



*LERBISH Magazine*









## The traditional clothing of Hungary

People in Hungary used to take well care of their clothes because not only were a lot of people poor, but also clothes were important signs of wealth. The richer they were the more colourful clothes they could afford. Young women and girls used to wear three or four white skirts and colourful one on the top of them. They had a colourful apron – usually richly embroidered – and a white shirt. They often wore embroidered bodice, they had white stockings and black shoes or boots. Older and married women used to wear almost the same types of clothes, the only difference is that according to the traditions they had them in darker colours. Women who got married started wearing a kerchief. Men usually wore black boots, black trousers, a white shirt and black or brown waistcoats or coats. Their fiancé often embroidered their simple shirts as a sign of their true love.







*Local dishes are delicious.* In many places, the dishes invented by our predecessors are still prepared and served in the original manner. Local people like to eat well, which is proved by the large number of restaurants offering varied culinary experiences to their guests.



## Hungarian Chicken Paprikas

**INGREDIENTS:** ½ cup flour, 3 tablespoons Hungarian paprika (preferably salt, pepper, chicken piece (breasts, legs, or thighs, with bones), 3 tablespoons vegetable oil, 1 cup chopped onion, 1/8 teaspoon ground red pepper (cayenne), 2 cups chicken broth, 1 cup sour cream

### DIRECTIONS:

- Combine flour, 2 tbsp paprika, salt and pepper.
- Dredge chicken pieces in flour mixture.
- Reserve left over flour.
- Add oil to large dutch oven.
- Heat oil over medium high heat.
- Add chicken and brown on both sides, about 10 minutes.
- Remove chicken from pot.
- Add little oil to pot (if bottom appears to be too dry).
- Add onion, red pepper, 1 tbsp paprika, and salt.
- Saute until onion is tender, about 2 minutes.
- Return chicken to pot, and add enough chicken broth to cover.
- Bring to boil, reduce heat, cover, and simmer about 30 to 45 minutes, until chicken is done.
- Remove from heat and let paprikash cool down.
- Combine reserved flour and ½ cup sour cream.
- Add small amount of liquid from pot into flour mixture and stir with whisk until smooth.
- Add mixture to pot, stirring constantly.
- Simmer 5 minutes.
- Let cool down again and add remaining sour cream, stirring constantly.
- Sauce should be a very pale orange color (almost white).
- Cook about 1 minute until heated.
- Serve over homemade Hungarian nakedli (spaetzel), wide egg noodles, or cooked cavatelli.

## Typical Hungarian dishes and kettle cooking

What makes Hungarian cuisine so special is that it fundamentally deviates from European culinary traditions. The use of pig fat is unique; it is used in a fried and uncompressed form. Frying onions in fat is the basis of a number of dishes, and it is complemented with fine, red paprika – this results in the highly original nature of Hungarian meat stews and goulash soups. These are enriched with a dairy product little known in Europe: sour cream.

The main courses are preceded by rich soups, which are prepared in unparalleled diversity from beans, cabbage, potatoes, pasta and vegetables ranging from peas to kohlrabi – this is also unusual outside Hungary.

The steaming hot soups are followed by sweet pasta dishes: dumplings, streaks, and jam pockets; filled and sprinkled with fruits, poppy seeds and walnuts – yet another surprise for foreigners. Hungarians usually serve pasta as meatless (fasting) dishes, as opposed to the traditions of the great pasta-eating nations.

A wide range of vegetable stews are eaten in Hungary. These are often made from vegetables – for examples, gourds – which are not even considered to be edible in some regions of the world. The traditional soups and vegetable stews are enriched by thickening sauces.

Open-air, kettle cooking is a separate branch of Hungarian gastronomy.



**HUNGARY**







### Croatian national costumes

Croatian national costumes vary widely in design, colors used, and accessories worn. Regional preferences must also be taken into consideration, as well as the social status of the wearer. For example, a young unmarried woman might wear traditional clothing of her region with specific elements (brighter colours, a different headdress or hairstyle) to set her apart from the married women.







## ***Pork half shanks Podravina style Koljenica na podravska nacin***

### **INGREDIENTS**

- 2 pork shank halves (1kg. / 2 lb. each)
- 100 ml. (4 fl. oz.) oil
- 1 onion
- 2 cloves garlic
- 1 beef stock cube
- 1 teaspoon flour
- 100 ml. (4 fl. oz.) white wine
- 1 tablespoon Vegeta
- salt and pepper



Wash and dry the shank halves and rub with a mixture of salt and Vegeta. Sprinkle with freshly ground pepper and set aside for at least an hour before roasting. Chop the onion and garlic.

Arrange the meat in a roasting tin and smear with hot oil. Put the meat in the oven, pre-heated to 220 °C (Gas Mark 7) and cook for about 2-2.5 hours, depending on the size of the shanks. Turn the meat from time to time, basting it in its own juices and occasionally adding a little hot water so that the roast is kept juicy. When the roast is half done, add onion and garlic to the roasting tin. Just before it is cooked, pour the beef stock over the meat. When cooked, place the shank halves on a warmed platter. Stir the flour into the roast juices, boil briefly, add the wine, boil again and then strain the juices and pour over the roast meat.

Served with boiled potatoes, sauerkraut or sour turnip, and accompanied by a glass of good, red wine, this is a dish to savour long after it has been eaten.



## ***Food and Economy***

Food in Daily Life. The main meal of the day is a late lunch. In the north and inland, the majority of the foods has an Austrian or Hungarian flavour. A typical lunch includes chicken or beef soup, cooked meat (often pork), potatoes, and bread. Greens with vinegar and oil are served in spring and summer, and pickled vegetables in winter. Along the coast, a meal usually includes fish and pasta, risotto, or polenta. Lamb is common in the Dalmatian highland region. Breakfast is simple, usually consisting of strong coffee and bread with jam. The traditional dinner typically consists of leftovers from lunch, cold meats, and cheese with bread. People usually eat in their own homes, although they also eat snacks on the streets.





# FOODS OF THE POLES

The cereal grains are among the country's most important dietary staples. These include wheat, rye, buckwheat, and barley.

They find their way into dark bread, noodles, dumplings, and other everyday foods.

Other important agricultural products include potatoes, beets, cabbage, carrots, mushrooms, and cucumbers. Boiled potatoes are the most commonly eaten side dish with meat, poultry, or fish. Cucumbers, seasoned with the herb, dill, are the raw ingredients of dill pickles, for which the Poles are known throughout the world. Cucumbers are also eaten in a salad with sour cream, another staple of the Polish diet. Vegetables are usually eaten boiled.

Meat is an important part of the Polish diet. Pork is the most popular meat, and the most commonly eaten meat dish is a fried, breaded

pork cutlet served with thick sauce. Beef, ham, and sausage are also eaten regularly. The meat stew called bigos is often called the national dish of Poland. Other famous Polish dishes are golabki and golonka. Poles also like to eat smoked and pickled fish, especially herring.

Most Polish meals start with one of Poland's many soups. These range from clear broth to thick soup so hearty it could be a meal in itself. The best known is the beet soup called borscht.

Poles love desserts, especially cakes. Popular cakes include cheesecake, sponge cake, poppy seed cake, and a pound cake called babka.

Popular beverages include coffee, tea, milk, buttermilk, and fruit syrup and water. However, vodka distilled from rye is known as the national drink.



## Bigos (Hunter's Stew)

### Ingredients

- 4 lbs sauerkraut
- 1 cup apple juice
- 1 lb smoked pork
- 1 lb spareribs
- 1/4 lb bacon
- 1 can tomatoes (large)
- 2 cups water
- 2 bay leaves
- black pepper
- salt
- 4 lbs cabbage
- 1 lb pork loin chop or pork ribs
- 1 lb smoked kielbasa (sausage)
- 1/2 cup onions (chopped)
- 10 ounces mushrooms (fresh)
- 6 ounce mushrooms (dried)
- 2 tablespoons flour
- Brown pork and spareribs in a large heavy pot.

### Directions

Add smoked pork with 1 cup of water and simmer until 1 hour. Add the sauerkraut and one cup apple juice. Chop the cabbage fine and add to sauerkraut. Add lots of pepper and salt cover and simmer 1 hour. Remove lid and keep pot on a very low simmer.

In a pan, fry bacon until crisp, then crumble into sauerkraut mixture. Remove most of the bacon fat and fry onions and mushrooms and flour until they just brown. Mix into sauerkraut mixture. Cut kielbasa into slices add to sauerkraut mixture with the tomatoes. Bring to a boil, simmer 30 minutes and serve hot.







## Traditional Polish folk costumes

Traditional Polish folk costumes vary by region but are typically brightly coloured and decorated with embroidery. Poland's folk costumes are sometimes still worn for special occasions, like weddings, or in the most rural parts of Poland by members of the older generations. Traditional dress in Poland varies by region. Headdresses range from hats to wreaths of flowers, fabric colours vary greatly, and aprons, vests, and ribbons are used depending upon the origin of the costume.





## Traditional Lithuanian Food

A distinctive trait of Lithuanian cuisine is the preponderance of potato dishes. The most impressive of these is cepelinai ("Zeppelins"), large boiled potato dumplings (made from grated raw potato) with fillings of minced meat or cottage cheese. Other traditional potato dishes are various types of kugelis (potato loaf) and potato salad, potato pancakes made from grated raw potato or boiled potato (sometimes – with a meat filling), and small potato dumplings with mushroom or berry filling.

An important place in Lithuanian cuisine is occupied by small dumplings (called koldūnai or virtiniai) made from dough and with a filling of meat, mushrooms, berries or cottage cheese.. Also popular are various types of pancakes made from flour (instead of grated raw potato), some with fillings of fruit or berries, others 'plain', made from yeast-raised dough, and served dipped in sour cream or berry jam. For a snack you can try marinated or salted herring with boiled potatoes, various kinds of cottage cheese or fermented cheeses, and hot-smoked or cold-smoked hams and sausages. Lithuanians also know many recipes for mushroom dishes. Mushrooms are used in sauces, as fillings, or served as an accompaniment to meat dishes.

Soup is very popular in Lithuania. There is vegetable soup, meat soup, soup with chicken or other poultry or game, even beer soup. One of the most interesting Lithuanian soups is šaltibarščiai (cold beetroot soup), which is made from beets/beetroot, kefir (a fermented milk product), greens and boiled eggs. This dish is most popular when served on a hot summer day.



## Cold Beetroot Soup

### Here is what you will need:

- 2 good sized Beets
- 2 Cucumbers about 6 inches/15cm long (the smaller ones have more taste)
- Sour cream
- 1 Liter/4 cups Sour Milk or Butter Milk
- 1 cup Boiled Water
- 8 sprigs of Fresh Dill – Finely Chopped
- 250 ml./1 Cup Scallion Greens or Chives - Finely Chopped
- Salt and Pepper to taste

### INITIAL PREPARATION:

Boil the beets for about 30 minutes. After the beets cool enough so that they are comfortable to touch, peel off the skin. Cut the beets into very thin strips – about 1/8 to 1/4 of an inch wide and 2 inches long. This can be a little time consuming so some people will coarsely grate them instead. Hard boil the 2 eggs and allow to cool completely

Boil the 1 cup of water and then chill it (it should be COLD). Finely slice the cucumbers. Crush the egg yolks.

### PREPARATION:

Add everything together. Add the Beets, Cucumbers, Milk, Scallion Greens/Chives, Boiled Water that is now Chilled, 100 gr./6 Tablespoons of Sour Cream, Salt and Pepper to taste and mix well.

Serve in individual bowls sprinkled with the Dill. The Egg Whites can be finely chopped and added to the mixture or you can get a little creative and finely slice them and put on the soup for decoration.

Traditionally ŠALTIBARŠČIAI is served with hot boiled potatoes as a side dish. And don't forget the Lithuanian Black Bread.



# Lithuanian Folk Costumes

Men's and women's Lithuanian folk costumes use a variety of colours, designs, textures, and patterns. Aprons embroidered with geometric designs cover long plaid skirts. Hats trimmed with ribbon and vests are also typical elements to Lithuanian traditional costumes. The men's clothing, while understated, is decorated with woven sashes and boots.

The traditional Lithuanian costume for women consists of a woven colorful skirt accompanied by an embroidered blouse, vast, head piece and ribbon. Jeweleries are essential part of dressing (made from amber). An adult married woman wears a wimple or checked handkerchief. Men also wear costumes made from homespun festive garments. The basic dress for men consist of long stripped or diagonally stripped trouser and the lower portion is woven in darker strips. The trousers are tapered and they wear loose waist-length vest or long jackets.







## Marzipan sheep recipe

### Ingredients

- 1 kg of almond flour
- 1 kg of icing sugar
- 1 vial of almond flavor
- some vanillina
- ½ cup of water (100 ml)
- a tablespoon of glucose syrup

### How to make it...

On a work surface mix the almond flour with the sugar. Add the vial aroma and a teaspoon of vanilla extract, glucose syrup. Pour the water a little at a time. Mix the compound that should be fairly consistent until it is smooth. Start forming the sheep with the chalk shape mold. Between the mold and the almond paste put a sheet of cellophane. Press the almond paste, using your fingers to push the almond paste into the shape. Detach the two parts of the mold and remove the sheep. Decorate the sheep with brown pen (eyes, nose, eyebrows and board of the ears) and red (mouth), and sprinkle the body with a marker of cocoa. Embellish with ribbons and flag.

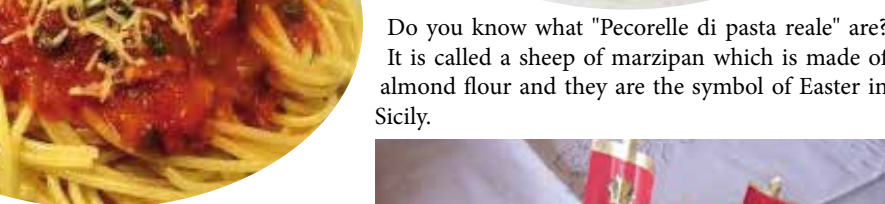
On a golden oval tray of suitable size and with a brush spread a little royal icing which will be used to glue the sheep. To prepare the royal icing, start by placing an egg in a bowl with a few drops of lemon juice, egg whites, so better to assemble, operate and when the whisk the egg white will be well fitted to pour into the bowl little by little icing sugar well sieved (150g). Continue to work the frosting with the whisk until the sugar is completely blended and get a glaze homogeneous without lumps.

There are many regional variations of cooking throughout Italy, but in general grain foods such as pasta, bread, rice, and polenta are mixed in a variety of interesting ways with vegetables, beans, fish, poultry, nuts, cheeses and meat.

Typically, breakfast consists of a hard roll, butter, strong coffee, and fruit or juice. Traditionally, a large lunch made up the noon meal. Pasta was generally part of the meal in all regions, along with soup, bread, and perhaps meat or fish. Dinner consisted of leftovers. In more recent times, the family may use the later meal as a family meal. The custom of the siesta is changing, and a heavy lunch may no longer be practical.

There are regional differences in what is eaten and how food is prepared. In general, more veal is found in the north, where meals tend to be lighter. Southern cooking has the reputation of being heavier and more substantial than northern cooking.

Sicilians eat large quantities of street food, too.



Do you know what "Pecorelle di pasta reale" are? It is called a sheep of marzipan which is made of almond flour and they are the symbol of Easter in Sicily.



Italy

The most traditional Sicilian female costume consists of a linen or cotton skirt called fadetta fadedda . It 's a skirt simple and convenient, which descends from the belt to the foot to be worn on the undergarment which may or may not be combined with the spénsiru jippuni or with the same or another fabric colour. A white or colourful handkerchief is worn on the shoulders pinned on the chest. A modest apron, cerulean colour stockings , black shoes and a cape on the head is also part of the traditional costume.

Men wear hose (man's close-fitting garment) and padded trousers ending above the knee called breeches paired with wide bordered caps and heavy toed shoes.





## Turkish Foods

A typical breakfast in Turkey would consist of tea, bread, butter, white cheese, eggs, olives, honey and marmalade. White



bean is the national food of the land eaten by every Turk. Raki or an aniseed-flavored grape brandy is the national drink. Some of the popular cuisines of Turkish tradition are noteworthy. Meze is a tray of small dishes consisting stuffed vine leaves, shish kebab grilled on a skewer, salads and a range of other items. Meat is normally grilled. Vegetables are prepared in olive oil. Rice palav is very common. The thick brew called Kahve is the Turkish coffee served during every meal. Turkish desserts include kadayif and muhallebi (milk pudding) and baklava (a dessert from pastry). Turkish bread is prepared from corn, wheat or barley. Some of the most important varieties of bread are Pide, tandir ekmegi, and simit. Regional variation in cuisines is very common in Turkey.



## TURKISH PANCAKE RECIPE

### FOR DOUGH;

- 1 kilo of all purpose flour
- 1 packet of dry yeast
- Salt, Warm water

### INGREDIENTS;

- 300 gr of cottage cheese
- 1 chopped onion
- salt, pepper
- some finely chopped parsley
- some oil

### DIRECTIONS;

First of all, put the flour in a deep bowl. At the same time, mix the dry yeast and warm water in another small bowl and let the dry yeast melt. After this melting, add some salt and this yeast-water mixture to the flour. You have to knead this dough very well and wait for its fermentation almost one hour.

While waiting for the fermentation, you can prepare the other ingredients. Stir the cheese, chopped onion, finely chopped parsley, salt, pepper and some oil in a bowl.

After the fermentation of dough, chip tangerine-sized dough and roll out dough in medium size. Spread the cheese mixture filling half of the pastry. Fold the dough. Shut the edges by pressing with your fingers. Then fry it in a pan or sheet pan. Grease with butter and serve. It is especially served hot and with our traditional drink ayran.







## Islamic Clothing of Turkey

Wearing certain garments typical to Islamic custom was announced illegal by the government in 1920. Following this, many people switched to western dress habits though a minor portion still holds on to the approved traditional costumes. Most women wear a simple blouse and pantaloons. Women often cover their head and lower face with a scarf, considered as a sign of modesty. Costumes worn by women are more traditional than those worn by men. For instance, even to this day, women wear large pants and skirts continuing the tradition. Many pious women still cover their heads, but with a western style scarf. The traditional dress for men consists of caftan, pants, slippers and turban. Traditionally, the costumes were of bright colours. During these days, men have adopted western style of dressing or go for a blend of local and western styles. Since wearing turban was outlawed, cloth caps have come into picture.









