

Co-funded by the
Erasmus+ Programme
of the European Union



e-cookbook
seafood recipes

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Contents

Introduction.....	2
Octopus salad.....	3
Shrimp risotto.....	4
Tarama salad.....	5
Pilaf with mussels	6
Tajeddra	7
Pignata octopus.....	8
Potato salad with herring	9
Fried Baltic herring	10
Trout Coura style.....	11
Coldfish Miquelina style	12
Anchovy in pan.....	13
Seabass with sesame sauce.....	14



INTRODUCTION

"Water unites us!" is a two-year (2017-19) KA219 Erasmus+ strategic school partnership focused aquatic ecosystems, water sports and seafood dishes. This project is carried out by six European schools, the 1st General Lyceum of Argostoli "Marinos Korgialenios", Kefalonia, Greece (coordinating institution), the Istituto di Istruzione Secondaria Superiore "E. Fermi" from Lecce, Italy (partner), the Escola EB 2,3/S Paredes de Coura from Paredes de Coura, Portugal (partner), Srednja škola Metković from Metković Croatia (partner), Olaines 1.vidusskola from Olaine, Latvia (partner) and Akhisar Anadolu İmam Hatip high school from Akhisar, Turkey.

Each school chose two traditional sea food dishes:

Croatia: 1) Octopus salad and 2) shrimp risotto

Greece: 1) Tarama Salad and 2) Pilaf with mussels

Italy: 1) Tajeddra and 2) Pignata octopus

Latvia: 1) Potato salad with herring and 2) Fried Baltic herring

Portugal: 1) Trout Coura style and 2) Codfish Miquelina style

Turkey: 1) Anchovy in pan and 2) Seabass with sesame sauce



Octopus salad



Instructions:

In a large pot cover generously with water the octopus and bay leaves. Add salt and pepper and the wine cork to the water and bring to the boil. Reduce the heat and simmer until tender (around 20 minutes or so). In another pot boil the potatoes. Once they are done cut them into small cubes. Drain the octopus and clean the head. Cut the meat of the octopus into small pieces. Add the potatoes with the octopus and finely chop an onion, garlic and add. Dress the salad with extra virgin olive oil, salt, pepper and parsley.

Ingredients:

- ✓ 2.5 kg medium or large octopus – cleaned
- ✓ 1.5 kg boiled potatoes
- ✓ 1 large onion, finely sliced
- ✓ 2 cloves of garlic, finely sliced
- ✓ Extra virgin olive oil
- ✓ Parsley, finely chopped
- ✓ Bay leaves
- ✓ Salt and pepper
- ✓ Wine cork





Shrimp risotto



Ingredients:

- ✓ 400 g of cleaned shrimp
- ✓ 1 diced onion
- ✓ 2 cloves of garlic - diced
- ✓ 100 ml white wine
- ✓ 1 tbs chopped parsley
- ✓ 3 cups of rice
- ✓ Extra virgin olive oil
- ✓ Butter
- ✓ Salt and pepper

Instructions:

Put olive oil in saucepan and add diced onion over medium heat. Add garlic after a couple of minutes. Add rice and mix it all around.

Start adding the seafood stock; as the stock is absorbed by the rice keep adding more stock and continue to stir. Add cleaned shrimps after a couple of minutes – do not overcook them.

Add butter and let it sit for a few minutes. Add parsley.





Tarama salad



Ingredients:

- ✓ 200 g white tarama (fish roe)
- ✓ 300 g white stale bread (crust removed)
- ✓ 300 ml olive oil
- ✓ 1 medium red onion, grated
- ✓ 2 fresh onions, chopped
- ✓ Juice of 2 lemons
- ✓ Black olives



Instructions:

Soaking the bread (crust removed) in water and squeeze well to remove the excess water. In a food processor add the bread, the grated onion, the chopped onion and the tarama. Blend until the ingredients are mashed (like a pulp). Add half lemon juice and blend a little more. Pour in the olive oil gradually (just a little bit at a time) whilst blending, like making mayonnaise. Blend until the oil is incorporated and the mixture is smooth and creamy.

Taste the taramosalata, add some more lemon juice or oil, according to preference and blend again.

Garnish with olive oil and black olives and serve.



Pilaf with mussels



Ingredients:

- ✓ 1 kg frozen mussels without shells
- ✓ Some mussels with shells
- ✓ 2 cups of tea water
- ✓ 1 cup of tea white wine
- ✓ $\frac{1}{2}$ cup of tea olive oil
- ✓ 1 $\frac{1}{2}$ cup of tea basmati rice
- ✓ Salt
- ✓ Pepper freshly ground
- ✓ 3 finely chopped fresh onions
- ✓ 1 finely chopped finokio (root of fennel)
- ✓ $\frac{1}{2}$ finely chopped chilli pepper
- ✓ 2 finely chopped cloves of garlic
- ✓ 1 pinch of saffron in threads
- ✓ 1 cup of tea finely chopped dill



Instructions:

Let the mussels defrost.

Sauté the onion, garlic, finokio and chilli pepper in the oil into the pan. Pour the white wine and wait until it stops sizzling. Add the water and all of the mussels (with and without shells), cover and cook for 4-5 minutes.

Remove the mussels from the pan using a slotted spoon. Add the rice and 2-3 spoonfuls of dill in the pan and mix. Season with salt, pepper and saffron.

Leave to simmer (approx. 15 min) until the liquid is absorbed or the rice is cooked. Remove from the heat and place a clean towel over the top of the pan for 5 minutes to absorb excess moisture.

Add the mussels without shells into the rice and mix.

Garnish with the dill and the mussels in their shells and serve the pilaf!



Tajeddra



Tajeddra is a typical dish of the *Salento* tradition that combines rice, mussels and vegetables.

Tajeddra was the name used for the terracotta high edge handicraft pan.

Ingredients:



- ✓ 1 kg of mussels
- ✓ 150 g of rice
- ✓ 600 g of potatoes
- ✓ 300 g of tomatoes
- ✓ 200 g of zucchini (optional)
- ✓ An average onion
- ✓ Two cloves of garlic
- ✓ Parsley
- ✓ Oregano
- ✓ 50 g of grated pecorino cheese
- ✓ Olive oil
- ✓ Salt
- ✓ Pepper

Instructions:

Clean the mussels and put them to cook to make them open. Once opened, collect the water to use it later. Oil a baking dish and arrange thin slices of onion. Add the potatoes cut thinly and lightly salted. Spread the mussels with the valve on the potatoes, add chopped parsley with garlic, oregano, slices of tomatoes and season with oil and pepper. Cover the mussels with lightly salted raw rice and add a little cheese and oil. Add slices of tomato. Cover with a layer of lightly salted potatoes. Complete with tomato and onion. Sprinkle the surface with breadcrumbs mixed with cheese and pepper and season with oil. Finally add the filtered mussels' water and put aside, until you reach the last layer of potatoes, to allow the rice to cook.

Usually the zucchini is added to the potatoes.

Bake at 200 ° C for 45-60 minutes and serve lukewarm.



Pignata octopus



The “*pignata octopus*” is an ancient recipe from *Salento* whose name derives from the typical terracotta pot in which it was cooked, the *pignata*.

In “*pignata octopus*” the octopus cooks with its own water, and this is the main rule to follow for a perfect cooking.



Ingredients:

- ✓ 1.2 kg octopus
- ✓ 400 g ripe tomatoes
- ✓ 80 g onion
- ✓ Extra virgin olive oil
- ✓ Garlic
- ✓ Bay leaf to taste
- ✓ Chili pepper
- ✓ Parsley

Instructions:

Wash the tomatoes and remove the peel and seeds (you can blanch them for a minute to eliminate it more easily), peel the onion and cut into thin slices, peel the garlic. Pour the oil into a terracotta pot and pour in the tomatoes, onion, garlic, chili pepper, bay leaf and parsley stalks. Add the octopus, clean and cut into little pieces. Place an aluminium foil on the pan and cover with the lid. The aluminium will not allow heat and humidity to disperse during cooking. Cook in its own stock for about an hour and a half, then remove the lid and cook for another 30 minutes. Serve the octopus with a handful of fresh minced parsley.



Potato salad with herring



Ingredients:

- ✓ 300 g boiled potatoes with peel
- ✓ 200 g salted herring fillet
- ✓ 4 pickled cucumbers
- ✓ 4 hard-boiled eggs
- ✓ 1 onion
- ✓ 1 cup sour cream
- ✓ 1 tbs mustard
- ✓ Salt and pepper to taste

Instructions:

- Slice potatoes, eggs, pickled cucumbers and herring. Dice onion finely.
- Mix sour cream with mustard and add onion.
- Mix all ingredients together.
- Put salad in the bowl and decorate with some greens, for example parsley.





Fried Baltic herring



Instructions:

Ingredients:

- ✓ 1 kg herring fillets
- ✓ 4-5 table spoons of wheat flour
- ✓ Salt
- ✓ Oil

Heat the pan. Put a few herring fillets on a plate and salt them. Then coat them in flour and put them on a heated pan.

Cook the herring fillets from both sides till they turn brown. Approximately two minutes from both sides.

Put the ready herring fillets on the plate.
Bon appetit!





| Trout Coura style



Ingredients:

- ✓ 1 trout
- ✓ 1 lemon
- ✓ Corn flour
- ✓ Salt
- ✓ Black pepper
- ✓ Oil

For the sauce:

- ✓ 10 g of butter
- ✓ 20 g of chorizo
- ✓ 1 garlic clove
- ✓ 1 tea spoon of vinegar
- ✓ Salt
- ✓ Black pepper

Instructions:

Wash the trout well (without scaling). Then remove the guts and put the chorizo in the middle of the trout, seasoning with salt and pepper. Rest for an hour. Cover the trout with the cornmeal and fry it in hot oil. Put on a platter and accompany with boiled potatoes.

Sauce:

Put a frying pan over the heat with butter, the clove of chopped garlic. let it fry lightly and add the vinegar, salt and pepper to taste.





Codfish Miquelina style



Ingredients:

- ✓ 0.5 kg of cod
- ✓ 0.5 kg of potatoes
- ✓ 800 g of green peppers
- ✓ 4 medium onions
- ✓ 2 cloves of garlic
- ✓ 2 eggs
- ✓ 2 dl of milk
- ✓ 1 tablespoon of butter
- ✓ 2 tablespoons of olive oil
- ✓ Grated cheese
- ✓ Salt
- ✓ Pepper

Instructions:

Bake the codfish in a pan with water (after soaking). After boiling, remove the skin and pimples and cut into small pieces. Fry the potatoes in sticks. On the stove in a low heat or on an electric grill the peppers until they have a slightly burnt cover. When they are baked, place the peppers in a bowl of cold water. Take off the cover and clean the peppers and finally cut in thin strips. In a large pot chop the onions and garlic and take to the fire with olive oil stirring always. Add the strips of peppers and let it boil a little. In a pyrex, spread in the bottom the previous sauce, and on top the chips and the codfish (If necessary, add a little more olive oil). Aside, in a cup, the eggs are beaten with the milk, salt and pepper and put it on the pyrex, adding bits of butter, grated cheese and breadcrumbs. Take to the oven and as soon as it gains colour, serve.





Anchovy in pan



Ingredients:

- ✓ Anchovy
- ✓ Corn flour
- ✓ Oil
- ✓ Salt

Instructions:

First, cut the head of the anchovies, take out the inner parts of them and wash them clearly. Then add some salt on them. Then, in a separate bowl put some corn flour and put the anchovies in the corn flour, make sure that each anchovy is completely covered with the flour. After that, put little oil in a pan and place the pan on the oven. After the oil get hot enough, place the anchovies as in the picture and fry them until their bottom parts get fried, then turn all the anchovies at once with the help of a completely flat pot lid (there are special pans with lid for this in Turkey). Fry the other side of the anchovies and when they are done, serve it with lemon and onions. Bon appetit!!





Seabass with sesame sauce



Ingredients:

- ✓ 2 filets of seabass without bones
- ✓ 2 soupspoons of sesame oil
- ✓ 1/2 packet of cream,
- ✓ 1 tea glass/cup of milk
- ✓ 1 teaspoon grated lemon peel
- ✓ Salt
- ✓ Black pepper
- ✓ To serve: 1-2 branches of fresh onion (chopped)

Instructions:

In a large pan, put the cream and milk. Cook for a short while and take it from the oven before it boils. Add sesame oil, salt, black pepper and grated lemon peel and stir the mixture. Then place the fillets of seabass into the mixture and cook it around 8-10 minutes at low heat. Serve it with the chopped onions on the top.





Co-funded by the
Erasmus+ Programme
of the European Union



made by:

Petar Nikolić

&

Nina Bjeliš