

#EURESjobs
#EURES30

30 YEARS OF
EURES

Cookbook

2024 edition

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For three decades, EURES has been changing the lives of Europeans by helping individuals discover jobs in Europe and employers find staff.

Moving abroad can be a great experience, offering people the chance to sample a new cultural, social and economic way of life in another country.

In this #EURES30 Cookbook, you can find 31 traditional recipes prepared by advisers from all over EEA countries and Switzerland to give you a taste of their national cuisines. Are you ready to embark on a culinary journey with EURES?

WHAT IS EURES?

EURES was established in 1994 to help European citizens find work in another country in the European Economic Area (EEA) or Switzerland. The purpose of EURES is to provide information, advice, and recruitment/placement (job matching) services for workers and employers, as well as any citizen wishing to benefit from the principle of the free movement of persons.

At European Level, EURES is:

1. A collaboration between public and private employment services in all EEA countries and Switzerland;
2. The EURES jobs portal, which features a European database of job opportunities and hosts a CV database for European jobseekers;
3. A network of nearly 1 000 specially trained EURES Advisers.



EURES Advisers provide valuable information and advice on job searching in Europe, helping **jobseekers** connect with potential employers. They also offer practical guidance on living and working conditions in other EU/EEA countries, as well as pre- departure and on-arrival advice.

Employers who have difficulty recruiting staff or who wish to broaden their skill base can get access to jobseekers in other EEA countries and Switzerland with help from EURES. EURES Advisers are available to assist employers by offering expert advice on recruiting in Europe for specialised or hard-to-fill vacancies.

For more information on EURES services, visit:

<https://eures.europa.eu>



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AUSTRIA WIENER SCHNITZEL

Prepared by Helga Steinberger and EURES Austria



4 pax.



30 min



Medium

The delicious legacy of Wiener Schnitzel

Wiener Schnitzel, Austria's beloved breaded and fried veal cutlet, hails from Vienna. Its origins are debated – some say it came from Italy in the 19th century, while others believe it evolved locally. This classic dish became a staple in Austrian cuisine and a global favourite. Traditional Wiener Schnitzel uses veal, with variations labelled “Schnitzel Wiener Art” for pork or chicken. Enjoy this tasty slice of history!

Ingredients:

- 4 veal cutlets (about 150-200 g each)
- Salt
- Flour
- 2 eggs
- Bread crumbs
- Butter or lard (for frying)
- Lemon wedges (for serving)

Preparation

1. Pound the veal cutlets to an even thickness of about 4-5 mm and lightly season with salt.
2. Prepare three shallow dishes: one with flour, one with beaten eggs, and one with bread crumbs.
3. Dredge each cutlet first in the flour, shaking off any excess.
4. Dip the cutlets into the beaten eggs, ensuring they are fully coated.
5. Press the cutlets into the bread crumbs for an even coating, keeping it light and fluffy.
6. Heat a generous amount of butter or lard in a large skillet over medium-high heat until hot but not smoking.
7. Fry the cutlets one or two at a time (depending on the size of your skillet) for about 2-3 minutes on each side until golden brown and crispy.
8. Remove the cutlets and let them drain on paper towels.
9. Serve immediately with lemon wedges for garnish.
10. Traditionally, Wiener Schnitzel is accompanied by potato salad, cucumber salad, or parsley potatoes.

Austria offers a high quality of life for residents and expatriates. Vienna, the capital, blends rich culture, history, and modern design. Austrians enjoy a 40-hour workweek, five weeks of paid vacation, and excellent healthcare. The country is safe, with low crime rates. From Innsbruck's Alpine charm to Salzkammergut's serene beauty, Austria has stunning landscapes. Moreover, the comprehensive social system provides a reliable safety net.

Want to know more?

For information on EURES services in Austria for jobseekers and employers, up-to-date information on living and working in Austria, or contact details for EURES Advisers in Austria, visit eures.europa.eu





BELGIUM

BELGIAN FRIES

Prepared by Florence Lamoline



4 pax.



35 min



Easy



Gluten Free

Ingredients:

- 750 g to 1 kg of bintje potatoes
- White beef fat

The crispy delight of Belgian cuisine

Belgian fries are an essential part of Belgian cuisine, served in chip shops, “fritkot” and “friterie” throughout the country. Renowned for their exceptional taste and crispy texture, these fries are a beloved treat. They can be enjoyed on their own or as a delicious side dish, adding a perfect crunch to any meal. The unique double-frying method gives Belgian fries their signature crispiness, making them a must-try for anyone visiting Belgium.

Preparation

1. Peel the potatoes and wash them under running water.
2. Cut the potatoes into square sticks, approximately 1 cm on each side.
3. Place the sticks on a clean cloth (lightly rinse the potatoes as you need to retain the starch).
4. Heat the beef fat in a deep fryer until it reaches 150°C.
5. Place half the fries in the basket and place them in the fryer.
6. Cook for 5 to 6 minutes.
7. Remove the basket from the fryer and drain the fries.
8. Place the fries on kitchen paper and let them rest for at least 30 minutes.
9. Repeat for the remaining fries.
10. Prepare for the second fry: raise the temperature of the deep fryer to 190°C.
11. Return the fries to the basket and place them in the fryer.
12. Fry until they achieve a golden colour (about 2 to 3 minutes).
13. Remove the basket, drain, and shake well.
14. Place the fries in a dish covered with kitchen paper.
15. Season with salt and serve hot.

Belgium is a small multilingual and multicultural country with a complex structure. There are four public employment services in Belgium: VDAB in Flanders, Actiris in the Brussels-Capital Region, ADG in the German-speaking Community, and Forem in the French-speaking Walloon Region. The labour market is dynamic and offers very good working conditions. The quality of life is high, with good infrastructure and high-quality healthcare.

Want to know more?

For information on EURES services in Belgium for jobseekers and employers, up-to-date information on living and working in Belgium, or contact details for EURES Advisers in Belgium, visit eures.europa.eu





Preparation

1. Grate the carrots and finely chop the onion.
2. Put them in a pan with oil and stew until softened.
3. Add the red pepper, water, salt, and rice.
4. Stir until the rice cooks and the water reduces.
5. Add tomato paste, black pepper, spices, and parsley.
6. Fill the peppers with the stuffing mixture and arrange in a deep baking dish.
7. Add water until the peppers are almost covered, sprinkle with a pinch of salt, and bake for 30-40 minutes.
8. Serve the stuffed peppers while warm and garnish with yoghurt if desired.

Bulgaria is attracting remote workers with its expanding network of shared workspaces, fast internet, and diverse landscapes. Hosting career forums and boasting WTTC safety accreditation, Bulgaria offers rich historical sites, varied cuisine, and easy access to both seaside and mountain retreats, making it an ideal European destination for work and leisure.

Want to know more?

For information on EURES services in Bulgaria for jobseekers and employers, up-to-date information on living and working in Bulgaria, or contact details for EURES Advisers in Bulgaria, visit eures.europa.eu



BULGARIA

STUFFED PEPPERS

Prepared by EURES Bulgaria Team



5-6 pax.



30 min



Medium



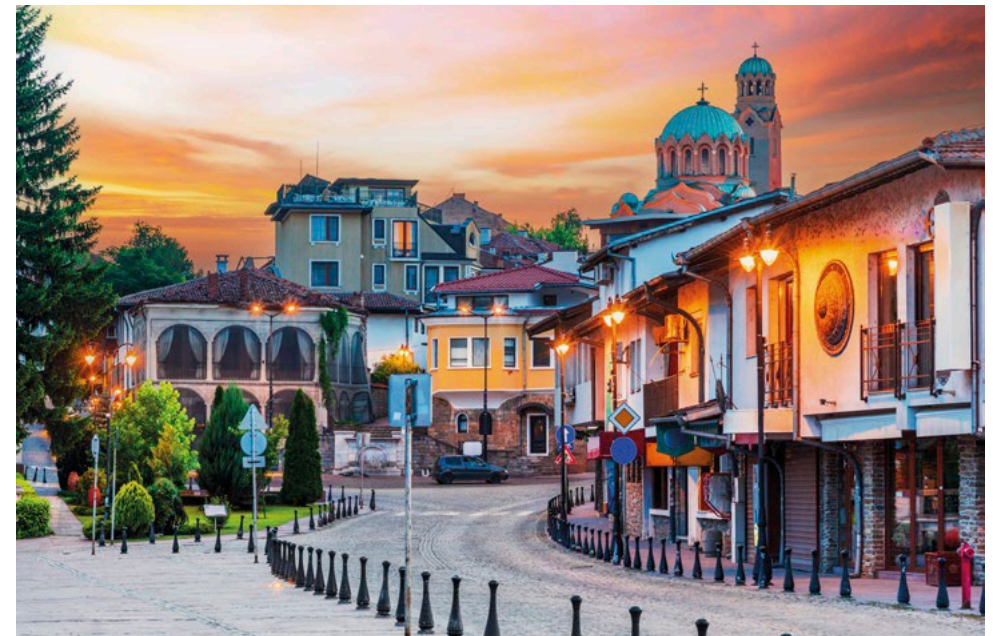
Gluten Free

A burst of Bulgarian flavour

Stuffed peppers are a beloved Bulgarian classic, packed with a delicious mix of minced meat, rice, veggies, cheese, and egg. Whether you use fresh peppers in summer or dried ones in winter, this dish promises a comforting medley of flavours, seasoned with savoury spices like black pepper. Its versatility makes it ideal for cosy family dinners or festive gatherings, capturing the essence of Bulgarian culinary heritage with every bite.

Ingredients:

- 10 red peppers (fresh or frozen)
- 4-5 tablespoons (tbsp) of tomato paste
- Fresh onion – 1 head and 5-6 stalks
- Red pepper
- 300 g rice
- Salt to taste
- 2 carrots
- Oil
- Spices
- Black pepper to taste
- Parsley





CROATIA

BAKED CHEESE ŠTRUKLI

Prepared by Petar Pavrlišak



5-6 pax.



120 min



Medium

A Croatian culinary gem

Štrukli is a beloved traditional Croatian dish, especially famous in northern regions like Zagorje. It features thin dough filled with delicious ingredients, like cheese, and can be prepared either by boiling or baking. Štrukli can be eaten as a savoury treat or transformed into a delightful dessert by filling it with sweet ingredients such as apples or other fruits. It is a versatile dish that captures the heart of Croatian culinary heritage.

Ingredients:

For the dough:

- 500 g all-purpose flour
- 1 egg
- 1 teaspoon (tsp) salt
- 250 ml lukewarm water
- 2 tbsp vegetable oil

For the filling:

- 500 g fresh cottage cheese or ricotta
- 2 eggs
- 1 tsp salt
- 200 ml sour cream

For baking:

- 200 ml sour cream
- 50 g melted butter

Instructions

1. Prepare the dough: in a large bowl, mix the flour and salt. Make a well in the centre and add the egg, oil, and lukewarm water.
2. Knead until you have a smooth and elastic dough. Cover with a damp cloth and let it rest for about 30 minutes.
3. To prepare the filling, mix the cottage cheese or ricotta, eggs, salt, and sour cream until well combined.
4. Assemble the štrukli: roll out the rested dough on a floured surface as thinly as possible (you should be able to see through it).
5. Spread the filling evenly over the dough.
6. Roll the filled dough into a log.
7. Cut the log into 10-12 pieces.
8. To bake the štrukli, preheat the oven to 180°C.
9. Place the pieces in a greased baking dish.
10. Pour the sour cream over the štrukli and drizzle with melted butter.
11. Bake for about 30-40 minutes or until golden brown.

Croatia, in Southeast Europe, is a fantastic mix of rich cultural heritage and modern comforts. Its booming economy, especially in tourism and IT, offers great opportunities for career growth. With a stunning Adriatic coastline, a pleasant climate, and a history that stretches back to ancient times, Croatia is incredibly appealing. Plus, its strategic location in Europe makes it a perfect base for travel and business. Croatia truly blends professional opportunities with an attractive lifestyle, making it a top choice for many.

Want to know more?

For information on living and working in Croatia, EURES Croatia offers services for jobseekers and employers, as well as contact details for the EURES Croatia team, visit: eures.hzz.hr





CYPRUS KOUPEPIA

Prepared by Maria Ioakeim



4 pax.



120 min



Medium



Gluten Free

Authentic Cypriot goodness

Koupepia, also known as stuffed vine leaves, is a delicious Cypriot dish. These tasty rolls are filled with a flavourful mix of minced meat, rice, onions, tomatoes, and fresh herbs like mint and parsley. Cooked in a tangy tomato sauce, koupepia is a beloved comfort food in Cyprus, perfect for family gatherings or as a delightful appetiser. It offers a taste of Mediterranean flavour with every bite!

Ingredients:

- Vine leaves (about 50-60)
- 1 kg of ground pork
- 2 cups of tomato juice (fresh or canned tomato)
- 2 large onions chopped finely
- 1 cup of lemon juice
- ½ cup of olive oil
- ½ cup of water
- ½ cup of dry wine (red or white)
- 1½ cups of rice
- 1 cup of fresh parsley
- Cinnamon
- Dried Mint
- Salt
- Pepper

Preparation

1. Finely chop the onions and sauté in olive oil until translucent.
2. Add minced meat with the water and cook until the water is almost absorbed.
3. Mix in ½ of the tomato juice, ½ of the lemon juice, and all of the wine.
4. Add a pinch of cinnamon, dried mint, salt, and pepper.
5. About 5 minutes before finishing, add the rice and parsley.
6. Place a vine leaf (vein side up) on a dish, add a large spoonful of the mixture in the centre, fold the sides, and roll, leaving space for the rice to expand.
7. Oil the bottom of a pot, cover with vine leaves, and arrange the rolled koupepia in a circular pattern.
8. Pour the remaining lemon juice, tomato juice, and olive oil over the koupepia.
9. Place a plate face down on top of the koupepia and cook for 60 minutes on a medium heat.

Imagine a vibrant island where history, culture, and natural beauty blend seamlessly with a dynamic lifestyle and warm hospitality. Welcome to Cyprus, a haven in the Mediterranean, known for its sunny climate, stunning beaches, and rich archaeological treasures. As the fifth safest country globally and the second safest in Europe, Cyprus offers a secure environment for both work and leisure. Whether you're drawn to its bustling cities or tranquil villages, Cyprus promises a delightful mix of modern amenities and traditional charm. Join us in Cyprus, where every day brings new opportunities and a relaxed, laid-back lifestyle awaits.

Want to know more?

For the latest on EURES services in Cyprus for jobseekers and employers, current insights on living and working in Cyprus, or to connect with EURES Advisers in Cyprus, visit: www.eures.gov.cy





CZECH REPUBLIC
UTOPENCI

Prepared by Jana Fojtíková and Soňa Šlapáková



4-6 pax.



30 min



Easy



Gluten Free

The spicy taste of the Czechia

Indulge in the flavours of Czech cuisine with Utopenci, a hearty dish featuring finely minced sausages and tangy pickled onions. This savoury treat is seasoned with mustard, ground pepper, and a hint of spicy red pepper for a kick. Served with crunchy strips of white cabbage, Utopenci offers a satisfying blend of textures and tastes that makes it perfect for gatherings or a casual snack. Easy to prepare and bursting with flavour, it is a must-try dish that brings a taste of Czech tradition to your table.

Ingredients:

- 10 sausages (made of finely minced meat)
- 8 onions
- 4 tbsp of mustard
- Ground pepper
- Hot/red peppers to taste
- 1 small head of white cabbage, cut into thin

For the brine:

- 1 litre of water
- 200 ml of fermented vinegar (a little bit more if needed)
- 2 tbsp of granulated sugar
- 1 tsp of salt
- 5 allspice balls
- 8 peppercorns
- 1 pinch of chilli
- 5 bay leaves

Preparation

1. Peel the sausages and cut them lengthwise without separating them completely.
2. Cut the onion into halves and then into quarters.
3. Mix the mustard, pepper, and a pinch of salt, and rub this mixture over the sausages.
4. Layer the sausages, onions, cabbage, and hot peppers in a 3 litre container.
5. Boil 1 litre of water with vinegar, salt, sugar, and spices for the brine. Let it cool slightly, then pour over the sausages in the container.
6. Seal the container and leave at room temperature for 5 days before refrigerating. Serve with fresh bread and beer.

The Czech Republic is based in central Europe and is among the fifteen safest countries in the world. It has a state health insurance system and you can study at the university up to the age of 26 for free. The Czech Republic has the lowest unemployment rate in the EU, but we do get up early as hell to start working. You don't only have to visit Prague: the countryside is filled with forests, lakes, national parks, and amazing small towns. The countryside also has stunning castles. And don't forget to say "ahoj" when meeting someone!

Want to know more?

Go to our website and read more about the living and working conditions in the Czech Republic. You can get in touch with our EURES Advisers to ask for more information. Visit: eures.europa.eu





DENMARK

STEGT FLÆSK

Prepared by Andreas Waaben



4 pax.



80 min



Medium

Crunchy, savoury, Danish perfection

Dive into Stegt Flæsk, Denmark's national dish that combines crispy pork belly with a smooth parsley sauce and boiled potatoes. This delightful meal is cherished for its satisfying crunch and savoury taste, making it a go-to for both everyday meals and special gatherings. Easy to prepare and bursting with flavour, Stegt Flæsk is a true Danish treat!

Ingredients:

- 1 kg pork belly
- 1/2 lemon
- 1 tsp sea salt flakes
- 800 g baby new potatoes washed

For the parsley sauce:

- 25 g butter
- 3 tbsp flour
- 240 ml milk
- 30 g bunch parsley leaves chopped
- Freshly grated nutmeg to taste
- Salt to taste
- Pepper to taste
- 60 ml cream

Preparation

1. Season the pork belly well with sea salt and place in the middle of the oven for 20-25 minutes or until the skin blisters.
2. Turn the slices over and continue roasting for another 10 minutes until it is crisp.
3. For extra crispy crackling, score the pork belly skin, rub with sea salt, and leave in the fridge overnight. Bring to room temperature before roasting.
4. When the meat is almost ready, place the potatoes in a pot, cover with water, and add a dash of salt. Boil and simmer for 20 minutes until softened.
5. Once the meat is done, remove from the oven and let rest for 10-15 minutes. Then slice into thin slices.
6. To make the parsley sauce: melt butter in a pan over medium heat.
7. Stir in flour with a whisk to form a roux.
8. Gradually add milk while stirring, then add cream and simmer until the sauce thickens (about 5-10 minutes).
9. Add chopped parsley and nutmeg, season with salt and pepper.
10. Serve the pork cracklings with boiled potatoes and plenty of parsley sauce. Add steamed or roasted vegetables on the side if desired.

Denmark offers compelling reasons to live and work here. It boasts the world's best work-life balance, emphasising productivity and providing ample vacation days. Education, including college, is free, paid for through taxes, relieving the burden of loans. Denmark consistently ranks among the safest places to live, with low crime rates and minimal gun violence. Public healthcare is fully covered, from doctor's visits to surgeries and medications. The country invests heavily in public transport, ensuring clean buses, trains, and extensive bicycle lanes for eco-friendly commuting. Denmark also features beautiful parks and outdoor spaces, perfect for enjoying nature and exploring its numerous islands.

Want to know more?

For the latest on EURES services in Denmark for jobseekers and employers, current insights on living and working in Denmark, or to connect with EURES Advisers, visit: workindenmark.dk





30
YEARS OF
EURES

ESTONIA

GRILLED VENDACES WITH FRESH SALAD AND POTATOES

Prepared by Margit Ivanov and EURES Estonia



4 pax.



20 min



Easy



Gluten Free

A fresh taste of Estonian summer

Estonia's culinary traditions are deeply rooted in its diverse seasons and unspoiled natural surroundings. The art of preserving vegetables, mushrooms, and berries, and the authentic use of fresh, seasonal ingredients are fundamental aspects of Estonian gastronomy. Summers in Estonia are cherished! You can relish spending these months outdoors, surrounded by nature's beauty. With long days that stretch into luminous evenings, Estonian nights are more dusky than dark, creating a unique atmosphere.

Ingredients:

- Vendaces or herring fillets
- Garlic
- Parsley
- Lemon juice
- Grated lemon peel
- Lettuce or spinach
- Potatoes

Salad dressing:

- Juice of 1 lemon
- 50 ml 35% cooking cream
- 2 tsp of sugar

Preparation

There is no need to debone vendaces- you can grill the whole fish. For herrings it is better to use fillets.

1. Rinse the fish and season with salt, then let rest for 10 minutes.
2. Wipe off the salt and add a marinade made of chopped garlic, parsley, lemon, and oil.
3. Prepare the grilling sauce. Put the garlic, parsley leaves, lemon zest, lemon juice, salt, and oil in a blender and blend until smooth.
4. Put the fish directly on the grill or use fish grates. They will get beautiful grill stripes right on the grill.
5. Brush or sprinkle the grilling sauce on the fish while grilling. It is convenient to use a special tube to do this.
6. Grill for approximately 5 minutes on a low to medium heat until the fish turn yellowish and crispy.
7. For the fresh salad, mix all the components together in the blender. Just before serving, pour the dressing over the salad leaves.
8. Decorate the plate with parsley and lemon.
9. Serve with boiled or baked potatoes and dark rye bread.

Estonia is a really cool place to live, being both one of the cleanest countries and the most developed digital society in the world. Here, bright ideas meet a can-do spirit! It has a low population density and plenty of untouched nature: three quarters of the territory is covered by forests and bogs. Ranked fourth in the world based on urban air quality, in Estonia there is always clean water for swimming and drinking. Estonia is a digital society: less hassle means time is better spent. World-changing start-ups originate from Estonia: Wise, GrabCAD, Fortumo, Pipedrive, Starship Technologies, and Skype.

Want to know more?

For the latest on EURES Estonia's opportunities for jobseekers and employers, living and working insights in Estonia, or to connect with EURES Advisers in Estonia, visit: www.eures.ee





FINLAND

KARELIAN PIES (KARJALANPIIRAKKA)

Prepared by EURES Finland Team



20 pies



120 min



Easy

Tasty delight of Karelia

Karelian pies, known as Karjalanpiirakka in Finnish, are a beloved Finnish delicacy cherished for their simplicity and delicious taste. These traditional pastries feature a thin rye crust filled with a creamy rice porridge and are typically topped with a generous spread of butter. They are often enjoyed as a breakfast treat or as a comforting snack throughout the day. Karelian pies not only satisfy hunger but also showcase Finland's rich culinary heritage, making them a must-try for locals and visitors alike.

Ingredients:

- Dough crust: 1½ dl cold water
- ¾ tsp salt
- 3 dl rye flour
- 1 dl wheat flour
- (1 tbsp melted butter/oil)
- Melted butter to brush the pies

Filling/rice porridge:

- 2½ dl water
- 2 dl rice (short-grain white rice or Arborio rice)
- 7½ dl milk
- 1/2 tsp salt

Preparation

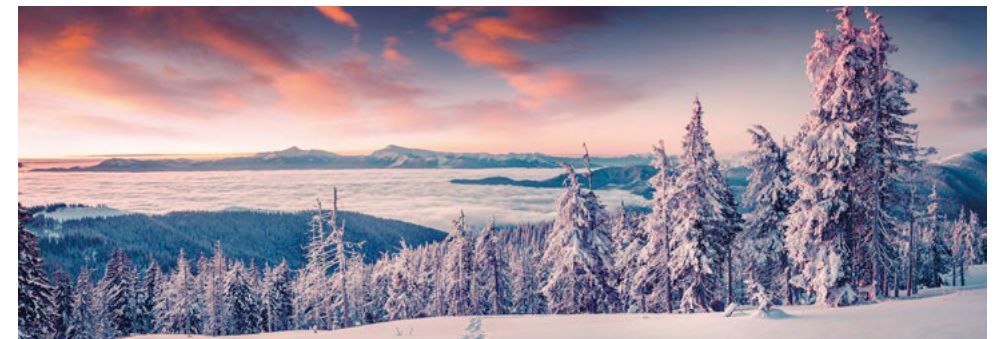
Prepare the Rice Porridge Filling:

1. Combine rice and water in a saucepan, bring to a boil, then reduce heat and let simmer for 10 minutes.
2. Add milk and simmer for an additional 30 minutes, stirring occasionally until the rice is cooked. Season with salt to taste. Let the filling cool.
3. To make the dough: in a bowl, mix water with the remaining dough ingredients until smooth.
4. Divide the dough into 20 pieces and roll each into a ball.
5. On a lightly floured surface, roll each ball into a thin circle.
6. To assemble the pies: place about 2 tbsp of filling in the centre of each dough circle, spreading it evenly (about 1 cm thick), leaving a border of 1-1.5 cm around the edges.
7. Fold the dough edges upwards onto the filling and crimp the edges to form a boat shape.
8. To bake the pies: preheat the oven to 275-300°C (around 525-570°F).
9. Place the assembled pies on a prepared baking tray and bake for 15 minutes or until the tops are slightly browned.
10. Remove from the oven and brush with melted butter.
11. Traditionally served with egg butter, but can be enjoyed with any savoury topping.
12. Perfect for breakfast, brunch, lunch, dinner, or picnics. Enjoy anytime!

Why choose to live your life in Finland? You may have heard that our country has beautiful nature and clean air to breathe, but that's not all. Finland is a fantastic place to experience a fulfilling life: Finland is one of the global leaders in work-life balance, and our everyday lives are built on stability, security, and functionality. We know how to live a simple, stress-free life to the fullest – move here and you can, too!

Want to know more?

For details regarding EURES services in Finland for jobseekers and employers, current updates on living and working in Finland, or to connect with EURES Advisers in Finland, please visit: eures.europa.eu





Preparation

1. Cut the beef into cubes and season with salt and pepper. Dice the bacon, slice the carrots and mushrooms, and mince the garlic.
2. In a large casserole dish, fry the bacon over medium heat until it is crisp.
3. Remove from the pot and set aside. In the same pot, sear the beef cubes in the bacon fat until browned on all sides. Remove and set aside.
4. Add some olive oil to the pot if necessary. Sauté the carrots, pearl onions, and garlic until they start to soften. Stir in the tomato purée and cook for another minute.
5. Pour in the red wine to deglaze the pot, scraping up any browned bits from the bottom. Let it reduce slightly.
6. Return the beef and bacon to the pot. Add the mushrooms, thyme, bay leaf, and enough beef broth to cover the ingredients.
7. Bring to a simmer, then cover and cook on low heat for about 2 hours, or until the beef is tender.
8. In a small bowl, mix flour with butter to form a paste. Stir it into the stew to thicken the sauce. Continue cooking for another 10-15 minutes.
9. Season with additional salt and pepper if needed. Garnish with chopped parsley before serving.

FRANCE BEEF BOURGUIGNON

Prepared by Nicolas Simon



4 pax.



150 min



Medium



Gluten Free

Taste the delicious mix of beef and French red wine

Discover the rich and hearty taste of French cuisine with Beef Bourguignon. This traditional dish from Burgundy features tender beef stewed in red wine, along with mushrooms, onions, and bacon, creating a symphony of flavours that will transport you to the heart of France. Serve it with mashed potatoes or crusty bread to soak up the delicious sauce.

Ingredients:

- 1.5 pounds beef chuck, cubed (about 700 g)
- 4 ounces bacon, diced (about 115 g)
- 2 medium carrots, sliced
- 12-15 pearl onions
- 3 cloves garlic, minced
- 8 ounces mushrooms, sliced (about 225 g)
- 2 cups red wine (Burgundy) (about 480 ml)
- 2 cups beef broth (about 480 ml)
- 2 tbsp tomato purée
- 2 tbsp flour
- 2 tbsp butter
- 1 tbsp olive oil
- 1 tbsp dried thyme or 2-3 sprigs fresh thyme
- 1 bay leaf
- 2 tbsp chopped fresh parsley
- Salt and black pepper to taste

France offers a rich cultural heritage, a strong economy, and a high standard of living. Known for its iconic landmarks, world-class cuisine, and diverse landscapes, it blends tradition with modernity. The job market is robust, with opportunities in technology, finance, healthcare, and the arts. France is known for excellent public services, work-life balance, and a welcoming atmosphere for expats. Whether you're drawn to the energy of Paris, the tech hubs of Lyon, or the charm of Provence, France has something for every jobseeker.

Want to know more?

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GERMANY

CLASSIC WHITE ASPARAGUS

Prepared by Martin D. Claus



4 pax.



60 min



Medium



Gluten Free

Ingredients:

- 1 200 g asparagus
- 800 g potatoes
- 12 slices of boiled juniper ham
- 3 egg yolks
- 250 g butter
- Lemon juice
- Vegetable broth
- Parsley
- Pepper
- Salt

The classic flavour of German spring

Asparagus can be prepared in many different ways, but this is the classic way in Germany. Their season lasts from April to June. After that, you have to wait 9 months before it is asparagus time again. German white asparagus takes slightly more work than green asparagus, as it is best to buy it the same day it is cut (preferably straight from the farm) and must be peeled carefully. If you peel too little, it becomes stiff and you will have long strings between your teeth; if you peel too much, it can break easily. The best part, of course, is the tip, which melts in your mouth after cooking.

Preparation

1. Peel the asparagus and cut off the last two centimetres of the stalks.
2. Heat water for the asparagus in a tall pot (a casserole pot would be fine) and for the potatoes in a separate pot. Add salt to both.
3. Boil the potatoes for approximately 20 minutes.
4. 10 minutes after starting to boil the potatoes, add some broth to the asparagus pot and place the stalks inside. Boil them over low heat for no longer than 10 minutes, otherwise they would fall apart.
5. For the hollandaise sauce: melt the butter slowly in a small pot (all sauce ingredients should be roughly the same temperature when combined).
6. Place the egg yolk in a pot over low heat and mix it with lemon juice and a few tbs of water until well-blended and creamy. Indirect heat, such as a water bath system, is ideal for this.
7. Carefully add the melted butter to the lemon-yolk mixture, starting with just a few drops while stirring constantly. Gradually increase the amount of butter until it is incorporated into the sauce.
8. Season with salt and pepper, and stir again. Important: do not reheat the sauce; keep it at the same temperature.
9. Roll the slices of ham and place them on the plates.
10. Arrange the halved potatoes and the asparagus in the centre of each plate.
11. Carefully pour the hollandaise sauce over the potatoes and asparagus.
12. Sprinkle chopped parsley on top as a garnish.

Discover Germany, a hub of career opportunities with a rich cultural heritage. From bustling cities to scenic towns, Germany offers diverse landscapes to explore and call home. With Europe's largest economy, Germany provides robust job markets in tech, finance, and more. Enjoy efficient public transport, world-class museums, and historic castles. Germany ensures high living standards, excellent healthcare, and a strong social welfare system. Embrace a country where tradition meets modernity, offering professional success and personal fulfilment.

Want to know more?

For information on EURES Germany services for jobseekers and employers, up-to-date information on living and working in Germany, or contact details for EURES Advisers in Germany, visit: eures-deutschland.de





GREECE FASOLADA

Prepared by Eleni Foulira



4 pax.



100 min



Medium



Gluten Free

Savour the flavours of Greece with this classic bean soup!

Looking for a hearty, wholesome dish that is steeped in tradition? Look no further than Fasolada, Greece's beloved bean soup! This comforting classic is made with tender white beans, fresh veggies, and a generous drizzle of olive oil, all cooked together to create a rich, flavourful bowl of goodness. Whether you are craving a cosy meal on a chilly day or just want a taste of authentic Greek cuisine, Fasolada is your go-to. It is simple, satisfying, and packed with Mediterranean charm. Give it a try, and let your taste buds take a trip to Greece!

Ingredients:

- 500 g beans, white, medium-sized
- 2-3 carrots (chopped)
- 1 large white onion (chopped)
- 3 stalks of Greek sélino (chopped). If not available, 3 stalks of celery (chopped).
- 130 ml extra virgin olive oil (1/2 cup)
- 2 tbsp tomato paste, or 1 chopped tomato
- Salt and freshly ground pepper to taste (minimum 2 tsp each)

Preparation

1. Put the beans in a bowl and cover them completely with water.
2. Allow them to soak for 8-12 hours (overnight).
3. The next day drain and wash them well with cold water. Boil until slightly softened and then strain.
4. Cut the onion into small pieces, and the carrots and the sélino/celery into slices.
5. Put olive oil in the same pot and sauté the onion, carrot and sélino/celery for 2-3 minutes on a medium heat, just enough to soften, not change colour.
6. Then add the tomato paste, or the chopped tomato.
7. Finally add the salt, pepper and hot water.
8. Cover with a lid and cook for about 1 hour on medium heat.
9. Add more hot water if you prefer a clear soup. If not, the soup becomes thick and creamy. Remove the soup from the heat and add olive oil to bind it nicely.
10. Serve the bean soup with Greek salad, feta cheese, olives, salted fish, boukovo (chopped chilli pepper flakes), and freshly baked bread.

Famous for its ancient civilisation and magical natural landscape, Greece, this small Mediterranean country, has countless hidden gems to offer! Boasting a well-established tourist industry, Greece (Ελλάδα in Greek, Ellada) is widely known for its friendly atmosphere and the genuine hospitality of its people, making numerous visitors fall in love with it and return every year for one more vacation. No matter how many times you visit, new layers of its rich culture and beauty will be unfolding every time. Greece, after all, has rightfully earned its place in the list of the world's top 20 tourist holiday destinations.

Want to know more?

For information on EURES Greece services to jobseekers and employers, up-to-date information on living and working in Greece or contact details to EURES Advisers in Greece, visit: <https://www.dypa.gov.gr/en/eures-1>





HUNGARY

HUNGARIAN GOULASH SOUP

Prepared by Teodóra Szabó



8 pax.



90-180 min



Medium

Dive into a bowl of delight

Looking for a satisfying meal that's full of flavour? Explore this Hungarian staple that has won hearts around the globe! This robust, brothy dish is loaded with succulent beef, sweet onions, and colourful peppers, all cooked to perfection. Diced potatoes and a touch of salt add to its comforting charm. The magic touch? Premium paprika that provides an unforgettable kick, pleasing both locals and international guests. Try it out and enjoy a taste of Hungary right in your own home!

Ingredients:

- 3 tbsp oil or lard
- 5 medium onions, diced
- 2 1/2 tsp salt
- 2 1/2 l water, plus a few extra spoonfuls
- 3 tbsp Hungarian paprika (sweet)
- 1/2 tsp black pepper
- 1 tbsp caraway seeds
- 1.5 kg beef, chopped into bite-sized pieces
- 2 cloves of garlic, chopped
- 5 medium carrots, sliced into bite-sized rounds
- 2 medium parsnips, sliced into bite-sized rounds
- 2 large potatoes, cubed
- 2 tomatoes, diced
- Csupetke (pinched pasta), optional

Preparation

1. Heat the oil or lard in a large pot (preferably a Dutch oven). Add the onions along with a few spoonfuls of water and a pinch of salt. Cook slowly over very low heat for about 15 to 20 minutes, or until the onions are clear and glassy.
2. Remove from the heat and add the paprika, pepper, and caraway seeds. Stir quickly to combine and add a tiny bit of water (to prevent the paprika from burning).
3. Add the meat and garlic and cook over high heat, stirring, until the meat is slightly browned for ten minutes. Turn the heat down to low, add a few spoonfuls of water, and cook for about 15 more minutes, until the meat is nearly cooked through.
4. Add the rest of the water and keep cooking over low heat for at least an hour, or until the meat is cooked and nearly tender enough to serve. This could take a varying amount of hours depending on the cut of beef used.
5. When the meat is nearly done, add the tomatoes, carrots, parsnips, and potatoes and cook for about 15 more minutes, or until they are tender (being careful not to overcook them). Taste the soup and add more salt and pepper if needed.
6. If you are using csipetke or another kind of small pasta, add it to the soup before serving. You can serve this soup with hot pepper or hot pepper paste.

If you are searching for a job abroad, consider Hungary, one of the twenty safest countries in the world! This gem is rich in natural treasures, boasting a 2000-year-old spa culture with world-renowned thermal waters. Budapest, the vibrant capital, hosts 80 geothermal springs used for medicinal purposes. Known for its hospitality, Hungary offers spicy cuisine, delicious wines, and the essential "Pálinka". With a proud history of 16 Nobel Prize-winning scientists and rich folk traditions, Hungary is a fantastic place to live and work. Join us and experience the charm of Hungary!

Want to know more?

For information on EURES Hungary services to jobseekers and employers, up-to-date information on living and working in Hungary or contact details to EURES Advisers in Hungary, visit: <https://eures.munka.hu/>





Preparation

1. Peel and then boil the potatoes until tender, afterwards drain and cut into small cubes.
2. In a separate pot, boil the fish until it flakes easily. Drain and set aside.
3. In a large pan, melt the butter and sauté the chopped onion until translucent.
4. Add the flour into the onions and stir well to combine. Cook for a few minutes to form a roux.
5. Gradually add the milk, stirring continuously to avoid lumps. Cook until the sauce thickens.
6. Add the cubed potatoes and flaked fish to the sauce. Gently stir to combine.
7. Add salt and pepper to taste. Stir well.
8. Cook for a few more minutes until everything is heated through.
9. Optional – garnish with fresh chopped parsley before serving.

Iceland is an island set between the North Atlantic and Arctic Oceans with a population of around 400 000. You will experience long dark winters and short, but bright and vibrant summers if you visit us. Iceland is a country of extremes with erupting volcanoes and vast glaciers. Forward thinking and adaptability is a vital part of our culture since we are used to the weather shifting in the blink of an eye.

ICELAND ICELANDIC FISH STEW (PLOKKFISKUR)

Prepared by Gyða Sigfinnsdóttir

 4 pax.	 40-50 min	 Easy
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Taste the flavour of the extreme North

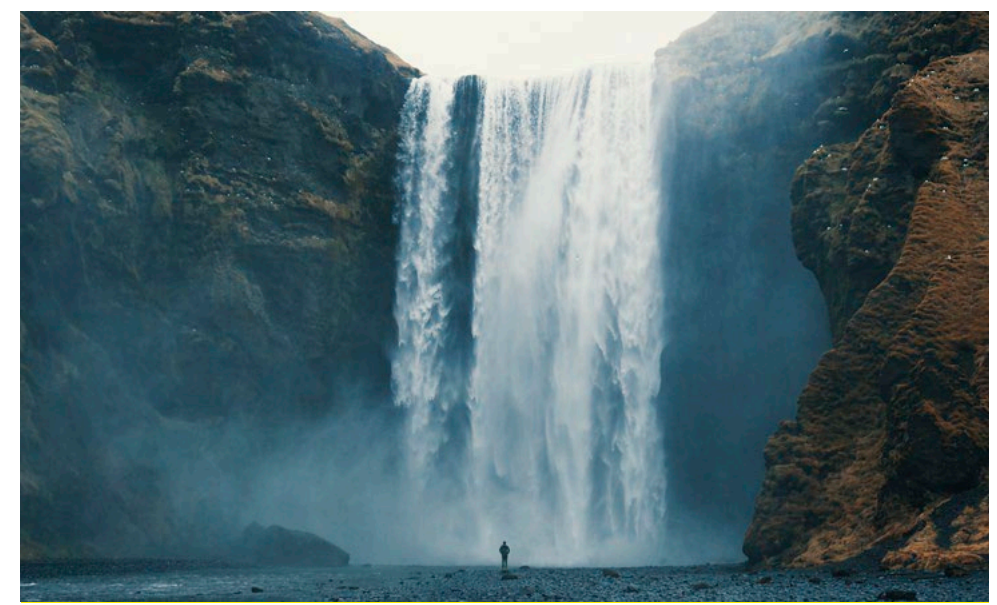
Plokkfiskur is a classic Icelandic recipe that captures the essence of comfort food. It is easy to make and best when the chef cooks from the heart rather than following a strict recipe. Families often pass down their unique versions of plokkfiskur from generation to generation, making it a fun and versatile dish to experiment with and personalise. This hearty dish is a great way to use leftover fish and potatoes, resulting in a hearty, flavourful meal that warms the soul. Whether you stick to traditional ingredients or add your own twist, plokkfiskur is sure to become a beloved staple in your kitchen.

Ingredients:

- 500 g white fish (cod or haddock)
- 500 g potatoes
- 1 onion, finely chopped
- 50 g butter
- 30 g flour
- 500 ml milk
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

Want to know more?

For information on EURES services in Iceland for jobseekers and employers please visit the EURES Job Mobility Portal at www.eures.europa.eu. You can contact us by email: eures@vmst.is





IRELAND

TRADITIONAL IRISH SODA BREAD

Prepared by Anesio Vallejo



8 pax.



120 min



Easy

Discover Ireland's baked gem

Looking to bring a piece of the Emerald Island into your home? This quick and simple bake is perfect for you! Made with just a few basic ingredients – flour, baking soda, salt, buttermilk and egg – it is incredibly easy to prepare and offers a delightful crunch with every bite. Enjoy it for breakfast, as a snack, or alongside your favourite stew. This bread delivers a delicious taste of Irish tradition and a touch of culinary history. Give it a go and taste the flavours of Ireland!

Ingredients:

- 530 g of plain flour
- 40 g of sugar
- 1 tsp of baking soda
- 1 tsp of salt
- 75 g of unsalted butter
- 425 ml of buttermilk
- 1 egg

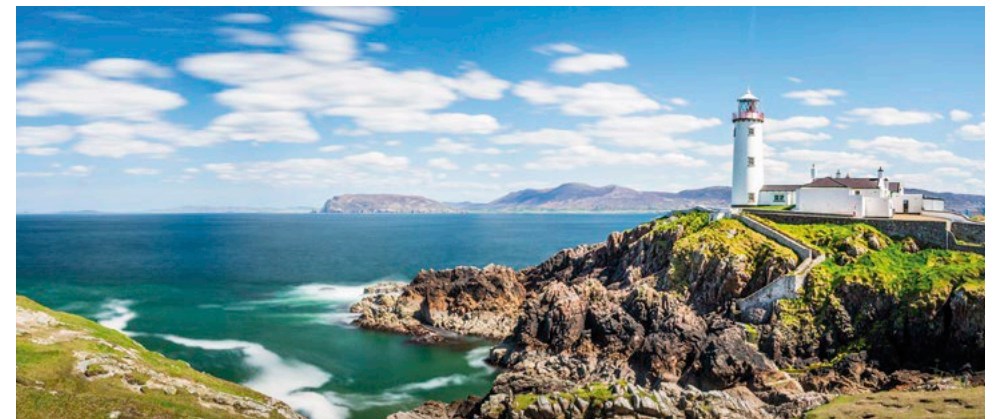
Preparation

1. Preheat the oven to 200°C.
2. Cover a 20 cm round baking tray with baking paper.
3. In a large bowl, mix flour, baking soda, salt, and sugar.
4. Cut butter into small cubes and add evenly to the flour mix.
5. Separately, gently mix buttermilk and egg.
6. Fold the buttermilk and egg mixture into the flour mix until the dough is too stiff to fold.
7. Pour the dough onto a floured work surface and knead until no dry flour remains. Add more flour if too sticky.
8. Place the dough in the baking tray and cut a 1.5 cm deep cross on top.
9. Bake for about 50 minutes until golden brown. Cover with tinfoil if the top gets too dark.
10. Check if ready by tapping the bottom. It should sound hollow.
11. Remove from the oven, cool for 10 minutes, then transfer to a wire rack.
12. Serve warm with a generous layer of butter and your choice of sweet or savoury toppings (e.g., raspberry jam, cheese, smoked salmon).

Ireland is a great country to live in. It has the youngest population in Europe and the education system is amongst the best in the world. It is a multicultural country with foreign nationals accounting for 14.3% of the total population. Ireland has a strong economy and ranks high when it comes to quality of life. Ireland has an enormous amount to offer including an incredibly rich culture, lively people, an impressive outdoor lifestyle and gorgeous landscapes.

Want to know more?

For information on EURES Ireland services for jobseekers and employers, up-to-date information on living and working in Ireland or contact details for EURES Advisers in Ireland, visit: www.euresireland.ie or email: eures@welfare.ie





ITALY

PIZZA MARGHERITA

Prepared by Enrica Marsilii



6-8 pax.



135 min



Medium

The Queen of Italian cuisine

The iconic Pizza Margherita is a staple of Italian cuisine, loved worldwide. Back in June 1889, during a royal visit to Naples, Neapolitan pizza maker Raffaele Esposito crafted a special pizza to honour Queen Margherita of Savoy. He topped it with tomatoes, mozzarella, and basil, mirroring the colours of the Italian flag – red, white, and green. The queen adored it, and thus, Pizza Margherita was born, becoming a timeless favourite. Simple, fresh, and bursting with flavour, it is a slice of history you can enjoy any day!

Ingredients:

For the dough:

- 1 kg '00' flour
- 30 g fresh brewer's yeast
- 500 ml water
- 10 g salt
- 10 g sugar

For the topping:

- 80 g extra virgin olive oil
- 80 g buffalo mozzarella
- 40 basil leaves
- 400 g tinned tomatoes
- Salt to taste

Preparation

1. Shape the flour into a fountain. Place the yeast, salt, and lukewarm water in the centre.
2. Knead the dough vigorously by hand for 15-20 minutes, or in a kneading machine, until soft and smooth.
3. Once you have the right consistency, add a little water or flour if necessary. Form a ball with the dough, cover it, and leave it to rise for 3 to 4 hours at room temperature in a warm place.
4. Make 6 loaves, shape them into spherical shapes, cover with cling film, and leave them to rise at room temperature for a couple of hours or in a warm place for about 45 minutes.
5. Prepare the tomato sauce and place it in a bowl. Add a pinch of salt and 1/3 of the olive oil.
6. Knead the dough, then flatten it with your fingers.
7. Spread the tomato sauce on the pizza. Then, cover with the mozzarella, which has been shredded. Garnish with a couple of basil leaves and bake in the oven at 480°F for 5 or 6 minutes.
8. Remove the pizza from the oven. Garnish with more basil and a drizzle of oil. Serve immediately.

Italy is a great country to live in, with the climate, culinary traditions and artistic beauty making it one of the best destinations for quality of life. Italy also offers the opportunity to work in world-leading industries, and the country is a centre of excellence in various sectors such as fashion, design, technology and art.

Want to know more?

For information on EURES Italy services to jobseekers and employers, contact to EURES Advisers in Italy and visit: <https://www.lavoro.gov.it/temi-e-priorita/europa-e-fondi-europei/focus/pagine/eures>





30 YEARS OF
EURES

LATVIA

CREAMY CHANTERELLE SAUCE WITH BABY POTATOES

Prepared by Līga Žoīda



4 pax.



30 min



Easy



Gluten Free

Ingredients:

- 500 g chanterelle mushrooms
- 1 small onion (optional)
- 3-4 slices of smoked bacon
- 250 g heavy cream
- A knob of butter
- Salt and black pepper to taste

Taste the creamy side of Latvia

Latvian chanterelle sauce with baby potatoes is a cosy, comforting meal that is perfect for any night of the week. The rich, velvety sauce made with fresh chanterelle mushrooms, smoked bacon, and a touch of cream pairs beautifully with tender baby potatoes. Simple to make and absolutely delicious, this Latvian classic will quickly become a favourite in your home. Give it a try and savour the flavours of Latvia!

Preparation

1. In a preheated frying pan, add a knob of butter, finely chopped onions and bacon cut into small pieces. Cook for a few minutes.
2. Add the chanterelles and fry everything until the excess liquid has evaporated.
3. Add the heavy cream. Sprinkle and stir in the salt and pepper to taste.
4. Heat everything until the sauce thickens slightly.
5. Pour over boiled baby potatoes, sprinkled with fresh dill.

Latvia, a hidden gem in Northern Europe's Baltic region, is one of Europe's greenest countries with over half its territory covered in forests. Celebrated for its traditions like the ancient Jāņi festival, which is now recognised by UNESCO, and world-famous choral music, Latvia is nicknamed 'The Land That Sings'. As a 5G pioneer with some of the world's fastest internet speeds, Latvia offers excellent digital infrastructure, including over 800 free Wi-Fi spots in Riga, and is the most startup-friendly country globally. From mediaeval castles and unique culinary delights to lush forests, Latvia promises an unforgettable journey.

Want to know more?

For information on EURES Latvia services for jobseekers and employers, up-to-date information on living and working in Latvia, or contact details for EURES Advisers in Latvia, visit: eures.europa.eu





LIECHTENSTEIN CHEESE DUMPLINGS (KÄSKNÖPFLE)

Prepared by Kevin Hedinger



6 pax.



30 min



Easy

Savour Liechtenstein's comfort food delight!

Käsknöpfle, the ultimate comfort food from Liechtenstein, is a cheesy, hearty dish that brings joy with every bite. These delightful cheese dumplings are made with fresh, simple ingredients and are perfect for a cosy meal. Imagine tender dumplings smothered in melted cheese, paired with caramelised onions – it is a match made in culinary heaven. Whether you are looking to explore new flavours or just want a warm, satisfying dish, Käsknöpfle is a must-try. Treat yourself to a taste of Liechtenstein's culinary tradition!

Ingredients

- 600 g flour (dumpling flour)
- 8 eggs
- 1 dl water or milk
- 1-3 pinches of pepper
- A little bit of pepper from the mill
- 1 tsp of salt
- 1-2 pinches of nutmeg
- 250 g grated Appenzeller cheese
- 200 g matured sour cheese, cubed
- 2 tbsp of oil
- 4 big onions
- 2 tbsp of butter
- Applesauce/apple puree (ideally - alternatively leaf salad or potato salad can be used)

Preparation

1. Put on a large pot of salted water.
2. In a bowl or mixer, combine flour, eggs, water or milk, oil, salt, nutmeg, and pepper.
3. Work into a dough so that it can be easily passed through a Knöpfle button sieve / Knöpfle panel. If the dough is too firm, add a little more water or milk and stir until it bubbles.
4. Let the dough rest for about 20 to 30 minutes.
5. Cut the onions into strips or rings, heat the butter in a pan and fry the onions, until they are golden, dark brown, or even black, depending on your taste.
6. Spread the Knöpfle dough through a Knöpfle button sieve / Knöpfle panel and into the boiling water.
7. When the Knöpfle bubbles up well in the water, remove it with a slotted spoon. Layer the Knöpfle with the cheese in a bowl.
8. Mix well with a wooden spoon, add some pepper from the mill, and top with roasted onions.
9. Serve immediately or put it in the oven to keep it warm.
10. Tip: If the Käsknöpfle are too dry, add a little hot water before mixing in the cheese.
11. Arrange the Käsknöpfle on a plate and add applesauce/apple puree to each plate in a separate bowl.
12. As an alternative to applesauce/apple puree, leaf or potato salad can be served.
13. Generally, between 400-600 g of cheese are needed for 600 g of Knöpfle flour, depending on your taste. Cheese can also be mixed – for example, Emmentaler and a mountain cheese, or just a spicy Appenzeller cheese.

The Principality of Liechtenstein is located in the heart of Europe's alpine region, between Switzerland and Austria. It is home to around 40 000 inhabitants. Covering an area of 160 km², it is the fourth-smallest state in Europe and the sixth-smallest in the world. Yet, despite its compact size, the Principality of Liechtenstein offers everything you could wish for: mighty mountain landscapes, a vibrant cultural scene, charming villages and plenty of opportunities for entrepreneurs.

Want to know more?

For information on EURES Liechtenstein services to jobseekers and employers, up-to-date information on living and working in Liechtenstein, or contact details for EURES Adviser in Liechtenstein, visit: <https://www.ams.li/service-fur-stellensuchende/eures/>





Preparation

1. Cut cucumbers into small pieces, chop scallions and dill.
2. Mix kefir well with salt, add pickled beets (with all the liquid), scallions and cucumbers.
3. Add boiled eggs.
4. Serve with boiled potatoes.

Lithuania is a beacon of innovation, boasting advanced digital solutions and recognition from international companies. It has become a centre of excellence in the region, attracting global tech firms in software engineering, game development, AI, fintech, and compliance. Lithuania's dynamic sector positions it as an innovation hub with one of the fastest-growing startup ecosystems. The number of startups has nearly doubled in the last decade, reaching 1 000. Additionally, over 200 fintech companies operate actively, making Lithuania the second-largest fintech centre in Europe by the number of licensed companies.

Want to know more?

For information about EURES Lithuania services for jobseekers and employers, the latest details on living and working in Lithuania, or contact information for EURES Advisers in Lithuania, visit: <https://eures.uzt.lt/en>



LITHUANIA COLD BEETROOT SOUP

Prepared by Jurgita Trapuilienė



5 pax.



20 min



Easy

Discover the refreshing taste of Lithuanian summer

This traditional Lithuanian summer soup, known as cold beetroot soup, is a refreshing delicacy based on kefir, a tangy fermented milk drink. It is typically garnished with boiled eggs and served alongside cooked potatoes. The cold beetroot soup season officially kicks off with warm weather, marking the time when locals and visitors alike can relish its cooling properties and vibrant flavours during the summer months.

Ingredients:

- 1 litre of kefir
- 400 g of pickled beetroot
- 4 cucumbers (short)
- 1 bunch of scallions
- 1 bunch of dill
- 2 eggs
- Salt and black pepper to taste





LUXEMBOURG GROMPEREKICHELCHER

Prepared by Jeff Hurt



4-6 pax.



40 min



Medium

Luxembourg's festive potato treat

Gromperkichelcher, beloved in Luxembourg, are simple potato patties fried and served warm with apple sauce and salt. They are a staple at local festivals like 'Oktav', National Day, Schueberfouer, and Christmas markets. Originally rural fare, they now come with various twists, from creamy dill sauces to soup accompaniments. Now you can enjoy them at home too!

Ingredients:

- 1 kg potatoes
- 3 onions
- 1 tbsp of parsley
- 3 eggs
- Grated nutmeg (to taste)
- Salt & pepper
- 1 to 2 tbsp of flour
- Sunflower oil

Preparation

1. Wash and peel the potatoes, then grate.
2. Add the grated potatoes to the finely chopped onions and parsley. Add the eggs.
3. Add the spices (salt, pepper, nutmeg) according to your taste, then add the flour and mix well.
4. Pour sunflower oil into a frying pan, making sure that the entire bottom of the pan is covered with oil.
5. With wet hands, form the potato batter into small, flat pancakes and place them in the pan. Fry on each side for about 2-3 minutes until golden. Then they are ready!
6. Before serving, you can place Gromperkichelcher on kitchen paper to absorb some of the oil. If you do not want to eat them immediately, you can keep them warm in the oven.
7. Eat the Gromperkichelcher warm with a little sugar, salt and/or apple sauce. Enjoy!

Luxembourg consistently ranks among the top 20 countries for quality of living worldwide. Its natural environment, safety, political stability, and multicultural atmosphere contribute to an excellent lifestyle. Strict labour laws protect workers and ensure a good work-life balance, with full-time employees typically working eight hours a day, five days a week. Luxembourg boasts one of the world's best healthcare systems and offers a wide range of educational options for expats. Efficient public transport connects Luxembourg to neighbouring countries and is free for residents and tourists. Rich cultural experiences and stunning landscapes await, making it easy to enjoy nature in this compact country. While rentals can be expensive, expats can buy property without restrictions.

Want to know more?

For details on EURES Luxembourg services for jobseekers and employers, current information on living and working in Luxembourg, or contact information for EURES Advisers in Luxembourg, visit: <https://work-in-luxembourg.lu/home>





MALTA
ROSS IL-FORN
 Prepared by Daniela Caruana



6 pax.



120 min



Easy



Gluten Free

The crispy Mediterranean delight

Ross il-Forn is a traditional Maltese dish found in every household. It is also a popular option at local 'pastizzerias', where it is served ready-to-eat in foil pans. This baked rice dish features a hearty meat sauce, a staple in Maltese cuisine, with each family adding their own unique twist. Some variations include carrots, peas, or even hard-boiled eggs, making each version special. Whether enjoyed hot or cold, Ross il-Forn is a comforting and satisfying meal, perfect for when you crave something hearty!

Ingredients:

- 500 g long grain rice
- 500 g beef minced meat
- 400 ml tomato sauce passata
- 400 ml water
- 1 white onion diced
- 3 garlic cloves minced
- 1 tbsp tomato paste (we use Maltese 'kunserva' - a traditional tomato paste)
- 1 tbsp curry
- 1 tbsp paprika
- 1 tsp thyme
- 1 tsp oregano
- 1 tbsp olive oil
- 1 tsp black pepper
- 4 eggs raw
- 125 ml milk
- 100 g parmesan cheese

Preparation

1. In a large pan or pot, heat the olive oil and fry the onion for a few minutes until translucent. Add the garlic and let cook for another minute.
2. Add the thyme, oregano, curry and paprika and mix well with the onion and garlic. Add the tomato paste and let it cook for about 3 minutes.
3. Add the minced beef, and let it cook for a few minutes until brown.
4. Add the tomato passata. Bring to a light boil. Cover the pot and let it simmer on low heat for about 1 hour, stirring it occasionally.
5. Preheat the oven to 180°C or 350°F.
6. Wash the rice in cold water until the water is clear and put it in a baking dish (uncooked).
7. Once the sauce is done, pour it over the raw rice and mix well.
8. To the baking dish, add the raw eggs, milk, water and half of the grated cheese then add it to rice and mix well.
9. Cover the top layer with the remaining grated cheese and sprinkle extra black pepper on top.
10. Bake the dish on the middle rack of your oven for about 45 minutes.
11. Once ready, let it rest for a few minutes before slicing through so that the rice bake does not break completely.

Malta, a Mediterranean gem, beckons with its rich history, stunning landscapes, and vibrant culture. This island nation boasts a blend of ancient architecture, crystal-clear waters, and a thriving expat community. With English as an official language and a booming tourism sector, opportunities abound in hospitality, IT, finance, and more. Whether you're drawn to its sunny climate, laid-back lifestyle, or career prospects, Malta promises a unique and rewarding experience for those seeking to work abroad.

Want to know more?

Explore EURES Malta services for jobseekers and employers, access comprehensive living and working information in Malta, or connect with EURES Advisers in Malta. Learn more at: <https://www.eures.com/mt/>





NETHERLANDS

DUTCH MASHED POTATOES WITH KALE (BOERENKOOL STAMPPOT)

Prepared by Els Hollander and Paul Kops



4-6 pax.



80 min



Medium

Embrace Dutch tradition with Boerenkool Stamppot!

Dutch Boerenkool Stamppot is probably one of the oldest and most authentic Dutch dishes. Literally translated, it means “farmers cabbage hodgepodge”. Around 600 BC, kale had already been brought to Europe by Celtic nomads. In the Netherlands it is known as Boerenkool, but it is also a sought-after vegetable elsewhere in Europe; as Cavolo Nero (Italy), Grünkohl (Germany), Chou Frise (France) or the English Curly Kale. Boerenkool stamppot is a traditional Dutch dinner best enjoyed during the cold winter. We wish you a tasty meal: Eet smakelijk!

Ingredients:

- Potatoes
- Curly kale (fresh kale is of course best, but you can also use frozen kale)
- Large white onion
- Bay leaf
- Salt
- Black pepper
- Milk (warm)
- Butter
- Bacon
- Smoked sausage (rookworst)

Preparation

1. Peel and dice the onion and potato.
2. Wash and slice the kale.
3. In a large pan, add the potatoes, onion, kale, a bay leaf, a pinch of salt and just enough water to cover the ingredients.
4. Cover and simmer gently over medium-high heat for about 25 minutes.
5. Meanwhile, steam or grill the smoked sausage until tender.
6. Fry the bacon until crispy.
7. Once the potatoes and kale are done, drain them.
8. Remove the bay leaf.
9. Mash the potatoes and kale with a potato masher.
10. Add milk and the knob of butter.
11. Add salt and black pepper to taste.
12. Add the sliced smoked sausage.
13. Serve the kale with bacon, mustard, piccalilli, gherkins, pickled onions and gravy.
14. For a vegan boerenkool stamppot, you can replace the butter, milk, sausage and bacon with vegan alternatives!

The Netherlands is a small country in Western Europe, known for its windmills, tulips, and canals. But there's much more to this country than meets the eye. The Netherlands is a great place to live, with a high quality of life, great healthcare system, good work-life balance, safety and security, multicultural society, and great public transportation. Whether you're looking to move to the country or just visit for a while, you're sure to find plenty to love about this charming and welcoming place.

Want to know more?

For information on EURES services available in the Netherlands for jobseekers and employers, the latest updates on living and working in the Netherlands, or to connect with EURES Advisers there, please visit: eures-nederland.nl





30 YEARS OF
EURES

NORWAY

NORWEGIAN WAFFLES

Prepared by Tove M. Gustad



4-6 pax.



30 min



Easy

The heart-shaped delights of Norway

Norwegian waffles are more than just a scrumptious snack; they are a symbol of “kos”, togetherness, and Norwegian culture at its finest. If you are visiting Norway, you will certainly come across Norwegian Waffles, or “vafler”. This ever-present treat is simple to make and can be enjoyed with a variety of toppings. Turn on the waffle iron and prepare yourself for a comforting Nordic delight.

Ingredients:

- 3 eggs
- 1 dl sugar
- 4 dl white flour
- 2 tsp baking powder
- 1 tsp vanilla sugar
- 1 tsp cardamom
- Pinch of salt
- 6 dl milk
- 1 dl melted butter
- 3 tsp butter for frying

Preparation

1. Beat the eggs together, adding the sugar and cardamom gradually.
2. Add the flour, baking powder and vanilla sugar to the egg mixture gradually while beating, then gradually add the milk.
3. Mix in the melted butter.
4. Let the batter rest for a few minutes.
5. Cook the waffles on a waffle iron, ensuring that it is brushed with butter regularly between waffles.
6. Top with jam, whipped cream, or sour cream or try different toppings that you would prefer.

Norway is Europe's northernmost country, with some of the most wonderful scenery, ranging from lowlands in the southeast to dramatic fjords, high mountains, and a stunning coastline in the west and north, including the northern Lights (aurora borealis) and the midnight sun. Norway's nature offers great potential for outdoor activities such as hiking, biking, skiing, and kayaking to mention a few. Norway has a strong economy, offering a high standard of living and many job opportunities across various sectors. You can combine interesting jobs and enjoy life and leisure time while living and working in Norway.

Want to know more?

For information about living and working in Norway, including contact information to EURES Advisers in Norway, please find up-to-date information on: <https://europeanjobdays.eu/en/eures-country/norway>





POLAND

POLISH APPLE PIE (SZARLOTKA)

Prepared by Katarzyna Kawka-Kopec



12 pax.



90 min



Easy

Discover the sweetness of traditional Szarlotka

Polish cuisine offers many delights, and one of its gems is Szarlotka, traditional apple pie. With its buttery pastry and sweet, spiced apple filling, this dessert epitomises homemade warmth. Ranked number 1 by TasteAtlas, its aroma of cinnamon and baked apples invites everyone to enjoy a slice. Easy to prepare and perfect for any occasion, Szarlotka is a must-try. Serve it to your loved ones and experience the magic of Polish baking!

Ingredients:

- 1.5 kg apples (for apple pie, preferably firm and sour apples, for example, 'szara reneta')
- 5 tbsp sugar
- 1/2 tsp cinnamon
- 320 g flour (2 cups)
- 250 g cold butter (50 g butter can be replaced by lard)
- 1.5 tsp baking powder
- 5 tbsp sugar
- 1 tbsp vanilla sugar
- 1 egg

Preparation

1. Peel the apples, cut into quarters and scoop out the seeds. Cut into smaller pieces and place in a wide pot or deep frying pan.
2. Add the sugar and cinnamon and cook for about 20 minutes on medium heat, stirring every now and then, until the apples are soft and start to fall apart.
3. Add the diced cold butter, baking powder, sugar, and vanilla sugar to the flour. Combine the ingredients into a smooth dough (with a mixer or by hand), and add the egg towards the end (the dough will be quite soft). Divide it half and put both halves in the freezer for about 15 minutes.
4. Preheat the oven to 180 degrees C. Prepare a small baking tin (rectangular baking tin 21 x 27 cm).
5. Take half of the dough out of the freezer, cut it into slices with a knife and line the bottom of the tin with this. Then place the apple mixture on top of this.
6. Grate the remaining pastry directly onto the apples (or cut the pastry into slices and place on top).
7. Place in the oven and bake for approximately 50 minutes or until golden brown.
8. Wait for the pie to cool and sprinkle with icing sugar.

Poland's rapidly growing economy offers diverse job opportunities in sectors such as energy, consumer goods, logistics, IT, engineering, finance, and services. The cost of living in Poland is relatively low compared to Western Europe, making housing, groceries, transportation, and entertainment more affordable. Despite this, Poland provides a high quality of life with modern amenities, healthcare, and education. Rich in culture, traditions, and monuments, Poland offers both vibrant cities and picturesque landscapes. Experience life in well-developed urban areas or charming smaller towns, with Poles known for their hospitality and welcoming attitude towards foreigners.

Want to know more?

For information about living and working in Poland, including contact details for EURES Advisers in Poland, please visit: eures.europa.eu





PORTUGAL CALDEIRADA

Prepared by Sérgio Alves



6 pax.



70-80 min



Easy



Gluten Free

Enjoy the flavours coming from the Sea!

During spring and summer, Portuguese families and friends gather around the table to catch up and celebrate life. As a small country with over 1 800 kilometres of coastline and a long maritime history, seafood is a must! “Caldeirada” is a traditional and versatile Portuguese fish stew which originated as a humble fisherman’s dish. It varied from town to town, depending on what the fishermen managed to catch. It is easy to prepare, but requires time, care, and love.

Ingredients:

- 400 g sliced onions
- 5 garlic cloves
- 1 kg of sliced potatoes
- 150 g of red pepper
- 100 g of green pepper (optional)
- 500 g of ripe tomatoes
- 80 ml of olive oil
- 200 ml of white wine
- 2 kg of fish (preferably a mix)*
- Some clams and shrimp (optional)
- 20 g of parsley
- 1 bay leaf

* Always use oily fish, avoid scaly fish

Preparation:

1. Season your chosen fish with sea salt, preferably 45 to 60 minutes before you start preparing.
2. Peel and slice the potatoes, onions, tomatoes, peppers, and garlic.
3. Place all raw ingredients in the pan in the following order: plenty of olive oil at the bottom of the pan, then a layer of sliced onion, followed by a layer of sliced tomato, a layer of sliced potatoes and a layer of fish, and finally add the peppers, garlic, parsley, and bay leaf.
4. If you have leftover ingredients, add new layers of onion, tomato, potato, fish etc.
5. Finally, drizzle with olive oil and a glass of white wine.
6. Cover the pan and cook over low heat for 40 to 50 minutes. Shake the pan every 5 minutes to prevent it from sticking to the bottom and burning the onion.
7. As the fish is already salted, in principle there is no need to add salt, but always taste the sauce before finishing.
8. When the potatoes are fork tender, the dish is ready to serve.

Portugal is welcoming you with open arms. As one of the oldest countries in Europe (founded in 1143), it is experiencing a boom in growth, innovation, and creativity – without neglecting sustainability (we were pioneers in renewable energies investment). There are 10 million reasons to visit Portugal. From our world-renowned food and drink to the mild weather, friendly people, and breathtaking landscapes, Portugal offers safety, creativity, a relaxed lifestyle, and plenty of space for both adventure and tranquility.

Want to know more?

For information on EURES services in Portugal, up-to-date info on living and working in Portugal, our events, or information on how to reach us, check: <https://linktr.ee/euresportugal>





30 YEARS OF
EURES

ROMANIA

CHEESE DOUGHNUTS WITH BLUEBERRY JAM AND SOUR CREAM (PAPANAȘI)

Prepared by: Monica Marinescu and Ramona Ionescu



2 pax.



50 min



Medium

The Romanian dessert that literally makes your mouth water!

When tourists come to our country and we want to impress them with Romanian cuisine, the cheese doughnuts ("Papanashi") with blueberry jam and sour cream immediately come to mind. It is a traditional dessert, extremely popular, absolutely delicious, and easier to make than you would think!

Ingredients:

- 250 g cottage cheese
- 3 tbsp of flour
- 1 egg
- 1 tsp baking soda
- 1 tsp vinegar
- 500 ml frying oil
- 300 ml sour cream
- 1 cup blueberry jam

Preparation:

1. Beat the egg well in a bowl. Add a mixture of bicarbonate soda and vinegar.
2. Add the cottage cheese and mix well. Then add the flour gradually until it is all added, mixing by hand.
3. Shape the dough into a doughnut shape with a hole in the middle and an equal number of balls of the same dough.
4. In a deep, large, non-stick frying pan, heat the oil. Fry both the doughnuts and balls until nicely browned on each side.
5. Afterwards, place on a paper towel to drain, then garnish with sour cream and jam.

Romania is captivating with its diverse landscapes, from the Carpathian mountains to the Danube Delta. It has a distinctive culture and identity and local people are friendly towards foreigners moving to work here. The country's growing economy, cost of living, affordable housing and transport, internet infrastructure, and connectivity to Europe are many other reasons to choose Romania as your place to live and work.

Want to know more?

For information on EURES services in Romania for jobseekers and employers, up-to-date information on living and working in Romania, or contact details for EURES Advisers in Romania, visit: www.anofm.ro/eures/





Preparation

1. Using a fine food grater grate cleaned and peeled potatoes coarsely.
2. Mix them with egg, flour and sour cream.
3. Shred half of a small onion and 1 or 2 cloves of garlic.
4. Add the crushed cloves of garlic, onion, marjoram, salt and pepper.
5. Mix to form a semi-thick dough.
6. Fry the pancakes in hot oil until golden brown.
7. Once removed from the pan, transfer to paper towels to drain off the excess oil.
8. Common variations include adding toppings such as applesauce, sour cream, and grated cheese.

Slovakia is a peaceful country in the heart of Europe and one of the most attractive EU countries in terms of safety and cost of living. Since the beginning of 2020, it has been reducing its income tax rate from 19% to 15%. Slovakia is in the top twelve countries worldwide with a strong automotive and electrical industry. It owes its success, in particular, to its security, with a risk profile that is the third lowest in the world. Slovakia also has a rich heritage with its rustic rural landscapes, majestic mountains, hot springs, more than 7 000 caves, and the world's highest number of castles per capita. Considered a geographical centre of Europe, it has much to offer, including good beer!

SLOVAKIA

SLOVAK POTATO PANCAKES (HARUĽA)

Prepared by Petra Vrbová and EURES Slovakia



2 pax.



30 min



Easy

Golden delights: the authentic Slovak Haruľa

These rustic, crispy potato pancakes – called Haruľa – are a traditional Slovak dish. They consist of a thick batter made with grated potatoes, eggs, flour, and a variety of spices. Pan-fried for a short period until golden brown, these filling snacks are usually enjoyed as the main course accompanied by various milk products, or as a side dish typically served alongside hearty Slovak stews.

Ingredients:

- Vegetable oil
- 500 g of potatoes
- 1 egg
- 1 spoonful of plain flour
- 1-2 spoons of 14% sour cream
- 1 small onion
- 2 cloves of garlic
- 2 tsp of marjoram
- Salt
- Black ground pepper

Want to know more?

For information on EURES services in Slovakia for jobseekers and employers, up-to-date information on living and working in Slovakia, or contact details for EURES Advisers in Slovakia, visit: www.eures.sk





SLOVENIA

PREKMURSKA GIBANICA

Prepared by Nada Senada Plestenjak



8-12 pax.



60 min



Medium

Slovenia's delight in every layer

Prekmurska gibanica is a tasty Slovenian dessert that embodies the heart of traditional baking. Hailing from the Prekmurje region, this layered pastry is a feast for the senses with its rich blend of poppy seeds, apples, walnuts, and sweet cheese. Each layer offers a unique flavour, creating a complex yet comforting treat that is perfect for special occasions or a sweet indulgence. Whether you enjoy it with a cup of coffee or serve it at a family gathering, Prekmurska gibanica is sure to bring a taste of Slovenia into your home.

Ingredients:

Pastry

- 200 g cake flour
- 100 g unsalted butter
- 2 tbsp sugar
- 1/4 tsp baking powder
- 1/4 tsp vanilla paste
- 1 egg

Walnut Filling

- 250 g ground walnuts
- 100 g sugar
- 1 tsp cinnamon
- 1/4 tsp vanilla paste

Poppy Seed Filling

- 250 g ground poppy seeds
- 100 g sugar
- 160 ml white wine
- 1/4 tsp vanilla paste
- 1/2 tsp cinnamon

Cheese Filling

- 900 g farmer's cheese
- 1 egg + 100 g sugar
- 1/4 tsp vanilla extract

Apple Filling

- 600 g grated apples
- 100 g sugar
- 1/4 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp lemon zest
- 2 tbsp breadcrumbs

Sour Cream Mixture

- 600 g sour cream
- 2 eggs

Additional

- 300 g filo sheets
- 230 g melted butter

Preparation

1. Make the dough: mix 200 g cake flour, 100 g butter, 2 tbsp sugar, 1/4 tsp baking powder, and 1/4 tsp vanilla paste until crumbly. Add 1 egg and mix into a smooth dough. If needed, add cold water. Divide the dough into two portions. Roll out one portion to fit the baking dish; refrigerate the other.
2. Prepare fillings.
3. Walnut filling: combine 250 g ground walnuts, 100 g sugar, 1 tsp cinnamon, and 1/4 tsp vanilla paste.
4. Poppy seed filling: mix 250 g ground poppy seeds, 100 g sugar, 160 ml white wine, 1/4 tsp vanilla paste, and 1/2 tsp cinnamon.
5. Cheese filling: blend 900 g farmer's cheese, 1 egg, 100 g sugar, and 1/4 tsp vanilla extract.
6. Apple filling: mix 600 g grated apples, 100 g sugar, 1/4 tsp vanilla extract, 1 tsp cinnamon, 1/2 tsp lemon zest, and 2 tbsp breadcrumbs.
7. Preheat the oven to 180°C.
8. Layer the walnut filling over the dough in the baking dish.
9. Add the poppy seed filling, followed by the cheese filling, and then the apple filling.
10. Pour 600 g sour cream mixed with 2 eggs over the apple layer.
11. Roll out the remaining dough and place it on top.
12. Brush with 230 g melted butter.
13. Bake for 60-70 minutes, until golden brown.
14. Allow to cool completely before slicing. Serve at room temperature or slightly warmed.

Slovenia offers stunning landscapes, a rich cultural scene, and reasonably priced housing. It is a politically stable and safe country, ideal for families. Low crime rates, strong health insurance, and international schools enhance the quality of life for expats.

Want to know more?

For information on EURES services in Slovenia for jobseekers and employers, up-to-date details on living and working in Slovenia, or contact information for EURES Advisers in Slovenia, visit: <https://www.ess.gov.si/en/jobseekers/work-in-europe-eures>





Preparation

1. Peel the potatoes, wash them and then dry them. Cut the potatoes into small cubes or semi-fine slices and place them in a large bowl.
2. Select a suitably sized non-stick frying pan. Add plenty of extra virgin olive oil to the frying pan with the onion. When it is hot, add the potatoes. There should be enough oil to cook them for twenty minutes, depending on the size, over low heat.
3. While the potatoes are frying, beat the eggs in the bowl and set aside.
4. Remove the potatoes from the frying pan. Let them drain on a paper towel and then add them to the bowl with the onion and eggs.
5. Cook the mixture for 4 minutes over medium-high heat on each side. And good luck when it comes to flipping the omelette!

Spain is increasingly becoming one of the top countries to live in because of its quality of life, job opportunities, and wonderful climate. The standard of our cuisine as well as the openness of the Spanish people are two ingredients to take into account when choosing Spain as a destination. During 2023, the Spanish economy grew more than the other Eurozone countries.

SPAIN

SPANISH OMELETTE

Prepared by Carmen Rodríguez

4 pax.	30' min	Medium	Gluten Free

A slice of life with or without onions

In Spain, the potato omelette is a topic of national debate. More than one long-standing friendship has been dissolved over the issue of whether an omelette can contain onion. (The creator of this recipe is in favour of onion.) I can think of no greater pleasure on a summer evening than sharing a tortilla de patatas with friends, with onion of course, and a glass of beer while the sun goes down.

Ingredients:

- 700 g special potatoes for frying
- 6 eggs
- 300 g of onion (optional)
- Salt (to taste)
- Extra virgin olive oil

Want to know more?

For details on EURES services in Spain or jobseekers and employers, up-to-date information on living and working in Spain, or to contact EURES Advisers in Spain, visit: <http://www.sepe.es/redEURES>





Preparation

1. Preheat the oven to 150°C.
2. Put paper cupcake cases (made for baking) in a mini cupcake tray.
3. Put all the dry ingredients in a bowl and mix.
4. Dice the butter and add it to the dry ingredients.
5. Work the mixture together with your (clean) hands until it forms a dough.
6. Ensure the butter is really soft to prevent the dough from getting crumbly.
7. Divide the dough into 24 equal parts and roll them into even balls.
8. Place each ball in a paper cup and make a hole in the centre of each cookie.
9. Fill the hole with cloudberry jam.
10. Bake for 15-20 minutes.
11. Allow the cookies to cool in the tray before serving.
12. If desired, decorate with icing.
13. Combine 1 dl of powdered sugar with a few drops of lemon juice and drizzle over the cooled cookies.
14. To make them vegan, use vegetable butter. To make them gluten-free, use gluten-free flour.

SWEDEN CLODBERRY COOKIES

Prepared by Åsa Nilsson



24 pcs



30-40 min



Easy

Ingredients:

- 4.5 dl wheat flour
- 1 dl caster sugar
- 1 tsp baking soda
- ½ tsp vanilla powder
- 200 g soft (room temperature) salted butter
- 1 dl cloudberry jam (or any other jam you like)

Be part of the Swedish tradition

As you may know, Swedish people take their coffee breaks very seriously. While most readers have probably heard of the Swedish “fika” or cinnamon bun, here is another very common and delicious cookie (with a twist) that is commonly eaten alongside coffee in our country. This cookie is usually made with raspberry jam but here it is made with cloudberry jam.

Sweden is a lovely country to live in. The climate is nice and cool and there is an abundance of great nature to explore. And you are allowed to explore it since Sweden has a “right to roam” guaranteed by law. This includes the right to pick berries, such as cloudberrries! The social security system is well developed with regulated sick leave, parental leave, and the right to stay home with your sick children with pay. Gender equality is ranked among the best in the world and the living conditions are excellent.

Want to know more?

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SWITZERLAND

ÄPLERMAGRONEN WITH APPLESAUCE

Prepared by Paola Dénéréaz



4 pax.



35 min



Easy

Indulge in Swiss classic delight

Cheese and potatoes, apples and oats – these are some of the common ingredients found in Switzerland’s most famous national dishes. An absolute Swiss classic, original Äplermagronen with fried onions and applesauce tastes great not only in a mountain hut, but also at home.

Ingredients

Applesauce

- 600 g apples, e.g. Boskoop, peeled, chopped in pieces
- 1 dl apple juice
- 2-3 tbsp sugar
- 1 cinnamon stick

Äplermagronen

- 600 g waxy potatoes, cut into approx. 1 cm cubes
- 250 g pasta with a cooking time of approx. 7-10 minutes, e.g. Magronen or Hörnli
- 250 g grated cheese (Gruyère)
- 1 dl full cream
- Salt, ground pepper, and nutmeg to taste

Grilled onions:

- 2 onions in rings
- 1-2 tbsp flour
- Clarified butter or frying cream

Preparation

1. Applesauce: Bring all the ingredients of the sauce to the boil. Cover and cook the apples for 10-15 minutes until soft.
2. Cook the potatoes and pasta together in plenty of salted water. Drain afterwards and leave to dry.
3. Place the pasta and potatoes in layers with cheese in a hot pan or preheated dish.
4. Season the cream and pour over the pasta and potato mixture.
5. Toss the onion rings in the flour. Fry in the hot clarified butter until crispy. Place over the pasta and serve hot.

Switzerland lies in the heart of Europe. Switzerland has a dense transport network which makes it easy to travel in all directions, both within and outside the country. The Swiss are world leaders in train travel. There are numerous excellent reasons for choosing to work in Switzerland: innovation and technology, political stability, close links with foreign markets, excellent education and healthcare systems, an outstanding infrastructure, and a high standard of living. The country also boasts an extraordinary variety of landscapes and habitats.

Want to know more?

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