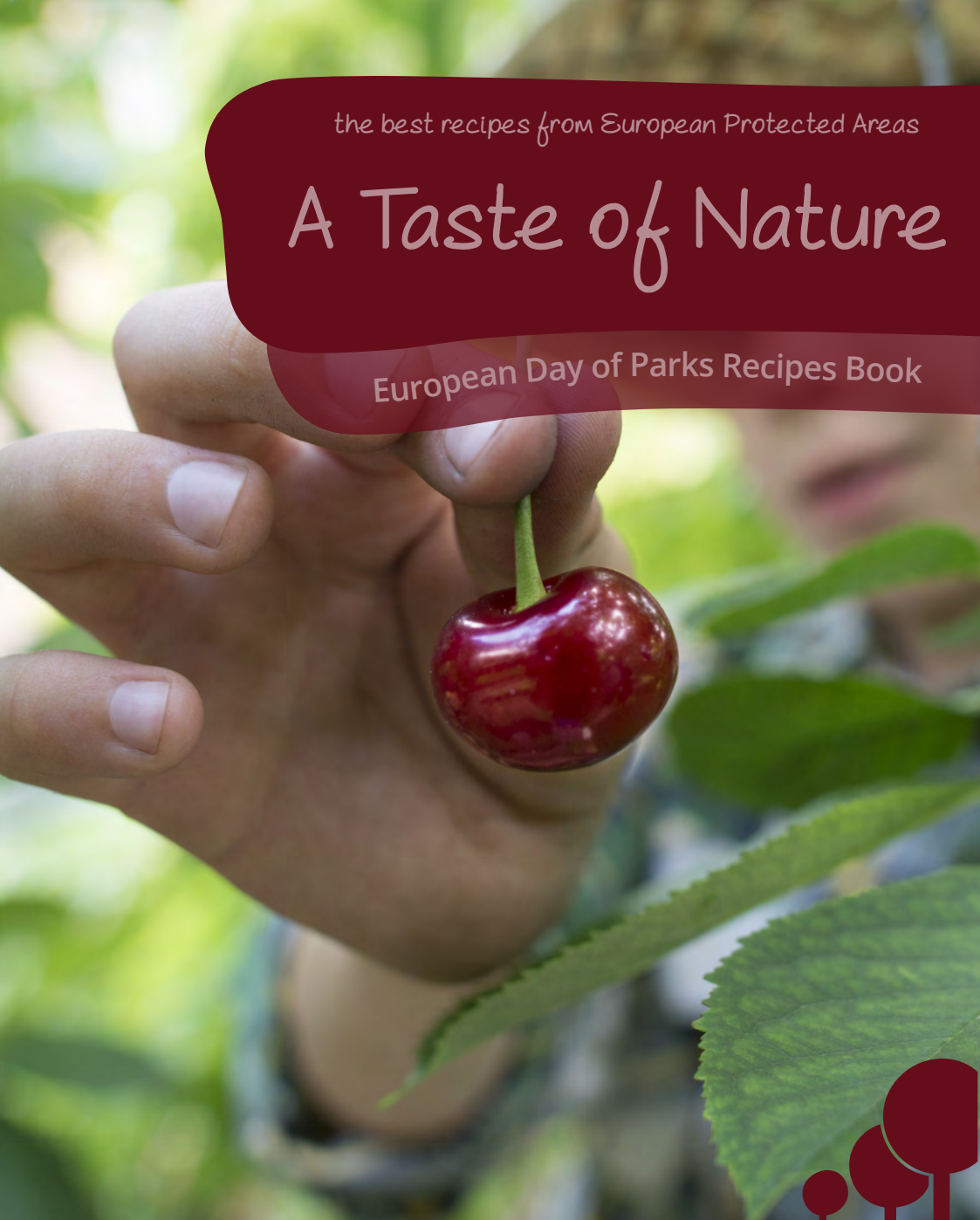


the best recipes from European Protected Areas

# A Taste of Nature

European Day of Parks Recipes Book




Slow Food®



# Preface

Europe's protected areas are composed of a variety of landscapes, embedded in cultural identity. Sculpted by nature and shaped by people, these landscapes have influenced the course of history, inspired artists and thinkers and enriched lives. For most of Europe, protected areas are not museums of nature, but laboratories of living working landscapes.



It is from these living places that our very life comes. This book celebrates the strongest connection between people and the land - Food! Our parks are not only the place where culture and nature meet, and where natural values are preserved, but are also the scenario of a common activity exclusively linked to our human nature - Cooking.

This book is an initiative lead by EUROPARC Federation, with support from Slow Food International and has been conceived in the framework of the **European Day of Parks 2016** "A Taste of Nature".

As you tour the pages, you will discover parks from across Europe, sharing a selection of popular recipes using ingredients found locally in these protected areas.

To celebrate "A Taste of Nature", a vast amount of participants collaborated with different recipes and we thank all involved in the process of writing, collecting and sending us the recipes and images that populate this book. Without your help it would have never been created!

*EUROPARC invites you to experiment with the different recipes and learn more about the protected areas and products involved in their preparation. Go and visit them for yourselves where you can truly enjoy and Eat the View!*

Bon appétit!

**EUROPARC Federation team**

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# Starters





## Starters

### Scrambled eggs with "perrechico" mushrooms

Paul Hoyos Larruskain - Los Canónigos Restaurant

#### Ingredients

- 150 g of "perrechico" mushrooms
- 4 eggs
- Extra virgin olive oil
- Chopped parsley
- Cream
- Salt



#### Preparation

1. Heat water at high temperature in a pot. Meanwhile, clean the mushrooms with a brush or a rag. Cut them up with your own hands and whisk the eggs in a bowl.
2. When the water is boiling, place the bowl over the pot. Once it's warm, add the mushrooms with some drops of extra virgin olive oil and a little bit of salt. You must cook them only during three seconds.
3. Add the eggs, keep mixing every now and then until it becomes a creamy curd ready for eating. The texture should be very fine.
4. At last, add the parsley and a drizzle of cream. Put salt to taste and serve. Really delicious!

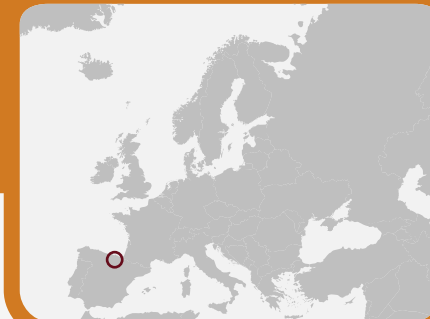
### Natural Park of Montes Obarenes-San Zadornil

Spain



Park website

Film of the Recipe



#### Park & product

"Perrechicos" is one of the best edible fungi to be found in spring. Usually appearing in late April, close to St. George's Day (23 April), so its popular name in other countries is St. George's mushroom.

The nature park of Montes Obarenes-San Zadornil is a protected Spanish natural space that is located in the northeast of the province of Burgos, Junta de Castilla y León, on the border with the province of Álava, Basque Country. It was declared a nature park in 2006.





## Potatoes with cannabis seeds and butter

Paulius Mika

## Ingredients

## For Potatoes

- 10 potatoes
- Fresh ground pepper • Salt
- 1 cup of cannabis seeds
- 1 onion

## For sour cream butter:

- 1 l (4 cups) of sour cream
- 1/2 cup of cumin seeds
- 1 tablespoon of butter
- Garlic



## Preparation

1. For the potatoes, boil the potatoes until they are soft. In a sauce pan, roast the cannabis seeds until they turn brownish, remove and reserve.
2. Chop the onion finely and cook it in the sauce pan until it is crispy. Afterwards, mix the onion and the cannabis seeds and grind them using a food processor. Add salt and pepper. Sprinkle the mix over the potatoes before serving.
3. For the sour cream butter, place an earthenware bowl in a hot water bath until it gets warm, add butter and 1 tablespoon of sour cream.
4. Mix it with a wooden spoon and keep adding sour cream, 1 tablespoon at a time, until all the sour cream has been added and a white, solid mass is formed. Add cumin seeds and a pinch of salt. If you wish, you can also add some finely chopped garlic.
5. Blend all the ingredients until they are well mixed. Place the sour cream butter into small bowls and refrigerate them for 2 or 3 hours.
6. Serve the potatoes along with a bowl of sour cream butter.

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## Žemaitija National Park

Lithuania



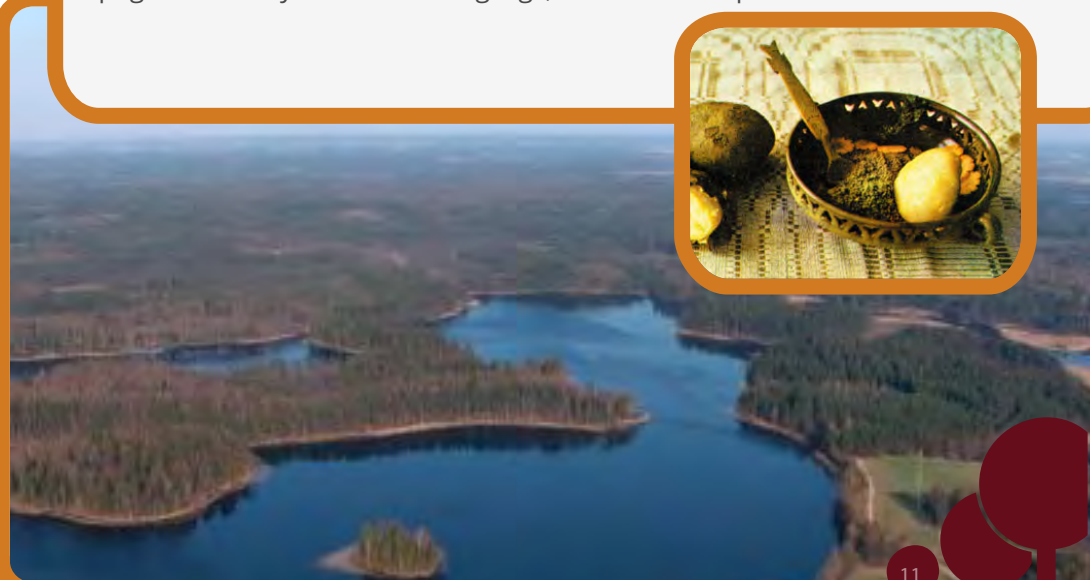
Park website



## Park &amp; product

The Žemaitija National Park is located at the Samogitia region, an ethno historic region located at the banks of the Baltic Sea in western Lithuania.

The park is scattered by a mosaic of forests and lakes that occupy around 7% of its territory, being the Plateliai Lake the biggest one of them. The cultural heritage of the park dates from the Stone Age, and the dialect, the customs, and some recipes like this potatoes with sour cream butter, also known as Spirginė & Kastinys in the local language, have been well preserved.



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## Starters

### Chicken liver crostini

Tenuta San Carlo Restaurant

## Ingredients

- 200 g of chicken heart
- 200 g of chicken liver
- 200 g of chicken gizzard
- 1 onion
- 4 tablespoons of sunflower oil
- Salt
- Pepper
- Loaf of Tuscan bread



## Preparation

1. Peel the onion and finely chop it in small sized pieces. Finely chop the chicken heart, chicken liver and chicken gizzard.
2. In a large pot, place the meat, the chopped onion and the sunflower oil. Season the mixture with salt and pepper at your taste. Cook on stove for 45 minutes at medium to high temperature. Mix until you get a fine spread. Reserve.
3. Cut the bread into slices and toast it. Spread the mixture over the toast and serve immediately.

## Maremma Regional Park

Italy



Park website



## Park & product

Chicken liver crostini, known as *crostini di fegatini* in Italian, is a traditional Tuscan antipasto.

The dish comes from a history of resourceful chefs who, out of necessity, created recipes that minimized waste. **Tenuta San Carlo restaurant**, produces this recipe with its own farm-grown chicken meat inside the Maremma Natural Park. The park extends along the Italian coast among the municipalities of Grosseto and Orbetello, and the area is covered by Mediterranean forest and grasslands. A vast part of these extensions are flooded for part of the year, and they are home for large colonies of marsh birds.



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## Nettle Pie

Du Miel Sur Des Tartines Association

## Ingredients

- Short crust pastry
- 3 big handful nettle leaves
- 1 tablespoon of oil
- 3 local eggs
- 20 cl of local milk
- 10 cl of fresh cream
- Salt
- Pepper
- Nutmeg
- A handful of nettles



## Preparation

1. Bake the short crust pastry at 200 °C during 10 minutes.
2. Wash the nettle leaves and fry them in oil until they turn brown in colour. Let them dry for 10 minutes.
3. In a bowl, mix the eggs, the milk, the fresh cream and the spices.
4. Put the nettles over the short crust pastry and pour the preparation over the top.
5. Add some nettle leaves over the cake to decorate.
6. Bake during 40 min at 190 °C.

## Scarpe-Escaut Regional Nature Park

France



Park website



## Park &amp; product

Located by the Belgian border, the Scarpe-Escaut Regional Nature Park comprises a wide array of mining landscapes, forests, wetlands and countryside villages.

The region is crossed by two major waterways, the Scarpe and Escaut rivers, which give the park its name. The local association Du miel sur mes tartines proposes to underprivileged people to cook local products without compromising their conservation. Its ultimate goal is to change local food system involving the whole citizenship.





# Soups





## Ingredients

- 1 kg of cabbage
- 1 kg of grated Gruyere cheese
- 1 kg of stale or grilled country bread
- Salt
- Pepper
- Olive oil
- Optional: bacon, belly or pork rind.



## Preparation

1. Pre-heat the oven at 120 °C.
2. Parboil the cabbage leaves for a few minutes and cook them in water for 1 hour. You can add some flavour by adding a piece of bacon, belly or pork rind in the water. Once they are done, drain the cooking water and reserve the water and the cabbage leaves.
3. Cut the stale or grilled country bread into pieces.
4. The cheese soup is about layers. For its preparation, pour a bit of olive oil in a baking or earthenware bowl. Then, place a layer of cabbage, and after, a layer of bread. Cover the layers with a cap of grated Gruyere cheese and drizzle with cooking water.
5. Keep adding layers until you finish the ingredients (or until the exhaustion of the chef!), ending always with a layer of grated Gruyere cheese. Cook in the oven for 1 hour at 120 °C, until it is *au gratin*.

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## Haut-Languedoc Regional Nature Park

France



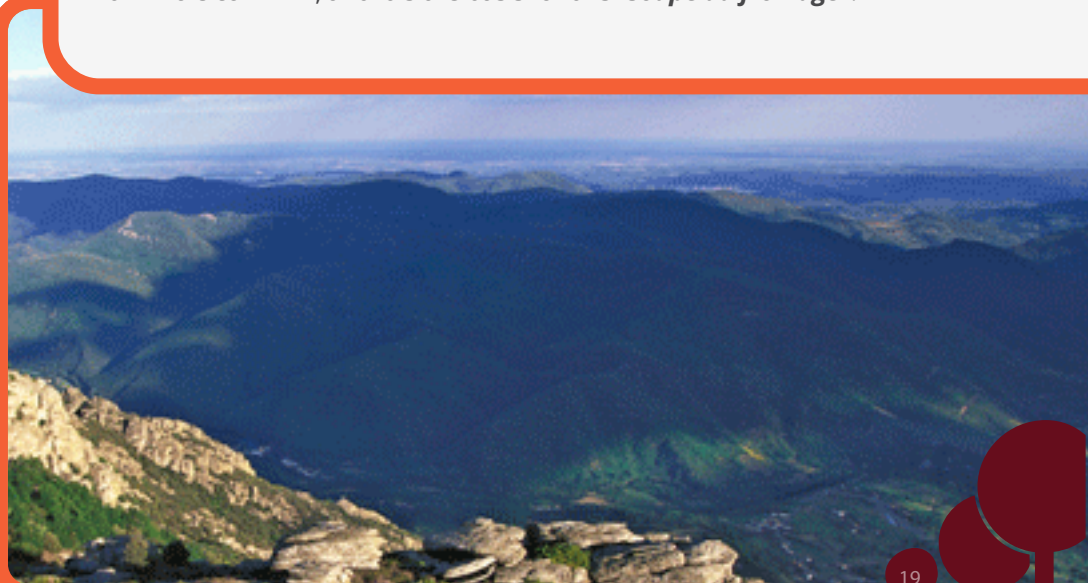
Park website



## Park &amp; product

The Haut-Languedoc Regional Nature Park is located in the south of the Massif Central, within the Aveyron, Hérault, and Tarn departments of France.

The park provides habitat for more than 240 species of birds in a stunningly diverse range of climates and scenery. Among the local products, cheese is one of the most renowned delicacies of the region. The Gruyere cheese, despite of having its origins in Switzerland, it is a variety also produced in France made with whole cow milk, and it is the basis for this **"soupe au fromage"**.



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## Ingredients

- 2 onions
- 2 peppers
- 2 carrots
- 2 peeled tomatoes
- 1 potato
- 150 - 200 g of veal meat
- 1 tablespoon of cream cheese
- 1 egg
- Parsley



## Preparation

1. Chop the onions, peppers, carrots, tomatoes and potato in small cubes. In a large sauce pan, add a bit of cooking oil and stir the vegetables for a while.
2. When the vegetables start to turn golden, add the veal meat, either a whole piece or chopped in medium sized pieces, and continue cooking them.
3. Add water covering the vegetables and keep adding water as it evaporates. Continue cooking for 1 hour at least. The final result should be a consistent stock.
4. Once the soup is ready, and before removing it from the stove, add the cream cheese, the egg previously scrambled, and the parsley.

## Biogradska Gora National Park Montenegro



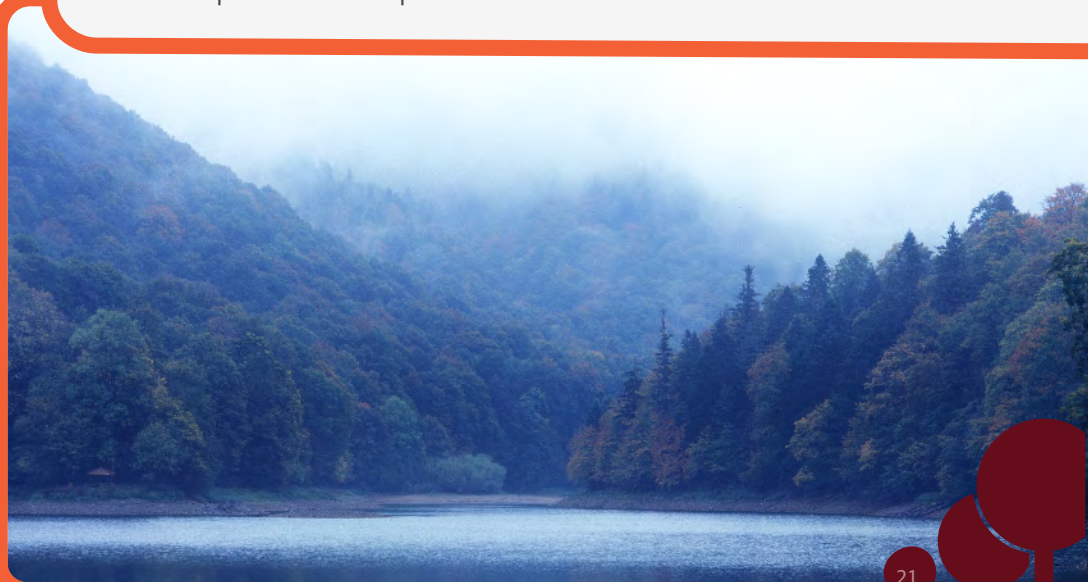
Park website



## Park &amp; product

The mountain ranges of Bjelasica and Sinjajevina, in central Montenegro, are home for a wide array of traditional dishes like this colourful soup.

Its ingredients are influenced by the wealth of the pasture of the region, which is also known for its meat specialities, dairy products and the delicious potatoes that grow in it. Also in this region, the Biogradska Gora National Park extends between the rivers Tara and Lim, harbouring one of the last rainforests present in Europe.





# Legumes





## Fennel and beans stew

Marina Martín & Osman Abdul Karim  
Ruta del Mulhacén Restaurant

## Ingredients

- ½ kg of dried white beans
- 150 g of wheat
- 4 tablespoons of olive oil
- 4 medium sized potatoes
- 1 handful of *Phoeniculum vulgare*
- 4 handfuls of herbs:

*Silene vulgaris*, *Taraxacum officinale*, *Sonchus tenerrimus* L.,  
*Mantilsaca salmantica*, *Lactuca virosa*, *Rumex scutatus*, *Sonchus oleraceus*.

Optional: Bacon, pork spine bone and black pudding



## Preparation

1. Soak the wheat grains in water overnight. Place the wheat, the beans and a bit of water in a boiling pot. Boil for 10 minutes. Turn the stove off, add one glass of water and leave resting for 1 hour.
2. Clean the vegetables, chop them in 1 cm long pieces, wash and reserve. In a bigger boiling pot with water, add the vegetables and cook them covered with lid. Separately, start cooking the beans previously reserved at low temperature. If you wish, you can add some bacon and spine bone to the mix.
3. Cook for 45 minutes, mix the content of both pots, add olive oil and keep cooking at low temperature. Peel the potatoes, cut them and add them to the boiling pot. Cook until everything is tender. Add salt, leave resting for a while and serve. The total cooking time is 3 hours.
4. You can add some black pudding to the mix, previously boiled to separated the fat from the meat, at the moment of adding the salt.

## Sierra Nevada National Park

Spain



Park website



## Park &amp; product

Fennel (*Foeniculum vulgare*) has been used by ancient Egyptians due to its medicinal virtues. It is an aromatic herb whose dried leaves and seeds are widely used for the elaboration of pastries and liquors.

This herb is a typical ingredient of the local gastronomy of Sierra Nevada National Park and, as the rest of herbs contained in this recipe, fennel can be easily found in this area. This park harbours the Sierra Nevada mountain system, a UNESCO Biosphere Reserve that extends between Granada and Almeria provinces in Spain.



## White beans "Barco de Avila" style

Julián Jimenez, La Galamperna Rural Tourism Centre

### Ingredients

- ½ kg of kidney beans "judiones"
- 200 g of snout or ear pig
- 2 pig trotters
- 100 g of rolled boletus
- ½ onion
- 1 tablespoon of paprika
- Grated truffle
- Olive oil
- Salt
- Flour
- 1 egg

### Preparation

**1. For pig's trotters:** wash and drain at least twice, discarding the water. Cook in the pressure cooker until the flesh separates from the bone. Debone and extend over a tray, add salt and grated fresh truffle. Let cool down, cut in discs with a pastry cutter, batter in flour and egg and fry one minute per side. Reserve.

**2. For pig snouts:** batter the pig snouts in flour and egg and cook them in a pan with olive oil for 20 minutes. Cut into small pieces and place them inside a vacuum bag with boletus, paprika, a bit of salt and olive oil. Seal the bag and cook it for about 2 hours.

**3. For beans:** soak in water overnight. Wash them in cold water, drain and cook at low temperature for 1.5 to 2 hours. Saute the onion in olive oil, add the beans and snouts with the boletus and add the cooking water. Cook together for 10 minutes and correct the salt if necessary.



## Sierra de Gredos Regional Park

Spain



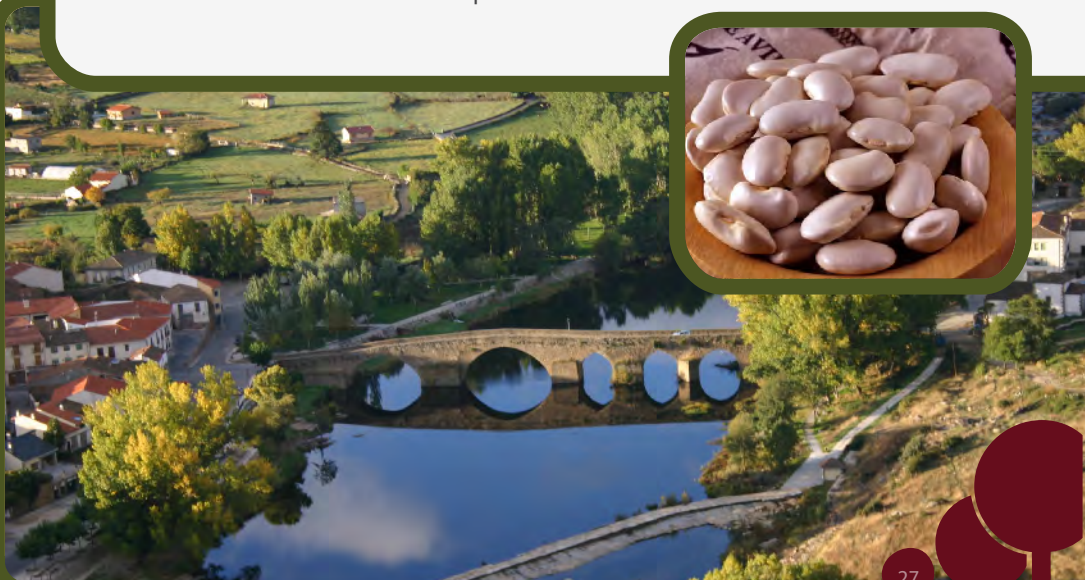
Park website



### Park & product

One of the most representative foods of the Sierra de Gredos Regional Park are the beans from el "Barco de Avila".

This variety of white kidney beans has unique organoleptic characteristics due to the singular climate of the region in which they are grown. The park hosts a population of about 21.000 inhabitants and it is characterized by the high diversity of microclimates and geomorphological configurations present in it. Willows are one of the dominant species of this area.





## Lentil stew

Cristina Ruiz López

## Ingredients

- 450 g of lentils
- 1 big onion
- 2 carrots
- 200 g of ham
- 200 g of pork sausage
- 1 garlic
- 1 green capsicum
- 2 potatoes
- 1 bay leaf
- Paprika
- Olive Oil and salt

## Preparation

1. Clean the lentils very well, peel and chop the potatoes and the carrots, and peel the onion. Place all the vegetables in a sauce pan, with the lentils, the pork sausage, the ham and finally add the bay leaf. Boil this mixture for 30 minutes at low temperature.
2. Afterwards, on a separated frying pan, put a bit of olive oil and chopped garlic. Fry the garlic until it turns brownish and add the paprika.
3. Add the garlic mixture to the sauce pan containing the rest of ingredients. Mix everything for several minutes. If you want to thicken the lentils broth you can mash some of the potatoes and carrots in it.
4. Observation: you can prepare this recipe without ham and pork sausage in order to satisfy vegetarian appetites.



## El Águila Environmental Education Centre

Spain



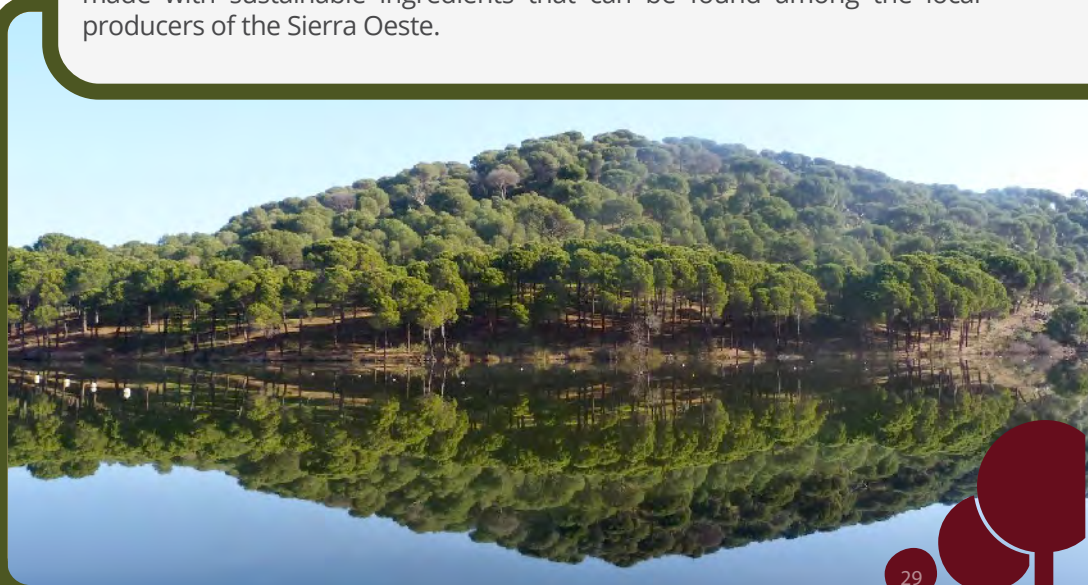
Park website



## Park &amp; product

The Environmental Education Centre "El Águila" is located in the Sierra Oeste mountain range, in Madrid, and belongs to the Natura 2000 network.

The area includes a Special Protection Area for Birds and a Site of Community Importance, both located at the banks of the rivers Alberche and Cofio. The objective of the centre is to value the natural, cultural, historical and ethnographic resources of the region. This lentils recipe is made with sustainable ingredients that can be found among the local producers of the Sierra Oeste.





# Fish





## Grilled tuna with salicornia

Larissa Xible, Alexandre Resende & Rafael Dahmen  
EHTA School, Vila Real de Santo António

## Ingredients

- 180 g of fresh tuna
- Black pepper
- Garlic
- Fava beans
- Olive oil
- Soya sauce
- 1 lime
- White and black sesame seeds
- Fennel (*Foeniculum vulgare*)
- Salicornia (*Salicornia sp.*)



## Preparation

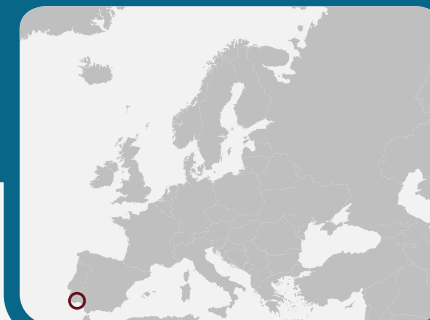
1. For the lime sauce: mix the lime juice and soya sauce until obtaining an homogeneous mixture. Reserve.
2. Boil the fava beans for 10 to 15 minutes and saute them in olive oil with grinded garlic, salt and pepper.
3. Brush the tuna with the lime sauce and wrap it with the sesame seeds. Grill the tuna on both sides, leaving it half cooked inside to enhance its taste.
4. Serve it on a plate along with the fava beans and a handful of salicornia.

## Sapal de Castro Marim and Vila Real de Santo António Natural Reserves

Portugal



Park website



## Park &amp; product

Also known as sea asparagus, the salicornia is a succulent plant that grows in the saltmarshes of both the Sapal de Castro Marim e Vila Real de Santo António Natural Reserves.

These parks are located in the south of Portugal at the mouth of the Guadiana river, and combine marshlands, brackish water bodies, and saline and agricultural crops. For this reason, they are an important habitat for numerous bird species.



## Smoked carp fish

## Ingredients

- 1 smoked carp (1kg)
- 2.5 l of water
- 1 small cup of alcohol vinegar
- Black pepper in grains
- 1 bay leaf

## For the marinade:

- Olive or vegetable oil
- Lemon juice
- Parsley
- Garlic
- Optional: white wine



## Preparation

1. Soak the smoked carp in water and rinse well. Remove the head and the fins and cut the fish in large chunks.
2. Place the fish in a large pot with the vinegar, the bay leaf and the pepper grains. Cook for 20 to 30 minutes.
3. In the meanwhile, for the marinade, finely chop the garlic and mix it in a bowl with the oil, the lemon juice, the parsley and the white wine.
4. Once the fish is cooked, place it in a tray and cover it with the marinade sauce for half an hour.
5. Serve with boiled potatoes or potato salad.

## Skadarsko Jezero National Park

Montenegro



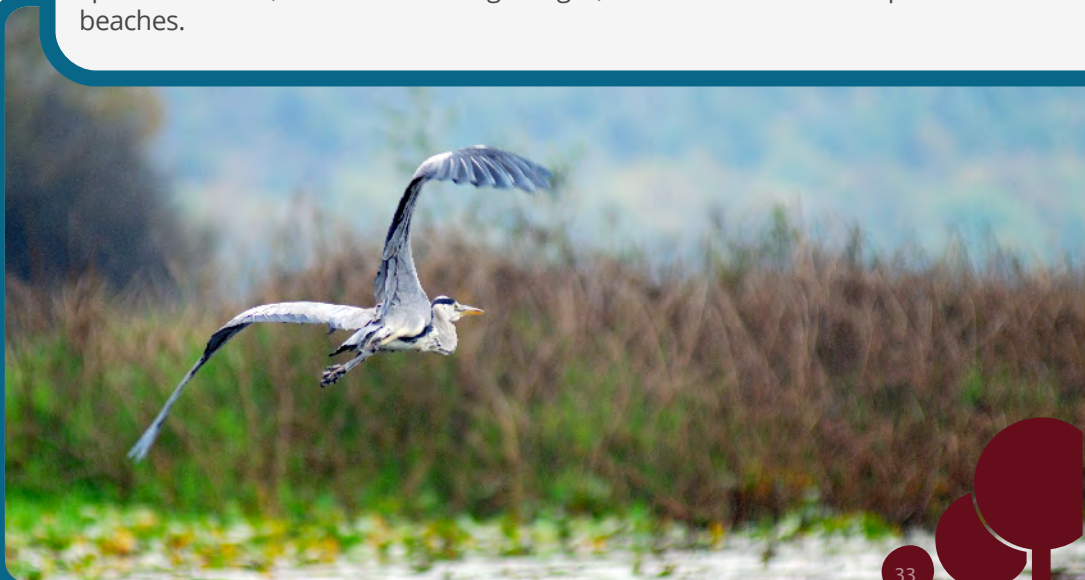
Park website



## Park &amp; product

On Skadar lake, carp fish is one of the most common catches, which is usually smoke dried for its consumption and served either with salad or marinated.

Other specialities from the area are the fish soup with local vegetables accompanied with lwine from the famous Crmnica area. The Skadar Lake National Park is located between Montenegro and Albania, it is surrounded by karst mountains and hosts a thrilling array of wildlife with more than 260 species of birds, traditional fishing villages, islet monasteries and pristine beaches.





## Ingredients

- 2 chilli peppers
- 500 g of coarse salt
- 50 g of vinegar
- 1 l of water
- 2 kg of freshwater fish
- Herbs: parsley, celery, lovage, thyme, dill



## Preparation

1. Boil water in a pot.
2. Separately, heat up a plate and spread a layer of salt over it.
3. For this recipe, use preferably white fish like 250 g perch, pike or 500 g zander, but any other fish will do. Clean the fish guts without removing the scales. Rinse in cold water.
4. Place the fish over the hot salt, leave it for 3 minutes and turn it over. Repeat two or three times until the fish becomes brownish. The eventual appearance of burned black spots is not a problem, since the fish scales protect the white, sweet flesh, cooked on its own.
5. A small fire makes better fish brine.

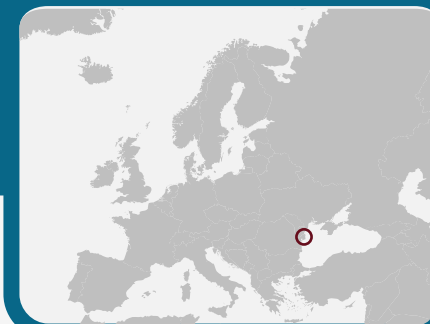
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## Danube Delta Biosphere Reserve

Romania



Park website



## Park &amp; product

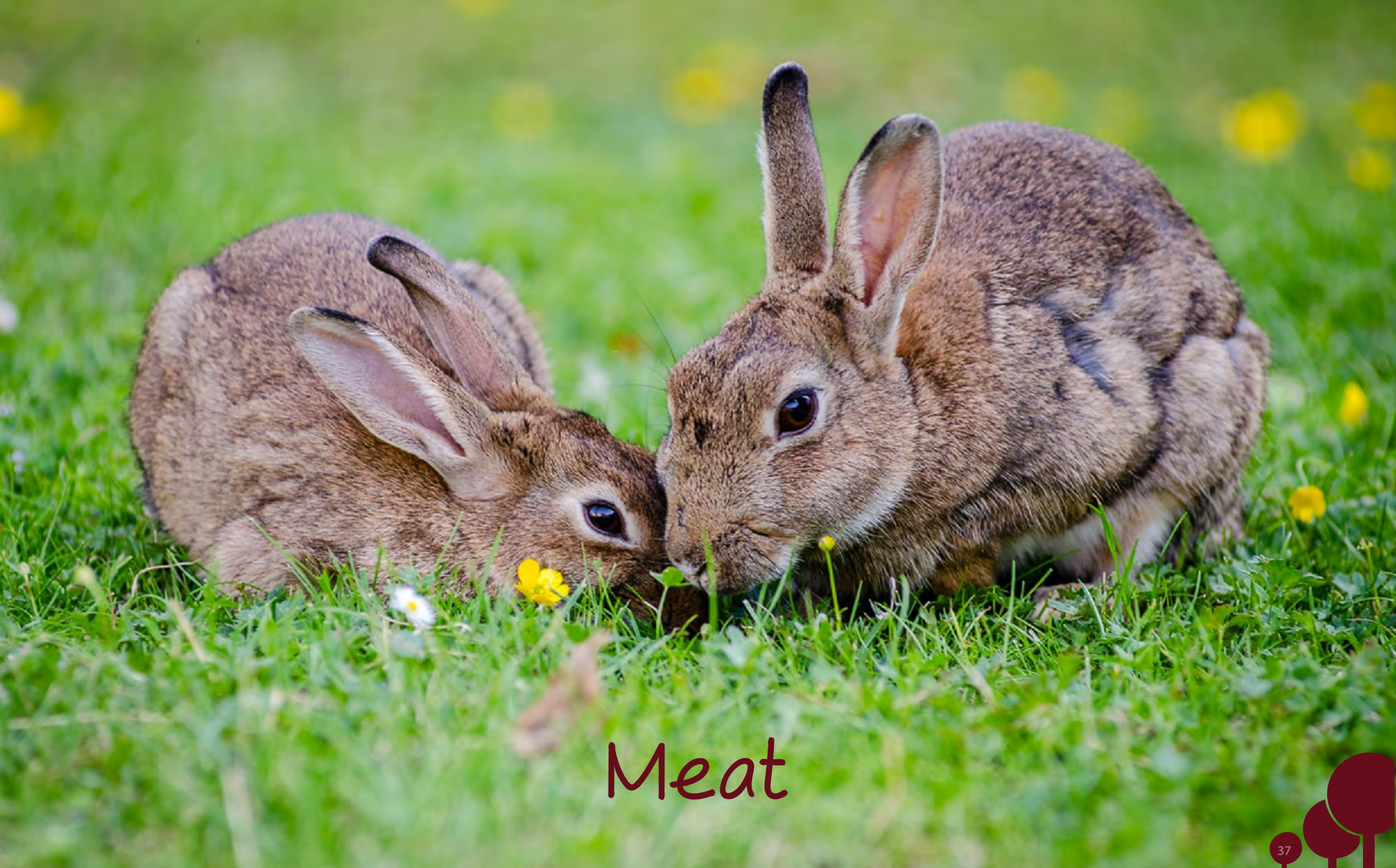
Fish brine is a basic dish in the deltaic cuisine, with a multitude of recipes depending on the area, local communities and primarily, on the fish species used for it.

The **Danube Delta** has its origin in the waters of the Danube river that flow into the Black Sea, forming the biggest delta of Europe. This area is a designated UNESCO Biosphere Reserve and hosts over 300 species of birds as well as 45 freshwater fish species in its numerous lakes and marshes.



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# Meat



## Beef "Barrosã" style

Vitor Sampaio  
Águas do Gerês Hotel

## Ingredients

- 300 g of beef loaf
- Salt
- Black pepper
- Potatoes
- Turnip greens
- Garlic



## Preparation

1. Season the beef with salt and grill until the outside is cooked, but leaving the inside slightly raw.
2. Wash the potatoes and, whole with skin, bake them in the oven covered with salt for 20 to 30 minutes at 200 °C. When ready, remove the excess of salt.
3. Boil the turnip greens, drain them and stir fry them in olive oil with garlic finely chopped. Season with salt and black pepper.
4. Use a metal ring to lay the turnip greens. Smoothly smash each potato with your fist and lay around the greens.
5. Place the beef over the greens, decorate with herbs and cover with the sauteed garlic and olive oil sauce.

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## Peneda-Gerês National Park

Portugal



Park website

Film of the Recipe



## Park &amp; product

Peneda-Gerês is the only national park in Portugal, it is located at the northern part of the country and counts with steep and outstanding valleys.

It holds a remarkable biodiversity and it is home to some of the most important oak forests in Portugal. The park embraces a rich historical and cultural heritage, with extensive agricultural lands and cattle production in semi-wild conditions. The Barrosã cattle is the symbol of this region and is the basic ingredient for this recipe.



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## Meat

### Rabbit with pumpkin gnocchi

Nuno Barros

Cooking & Nature Emotional Hotel

#### Ingredients

##### For rabbit stew:

- 100 g dried plums
- 50 ml of Brandy
- 1 rabbit
- 100 g of bacon
- 1 l of chicken broth
- 1 onion
- 1 piece of celery
- 2 bay leaves
- 2 garlic cloves
- 2 carrots
- 2 thyme branches
- 0,5 l of red wine



• Salt and pepper

##### For pumpkin gnocchi:

- ½ cottage cheese
- 250 g of pumpkin
- Grinded cheese
- 150 g of wheat
- 1 branch of salvia
- ½ orange skin
- 1 egg
- Butter
- Olive oil

#### Preparation

1. Boil the brandy and the plums. Cut the rabbit in pieces and marinate it with the wine, the sliced onions, the garlic, the bay and the thyme. Leave it overnight. Remove the rabbit from the marinating mix and fry in olive oil. In a sauce pan, boil the marinating mix, add the rabbit and the remaining ingredients. Let it cook slowly until the meat detaches from the bone.

3. Roast the pumpkin in the oven at 150 °C with without the seeds. Mash the pumpkin into a puree and remove the water by cooking it at low temperature. Add the remaining ingredients to the pumpkin puree, lay it in a roll and cut it in 2 cm chunks to make the gnocchi.

5. In a frying pan, mix the same quantity of butter and olive oil and fry the gnocchi for 1 or 2 minutes, until they turn goldish. Separately, fry new butter and salvia leafs and Cover the gnocchi with this sauce.

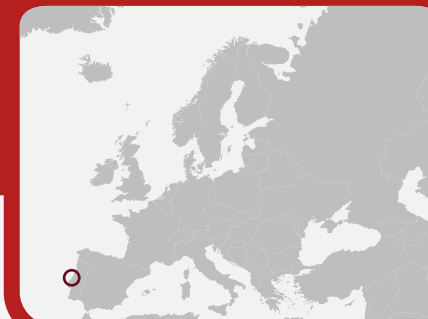
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### Serras d'Aire e Candeeiros Nature Park

Portugal



Park website



#### Park & product

Serras d'Aire e Candeeiros Nature Park is one of the most important limestone ideposits in Portugal, separating the coast and the countryside.

A high number of bat colonies chosed the hundreds of caves of the park to live in. Despite the poor soils, extensive agriculture and grazing are important economic activities. The wild rabbit, pumpkins, cottage cheese and herbs from this recipe can all be found within the park, and a special bowl for serving this recipe is especially produced by a local artisan.



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## Meat

### Sancocho

Francisco Martín  
La Vieja Escuela Restaurant

#### Ingredients

##### For stew:

- Cabagge
- Potatoes
- Onion
- Sweet potatoes
- Pumpkin
- Pork ribs
- Zucchini
- Peas
- Carrots
- String beans

##### For coriander sauce:

- Coriander
- Garlic
- Paprika
- Olive oil
- Pepper
- Salt

#### Preparation

1. **For coriander sauce:** place the coriander, the peeled garlic, the pepper grains and the salt in a pestle. Pound all the ingredients finely, and when done, add the olive oil, the paprika and some water to make it fluid. Reserve.
2. **For the Sancocho:** in a big boiling pot, place the cabbage and the pork ribs, cover with water and start cooking at high temperature. When it starts boiling and the cabbage softens and settles in the bottom, add the rest of the vegetables.
3. Add the coriander sauce previously prepared to the boiling mix. Leave cooking until all the ingredients have softened.
4. Drain the water and serve the vegetables bits together with the meat.



### Garajonay National Park

Spain



Park website

Film of the Recipe



#### Park & product

Located in La Gomera, Canary Islands, the Garajonay National Park is a designated UNESCO World Heritage site and covers an extension of 40 square km.

There you can find one of the best examples of **Canarian laurisilva forest** present in the archipelago. The park also provides refuge to a large number of endemic species.

The "Sancocho" is one of the most traditional recipes in this islands, as all its ingredients can be easily found locally, and is normally prepared either with fish or meat.



# Desserts





## Orange sponge cake

Bajo el Cejo Hotel

## Ingredients

- 300 cl of orange juice
- 450 g of flour
- 1 baking powder sachet
- 250 g of sugar
- 200 cl of olive oil
- Grated skin of 2 oranges
- 3 eggs



## Preparation

1. Mix the flour and the sugar. Add the orange grating and mix again. Add the olive oil and the eggs and mix again. Add the orange juice until the mix flows continuously when the whisk is lift from the surface.
2. Daub a baking tray with olive oil and place the mix on it. Sprinkle the sugar over the mix. Bake in the oven at 160 °C for 40 minutes. Baking time may vary depending on the oven.
3. Before taking out of the oven, you can check if it is cooked by stabbing it with a long toothpick: if it comes out clean, it means that the sponge cake is well cooked.

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## Sierra Espuña Regional Park

Spain



Park website



## Park &amp; product

The Sierra Espuña Regional Park is located in the Betic mountain range, in the southeast of Spain.

The landscape of this region is characterized by pine forests (*Pinus halepensis*). The park hosts around 100 species of plants and 200 of vertebrates, and it is influenced by a Mediterranean climate, which is very favourable for the growth of vegetables and fruit trees. Confectionery is very ingrained in the traditions of the region, and it includes jams and liquors recipes and this sponge cake, or "bizcocho de naranja".



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## Branched tree cake

Dawid Chodnicki & Adam Piotrowski  
Junior High School No. 3, Grajewo

## Ingredients

- 500 g of butter
- 500 g of margarine
- 1 kg of sugar
- 1 kg of flour
- Vanilla flavour
- 1 lemon
- 0.5 l of sour cream
- 40 eggs
- Tree cake roller

## Preparation

1. Mix the cream, the butter, the margarine and the sugar until you get a homogeneous dough. Keep mixing and gradually add the flour, the vanilla extract and the lemon juice.
2. Separate the egg yolks from the whites. Add the egg yolks to the mixture together with the sour cream and mix thoroughly.
3. Wrap the Tree cake roller with baking paper and tie it at both ends. Place the roller on a spit, brush the baking paper with melted butter and place it over a hot oven. When the paper has warmed up, pour one layer of dough over the roller spreading it along its entire length.
4. Repeat this process adding layers of dough gradually, spinning the roller continuously until the layers begin to blush. The whole preparation can take up to 4 hours depending on the mass consistency and layering technique. When the tree cake is finished, remove it from the role by cutting both ends of the baking paper.

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## Biebrzański National Park

Poland



Park website



## Park &amp; product

"Sękacz", or branched tree cake, is a traditional Polish-Lithuanian dessert cooked on a rotating spit in an oven or over an open fire. This cake is one of the most representative items of Poland, as it is the Biebrzański National Park.

The protected area constitutes the biggest national park of the country and is located on the banks of the river Biebrza.

The park is characterize by its vast extensions of marshlands and wetlands, which shelter numerous communities of plants, birds and mammals, and that are protected under the Ramsar Convention.



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## Desserts

### Buckwheat pie

#### Ingredients

##### For the dough:

- Buckwheat flour
- 3 eggs
- 3 dl of milk
- 1 dl of water
- 1 dl of oil
- Salt

##### For the filling:

- ½ kg of cream cheese
- 200 g of cheese
- 3 eggs
- Sour milk



#### Preparation

1. Mix all the ingredients in a bowl until they are well blended in a consistent dough. As a reference, the dough should be a little thicker than crepes dough.
2. Put some drops of oil over a pan and, with a big spoon, place a portion of the dough over the pan spreading it uniformly. Make as many pancakes as possible from the dough you have prepared.
3. For the filling: place the cream cheese, the hard cheese, the eggs and the sour milk on a bowl and mix thoroughly. Reserve.
4. Place the pancakes over a baking tray previously daubed with oil. Cover them with the filling you previously prepared.
5. Bake until it gets brownish and serve warm. The pie looks nicer when it's cut as cake.

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## Durmitor National Park

Montenegro



Park website



#### Park & product

The local cuisine of this region is characteristic for its dairy and meat products. The buckwheat pie is one of the several recipes of the area that, like many others, is made with products that can be found in the forests and mountains of Durmitor National Park.

This breathtaking park is the largest protected area in Montenegro and takes its name from the Durmitor Mountain. It was formed by glaciers and it is crossed by different rivers, underground streams and lakes. Inside the park, the Tara river canyon holds the deepest gorge in Europe.



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## Desserts

### Gurabi ja

#### Ingredients

- 3 eggs
- Sour milk
- Oil
- 2 cups of sugar
- 2 cups of flour
- Baking powder

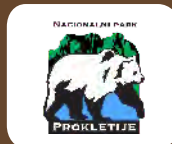


#### Preparation

1. Scramble 3 eggs and add the sour milk, the oil, two cups of sugar, the flour and the baking powder. Mix until you get a thick dough.
2. Cut the dough into pieces and, with your own hands, shape it making big rounded dough balls. These balls are known as Gurabijas.
3. Place the Gurabijas in a baking tray previously daubed with oil. In the middle of every Gurabija, place a dice of sugar and bake in the oven.
4. Serve them cold. If they last, they taste better after a few days!

### Prokletije National Park

Montenegro



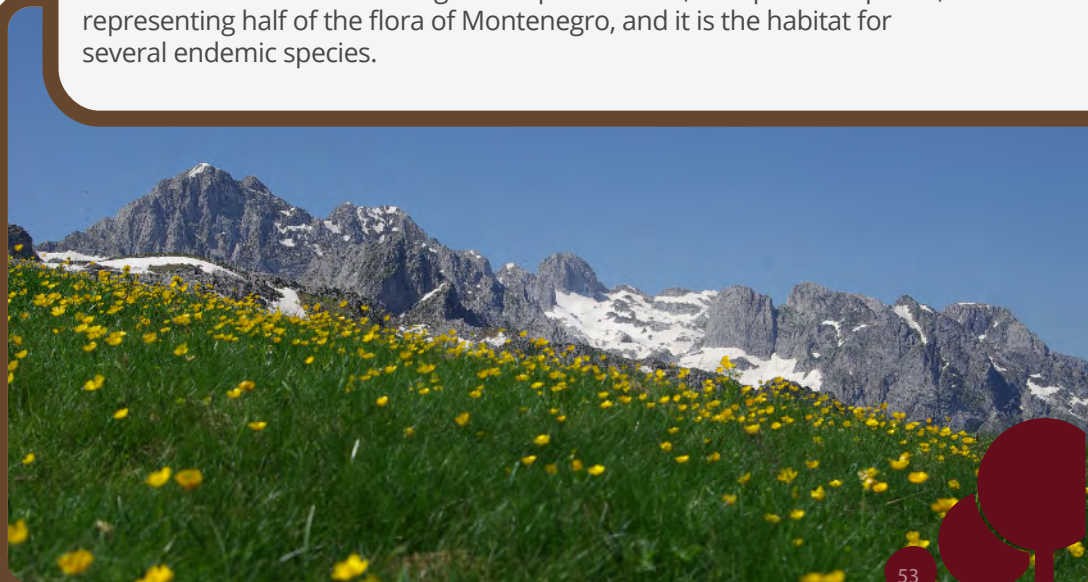
Park website



#### Park & product

The gastronomy of the Prokletije area consists in traditional mountain dishes, which include cereal based recipes, dairy products, meat, and the indispensable pickles typical from the local cuisine.

Gurabija is a traditional cake recipe that can be tasted inside the Prokletije National Park. Also known as the Albanian Alps, this mountain range is located in the western Balkan Peninsula and extends between Albania, Kosovo and eastern Montenegro. The park hosts 1,700 species of plants, representing half of the flora of Montenegro, and it is the habitat for several endemic species.





## Apple puff pastry with caramel sauce

Restaurant Le Rohan

## Ingredients

- 1 puff pastry
- 5 apples
- 30 g of caster sugar
- 10 g of brown sugar
- 20 g of butter
- Powdered sugar

## For caramel sauce:

- 200 g of sugar
- 1 dl of water
- 400 g of liquid cream

## Preparation

1. **For the compote:** peel and finely chop 3 apples. Melt the butter and incorporate the apples and the sugar. Mix and cook covered for 4 minutes. Blend after cooking. Roll out the puff pastry. Make a circle of 20 cm diameter and 2.5 cm thick. Distribute the compote over the middle of the cake and add the 2 other apples finely cut over the compote. Preheat the oven at 180 °C. Bake for 10 minutes and then lower the temperature to 150 °C. Cook for 5 more minutes.

2. **For the caramel sauce:** in a sauce pan, cook the sugar and water at low temperature until you get a caramel coloured sauce. Remove the pan from the heat and add the liquid cream. Re-heat the mix at low temperature until boiling.

3. **For serving:** place the puff pastry on a plate, add the caramel sauce over and sprinkle with powdered sugar. You can also serve it accompanied by an ice cream ball.



## French Vexin Regional Nature Park

France



Park website

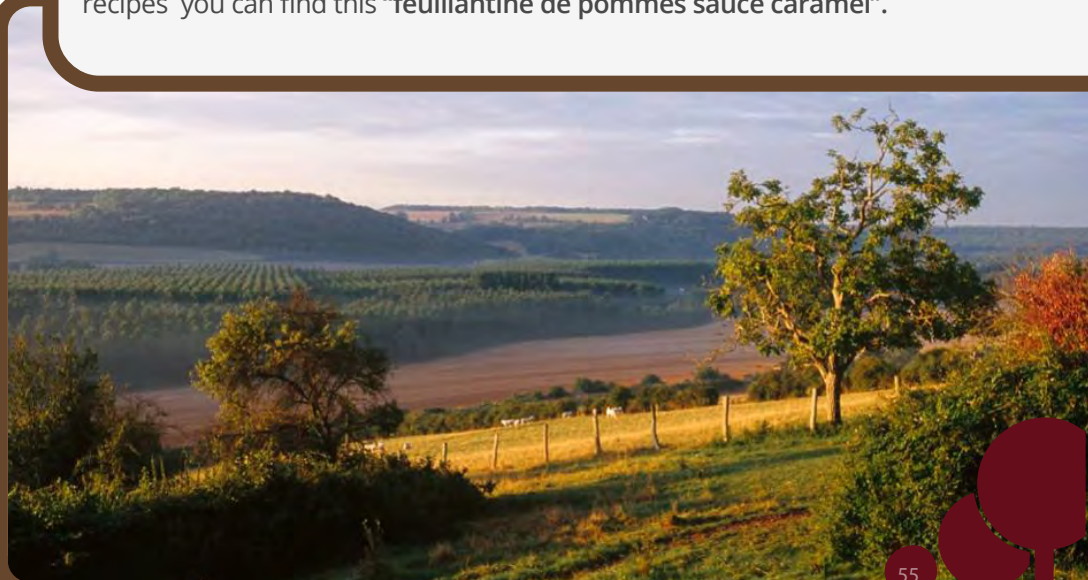


## Park &amp; product

The French Vexin Regional Nature Park looks like a vast limestone plateau surrounded by the rivers Seine, Oise, Epte, Troesne and Esches. This plateau constitutes the highest point of the Ile-de-France.

The region is mainly rural, has a low population density and, due to the nature of the soil, it is optimal for agriculture and especially for cereal crops.

The surrounding villages have a marked agricultural vocation, and among its recipes you can find this “*feuillantine de pommes sauce caramel*”.





# Beverages



## Ingredients

- Fresh cowslip herb
- 0.5 l of water



## Preparation

1. Cowslip is found more frequently on open ground and moist terrains. Pick About 50 g of fresh cowslip leaves.
2. Boil 0.5 l of water in a kettle.
3. Add the cowslip leaves to the water, cover and let settling for 10 minutes. Serve very hot.

## Matsalu National Park

Estonia

MATSALU  
RAHVUSPARK

Park website



## Park &amp; product

The Matsalu National Park is located on the west of Estonia, at the banks of the Baltic Sea. The park gives protection to the Matsalu Bay, one of the most important wetlands for bird conservation in Europe, which is included in the Ramsar Convention.

The Kasari river is the bigger waterway on this area and runs into the Matsalu Bay forming a delta that hosts more than 50 islands. Among the plants of the region, cowslip (*Primula veris*) is used to produce a tea known for treating insomnia and hyperactivity.



## Nettle Syrup

### Ingredients

- 40 leaves of young nettles
- 3 l of water
- 3 kg of sugar
- 2 or 3 lemons



### Preparation

1. Put the nettles in water and leave soaking for 24 hours.
2. Drain the nettles and reserve the water. Add sugar and lemon and mix thoroughly until it is well combined.
3. Place the syrup in bottles and keep refrigerated.

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## Lovćen National Park Montenegro



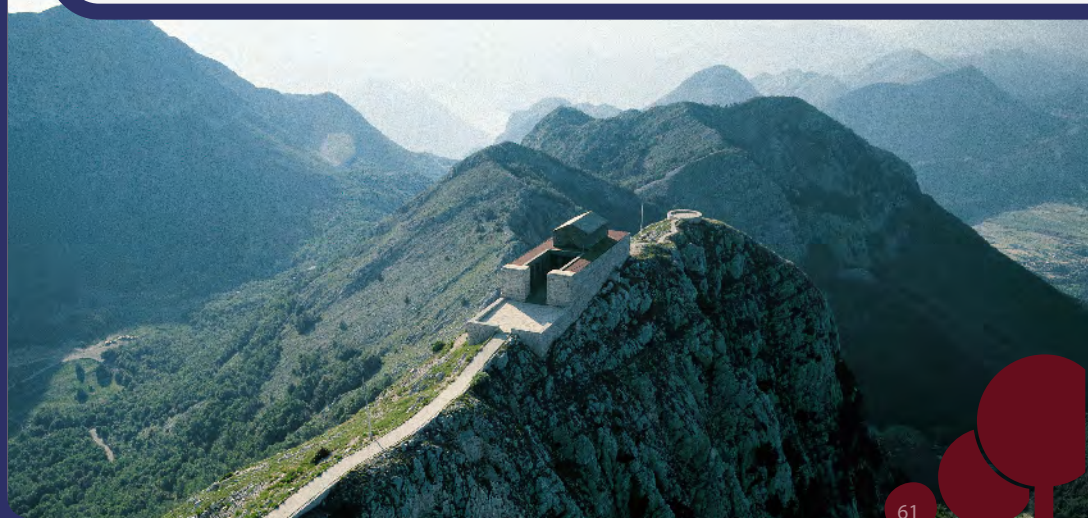
Park website



### Park & product

The Lovćen National Park takes its name from the Lovćen Mountain present within its limits.

It is located in the region of the Dinaric Alps and distinguished by a very diverse flora and fauna. This abundance of life is the result of extreme altitude in combination with a mixture of Mediterranean and Continental climates present in the region. The mix of mountain and sea air also influences the taste of some of the products present herein, which are the basis for well-known specialities.



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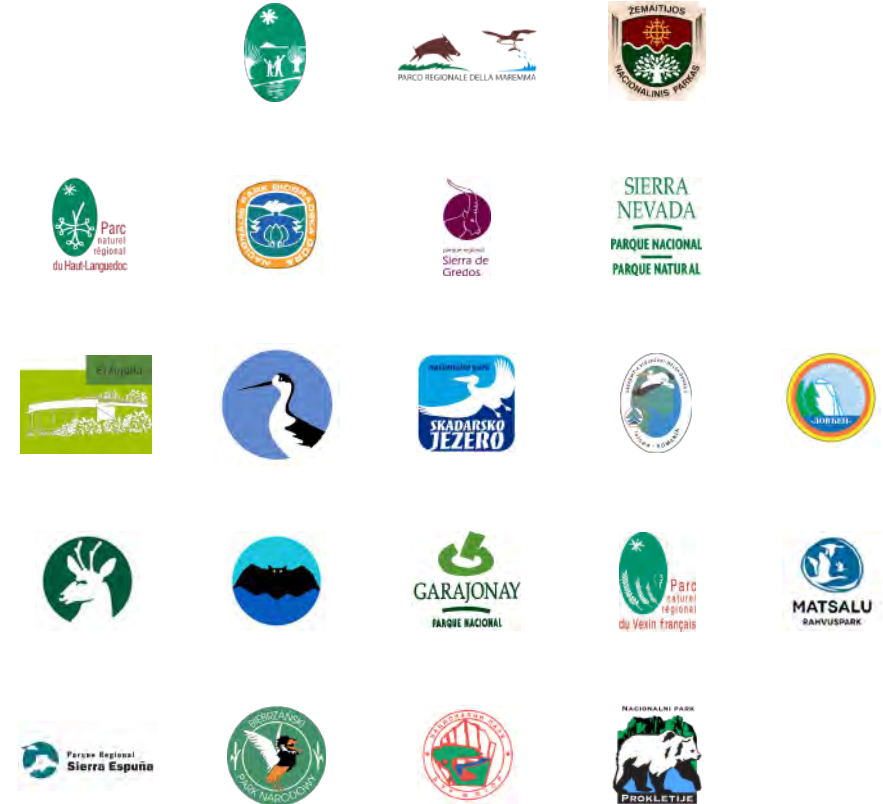
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*A Taste of Nature*  
European Day of Parks Recipes Book  
*2017*



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