



*Let's create
cookery book
together!*



Dear readers, students, parents and teachers,

This ebook was created by students from six schools in different countries :

Midsund skule, Midsund NORWAY

Gimnazjum - Grybów, Grybów POLAND

Zağnospaşa Secondary School, Balıkesir TURKEY

OŠ KOMEN, Komen SLOVENIA

ICS "Verona 2 Saval-Parona" di Verona, Verona (VR) ITALY

Collège Nicolas HAXO, La Roche sur Yon, FRANCE

They collaborated throughout the school year in order to make this European cookery book, and we hope they enjoyed it !

The book is now offered to you, and we believe you will enjoy trying some of our recipes from time to time, and cook some great European menus !

Thank you, dear teachers for this great collaboration and a very special and big thanks to all the students who worked very hard to create this cookery book !

Enjoy your meal !

Starters



RAVIOLI



Cake :

400 l play (gramme) floors
1egg
3/5 glasses cold water
Salt

Stuffing :

750 l gramme of potatoes
250 l gramme of cottage cheese
2 onion
1 cloves of garlic
2 spoon of butter
1 spoon , oil-salt , pepper



Stuffing: Potatoes to peel and to cook in salted water. Onions to peel, to chop and to fry on butter together with crushed garlic. To connect with milled cottage cheese, rubbed with potatoes. To season to taste strongly to taste salt and with pepper.

Cake: From flours, of vitelluses and waters and particles of salt to knead cake to produce it by about 5 minutes. Then thinly to pin, with large glass to cut out circles. On every from them to put after tea-spoon stuffing and exactly to stick together. To cook in large quantities salted of boiling water with particle of oil to moment till will sail out on top.

* Serve with fried bulb



Preparation time:

1 hour

• BASIL PESTO PASTA



Ingredients :

500 gr pasta
water
Salt
2 cups fresh basil leaves, packed
1/2 cup freshly grated Romano or
Parmesan- cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts
3 garlic cloves, minced
Salt and freshly ground black pepper
to taste



Steps :

- 1)** Place the basil leaves and pine nuts, the garlic and Parmesan into the bowl of a food processor and pulse a several times.
- 2)** While the food processor is running, slowly add the olive oil in a steady small stream. Stir in some salt and freshly ground black pepper to taste..
- 3)** Boil the water and put salt in it, then put the pasta and cook it until its cooking time. Drain the pasta and put the pesto sauce on it.



BEEF SOUP



SLOVENIA RECIPES - STARTERS

Ingredients :

- 1 kg beef (with bones)
- 3 carrots
- 1 parsley root
- A piece of celery
- A tomato
- Some leek
- 2 onions
- 2 cloves of garlic
- 2 pinches of salt
- 8 grains of black pepper
- A bunch of parsley



Steps :

Put all the ingredients into a big pot and let it boil for 1.5 hour. Strain the soup and stir some pasta into the soup. You can serve it with chopped parsley.

preparation temp:

Not known

STUFFED VINE LEAVES



INGREDIENTS :

300 gr ground meat
1,5 water glass rice
1 large onion
Salt
Black pepper
Parsley
Dill
2 tomato
1/2 tea glass olive oil
Grape leaves



Process :

- 1) Chop onion, tomato, dill, parsley in small piece.
- 2) Add the **meat**, 1,5 water glass rice, salt and black pepper.
- 3) Add the olive **oil**, the **mixture**.
- 4) **The mixture wrapped in grape leaves.**
- 5) Add stuffed the pot. Add the water.
- 6) Cook for about 10 – 15 minutes.
- 7) **ENJOY IT...**

POLISH BEETROOT



Ingredients :

*a handful of dried mushrooms (100 g), the best mushroom (possibly mixed with mushrooms)

- 2 cloves garlic
- 4 medium beets
- 2 liters vegetable broth (carrots, onion, parsley, leek)
- dried herbs 2 bay leaves, 2 tablespoons marjoram, black pepper, 6 grains, 4 grains of allspice
- 3 tablespoons chopped fresh parsley
- 3 tablespoons lemon juice
- salt and freshly ground black pepper



Steps :

Rinse the mushrooms in the sieve, put it into a saucepan, pour 2 cups of cold water and leave for the night soaks. The next day, cook mushrooms until tender, which may take about 20 minutes in the water in which they watered, with the addition of bay leaves and garlic.

* Wash the beets, wrap each in aluminum foil, place on baking sheet and bake until tender in for about an hour (check the knife stuck in beetroot smoothly enter into it.) Develop the film, peel and grate on large holes.

* The boiling broth with vegetables to add marjoram, pepper, allspice and parsley. Add grated beets, season with salt and boil. Remove from heat and add lemon juice. Vegetable brew decant and combine with the brew of mushrooms. A few mushrooms left in the soup, the rest is used for stuffing for ravioli.

FRTALJA



Ingredients :

- 6 eggs
- 2 dl of milk
- 1 tea spoon of salt
- 7 spoons of flour
- 5 spoons of chopped parsley
- Chopped marjoram
- Olive oil
- Some other herbs



Steps :

In a bowl we whisk eggs with milk. We add flour, salt and we mix the mixture until it becomes smooth.

We wash the herbs and vegetables (parsley, marjoram...) and chop them.

We mix the chopped herbs and vegetables with the egg mixture.

We pour some olive oil into a pan and wait until it warms a bit and we pour the mixture in it. When it becomes golden-brown on one side, we turn the »frtalja« on the other side and we fry it until it becomes golden-brown.



FISH SOUP



Ingredients :

2 stk gulerøtter
½ purreløk
1 rødløk
1,5 liter fiskekraft
2 dl melk
½ ts salt
½ ts pepper

Step :

1.5l water with fish trimmings to make fish stock.
Sieve the stock so it is clear.
Cut the carrots, leek and put it in the soup stock.
Add milk, and bring to a boil.
Fry the vegetables gently in butter and add to the soup.
Use maizena until the soup is smooth and thick.
Add the pieces of boiled fish.
Season with salt and pepper.
Add some peeled shrimps just before serving.

POLISH POTATO



Ingredients :

- * 6 large potatoes
- * 1-2 eggs
- * 3-4 tablespoons flour
- * Salt
- * Pepper
- * Oil



Steps :

how to prepare

Potatoes Wash and peel. Grate (small or large holes, as we like.) Stir in flour, egg, salt and pepper. Heat a frying pan with oil. Fry pancakes on both sides. To get rid of excess fat, put on paper towel. Then on the plate.

You can add a tablespoon of dough into cream pies will be more fluffy. You can add chopped onions, mushrooms.

MACÉDOINE



for 4 people

Ingredients :

- 3 carrots
- 6 potatoes
- 2 turnips
- 150g peas
- 150g beans



Steps :

1- Wash the vegetables.

2- Cut the vegetables in small pieces.

3- Boil the vegetables in a large pan for 30 minutes.

4- Dry the vegetables.

5- Add some sauce (mayonnaise for example) to your vegetable salad and serve.



Suggestion de présentation.

preparation temp: 15 minutes.

COLD CUST



Ingredients :

Cheese

Pršut (prosuttio)

Olives

Pickled cucumbers



Steps :

We slice all the ingredients and put them on a plate. The amount is not important. It depends on the number of people, but it is necessary to serve at least 10 dkg per person. We serve it with bread and a glass of »teran«. Teran is a very specific sort of wine which is typical of our region.

»Pršut« is a Slovenian product *and it* is dry-cured ham. It is very popular in our region - the »Karst« and we can make different dishes with it. The Slovenian »*Kraški pršut*« is a protected brand. One of the dishes that we can make from »Pršut« is cold cuts.

BROTH CHICKEN



Ingredients :

- 3 liters of water
- 2 carrots
- 1 parsley
- 1 leek
- 1 small celery
- 1 bunch of green parsley
- 1 sprig of celery leaf
- salt, pepper, wegetta , maggi to taste



Step :

Rinse the meat , divide into pieces and put into a pot of salted water . After boiling, so gather a slotted spoon scum (residue from the surface of the broth). Cook for about 30 minutes on low heat . Then add the peeled and cut into large pieces of vegetables and spices and some parsley , white thread associated with a sprig of celery. Continue to cook over low heat 30 minutes and then remove from the pot vegetables on a thread , season chicken soup and a separate pan cook the pasta .

CHRISTMAS VERRINE



For 6 people

Ingredients :

- 240g of mascarpone
- 2 tablespoons of honey
- 6 candied chestnuts
- 1 tablespoon of rum
- 1 egg
- 6 ladyfingers
- chestnut cream



Directions:

*Dissolve the honey on a low heat.
In a bowl, mix the egg yolk and mascarpone.*

Whip the egg white until stiff then add it to the previous mixture.

Mix the rum in a small glass of water.

Crush the ladyfingers into pieces and place them at the bottom of each glass.

Pour in a little diluted rum.

Above, add 1 tablespoon of chestnut cream.

Alternate with the mascarpone in several layers.

*Finish by sprinkling candied chestnuts.
Refrigerate and serve.*



Have fun

FRENCH RECIPES - STARTERS

TARHANA SOUP



INGREDIENTS :

3 Spoonfull of
tarhana
2 Tomatoes
2 Spoonfull of oil
3-4 Cups chicken
broth
1 Teespeen of
salt



Process :

Place the tarhana and $\frac{1}{2}$ cup of water in a bowl. Leave it alone for 1-2 hours for tarhana to dissolve a bit stirring occasionally. Put oil and tomatoes in the pot and heat over medium ingredients. Cook over low medium heat stirring constantly. Adjust consistency of the soup as you like by adding more water if you prefer.

POTATO GNOCCHI



for 4 people

Ingredients :

- 1kg red potatoes
- 300g flour
- 5 eggs
- q.b salt
- Semolina flour



Steps :

- 1. To prepare the potato gnocchi begin by boiling the potatoes in a large pot for 30/40 minutes (15/20 minutes if you use a pressure cooker);**
- 2. peel while still warm and then immediately mash the potatoes to a paste;**
- 3. put some flour on a work surface and place the paste;**
- 4. add the egg lightly beaten with a pinch of salt to the paste and knead with your hands until the dough is soft but compact;**
- 5. from this mixture get strips of paste 2-3 cm thick; to do so, it may help flouring the surface with semolina;**
- 6. cut the stripes into pieces (see picture);**
- 7. apply light pressure with your thumb on the dumplings to get the classic form; use the semolina flour to prevent sticking;**
- 8. arrange the potato gnocchi on a tray with a lightly floured cloth;**
- 9. cook them in boiling salted water; as they become afloat gnocchi are considered ready to be drained**
- 10. Serve with sage-butter sauce or with tomato sauce**

MUSHROOM SOUP



Ingredients :

- 3 white sausages
- 200 g smoked sausage , diced
- 250 g of cooked ham, diced
- 1 large onion and chopped 2 large carrots
- 1 celeriac, 1 parsley
- 200 g smoked ribs
- 1 bottle (500 ml) on sourdough soup
- 4 cloves of crushed garlic squeezed through , 2 bay leaves
- 5 grains of allspice
- 1 tablespoon olive oil, 1 tablespoon marjoram
- salt and peper
- 4 hard-boiled eggs,

Step :

Carrots, parsley and celery, peel and add to a large pot . Add ribs, white sausage , bay leaves and allspice . Pour 2 liters of cold water and cook covered for 40 minutes. When cooked, strain the broth . Pour into the sourdough and boil. Then season with garlic, marjoram and salt and pepper. Fry the onion in olive oil , add the ham and smoked sausage and fry for about 3 minutes. Put it into the soup. Peel ribs with meat , white sausage cut into cubes and add to the soup . On the plates halves or quarters lay eggs and pour hot soup .



LENTIL SOUP



INGREDIENTS :

1 cup of red lentils
1 onion
Very small amount
of tomatoe paste
3-4 tablespoon of
vegetable oil
5 cups water
Salt, red pepper
flakes, oregano



Process :

1. Chopp onion .
2. Put the onion and fry with oil
3. Add tomato paste
4. Add water
5. Boil the mixture
6. Add lentils
7. Cook for 20 minutes
8. Add spices
9. Mix
10. Bon Appetit

Gołąbki

Ingredients :

- one glass of boiled rice
- one white cabbage
- two spoons of fat
- two large onions
- two cloves of garlic
- fifty five decagrams of minced, lean meat
- two eggs
- salt
- pepper
- oregano
- two teaspoonfuls of paprika
- fifty five decagrams of sauerkraut
- half a glass of chicken stock
- half a glass of tomato purée



Preparation :

Boil cabbage. To warm a fat and brown sliced onions and garlic. To minced mean add boiled and colled rice, raw eggs, browned onion, garlic and spices: salt, pepper, oregano and paprika.

Everything mix.

Put tuffing on white cabbage leaves and oo wrap.

Put sauerkraut in the bottom of pot, next "Gołąbki" pleis on the sauerkraut.

Mix chicken stock with tomato purée and to pour "Gołąbki".

To put everything to warmed oven. To roast with lid at a temperature of one hundred eighty centigrades. "Gołąbki" is ready after ninety - one hundred twenty minutes.

MIXED SALAD



For 1 people

Ingredients :

- lettuce
- croutons
- 3 tomatoes
- 3 *mozzarellas*
- 1 egg
- salad dressing



Steps :

1- Mix the lettuce and the salad dressing.

2-Add the egg (boiled),the croutons, the tomatoes,and the diced mozzarellas.

preparation temp:

5 minutes.

LAZY NOODLES



Ingredients :

- $\frac{1}{2}$ kg minced fat cottage cheese
- 2-4 eggs
- 1 cup flour
- salt
- 1 tablespoon of breadcrumbs
- 1 tablespoon butter



Step :

Cheese add egg yolks alone , a pinch of salt and mix. Then add the flour and mix again . Beat the egg whites , add curd and mix gently. Place the dough on a floured pastry board , 2cm thick shaft shape , flatten , do grille blunt side of the knife , cut on the bias and cook in boiling salted water . When the lazy dumplings float to the surface , remove with a slotted spoon to a plate .

Main courses



İÇLİ KÖFTE



Ingredients

(for 4 people)

½ kg boiled beef

Bread(cut into pieces)

1 bunch of parsley(cut)

4 adet grated tomatoes

1 spoonfull tomatoe paste

1 spoonfull butter

Salt and black pepper



Process :

Put the meat in the pressure cooker and add cold water
Cook it in the pressure cooker for 1 hour.

Add salt into the boiled meat, and cook a bit.

Take the meat to pieces

Put the butter in the pan add tomatoe paste and tomatoes
and cook the mixture.

put Bread(pieces) in the gravy in the pan and take them
with the help of cullender as soon as possible, then put
then on the plate.

Pour the tomatoe mixture on the bread pieces.

Add the pieces of meat on the bread.

Put black pepper.

And decorate it with the parsley.

Tirit is ready.

Enjoy it...

CUTTLE FISH SOUP



Ingredient :

10 leaned cuttlefish
5 cloves of garlic
5 tbsp olive oil
Marjoram
Sage
1 tbsp tomato paste
5 tbsp breadcrumbs
A knob of butter
Lemon



Rinse the cuttlefish in cold, salted water, strain and chop finely. Put them in a roasting tin and add roughly chopped garlic, oil, marjoram, sage, tomato paste, sifted breadcrumbs, salt and 2 cm of cold water. Cover and put in a cold oven. Cook at 200°C for approx. 45 minutes. Drizzle with melted butter and lemon juice inn the end.

Ratatouille



Ingredients :

350 g eggplants
350 g courgettes
350 g peppers
350 g nions
300 g tomatoes
3 garlic cloves
6 tablespoons olive oil



Cut the tomatoes, the courgettes, the onions and the peppers in small pieces. Fry 2 tablespoons of olive oil in a large casserole. Add in the onion, the pepper, and then the tomatoes. Chop the garlic and add it to the vegetables. Fry for 10 minutes. In a large pan, fry the courgettes and the eggplants in 4 tablespoons of olive oil for 15 minutes. Add the courgettes and the eggplants to the casserole. Then allow to cook on low heat for an hour.

30 min



Photo courtesy of www.pixart.com



Finnbiff



2 carrots
100 g fresh mushroom
75 g bacon
1 ms liquid margarine for frying
200 g sautéed reindeer Reinskav
100ml water
100ml milk
3 crushed juniper berries
100ml sour cream
2 slices brown cheese
¼ tsp dried thyme
½ tsp salt
¼ tsp pepper

**1. peel the golden roots and cleanse the mushrooms.
Cutt it into slices.**

cutt the bacon into cubes or strips.

**2. Add margarine in the pan and fry sauteed reindeer and
the bacon ion high temperature.**

Transfer to a large pan.

3. Fry the golden roots and the mushrooms on hot
temperature. Put it in the pan.

4. Add water and milk and stir.

5. bring to a boil and let it simmer for 10 minutes.

6. crush the juniper berries.

7. add sour cream, goat cheese, juniper and thyme.

8. stir and let it simmer for 5 minutes.

Add salt and pepper to your taste.

Sautéed reindeer or reinskav is not really a dish
in itself, but an ingredient consisting of shredded
venison of reindeer

BAKED FISH



ITALIAN RECIPES – MAIN COURSES

Ingredients :

- 1 fish;
- 200 gr. potatoes;
- 200 gr. tomatoes;
- 1 bunch parsley;
- 1 lemon;
- extra virgin olive oil;
- salt;
- pepper.



Preparation :

Take your fish, which you have already made clean by the fishmonger, and rinse under running water and then dry with paper towels.

Separately, on a cutting board make the chopped parsley and put it in a bowl. Meanwhile, take the potatoes, rinse under tap water, pat dry and then peel them finely. Cut them into slices or cubes, as you prefer. Now do the same with the tomatoes: clean them and wash them and then cut them in half.

At this point, take a lemon, wash and cut into slices. Then place three or four slices inside the fish, along with a teaspoon of chopped parsley, salt, oil.

Put the fish on a sheet of aluminum foil large enough and place everything on a baking sheet. Inside the aluminum also put the tomatoes and potatoes. Season with a little olive oil, a pinch of salt and, for those who like, a sprinkling of pepper. Close the aluminum sheet and bake at 200 degrees for about 40 minutes.

***Cooking: 40
minutes;***

***Preparation: 20
minutes.***

Beef goulash with Polenta



Ingredient :

- 500 g meat without veins
- 5 ripe tomatoes
- 5 tbs olive oil
- 3 cloves of garlic
- marjoram
- thyme
- rosemary



Put diced meat, tomatoes, oil, roughly chopped garlic and herbs in a warm saucepan and quickly saute. When the meat juice evaporates add 3 dl of hot water and let it boil uncovered until the meat softens. Add hot water when necessary.

A tip : Serve this dish with polenta.

FAJITAS



INGREDIENTS

- 1 kg of chicken fillets
- 3 peppers (green or red)
- 2 onions
- salt, pepper
- cayenne pepper (in powder)
- 1 lemon
- About 15 fajitas
- guacamole
- 5 tablepoons of fresh cream
- 10 leaves of green salad
- 3 tomatoes



Wash the tomatoes.
Chop the peppers. Stir fry the peppers until they are nearly cooked .
Meanwhile, chop the onions and stir fry them.
When they are almost cooked, add the peppers and cook until soft. Add in the lemon juice.
Season with salt and pepper and Cayenne pepper according to your taste.
Cut the chicken in small pieces.
Remove the peppers and the onions from the fire.
Cook the chicken.
Stuff the fajitas : Spread some fresh cream, guacamole, tomatoes, salad, chicken and peppers.
Roll, eat, enjoy !!!

Preparation : 50 minutes
Baking : 30 minutes

İÇLİ KÖFTE



Ingredients :

1 teaspoon black pepper
1 teaspoon pepper flakes
1 kilogram onions
1 kilogram ground beef
Half kilogram of butter
Currants
Salt
Margarine

Dough ingredients:

Salt
An egg
A teaspoon cumin
1 teaspoon pepper flakes
1 tablespoon red pepper paste
1 pinch dried mint , Half a kilogram of semolina , Half a kilogram fine bulgur



Process :

Boil bulgur in plenty of water until soft. Drain and set aside. Melt margarine and lightly brown chopped onions . Add 350 grams of meat and saute until juices evaporate. Remove from heat.

Add pepper, salt, cumin, currants. Mix. In a large bowl, combine the remainder of meat with the bulgur. Add cayenne pepper and egg. Mix and knead well.

Take a large walnut sized piece of mixture and roll into a ball. With index finger, make a hole and push the inside, making a large cavity. Stuff the cavity with the meat mixture, press hole with fingers to close. Lightly press meatball in palm of hand to shape like an egg. Repeat procedure, making as many meatballs as possible.

Add meatballs to salted boiling water and boil for 5 minutes. Remove and drain on absorbent paper. Heat oil in fry pan and lightly fry meatballs until golden brown. Drain and serve.

Lamb in cabbage



Ingredients (serves 6)

2 ½ kg lamb/mutton on the bone (shoulder, shank or neck) cut into 3cm slices
2 ½ kg green cabbage
500ml water
6 tsp whole black peppercorns
Salt, to taste (about 3 tsp or so)

Cut the cabbage into quarters down the core and cut each quarter into 3-4 wedges (the idea is to keep part of the core on each segment, which will hold the leaves together and prevent the whole thing disintegrating while cooking).

Pour the water into a large casserole pot. Place a layer of lamb, then a layer of cabbage into the pot, seasoning each layer with salt and some of the whole peppercorns as you go.

Repeat this layering process until you have used up all the ingredients. The final layer on the top should always be cabbage.

Cover tightly and bring to the boil

Simmer over a very low heat for 2-3 hours until the lamb is really tender and falling off the bone (check the water level now and then, making sure the pan doesn't run dry).

Serve on warmed plates with boiled potatoes, flatbrød, and homemade lingonberry jam. The juices in the bottom of the pot make an excellent gravy.

Jota



Ingredients :

500 dag sauerkraut
300 dag beans
300 dag potatoes
Some smoked meat (ribs, sausages)
Salt
Pepper
A clove of garlic



Preparation :

We soak the beans overnight and we cook them the next day for 45 minutes. They mustn't be overcooked. Put the meat into the beans. After half an hour, add pre-cooked sauerkraut and potatoes. You can mash the potatoes.

We fry some garlic onlard. Then we add a spoon of flour and when it is a little brown, put it in the »jota« and let it boil for 15 minutes.



KARNI YARIK



Ingredients

- 1 KILO eggplants
- 200 GR minced meat
- 2 onions
- 1 garlic
- 2-3 tomatoes
- 2-3 green pepper
- 1 tea glass of oil
- 2 tea spoon of salt
- 2 tea spoons of black pepper
- 2 tea spoons of paprika

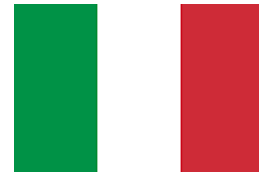


Process :

First cook the minced meat. Then add tomatoes, green peppers, onions, garlic and spices.

Cook the mixture for 20-25 minutes. Hull the eggplants like in the picture. In Turkish we say "hull them like pyjamas". Fry the eggplants. Put the fried eggplants into the pan. And cut the middle of them. Put the mixture (minced meat) into the middle of the eggplants. And decorate them with tomatoes and green pepper. Add water. Cook the meal in the oven for 20 minutes which is heated before. Our meal is ready. Enjoy it.

Hamburger



Ingredients

500g beef meat
1 red onion
1 yolk
salt and pepper
garlic
2 spoons ketchup
1 spoon mustard
1 spoon Worcester sauce
6 buns
2 tomatoes
lettuce
6 slices cheese



Preparation method

Cut the onions and the garlic in the kitchen robot, then put them in a bowl. Mix them up with meat, Worcester sauce, ketchup, mustard and yolk.

Add salt and pepper and mix all the ingredients with a spoon; then, using hands, create a homogeneous compost.

With wet hands, create 6 small balls. Press them with the hands until 1cm high to form patties.

Align the patties on a dish and cover them with cling film. Put them in the fridge for 30 minutes, so they can become more consistent and easier to cook.

Warm the oven grill at a medium warm. Align the patties on the oven grate and grill them for 6/7 minutes per side or until they're well cooked.

While you cook the patties, prepare the filling. Wash the lettuce and the tomatoes. Cut the tomatoes in little slices.

Cut the buns in half and fill in with the patties, the sauces and the vegetables.

Eat immediately.

MASHED POTATOES



Ingredients :

6 potatoes
500 ml water
150 ml milk
2 tbsp melted margarine
½ ts salt
½ ts pepper
¼ pot fresh parsley

STEP :

- Let the sour cream boil under a lid for 2 minutes. Sprinkle half of the flour, stirring constantly. After a while, a thin layer butter will emerge on top.
- Remove the butter with a tablespoon and keep it warm in a small bowl, so you can serve it with the porridge eventually. Sprinkle the rest of the flour and stir well. Add milk while stirring the porridge until it's smooth and quite thick. Add a pinch of salt just before serving.
- If the porridge is left for a while before serving, it will get thicker. Add more milk to the porridge until the consistency is suitable. Serve it with sugar, cinnamon and the hot butter.

Pork *filet mignon* and Maroilles cheese



Ingredients (for 6 people) :

- 2 pork filets mignons
- 10 cl of white wine
- 1 onion
- 50 cl of crème fraîche
- 250 g de Maroilles cheese
- salt and pepper



Directions :

Fry the onion until it turns golden in a pan with the lid on.

Add the *filet mignons*. Once they are brown on all sides, add the white wine. Cover and cook for 20 minutes.

In a bowl, cut small pieces of Maroilles. Add the cream and mix.

Check the meat's cooking. Once the fillets are cooked, add the Maroilles mixture. It will melt gradually .

The dish is ready when the sauce is creamy.

This dish is best served with fresh tagliatelle.

Bon appétit !



Preparation : 30 minutes

Cooking : 30 minutes

Roasted chicken



INGREDIENTS

- 1 CHICKEN (AROUND 1,2 KG)
- 50g BUTTER
- SALT AND PEPPER
- 1 LEMON + HALF SPOON OF ITS PEEL
- 1 LITTLE SPOON THYME LEAVES AND 2 BUNCHES



RECIPE:

- 1) Warm the oven to 200°C. Wash accurately the chicken and dry it with kitchen paper, then season it inside with salt and pepper.
- 2) For the aromatic dressing, mix the butter with the thyme leaves, the lemon peel, salt and pepper; until obtain an homogenous and smooth compound.
- 3) Cut the chicken skin at the chicken's chest and take it off with the fingers, creating two little pockets. Insert a quarter of butter in both of them.
- 4) Cut in half the lemon without skin and insert in the chicken with the thyme bunches. Tie up the legs, then put the chicken in the baking tin.
- 5) Season it with salt and pepper and roast the chicken for one hour and twenty minutes, until it's golden. Wet it with the butter after 30 minutes, then repeat every 15 minutes.
- 6) Transfer the chicken on the grill, cover the baking tin with aluminum paper and let it rest for 10-15 minutes before serving.

by Andrea, Andrey, Davide, Luca, Mattia

ROMMEGROT



INGREDIENTS :

5 dl Sour-cream
2 dl Flour
5 dl Milk
½ Tea spoon of salt

Traditional garnish :

1 dl Sugar
2 Tea spoons of cinnamon

INSTRUCTIONS :

Let the sour cream boil under a lid for 2 minutes. Sprinkle half of the flour, stirring constantly. After a while, a thin layer butter will emerge on top.

Remove the butter with a tablespoon and keep it warm in a small bowl, so you can serve it with the porridge eventually. Sprinkle the rest of the flour and stir well. Add milk while stirring the porridge until it's smooth and quite thick. Add a pinch of salt just before serving.

If the porridge is left for a while before serving, it will get thicker. Add more milk to the porridge until the consistency is suitable. Serve it with sugar, cinnamon and the hot butter.

Desserts



Bela Krajina pogaca



Ingredients :

dough:

60 dag flour

30 g yeast

2 dl milk

14 g sugar

14 g butter 4 yolks

1 vanilla sugar

Lemon or orange peel

stuffing:

40 dag walnut

2 dl milk or sweet cream

25 dag sugar

rum

2-3 egg whites

Mix the yeast with a teaspoon of sugar, a teaspoon of flour and a few spoons of milk and leave to rise. If you are using yeast powder, one packet is sufficient. (usually for 50 to 70 dag flour) and in this case, put the yeast powder into flour.

Prepare stuffing; pour the walnuts and sugar with sweet cream and if you want, you can add rum in stuffing. At the end you add whipped egg whites.

Prepare dough; put all the ingredients into a bowl and mix them.

Don't forget to add the yeast. If you use a circular model, the dough cannot be divided into two parts. Roll out the dough, spread it with stuffing, sprinkle with grated lemon peel, roll and put it in a greased baking dish. Cover and leave to rise preferably overnight, otherwise at least six hours.

Bake at 180 degrees Celsius for an hour or an hour and a half, it depends on the model. Leave the baked potica for some time in the baking tray then wrap it into a kitchen cloth. Sprinkle the cooled potica with powdered sugar.

SLOVENIAN RECIPE - Dessert

C hocolate mousse



Ingredients :

7 egg whites
200 gr of chocolate
A pinch of salt



Steps :

- 1) Melt the chocolate in a **bain-marie**.
- 2) Whip the egg white (**not too stiff**) with the **pinch of salt**.
- 3) Pour the melted chocolate onto the egg whites (not the other way round) and mix gently with a spatula.
- 4) Refrigerate for 2 or 3 hours and serve.

Bon appétit !

preparation temp:

• 3H15



KEMALPAŞA DESSERT



Ingredients :

- Sugar
- Kemalpaşa
- Water



Steps :

First pour the sugar in a pot and add water. Then melt the sugar with water. Then put Kemalpaşas in boiled water. Then let the Kemalpaşas absorb the sugary water. After that filter the Kemalpaşas and arrange them in a tray. And finally you can serve it.

preparation temp: .

Not known

Polish cake



CAKE :

3 glasses of flour,1 teaspoon of baking powder,1 cup caster sugar, 1 vanilla sugar, 250 g of cold vegetable butter, 4 eggs

APPLES:

2 kg of apples (preferably russet), about 12 teaspoons of sugar1 vanilla sugar
1 teaspoon cinnamon



Steps :

Peel apples, cut into small, and together with the sugar and vanilla sugar, lightly fry. Add cinnamon.

Sift flour together with the baking powder directly on the pastry board, add 3/4 cup sugar, sugar vanilla and butter. The whole chop with a knife. Add 3 egg yolks and one whole egg. Knead the dough quickly and divide into 2 parts. Wrap in foil and put in the fridge for an hour.

One part of the roll out dough and put into a rectangular mold. Peel off the top layer of paper. Put in the fridge. Protein with 3 eggs beat down on the foam, then gradually add the rest of the (1/4 cup) sugar whisking constantly, until the foam is stiff and shiny.

Preheat the oven to 175 degrees. The form of the dough from the refrigerator, put apples. Cover with whipped egg whites. On top lay the second part of the sheeted dough.

Put into preheated oven and bake for 1 hour. After baking, sprinkle with powdered sugar.

Preparation :

15 min



Cake Paradise



Ingredients:

- 1 yogurt
- Sugar
- Yeast
- Flour
- Corn oil
- 2 eggs
- Icing sugar

Preparation:

1. Put the yogurt into a large bowl (keep the yogurt jar for the right dose)
 2. Add the eggs and mix with sugar.
 3. Add 2 jars flour, 1 jar corn oil, yeast.
 4. Mix all the ingredients.
 5. Put the dough in the oven.
 6. Cook at 180° for 30 minutes.
 7. Strew with icing sugar and serve cool
- BON APPETITE!

preparation temp: .

180° for 30 minutes



ITALIAN RECIPES - DESSERT

Crème brûlée



Ingredients :

- 8 egg yolks
- 125 g of caster sugar
- 1/2 L milk
- 40 cl crème fraîche
- brown sugar
- vanilla extract



Steps :

Heat the oven 200°C. Whip the eggs yolks and the sugar with an electric whisk until white.

Add in the milk, the crème fraîche and a few drops of vanilla extract.

Bake in the oven for 25 min in a bain-marie.

Refrigerate.

Sprinkle a little brown sugar on top of each crème brûlée and blaze.

Bon appétit !

preparation temp: .

Preparation : 10 min

Cooking: 25 min (8 people)

RISKREM



Ingredients

Rice cream:

200 ml rice for porridge
400 ml water
800 ml of whole milk
150 grams of sugar
2 tablespoons of vanilla sugar



Rice cream :

400 grams of cold rice porridge
300 ml whipping cream
3 tablespoons of sugar
1 teaspoon of vanilla sugar
5-10 drops of almond essence

Red sauce:

200 milliliters red dilute (strawberry or raspberry)
300 milliliters water
1 tablespoon of potato flour
2 tablespoons of water

Steps :

RICE CREAM :

1. boil water, sugar, vanilla sugar and rice let it simmer for 10 minutes. Add milk and let it simmer until right thickness, up to 40-45 minutes let it cool.
2. whip cream and sugar
add the the rice porridge
add the vanilla sugar and drops of almond essence

For the RED SAUCE :

Boil dilute and water
Mix the potato flour in 2 tablespoons cold water and add , while stirring
Boil the sauce as it thickens and take it off the hob immediately

Potica



Ingredients:

dough:

60 dag flour

30 g yeast

2 dl milk

14 g sugar

14 g butter

4 yolks

1 vanilla sugar

Lemon or orange peel

stuffing:

40 dag walnut

2 dl milk or sweet
cream

25 dag sugar

rum

2-3 egg whites

Preparation:

Mix the yeast with a teaspoon of sugar, a teaspoon of flour and a few spoons of milk and leave to rise. If you are using yeast powder, one packet is sufficient. (usually for 50 to 70 dag flour) and in this case, put the yeast powder into flour.

Prepare stuffing; pour the walnuts and sugar with sweet cream and if you want, you can add rum in stuffing. At the end you add whipped egg whites.

Prepare dough; put all the ingredients into a bowl and mix them. Don't forget to add the yeast. If you use a circular model, the dough cannot be divided into two parts. Roll out the dough, spread it with stuffing, sprinkle with grated lemon peel, roll and put it in a greased baking dish. Cover and leave to rise preferably overnight, otherwise at least six hours.

Bake at 180 degrees Celsius for an hour or an hour and a half, it depends on the model. Leave the baked potica for some time in the baking tray then wrap it into a kitchen cloth. Sprinkle the cooled potica with powdered sugar.

preparation temp: .

Not known

Fruit salad



Ingredients :

- 100g blackberries
- 200g strawberries
- 200g raspberries
- 100g redcurrants
- 100g blackcurrant
- 200g strawberry coulis :
- 200g sugar
- 400g strawberries



Steps :

1. Make the coulis : Cook the sugar and the strawberries for 30 minutes in a saucepan. Allow to cool down then place in the refrigerator.
2. Wash the fruits and cut them in small pieces.
3. Mix the fruit with the chilled coulis.

preparation temp: .

Not known

Revani



Ingredients :

2-3 tea cup granulated sugar
2-3 cups of tea oil
1 cup semolina
1 cup yogurt
2 cups flour
1 packet of baking powder
3 eggs
1 package vanilla sugar
5 cups of water
5 cups of sugar
a few drops of lemon juice



Steps :

Mix all ingredients in a bowl
Bake in oven at 180 degrees
Prepare grout
sorbet can warm the shed.
If you want sweet Revani
decorate.

preparation temp: .

Not known

Makowiek



Ingredients :

3 cups cake flour ;
3 tablespoons granulated sugar ;
1 vegetable butter ; 5 egg yolks
1.5 teaspoons baking powder ;
vanilla sugar ; pinch of salt ;
1 can of mixed poppy ; 5 proteins;
4 tablespoons caster sugar

Steps :

1. For these components to knead Roll out and add to the mold. A small portion of dough left for decoration. 2. From the protein beat stiff. At the end of churning add sugar. Connect the ground poppy. 3. Thus prepared mass spread on the dough. Other roll the dough and cut into strips knurl. Lay the box on top of the cake. Bake. 4. The dough can be further sugar-coat`

Temps de preparation :
1hour



POLAND RECIPES – dessert

Trollkrem Wizard cream



Ingredients

2 ½ dl lingonberries, cranberries or blueberry
75 g sugar
½ tsp vanilla sugar
1 egg white

Steps :

1. Use a hand mixer and whip sugar, vanilla sugar and egg white to a thick foam. Add berries and whip.
2. Serve the wizard cream in a serving glass.



preparation temp: .

Tiramisu'



Ingredient :

- 400g mascarpone;
- 200 g of ladyfingers;
- 150g icing sugar;
- 200 g of dark chocolate;
- 4 egg yolks;
- 2 egg whites;
- 3 cups of strong coffee;
- cocoa.



Steps :

Prepare the mascarponecream

.Divide the egg yolks from the whitesand, in a bowl, mount the latter untilstiff peaks form.In another bowl mix the egg yolks and sugar, knead a long

time with a whisk until mixture is lightand fluffy.Stir this mixture gently in the mascarpone;Add to the mix the beaten egg whites.

Prepare the cake:

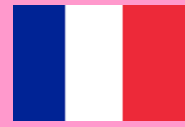
Cover the bottom of a rectangular dish with high sides with a layer of ladyfinger and brush thoroughly with coffee; alternatively, pass the ladyfingers gently into the coffeewithout soaking them too muchbefore you place them in the dish;Cover the layer of ladyfingers with a layer of mascarpone cream and sprinkle some grated chocolate. Repeat the action until there aren't any more ingredients. Sprinkle the tiramisu with cocoa powder and place the cake in the refrigerator for about three hours.

preparation temp: .

20 min



Fruit salad



Ingredients : (for 6 people)

- 100g blackberries
- 200g strawberries
- 200g raspberries
- 100g redcurrants
- 100g blackcurrant
- 200g strawberry coulis :
- 200g sugar
- 400g strawberries

Steps :

Make the coulis : Cook the sugar and the strawberries for 30 minutes in a saucepan. Allow to cool down then place in the refrigerator.

Wash the fruits and cut them in small pieces.

Mix the fruit with the chilled coulis.

Temps de preparation :
20 min



Stewed apples



Ingredients : (for 5 people)

5 unsprayed apples

a knob of butter

1 dl apple juice

Steps :

Wash the apples and put them in a non-metal saucepan. Add butter and apple juice. Cover and steam slowly for 30 minutes. Do not sprinkle the apples with sugar.

Temps de preparation :
30 min

