or in its case, natural (the Greek is denser).
- 3 cloves of garlic, well crushed or grated.
- Lemon juice.
- A little fresh mint.
- Olive oil.
- Salt.

preparation:

First, remove as much serum as possible from the yogurt. For this we have to leave it for a few hours in the fridge, that is, draining in a very fine mesh strainer or in a special cloth, one of those to drain the cheese. It is also convenient to do it with the already grated cucumber.

Once both the yogurt and the cucumber have drained, we have to pour it in a bowl next to the previously crushed garlic, two or three tablespoons of lemon juice, a teaspoon of freshly minced mint and a pinch of salt. Then we add a little olive oil (a light touch) and after covering it we let it rest a couple of hours again in the fridge.

As an ornament you can add two or three black olives strategically placed in the center, surrounded by a few touches of more chopped mint, and there are even those who add some freshly ground pepper.

### How to prepare Hummus

If there is a popular recipe in the countries of the Middle East, it is hummus, a pasta made from chickpeas, lemon and tahini sauce, and which is generally served accompanied by traditional pita bread as an appetizer or as an accompaniment to other dishes.

## Ingredients:

- Half a kg of chickpeas.
- 3 garlic cloves.
- Salt
- Olive oil
- Parsley
- 2 lemons
- 3 tablespoons of tahini sauce

## Elaboration:

First of all we must soak the chickpeas from the night before, although we can also use previously cooked chickpeas that are sold canned.

Now we must take the chickpeas and cook them for an hour. When they are ready, drain them, keeping at least one cup of the cooking water and then pass them through the mixer adding the reserved water. We beat well until we get a smooth and homogeneous paste.

To this paste we will add the three tablespoons of tahini sauce, the 3 garlic cloves peeled and crushed (with the mallet and the mortar), the juice of two lemons and a small tablespoon of salt. We mix everything well until we get a homogeneous mass again.

Once ready we will serve it in a small bowl, making a hole in the center of the pasta, in which we will add one or two tablespoons of olive oil.

Finally we will chop the parsley very fine and sprinkle it on the hummus.

## Tips:

If we want the hummus to have a spicy touch, we can add a little ground black pepper or a little cayenne pepper.

The hummus can be kept for three days in the fridge if we cover it well, and if we decide to freeze it it can last us more than two months. When defrosting, we must add a little extra olive oil if it has lost its smooth texture.

## **Guatemalan food**

### Sardine salad: a proposal from Guatemala

In Guatemalan gastronomy, chili or chili is an indispensable ingredient. Indeed, it is not only used as a condiment, but also serves as a base for many dishes, either alone or accompanied by other foods.

Ingredients (for 8 people):

- 16 fresh sardines
- 4 boiled eggs
- 4 zucchini
- 4 tomatoes
- 1 green pepper
- 1 onion, finely chopped
- 16 black pitted olives
- 1 dl oil
- 3 garlic cloves, mashed
- 2 tablespoons of lemon juice
- 1 tablespoon of chopped parsley
- 1 tablespoon of vinegar
- salt and black pepper to taste

preparation:

To start, clean the sardines, remove the bone, smear them with oil and roast them over high heat.

Next, salt and pepper and add the 2 tablespoons of lemon juice.

On the other hand, roast the pepper, remove the skin and seeds and cut it into thin strips. Reserve.

Wash the zucchini, boil them in water for 20 minutes, drain them and cut them into small cubes.

Wash the tomatoes and cut them into slices.

Put the sardines in a bowl and surround them with the vegetables, on which you should sprinkle a preparation made with the onion, mashed garlic and parsley.

Garnish with the black olives and the boiled egg slices.

Finally, season the salad with a vinaigrette made with the oil, vinegar, salt and pepper.

### Huevos a la Ranchera with beans, from Guatemala

One of the basic pillars of gastronomy in Guatemala is black beans. Although the flavors and aromas abound in their dishes, the truth is that eating involves diving into elaborations with corn, quantities of fruits such as pitaya, avocado, melon, papaya, mango and banana, and also, in spices such as bay leaf, pepper, parsley introduced into foods such as rice, beef or chicken.

Ingredients:

- 4 large chicken eggs
- 3 red tomatoes
- 1 white onion



- Salt
- Oil
- 1 cup of mayacoba beans

Preparation:

The first thing you should do is wash the beans well, place them in a bowl, add water and cook them. When it boils, you should start to remove the black foam and reduce the heat. Cover the saucepan while cooking and finally add salt. Pull apart. Meanwhile, wash the tomatoes well in cold water and cut them into small pieces. Then peel the onion and cut it into thin slices.

Then add a splash of oil in the pan and light the fire at medium temperature. Now yes, add the onion and tomato and skip occasionally for about 5 minutes.

Once ready, add salt and pepper to taste and observe that the mixture has remained as a sauce. Turn off the heat and serve it on a porcelain.

In the same frying pan that you have used, add a little oil or butter and heat again. Break the 4 eggs avoiding breaking the yolk and cook in the pan until the white is to your liking.

When the eggs are ready, place them in a deep plate and over them bathe with tomato and onion sauce.

## **Hungarian food**

### Goulash with spätzle, a Hungarian specialty

Goulash, or named as gulyás in Hungarian, is a dish whose specialty is based on flavoring. Its main ingredients are: meat, peppers and paprika. Next, I detail the recipe for 4 people.

Ingredients for goulash:

- 1 kilo of beef (can be entrails or roast beef)
- 1 liter of cubed meat
- 500 grams of onion
- 1 pepper
- 1 teaspoon of tomato extract
- 1 teaspoon of cumin seeds
- 1 teaspoon of sweet paprika
- Salt to taste
- Black pepper to taste

Preparation of the goulash:

Cut the meat into small cubes. Then, in an iron pot, fry the onions and the paprika cut into strips. Leave a few minutes and add the meat, salt, pepper, sweet paprika, cumin seeds and tomato extract. Stir approximately 5 minutes. After that, cover with the broth and add scoops if necessary. Cook everything on low heat for an hour and then remove.

Ingredients for the spätzle:

- 500 grams of flour
- 5 eggs
- 1 teaspoon salt
- Flour

Preparation of the spätzle:

Make a small volcano with the flour and leave a hole in the middle and insert the eggs. Then cover with the flour and start kneading until you have a homogeneous and easy to handle dough. Wrap with a clean kitchen towel and let stand one hour. Then bring a pot to a boil with water and salt. The dough can be passed through a thick strainer or through a potato masher. Once it reaches its boiling point, toss the spätzles in batches and cook for 3 minutes until they rise to the surface. When this happens, remove with a slotted spoon.

To conclude, this is the presentation. I recommend serving the goulash first and then accompany it with the cooking sauce and the spätzles.

### From Hungary, the delicious lángos bread

The lángos can be served with any type of food, and they have the option of spreading it with garlic, garlic butter or sour cream, cheese, tomato or ham.

Lángos is a bread typically eaten in Hungary, but it is also highly recognized in places such as Austria, Romania, Serbia and Slovakia.

Ingredients:

- 3 eggs
- 1 kilo of flour 0000
- 3 tablespoons of yeast
- 4 kefir (similar to yogurt)
- 3 tablespoons of warm milk
- Sour cream
- Chopped garlic
- Gruyère cheese or another type (to spread over the lángos)

Preparation:

The first thing they should do is dissolve the yeast in warm milk.

Next, mix the flour together with the yeast, eggs, kefir and salt. Unify all the products until you get a bun with the dough and let it rest in a warm place for about 20 minutes.

After time, start kneading with your hands and repeat the rest for 20 minutes.

Before starting to cook the lángos, they must make small buns and then stretch the size of a medium plate.

Now yes, take a pot, add oil and bring each copy to a low heat. Turn and fry them. The time you want to leave them on fire is to your liking, some people like it more golden than others.

Once all the lángos are fried, let them rest on a kitchen paper so that they absorb the oil and then yes, spread the sour cream and spread with the varieties that I previously reported: garlic, gruyere cheese, tomato or ham.

## Bibliografía

Recetas de viajes. (s.f.). Recuperado de <https://recetasdeviajes.com/cocinas-del-mundo/>