

WORLD HERITAGE
RECIPES

*Enjoy the Taste
of World Heritage*



**AMSTERDAM | BAMBERG | BEEMSTER | BERLIN | BORDEAUX
BRUGGE | BRUSSELS | ČESKÝ KRUMLOV | LUXEMBOURG
PHILADELPHIA | QUÉBEC | QUEDLINBURG | RAUMA
REGENSBURG | SALZBURG | SAN ANTONIO | STRALSUND
VIENNA | VISBY | WARSAW | WISMAR**



OVPM . OWHC . OCPM

Regional Secretariat
Northwest Europe and North America



ABOUT THE OWHC

Founded on the 8th of September, 1993 in Fez, Morocco, the Organization of World Heritage Cities (OWHC) is a collaborative body that shares expertise on all issues related to the urban management of a World Heritage property. The OWHC interconnects more than 300 cities that incorporate sites inscribed on the UNESCO World Heritage List. Combined, these cities have a total population of over 164 million people. They are represented in the Organization by their mayor, with the active participation of elected municipal officials and heritage managers.

The primary objectives of the Organization are to facilitate the implementation of the World Heritage Convention, to encourage cooperation and the exchange of information and expertise on matters of conservation and management, as well as to develop a sense of solidarity among its member cities. To this end, the OWHC organizes World Congresses, conferences, seminars and workshops dealing with the challenges faced in the area of management and it provides strategies for the preservation and development of historic cities.

THE REGIONAL SECRETARIAT COOPERATION

This brochure was created by the Secretariat for Northwest Europe and North America, hosted by the City of Regensburg, Germany. We promote communication between member cities and organize regular meetings with experts and delegates from each city to discuss ideas and problems. We also try to bring World Heritage closer to our own citizens by organizing projects and events, like photo and video competitions or travel scholarships.

In this brochure, we combine tangible and intangible heritage: we not only inform you about the outstanding universal value of our World Heritage cities, but also give you insights about each city's culinary heritage. By providing an easy to follow recipe about each region's most famous dish, we invite you to taste a delicious heritage.

Have fun, and enjoy trying out our international recipes!

Your OWHC cities in Northwest Europe and North America



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Koggetjes

Tasty caramel butter cookies
- an award winning delicacy



© Adrienne Peursem, www.bakkriebets.nl

Ingredients

FOR THE DOUGH

- 7 tbsp butter
- ¼ tsp salt
- ½ cup and 1 tbsp sugar
- 1 tbsp milk
- 1 tsp vanilla
- 1 cup flour, sifted

FOR THE CARAMEL

- ½ cup sugar
- 2 tbsp water

	Level EASY		Cooking Time 15 MIN
	Preparation Time 45 MIN		Heat 170 °C / 320 °F

Preparation

For the caramel, heat sugar and water up to boiling point and let it caramelize while stirring. Pour the hot caramel on a silicone baking mat and let it cool. Once cooled, break it into small pieces with the help of a rolling pin.

For the dough, cream the butter with sugar, salt, milk and vanilla. Stir in the flour until well blended. Fold in the caramel pieces. Add the dough to a pastry bag and pipe approx. 24 dollops on a well-greased baking sheet. The dough will spread so make sure you leave enough space between the dollops. Place sheet in oven.

When the cookies are golden and have a slightly browned edge, carefully remove from the oven and let them cool on a rack.



© City of Amsterdam



© City of Amsterdam



Background

Nowadays, this tasty biscuit, sometimes called the *Amsterdam Koggetjes*, is known all over the world. But that used to be different. In 1934 a competition was held in Amsterdam to develop a new local biscuit; the winner was the *Koggetje*. What followed was a fierce promotional battle between the Neutral Confectioners' Association, NBV, and the Roman Catholic Confectioners Association, called Sint Nicolaas. Both were entrepreneurial associations in Amsterdam, but the winner of the *Koggetjes* recipe was a member of the NBV and so they had a special biscuit tin designed for the cookies. The Roman Catholic organization also designed their own tin and gave the same biscuit another name: the nougatine.

Even the old Amsterdam coat of arms, as well as the former city hall of Amsterdam, incorporate cogs, *kogge* in Dutch. *Koggetje* is the diminutive of *kogge* and thanks to the popularity of the cookie, it will always be part of Amsterdam's culture.

WORLD HERITAGE SITE CANAL DISTRICT



© City of Amsterdam

The *Canal District of Amsterdam* is certainly the most attractive part of the city's centre. Famous around the world, it is admired by both residents and visitors alike. With its tree-lined canals stretching into the distance and its many boats and very typical houses of all shapes and sizes, it is very picturesque.

The foundations of the Canal District can be traced back to the seventeenth century, when the area was developed by and for Amsterdam's citizens. Ever since, the canals have been a symbol of civic culture and the open-mindedness for which the city still is famous. The canals are part of a unique street plan, with their ingenious,

hydraulically-engineered construction and their green borders. People live and work there in multi-functional merchant houses and urban villas. All these features make the Canal District a place unlike any other in the world.

Mention Amsterdam's Canal District and the first thing that comes to mind are the three canals that can be named easily in alphabetical and geographic order: Herengracht, Keizersgracht and Prinsengracht, the Singel and the seven transverse canals. The entire area covers more than 198 hectares and the canals have a total length of 14 kilometres with no fewer than 80 bridges. The Canal District was constructed in phases, the first starting in 1613 and the second in 1663. It was the largest urban expansion in seventeenth-century Europe.

The Canal District was named a UNESCO World Heritage Site in 2010. The nomination highlights the uniqueness of the Canal District, and underlines its universal value: it is truly a monument of world stature. It has endured for four centuries, yet still moves

© City of Amsterdam



AMSTERDAM / NETHERLANDS



© City of Amsterdam

with the times. Its UNESCO status means that future generations will be able to continue to fall in love with Amsterdam's canals.

More information:
www.amsterdam.nl/en/leisure/arts-and-culture/



© Hés van Huizen

Meat-Stuffed Onions in Beer Sauce

Two specialities of Bamberg combined in one delicious dish



© Genussregion Oberfranken e. V.



Ingredients

- 4 large yellow onions
- 1 bunch parsley
- fresh marjoram
- 500 g ground pork
- 8 thin slices smoked bacon
- 2 eggs
- 2 dry loaves of bread from the previous day
- ½ l vegetable stock
- ¼ l smoked beer
- 1 tsp medium hot mustard
- freshly grated nutmeg
- salt and pepper

Preparation

Soak bread in milk. Peel onions and slice ends off. Hollow the onions so that an outer shell of 1 centimeter remains. Chop the inner parts of the onions and fry them in butter. Add spices, minced meat, mustard, eggs and bread, and mix. Fill the onions with the mixture and place them in a pot. Pour stock into the pot until the onions are half-covered.

Bake at 180°C for about 35 minutes. Pour beer over the onions and bake for another 30 minutes. Top up the stock several times. Remove onions. Stir the remaining sauce and bring to a boil. Season and stir until smooth. Fry smoked bacon until crispy on both sides. Arrange the onions with the bacon and sauce. Serve with mashed potatoes and sauerkraut.



Level MEDIUM



Cooking Time 65 MIN



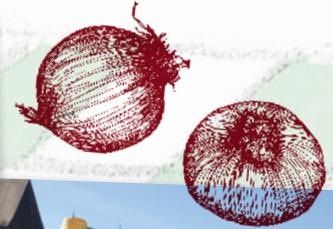
Preparation Time 30 MIN



Heat 180°C / 360°F



© Jürgen Schraudner



© Roland Rinkler



Background

The recipe for *Meat-stuffed onions* is the winner of a competition held in the 1960s. Back then, a dish that connected Bamberg's gardening tradition with its beer culture was sought. The award-winning dish was so appreciated that it was incorporated into the local cuisine.

Onion seeds were the main merchandise of Bamberg's Market Gardeners' District during the 17th and 18th century. They were exported to the Netherlands, England, Austria and Hungary. In order to grow the onions, though, some special techniques were applied in the region. As the onions started to sprout in early summer, the farmers bound pieces of wood to their shoes and walked over the onion fields. This would break off the flowers, which allowed the root to accumulate more energy and grow larger. This is why Bamberg's citizens are often still called *Zwiebeltreter* – onion stampers. Even the typical conversations and discussions of locals in brew-pubs are often called *Zwiebeltreterei* (onion stamping) in Franconia, Bavaria.



WORLD HERITAGE SITE TOWN OF BAMBERG



© City of Bamberg

In 1993, the *Town of Bamberg* was inscribed on the UNESCO World Heritage List. It is located in southern Germany in the north of Bavaria. The excellently preserved historic town includes three urban districts: City on the Hills, the Island and the Market Gardeners' District. All three districts are part of to the 142-hectare UNESCO World Heritage site and are uniquely representative of a central European medieval town with its many preserved historic ecclesiastical and secular buildings.

When Henry II, Duke of Bavaria, became King of Germany in 1007 he made Bamberg the seat of a bishopric, intending it to become a "second Rome". The way in which the present town exemplifies a rural link to an urban distribution centre is particularly interesting.

From the 10th century onwards, Bamberg was also an important link to the Slavic peoples, especially those of Poland and Pomerania. During its period of greatest



© Matthias Vasovic



© Jürgen Schraudner

BAMBERG / GERMANY

prosperity – from the 12th century onwards – the architecture of this town strongly influenced northern Germany and Hungary. In the late 18th century Bamberg was the centre of the Enlightenment in southern Germany, with eminent philosophers and writers, such as Georg Wilhelm Friedrich Hegel and E.T.A. Hoffmann, living there.

More information:

www.welterbe.bamberg.de/en/



WORLD HERITAGE OFFICE
Städtisches Amt für Kultur und Tourismus
Münchener Platz 1
96049 Bamberg
Telefon: +49 (0) 91 81 23 10
E-Mail: office@welterbe.bamberg.de



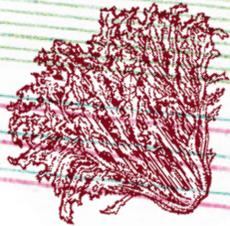
© Jürgen Schraudner



Dutch Stampet

Mashed potatoes with endive

© Carol Westrik



Ingredients

- potatoes (about 10 pieces)
- 800 g endive
- 300 g bacon cubes
- 150 g grated cheese, preferably young
- butter
- salt, pepper, nutmeg to taste
- gravy (made either from the bacon cubes or any other tasty source)



Preparation

Peel the potatoes and boil them for about 30 minutes (the smaller the potato pieces, the sooner they will be ready). Drain the potatoes when soft and mash them. You can add butter and/or milk to make the mash smoother/richer.

Cut the endive into thin strips and mix these with the mashed potatoes.

Roast the bacon cubes until crispy (or as desired) and blend them with the mashed potatoes and endive. You can also add them later as a condiment so everyone can decide for themselves how much bacon they want. Add the grated cheese. Flavour with salt, pepper and nutmeg. Serve with gravy.

	Level EASY		Cooking Time 20 MIN
	Preparation Time 15 MIN		Serves 4



© Carol Westrik



© bycoon/depositphotos.com



© Elena7/depositphotos.com



Background

The Beemster Polder provided new agricultural land. This land, north of Amsterdam, was needed to feed a growing population. It has retained this agricultural character to the present day. The Beemster is an active community of almost 9,000 inhabitants including a diverse number of entrepreneurs. Various crops are grown, like potatoes other vegetables. Farm animals, too, are raised like pigs and cattle. Moreover, the Beemster is also famous for its cheese. This recipe brings the wide variety of flavours from the Beemster together. For more inspiration please see the booklet *Heerlijk Beemster. Verhalen en recepten* which also contains this recipe.

WORLD HERITAGE SITE THE BEEMSTER POLDER



© Carol Westrik

The Beemster Polder is a man-made landscape located north of Amsterdam, dating from the early 17th century, and is an exceptional example of reclaimed land in the Netherlands. It was created by the draining of Lake Beemster in 1612 in order to develop new agricultural land and space for country residences, and to combat flooding in this low-lying region. It also provided a means for capital investment in land. Other land reclamation had taken place earlier, but technical improvements in windmill technology permitted more

ambitious undertakings. The Beemster Polder was the first large project covering an area of 7,208 hectares. Today it is a well-ordered agricultural landscape of fields, roads, canals, dykes and settlements.

The polder was laid out in a rational geometric pattern, developed in accordance with the principles of Classical and Renaissance planning. This mathematical land division was based on a system of squares forming a rectangle with the ideal dimensional ratio of 2:3. A series of oblong lots,



© Marianne Slot-Dekker

BEEMSTER / NETHERLANDS



© Marianne Slot-Dekker

measuring 180 metres by 900 metres, form the basic dimensions of the allotments. Five of these lots make up a unit, a module of 900 metres by 900 metres, and four of these units create an even larger square. The pattern of roads and watercourses runs north to south and east to west, with buildings along the roads. The short sides of the lots are connected by drainage

canals and access roads. The polder itself followed the outline of the lake, and the direction of the squares corresponds as much as possible with the former shoreline, so as to avoid creating unusable lots.

More information:

www.bezoekerscentrumbeemster.nl/a-visit-to-world-heritage-the-beemster/



© Marianne Slot-Dekker



© Ramona Dornbusch



Swede Stew

A former wartime dish feeding the hungry has found its lovers in nouvelle cuisine

Ingredients

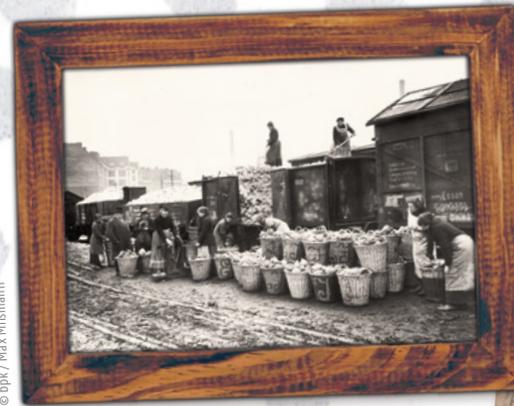
- 1 kg swedes (rutabaga)
- 500 g potatoes
- 500 g smoked bacon
- 300 g onions
- 1 large carrot
- 100 g margarine or butter
- ¼ l vegetable broth
- salt, pepper and sugar
- thyme and parsley

	Level EASY		Cooking Time 45 MIN
	Preparation Time 60 MIN		Serves 5

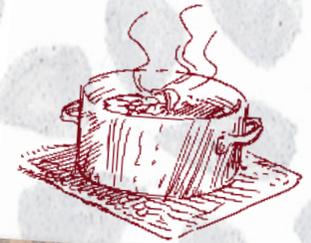
Preparation

Heat butter or margarine in a pot, add diced onions and simmer slowly. Add bacon and roast lightly. Remove from heat. Chop peeled potatoes and swedes into medium sized chunks. Cut peeled carrot into small slices.

Add the chopped potatoes, swedes and carrots to the onions and bacon. Top up with vegetable broth. Boil for approx. 45 minutes and season to taste intermittently. Garnish with thyme and parsley and serve.



© bpk / Max Milmann



© Ramona Dornbusch



Background

Between 1910 and 1920, Berlin faced various challenges: a famine and the lack of housing were the two most devastating. The so-called *Turnip Winter* of 1916/17 epitomizes this period. Due to World War I and several crop failures, the potato as a staple food became scarce and had to be replaced by a cheaper, more abundant alternative. This was the time for the turnip and swede to shine. *Swede Stew* was easy and cheap to make and could feed an entire family. Older residents of Berlin even remember some families eating a total of five to six hundredweights of swedes during that winter. Recipes for various traditional local dishes that revolve around swedes have been passed down by those earlier generations to the present.

Because of the wartime experience, the cultivation of gardens to insure self-sufficiency soon became an essential component of housing development in Berlin. As a result, the six housing estates of modernism, which were a reaction to the lack of housing after the War, all have gardens for growing fruit and vegetables. This self-sufficiency, originally advanced by Leberecht Migge (1881 – 1931), has been a topic of discussion by landscape architects and city planners ever since.

THE THREE WORLD HERITAGE SITES OF BERLIN



© Berlin Monument Authority
(Landesdenkmalamt Berlin), Wolfgang Bittrner

Palaces and Parks of Potsdam and Berlin

For three hundred years, the Potsdam-Berlin Havel landscape with its many lakes and forests was the preferred location for the new residences, gardens and parks of electors, kings and emperors of the Hohenzollern Dynasty. Today, avenues and kilometer-long visual axes connect a Gesamtkunstwerk, a synthesis of art composed of aesthetically landscaped gardens, intricately conceived castles, and planned towns and villages. Peter Joseph Lenné, Georg Wenzeslaus von Knobelsdorff and Karl Friedrich Schinkel later added their own touch to this area, which now contains Baroque, Romantic and Classical elements.

Museumsinsel

The Museum Island is situated on the northern part of the small island in Berlin's Spree River in the historical centre of Berlin. It is a complex of five buildings, constructed between 1824 and 1930 by the most renowned Prussian architects. They house unique collections of art and cultural artifacts from Europe and the wider Mediterranean region spanning several millennia and are among the most important museums worldwide.

Berlin Modernism Housing Estates

The six housing estates include more than 6,000 residential units in seven districts



© Berlin Monument Authority
(Landesdenkmalamt Berlin), Wolfgang Bittrner



© Berlin Monument Authority
(Landesdenkmalamt Berlin), Wolfgang Bittrner

of Berlin. They testify to the housing reform projects that were largely implemented between 1914 and 1934, especially during the Weimar Republic when the city was particularly progressive socially, politically and culturally. Bruno Taut, Martin Wagner and Walter Gropius were among the leading architects of these projects. The estates are characterized by high

architectural standards and innovative urban design and are a wealth of experimental residential forms that were revolutionary from the social and hygienic perspectives of the time.

More information:

www.berlin.de/Landesdenkmalamt/welterbe/welterbestaetten/



© Berlin Monument Authority
(Landesdenkmalamt Berlin), Wolfgang Bittrner

Canelés

Try to find the original copper molds for this special little pastry to make the perfect crust outside



© Anais Peulet



© nshchata / depositphotos.com



© syw1rabi / depositphotos.com

Ingredients

- 50 cl milk
- 2 whole eggs
- 2 egg yolks
- ½ vanilla pod
- 1 tbsp rum
- 100 g flour
- 250 g caster sugar
- 50 g sweet butter
- 1 pinch salt



Preparation

Boil milk with vanilla pod and butter. Mix flour and sugar in a bowl. Add eggs and then the boiling milk. Mix gently to obtain a fluid paste. Set aside to cool.

Add rum. Place in refrigerator and let it rest for an hour. Preheat oven to 240°C (220°C when using a silicone mould). Pour the chilled paste into the well-buttered molds, filling them only halfway. Quickly arrange the molds on an oven tray and bake for 12 minutes at 240°C (20 minutes at 220°C with a silicone mold), then lower the temperature to 180°C and bake for one hour.

The canelés must have a brown crust and a very soft interior. Remove from molds while still hot.

	Level MEDIUM		Cooking Time 1 H 15 MIN
	Preparation Time 15 MIN		Heat 240°C / 460°F



Background

The *canelé* is a small cake, a speciality of Bordeaux. Soft and tender, and flavored with rum and vanilla, it takes its shape within the form of a caramelized crust when baked successfully in a small cylinder-like mold about five centimeters high and five centimeters in diameter, originally made of copper.

Canelés were conceived at the Port of the Moon, in Bordeaux. The ingredients are directly derived from the goods that were traded on at the port, which flourished in the 18th century. Here, vanilla, cane sugar and rum arrived in France by ship from the Caribbean Islands. The recipe itself was later invented by the nuns of the Convent of Annunciation. This convent has since been redesigned as the office for the Regional Directorate of Cultural Affairs by the firm, Brochet Lajus Pueyo Architects. It is said that the *canelé* recipe finds its origins in the traditional wine-making step of filtering wine using egg whites: the recipe became the simple solution for making use of the surplus yolks. Whatever the truth may be, *canelés* are the definitive, delicious dessert of Bordeaux.

WORLD HERITAGE SITE PORT OF THE MOON



© Mairie de Bordeaux

The *Port of the Moon* in the harbor town of Bordeaux in south-western France is inscribed as an inhabited historic city, an outstanding urban and architectural ensemble created in the age of the Enlightenment, with more protected buildings than any other French city except Paris. It is also recognized for its historic role as a place of exchange of cultural values for more than 2,000 years, particularly since the 12th century because of the commercial links with

Britain and the Netherlands. The city's urban planning and architectural ensembles of the early 18th century onwards provide an outstanding example of the innovative Classical and Neoclassical trends of the time leaving an exceptional urban and architectural impression of unity and coherence. The port's urban form represents the success of philosophers who wanted to make towns into melting pots of humanity, universality and culture.



© Anais Peullet



© Mairie de Bordeaux

Bordeaux's Port of the Moon is an outstanding example of the exchange of human values over more than two thousand years given its role as a capital of a world-famous wine producing region and the importance of its port in commerce at regional and international levels. The urban form and architecture of the city are the result of continuous extensions and renovations since Roman times up to the 20th century.

Because of its port, the city of Bordeaux has retained its original functions as a city of exchange and commerce. Its history is clearly legible in its urban planning from the Roman castrum up until the 20th century. The city has maintained the authenticity of its historic buildings and spaces created in the 18th and 19th centuries.

More information:

<https://whc.unesco.org/en/list/1256>



© Mairie de Bordeaux

WORLD HERITAGE SITE HISTORIC CENTRE



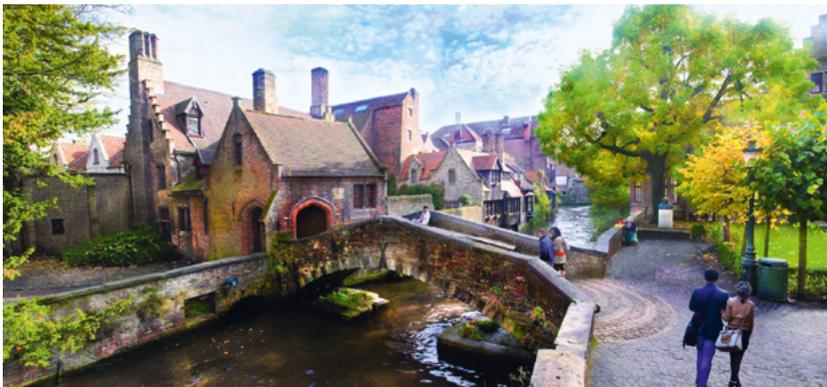
© Jan D'hondt

Due to its excellent geographic location the city of Bruges became one of the most important and largest cities in Northern Europe from the 13th till the 15th centuries. It was an international trading hotspot that attracted British and German Hanseatic tradesman as well as Italian bankers and consulates.

In the 15th century, Bruges was the cradle of the Flemish Primitives, a center of patronage and painting development typified by artists, such as Jan van Eyck and Hans Memling. Many of their works were

exported and influenced painting styles across Europe. Exceptional collections have remained in the city until today.

Even though it reached its economic and artistic peak at the end of the Middle Ages, Bruges continued to grow, albeit impoverished. It essentially evaded the industrial revolution, and because of this, its medieval urban fabric and built heritage remain well preserved. The 19th and early 20th Gothic revival movement consolidated the characteristic cityscape.



© Jan D'hondt



© Jan D'hondt

BRUGGE / BELGIUM

Today, the historic city of Bruges is an outstanding example of an architectural ensemble, illustrating significant stages in commercial and cultural medieval Europe, of which the public, social and religious institutions are a living testimony. The city is situated alongside picturesque canals and is dominated by iconic medieval buildings representative of Gothic brick architecture: the belfry, the 13th century tower of the Church of Our Lady, the Beguinage, the City Gates, ...

Still an active, living city today, Bruges strives to reconcile its outstanding history and heritage with a modern, sustainable quality of life while remaining an attractive tourist destination.

More information:

<https://whc.unesco.org/en/list/996>



© Jan D'hondt

Chicory is known in the US also as «Belgian Endive» or «Witloof»

Chicory Gratin



© private

Ingredients

- 8 heads of chicory
- 8 slices of ham
- 40 cl milk
- 4 tbsp flour
- 150 g butter
- 300 g grated cheese
- salt, pepper, nutmeg



Preparation

Cut and hollow out the base of each head of chicory. Melt 50 g of butter in a saucepan. Add the chicory and a little water. Braise for 15 minutes. Drain and set the chicory and cooked juice aside. Melt 100 g of butter in a saucepan over high heat. Add flour and let it brown slightly while stirring. Slowly add milk and mix in the set aside juice. Boil for 1 minute over low heat and season according to taste. Add half of the cheese and stir continuously. Reduce until a thick, creamy sauce is created.

Roll each head of chicory in a slice of ham and place in a baking dish. Add the Béchamel sauce and the remaining cheese. Bake in a preheated oven at 210°C for 20 minutes. Serve with potato puree or large fries.



Level **EASY**



Cooking Time **20 MIN**



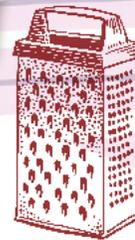
Preparation Time **20 MIN**



Heat **210°C / 410°F**



© J. De Schauwer, collection privée



Background

This Belgian dish, which you will find in all of Brussels' breweries, is dedicated to the chicory plant. This vegetable, sometimes referred to as the Belgian endive, is grown just below the soil in the dark. Legend has it that chicory was discovered in Brussels' Josephat Valley in the 1830's. While Belgium was fighting for its independence, a peasant who left to join the army reportedly abandoned his chicory roots in a dark, damp corner of his cellar. Three weeks later, when he returned home, he noticed that white leaves had grown at the end of these roots – thus chicory was born. But it was not until the chief gardener at the Brussels Botanical Garden, Franciscus Bresiers (1777 – 1844), developed the technique of forcing the roots to produce heads of chicory in winter by covering them with soil and protecting them from light and frost that cultivation was considered.

Chicory has been grown in fields and marketed since 1867. This is thanks to Jef Lekeu, a farmer in Évere (Brussels) who was the first to cultivate this vegetable for commercial purposes. In 1872, chicory was exported for the first time to France and then in 1891 to the United States. Today, chicory is known the world over.

WORLD HERITAGE SITE GRAND PLACE DE BRUXELLES



© Utopix, M. Ploton, 2018

The Grand-Place de Bruxelles is a monumental ensemble that arose from major alterations at the end of the 17th century followed by restoration in the 19th century. It encompasses Baroque style houses and a Gothic town hall. This ensemble became internationally recognized when it was inscribed on the World Heritage List by UNESCO on the 2nd of December, 1998, based on the following criteria:

Criterion (ii): The Grand-Place is an outstanding example of the eclectic and highly successful blending of architectural and artistic styles that characterizes the culture and society of this region.

Criterion (iv): Through the nature and quality of its architecture and of its outstanding quality as a public open space, the Grand-Place illustrates in an exceptional



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BRUSSELS / BELGIUM



© Utopix, M. Ploton, 2018

way the evolution and achievements of a highly successful mercantile city of northern Europe at the height of its prosperity.

The origins of the site of the *Grand-Place de Bruxelles* date back to the 12th century, when a market was established on dry marshland. Economic and political activities gradually grew there. In 1695 the site was destroyed during the bombing of Brussels by Louis XIV; however, the Grand-Place was reconstructed shortly thereafter over the course of several years. During the Sansculottes uprising, in 1793, most of the façades were looted, their decorations and inscriptions lost. More significant changes happened as well, such as the removal of gables and the modification of floor levels. All of these disturbed the architectural coherence of the square. Around 1850, the poor state of conservation drew the attention of the municipal

authorities. In the late 19th century, the city undertook a campaign to restore the building façades and has been maintaining both the public and private façades of the square ever since.

More information:

www.brussels.be/unesco-world-heritage

Mail: opp.patrimoine@brucity.be



© Historical Heritage Unit, 2016

South Bohemian
» Kulajda «
Cream Soup



Recipe from Restaurant Ebersbach



Ingredients

- 1 onion finely chopped
- pinch of the whole cumin
- 100 g boletus mushrooms
- 1 l chicken bouillon
- 100 g refined flour
- 50 g butter
- 3 kernels of black peppercorn
- 3 kernels of allspice
- 2 bay leaves
- 6 smaller potatoes
- 500 ml milk
- 500 ml cream
- 30 ml vinegar
- pinch of salt and pepper
- 3 tbsp sugar
- 50 g dill
- 6 poached eggs



Preparation

Lightly fry the onion in butter and add a pinch of whole cumin to give the soup base its aromatic flavour. Add the flour and stir until smooth to make a roux. Next, add the bouillon and whisk constantly until the mixture begins to boil. Then, add the allspice, bay leaves, and cubed potatoes, and season to taste with salt and ground pepper. In a heated frying pan stir-fry the clean boletus mushrooms and then add these to the soup base. Let everything cook for a few minutes.

In the final stage, remove the bay leaf and allspice and soften the soup with milk and cream. Then, add the sugar, vinegar and freshly chopped dill. Finally, serve each portion of soup with a poached egg and decorate with a sprig of dill.

	Level EASY		Cooking Time 30 MIN
	Preparation Time 20 MIN		Serves 6



© leedsn / depositphotos.com



© Anna_Shepurova / depositphotos.com

Background

Czechs are reputed mushroom lovers. In contrast to other countries, the Czech Republic allows its citizens to take as many mushrooms from the forest as they can find. Indeed, mushroom meals are a real tradition in this country, as is harvesting edibles from the forest – most Czechs remember childhood trips to the forest where they picked mushrooms as well as raspberries or blueberries. Thanks to this pastime many Czechs can easily identify the most common species of edible mushrooms, to say nothing about turning them into a variety of delicious meals.

Kulajda, or thick soup, is prepared differently across the country, but the best known recipe comes from the Šumava region, or Bohemian Forest. The recipes not only vary from region to region, but also from family to family: some prefer the soup creamy and sweet-tasting, others like it sour. This soup tastes great both in summer when the mushrooms used are fresh and in winter when the mushrooms have been dried.

WORLD HERITAGE SITE HISTORIC CENTRE



© OWHC

Český Krumlov is located in southern Bohemia between the Sumava Massif and the Blansky Forest where a medieval east-west road crosses the Vltava River. The compact layout of the town on both sides of the river was shaped by the current's meandering bends.

The castle with its high tower and the 15th-century Church of Saint Vitus dominate the architectural landscape. An ensemble of burgher houses, with diverse façades lines both sides of the river. These houses, along with the religious institutions, form a

largely harmonious and opulent urban fabric in which late Gothic and Renaissance styles blend with Baroque elements.

Český Krumlov constitutes an exceptional example of a small central European medieval town. The structure and layout of the historic centre reflect the economic importance and relatively peaceful, organic development of the town over approximately five centuries. The buildings and the urban infrastructure very clearly represent the evolution of the city over time, having survived catastrophes, wars and industrialisation.



© OWHC

ČESKÝ KRUMLOV / CZECH REPUBLIC



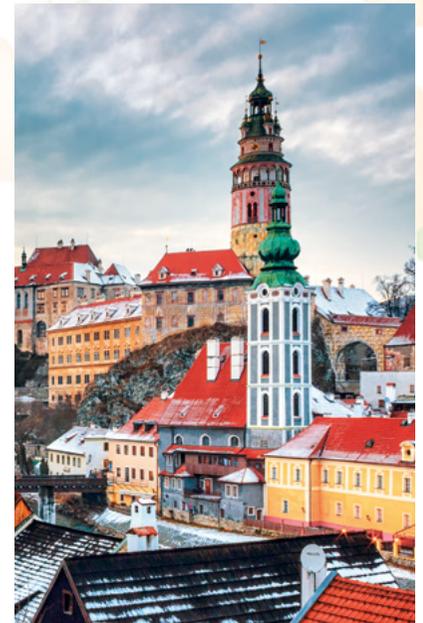
© OWHC

In the 14th century, the town and castle passed into the hands of the Rosenbergs. Český Krumlov was the seat of this powerful family until 1601. In 1347, the two urban hubs were brought under a single administration. Newly adopted municipal laws provided favourable conditions for commercial prosperity. The Gothic castle, which was reconstructed in the Renaissance style, and the burgher houses reflect the town's past wealth.

Český Krumlov experienced its political and economic apogee during the 15th and 16th centuries. Its architectural expression, particularly in its religious buildings, is monumental, as exemplified in the Renaissance and Baroque structures erected by the Jesuits in the 17th century.

More information:

<https://whc.unesco.org/en/list/617>



© Petr Kubát

Bouneschlupp

Revival of a traditional dish representing the farming community roots of the Grand Duchy



Ingredients

- 500 g fresh green beans, chopped
- 500 g potatoes, peeled and chopped
- 1 big onion, diced
- 1 small leek, peeled and diced
- ½ cup celery, peeled and diced
- 40 g butter
- 40 g flour
- salt and pepper
- 1½ – 2 l water
- sour cream
- 3 *Mettwurst* (or smoked sausage or crumbled bacon)
- 3 tbsp parsley



Level **EASY**



Cooking Time **60 MIN**



Preparation Time **15 MIN**



Serves **4 – 5**

Preparation

Wash and chop the green beans, celery, potatoes and leek. Dice the onion. Add all the vegetables, except for the potatoes, to 1½ to 2 litres of salted water and leave to simmer for about 30 minutes. After 15 minutes of simmering, add the potatoes.

Melt the butter in a large pot and whisk in the flour, cooking over low heat for about one minute. Gradually mix in some of the broth from the vegetables until the sauce takes on a creamy consistency. Add the cooked vegetables and the rest of the broth to the large pot and let it simmer for a further 5 to 10 minutes. Season with salt and pepper. Boil the *Mettwurst* for 20 minutes in hot water, cut it into small slices and add to the stew. Serve with parsley and sour cream.



Background

A country's culinary traditions are closely linked to its history, geography and social structure, and in Luxembourg this makes for a very international food culture. In his book *Living it up a la Luxembourgeoise*, Georges Hausemer remarks that "there is not a single indigenous dish, which can in all honesty be described as typically and exclusively Luxembourgish". Local food has been influenced by so many different cultures over the centuries, as the country was occupied by various foreign powers and has experienced successive waves of European immigration.

Generally, recipes considered to be traditionally Luxembourgish have their roots in the farming community, which was the heart of Luxembourg society for centuries. "No meal is complete without potatoes" was and still is the motto of countless Luxembourgers. It thus comes as no surprise that potatoes are also a key ingredient in *Bouneschlupp*, a green bean soup with sausage or bacon and onions. This soup can be prepared in different ways, and is also a staple in Luxembourg's neighbouring countries in the areas that were once part of the Grand Duchy. Recipes are passed from one generation to the next, with *Bouneschlupp* mainly being served as simple family meal, but it is also experiencing a revival and can be found in many restaurants, including that of Luxembourg's star chef, Lea Linster.

WORLD HERITAGE SITE OLD QUARTERS AND FORTIFICATIONS



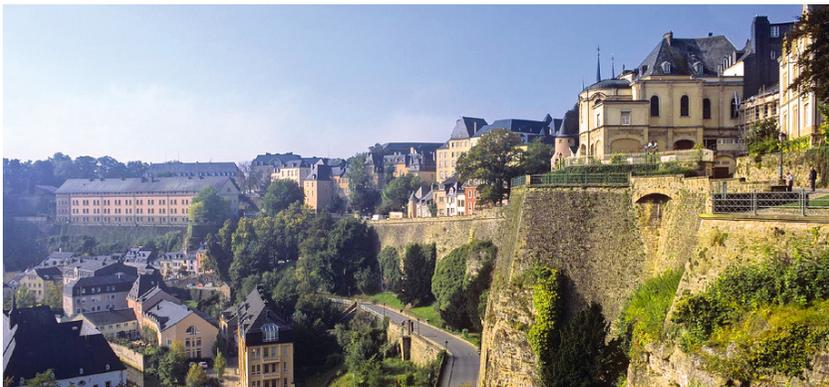
© OWHC

Luxembourg's Old Town is located on a very steep rocky outcrop at the confluence of the Alzette and Pétrusse rivers. This area provided natural fortifications that only needed supplementing on the western side. The site evolved into one of the largest fortresses in modern Europe. It was strengthened and extended many times as it passed from the hands of one great European power to the next.

Originally, the City of Luxembourg comprised only a small fort – the castle – built

in the second half of the 10th century on an almost inaccessible outcrop. In the 12th century, a stone wall was built to protect the settlement that had developed near the castle, and it was later expanded in the 14th and 15th centuries.

In 1443, the city was seized by the Burgundians. It then fell into the hands of the Habsburgs through inheritance and later became Spanish. During this period, the city was converted into a veritable stronghold. After that, it was conquered by French King Louis XIV,



© OWHC

LUXEMBOURG / LUXEMBOURG



© Paul Hilbert

later by the Austrians and then by the Prussians – all added their own structures.

However, at the Treaty of London in 1867, it was decided that the fortress should be dismantled. Most of the fortifications were demolished, but remnants of these structures, which represent the various chapters of the city's history, can still be found.

The city has retained much of its medieval layout, as can be seen in its winding streets and historic public buildings. Within the city's fortifications and at the foot of the ramparts, neighbourhoods sprang up where people lived and engaged in trades or crafts.

Despite the demolition of its fortifications and some of its Old Town, Luxembourg is still a prime example of a historic, fortified European city and it boasts an exceptional variety of military remnants, all of which illustrating the history of western Europe.

© Laurent Schneider

More information:
www.visitluxembourg.com



Philadelphia Pepperpot Soup

Recipe from the City Tavern in Philadelphia.
Translated for the modern kitchen by Chef
Walter Staib, from a 300-year-old recipe



© City Tavern Restaurant

Ingredients

- ¾ lb salt-cured pork shoulder, diced
- ¾ lb salt-cured beef shoulder, diced
- 2 tbsp vegetable oil
- 1 medium white onion, chopped
- 4 garlic cloves, chopped
- ¼ habañero pepper, seeded and chopped
- 1 cup chopped scallions
- 1 lb taro root, peeled and diced
- 1 gallon beef stock
- 2 bay leaves
- 1 tsp chopped fresh thyme
- 1 tbsp freshly ground allspice
- 1 lb callaloo or collard greens, rinsed and chopped
- black pepper + salt

Preparation

In a large stockpot, sauté the pork and beef in the oil over high heat for 10 minutes, until brown. Add the onion, garlic, and habañero pepper, and sauté for 3 to 5 minutes, until the onion is translucent. Add the scallions and sauté for 3 minutes. Add the taro root and sauté for 3 to 5 minutes more, until translucent. Add the stock, bay leaves, thyme, allspice, and pepper.

Bring to a boil over high heat. Reduce the heat to medium and cook for about 30 minutes, until the meat and taro root are tender. Stir in the callaloo. Reduce the heat and simmer for about 5 minutes, until the callaloo is wilted. Season with salt and pepper to taste.



Level **MEDIUM**



Cooking Time **35 MIN**



Preparation Time **30 MIN**



Serves **10**



Pepper-Pot: A Scene in the Philadelphia Market, by John Lewis Krimmel, 1811. Oil on canvas © Philadelphia Museum of Art, 125th Anniversary Acquisition, Gift of Mr. and Mrs. Edward B. Leisenring, Jr., 2001-196-1

Background

During the American War for Independence, General George Washington's Continental Army spent the long winter of 1777 – 1778 camped at Valley Forge, just outside of Philadelphia. Washington instructed his cook to make this soup to nourish and warm his starving, freezing troops. Though this West Indian dish may seem out of place in colonial American life, it was in fact quite common in and around Philadelphia, the last stop for ships traveling the Southern Trade Route. English ships returning from the islands transported exotic foodstuffs, so West Indian cookery found its way into the very fabric of Philadelphia life. Today it is as characteristic of Philadelphia culture as the hoagie or cheesesteak. This recipe is the grandfather to the more widely recognized *Philadelphia Pepperpot Soup*, and is made from an authentic West Indian recipe more than 300 years old.

Established in 1773, City Tavern was where the nation's founding fathers dined, drank and celebrated. Today, the reconstructed City Tavern serves 18th century American cuisine in historic Old City Philadelphia.

WORLD HERITAGE SITE INDEPENDENCE HALL



© Global Philadelphia Association

In the Pennsylvania State House located in the colony's Philadelphia capital, the Declaration of Independence was adopted in 1776 and the Constitution of the United States of America was framed in 1787. The universal principles of freedom and democracy set forth in these two documents have had a profound impact on lawmakers, political theorists and citizens of democratic

countries throughout the world. The fundamental concepts, format, and even substantive elements of the two documents have influenced governmental charters in many nations as well as the United Nations Charter.

Beginning in the early 19th century, this building gradually became known as Independence Hall, a term first applied to the Assembly Room where the deliberating bodies met, and then to the entire building in which the conventions occurred. Its stewards have taken great measures to restore and preserve the structure. Most of the exterior elements of the building are original, as are some of the interior spaces. Other interior areas have been restored to their period of significance. The wooden steeple of the bell tower was erected in 1828 to replace the original, unstable spire removed during the Revolution. The two-story East and West wings and the brick arcades linking them to the main structure were built in 1897 – 98 as approximate representations of former flanking buildings that housed offices and connecting passageways.



© Robin Miller



© Paul Lortland for PHLCVB

Independence Hall was inscribed as a World Heritage Site in 1979 under Criteria vi, which honors places directly associated with ideas of outstanding universal significance. Over time, Independence Hall's power of place has grown from the capitol of a colony that espoused the radical no-

tion of religious tolerance to a place of pilgrimage symbolizing democracy and human rights in the international arena.

More information:

www.worldheritagephl.org/



© Global Philadelphia Association



Description: Doris Devine Fanelli, Independence National Historical Park. **Acknowledgements:** Global Philadelphia Association, Independence National Historical Park, Visit Philadelphia, Philadelphia Convention and Visitor's Bureau, City Tavern Restaurant.

Pouding chômeur

Simple, but very rich dessert cake –
made with lots of Maple Syrup!
The long-time Québécois hidden specialty



© private



Ingredients

- 355 ml maple syrup
- 4 ½ tbsp granulated sugar
- 1 ½ tbsp butter
- 2 eggs, well beaten
- 128 g sifted flour
- 3 tsp baking powder
- ½ tsp salt
- 118 ml to 177 ml of milk



Level **EASY**



Cooking
Time **40 MIN**



Preparation
Time **20 MIN**



Heat **180 °C / 360 °F**

Preparation



Heat maple syrup to the boiling point and pour into a buttered baking dish. Set aside. Cream butter with sugar and add the beaten eggs. Mix in flour, baking powder and salt. Moisten with 118 ml of milk – add more if needed.

Pour batter over the hot maple syrup and bake at 180° C for 30 to 45 minutes. When ready, turn upside down, remove from baking dish and sprinkle with walnuts, if desired.

Serve with cream or hot maple syrup.



© Cornelius Krieghoff,
Peter Winkworth Collection,
Library and Archives Canada,
e000756690



Background



The Québécois dessert called *pouding chômeur* (poor man's pudding – literally, pudding of the unemployed) is delectably rich and incredibly simple.

Legend has it that the *pouding* was created by factory workers during the Great Depression, when women made do with few ingredients: butter, flour, milk and eggs. The dessert is considered quintessential Québécois cuisine and *The Oxford Companion to Food* notes that it draws on French cooking techniques that were adapted to a new environment. Made with maple syrup, as opposed to brown sugar, the dish is an example of the province's syncretic cuisine that combines ingredients from Indigenous traditions and European cooking traditions since colonization.

Pouding chômeur was commonplace in Québec home cooking until recently. It was as familiar as a caramel-doused cake might have been to people outside of Québec. In 2010 it was noted in *The New York Times Magazine* that the dish was a “delight that Canadians have been keeping to themselves” – or more accurately, the Québécois.

It wasn't until the 21st century that chefs in Québec started to look back to their childhoods and beyond for inspiration, retrieving old recipes, including *pouding*. A modern version of the dessert is offered in the trendier restaurants of the province. Its current incarnations in more prosperous times are even richer, often incorporating cream in the caramel.

WORLD HERITAGE SITE HISTORIC DISTRICT OF OLD QUÉBEC



© Ville de Québec

Québec was founded by the French explorer, Champlain, in the early 17th century. It is the only North American city to have preserved its ramparts, together with the numerous bastions, gates and defensive works that still surround Old Québec. The Upper Town, built on the cliff, has remained the religious and administrative centre, with its churches, convents and other monuments like the Dauphine Redoubt, the Citadel and Château Frontenac.

Two main criteria were applied to Québec City for its inscription on the World Heritage List – its built heritage and its historical

heritage. The first considers the coherence and remarkable degree of preservation of the city's built heritage. With its French, then British architecture, and its practically intact fortifications, Old Québec is the best preserved and most complete example of a fortified colonial town north of Mexico.

The second criterion considers Québec's history and culture. UNESCO recognizes Québec as the cradle of French civilization in North America in that the city illustrates one of the major stages in European settlement and colonization of the Americas.



© Ville de Québec



© Ville de Québec

QUÉBEC / CANADA

The area of the *Historic District of Old Québec*, designated by the provincial authority as the Site Patrimonial du Vieux-Québec (Old Québec heritage site), is legally protected under the Province of Québec's Cultural Property Act, which was adopted in 1963. Its boundaries were established by provincial decree in 1964.

Since its inclusion on the World Heritage List in 1985, a number of buildings in Old Québec have been added to the list of properties protected under the Cultural Property Act, including the Site Historique et Archéologique de l'Habitation-Samuel-De Champlain, the Ursuline Convent of Québec and the archaeological reference collection of Place Royale.

More information:

www.ville.quebec.qc.ca/en/citoyens/patrimoine/quartiers/vieux_quebec/interet/monument_de_l_unesco.aspx



© Ville de Québec



Meringue-Cheesecake

»Käse-Baiser-Torte«

Only perfect with lots of golden droplets on top, the shimmering crown of the meringue

Ingredients

FOR THE DOUGH

- 200 g flour
- 75 g sugar
- 1 egg
- 2 tsp baking soda

FOR THE FILLING

- 750 g quark (curd cheese)
- 150 g sugar
- 1½ package of pudding powder (3 g)
- 3 egg yolk
- 1 package vanilla sugar (3 g)
- Juice of ½ a lemon
- 250 ml milk

FOR THE MERINGUE TOPPING

- 3 egg white
- 100 g sugar



Preparation

Grease a 26 centimeter round baking pan (alternatively, line it with baking paper). Mix the flour and baking powder, then add the remaining ingredients for the cake base and knead into a smooth dough.

For the filling mix the 3 separated egg yolks with the listed ingredients; finally add the milk in short pours until a smooth consistency is created. Pre-heat the oven to 200° C (top/bottom heat).

Spread the dough in the baking pan and stretch it 4 centimeter up the rim. Fill the cake base with the quark mixture and bake for approx. 45 minutes until light brown.

For the meringue topping, beat the separated egg whites until stiff while at the same time gently adding the sugar. Remove the cake from the oven and spread the meringue topping without flattening (many sweeping peaks create many golden droplets). Place the cake back in the oven and bake for 20 minutes at 140° C degrees. Leave it to cool in the pan.

	Level MEDIUM		Cooking Time 65 MIN
	Preparation Time 30 MIN		Heat 200° C / 390° F



© Vadim/Asenin / depositphotos.com



© Ivan Dzyuba / depositphotos.com



Background

Although popular throughout Germany and Austria, *cheesecake* is a distinct dessert of Quedlinburg. Not only is it much loved as a homemade cake, it is served in numerous cafes in many variations. No other town in Germany has so many takes on cheesecake as the World Heritage City of Quedlinburg.

The name *cheesecake* is somewhat misleading: cheese is not at all in the filling of the cake, but rather *Quark*, a very special German dairy product made from warm sour milk. *Quark* can sometimes be fermented with a small amount of rennet. It is similar to the French *fromage blanc* and is often understood in English to be curd cheese or cottage cheese. Germans, however, understand cottage cheese to be a kind of fresh cheese with curd grains, different from *Quark*, which is commonly known for its creamy consistency.

Numerous German desserts make use of *Quark*, the *cheesecake* being the most popular one in Quedlinburg.

COLLEGIATE CHURCH, CASTLE AND OLD TOWN OF QUEDLINBURG



© City of Quedlinburg

Quedlinburg lies in the middle of the Harz countryside within the Federal State of Saxony-Anhalt and currently has a population of 24.000 inhabitants. The town is situated some 10 kilometers to the north of the Harz Mountains on the river Bode, a tributary to the river Saale.

Quedlinburg's outstanding universal value draws equally on the site's importance in German history as well as its legacy

to monumental urban development. Numerous sources and urban structures testify to the temporary role it played as capital of the East Franconian German Empire during the Ottonian Dynasty. The most significant building examples of this period of prebendary rule is the mighty Collegiate Church St. Servatius with castle, splendidly rising above the old town.



© City of Quedlinburg

QUEDLINBURG / GERMANY



© Axel Hemken

Quedlinburg's historic urban core – in contrast to many other towns in Germany – was largely spared from the conflicts, large-scale demolition and irreversible structural changes of the 19th and 20th centuries. The layout of this medieval town as well as an unusually high percentage of its historical structures have been authentically preserved to date. UNESCO recognized the value of the town's unique stock of timber-framed buildings spanning several centuries – a testament to the historical urban development of Northern Europe.

Collaboration between municipal authorities, monument conservationists, architects and, of course, property owners has taken to a positively sensitive approach to the refurbishment and renewal of the historic ensemble. All stakeholders have committed themselves to this guiding theme of "only a monument in active use will have a lasting future".

Refurbishment not only aims to preserve, but also to meet modern living requirements, such as bringing sunlight into the crouched dwellings.

More information:
www.quedlinburg.de



© City of Quedlinburg

»Rauma Piparkakut« Gingerbread

Piparkakut – the traditional
Finnish Christmas cookie



Ingredients

- 650 g brown sugar
- 100 ml water
- 250 g butter
- 50 g almonds
- 2 tsp ginger
- 1 tsp clove
- 1 tsp mace
- 5–6 drops of lemon oil
- 1 tsp baking soda
- 1 tsp of hartshorn salt
- 350 ml cream
- 4 eggs
- 200 g ground toast
- 1 kg wheat flour

Preparation

Boil water with brown sugar. Add Butter, chopped almonds and spices into the hot liquid. Add baking soda and hartshorn salt, then mix with the cream. Add egg yolks, ground toast and wheat flour. Then add the whipped egg whites. Set the dough aside to harden until the following day.

Cut dough into small pieces, then shape them into small spheres. Bake them at a low to medium temperature until done (i.e. light brown). The gingerbread cookies should look like small, round loaves of bread with slightly bubbled crusts.

This recipe should be enough for about 200 cookies.



Level **EASY**



Cooking
Time **10 - 12 MIN**



Preparation
Time **15 + 10 MIN**



Heat **170 °C / 340 °F**



Background

Piparkakut has been a favourite traditional Christmas cookie in Finland for centuries. Gingerbread is known in many countries and exists in many different forms from soft, moist loaf cakes to crispy gingerbread men, and even fully decorated gingerbread houses. Apart from their different spice compositions, what all the recipes have in common is the name-giving ingredient: dried ground ginger.

History tells us that the Armenian monk, Gregory of Nicopolis, brought the recipe for Gingerbread to Europe already in 992, when he came to live in France. He taught his baking tradition to French Christians. From there it spread across Europe. In earlier times gingerbread was thought to be a health food and good for digestion. Later, some regions developed recipes that were rich in almonds and honey, and sometimes marzipan filling.

The *Rauma Piparkakut* is definitely a very traditional recipe, its base calling for brown sugar and water to make molasses. Most importantly, though, is to give the rather soft dough a rest – best, overnight in a fridge.

WORLD HERITAGE SITE OLD RAUMA



© City of Rauma

Situated on the Gulf of Bothnia, Rauma is one of few medieval towns in Finland. The heart of the town is *Old Rauma*, which is composed of some 600 buildings constructed of wood, most of which are privately owned. Old Rauma covers an area of 29 hectares and is both a commercial and a residential area falling within 19th century toll boundaries. The layout of the town plan has been maintained and kept true to the medieval period, including the irregular street network, city blocks, plots of land and courtyards.

The buildings one sees today reflect the phases in which gradual changes and enlargements took place between the 18th and the late 19th centuries. By the end of this period, increased wealth due to ship trading resulted in the extension and modernisation of residential buildings and included decorative exterior panels with Neo-Renaissance details and the characteristic, highly decorative gates of courtyards.

The commercial area is located along two main streets stretching through the Old



© City of Rauma



© City of Rauma

Town, while the Market Square, in the middle of the Old Town, forms the main meeting point for business among local customers and producers. In this harmonious townscape of one-story residential and commercial buildings, the medieval church built around the Franciscan Monastery, and the former Town Hall built in the Market Square in 1775–76 are notable

landmarks. The architecturally homogeneous urban area of Old Rauma is a well preserved and representative example of traditional Nordic wooden town building techniques and traditions.

More information:
www.ouldrauma.fi
www.visitrauma.fi/en



© City of Rauma

Potato Soup

Adaptation from Marie Schandri's
Regensburger Kochbuch



Ingredients

- 4 boiled potatoes
- 60 g butter or lard
- 4 tbsp flour
- 2 l broth (vegetable or meat)
- minced parsley
- salt and pepper
- nutmeg and marjoram
- bread cubes
- sausage or diced ham (optional)
- carrots, onions and leeks (optional)

	Level EASY		Cooking Time 20 MIN
	Preparation Time 20 MIN		Serves 4-6

Preparation

Squeeze potatoes through press while still hot. Cold potatoes can be grated. Prepare roux with butter and flour in a pot and then mix with the pressed potatoes. Let it boil down thoroughly. Next, slowly top up the pot with broth and boil for a few minutes.

Add the desired vegetables (cleaned and cut) to the broth, simmer for 15 minutes. Season to taste with salt, pepper and the other spices. Add desired meat 5 minutes before serving. Garnish with bread cubes and parsley.



Background

Potato soup has been a staple of German cuisine since the late Middle Ages. Because its simple to make and customizable, this soup has become popular all over Germany – each region with its own unique version. This recipe is an adaptation from Marie Schandri's (1800 – 1868) famous cookbook *Regensburger Kochbuch*, first published in 1866. Over the years the recipe has found its way into mainstream southern German cuisine.

Marie Schandri was a chef, who worked for one of the most renowned inns in Regensburg – serving kings and emperors from all over Europe. During her 40-year-long career, she perfected most traditional German recipes. Before her death, she wanted to let the world partake in her culinary experience and published her first and only cookbook with more than 2,000 recipes. Her recipes range from comfort food to gourmet food and include, of course, the *potato soup*. While Marie Schandri's real identity is still not fully clear, there is no doubt she had a great influence on cooking in Regensburg, Bavaria and beyond. Today, *potato soup*, in all of its variations, can be found everywhere as an everyday dish cooked at home or as a specialty in hotels and restaurants.

WORLD HERITAGE SITE OLD TOWN WITH STADTAMHOF



© City of Regensburg

Located on the Danube River in Bavaria, Regensburg contains many buildings of exceptional quality that testify to its history as a trading centre and to its influence on the region from the 9th century onwards. A notable number of historic structures span some two millennia and

include ancient Roman, Romanesque and Gothic buildings. Regensburg's 11th- to 13th-century architecture – including the market, city hall and cathedral – still defines the character of the town, marked by tall buildings, shaded narrow lanes, and strong fortifications.



© City of Regensburg



© City of Regensburg

REGENSBURG / GERMANY

Regensburg's history starts long before the Middle Ages, though. The City of Regensburg really began to develop after the Romans erected a military fortress next to the Danube River around 179 AD. The location allowed Regensburg to become a rich trading city, encountering different cultures – and cuisines – from all over the world. Regensburg also used to be the political heart of the Holy Roman Empire, as it hosted the first regular parliament sessions from 1663 until 1803.

Luckily, Regensburg's Old Town survived World War II with only minor damages and is therefore one of only a few fully intact medieval old towns in Germany. Today, Regensburg is a modern and vibrant university city, which successfully manages World Heritage as a day-to-day business.

More information:

www.www.regensburg.de/welterbe/en



Apple-Strudel with Whipped Cream

The Strudel dough has to be rolled until paper thin – so that you can read a newspaper when looking through the dough

Ingredients

FOR THE DOUGH

- 250 g flour
- 1–2 tbsp oil
- ½ tsp salt
- ca. 1 cl warm water

FOR FILLING

- 8–10 medium sized apples
- 3 tbsp granulated sugar
- 2 tbsp raisins
- 3 tbsp grated nuts (optional)
- Juice from 1 lemon
- ½ tsp ground cinnamon

FOR BUTTERED BREAD CRUMBS

- 50 g Butter
- 60 g bread crumbs

ADDITIONALLY

- 250 g Whipped Cream (optional)

	Level DIFFICULT		Cooking Time 40 MIN
	Preparation Time 30 MIN		Heat 200° C / 390° F

Preparation

Knead dough ingredients together. Flour dough lightly, cover with clear film and let it rest for half an hour. Peel and cut apples, then mix with the other filling ingredients and set aside for 10 minutes. Roast crumbs in butter.

Put dough on a floured cloth and roll thin. Pull the dough apart until paper thin and shape into a rectangle. Preheat oven to 200° C. Cover a third of dough lengthwise with crumbs and spread the filling on top. Brush rest of dough with butter. Lift the filled side of dough with cloth and roll the dough over firmly.

Butter the baking pan and place the Strudel in it. Bake in oven for 40 minutes – all the while basting the strudel with butter. When ready, serve with whipped cream.



© Wientourismus / Peter Rigaud



© City of Salzburg / Jakob Knoll



Background

"A day without strudel is like a sky without stars." This statement, allegedly made by Emperor Franz Joseph I of Austria, perfectly describes how important *Strudel* used to be and still is in Austrian cuisine. Despite having the oldest *Strudel* recipe dating back to 1696 now in the Vienna City Library, the *Strudel's* origins are much more complex and go back even further.

The original dish most likely comes from somewhere in Arabia, found its way to Turkey, then through the Balkans and eventually ended up in Austria sometime in the 15th century. The oriental influences of *Strudel* are still recognizable today with more savory fillings – such as spinach, cabbage or various meats – not at all uncommon. But the *Strudel* had its heyday in Austria, where it became a common specialty at the courts of various noblemen in the Habsburg Dynasty. Today, *Strudel* is still considered a fine dessert, and is popular not only in Austria but around the world.

WORLD HERITAGE SITE OLD TOWN



© City of Salzburg

The *Old Town of Salzburg* was granted the distinction “World Cultural Heritage” by UNESCO in 1996. Centuries-old religious and secular buildings located on both sides of the river Salzach and framed by the city’s mountains constitute the unique World Heritage ensemble.

Salzburg has managed to preserve an extraordinarily rich urban fabric that developed from the Middle Ages to the 19th century when it was a city-state ruled by a

prince-archbishop. Its flamboyant Gothic art attracted many craftsmen and artists before the city became even better known through the work of the Italian architects, Vincenzo Scamozzi and Santini Solari, to whom the centre of Salzburg owes much of its Baroque appearance. Not only was the genius of Salzburg’s most famous son, Wolfgang Amadeus Mozart, sparked in this meeting-point of northern and southern Europe, but so too the uniqueness of



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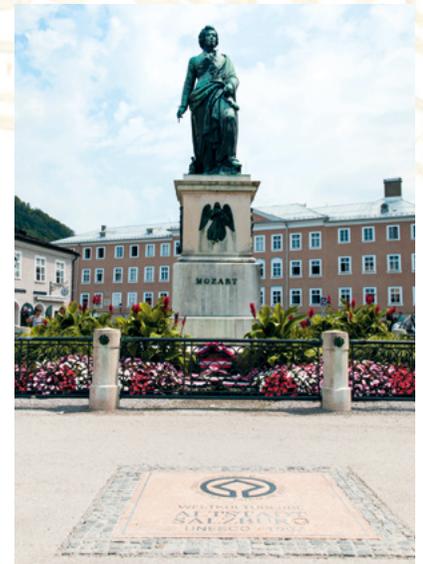
SALZBURG / AUSTRIA

the town’s culinary traditions, such as the Strudel, a perfect combination of European and Oriental baking.

Salzburg is an outstanding example of an ecclesiastical city-state, peculiar to the Holy Roman Empire spanning from Prussia to Italy. Most of these city-states disappeared as religious, political and administrative centres in the early 19th century, they adopted alternative trajectories of development. However, Salzburg stands alone in presenting its historical political function, having completely preserved its early urban fabric and individual buildings to such a remarkable degree.

More information:

www.salzburg.info/en/salzburg/unesco-world-cultural-heritage



© City of Salzburg

Original Chili Queens Chili Recipe

Recipe from the Witte Museum archives

Ingredients

- 2 lbs beef shoulder, cut into ½-inch cubes
- 1 lb pork shoulder, cut into ½-inch cubes
- ¼ cup suet
- ¼ cup pork fat
- 3 medium-sized onions, chopped
- 6 garlic cloves, minced
- 1 quart water
- 4 ancho chiles
- 1 serrano chile
- 6 dried red chiles (optional chintestle)
- 1 tbsp comino seeds, freshly ground
- 2 tbsp Mexican oregano
- salt to taste

Level **EASY**
 Preparation Time **30 MIN**
 Cooking Time **2H 30 MIN**
 Serves **6-8**



© Amanda Spencer



Preparation

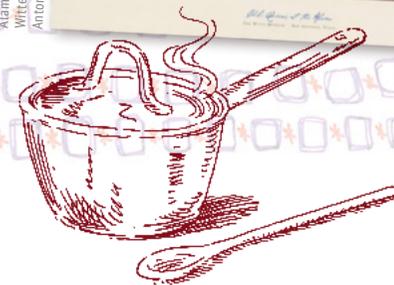
Place lightly floured beef and pork cubes in with suet and pork fat in heavy chili pot and cook quickly, stirring often. Add onions and garlic and cook until they are tender and limp. Add water to mixture and simmer slowly while preparing chiles.

Remove stems and seeds from chile and chop very finely. Grind chiles in molcajete and add oregano with salt to mixture. Simmer another 2 hours. Remove suet casing and skim off.



© UTSA Special Collections/
San Antonio Express-News / ZUMA Press

© Julian Onderdonk,
Chili Queens at the
Alamo. Oil on canvas,
Witte Museum, San
Antonio



Background

Chili con carne, a flavorful and spiced meat dish, captured American tastebuds in the nineteenth century. The exact origins of the dish are unknown. Some food historians think San Antonians may have adopted a Tonkawan recipe for traditional venison stew seasoned with chilipitin fruit. Other theories however, link the dish to Canary Island settlers who merged their Berber seasoning and cooking techniques with indigenous North American ingredients.

Chili con carne exemplifies the confluence of indigenous, Spanish, Mexican, and Canary Islander cultures that occurred at the San Antonio Missions throughout the eighteenth century. While the origin of *chili con carne* is a hot topic of debate, almost all food historians agree that the *Chili Queens of San Antonio* who served the dish in San Antonio's historic plazas, including in front of Mission San Antonio de Valero (the Alamo), to soldiers and visitors, popularized the uniquely Texan meal.

WORLD HERITAGE SITE SAN ANTONIO MISSIONS

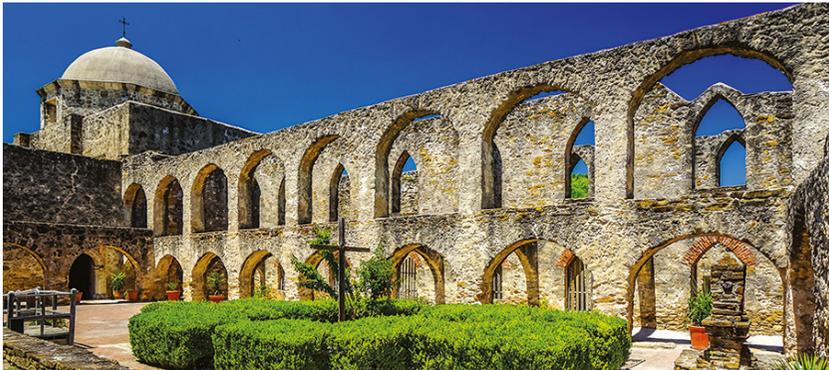


© City of San Antonio

In the 18th century, Spanish priests established five Catholic missions along the San Antonio River. The systems instituted by the friars and implemented with the skills and labor of the indigenous people of South Texas and northern Mexico led to an ethnically diverse society that continues to influence our city. Today, the five missions (Mission San Antonio de Valero, Mission San José, Mission Concepción, Mission San Juan and Mission Espada) represent the largest concentration of Spanish colonial missions in North America and have been

named a World Heritage Site by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

UNESCO encourages the identification, protection and preservation of cultural and national heritage around the world. To be chosen as a World Heritage Site, the missions had to meet demanding selection criteria that verified their historic importance. This rare honor has been bestowed upon only 23 sites in the United States. The missions are the first World Heritage Site in Texas.



© City of San Antonio



© City of San Antonio

SAN ANTONIO / USA

San Antonio's rich culinary heritage is intertwined with our hospitality. Our friendly, welcoming environment starts at our dining tables, where our cuisine is deeply tied to family and culture. Recognizing the importance of this cultural heritage, the City of San Antonio and its partners were successful in being accepted into the UNESCO Creative Cities Network in 2017 as a Creative City of Gastronomy.



More information:
www.worldheritagesa.com/



© City of San Antonio



Stralsund Eel Soup



Passed down from generation to generation, this dish has a century-long tradition



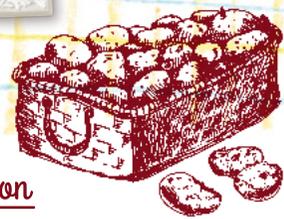
© Hansestadt Stralsund, Christian Rödel

© Stadtarchiv Stralsund



„Zur Kogge“, Stralsund - W. Schött

© Hansestadt Stralsund



Ingredients

- 750 g fresh eels (gutted)
- 200 g soup greens
- 600 g potatoes
- 100 g butter
- 100 g flour
- 2 eggs
- ½ l milk

Preparation

Cut eel into 2 centimeter pieces. Clean and chop greens into medium sized pieces. Cook all ingredients in lightly salted water until boiling, and then simmer for 15 minutes. Remove the eel and keep it warm. Add peeled, diced potatoes to the stock and let simmer.

Prepare dumpling dough with flour, eggs and milk. Cut pieces of dough with a spoon and place the shaped dumplings in boiling, salted water. Remove them when they start to float. Once all have been strained add them, together with the eel, to the soup stock. Let simmer for a few minutes and serve.

	Level MEDIUM		Cooking Time 30 MIN
	Preparation Time 15 MIN		Serves 4

Background

There are many culinary secrets in Stralsund – they have been passed down through the centuries. And where might you uncover these secrets, you ask? You just have to turn to the people of Stralsund, be they professional or amateur chefs, grandparents or parents. If you still remain wanting, Stralsund's city archive is a true treasure trove for research of the culinary kind.

The Stralsund Cook Book, by Katrin Hoffmann, for example, contains many recipes from the Middle Ages, the GDR period, and current day. The book invites cooks to explore and recreate some unusual specialties like *Plumsupp mit Klüt*, *Tollatschen* or *Brotpudding*.

And, of course, you will not be able to avoid fish recipes in this historic, Hanseatic, harbor city. In earlier times, salmon and carp were a delicacy for the nobility. Common people could only afford herring and eel. One recipe passed down over the centuries is the *Stralsund Eel Soup*, which is still being served according to a traditional recipe in Stralsund's Restaurant *Zur Kogge*.

A common Pomeranian proverb says: "Girl, if you can cook fish, you can marry!"



WORLD HERITAGE SITE HISTORIC CENTRE



© airwatching.de

The founding date of Stralsund – 1234 – marks the beginning of almost 800 years of history. And, indeed, a stroll through the streets of this historic town is a memorable journey through the centuries.

The historic centres of Stralsund and Wismar were inscribed on the UNESCO World Heritage List in 2002. Both exemplify typical medieval, Hanseatic cities.

Stralsund's medieval town layout has been preserved almost intact. Eight centuries

of beautifully restored buildings, including gabled houses, monasteries, the town hall and brick Gothic churches enrich Stralsund's urban landscape. These structures reflect the wealth and political significance that Stralsund attained as a maritime trading centre in the Hanseatic League. During the 17th and 18th centuries the Swedish crown ruled over Stralsund and Wismar. During this almost 200-year period both towns became important military and administrative centres. Baroque



© Hansestadt Stralsund



© Rolf Reinicke

STRALSUND / GERMANY

palaces and ramparts are among the most visible vestiges of this era.

Since the middle ages Stralsund has had a unique flair because of its proximity to the water. Fully loaded ships, known as Cogs to Hanseatic merchants, cast their anchors in the harbour. Today, it is sailors, fishermen and ferries that characterize the maritime

image of Stralsund. St. Nicholas' Church and the Town Hall in the Old Market square are the city's most renowned attractions.

More information:

www.stralsund.de/en

www.stralsund-wismar.de/en



© www.schoenes-foto.de

Wiener Schnitzel



© wikimedia.org / Kobako

Did you know that a real «Wiener Schnitzel» has to be made of veal scalops

Ingredients

- 4 veal cutlets, approx. 6–7 oz each
- 2 eggs, beaten
- 2 tsp cream
- salt
- white pepper
- 1 cup oil
- 4 tsp flour
- 4 oz bread crumbs
- softened butter
- lemon slices and fresh parsley



Preparation

Rinse, dry and remove fat from cutlets. Pound cutlets on both sides with cleaver. In a shallow bowl, mix eggs, cream, salt and pepper. Spread crumbs in a flat dish. Heat oil in a large skillet. Put flour on a plate, and dredge both sides of cutlets. Dip cutlets in egg mixture, then coat with bread crumbs.

Place cutlets in hot oil over medium heat for 3–5 min while turning. When both sides are golden brown, remove from oil and drain cutlets. Serve with lemon slices and garnish with parsley.

Level **EASY**
 Preparation Time **20 MIN**
 Cooking Time **5 MIN**
 Serves **4**



© Wiener-Schnitzel.at

Background

Wiener Schnitzel in name first appeared in the 19th century, with the first known mentioning in a cookbook from 1831. In a later popular cookbook, *Die süddeutsche Küche*, by Katharina Prato, it was called *ingebröselte Kalbsschnitzchen* (roughly translated – crusted veal cutlets).

A famous story relates the recipe to Field Marshal Joseph Radetzky – it is claimed that he brought the recipe from Italy to Vienna in 1857. The linguist Heinz Dieter Pohl, however, argues otherwise. Foreign dishes that became part of Austrian Cuisine, such as *Goulash* or *Palatschinken*, could have their origins easily traced – the *Wiener Schnitzel* not. He further points out that the pre-existing famous Austrian dish, the *Wiener Backhendl* (breaded and fried chicken) influenced the development of the *Schnitzel* by using the same method of preparation for this veal dish. So the assumption is, *Wiener Schnitzel* is authentically Austrian.



WORLD HERITAGE SITE HISTORIC CENTRE



© WienTourismus / Christian Stemper

Nominated in 2001 as World Heritage, the *historic centre of Vienna* comprises the 1st municipal district Innere Stadt (Inner City) as well as the sites of Schwanberger Palace, Belveder Palace and the Convent of the Salesian Sisters at Rennweg. The core area covers approximately 3.7 square kilometers and includes roughly 1,600 properties, the buffer zone

extends approximately 4.6 square kilometers and contains to 2,950 properties. The total surface area and number of properties included represent just under two percent of the municipal territory and buildings in Vienna. The inscription of Vienna on the World Heritage List is based on the value of being a “historically evolved” city with all of its cultural facets.



© WienTourismus / Christian Stemper



© WienTourismus / Christian Stemper

However, in recognizing the city whose architecture has developed for over a millennium, UNESCO has not put Vienna under a bell jar. The designation allows Vienna to evolve further in order to remain a vibrant, prosperous city.

Vienna developed from early Celtic and Roman settlements into a medieval and Baroque city, culminating as the capital of the Austro-Hungarian Empire. It was a leading centre for music in Europe, noted for the great age of Viennese Classicism until the early part of the 20th century. The historic centre of Vienna is a rich architectural ensemble, including Baroque castles and gardens, not to mention the late-19th-century Ringstrasse lined with grand buildings, monuments and parks.

More information:

<https://whc.unesco.org/en/list/1033>



© WienTourismus / Gerhard Weinkir



Saffron Pancake

A specialty from Gotland

Recipe from
Tommy Malmqvist,
Sjaustruoken



© private

Ingredients

- ¾ dl short-grain rice (*grötris*)
- 2½ dl full cream
- 2½ dl milk
- ½ tsp salt
- 2 tbsp butter
- 1 sachet of saffron (½ g)
- 3 tbsp honey
- 50 g blanched almonds, grated/chopped
- 3 tbsp raisins
- 1 ml cardamom
- 2 eggs



Preparation

Boil milk and cream in a heavy-bottomed saucepan. Add rice, butter and salt. Gently simmer the porridge under cover for about 40 minutes or until the rice feels soft. Stir at regular intervals so that the porridge is not burnt. Let the porridge cool. Dilute with more milk if the porridge becomes too thick. Grind the saffron with a mortar and pestle. Add saffron, raisins, almonds, honey and cardamom into the porridge, and one egg at a time.

Mix all ingredients well. Grease a mold with butter and spread out the batter a few centimeter thick. Bake the pancake for about 30 minutes at 200°C degrees until it gets a golden brown, delicious colour.

Let the pancake cool, serve with dewberry jam or blackberry jam and whipped cream. Enjoy!

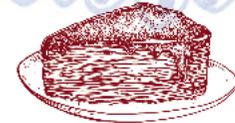
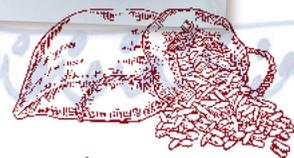
	Level EASY		Cooking Time 40+30 MIN
	Preparation Time 20 MIN		Heat 200°C / 390°F



© rafert6/depositphotos.com



© viperaap/depositphotos.com



Background

Located on the island of Gotland some 100 kilometers off the main coast of Sweden, Visby is the island's only town and perhaps one of the best kept secrets of the Baltic Sea. A metropolitan hotspot in medieval times, its major attraction today lies in a unique blend of urban culture embodying creativity and close-knittedness, and nature, as expressed by white sand beaches along the nearby coastline. *Saffron Pancake* is one of the typical dishes associated with Gotland and is served in many of the island's cafés and restaurants. It originally was a festive dish with a history going back to the 1700s. It is best served slightly warmed with dewberry jam and whipped cream.

Gotlandic culinary culture is known for fine ingredients and the art of improving the culinary experience. Excellent natural conditions for growing many commodities can be found in Gotland: A mild maritime climate with many hours of sunshine provides a long growing season. The calcareous soil creates a perfect environment for many species, such as *salmbär* and garlic, both growing wild across the island. *Salmbär* is also known as dewberry and is a relative of the blackberry. The classic way of eating *salmbär* is to transform it into jam and later enjoy it with a saffron pancake. Saffron, too, was a product of Gotland already in the 1100s, when exotic spices were traded on the Baltic Sea. Since 2009, saffron has once again become an agricultural product of the island and is harvested in small quantities, something unique to the country of Sweden.

WORLD HERITAGE SITE HANSEATIC TOWN OF VISBY



© Sara Appellgren, Region Gotland / Gotlands Museum

The *Hanseatic Town of Visby* was inscribed on the World Heritage List in 1995 as a unique northern European, medieval, walled trading town. Visby owes its World Heritage status to its golden age in the 12th and 13th centuries when the town played a strategic role in the Hanseatic League as a commercial hub within the Baltic Sea region. During its heyday in the Middle Ages the town was a cultural melting pot and a focal point for trade between east and west. The medieval layout still dominates

the scale and shape of the town, and, as phrased by Carl von Linné on his visit to the island in 1741, is "Rome in a nutshell".

Visby has survived as a living town by continually adapting to its medieval form and function. It has prevailed even when faced with socio-economic and cultural change, allowing for a townscape in which the medieval town has been retained and new, distinctive layers have been added until the present. Many of the historical



© Sara Appellgren, Region Gotland / Gotlands Museum



© Sara Appellgren, Region Gotland / Gotlands Museum

VISBY / SWEDEN

functions remain visible in county, diocesan, commercial and residential structures. The medieval street plan survives both above and below ground. What is more, Visby is largely a town constructed out of wood. For example the Gotlandic *bulhus* are small traditional wooden houses, often covered in lime render. Medieval Visby had more churches than any other town in Sweden. However, only St Mary's Cathedral is still intact and in ecclesiastical use. The others fell into decay. Today, however they impress visitors as iconic ruins with Romanesque and Gothic features.

Given its unique environment, combined with a good mix of cultural activities including shops and high quality restaurants, Visby is a hotbed of creativity, attracting both island residents and visitors. The island has become a magnet for contemporary design and architecture. The medieval legacy of Visby, too, evokes a sense of history with church ruins being fascinating venues for weddings, concerts and gatherings. There is something exotic and magical about Gotland.

More information:
www.gotland.com



Wuzetka Cake

A real modern time
classic in Warsaw



Ingredients

SPONGE CAKE

- 7 eggs
- ⅓ cup of cocoa
- ⅔ cup of wheat flour
- 1 cup of sugar

WHIPPED CREAM

- 1 l of 36% cream (very cold)
- ⅓ cup of icing sugar
- 2 packages of cream stiffener

CHOCOLATE MASS

- 200 ml cream
- 200 g of dessert chocolate

ADDITIONALLY

- 260 g plum jam or multifruit marmalade
- black tea + lime juice or malibu



Preparation

Whisk egg whites and gradually add sugar. Stir for 3 minutes until the egg whites are thick. Gradually add yolks and stir until very fluffy. Mix cocoa with wheat flour, sift, add to the whipped mass and stir gently. Pour into small form and put in an oven preheated 170° C. Bake for 30 minutes.

Once cooled cut into 2 layers. Soak bottom layer in a mixture of black tea and lime juice or malibu, then cover with jam. Mix whipped cream ingredients and spread as a filling.

For the chocolate mass, boil cream, remove from heat and add chocolate cubes. Stir well until smooth and evenly mixed. Place the top layer of cake on the second and coat with the chocolate mass. Slice into portions and decorate with whipped cream.

	Level EASY		Cooking Time 30 MIN
	Preparation Time 20 MIN		Heat 170° C / 340° F



Background

Wuzetka Cake originated in Warsaw at the end of the 1940s. It is a sweet symbol of the city, because, essentially, the recipe was created at the onset of Warsaw's reconstruction after World War II. The name *Wuzetka Cake* derives from one of the first large-scale infrastructural projects launched very close to the Old Town – the construction of the East-West Route ("Trasa Wschód-Zachód," abbreviated "WZ"). The project involved building a strategic thoroughfare from east to west, thereby linking the banks of the Wisla River via a tunnel under the Zamkowy Square. The route had been under construction since late autumn 1947 and was inaugurated on July 22, 1949.

The East-West Route revolutionized Warsaw's vehicular traffic – not to mention pedestrian traffic, which was given consideration by the leading architects of the time in creating a walkable access to Castle Square via a passage escalator, the first in Warsaw. It is still one of the most well-known routes in Warsaw, adjacent to the Old Town. The reconstructed Old Town, itself, was inscribed on the UNESCO World Heritage List in 1980 to valorize the restoration process after World War II. So, why is the cake called *Wuzetka*? No one is absolutely certain, but there are several theories. The cake received the name of the route either because of the popularity of both during that time or there was simply a café on the WZ Route that sold the famous cake.

WORLD HERITAGE SITE HISTORIC CENTRE OF WARSAW



© Paweł Czarniecki

85% of historical Warsaw was destroyed in World War II, specifically during and after the Warsaw Uprising of 1944. The determined rebuilding of the historic city was supported by Warsaw's inhabitants and the whole nation. The project was to be a holistic recreation of the old urban plan, including the Old Town market, tenements, the surrounding Old Town walls, the Royal Castle, and important religious buildings.

It was decided that the *Old Town* would be a residential district, having a public function dedicated to culture, science, as well as social services. Many challenges were faced requiring adaption to the social norms of the time, the mid-twentieth century. The reconstruction of the Old Town was implemented coherently and unremittingly. Two principles guided the process: firstly, to use reliable archival



© Museum of Warsaw



© Marcin Czechowicz

documents where available, and secondly, to be true to re-creating the historic town as it was in the late 18th-century. The rebuilding of the Old Town began in the early fifties and continued until the mid-1960s. Reconstruction of the Royal Castle lasted longer, only opening its doors to visitors in 1984. By combining the extant features with the reconstructed parts – all within a disciplined conservation programme – the re-creation of a unique urban space was made possible.

Today, the charming streets and colorful tenement houses of the Old Town are the most representative and most visited parts of Warsaw.

More information:

<https://whc.unesco.org/en/list/30>



© Marcin Czechowicz

Fried Herring with Potato-Celery-Puree

Recipe from Erik Hannes,
head chef in Steigenberger Hotel
Stadt Hamburg in Wismar



© City of Wismar, Alexander Rudolph

Ingredients

- 12 herrings
- 750 g potatoes
- 500 g celery
- 100 ml milk
- 150 g butter
- 100 ml cream
- 250 ml fish stock
- 100 g flour
- 200 ml rapeseed oil
- 1 bunch of dill
- salt, nutmeg, pepper



Preparation

For the puree, cook floury potatoes together with the celery in salted water. Press the potatoes and celery using a potato squeezer or masher. Add flakes of butter and slowly stir in the hot milk until the preferred consistency is reached. Season to taste with salt, pepper and nutmeg.

For the dill sauce, melt the butter, dust with flour, then add the fish stock and cream. Let it cook for about 30 minutes, stirring constantly. Season with lemon juice, salt and pepper. Next, add the finely chopped dill.

Finally, wash and salt the herring. Coat them in flour on both sides. Heat rapeseed oil in a pan and fry the fish until golden brown on both sides.

	Level EASY		Cooking Time 40 MIN
	Preparation Time 30 MIN		Serves 6



© City of Wismar, Alexander Rudolph



© City of Wismar, Carsten Naum



Background

It is rumored that the German Chancellor Otto von Bismarck (1815 – 1889) once said: "If herring were as expensive as caviar, people would appreciate it a lot more".

Herring are not only important to the marine ecosystem, they have also been of great economic importance to the Baltic Sea fishery. In the 11th century, Wismar fishermen sailed to the Swedish southwest coast to catch herring. They were part of the Hanseatic League, and fish were one of the League's most traded commodities, preserved in salt and exported throughout Europe. Even today, the "silver of the sea" is well loved and Baltic herring in particular is considered a delicacy.

When winter comes to an end and spring slowly approaches, the herring season begins on the German Baltic coast. In the Hanseatic city of Wismar, every year at this time a celebration takes place: the *Wismarer Heringstage* – *The Wismar Herring Days*.

WORLD HERITAGE SITE HANSEATIC CITY OF WISMAR



© City of Wismar, Anibal Trejo

The *Hanseatic City of Wismar* has one of the most well preserved medieval city centers in Germany with monumental churches, an impressive marketplace and carefully restored town houses, not to mention water art. What developed as a bustling Hanseatic trading centre became a UNESCO World Heritage Site in 2002.

Wismar has been connected to the sea for centuries due to its exceptional location

on the Mecklenburg Baltic coast. Wismar's long maritime tradition can best be experienced at the Old Harbour where a historic Hanseatic Cog can be viewed, large cruise ships in tow can be admired, and passenger boats boarded for excursions along the waterfront. If that does not suffice, one can take in the images of local fishermen selling their fresh catch directly from their Cutters. The scents of salt and seaweed, the



© City of Wismar, Anibal Trejo



© City of Wismar, Dock 30

WISMAR / GERMANY

sounds of seagulls screeching in the air and the views of the expansive Baltic Sea leave a lasting impression on visitors.

Popular seaside resorts with white sandy beaches lie nearby. These beautiful surroundings are perfect destinations for a bicycle ride. The offshore island of Poel also makes for an ideal hiking trip easily reached by boat from Wismar.

Wismar provides a delightful backdrop for an array of events throughout the year, such as Herring Days, the Swedish Festival or concerts in the Church of St. George.

At the UNESCO World Heritage City of Wismar, history and modernity merge to form a lively, maritime environment. Unknown to many it is a place where cultures meet on the Baltic Sea.

More information:

www.wismar.de/Tourismus-Welterbe/
UNESCO-Welterbe



© City of Wismar, Anibal Trejo

IMPRINT



OWHC Regional Secretariat for Northwest Europe and North America

City of Regensburg – Department for Culture – World Heritage Coordination
D.-Martin-Luther-Straße 1
93047 Regensburg
welterbe@regensburg.de
www.regensburg.de/welterbe/en
www.ovpm.org/secretariat/northwest-europe-and-north-america/

EDITORIAL TEAM

Monika Göttler, Jakob Helmhold, Matthias Ripp

COORDINATION

Matthias Ripp

ENGLISH EDITOR

Andrew H. Lukat

LAYOUT

Karen Giesenow, Regensburg – www.giesenow.de

DEDICATION

In memory of Siri Myrvoll, Bergen,
who first came up with the idea of a cookbook for the OWHC



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CONTRIBUTIONS FROM OUR OWHC MEMBER CITIES

AMSTERDAM	Inez Weyermans
BAMBERG	Patricia Alberth
BEEMSTER	Carol Westrik
BERLIN	Ramona Dornbusch
BORDEAUX	Anne-Laure Moniot
BRUGGE	Joris Nauwelaerts
BRUSSELS	Paula Cordeiro
ČESKÝ KRUMLOV	Lucie Čermáková
LUXEMBOURG	Sonja Gengler, Shaaf Milani-Nia
PHILADELPHIA	Zabeth Teelucksingh, Melissa Stevens
QUÉBEC	Anne-Laurence Roussel
QUEDLINBURG	Caroline Stock, Kathrin Kaltschmidt
RAUMA	Jussi Telaranta
REGENSBURG	Jakob Helmhold, Monika Göttler
SALZBURG	Alexander Würfl, Cay Bubendorfer
SAN ANTONIO	Colleen Swain
STRALSUND	Steffi Behrendt, Jeannine Wolle
VISBY	Elene Negussie
VIENNA	Regina Wiala-Zimm
WARSAW	Sylwia Kot, Marta Galewska
WISMAR	Jacqueline Haase



CONVERSION TABLE



 tsp	 tbsp	 LITRE	 GRAM	 POUND	 CUP	 OUNCES	 GALLON
1 tsp		5 ml	5 g			½ oz	
3 tsp	1 tbsp	15 ml	15 g			½ oz	
6 tsp	2 tbsp	30 ml	30 g		¼ cup	1 oz	
12 tsp	4 tbsp	60 ml	~ 60 g		¼ cup	2 oz	
16 tsp	5 tbsp	80 ml	~ 75 g		½ cup	3 oz	
24 tsp	8 tbsp	120 ml	~ 120 g	~ ¼ lb	½ cup	4 oz	
36 tsp	12 tbsp	180 ml	~ 170 g		¾ cup	6 oz	
48 tsp	16 tbsp	240 ml	~ 225 g	~ ½ lb	1 cup	8 oz	½ pint
		360 ml	~ 340 g	~ ¾ lb	1 ½ cup	12 oz	
		480 ml	~ 450 g	~ 1 lb	2 cups	16 oz	1 pint
		~ 950 ml	~ 900 g	~ 2 lb	4 cups	32 oz	1 quart



 °C	30 °C	60 °C	90 °C	120 °C	180 °C	210 °C	240 °C	270 °C	300 °C
°F	100 °F	150 °F	200 °F	250 °F	350 °F	400 °F	450 °F	500 °F	550 °F

DISCLAIMER Our conversion table shows the most commonly used measurements in cooking. Please keep in mind that most conversions are rounded. Moreover, various countries use different pound and ounce calibrations. Have fun in trying out our recipes – and Bon Voyage on your gourmet travels through our World Heritage Cities!





Guten Appetit!

Eet Smakelijk!

Dobrou chut!

Enjoy your meal!

Bon appétit!

Gudden Appetit!

Smaklig måltid!

Hypää ruokahalua!

Smacznego!



ORGANIZATION OF
WORLD HERITAGE CITIES