

What's COOKING In Europe







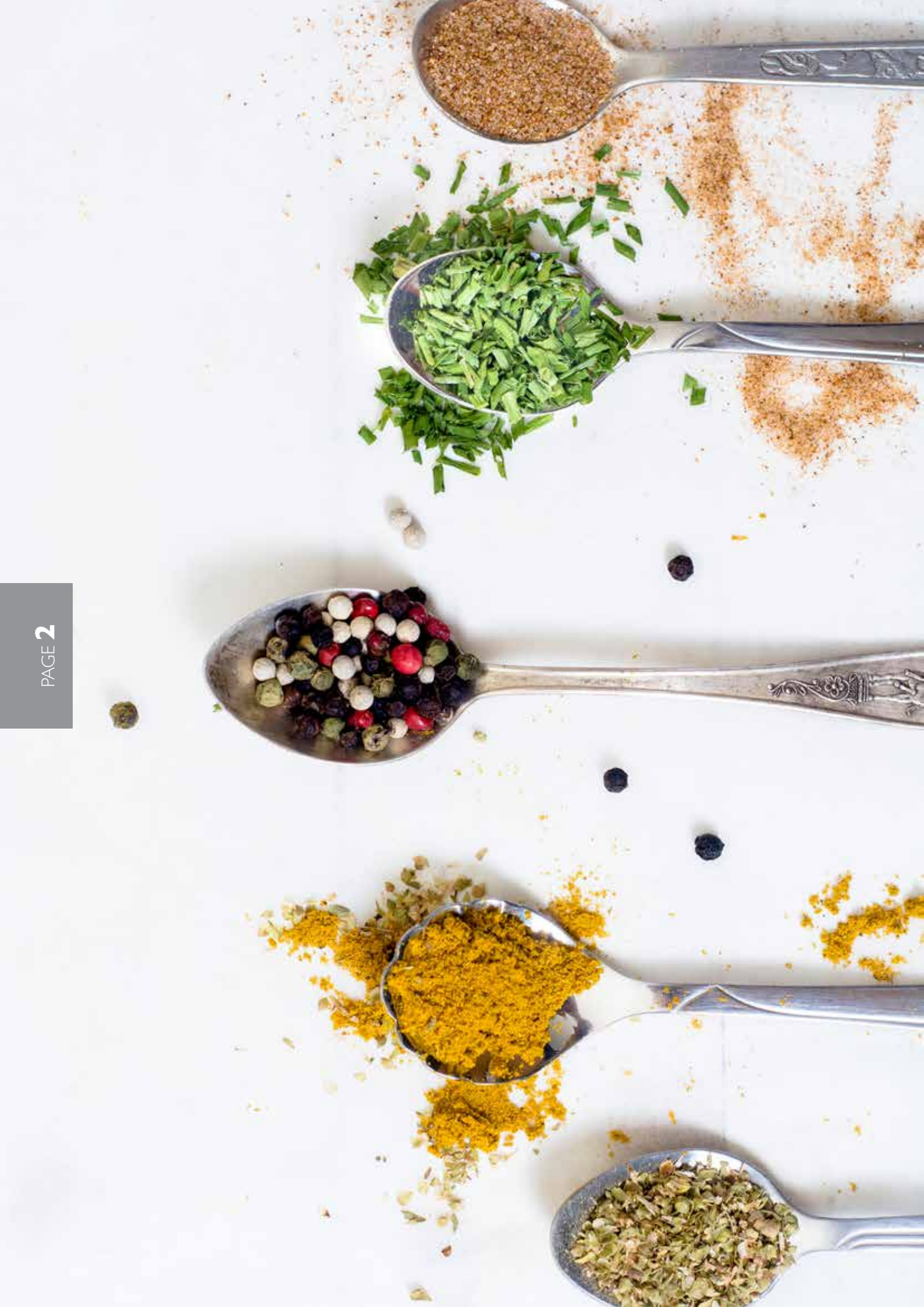
Table of Contents

Welcome.....	3
Cultural Night	5
Glossary.....	7

Recipies

 France.....	9
 Germany	17
 Ireland	23
 Italy	31
 Turkey	37

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Welcome...

We all love to eat, share and enjoy a meal together with friends and family. When the Erasmus+ DIRES partners were discussing how we would develop the theme of Inclusion within our project...we thought of food. Food is the sustenance of life and it brings people together. It is the perfect opportunity to share our culture. So we decided that on each of the Learning, Teaching and training activities we would have a "Culture Night"... A celebration of all our traditions.

We collected our favourite traditional recipes from our respective countries. When all the partner schools travelled to Ireland (January 2016), each country shopped for their ingredients, prepared and presented their food for a Bonanza "Culture Night". It was a sight to behold..., an awakening for the senses..., the colours, aromas and tastes were spectacular... The idea of an accessible Multicultural cookbook of Traditional recipes was born... So here we are - Our DIRES (Disability - Inclusion - Respect - Europe - Social dialogue) Cookbook.

We hope you enjoy the accessibility, diversity and inclusivity of our cookbook and have as much fun as we did preparing and sharing the food...

Enjoy your meal!

Taitneamh a bhaint as do chuid béile
(Irish Erasmus+ Coordinator - **Glenda Mckeown**)

Bon Appetit
(French Erasmus+ Coordinator - **Danielle Lavollee**)

Buon Pranzo
(Italian Erasmus+ Coordinator - **Filomena Mungiello**)

Guten Appetit
(German Erasmus+ Coordinator - **Petra Brombacher**)

Afiyet Olsun
(Turkish Erasmus+ Coordinators - **Tansel Sakaci and Fatma Nurdan Aksoy**)





Cultural Night





Glossary

WEIGH



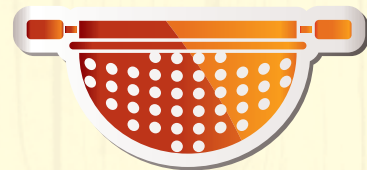
MEASURE



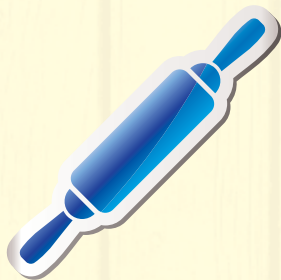
WHISK



SIEVE



ROLL



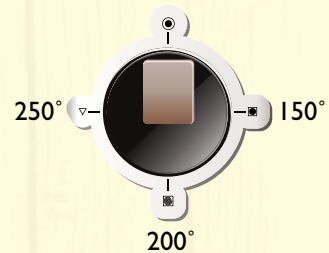
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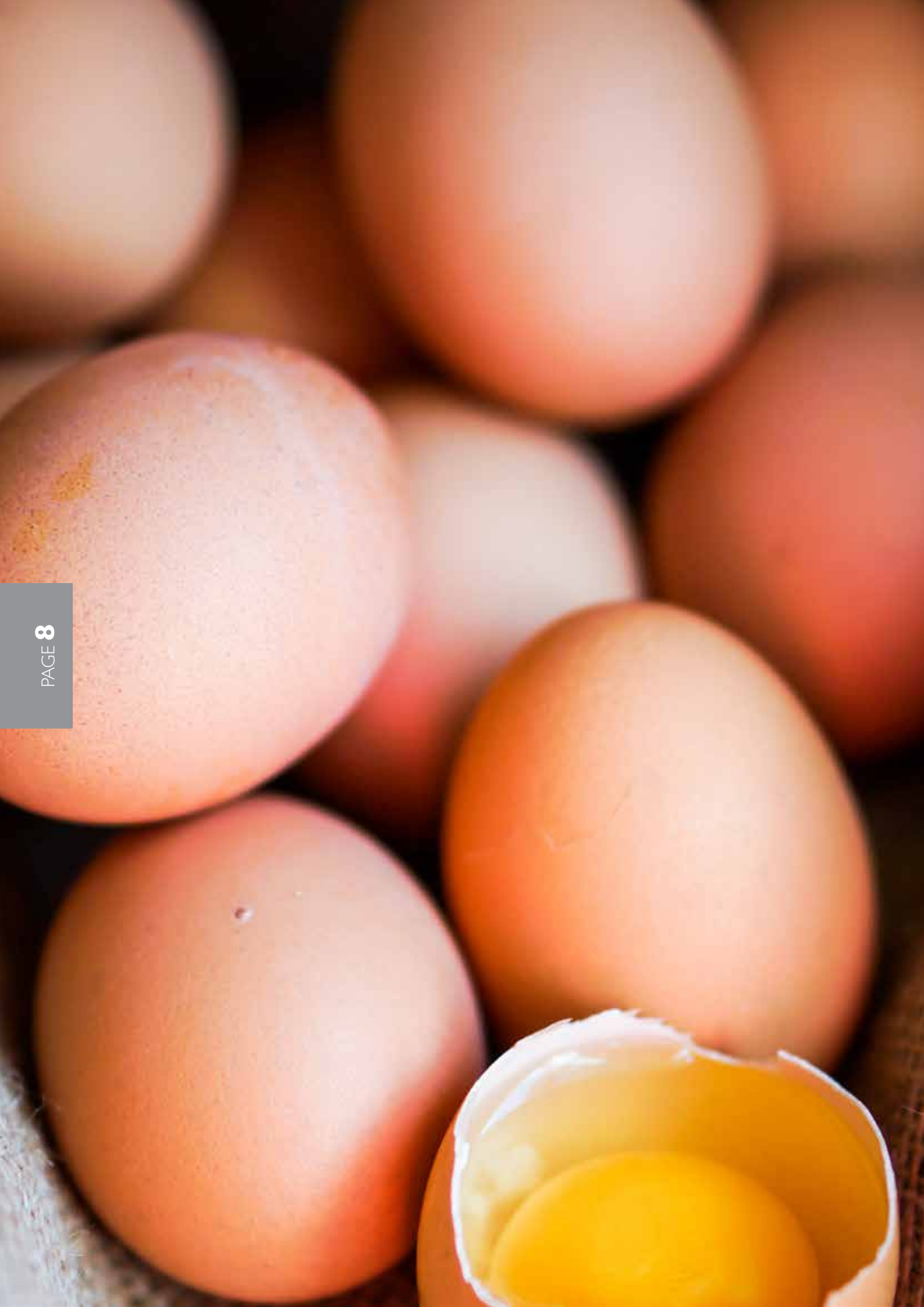


CUT



COOK







Institution du Sacré-Coeur

La Ville du Bois - France



The Institution du Sacré-Coeur (Holy Heart Institut), a private Catholic secondary school (with a contract under the French state) is located in La Ville du Bois, a suburban town with 6,000 inhabitants, 25 km south of Paris. The school, attended by 1,534 students (ages 11-18), is involved in European projects since 1997 and has the honour to coordinate the DIRES project with five another schools of four countries.

Our school has a device for ten students with Special Educational Needs (SEN) learning in inclusion in the classes of mainstream students. Since 2010 there is a tradition to

involve one or two SEN in the Comenius activities and mobilities. With the DIRES project we want to take benefit of this little European experience to develop "successful European activities and mobilities for all". A big challenge!

We like the idea that the six DIRES partners make together a "European inclusive cookbook for all", its means a visual multicultural book for the daily life of our SEN and Mainstream students. The students will remember their active and friendly participation in the project and the "benefits will be for all" ... and for ever. Let's taste and share together!!!



Pain Perdu

Student: **Marc-Antoine Collucia** (class 5eme G)



Preparation time: 5 minutes

Cooking time: 10 minutes

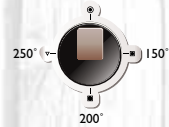
Difficulty level: easy

Material:

- Dish
- Pan
- Fork

Ingredients (for 6 people)

- 60 cl milk
- 12 slices of bread
- 3 eggs
- 150 g butter
- 1 tablespoon sugar
- Vanilla sugar



Preparation of the recipe:

- 1 - Mix eggs, milk, sugar and vanilla.
- 2 - Dunk each slice of bread in the mixture.
- 3 - Soak both sides of the slice of bread.
- 4 - Put the butter to melt in the pan and then the slides.
- 5 - Fry each side of bread in the pan until golden.
- 6 - Taste!

Veal Scalopps in Cream

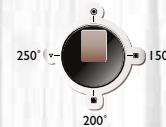
Student: Marc-Antoine Coluccia (Class: 5G)



Preparation time: 10 minutes

Cooking time: 10 minutes

Difficulty level : medium



Material:

- Pan
- Wooden spatula

Ingredients (for 4 people) :

- 4 veal scallops
- 200 ml cream
- Butter - Salt - Pepper
- Paris mushrooms
- Parsley

Preparation of the recipe:

- 1 - Cook the scallops in the butter in the pan. 2 or 3 minutes each side.
- 2 - Add salt and pepper, cream and stir with a wooden spatula.
- 3 - Add mushrooms and parsley.
- 4 - Cook 2 or 3 minutes in the pan.

Chocolate Cake

Student: Mario Zoppi (Class 5eme G)



Preparation time: 10 minutes
Cooking time : 25 minutes
Difficulty level : easy

Material:

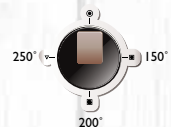
- Round pan
- Bowl
- Microwawe
- Wisk

Ingredients (for 8 people) :

- 200 g of dark chocolate
- 4 eggs
- 125 g butter
- 200 g sugar
- 100 g flour
- 3 teaspoon baking powder
- Smarties

Preparation of the recipe:

- 1 - Preheat the oven: 180 ° C (Th 6).
- 2 - Melt the chocolate in the microwave with 3 tablespoons of water.
- 3 - Add butter.
- 4 - Take the bowl and mix eggs, sugar, baking powder and then flour.
- 5 - Pour the melted chocolate and mix to get a smooth pastry.
- 6 - Take the round pan, butter it and pour the mixture.
- 7 - Bake about 25 min.
- 8 - Decorate with smarties



Gratin dauphinois (French Gratin potatoes)

Recipe and photos: Orlane Jacquerot (Class: 1ere, ISC La Ville du Bois, France)



Presentation: Le gratin dauphinois is a traditional dish of the French gastronomie. It is named after the former province Dauphiné in the south east of France whence it originates. It is a winter dish with sliced potatoes baked in milk and cream. It is easy to realize and it is not expensive. Vegetarians appreciate this meal. A proper gratin dauphinois does not involve cheese.

Preparation time: 25 minutes

Cooking time : 60 minutes

Skill level : easy

Equipment:

- Ovenproof and buttered gratin dish
- Saucepan and hoven
- Mandoline to slice the potatoes

Ingredients (for 8 people):

- 1,5 kg Desiree potatoes, very thinly sliced
- Garlic clove, peeled and halved
- 30 cl double cream
- Salt, peper and nutmeg powder
- 100 g butter
- 1 liter full fat milk

Method:

- 1 - Preheat the oven : 180°C (Th 6).
- 2 - Peel, wash and then slice the

potatoes very thinly with the mandoline. Do not wash potatoes when they are peeled. We need the starch they contain.

- 3 - Pour, mix and heat milk, cream in the saucepan. Add garlic, nutmeg, salt, pepper.
- 4 - When you see bubbles appearing, remove it from the heat.
- 5 - Parboil the potatoes in the mixture and precook them 10/15 minutes.
- 6 - Take the gratin dish and rub the butter and garlic over its surface.



- 7 - Layer the potato slices in it.
- 8 - Sprinkle each layer with the mixture and add butter in flecks. It must cover the potatoes to the top.



- 9 - Finish cooking and browning the gratin in the oven (thermostat 6) for about 1 hour, until the potatoes are soft, and the top is golden brown.

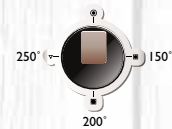
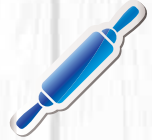
Serve:

The gratin dauphinois can be served very hot or reheat as:

- Accompaniment of any grilled meats or roasts,
- Main meal with mixed salad greens.

Flan pâtissier

Students: Christopher Rakotondratsimba and Sara Mhadhbi
(Classes: 5eme G and 4emeC)



Préparation time: 10 minutes

Cooking time: 30 minutes

Difficulty level: easy

Material:

- Cake pan
- Bowl
- Whip
- Pan - Oven

Ingredients (for 6 people)

- 1/2l milk
- 3 eggs
- 150g sugar
- Vanilla sugar
- 40 g flour
- 40 g maïzena
- Shortcrust pastry

Preparation of the recipe

- 1 - Roll out the shortcrust pastry and put it in the cake pan.
- 3 - Mix eggs, sugar, flour and Maïzena.
- 4 - Heat the milk.
- 5 - Add some hot milk over the mixture and beat.
- 6 - Poor the remaining milk and cook 3 to 4 minutes.
- 7 - Put the mixture in the pan and let cool 30 minutes.
- 8 - Cook in the oven to 180° (thermostat 6) during 30 and till bottom is golden brown.
- 9 - Set aside to cool and serve !

French Macarons



Preparation time: 10 minutes

Cooking time: 10 minutes

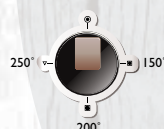
Difficulty level : medium

Material:

- Pan
- Wooden spatula

Ingredients (for 6 people) :

- 200 G Confectioner's sugar
- 125 G Ground almond
- 3 Egg whites
- 15 G Extra dark cocoa powder
- 30 G Heavy cream
- 120 G Dark chocolate
- 30 G Granulated sugar
- Food coloring



Preparation of the recipe:

- 1 - In a mixer bowl, add the powdered sugar, the ground almonds and cocoa. Mix well to make it as thin as possible.
- 2 - Add the egg whites to the mixing bowl and gradually add the granulated sugar. Beat on medium-high speed until frothy.
- 3 - Add the meringue to the mixing bowl containing the almond, sugar, cocoa mixture and gently fold until the batter looks like flowing lava.
- 4 - Fill piping bag and carefully snip off a corner.
- 5 - Make a circle of batter on the prepared baking sheets.
- 6 - Preheat the oven to 150° C. Let the shells aside for at least 30 mn to allow the macarons to dry.
- 7 - When ready, bake for 15 mn and rotate the pans midway through to ensure even baking and coloration.
- 8 - When cool, spread your ganache on the flat side of a shell and sandwich with another, squeezing gently.





Helen-Keller-School

Maulburg - Germany



The Helen-Keller-School is a school association consisting of

- School for mentally disabled
- School for the physically disabled
- The Helen-Keller-School kindergarten for children with mental disabilities in Weil am Rhein
- Advisory services

The Helen-Keller-School is located in the border triangle between Germany, France and Switzerland, about 20 km east of Basel.

As a public day school of the district Lörrach the Helen-Keller-School is currently attended by 221 students. As a special education training and consulting center it has a supply contract for the entire county Lörrach.

A support service, a social service and medical service support the

school in fulfilling its mandate. Part of the offer is also teaching in inclusive group programs in mainstream schools (currently 24 students in 4 "inclusion classes").

The special education professionals in the Advisory Services of the Helen-Keller-School work in kindergartens, schools and counseling associations in the district of Lörrach. They advise parents, educators and teachers and support children and young people with disabilities in inclusive concepts.

We are proud to be involved at the Erasmus+ project.

Our aims to take part at the project is to get a chance to build an European network between inclusive concepts. Moreover we want to share innovative ideas of single schools.



Toast „Hawaii“

Ingredients for 2 persons

- 1 package bread
- 1 tin of pineapple (850 g)
- 6 slices of cooked hamices of cheese
- butter

Instructions



1 Preheat oven to 200°C



2 Prepare the cooking sheet



3 Open the tin



4 Be careful!



5 Drain the pineapples



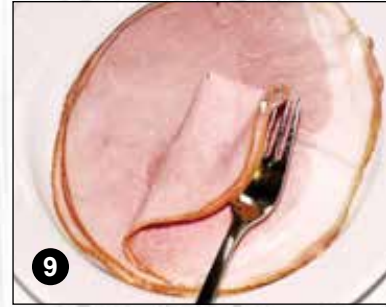
6 Open the package of bread



7 Butter the bread



8 Place bread on the baking sheet, butter-side up



9 Cut each slice of ham into smaller pieces



10 Place the ham on the bread



11 Place the pineapples on the ham



12 Place the cheese on top



13 Place the baking sheet in the hot oven



14 Bake for 20 minutes



15 Turn off the oven



Quarkfein Erdbeer

Ingredients for 2 persons

1 package „Quarkfein Erdbeer“

200 ml Milk

250 g Quark

Instructions



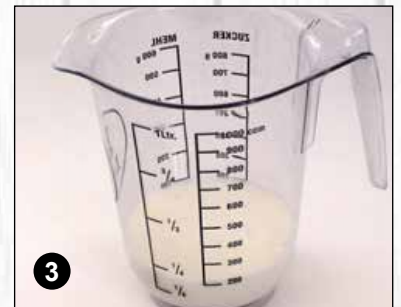
1

Provide mixing bowl and whisk



2

Open the milk carton



3

200 ml measure the milk



4

Pour milk into a bowl



5

Open the quark



6

Open „Quarkfein Erdbeer“



7

Add the Quarkfein to the mixing bowl



8

Use the Mixer to blend ingredients



9

Add the Quark



10

Mix it together



11

Distribute the Quark in little bowls



12

Enjoy the meal!







Our Lady of Fatima School

Wexford - Ireland



Our Lady of Fatima School is situated in the centre of the beautiful coastal town of Wexford, in South - East Ireland. Our school caters for students with MGLD. We also provide inclusion for 24 students with ASD. We differentiate the mainstream curriculum offering state exams at mainstream and Special Education level. We have a support teacher that provides both social and life skills instruction to aid the ASD students in their independent and academic life.

Our school has been involved in eTwinning, Comenius and now Erasmus+ projects for the last 8 years. Our students and staff have benefited greatly from this European initiative. We have made long-lasting friendships with our European partners, as well as learning from each other professionally. Our students have become more confident and self-assured; they have a true sense of what it means to be European. Thank you Erasmus+ for giving us such a wonderful opportunity.



Irish Soda Bread

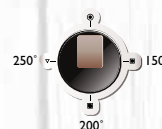


Ingredients

- 450G White flour
- $\frac{1}{4}$ teaspoon salt
- 1 Egg
- 400mls Buttermilk
- 10mls sunflower/olive oil
- 1 teaspoon bread soda / bicarbonate of soda

Equipment

- Flat baking tray
- Measuring jug
- Sieve
- Wooden spoon
- Sharp knife
- Measuring spoons
- 3 glass bowls
- Mixing bowl
- Weighing scales
- Fork



Method



1 Put on Oven to 190°C



2 Grease a baking tray



3 Break egg into bowl and mix well with fork



4 Sieve the flour and bread soda into the mixing bowl



5 Make a well in the centre and add the egg, oil and salt



6 Then add two thirds of the buttermilk and stir well



7 If it does not come together as a dough add some more milk



8 Bring together evenly with your hands



9 Put onto the greased tray. Flatten the dough slightly with your hand



10 Mark a deep X into the dough



11 Safely put the bread into the oven for 30 minutes

Potato & Herb Soup

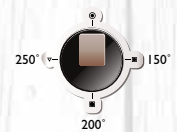


Ingredients

- 2 onions
- $\frac{1}{4}$ teaspoon salt & pepper
- 1 vegetable stock cube
- 1 clove garlic
- 6 potatoes
- Water
- 10mls sunflower/olive oil
- Fresh rosemary, sage, thyme, parsley

Equipment

- Saucepan
- Measuring jug
- Chopping board
- Wooden spoon
- Sharp knife
- Measuring spoons
- 3 glass bowls
- Hand blender



Method



1

Peel the onion



2

Cut into small dice, put into bowl



3

Crush the garlic, add to onions



4 Peel the potatoes



5 Cut potatoes into small chunks put into a bowl



6 Measure out pepper & salt put in bowls



7 Prepare & chop fresh herbs



8 Heat oil in saucepan with 1 piece of onion



9 When sizzling gently add all onions, garlic, herbs, salt & pepper. Stir well for 5 minutes



10 Add the potatoes stir well for 5 minutes



11 Dissolve the stock cube in 150mls hot water and add to the saucepan, add more water if all not covered



12 Add more water if the potatoes are not covered



13 Put on lid, bring to the boil, then lower, simmer until the potatoes are soft



14 Liquidize the soup

Irish Stew

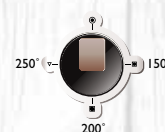


Ingredients

- 200G Lamb
- 1 beef stock cube
- 1 onion
- $\frac{1}{4}$ teaspoon salt pepper & 1 teaspoon mixed herbs
- 2 sticks celery
- 1 clove garlic
- 2 carrots
- 1 tablespoon Worcester sauce
- 5 potatoes
- Water
- 20mls sunflower/olive oil

Equipment

- Saucepan
- Measuring jug
- Chopping board
- Wooden spoon
- Sharp knife
- Measuring spoons
- 4 glass bowls



Method



Peel the onion



Cut into small dice, put into bowl

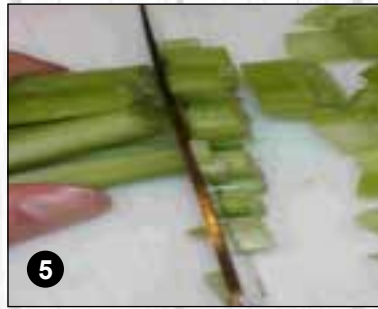


Crush the garlic, add to onions



4

Peel and cut carrot into thin slices



5

Cut the celery into thin slices



6

Peel and cut the potatoes in half



7

Cut the lamb into dice



8

Measure out pepper, salt & herbs, put in bowls



9

Heat oil in saucepan with 1 piece of onion



10

When sizzling gently add all onions, garlic, herbs, salt & pepper. Stir well for 5 minutes



11

Add carrot & celery stir well for 5 minutes



12

Add the Lamb and stir well until changed colour (browned)



13

Dissolve the stock cube in 150mls hot water and add to the saucepan with Worcester sauce, add more water if all not covered



14

Add the potatoes on top of liquid, cover with lid, bring to the boil, lower heat and simmer for 1 hour





ITAS Grazia Deledda

Trieste - Italy



I C "J. Stella" is one of the DIRES partner. It is an Italian organization that consists of three different department schools located in three different very little towns in the south of Italy. The department involved in the project is "G. Deledda" secondary school, located in Pescopagano. The aim of our school to

be involved in a European project is to open the minds of the students and the community too, sharing ideas, opinions and know about other cultures. What about the benefits of this multicultural cookbook? Sure it is very important for a European inclusion both for SEN and mainstream students.



Breakfast Biscuits

A sweet way to start a new day!



Preparation time: 30 minutes

Total time : 42 min

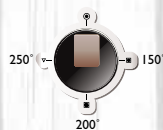
Cooking time : 12 min

Yield : 40 biscuits

Difficulty Level : Easy

Ingredients

- 250 gr flour
- 60 gr milk
- 2 eggs
- 50 gr butter
- 70 gr sugar
- 10 gr baking powder
- caster sugar



Directions

- 1 - Mix the eggs with sugar in a large bowl with a wooden spoon and beat to combine, then add warm milk and butter mixing well.
- 2 - Add flour gradually then the baking powder and stir until the mixture is well combined - use your hands to give everything a really good mix.
- 3 - Prepare some little balls from the mixture and give them a shape you like.
- 4 - Roll them into the caster sugar then place them in a pan with baking sheets and bake them at 160° for 10 minutes .
- 5 - Take the biscuits out of the oven and eat them when they are cold.

Spaghetti aglio olio con la mollica

Taste spaghetti and enjoy your lunch!



It is a typical dish in the South of Italy, easy and fast to prepare. It is a very cheap dish, also known as "poor spaghetti"... It tastes good!

Preparation time: 10 minutes
Total time: 20 minutes
Cooking time : 10 minutes
Yield : 4 people
Difficulty Level : Easy
Cost : cheap

Ingredients

- 400 gr "spaghetti"
- 1 tea spoon of salt
- 1 clove of garlic
- 3 table spoons of olive oil
- Parsley
- Bread crumbs

Directions

- 1 - Put the olive oil in a small pan with the garlic, add some bread crumbs and if you like some hot red pepper cut into small pieces so that they become crunchy and take away from the cooker. Remember to take away the garlic.
- 2 - Put some water in a pan with salt and boil it.
- 3 - Add the "spaghetti" and take away after 8/10 minutes. Drain the "spaghetti" and place them on a dish.
- 4 - Pour the warm oil with fried bread crumbs.
- 5 - Spread the minced parsley and serve.

“Baccalà con peperoni cruschi”

Salted codfish with dry fried red peppers



It is a typical dish of Basilicata region in the South of Italy.

The cod was very important for the people of this region who lived far from the sea.

It was easy to conserve and take from one place to another and it could substitute meat too.

People prepare it especially at Christmas time.

It can be prepared in different ways.

Ingredients

- 700 gr cod fish
- 200 gr dry fried red peppers
- 2 table spoons of parsley
- $\frac{1}{2}$ glass of olive oil

Directions

- 1 - Before preparing cod, put it into some fresh water for some days to remove the salt.
- 2 - Boil it for 10/15 minutes.
- 3 - Take away the cod from the pan, clean it and place the cod on a plate.
- 4 - Put some oil in a pan and warm it well then add the dry red peppers cut into small pieces and without seeds. In a little time they are crunchy.
- 5 - Pour the oil with red peppers on the cod then spread the parsley on the cod and serve it.







Fatih Vefik Kitapçigil Primary School

Manisa - Turkey



Fatih Vefik Kitapçigil Primary School is situated in the center of Manisa but it is located in the area which has lots of migrated and economically disadvantaged people from the eastern part of Turkey.

Manisa is in the Aegean Region being in the western part of Turkey. Our school has nearly 700 students and 40 staff. Most of teachers are Class Teachers, only two of them are English Teachers and one of them is a Guidance Counselor. We have one class and two Teachers for special needs pupils.

In the mainstream classes there are integrated students. Our students need a big change to be motivated and interested in school, Erasmus+ will help significantly. And also our staff already has experiences in steering their expertise to make the pupils have better attitudes. One of our most important targets to achieve for Fatih Vefik Kitapçigil Primary School is that we want our pupils to be aware of European citizenship and cultural interaction .



Murat Germen Secondary School

Manisa - Turkey



Murat Germen Secondary School was founded in 1936. The school has 605 students and 40 teachers. It consists of a counselling service, a staff department, a conference hall and also a canteen for our students.

The vision of Murat Germen Secondary School is to improve our students skills and to provide better education for all students. As a school we always follow science and technology developments closely. We

have drama activities, general knowledge competitions and sporting activities at school.

We are involved in Erasmus+ projects with the intention to develop our students foreign languages, to involve our teachers in European culture led by our project team.

We are very glad to be in such a perfect Erasmus + project named DIRES...

Manti (Dinner)

(Dinner)



Ingredients:

- 1 kg Manti
- 2 kg Water
- 1 tbsp salt

Method:

- Bring some salted water to a boil pot, add the manti and cook for 15-20 minutes until they rise to surface.

Sauce and Serving:

- 1 - Put some butter with tomato paste to the pan and after sauting for few minutes, add the pepper mint.
- 2 - Peel the garlic and crush them and add yogurt. Mix well to make a smooth sauce.
- 3 - Before serving, place the manti in a serving plate, pour the garlic-yogurt sauce on the manti and garnish with tomato sauce. Enjoy!!!!

Sauce:



Tomato paste



Pepper mint



Butter



Garlic



Yogurt

Tarhana Soup

(Lunch & Dinner)



Ingredients:

- 4 tbs of dried tarhana
- 4 tbsp of olive oil or butter
- 2 tbsp tomato paste
- Little pepper mint
- Little chilli pepper
- Shredded garlic
- 4 glasses water
- Salt

Method:

- 1 - Put oil, tomato paste and shredded garlic in a pot and saute them.



- 2 - After sauting, add water, salt and Tarhana.
- 3 - Stir it until Tarhana is dissolved in water. At the end put your spices.

Serving:

- Pour your soup in a bowl. If you want, you can put a fresh mint on the soup for nice serving. Enjoy your soup!!!

Menemen

(Breakfast & Lunch & Dinner)



Ingredients:

- Cubanelle Pepper, chopped bite size
- 4-5 medium size tomatoes, chopped bite size
- 1 tbsp olive oil
- Shredded Pale yellow cheese
- 4 Eggs
- Salt
- Chilli pepper
- Pepper mint

- 2 - Add the tomatoes, salt. Cook for 7-8 minutes over low medium heat, stirring occasionally.
- 3 - Whisk the eggs in a bowl and pour into the pan and put the chilli pepper and mint pepper. Keep stirring until the eggs are done. When it is done, sprinkle the shredded pale yellow cheese.

Method:

- 1 - Place the olive oil and chopped cubanelle peppers in a large pan. Cook for about 2 minutes on medium heat.

Serving:

- Pour your soup in a bowl. If you Place the Menemen on a plate and serve with bread because you must dip your bread to Menemen, it is very important tradition. Enjoy!!!



Sarma

(Lunch & Dinner)



Ingredients:

- 50-60 fresh grape leaves
- 1 of cup rice
- 2 small tomatoes
- 1 medium onion
- 2 cloves of garlic
- Handful of parsley
- Handful of dill
- 3/4 cup of water
- 1/2 tbsp of dried mint or a few fresh mint leaves
- 1/4 cup of olive oil
- Lemon juice of 1/2 lemon or a few slices lemon to put on top while cooking
- 1 tbsp of salca (Turkish mixed paprika/tomato or pure tomato paste, sundried)
- 1 tsp of ground cumin
- 1 tsp of ground pepper
- 1 tsp salt

Method:

Filling

Chop the onion, tomatoes, parsley, dill and garlic finely. Set a cooking or frying pan on medium heat and in it combine the rice, salca, chopped tomatoes, onion and the water. Stir for two or three minutes until the salca is mostly dissolved.

Add the lemon juice, olive oil, parsley, dill, dried or fresh mint and the spices. Continue stirring for another 2-3 minutes. You don't want your rice to be cooked thoroughly, the real cooking will come later. This is just a little startup. Set your rice mixture aside to cool before you go on with rolling/stuffing your sarma. Meanwhile start rinsing your grape leaves.

Filling

Firstly, boil up the grape leaves for 10 minutes until turning to yellowish. Put about two teaspoons of the rice mixture on the inside of a leaf, spread out evenly, roll little bit, fold the edges and roll them up again.

If you haven't given up after 10 and actually made all 50-60 of them, then we can go on with arranging the sarmas in your cooking pan. First make sure to cover the bottom of the pan with the few extra grape leaves. This is to prevent the sarmas from sticking to the bottom of the pan. Then you can start arranging them. It's important that you make sure that there isn't too much space left between the sarmas. Take a special sarma disk or a porcelain plate and put it upside down on top of the sarmas. This will help the sarmas keep their figure. :)

If you choose to put lemon juice in the rice mixture, then skip adding the extra lemon slices like you are seeing in the pictures. Add water to the cooking pan (if you are using a plate, do this before you add the water), the water should cover the sarmas, but not or barely touch the sides of your disk or your plate.

Put the cooking pan on medium-high heat until the water starts cooking. When the water cooks, turn your heat to low and let it simmer for about 30-40 minutes. I like my rice to be cooked thoroughly, if you prefer your rice to be more al dente, then 30 minutes should do fine. Enjoy!!!

Akitma

(Breakfast)



Ingredients:

- 1 $\frac{1}{2}$ cup all purpose flour
- 2 cups milk
- 2 eggs
- 1 tsp salt
- $\frac{1}{4}$ tsp baking soda
- 1 cup oil (for cooking)

minutes. Then put approximately 1tsp of oil (shallow fry) and pour the mixture with a ladle. You can adjust the amount as you like.

When you see the bubbles on the sides you can turn the pancake upside down. You will see it will change to golden brown color. Then, when you cook both sides, it's done. Continue adding 1 tsp oil and cooking all the pancakes.

Method:

In a bowl mix all the ingredients (except oil) with a mixer until the mixture becomes smooth and even. Leave the mixture in the fridge for 2 hours for a better taste.

Use a large Tefal pan to cook the pancakes. Put the pan on a high-medium heat and let it become hot for 2-3

Serving:

You can use cream cheese, jams or jellies, tomato paste, olive paste, honey or whatever you like to spread on the Akitma. Then roll them up and serve warm. Turkish Akitmas are good to go at breakfasts. Enjoy!!



Pişi

(Breakfast)



Ingredients:

- 3,5 cups of bread flour
- 0,5 tbsp salt
- 2 cups yogurt

Method:

Combine all ingredients for your dough in a bowl and knead for 10 minutes. Pişi dough is soft and regular bread dough. Your dough is ready when it doesn't stick your bowl and you can form a smooth ball.

Put flour on a surface and form balls out of your dough. Use a roller pin and roll out your dough balls. Don't make them thick. Cut your dough as squares.

Frying & Serving:

Fry these square dough in a pan. After frying, serve your pişis with Turkish black tea. It is a tradition. Enjoy!!



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