

**ELEVATE
PAIRINGS**

**DISCOVER CULINARY
SOPHISTICATION**

**EUROPEAN UNION
CHEESES**

In partnership with

the word on cheese

culture



More than European
Food and Drinks,
Savoring Stories.



EUROPEAN UNION

**ENJOY
IT'S FROM
EUROPE**



— 3 —

Pairing European cheeses is a cinch with our curated cheese guide chock-full of delectable suggestions.



DID YOU KNOW?

Gbejna tan-nagħaġ PDO cheese from Malta is traditionally made from sheep's milk and often aged in saltwater, giving it a unique flavor profile. The cheese has deep roots in Maltese cuisine, showcasing the island's rich culinary heritage.



DID YOU KNOW?

The European Union is home to a diverse range of apple varieties, with hundreds of different types grown across its member countries. Popular varieties include Braeburn, Gala, Golden Delicious, Granny Smith, and Fuji.

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Steirisches Kürbiskernöl
(Styrian Pumpkin Seed Oil)
PGI is a specialty oil derived from roasted pumpkin seeds, specifically from the Styria region of Austria.



—8—

Rye crisps are a staple in Finnish cuisine and are enjoyed as a snack on their own or topped with various spreads such as butter, cheese, or cold cuts.

About this Campaign

Agricultural products from the European Union (EU) are more than just food and drinks, they are stories shared and heritage passed on through generations. They are collections of flavors, bursting with character that is traceable through history that echoes their origins.

The “More than European Food and Drinks, Savoring Stories” campaign is a journey crafted to help you explore the diverse and rich nature of ingredients and agricultural products from the EU. Its immense variety is based on the diverse heritage of the EU’s 27 Member States. All EU Member States share common food and farming standards—reinforced by robust and uniform food safety regulations—guaranteeing authentic, high quality, sustainable, and safe products all over the world.

Authenticity:

Centuries of tradition and expertise, handed down from generation to generation, give European food its distinct and authentic flavor, which can be traced back to the wide variety of soils, climates, and cultures in Europe. Everyday products are tied to these origins and cannot be reproduced elsewhere. The EU created several schemes to protect the names of specific products and promote their unique features, as well as ensure traditional proficiency involved in manufacturing.

Quality:

European food and drinks are synonymous with exceptional quality, applied at every step of the production process. Skilled European farmers and makers blend age-old wisdom with modern methods to craft top-notch food and drinks. Rigorous quality checks follow every step, from seed to sip, ensuring transparency and taste in every bite. And the EU Quality Labels (PDO, PGI, and Organic) signify a commitment that surpasses these standards.

Safety:

In Europe, there are strict health and safety standards in place throughout the supply chain, from field to consumer, surveying everything from pesticides to packaging, disease prevention, and hygiene measures. Labels clearly indicate the contents of all food and beverage products.

Sustainability:

The EU sustainable strategy aims to make food systems fair, healthy, and environmentally friendly. Sustainably produced EU products are the output of sustainable farming practices and leading innovations in agriculture and food science. These farming techniques also help preserve ecosystems and are a step forward in ensuring the planet’s universal health. The EU sustainable strategy also contains several key objectives such as reducing fertilizer, and converting 25% of EU farmland to organic farming by 2030. To meet these goals, the EU supports research and innovation to modernize agriculture through fostering and sharing knowledge with digitalization and new technologies.

What is the European Union?

The **European Union** is a political and economic union of 27 Member States united in their commitment to peace, democracy, the rule of law, and respect for human rights. The EU member states delegate certain powers to EU institutions, which now make some decisions at the European level. The European Union has built a single market based on “four freedoms,” enabling people, goods, services, and capital to move freely between all EU Member States.

The EU is the third largest supplier of agricultural and agri-food products to the United States accounting for 15% of imports, following Mexico (20%) and Canada (19%).

European Union Quality Schemes

The European Union protects names from misuse and imitation and helps consumers by giving them information concerning the specific character of the products. Recognized as intellectual property, geographical indications plan an increasingly important role in commercial relations between the EU and other countries.

Throughout this magazine you'll notice some products have letters at the end of their names—they're geographic indications (GIs), also known as quality schemes, designed to tell you you're buying the genuine article. But what do all the different letters mean? We made you a cheat sheet.

Protected Designation of Origin (PDO) — Product names registered as PDO are those that have the strongest links to the place in which they are made. Every part of the production, processing, and preparation process must take place in the specific region.

Protected Geographical Indication (PGI)—PGI emphasises the relationship between the specific geographic region and the name of the product, where a particular quality, reputation or other characteristic is essentially attributable to its geographical origin. For PGI products, at least one of the stages of production, processing or preparation takes place in the region. In the case of wine, this means that at least 85% of the grapes used have to come exclusively from the geographical area where the wine is actually made.

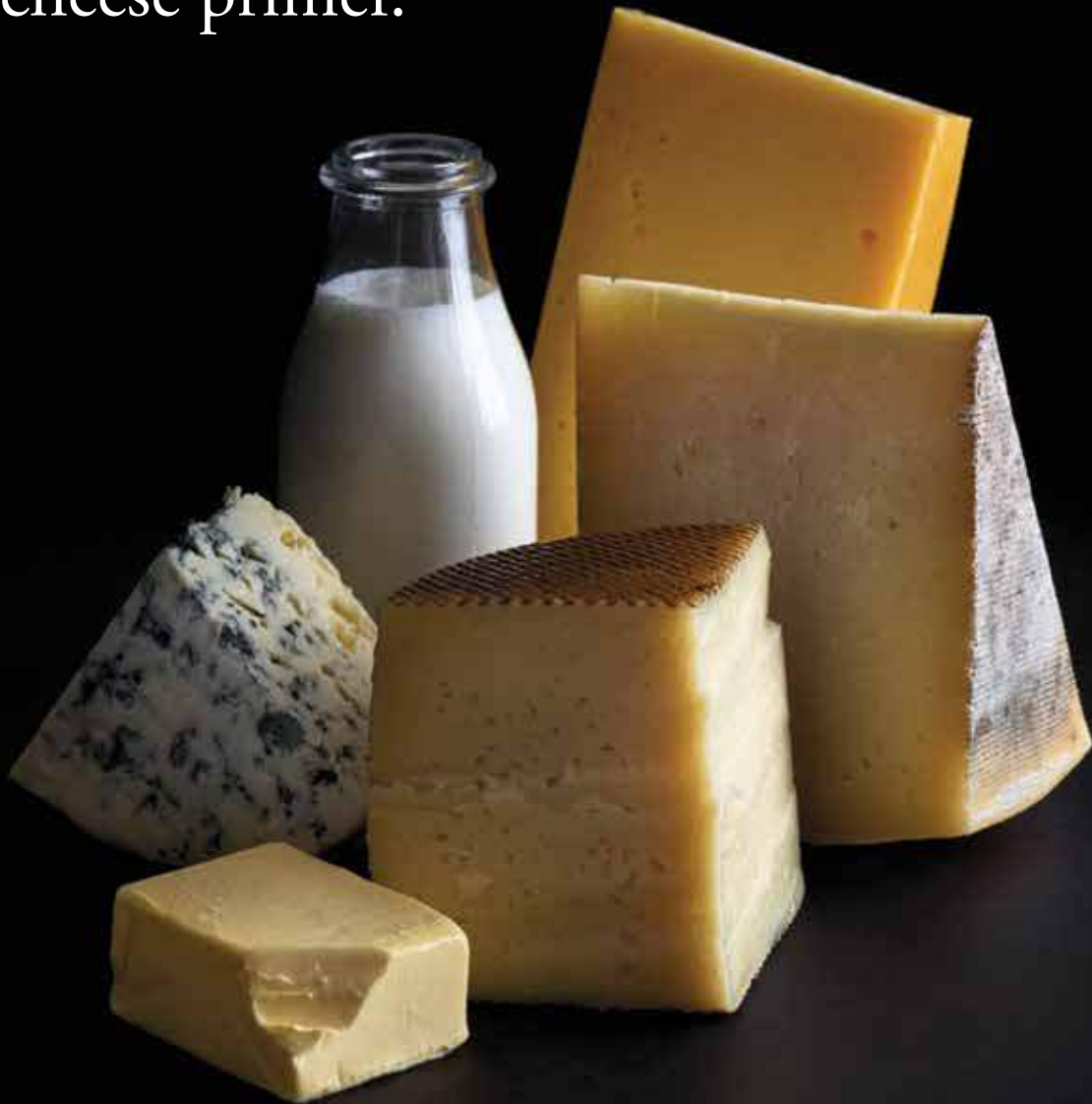
EU Organic Label—The organic logo ensures quality, as it guarantees that production, transformation, transport, and storage respects nature, featuring elevated animal welfare standards, organic feed for farm animals, absolute prohibition of GMOs, and strict limitations to the use of chemical fertilizers, pesticides, and antibiotics. A product can only carry this label if its ingredients are at least 95% organically farmed and if the other 5% meet additional strict conditions.

DID YOU KNOW?

Some styles of Μέλι Ελάτης Μαινάλου Βανίλια PDO (Meli Elatis Menalou Vanilia or vanilla fir honey) from the Arcadia region of Greece are organic and produced without the use of synthetic pesticides or antibiotics, allowing bees to forage in natural environments.



A European cheese primer.



DID YOU KNOW?

*European Union cheese and dairy products embody tradition, authenticity, diversity, traceability, and innovation. There are also types of cheese which are **organic**. **Parmigiano Reggiano PDO**, an Italian cheese produced using traditional methods, can also be organic, if made with at least 95% organic material, then the green EU Organic label will be applied ensuring that it delivers both exceptional taste and environmental responsibility.*

A Selection of Cheeses from the European Union

European cheese is renowned worldwide for its unparalleled diversity, quality, and tradition. Crafted with meticulous attention to detail, European cheesemakers draw upon centuries of expertise to produce an extraordinary array of flavors, textures, and aromas. From the creamy **Brie de Meaux PDO** to pungent **Gorgonzola PDO**, each cheese reflects the unique terroir and cultural heritage of its region, offering an incomparable culinary experience cherished by cheese aficionados globally. Here is a sampling of various cheeses from some European Union countries.

AUSTRIA:



Alpine Cheese: A semi-hard cheese with a nutty flavor, often exhibiting grassy and herbal notes

Suggested Pairing: Enjoy with Austrian cured meats, such as **Tiroler Speck PGI**, crusty bread, and pickles.



Vorarlberger Bergkäse PDO: A firm and flavorful cheese with a slightly zesty taste and a rich, buttery texture

Suggested Pairing: Pair with slices of fresh apple or pear, alongside a glass of Austrian **Riesling** or **Grüner Veltliner**.



Blauschimmelkäse: Creamy and pungent with blue veins running through, offering a bold and piquant flavor profile.

Suggested Pairing: Serve with dark rye bread or pretzels, a glass of Austrian beer or dry white wine.

BELGIUM:



Trappist Cheese: A semi-hard cheese with a tangy flavor and a creamy texture

Suggested Pairing: Pair with Belgian Abbey beer or robust ale, along with Belgian-style sausages and mustard.



Vlaamsche kaas: A firm and hard cheese with nutty flavors, hints of toasted almonds, and savory notes of butter

Suggested Pairing: Pair with crusty bread, cured meats, apples, and Belgian beer, or shave over pastas and salads.



Fromage de Herve PDO: A soft, cow's milk cheese with a washed rind, produced in the Wallonia region of Belgium, with notes of earthy mushroom

Suggested Pairing: Pair with fresh fruit, nuts, charcuterie, honey, mustard, pickles.

CROATIA:



Paški Sir PDO: A hard sheep's milk cheese with a savory and slightly salty taste

Suggested Pairing: Pair with Croatian olive oil and olives and a glass of red wine such as **Plavac Mali**.



Dalmatinski Sir: A semi-hard cheese with a creamy texture and a mild slightly sweet and nutty flavor

Suggested Pairing: Enjoy with figs or honey, accompanied by grilled vegetables and a glass of Croatian white wine such as **Malvasia**.



Lički škripavac PGI: Mild and slightly tangy with a hint of sweetness. The texture of Škripavac is slightly grainy and moist

Suggested Pairing: Serve with fresh herbs, olive oil, and tomatoes.

CYPRUS:



Halloumi PDO: A semi-hard cheese with a unique texture suitable for grilling or frying, offering a salty and slightly tangy taste

Suggested Pairing: Grill and serve with Cypriot watermelon slices and a drizzle of lemon juice, accompanied by Cyprus **Commandaria** dessert wine.



Anari: A fresh cheese with a mild taste and a soft, creamy texture

Suggested Pairing: Enjoy spread on pita, paired with Cypriot **soujouko** (grape must and nuts), and a glass of Cyprus **Zivania**.



Halitzia Tillirias PGI: A soft white cheese, with holes and a slightly sour aftertaste, made in the Tillyria region from raw sheep or goat milk

Suggested Pairing: Crumble over Greek salad with tomatoes, cucumbers, olives, and olive oil, accompanied by Greek **Retsina** wine or **Ouzo PGI**.

DENMARK:



Danablu PGI: Creamy and tangy with blue veins, offering a sharp and robust flavor

Suggested Pairing: Pair with Danish **rugbrød** (rye bread) and apple compote, alongside a glass of Danish red wine.



Maribo: A semi-hard cheese with a smooth texture and a mild, slightly sweet taste

Suggested Pairing: Enjoy with pickled herring and dill, accompanied by a Danish lager beer.



Havarti PGI: A semi-soft cheese with small irregular holes, offering a buttery and mild flavor

Suggested Pairing: Serve with strawberries and dark chocolate, paired with Danish cherry wine or bitter liqueur.

To learn more about the quality schemes of protected products mentioned above, see p. 3.

FRANCE:



Camembert de Normandie PDO: Earthy and creamy with a hint of mushroom

Suggested Pairing: Pair with a crusty baguette, apples, and cider from Normandy.



Brie de Meaux PDO: Buttery and creamy with a mild, nutty flavor

Suggested Pairing: Enjoy with fresh fruit such as grapes or pears and a glass of *Champagne PDO*.



Roquefort PDO: Sharp and tangy blue cheese with a creamy texture

Suggested Pairing: Pair with walnuts, honey, and a glass of *Sauternes PDO* wine.



Comté PDO: Nutty and complex with hints of fruit

Suggested Pairing: Serve with charcuterie and a glass of wine from Jura.



Emmental de Savoie PGI: Nutty with a slightly sweet flavor and characteristic holes

Suggested Pairing: Ideal for melting on *gratins* or in *fondue*, paired with potatoes and white wine.



Reblochon PDO: Creamy and nutty with earthy undertones

Suggested Pairing: Perfect for a classic French *tartiflette* with potatoes, bacon, and onions, accompanied by a glass of *Vin de Savoie PDO* wine.



Munster PDO: Pungent with a creamy texture

Suggested Pairing: Pair with crusty bread, sausages, and a glass of white wine such as *Alsace PDO*.



Saint-Nectaire PDO: Smooth and creamy with a nutty flavor

Suggested Pairing: Enjoy with cured meats, figs, and a glass of *Beaujolais PDO* wine.



Tomme de Savoie PGI: Tangy and earthy with hints of herbs and nuts

Suggested Pairing: Serve with dried fruits, almonds, and a glass of *Saison* beer.



Morbier PDO: Creamy with a mild, slightly fruity flavor and a layer of vegetable ash

Suggested Pairing: Pair with *charcuterie* and pickles.



Fourme d'Ambert PDO: Creamy blue cheese with a milder flavor

Suggested Pairing: Enjoy with pear slices, honey, and a glass of *Pouilly-sur-Loire PDO*.



Pont-l'Évêque PDO: Creamy with a slightly tangy flavor

Suggested Pairing: Pair with apples, crusty bread, and a glass of Normandy cider.



Cantal PDO: Firm and slightly sharp with a nutty flavor

Suggested Pairing: Ideal for melting on toast or in gratins, paired with a green salad and a glass of *Anjou-Coteaux de la Loire PDO* wine.



Bleu d'Auvergne PDO: Tangy and spicy with an earthy flavor

Suggested Pairing: Serve with crusty bread, pears, and a glass of *Côtes d'Auvergne* wine.



Beaufort PDO: Nutty and fruity with a sweet flavor

Suggested Pairing: Perfect for *fondue* or grated over *gratins*, accompanied by potatoes and cured meats.

GERMANY:



Limburger: Rich, spicy and piquant, with a strong distinctive aroma

Suggested Pairing: Pair with German pumpernickel bread and pickled onions, accompanied by German lager beer or *Riesling*.



Allgäuer Emmentaler PDO: Nutty taste with a characteristic aromatic scent

Suggested Pairing: Enjoy with pretzels and sweet mustard, alongside *bratwurst* and a glass of *Märzen* beer or *Gewürztraminer*.



Nieheimer Käse PGI: Tangy and slightly nutty flavor profile with a creamy texture

Suggested Pairing: Serve with apple slices and honey, accompanied by rolls and a glass of German wheat beer or *Müller-Thurgau* wine.

GREECE:



Φέτα (Feta) PDO: Crumbly and tangy with a salty finish, offering a bright and refreshing taste

Suggested Pairing: Fold into a pita and drizzle with honey, or enjoy with Greek *Retsina* wine or *Ouzo PGI*.



Κασέρι (Kasseri) PDO: Semi-hard and salty, slightly tangy flavor, often used for grilling or frying

Suggested Pairing: Grill and serve with pita bread and *tzatziki* sauce, alongside a salad and a glass of *Assyrtiko* wine.



Γραβιέρα Αγράφων (Graviera Agrafon) PDO: Firm and nutty with a sweet and slightly caramelized taste, offering a rich and complex flavor profile

Suggested Pairing: Enjoy with figs and grapes, accompanied by honey and a glass of *Xinomavro* wine.

IRELAND:



Irish Cheddar: Firm and crumbly with a sharp and tangy flavor, offering a robust taste

Suggested Pairing: Pair with chutney, alongside a pint of Irish stout or a glass of Irish Whiskey PGI.



Cashel Blue: Creamy and tangy with blue veins, offering a milder and sweeter flavor compared to other blues

Suggested Pairing: Serve with Irish apple slices and oatcakes, accompanied by pear cider or a glass of Irish cider brandy.



Imokilly Regato PDO: Firm and nutty with a rich and savory flavor, offering hints of caramel and butterscotch

Suggested Pairing: Enjoy with crackers and smoked salmon, alongside a glass of Irish red ale or Irish stout.



Pecorino Romano PDO: Hard and salty with a sharp, tangy flavor

Suggested Pairing: Perfect for grating over pasta dishes such as *cacio e pepe* from Lazio.



Fontina PDO: Semi-soft with a buttery texture and a mild, nutty flavor

Suggested Pairing: Melt in sandwiches or over polenta, accompanied by mushrooms and a glass of *Nebbiolo* wine from *Valle d'Aosta PDO*.



Pecorino Toscano PDO: Firm and salty with a nutty, slightly sweet flavor

Suggested Pairing: Serve with honey, almonds, and a glass of *Chianti PDO* wine from *Tuscany*.



Edam Holland PGI: Semi-hard and mild with a smooth texture and a slightly nutty taste

Suggested Pairing: Enjoy with mustard and pickles, alongside herring and a glass of gin or lager.

ITALY



Parmigiano Reggiano PDO: Hard and granular with a nutty, savory flavor

Suggested Pairing: Pair with *Aceto Balsamico Di Modena PGI*, *Prosciutto di Parma PDO*, and a glass of *Lambrusco* from *Emilia-Romagna*.



Grana Padano PDO: Hard and granular with a nutty, savory flavor

Suggested Pairing: Pair with figs, honey, and a glass of *Soave* wine from *Veneto PGI*.



Ricotta Romana PDO: Soft and creamy with a mild, slightly sweet flavor

Suggested Pairing: Use in cannoli filling, *lasagna*, or on toast with honey, figs, and a glass of *Sicilian Marsala PDO* wine.



Scamorza: Semi-soft with a mild, milky flavor and a slightly smoky aroma

Suggested Pairing: Perfect for grilling or melting on pizzas, paired with grilled vegetables and a glass of *Primitivo* wine from *Puglia PGI*.



Maasdam: Semi-hard with large holes and a sweet, nutty flavor, offering a mild and buttery taste

Suggested Pairing: Serve with *bitterballen* (deep-fried meatballs) and mustard.



Mozzarella di Bufala Campana PDO: Soft and creamy with a delicate, milky flavor

Suggested Pairing: Enjoy with ripe tomatoes, basil, and a drizzle of *Extra Virgin Olive Oil* (a typical *Caprese* salad from *Campania*).



Taleggio PDO: Semi-soft and creamy with a strong, tangy flavor

Suggested Pairing: Enjoy with polenta, grilled vegetables, and a glass of *Valpolicella PDO* wine from *Lombardy*.



Provolone Valpadana PDO: Semi-hard with a smooth, buttery texture and a mild, slightly tangy flavor

Suggested Pairing: Enjoy in sandwiches, *panini*, or with cured meats and olives, paired with a glass of *Sangiovese* wine from *Emilia-Romagna PDO*.



Caciocavallo Silano PDO: Semi-hard with a smooth, creamy texture and a mild, buttery flavor

Suggested Pairing: Enjoy in *frittatas*, omelets, or on a cheese board with olives and a glass of *Nero d'Avola* wine from *Sicilia PDO*.



Queijo Serra da Estrela PDO: Soft and creamy with a rich and buttery flavor, offering a smooth and indulgent taste

Suggested Pairing: Pair with quince paste (*marmelada*) and almonds, alongside *bolinhas de bacalhau* (codfish balls) and a glass of *Port PDO* wine.



Gorgonzola PDO: Creamy and pungent blue cheese with a sharp, tangy flavor

Suggested Pairing: Pair with pears, honey, and a glass of *Barolo* wine from *Piedmont*.



Burrata di Andria PGI: Soft and creamy with a buttery texture

Suggested Pairing: Serve with roasted tomatoes, arugula, and a drizzle of balsamic glaze.



Robiola di Roccaverano PDO: Soft and creamy with a delicate, tangy flavor

Suggested Pairing: Pair with fresh berries, honey, and a glass of *Moscato di Asti* wine from *Piedmont*.



Gouda Holland PGI: Smooth and creamy with a buttery flavor and a slightly sweet taste, often available in various ages and flavors

Suggested Pairing: Pair with Dutch apple pie and *stroopwafels*, accompanied by a glass of *Genever PGI*.



Queijo de Azeitão PDO: Soft and buttery with a tangy and slightly salty flavor, offering a complex taste profile

Suggested Pairing: Enjoy with honey and walnuts, accompanied by *pastéis de nata* (custard tarts) and a glass of *Moscatel* wine.

**Queijo Serpa PDO:**

Semi-hard and tangy with a slightly earthy flavor, offering a bold and robust taste

Suggested Pairing: Serve with chorizo and olives, alongside *caldo verde* soup and a glass of *Vinho Verde PDO* wine.

ROMANIA:**Telemea de Sibiu PGI:**

Soft and crumbly with a tangy flavor, often used in salads or as a spread

Suggested Pairing: Pair with *mămăligă* (cornmeal porridge) and *salată de vinete* (eggplant salad), accompanied by *Pălincă PGI*.

**Telemea de Ibănești PDO:**

Tangy and slightly salty with a creamy texture

Suggested Pairing: Enjoy with Romanian sausages, accompanied by red wine.



Urdă: Fresh and mild with a soft, creamy texture, often used in desserts or savory dishes

Suggested Pairing: Serve with plum jam and *cozonac* (sweet bread), alongside *afumătură* (smoked meats) and a glass of Romanian *rachiu*, a fermented spirit made from plums.

SPAIN**Queso Manchego PDO:**

Firm and slightly crumbly with a nutty, tangy flavor

Suggested Pairing: Pair with *membrillo* (quince paste), *Marcona* almonds, and a glass of wine from *La Mancha PDO*.



Cabrales PDO: Intensely flavored blue cheese with a creamy texture and bold, spicy notes

Suggested Pairing: Enjoy with crusty bread, honey, and a glass of Asturian cider.



Idiazabal PDO: Semi-hard with a smoky, nutty flavor and a slightly tangy finish

Suggested Pairing: Pair with *chorizo*, quince paste, and a glass of *Rioja PDO* wine from *La Rioja* in Spain.

**Mahón-Menorca PDO:**

Semi-soft with a buttery texture and a tangy, slightly salty flavor

Suggested Pairing: Serve with olives, *Serrano* ham, and a glass of crisp white wine from *Menorca*.



Roncal PDO: Firm and slightly grainy with a nutty, earthy flavor and hints of caramel

Suggested Pairing: Enjoy with honey, walnuts, and a glass of *Navarra PDO* wine.



Queso Tetilla PDO: Soft and creamy with a mild, slightly tangy flavor

Suggested Pairing: Perfect for melting on toast or in dishes like *Galician-style empanadas*, paired with *Albariño* wine from *Galicia*.

**Queso Zamorano PDO:**

Firm and crumbly with a nutty, buttery flavor and a hint of sweetness

Suggested Pairing: Serve with cured meats, figs, and a glass of *Ribera del Duero PDO* wine from *Castile and León*.

**Torta del Casar PDO:**

Soft and spreadable with a rich, earthy flavor and a slightly tangy finish

Suggested Pairing: Pair with crusty bread, *jamón ibérico*, and a glass of *Jerez-Xérès-Sherry PDO*.

**Queso de Valdeón PGI:**

Creamy blue with a robust, tangy flavor and spicy undertones

Suggested Pairing: Enjoy with quince paste, walnuts, and a glass of red wine from *Castile and León*.

**Queso de Murcia al Vino PDO:**

Semi-soft with a fruity, tangy flavor enhanced by wine

Suggested Pairing: Pair with almonds, dried figs, and a glass of Spanish red wine, such as *Rioja PDO* or *Ribera del Duero PDO*.

SWEDEN:**Prästost:**

Semi-hard and tangy with a creamy texture and a slightly nutty flavor, often aged for depth of taste

Suggested Pairing: Pair with *lingonberry* jam and crispbread, alongside *gravlax* (cured salmon) and a glass of Swedish snaps or *Swedish Aquavit*.

**Wrångebackssost PDO:**

Rich creamy flavor with nutty undertones and a slightly tangy finish

Suggested Pairing: Enjoy with Swedish cloudberry and *knäckebröd* (crispbread), accompanied by pickled herring and a glass of Swedish cider or mead.



Herrgårdost: Semi-hard and savory with a smooth texture and a slightly sweet flavor, offering a versatile taste

Suggested Pairing: Serve alongside Swedish meatballs and a glass of mulled or fruit wine.

Land of Milk and Honey

Honey is integral to culinary traditions and environmental sustainability. Its diverse flavors, shaped by varied landscapes, encapsulate local terroirs. From Italy's *Miele Varesino PDO* to Spain's *Miel de Granada PDO*, each variety tells a unique story. Beyond taste, honey from the European Union plays a crucial role in supporting pollinator populations and maintaining ecosystem balance. As consumers prioritize natural, artisanal products, European honey stands out for its quality and commitment to sustainable beekeeping practices. Its significance extends beyond the culinary realm, making it a cherished cultural heritage and a vital contributor to biodiversity.

To learn more about the quality schemes of protected products mentioned above, see p. 3.

Build a European Cheese Plate

Products from Europe make it easy to craft a perfect plate, and remember the food principle “like with like” when selecting pairings. Combine ingredients or flavors that share similar characteristics and terroir to enhance the overall harmony of your board. You can't go wrong with these classic pairings:

- 1- **Queso Manchego**
PDO with quince,
jamón, and marcona
almonds
- 2- **Grana Padano**
PDO with Aceto
Balsamico di
Modena PGI,
Prosciutto di Parma
PDO and figs
- 3- **Camembert de**
Normandie PDO
with baguette, pâté,
and cornichons
- 4- **Gouda Holland**
PGI with apples and
Spegepölse, a type of
dry-cured sausage
made from pork, and
seasoned with spices
such as garlic, pepper,
and juniper berries



Breaking Bread

Bread, crafted from humble ingredients and time-honored techniques, is a universal symbol of sustenance and community. Here are some European favorites:

ESTONIA & FINLAND



DID YOU KNOW?

In many cultures, **rye bread** was believed to possess protective properties against evil spirits and misfortune.

LUXEMBOURG



DID YOU KNOW?

Boxemännchen is a traditional Luxembourgish bread, and translates to “little bread men” in English. These small bread figures are typically made from a sweet, brioche-like dough and are often decorated with raisins or other dried fruits.

GREECE



DID YOU KNOW?

The origins of **pita bread** can be traced back to ancient civilizations such as Mesopotamia and Egypt.

Deliciously European Recipes

European recipes showcase a rich tapestry of culinary heritage. From the delicate crepes of France to rich pastas from Italy, each recipe tells a story of cultural identity and regional flavors. Here is a sampling of eight recipes incorporating ingredients from across Europe.



Wine Pairing:
Chianti PDO

Prosciutto di San Daniele PDO and Grana Padano PDO Stuffed German Herb Pancakes

Kräuterflädle are delicious German herb pancakes—thin and chewy and rolled with **Prosciutto di San Daniele PDO** and rich **Grana Padano PDO**, they are delicious with a refreshing coleslaw. Serve with a German ale, or even enjoyed as a hearty lunch.

For Pancakes:

- 1 cup flour
- ½ cup milk
- 2 eggs
- 2 tsp chopped chives
- 2 tsp chopped parsley
- 2 tsp chopped dill
- 1 tsp butter

For Filling:

- Prosciutto di San Daniele PDO*
(4 slices)
- ¼ cup shaved *Grana Padano PDO*
- 2 tbsp of cream cheese
- 2 tsp fried onions
- 2 cups sun-dried tomatoes

For Coleslaw:

- 1 small head white cabbage
- ½ red bell pepper
- 1 tbsp vinegar
- 1 tsp *Dijon* mustard
- 2 tsp extra-virgin olive oil
- 1 pinch of sugar
- Salt to taste

1. Heat oven to 350°F. Mix all ingredients together for the pancake batter and proceed to

cook the pancakes in a skillet with butter. The batter will be thin and the pancakes should appear like crepes. Keep warm.

2. Spread the pancakes with cream cheese and sprinkle with the fried onions. Add sun-dried tomatoes and cover with *Prosciutto di San Daniele PDO*.

3. Roll the stuffed pancakes and heat in the oven for a few minutes. As a garnish add shaved *Grana Padano PDO*.

4. Thinly slice the cabbage. Cut the red pepper in cubes and mix with the cabbage. Add the olive oil, vinegar, mustard, a pinch of salt and sugar and mix into a salad.

5. Serve the pancakes with a little coleslaw on the side.



Wine Pairing:
Sauternes PDO

Baked Pasta with Roquefort PDO and Broccoli Rabe

*This dish is rich and luxurious. Leafy greens and **Roquefort PDO** work beautifully together, so why not let them get cozy with some pasta? Open a bottle of wine while you're at it. This can be assembled and refrigerated a day ahead of time; just bake and serve.*

- Kosher salt as needed
- 12 ounces dry tubular pasta such as *rigatoni* or *penne*
- 1 bunch broccoli rabe thick

- stems trimmed off and roughly chopped into 1-inch pieces
- 8 tablespoons of butter
- 2 cloves garlic grated
- Freshly cracked black pepper to taste
- ½ cup pasta cooking water
- 1 cup heavy cream
- 1 teaspoon chili flakes or to taste
- Zest of 1 lemon
- 8 ounces crumbled *Roquefort PDO*

1. Heat oven to 400°F. Bring a large pot of water to boil and salt generously.
2. Add pasta and cook to *al dente* according to package directions.
3. When there is one minute of cooking time remaining, scoop out about ½ cup pasta water and set aside. Then add the broccoli rabe to the pot with the pasta, allowing it to blanch for 1 minute, before draining everything carefully into a colander. Set aside.
4. Return empty pot to stovetop and over medium heat, melt butter and add grated garlic, stirring frequently. Don't let it brown. When it starts to sizzle, add black pepper and let it cook for 30 seconds. Add pasta water, bring mixture to a boil, then add the cream, lowering the heat a bit and allowing mixture to simmer for 3 minutes.

5. Lower heat to a low flame, add cooked pasta and broccoli rabe with chili flakes, and then fold in half of *Roquefort PDO* and lemon zest. Stir constantly for about 3 minutes, allowing sauce to thicken and cheese to melt fully.

6. Transfer to a 9-inch round baking dish (9-inch square works, too), top with remaining *Roquefort PDO*, and transfer to oven, baking until bubbling, about 10 minutes. Then broil for just a minute or two to caramelize the top, keeping an eye on it. Serve right away.



Wine Pairing:
Vouvray PDO

Buckwheat Crepes with Jambon Sec de Corse PDO, Camembert de Normandie PDO, Arugula, and Grain Mustard

Buckwheat crepes provide a thicker consistency and more pronounced flavor than wheat flour crepes, making them a lovely match for cured meats and savory cheeses.

Crepes

- ½ cup buckwheat flour
- ⅓ cup all-purpose flour
- 1 teaspoon sugar
- 1 large egg
- ⅔ cup whole milk
- 1 tablespoon canola oil
- Butter

Filling (per crepe)

- 2 pieces *Jambon Sec de Corse PDO*, or a cured meat of preference
- 2 slices *Camembert de Normandie PDO*
- 1 tablespoon grain mustard (plus additional for garnish if desired)
- ¼ cup baby arugula
- Flaked salt to taste
- Freshly ground black pepper to taste

1. Add all ingredients except butter to a medium bowl and mix well with a whisk, about 30 seconds.

2. Heat a small piece of butter over medium in a 10" crepe pan. Spoon one-quarter cup of crepe mixture onto pan, forming a large circle. Lift pan off heat and rotate quickly, using gravity to pull batter around to outer edges of pan. Cook for 45 seconds, then flip to cook for 30 more seconds. Set aside until ready to assemble.

3. Assemble jambon sec, sliced camembert, and mustard in center of each crepe. Fold all four sides toward center to form a square. Top with arugula and a drizzle of olive oil. Garnish with more mustard (if desired), flaked salt, and ground pepper.



Irish Cream

This drink is a luxurious blend of smooth cream, rich Irish Whiskey PGI, and hints of cherry and mint, delivering a velvety indulgence with a hint of Celtic charm.

1 ounce Irish Cream PGI liqueur
1 ounce cherry liqueur
1 ounce Irish Whiskey PGI
1 fistful of fresh mint

1. Combine all ingredients in a shaker. Muddle gently to release mint oils.

2. Add ice. Shake until well chilled and well diluted.

3. Strain into cocktail glass and garnish with mint leaf.



Grilled Χαλλούμι (Halloumi) PDO with Shiitake Mushroom Marinade and Truffle Honey Drizzle

Sherry vinegar and mushroom powder add a meaty umami element to this elevated dish, while honey imparts a bit of earthy sweetness. Pair with fresh figs and roasted walnuts as a starter, or with an after-dinner cheese course.

5 tablespoons olive oil divided
2 teaspoons sherry vinegar
2 teaspoons shiitake mushroom powder
1 teaspoon coarsely ground black pepper
8 ounces Halloumi PDO cut lengthwise into 6 slices, each about ¼-inch thick
2 large pita rounds cut into 4 pieces each
2 tablespoons white truffle honey

1. In a small bowl, combine 3 tablespoons olive oil with the vinegar, shiitake powder, and pepper. Stir until it forms a loose paste.

2. Lay sliced Halloumi PDO in a single layer on a large plate, and rub paste on all surfaces of cheese until each piece is coated well. Loosely cover plate with plastic wrap and marinate for 1 hour.

3. Heat a gas or charcoal grill to medium, and lightly brush additional oil on both sides of pita bread. Grill pita bread and Halloumi PDO for 2 to 3 minutes per side, until seared golden brown.

4. Arrange Halloumi PDO in single layer on serving platter and serve honey on the side for drizzling (a little goes a long way). Serve with grilled pita bread.



Queso Manchego PDO and Marcona Almond Spread

A bright spread that can be simply enjoyed on grilled bread or used as a condiment on sandwiches. It also pairs well with a ham and potato spanish omelette.

4 ounces roasted red peppers (try piquillo peppers)
2 ounces sun dried tomatoes
¾ cup grated Queso Manchego PDO
½ cup roasted Marcona almonds
½ cup extra virgin olive oil
2 teaspoons minced fresh rosemary
1 garlic clove
Kosher salt to taste

1. Add ingredients to a food processor and pulse until smooth. Add salt to taste.



Kaasstengels

Inspired by the Indo-Dutch traditional Kaasstengel, these "cheese stems" can be customized with spices of your choosing. Enjoy as a snack or as a part of a charcuterie board.

1 sheet frozen puff pastry thawed
1 egg beaten
4 ounces aged Gouda Holland PGI, finely grated
2 teaspoons flaky salt
Additional seasoning suggestions: everything bagel seasoning, aleppo pepper, za'atar, or adobo seasoning

1. Heat oven to 400°F. Line a baking sheet with parchment paper. Unfurl pastry onto a clean surface. Cut into ½-inch strips lengthwise. Cut in half widthwise. Transfer pieces to prepared baking sheet. Brush pastry with beaten egg. Evenly distribute grated cheese and spices over pastry.

2. Bake for 12 minutes or until puffed and golden. Transfer to a cooling rack.



Prästost Muffins

Prästost is a traditional Swedish cheese known for its semi-hard texture and tangy flavor, making it a versatile staple in Swedish cuisine, like these miniature muffins.

4 eggs
¾ cup olive oil
3 cups plain yogurt
6 ½ cups flour
2 teaspoons ground cumin
6 teaspoons baking powder
2 teaspoons table salt
8 ounces Prästost (or Emmental), finely grated
Flaky salt

1. Preheat oven to 400°F. Combine eggs, olive oil, and yogurt in a medium bowl.

2. In a separate large bowl, stir together flour, cumin, baking powder, and table salt. Mix in grated cheese. Slowly add wet ingredients to dry ingredients and mix well.

3. Divide batter into nonstick mini muffin tins, and sprinkle flaky salt on tops. Bake for 10 to 12 minutes, or until tops are golden. Serve warm with butter on the side.

A Culinary Roadmap

A sampling of dishes from each country participating in this campaign.

1. AUSTRIA:

Wiener Schnitzel: Thin, breaded and fried veal or pork cutlet.

Sachertorte: Dense chocolate cake with a layer of apricot jam, covered in dark chocolate icing.

Apfelstrudel: Traditional Austrian pastry filled with spiced apples, raisins, and cinnamon, wrapped in thin layers of dough.

2. BELGIUM:

Moules-frites: Steamed mussels served with fries, often cooked in a broth of white wine, garlic, and herbs.

Stoofvlees: Belgian beef stew cooked slowly with onions, beer, and spices, served with fries or mashed potatoes.

Belgian waffles: Crisp and fluffy waffles typically topped with whipped cream, berries, and chocolate sauce.

3. BULGARIA:

Shopska salad: Fresh salad made with tomatoes, cucumbers, onions, peppers, and sirene cheese, dressed with olive oil and vinegar.

Banitsa: Filo pastry filled with cheese, eggs, and sometimes spinach or pumpkin.

Kebapche: Grilled minced meat (usually pork or beef) shaped into elongated rolls, seasoned with spices.

4. CROATIA:

Peka: Traditional Croatian dish of meat, potatoes, and vegetables cooked under a bell-shaped lid, slowly roasted over hot coals.

Crni rižot: Black risotto made with cuttlefish or squid ink, giving it a striking black color and rich seafood flavor.

Štrukli: Baked or boiled dough filled with cottage cheese, sour cream, and eggs, often served as a savory or sweet dish.

5. CYPRUS:

Koupepia: Grape leaves stuffed with a mixture of rice, ground meat (often pork or lamb), and various herbs, then simmered in a tomato-based sauce.

Souvlaki: Grilled skewers of marinated meat (usually pork, chicken, or lamb), served with pita bread and *tzatziki* sauce.

Sheftalia: Cypriot sausages made from a mixture of ground pork or lamb, onions, parsley, and spices, wrapped in caul fat and grilled until golden and crispy on the outside.

6. CZECHIA:

Svíčková: Beef sirloin marinated in a creamy sauce made with root vegetables, served with bread dumplings and cranberry sauce.

Bramboráky: Fried potato pancakes made from grated potatoes, onions, and herbs, typically served with sour cream or applesauce.

Trdelník: Traditional Czech pastry made from rolled dough wrapped around a cylindrical spit, grilled and coated in sugar and cinnamon.

7. DENMARK:

Smørrebrød: Open-faced sandwiches consisting of buttered rye bread topped with various ingredients like herring, roast beef, or eggs.

Danish pastries: Flaky pastries filled with fruit, custard, or almond paste, often topped with icing or sugar glaze.

Frikadeller: Danish meatballs made from a mixture of ground pork and veal, seasoned with onions and spices, typically served with potatoes and gravy.

8. ESTONIA:

Mulgipuder: Traditional Estonian dish made from mashed potatoes and groats (usually barley or oats), often served with pork and sauerkraut.

Kama: Mix of roasted barley, rye, oat, and pea flour, often served as a porridge or blended with yogurt or kefir.

Kali: Traditional Estonian fermented beverage made from dark bread, malt, yeast, and sugar, similar to *kvass*.

9. FINLAND:

Karjalanpiirakka: Finnish pastries made from thin rye crusts filled with rice porridge, typically served with egg butter.

Kalakukko: Traditional Finnish fish pie made from fish (usually perch or salmon) and pork wrapped in a rye crust and baked.

Rye bread: Dense and hearty bread made from sourdough rye flour, a staple in Finnish cuisine often served with butter or cheese.

10. FRANCE:

Croissant: Flaky and buttery pastry made from laminated dough, often enjoyed for breakfast or as a snack.

Coq au vin: Traditional French dish of chicken braised in red wine with mushrooms, onions, and bacon.

Cassoulet: Hearty stew made from white beans, various meats (such as sausage, pork, and duck confit), and vegetables, slow-cooked until rich and flavorful.

11. GERMANY:

Bratwurst: Grilled or fried sausage made from pork, beef, or veal, seasoned with spices like nutmeg, garlic, and marjoram.

Pretzel: Soft baked bread twisted into a knot shape, typically sprinkled with coarse salt and served as a snack or accompaniment to beer.

Currywurst: Fried pork sausage topped with curry ketchup and fries or bread.

12. GREECE:

Moussaka: Layered casserole dish made with eggplant, minced meat (usually beef or lamb), potatoes, and a creamy *béchamel* sauce, baked until golden brown.

Gyro: Grilled meat (usually pork, chicken, or lamb) wrapped in a flatbread with vegetables and *tzatziki* sauce.

Souvlaki: Grilled skewers of marinated meat (usually pork, chicken, or lamb), served with pita bread and *tzatziki* sauce.

13. HUNGARY:

Goulash: Hearty stew made with beef, onions, paprika, and other vegetables, seasoned with spices like caraway seeds and served with bread or noodles.

Dobos torte: Layered sponge cake filled with chocolate buttercream and topped with caramel glaze and nuts, a classic Hungarian dessert.

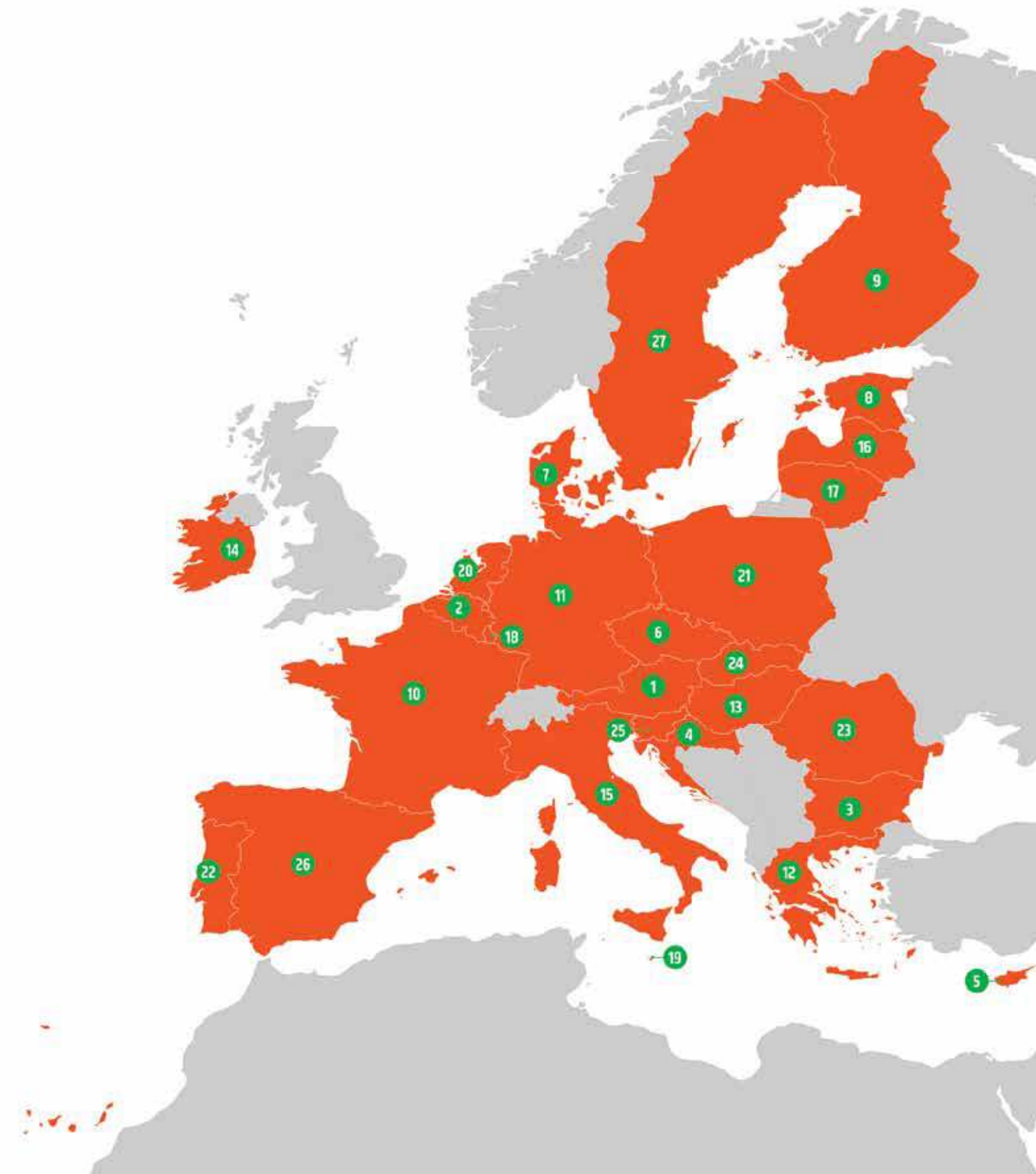
Lángos: Deep-fried flatbread topped with garlic, sour cream, cheese, or other savory toppings, popular as a street food snack.

14. IRELAND:

Irish stew: Hearty stew made with lamb or beef, potatoes, onions, carrots, and parsley, cooked until tender and flavorful. It's a comforting and classic dish enjoyed throughout Ireland, especially during colder months.

Boxty: Traditional Irish potato pancake made with grated potatoes, flour, baking soda, and buttermilk, cooked on a griddle until golden brown. *Boxty* is versatile and can be served as a breakfast item or alongside savory dishes as a side.

Coddle: Traditional Irish dish made with layers of sausages, bacon, onions, and potatoes, slow-cooked in a broth until everything is tender and flavorful. *Coddle* is a hearty and satisfying meal, often served as a comforting dinner option.



15. ITALY:

Pizza: Flatbread topped with tomato sauce, cheese, and various toppings such as pepperoni, mushrooms, and olives, baked until crispy.

Pasta: Flour, eggs, and water combine to create various shapes (see p. 19 for a pasta primer) served with a variety of sauces including *marinara*, *alfredo*, and pesto.

Gelato: Creamy Italian ice cream made with milk, sugar, and flavorings such as fruit, nuts, or chocolate, churned slowly to create a dense and smooth texture.

16. LATVIA:

Latvian rye bread: Dense and flavorful bread made from rye flour, a staple in Latvian cuisine often served with butter, cheese, or fish.

Grey peas with bacon: Traditional Latvian dish made with dried grey peas cooked with bacon, onions, and spices, served as a hearty and savory side dish.

Pīrāgi: Latvian bacon-filled pastries made with yeast dough, often served as a snack or appetizer during celebrations and festivals.

17. LITHUANIA:

Cepelinai: Large potato dumplings stuffed with meat, usually pork, and served with sour cream and bacon bits, considered a national dish of Lithuania.

Kugelis: Lithuanian potato pudding made with grated potatoes, eggs, milk, onions, and bacon, baked until golden and crispy on the outside.

Šaltibarščiai: Traditional Lithuanian cold beet soup made with beets, kefir or sour cream, cucumbers, dill, and hard-boiled eggs, served chilled as a refreshing summer dish.

18. LUXEMBOURG:

Judd mat Gaardebounen: Luxembourgish dish of smoked pork collar served with broad beans cooked in a cream sauce, often accompanied by boiled potatoes.

Friture de la Moselle: Deep-fried small fish (usually whitebait)

served with lemon wedges and tartar sauce, a popular dish in the *Moselle* region of Luxembourg.

Bouneschlupp: Luxembourgish green bean soup made with fresh green beans, potatoes, onions, and bacon, seasoned with parsley and served as a comforting and hearty meal.

19. MALTA:

Pastizzi: Traditional Maltese pastries filled with ricotta cheese or mushy peas, baked until golden and crispy, often enjoyed as a snack or breakfast item.

Rabbit stew: Maltese dish of rabbit meat slow-cooked with onions, garlic, tomatoes, wine, and herbs, served with crusty bread or pasta.

Bragioli: Maltese beef olives stuffed with a mixture of breadcrumbs, herbs, and bacon, cooked in a tomato-based sauce until tender and flavorful.

20. NETHERLANDS:

Stroopwafel: Dutch syrup waffle made from two thin layers of baked dough filled with caramel syrup, often enjoyed with coffee or tea as a sweet treat.

Bitterballen: Deep-fried Dutch meatballs made with a thick gravy-like filling of beef or veal, often served with mustard as a popular bar snack or appetizer.

Poffertjes: Small, fluffy pancakes made from yeast batter and cooked in a special cast iron pan with shallow, round indentations. *Poffertjes* are traditionally served with powdered sugar and butter

21. POLAND:

Pierogi: Dumplings filled with various ingredients such as potatoes, cheese, meat, or fruit, boiled or fried and served with sour cream or butter.

Bigos: Traditional Polish hunter's stew made with *sauerkraut*, fresh cabbage, various meats (such as sausage, pork, and beef), mushrooms, and spices.

Kielbasa: Polish sausage made from pork, beef, or veal, seasoned with garlic, marjoram, and other spices, often grilled or boiled and served with mustard or *sauerkraut*.

22. PORTUGAL:

Pastéis de nata: Portuguese custard tarts with flaky pastry and a creamy custard filling, sprinkled with cinnamon or powdered sugar, often enjoyed with coffee as a dessert or snack.

Bacalhau à Brás: Portuguese dish made with salted cod (*bacalhau*), shredded and mixed with onions, potatoes, eggs, and parsley, cooked until golden and served with olives and salad.

Francesinha: Portuguese sandwich made with layers of cured meats (such as ham, sausage, and steak), melted cheese, and a spicy tomato and beer sauce, often served with French fries.

23. ROMANIA:

Sarmale: Romanian cabbage rolls stuffed with a mixture of ground meat (usually pork or beef), rice, and spices, cooked in a tomato-based sauce and served with sour cream.

Mămăligă: Traditional Romanian cornmeal porridge similar to polenta, served as a side dish with meat, cheese, or sour cream.

Mici: Romanian grilled sausages made from a mixture of minced meat (usually beef, lamb, or pork) and spices, served with mustard and bread.

24. SLOVAKIA:

Bryndzové halušky: Slovak potato dumplings served with sheep cheese (*bryndza*) and topped with crispy bacon or fried onions, considered a national dish of Slovakia.

Kapustnica: Slovak sauerkraut soup made with smoked meats, sausage, dried mushrooms, and spices, traditionally served during Christmas or New Year's Eve.

Segedínsky guláš: Slovak stew made with pork, *sauerkraut*, onions, and sour cream, flavored with paprika and caraway seeds, served with dumplings or bread.

25. SLOVENIA:

Potica: Traditional Slovenian nut roll made with sweet yeast dough and filled with a mixture of ground

nuts, honey, butter, and spices, often served as a dessert or holiday treat.

Štruklji: Slovenian dumplings made with dough rolled around a filling of sweet or savory ingredients such as cottage cheese, nuts, or fruit, boiled or baked and served with various sauces.

Prekmurska gibanica: Slovenian layered cake made with poppy seeds, cottage cheese, walnuts, apples, and raisins, baked in flaky pastry layers and dusted with powdered sugar.

26. SPAIN:

Paella: Traditional Spanish rice dish cooked with saffron, seafood (such as shrimp, mussels, and clams), chicken, *chorizo*, and vegetables, often cooked outdoors in a large pan.

Gazpacho: A refreshing cold soup made with ripe tomatoes, peppers, cucumbers, onions, garlic, olive oil, vinegar, and bread. It's popular in the southern regions of Spain, especially during the hot summer months, and is often served chilled with a drizzle of olive oil and garnished with chopped vegetables.

Tortilla española: Spanish omelette made with eggs, potatoes, onions, and sometimes chorizo or vegetables, fried until golden and served hot or cold as a tapa or snack.

27. SWEDEN:

Smörgåsbord: Traditional Swedish buffet-style meal featuring a variety of hot and cold dishes such as herring, salmon, meatballs, potatoes, cheeses, and desserts, served during special occasions or holidays.

Köttbullar: Swedish meatballs made with a mixture of ground meat (usually beef or pork), breadcrumbs, onions, and spices, served with lingonberry sauce, potatoes, and gravy.

Gravlax: Swedish cured salmon marinated with a mixture of salt, sugar, dill, and spices, served thinly sliced as a starter or appetizer with mustard sauce, bread, or potatoes.



DID YOU KNOW?

Swedish Aquavit PGI is often enjoyed as a part of a special drinking ritual called "mubbevisa" or "snapsvisa." These are traditional songs sung while drinking aquavit, often with specific verses dedicated to different occasions or types of aquavit.



DID YOU KNOW?

Herbes de Provence is a blend of dried herbs from southeastern France, typically including savory, thyme, rosemary, oregano, and marjoram. It's used to season various dishes, providing a distinct flavor of the French countryside.

DID YOU KNOW?

Paprika, such as Szentesi Paprika PGI, is central to Hungarian cuisine, introduced in the 16th century. Specific Hungarian varieties, notably in goulash and paprikash, reflect its unique taste, color, and culinary tradition.



DID YOU KNOW?

Marcona almonds from Spain are renowned for their distinct taste, characterized by a rich, buttery flavor with subtle sweetness. They have a delicate texture, slightly softer and creamier than traditional almonds and are often called "The Queen of Almonds".



DID YOU KNOW?

Sauerkraut has been a staple in German cuisine for centuries, however records show origins from China. Sauerkraut was a way to preserve cabbage through fermentation, allowing Germans to have access to vegetables during the winter months when fresh produce was scarce.



DID YOU KNOW?

The term "espresso" originates from Italian, meaning "pressed out" or "express." It refers to the method of making the coffee quickly, under pressure.

DID YOU KNOW?

Stuffed zucchini flowers from Cyprus are often prepared during special occasions and festivals, symbolizing abundance, celebration, and the vibrant flavors of Mediterranean cuisine.



DID YOU KNOW?

Svičková na Smetaně is considered the Czech national dish. Despite its name translating to "tenderloin with cream," it includes marinated beef sirloin served with a creamy vegetable sauce, not just tenderloin.



Life is sweet.



Cheese ♥'s Chocolate

Our tried-and-true pairings for ultimate indulgence.



Irish Cheddar + Milk Chocolate

This classic combo works because both contain compounds that stimulate the same taste receptors. The mild, creamy-sweet profile of milk chocolate marries with cheddar's acidic tang.



Blue + Dark Chocolate

Umami notes of both blue cheese and dark chocolate compliment each other for a sweet and salty flavor combo.



Chèvre + Spicy Chocolate

Chèvre's mild tang contrasts chocolate with spicier components like peppercorns, cayenne, or chipotle. Topping with a fruit forward jam ups the ante.



Gouda + Caramel Chocolate

Gouda tends to have toasty caramel notes which are further enhanced when paired with caramel-laced chocolate. Aged gouda has tyrosine crystals, providing a textural contrast.

DID YOU KNOW?

Chocolate melts in your mouth because of its melting point: Cocoa butter, the fat in chocolate, has a melting point that is just below body temperature. This is why chocolate has a smooth, melt-in-your-mouth texture.

Chocolate & Confectionary

When it comes to chocolate, sugar, and confectionary, Europe is renowned for its tradition, authenticity, quality, and remarkable diversity. Mandatory European Union labeling on the wide spectrum of popular baked goods and sweets guarantees the best and safest ingredients for chocolates, pastries, and biscuits that are perfect for varied tastes and occasions.

European confectionary offers a diverse range of sweet treats with deep cultural roots and is a delicious reflection of heritage and innovation, inviting everyone to taste the continent's unique flavors. Here is a sampling of chocolate and confectionary from some of the EU countries.



POLAND

Pączki are traditional Polish pastries similar to doughnuts, typically round in shape and filled with various sweet fillings such as jam, custard, or fruit preserves. They are deep-fried and often dusted with powdered sugar or glazed with icing. *Pączki* are traditionally enjoyed on Fat Thursday (*Thusty Czwartek*), which is the last Thursday before Lent.



FRANCE

While France is certainly renowned for confectionary, candies are also an integral part of French sweets, with traditional favorites such as **pâte de fruits** (fruit jellies), **calissons** (almond candies), and **nougat**. **Caramels** and **nougatines** are also popular, often featuring regional ingredients such as lavender, honey, or nuts.



BELGIUM

Belgium is famous for its **chocolate**, with over 2,000 chocolate shops across the country. Some chocolatiers even hold royal status!



AUSTRIA

Austrian Linzer Cookies are traditional sandwich cookies made with a delicate almond dough, typically flavored with spices like cinnamon and filled with raspberry jam. They are often topped with a lattice design and dusted with powdered sugar.



ESTONIA

Estonian **pralines** often feature unique flavor combinations inspired by the country's natural landscape and culinary traditions. Some Estonian pralines may include ingredients such as lingonberries, sea buckthorn, or spruce tips.



NETHERLANDS

Stroopwafels were invented in the Netherlands in the late 18th century in the town of *Gouda*. Legend has it that a baker named Gerard Kamphuisen created the *stroopwafel* by using leftover cookie crumbs, syrup, and spices, which he pressed together into thin wafers and filled with syrup.



SWEDEN

Swedish Fish were created as a way for Swedish confectionary to expand into the 1950s American market. Because fishing is a staple of Swedish culture, it was natural for the iconic jelly candy to take the shape of a fish. They're also known as *pastellfiskar* or pale-colored fishes.



CYPRUS

Loukoumi Geroskipou PGI is a traditional Cypriot confection. This sweet treat has its own distinct flavor and texture. It's from a mixture of starch, sugar, water, and flavorings like rosewater or citrus juice, and often dusted with icing sugar or coated with crushed nuts.



DENMARK

Danish Butter Cookies are characterized by a high butter content, typically around 25-30%. This gives them their rich and indulgent flavor. These cookies have a delicate, crumbly texture that melts in your mouth. They often feature a distinctive shape, such as round, twisted, or shaped into intricate designs using a cookie press.



FINLAND

Salmiakki refers to a type of salty licorice that is popular in Finland and other Nordic countries. It's made by combining licorice with ammonium chloride, giving it a distinct salty flavor. It varies in texture from soft and chewy to hard and brittle, and often comes in various shapes and sizes, including sticks, coins, or lozenges.



GERMANY

Originally, **Stollen** was created as a way to use up surplus butter and sugar, which were forbidden during the Christian Advent fasting period leading up to Christmas. Over time, it evolved into the rich, fruit-filled Christmas bread that we know today, becoming a beloved symbol of German holiday traditions.



SPAIN

Turrón is a traditional Spanish nougat candy made with honey, sugar, egg whites, and toasted nuts, such as almonds or hazelnuts. It's dense and chewy and often flavored with citrus zest, spices, or chocolate.

Meats

Meat plays an important role in our kitchens. The raising of livestock involves various techniques and breeds that can be traced back to ancient times in Europe. Whether it's poultry, beef, or pork, meat from the European Union is high quality and safe thanks to measures and controls covering every aspect of production and handling from farmyard to butchers. Here is a sampling from some EU countries:



CHARCUTERIE FROM FRANCE

French *charcuterie* is renowned for its exquisite variety of cured meats, *pâtés*,

and *terrines*, meticulously crafted with time-honored techniques and regional flavors.

French *pâté* has a smooth texture and rich, indulgent flavors, and is a beloved delicacy made from finely ground meat or seafood, often enhanced with herbs, spices, and wine.

Terrines are French dishes made by layering ground meat or seafood with various ingredients, cooked in a loaf-shaped mold, and served chilled or at room temperature in sliced portions.

Jambon de Bayonne PGI is ham produced in a strictly defined geographical zone between the *Pyrénées* and the Atlantic. The basic elements of this ham's production are simple: pork, salt, air, and time. The town that developed around the saltwater springs, *Salies-de-Béarn*, provides the mineral-rich salt used to cure *Jambon de Bayonne PGI*, which is aged for a minimum of 12 months. The pigs used for making this ham are also PGI-certified, raised only in southwest France.



SALAMI FROM HUNGARY

Szegedi Szalámi PDO is a specific type of Hungarian salami that is produced in the city

of *Szeged* and its surrounding region. The PDO designation ensures that the product is made according to traditional methods and with ingredients sourced from the designated geographical area, which in this case is *Szeged*.

Szegedi Szalámi is typically made from high-quality pork meat, seasoned with garlic, pepper, and other spices, and then smoked and air-dried. The salami has a distinctive flavor and texture, making it a popular delicacy both in Hungary and internationally.



SAUSAGES FROM GERMANY

Sausages are an integral part of German culinary heritage, boasting a rich history and variety of PGI designations such as **Aachener Weihnachts-Leberwurst / Oecher Weihnachtsleberwurst PGI**, **Hofer Rindfleischwurst PGI**, and **Thüringer Leberwurst PGI**. Dating back centuries, *wursts* were initially created as a means of preserving meat, with regional variations emerging over time. The process involves grinding meat, typically pork, and mixing it with spices, herbs, and sometimes fillers like breadcrumbs depending on the region they are made. This mixture is then stuffed into casings and traditionally smoked or cooked. From the iconic *bratwurst* to spicy *currywurst*, German *wursts* are cherished for their quality, craftsmanship, and role in traditional dishes, festivals, and cultural celebrations throughout the country.

KIEŁBASA FROM POLAND



Centuries-old Polish sausage (known as *kielbasa*)-making techniques evolved alongside the country's cultural landscape. There are a variety of PGI including **Kielbasa piaszczańska PGI**, **Kielbasa biała parzona wielkopolska PGI**, and **Kielbasa lisiecka PGI**, each reflecting regional nuances and artisanal craftsmanship. The process involves finely grinding pork or beef, seasoned with garlic, marjoram, and a medley of spices. This flavorful mixture is then encased and carefully smoked, boiled, or grilled to perfection.



ZALZETT MALTI FROM MALTA

Zalzett Malti is a traditional sausage made from pork, sea salt, black peppercorns, coriander seeds, and parsley. It can be found fresh or air-dried and is known for its unique, herby flavor, which pairs well with other local dishes.



PROSCIUTTO FROM ITALY

Prosciutto is a renowned Italian cured ham that boasts a delicate flavor and texture, making it beloved worldwide. It's estimated there are around 15 to 20 distinct types of *prosciutto* produced in different regions throughout Italy. Highlights include **Prosciutto di Parma PDO**, **Prosciutto di San Daniele PDO**, **Prosciutto Toscano PDO**, and **Prosciutto di Modena PDO** among others.

Prosciutto di Parma PDO is crafted from specially selected pork legs, salted by hand, and aged over 12 months. It then undergoes meticulous inspection before being branded with the *Parma* Crown logo, signifying authenticity. It also must be made in the specific region of *Parma*, in the *Emilia-Romagna* region of Italy.

Prosciutto di San Daniele PDO follows a centuries-old process where specially selected pork legs are salted, left to rest, and aged for up to 18 months. Each ham is carefully inspected before receiving the Consortium's seal and PDO designation, ensuring its authenticity and exceptional flavor. It also must be made in the town of *San Daniele del Friuli*, located in the *Friuli-Venezia Giulia* region of northeastern Italy.

CURED HAMS FROM SPAIN

Jamón Serrano and **Jamón Ibérico** are renowned worldwide for their rich flavor and centuries-old tradition.

Jamón Serrano is typically crafted in the regions of *Aragón*, *Teruel*, and the *Sierra Morena* mountains using *Landrace*, *Duroc*, and *Large White* breeds, while **Jamón Ibérico** made with *Ibérico* pigs is produced in many regions and contains a variety of PDO hams such as **Los Pedroches PDO**.

Both *Serrano* and *Ibérico* hams undergo a curing process, but the length and conditions of the process can vary. *Ibérico* hams, particularly those from acorn-fed pigs, are often cured for longer periods, typically between 24 to 48 months, to allow the flavors to develop fully. *Serrano* hams are typically cured for shorter periods, usually between 12 to 18 months.



Cure your
cravings.



DID YOU KNOW?

*European Union **organic** meats are sourced from animals raised without synthetic growth hormones or antibiotics, following rigorous organic farming standards. This ensures high-quality, environmentally sustainable products for conscientious consumers.*



Oil: A Pantry Staple

Oil is a culinary essential. Beyond flavor enhancement, oil's high heat tolerance makes it ideal for frying and sautéing. From Extra Virgin Olive Oil, to **Styrian Pumpkin Seed Oil PGI**, Europe has you covered. Here is a sampling from some European Union Countries:

EXTRA VIRGIN OLIVE OIL FROM ITALY

Boasting a wide range of indigenous olive varieties, including *Frantoio*, *Leccino*, and *Coratina*, Italy's varied terroir encompassing regions like *Tuscany*, *Umbria*, and *Sicily*, provides ideal conditions for olive cultivation. Italian olive oil producers also uphold stringent standards and regulations to ensure the highest quality, with many oils bearing prestigious certifications such as *Seggiano PDO* and *Olio di Puglia PGI*.

EXTRA VIRGIN OLIVE OIL FROM CROATIA

Croatian extra virgin olive oil hails from the *Adriatic* coast and is categorized by the specific olive varieties grown in the region, such as *Istra PDO* and *Šoltansko maslinovo ulje PDO*. It has a distinct flavor profile, typically featuring fruity notes with a peppery finish. Croatian olive oil producers often emphasize traditional cultivation and harvesting methods, as well as a commitment to quality and sustainability.

EXTRA VIRGIN OLIVE OIL FROM GREECE

Greece holds a diverse array of indigenous olive cultivars, such as *Koroneiki*, *Kalamata*, and *Manaki*. The country's ideal climate, with ample sunlight and mild winters, fosters optimal olive growth and development. Greek extra virgin olive oil is often characterized by its fruity and robust flavor, often accompanied by peppery and grassy notes. PDO olive oils from Greece include *Ελαιόλαδο Μάκρης (Elaiolado Makris) PDO* and *Φοινίκι Λακωνίας (Finiki Lakonias) PDO*.

EXTRA VIRGIN OLIVE OIL FROM PORTUGAL

Portuguese olive oil typically has a fruity flavor profile with varying intensities ranging from mild to robust. Portuguese olive oil may exhibit notes of ripe or green fruits, such as apples, tomatoes, or almonds, along with hints of herbs and spices. The taste may also feature a slight bitterness and peppery finish, particularly in oils made from greener olives or those harvested early in the season. PDO designations include *Azeites do Ribatejo PDO* and *Azeite de Moura PDO*.

EXTRA VIRGIN OLIVE OIL FROM SPAIN

Spain is the world's largest producer of olive oil, with vast olive groves spanning various regions, including *Andalusia*, *Catalonia* (home of *Oli de l'Empordà PDO*), and *Extremadura*. The country boasts a diverse range of indigenous olives, such as *Picual*, *Arbequina*, and *Hojiblanca*, each imparting unique flavors and aromas to the oil. Producers also employ advanced harvesting and extraction techniques to ensure freshness and quality.

STYRIAN PUMPKIN SEED OIL PGI FROM AUSTRIA

Steirisches Kürbiskernöl (Styrian Pumpkin Seed Oil) PGI from Austria is cold-pressed from roasted pumpkin seeds, yielding a rich, nutty flavor and dark green color. It's prized for health benefits like antioxidants and essential fatty acids, making it a gourmet favorite worldwide.

SHOWDOWN: OLIVES VS. CAPERS

Olives

- Olives have been cultivated for over 6,000 years and are native to the Mediterranean region. Some olives have PDO status such as *Καλαμάτα / Kalamata PDO*.
- Olive trees are very resistant to drought, diseases and fire and are known for their longevity.
- Currently, 90 percent of the harvested olives are intended for oil production.
- Olive trees can live for hundreds of years. Some ancient olive trees are believed to be between 200 and 500 years old.



Capers

- Capers are the flower buds of the caper bush (*Capparis spinosa*).
- Capers come in a variety of sizes spanning ¼-inch to 7mm; the smaller size tends to be more concentrated in flavor.
- Besides their culinary use, capers have also been used in traditional medicine for their potential health benefits, including anti-inflammatory and antioxidant properties.
- Capers can also have protected status such as *Cappero di Pantelleria PGI* and *Cappero delle Isole Eolie PDO*, both from Italy.



DID YOU KNOW?

European Union **organic** olive oil is made from olives grown without synthetic pesticides, fertilizers, or GMOs, adhering to strict EU regulations for organic farming. Production follows organic standards, preserving natural properties and promoting sustainability.

A World of Pasta

The average person in Italy consumes about 51 pounds of pasta per year, making Italy one of the top consumers of pasta in the world, however other countries produce this starchy comfort food—a hearty staple of various cuisine across Europe.

ITALY: SHAPE UP

There are regional pasta shapes specific to different areas of Italy, each with its own history and culinary significance. For example, orecchiette (meaning “little ears”) originated in the southern region of Puglia, while trofie is a traditional pasta shape from Liguria. These regional variations add depth and diversity to Italian pasta culture, reflecting the country’s rich culinary heritage.



PDO cheeses that pair well with Italian pastas are: *Parmigiano Reggiano*, *Pecorino Romano*, *Mozzarella di Bufala Campana*, *Ricotta Romana*, *Gorgonzola*, *Fontina*, *Asiago*, *Taleggio*, and *Grana Padano*. Also be sure to incorporate pasta water into cheesy pasta sauces because the starchy water helps emulsify the sauce, creating a creamy and velvety texture while also enhancing the flavor and helping the sauce better adhere to the pasta.

GREEK ORZO



Orzo is often used as a substitute for rice in recipes. Due to its similar appearance and texture to rice grains, orzo can be used in a variety of rice-based dishes, such as pilafs, risottos, and stuffed vegetables.

Φέτα (Feta) PDO cheese adds a tangy and salty kick to orzo dishes. It pairs well with Mediterranean-inspired flavors and ingredients like olives, tomatoes, and fresh herbs.

GERMAN SPÄTZLE



Spätzle, which means “little sparrow” in German, is thought to derive from the shape of the dumplings, which resemble small birds or sparrows.

A German cheese similar to Alpine styles, **Allgäuer Bergkäse PDO** has a robust and complex flavor with nutty, umami, slightly sweet notes that enhance spätzle’s earthiness.

SLOVAKIAN PIEROGI



Each region in Slovakia may have its own variations of **pierogi**, with unique fillings and preparation methods passed down through generations. Additionally, Slovakian pierogi can be enjoyed in savory and sweet varieties, offering a diverse range of flavors.

Fill with **Slovenská Bryndza PG**: a traditional sheep’s milk cheese with creamy texture and tangy flavor.

Buttered Up

Butter, churned to golden perfection from wholesome cream, can transform ordinary meals into extraordinary culinary experiences.

FRENCH BUTTER



French butter often contains higher butterfat content than butter from other countries. French butter typically has a minimum butterfat content of 82%, which contributes to its rich and creamy texture. Try **Beurre d’Isigny PDO** or **Beurre de Bresse PDO** on your next baguette.

IRISH BUTTER



Irish butter is often recognized for its distinctively rich and golden color, which comes from the high levels of beta-carotene found in the grass that Irish cows graze on. This grass-fed diet not only contributes to the butter’s vibrant hue but also enhances its flavor and nutritional profile.



Enduring artistry.



DID YOU KNOW?

EU **organic** wine is crafted from grapes grown without synthetic pesticides or fertilizers, adhering to stringent organic farming guidelines. Enjoy high-quality, environmentally friendly wines with authentic flavors and sustainable practices.

A Wine Primer

Europe is the birthplace of the world's wine industry, and traditions of winemaking are proudly passed from generation to generation. They have defined European rural landscapes for centuries. Today, the European Union accounts for 45% of the world's wine-growing areas, 65% of wine production, 57% of global wine consumption, and 70% of exports, making it the world leader in each of these categories. More than 1,600 European wines have PDO and PGI protections. Enjoying the diverse array of wine styles from Europe offers a journey through rich terroirs and centuries-old traditions, each sip unveiling a unique expression of the continent's viticultural heritage. Here is a sample from some EU countries:

AUSTRIA

Grüner Veltliner: Crisp and acidic, vibrant fruit flavors, and hints of white pepper

Riesling: Flavors range from citrus to stone fruit

Blaufränkisch: Medium body and vibrant acidity; notes of dark berries and spice

Zweigelt: Versatile with notes of cherry, plum, and sometimes hints of spice

St. Laurent: Medium body with dark fruit flavors and elegant structure

Gemischter Satz: A Viennese blend of different grape varieties with complex flavors, bright acidity, and a mix of fruit, floral, and herbal notes

These grapes can be found in a variety of regions like Niederösterreich PDO, Burgenland PDO, and Steiermark PDO.

GERMANY

Riesling: Vibrant acidity, citrus, stone fruit, and sometimes petrol notes

Müller-Thurgau: Light body, floral aromas, green apple, pear, hint of spice

Silvaner: Medium body, crisp acidity, green herbs, white flowers, subtle stone fruit

Gewürztraminer: Bold aromatics, lychee, rose petals, spice, tropical fruits

Grauburgunder (Pinot Gris): Medium to full body, ripe pear, peach, honey, hint of almond

Weissburgunder (Pinot Blanc): Crisp, green apple, citrus, subtle minerality

Spätburgunder (Pinot Noir): Cherry, raspberry, earthy, herbal undertones, silky tannins

Dornfelder: Deep color, ripe berry flavors, soft tannins, hints of chocolate or spice

These grapes. Can be found in a variety of regions like Mosel PDO, Rheingau PDO, and Pfalz PDO.

LUXEMBOURG

Moselle Luxembourgeoise PDO (mainly Reisling): Crisp acidity with fresh fruit flavors, notes of green apple, citrus, and stone fruit, with a characteristic minerality and floral undertones

GREECE

Assyrtiko: Crisp with citrus, minerality, and a saline finish

Xinomavro: Robust red with red fruit, earthy tones, firm tannins, and complexity

Agiorgitiko: Medium red with ripe cherry, spice, soft tannins

Moschofilero: Aromatic white with floral, citrus, and lively acidity

Malagousia: Elegant white with floral aromas, stone fruit, and balanced finish

These grapes can be found in a variety of regions like Santorini PDO, Naoussa PDO, and Nemea PDO.

SLOVENIA

Rebula (Ribolla Gialla): Aromatic white with citrus, green apple, and almond flavors, crisp acidity

Malvazija (Malvasia): Dry white with floral aromas, stone fruit flavors, refreshing acidity, popular in Primorska

Refošk (Refosco): Full-bodied red with dark berries, earthy notes, firm tannins, popular in Primorska and Krus

SLOVAKIA

Frankovka Modrá (Blaufränkisch): Medium-bodied red with red berries, spices, smooth tannins

Rulandské Modré (Pinot Noir): Notes of red cherries, raspberries, and floral nuances

Veltínske Zelené (Grüner Veltliner): Crisp white with green apple, citrus, white pepper aromas

These grapes can be found in a variety of regions like Nitriansky PDO, Malokarpatský PDO, and Južnoslovenský PDO.

FRANCE

Bordeaux PDO:

Red Wines: Elegant red blend with blackcurrant, plum, cedar, and firm tannins

White Wines: Crisp white blend with citrus, tropical fruit, and oak influence

Bourgogne PDO:

Red Wines (mainly Pinot Noir): Silky red with fruity, earthy notes, and a refined finish

White Wines (mainly Chardonnay): Buttery white with green apple, citrus, and subtle oak

Champagne PDO: Sparkling wine with green apple, citrus, brioche, and crisp acidity

Côtes du Rhône PDO:

Red Wines (mainly Grenache, Syrah, Mourvèdre aka GSM): Full-bodied red with ripe fruit, spice, and a smooth texture

White Wines (mainly Viognier, Roussanne, Marsanne): Aromatic white with floral, stone fruit, and richness

Val de Loire PGI:

Red Wines (mainly Gamay, Pinot noir, Merlot, Cabernet Sauvignon): Fruity with light to medium body and hints of herbs and earthiness

White Wines (mainly Sauvignon Blanc): Crisp botanical, citrus, and mineral notes

Sancerre PDO (Sauvignon Blanc):

Crisp white with citrus, green herbs, and flinty minerality. Part of the *Loire Valley*

Alsace PDO:

Red Wines (Pinot Noir): Elegant red with red fruit, earthy notes, and silky tannins

White (mainly Riesling, Gewürztraminer, Pinot Gris): Aromatic white with ripe fruit, floral, and spice

Languedoc PDO:

Red (mainly GSM blends): Rich red blend with blackberry, plum, and herbal undertones

White (mainly Picpoul, Grenache Blanc): Crisp white with citrus, floral, and saline notes

Beaujolais PDO (Gamay): Light-bodied red with red berries, floral, and refreshing acidity

ITALY

Chianti PDO: Medium-bodied red with tart cherry, herbs, and firm tannins

Barolo PDO: Full-bodied red with intense red fruit, spices, and robust structure

Amarone della Valpolicella PDO:

Rich red made from dried grapes, with dried fruit and velvety texture

Brunello di Montalcino PDO:

Powerful red with dark cherry, leather, and long finish

Prosecco PDO: Crisp sparkling with floral aromas, apple, and light effervescence

Barbaresco PDO: Elegant red with red berries, roses, and softer tannins

Toscano PGI: Full-bodied red blend with ripe fruit and bold tannins

Valpolicella PDO:

Medium-bodied red with red cherry, plum, and a smooth texture

Soave PDO: Dry white with floral aromas, peach, and almond

Montepulciano d'Abruzzo PDO:

Medium red with dark fruit and soft tannins

Nebbiolo d'Alba PDO:

Elegant red with red fruit, roses, and lighter body

Gavi PDO: Elegant white with floral aromas, green apple, and crisp acidity

Pinot Grigio: Light white with citrus, pear, and refreshing acidity

Vermentino: Crisp white with citrus, tropical fruit, and refreshing acidity

Nero d'Avola: Full-bodied red with blackberry, plum, and spices

SPAIN

Rioja PDO (mainly Tempranillo):

Medium to full-bodied red with red berries, vanilla, and oak

Ribera del Duero PDO (mainly Tempranillo):

Rich red with dark fruit, spice, and firm tannins

Priorat PDO (mainly Garnacha, Carignan):

Full-bodied red with intense black fruit and mineral notes

Rías Baixas PDO (mainly Albariño):

Crisp white with citrus, peach, and floral aromas

Jerez-Xérès-Sherry PDO:

Fortified wine with styles ranging from dry and nutty to rich and sweet. Types of Sherry include fino, amontillado, and oloroso

Rueda PDO (mainly Verdejo):

Refreshing white with citrus, tropical fruit, and herbal notes

Cava PDO:

Sparkling wine with green apple, citrus, and toasted bread aromas

Navarra PDO (mainly Garnacha):

Medium red with red fruit, spice, and floral notes

Penedès PDO (mainly Xarel-lo, Macabeo, Parellada):

White and sparkling wines with orchard fruits and herbs

BULGARIA

Мелник (Melnik) PDO: Known for its unique grape variety, *Melnik*, which produces full-bodied red wines with a distinct character. The region's terroir and ancient winemaking traditions contribute to the acclaim of its wines

Пловдив (Plovdiv) PDO: As one of Bulgaria's oldest cities, *Plovdiv* is surrounded by several wine-producing areas. The *Thracian Valley* wine region, near *Plovdiv*, is renowned for its indigenous varieties and high-quality red wines

Сандански (Sandanski) PDO:

Located in the *Struma Valley*, this region is celebrated for its Mediterranean climate, which is ideal for producing excellent wines, particularly from the broad-leaved *Melnik* Vine

HUNGARY

Tokaji PDO: Renowned for its sweet, botrytized wines, offering complex flavors of honey, apricot, and orange peel

Villányi PDO: Known for its full-bodied reds, often made from *Bordeaux* varietals, showcasing ripe fruit flavors and robust tannins

Egri PDO: Famous for its Bull's Blood (*Egri Bikavér*), a robust red blend with spicy notes and a velvety texture

ROMANIA

Dealurile Munteniei PGI: Known for producing rich reds and aromatic whites with a balance of fruit and acidity

Dealurile Olteniei PGI: Offers a range of wines from light, crisp whites to full-bodied reds, showcasing the region's diverse terroir

Dealurile Zarandului PGI: Recognized for its elegant white wines, often made from local varieties, with refreshing acidity and floral aromas

Fun fact: Dealurile means 'the hills' in English and usually refers to the specific hilly areas or slopes where the vineyards are located.

A Guide to European Union Brews

The European Union has around 8,500 breweries and is universally recognized as the birthplace of modern brewing. From pilsners and ales, to porters and *Hefeweizens*, there are countless varieties to choose from. Here is a sampling of brews from some EU countries:

AUSTRIA:

Austrian Märzen: Amber lager with a rich malt profile, toasty flavors, and a clean, dry finish

Austrian Helles: Pale, malty lager with a smooth, clean taste and a balanced hop bitterness

BELGIUM:

Belgian Witbier: Light, wheat-based ale with citrus and spice notes, often brewed with coriander and orange peel

Belgian Dubbel: Medium-bodied ale with rich maltiness, dark fruit flavors, and spicy yeast character

Belgian Tripel: Strong, golden ale with complex fruity esters, spicy phenols, and a dry finish

CZECHIA:

Budějovické pivo PGI: Crisp, golden lager with a pronounced hop bitterness and herbal hop aroma from the town of *Budweis*

České pivo PGI: A staple Czech pilsner—golden color, floral and spicy hop aroma, malty backbone, with touch of sweetness and pronounced, bitter finish

Znojenské pivo PGI: Flavors ranging from bread and biscuit to floral and earthy notes, ending with a moderately bitter finish. From the town of *Znojmo*

DENMARK:

Danish Pilsner: Clean, refreshing lager with a balanced malt sweetness and a moderate hop bitterness

Danish Imperial Stout: Rich, full-bodied stout with intense roasted malt flavors, chocolate notes, and a warming alcohol presence

FINLAND:

Finnish Sahti: Traditional ale brewed with malted barley, rye, and juniper berries, featuring spicy and herbal flavors

Koht: A Finnish Porter; dark, malty ale with caramel sweetness, chocolate notes, and a smooth mouthfeel

FRANCE:

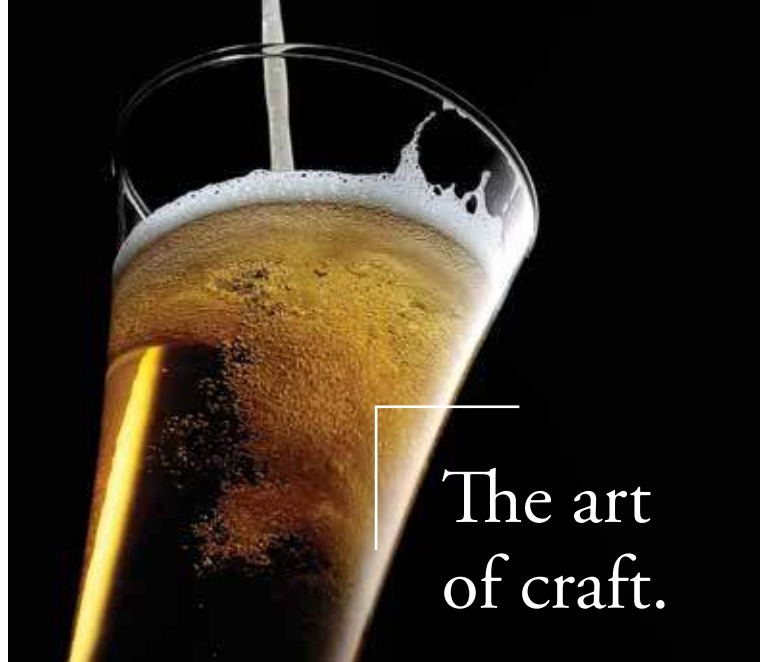
Bière de Garde: Strong, malty ale with fruity esters and a dry finish, often aged for extended periods

Saison: Rustic farmhouse ale with spicy yeast character, fruity esters, and a dry, refreshing finish

GERMANY:

Kölsch PGI: Light, crisp, and refreshing ale that balances of malty sweetness and hoppy bitterness, subtle fruit, and floral notes; from *Cologne*

Kulmbacher Bier PGI: A range of styles that include smooth and malty Pilsners with a clean finish and a hint of hoppy bitterness; from the city of *Kulmbach*



The art
of craft.

Münchener Bier PGI: Famous for Oktoberfest and Helles styles, Munich beer often features a malty sweetness, balanced by a gentle hop bitterness, with notes of bread and a smooth finish

GREECE:

Greek Lager: Crisp, golden lager with moderate bitterness and a clean, refreshing finish

Greek Wheat Ale: Wheat beer with citrusy and spicy yeast character, often brewed with local ingredients

IRELAND:

Irish Dry Stout: Dark ale with roasted malt flavors, coffee notes, and a creamy mouthfeel

Irish Red Ale: Malty, copper-colored ale with caramel sweetness and a hint of roasted grains

ITALY:

Italian Pilsner: Crisp, golden lager with a pronounced hop bitterness and floral hop aroma

Birra con Uva: An Italian Grape Ale brewed with wine grapes, offering complex fruity and vinous flavors

Cheese ♥s Beer

Top picks of best bites and brews:

Greek Lager + Feta PDO

The crisp and slightly citrusy flavors of a Greek lager complement the acidic tang of Greek feta

Italian Pilsner + Reblochon PDO

The fruity and spicy notes of Saison pair well with the creamy, earthy flavors of Camembert

Danish Imperial Stout + Danablu PGI

Blue's piquant and pungent flavor profile complements the bold hops of Imperial Stout

SPAIN:

Cerveza Lager: Crisp, refreshing lager with moderate bitterness and a clean, dry finish

Cerveza Pale Ale: Hop-forward ale with citrus and floral hop aromas, balanced by a malty backbone

In Good Spirits

Distilling spirits involves the transformation of fermented liquids, like grains or fruits, into alcoholic beverages with higher alcohol content. The process begins with fermentation, where yeast converts sugars into alcohol. Distillation then separates the alcohol from the liquid through heating and condensation, creating a higher-proof spirit. Key components include a still (pot, column, or hybrid), which heats the liquid to boiling point, and condenser, which cools the vapor back into liquid form. The distiller collects the condensed liquid, discarding impurities to produce the desired spirit. This centuries-old practice forms the backbone of producing a diverse array of spirits throughout Europe.

Just like wines and beers, Europe has a wide selection of spirits. From *Armagnac PGI* to *Ouzo PGI* or *Trejos Devynerios PGI* from Lithuania, spirits represent the diverse tastes of Europe, distilled in a bottle. As an aperitif before a meal, a digestif after, or just a drink to sip and enjoy on its own or in a cocktail, the varied subtle flavors of Europe's spirits and liquors are a treasure trove just waiting to be discovered.



A Sampling from some European Union Countries

AUSTRIA:

Jägertee PGI: Warm mixture made of tea, *schnapps*, orange and spices like clove and cinnamon; aromatic drink with a balanced mix of sweet, spicy, and citrus notes

BELGIUM:

Genever PGI: A juniper-flavored spirit similar to gin, distilled from malt wine and flavored with botanicals

FRANCE:

Armagnac PGI: Known for its robust and rustic qualities, this brandy is produced in the Armagnac region

Cognac PGI: A rich and complex brandy distilled from white wine grapes in the Cognac region

GERMANY:

Fränkischer Obstler PGI: Capturing the essence of Germany's fruit-growing regions, this brandy is made from a mix of fermented fruits

GREECE:

Ouzo PGI: An anise-flavored spirit enjoyed as an *aperitif* or with *mezze*

HUNGARY:

Pálinka PGI: Made from apricots, cherries, or plums, this aromatic fruit brandy is a staple of Hungarian hospitality

IRELAND:

Irish Whiskey: Smooth and approachable, this whiskey is distilled from malted and unmalted barley

ITALY:

Grappa del Friuli PGI: This aromatic and elegant *grappa* is produced in the *Friuli-Venezia Giulia* region

Grappa del Trentino PGI: A grape-based pomace brandy with fruity and floral notes from the *Trentino* region

LITHUANIA:

Trejos Devynerios PGI: A traditional herbal liqueur with a blend of botanicals, reflecting Lithuania's cultural heritage

SLOVAKIA:

Spišská borovička PGI: Reflecting Slovakia's tradition of fruit distillation, this juniper flavored spirit is clear and fruity

SWEDEN:

Swedish Aquavit: Flavored with caraway and dill, this Scandinavian spirit is enjoyed with herring or as a *digestif*

DID YOU KNOW?

Whiskey owes much of its flavor complexity to the aging process. While whiskey starts as a clear spirit, it gains its distinctive color and character from aging in wooden barrels. During this time, the whiskey interacts with the wood, drawing out flavors such as vanilla, caramel, and spices. Interestingly, a significant portion of whiskey is lost to evaporation during aging, often referred to as the "angel's share," adding to the mystique and lore surrounding this beloved spirit.

Fresh and flavorful.



DID YOU KNOW?

Pomegranates are one of the oldest known fruits, with historical records tracing their cultivation back to ancient civilizations. Pomegranates have been featured in various mythologies, symbolizing fertility, abundance, and prosperity.

Fruits and Vegetables

Europe boasts a rich tradition of cultivating exceptional fruits and vegetables. Renowned for its diverse culinary heritage, the region takes immense pride in producing high-quality agricultural products. European Union fruits are carefully harvested under optimal climate and soil conditions. With one-third of all fruit orchards specializing in fruit and citrus cultivation, Europe's landscape, spanning from the Arctic coast to the Mediterranean, showcases a vibrant array of colors including red, green, yellow, orange, and pink fruits and vegetables.

The high quality of European fruits and fruit juices makes them a source of inspiration for all those who love to cook—novice or expert. The most harvested fruits from Europe are apples and oranges, however Europe also produces exceptional peaches, pears, limes, lemons, watermelons and a variety of berries.

The majority of vegetables produced in the EU include peppers, eggplants, zucchini, cucumbers, gherkins, and tomatoes (which are considered vegetables in Europe). Cherry, grape, round, and *Coeur de Boef* are just some of the 2,600 varieties of tomatoes grown in

different regions throughout Europe. There are also root, tuber, and bulb vegetables such as carrots, radishes, onions, shallots, garlic, and leafy stalked vegetables such as lettuce, spinach, chicory, endives, asparagus, and artichokes, among others.

In the EU, even plants have their own travel documents. For each plant meant for cultivation and planting, a “plant passport” records safety checks during growing and harvest seasons. Crop rotation also plays an important role in EU Organic farming and maintaining soil and plant health. The EU

Spotlights

Combos highlighting terroir:

Pajarero figs + Mahón-Menorca PDO
The cheese's nutty flavor and slightly tangy taste complement the sweetness of Pajarero figs.

Cornichons + Comté PDO
The combination of this umami-packed cheese and the acidic bite of cornichons creates a delicious contrast of flavors and textures.

Lingonberries + Västerbotten
Västerbotten is a firm cheese with a savory and slightly bitter flavor profile. It's a delightful complement to lingonberries and a classic Swedish pairing.

Potatoes + Irish Cheddar Cheese
Cheddar is ideal for grating or slicing, making it a great addition to dishes featuring potatoes, such as gratins, casseroles, or mashed potatoes.



Zacusca is a Romanian dish made primarily from roasted vegetables such as eggplant, bell peppers, onions, and tomatoes, which are then simmered together with various seasonings like garlic, oil, and sometimes chili peppers. It's a type of vegetable spread or relish commonly enjoyed as a spread on bread or as a condiment with meats.

DID YOU KNOW?

Approximately 7.3 million metric tons of chocolate is consumed worldwide each year!



For More Information:

Follow @morethanfoodus on Instagram and LinkedIn. For more stories from the campaign, visit more-than-food-us.campaign.europa.eu

For more information on participating retailers and activities, visit culturecheesemag.com



The products featured here are part of EU food and beverage production, with most holding Protected Geographical Indication (PGI) or Protected Designation of Origin (PDO) certifications, ensuring their authenticity and quality.



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