

MORE TRADITIONAL RECIPES



Recipe Book



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TÜRKIYE



SÜTLÜ KARIŞTIRMA

SÜTLÜ KARIŞTIRMA



INGREDIENTS

- 1.1 Litre of milk
- 1.5 tablespoon of flour
3. Salt
4. Red Pepper

METHOD

1. Pour milk in a pot, add flour
2. Place the butter in another pot and melt it. Add red pepper.

CEREN Ü

Youtube link:

https://youtu.be/_wFkk_ioORY





STUFFED GRAPE LEAVES



YAPRAK SARMA
Yağız Efe
Telsereu 5/B

FINISH
Put the mixture inside
the grape leaves and wrap

ENJOY YOUR MEAL

Ingredients
grape leaf
rice
onion
tomate paste
Dried mint
salt
Sunflower oil

We mix the ingredients

Youtube link:

<https://youtu.be/8xIPupZwaDU>





ÇİĞ KÖFTE

5/ B DENİZ BERAT
ESER



Raw Meatballs

Materials

- * Brown Bulgur
- * Tomato Paste
- * Pepper Paste
- * Onion and Garlic
 - * Isot
 - * Sumac
 - * Salt
 - * Chili Pepper
- * Pomegranate Syrup

PREPSRATION

1. We pour all the ingredients into our tray.
2. And we mix.
3. We knead for an hour.
4. You can present by giving shape.



Youtube link:

https://youtu.be/uzNUdUdS_3w





MEATBALL



Youtube link:

<https://youtu.be/oaQxxDD-ec4>





PİDELİ KÖFTE



PİDELİ KÖFTE

Ingredients:

Ground beef, onion, egg, bread crumb, pepper, salt, tomato paste, olive oil, breads, pepper, butter

Put ground beef in a large bowl. Grate the onions, stake bread to small pieces, add onions, egg, stale breadcrumbs with salt and pepper to the ground beef. Knead ground beef as a ball and cut to pieces. In a large pan, heat enough oil and fry the meatballs. For sauce heat the oil and add the tomato paste. Heat the butter in a different saucepan. Divide the pita bread on the serving plates. Pour melted butter on top. Place the meatballs. Spread the sauce over the meatballs.

Youtube link:

<https://youtu.be/JStQD8gwWec>





Kısır (Turkish Bulgur Wheat Salad)



Youtube link:

<https://youtu.be/exnZwoRjD2c>





LENTIL SOUP



METHOD

Place the olive oil and chopped onion in a pot. Saute them and add chopped carrots, lentils and salt and hot water. Mix the soup with a blender.

MATERIALS

1 carrot
1 onion
2 glasses of red lentils
olive oil
salt

MIRAY İ

Youtube link:

<https://youtu.be/TEpxZZYcUDI>





TARHANA SOUP

Tarhana Soup



Material

Tarhana powder
Water
Butter
Mint
Salt

Method

We pour 5 glasses of water into a pot. Then we boil the water. In a bowl we mix tarhana powder and a glass of water, then pour it into the pot. In another bowl we melt one tablespoon of butter. Meanwhile we add one tablespoon of tomato paste and mint into the melted butter. Mix the sauce. And pour it into the pot.

Youtube link:

<https://youtu.be/khg>

<https://youtu.be/mC>





LAHMACUN

Ingredients:

Flour
Minced Meat
Onion
Tomato Paste
Black Pepper
Red pepper
Salt
Cumin



Preparation

Dough is made from flour, water and salt.
Mix the ingredients and knead them.
Mix it with minced meat.
Slice the dough into pieces,
roll out the dough as oval and bake it.



Youtube link:

https://youtu.be/e_6j3-d4sJs





Düğün Çorbası (Turkish Wedding Soup)



INGREDIENTS

3 spoons of yoghurt
2 spoons of flour
1 egg
1 chicken broth
a teaspoon of salt
1 teacup of rice

We dilute our yoghurt add water **1**

Mix it
Break an egg **2**

We stir until rice swells **3**

When our soup began to boil we can add salt **4**

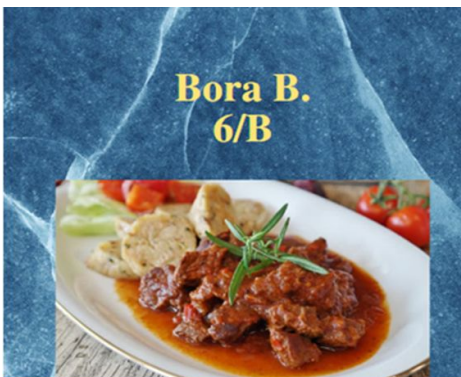
Youtube link:

<https://youtu.be/cmPvyduN5Og>





SAUTED MEAT



SAUTED MEAT

Ingredients:

Meat, pepper, butter, tomato

Method:

Cut the pepper, put some butter, cook the meat, put pepper, tomatoes and mix them.

Youtube link:

<https://youtu.be/TIajIM44J7c>





Egg With Sausage

EGG WITH SAUSAGE



MATERIAL

- 1.OIL
- 2.EGG
- 3.SALT
- 4.SAUSAGE

RECIPE

First put oil the to pan. Put the sausage the pan. Later fry it and break the eggs to pan.Apter add salt mix.

Youtube link:

https://youtu.be/pM-6L5_n2mc





MILK HELVA



A central image shows a brown, smooth, and glossy Milk Helva served in a dark brown ceramic bowl. The text 'MILK HALVA' is printed in white capital letters across the bottom of the bowl. Surrounding the bowl are smaller images: a blue and white domed building, a stone building with a fountain, a street scene with buildings, and a cable car over a valley.

Materials:

- Half a glass of oil,
- 2 table spoons of butter
- 1 cup of flour
- 1.5 cups of

Method

Oil and flour are roasted. Milk and sugar are mixed and added in a separate bowl. When it boils, it is poured into containers and cooked in a 170-degree oven until golden.

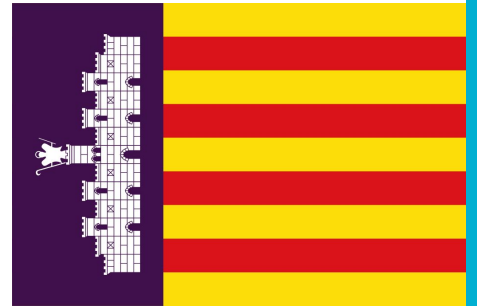
Youtube link:

<https://youtu.be/fVc9sZl8Osw>





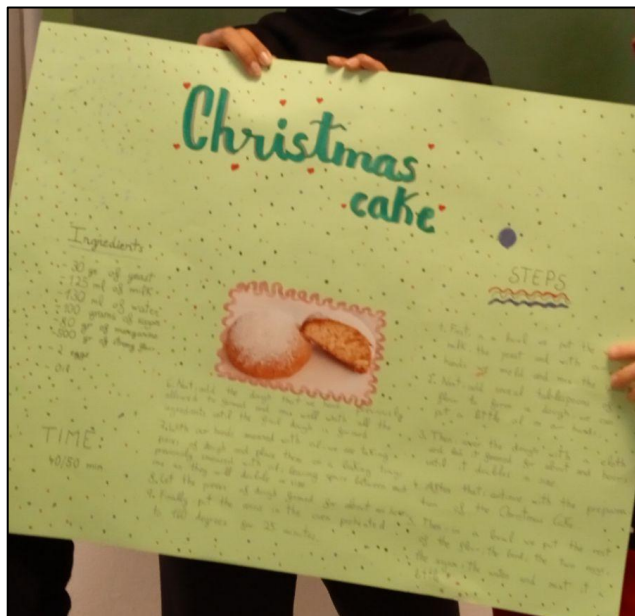
SPAIN (Mallorca)



MORE TRADITIONAL RECIPES



Coca de Nadal



Youtube link:

www.youtube.com





Escudella de lleties

INGREDIENTS:

- Lentils
- Meat (optional)
- You can add all the vegetables you want
- 2 carrots
- beans
- sweet potato
- soup
- chard (optional)
- some aromatic plants

UTENSILS:

- Pot
- knife
- Wash basin
- A big spoon

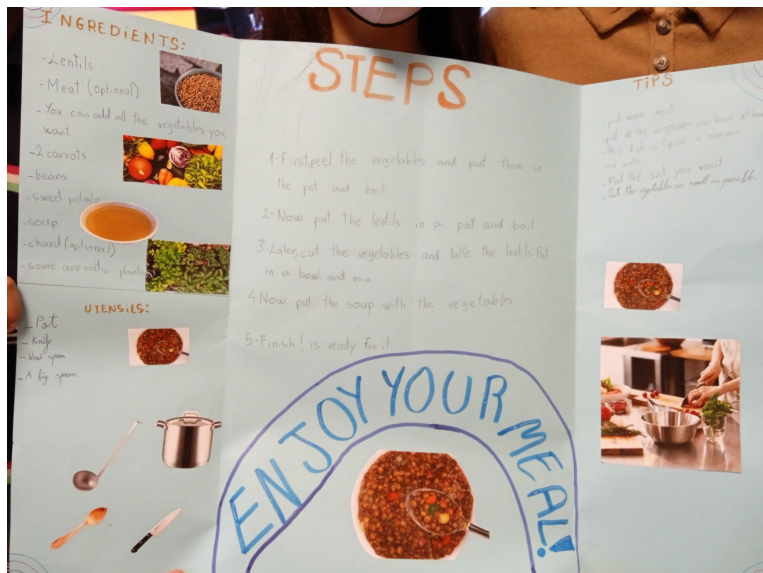
STEPS

- 1-First peel the vegetables and put them in the pot and boil.
- 2-Now put the lentils in a pot and boil.
- 3-Later, cut the vegetables and take the lentils out in a bowl and mix.
- 4-Now put the soup with the vegetables.
- 5-Finish! is ready for!

TIPS

- put some meat
- add all the vegetables you have at home
- I like to add a tomato and water
- Put the salt you want
- Cut the vegetables as small as possible

ENJOY YOUR MEAL!



Youtube link:

www.youtube.com





Coca bamba

Ingredients

- 250gr of plain flour
- 250gr of strong flour
- 100gr of potato
- 2 eggs
- 25gr of baker's flour
- 75gr of pork fat (margarina)
- 25 gr of butter

Side dish

- chorolate
- milk
- ice cream
- pomogruate

COCA BAMBÀ
Sweet cake of potato

Made by Maria Gibert

Step 1. Take the yeast and melt in a glass of cold water. Once the yeast has melted, add flour until thick. It must be covered with film and once it has been allowed to ferment.

Step 2. Boil the potato when the potato is water, add the sugar and mix with a fork until very thick is melted.

Step 3. Beat the eggs and the baked potato with the sugar, the fermented yeast and the margarine we found well.


Step 4. Mix the yeast and through flour and add it to the dough little by little while continuing kneading.

Step 5. Once we have the pasta, while we are kneading it we add the cooked cow-lard.

Step 6. We let the dough ferment for two two hours.

Step 7. Take a piece of pasta, flatten it make a roll with it and roll it up until you get the shape of an oval. Once done, let them ferment for four hours.

Step 8. We put the water in a pan, once it is quite hot we add the pasta and the milk. Keep the heat on medium flame until the pasta is quite done. It should be quite soft and porous. Right on top.



Youtube link:

www.youtube.com





Coca de trampó

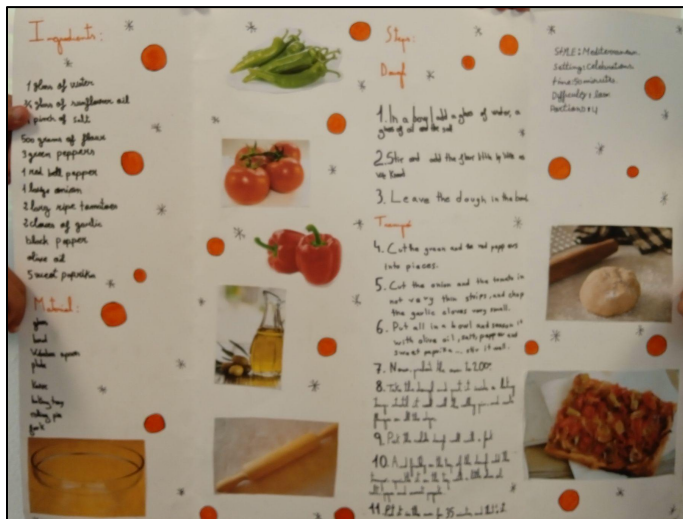
Ingredients:

- 1 glass of water
- 1/2 glass of sunflower oil
- 1 pinch of salt
- 400 grams of flour
- 3 green peppers
- 1 red bell pepper
- 1 large onion
- 2 large ripe tomatoes
- 2 slices of garlic
- black pepper
- olive oil
- 5 sweet paprika

Method:

1. In a large bowl mix water, oil and salt.
2. Stir and add the flour little by little in the bowl.
3. Leave the dough in the bowl.
4. Cut the green and the red peppers into pieces.
5. Cut the onion and the tomato in not very thin slices and chop the garlic slices very small.
6. Put all in a bowl and season with olive oil, salt, pepper and sweet paprika... etc. 10 min.
7. Now preheat the oven to 180°C.
8. Roll the dough into small balls and put them on a tray lined with parchment paper.
9. Bake for 15 minutes.
10. Serve hot.
11. Enjoy!

Notes: Mediterranean, Italian, Catalan, French, Spanish, Portuguese, Swiss, Austrian, etc.



Youtube link:

www.youtube.com





Frit mallorquí

INGREDIENTS

- Onjal (Lardine)
- 3 potatoes
- 2 red peppers
- 300g of codfish
- 150g of peas
- 2 spring onions
- Garlic
- Olive oil
- Salt
- Pepper


FRIT MALLORQUÍ

STEPS

1. In this recipe we use all the ingredients like usual.
2. Wash, cut in rings, you fry all the ingredients in water.
3. Cook for the potatoes, then the peppers, the cod fish and finally the peas in this order.
4. As we use the ingredients we remove them one by one. Completely cold.
5. Finally fry the previously named ingredients in hot oil.
6. Once cooked, add the final mix, salt and pepper.
7. Finally we mix everything in the pot and add in 10-15 more dried capers in the end.

Thank you!
Bye Bye!!

INDEX



Youtube link:

www.youtube.com





Cocarrois

Majorcan's Cocarrois

Ally's Recipe, Aïman's is the best

Ingredients:

For the dough:

- 1- 250g of butter.
- 2- 250ml of oil.
- 3- 250ml of water.
- 4- 1kg of flour (approx).
- 5- A pinch of salt.

For the filling:




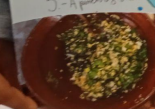
- 1- 1/2 Cauliflowers.
- 2- 1/2 onion of Swiss chard.
- 3- Oil.
- 4- Salt.
- 5- Pepper.
- 6- Parsley.
- 7- Raisins.
- 8- Some water (optional).

RECOMMENDATIONS

- 1- Remember to make the cocarrois by slightly rolling the dough and leaving it.
- 2- To make the mixture more cohesive, beat 2 eggs and spread the mixture on top of each one and bake.

The steps:

- 1- To prepare the dough, put the oil, the water, the butter and a pinch of salt in a bowl/containers. And knead well until you get a dough.
- 2- For the filling, cut the cauliflower and the chard into slices. Put in a bowl, and season with oil, paprika, salt and pepper.
- 3- Take a bit of dough and knead it into a ball, put the filling and put in the center of the dough, add some raisins. And press the dough to make the shape, joining the edges upwards. Be sure that they are sealed, and make the typical cocarrois' corners.
- 4- At the end, bake it oven at 180 degrees for 15 minutes.
- 5- We hope you liked our recipe!!
Rais !!

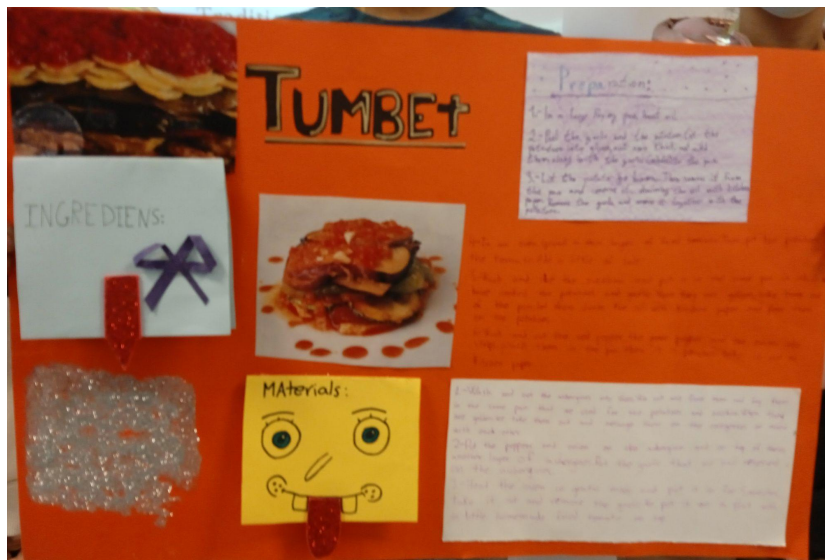
Youtube link:

www.youtube.com





Tumbet



Youtube link:

www.youtube.com





Coca de trampó

Material:


Rolling pin
Bowl
Knife

5 STEPS

1. We create the dough
2. In a container, pour the oil (the warm, the pork oil) and add the flour.
3. Stir by hand, adding flour until it detaches from the fingers and is manageable (the dough has to be a little sticky and soft).
4. Spread the dough with oil fingers on a baking tray and with a fork shape the edges.
5. Now we prepare the top: cut the tomato and the peppers into squares and the chopped onion. Mix in a bowl with a little oil and salt.
6. Distribute the pepper on the dough and put the cake in the oven for about 35 minutes at 180 degrees.

Ingredients:

- 1 glass of water
- 3/4 cup of sunflower oil
- a pinch of salt
- 500 grams of flour
- 3 green peppers
- 1 red bell pepper
- 1 large onion
- 2 large ripe tomatoes
- 2 cloves of garlic
- salt
- sweet paprika
- black pepper
- olive oil



Youtube link:

www.youtube.com





Panades

MAJORCAN PANADAS

Steps

Ingredients

For the dough

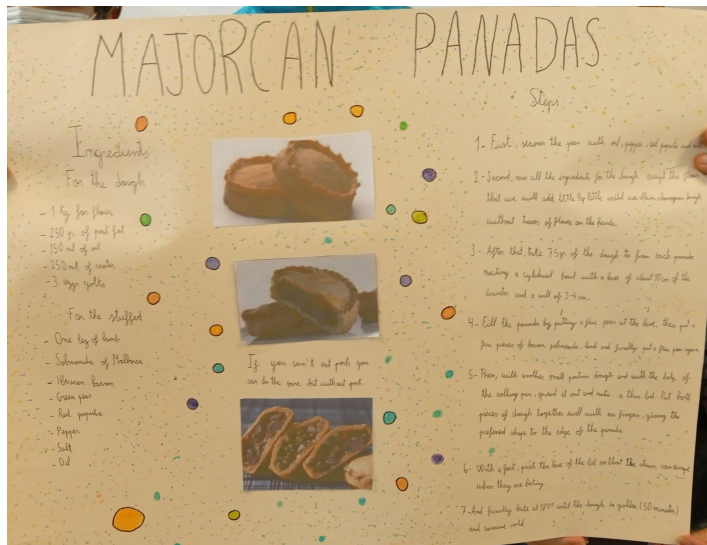
- 1 kg flour
- 150 gr. of pork fat
- 150 ml of oil
- 150 ml of water
- 3 eggs yolk

For the stuffed

- One leg of lamb
- Salsambra of Mallorca
- Moroccan Bacon
- Green peas
- Red paprika
- Pepper
- Salt
- Oil

If you can't eat pork you can do the same but without pork.

- 1- First, season the pork with oil, pepper and paprika.
- 2- Second, mix all the ingredients for the dough except the flour that we will add later by later until we obtain a dough dough without pieces of flour on the hands.
- 3- After that take 75 gr. of the dough to form each panada making a cylindrical band with a hole of about 10 cm of the diameter and a wall of 3-4 cm.
- 4- Fill the panada by putting a few grams of the liver, then put a few pieces of bacon, salsambra, lamb and finally add a few green peas.
- 5- Now, with another small portion dough and with the help of the rolling pin, spread it out and make a thin flat flat. Roll both pieces of dough together until with our fingers giving the preferred shape to the edge of the panada.
- 6- With a fork, prick the base of the lid so that the steam can escape when they are baking.
- 7- And finally bake at 180° until the dough is golden (10 minutes) and remove cold.



Youtube link:

www.youtube.com



MORE TRADITIONAL RECIPES



ITALY





ELCELSIOR COOKIES

Excelsior Cookies

The "Excelsior cookies" are dessert biscuits typical of the Sicilian tradition. They are a dessert that is consumed on any occasion of conviviality.

Excelsior cookies are also called "dolci da riposto", meaning the cupboard closet where traditionally sweet foods were also kept because they resisted longer.

These delicious sweets are made of a simple shortbread without eggs and a filling made from almond flour.

Ingredients

200gr Flour
240gr Powdered sugar
15gr Glucose
2 drops Bitter almond essence
Green coloring for food
5gr Bitter cocoa for the chocolate version
30gr Milk
215gr Butter
2 tablespoons Water
1 tablespoon Jam
100gr Dark Chocolate
150gr Almond flour





BUCCELATTI

Buccellati

BUCCELLATI

Ingredients for 8 people:

Flour 500g

caster sugar 150g

lard (or margarine) 150 gr

ammonia for desserts 5 g

4 tablespoons of honey

dried figs 400g

skinned almonds 50g



PREPARATION

Mix together the flour, caster sugar, lard, 2 tablespoons of vanilla and enough water to obtain a homogeneous

Wrap the mixture in plastic wrap and place in refrigerator for 30 minutes.

Meanwhile, chop finely the figs along with almonds, the grated rind, a pinch of cinnamon and 1 clove.

Pour the mixture into a pan, add the remaining honey and cook for a few minutes, adding two tablespoons of water.

Turn off the heat and let cool.

Take the dough and roll out, with the aid of a rolling pin, some not too thin sheets measuring about 10 x 5 cm.



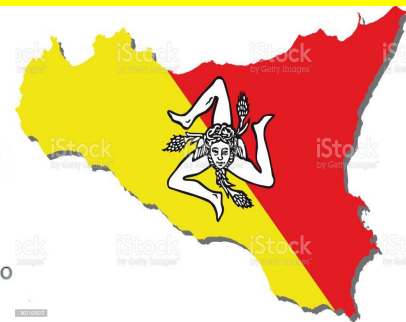
RECINELLA



REGINELLA COOKIES

INGREDIENTS

- 500 g 17 oz/2 cups Farro
- 150 g 5 Oz raw sugar
- 150 ml 5 fl oz extra virgin olive oil
- 1 tsp raw local honey
- pinch of sea salt
- 150 g 5 Oz sesame
- 15 g ½ oz organic baking powder
- 1 tsp saffron
- milk or rice milk to taste (the amount depends on the type of flour used (most are full or, recently refined and more milk is needed)





PANI CUNZATU



Youtube link:

<https://youtu.be/2xCnaabhE3Y>





PASTA ALLA NORMA



Youtube link:

<https://youtu.be/mklMFQA85GU>





SFINCIONE

Sfincione

Ingredients:

Warm water 330 g
00 flour 500 g
Dry yeast 4 g
Malt 5 g
Extra virgin olive oil 45 g
Salt up to 10 g

TO SEASON

Peeled tomatoes 700 g
Golden onions 300 g
Water 50 g
Extra virgin olive oil 40 g
Sicilian Caciocavallo 100 g
Breadcrumbs 20 g
Grated pecorino 70 g
Anchovies in oil 40 g
Oregano to taste
Salt up to taste

Prep 30min

Canva link:



SCAN ME



MORE TRADITIONAL RECIPES



SCILIAN PANELLE



Youtube link:

<https://youtu.be/ZPV...>



MORE TRADITIONAL RECIPES



FRANCE



Croissants - Pains aux chocolats



Youtube Link:

<https://youtu.be/FACTaLzKLpo>



SCAN ME





GALETTE



GALETTE



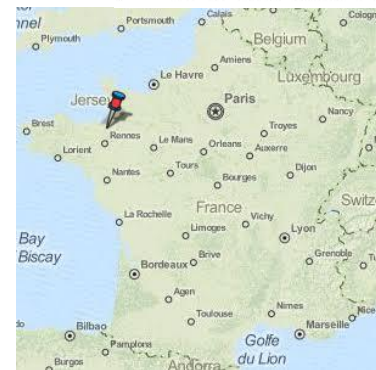
SAUCISSE



Warm buckwheat
galette with a pork and
grilled sausage inside.

Youtube Link:

[Youtube Link](#)





MOULES-FRITES MUSSELS & CHIPS



Youtube Link:

[Youtube Link](#)





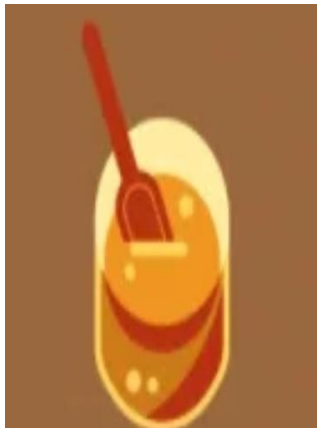
CARAMEL WITH SALTED BUTTER

ingredients

sugar 160g

liquid cream 20cl

butter 80g



-put the sugar in a saucepan over high heat

-wait for the caramelization (dark blond) and remove from the heat

-add the salted butter and mix well

-put back on low heat and add the liquid cream

-mix well then put the caramel in the fridge for about 1 hour

You can enjoy caramel au beurre salé on top of crepes waffles, ice cream or brioche





TARTIFLETTE

TARTIFLETTE

INGREDIENTS
 500g of reblochon cheese,
 200g of bacon,
 1 kg of potatoes
 2 onions
 150ml of milk

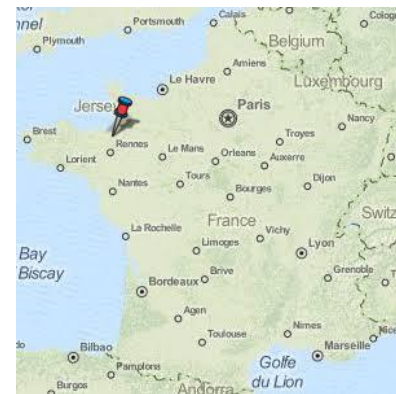


1. Preheat oven to 200°C/400°F.

2. Add potatoes to a pot of cold water. The water should be enough to cover the potatoes. Season with salt, then bring to a boil over medium-high heat and let boil until fork tender.

3. In the meantime, peel and mince onions and garlic. Roughly chop bacon. Heat olive oil in a large pan over medium heat and sauté bacon and onions 3 min. Add garlic and sauté for 2 min. Deglaze with white wine and let cook for 2 min.

4. Peel and slice cooked, cooled potatoes. Add half of the potato slices to a baking dish. Season with salt and pepper and top with half of the bacon-onion mixture. Layer over half the sliced Reblochon and repeat the process with remaining ingredients. Cover with milk and bake at 200°C/400°F for approx. 30 – 40 min. until the top is golden brown.





BUCKWHEAT GALETTE

To make the galette you will need 330g of buckwheat flour, 75cl of water, 10g of big salt, 1 egg and butter.

First mix your salt with your flour then pour water little by little and then add your eggs and mix when you have a smooth mixture let it set for 2 hours. Now you can cook for 1 minutes on each side.

Place your galette in the pan previously buttered, over medium heat. Start by adding the grated cheese then the slice of ham. Add the egg (you can cook it in a separate pan for better cooking or break the egg directly on the pancake). Depending on your taste, you can make a fried or scrambled egg. Add a pinch of salt. Fold each edge of the buckwheat galette to obtain a square: your pancake is already ready in 5 minutes! We can eat buckwheat galette with salmon, ham and grated cheese, eggs...

Youtube Link:

[youtube](#)

