

Version 05/04/2006

Sweet Europe Intro

The sweetest sides of Europe. The serving of deliciously sweet delicacies with coffee in Europe's cafés is a long-held tradition.

The café is a place for meetings, intellectual debates and gossip. It's a place where people talk, read, write – and above all enjoy themselves.

Europe's cafés seduce us with the wealth and variety of their cuisine. In this booklet, 27 countries are proud to present their typical sweet dishes and desserts.

Experience the delicious variety of Europe as it dissolves on your tongue! We wish you bon appetit and creative cooking with the highlights of sweet European cuisine.

Country **Sweet Dish** **Ingredients** **Preparation**

Estonia

Kaerahelbeküpsised

2 eggs

100 g sugar

100 g butter

vanilla

250-300 g oatmeal

Blend eggs with sugar. Melt the butter and add to the eggs and sugar. Add vanilla and oatmeal. Stir. Use a teaspoon to form small cookies and put them on baking paper on the oven pan. Bake in the oven at 200 °C 8-10 minutes (until cookies are golden brown).

Finland

Laskiaispulla

5 dl milk

50 g yeast

1 egg

1 1/2 tsp sugar

1 tsp salt

1 tsp cardamom

1 kg plain flour

100-150 g margarine or butter

Heat the milk until lukewarm. Dissolve the yeast in a bowl with the warm milk. Stir in egg, sugar, salt and cardamon. Add flour to make a thick mixture and beat until shiny.

Add remaining flour to the dough and knead by hand. Leave some of the flour for shaping the buns and continue to work the dough until smooth and elastic. Add the softened fat and knead the dough until it comes off your hands and the edges of the bowl. Cover the bowl with a towel and leave in a warm draught-free place until double in bulk. Place on a floured board and shape into big round buns. Brush the risen buns with beaten egg and sprinkle with sugar.

Bake at 225 °C for 8-10 minutes. Let cool covered with a towel. Then cut the top off the buns and put 1 tsp strawberry jam or march pane in the middle of the bigger half. Top with whipped cream and the hat.

France

Madeleines

125 g butter
125 g sugar
4 eggs
125 g flour
baking powder
vanilla sugar (optional)

Melt the butter for 2 minutes in the microwave. Add the sugar (plus vanilla sugar if desired) and mix with a spoon.

Add the 4 eggs individually, and then the flour. Mix preparation with a spoon. Fill the Madeleine pan (if possible non-adhesive) with the preparation.

Bake 10 minutes at 170 °C Celsius, the bump creates itself.

Greece

Vassilopita

1 kg wheat flour
200 g sugar
150 g melted butter
250 ml warm milk
25 g fresh yeast
6 eggs
1/2 tsp salt
1 large pinch ground cinnamon
1 large pinch coriander
grated zest of 1 orange
grated zest of 1 lemon

Coating:

1 egg yolk blended with 5 cl cream

Decoration:

150 g icing sugar
60 g sliced roasted almonds
lemon and orange juice

Blend the flour with the salt in a bowl. Stir the yeast with half of the milk, a spoonful of sugar and some flour. Cover and allow to rise for 20 minutes.

Combine with the remaining ingredients into a smooth dough and beat until the dough separates from the base of the bowl. Cover and allow to rise for around 1 hour. Line a round cake tin with buttered non-stick paper and place the dough in it. Insert a small coin into the cake! Then cover the cake again and leave in a warm spot until double in size. Brush the surface with the beaten egg yolk and cream mixture. Bake in a pre-heated oven for around 1 hour at 180 °C.

For the icing heat 150 g sugar with 90 ml of a mixture made from orange juice, lemon juice and water until the sugar has melted. Brush while hot with the icing. Sprinkle almonds on top.

UK

Shortbread

225 g butter at room temperature
1/2 cup sugar
2 cups flour
1/2 tsp baking powder
1/2 tsp vanilla extract

Combine all ingredients and knead by hand. Press into ungreased pans (or chill and roll out to about 1.5 cm on a floured board and cut into shapes). Bake at 180 °C for about 20 minutes, or until lightly browned. Cut into wedges while warm or break apart

Ireland

Scones

225 g self raising flour or flour with baking powder
pinch of salt
55 g butter
25 g caster sugar
150 ml milk

Heat the oven to 220 °C. Lightly grease a baking sheet. Mix the flour and salt and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2 cm thick. Cut into circles of about 5 cm and place on a baking sheet. Lightly knead together the rest of the dough and cut out more scones to use it all up. Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

Italy

Tiramisu

500 g. mascarpone,
3 eggs
3 tsp of sugar
warm coffee for about 6 people
1 packet of Pavesini biscuits
cocoa powder

Place the mascarpone, the yolks, the sugar, and the albumens in a bowl. Mix until a homogeneous cream results. Arrange the biscuits on a rectangular tray forming a layer (the cream obtained is sufficient to give tiramisù with two layers of about 25 x 35 cm). Soak the biscuits in the coffee carefully: they should not absorb too much or break. Cover the layer of biscuits well with the cream and prepare another layer. Cover again with the cream and then cover with a light sprinkling of cocoa powder. Before serving keep in the refrigerator for some time so that the cream can penetrate a little into the biscuits.

Latvia

Rupjmaizes kartojumš

300g dry dark rye bread
200 g cranberry jam
160 g sugar
cinnamon
250 g double cream
vanillin

Finely grate the rye bread and mix with the cinnamon and half of the sugar. Whip the cream, adding the sugar and vanillin gradually. Whip until you get stiff peaks. In a shallow dish, arrange the ingredients in layers: the rye bread, then the jam, then whipped cream, then the rye bread again, etc. Make the rye bread the top layer and decorate with whipped cream. Serve with milk.

Lithuania

Sakotis – a traditional cake for weddings and family parties

50 eggs;
1250 g butter;
1250 g flour;
800 g sugar;
10 g lemon essence;
6 glasses cream (20 % fat);
100 g cognac.

Beat the butter and sugar into a smooth paste. While stirring, add 1-2 eggs at a time until all eggs are used. Add the flour and lemon essence, then the cream and cognac. Beat the paste to a very smooth consistency
Bake sakotis in a special oven dripping the pastry slowly onto the rotating stick. The process takes very long time and should be executed with great attention.

Malta

Imqaret

1 kg flour
200 g sugar
200 g butter
2 eggs
200 g red wine

Filling:

200 g dried pitted dates
50 g sugar
pinch of cinnamon
pinch of ground cloves
rind of 1 orange
rind of 1 lemon
2 tbsp anisette

Mix together the flour, sugar and butter. Gradually, add the eggs and the wine and mix to form a smooth dough. Cover with cling film and allow to rest in the fridge for about 2 hours. Meanwhile put the dates, anisette, cinnamon, cloves and rinds in a thick bottomed pan, and bring to the boil. Cook until the mixture turns into a smooth paste. Roll the pastry, preferably using a pasta machine on mark 2. Spread the date paste on the pastry and fold both sides. Cut each one away with a sharp knife. Deep fry the imqaret in extra virgin olive oil until golden brown. Serve warm sprinkled with sugar icing.

Luxembourg

Apfeltörte

2 cups flour
1 tbsp sugar
1/2 tsp salt
1/2 cup butter
2 tsp baking powder
2/3 cup milk
4-5 apples

Mix dry ingredients, add shortening, then milk. Roll the dough and place in a cake tin. Pare and core apples and cut into pieces. Place in rows on dough. Cover with 1 cup sugar and 1/2 teaspoon cinnamon and dot with butter, or cover apples with custard made from: 2 beaten eggs, 1 cup milk, 1/2 teaspoon cinnamon mixed in 1 cup sugar. Bake at 180 °C for about 30 minutes.

The Netherlands

Tompoezen

360 g puff pastry
250 g confectioner's cream
80 g whipped cream
10 g powdered sugar
for garnishing you can use 'ready-to-use' pink fondant (see nr. 6) or
50 g powdered sugar and 1 tbsp strawberry treacle for garnishing

Roll out the puff paste to 20 x 30 cm with a thickness of 2 mm. Cut the puff pastry with a knife into two rectangles of 20 x 15 centimetres and put them on a damp baking sheet. Bake the puff paste for 20 minutes in an oven at 220 °C and let it cool down. Blend the whipped cream with the 10 g powdered sugar and beat these ingredients until they are stiff. Stir the confectioner's cream until it is smooth and then apply the whipped cream with a spatula. Cover one rectangle of the baked puff pastry with the cream and put the other rectangle of puff pastry on top of it with the smooth side up. For final garnishing, mix the 50 g powdered sugar with one spoon of strawberry treacle. Spread this pink fluid mass onto the puff pastry. Cut the rectangles into four pieces.

Austria

Gugelhupf

5 eggs

300 g sugar

1/8 l oil

grated, untreated lemon peel (amount according to taste)

1 paket baking powder

1 paket vanilla sugar

300 g all-purpose flour

3 chunks of melted cooking chocolate

butter and flour for the mould

Castor sugar for decoration

Mix the egg yolks with 150 g sugar until frothy. Add the oil, water and the grated lemon peel. Mix the flour with the baking powder and vanilla sugar. Then alternately fold in the flour mixture and the frothy mixture - beaten stiff with 150 g sugar. Divide into two quantities and stir the melted cooking chocolate into one half. Fill a well-greased and floured Gugelhupf mould, alternating between the light and dark mixtures.

Bake in a hot oven for approximately 1 hour at 160 – 170 °C. Sprinkle generously with castor sugar before serving.

Poland

Mazurka

Dough:

250 g flour
180 g butter
100 g sugar
100 g powder sugar
2 yolks
pinch of salt

Filling

1 l milk
400 g powder sugar
50-100 g butter
vanilla sugar
1 tbsp of caramel
some walnuts
sweetmeats for decoration

Dough:

Put the flour into the dish. Add sugar, salt, butter. Mix together. Then add yolks and knead dough. Place in the fridge for 2 hours. Then put the dough into the baking tin and place in the oven until it becomes yellow.

Filling:

Pour milk and sugar into the pot and boil. Mix continually. Take pot from the cooker. Add butter, vanilla sugar, caramel and mix together. Wait until the mixture is cooler and pour it on the dough. Decorate the Mazurek with nuts and other sweetmeats. You can use also sugar icing and different fruits for decoration.

Portugal

Pasteis de nata

Ready-made flaky pastry

50 cl crème fraîche,
100-180 g powdered sugar (depending on your taste)
6 egg yolks
1 tsp corn flour (or plain flour)

Beat the sugar with the egg yolks and the cream, and add the corn flour. Put the mixture in a saucepan and bring to boil. Cook for 3-4 minutes. Keep stirring. Set aside and leave it to cool at room temperature. With the help of an upside-down bowl (or a cup, depending on the diameter of the moulds), cut out discs from the pastry and place them in small individual moulds. Fill with the cream. Bake in a hot oven for 15 to 20 minutes.

Serve cold or warm.

Romania

Cozonac moldovenesc

1 kg flour
10 egg yolks
beer yeast
100 g grease
100 g lard
200 ml cooking oil
salt
300 g refined sugar
1 tbsp powder sugar
vanilla
300 g ground nuts
2 tbsp rum
100 g raisins
1 tbsp of cocoa
3 tbsp sugar
500 ml milk.

Pour the flour into a deep bowl. Add the 3 tablespoons of sugar to 250 ml of warmed milk, mix and let it cool. Take out 4 tablespoons of flour and mix with the remaining 250 ml of boiling milk, and then pour onto the remaining flour. Blend a walnut-sized piece of beer yeast with 1 tablespoon of sugar and pour the resulting paste on the flour-milk mixture. Allow to rise in a warm place. Mix the egg yolks and salt with the flour, pour the lukewarm milk-sugar mixture onto this and knead well for 15 minutes. Gradually add oil, fresh pork grease and flavouring as desired (peel of lemon, or orange, rum or vanilla essence). Knead for around 45 minutes. The dough is ready when it blisters. While the dough is rising in a warm place covered with a towel, grind the nuts and mix them with sieved cocoa, 3 tablespoons of powder sugar, the raisins and 2 teaspoons of rum. Put the mixture on a greased working surface and spread the walnut mixture on top; then roll it like a scroll and put it on a greased baking tray. Keep warm for another hour. Then coat with egg yolks and sprinkle generously with powder or vanilla sugar. Bake initially for 15 minutes at 180 °C, then raise the temperature to 220 °C and bake for another 30 minutes.

Mix the rest of vanilla with a tablespoon of sugar and sprinkle it on the warm sponge cake. Do not cut the cake while it is still warm.

Sweden

Kanelbulle

25 buns:

35 g yeast

1/4 dl sugar

3 dl milk

1 egg

120 g butter

1 tsp salt

1 tbsp ground cardamom

750 g flour

Filling:

100 g butter

1/2 dl sugar

2 tbsp cinammon

Glaze:

1 egg

2 tbsp water

pearl sugar

Crumble the yeast in a bowl and stir in a few tablespoons of milk. Melt the butter and pour the milk on it. Add the rest of the ingredients and knead the dough in a dough mixer for 10–15 minutes. Let the dough rise while covered at room temperature for 30 minutes. Roll out the dough so it is about 3 mm thick and 30 cm wide. Spread the room temperature butter on top. Make a mixture of sugar and cinnamon and sprinkle it over the dough. Roll the dough the long way and cut the roll into about 25 slices. Place them with the cut edge upward in paper moulds. Place on a baking sheet and let rise under a towel for about 60 minutes or until the buns have doubled in size.

Mix the egg and water, carefully brush the buns with the mixture and sprinkle with pearl sugar. Bake in the oven at 220 °C for 5-6 minutes. Allow to cool on a grid.

Slovakia

Orecovy Zavin

Dough:

20 g yeast
3 tbsp of sugar
30 cl milk
600 g very fine flour
200 g butter
2 egg yolks
2 spoons of fine, dust sugar
pinch of salt
30 cl sour cream

Filling:

250 g walnuts
200 g sugar
10 cl of water
raisins
a little bit of dark rum
a few drops of lemon juice

Combine all ingredients for dough and mix them well by hand until the dough isn't sticky anymore. Divide dough into three small parts in shape of bun and allow grow in a warm place for two hours. Knead each of the buns until approximately 5 mm thick. (Roll the dough to the width of your pan, so that you can fit all three rolls next to each other.) For the walnut filling, mix all ingredients and spread the mixture on the dough in a thin layer. Then roll it carefully into shape of a snake. Then let the rolled, filled cake rise a little in a warm place for 30 minutes. To create a shiny surface, spread one egg yolk on top. Then place in the oven and cook at 180 °C for about 40 minutes or until nicely brown.

Slovenia

Prekmurska gibanica

Dough:

300 g flour
3 tbsp lukewarm water
2 tbsp wine
1 tbsp sugar.
salt to taste
2 tbsp oil
2 tbsp melted butter for brushing dough

Filling:

Poppy seed feeling
400 g poppy seeds
200 g sugar
cinnamon to taste
1 cup hot milk

Apple filling:

500 g apples, grated
200 g sugar
cinnamon to taste
1 grated lemon peel
1 tbsp lemon juice

Curd cheese filling:

200 g curd cheese
1 egg, whisked
2 tbsp sour cream
50 g sugar
1 tsp vanilla sugar
50 g raisins, soaked

Nut filling:

50 g nuts, hazelnuts or walnuts ground as desired
4 tbsp sour cream
50 g sugar

For the dough mix the ingredients in a bowl. Knead the dough thoroughly and allow to rest for 1 hour. Then roll it out and cut into plates, which fit the baking tin. You can also buy ready made dough leaves. Place one layer on the bottom of greased tin and spread half of the poppy filling evenly over it. Cover with another layer of dough. Continue the procedure with the other fillings: apple, cottage cheese and walnut.

For the filling mix the ingredients for individual fillings. The poppy seeds should be ground. Sprinkle apples with lemon juice and grated lemon peel. Spread half of each filling over a sheet and cover with another sheet. Sprinkle the sheets with melted butter. Repeat the procedure with another half of filling. A dough sheet must be on the top. Spread sour cream over the final layer of dough. Bake the gibanica for about 1 hour.

Spanien

Tarta de Santiago

1 egg
125 g sugar
2 cups flour
cinnamon
1 tbsp water

For the filling:

4 eggs
250 g ground almonds
lemon peel
cinnamon
icing sugar

To make the base, beat the egg with a spoonful of water, the sugar and a little cinnamon. Gradually add the flour until it forms a mixture that can be kneaded. Roll it out with a rolling pin and line the bottom of a tin that has been greased and sprinkled with flour beforehand. For the filling, whisk the eggs with the sugar and the lemon rind. When it begins to froth, add the ground almonds and the cinnamon. Fill the tin with this mixture and place in an oven pre-heated to 180 °C for about 25-30 minutes. For the final touch cut out a St. James cross, place it in the middle of the tart and dust the whole tart with icing sugar.

Czech Republic

Kolach

2 tbsp sugar
2 tbsp oil
2 eggs
pinch of salt
500 g flour
260-270 ml tepid milk
50 g melted butter
1 packet instant yeast
1 packet vanillin sugar

Filling:

500 g soft curd
3 tbsp sugar
50 g melted butter
1 packet vanillin sugar
1 tsp corn flour
2 eggs

Put all the powdery ingredients in one bowl, add eggs, milk, butter and oil, and knead the dough so that it doesn't stick to the sides of the bowl. Sprinkle dough with flour, cover it with tea towel and leave it in warm place to rise for 15 minutes. After that work the dough again, sprinkle it with flour and leave it covered for 1 – 1.5 hours to rise properly.

Prepare a curd filling. Put all ingredients in one bowl and mix it properly with a mixer. If the filling is too thick, you can add a bit of milk or rum. When the dough is raised, separate it up in 20 buns of the same size. Place them on the oily baking tin. Press the buns in the middle with your finger. Spread the edges of kolach with one broken egg. Put the curd filling on the top of kolach with spoon and spread it out up to the edges. Decorate kolaches with a bit of damson cheese. If damson cheese is too tough, mix it with rum. At the end, sprinkle kolaches with raisins. Bake them in pre-heated oven in the temperature of 200 °C for about 15 - 20 minutes.

Hungary

Dobos Torta

6 eggs
120 g castor sugar
150 g flour

Filling:

9 eggs
300 g castor sugar
100 g grated chocolate
400 g butter
50 g vanilla pudding powder
30 g vanilla flavoured sugar

Icing:

120 g sugar
drops of vinegar

Beat 6 egg whites with 2/3 part of the castor sugar until stiff. Stir the 6 egg yolks with the rest of the sugar. Then gradually and carefully add the beaten whites of the eggs and then the flour to the egg-yolk mixture. Spread on an upturned, greased and floured sponge tin and bake 6 thin layers from the mixture on 180 °C and put the most attractive one aside

To make the cream filling, mix the butter until creamy, and then add the melted chocolate. Mix the whole eggs, the castor sugar, the vanilla and vanilla pudding in a bowl over boiling water, heating until thick (app. 80 °C, stirring continuously). Allow to cool while whisking it. Then add this cream to the chocolate-butter mixture. Spread the cream on 5 sponge rings and on the side of the cake.

Caramelise sugar with some drops of vinegar and pour over the remaining slice. Before the toffee hardens, use a knife to cut lines on the surface to mark the slices. Carefully place the ring with the toffee on the top of the cold cake.

Cyprus

Baklava

500 g frozen philo sheets
1 cup melted butter
2 cups finely chopped walnuts or blanched almonds
1/2 cup sugar
1/2 tsp ground cinnamon
3/4 cup sugar
3/4 cup honey
1 cup water
1 tbsp lemon juice
Thaw philo pastry and separate sheets according to package directions. Keep pastry not being used covered with clean damp dish towel to keep it from drying out. Place half of pastry sheets in a greased baking pan, one by one, brushing each sheet quickly and all over with melted butter. Sprinkle the cinnamon over buttered pastry. Place remaining sheets on top, brushing each with melted butter. Cut baklava pastry into 5 cm diamonds. Bake at 200 °C until brown and crisp, about 30 to 35 minutes. Meanwhile, in a saucepan, combine remaining sugar, honey, water, and lemon juice; bring to a boil. Boil baklava syrup for about 20 minutes, stirring occasionally, until syrupy.

Belgium

Waffles

1 kg all-purpose flour
600 g pearl sugar
500 g butter
3,5 dl milk
100 g yeast
20 g salt
4 eggs
1 packet vanilla sugar

Mix flour, milk, yeast, eggs, salt and vanilla sugar into a dough and leave it to rest for 30 minutes. Add, while kneading, the melted butter, and afterwards the pearl sugar. Divide the dough into portions of 100 g and leave them to rest for 15 minutes.

Preheat the waffle iron. Do not grease the iron before making the waffles.
Baking time: approximately 3 minutes per waffle.

Bulgaria

Mliako s oriz

1 l fresh milk
300 g rice
200 g sugar
500 ml water
cinnamon

Put the rice in the water and boil for 30 minutes until rice gets soft. Put the rice in the boiling milk add the sugar and boil for a few minutes. Let this prepared rice pour into cups. Add cinnamon as required.

Denmark

Wienerbrød

1/2 cups real butter
1/3 cup flour
7 g dry yeast
1/2 cup warm water
1 cup hot milk
1/4 cup sugar
1 tsp salt
1 egg
4 cups flour

Cream together butter and 1/3 cup flour. Pat between two sheets of wax paper to form a 20 x 15 cm rectangle. Chill in the refrigerator until firm, an hour or more.

When the butter mixture is nice and firm, combine the yeast and warm water in a bowl. In a separate bowl, combine scalded milk, sugar and salt. Cool to lukewarm and then stir in yeast mixture and egg. Add about 4 cups flour, until you have a firm bread-like dough, and knead until glossy. Roll the dough into a 35 cm square. Put the chilled butter mixture on one side of the rolled out dough, fold the other side of the dough over the butter and seal the edges. Roll to 50 x 30 cm. Fold in thirds, wrap in plastic wrap and chill for an hour or more.

When chilled, roll out to 50 x 30 cm, fold and chill again. When chilled, roll out to 50 x 30 cm one more time. Do not fold this time. Cut into strips approximately 1.2 cm wide and 30 cm long. Tie the strip in a loose knot, like a pretzel. Let rise on a cookie sheet until doubled.

Cook at 200 °C. for 8 minutes. Don't overcook. They should be very lightly browned when done. Transfer to plate and ice while warm. Makes 3 to 4 dozen.

Icing: 1/4 cup butter, 1/2 cup brown sugar, 3 tablespoons milk, Powdered sugar, as needed. Cook butter, brown sugar and milk until smooth. Add powdered sugar until it is fairly thick but still spreadable. Keep warm or prepare ahead and reheat when ready to use. Spread sparingly on the warm danish.

Germany

Streuselkuchen

250 g butter
250 g sugar
4 eggs
1 vanilla sugar
2 tsp baking-powder
400 g flour
1 pinch of salt
5 tbsp milk
850 g fruit of choice

For the streusel:

100 g butter
125 g sugar
1 knife point cinnamon
150 g flour

Heat the oven to 160 °C. Mix together butter, sugar and vanilla sugar. Add the four eggs, and then the flour, salt and baking powder delicately until you get a soft batter. Arrange the fruits on pastry. Then mix the ingredient for the streusel together and put them on top. Bake in the oven for 45 minutes.