

Cultural heritage:

FROM EARTH TO TABLE



Let's share our
cultural heritage!

**SHARING OUR RECIPES
AND FAMILY TRADITIONS
FROM EUROPE AND
AFRICA**

August 2020 - May 2021
eTwinning platform

INDEX



3

PROJECT PRESENTATION

Get to know our eTwinning projects and meet the people and schools involved in this cultural adventure.

7

PASSION FOR AGRICULTURE

Two videos showcasing the family heritage of farming and agriculture passed on to the new generations.

10

ENTRÉES AND MAINCOURSES

Sharing our favourite savory dishes from our families and traditional recipes from our different countries in Europe and Africa.

26

SWEETS AND DESSERTS

Recipes of sweet specialities and secrets from grandmothers and moms on how to get a perfect dessert!

LET'S SHARE OUR CULTURAL HERITAGE
July 2021

Edited and designed by Joana Freitas

THE TEAM



**Ms. Joana Freitas & CEF Restaurant Bar Worker 2020/2021
Escola de Comércio do Porto, Porto, Portugal**

"A School With Attitude" with around 300 students of VET courses of Commerce, Marketing, Touristic Operations, and Digital Communication and Services and a strong focus on innovation and internationalization.

This class is studying to get a technician degree to work in bars, support in a restaurant's kitchen, interact with guests, speak English and Spanish and have all the needed skills for it.



**Mrs. Paola Capaccio & Class II and III Agriculture
IPSASR ProfAgri Salerno**

Agriculture and Environment are our main interests at school but we study all the basic subjects too, from literature, to history, geography, maths, science, economy and of course English. We love farming and we are proud of the fruits and vegetables that we grow on our farm. we sell our products to our teachers, families and to other customers and we produce three excellent wines with the grapes coming from our vineyard.



**Mrs Jacinthe Véhier & Commerce and Maintenance Class
Alexandre Bérard Vocational High School, Ambérieu-en-Bugey, France**

At A. Bérard High school, we learn and train to be either electricians, computers technicians, plumbers and heating technicians, metal and PVC workers, wooden construction builders, industrial maintenance technicians, salespersons, administrative tasks performers. we also learn to deal with safety and health at work and speak English!

Integrate vocational education, cultural sensitivity and internationalisation.

Awaken students' interest in their personal and national cultural heritage.

Allow simultaneous, authentic contact in English with other countries, traditions and people ...

... in a clever, engaging and interactive way!

ABOUT THE PROJECT

PROJECT PHASES

1 PLANNING

August–September 2020

Teachers' meetings

Etwinning approval



2 LET'S GET TO KNOW EACH OTHER

September–October 2020

Padlet: personal introductions

First students' meeting

3 UNESCO HERITAGE

October–December 2020

Creation of posters and quizzes
Second students' meeting



4 PERSONAL HERITAGE

January–April 2021

Collection of recipes and videos about our personal heritage

Final eBook

OUR VALUES AND GOALS

INCLUSION

Project tailored to rhythms, interests and English levels of all students

DIVERSITY

All students, from Europe and beyond, challenged to explore and present their culture and traditions

ENTHUSIASM

Project rich in interactive moments, games and cultural exploration

EDUCATIONAL GOALS

- Develop students' ability to communicate in a foreign language, to share information and to collaborate virtually;
- Acquire and develop writing, reading and speaking skills in English;
- Implement Project Based Learning and encourage students to take initiatives;
- Increase students' ICT skills;
- Foster interculturality, autonomy and teamwork and the development of European citizenship;
- Promote the knowledge of familiar, regional, national and European cultural heritage and recognize the importance of it.



Project logo created by student António



First Zoom meeting



Click [here](#) to see our Twinspace!

STUDENTS' EXPERIENCES

"With my class we had fun making posters about the Italian Unesco sites. Each of us chose and described a cultural landmark, a seaside town, a historical city of Italy. We shared our cultural heritage with our etwinning partners. Then we shifted our attention from the beautiful art cities to our personal heritage. Some of us described typical Italian foods. As for me, I wrote the recipe of pizza that I have learned from my mother."

Rosanna Noschese, Class II A Profagri, Italy

"Some others made a video about the things they have learned from their grandparents, like me for example. In my video I showed the vegetable garden where I grow fruit and vegetables together with my father. My grandfather taught me to love agriculture that is culture. It is very important for us to keep and carry on the culture and the skills that the previous generations have handed us."

Jacopo Rubino, Class III A Profagri, Italy

THE PROJECT IN NUMBERS...

8

MONTHS

The project started being developed in August 2020 and was officially closed in May 2021.

3

COUNTRIES AND SCHOOLS

Portugal, Italy and France were the countries participating in the project, each represented by a teacher.

7

EVENTS

This project involved 2 meetings for students, 4 meetings among the coordinating teachers and was part of a conference on VET internationalisation.

+50


STUDENTS

From different vocational education courses, aged 14 to 19 including students with special needs and learning challenges.

+70

PRODUCTS

Namely more than 40 posters about different UNESCO sites and intangible heritage in different countries, including also Brazil; 2 quizzes about cultural heritage; and the over 20 recipes and videos in this ebook!



PASSION FOR AGRICULTURE

Family organic agriculture

JACOPO, ITALY



My agricultural heritage

ALBERICO, ITALY




VIDEO MADE WITH
ANIMOTO



**ENTRÉES AND
MAIN
COURSES**


Alloco

PERLE, FRANCE

Origin:	Ivory Coast
Characteristics:	It is a sweet and delicious traditional dish.
Who created it?	It is a traditional family recipe
Why is it special?	We love serving this dessert when we have family, friends.
When do I eat it?	It's a dessert. So we eat it after our meal but also in the afternoon, as a snack.
Ingredients:	<p>5 ripe plantin bananas 40cl of oil (to fry the plantin) ½ teaspoon of ginger</p> 
Preparation:	<ol style="list-style-type: none">1. Peel the bananas.2. Slice the peeled bananas into small pieces.3. Heat the oil in a pan.4. Fry the banana slices until golden brown.5. Sprinkle with ginger while stirring.6. Drain them on absorbent paper and7. You can add some salt
Servings:	4 people
Cooking time:	15 minutes

Bacalhau à Gomes de Sá

ELISABETE, PORTUGAL

Origin:	City: Porto Region: Ribeira, Porto Country: Portugal
Characteristics:	Well-seasoned dish, very delicious and nutritious
Who created it?	José Luís Gomes de Sá Júnior
Why is it special?	It is a recipe that my family always makes and is a typical dish of my city (Porto)
When do I eat it?	We eat almost every Sunday because it is already a food we are used to.
Ingredients:	750 gr of soaked salted cod 750 gr of potatoes Three onions One and a half cloves of garlic 3 eggs 2.25 dl olive oil One and a half bunch of chopped parsley Pitted black olives Salt and Pepper
Preparation:	<ol style="list-style-type: none">1. Soak the cod overnight (12 hours) or buy frozen cod ready to cook.2. Boil the cod with the potatoes with skin, previously washed, in plenty of water for 10 minutes.3. Drain the cod, remove the skins and bones and break it into shreds.4. Cut the onions into thin slices and mince the garlic. Place it all in a pan with olive oil and stir until light brown.5. Peel the potatoes and cut them into thick cubes or slices.6. Add the cod and potatoes to the pan and stir everything lightly, but without letting it fry. Season with salt and pepper.7. Boil the eggs, peel, and slice them.8. Lay it all on a clay tray and bake in a hot oven for 10 minutes.9. Serve it sprinkled with chopped parsley and garnished with boiled egg slices and black olives. 
Servings:	Serves 6 people
Cooking time:	Preparation time: 30 minutes Cooking time: 40 minutes


Carbonara

ROBERTO, ITALY

Origin:	Roma, Italy
Characteristics:	Pasta alla carbonara is a characteristic dish of Lazio, and more particularly of Rome, prepared with popular ingredients and with an intense taste. The most traditionally used types of pasta are spaghetti and rigatoni.
Who created It:	A chef from Rome
When do I eat it:	Sunday
Ingredients:	<ul style="list-style-type: none">• 480 g Spaghetti (or rigatoni and half sleeves)• 200 g of bacon• 5 eggs (one each + 1)• 120 g Roman Pecorino cheese• q.s. Black pepper (preferably in grains for grinding)• 2 pinches of coarse salt (for the pasta cooking water)
Preparation:	<p>First of all cut the bacon into squares and place in a pan: Then place a large pot with water and coarse salt on the fire to boil the spaghetti. When it boils, place them into the pot.</p> <p>At the same time, heat the bacon in the pan over low heat. The bacon must not harden by frying too much, but must soften gently, releasing all the "fat" that will be used to sauté the spaghetti in the pan.</p> <p>How to make cream of egg yolks for a perfect Carbonara Mix the egg yolks with most of the pecorino cheese (leave 1 teaspoon for the seasoning) and pepper. Add 1 tablespoon of pasta cooking water to avoid the omelette effect.</p> <p>The cream must be soft, but at the same time full-bodied and velvety. Intense color therefore not too pale. Drain the spaghetti al dente using dotted spoon directly into the hot pan of the bacon (keep the cooking water aside)</p> <p>Then add 2 - 3 tablespoons of the pasta cooking water. Sauté everything together for 1 minute over high heat, then turn off the heat and remove the pan from the stove and pour the cream of egg yolks over the spaghetti. Mix a few seconds, stir in pecorino, with 1 - 2 tablespoon of the cooking water to favor creaminess and pepper!</p> <p>Your hot and succulent Spaghetti alla carbonara is ready; serve them with a light sprinkling of pecorino cheese and a pinch of pepper!</p>
Servings:	4-5
Cooking time:	1h


Genovese sauce

CHIARA, ITALY

Origin:	City: Naples Region: Campania Country: Italy
Characteristics:	Genovese sauce is a white pasta condiment based on onions and beef.
Who created it?	It was created in the 15th century by a gastronome nicknamed "il Genovese "
Why is it special?	My great-grandmother always did it
When do I eat it?	I usually eat it in the winter
Ingredients:	<p>Ziti (pasta) 320 g Beef 600 g Golden onions 1 kg Celery 60 g Carrots 60 g 1 sprig parsley Bay leaf 1 leaf White wine 100g Extra virgin olive oil as required Salt as needed Black pepper as required Parmigiano Reggiano DOP as required</p> 
Preparation:	<ol style="list-style-type: none">1. Peeling the onions and slicing them thinly. Transfer them to a container and peel the carrot. Chop it finely and clean the celery, not throwing away the clump. Finely chop this too and set aside.2. Move on to the meat, clean it of any excessive fat and cut it into 5 small pieces. Take the celery tuft, add the parsley and the bay leaf and tie with kitchen string thus creating the fragrant bunch. Move to the stove.3. In a pan large enough to contain the onions, pour plenty of oil. Add the onions, celery, carrot and leave to flavor for a couple of minutes over low heat. Add the pieces of meat, a pinch of salt and the fragrant bunch, mix and leave to flavor for a few minutes. Then lower the heat and cover with the lid.4. At this point the Genovese must cook for at least 3 hours; no need to add water or broth because the onions will release the necessary liquid so that the bottom does not dry out but it is important to check and mix from time to time.5. After 3 hours, the Genoese must be balanced in its sweetness so you need to add the wine after removing the fragrant bunch. Raise the heat slightly, add a part of the wine and mix. Cook the meat without a lid for about an hour, stirring often and pouring the wine as the bottom has dried. Take a piece of meat and chop it on a cutting board and set aside.6. Finally, break the ziti and cook them in boiling salted water. When the pasta is cooked, drain it and put it back in the pan. Add a few spoonfuls of cooking juices and stir to mix.7. Serve by adding a little seasoning and crumbled meat to the pasta, pepper and grated Parmesan to taste and your pasta seasoned with Genovese is ready: enjoy your meal!
Servings:	4/5 servings
Cooking time:	3 hours

Lasagna napoletana

ILARIA, ITALY

Origin:	Campania, Napoli, Italy
Characteristics:	A layering kind of pasta
Who created It:	An unknown neapolitan cook in the early 14 th century
Why Is It special:	It's a family recipe that my mother makes to celebrate the holidays
When do I eat it:	When it's Sunday and to celebrate Carnival
Ingredients:	<ul style="list-style-type: none">• 500gr of lasagna pasta• 400gr of scamorza cheese• 3 eggs• 700gr of tomato sauce• 200 gr of grated Parmesan cheese• 1 onion and half a garlic• 250gr of meatballs• 200gr of sausage• Bread crumbs• Parsley• Olive oil• Salt 
Preparation:	<ol style="list-style-type: none">1. Start by making the meatballs with ground meats, grated cheese, bread crumbs, parsley, garlic, salt and eggs. Knead it until you get a compact dough, form small meatballs and fry them in olive oil.2. Make the tomato sauce with olive oil, salt, parsley and onion. Let it simmer.3. When all the ingredients are ready you have to lay them in a baking tray. Put a can of tomato sauce, meatballs scamorza cheese, crumbled sausage and grated cheese. Repeat the layers and top them by pouring beaten eggs.4. Bake in preheated oven.
Servings:	4 servings
Cooking time:	30/40 minutes

"Maravilhas"


JOANA, PORTUGAL

Origin:	City: Ponta Delgada Region: São Miguel island, Azores Country: Portugal
Characteristics:	It's a comfort food with lots of flavor and nutrients.
Who created It:	Helena Freitas (my mother)
Why is it special:	It is a family adaptation of a Portuguese typical dish brought by my mother to my hometown to remind herself of her home (Azores). And I also cooked it when I was in Czech Republic and Belgium and I missed home.
When do I eat it:	When I go home to see my family! But I also cook myself it when I need a comforting meal.
Ingredients:	500gr of frozen peas 4 carrots 5 big potatoes 1 smoked sausage, traditionally chouriço from Azores, "linguiça" or "presunto" (salted ham) or 250 gr of bacon 4 eggs 150 dl of tomato pulp 1 onion 1/2 chicken stock cube Olive oil
Preparation:	<ol style="list-style-type: none">1. Start by cutting the onions in tiny pieces and all the potatoes and carrots in small cubes.2. In a large pot, cover the bottom with olive oil, add the onions, and let it simmer in low-medium heat. When the onions start to cook (don't let them burn), pour the tomato pulp and add the meat of your choice in slices or cubes. Let it simmer.3. Add the potatoes, carrots and peas with the stock and cover everything with hot water. Let it cook in medium heat for about then minutes and check the potatoes. When they start to cook, open the eggs, one by one, on top of everything and cover with the lid.4. Let it sit until the eggs have poached. And it's ready!
Servings:	4
Cooking time:	35 min




Menemen

ILKAY, FRANCE

Origin:	Turkey
Characteristics:	Main course
Who created it?	My mother
Why is it special?	Family dish
Ingredients:	<ul style="list-style-type: none">- 6 eggs- 1 green pepper- 4 tomatoes- Salt and pepper- 1 red pepper- 2 onions- 3 tablespoons of olive oil 
Preparation:	<ol style="list-style-type: none">1. Finely chop the onions.2. Dice the peppers3. Cut the tomatoes into small cubes.4. Pour the olive oil into a pan.5. Heat and add the onions.6. fry for 10 minutes7. Add the diced tomatoes and peppers.8. Add salt and pepper. Simmer for about 10 minutes.9. Break the eggs in a bowl. Whisk the eggs with a fork.10. Pour the beaten eggs into the pan over the vegetables.11. Mix and cook for a few minutes.12. Remove the pan from the heat and enjoy the menemen immediately.
Servings:	6
Cooking time:	20 minutes


Neapolitan salami recipe

ANDREA, ITALY

Origin:	Campania, Napoli
Characteristics:	It is done in January after the killing of the pig
Who created It:	The Napoli family
Why Is It special:	Because it is a family tradition
When do I eat it:	After January and after having matured them
Ingredients:	Pork Dough Fine pepper Double pepper Salt chilli pepper
Preparation:	<p>The meat is cut and minced. In the dough you need fine pepper, double pepper, salt, chilli pepper and at the end knead well until the meat sticks to your hands. When the meat is ready, tale it and put it in a machine where the intestine wraps the meat dough. The meat must dry after a month and then it is ready to be eaten.</p> 
Servings:	A single piece, served for several people
Cooking time:	Half day


Pilava

MOIDJIMOI, FRANCE

Origin:	It is from Mayotte
Characteristics:	It is a hot dish
Who created it?	My mother cooks it. It is a family recipe.
Why is it special?	When we have big parties, we like eating this traditional dish.
When do I eat it?	Midday, Evening
Ingredients:	<p>1 Chicken of 2 kg 2 onions 500 g Rice 1 tablespoon Turmeric 2 Cinnamon sticks 3 garlic 3 ripe tomatoes 2 tablespoons Tomato paste 4 tablespoons Olive oil 2 Large cloves of garlic 1 chicken stock Chili according to your taste Salt and pepper</p> 
Preparation:	<ol style="list-style-type: none">1. Cut the chicken into 8 pieces.2. Peel and slice the onions.3. In a large enough pan, stir the onions in hot oil.4. When they start to color, add the chicken pieces. Cook till it gets a light brown colour5. Add the tomato paste, spices and minced garlic. Mix quickly.6. Cut the tomatoes into small parts, add them to the chicken.7. Leave to cook for 20 minutes.8. Rinse the rice 3 times with clean water. Add it to the chicken. Mix again.9. Add water and the stock.10. Leave to cook over low heat for 20 minutes.11. Adjust the seasoning
Servings:	4 to 6 people
Cooking time:	40 minutes


Pité

ARGETA, FRANCE

Origin:	Kosovo
Characteristics:	Pite is a nickname it is a derivative of pitié (French for pity)
Who created it?	It was created my mother
Why is it special?	Because it is a special recipe that all Kosovars do.
Ingredients:	For the bread dough: 1 kg of white flour. 1 dose of baker's yeast. some water. 2 leeks. 1 natural yogurt salt pepper.
Preparation:	In a preheated oven at 200 ° C. As soon as the pite is cooked, break the top of the pite then sprinkle a bit of water, cover with a cloth. 
Servings:	6 persons
Cooking time:	Bake for 30 minutes

PIZZA

ROSANNA, ITALY

Origin:	Naples, Italy
Characteristics:	It is a famous dish all over the world
Who created It:	It was created by Raffaele Esposito in 1889 to honor the queen of Italy Margherita of Savoy
Why is it special:	Because it is a recipe that my mom has been making since I was little and it is very fun to stuff pizza
When do I eat it:	Pizza is always good, but I eat it on Saturdays
Ingredients:	<ul style="list-style-type: none">-1 kg of flour 00-7 g of yeast-800 ml of water-2 tablespoons of seed oil-25 g of salt
Preparation:	<ol style="list-style-type: none">1. We combine all the ingredients in a bowl and cover to let the dough rest for 10 hours.2. After leavening we form loaves with the dough and let them rest for another 3 hours.3. After we can roll out the pizza and add the ingredients and bake at 200 degrees for 10/15 minutes. 
Servings:	7/10 pizze
Cooking time:	25 mins

Pumpkin velouté with scallops

JACINTHE, FRANCE

Origin:	Brittany (North West of France)
Characteristics:	It is a special soup. You can serve it as a starter for a fancy meal or as the main dish for a family supper.
Who created It:	Chrystel, my sister-in-law
Why is it special:	It was the first meal my brother and my sister-in-law cooked us when we visited them in Rennes just after they moved there.
When do I eat it:	I do it for special occasions with family or friends but only when we can easily find pumpkins and scallops, in autumn! And then, when the pumpkin is big enough, I carve it for Hallowe'en!
Ingredients:	1.5 kg pumpkin; 50g + 10g butter; 1 litre chicken broth; 50 cl fresh cream; Salt /pepper; 12 fresh scallops
Preparation:	<ol style="list-style-type: none">1. Peel the pumpkin. Remove the seeds. Cut into cubes.2. Heat 50 g of butter in a large pan until melted.3. Add the pumpkin and cook for 5 minutes over a low heat. Pour the chicken broth. Add the salt and pepper.4. Cook for 15-20 minutes, until the pumpkin is completely tender.5. Mix the soup until smooth. Add the cream. Check the seasoning.6. Cook for 5 minutes over a low heat.7. Meanwhile, heat 10 g of butter in a frying pan over a medium heat. Add the scallops and cook for 2-3 minutes.8. Then, ladle into individual bowls. Add the scallops.9. Serve hot.
Servings:	4
Cooking time:	40 min




Pumpkin velouté with scallops

JACINTHE, FRANCE




Seafood Rice

SARA, PORTUGAL

Origin:	Portugal	
Characteristics:	Typical dish, specially near the sea	
Who created It:	It's a traditional recipe	
Ingredients:	<ul style="list-style-type: none">• 4 large prawns• 200 g shrimp kernels• 200 g mussel• 100 g clam kernels• 400 g carolino rice (medium long grain rice)• 1 large onion	<ul style="list-style-type: none">• 2 garlic cloves• 1 dl tomato pulp• 0.50 dl olive oil• 1 bay leaf• a sheaf of coriander• salt to taste
Preparation:	<ol style="list-style-type: none">1. Defrost the seafood and arrange it. Put the olive oil, onion and garlic in a pan and simmer until golden. Keep stirring with the wooden spoon avoid burning.2. Place the tomato pulp in the pan, add the coriander and the bay leaf. Stir well to mix the onion and garlic with the tomato.3. Add 1.2 litres of water to the preparation and let it boil, bringing the heat down after. Taste and, if necessary, rectify the seasonings.4. Add the seafood and rice to your pan and cook everything for 20 minutes, or until the rice is cooked.5. To serve, sprinkle a little chopped coriander over the rice. 	
Servings:	4-6	
Cooking time:	50min	

Spaghetti al tonno

UMBERTO, ITALY

Origin:	Italy
Characteristics :	It is a famous dish in Italy
Who created it ?	Italian Academy of Cuisine in Bologna
Why is it special?	Because it is a recipe that my tata has been making since I was little.
When do I eat it?	I usually eat it on Monday
Ingredients:	Half an onion, 5 tablespoons of oil, 2 cans of tuna, olives, capers, basil, 500 grams spaghetti.
Preparation:	<ol style="list-style-type: none">1. Fry the chopped onion in the oil.2. Crumble the canned tuna.3. Add black and green olives, capers and basil.4. Boil the spaghetti in a pot with hot water.5. Drain them and combine with the tuna sauce. 
Servings:	5 servings
Cooking time :	for 20 minutes

The background features a central white rectangular area with a torn paper edge effect. This white area is surrounded by abstract, organic shapes in various shades of brown, tan, and beige, creating a layered, textured appearance. The overall aesthetic is warm and artistic.

SWEETS AND DESSERTS

Cherry Jam


ANTONIO, ITALY

Origin:	Italy
Characteristics:	Made with the cherries from my trees
Who created It:	My Grandmother
When do I eat it:	In cherry season
Ingredients:	<p>800 gr of pitted cherries (about 1.3 kg)</p> <p>300 grams of sugar (which you can reduce up to 200 grams; increase by a maximum of 50 - 70 grams in the case of particularly sour cherries)</p> <p>1 small lemon</p>
Preparation:	<p>Weigh them and place them in a bowl or directly in the pot; then add sugar, the filtered juice of 1 lemon and 2 thick chopped peels. Finally, let it marinate for a couple of hours.</p> <p>Then cook over very low heat without a lid with all the skins for about 1 hour until the mixture becomes full-bodied and makes a dense "drop" on a surface. Remove the lemon peels. If you like, pass with a vegetable mill or with a blender.</p>
Servings:	4
Cooking time:	1h20min



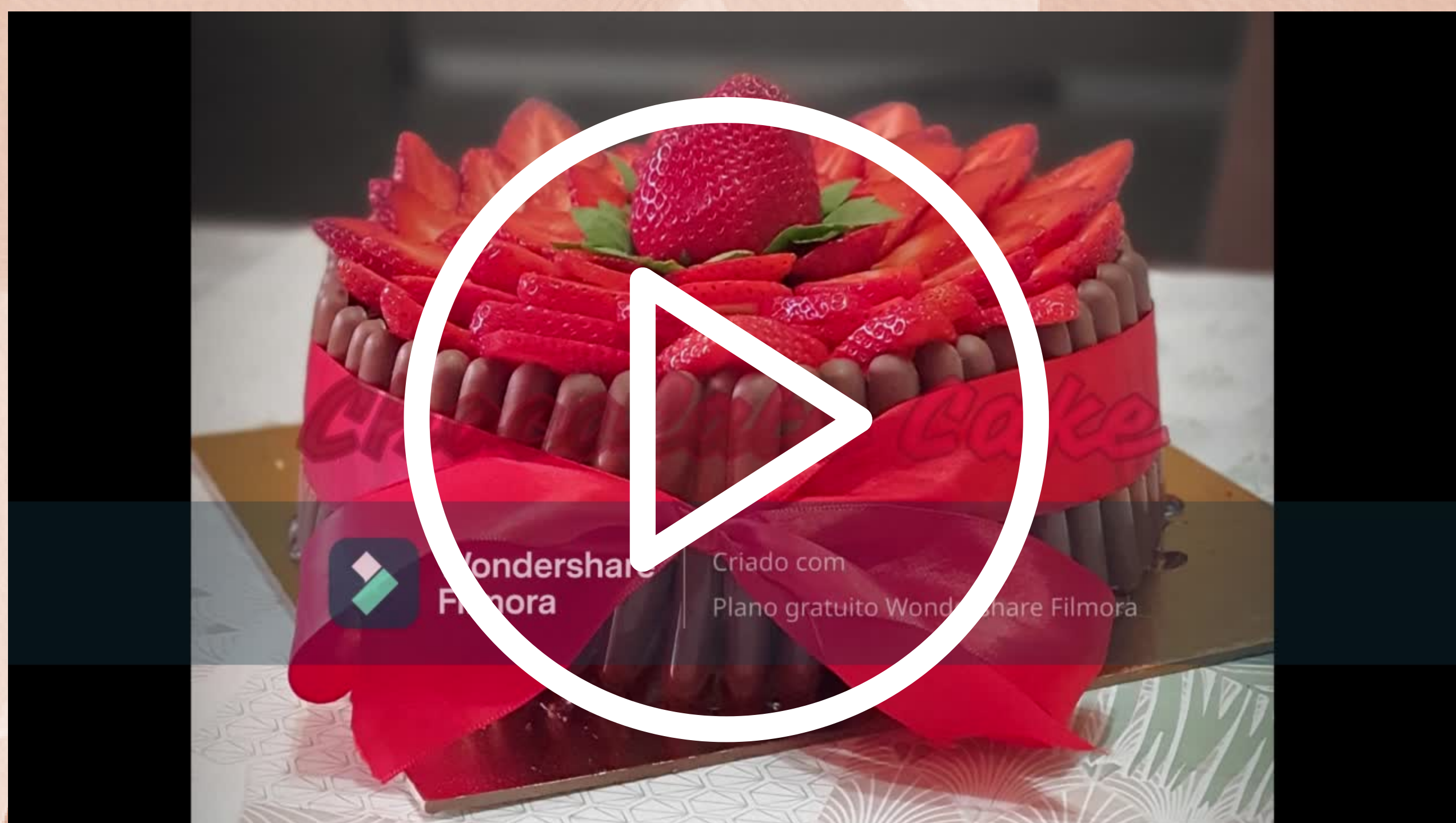
Dègné

FOUNÉ, FRANCE

Origin:	West-Africa
Characteristics:	Easy to prepare. Not everybody likes it
Who created it?	It's a family recipe.
Why is it special?	I like to share this yoghurt with my family. It reminds us of our country.
When do I eat it?	We eat it in summer because it is refreshing and it is good and sweet.
Ingredients:	100g couscous 50 g sugar 1 yoghurt 500 g powdered milk 1 l boiling water
Preparation:	Mix all the ingredients together Leave it in fridge for two hours 
Servings:	6 persons
Cooking time:	No cooking

Chocolate Cake

BEBIANA, PORTUGAL



Grandma's Orange Cake

ANA RITA, PORTUGAL

Origin:	Lisbon, Portugal
Characteristics:	It's a tall and fluffy orange cake.
Who created it?	My grandma
Why is it special?	It is special because I almost only see my grandmother from year to year and when I go there she does it for me.
When do I eat it?	Once a year
Ingredients:	4 eggs 2 cups of flour tea 2 cups of sugar tea 2 orange juices 1 orange zest 1 teaspoon of yeast
Preparation:	<ol style="list-style-type: none">1. Add the flour and sugar in a bowl;2. Separate the eggs whites and the yolks;3. Beat the egg whites to a stiff peak add it to the previous ingredients;4. Add the orange juice and orange zest and finally mix everything together;5. Bake it in the oven at 180° C for 35/40 minutes.
Servings:	It's suitable for a family
Cooking time:	35/40 minutes



Grandma's Pineapple Delight

RITA, PORTUGAL

Origin:	Paredes, Portugal
Characteristics:	It's a sweet desert.
Who created it?	My grandma
Why is it special?	It's a childhood memory, it's something my grandmother who always does, it became a tradition.
When do I eat it?	In the summer
Ingredients:	Sponge cake, cream, canned pineapple
Preparation:	<p>1st – Whip the cream to stiff peaks, cut the sponge cake into thin slices and cut the pineapple in small pieces.</p> <p>2nd – In a serving bowl, put a tablespoon of the cream in the bottom, put some (2/3) of the slices of the sponge cake, and top with the pineapple.</p> <p>3rd – Repeat the process (cream, sponge cake, pineapple) until you reach the top. The last layer should have cream and the pineapple in little pieces.</p>
Servings:	5 people
Cooking time:	15 – 20 minutes.


Grandma's Pineapple Delight

RITA, PORTUGAL




Moist Apple Cake

RAFAELA, PORTUGAL

Origin:	Portuguese
Characteristics:	It's moist and soft and cooked with healthy ingredients.
Why is it special?	Because when I was younger I used to do it with my parents
When do I eat it?	Once a month
Ingredients:	eggs apple and banana 100% fruit puree apple milk oil powdered oats honey yeast
Preparation:	<ul style="list-style-type: none">- Preheat the oven to 180 ° C.- Grease a cake pan with a dessert spoon of coconut oil and sprinkle with a tablespoon of powdered oats.- Wash the apples and cut them into small cubes. Reserve.- In a bowl, mix the remaining powdered oats, yeast and cinnamon. Reserve.- In a blender, beat the eggs, lactose-free milk, honey, melted coconut oil and apple and banana fruit purees.- Add the oat mixture and beat again.- Add the apple cubes and wrap in the dough without crushing them.- Pour the dough into the pan and bake in the oven for 30 to 40 minutes, until cooked. 
Servings:	7 people
Cooking time:	30/ 40 minutes


Moist Chocolate Cake

MAFALDA, PORTUGAL

Origin:	Águas Santas, Porto, Portugal
Characteristics:	It's a quick, cheap and very delicious dish.
Who created it?	Alexandra Pereira (Mother of Mafalda)
Why is it special?	My mother has been making this recipe since I was little.
When do I eat it?	I eat it when I'm with my family.
Ingredients:	<p><u>For the cake:</u> 2 cups of flour with yeast 1 cup of powdered chocolate 1 cup brown sugar ½ cup of oil 1 cup of warm water 2 eggs 1 tablespoon baking powder</p>  <p><u>For the chocolate icing:</u> 3 tablespoons powdered chocolate 1 tablespoon of margarine or butter 4 tablespoons of milk 1 can of condensed milk</p>
Preparation	<ol style="list-style-type: none">1. Mix all ingredients except the baking flour and beat everything very well. I advise you to mix the dry ingredients first and then the oil, water and eggs. (The secret for fluffy cake batter is to never mix for less than 4 minutes.)2. Add the baking powder and mix again for another 30 seconds.3. Pour the preparation into a pan greased with butter and sprinkled with flour, or lined with cooking paper, and place it in a preheated oven at 180° for 40 to 50 minutes.4. For the icing, place the powdered chocolate with the margarine and the milk in a saucepan over heat and constantly stir.5. When it is almost boiling, add the condensed milk and stir well until a creamy mixture is obtained.6. Cover the cake, half-cooled, with this icing still warm - so that it can penetrate the dough slightly.7. Decorate the cake using white chocolate shavings and/or strawberries.
Servings:	8 people
Cooking time:	40 minutes

Mom's pudding

JÉSSICA, PORTUGAL

Origin:	City- Porto Country – Portugal
Characteristics:	It's very delicious and easy to do and it doesn't take long to prepare.
Who created it?	Susana Barbosa (my mother)
Why is it special?	It is special to me because it is the only pudding I like and my mother rarely makes it.
When do I eat it?	When we celebrate some important party or occasion.
Ingredients:	6 whole eggs 2 cups of sugar 2 cups of milk 1 tablespoon of maize Half lemon juice 
Preparation:	<ol style="list-style-type: none">1. In a bowl, add all the ingredients: eggs, sugar, milk, maize and the lemon juice, and stir them all together.2. Beat it all vigorously until the mixture is light and fluffy and you see foam and bubbles arise.3. Pour the mix into a spring form pan (or other baking dish) and prepare it to cook for 45 minutes in a water bath (Bain marie).4. Let it cool. When very cold, put a plate over it and turn it upside down to get it out of the pan. <p>Note: A water bath consists of placing a pan of hot water placed in the oven, so you will need a baking tray that is large enough to hold a spring form pan (or other baking dish), and is also large enough to allow for water to surround it.</p>
Servings:	Serves 5 adults.
Cooking time:	55 minutes

Pastiera of Rice

ALFONSO, ITALY

Origin:	Campania, Salerno
Characteristics:	It's a spring dessert
Who created It:	The origins of the Neapolitan pastiera are very ancient and linked to the pagan rites for the celebration of spring.
Why Is It special:	Because my grandmother and my mother make a lot of them at Easter and everyone eats it in the family
When do I eat it:	At Easter and in spring
Ingredients:	500g rice 500ml milk 10 eggs 500g sugar 1 vanillina sachet essence of orange
Preparation:	Boil the rice, add milk, sugar, 1 sachet of vanillin and the orange flavor; mix everything in a container. Spread butter and flour into the 24cm baking tray and then pour the dough. Put in the oven at 180° with the fan and let it cook 30m.
Servings:	8 servings
Cooking time:	30 minutes



