



# European Delights: A Sweet Journey Through Europe

*Kathryn N. Donev*

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## **European Delights: A Sweet Journey Through Europe** Kathryn N. Donev

Cakes, cookies, custards, puddings, candies, fried dough, pies and pastries. From the unconventional, recipes of Albanian Walnut Lemon Cake and Lithuanian Poppy Seed Cookies to the classic Tiramisu and Macaroon recipes, this cookbook takes your taste buds on a sweet journey throughout Europe. Desserts have come a long way since the dried fruits of the ancient civilizations as the first candies to soufflés and cakes once sugar began to be manufactured in the Middle Ages. This cookbook contains some of both the simple and more advanced recipes of Europe. It features 40 authentic dessert recipes representing nearly every European country and with each recipe there is a story to tell. The word "dessert" originated from the French word desservir "to clean the table" and these delights will make you want to clean your table a bit faster.

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