

A Taste of Macedonia

Traditional Macedonian Recipes



Macedonian Australian Welfare Association of Sydney Inc.

Acknowledgments

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Aim

Now in its second printing this Macedonian recipe book has been compiled with a view to providing culturally appropriate menu options to aged care services. It was been published in the hopes that the cultural identity of Macedonian people in residential aged care and aged care services in the Sydney area is maintained and encouraged.



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Appetizers, Bread and Salad



Ajvar (Relish Dip)

8 fresh red paprika (medium or hot)
4 medium eggplants
½ to ¾ cup olive oil
1 large onion, minced
3 large garlic cloves, chopped
2 tbsp. lemon juice
Salt and pepper to taste
Fresh chopped parsley to garnish

(6-8 servings)



Roast the paprika and eggplant over charcoal or gas flame or bake in preheated oven at 250 degree C until skin blistered and darkened. Place roasted vegetables in paper bag to steam in own heat for 10 mins. Peel off and discard burnt skin along with stems and seeds. Mash vegetables with fork or food processor into a pulp to form slightly chunky mass.

Heat 3 tbsp. oil in large skillet and sauté onion. Add garlic and cook for 2 mins. Remove from heat and add pepper-eggplant pulp. Slowly drizzle the remainder of the oil into mixture. Add lemon juice, salt and pepper to taste. Garnish with parsley.

Served spread over bread with feta cheese or as a side dish to accompany meat.

Leb (Bread)

1 package (1 tbsp) active dry yeast
3½ cups flour
1¼ cups warm water
2 tbsp. olive oil
1 tsp salt
¼ tsp sugar



In a mixing bowl combine yeast with 1½ cups of flour. Combine water, oil, salt and sugar and add to yeast mixture. Beat for ½ minute with an electric mixer at low speed; then beat for 3 minutes at high speed. Work in remaining flour by hand to form smooth and elastic dough. Put in greased bowl in a warm corner of room and cover. Let it rest for 45 minutes. On a hard surface flatten dough and divide into 12 pieces. Roll each piece into a ball and let rest for 20-30 minutes.

Pre-heat oven to 200 degrees C.

Bake for 9 to 10 minutes or until puffed and lightly browned on bottom. Immediately wrap in foil and cool.

Turshija (Jerinkitz Peppers)

1 capsicum
6 qts of a litre Water
3 qts of a litre white wine vinegar
8 tbsp. sugar
6 tbsp. salt
1¼ cups olive oil

(1 serving)



Remove seeds and cut capsicum in half. To make mixture bring to boil 6 qts water, 3 qts white wine vinegar, sugar, salt and olive oil. Drop pepper into liquid and boil a few minutes. Watch to not overcook. Pack in jars and pour remaining boiling mixture over them and seal.

Shopska Slata (Shopska Salad)

300g tomato
2 fried capsicums
50g onion
1 chilli pepper
100g fetta cheese
2 boiled eggs
½ Litre cooking oil
Salt



Chop the onion and then cut the tomato and capsicum in equal pieces of medium size. Cut the chilly pepper in small circles. Stir everything and pour some oil. Decorate with pieces of cheese cooked eggs and parsley.

Tarator (Cucumber – Yoghurt Salad)

2 cucumbers
500g plain yoghurt
1 tbsp. salt
½ tbsp. vinegar
3 cloves garlic, minced
50g ground walnuts (optional)
10-20g oil (optional)
Parsley (for garnish, optional)



Wash and peel cucumbers. Chop thinly. Put into a mixing bowl. Sprinkle with salt. Put yoghurt, vinegar and garlic in the mixing bowl. Mix well. Optionally add oil and/or walnuts. Place mixture in deep serving bowl. Garnish with parsley, if you like. Serve cold.

Turkish Coffee (Macedonian Espresso)

4 tsp Turkish coffee
3 tsp sugar
1½ cups water



Bring water to a boil in a Turkish coffee pot or small saucepan. Meanwhile, put coffee, sugar and 1 T water in a cup and blend it until smooth and well blended. When water boils, pour in coffee mixture and bring to a boil again. Turn off heat, let it settle and serve immediately.

Turkish coffee is usually served to guests, together with slatko or baklava, with icy water on the side. The traditional way to drink Turkish coffee is with a guest, accompanying a long conversation. The guest is served three coffees: the first one is the welcome coffee, namely the ozguldum coffee, the second one is the coffee to accompany the conversation, called the muabet coffee, and the last one is called the farewell coffee, or the sikter coffee.

Main Courses



Kjoftinja (Meatballs)

Tava so Oriz (Macedonian Chicken Stew)

1 medium sized chicken
2 Litres water
Root Vegetables, 2 carrots, 1 parsnip,
1 parsley root, ½ celery root, 1 leek
1 pepper (Hungarian or chilli)
Salt
Peppercorns
250g rice
40g oil
40g melted butter
Fresh ground pepper

Wash chicken and put in saucepan covering with water. Bring to boil and add all root vegetables, pepper, salt and few peppercorns. Simmer until chicken is tender.

Wash rice and pour lukewarm water over it and let it sit for 10-15 mins; then drain.

Place oil into fireproof dish, add finely chopped onion, cook until soft. Once chicken is cooked remove it from the broth and cut into pieces. Strain broth and cut vegetables into cubes. Add rice to soften the onion, pour in $\frac{3}{4}$ broth mixture and cook until half soft. Stir root vegetables into rice, add salt and pepper. Place chicken meat over rice and pour more broth if needed. Bake in preheated oven (175-200 degrees C) until rice is tender and meat is brown. Pour heated butter over and sprinkle with fresh ground pepper.

Kjebapchinja (Macedonian Sausages)

800g ground beef or veal
200g ground mutton
100g onion
20ml oil
5 cloves of garlic
Salt
Oil for brushing



(6 servings)

Mix meat, knead thoroughly and leave in a cool place to sit for several hours. Chop onion finely, heat oil, add onion and cook slowly until it is soft and beginning to colour. Peel garlic and chop finely. Add onion and garlic to meat, season with salt and pepper. Work all into a meat mixture, leave for a short while in a cool place, then shape into smaller kjebapchinja.

Grill at first on very hot grill. Brush with oil while grilling.

Serve with spring onions, tomatoes, and small hot peppers.

Kjoftinja (Meatballs)

1 pd ground beef
½ cup grated onion
1 tbsp. minced garlic
Salt and pepper to taste
¼ tsp oregano
¼ tsp dried mint
2 – 3 slices white bread
½ cup white wine or water
1 egg
Flour for rolling meatballs
Vegetable oil for frying



Mix meat, onion, garlic, salt, pepper, oregano, and mint. Remove crusts from bread slices and moisten in wine or water. Add bread and egg to meat. Knead mixture.

Shape into 1-inch balls, dust with flour, and sauté in hot vegetable oil. When meatballs are cooked and browned on all sides, place immediately in covered casserole and keep warm until ready to serve.

Musaka

1 eggplant
Salt
Oil
Flour
½ cup rice
2 onions
500g ground beef
500g pork

Custard Mixture
3 eggs
½ cup milk
Salt and pepper



Peel and slice an eggplant in 1/2 in. pieces. Salt and let stand 20 min. Drain. Dip pieces in flour and fry in hot oil. Meanwhile, cook 1/2 cup rice in 1 1/2 tsp salt. In same skillet in which eggplant was fried, add 2 chopped onions. Fry until soft. Add 1 lb. ground beef and pork mixed. season. Put one layer of eggplant in a baking dish. Then spoon a layer of rice, then a layer of meat mixture. Repeat in this way until dish is almost filled. Then make a custard by beating 3 eggs with 1/2 c milk, salt and pepper. Pour this over mixture and bake about 45 min in a 160 degrees C preheated oven or until custard is set.

Muchkalica from Shar Planina

650g mutton
1 tsp oil
5 onions
4 cloves of garlic
1 green paprika
1 tbsp. vinegar
Salt and pepper

Wash meat, wipe and cut into small cubes, pour oil over it and leave it to sit in a cool place for a while.

Peel onion, core the pepper and cut them into small cubes. peel the garlic and crush it well. Mix all, add salt, pepper and vinegar.

Thread meat on to skewers. Grill on heated grill, turning often. When the meat is done, take it off the skewers, place it over the prepared onion with paprika, shake well and serve at once.

Pastrmajlija (Macedonian Pizza)

1 kg flour
600g pork
200g oil
4 eggs
1 sachet yeast



Soak the yeast and after a while put it into flour and prepare the paste. Divide the paste into 4 equal pieces. Use rolling tin to make each of these pieces thin and flat.

Chop the meat. Add salt. Put the meat on top of each piece of pasta and spread it.

Add oil to the meat and (optionally) add pepper. Put the pastrmajlija (prepared like this) in the oven. Bake it at 250 degrees C. Before it's ready, add 1 egg and finish the baking.

Serve it hot.

Pecheno Jagne so Zelka (Steamed Lamb with Cabbage)

3 lbs lamb
1 head of cabbage
3 large carrots
3 medium potatoes
1 medium onion
2 long hot peppers
2 tbsp. oil



Place lamb in a heavy roasting dish with a cover. Place carrots, potatoes, and onion around the lamb. Cut the head of cabbage into 6 pieces and also place it around the lamb.

Place the hot peppers on top of the lamb. Cover and let steam until done. Do not take the cover off unless necessary. Let roast in a 250 degrees C oven for 2-1/2 hrs. Serves six.

Polneti Piperki (Stuffed Peppers or Capsicums)

8 medium green peppers or
capsicums
2 tbsp. butter
4 onions, finely chopped
2 small peppers, finely chopped
1 clove garlic, minced
½ cup chopped ham
1 can tomato puree
Salt and pepper
4 cups bread crumbs
2 eggs



Cut a thin slice from stem end of each pepper. Remove seeds and wash. Drop peppers into boiling, salted water and parboil 5 min. Drain thoroughly.

Melt butter in skillet. Add onions, garlic and chopped pepper and sauté until limp. Add tomato puree, ham, salt, and pepper to taste. Simmer for 15 minutes.

Remove from heat, stir in bread crumbs and eggs. Stuff mixture into pepper shells. Sprinkle tops with cracker crumbs. Bake in oven of 180 degrees C for about 25 min. or until stuffing is firm and delicately browned on top.

Sarma od Kisela Zelka Leaves (Stuffed Cabbage Leaves)

Pickled cabbage leaves
Rice in a cup coffee
5 tbsp chopped onion
500g mixed ground beef
Oil, salt, pepper, red pepper, spices
250g steamed meat



Cut the onion into small pieces and fry it on oil. Add the ground meat, red pepper, pepper, salt, spices the rice also. Then use the mixture to stuff the pickled cabbage leaves. Line them up in a pot, but first line up pickled cabbage leaves at the bottom of the pot.

Put the steamed meat in between the stuffed cabbage leaves. Spill over some hot water and boil it on a silent fire, and then put them in the oven to bake.

By the end of the baking, you can add some oil and red pepper (which have been fried before). Cover the pieces with pickled cabbage leaves. Make sure it ends up dry and not very moist.

Sarma od Lozov List (Stuffed Grape Leaves)

1 lb ground beef and pork
2 onions
1 egg
1 tsp. salt
½ tsp. pepper
¼ cup rice
Washed grape leaves



Fry onions in hot corn oil. Add meat and fry until meat is well done. Cool mixture slightly and then add egg, rice, seasoning and a spring of dill chopped fine. Mix together thoroughly.

Place 1tbs of mixture in a grape leaf and wrap up in Sarma fashion. Place Sarma in deep pan, put 2T hot oil, put 2tbs flour and fry together. Remove from fire, add 1tsp paprika, 1/2 cup hot water. Blend and pour over Sarmas. Many prefer to serve it with sour cream.

Selsko Meso (Village Meat Dish)

1 kg pork
8 tbsp chopped onion
300g ground beef
Tomato or Ketchup
700g mushrooms
300g dry smoked meat
Salt, pepper, spices, bukovec
Wine
Cream Cheese



First do the meatballs and include a piece of ground onion salt, pepper and spices. Then cut the pork into small pieces and fry it on oil, add the ground onion and fry it together. After they become red, add the tomatoes (or the ketchup), the mushrooms, the smoked meat and the small meat balls. Add spices, salt, red pepper, bukovec and pepper into the mixture.

Separately dissolve a spoon full of flour into a glass of water (the one in which the mushrooms were contained) and also add a glass of wine. The whole mixture is baked (roasted) in the oven in a baking dish made of clay.

By the end of the baking you can add cheese and cream according to your own taste.

Tavche Gravche (Bean Stew)

500g of beans
1 onion
100mls cooking oil
2-3 pieces of red dry capsicum
Pepper, salt, flour, parsley, mint



Wash the bean and leave it to stay in water over night. After that cook it till it boils; drain it and put it in another hot water. Then add chopped onion and capsicum. Continue to cook it till the beans are soft but integral. If there is too much water left, drain the beans.

In another bowl fry the chopped onion and paprika on cooking oil and then add this to the beans. Put everything in a pottery saucepan and then pour some parsley, mint, pepper and salt on it.

Put the saucepan in the oven and bake it for a while (the beans shouldn't be too dry).

Shkembe Chorba (Tripe and Entrails from Skopje)

Lamb entrails
Tripe
Salt
3 tsp. oil
2 bay leaves
1 tsp red paprika
2-3 cloves of garlic
3 tsp warm water



Wash entrails well (turn inside out and rinse). Wash tripe well and leave to stand in salted water 1-2 hours. A few pieces of onion can be added to water if desired. Drain tripe and entrails well, cut into small pieces and mix.

Grease and earthenware casserole with oil; place inside the prepared tripe and entrails, add salt as needed, add crushed bay leaf and red paprika, pour oil over it, and add some warm water. Bake in the oven preset at 175 degrees C pouring in some warm water at times. Baste while baking.

When all ins tender, add chopped garlic mix, add more if needed, and bake on for a short time.

This specialty can be served both as the main dish and as an appetizer with young vegetables (green onions, tomatoes, peppers, radishes).

Pastrmka (Trout)

4 trouts
20g flour
1 tsp. cooking oil
20g butter
Spices, lemon juice
1 tsp. sour cream



Clean the trout, dry it and then salt it. Put trout into the flour before you fry it.

Take the fried trout from the pan. Add butter, spices, lemon juice and water into the pan and boil it for a while.

Add sour cream before you take the pan off the oven.

Turli Tava

1 kg mixed meat, pork, veal, mutton
Vegetables, potato, tomato, capsicum,
onion, eggplant, parsley, French
beans
Ladies Fingers
Salt, pepper, paprika
Cooking oil



Chop meat and fresh vegetable and put it in a pottery saucepan. Add spices, stir and then add cooking oil and water. Don't put too much water, just enough so that the turli tava is soft after cooking.

Put the saucepan in the oven and cook it at 200 degrees C for an hour and a half. During that time, stir two-three times. When the meal is ready, it has a golden-red crust.

Polneti Piperki so Sirenje (Capsicums Stuffed with Cheese)

8 capsicums or large banana peppers
2 eggs
1 cup yoghurt
250g feta cheese
Salt and pepper to taste



Mix eggs with yoghurt and add cheese & salt and pepper.

Cut Capsicums in half and stuff them with mixture.

Put them in an oiled baking dish, sprinkle with some oil and bake until golden brown.

(Pogacha so Tikvichki) Zucchini Pie

4 large zucchini
1 onion
Rashers of bacon
4 pieces of ham
4 capsicums
500 mls oil
100g plain flour
4 eggs
100g grated cheese



Chop zucchini, bacon and ham finely. Place in deep bowl and mix together with oil, flour, eggs and cheese. Pour mixture in a greased 20 x 30 cm pan and bake for 30 mins.

Remove from oven and cool. Cut into squares. Decorate with fresh vegetables before serving.

Baked Recipes



Zelnik

Zelnik (Homemade Pastry)

1 kg flour

1 egg

Salt

Cooking oil

Water

Choose filling: spinach, leek, potato,
cheese, eggs or cabbage



Prepare the paste: divide it into two pieces and then each piece divide into 10 equal pieces. Make a "kora" of each piece. "Kora" is a thin peace of paste made by rolling tin. Spread some oil on each "kora" and put one "kora" on another until you use 10 for one big "kora" and the other ten for another big kora. One "kora" should be bigger than another. Take the smaller one and put it at the bottom of a saucepan.

Spread the filling. Put the other "kora" (the bigger one) on the filling and place it nicely. Pour some oil on top.

Put the saucepan in the oven. Bake it on temperature of 250 degrees C for half hour. Filling: chop the vegetable and fry it on oil for a while.

Pogacha (Homemade Bread with Eggs)

750g flour
Salt
2 tbsp. milk or lukewarm water
20g fresh yeast
1 tsp. sugar
½ tsp oil
Luke warm water as needed
2-3 eggs
Salt
Oil for greasing
Flour for dusting



Instructions over page.

Pogacha (Homemade Bread with Eggs)

Method

Sift flour. Crumble yeast, add some sugar, some flour and lukewarm water or milk. Mix well until smooth and leave to stand in a warm place to rise.

Make a well in the centre of flour, add oil, egg yolks and one whole egg, salt and creamed yeast. Pour in some lukewarm water and mix all. Knead into smooth dough until bubbles appear in it.

Dust the dough with some flour and leave it to stand in a warm place for about 45 minutes. Grease a baking pan (tepsiya) with oil or lard. Toss the risen dough onto a board dredged with flour, knead it shortly, put into the tepsiya, cover and leave to stand like that for about 10-15 minutes. Before baking, prick with a fork in several places.

Bake in the oven preheated to 200 degrees C for about 30-35 minutes. When the crust is brown, it can be covered with tin paper or thin foil. When done, sprinkle the pogatcha with some water and wrap it up with clean cloth.

Serve warm, preferably with kaymak, some cheese spread or the like, as an appetizer.

Burek

1 pkg dry yeast
¼ lukewarm water
¼ tsp sugar
3 1/3 cups all purpose flour
½ tsp salt
¾ cup lukewarm water
125g butter



Filling
9 eggs
½ lb crumbed fetta cheese
3 tbsp melted butter

Butter a large round pan (15-16 in) and set aside. Prepare yeast with 1/4 cup lukewarm water and 1/4 tsp sugar. Set aside. Sift flour and salt into large bowl, leaving a well in the middle. Add prepared yeast mixture into well. Begin mixing by hand and slowly add lukewarm water. Knead until dough forms a ball of medium consistency (approx 10 min). Divide dough into 14 equal parts, roll into round balls, cover and let stand for 1/2 hour. Melt 500g butter in saucepan. Roll out 4 balls into 6 in. circles, stack one on top of the other, brushing each layer with melted butter excluding the top layer.

Instructions continued over page.

Burek

Method

Continued from previous page

Let stand briefly, then roll out on slightly floured table to just a little bit larger than the bottom of your pan. Place in pan and brush top with melted butter. Mix filling and spread evenly to edge of pan.

Roll out one ball as thinly as you can; sprinkle with butter and gather it loosely into folds, and with a slight pull, elongate it. Starting from the centre of the pan, place this dough over filling, circling it to look like a pinwheel. Repeat with remaining balls until you have reached the outer edge of your pan. Sprinkle generously with remaining butter.

Cover with a tea towel and set Burek over a pan of very hot water for about 20 min. Bake in a preheated oven of 300 degrees C for about 45 min or until nicely browned.

Baklava

This recipe has many variations and are all listed below.

2-3 boxes filo pastry
50g cooking oil

Filling 1

4 stiffly beaten eggs, creamed with
powdered sugar
250g powdered sugar
250g margarine
150g ground walnuts
150g sultanas, soak in rum 1-2 hr
100g rum
150g grits
1 tsp baking powder
1 tsp vanilla extract

Filling 2

4 Stiffly beaten egg
1 tbsp sugar
300g ground walnuts
1 tsp vanilla extract
Lime Juice



Baklava

Filling 3

3 Stiffly beaten eggs
250g sugar
250g yoghurt
250g finely chopped walnuts

Sherbet
4 cups sugar
5 cups water

Combine all filling's ingredients together.

Heat oven to 200 degrees C. Grease a 12 x 12 x 1-inch pan. Count crusts. Cover bottom of pan with half of crusts greasing every second layer. Spread filling. Top with remaining crusts greasing every second layer.

With sharp knife make 3 x 3 inch squares. Gently diagonally cut squares. Bake 50 to 60 minutes until light brown. Cool thoroughly.

Cook sherbet until bubbly and continue cooking for 5 more minutes hot sherbet pour into cold Baklava. Cool and serve.

Dessert Pleasures



Sutlijash (Rice Pudding)

Sutlijash (Rice Pudding)

4 cups milk
155g sugar
1 tbsp unsalted butter
1 lemon zest strip
1 cinnamon stick
6 cups water
Pinch of salt
½ cup white rice
3 egg yolks
Ground cinnamon for garnish
Almonds for garnish, optional



In a saucepan over medium-high heat, combine the milk, sugar, butter, lemon zest and cinnamon stick. Heat until small bubbles appear along the edge of the pan, then remove from the heat. Let stand for 30 minutes to develop the flavour. Meanwhile, in another saucepan, bring the water to a boil. Add the salt and rice, reduce the heat to low and cook slowly until the rice kernels have swelled and are tender (15-20 minutes). Drain.

Place the saucepan holding the milk mixture over medium heat and bring to a simmer. Add the rice and simmer uncovered, stirring often, until thickened, 15-20 minutes. Remove the lemon zest and cinnamon stick and discard.

Instructions continued over page.

Sutlijash (Rice Pudding)

Method

Continued from previous page

In a bowl, using a fork or whisk, beat the egg yolks until lightly frothy. Gradually add about 1 cup (8 fl oz/ 250 ml) of the hot pudding to the yolks, beating constantly.

Gradually pour the warmed yolks into the remaining pudding, stirring constantly. Cook over very, very low heat, stirring constantly, for 5 minutes.

Spoon the pudding into individual dessert bowls or one large serving bowl. Sprinkle with cinnamon and top with toasted almonds (optional). Serve at room temperature.

Kajmak (Heavy Cream)

250 mls milk

250ml thickened cream



Boil the milk in shallow enamel pan. Carefully, pour the cream in from as high as possible. Simmer mixture on low fire for about 2 hrs. Turn off the heat and allow it to stand without mixing for 6 hours. Then turn on heat again and simmer on very low fire for 1/2 hr.

Cool the mixture without mixing. Then carefully place pan in refrigerator for 24 hours. Cream has formed. Loosen with the point of a knife and remove it to a flat plate. Cut into squares. It is delicious served on anything, which calls for whipped cream or eaten alone.

Slatko (Thick Jam)

Sour Cherries
Blue Plums
Quince
Green seedless grapes
1 tsp. lemon juice



Prepare washed fruit as follows:

Sour cherries are pitted.

Blue plums are pitted and cubed.

Quince should be peeled, cored, and quartered. Then they are parboiled for about 5 minutes.

Green seedless grapes are washed only.

Whichever fruit is used the method is the same, but do not mix fruits. For each cup of fruit use 1 c sugar and 1/4 c water. Bring sugar and water to a boil and boil on low heat until mixture spring a thread. Then drop in fruit and cook only long enough for fruit to be cooked through. Mixture should be rather thick. Add 1t lemon juice. Mix.

Pour in sterile jars and seal. Slatko is served in an attractive jam jar. A teaspoon and glass of water are offered with it. This is offered guests first when they visit.

References

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