



Kulinarske MURVO čarolije

projekt ekomurvologija



SADRŽAJ

Uvod	3
Vrijeme za čaj	4
Panna cotta od murvi	5
Aromatični slatki kruh s murvama	6
Kolač s murvama i kokosom	8
Kolač s murvama i jogurtom	10
Proteinski chia puding s murvama i malinama	12
Smoothie od murvi	13
Rolada od badema - punjena s murvama	14
Ljuto - slatki džem od murvi	15
Sirup protiv vrućice, upale i zatvora	16
Zdravi eko snack	17
Čaj protiv šećerne bolesti	18
Džem od murvi	19
Vino od murvi	20
Liker od murvi	22
Sok od murvi (Dubrovnik)	23
Sok od murvi (Dugi rat)	23
Vino od murvi i malina	24
Maska za lice od suhih listova murve	25
Pužići punjeni s murvama	26
Cheesecake s murvama	28
Sušene murve	30
Rolada murvica	31
Il succo di gelsi	32
Fekete faeper lekvár	33
Sladoled s murvama	34
Čaj od svježeg ubranog lišća murve	35
Murvasta pita	36
White mulberry granita	37
Black mulberry flavoured ice cream	38
Le jus de mûres	39



UVOD

Budući da je Učenički dom Podmurvice Rijeka smješten u naselju Podmurvice i posjeduje najljepše i najstarije primjerke murvi koje polako odumiru, započeli smo s projektom obnove murvi pod nazivom EKOMURVOLOGIJA.

U projekt su se kao partneri uključili: Osnovna škola Gelsi, Učenički dom Ogulin, Učenički dom Maksimir, Poljoprivredna škola i Učenički dom „Teleki Zsigmond“ Villany, iz Mađarske, Društvo tjelesnih invalida grada Rijeke, Udruga za Down sindrom RIJEKA 21 te Udruga slijepih Primorsko-goranske županije.

Zamišljeno je da se projekt ostvaruje putem kreativnih, edukativnih i praktičnih prezentacija i radionica.

Jedan od rezultata toga, upravo je pred vama.

KULINARSKE MURVOČAROLIJE su spoj stoljetnog narodnog vjerovanja u ljekovitost murve, tradicijskih recepata za pripremu kolača, pekmeza i napitaka te suvremenih recepata za slastice. Zahvaljujemo svim sudionicima projekta koji su istraživali, kuhali, pekli, degustirali i vrijedno bilježili recepte!

Smatramo da je došlo vrijeme da se ovo ekološko, ukusno i zanimljivo voće ponovno vrati na naše stolove. Cilj nam je bio oživjeti tradicijsku baštinu na primjeru murve te promovirati ekološki način života.

Koliko smo u tome uspjeli, prosudite sami!

Vrijeme za čaj

kolač s murvama



SASTOJCI:

200 g oštrog brašna
2 – 3 žlice maka
prašak za pecivo
prstohvat soli
100 g šećera
vanilin šećer/burbon
3 jaja
korica limuna
grčki jogurt
125 ml ulja
crne i bijele murve
(malo uvaljane u brašno)



PRIPREMA:

Pomiješati suhe sastojke; brašno, prašak za pecivo, mak i sol te u drugoj posudi mokre; jaja, šećer, limunovu koricu i vaniliju, grčki jogurt i ulje. Pomiješati suhe i mokre sastojke i dodati pobrašnjeno voće. Smjesu potom uliti u nauljeni i pobrašnjeni kalup za kruh te peći 50-ak minuta na 175 stupnjeva Celzijevih. Izvaditi iz kalupa nakon 10-ak minuta i pustiti da se ohladi.



Panna cotta od murvi

SASTOJCI:

500 ml slatkog vrhnja
500 ml čvrstog jogurta
1 vanili šećer ili žličica ekstrakta vanilije
javorov sirup, med ili drugo sladilo po želji
20 g želatine (biljnog porijekla)
1 šalica murvi



Murve mogu biti svježe ili suhe. Suhe plodove potrebno je namočiti u neku tekućinu (voda, sok ili rum) i ostaviti nekoliko sati da nabubre. Prije korištenja procijediti.

PRIPREMA:

Staviti želatinu u hladnu vodu, izmiješati i pustiti 10 minuta da nabubri. Ugrijati slatko vrhnje (ispod točke vrenja), umiješati jogurt i zasladiti po želji, a zatim dodati želatinu i dobro promiješati da se stvori glatka masa. Panna cottu možete uliti u čaše u slojevima, a između slojeva posipati svježe plodove murvi ili izmiksati plodove bez peteljki i umiješati ih u kremu pa zatim puniti čaše. Staviti u hladnjak na 2 sata hlađenja prije posluživanja. Ukrasiti sa murvama i listićima mente.



Aromatični slatki kruh s murvama Podmurvice

Za cca 800 g slatkog kruha trebat ćete:

100 g suhih murvi

2 žlice bademovog mlijeka

1 žlica bijelog vina muškata (izostaviti po želji)

250 g do 300 g bijelog pšeničnog glatkog brašna

170 g pirea od krumpira

100 g pirea od narančastog batata

15 g svježeg kvasca

10 g veganskog maslaca ili margarina

1 žlica maslinovog ulja

30 ml mlake vode

3 žlice šećera (demerara, ali i bijeli je u redu)

1/2 žličice soli

2 žličice kombinacije začina za slatko po želji, primjerice: cimeta, tonke, limunske trave u prahu, vanilije, kardamoma...

PRIPREMA:

Suhe murve namočiti u bademovom mlijeku i vinu. Prije izrade tijesta potrebno je napraviti pire od krumpira i pire od batata, pomiješati ih zajedno s uljem, margarinom i solju.



Slobodno možete koristiti ostatke od prethodnog obroka. U tom slučaju, ako ste u pripremi pirea koristili ulje ili margarin, smanjite količinu navedenu u sastojcima.

Napravite malu rupu u sredini brašna (krenite s 250 g, ostatak postepeno dodajete dok mijesite), razmrkvite u nju kvasac, dodajte malo šećera, toplu vodu te lagano promiješajte.

Ostavite da se kvasac aktivira/da nabubri. Kada se kvasac aktivirao, dodajte mješavinu pirea, začine koje odlučite koristiti, ostatak šećera te zamijesite tijesto, najlakše ćete to učiniti špatulom. Kad tijesto upije cijelo brašno, prebacite ga na površinu koju ste lagano posipali brašnom. Tijesto mora biti malo ljepljivo, ne previše. Dodajte namočene, ali ocijeđene murve i umiješajte ih u smjesu.

(Ocijeđenu tekućinu sačuvajte, njome ćete premazati tijesto prije pečenja.) Koristite onoliko brašna koliko vam treba da uspijete formirati loptu. Dakle, nije potrebno tijesto puno mijesiti, maksimalno desetak minuta. Pokrijte i ostavite na toplom da se diže dok se ne udvostruči u volumenu. Nakon što se tijesto udvostručilo, prebacite ga na površinu i formirajte željeni oblik.

Ako želite praviti vretenastu pletenicu, tijesto podijelite na 4 jednaka dijela i od svakog formirajte oblik zmijske, deblji na vrhu, tanji prema dnu. Spojite ih na debljem dijelu i isprepletite.

Ostavite da se diže lagano pokriveno bar tridesetak minuta, premažite mlijekom koje vam je ostalo od cijedenja.

Pecite u zagrijanoj pećnici na 180°C okvorno 30 do 45 minuta.

Provjerite je li dobro pečeno ubadanjem drvene čačkalice u dijelove gdje ima više tijesta. Po potrebi korigirajte temperaturu pečenja, smanjite ako vidite da treba još da se ispeče, a ako je za to vrijeme dobilo već zapečenu boju prekritje aluminijskom folijom da ne izgori.

Kolač s murvama i kokosom

SASTOJCI:

3 cijela jaja

3/4 šalice šećera (npr. eritrit – šećer bez kalorija)

3/4 šalice biljnog ulja

1/2 šalice kokosovog brašna (ili bademovog)

1/4 šalice običnog brašna

1/4 šalice heljadinog brašna (ili drugog po želji)

2 žličice praška za pecivo

1/2 žličice sode bikarbone

prstohvat soli

žličica ekstrakta vanilije

naribana limunova korica (od 1 limuna)

1 šalica murvi

2 žlice brašna za pomiješati sa murvama ako su svježije (upijaju višak soka)



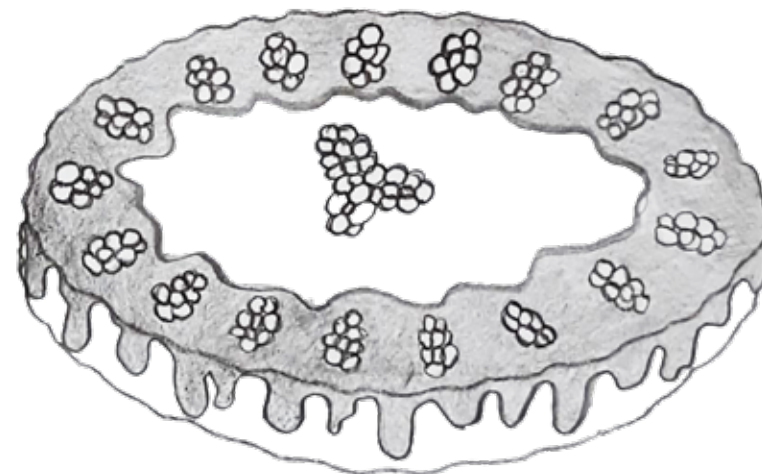
Murve mogu biti svježije ili suhe. Suhe plodove potrebno je namočiti u neku tekućinu (voda, sok ili rum) i ostaviti nekoliko sati da nabubre. Prije korištenja procijediti.

GLAZURA:

(ukoliko je želite):

2 žlice šećera u prahu

1 žlica limunovog soka

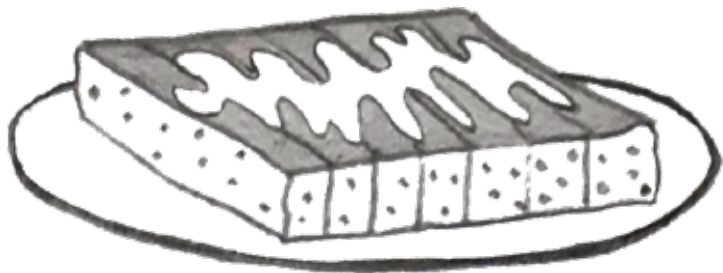


PRIPREMA:

Pomiješajte šećer i jaja, dodajte ulje, limunovu koricu i vaniliju u pjenastu smjesu, a zatim po malo dodajte prethodno izmiješane suhe sastojke (brašno, prašak za pecivo, sodu i sol). Nakon što ste sve povezali u smjesu, pomoću kuhače, pažljivo umiješajte murve. Kolač pecite na temperaturi 180 – 200 °C, ovisno o vašoj pećnici, od 40 do 50 minuta. Najbolje u plehu 20 cm X 25 cm. Proba da li je kolač pečen: probodite sredinu kolača sa drvenom čačalicom, ukoliko je suha, kolač je pečen.

GLAZURA:

Dobro izmiješajte šećer s limunovim sokom. Dobivenom pastom ukasite ohlađeni kolač.



Kolač s murvama i jogurtom

SASTOJCI:

1 i 1/2 šalica brašna

2 žličice praška za pecivo

1/2 žličice soli

1 šalica šećera (npr. eritrit – šećer bez kalorija)

250 ml čvrstog jogurta

1/2 šalice ulja

2 cijela jaja

naribana limunova korica (od 1 limuna)

1 vanili šećer ili žličica ekstrakta vanilije

2 šalice murvi

Murve mogu biti svježije ili suhe. Suhe plodove potrebno je namočiti u neku tekućinu (voda, sok ili rum) i ostaviti nekoliko sati da nabubre. Prije korištenja procijediti.

GLAZURA (ukoliko je želite):

2 žlice šećera u prahu

1 žlica limunovog soka

PRIPREMA:

Pomiješajte šećer, jogurt, ulje, jaja, limunovu koricu i vaniliju u pjenastu smjesu, a zatim po malo dodajte prethodno izmiješane suhe sastojke (brašno, prašak za pecivo i sol). Nakon što ste sve povezali u smjesu, pomoću kuhače, pažljivo umiješajte murve.

Kolač pecite na temperaturi 180 – 200 °C, ovisno o vašoj pećnici, od 50 do 65 minuta.

Najbolje u plehu 20 cm X 25 cm. Proba da li je kolač pečen: probodite sredinu kolača sa drvenom čačkalicom, ukoliko je suha, kolač je pečen.

GLAZURA:

Dobro izmiješajte šećer s limunovim sokom.

Dobivenom pastom ukasite ohlađeni kolač.





Proteinski chia puding s murvama i malinama

SASTOJCI:

300 ml mlijeka (kokosovo, bademovo ili sl.)

4 žlice chia sjemenki

2 žlice proteinskog praha (okus po želji)

1/2 šalice murvi

1/2 šalice malina



PRIPREMA:

Pomiješajte chia sjemenke s proteinskim prahom te postepeno dodajte mlijeko. Dobro promiješajte ili izmiksajte, ulijte u čaše te ostavite u hladnjaku da se dobro ohladi i zgusne. Prije posluživanja, u svaku čašu dodajte murve i maline.



Smoothie od murvi

SASTOJCI:

1 naranča

1 banana

1 šalica murvi (crne ili crvene)

1 dl bademovog mlijeka



PRIPREMA:

Oguliti naranču i izrezati na manje komade. Oguliti srednje veliku bananu i narezati na komadiće, zatim dodati šalicu crvenih ili crnih murvi. Dodati 1dl bademovog mlijeka. Sve to ubaciti u blender i dobro izmiksati. Poslužiti u čaši, dodati cejlonskog cimeta.

Rolada od badema - punjena s murvama

SASTOJCI:

5 bjelanjaka

5 žutanjaka

5 žlica kokosovog šećera

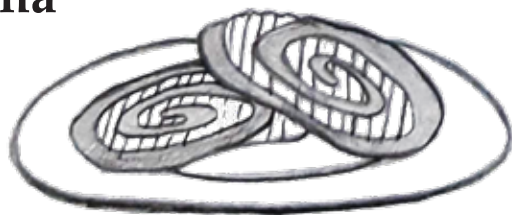
10 žlica bademovog brašna ili samljevenih badema

1 prašak za pecivo

NADJEV:

400 g kiselog vrhnja

1 šalica svježih murvi ili suhih koje smo nekoliko sati ranije namočili.



PRIPREMA:

Istući snijeg od bjelanjaka. Žumanjke i šećer pjenasto izmiješati.

Pomiješati mokre i suhe sastojke te na kraju lagano umiješati snijeg. Smjesu tanko razmažemo po papiru za pečenje i pečemo 15 minuta na 180°C. Biskvit prekriti dobro ocijeđenom vlažnom krpom da ostane savitljiv i pustiti da se ohladi. Ohlađeni biskvit premažemo s 400 g kiselog vrhnja, a po njemu rasporedimo šalicu očišćenih murvi. Zarolamo i stavimo u hladnjak barem sat vremena. Ohlađenu roladu režemo i poslužimo.



Ljuto - slatki džem od murvi

SASTOJCI:

5 šalica plodova murve

2 šalice šećera

3 šalice vode

1 žličica chilli papričice

1 žličica agar agara – prirodnog zgušnjivača



PRIPREMA:

Očišćene murve, vodu, papričicu i agar agar kuhati na srednje jakoj vatri 10 minuta pa dodati šećer i kuhati još 5 minuta dok se malo ne zgusne. Džem prebaciti u vruće staklenke.



Sirup protiv vrućice, upale i zatvora

SASTOJCI:

- 1 kg ploda crne murve
- 1/2 litre vode
- 2 žlice jabučnog octa
- 1 kg smeđeg šećera



PRIPREMA:

Kilogram plodova crne mrve stavite u pola litre vode i dodajte dvije žlice jabučnog octa. Ostavite da odstoji 24 sata.

Idućeg dana pomiješajte smjesu s kilogramom smeđeg šećera ili drugim prirodnim sladilom po vašoj želji (stevija, med, javorov sirup) i kuhajte do željene gustoće.

Ulijte u sterilizirane boce i pijte nekoliko puta na dan razrijeđeno s vodom.



Zdravi eko snack



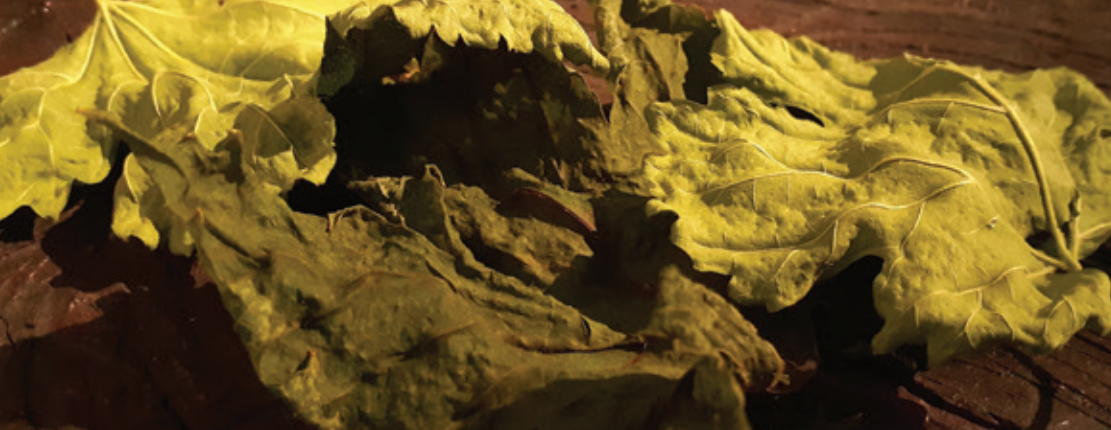
SASTOJCI:

- 125 g sušenih murvi
- 20-ak datulja
(dodati koliko je god potrebno ako je smjesa presuha)
- 4 žlice zobnih pahuljica
- 4 žlice mljevenih tostiranih lješnjaka
ili nekog drugog orašastog ploda
- prstohvat soli

PRIPREMA:

Sve sastojke osim datulja samelji u multipraktiku. Dodaj datulje i miksaj (uz dodavanje datulja) do željene strukture. Od smjese napravi kuglice koje možeš po želji uvaljati u kokos ili cimet.





Čaj koji pomaže kod šećerne bolesti

SASTOJCI:

50 grama lista crne murve

½ litre vode



PRIPREMA:

Prelijte 50 grama usitnjenog lista crne murve s pola litre kipuće vode pa pustite 10 sati poklopljeno uz povremeno miješanje. Procijedite i pijte preko dana.



Džem od murvi

SASTOJCI:

šećer 1,5 kg

sušena murva (1 kg)

limunska kiselina (2 g)

voda (0,2 l)



PRIPREMA:

Priprema sirup tako što smo otopili šećer u vodi i pustili ga da zavrije. Isprati i osušiti murve te ih pomiješati sa sirupom, zatim staviti na vatru, prokuhati i ohladiti. Ponoviti postupak prokuhavanja i hlađenja. Potom dodati limunsku kiselinu i kuhati. Sterilizirati staklenke i poklopce te gotov džem uliti u staklenke, ohladiti i staviti u hladnjak. Potom dodati limunsku kiselinu i kuhati dva sata.

Vino od murvi

- desertno vino
- sadrži crne sorte murve (radi intenzivnijeg okusa)
- plodovi trebaju biti zreli (kada padaju s drva)
- plodove ne prati
- plodovi ne smiju biti truli ili pljesnjivi
- sadrže limunov sok (radi okusa)

Osnovni sastojci za 5L (vol. alc. 10 -12%):

2 kg duda

1,5 kg šećera

10 g limunske kiseline

5 litara čiste vode

100g groždica



PROCES PRIPREME:

1. Smrviti (zgnječiti) plodove murve i ostaviti da stoje jedan sat
2. Sadržaj premjestiti u spremnik s visokim vratom
3. Dodati šećer (0,5 kg), vodu i groždice
4. Sve pažljivo promiješati, pokriti gazom i ostaviti na tamnom mjestu, na sobnoj temperaturi.
5. Promiješati jednom dnevno.
6. Početak fermentacije (nakon 2-3 dana pojava mirisa kiseline i pjene)
7. Dobiveni sadržaj treba procijediti kroz nekoliko slojeva gaze
8. Stisnuti voćnu pulpu i pomiješati je sa sokom od murve
9. Dobivenu tekućinu zatim preliterati u spremnik za fermentaciju
10. Odmah dodati šećer (0,5 kg)
11. Oko četvrtine prostora u spremniku treba ostati slobodno
12. Na vrat spremnika potrebno je navući medicinsku rukavicu s rupom na prstu
13. Spremnik premjestiti u tamnu prostoriju s temperaturom od 18 do 25 °C
14. Nakon 5 dana, napitku dodati preostali šećer (0,5 kg)
15. Fermentacija završava između 20. i 55. dana. (Rukavica će se ispuhati).
16. Dobivenu tekućinu treba dobro procijediti u spremnik za skladištenje (bez sedimenta!), napuniti do vrha i čvrsto zatvoriti.
17. Zatvoreno vino treba sazrijevati na tamnom mjestu s temperaturom ne višom od + 16 °C tijekom 4 do 7 mjeseci. Tijekom zrenja preporučuje se povremeno promiješati.

Liker od murvi

SASTOJCI:

0,5 kg svježih ubranih murvi (bolje crne)

3,5 dcl jake rakije

7 dcl vode

0,5 kg šećera

PRIPREMA:

U teglu staviti murve i zaliti rakijom, zatvoriti i ostaviti 10 dana na tamnom mjestu. Vodu i šećer kratko prokuhati i ohladiti pa pomiješati s murvama u rakiji, ostaviti nekoliko sati da se sastojci prožmu pa procijediti kroz gazu u boce. Liker čuvati u hladnjaku (ili u zamrzivaču) jer se poslužuje dobro rashlađen.



Sok od murvi (Dubrovnik)

Tri litre ploda murve lagano se miješa s dvije litre vode i doda 30 g vinske kiseline.

Pusti se da odstoji 24 sata, tada se procijedi i kuha sa šećerom (odnos soka i šećera 1:1).

Pusti se lagano kuhati i skida se pjena s površine. Kada je kuhano, ulije se u boce i dobro zatvori.



Sok od murvi (Dugi rat)

Operu se 5 kg posve zrelih murvi (crnih ili bijelih) i popare 5-6 minuta u vreloj vodi.

Ocijede se i potope u hladnu vodu da se osvježe. Ta se voda baci, a murve se protisnu kroz gazu. Toj količini čista soka doda se 1 kg šećera (može i bez).

Sok se kuha na vatri, neprestano miješa i skida pjena.

Kada se dobro ukuha do gustoće meda, sok je gotov, skine se s vatre i pusti da se ohladi. Hladan se puni u posude i sprema.



Vino od murvi i malina

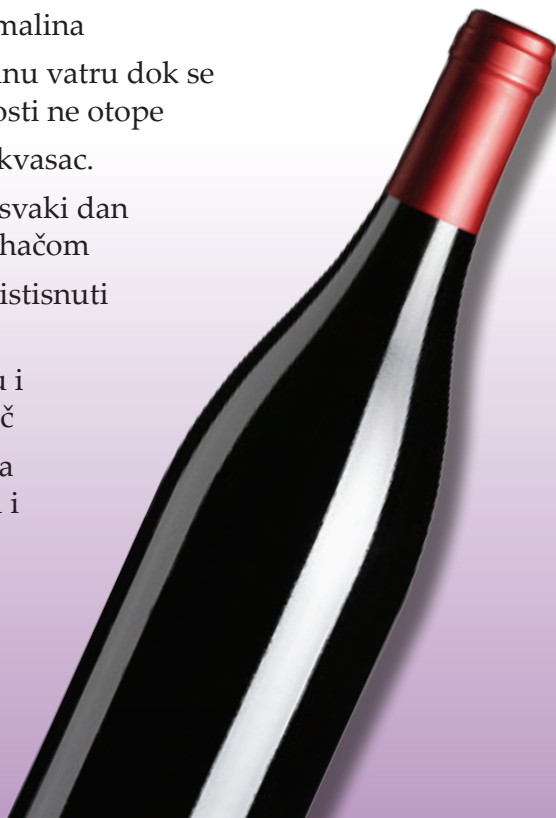
SASTOJCI:

- crne murve (3,6 kg)
- sok od malina (0,8 l)
- šećer (2,8 kg)
- sok od limuna (30 ml)
- vinski kvasac (30g)



POSTUPAK:

1. Oprati murve
2. Dodati šećer bobičastom voću
3. Dodati sok od limuna i malina
4. Pripravak staviti na laganu vatru dok se kristali šećera u potpunosti ne otope
5. Ohladiti i dodati vinski kvasac.
6. Staviti na toplo mjesto i svaki dan promiješati drvenom kuhačom
7. Nakon četiri dana treba istisnuti sok uz pomoć preše
8. Uлити sve u staklenu bocu i postaviti vodeni zatvarač
9. Nakon završetka procesa fermentacije sve filtrirati i uliti u staklene boce



Maska za lice od suhih listova murve



SASTOJCI:

- 2 žličice praha suhih listova murve (suhe listove možete usitniti u blenderu)
- 2 žličice zeolita u prahu
- 1 žličica med
- 1 žličica maslinovog ulja
- 1 žličica limunovog soka



PRIPREMA:

Promiješajte sve sastojke i nanesite masku na čistu kožu lica. Nakon 10 minuta isperite lice s toplom vodom.



Pužići punjeni s murvama

TIJESTO:

- 500 g brašna
- 1 kvasac (suhi ili svježi)
- 2 jaja
- 200 ml mlijeka
- 50 g šećera
- 75 g maslaca



PRIPREMA:

U mlako, zašećereno mlijeko umiješajte kvasac, pričekajte da se počne dizati te ga dodajte u brašno. Zamijesite tijesto i ostavite ga dok se volumen ne udvostruči. Razvaljajte tijesto na debljinu od oko 3mm, premažite ga s 60 g rastopljenog maslaca, a zatim po njemu rasporedite šećer, cimet, lješnjake, ušećereno voće i murve. Zarolajte tijesto po duljini i narežite ga na 10 do 12 komada pa ih posložite otvorenom stranom prema gore (okomito), u nauljeni pleh. Premažite razmućenim žumanjkom. Pecite 35 – 40 minuta na 180 °C. Nakon što se ispeče, vrući kolač premažite s pekmezom.

NADJEV:

200 g grožđica namočenih u rumu, 60 g mljevenih prženih lješnjaka, po 40 g limunove i narančine ušećerene korice, 60 g pjenasto izmiješanog maslaca, 100 g šećera, 2 žlice cimeta, 1 šalica svježih murvi ili suhих koje smo nekoliko sati ranije namočili.

Premaz I:

1 žumanjak (vilicom umutiti)

Premaz II:

2 žlice finog pekmeza od marelica
(namazati po kolaču dok je još topao)



Cheesecake s murvama

SASTOJCI ZA PODLOGU:

270 g petit keksa

125 g maslaca

2 žlice šećera

SASTOJCI POTREBNI ZA KREMU I.:

1 kg svježeg sira

4 jaja

200 g šećera

2 vanilin šećera

2 limuna

SASTOJCI POTREBNI ZA KREMU II.:

1/2 kg murvi

3-4 dcl vode

100 g šećera

1 vanilin šećer

2 pudinga od vanilije



PRIPREMA PODLOGE:

Samljati kekse i razraditi ih s maslacem i šećerom. Utisnuti smjesu u željeni kalup. Peći točno 4 minute u pećnici zagrijanoj na 250 °C.

PRIPREMA KREME I.:

Mikserom dobro razraditi sir da postane kremast, dodati šećer, jaja, procijeđen limunov sok i vanilin šećer te sve skupa izmiksati u jednoličnu masu. Izvadite kalup s keksima iz pećnice i izlijte pripremljenu kremu, ravnomjerno rasporedite i stavite peći još 30 min na 170 °C.

PRIPREMA KREME II.:

Skuhati murve u vodi, a zatim ih zgusnuti s pudingom. Kremu staviti na ohlađen kolač i ukrasiti sa šlagom.

Sušene murve



POSTUPAK:

- razvrstati voće
- ukloniti prezrele primjerke i otpad
- oprati pod mlazom hladne vode
- temeljito osušiti na papirnatom ručniku 2 sata na sobnoj temperaturi
- poslagati plodove na rešetke i staviti da se suše na suncu
- navečer ih se unosi u zatvoreni prostor, a ujutro opet iznosi
- vrijeme sušenja je otprilike 2 do 3 tjedna



Mogu se sušiti i u pećnici:

- plodovi se moraju sušiti na zraku 2 dana prije nego se bobice polože na lim za pečenje koji ste prethodno obložili limom za pečenje,
- suše se 20 sati na temperaturi od 40 °C,
- svaka 2 sata plodovi se trebaju promiješati,
- vrata pećnice moraju biti otvorena zbog ventilacije.

Mogu se sušiti i u dehidratorima:

- bobice se poslože u uređaj,
- suše se na temperaturi od 40° C prvih 6 do 8 sati,
- temperatura se zatim poveća na 50° C,
- plodove treba sušiti 20 – 25 sati.

Rolada murvica

SASTOJCI ZA BISKVIT:

- 3 jaja
- 3 žlice šećera
- 3 žlice brašna (na vrh noža praška za pecivo)
- 2-4 žlice ulja

SASTOJCI ZA KREMU:

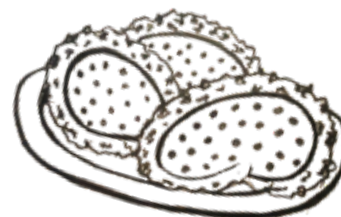
- 300 g murvi (ako su sušene, prethodno namočiti u vodu+rum)

1/2 l vrhnja za šlag

2 kisela vrhnja

2 vanilin šećera

1 vrećica želatine



PRIPREMA:

Biskvit: Pjenasto izmiksati sastojke. Biskvit ispeći i namazati ga s pripremljenom kremom. Od tijesta napraviti roladu.

Krema: umutiti šlag, dodati kiselo vrhnje, vanilin šećer te na kraju murve i pripremljenu želatinu. Roladu staviti u hladnjak da se stisne i ohladi.





Sladoled s murvama

SASTOJCI:

smrznute banane
smrznute (ili svježe) murve
slatko vrhnje



PRIPREMA:

Banane ogulite, narežite na kolutiće te ih spremite u vrećicu za zamrzavanje. Murve operite i osušite. Banane i murve stavite u škrinju na hlađenje oko 4 sata (ili preko noći). Voće izvadite iz škrinje, stavite ga u blender i počnite miksati. Ukoliko je jako zamrznuto, sačekajte da odstoji kratko na sobnoj temperaturi pa će se lakše miksati. Dodajte slatkog vrhnja u blender toliko da se voće može miksati, a da ne bude previše rijetko. Povremeno ostružite rubove blendera, nastavite miksati. Miksajte nekoliko minuta, sve dok ne dobijete kremastu teksturu sladoleda. Ukoliko želite dodajte začine po želji (npr. cimet, sušenu aroniju,...). Sladoled poslužite odmah ili ga stavite u posudu i spremite u škrinju da se dodatno zamrzne.



Čaj od svježe ubranog lišća murve

SASTOJCI:

2 žlice svježih listova bijele murve
2 dcl vode

PRIPREMA:

Usitnjene listove prelijte s kipućom vodom, ostavite poklopljeno 10 minuta i procijedite.

Uz mnoge druge dobre karakteristike, čaj je bogat antioksidansima; smatra se da pomaže u liječenju dijabetesa.





Murvasta pita

SASTOJCI ZA PRHKO TIJESTO:

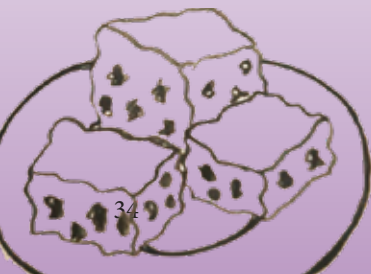
420 g glatkog brašna
**100 g oštrog brašna +
1 prašak za pecivo**
250 g margarina
2 žumanjka
2 ravne žlice šećera
3 žlice kiselog vrhnja
malo soli, korica limuna

SASTOJCI ZA NADJEV:

500 g svježeg sira
2 žlice kiselog vrhnja
**2 jaja, malo soli, vanilin
šećer**
300 g murvi
3 žlice šećera
malo ruma

PRIPREMA:

Umijesiti prhko tijesto od navedenih sastojaka. Podijeliti ga u dva dijela i pustiti da odmara $\frac{1}{2}$ sata u hladnjaku. Pomiješati sastojke za nadjev. Razvaljati tijesto i staviti ga u lim obložen papirom za pečenje, zatim staviti nadjev od sira i murvi te poklopiti drugim dijelom tijesta. Vilicom izbosti gornji dio tijesta i peći cca 35 min na 175 ° C.



Fekete faeper lekvár

1db 7deciliteres üveghez:

1.3 kg faeper

15 dkg cukor

3 evőkanál frissen facsart citromlé

1dkg pektin.

ELKÉSZÍTÉS:

1. A gyümölcsöt óvatosan mossuk meg, majd tegyük lábasba, adjuk hozzá a cukrot és a citromlevet, majd közepes lángon főzzük, amíg levet ereszt.
2. Pürésítsük botmixerrel, majd egy nagyobb lyukú (de a magok ne férjenek át) szűrőn passzírozzuk át és keverjük hozzá csomómentesen a pektint.
3. Tegyük közepes lángra, majd forrástól számított 5-10 percig forraljuk, gyakran keverjük.

Töltsük tiszta, üvegbe, műanyag fóliával és tetővel zárjuk, majd állítsuk 5 percre, fejjel lefelé és ha kihűlt mehet a spájzba.



Il succo di gelsi



Per fare il succo di gelsi ci servono:

5 kg di frutti maturi di gelso

1 kg di zucchero

2 bustine di zucchero vanigliato

acqua



PREPARAZIONE:

Dopo aver lavato con attenzione i frutti, metterli in ammollo per 5 minuti in acqua calda e poi altri 5 minuti in acqua fredda. Spremere la frutta ammorbidita e rinfrescata con un pezzo di lino o un setaccio con buchi molto piccoli per estrarre solo il succo del frutto e aggiungere lo zucchero.



Cuocere a fuoco medio, mescolando continuamente.
Quando il succo si sarà addensato, lasciarlo raffreddare.
Quando si raffredda potete riempire le bottiglie.

White Mulberry Granita

INGREDIENTS:

500 g white mulberries

about 100 ml water

350 g sugar

1 lemon

PROCEDURE:

Wash the mulberries delicately under running water and then put them to drain in a colander. Put the mulberries in a sieve, squeeze the juice of half a lemon to not blacken the pulp and then press the pulp through the sieve.

Pour all the sugar into a saucepan and cover it with water and the remaining lemon juice. The sugar needs to be completely submerged in water so, if necessary, put a few more spoons of water in it. Light the heat to a minimum and slowly melt all the sugar until it becomes a thick syrup. Boil it, then turn it off and let it cool down by stirring.

Put everything in a container with a lid in the freezer and stir every half an hour or so, for about 3-4 times (depends on the how fast the freezer freezes) or until it has thickened completely. At this point you can leave the mulberry granita in the freezer until you are ready to taste it!



Black Mulberry Flavoured Ice Cream

INGREDIENTS:

250 g of fresh milk

250 g of fresh yoghurt

4 tablespoons of sugar (you can add more if you want to)

300 g of black mulberries – remember to keep a few whole ones for decoration

1 tablespoon of lemon juice

Vanilla extract



PROCEDURE:

Pour the milk, the sugar and the fresh yoghurt in a bowl
Cook on low heat, so the sugar can melt. Be careful! Don't let it boil.

Let the milk cool in the fridge. If you want to save time, you can prepare the milk a few hours before.

Once the milk is ready, you need to take care of the mulberries. It's important to use gloves!

Give them a quick wash under running water and then, with a paper towel, wipe off the excess water, remove the peduncles from the fruit and finally blend them in a blender until they're like a puree.

Get the milk from the fridge, add the mulberry puree, a tablespoon of lemon juice and the vanilla extract. Mix well and put it in the ice cream maker to freeze.

Usually, it takes about half an hour, you need to get that nice creamy texture ice cream.

When ready, put some in a small bowl, decorate it with some fresh black mulberries and enjoy!

Le jus de mûres

POUR FAIRE DU JUS DE MÛRES, ON A BESOIN DE:

5 kg de fruits mûrs de mûrier

1 kg de sucre

2 sachets de sucre vanillé

l'eau

PRÉPARATION:

Après avoir soigneusement lavé les fruits, faites-les tremper pendant 5 minutes dans de l'eau chaude, puis encore 5 minutes dans de l'eau froide. Pressez les fruits ramollis et rafraîchis avec un morceau de lin ou un tamis avec de très petits trous pour extraire uniquement le jus du fruit et ajoutez le sucre. Cuire à feu moyen en remuant constamment. Lorsque le jus a épaissi, laissez-le refroidir.

Quand il refroidit, vous pouvez remplir les bouteilles.





The Mulberry Cookbook

ecomulberryology project



CONTENT

Introduction	43
It's Tea Time	44
Mulberry Panna Cotta	45
Aromatic Mulberry Sweet Bread	46
Mulberry and Coconut Cake	48
Mulberry and Yoghurt Cake	50
Protein Chia Pudding with Mulberries and Raspberries	52
Mulberry Smoothie	53
Almond Roll - Filled with Mulberries	54
Sweet and Spicy Mulberry Jam	55
Syrup for Fever, Inflammation and Constipation	56
Healthy Eco Snack	57
Tea for Diabetes	58
Mulberry Jam	59
Mulberry Wine	60
Mulberry Liqueur	62
Mulberry Juice (Dubrovnik)	63
Mulberry Juice (Dugi rat)	63
Mulberry and Raspberry Wine	64
Dry Mulberry Leaf Face Mask	65
Mulberry Snails / Rolls	66
Mulberry Cheesecake	68
Dried Mulberries	70
Mulberry Roll	71
Mulberry Ice Cream	72
Fresh Mulberry Leaf Tea	73
Il succo di gelsi	74
Fekete faeper lekvár	75
Mulberrish Pie	76
White mulberry granita	77
Black mulberry flavoured ice cream	78
Le jus de mûres	79



INTRODUCTION

Since the Podmurvice dormitory is located in the part of the city called Podmurvice (“under the mulberry tree”) and has the most beautiful and oldest specimens of mulberries that are slowly dying out, we started a project EKOmurvoLOGIJA (“ECOm**ulberry**LOGY”) for their revival.

The partners that joined the project are: Elementary School Gelsi, Dormitory Ogulin, Dormitory Maksimir, Agricultural School and Dormitory “Teleki Zsigmond” Villany from Hungary, Association for the Physically Disabled Rijeka; Association for Down Syndrome - RIJEKA 21, Association for the blind of Primorje-Gorski Kotar County.

The idea behind it is to carry out the project through creative, educational and practical presentations and workshops. One of the results is right in front of you. The Mulberry Cookbook is a combination of a centuries-old folk belief in the healing properties of mulberry, traditional recipes for cakes, jams and beverages and modern recipes for desserts.

We would like to thank all the project participants who researched, cooked, baked, tasted and diligently recorded the recipes!

We believe that the time has come for this organic, tasty and interesting fruit to return to our tables.

Our goal was to revive the traditional heritage on the example of mulberry and promote the ecological way of life. Have we succeeded, judge for yourself.

It's Tea Time

Mulberry Cake



INGREDIENTS:

- 200 g coarse flour
- 2-3 tablespoons poppy seeds
- baking powder
- a pinch of salt
- 100 g sugar
- vanilla sugar / bourbon
- 3 eggs
- lemon peel
- Greek yoghurt
- 125 ml oil
- black and white mulberries
(slightly rolled in flour)

PREPARATION:

Mix dry ingredients - flour, baking powder, sugar, poppy seeds and salt. In another bowl mix wet ingredients - eggs, lemon peel and vanilla, Greek yoghurt and oil. Combine dry and wet ingredients and add floured fruit. Pour the mixture into an oiled and floured bread mould and bake for about 50 minutes at 175 °C. Remove from the mould after about 10 minutes and let cool.



Mulberry Panna Cotta

INGREDIENTS:

- 500 ml heavy cream
- 500 ml solid yoghurt
- 1 vanilla sugar or a teaspoon of vanilla extract
- maple syrup, honey or other sweetener of your choice
- 20 g gelatin (vegetable origin)
- 1 cup mulberries



Mulberries can be fresh or dried. Dried fruits should be soaked in liquid (water, juice or rum) for few hours to swell. Strain before use.

PREPARATION:

Put the gelatin in cold water, stir and let it soak for 10 minutes. Heat the heavy cream (below the boiling point), stir in the yoghurt and the sweetener of your choice, then add gelatin and mix well until you get smooth consistency. You can pour panna cotta into glasses in layers and put some fresh mulberries between layers or blend the fruit without stalks, stir it into the cream and then fill the glasses. Refrigerate for two hours before serving. Decorate with mulberries and mint leaves.



Aromatic Mulberry Sweet Bread Podmurvice

For approx. 800 g of sweet bread, you will need:

- 100 g dried mulberries
- 2 tablespoons almond milk
- 1 tablespoon Muscat white wine (optional)
- 250 g to 300 g white wheat flour, smooth
- 170 g mashed potatoes
- 100 g mashed orange sweet potatoes
- 15 g fresh yeast
- 10 g vegan butter or margarine
- 1 tablespoon olive oil
- 30 ml lukewarm water
- 3 tablespoons sugar (preferably demerara but white is fine too)
- 1/2 teaspoon salt
- 2 teaspoons sweet spice blend of your choice, for example: cinnamon, tonka bean, lemongrass powder, vanilla, cardamom...

PREPARATION:

Soak dried mulberries in almond milk and wine. Before making the dough, you need to make mashed potatoes and mashed orange sweet potatoes, mix them with oil, margarine and

salt. Feel free to use the leftovers from your previous meal. In that case, if you have used oil or margarine, reduce their amounts in the ingredients.

Make a small hole in the middle of the flour (start with 250 g and gradually add the rest while you knead), crumble the yeast into it, add some sugar, warm water and stir gently. Allow the yeast to activate/swell.

When the yeast is activated, add the puree mixtures, the spices you choose to use, the rest of the sugar and knead the dough. It will be easiest to use a spatula. When the dough absorbs all the flour, transfer it to the surface lightly sprinkled with flour.

The dough will be sticky but not too much. Drain the mulberries and stir them into the mixture. (Save the drained liquid and use it to coat the dough before baking). Use as much flour as you need to form the ball. Do not knead the dough too much, maximum ten minutes. Cover it and leave it to rise in a warm place until doubled in volume. Once the dough has doubled, transfer it to a floured surface and form desired shape.

If you want to make a spindle-shaped braid, divide the dough into 4 equal parts and from each part form a snake shape, thicker on the top, thinner towards the bottom. Join them on the thicker part and intertwine.

Leave it covered to rise for at least thirty minutes, coat it with milk you drained from the mulberries.

Bake in a preheated oven at 180° C for approximately 30 to 45 minutes. Check if well baked by sticking a wooden toothpick into the parts where there is more dough. If necessary, adjust the baking temperature, lower it if the dough needs more baking. If the loaf has already turned brown during that time, cover it with aluminium foil so it does not burn.

Mulberry and Coconut Cake

INGREDIENTS:

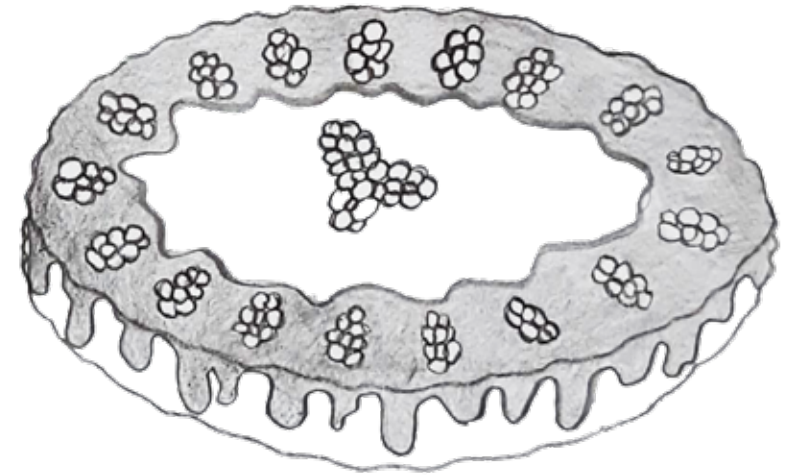
- 3 whole eggs
- 3/4 cup sugar (e.g. erythritol - sugar without calories)
- 3/4 cup vegetable oil
- 1/2 cup coconut flour (or almond)
- 1/4 cup plain flour
- 1/4 cup buckwheat flour (or other of your choice)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- a pinch of salt
- 1 teaspoon vanilla extract
- lemon zest (from 1 lemon)
- 1 cup mulberries
- 2 tablespoons flour to mix with mulberries if they are fresh (absorbs excess juice)



Mulberries can be fresh or dried. Dried fruits should be soaked in liquid (water, juice or rum) for few hours to swell. Strain before use.

GLAZE
(optional):

- 2 tablespoons powdered sugar
- 1 tablespoon lemon juice

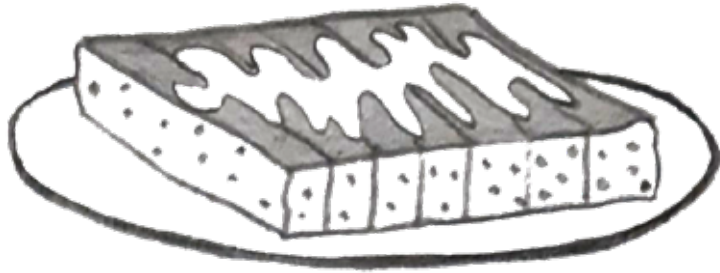


PREPARATION:

Stir in sugar and eggs, add oil, lemon zest and vanilla into a frothy mixture, then gradually add previously mixed dry ingredients (flour, baking powder, baking soda and salt). Once you have combined everything into a mixture with a wooden spoon, carefully stir in the mulberries. Bake the cake for 40- 50 minutes at 180 - 200°C, depending on your oven, in a 20x25 cm tray. How to test whether the cake is baked: stick a wooden toothpick in the middle of the cake; if the toothpick is dry, the cake is baked.

GLAZE:

Mix well sugar with lemon juice. Coat the cake when it cools down. Decorate the cake with fresh mulberries.



Mulberry and Yoghurt Cake

INGREDIENTS:

- 1 1/2 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoons salt
- 1 cup sugar (e.g. erythritol - sugar without calories)
- 250 ml solid yoghurt
- 1/2 cup oil
- 2 whole eggs
- lemon zest (from 1 lemon)
- 1 vanilla sugar or 1 teaspoon of vanilla extract
- 2 cups mulberries

Mulberries can be fresh or dried. Dried fruits should be soaked in liquid (water, juice or rum) for few hours to swell. Strain before use.

GLAZE (optional):

- 2 tablespoons powdered sugar
- 1 tablespoon lemon juice

PREPARATION:

Stir the sugar, yoghurt, oil, eggs, lemon zest and vanilla into a frothy mixture, then gradually add previously mixed dry ingredients (flour, baking powder and salt). Once you have combined everything into a mixture, carefully stir in the mulberries.

Bake the cake for 50- 65 minutes at 180 - 200°C, depending on your oven, in a 20x25 cm tray.

How to test whether the cake is baked: stick a wooden toothpick in the middle of the cake; if the toothpick is dry, the cake is baked.

GLAZE (OPTIONAL):

- 2 tablespoons powdered sugar
- 1 tablespoon lemon juice





Protein Chia Pudding with Mulberries and Raspberries

INGREDIENTS:

- 300 ml milk (coconut, almond or other)
- 4 tablespoons chia seeds
- 2 tablespoons protein powder (flavour of your choice)
- 1/2 cup mulberries
- 1/2 cup raspberries



PREPARATION:

Mix chia seeds with protein powder and gradually add milk. Stir well or mix it in a blender, pour into glasses and refrigerate the pudding to cool down and thicken. Before serving, add mulberries and raspberries to each glass.



Mulberry Smoothie

INGREDIENTS:

- 1 orange
- 1 banana
- 1 cup mulberry (black or red)
- 1 dl almond milk

PREPARATION:

Peel an orange and cut it into smaller pieces. Peel a medium banana and slice it then add a cup of red or black mulberries. Add 1dl of almond milk. Mix it all well in a blender for few minutes. Serve in a glass, add Ceylon cinnamon.

Almond Roll - Filled with Mulberries

INGREDIENTS:

5 egg whites

5 egg yolks

5 tablespoons coconut sugar

10 tablespoons almond flour or ground almonds

1 baking powder

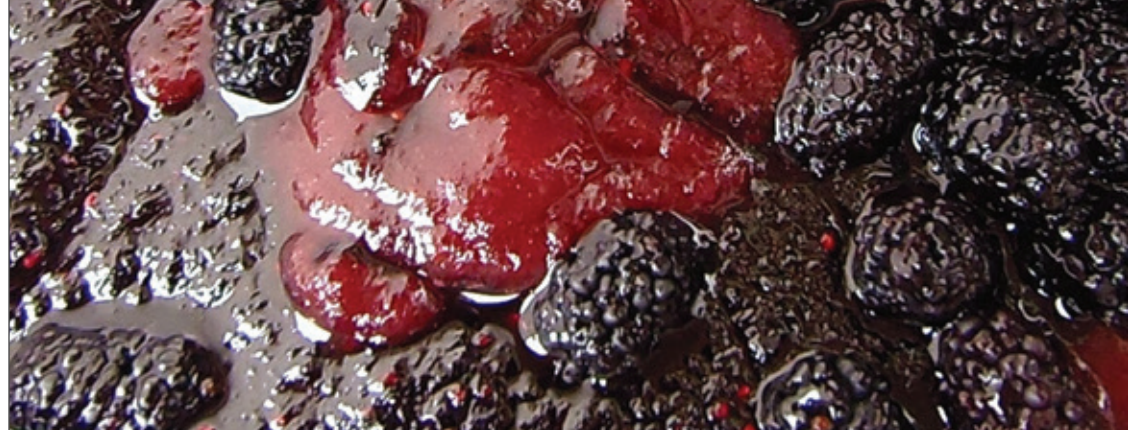
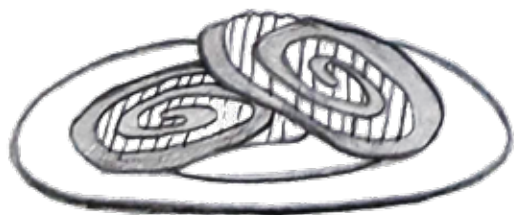
FILLING:

400 g sour cream

1 cup fresh mulberries or soaked dried ones

PREPARATION:

Beat egg whites. Stir egg yolks and sugar into a frothy mix. Mix the wet and dry ingredients and then lightly stir in the egg white snow. Spread the mixture on the baking paper in thin layer and bake for 15 minutes at 180°C. Cover the sponge cake with damp cloth so it stays flexible and let it cool down. When cooled, coat it with 400 g of sour cream and spread a cup of cleaned mulberries over it. Roll it and put in the refrigerator for at least an hour. Cut the cooled roll and serve.



Sweet and Spicy Mulberry Jam

INGREDIENTS:

5 cups mulberry fruit,

2 cups sugar,

3 cups water,

1 teaspoon chilli peppers,

1 teaspoon agar agar - natural thickener

PREPARATION:

Clean mulberries from stalks then cook them with water, peppers and agar agar over medium heat for 10 minutes. Add sugar and cook for another 5 minutes until the mixture slightly thickens. Transfer the jam to hot jars.



Syrup for Fever, Inflammation and Constipation

INGREDIENTS:

1 kg black mulberries

1/2 litre of water

2 tablespoons apple cider vinegar

1 kg brown sugar

PREPARATION:

Put a kilogram of black mulberry fruit into half a litre of water and then add two tablespoons of apple cider vinegar. Leave to stand for 24 hours. The next day add to the mixture a kilogram of brown sugar or another natural sweetener of your choice (stevia, honey, maple syrup) and cook it to desired thickness. Pour into sterilized bottles and drink several times a day diluted with water.



Healthy Eco Snack



INGREDIENTS:

125 g dried mulberries

about 20 dates

(add as much as needed if the mixture is too dry)

4 tablespoons oatmeal

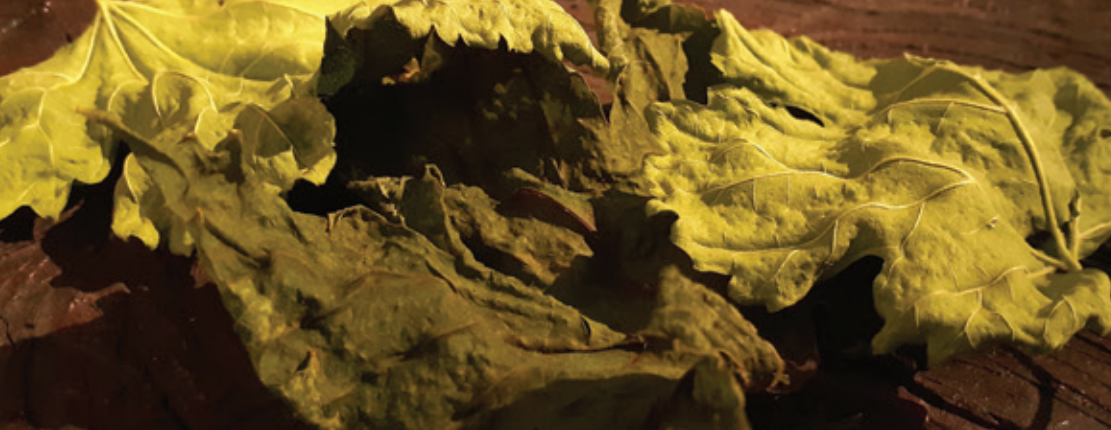
**4 tablespoons ground toasted hazelnuts
or some other nuts**

a pinch of salt

PREPARATION:

Blend in a blender all ingredients, except dates. Gradually add dates and blend them to desired structure. Make balls from the mixture. If you want, you can then roll them in coconut or cinnamon.





Tea for Diabetes

INGREDIENTS:

50 g black mulberry leaves
1/2 litre water

PREPARATION:

Pour 50 grams of chopped black mulberry leaves with half a litre of boiling water. Leave it covered for 10 hours, stirring occasionally. Strain and drink throughout the day.



Mulberry Jam

INGREDIENTS:

sugar 1.5 kg
dried mulberries 1 kg
citric acid 0.002 kg
water 0.2 l

PREPARATION:

Dissolve the sugar in the water and bring it to a boil to prepare syrup. Rinse mulberries and dry them, then mix with syrup. Bring the mixture to a boil and then cool down. Repeat the boiling and cooling process. Then add citric acid and boil again. Sterilize jars and lids and pour in the jam, then put it in the refrigerator. Cooking time is 2 hours.



Mulberry Wine

- dessert wine
- contains black mulberry varieties (for more intense taste)
- fruits should be ripe (falling from a tree)
- do not wash the fruit
- the fruit must not be rotten or mouldy
- contains lemon juice (for taste)

Main ingredients for 5L (vol. alc. 10 -12%):

2 kg mulberry

1.5 kg sugar

10 g citric acid

5 litres clean water

100g raisins



PREPARATION PROCESS:

1. Crush the mulberry fruits and leave them for one hour.
2. Transfer contents to a high neck container.
3. Add sugar (0.5 kg), water and raisins.
4. Stir everything carefully, cover with a gauze and put in a dark place at the room temperature.
5. Stir once a day.
6. Fermentation process starts (after 2-3 days the smell of acid and foam appear).
7. The content should be strained through several layers of gauze.
8. Squeeze the fruit pulp and mix it with the mulberry juice.
9. Pour the liquid into the fermentation tank.
10. Immediately add granulated sugar (0.5 kg).
11. About a quarter of the tank should remain empty.
12. Put a medical glove with a hole on one finger on the neck of the tank.
13. Move the container to a dark room at the temperature from 18 to 25°C.
14. After 5 days, add the remaining sugar (0.5 kg).
15. Fermentation ends between days 20 and 55 (the glove will blow out).
16. The resulting liquid should be well filtered into a storage tank (no sediment!), filled to the top and closed tightly.
17. Sealed wine should mature in a dark place at the temperature not higher than + 16°C for 4 to 7 months. It is recommended to change the tank periodically during ripening.

Mulberry Liqueur

INGREDIENTS:

0.5 kg freshly picked mulberries
(black are preferable)

3.5 dcl strong schnapps

7 dcl water

0.5 kg sugar

PREPARATION:

Put mulberries in a jar and pour the schnapps over them, close the jar and leave it for 10 days in a dark place.

Boil water and sugar briefly, then cool it down and mix with the mulberries in schnapps. Leave the mixture for few hours for the ingredients to combine well. Then strain it through a gauze and pour into bottles. Keep the liqueur in the refrigerator (or freezer) because it is best served chilled.

Mulberry Juice (Dubrovnik)

Lightly stir three kilograms of the mulberry fruit with two litres of water and added 30 g of tartaric acid. Let stand for 24 hours, then strain and cook with sugar (juice to sugar ratio 1: 1). Let it simmer slowly while removing foam from the surface. When cooked, pour the juice into bottles and seal them well.

Mulberry Juice (Dugi rat)

Wash 5 kilos of fully ripe mulberries (black or white) and steam them in hot water for 5-6 minutes. Drain them and immerse in cold water to refresh. Throw away the water afterwards. Strain the mulberries through the canvas. Add 1kg of sugar to that amount of pure juice (this is optional). Cook the juice on a stove, constantly mixing and removing the foam from the surface. When cooked to the thickness of honey, the juice is done. Remove from the fire and allow it to cool. Fill into containers and store.

Mulberry and Raspberry Wine

INGREDIENTS:

black mulberries (3.6 kg)

raspberry juice (0.8 L)

sugar (2.8 kg)

lemon juice (30 mL)

wine yeast (30g)

PROCEDURE:

1. Wash the mulberries.
2. Add sugar to the berries.
3. Add lemon and raspberry juice.
4. Put the mixture on low heat until the sugar crystals dissolve completely.
5. Cool down and add wine yeast.
6. Put in a warm place and stir it with a wooden spoon daily.
7. After four days squeeze the juice through the press.
8. Pour liquid into a glass bottle and put on a water seal.
9. After the fermentation process is over, filter everything and pour into glass bottles.



Dry Mulberry Leaf Face Mask



INGREDIENTS:

2 teaspoons dry mulberry leaf powder (you can pulverise dry leaves in a blender)

2 teaspoons zeolite powder

1 teaspoon honey

1 teaspoon olive oil

1 teaspoon lemon juice



PREPARATION:

Mix all ingredients and apply the mask to clean skin. After 10 minutes, rinse your face with warm water.



Mulberry Snail Rolls

DOUGH:

500 g flour
1 yeast (dry or fresh)
2 eggs
200 ml milk
50 g sugar
75 g butter



PREPARATION:

Stir the yeast into the lukewarm, sweetened milk, wait for it to start rising then add it to flour. Knead the dough and let it rest until doubled in volume. Roll out the dough to a 3mm thick layer, coat it with 60 g of melted butter. Then spread sugar, cinnamon, hazelnuts, candied fruit and mulberries over it. Roll out the dough lengthwise and cut it into 10 to 12 pieces. Arrange them horizontally, in oiled tin. Coat with beaten egg yolk. Bake 35 - 40 minutes at 180°C. Once baked, coat the cake with jam while it is still hot.

FILLING:

200 g raisins soaked in rum, 60 g ml grounded roasted hazelnuts, 40 g lemon and orange candied peel, 60 g frothy butter, 100 g sugar, 2 tablespoons cinnamon, 1 cup fresh mulberries or dried ones soaked for few hours.

COATING I:

1 egg yolk (whisk with a fork)

COATING II:

2 tablespoons fine apricot jam
(spread on cake while still warm).



Mulberry Cheesecake

INGREDIENTS FOR THE BASE:

270 g petite beurre biscuits

125 g butter

2 tablespoons sugar

INGREDIENTS FOR THE CREAM I.:

1 kg cottage cheese

4 eggs

200 g sugar

2 vanilla sugars

2 lemons

INGREDIENTS FOR THE CREAM II.:

1/2 kg mulberries

3-4 dl water

100 g sugar

1 vanilla sugar

2 vanilla pudding



BASE PREPARATION:

Grind the biscuits and work them out with butter and sugar. Press the mixture into the desired mould. Bake for exactly 4 minutes in the oven preheated to 250°C.

CREAM I. PREPARATION:

Using the mixer, mix the cheese well to make it creamy, add sugar, eggs, lemon juice and vanilla sugar then combine everything into uniform mass. Take the mould out of the oven and pour the prepared cream over the base, spread evenly and place in the oven for 30 min at 170 °C.

CREAM II. PREPARATION:

Boil the mulberries in water and then thicken them with pudding. Pour the cream on the cooled cake and decorate with whipped cream.

Dried Mulberries



PROCEDURE:

- sort the fruit
- remove overripe pieces and waste
- wash with cold running water
- dry thoroughly on a towel for 2 hours at room temperature before putting them on racks to be sun dried
- in the evening bring them indoors and take them out again in the morning
- it will take approximately 2 to 3 weeks for them to dry



They can also be dried in an oven:

- the fruits must be air-dried 2 days before being placed on a baking sheet with parchment paper
- put in the oven for 20 hours at 40°C
- every 2 hours the fruits should be stirred
- the oven door must be open for ventilation

Drying in a dehydrator:

- the berries are placed in the device at 40°C for the first 6 to 8 hours, then the temperature is raised to 50°C
- the fruits should be drying for 20-25 hours

Mulberry Roll

INGREDIENTS FOR THE SPONGE CAKE:

- 3 eggs
- 3 tablespoons sugar
- 3 tablespoons flour
(baking powder on top of a knife)
- 2-4 tablespoons oil

INGREDIENTS FOR THE CREAM:

- 300 g mulberry (if dried, pre-soak in water with the addition of rum)
- 1/2 l whipping cream
- 2 cups sour cream
- 2 vanilla sugar
- 1 bag gelatin



PREPARATION:

Sponge cake: Stir the ingredients until frothy. Bake the sponge cake and spread it with the cream. Roll it up.

Cream: mix the whipping cream, add the sour cream, vanilla sugar and finally mulberries and the gelatin prepared beforehand. Put the roll in the refrigerator for it to get firm and cool down.





Mulberry Ice Cream

INGREDIENTS:

frozen bananas
frozen (or fresh) mulberries
heavy cream



PREPARATION:

Peel bananas, slice them and store them in a freezer bag. Wash the mulberries and then dry them. Put bananas and mulberries in the freezer to cool for about 4 hours (or overnight). Take the fruit out of the freezer, put it in the blender and start mixing. If it is too hard, let the fruit briefly at room temperature, so it will be easier to mix. Add heavy cream to the blender so that the fruit can be mixed without being too liquid. Occasionally scrape sides of the blender, continue to mix. Mix for few minutes, until you get a creamy texture of the ice cream. Add spices as desired (e.g. cinnamon, dried chokeberries...). Serve the ice cream immediately or put it in a bowl and store it in the freezer.



Fresh Mulberry Leaf Tea

INGREDIENTS:

2 tablespoons fresh white mulberry leaves
2 dcl water

PREPARATION:

Pour boiling water over the chopped leaves, leave covered for 10 minutes and then strain.

Among many good properties, the tea is rich in antioxidants. It is considered to help in treatment of diabetes.





Mulberrish Pie

INGREDIENTS FOR SHORTCRUST PASTRY:

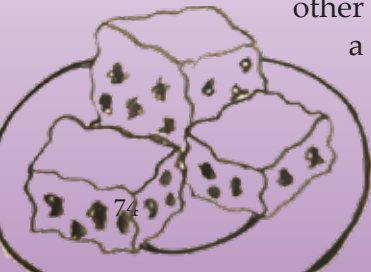
420 g fine flour
100 g coarse flour +
1 baking powder
250 g margarine
2 egg yolks
2 tablespoons sugar
3 tablespoons sour cream
a bit of salt, lemon peel

INGREDIENTS FOR THE FILLING:

500 g cottage cheese
2 tablespoons sour cream
2 eggs, a pinch of salt,
vanilla sugar
300 g mulberries
3 tablespoons sugar
a bit of rum

PREPARATION:

Knead a shortcrust dough from the above ingredients. Divide it into two parts and let it rest for half an hour in the refrigerator. Mix the filling ingredients. Roll out one piece of dough and place it in a baking sheet lined with baking paper, then put the cheese and mulberry filling and cover with the other piece. Prick the upper part of the dough with a fork and bake for about 35 minutes at 175 °C.



Fekete faeper lekvár

1db 7deciliteres üveghez:

1.3 kg faeper

15 dkg cukor

3 evőkanál frissen facsart citromlé

1dkg pektin.

ELKÉSZÍTÉS:

1. A gyümölcsöt óvatosan mossuk meg, majd tegyük lábasba, adjuk hozzá a cukrot és a citromlevet, majd közepes lángon főzzük, amíg levet ereszt.
2. Pürésítsük botmixerrel, majd egy nagyobb lyukú (de a magok ne férjenek át) szűrőn passzírozzuk át és keverjük hozzá csomómentesen a pektint.
3. Tegyük közepes lángra, majd forrástól számított 5-10 percig forraljuk, gyakran keverjük.

Töltsük tiszta, üvegbe, műanyag fóliával és tetővel zárjuk, majd állítsuk 5 percre, fejjel lefelé és ha kihűlt mehet a spájzba.



Il succo di gelsi



PER FARE IL SUCCO DI GELSI
CI SERVONO:

5 kg di frutti maturi di gelso
1 kg di zucchero
2 bustine di zucchero vanigliato
acqua



PREPARAZIONE:

Dopo aver lavato con attenzione i frutti, metterli in ammollo per 5 minuti in acqua calda e poi altri 5 minuti in acqua fredda. Spremere la frutta ammorbidita e rinfrescata con un pezzo di lino o un setaccio con buchi molto piccoli per estrarre solo il succo del frutto e aggiungere lo zucchero.



Cuocere a fuoco medio, mescolando continuamente. Quando il succo si sarà addensato, lasciarlo raffreddare. Quando si raffredda potete riempire le bottiglie.

White mulberry granita

INGREDIENTS:

500 g white mulberries
about 100 ml water
350 g sugar
1 lemon

PROCEDURE:

Wash the mulberries delicately under running water and then put them to drain in a colander. Put the mulberries in a sieve, squeeze the juice of half a lemon to not blacken the pulp and then press the pulp through the sieve.

Pour all the sugar into a saucepan and cover it with water and the remaining lemon juice. The sugar needs to be completely submerged in water so, if necessary, put a few more spoons of water in it. Light the heat to a minimum and slowly melt all the sugar until it becomes a thick syrup. Boil it, then turn it off and let it cool down by stirring.

Put everything in a container with a lid in the freezer and stir every half an hour or so, for about 3-4 times (depends on the how fast the freezer freezes) or until it has thickened completely.

At this point you can leave the mulberry granita in the freezer until you are ready to taste it!



Black mulberry flavoured ice cream

INGREDIENTS:

250 g of fresh milk

250 g of fresh yoghurt

4 tablespoons of sugar (you can add more if you want to)

300 g of black mulberries – remember to keep a few whole ones for decoration

1 tablespoon of lemon juice

Vanilla extract



PROCEDURE:

Pour the milk, the sugar and the fresh yoghurt in a bowl. Cook on low heat, so the sugar can melt.

Be careful! Don't let it boil.

Let the milk cool in the fridge. If you want to save time, you can prepare the milk a few hours before.

Once the milk is ready, you need to take care of the mulberries. It's important to use gloves!

Give them a quick wash under running water and then, with a paper towel, wipe off the excess water, remove the peduncles from the fruit and finally blend them in a blender until they're like a puree.

Get the milk from the fridge, add the mulberry puree, a tablespoon of lemon juice and the vanilla extract. Mix well and put it in the ice cream maker to freeze.

Usually, it takes about half an hour, you need to get that nice creamy texture ice cream.

When ready, put some in a small bowl, decorate it with some fresh black mulberries and enjoy!

Le jus de mûres

POUR FAIRE DU JUS DE MÛRES, ON A BESOIN DE:

5 kg de fruits mûrs de mûrier

1 kg de sucre

2 sachets de sucre vanillé

l'eau

PRÉPARATION:

Après avoir soigneusement lavé les fruits, faites-les tremper pendant 5 minutes dans de l'eau chaude, puis encore 5 minutes dans de l'eau froide. Pressez les fruits ramollis et rafraîchis avec un morceau de lin ou un tamis avec de très petits trous pour extraire uniquement le jus du fruit et ajoutez le sucre. Cuire à feu moyen en remuant constamment. Lorsque le jus a épaissi, laissez-le refroidir.

Quand il refroidit, vous pouvez remplir les bouteilles.



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