



illustrations by Kasey Gardner  
layout and design by Feru and Kasey

# CULTURE BITES

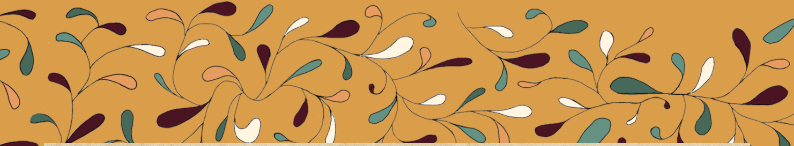


## EUROCULTURE

Erasmus Mundus Master

a Eurocompetence II project by Euroculture students





## Introduction


For us Euroculture students, "home" is rarely a fixed place. It moves with us—from one country to another, carried in suitcases, stored in spice jars, and kept alive through memory. With each new semester, we land in a new city, learning again how to settle in. Amid all the change, one thing stays constant: food. A familiar dish, even when slightly altered, can bring back childhood afternoons, family kitchens, or quiet dinners with friends we've left behind. It's in these small moments that food becomes more than sustenance—it becomes a source of comfort, connection, and identity: home.

Cooking, for many of us, has been a way to steady ourselves during uncertain times. It's how we've felt close to home when we couldn't be there. And when we've shared these meals with others—roommates, classmates, strangers who became friends—they've become part of our shared Euroculture experience too.

*Culture Bites - The Euroculture Cookbook* is a collection of those moments. As museum pieces, these recipes tell the story of how we, as high-mobility students, get/got through the experience of changing places so often that instead of taking root wherever we go, we *take our roots* wherever we go. Some of these dishes were passed down through generations; others have been reimagined using whatever ingredients were available in a new city. Each recipe carries meaning—of where we come from, what we've missed, and how we've cared for ourselves and others along the way. It's a reflection of our resilience, adaptability, and desire for belonging. It speaks to the universal need to feel at home—even in unfamiliar places.

Within these pages, you'll find both original and adapted versions of recipes, honoring the reality that ingredients and kitchens may change, but the heart of a dish—the memory, the meaning—remains. Wherever you are reading this—from a dorm in Uppsala, a student kitchen in Bilbao, or a café somewhere in between—we hope these stories and recipes remind you that home can be made, remade, and shared.

Thank you for joining us at the table.







**Teresa**  
Strasbourg - Kraków

I'm Teresa, and I joined this project because I believe in the quiet but universal power of food to bring comfort and connection. During my time in the Euroculture program, I found myself cooking my mum's recipes, sometimes just like hers, sometimes with my own twist. Cooking soothes me, but it also helps me feel grounded and connected to my roots, even while everything around me keeps changing.

**Nouha**  
Olomouc - Kraków

Creating this cookbook has been an inspiring journey—it wasn't just a project, but a reflection of my everyday adaptation throughout the mobility program. Every few months, I move to a new place, everything changes, but the recipes I prepare to nourish my body and mind remain the same—ones I've carried with me since childhood. Through them, I reconnect with myself and my ancestors in every new country I visit, far from home.



**Elena**  
Strasbourg - Kraków

Hello everyone! I'm so excited to finally share this cookbook with you. From the moment I started working on it, I hoped it would be something heartfelt and meaningful. My wish now is that you find it as special and comforting as I imagined—and that it inspires you with delicious ideas for your next meal :)



## Fernanda

Göttingen - Kraków

Hi there! My name is Fernanda, but i generally go by Feru. The first time we idealized the concept of this cookbook was during a class exercise. The more we spoke of it, the more my heart felt warm and excited to materialize and share this feeling. In all the time I have lived abroad, comfort food was always home cooked and reminiscent of the flavors and smells of my family's kitchen. I hope that this cookbook, simple as it is, can be a proof of the transcendental power of love, memory and honoring our roots.



## Kasey

Kraków - ~~Germany~~ Kraków

During my first semester here in Kraków, my friends and I started a weekly tradition of making dinner together every Thursday after Eurocompetence, and those are some of my warmest Euroculture memories. I had a pretty hectic first semester with a lot of unforeseen challenges, but having those friends' dinners to look forward to helped me to get through. I joined this project to help carry some of that warmth forward into my second semester here in Kraków. May you also find joy and community through food on this Euroculture journey!



# Il caffè

When we drink coffee at home, my dad is always the one in charge of making coffee. He has his own tricks that he meticulously follows, and now I want to share them with you.

## Ingredients:

- a moka pot
- an espresso cup
- coffee grounds
- water
- a pinch of salt



## Instructions:

1. Pre-heat the espresso cup, so that your coffee stays warm longer.
2. Fill the bottom chamber of the moka pot with cold water until the valve, but don't add too much water!
3. Put the filter on top of it and add the coffee grounds. Make sure not to press the coffee, leave it nice and fluffy.
4. My dad also adds a magical ingredient which is a pinch of salt!
5. Close it with the top chamber and put it on the stove, but be careful: use only low heat to make the coffee, otherwise it will burn!
6. When the coffee starts coming out in the upper chamber to stir it with a little spoon to mix it up, as the first brew is always a little weaker. If you don't do it, my dad will literally catch the plane, come to the place where you live and scold you! He says it's REALLY important.

My dad Dorianio is the typical Italian person who is obsessed with their coffee. His go-to coffee at the bar is the espresso macchiato caldo (hot), even in summer! I tell him he is a psychopath about coffee because when we go to the local bar and the barista makes him a bad coffee, he feels it's his mission to teach her/him how to make a good one. He goes to that bar everyday and gives suggestions to improve it, until they make it perfectly. Plus, I should mention that he does not only order "macchiato caldo" but he asks for it to be "a little ristretto" (a short espresso), with "a lot of milk" and "a lot of foam". Basically customized! Since he goes to the same bars, the baristas know him and his way of drinking espresso, so he just needs to say "il solito", meaning "the usual one", and they know exactly how they have to make it.



Camilla Giannotta, Italy  
Göttingen - Kraków



*Camilla's dad*





# Karb

## Ingredients:

- Seasonings Powder
- Roasted Jasmine Rice (Any Rice is fine) ground into powder
- Chili Powder
- Garlic
- Shallot
- Coriander
- Grounded Protein (Meat) 200-ish g.
- Lime Juice
- 2 tbsp Fish Sauce
- 2 tbsp Mint Leaves
- 2 Stems Spring Onion
- 2 Stems Cilantro
- 2 Stems Shallot
- 3 Cloves Sugar
- ½ tps Water (60-ish ml.)
- Salt (optional)
- Dried Chili



## Instructions:

1. Pour plain water into the pot, then add minced meat and stir until cooked.
2. Add the seasonings, the fish sauce, and sugar, and mix well.
3. Add lime juice, cilantro, sliced shallots, spring onions, and mint leaves, and toss everything together until well combined.
4. Plate it, garnishing with shallots, mint leaves, dried chili, and spring onions.



This was actually the very first dish I ever made abroad! Back in 2015, I was an exchange student in the US, and my host family asked me to cook something Thai for them, so I whipped up this dish. It's also the dish that I brought to the Christmas potluck in Göttingen. Someone requested the recipe this year, so here it is.

It's hard to find all the herbs and spices abroad, so missing one or two is totally fine. But the the fish sauce, lime, and mint is non-negotiable. Those are what really make the dish taste right! The best way to enjoy this dish is with sticky rice. But sticky rice can be hard to find, so regular rice is fine too.

This is a dish meant to be shared. It always reminds me of time spent with family, both in the US and Thailand, gathered around the table, eating together, and talking about anything and everything.

#### **Tips:**

Just adjust the way you like! Go experiment.

But when adding lime juice, remove the dish from the heat first.

The seasoning can be used for making Thai-style omelet and fried rice.

Also, there is a Larb seasoning mix that you can buy at whatever store.



Add instant Italian herbs  
or make your own by  
adding dried chili  
flakes, oregano, and  
dried olives.

# Pasta...!

## Ingredients:

- 120g-150g of your pasta of choice
- 3-4 Garlic cloves (minced, but better pasted)
- Half an onion (chopped)
- Basil (better fresh)
- A handful of cherry tomatoes
- Pesto
- Salt

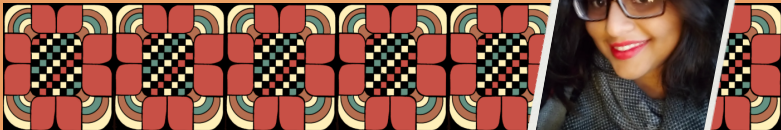
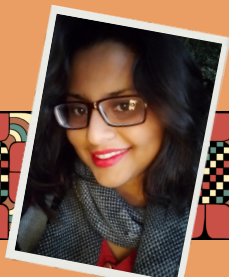
## Instructions:

1. Boil some water and add a pinch of salt to it.
2. Put in the pasta of your choice and add one small tablespoon of olive oil to it. Let it cook for 8-10 minutes.
3. Chop the garlic and onion—pasting it is better—and chop the tomatoes.
4. In a pan, put two spoons of olive oil and cook the garlic, then the onions.
5. After they're cooked properly, add the tomatoes and cook until it becomes a smooth sauce-like texture. Don't forget to keep an eye on your boiling pasta.
6. Go back to the sauce and add the basil and other herbs of choice.
7. Cook the sauce until it becomes thick.
8. Add one small spoon of pesto sauce for more fun.
9. Take some water from the boiling pasta and put it in the sauce, stir it, and then add the boiled pasta.

You can add a little bit more olive oil before taking it off the stove.  
And here your pasta is ready to eat. Bon Appétit!

I enjoy the process of making it. Its very therapeutic for me somehow. When ever I feel sad or depressed I love to cook this recipe as it is simple, creative and doesn't take much time to prepare. It reminds me of my stay in Olomouc where I learned it from one of my Italian roommates!

Prakriti Mukherjee, India  
Olomouc - Uppsala



# Porridge Beans for the Weary Soul

Attention! Nigerian Servings: 3-4

## Equipment:

- One large pot
- One smaller pan or pot for the sauce
- A spoon to test for softness and to chase away flatmates hovering for a taste

## Ingredients (Original Home Version)

- 3 cups black-eyed beans
- 2 medium onions (I prefer the purple ones)
- 200 ml palm oil
- 500 ml blended fresh tomatoes
- Crayfish (dried and ground)
- Smoked mackerel (or other dried fish)
- 2-3 stock cubes (Maggi is standard)
- Scotch bonnet or habanero peppers
- A dash of curry (optional)
- Salt (to taste)



## Instructions:

1. Prep the beans Parboil the beans in boiling water for 3-5 minutes. Drain. Repeat this twice. This helps with digestion (bye, gas) and removes any pesticide residue. Rinse and set aside.
2. Boil the beans In a pot, add 6 cups of water, your beans, and one sliced onion. Cook on medium heat for 40-50 minutes until very soft. If you press a bean with your spoon and it melts, it's ready.
3. Make your sauce In a separate pot or pan, heat the palm oil (don't bleach it). Add the blended tomatoes, chili, and second onion. Fry on medium heat for 15-20 minutes until it reduces and smells rich.
4. Combine Pour your sauce into the pot of beans. Add crayfish, stock cubes, salt, curry (if using). Stir. Add a little water if it's too thick. Cook for another 10 minutes. Optional twist: Add chopped ripe plantains here and cook them with the beans for a sweet-savoury blend. Or fry them separately and serve on the side.
5. Rest Let it sit for a few minutes to thicken. Serve hot.

Serving suggestion for the full home effect: 1. Dip agege bread into the beans (if you can find it or bake it, good luck!). 2. Serve with dodo and a cold Coke or Pepsi. 3. Or go the classic village route, beans and garri, sugar optional, milk for the brave.



Optional but elite sides:

Fried sweet plantains (dodo)

Garri + sugar (+ milk if you're chaotic neutral)

Agege bread (soft, sweet, no Euro equivalent)

They say home is where the heart is. Cliché, sure, but painfully accurate. Still, what happens to the heart when home is on another continent? When winter bites and the wind stings harder than your last group project? When the silence gets loud, and all you want is the warmth of something familiar, something that doesn't require subtitles? For me, that thing is porridge beans. Yeah, I know, everyone expects jollof to be Nigeria's pride. But hear me out. Beans, specifically porridge beans, is the dish I return to when I need grounding. It reminds me of being a kid. Of being spoiled with my favourite meal by my world-class chef of a mum, then learning to make it myself because what's the point of having a kitchen goddess for a mother if you don't apprentice under her? So, when I packed for Europe, I did what every self-respecting Nigerian does: smuggled ingredients in my luggage like state secrets.

That first bite hits different. The umami of crayfish, the mild heat of pepper, the soft beans melting on your tongue. The surprise sweetness from plantain, the faint acidity of tomato, the richness of palm oil, it's like a jazz band in your mouth. A chaotic ensemble that somehow always plays in tune. I remember sitting in our cramped living room with my five sisters, parents squeezed into the corners, all of us passing food, stealing plantains, talking nonsense. That memory alone can make even a gloomy Erasmus flat feel like a warm Nigerian kitchen. Food, for me, is how I carry home in my stomach. And sometimes that's the only place it fits.



Now



Then

Ibibia Frederick Joseph-George, Nigeria  
Udine - Groningen

# Dolma algérienne

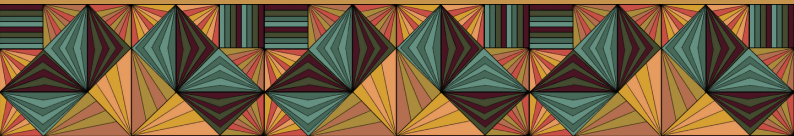
## Ingredients:

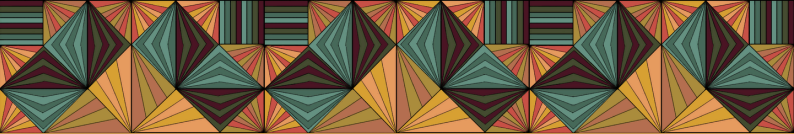
- 3 large zucchinis
- 400g ground beef
- 2 small onions or 1 large onion
- 4 cloves of garlic
- Salt (to taste)
- 1/3 teaspoon black pepper
- 1/3 teaspoon paprika
- 1/3 teaspoon curcumin (turmeric)
- 1/3 teaspoon coriander powder
- Vegetable oil (preferably virgin olive oil)
- 1 cup tomato purée



## Instructions:

1. In a large mixing bowl, combine the ground beef with the spices and salt.
2. Finely chop the onions and garlic, then add them to the meat mixture along with the tomato purée. Mix everything well.
3. Line an oven tray with aluminum foil.
4. Slice the zucchinis into medium-thick oval pieces and arrange them in a single layer to cover the tray.
5. Drizzle or spray some olive oil over the zucchini slices and sprinkle with a little salt.
6. Spread the meat mixture evenly over the zucchini layer. If your tray is deep enough, you can make a second layer of zucchini and meat; otherwise, one layer is sufficient. You can add tomato slices on the top for decoration (optional).
7. Drizzle a bit more olive oil on top.
8. Cover the entire tray with baking paper, then seal with aluminum foil. 9. Bake in the oven at 180°C (bottom heat only) for 35–40 minutes.
9. Let it rest for a few minutes before serving.





The original recipe is a complicated one. It involves hollowing out the zucchini, potatoes, and bell peppers, then stuffing them with the beef mixture. The stuffed vegetables are arranged in a cooking pot, where chicken soup is also boiling. I had to modify it to make it easier and healthier.

The original recipe means a lot to me because it brings back memories from my teenage years. It was a dish that required time, care, and effort to prepare. My mom used to take on this burden and cook it every week, even though she came home exhausted after working eight hours a day. As a teenager, I didn't fully understand the depth of her love and dedication, but now I realize what a great and caring mother she was. This recipe also reminds me of my whole family, because everyone agreed on how delicious it was. Although I don't cook the original version anymore, the familiar aroma gives me a peaceful feeling—it makes me feel like I'm back home with my parents, safe and surrounded by love.



*Nouha's mom*



Nouha Khelfa, Algeria  
Olomouc - Kraków

# Skillet Chickpeas with Spinach, Eggs, and Tomatoes



## Ingredients:

- 2 tbsp olive oil
- 3 garlic cloves (thinly sliced)
- 1 small red onion, chopped (optional!)
- 1 can chickpeas, drained and rinsed
- 1/2 tsp smoked/ normal paprika
- Pinch of chili flakes
- 1/2 to 3/4 cup of tomato sauce
- 2 big handfuls fresh spinach
- Salt & black pepper
- 2-3 eggs
- 2-3 tbsp instant polenta (adds a creamy/crunchy base)
- Greek yogurt
- Fresh herbs and crusty bread (optional)

## Instructions:

0. If you are using dried chickpeas just remember to soak them overnight first.
1. Sauté garlic and onion Heat olive oil in a skillet over medium. Add garlic (and onion if using), and sauté until soft and fragrant.
2. Spice and chickpeas Add chickpeas, paprika, chili flakes, salt, pepper. Stir and let them get golden and a little crispy, about 5-6 minutes.
3. Tomato sauce + spinach Pour in the tomato sauce and stir. Let it simmer for a couple of minutes. Add the spinach and let it wilt down into the mix.
4. Polenta time! Sprinkle in the instant polenta while stirring. It'll thicken the sauce slightly and give it a creamy texture with a bit of body. (Polenta is a coarse cornmeal that, when cooked, becomes soft and creamy but sets with a bit of crunch when exposed to heat. Traditionally, it was considered peasant food. It comes from Northern Italy, where it's been a staple for centuries, especially in regions like Veneto, Lombardia and Friuli-Venezia Giulia)
5. Crack the eggs in Make little holes and crack in your eggs. Cover the skillet and cook until eggs are done to your liking
6. Serve with a spoon of yogurt, fresh herbs and bread if you're feeling fancy.



This recipe reminds me how much we change and grow over time. A few years ago, I probably wouldn't have touched something like chickpeas or spinach, I would consider it boring "adult food". But now? I love it. It's comforting and flavorful. Also you can make so many mistakes in the cooking process but something really good will still come out of it, it's magic. Since starting my mobility journey, I've been cooking for myself more than ever and it has made me realize how much I actually enjoy it. I've learned to be creative in the kitchen, to adapt based on what I can find and to make meals that feel good both physically and emotionally. Cooking has become something that relaxes me deeply, a little ritual that brings calm and joy into my day.

During my mobility journey, I've had to modify this recipe a few times depending on what I could find and what I had at home but it's actually super adaptable. If chickpeas aren't available, other pulses like white beans, black beans or lentils work just as well. They are cheap, protein-rich and they absorb spices and tomato sauce beautifully. I am aware polenta is very specific but if you are in Udine you will 100% find it in any grocery store!! (I also found it in Strasbourg, in Leclerc supermarket). If you just need a thickener and don't mind skipping the "polenta effect," flour does its job too.

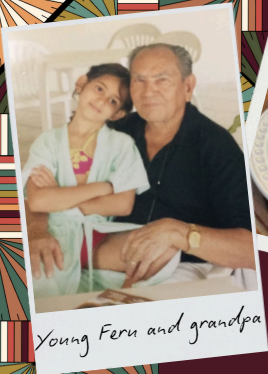
This recipe always reminds me of my best friend, Veronica. She's the one who introduced me to pulses since I didn't eat chickpeas before I met her. We've been friends since high school and she's like a sister to me. Now, every time I cook with chickpeas or beans, I think of her. I always joke: "Imagine I'm eating these maybe twice a week, but she eats them every day!" The dedication! It's nice because whenever we get the chance to visit each other around the world, we always end up in the kitchen, cooking and talking for hours. It's one of my favorite rituals and this dish feels like a little nod to her, every time I make it.



Teresa Donà, Italy  
Strasbourg - Kraków



Veronica, Teresa's bestie.



*Young Fern and grandpa*



# Pão na Chapa

Got some hard leftover bread and butter?  
That's all we need. Literally.

## Ingredients:

- Leftover hard bread (we call them french bread)
- Butter

## Instructions:

1. Cut the bread in half and spread a generous amount of butter on each side. As generous as your heart desires.
2. Heat up a shallow frying pan.
3. With your hands, take one piece of bread and press it against the pan, butter side facing down.
4. Rub the bread on the pan in circular motion, always pressing down.
5. Once one side is golden brown, add a little bit more butter and flip the bread, repeating the pressing and rubbing in circular motion.
6. Once both sides are golden brown, do the same with the other piece of bread and you will be left with a moist, crunchy and delicious revitalized bread that heals the heart and soothes the soul.

This is hands down my favorite snack in the world. My mom always used to make it for me on lazy days, when dad didn't go out to buy bread. I liked those days more than the days he actually did go, because then I got not only bread, but affection that tastes like butter.

It reminds me of grandpa especially, because he is a tough man that does not let others care for him too often. But one day he was feeling a little down, and my mom offered to make him this bread. Instantly his eyes glimmered and I could see his expression softening: this 92 year old man allowing himself to be taken care of. This dish to me means love, the small acts of care and service that makes family... family.

Fernanda Balzacchi de Moura Moraes, Brasil  
Göttingen - Kraków

# Tocană

## Ingredients:

- 1.5 kg white potatoes
- 1 onion
- 2 carrots
- 1 red pepper
- 1 yellow bell pepper
- 1 chicken breast
- 2 teaspoons of sweet paprika
- 150 ml tomato puree
- Salt
- Pepper
- Vegetables
- Parsley
- Dill

## Instructions:

1. Peel the onion and pepper, remove the seeds and chop them into tiny cubes.
2. Peel the carrots and cut them into slices.
3. Put a little oil in the pot and add the vegetables (the onion always first), add a mug of water and leave on the heat for 5 minutes.
4. Cut the chicken breast into cubes and add it to the pot, over the vegetables. Cover with water and let it cook for 15 minutes.
5. Peel the potatoes, cut them into cubes and add them to the pot and cook for 30 minutes.
6. Add the salt, the pepper, the basil, the paprika (and for those who like a bit of spicy: chili) and the tomato puree. Finely chop the parsley and dill and sprinkle them on top after turning off the heat.



*Tocană is a traditional  
Romanian stew.  
This recipe has a lot  
of meaning to me.*

When I was younger, I personally did not like this dish that much, maybe because it was too traditional, and I would often seek to eat food from other cultures.

However, after spending 5 years away from my home country, I have fallen in love with cooking traditional food and this is one of my go-to comfort foods.

Every time I miss home, I call my family and ask them for instructions on how to prepare this specific dish. In this way, I find it as a nice quality time to spend with them since I am so far away from home.

Whenever my friends and I decide to have an international dinner, I would always bring this dish with me, especially when it is very cold outside and we want to have an enjoyable and cozy dinner, staying in.

And, a plus for this recipe is that although Romanian food is often harder to cook and takes a lot of time, this dish is perfect because it takes only one hour.



Maria Entuc, Romania  
Strasbourg - Groningen



# For Lemon Lovers Only

I can't tell you how much I love lemonade. It's one of my favorite drinks in the world! But in most places it is too sweet for me. I have spent years perfecting this lemonade recipe, and I can tell you it is one of the best recipes out there. Exact quantities are not important, what matters is your ratios: in the beginning you need a 1:1 ratio for your simple syrup and an equal amount of lemon juice, or a bit more if you are feeling sour!

Kasey Gardner, USA  
Kraków - Kraków



Kasey and her sister Codi



## Ingredients:

- 1 cup lemon juice (240mL), about 6 lemons
- 1 cup sugar
- about 7 cups water, more or less to taste
- fresh mint, summer fruit of your choice (optional)

## Instructions:

1. Wash lemons and mint.
2. Combine 1 c water and 1 c sugar over medium-low heat on stove until sugar is fully dissolved. Great! You just made simple syrup! Toss a few sprigs of mint in the syrup while its still warm so it can infuse with the flavor.
3. Zest your lemons. You love lemons, so zest at least 4. Then add zest to simple syrup and put it in the fridge to start cooling down.
4. Now you're going to roll your lemons on the counter, put your weight into it. This is going to loosen up the juice and make your job easier later. Then toss them in the microwave two or three at a time for about 20 or 30 seconds. Take them out of the microwave and roll them again, the oils are going to squeeze out of the skin a bit, just roll with it.
5. Cut your lemons in half and squeeze the life out of them. you'll probably lose some chunks in there, you can fish out the bigger pieces and the seeds, but save the pulp—that's the best part.
6. When you have about a cup you can add it to your simple syrup mixture, then start adding your water, give it a taste around 5 cups and add more water until you reach your desired level of sweetness.
7. Take out the mint sprigs that have been infusing in there, refrigerate until cool, or serve over ice.
8. Grab a new sprig of mint and give it a nice hard slap to get all your bad feelings out, then toss it in. If you prefer, use muddled fruit, lavender, whatever suits your tastes!

# Cari Camaron

## Ingredients (4 servings):

- 500g of shrimps (preferably big and with the shell)
- 1 big red onion
- 6 big garlic cloves
- A big chunk of ginger (around 3 cm<sup>3</sup>)
- 3 to 4 tomatoes
- 1 tablespoon of turmeric
- 1 tablespoon of thyme
- Salt

*If you are not afraid of spices, add a table spoon of chili paste. The real version involves half a tea spoon of freshly crushed piment cabri!*

## Instructions:

1. Chop garlic and ginger as thin as possible.
2. Cut the onion in 4 quarters and slice the quarters (you don't want it too thin).
3. Cut the tomatoes in small cubes and squeeze out the excess water.
4. Remove the black intestine of the shrimp if it's still there but leave the shell.
5. In a big and deep pan, sauté onion, garlic, ginger, turmeric and thyme
6. When the onion turn slightly transparent add the tomatoes and sauté a few minutes.
7. Add salt
8. Add the shrimps (even if they are still frozen) and make sure they are evenly spread (we don't want the bottom shrimps to cook in 2 minutes and the top ones to still be raw) and stir regularly.
9. If the shrimps are still frozen or if the sauce is already watery because of the tomatoes; don't cover the pan and let some water evaporate
10. If you use fresh shrimps or if the sauce is not saucing, add a little water and cover the pan.
11. Cook for a few minutes (it's very quick, you don't want your shrimps to be too chewy) until the shrimps are all pink and the sauce is not too watery.



*(Recipe not recommended in the Euroculture context, people become red and sweaty!)*

Ydalie Pothin, Réunion  
Groningen - Deusto

# Oliebollen

## Ingredients:

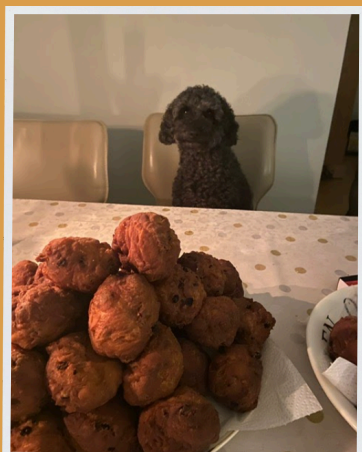
- 500ml lukewarm semi-skimmed milk
- 500g flour
- 1 sachet of dried yeast of 7g
- 4 tablespoons brown sugar
- 1 egg
- pinch of salt
- 1 bottle of sunflower oil
- 150g currants

## Instructions:

1. Soak the currants in water for 15 minutes.
2. Stir the dried yeast and sugar into the milk and leave to soak.
3. Sift the flour into a batter bowl and add a pinch of salt.
4. Slowly pour in the milk and yeast and beat with a mixer with dough hooks to a sticky batter.
5. Mix in the egg and then spoon in the currants.
6. Cover the bowl with a damp cloth and leave to rise for 60 minutes.
7. The batter should roughly double in size.
8. Heat the sunflower oil to 180°C.
9. Dip a spoon in the oil (or an ice cream scoop) and scoop a ball of batter into the fat.
10. After a few seconds, you will see the oliebol get a little bigger and float to the top.
11. Turn over after 3 minutes.
12. After about 6 minutes, the oliebol will be golden brown and cooked inside.
13. Drain them on kitchen paper and sprinkle with icing sugar.



Oliebollen, literally meaning 'oil balls', are a traditional dutch fried dough pastry usually filled with raisins or currants. As my dad's side of the family is from a long line of bakers, there are a variety of old recipes and associated traditions carefully being kept by the family. The most important of which is making oliebollen. They are traditionally made only for new-years eve but you can buy them the entire month of December at special street vendors and bakeries. I have fond memories of my dad waking up early in the morning to bake over a hundred of them for friends and family. I would help him portion the batter and fry them. On the 31 of December you'll eat these all day and you'll be offered them in every house you enter. As you can see, the family dog is also quite fond of them.



*"The family dog"*



# Pad Kra Pao

Ideally, Thai basil is the go-to for this recipe because of its strong fragrance, but it's hard to find in Europe. Italian basil is a fine alternative since it is everywhere.



## Ingredients:

- Thai Chili
- Garlic
- Pepper
- Soy Sauce
- Fish Sauce
- Oyster Sauce
- Sugar
- Protein (Meat)
- Thai Basil
- Cooking Oil

## Instructions:

1. Mince the chili and garlic as finely as possible.
2. Heat oil in a pan. Once hot, add the chili and garlic mixture. Stir-fry until fragrant, then add your protein and continue stir-frying.
3. Add soy sauce, fish sauce, oyster sauce, and sugar. Toss everything together until well combined.
4. Turn off the heat, add basil, and toss until the aroma is released.
5. Serve with rice.



### Tips:

You can mix all the sauces in a small bowl or container beforehand for easier cooking. In the picture, I used honey instead of sugar because I was out of sugar. It's okay if you're missing one of the sauces—I was out of oyster sauce. Fish sauce and soy sauce are the most essential. You can add the basil along with the sauce, but the fragrance will fade quickly. It's better to save some and add it at the end after turning off the heat. Any kind of meat is fine, minced, ground, or in pieces. Frying a sunny-side up egg to go with the dish is recommended. If you have a mortar and pestle, use it to crush the chili and garlic into a paste instead of mincing them.

- This is easily one of the most common dishes in Thailand—if not the most common. Back in Thailand, whenever I didn't know what to eat for lunch, Pad Kra Pao was a no-brainer. You can never go wrong with this dish.

- When people ask me what my favorite Thai dish is or what I would recommend, they usually assume it's going to be Pad Thai. But honestly, I think Pad Thai is the most overrated dish of all time. That doesn't mean it's bad, but if you ask a Thai person what their favorite dish is, Pad Thai rarely comes up.

- Pad Kra Pao is one of the easiest dishes to make, and it reminds me of the simple life I used to have in Thailand, when I could just walk up to a street cart and order it.

- In Euroculture, I know someone who squeezes lime juice over it, which I'm totally fine with, by the way.



Krit Burasai, Thailand  
Göttingen - Olomouc

# Clafoutis

## Ingredients (4 servings):

- 500g of apples
- 60g of flour (2 very heaping tablespoons)
- 125g of sugar (7 to 8 tablespoons)
- 3 eggs
- 280ml of milk (2 glasses)
- A chunk of butter or margarine
- Salt
- Cinnamon

## Instructions:

1. Preheat the oven to 200°C.
2. Wash and cut the apples into small pieces.
3. In a mixing bowl, combine the flour, the sugar, and the salt.
4. Gradually incorporate the eggs and the cold milk.
5. Place the apple pieces in a buttered gratin dish and pour the batter over them.
6. Bake in a hot oven for about 45 minutes.
7. Add cinnamon on top.
8. Serve this dessert cold or warm.



## Tips:

The clafoutis batter is simply a very thick pancake batter.

Depending on the season, you can replace the apples with plums, mirabelles, cherries, etc.

French cuisine has not been very vegan friendly, but actually, I find the clafoutis one of the easiest dishes to make vegan. Just replace the milk, butter, and eggs with vegan alternatives.







*Mathis' mom*



This is the first recipe from my mum that I cooked once I moved out from home. After high school, I went to Poland for a voluntary service, living with 20 other volunteers from all over Europe. In this multicultural environment, away from where I grew up, my family and long-grown friends, baking a clafoutis allowed me to return to my parents' place or to the home of my grandma in the north of France.

My grandma had passed away two years earlier, but through cooking food passed from generation to generation, from my grandma to my mum to me, I felt her love.

Enjoy your clafoutis!

Mathis Spranzel, Germany  
Strasbourg - Deusto



# Strawberry Shortcake



Strawberry shortcake is a quintessential summer treat in the U.S. For me, this dessert brings me back to berry stands with my family, and celebrating my mom's and sister's birthdays in our backyard in June. My favorite way to make strawberry shortcake is with drop biscuits. You can make it with whipped cream for a bit sweeter version (the classic American way would be to use the spray whipped cream from a can or Cool Whip, which is a frozen alternative) but I like to make it with homemade whipped cream. Alternatively, I like to eat a biscuit with the strawberry sauce and milk for breakfast. The biscuits are also great with butter and/or honey!



## Ingredients:

- 2 cups all-purpose flour
- 2½ teaspoons baking powder
- 1 teaspoon kosher salt
- 1 tablespoon sugar
- 1/3 cup butter, grated
- 1 cup milk, maybe a bit more if needed
- strawberries, somewhere between half a kilo and a kilo, depending how much snacking you will be doing along the way

## Instructions:

1. Preheat oven to 220°C.
2. Combine dry ingredients in medium mixing bowl. If you are not able to find baking powder you can substitute with ½ teaspoon baking soda and buttermilk. To make buttermilk add 1 tablespoon acid (white vinegar, apple cider vinegar, or lemon juice) to milk measuring cup, then add milk to 1 cup line. Let sit for about 5 minutes and allow to curdle while you prepare the other ingredients.
3. Add grated butter to dry ingredients and cut in with a pastry cutter or fork until small pea-sized clumps form.
4. Slowly add milk to dry ingredients until just combined. Do NOT over mix. Batter should not be sticking to the sides of bowl, but it should still be a bit clumpy and have some powdery bits (see photo above).
5. Scoop heaping spoonfuls of batter and transfer onto baking sheet lined with parchment paper, leaving about 4 cm between.
6. Bake 12-14 minutes until biscuits are golden brown, then remove from oven and move to a plate to let cool.



While biscuits are baking, divide strawberries, saving about  $\frac{1}{3}$  of the nicest ones. Remove tops from  $\frac{2}{3}$  of strawberries and cut into quarters, put in a small saucepan and cook over medium-low heat until strawberries begin to break down and get a bit foamy on top. You should not add any extra water or sugar, the strawberries provide plenty of both as they breakdown in the cooking process. Then, cut remaining  $\frac{1}{3}$  of strawberries into fine slices and set aside until serving.



If you will be making your own whipped cream you will need:

- 250g mascarpone
- powdered sugar to taste
- 1 teaspoon vanilla (optional)

Combine mascarpone, vanilla, and powdered sugar in mixing bowl and mix either with electric hand mixer or whisk by hand until combined and peaks are forming. Refrigerate until serving.



After strawberry sauce is finished cooking, top biscuits with warm strawberry sauce, followed by whipped cream, and finally fresh strawberry slices!

Kasey Gardner, USA  
Kraków - Kraków

# Stuffed Zucchini

## Ingredients:

- 3 zucchini
- 1 egg
- 2 tbsp of parmesan
- 4 tbsp of breadcrumbs
- 3 tbsp olive oil
- Some parsley
- Garlic
- Nutmeg
- Parchment Paper



## Instructions:

1. Preheat the oven to 200°C..
2. Wash the zucchini and peel them. Cut them in half lengthwise.
3. Scoop out the insides leaving the shell thin and intact. Mix the pulp with the egg, the Parmesan cheese, the breadcrumbs, the parsley and the seasoning.
4. Take a baking dish, line it with dampened and wrung-out parchment paper.
5. Place the zucchini filled with the mixture inside.
6. Bake the zucchini for thirty minutes.



*Elena and Nonna*

This recipe is quite simple but it holds a lot of meaning. It's the one my grandma always makes, a dish that instantly transports to summers spent in Puglia. With just a taste, I'm there again: carefree, surrounded by the warmth of family, the buzz of cicadas in the air and not even knowing what day of the week it is. I see the car rides along roads lined with endless olive trees, feel the salt breeze, and breathe in the perfume of blooming oregano. It's more than food; it's a memory, a feeling, a return to the time when life is beautifully simple and peaceful.

Elena De Giacomo, Italy  
Strasbourg - Kraków

# Frango Caipira

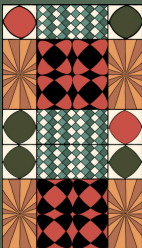
## Ingredients:

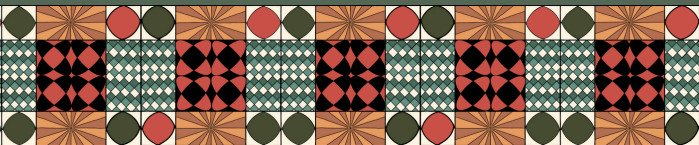
- A whole chicken chopped up (just kidding, 6 drumsticks)
- 2 onions
- 5 cloves of garlic
- Pimenta Cumari (or any other refreshing chili you find)
- Vegetable Oil
- Some okra (optional)
- Fresh parsley
- 1 cup of white rice (can be jasmine)
- 1 juicy tomato
- Salt

## Instructions:

1. Let's prepare. Dice the onions, mince the garlic and chop the chili. Wash the parsley and the tomato. Season the chicken with the chili, and the salt.
2. In a pot, heat up a drizzle of vegetable oil and grill on medium heat the chicken on all sides. Do not touch it too much, let it brown.
3. After most of the chicken have touched the hot pot, add one chopped onion and three cloves of garlic.
4. Once the onion and garlic have softened, start adding a splash of water. After 3 minutes, add another splash. This method of grilling and splashing water will create a nice broth and help control the temperature of the pot. Keep repeating it until the chicken is fully cooked.
5. On another pot, heat up a generous drizzle of vegetable oil. Stir-fry the rest of the onion and garlic. Once soft, add in a chili and stir fry.
6. To this pot, add the cup of rice, and stir fry until the rice is coated with the oil.

7. Measure two cups of water, add into the rice. Add a pinch of salt, and let it cook on high-medium heat without a lid until most of the water is gone.
8. If you like and was able to find okra, cut it roughly and add to the chicken pot midway of cooking the rice.
9. Once there is almost no water left on the rice pot, cover it and let it steam on low heat for 5 minutes with the lid on.
10. Chop roughly the parsley and add to the chicken for aromatics.
11. Serve the chicken over the rice and garnish with a beautiful red tomato. Make sure to add some of the broth we created by dripping water into the chicken pot.

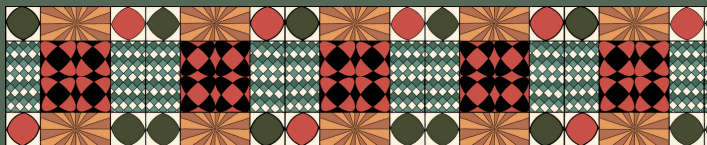




*Fern, her grandma and her mom*

When I was a kid, we moved away from Goiânia, the city where I was born and where my grandparents lived, to Florianópolis in the south of Brazil. Completely different climate, completely different food. But whenever we would go back to visit, grandma welcomed us with Frango Caipira, which means "peasant chicken" that had been raised roaming free. This chicken tasted different from supermarket ones because it is way more muscular, so it had to be cooked with lots of time and patience until soft. It was a dish we looked forward to, and we even brought chicken meat from her farm to Florianópolis, just so we could have taste of home. Here, I cook it with soft supermarket chicken, that does not require that much time, but the process of frying and splashing connects three generations of my family, and three places I lived: where I was born, where I grew up, and where I find myself now.

Fernanda Balzacchi de Moura Morais, Brasil  
Göttingen - Kraków







## Afterword

We would like to thank each and every one of you who have contributed to this cookbook by submitting your recipes and making up this beautiful mosaic of warmth and comfort.

We would also like to express our heartfelt gratitude to Dr. Łucja Piekarska-Duraj, our instructor for Eurocompetence II, of which this project was a part. Łucja was an amazing guide throughout this journey, teaching us not only the basics of managing cultural projects in and out of academia, but also helping us grow and develop as human beings. Thank you also for always listening.

Culture Bites was a translation of memory, warmth and shelter into a digital travel companion, which we extend to future and past generations of Euroculturers. Each recipe is a thread that links us to the evolving journey of finding home, be it in a temporary kitchen Groningen or Krakow, Olomouc or Göttingen.

All patterns in this cookbook were illustrated by our groupmate Kasey, who finds doodling a good way to focus her mind during class by keeping her hands busy. Feru saw the artistic potential in these doodles, not only as art itself, but as another memory of Euroculture life, and encouraged her to learn a new skill and digitize them for the purposes of this cookbook.

This project was not made by the Euroculture Consortium, it was done exclusively by students, for students as part of Eurocompetence II.

