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EISKAFFEE



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“City of  
Reunification”

A LIVE, VIRTUAL TOUR TO  
BERLIN, GERMANY

# Famous Foods

## KÖNIGSBERGER KLOPSE

A specialty dish consisting of meatballs often made from veal and served with a white sauce and capers. In traditional preparation, the meatballs are made from finely minced veal. The white sauce is creamy and made from roux, cream and egg yolk.

## EISBEIN

Which literally means "ice leg," is a dish consisting of pickled ham hock that is cured and boiled and often served smoked. You'll find this dish all across the country, but the Berlin version of it is most commonly served with pease pudding.

## KARTOFFELPUFFER

Or potato pancakes, are fried potatoes crafted with peeled and shredded potatoes along with onions, baking powder and flour. These fried treats, which are nearly universally appealing, are often served with applesauce.

# Famous Drinks

## FASSBRAUSE

A German drink made from fruit, spices, and malt extract. It was invented in Berlin in 1908 by a German chemist Ludwig Scholvin as a non-alcoholic beer substitute for his son. In color, it strongly resembles a beer, with a sweet apple flavor.

## BOWLE

Cold mixed drink that could be described as a summer punch. The most well-known of all Bowle is the Maibowle or May Bowl that is drunk during may and is flavored with woodruff (Waldmeister). A Punsch on the other hand is a warm mixed drink.

## EISKAFFEE

This German-style ice coffee is a combination of chilled brewed coffee and ice cream. It is usually made with an extended espresso and a scoop of vanilla ice cream, and though it is not sweetened, it can incorporate a splash of rum. It is usually served in a tall glass, together with a spoon and a straw. Traditionally, it is topped with unsweetened whipped cream.

# Make Your Own

## KARTOFFELPUFFER

### Ingredients:

- 2 1/2 pounds starchy potatoes, peeled and very finely grated
- 1 small yellow onion, very finely grated
- 2 large eggs
- 1/4 cup all-purpose flour (or more if needed)
- 1 teaspoon sea salt
- neutral-tasting oil for frying

### Directions:

1. Thoroughly wring out the liquid in the grated potatoes by placing them in a colander and squeezing them with your hands or by placing them in a clean dish towel and wringing out the liquid.
2. Place the drained grated potatoes in a medium-sized bowl with the grated onion, eggs, flour and salt and use your hands to work it into a tacky mixture. Add a little more flour if needed. Do not let the mixture sit for long before using it, use it immediately.
3. Heat a few tablespoons of oil in a non-stick pan over medium-high heat and place 1/3 to 1/2 cup of the mixture (depending on size preference) in the hot pan and flatten into pancakes with the back of a spoon. Fry on both sides for 3-5 minutes until the Kartoffelpuffer are golden. Place them briefly on paper towels.
4. Serve immediately while hot with applesauce, fruit compote or powdered sugar. For a savory version serve with herbed yogurt, quark or creme fraiche or with meat and gravy as part of a meal.

# Mix Your Own

## EISKAFFEE

### INGREDIENTS:

- 2 cups coffee, chilled
- 1/4 cup evaporated milk
- 2 to 3 teaspoons sugar
- 1 cup vanilla ice cream

### DIRECTIONS:

1. In a glass or metal bowl, mix together cold coffee, evaporated milk, and sugar to taste until sugar dissolves completely. Chill thoroughly.
2. Place 1/2 cup of vanilla ice cream in each of the bottoms of two tall glasses. Pour the chilled coffee-milk-sugar mixture over it and top with a dollop of whipped cream.
3. If desired, the whipped cream can be sweetened by adding sifted confectioners' sugar to taste but, traditionally, it is left unsweetened.
4. Serve immediately with an iced-tea spoon if desired. It doesn't get any better than this.

# Berlin

## THE CITY

Berlin is the capital and largest city in Germany. It is a city of diverse sites, the Brandenburg Gate (last rebuilt about 250 years ago), Jewish Memorial, Reichstag Building (and its glass dome), Berlin Cathedral, Museum Island and so many more. Most of the Berlin Wall was torn down, after the announcement in November 1989 that citizens of the German Democratic Republic will now be permitted to travel without restrictions. Small sections that remain are mostly covered in graffiti. A large section of the Berlin wall (just over 3/4 of a mile) was used for art; 118 artists, from 21 countries, gathered in 1990 and used the wall to create the East Side Gallery.

## THE TOUR

On our one-hour, personal, live, interactive walking tour, we will discover the essence of Berlin's historic center. We will stroll through the Brandenburg Gate, which has become a worldwide symbol of freedom. You will see the exact place where the infamous Berlin wall stood, once separating East from West Berlin for 28 years. We will walk amongst the Steeles of the Holocaust Memorial and experience its symbolism. The story of the fire that destroyed the Reichstag Parliament building, which deeply influenced world history, will be told, as we view the building's beautiful architecture. This one-hour tour will let you explore some of Berlin's sites and beauty as well as give you an overview of the historic events that changed the 20th century, and leave you wanting to experience more.

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“Rich History Dating  
back to the 7th  
Century”

A LIVE, VIRTUAL TOUR TO  
KRAKOW, POLAND



KOMPOT

# Famous Foods

## PIEROGI

It is always on the menu at milk bars. Polish dumplings are a staple food for most Krakowians. It is stuffed with cheese and potato. Pierogi are usually boiled, savory, and served with sour cream, but you'll also find fried and sweet varieties.

## OBWARZANEK

It is a braided ring-shaped bread that is boiled and sprinkled with salt and sesame or poppy seeds before being baked. It is derived from "parboiled" that means the dough is boiled before baking. They are usually sold straight from the cart of basket, unpackaged, and unlabeled.

## SCHABOWY

Most Poles considered schabowe as the national PolishPolish-style pork chops that are made by pounding a piece of pork till tender, coating it with breadcrumbs and frying till it's deliciously crispy.

# Mix Your Own

## KOMPOT

### INGREDIENTS:

- 15 apricots (or 6 cups of pitted) 2 teaspoons sugar
- 4 cups of cherries
- 2 cups of blueberries
- 1 gal of water
- 3/4 cup of sugar or to taste

### DIRECTIONS:

1. Bring 1 gal of water to a boil.
2. Cut apricots in half and remove the pits. Pit the cherries
3. When the water starts to boil, carefully add fruit and bring water back to a boil. Switch heat to medium and let the mixture boil for 30 min uncovered.
4. When time is up, remove from heat and stir in 3/4 cup of sugar or to taste.
5. Let kompot cool completely, strain off the juice and refrigerate. Serve chilled.

# Famous Drinks

## KOMPOT

Is a sweet beverage served hot or cold and made by cooking fruit in a large amount of water, sweetened with sugar. The fruits used are most often apricots, peaches, apples, rhubarb, various types of cherries and berries.

## ORANZADA

A sweet, alcohol-free, carbonated drink with an orange taste. This drink, which travelled to Poland straight from France, spread in the aristocratic Polish cuisine in the 18th century. Basic ingredients of oranzada are sugar and orange juice or syrup.

## KRAKOW TEA

A typical Pole drinks a glass of black tea for breakfast, lunch, dinner, supper. This "herbata" is usually pretty weak, with sugar and often a slice of lemon, rarely milk (tea with milk is considered good for lactating mothers). And on frosty days hot tea with admixture of rum or strong vodka can warm him up in a flash.

# Make Your Own

## ROSOL

### Ingredients:

- Chicken pieces on the bone; 1 small piece of beef bone
- 4 -5 Carrots; 1 -2 Parsnips
- Celery root; Leek
- 2 yellow onions; 1/4 of Cabbage head
- Parsley; 1 tbsp Apple Cider Vinegar
- 5 Allspice; 2-3 Bay leaves
- Salt; Pepper

### Directions:

1. Gather all your vegetables. Heat up a skillet and add unpeeled onions in to get some burn marks. The yellow onion skins help with the nice color for the broth. If you get some burn marks it even intensifies the color.
2. Place chicken pieces, beef bone, allspice, and bay leaves into a large pot. Add vegetables and fill the pot with water.
3. Set it on medium to low heat. Do not boil it! Let it simmer for two hours. A few times during the cooking, skim off anything that accumulates on the surface.
4. Boil the noodles separately, according to instructions. Once cooked, rinse with cold water to remove starch. Add noodles to a bowl. Remove a carrot and piece of chicken from the broth, cut it up and add it to your bowl. Ladle the broth into your bowl; first letting it pass through a with a meshed strainer. Add chopped parsley and serve.

# Krakow

## THE CITY

Krakow, the historic capital of Poland, boasts a UNESCO-recognized old town, which, was never bombed or destroyed. It is located in southern Poland and is near the border of the Czech Republic. It is one of the best places in Europe to enjoy a real journey back in time.

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## THE TOUR

On our one hour, live, personal, virtual tour, we will immerse ourselves in the medieval heritage of Krakow's Old Town by going back in time ca. 600 years. The 1400's was when the medieval city was in its prime and about to enter a 'golden age'. While passing authentic city walls, brick-built churches and medieval university buildings, we will reach the biggest medieval square in Europe.

During our tour, we will try to answer the questions: What was sold on the Main Market Square 600 years ago? What was the life of a medieval student like? Where did the torturer reside? Would we be able to go for a beer back in the 1400's? And the most important question of all: Would we even survive in medieval Krakow?

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“The Jewel of  
Southern Spain”

A LIVE, VIRTUAL TOUR TO  
SEVILLE,  
SPAIN

# Famous Foods

## CARRILLADA DE CERDO (PORK CHEEK)

This dish can be found in almost every place that serves food in Seville. It is a traditional way of preparing pork. The usual ingredients that are paired with the pork cheeks are garlic, carrots, and other vegetables. It is enjoyed as tapas.

## CALIENTITOS (CHURROS)

In Seville, calientitos are typically airy and dipped in hot thick chocolate. Some consider churros con chocolate to be the best breakfast in Seville. Traditionally churros must be served as either a snack or breakfast.

## TAPAS (APPETIZER OR SNACK)

Seville is home to around 3,000 tapas bars, some of which have been up and running for hundreds of years, serving local specialties. Tapas is a great way of discovering and falling in love with the local cuisine. In Seville, people eat out. They share food in the city's bars and restaurants.

# Famous Drinks

## HORCHATA DE CHUFA

It is a refreshing drink made from tiger nut, water, cinnamon, and sugar. This is the perfect drink to have in summer.

## MOSTO COTTO

A typical and healthy alcohol-free drink kind in Spain. It is actually the juice obtained from squeezing, draining, and pressing the grapes. This beverage looks and tastes like apple juice, and it's usually served chilled with an olive and a slice of orange, most times as an appetizer. It can improve mood, tiredness, and blood circulation.

## CAFE (COFFEE)

In Seville they love good coffee, there are so many ways to enjoy it. Have it con leche (with milk), cortado (short coffee with a dash of milk), solo (an espresso), con hielo (with ice), carajillo (with a dash of brandy, whisky or rum), or simply cafe (black).

# Make Your Own

## FRIED ALMONDS

Almonds are a specialty of the south of Spain, a legacy of the Moorish occupation of the region. This easy tapas recipe is the perfect way to add a dash of Spain to any gathering.

Ingredients:

- 1/2 pound of almonds
- 2 tablespoons of olive oil
- Sea Salt

Instructions:

1. Heat the olive oil in a pan to a medium heat, hot but not smoking.
2. Add almonds to the oil, stirring frequently until brown
3. Use a slotted spoon to transfer the almonds to some paper towels
4. Season generously with sea salt and they are ready to eat.

# Mix Your Own

## HORCHATA DE CHUFA

Ingredients:

- 4 pounds of grapes

Directions:

- Wash the fresh grapes and pull them off the stems. Press the grapes to extract their juice (a food mill or juicer is handy here), otherwise simply do this by hand. Pour the juice through a fine mesh sieve or muslin cloth to remove the seeds and skin, then place in a saucepan and boil juice very gently and slowly until the juices reduce by about a third of the original volume and is thick like syrup. (As it cools, it will thicken further, so be careful not to go too far.)
- Bottle the syrup in sterilized jars and keep for as long as you can before using it.

# Seville

## THE CITY

This will be a riveting trip based on the history and culture of Seville, the capital of Southern Spain. Seville is one of the most charming and fun cities in Europe. Here we will find a rich local culture, excellent gastronomy and a fascinating urban scenery which showcases Seville's millenary history.

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## THE TOUR

Our one hour live, personal, interactive walking tour will start in the neighborhood of Santa Cruz, the heart of the old Jewish quarter, a labyrinth of narrow streets and lovely little plazas. We'll then move to the Cathedral of Seville and the Giralda, one of the most graceful and iconic towers in Europe, testament to the diversity of cultures that shaped the history of Spain. Next we will see the Royal Palace of the Alcázar, a masterpiece of Moorish architecture which blends Muslim, Jewish and Christian traditions. After admiring the Renaissance elegance of the Archivo de Indias (housing the largest collection of documents related to the colonial history of the Americas), we'll walk towards the banks of the Guadalquivir River to finish an unforgettable trip through Spain's most beautiful city!

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HARISSA

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“Full of History  
and Beauty”

A LIVE, VIRTUAL TOUR TO  
TUNIS, TUNISIA

# Famous Foods

## COUSCOUS

There are as many versions of couscous as families or regions in Tunisia. However, Tunisian couscous has some characteristics that differentiate it from Algerian and Moroccan couscous. Tunisian couscous sauce is always red, because of the tomato or tomato sauce that is used.

## PICKLED VEGETABLES - TORSHI

In some families, no meal is considered complete without a bowl of torshi on the table. Torshi is made with vegetables and dried aromatic herbs pickled in vinegar, salt, and different spice mixtures, which usually include whole black peppercorns, ginger, etc.

## HARISSA

Originally from Tunisia, harissa is a chile sauce or paste typically made of dry red chiles, garlic, citrus, extra virgin olive oil and a few warm spices including cumin, coriander and caraway seeds. It is slightly sweet, smoky, tangy, with just enough spice, but not too hot.

# Famous Drinks

## LEBEN MILK

Leben as a drink is traditionally prepared by letting milk ferment for around 24 hours, then churning and removing the butter. The remaining buttermilk can keep for several days at room temperature. Leben can be served at breakfast, lunch or dinner.

## TUNISIAN MINT TEA

Tunisia's national drink is tea. Usually the preference is for mint tea, as it is very refreshing on a hot day. If offered a cup, you should never refuse, it is considered discourteous.

## ROUZATA

Made of almonds, water, and sugar. It is a sweet and milky drink that is enjoyed on hot summer days and often served in Tunisian weddings. The best place to buy Rouzata is traditional Tunisian bakeries. The drink is made of soaked almonds blended with water, almond extract, powder sugar, and orange blossom water.

# Make Your Own

## Homemade Tunisian Harissa

Ingredients

- 4oz dried chiles\*
- 1 tsp whole coriander seed
- 1/2 tsp caraway seed
- 4 garlic cloves
- 1/2 tsp salt
- 1/4 cup olive oil

1. Remove stems and seeds from dried chiles **while wearing food gloves**. Rinse peppers, drain, submerge in boiling hot water. Let soften for 30 minutes, then drain.
2. In a dry skillet, low heat, toast the coriander seed and caraway seed until fragrant and a shade darker. Grind to a coarse powder.
3. In a food processor, add the spices, garlic cloves, and salt. Pulse to mince the garlic. Add the soaked and drained chiles and blend until the peppers are minced or pureed (whichever you prefer). Add the olive oil and blend once more to combine.

# Mix Your Own

## TUNISIAN MINT TEA

Ingredients:

2 cups of water

2 tea bags or 2 tsp loose black or green tea

2-4 tbs sugar (or to taste)

A large handful of mint sprigs

Pine nuts (raw or lightly toasted) (optional)

Put water in a small pot, add tea and sugar, and bring to a boil. Once boiling, add all the mint leaves and let boil for another minute, then take off the heat and let sit for about 5 minutes. Strain liquid into your teapot.

Put about 1 tsp of pine nuts in each glass. Then pour strained tea into the cups. You can also garnish with a fresh mint leaf in each cup.

# Tunis

## THE CITY

The ancient quarter of Tunis, the Medina, founded in the 8th century A.D., is exceptionally well preserved. It's considered the largest Medina in North Africa. The souks, built in the 13th century, covered with arches are overflowing with all sorts of merchandise: fabrics, perfumes and precious jewels. The contrast with the peaceful neighboring alleys is striking. White walls and ironwork, vaulted passageways, domes with green tiles, yellow doors framed with delicate patterns in carved stone. The most important monuments in Medina are The Grand Mosque Ezzitouna dating back to the 8th century A.D., the Kasbah area, the mosque of Hamouda Pacha (Turkish style) and the madrasa Slimaniya.

## THE TOUR

Our one hour live, personal, interactive tour will take us from the 12th century Madrassa Bir Lahjar, to the 17th century Ramdhane Dey square. We will marvel at the various architectural features of the Medina, marble coatings and beautiful blue and yellow doors. Halfway, we will reach the Hamouda Pasha mosque. It is one of the main mosques in Tunis (Zitouna mosque). Then, we will reach the market place and the souks, most of them are covered, bustling, colorful shops and workshops. Finally, we will reach the Bab Bhar square with the main arch of the same name and the fountain facing the european quarter.