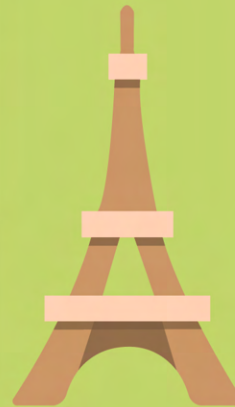
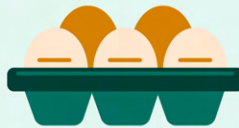
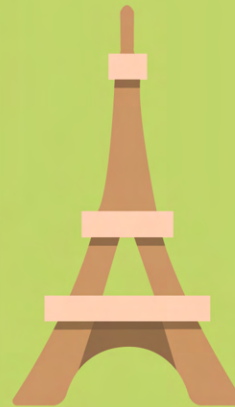
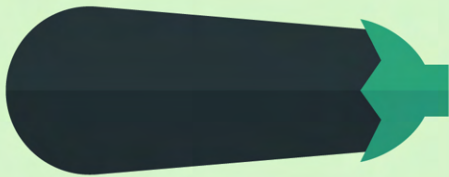
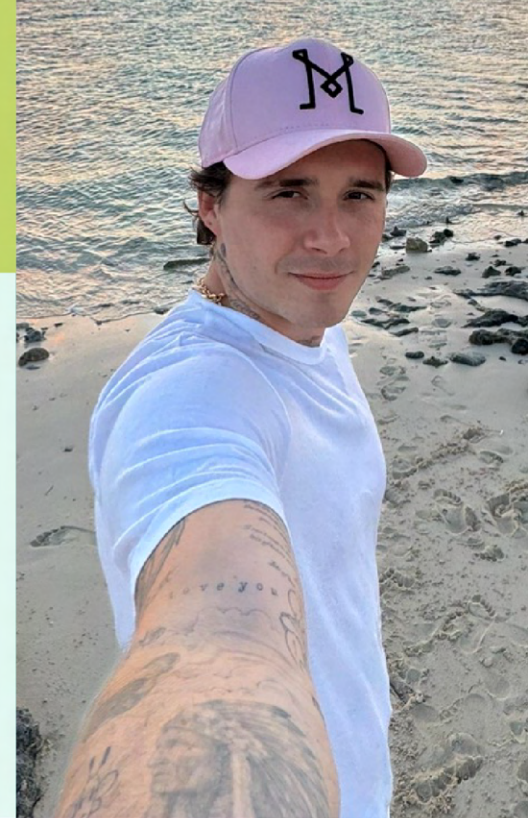




# BROOKLYN PELTZ BECKHAM'S #TRAINPICNIC THROUGH EUROPE



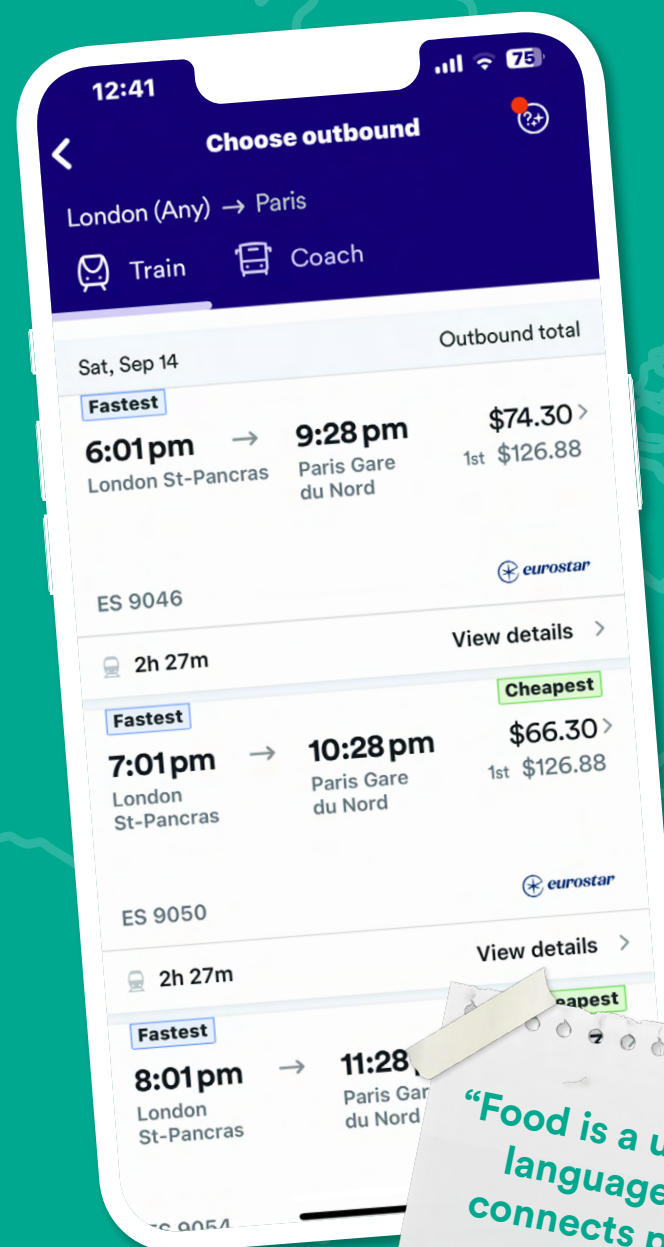
 **trainline**



# Brooklyn Peltz Beckham's #TrainPicnic Through Europe

Book your train ticket for a delicious adventure abroad with Trainline and culinary enthusiast Brooklyn Peltz Beckham as they take you on the ultimate #TrainPicnic Through Europe! To help people level up their train snacking game this summer, Brooklyn has whipped up four, exclusive recipes inspired by his favorite train snacks from the UK, France, Spain, and Italy. From Brooklyn's favorite savory sausage roll, to the refreshing Parisian delight of a tarte au citron, your train journey is about to become a flavorful exploration of Europe.

Brooklyn Peltz Beckham's #TrainPicnic Through Europe is your ultimate guide to finding the best bites abroad. Whether it's a cozy cafe in Paris or a bustling food market in Barcelona, we've got the insider scoop. Plus, don't miss out on must-visit food festivals that will leave you craving more.



"Food is a universal language that connects people worldwide."

-Brooklyn Peltz Beckham



# The United Kingdom

Did you know that a UK Milky Way is quite different from its American counterpart?



Milky Way



Guinness

## Brooklyn's Favorite Train Snacks



## Mealtime slang:

Dessert can be called "Pudding" or "Afters"

TASTE OF  
**LONDON**  
FOOD FESTIVAL  
JUNE 12 - 16

The Taste of London Food Festival is a must for any foodie. Think tasty bites, summer fun and games, and great music - all in one unforgettable experience.



## Must Visit Food Markets

Bonnie and Wild  
Edinburgh

Mackie Mayor  
Manchester

Borough Market  
London



### FUN FACT

Borough Market has been a London staple for over 250 years.





# Brooklyn's Sausage Roll



Serves 15



425°F



Difficulty: 2/5

## Ingredients

### For the Sausage Rolls:

- 3 tablespoons olive oil
- 1 yellow onion, small dice  
Kosher salt and freshly ground black pepper
- 3 garlic cloves, minced
- 1 tablespoon whole fennel seeds, freshly ground in mortar and pestle
- 1½ pounds ground pork
- ¾ cups freshly grated Parmesan cheese
- 2 tablespoons Dijon mustard
- 2 large eggs, divided
- 2 sheets frozen store bought puff pastry, thawed but kept chilled
- Flake salt, for sprinkling
- Dijon mustard for serving
- Homemade or store bought ketchup, for serving (recipe on next page)

## Instructions

1. To prepare the sausage rolls: in a large skillet over medium heat, warm the olive oil. Add the onion and cook, stirring occasionally, until softened but not browned, about 7 minutes. Season with a big pinch of salt and a few generous grinds of black pepper. Add the garlic and fennel seeds and cook until toasted, about 5 more minutes. Set aside to cool completely.
2. Meanwhile, in a large bowl, combine the pork, parmesan and Dijon mustard with one of the eggs, 1 ½ teaspoons of kosher salt and a few grinds of black pepper. Add the cooled onion mixture and combine mixture thoroughly. Chill mixture while you prepare the pastry.
3. To make the egg wash: in a small bowl, whisk together the remaining egg and 1 teaspoon of water.
4. To shape the sausage rolls: on a lightly floured work surface, roll out the puff pastry sheets into two 10 × 10-inch squares, then cut them

in half to create four 5 × 10-inch rectangles. If the puff pastry is too flimsy, return to the fridge for 10-20 minutes to chill. Chilled dough is a lot easier to work with and will result in neater sausage rolls.

5. Working with one rectangle at a time, with the long side facing you, shape ¼ of the chilled sausage mixture into a long cylindrical patty the length of the pastry. Brush the exposed puff pastry with the egg wash, then roll the pastry away from you over the sausage to create a tight roll. Pinch the edges gently to seal.

6. Place on a sheet tray in the fridge while you prepare the other 3 rolls, then chill rolls for 30 minutes before baking.
7. Preheat the oven to 425°F with a rack in the center position. Line a baking sheet with parchment paper.
8. Using a very sharp knife, cut the sausage rolls into thirds (or fourths for smaller bites). Then cut three diagonal 1-inch slits on top of each roll. Brush with egg wash and sprinkle with flake salt.
9. Bake rolls until deep golden brown and puffed up, and internal temperature of the sausage registers between 160F and 170F, about 30-35 minutes.
10. Serve rolls warm with homemade ketchup and Dijon mustard for dipping.



The United  
Kingdom



# Brooklyn's Sausage Roll

## Homemade Ketchup

### Ingredients

- 6 oz. tomato paste
- ½ cup granulated sugar
- ½ cup white distilled vinegar
- ¼ cup water
- 2 teaspoons Worcestershire
- 1 whole garlic clove
- ½ onion, stem intact
- ½ teaspoon salt

### Instructions

1. In a small saucepan over medium heat, whisk together the tomato paste, sugar, vinegar, water, Worcestershire and minced garlic until smooth. Add the onion, cut side down.
2. Bring mixture to boil, then reduce heat to a simmer and cook until darkened and reduced, about 25 minutes. Remove onion, then add pinch of salt to taste.
3. Remove from heat and cover until cool. Chill and store refrigerated in a covered container.

The origin of the sausage roll is thought to trace all the way back to the Classical Greek or Roman eras. This type of sausage roll became popular in London during the Napoleonic Wars.



# London



## The United Kingdom



# France



## Mealtime slang:

**‘Goûter’**  
pronounced goo-tay  
is an afternoon snack.  
It also means “to taste”  
in French.



This June, head to Touffreville-sur-Eu for the Fête du Fromage, where Norman cheeses like Neufchâtel, Pont-l'Évêque, and Livarot take the spotlight.

## Restaurants Locals Love

From Lyon to Nice, book your table at these top rated restaurants along each stop of your train trip.





# Brooklyn's Tarte Au Citron



Serves 8-10



350°F



Difficulty: 4/5

## Ingredients

### For the Crust:

- 1 large egg yolk
- 2 tablespoons very cold water
- 1 teaspoon vanilla extract
- 1 ½ cups unbleached all-purpose flour (180g), plus more for dusting
- ⅓ cup granulated sugar
- ½ teaspoon kosher salt
- 8 tablespoons (1 stick) cold unsalted butter, cut into ¼-inch cubes

### For the Filling:

- 2 Grated zest of 2 lemons
- 1 cup lemon freshly squeezed lemon juice, about 6-8 lemons
- ¾ cup + 3 tablespoons (186g) sugar
- 4 eggs + 4 large egg yolks
- 12 tablespoons (1 ½ sticks) cold unsalted butter, cut into 12 pieces
- Powdered sugar, for dusting
- Lightly sweetened whipped cream, for serving, optional

## Instructions

1. To make the dough/crust: in a small bowl, whisk together the egg yolk, water and vanilla until smooth. Chill in the fridge until ready to use.
2. In the bowl of a food processor or large bowl (if doing by hand), pulse (or whisk) together the flour, sugar and salt. Add butter and pulse until the texture resembles coarse cornmeal, with butter pieces no larger than small peas (or use a pastry cutter). Add the chilled egg mixture and pulse (or mix) until the dough pulls together.
3. Turn dough out onto a lightly floured work surface and knead until dough comes together in one single, cohesive mass, with no dry streaks or large bits of butter.
4. Pat into a ball, then flatten into a disk about 8-inches wide.
5. Wrap in plastic wrap and refrigerate until well chilled, about 30 minutes. (The dough can be made ahead of time and frozen for up to one month.)
6. On a well floured work surface, flatten the disk with 6 to 8 gentle taps of the rolling pin. Lift the dough and give it a quarter turn. Lightly dust the top of the dough, surface and the rolling pin with flour as needed to avoid sticking, then roll out until the dough is about ¼ thick, and at least 1 inch wider on all sides than your tart pan.

7. Roll the tart dough onto a floured rolling pin, then drape it over the tart pan. Immediately start pressing the dough into the bottom and sides of the pan so the dough does not rip or stretch. Thoroughly pat dough into the tin so there are no air pockets, trimming any excess overhang as needed. Transfer to the freezer for 20 minutes.
8. Preheat the oven to 375F, with the rack set in the center.
9. Prick the bottom of the tart dough all over with a fork.
10. Line dough with parchment paper, then pie weights. Transfer to a sheet tray, then to the oven and bake until the visible edges of the crust are lightly browned, 20 minutes. Allow to cool completely. Lower oven temperature to 350F.
11. To make the filling: set a large heat-safe bowl over a pot of water, making sure the water is not touching the base of the bowl. Close by the stovetop, set a fine mesh sieve over a large bowl; set aside.
12. In the bowl set on the pot of water, whisk together the lemon zest and juice, sugar and eggs and yolks until smooth. Bring the pot of water to a vigorous simmer. Cook, whisking frequently to avoid the eggs from cooking, until thick enough to coat the back of a spoon in an opaque layer, but still loose enough to drip off the spoon easily, about 5 minutes. Add the butter and whisk until melted and combined, cooking for 1 minute longer.
13. Immediately strain through the fine mesh strainer. Then transfer the filling to the cooled tart shell set on a sheet tray and spread into an even layer.
14. Transfer the sheet tray to the oven and bake until the edges of the filling are set, but the center still has a slight wobble, about 15-20 minutes.
15. Remove tart from the oven and let it rest in the pan until it comes to room temperature, about 1 hour. Set the tart in the fridge to chill, then dust with powdered sugar before serving. If desired, serve with lightly sweetened whipped cream.



"A Tarte au Citron or Lemon Tart is the perfect snack for a train journey with its zesty, refreshing flavor. You'll find these in every patisserie in Paris – a must grab for any train trip."  
– Brooklyn Peltz Beckham

France



# Spain



"Of all the places I've lived, Madrid is the most special to me. I have cherished memories of cooking paella with my dad."

- Brooklyn Peltz Beckham

## Mealtime slang:

'Ir de cañas'  
pronounced ear de can-yas  
means 'going out for beers'



ADMIT  
ONE

# Tapapiés

OCT 19<sup>TH</sup>

OCT 29<sup>TH</sup>

LAVAPIÉS SPAIN

Immerse yourself in the vibrant flavors of Madrid at the TapaPiés Festival, an annual celebration in the historic Lavapiés neighborhood.



## FUN FACT

Mercado de Antón Martín was a favorite of Brooklyn's from his time in Madrid! There is a fun mix of bars and international food stalls serving street food, tacos, and even sushi.

## Must Visit Food Markets

Mercado de Antón Martín  
Madrid

Paris

Lyon

Bordeaux

Mercado de Sants  
Barcelona

Mercado de la Encarnación  
Seville

Visit in the morning shortly after opening for the freshest produce and a bustling atmosphere as vendors set up their stalls.



# Brooklyn's Spanish Tortilla



Serves 6-8



Difficulty: 2/5

## Ingredients

### For the Spanish Tortilla:

- 1 ½ pounds yukon gold (or similar) potatoes about 4), peeled and thinly sliced on a mandolin into 1/8-inch slices
- 1 small or half of a large yellow onion, thinly sliced on a mandolin
- 1 ¾ cup good quality olive oil
- kosher salt and freshly ground black pepper
- 8 whole eggs

### For the Toppings (optional):

- 1 head frisse (4oz), tossed with drizzle of Extra Virgin Olive Oil, plus a squeeze of fresh lemon juice and pinch of salt
- grated or shaved Manchego
- 3 oz. Jamon, halved and rolled or crunched

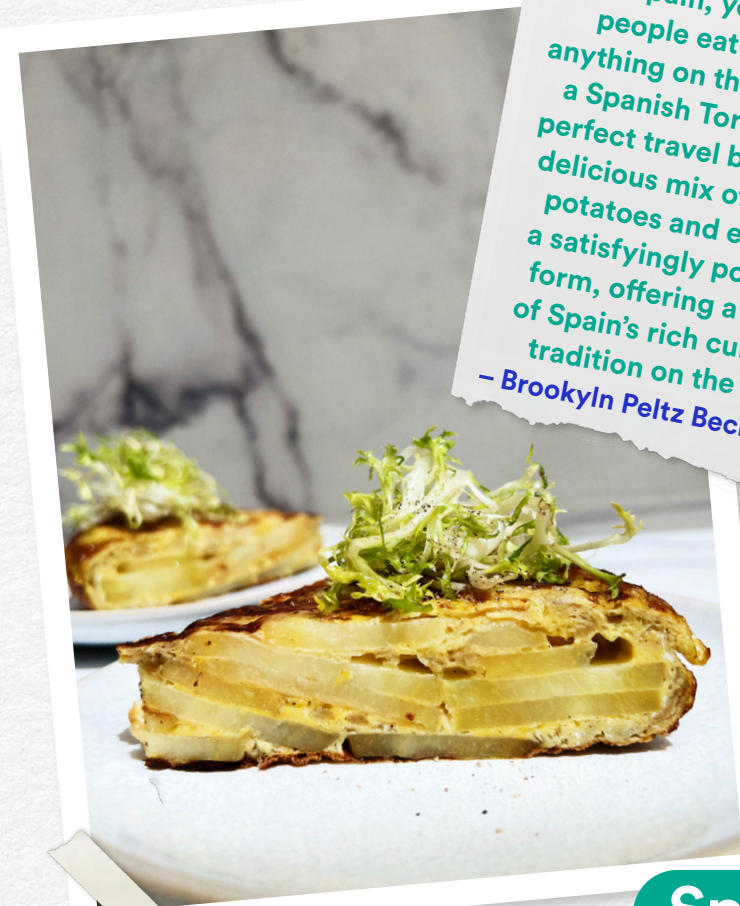
## Instructions

1. To make the spanish tortilla: in an 8-inch cast iron skillet over medium heat, warm half the olive oil. To test if the oil is ready, drop one slice of onion or potato. If small bubbles immediately but gently appear around the edges, it's ready. If it starts to sizzle and fry rapidly, the oil is too hot and will burn the potatoes. Turn off the heat to allow it to cool before starting again.
2. Once the oil is at the right temperature, add half the potatoes, half the onion and a big pinch of salt. You want the potatoes and onions to be about 75 percent covered in the oil. Add more as or if needed. Cook, stirring occasionally, until potatoes are fork tender, about 5 minutes. You do not want to develop any color on the potatoes, so if they begin to brown, adjust heat. Use a spider strainer to transfer potatoes to a large bowl, then add remaining oil to the skillet to heat.
3. Add remaining potatoes and onion and repeat the cooking process. Use a spider to transfer potatoes

to the bowl, then pour all but 2 Tablespoons of oil out of the skillet.

4. Return the skillet to medium heat. In a separate bowl, vigorously whisk together the eggs with 1 ½ teaspoons of salt and several generous grinds of black pepper. Pour the eggs over the warm potatoes and gently mix, then add them to the skillet. Arrange the top layer of potatoes so that they lay flat, then shake the skillet to allow the potatoes to settle in place and the eggs to cook around the potatoes.

5. Cook until the edges of the tortilla firm up, about 1 minute, then reduce heat to medium-low. Cook until the edges continue to set towards the center, 5 minutes. Turn off the heat.
6. Carefully drag a rubber spatula around the edges of the skillet to loosen the sides. The top will be slightly runny. Place a plate larger than the skillet upside down on the skillet and very quickly invert the tortilla onto the plate, then slide the tortilla back into the skillet, cooked side up. Some of the uncooked eggs may spill, but that's ok, it's part of the process! Cook an additional 3-5 minutes over medium-low heat, then slide or invert onto a clean plate.
7. Slice and serve the tortilla warm or at room temperature. If desired, top the tortilla with lightly dressed frisse, jamon and shaved manchego.



*"In Spain, you'll find people eat almost anything on the train, so a Spanish Tortilla is a perfect travel bite. It's a delicious mix of hearty potatoes and eggs in a satisfyingly portable form, offering a taste of Spain's rich culinary tradition on the go."*  
— Brooklyn Peltz Beckham

**Spain**



# Italy

## Mealtime slang:

'Fare la scarpetta' –  
pronounced far-eh la  
scar-pe-ta  
means to mop up  
sauce with bread



### Fun Fact:

Did you know that the Terra Madre Salone del Gusto, held biennially in Turin, is one of the largest food events in the world, bringing together over 1,000 exhibitors from more than 150 countries?



## Restaurants Locals Love

Embark on a scenic train journey through Italy, savoring sophisticated dishes in Milan, fresh seafood in Portofino, and rustic Tuscan cuisine in Florence.



# Brooklyn's Chicken Parmigiana on Focaccia



Serves 6



450°F



Difficulty: 3/5

## Ingredients

### For The Focaccia:

- ½ cup (4 fl. oz./125 ml) warm water (109–115°F)
- 2 ¼ teaspoons active dry yeast
- 3 teaspoons sugar, divided
- 6 ¼ cups (750 g) bread flour
- 2 tablespoons kosher salt
- 2 ½ cups room-temperature water (70–74°F)
- 10 tablespoons extra-virgin olive oil, plus more as needed

### For The Tomato Sauce:

- 6 tablespoons unsalted butter, cut into 6 pieces, divided
- ½ yellow onion, diced
- 3 garlic cloves, peeled and smashed
- 1 can (28 oz) whole peeled San Marzano tomatoes with juices
- 1 Parmesan rind, about 2 inches long
- Kosher salt and freshly ground pepper, to taste

## Instructions

1. To make the focaccia: in a small bowl, whisk together the ½ cup of warm water with the yeast and 1 ½ teaspoons of the sugar. Cover loosely with a kitchen towel and allow to bloom for 5 minutes. The mixture should look foamy and alive.
2. Meanwhile, in the bowl of a stand mixer fitted with a dough hook, combine the remaining sugar with the bread flour, salt and room temperature water. Mix on low speed until just combined.
3. With the mixer on low, slowly add the yeast mixture. When most of the water is absorbed into the dough (you can use your hands to hand-knead in the bowl to encourage absorption) increase speed to medium high and mix until dough is smooth and elastic. It should detach from the sides of the bowl, but stick to the bottom. The dough will be on the wetter side.
4. Coat the inside of a large bowl with a few Tablespoons of olive oil, then Scrape the dough into the prepared bowl and turn to coat with the oil. Cover loosely with plastic wrap and let stand in a warm spot until doubled in size, about 2 ½ hours.
5. Coat the inside of a 9×13-inch baking dish with olive oil.
6. Fold the dough over itself in the bowl to deflate slightly, then transfer the dough to the prepared baking dish. Using lightly oiled hands, gently stretch the dough out to the edges and corners of the pan. If the dough springs back toward the center or is too tough to stretch, cover with a kitchen towel and let stand for 10 minutes to allow the gluten to relax, then repeat to stretch the dough.

7. Cover the dish with oiled plastic wrap and refrigerate for at least 2 hours or up to overnight.
8. One hour before baking, remove from the refrigerator and let it stand in a warm spot for 1 hour.
9. Preheat an oven to 450°F.
10. Remove plastic wrap from the pan and use lightly oiled fingers to dimple the dough.
11. Drizzle with a few Tablespoons of olive oil and sprinkle with flake salt.
12. Bake until the focaccia is deep golden brown, and the internal temperature reads 200°F.
13. Transfer the baking sheet to a wire rack and let the focaccia cool for 10 minutes.
14. To make the tomato sauce: in a medium sauté pan over medium heat, melt half the butter. Add the onion and garlic and cook, stirring frequently, until softened, about 5 minutes.
15. Add the tomatoes and their juices, remaining butter, Parmesan rind and 1 tsp. salt.
16. Bring to a simmer and cook, uncovered, stirring occasionally and crushing the tomatoes as they slowly cook down, until the tomatoes are mostly crushed and the sauce is reduced slightly, about 30 minutes. Remove from heat and discard parmesan rind. Use an immersion blender to smooth the sauce to desired consistency. Season “to taste” with salt, as needed. Set aside the heat. (The sauce can be made up to 4 days in advance; let cool completely, then cover and refrigerate until ready to use.)



Italy



## Ingredients

### For The Chicken Parmesan:

- 1 cup (120g) all purpose flour
- Kosher salt and black pepper
- 4 whole eggs
- 2 teaspoons garlic powder
- 3 cups panko (240g)
- 1 cup freshly grated Parmigiano-Reggiano Cheese, plus more for serving
- 6 small skinless, boneless chicken thighs or breasts, pounded ¼-inch-thick
- ¾ cup neutral oil, like avocado, sunflower or vegetable
- 12 oz. whole milk Italian Style mozzarella cheese
- Parmigiano-Reggiano Cheese, for serving
- Basil leaves, torn (optional), for serving



### For a vegetarian version, swap chicken for eggplant!

Slice the eggplant into ½" slices. Season the slices generously with kosher salt and set in a single layer on rack set inside a sheet tray to drain for 30 minutes or up to 1 hour. Wipe the salt and excess moisture off the eggplant, patting the eggplant really dry before proceeding to breading step.

## Instructions (cont.)

- 17. To make the chicken parmesan: Preheat the broiler of your oven with the rack set in the upper third.
- 18. Set up a dredging station. In a wide shallow bowl or large dish, combine flour with a big pinch of kosher salt and a few grinds of black pepper. In another wide shallow bowl or dish, whisk together the eggs, a pinch of kosher salt and black pepper and garlic powder. In a third wide shallow bowl or dish, combine panko with parmesan cheese.
- 19. Pat the pounded chicken dry with paper towels, then salt lightly on both sides. Working with one piece of chicken at a time, dredge chicken in flour, shaking off any excess, then into the eggs and finally the panko, being sure to coat the entire piece of chicken. Place on a wire rack set inside a sheet tray while you prepare the rest of the chicken and heat the oil.
- 20. In a wide skillet, heat the oil over medium high until hot. To test oil, drop a couple pieces of panko into the oil. If panko immediately begins to sizzle and brown, the oil is ready.
- 21. Fry chicken, two pieces at a time so as to not overcrowd the pan, until golden brown and cooked through (internal temp should read 165F), about 2 minutes per side. If panko is getting too browned, adjust heat as needed.
- 22. Transfer chicken to a clean wire rack set inside a sheet tray and season lightly with salt. Top each piece of chicken with about ⅓ cup of the tomato sauce, or more or less, as desired. Then top each piece of chicken with 2 oz. of the mozzarella. Transfer to the oven

under the broiler until the cheese is melted and bubbling, about 2 minutes.

- 23. To build the sandwiches: Cut the focaccia into 6 squares, then slice in half horizontally. If desired, toast focaccia under the broiler for a few minutes. Lay chicken parmesan on the bottom halves of the focaccia, then sprinkle with more parmesan, the basil, if using and top with top slice of focaccia. Serve warm.





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