

TARO POTAGE (THICK SOUP), Shinshiro

Taro is a kind of potato developed in Shinshiro in the 1940s. It has a round shape, a softer and richer texture than common potatoes. Although it's prepared in the same way as potatoes, taro has a sweeter and nuttier flavour.

Ingredients

Taro 300 g
Leek 70 g
Miso 10 g
Olive oil
Water 200-300 cc
Salt and pepper



Method Peel the taro and heat the olive oil in pan. Then fry leeks and taros.

Then add water and miso. Cover it and let it simmer until it softens.

Mash the leek and taro with a mixer, adding milk and seasoning with salt and pepper.



The film "AN" ("Sweet Bean"), which was shot in Shinshiro, was nominated in the "Un Certain Regard" section at the 2015 Cannes International film - it's for films of different visions and styles, "original and different". In the movie, the heroine is born in Shinshiro. It's about a man, Sentaro, who runs a small bakery that serves dorayakis - pastries filled with sweet red bean paste ("an"). When an old lady, Tokue, offers to help in the kitchen he reluctantly accepts.

But Tokue proves to have magic in her hands when it comes to making "an". Thanks to her secret recipe, the little business soon flourishes... and with time, Sentaro and Tokue open their hearts - but to reveal old wounds.

Scenes were filmed at Shinshiro's Sakurabuchi Park(cherry blossoms) and Yotsuya rice paddies.



Dorayaki is one of the most popular Japanese confectioneries.

It is Anko (sweet red bean paste) sandwiched between sweet pancakes, a Japanese sweet beloved by the old and young.

Ingredients - 1 1/4 cup all purpose flour; 1 tsp baking soda; 2 eggs; 1/2 cup sugar; 1 Tbsp honey; 3/4 cup milk; Anko (sweet red bean paste)

Method

Mix flour and baking soda in a bowl. In another bowl, whisk eggs, sugar, and honey, add milk, mix well. Stir dry ingredients into egg mixture, and whisk until batter becomes smooth. Heat non-stick frying pan with a small amount of oil and wipe away excess. At medium low heat, drop 1/8 of a cup of batter onto the pan, like a pancake. Cook about 2 minutes until the surface of the pancake has a lot of bubbles and the edges become dry. Flip over and cook 1 more minute. Transfer to a plate and cover with a wet paper towel.

Take one cake and place a heaped tablespoon of Anko; cover with another cake. Wrap it with plastic and press with hands. Pinch to seal the edges of the pancakes together.

SHINSHIRO CITY, JAPAN



Shinshiro is in Aichi Prefecture, on Japan's largest island of Honshu and has a rich history. Much of the city's northern and eastern part of its area is covered in mountains and forest, within the borders of the Aichi Kōgen Quasi-National Park. The city is a regional commercial center.

TAILLAULE NEUCHÂTELOISE

This is a currant bun with a lemon zest, generally cooked in a tin and deeply indented on the top. The *Taillaule* remains a product eaten mainly on Sundays for breakfast in Neuchâtel. Cut into slices and spread butter on it; jam can also be added.

Without forgetting white coffee of course ! *Taillaule* has been popular since the 18th century; it appears in the menu of several official meals, meaning it must also be a luxury or festive dish. Each bakery from Neuchâtel produces about five tons of *Taillaule* per year. You can find it in almost every bakery.

Ingredients for 2 *Taillaules* (2 tins of 30cm each)

1kg superfine white flour; 4 dl warm milk; 60 gr yeast;
2 eggs; 130 gr sugar; 150 gr melted butter; 15 gr salt
2 gr lemon zest; 200 gr currants; 10 ml rum;
1 beaten egg (for glaze)



Photo courtesy of Salon
suisse des Goûts et Terroirs



Preparation

Mix the salt and white flour
Soften the butter
Moisten currants with the rum
Prepare tins (possibly line with greaseproof paper)

Method

Mix the yeast with the milk - Add the zest, eggs and sugar - Add the mix flour/salt
Knead very well until you get a smooth pastry
Add the butter and keep kneading (minimum 10 minutes) - Add currants
Cover the pastry with a plastic film and leave the pastry to rise in a warm place
(25-28°C) for at least 90 minutes. Cut the pastry into equal portions - Mould into baguettes
and put them in tins
Leave to rise for around 30 minutes in a warm place
With scissors, cut the pastry in slices.
Glaze the surface with the beaten egg, and bake at 190-200°C for 35-40 minutes

The city of Neuchâtel was chosen as Switzerland's "**Ville du Goût**" ("City of Taste") for 2017 and celebrated its culinary excellence and heritage with a fantastic range of gourmet events throughout the year, from cooking workshops, exhibitions, films to gourmet walks, and of course taste discoveries put on by the excellent chefs and restaurants of the city. With its wonderful cheeses, sausages and wines, there couldn't have been a better choice. And what about the chocolate ! It's part of the city's heritage, the home of Suchard and many other chocolatiers who are celebrated each year with the *Chocolatissimo!* Festival.



NEUCHÂTEL CITY, SWITZERLAND

Everyone will be fascinated by the millennial city, beautifully located on the lakeside and dominated by the Castle and the Collegiate Church. The yellow stone city offers a maze of little pedestrian streets taking the visitor from discovery to discovery.

DONAUWELLEN - Danube Waves Traybake



Preparation time: 3 hours 30 minutes. Cooking time: 30 minutes.
Makes: 20 squares Use 25 × 30 cm baking tray

Ingredients

For the sponge: 300g soft unsalted butter; 250g caster sugar; 5 eggs; 400g plain flour;
1 tsp baking powder; 1 pinch of salt; 3-4 tsp cocoa powder; 2 tbsp milk

For the filling: 650g jar of sour cherries, drained

For the buttercream layer: 500ml full milk; 1 vanilla pod; 4 egg yolks; 80g sugar; 4½ tbsp
corn starch ; 180g unsalted butter

For the topping: 100ml double cream; 25g unsalted butter; 70g milk chocolate
topping- in small chunks; 80g dark chocolate topping - in small chunks

Method

1. Preheat the oven to 180C. Line the baking tray with parchment paper.
2. In a large bowl, cream the butter and sugar together thoroughly and add eggs, one at a time, beating well; add vanilla. Add the flour mixed with baking powder and mix. Beat in enough milk to make the dough spreadable (brownie batter consistency).
3. Pour half the mixture into the tray and spread it out evenly.
4. Mix the cocoa powder and the milk with the remaining half of the mixture, spread it evenly on top of the first half. so that the batter stays the same consistency. Swirl a little for a wavy effect.
5. Distribute the drained cherries evenly over the mix.
6. Bake for 25-30 minutes, then remove the tray from the oven, let it cool completely.
7. Now prepare the crème pâtissière or custard. Pour the milk into a medium saucepan. Slice the vanilla pod open and scrape out the seeds, adding them to the milk, which is then brought to the boil. Remove from the heat and set it aside to cool down a little.
8. Beat the egg yolks with the sugar until white and creamy (this will take a few minutes). Add the corn flour, then the warm milk. Mix it well before bringing it back to boil. Do this slowly, stirring it all the time. Once it starts to bubble, remove the pan from the heat and pour the custard into a bowl. Leave the custard to cool down. To prevent it from forming a skin, keep stirring regularly. The custard needs to be completely cool before you can start making the buttercream.
9. Once both the sponge and the custard are completely cool, beat the soft butter until it is light and fluffy. Add the custard, one tablespoon at a time. The custard and the butter must be the same temperature or the mixture will curdle!
10. When it is all mixed, spread the buttercream in a neat layer over the sponge and then refrigerate the traybake for at least 2 hours.
11. To make the chocolate couverture, pour the cream into a medium saucepan and bring to the boil. Once it bubbles, add the butter and remove the saucepan from the heat. Stir to melt the butter, then add the chocolate. Continue stirring until the chocolate is all fully melted, then spread it on top of the custard layer. Use a fork to decorate the topping into wavy lines.
12. Refrigerate cake until ready to serve. To cut the traybake into neat slices, warm the knife in hot water but dry it before cutting through the chocolate frosting.



ROAST LEG OF PORK

(Gebratene Schweinshaxen)

Ingredients

- 1.3 - 1.5 kg leg of pork
- 2 tablespoons of olive oil
- 1 teaspoon salt
- 2 fresh rosemary sprigs broken into small pieces



Method - The Pork

Preheat the oven to 200° C (gas mark 6). Weigh the joint and calculate the cooking time allowing 25 minutes per 500 g plus 25 minutes.

Wipe the meat with kitchen paper and then, using a very sharp knife, make scores in the skin diagonally across or vertically down 6-13 mm (1/4-1/2 in) deep.

Put the meat into a roasting tin and, to encourage the skin to crackle, rub it all over with the olive oil, then rub in the salt and scatter with the rosemary.

Roast the pork in the centre of the oven for 30 minutes to start the skin crisping, then reduce the oven temperature to 180° C (gas mark 4). Baste every 30 minutes with the fat from the bottom of the tin, until well done.

The Gravy: Ingredients

- 2 tablespoons of plain flour
- 300 ml chicken stock
- 1 tablespoon redcurrant jelly
- 2 tablespoons dry sherry

Method At the end of the calculated cooking time, lift the cooked pork from the roasting tin onto a large, heated serving plate, cover loosely with foil and allow to stand while making the gravy.

Skim off all but 2 - 3 tablespoons of the fat from the roasting tin, then mix the flour with the fat and juices remaining in the tin. Cook over a moderate heat until well browned. Gradually add the chicken stock and bring to the boil stirring continuously and scraping the browned residue from the bottom of the tin. Strain the gravy through a fine sieve into a saucepan, then blend in the redcurrant jelly and the sherry, simmer for 5 minutes and season with salt and pepper to taste.

Serve with roast potatoes, red cabbage or spring greens and the gravy.

Traditional Bavarian food is generally hearty and very filling, with many meat and potato-based dishes. Pork dishes feature very strongly everywhere - and the sausages! Bratwurst, a grilled sausage, is popular all over Bavaria. "Weisswurst", a white sausage made from veal, is a unique Bavarian speciality.

NEUBURG AN DER DONAU, BAVARIA, GERMANY



Situated majestically on the Danube, the town is the capital of the Neuburg-Schrobenhausen district in the state of Bavaria in the south of Germany. It was the historic capital of the Palatinate-Neuburg, and the magnificent The Renaissance Ducal Palace: Neuburg Castle houses several museums including a Baroque gallery of the Bavarian State Picture Collection.

SAMP and BEANS (Isitambu) Zulu Style

For a serving of 5

Ingredients

- 3 cups of samp (i.e. dried, dehusked maize kernels or hominy) to 2 cups of sugar beans
- 1 large onion
- 1/2 a green, red and yellow bell pepper
- 2 bay leaves
- 2 tablespoons of tomato purée
- 1 tablespoon each of garlic powder, ground red and black pepper and onion powder
- 1 tablespoon of curry powder
- salt to taste
- (Optional)
- Include 500g of cubed beef
- 1 beef stock cube or 1 tablespoon of beef seasoning



Method

Soak the samp and beans overnight.

When you're ready to start cooking them, rinse and transfer into a large pot. Add water and salt, cover and boil the samp and beans for 45 minutes at medium heat. Check that the water does not dry up. If it does, top it up with warm water. (Optional: After this time, add your beef). Cover and boil at medium heat for a further 1.5 hours. Again, ensure that there is always enough water. When the samp, beans and beef are tender, cook until the remaining water is absorbed. Remove from heat and set aside.

In a separate pot, fry the onion and bell peppers together at a low heat, adding the spice blend. Add the tomato purée and cook gently, adding a little water. After ± 10 minutes cooking time, stir this into the samp, beans and beef. Cover and cook at a low heat, stirring intermittently for 30 minutes. The samp and beans should be soft and the meat should fall apart easily.

SOME OTHER SOUTH AFRICAN DISHES TO CHECK OUT

Bobotie - a delicious mixture of curried meat and fruit with a creamy golden topping, not dissimilar to moussaka

Boerewors (Vors) Bites - Ground pork and beef served with an apricot chutney and chakalaka sauce.

Biltong - Dried beef with black pepper and coriander.

Ilanga Chicken marinated in cumin, garlic, chilli, orange and lemon, with a fresh mango and avocado salsa.

Bunny Chow A South African chicken curry served in a homemade bread bowl.

Chakalaka Veggies Flatbread - African spiced vegetables cooked in a chakalaka sauce topped with cheese.

Isinkwa sombila corn bread <https://www.fondazione-slowfood.com/en/ark-of-taste-slow-food/isinkwa-sombila/>



NEWCASTLE, KWAZULU-NATAL, SOUTH AFRICA

Newcastle is the third largest city and urban centre in KwaZulu-Natal province. Set in the picturesque foothills of the northern KwaZulu-Natal Drakensberg Mountains, Newcastle is located on the Ncandu River and is one of the country's main industrial centers.

CURD CHEESE DUMPLINGS

WITH BLUEBERRY SAUCE “ŽAHOUR”

Its picturesque landscape is the biggest treasure of South Bohemia and it is appreciated by many tourists from all parts of the world every year. Wonderful meadows, glittering water in fishponds and last but not least forests rich in game, mushrooms and forest fruit.

The favourite forest fruit is the blueberry. Blueberry sauce called “žahour” is a fruit sauce often served with batter cakes or fruit dumplings. Hot raspberries and apples scented with cinnamon are also served.



Ingredients: 300 g curd cheese; 3 ml milk; 900 g coarse flour; 1 kg blueberries; 300 g icing sugar; 100 g butter for dough; 3 eggs; cinnamon; lemon; pinch of salt; grated gingerbread.

Method: For the dumplings: Whisk soft butter and add eggs, salt, pressed curd cheese and the larger part of the milk. Carefully mix the blend and add coarse flour (keep a little flour to sprinkle the pastry board and for rolling of the dough). After that, add the remaining part of the milk into the dough. Roll the dough out to make a thinner sheet.

Cut into squares about 4x4 cm, on which you put the sweetened blueberries. Wrap the squares over the blueberries and make into the shape of dumplings. Put dumplings into hot, slightly salted water and boil slowly. Do not forget to stir carefully to avoid their sticking to the bottom of the pot. Boil for about 5 minutes.

For the sauce: Wash blueberries and sprinkle them with sugar, add butter and a bit of water and boil all together. Thicken the blend with gingerbread and cream and finally season with cinnamon and lemon zest. Before serving, sprinkle dumplings with icing sugar and pour on the hot blueberry sauce “žahour” and decorate with some sour cream.

LITINA

This is a hearty yeast-raised potato cake with smoked meat and pork greaves, generously sprinkled with poppy seed.



Ingredients: 3 large grated raw potatoes, 1 l milk, 750 g coarse flour, 3 eggs, a pack of yeast, marjoram, cumin, garlic, salt, lard, poppy seed (you can also add pork greaves - fried pork rind - or chopped smoked meat. You can also use the option without meat).

Method: Let the yeast grow in lukewarm milk. Add flour into the dish, grated potatoes, eggs, salt, pressed garlic, marjoram, grown yeast and the remaining milk and then, depending on the option – pork greaves, smoked meat; it all depends on your taste.

Mix well and let it rise. Grease the baking sheet with lard and richly sprinkle with poppy seed. Once the dough is risen in the dish, pour it onto the baking sheet and leave it to rise for a while. Before baking, sprinkle it with poppy seed.

Bake in the oven at 180°C for about half an hour. “Litina” must have a golden crust. After baking, cut into squares. This recipe is for about two baking sheets

NOVÉ HRADY, CZECH REPUBLIC



Nové Hradky, formerly known by its German name of Grazen, is a town in the South Bohemia Region with around 2,500 inhabitants. It lies in the Novohradské Hory (mountains), only 1km from the Czech-Austrian border and 30 km south-east of the regional city České Budějovice.



BRUNSVIGER from Nyborg

Yeast bread topped with a sweet, gooey brown sugar topping.

Ingredients

1 x 1/4 cup 2% milk; 1 package active yeast; 3 x 1/4 cup flour;
1/4 cup sugar; 5 tbsp unsalted butter; 1/2 tsp salt

Brown sugar topping - 1 1/2 cups butter; 1 1/2 cups dark brown sugar

Method

1. Preheat oven to 200 degrees (Danish oven)
2. Warm milk. Pour into your stand mixer. Add yeast, stir until dissolved and let stand for 5 min.
3. In a separate bowl measure out the dry ingredients and mix (flour, sugar and salt)
4. Add dry ingredients to the yeast.
5. Add softened butter cut into 1 tbsp pieces to the top of the dry ingredients
6. With the dough hook mix on medium-low speed until the dough is smooth. The dough should be quite greasy.
7. Let dough rest for 20 min in a warm place.
8. Melt the sugar and the butter in a pan, heat while stirring.
9. Press the dough into a rectangular cake and make some marks with your fingers or the back side of a spoon to form some dimples in the dough for the topping. Make sure to leave a higher edge so the filling will not fall off
10. Add the topping onto the dough. Spread it out making sure not to let it go over the edges. Let rest for 15 minutes.
11. Bake for 20-25 min in a 200 degree oven (Danish oven).
12. Let stand and allow the topping to cool before removing from the cake pans and cutting into pieces. If you don't wait at least a while you will lose most of your topping which would be no fun at all. We know it is hard to wait !

Danish Omelette

Ingredients (for 4) - 20 eggs; 0.4l cream; 0.5 kg. smoked bacon; Coarse salt and pepper; 1 cubed cucumber; 4-5 tomatoes cut in wedges; chopped chives

Method: Place slices of smoked bacon in a frying pan in one layer and cook in the oven at 180-200 degrees. Pour off bacon grease and save for later. Put bacon slices for draining on a paper towel.



While the bacon is in the oven, cube the cucumber, cut the tomatoes into wedges, chop the chives. Break the eggs into a bowl and pour in the cream, stir egg and cream. Add salt and pepper. Pour the egg mix into a large frying pan with grease from the bacon and stir gently until the egg mixture becomes slightly lumpy. Place the frying pan in the hot oven, at least 180 degrees, for 0-15 minutes, the egg mass will rise by this procedure.

Put the bacon slices in a clean pan and put it in the oven with the omelette. Take out the pan with the omelette and leave it to cool for a few minutes. Sprinkle the omelette with chopped chives and spread the cucumber and tomato on the omelette. Then, put the bacon on top of the omelette like a pyramid and sprinkle some chives on top of it all.

Serve with good rye bread and mustard.

NYBORG, DENMARK



Nyborg city is an old market town on the island of Funen, with many quaint shopping streets and several historical attractions, including Nyborg Castle, Old Torvet market square and the oldest open air theatre in the country, Voldspil Nyborg. From 1183 to 1413 the castle was the gathering place for Danehoffet, the country's legislative and judicial assembly, so Nyborg is considered Denmark's capital during this time.

AYAM PERCIK

(KOTA BHARU STYLE GRILLED CHICKEN)

Ayam Percik is a delicious Kota Bharu style grilled chicken that can either be cooked or baked. The coconut sauce tenderises and makes the chicken succulent and flavourful.

The Ayam Percik serves well with all kinds of rice dishes or simply with hot white rice and coriander leaves as salad by the side.

The Ayam Percik originated from Kota Bharu and is now a popular dish throughout Asia as well as in Malaysia.

Ingredients:

- 4 Chicken drumsticks or breasts (about 1 kg)
- 5 stalks Lemongrass, white part only, chopped
- 80g Shallots, chopped; 3 tbsp fresh Turmeric powder
- 20g Fresh Ginger, skinned and chopped
- 4 Red Chillies (add extra 1 tbsp chilli paste - optional)
- 120g Coconut milk; 3 tbsp Olive oil
- 1 tbsp salt; 1.5 tbsp sugar; 1 tbsp Fish sauce.

Method



1. Grind the marinade into paste
2. Rub through the marinade on the chicken and marinate for at least 1 hour
3. Bake the chicken in 180 celsius pre-heated oven for about 40 minutes or until cooked through
4. Turn the chicken and brush with the marinade every 10 minutes

Note: Use half of the marinade on the chicken meat. Keep the remaining marinade in a separate bowl for brushing the chicken during the process of baking every 10 minutes during the 40 minutes baking time.

Ayam Percik is popular in Kota Bharu and can be easily found at all restaurants day and night, and also on street food stalls.



KOTA BHARU, MALAYSIA

Kota Bharu is a city of almost 600,000 people, located in the north east of Malaysia close to the Thailand border. It is the capital and Royal City of Kelantan state, and its population is 70% Muslim. The Kelantan culture is a rich mix of Malay and Thai/Chinese.



BUTTER TARTS

The *Collins English Dictionary* describes it as one of the few pastries with a genuinely Canadian origin. A butter tart is a small pastry tart, which generally consists of butter, sugar, syrup, and egg, filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.

The first published recipe was in 1900 but the origin is believed to be much older, most likely the result of the filles du roi (King's Daughters), in which approximately 800 young women were sent to Québec from France between 1663 and 1673 to help colonise. These young ladies brought with them their traditional European recipes but were forced to adapt them according to what was available. The sugar pie, a single-crust pie with a filling made from flour, butter, salt, vanilla, and cream, is a likely precursor to the butter tart.

Ingredients - for a serving of 16: 1/2 cup of raisins; 1/4 cup soft butter; 1/4 cup packed brown sugar; 1 pinch of salt; 1/2 cup of corn syrup; 1 egg, lightly beaten; 1/2 teaspoon of vanilla extract.

Pastry Method 1. Blend all ingredients except water in a food processor to form pea-sized granules of butter. Slowly add ice water until dough comes together. Divide dough into 2 round disks wrap in plastic wrap and refrigerate for at least 1 hour.

2. Roll disk on floured surface into large circle and cut 6 circles approx 5". Repeat.

3. Place pastry rounds into muffin tin. 4. Preheat oven to 400°F

Filling Method Combine ingredients in a large measuring cup mix very well and pour into tart shells; bake at 400°F for 15 minutes, turn oven off and let bake for 10 minutes; Remove from oven let stand 5 minutes before twisting tarts to release them.

The tourtière is a French-Canadian meat pie that originated in Quebec province in Canada as early as 1600.

TOURTIÈRE

Most recipes include ground pork and other ground meats. It's a traditional part of Christmas and New Year's celebrations in Quebec, but also enjoyed at other times and throughout Canada and the upper midwest and eastern USA. The word *tourtière* refers to the pastry containing meat (or fish) that was cooked in this medium-deep, round or rectangular dish.

Ingredients - Short crust pastry for a double crusted pie : 1 1/2 lb Ground Pork; 1 onion chopped; 2 cloves of garlic minced; 1 tsp salt; 1/4 tsp pepper; 1/4 tsp thyme; 1/4 tsp savoury; Pinch of ground cloves; 1 small bay leaf crumbled; 3/4 cup water.

Pastry crust ingredients - 8oz (200g) flour (all purpose or Cake and Pastry); pinch of salt; 2oz (50g) Lard (Tenderflake); 2oz (50g) hard Margarine (Imperial); 2-3 tablespoons water

Method - For the pastry: Sieve the flour and salt; rub in fat to sandy texture; make a well in centre; add sufficient water to make a fairly firm paste; use a knife or fork to start the mixture coming together, then your hands (handle lightly); roll out half of pastry for bottom of pie plate, prick with a fork; roll out second half for the top; use milk to wet the outside rim once the filling has been placed; place top pastry sheet on top and trim; pinch to seal, cut a couple of slit for steam to escape; brush top with the rest of milk.

For the pie - In a skillet of heavy saucepan lightly brown the ground pork, stirring with a fork to break the meat up; add onion, garlic, salt, pepper, thyme, savoury, cloves and bayleaf; stir; add water and cover, simmer for 15 minutes until most of the liquid is absorbed, but the mixture is still moist; pour filling into a pastry lined pie plate, cover with crust; seal and flute edges; bake in a 425 F (220C) oven for 30 minutes until pastry is well browned.



NEWCASTLE, ONTARIO, CANADA



Newcastle is a beautiful community located in the Municipality of Clarington. Clarington is one of eight Municipalities in Durham Region in southeastern Ontario, Canada. Newcastle is located about 80 km east of downtown Toronto.

SKLANDRAUSIS

Sklandrausis (also known as žograusis or dižrausis) is a traditional dish in Latvian cuisine. It is a sweet pie, made of rye dough and filled with potato and carrot paste and seasoned with caraway.

Ingredients

Dough: 250g rye flour, 0.5 glass of water, a little butter.

Potato filling: 250g potatoes, 2 teaspoons of sour cream, 0.5 egg, a little butter, salt to taste.

Carrot filling: 400g carrots, 40g butter, 2 tablespoons of sour cream, 1.5 egg, sugar to taste.



Method Potato filling: boil the potatoes and dice them, add salt and melted butter, sour cream and egg.

Carrot filling: prepare just like the potatoes, only instead of salt add sugar.

Dough: mix the ingredients and make dough. Flatten it and with a round object (a mug, for instance) cut out the round pieces approximately 10–20 cm in diameter. Then turn up the edges of the pieces of dough (1 cm).

Place the prepared dough pads on an oiled baking sheet and fill them with a thin layer of the potato filling, then put the thicker layer of the carrot filling on the potato paste.

Bake the pies at medium heat until the dough becomes dry and the carrot filling is light brown.

Serve with milk and honey or with skābputra (a fermented milk-and-barley porridge).

Latvian cuisine is typical of the Baltic region and, in general, of northern European countries. The food is high in butter and fat while staying low in spices except for black pepper, dill or grains/seeds, such as caraway seeds.

Latvian cuisine originated from the peasant culture and is strongly based on crops that grow in Latvia's maritime, temperate climate. Rye or wheat, oats, peas, beets, cabbage, pork products and potatoes are the staples. Meat features in most main meal dishes. But fish also is commonly consumed due to Latvia's location on the east coast of the Baltic Sea: smoked and raw fish are quite common. Latvian cuisine offers plenty of varieties of bread and milk products.

A lot of popular dishes in contemporary Latvia come directly from other countries, often as a result of their historical domination. For example, dishes adopted from Soviet cuisine include dressed herring (Latvian: Siļķe kažokā), various dumplings, shashlik (šāšliks) and many others.



JAUNPILS, LATVIA

The symbol of Jaunpils municipality is the magnificent 14th Century medieval castle, which together with the Lutheran church from 1592, Watermill (1802) and the 17th Century Swedish Wall forms the village's cultural historical centre.

Jaunpils Pienotava has been making dairy products for over 100 years and now produces more than 20 different type of cheese, sour cream, cottage cheese, dessert, puddings, sweet and salty curd mass.



NEWCASTLE BROWN ALE STEW

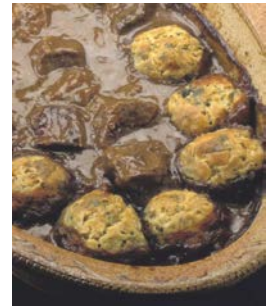
Ingredients *For The Stew* – 1 cup of Newcastle Brown Ale (or other dark ale); 1lb Diced Stewing Steak dusted with a tbsp Flour; ½ Pint Beef Stock; 1 Red Onion, Sliced; 1 Brown Onion, Sliced; 1 Beef Tomato, chopped; 2 Carrots, peeled, halved, chopped; 1 small Swede, peeled, chopped; 2 Celery Sticks, chopped; 2 Potatoes, peeled, chopped; 2 Garlic Cloves, crushed; 1 tbsp Tomato Puree; 1 tsp Paprika; 1 pinch Cayenne Pepper; 1tsp Dried Rosemary; 2 Dried Bayleaves; 1 Whole Red Chilli; Salt and Pepper; Lug Of Oil;

For The Dumplings - 100g Plain Flour; 1 ½ tsp Baking Powder; 50g Shredded Suet; 75ml Cold Water; Pinch of Salt & Pepper

Method

Preheat the Oven to 150°C. Heat a Cast Iron Casserole dish on a high heat, add the beef and fry until browned. Once browned remove the beef and set aside. Reduce heat to moderate. Add the crushed garlic, onions, potatoes and vegetables and sauté for 4-5 minutes.

Add the paprika, cayenne and rosemary, season with salt and pepper, re-add the beef with tomato puree and stir in.



Add the Brown Ale, the beef stock, and rest the bayleaves and red chilli on the top. Bring the casserole to a simmer, pop the lid on then transfer to the oven. Cook for 2 hours 40 minutes undisturbed.

To make the dumplings, combine the dry ingredients in a bowl. Gradually add the water, mixing with a fork so it becomes a dough. Using floured hands, make 8 rounded balls.

Set aside until the stew hits the 2 hour 40 mark.

Lift the stew out the oven. Place the dumplings on top of the liquid. Pop the lid back on and back in the oven for 20 minutes.

20 minutes later - Lift the stew and dumplings out of the oven. Remove the bayleaves and chilli and discard. Test for seasoning. Scoop into bowls and enjoy! Or serve with a side salad of round lettuce leaves, chopped apples, walnuts or pecans and crumbled Stilton cheese with a Caesar dressing.

“Singing Hinny”

The name comes from the high-pitched “singing” noise made when cooked on a griddle. Delicious served warm with butter.



Ingredients: Plain white flour 120g; salt; baking powder 0.5 tsp; butter 25g (salted at room temperature); lard 25g; currants 30g; milk 3 tbsp; lemon juice 1 tbsp; butter and/or honey (to serve).

Method : Put the flour, salt and baking powder into a bowl and rub in the butter and lard to make fine breadcrumbs. Stir in the currants. Mix together the milk and lemon juice and pour gradually into the dry ingredients, stirring first with a butter knife and then with your hands, to make a soft but not sticky dough. Roll into one 18cm wide circle and cut into quarters to make it easier to handle. Heat a heavy bottomed frying pan to medium hot and cook the singing hinnys for a couple of minutes each side until golden brown and firm.

Serve immediately spread with butter and honey.

NEWCASTLE UPON TYNE, ENGLAND



Located 450km north of London, 100km from the Scotland border, Newcastle is a city of around 300,000 population. It was formed in Roman times and during the industrial revolution was a major coal port and centre of shipbuilding, also a world leader in railway, brewing (Newcastle Brown Ale) and power engineering; today it is known for marine/offshore industries, digital, medical and cultural sectors - and football.

PERSIMMON PUDDING, INDIANA, USA

Dawn Mitchell on the Indy Star says "Persimmons don't look like much, but those lucky enough to have such trees have the key ingredient for classic persimmon pudding. Often called the date plum or "possum apples," the fruit is considered native to Indiana. There are other varieties of persimmon such as Asian, California or Texas, but not as sweet and fragrant as the Midwestern variety.



Ingredients for 15 servings

2 cups persimmon pulp; 2 eggs; 1 cup white sugar; 4 cups all-purpose flour;
2 teaspoons baking soda; 6 cups milk; 1 tablespoon butter

Method

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, stir together the persimmon pulp and eggs using a whisk.

Stir in sugar. Combine the flour and baking soda; stir into the persimmon alternating with milk until smooth. Pour into a large greased crock or casserole dish. Drop dabs of butter on top.

Bake for 2 hours in the preheated oven, stirring every 15 minutes.

Pudding will be dark brown when finished. Serve hot or cold.



SUGAR CREAM PIE

As Indiana's state pie, this also goes by the name of "Hoosier Pie." Born from Amish and Shaker communities that settled in Indiana in the 1800s, this "desperation pie" — a category that refers to pies made when fresh fruit wasn't available or money was short — is as simple as it is delicious says *Saveur*.

Ingredients - Pastry for single-crust pie (9 inches)

1 cup sugar; 1/4 cup cornstarch; cups 2% milk; 1/2 cup butter, cubed
1 teaspoon vanilla extract; 1/4 teaspoon ground cinnamon

Method

Preheat oven to 450°. Roll out pastry to fit a 9 inch pie plate. Transfer pastry to pie plate. Trim pastry to 1/2 in. beyond rim of plate; flute edge. Line unpricked pastry with a double thickness of heavy-duty foil. Fill with pie weights, dried beans or uncooked rice. Bake 8 minutes. Remove foil and weights; bake 5-7 minutes longer or until light brown. Cool on a wire rack. Reduce oven setting to 375°.

Meanwhile, in a large saucepan, combine sugar and cornstarch; stir in milk until smooth. Bring to a boil. Reduce heat; cook and stir 2 minutes or until thickened and bubbly. Remove from heat; stir in butter and vanilla. Transfer to crust; sprinkle with cinnamon. Bake 15-20 minutes or until golden brown.

Cool on a wire rack; refrigerate until chilled.

NEW CASTLE, INDIANA, UNITED STATES OF AMERICA



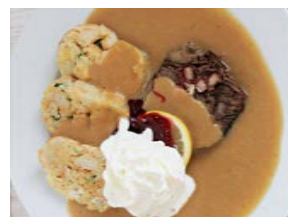
New Castle is a city in Henry County, Indiana, 44 miles (71 km) east-northeast of Indianapolis, on the Big Blue River. The city is the county seat of Henry County, is home to the Indiana Basketball Hall of Fame and to the museum dedicated to Wilbur Wright, one of the pioneers of flight, and is the birthplace of the famous pop artist Robert Indiana.

SIRLOIN IN CREAM SAUCE WITH DUMPLINGS

Ingredients for 10 portions of dumplings: milk 650 ml; yeast 30g; granulated sugar 20g; whole-meal flour 1400g; 4 eggs; salt 20g

Method: Prepare a piece of barm made of warmish milk, sugar, 1/3 of flour and yeast. Put egg mashed in milk, salt and barm into the rest of flour, blend well and create a slick, non-sticky dough, which is to be left to rise. Roll the dough so you will get a thick slice (10-15 mm), cut out small round loaves and let them rise. Put the risen loaves into boiling salty water for 10-12 minutes and keep turning them. As soon as loaves are ready, take them out and prick with a fork to release the steam and protect loaves from shrinking.

Sirloin in cream sauce. **Ingredients:** beef meat 1500g; smoked bacon 100g; salt 40g; oil 100 ml; milled spices 1.5g; root vegetables 250g; onions 100g; bay leaf and thyme 1g; whole spice and allspice 2g; lemon 50g; vinegar 50ml; granulated sugar 30g; broth 500ml; white wine 150ml; butter 50g; smooth flour 100 g; full-fat mustard 50ml; cream 500ml



Method: Chop tenderised, washed and dried meat. Cover the meat with bacon, add salt and spices. Fry fat on both sides and remove. Put in sliced vegetables, onions, sugar, bay leaf, thyme, mashed spice and allspice and let fry for a while. Add a small amount of broth and wine and heat shortly. Finally, put in the meat and cook until soft. Take the soft meat out. Thicken the gravy with roux made of butter and flour, stir, add mustard, the rest of the broth and cook for 20 minutes. Add cream at the end. Then sieve the sauce, add salt, vinegar, sugar and cook shortly.

POTATO PASTRY WITH POPPY SEED, PLUM JAM AND BUTTER



Ingredients for 10 portions

Potatoes boiled in peel – 1560 g
Salt – 40 g
Eggs – 2 pcs
Whole-meal flour – 420 g
Semolina – 200 g
Water – as necessary
Breadcrumbs – 420 g
Powder sugar – 250 g
Butter – 250 g
Plum jam – 200 g
Poppy seed – 200 g

Method Boil and mash the potatoes.

Add salt, eggs, semolina, flour and make a stiffer dough.

Roll the dough to 1,5 cm thickness. Cut out 1,5 cm wide noodles and roll them. Put noodles into softly boiling salty water and stir. Drain cooked noodles and sprinkle with fried breadcrumbs.

Cover with poppy seed, plum jam and butter. Decorate with a piece of orange and mint.

NOVÉ ZÁMKY, SLOVAKIA



Nové Zámky is a town (population 42,000) in southwestern Slovakia, on the Nitra river, 100km from the national capital Bratislava. From the second half of the 10th century until 1918, it was part of the Kingdom of Hungary.

PENNSYLVANIAN STEAK SALAD

(Chicken or Fish can be substituted)

Ingredients 1 1/2 pounds sirloin steak; 2 tablespoons vegetable oil; Crisco Pure Vegetable Oil 48 Fl Oz; salt and ground black pepper to taste; cooking spray; French fried potatoes 13 ounces; romaine lettuce, torn; 1 cucumber, sliced; 2 hard-boiled eggs, peeled and sliced; tomatoes cut/quartered or diced; 1 1/2 cups croutons; Black Medium Pitted Ripe Olives 6 Oz; 1 cup shredded mozzarella cheese

Method Rub sirloin steaks with vegetable oil and season with salt and pepper. Let the steaks warm at room temperature for 30 minutes.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

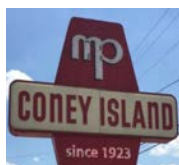
Preheat oven to 400 degrees F (200 degrees C). Prepare baking sheet with cooking spray.

Spread French fries onto the prepared baking sheet. Bake French fries in the preheated oven until slightly browned.

Cook steaks on preheated grill until beginning to firm and are hot and slightly pink in the center, 6 to 8 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Remove steaks to a cutting board.

Mix romaine lettuce, cucumber, and egg together in a salad bowl. Pile French fries atop the salad mixture.

Cut steaks into bite-size pieces and arrange atop the French fries. Sprinkle croutons and mozzarella cheese over the entire salad.



HOT DOG CAPITAL !

New Castle PA is the "Hot Dog Capital of the World" and if you try the chili dogs you'll know why ! These are the product of Greek immigrants who came to New Castle in the early 1900s and established restaurants along with their homes.



Try Coney Island Hot Dogs - since the early 1920s, Coney Island has been serving their famous hot dogs via their downtown New Castle, PA location. Historians remember cooks stacking up to 20 hot dogs on their forearms in order to speed up the addition of condiments (it gets that busy!)

NEW CASTLE PENNSYLVANIA, UNITED STATES OF AMERICA



New Castle is a city in (and the county seat of) Lawrence County, Pennsylvania, on the Shenango river, 50 miles (80 km) northwest of Pittsburgh and near the Pennsylvania–Ohio border, with population of 23,000. It is the commercial center (once a huge producer of tin plate) of a fertile agricultural region. It's known as the "Fireworks Capital of America" and has many beautiful, historic buildings.

LAMINGTON

The lamington is often referred to as the "National Cake of Australia" and is one of Australia's favourite icons. This square-shaped sponge cake is coated in a layer of chocolate icing and desiccated coconut. It sometimes comes in two halves with a layer of cream or jam in the middle. Found commonly throughout cafes as a perfect accompaniment to tea and coffee, it's also often baked for fundraisers.

Ingredients

- 125g butter, softened
- 1 cup caster sugar
- 1/2 teaspoon vanilla extract
- 3 eggs
- 1 3/4 cups self-raising flour, sifted
- 1/2 cup milk
- 2 cups desiccated coconut
- ICING**
- 3 1/2 cups icing sugar mixture
- 1/4 cup cocoa powder
- 1 tablespoon butter, softened
- 1/2 cup boiling water



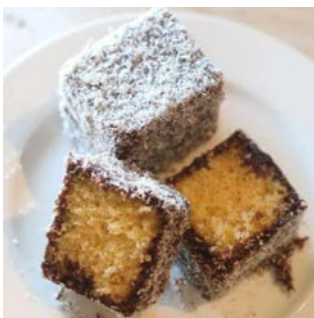
Method

Step 1

Preheat oven to 180°C/160°C fan-assisted. Grease a 3cm -deep, 20 cm x 30 cm (base) lamington pan. Line with baking paper, leaving a 2 cm overhang on all sides. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition (mixture may curdle).

Step 2

Sift half the flour over butter mixture. Stir to combine. Add half the milk. Stir to combine. Repeat with remaining flour and milk. Spoon into the prepared pan. Smooth top. Bake for 30 minutes or until a skewer inserted in the centre comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack. Cover with a clean tea towel. Set aside overnight.



Step 3

Make icing: Sift icing sugar and cocoa into a bowl. Add butter and boiling water. Stir until smooth.

Step 4

Cut cake into 15 pieces. Place coconut in a dish. Using a fork, dip 1 piece of cake in icing. Shake off excess. Toss in coconut. Place on a wire rack over a baking tray. Repeat with remaining cake, icing and coconut. Stand for 2 hours or until set. Serve.

NEWCASTLE
AUSTRALIA



NEWCASTLE, NEW SOUTH WALES, AUSTRALIA

Newcastle, Australia's seventh largest city, is 160 km north of the capital Sydney in the heart of the Hunter region. Australia's second-oldest city, bound by a working harbour and glorious surf beaches, it was forged from coal and timber, and Newcastle's port remains the world's biggest coal export terminal.

KHACHAPURI

This is the Republic of Georgia's national dish, a delicious 'cheese bread'. There are regional variations - most begin with yeasted, white wheat flour dough, but they can be mixed to different consistencies. There are two main types of Khachapuri – Imeretian, which is round and shaped like a pizza – and Adjarian, which is shaped like a boat and topped with pats of butter and raw egg to create a rich, gooey sauce. Because it's hard to get Georgian cheeses outside the country, use a mixture of low moisture mozzarella and crumbled feta, which comes very close to the traditional recipe.

Ingredients for the dough: 1 tsp salt; 1 tsp yeast; 1 tbsp sugar; 3 1/2 cup flour; 1 cup water; 1/2 cup milk; 1 tbsp oil. **for the filling:** 1 1/2 cup Farmers cheese (dry curd cheese or pressed cottage cheese); 1 1/2 cup Shredded mozzarella; 1 1/2 cup Feta cheese; 4 eggs + 1 for egg wash; Butter (optional)



- Method**
1. In the bowl of a stand mixer combine the salt, yeast, sugar, and flour.
 2. Heat water and milk to about 115 °F and pour it into the bowl of dry ingredients.
 3. Begin kneading the dough with the hook attachment until it is smooth and elastic.
 4. Add the oil into the dough and knead for another minute.
 5. Drizzle a little olive oil onto the bottom and sides of a deep bowl. Place the dough inside the bowl and cover with plastic wrapping. Set the bowl in a warm place until the dough doubles in size, about 1 hour.
 6. Remove the plastic wrap and press into the dough a few times with your hands. Cover with plastic wrap once more and let it sit in a warm place for another 30 minutes.
 7. Meanwhile, combine the farmers cheese, feta, and mozzarella in a bowl.
 8. Remove the dough from the bowl, place on floured surface and cut into 4 equal pieces.
 9. Spread each piece of the dough into a circle about 9 inches in diameter. Then roll two opposite sides of the circle towards the centre so it ends up having a boat-like shape. Then pinch the corners together.
 10. Transfer the khachapuri onto a baking sheet lined with greased parchment paper.
 11. Stuff each khachapuri with the cheese mixture. Beat 1 egg with a teaspoon of water, then brush the dough with egg wash.
 12. Bake at 450°F in preheated oven for 15 minutes or till the crust is a golden brown.
 13. Make a well in the centre of each khachapuri with the back of a spoon (about 7cm in diameter) and drop 1 egg into each well. Add a few small pieces of butter into the cheese.
 14. Return the khachapuri to the oven; bake for another 5-6 minutes. The egg white should be white but still pretty runny. It will cook further as it sits in the hot cheese. When serving, mix the cheese and egg with a fork and serve immediately.

Do you want more to try? **Tatarberak** - dumplings with yoghurt and onions - is a popular dish of the Samtskhe-Javakheti Region in southern Georgia, where Akhaltsikhe is located. Or roasted aubergine (eggplant) strips, served flat and topped with walnut paste - sweet *and* savoury.

Read more in a beautiful book called "*Be My Guest*" written by Anna Saldadze, assisted by David Gigauri, a London-based Georgian who first introduced Akhaltsikhe to Newcastle of the World. The authors tell us that "Georgia has always been a leader in the arts of hospitality, food and wine" and that the famous poet Alexander Pushkin said "Every Georgian dish is a poem"!



AKHALTSIKHE, REPUBLIC OF GEORGIA

Akhaltsikhe is in Georgia's Samtskhe-Javakheti (south western) region, on the river Potskhovi, separating the old city in the north, dominated by the magnificent Rabati fortress, and new town in the south.

STAFFORDSHIRE LOBBY

Besides the Staffordshire oatcake and the Wrights Pie, Lobby is one of Staffordshire's most beloved culinary exports.

Traditional Staffordshire Lobby is essentially a stew with a twist, and it's delicious. Many people associate broths of this kind with winter, but Lobby is a versatile dish and is equally satisfying on a hot summer's day.

Traditionally, Staffordshire Lobby was eaten by poorly paid potters as it was cost-effective as well a great way of using leftover ingredients hanging around in the cupboards. But despite its humble roots, the recipe has been refined over the years to make a communal dish that is loved county-wide, and even country-wide.

Ingredients - Serves four

One pound of stewing or braising steak with the fat removed and cut into small chunks
A generous handful of Pearl Barley
One diced onion
Four large diced potatoes
One diced swede
Four celery sticks chopped into chunks
Four roughly chopped carrots
Two beef stock cubes



Method

Preparation time: 20 minutes

Cooking time: Five hours

One. Prep the ingredients as advised.

Two. Add all of the above the ingredients into a slow cooker and cover with boiling water.

Three. Stir well to combine everything.

Four. Leave to cook for around five hours.

Five. Season to taste and serve in large bowls with chunky, buttered brown bread.



NEWCASTLE-UNDER-LYME, STAFFORDSHIRE, ENGLAND

Newcastle-under-Lyme is a market town in North Staffordshire close to the city of Stoke-on-Trent. Keele University is within the borough boundary. The town excels in the Royal Horticultural Society's Britain in Bloom competition.

ONE MORE FOR THE POT !

Pickled Eisbein, with Sauerkraut

Eisbein (literally: "ice leg", cf. ischium) is a German culinary dish of pickled ham hock, usually cured and slightly boiled. The word comes from the bone which was once used for blades of ice skates. In Southern parts of Germany, the common preparation is known as Schweinshaxe, and it is usually roasted. The Polish dish golonka and Swedish dish fläsklägg are very similar, alternatively grilled on a barbecue; another similar dish is the Swiss Wädli and the Austrian Stelze.

Eisbein is usually sold already cured and sometimes smoked, and then used in simple hearty dishes. Numerous regional variations exist, for example in Berlin it is served with pease pudding. In Franconia, Eisbein is commonly served with mashed potatoes or sauerkraut, in Austria with horseradish and mustard instead.

Sweet cabbage and **sauerkraut** are part of the traditional ingredients of South Bohemian cuisine.

The village of Roudné in the area of České Budějovice and the surroundings of Balkova Lhota in the Tábor area became famous in South Bohemia for growing cabbage. Due to the soil composition of the area, this vegetable grows really well here. Great baked cabbage cakes or potato pancakes in the Kaplice style with sauerkraut and smoked meat must satisfy every gourmet's tastes.

Ingredients: 1/2 cabbage, 5 potatoes, 1 egg, a dish of pork greaves (pork rind/skin), lard, fresh herbs - chervil and lovage, 1 cup of sour cream (flavour with ground sweet paprika, can be also hot), salt, pepper, cumin.

Method Melt lard in a pan, add chopped cabbage and raw potatoes chopped into cubes. Season with salt, pepper and cumin; roast in a pan until the potatoes get soft. Add chopped greaves and warm them up for a while. Take off the flame and mix separately the cream, chopped herbs and egg. Mix all well and put in a roasting tin. Bake at 200°C for 10 minutes.



Special Feature: Miroslav Dušek and Restaurace u Míry

Chef and caterer Miroslav Dušek was one of the host team for the Newcastles of the World conference in 2014 in Nové Hradky in the Czech Republic. Soon afterwards he opened a restaurant inside the conference venue, the 200 year-old Chateau Buquoy – the “new castle” of the town.

Now, his *Restaurace u Míry* is on the town's main square.

Miroslav left what was then Czechoslovakia at the age of 17, for the first two years in Zurich, Switzerland where he began working as an assistant to a fashion photographer. But he wanted see the world.

“When I left for New York, I had an armful of letters of recommendation, but to succeed in New York as a photographer is not easy, so I went back to what I knew best from my father. I had worked with dad in restaurants and cafeterias - he loved cooking and taught me many things. So I started looking for work in kitchens”. “I later went to Florida - I was a culinary adventurer. For ten years I worked in the best catering company in Miami, which had an excellent reputation. We cooked for US presidents Clinton and Obama, famous basketball players, also for singer Gloria Estefan. I learned to cook dishes from different countries”.

Back in the Czech Republic he opened the Rotunda restaurant in the castle.

“I finally had a professional kitchen and new restaurant” he says – and now right in the centre of town. His ambition continues to be that all his food is made with local ingredients from local suppliers.

Make sure you visit beautiful South Bohemia one day, and head for the Restaurace u Míry. We're sure you'll enjoy the food that Miroslav will prepare – and his stories too.

We hope that you enjoy trying out the recipes in this cookbook - some of the special dishes of the cities, regions and countries of our different "Newcastles". It's just one of the projects of Newcastle of the World - you can read about our alliance of the Newcastles below or find out more on our website.

Before you start on the recipes, you may like to check out this **UNIT CONVERTER**

1 ml = 1/5 teaspoon; 5 ml = 1 teaspoon; 15 ml = 1 tablespoon;

100 ml or 1 litre = 3.4 fluid oz or 35 ounces; 240 ml = 1 cup

1 litre = 35 fluid oz or 4.2 cups or 2.1 pints = 1.06 quarts or 0.26 gallon; (1 pint = 473 ml)

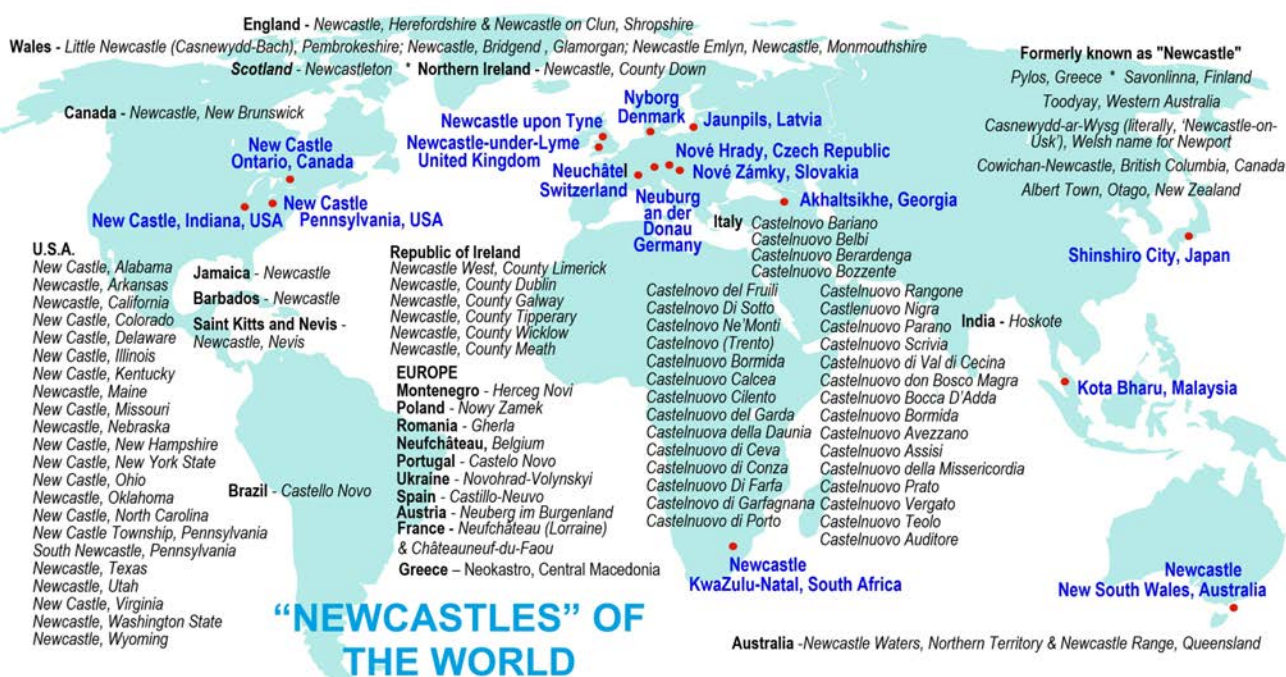
1 cup = 16 tablespoons or 48 teaspoons or 8 fluid ounces (fl oz) or 240 ml

1 gm = 0.035 ounce; 100 grams = 3.5 ounces; 500 grams = 1.10 pounds; 1 kilo = 2.205 pounds

1 ounce (oz) = 28 gm; 10 oz = 284 gm; 25 oz = 708 gm; 50 oz = 1417 gm or 1.427 kilograms.

ABOUT NEWCASTLES OF THE WORLD

This map represents the "ingredients of "Newcastles of the World" !



There are more than 100 different "Newcastles" or New Castles" around the globe, in many different countries and in many different languages. It was the mayor of one of them, Yoshio Yamamoto of Shinshiro, Japan, who took the initiative to bring the Newcastles together via the Newcastles of the World summit, the first taking place in Japan in 1998.

Subsequent gatherings were held in Neuchâtel, Switzerland 2000, USA (New Castles of Indiana & Pennsylvania) 2002, Newcastle South Africa 2004 and 2010, UK 2006 (Newcastle-under-Lyme) and 2012 (Newcastle upon Tyne), Neuburg, Germany in 2008, the Czech Republic (Nové Hradky) in 2014 and Newcastle, Ontario, Canada in 2016.

The 2018 conference, back in Shinshiro, marks the 20th anniversary of Newcastles of the World.

Our aim is to foster links of friendship and to promote mutually-beneficial, collaborative working in the fields of culture, education, business and tourism.

We also promote links between young people in our Newcastles, and we held our first dedicated youth conference in Shinshiro in December 2017.

CONTACT NEWCASTLES OF THE WORLD www.newcastlesoftheworld.com



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If you check out this link you can read more about what Newcastles of the World does -

<https://newcastlesoftheworld.files.wordpress.com/2018/07/newcastles-of-the-world-article.pdf>

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And check out who is your contact in our main Partner Newcastles - <https://newcastlesoftheworld.com/your-contacts-in-our-newcastles/>