



RECETAS PARA EL ADVENIMIENTO DE LA NUEVA ERA

Por Mafarka

ENTRANTES

Fried Eggplants, Zucchini and Green Peppers with Plain Yogurt

(Albanian Name: Tarator)



Ingredients:

1900 gr. eggplants
2250 gr. zucchini
salt
1,5 piece of cucumber finely chopped
375 gr. yogurt
3 tablespoons salt
6 cloves of garlic
salt

Cooking Instructions:

- a) Peel the eggplants in lengthwise strips at **1,5 cm intervals**, then cut either in circles or in long slices. Sprinkle salt over and place the eggplants in salted water **for half an hour** to drain off their bitter juices. Squeeze each eggplant before putting into hot oil. Fry both sides, drain away excess oil and place on a serving plate.

- b) Scrape the skin of the zucchinis until their green parts can be seen, sprinkle with salt and **leave aside for 1.5 hours**. Put flour and water into a bowl and blend together. First place the zucchini in flour-water mixture and then into the hot oil. Fry until both sides are golden. Place them with the eggplants and peppers.

- c) Mix cucumber and yogurt, pour over the fried vegetables (if desired, crushed garlic can be added to the yogurt).

Tirana Furghe with Peppers

(Albanian Name: Fergesë e Tiranës me spec)



Ingredients:

Green or Red Peppers, 0,75 Kg
Red Tomatoes, 1,5 Kg
Salted Cottage Cheese or Greek Feta Cheese, 0,75 Kg
Flour, 3 tablespoon
Butter, 0,375 Kg tablespoon
Virgin Olive Oil, 9 tablespoons
Add Salt, Black Pepper, and Chili Pepper to your taste

Cooking Instructions:

- a) Peel the skin off the tomatoes and peppers. Sauté them in a saucepan for **5-7 minutes** only in the olive oil and then set them aside to cool down for **15 minutes**. Dice them the way you like.

- b) In another saucepan, melt the butter. Add flour, cottage or Feta cheese, and black pepper, salt and chili pepper to taste. Mix all the ingredients together and place them in saucepan. Put saucepan in a preheated **190 °C oven for 15 minutes**. Take out and serve immediately.

PLATOS PRINCIPALES

Baked Lamb and Yogurt

(Albanian Name: Tavë Kosi)



Ingredients:

1,5 Kg lamb
8 tablespoons butter
4 tablespoons rice
Salt, pepper

For Yogurt sauce:

2 tablespoon flour
8 tablespoons butter
1,8 Kg yogurt
10 eggs
Salt, pepper

Cooking Instructions:

a) Cut meat in “n” serving pieces, sprinkle each piece with salt and pepper, and **bake in a moderately-heated oven with half the butter**, sprinkling the meat with its gravy now and then. **When meat is half-baked**, add rice; remove the baking pan from the oven and leave it aside while you prepare the yogurt sauce.

b) Yogurt sauce: Sauté flour in butter until mixed thoroughly. Mix yogurt with salt, pepper and eggs until a uniform mixture is obtained, and finally stir in the flour. Put the sauce mixture in the baking pan; sauté it with the meat pieces and **bake at 190 °C for about 45 minutes**.

Bean Yahni Soup
(Albanian Name: Jani me Fasule)



Ingredients:

4 cups of dry white beans
1 cup chopped onion
1 cup olive oil
4 tablespoons tomato sauce
2 tablespoon chopped parsley
2 tablespoon chopped mint
salt, chili powder

Cooking Instructions:

- a) Boil beans in hot water in an uncovered pot for **5 minutes**. Rinse and boil for another **15 minutes** in a covered stock pot in 3 cups hot water.
- b) Sauté onion in olive oil until it turns yellow. Add 2 tablespoons bean stock from the pot along with tomato sauce, parsley, salt and chili powder for taste. Cook **for 10 minutes** or until a thick sauce is formed, then pour everything into the pot.
- c) Add chopped mint, cover tightly and **cook for 2 hours over low heat, or for 30 minutes in a pressure cooker**. This should produce a thick juice, covering beans by inch. Serve hot

POSTRE

Baklava

(Albanian name: Baklava)



Ingredients:

1/2 kg of ready made rolled dough
200 g of pressed walnuts
3 cups of sugar
2 cups of water
1 teaspoon of cinnamon

half a lemon

Cooking Instructions:

a) Spread the rolled dough, and sprinkle the walnuts with the cinnamon, then cover it with another layer of dough. Cut the baklava in equal squares or diamond shapes. Cover the baklava with melted butter and leave it to **bake in a hot oven**. Afterwards, leave it to cool.

b) Prepare the syrup with the water and the sugar, using the amounts given above. Let the syrup boil for **5 minutes**. Before removing the syrup from the heat, add the juice of half a lemon. Let the syrup cool for about **5 minutes**, and then spread it on the baklava.

SHOPPING LIST

- 1) 1900 gr. eggplants
 - 2) 2250 gr. zucchini
 - 3) 1,5 piece of cucumber finely chopped
 - 4) 375 gr. yogurt
 - 5) 6 cloves of garlic
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- 6) Green or Red Peppers, 0,75 Kg
 - 7) Red Tomatoes, 1,5 Kg
 - 8) Salted Cottage Cheese or Greek Feta Cheese, 0,75 Kg
 - 9) Flour
 - 10) Butter
 - 11) Virgin Olive Oil, 9 tablespoons
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- 12) 1,5 Kg lamb
 - 13) 4 tablespoons rice
 - 14) 1,8 Kg yogurt
 - 15) 10 eggs
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- 16) 4 cups of dry white beans
- 17) 1 cup chopped onion

- 18) 4 tablespoons tomato sauce
- 19) 2 tablespoon chopped parsley
- 20) 2 tablespoon chopped mint
- 21) chili powder

- 22) Salt, pepper
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23) 1/2 kg of ready made rolled dough

- 24) 200 g of pressed walnuts
- 25) 3 cups of sugar

- 26) 1 teaspoon of cinnamon

- 27) half a lemon