

Fattening the Curve - part two

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ANJA'S ENSALADILLA RUSA WITH A HANOVERIAN TWIST!



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Anja's favourite Spanish potato salad "Ensaladilla Rusa" – is very simple, quick and very good with German sausage !

Family and friends love it and it is always a most welcome 'bring along' when we can get back to going to parties. And even tastier the next day...if you have any leftovers, but also means it can be made in advance.

What makes it different to other potato salads is, that you don't cut the potato in pieces but crush them as if you were preparing mashed potatoes. The result is, that the potatoes really suck in the Mayo, which makes them more tasty.

Recipe and method

- Potatoes / boiled then crushed (see top pic, do not pulp!)
- Carrots / boiled
- Sweet Corn
- Eggs / boiled
- Mayonnaise (mix with single cream, tartar sauce, cucumber water*)
- Stir all ingredients together gently

*Cucumber water is simply approx. 75mm of cucumber per 1ltr water, steeped for min 2 hours or overnight – and is a great detox in itself

Serve with almost anything, suggestions include:

- Tuna
- Olives
- Peas / boiled
- Asparagus / boiled

And of course your best wurst!



Deutsche Messe

SWISS RÖSTI

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It was Swiss Farmers who first enjoyed Rösti as a breakfast meal. Today this grated, fried potato pancake is enjoyed at any time of the day, either as a meal in itself or as a side dish.

Ingredients

- 800g Potatoes
- Salt, Pepper and Nutmeg to taste
- A few Glugs of oil to cover the bottom of your frying pan.

Method

- Ideally the day before eating, boil the potatoes in their skins in salted water (Usually about 25mins). You are looking for the potatoes to be cooked through but still a little firm.
- Cool the potatoes completely and keep them in the fridge until required.
- Peel the potatoes (the skin should come off very easily - usually we just scrape off with a butter knife).
- Coarsely grate with a cheese grater (or a Röstiraffel, Switzerland's very own gadget for this recipe).

Season generously with salt, pepper and a pinch of nutmeg tossing the mixture lightly with your hands to mix in.

- Place your frying pan on a high heat and add the oil. Once the oil begins to splutter add the grated potato and flatten down all over the pan to create the flattened Rösti shape.

- Now for a bit of patience

Turn the heat down to medium and allow the potato to cook without turning for 12-15mins. It's so important not to turn it, allowing the Rösti to develop that beautiful brown crust.

- Once you are satisfied with that golden-brown crust on the bottom you are ready to flip over!
- Slide the pancake out of the pan on to a plate, add a little oil to the pan if required and slide the Rösti back in (cooked side up) to brown on the uncooked side. Again, 12 - 15mins.

Enjoy :-)



CSIRKEPÖRKÖLT

(HUNGARIAN CHICKEN PAPRIKA)

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Ingredients

- 2 tablespoons pork fat or Crisco/vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon paprika
- 1 1/4 pounds (600 grams) boneless, skinless chicken breasts, cut into bite-size pieces
- 1 large tomato, peeled, seeds removed, and chopped
- 1 red bell pepper, chopped
- 1/2 cup water
- 1-2 teaspoons sea salt

Method

- In a deep pan, heat the pork fat over medium heat.
- Once heated, add the onion and cook until softened. Stir in the garlic and cook until just fragrant, about 30 seconds.
- Remove the pot from heat and stir in the paprika.
- Add the chicken pieces and return the pot to medium heat. Cook, stirring occasionally, until the edges of the chicken are browned.
- Mix in the tomato, bell pepper, and 1/2 cup water. Season with salt.
- Once the liquid comes to a boil, reduce heat to a simmer, cover, and cook for an hour, until the chicken is cooked through and tender.
- Season with additional salt if needed. Serve hot with Nokedli (Hungarian Drop-Dumpling) or pasta.





BAKED SARDINES WITH OUZO TOMATOES, CAPERS, AND LEMON

Here is a delicious, healthy Greek recipe usually enjoyed by a seafront taverna, after soaking in the sun!

Pair with crisp retsina or chilled white wine !

Ingredients

- 2 pounds / 900g fresh sardines
- 2 firm, ripe tomatoes halved lengthwise, cored, and cut into slices about 1/8-inch thick
- 2 medium red onions halved and cut into slices about 1/8-inch thick
- 2 lemons halved lengthwise and cut into thin slices, a little less than about 1/8-inch thick
- 3 capers in brine rinsed and drained
- Juice of 1 lemon
- 4 tablespoons Greek ouzo
- 2 teaspoons Greek or Dijon mustard
- ½ cup extra virgin Greek olive oil
- 2 tablespoons fresh oregano leaves chopped or 2 teaspoons dried Greek oregano
- Sea salt and freshly ground black pepper to taste



Method

- Clean the sardines (we'd definitely ask the fishmonger to prepare the fish for us to avoid this part).... Using a sharp knife, cut off the heads from the spine toward the belly and pull down gently to remove the attached viscera. Wear gloves if you are doing this as sardines have a strong, lingering fish smell - all the healthy oils they contain.

Finally, rinse the sardines well in a colander.

- Preheat the oven to 350F/170C.

- Lightly oil a rectangular ovenproof glass or ceramic baking dish. Place the sardines inside the dish one by one in neat rows alternating the placement of each so that the first one sits plump end to tail, the second one snuggled next to it tail to plump end, etc. etc.

- Take the tomato, onion and lemon slices and snuggle them between the fish alternating between each as much as possible. Sprinkle the capers over the fish evenly.

- In a small bowl, whisk together the lemon juice, ouzo, mustard, and olive oil. Pour the mixture evenly over the contents of the baking dish.

- Season with salt and pepper to taste and bake, covered with parchment or wax paper and aluminium foil, for 20 minutes.

- Remove the paper and foil and continue roasting another 7 to 10 minutes, until lightly browned on top.

Serve immediately

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BORSCH

Borsch is a traditional soup in Eastern and Central Europe and a national dish of several countries, including Ukraine, Russia, Poland, Belarus, Romania, Lithuania.

There are many different borsch recipes that contain the same ingredients, only the order of cooking and adding each ingredient varies.

This is KMPs borsch recipe, the way they cook it and the way they like it the most. Try it!

Ingredients

- 1 pound (450grams) of beef shank
- 1/3 medium head of cabbage
- 4 potatoes
- 1-2 onions
- 1 carrot
- 1-2 beets, boiled or canned
- 2 tablespoons tomato puree
- salt
- dill
- parsley
- 1-2 bay laurel leaves
- sour cream



Method

- Put the beef into the pan and add cold water. Don't be tempted to speed up the process by adding boiling water, which will result in a thin film that will change the taste. Slow cook the beef to make a broth.
- When the meat is ready, remove it from the broth.
- Prepare the cabbage - cut it in squares; to do it, cut off the stem and start slicing the cabbage lengthwise, and then slice it crosswise to make quarter-rounds.
- Add sliced potatoes and cabbage to the broth and cook. While the cabbage and potatoes are cooking, chop carrots, onions, and beets.
- Fry carrot and onions in butter. Add beets and tomato paste to carrot and onions, stir everything, and leave to simmer on the low-medium heat.
- As soon as the vegetables are done, add them to the broth, stir, add sliced meat, dill, and parsley, and cook for 5 more minutes.
- Add bay laurel leaves and let it stand for 5-10 minutes before serving. (Actually, the longer borsch sits, the better it becomes! We like it most of all the next day after it was cooked).
- Serve borsch with sour cream.

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FLORIDA KEY LIME PIE

A delicious treat that will have you dreaming of the sand and water from the comfort of your own home for the time being!

The Key Lime Pie is a Florida dessert staple! It's origin and history can be traced back to early 20th century and linked to William Curry, Key West's first millionaire who's cook "Aunt Sally" would prepare this pie for.

Ingredients

- 300g digestive biscuits
- 150g butter, melted
- 3 cups sweetend condensed milk
- ½ cup sour cream
- ¾ cup key lime juice (ideally a key lime)
- 1 tablespoon grated lime zest

Method

Pre-heat oven to 175 degrees C.

Whizz 300g digestive biscuits to crumbs in a food processor (or put in a strong plastic bag and bash with a rolling pin).

Mix with 150g melted butter and press into the base and up the sides of a 22cm loose-based tart tin. Bake in the oven for 10 minutes. Remove and cool.

In a medium bowl, combine condensed milk, sour cream, lime juice, and lime zest. Mix well and pour into the graham cracker crust.

Bake in preheated oven for 5-8 minutes, until tiny pinhole bubbles burst on the surface of the pie. Very important to now brown the pie.

Chill the pie thoroughly before serving.

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