

Albania

Middle East/Eastern Europe

Menu

1. Chicken with walnuts

Ingredients:

- 2 Tbsp. flour
- 15 finely crushed walnuts
- 2 beaten egg yolks
- 1 minced garlic clove
- 1/4 lb. stick of butter
- 3 lbs. chicken meat cut up in 1" cubes

Directions:

Place the chicken in a saucepan and cook over medium heat until tender. Remove the meat and set it aside in a dish while leaving the remaining juices in the saucepan. In another saucepan, add the flour and stir over heat until it becomes light brown in color and add a half stick of butter. Stirring constantly, add the finely crushed walnuts, minced garlic clove, and two egg yolks. Add the juices from the other saucepan and stir until all the ingredients thicken. Immediately remove from the heat to avoid solidifying the egg yolks. Fold in the chicken. Pan-fry the remaining half stick of butter until brown and pour over the four servings.

2. Tirana fergese with peppers

Ingredients:

- 1/2 lb. green peppers
- 1 lb. red tomatoes
- 1/2 lb. salted cottage cheese or Greek feta cheese
- 1 Tbsp. flour
- 1/4 lb. stick of butter
- 3 Tbsp. virgin olive oil
- Salt, black pepper, and chili pepper to taste

Directions:

Peel the skin off the tomatoes and peppers. Sauté them in a saucepan for 5-7 minutes in the olive oil and then set them aside to cool down for 15 minutes. Dice tomatoes. Melt the butter in another saucepan. Add flour, cheese, salt, chili, and pepper to taste. Mix all the ingredients together and place them in the saucepan. Put the saucepan in a preheated 350° oven for 15 minutes. Serve immediately.

Life in Albania

The Republic of Albania, as it is officially known, began making the transition to democracy in 1991. Previously, the nation had been ruled by the most repressive and isolated communist regime in Europe. More than one quarter of the population lives below the poverty level, making Albania one of the poorest transition countries in Europe. Many families are leaving their rural hometowns for urban areas with the hopes of finding better jobs and more opportunities. Some children have parents who work abroad in countries like Greece or Italy, sending money home to help support their families.

Typical meal

For the typical lunch meal, a salad of fresh vegetables is usually served.

Erion and the donkey



Erion has to look after his uncle's donkey. He has to walk it around to find food. The donkey has a wooden plow on its back that is used to dig up the soil in the field.

References:

Albanian Tourist Guide. 2006. Hysa, Klementina and R. John. The Best of Albanian Cooking. <http://www.united-albania.com/albinfo/Recipe.htm>.