

TRAVELLING COOKBOOK

E-twinning project for school year 2017-2018

PROJECT OUTLINE

A school network to exchange regional cooking recipes written in English by working on a growing cookbook that each school receives and ships to the next via Postal service.

All along its creation, kids share experiences, test and value recipes and get in contact through Twinspace.

THE SCHOOLS

THE SCHOOLS

Istituto Comprensivo Perugia 15, Italy

KGS "Ulrich von Hutten", Germany

Mateřská škola, základní škola a střední škola Daneta,
Hradec Králové, Czech Republic

Základní škola Brno, Czech Republic

Szkoła Podstawowa im. Jana Pawła II, Poland

Osnovna škola Gustava Krkleca, Croatia

Scoala Gimnaziala "Lucian Grigorescu", Romania

Greek French School of Piraeus 'Jeanne d'Arc' ,Greece

Göreme Ortaokulu 50180 Göreme , Turkey

Vali Aydın Arslan Ortaokulu, Kastamonu, Turkey

Institut de Tona, Barcelona, Spain

CEIP Camp de Turia Valencia, Spain

THE BOOK



The RULES of our Cookbook exchange

When you receive this cookbook :

- 1) Take a picture of it in front of your school (like the garden dwarves in "Amelie's world" ...): it will appear in the final movie
- 2) Read and try the recipes
- 3) Post your impressions, photos, suggestions and so on in our "Twinspace" main page
- 4) Add your recipes (but first and foremost, TAKE PICTURES! because the book may get lost in the mail)*
- 5) Mail it to the nearest school, and add a nice gift for your friends: surprise = joy
- 6) Keep following the adventures on our Twinspace.

And, as we say in Italy...

Buon Appetito!

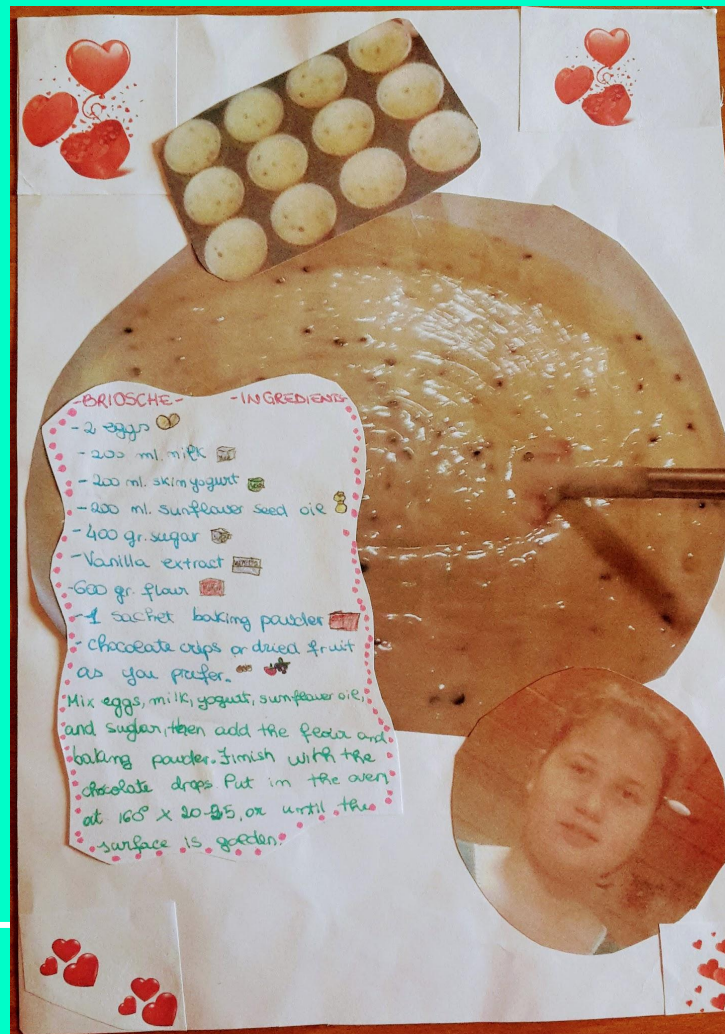
In order to allow each School to receive the book by the end of the school year, take no more than 14 days to ship to the next School

* don't forget to add the school logo on the back cover.

THE RULES

ISTITUTO COMPRENSIVO PERUGIA 15

Italy



GRANDMA'S CAKE

Ingredients:

- 3 eggs
- 250 g sugar
- 300 g flour
- $\frac{1}{2}$ cup of oil
- $\frac{1}{2}$ cup of milk
- chocolate chips
- 1 sachet of baking powder



Divide egg whites from yolks. Mix yolk with sugar. Add milk, oil, flour and baking powder, a pinch of salt and shake with electric whisker. Add chocolate chips. In another cup, whip egg whites and add them to the dough. Butter and flour the cake mold, fill with the batter and put in oven at 180° for 40 min. Enjoy! ♥

HISTORY

My grandmother used to make this cake when I was a child. I asked her to add chocolate chips in the original recipe.



APPLE PIE

THE STORY OF THE CAKE

This recipe was passed on from my grandmother to my mum and from my mum to me!

- 2 eggs
- 100 g sugar
- 230 g flour
- 80 g butter
- 1 baking powder
- grated lemon

second Bowl

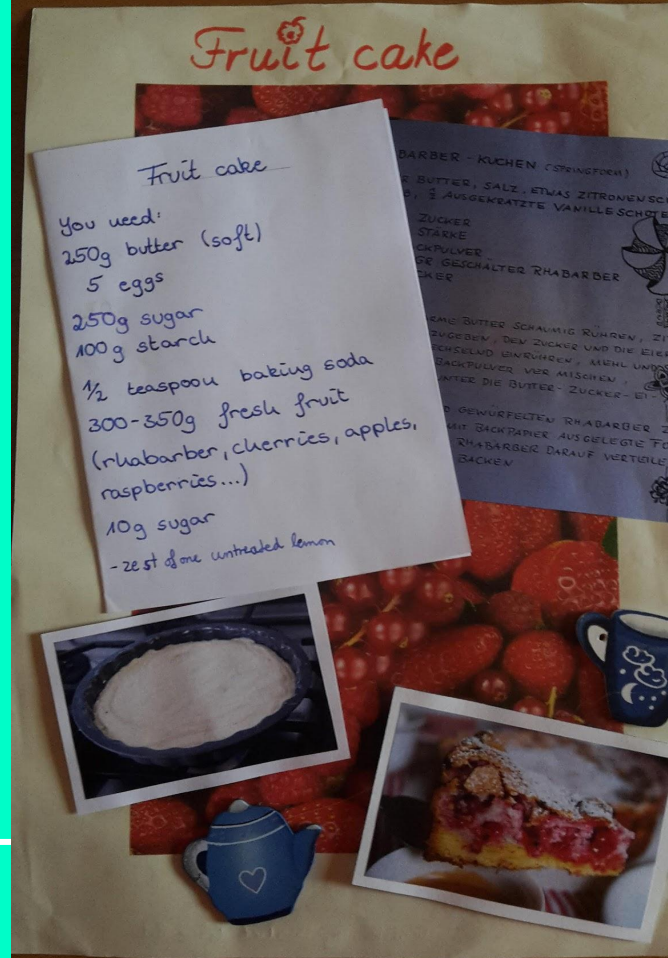
- 4 apples cut
- brown sugar
- cinnamon

PREPARATION

Mix the ingredients together and put in oven at 180°C for 25 minutes enjoy!

KGS "ULRICH VON HUTTEN"

Germany



Fruit cake

1. Beat the butter, sugar, lemon zest until creamy, add one egg after another.
2. Sift the flour, baking soda and the starch.
3. Add the mix to the batter and mix well.
4. Put the batter into a round baking pan and add the fruit.
5. Bake it at 180°C for 45'.
6. Sprinkle the baked cake with sugar.

RHABDAR - KUCHEN (STRINGFORM)
100g BUTTER, SALZ, ETWAS ZITRONENSCHALE
100g AUSGEKRATZTE VANILLE SCHÖTE
100g ZUCKER
100g STÄRKE
100g ERFPULVER
100g GESCHÄLTETER RHABDAR DER
KÜBEL
1. SAUBER BUTTER SCHAUMIG RÜHREN, ZITRONEN
ZUGEBEN, DEN ZUCKER UND DIE EIER NA
NACHSCHNITT UMRÜHREN, MEHL UND STÄR
KÜBEL MIT BACKPULVER VERMISCHEN,
2. NACH DER BUTTER-ZUCKER-EI-MAS
3. BEWURFELTEN RHABDARBER ZUC
MIT BACKPAPIER AUSGELEGTE FORM
4. RHABDARBER DARAUf VERTEILEN
5. BACKEN



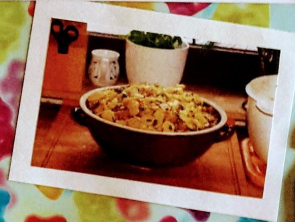
Potatoe salad with sausages

you need:

- 1 kg potatoes
- 1 onion / spring onions (chopped)
- 1 apple (chopped)
- 2 pickled cucumbers (chopped)
- 1 red pepper (paprika) (chopped)
- 1 cup chopped celery
- pepper, salt, salad dressing or yogurth or sour cream ...

How to make it:

1. Cook the potatoes, let them cool down, peel them and cut into thin slices.
2. Put all the chopped ingredients into a big bowl, add the potatoes and the dressing and mix well. Add the spices.
3. You can serve it with sausages, steaks or meat balls.



History

Potatoes always were a main dish in Germany. We started to eat them in the 18. century. Salad made off potatoes is eaten all around the year. Each family has their own recipe. It's also a tradition to eat it on Christmas Eve.

Orange Biscuits

You need:

250g butter (soft), 150g sugar, 300g white flour, 1 teaspoon of baking powder,

1 pinch of salt, 100g candied orange peel (finely chopped), 1 sachet of vanilla sugar,

150g cream, 2 untreated oranges (zest for the dough, juice for the icing)

Icing glaze: icing sugar + orange juice

How to make:

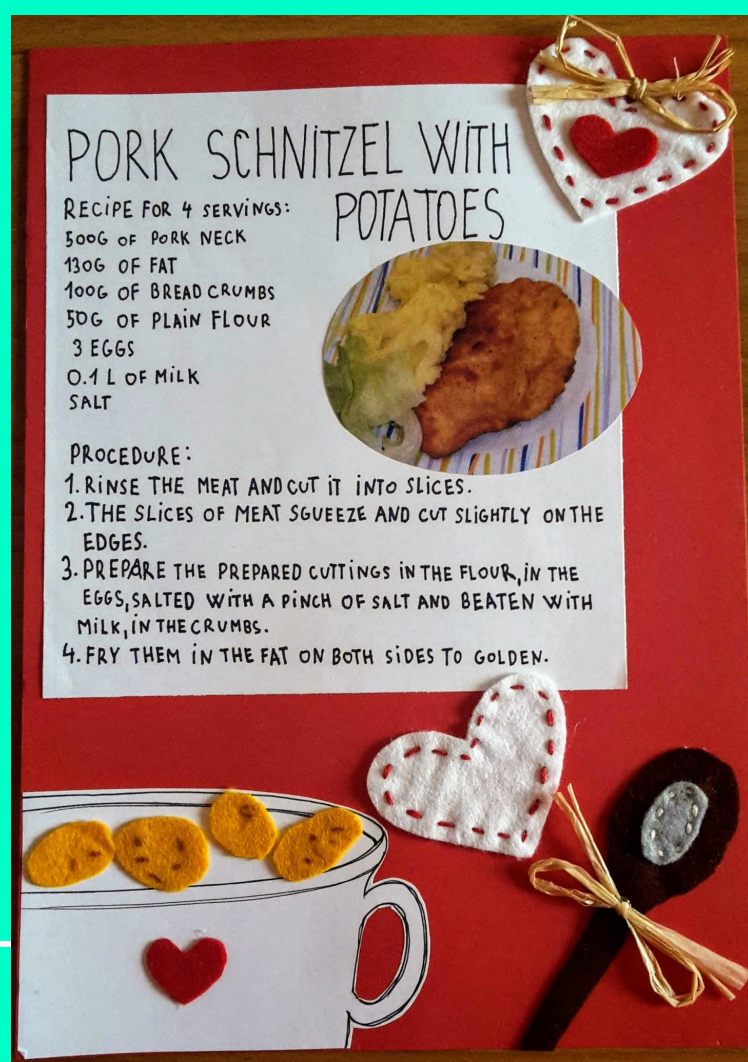
1. Beat butter and sugar until fluffy.
2. Sift together flour, baking soda and salt.
3. Add the flour and the cream, mix well.
4. Add all the other ingredients and mix until you have a smooth dough.
5. Roll out the dough and cut out different shapes of biscuits.
6. Bake at 180°C until the biscuits are light golden.
7. Mix the icing and sprinkle the baked biscuits.
8. Enjoy it!!!!!!



Mehl

PRIMARY AND SECONDARY SCHOOL DANETA - HRADEC KRÁLOVÉ

Czech Republic



ZAKLADNI SKOLA, BRNO


Czech Republic



Marble Bundt Cake - Mramorová bábovka

Ingredients:

- 1 cup sugar
- $\frac{1}{2}$ cup oil
- 3 eggs
- 1 sachet baking powder
- 1 sachet vanilla sugar
- 2 cups flour
- 1 cup milk
- 2 tablespoons cocoa powder
- oil for smearing and flour for dusting the form
- powdered sugar for topping



Preparation:

Mix sugar with oil and eggs in a bowl, then add baking powder and vanilla sugar and mix it a little bit, add lemon skin, flour, and milk and mix it again. Now divide the mixture into halves and add cocoa powder to one half. Pour both parts of the mixture in the oil and flour smeared form: start with the yellow part and then add the cocoa part. Put the form in the oven preheated to 175°C and bake it about 40 - 45 minutes.



Marble Bundt Cake - Mramorová bábovka

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Fruit Coffee Cake Bublanina



1 cup sugar, 2 tablespoons ^{oil}, 2 eggs,
1 sachet baking powder, 1 sachet vanilla
sugar, 2 cups flour, 1 cup milk, 3-4 cups of
fruit (fresh, canned or frozen), oil for smearing,
and flour for dusting the baking dish, powdered
sugar for toppings

Mix flour with sugar and baking powder, add
milk, eggs and oil and mix it again until it's
all blended. Now pour the batter in the baking
dish, spread it out and put the fruit on top.
You can sprinkle some granulated sugar
on it. Put the dish in the oven preheated to
175°C and bake it about 40-45 minutes.



Potato Latkes - Bramborák

Ingredients:

1 kg potatoes
1 egg
1 tsp salt
1 tsp marjoram
1/2 tsp caraway seeds
2 cloves garlic
1/3 cup flour
oil for frying



Preparation:

Peel and wash the potatoes, then grate them finely. Add the egg, garlic, salt, marjoram, caraway seeds, and flour and mix it all together. Now put a little oil in the pan so that the bottom was covered and wait till the oil gets really warm. Place large spoonfuls of the potato mixture into the hot oil pressing down on them to form thin patties. Brown on one side, turn and brown on the other. Let drain on paper towels. Serve hot!



Breaded Fried Cheese - Smažený sýr

Ingredients:

sliced Eidam cheese (the thickness of each slice is about 0.5 cm)
flour
eggs
salt
breadcrumbs
oil for frying
tartar sauce



Preparation:

We will need three bowls: in the first one we will put flour, in the second one we will put eggs and whisk them with a pinch of salt, in the last one we will put breadcrumbs. Now we can start breading. First we will put a slice of cheese into flour, then we put it into whisked eggs and at the end we put it into breadcrumbs. Now we will have to double bread it (put it again into eggs and breadcrumbs) so the cheese won't have a chance to leak out. We will fry the cheese in hot oil. As a side dish you can have fries or potatoes and tartar sauce.



Mushrooms with eggs

Ingredients:

- 1kg fresh mushrooms, sliced
- $\frac{1}{4}$ cup lard
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon crushed caraway seed
- 2 tablespoons chopped parsley (doesn't have to be)
- 3 eggs, beaten



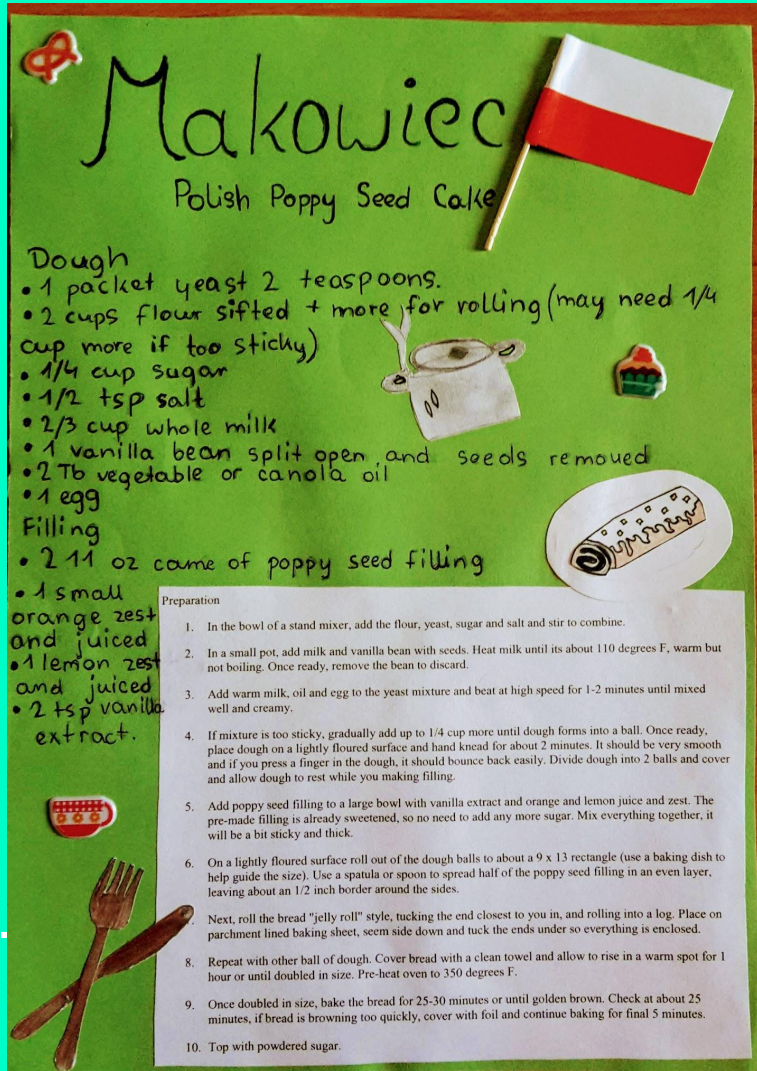
Preparation:

Sauté mushrooms in hot lard with salt, pepper, caraway seeds and parsley. When liquid from mushrooms has evaporated, add beaten eggs and scramble mixture. Eat with dark bread.



MATERSKA SKOLA, ZAKLADNY SKOLA A STREDNI SKOLA DANETA

Poland



Makowiec

Polish Poppy Seed Cake

Dough

- 1 packet yeast 2 teaspoons.
- 2 cups flour sifted + more for rolling (may need 1/4 cup more if too sticky)
- 1/4 cup sugar
- 1/2 tsp salt
- 2/3 cup whole milk
- 1 vanilla bean split open and seeds removed
- 2 Tb vegetable or canola oil
- 1 egg

Filling

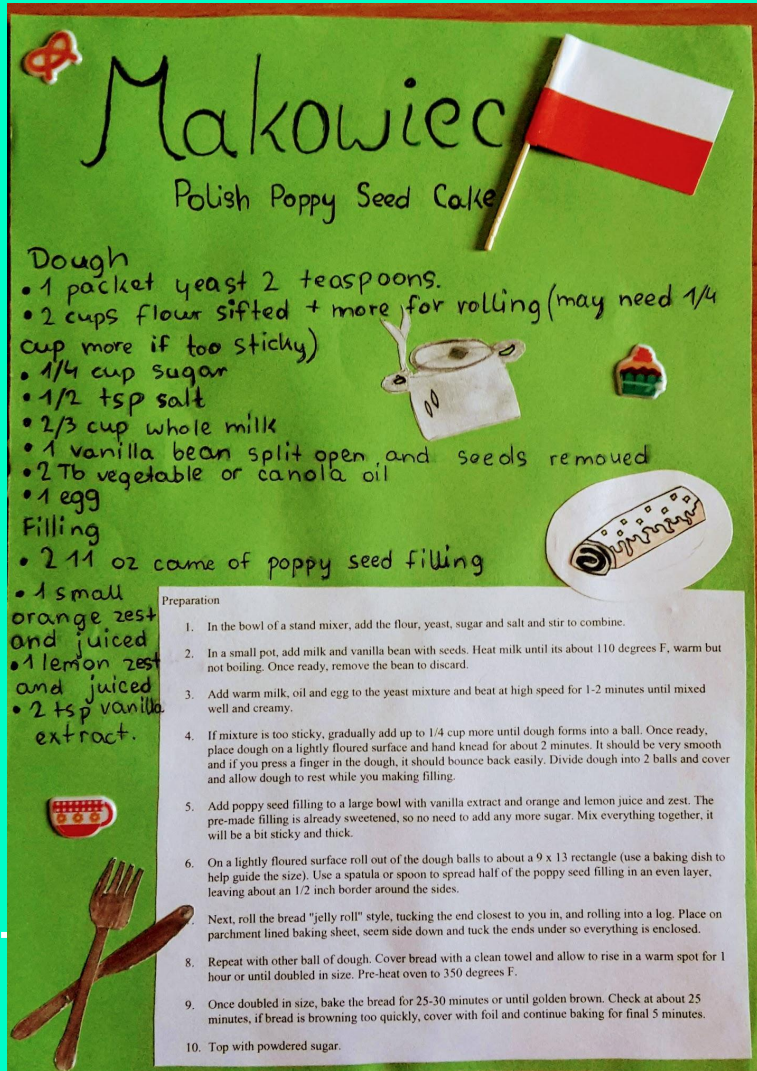
- 2 11 oz can of poppy seed filling
- 1 small orange zest and juiced
- 1 lemon zest and juiced
- 2 tsp vanilla extract.

Preparation

1. In the bowl of a stand mixer, add the flour, yeast, sugar and salt and stir to combine.
2. In a small pot, add milk and vanilla bean with seeds. Heat milk until its about 110 degrees F, warm but not boiling. Once ready, remove the bean to discard.
3. Add warm milk, oil and egg to the yeast mixture and beat at high speed for 1-2 minutes until mixed well and creamy.
4. If mixture is too sticky, gradually add up to 1/4 cup more until dough forms into a ball. Once ready, place dough on a lightly floured surface and hand knead for about 2 minutes. It should be very smooth and if you press a finger in the dough, it should bounce back easily. Divide dough into 2 balls and cover and allow dough to rest while you making filling.
5. Add poppy seed filling to a large bowl with vanilla extract and orange and lemon juice and zest. The pre-made filling is already sweetened, so no need to add any more sugar. Mix everything together, it will be a bit sticky and thick.
6. On a lightly floured surface roll out of the dough balls to about a 9 x 13 rectangle (use a baking dish to help guide the size). Use a spatula or spoon to spread half of the poppy seed filling in an even layer, leaving about an 1/2 inch border around the sides.

Next, roll the bread "jelly roll" style, tucking the end closest to you in, and rolling into a log. Place on parchment lined baking sheet, seam side down and tuck the ends under so everything is enclosed.

8. Repeat with other ball of dough. Cover bread with a clean towel and allow to rise in a warm spot for 1 hour or until doubled in size. Pre-heat oven to 350 degrees F.
9. Once doubled in size, bake the bread for 25-30 minutes or until golden brown. Check at about 25 minutes, if bread is browning too quickly, cover with foil and continue baking for final 5 minutes.
10. Top with powdered sugar.



Polish Chicken Noodle Soup (Rosół)

Rosół is a nourishing Polish soup that is often served on Sunday dinner. It's still the first line of defence if one of your family members get sick. It's usually served with fine homemade noodles.

- INGREDIENTS

- 1kg Chicken thighs
- 2 carrots, halved
- 1 parsnip, halved

- 1 onion - halved and gently charred in a dry pan
- noodles/pasta/spaghetti

- fresh parsley
- sea salt and pepper

PREPARATION:

1. Place the chicken in a large pot and cover with 2 litres of cold water.
2. Bring water to the boil and reduce the heat.
3. Add carrots, parsnip and lightly charred onion.
4. Cover slightly and simmer for 1 1/2 hours on a gentle heat.
5. Remove chicken and vegetables, and season the broth with a little salt.
6. Serve the broth with pieces of chicken and noodles or pasta and fresh chopped parsley.



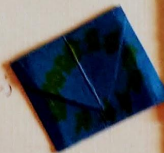
Bigos, a Polish Hunter's stew

Ingredients

- 1/2 medium cabbage;
- 4 cups of sauerkraut;
- 1 can tomato paste;
- 1/2 lb bacon sliced;
- 1 lb pork sliced (any parts that can be sautéed is good);
- 1 lb Kielbasa sausage sliced;
- 1 large onion sliced;
- 2 cloves garlic minced;
- 1 bay leaf;
- optional salt and pepper to taste;

Preparation

1. Cut your washed cabbage in thin slices and boil until tender in a pot.
2. Boil the sauerkraut in another pot in about 2 cups of water. Strain and keep the sour water astote.
3. Sauté your diced pork in a pan with some cooking oil.
4. Sauté the bacon and sausage with the onion and garlic.
5. In a large pot, combine the cooked cabbage, sauerkraut, sour water, tomato paste, spices, and your cooked meats, onion and garlic.
6. Let simmer for about 1 hour. Bigos tastes better the next day.



A way to prepare dumplings

Polish dumplings have a semi-circle shape and they are made of flour and egg and usually boiled in water. They can have various fillings, for example fruit, meat, potato with cheese.

We usually eat them on their own for lunch or dinner.

Ingredients

To make the dough, you need 2 ½ cup of flour 1 egg a pinch of salt. You will also need 2 tablespoons of oil to fry the onion. To make the filling you need a couple of tablespoons of onion a few cups of mashed potatoes and cottage cheese.

Preparation Method

First make the filling. Fry some onion and mix it with mashed potatoes and cheese. Then, make the dough. Mix all the ingredients in a bowl. Then roll it thin and cut out round pieces. Put the filling inside and fold it in half. Finally, boil the dumplings for several minutes.

Method of administration

You can serve your dumplings with cream or from onion.



Nikolai Musil, Robert Miron, Rada Logovici



Polish cabbage rolls recipe - „Golabki“

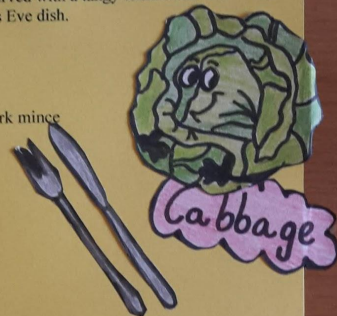
These tasty cabbage rolls of rice and meat, served with a tangy tomato sauce are very popular in Poland. It's a traditional Christmas Eve dish.

You need:

- 200g (7oz) cooked long grain rice
- 2 large onions
- 1.2kg (2lb 12oz) of minced beef, veal or pork mince
- 1 whole white cabbage
- 1 tablespoon of butter

For the tomato sauce:

- 4 tomatoes
- 2 tablespoons concentrated tomato paste
- 200 ml (7oz) single or pure cream
- 1 vegetable stock (bouillon) cube
- 2 tablespoons plain (all-purpose) flour



Cook the rice according to the instructions on the packet and drain. Chop the onions finely and fry them in a little butter till transparent. Mix the mince, onions and rice together and season with salt and pepper.

Soften the cabbage leaves by boiling the whole cabbage in a large saucepan of water 5-10 minutes, turning occasionally. Drain and carefully peel off the cabbage leaves, keeping them whole. Use a sharp knife to cut out the larger white veins. Place about a tablespoon of the mince and rice mixture on each cabbage leaf, then wrap the leaf around a couple of times to make a little parcel. Keep a few leaves back to line the saucepan.

Put a tablespoon of olive oil and about 1cm (1/2 in) of water in a large saucepan. Line the pan with 2 or 3 cabbage leaves, then add the wrapped parcels. Add the butter and cover with another layer of cabbage leaves.

Pour in 200ml (half a pint) of cold water then cover and bring to the boil, then lower the heat so it gently simmers for about 1 1/2 hours (you are really steaming the cabbage rolls).

Remove the cooked rolls and pour off 500ml of the liquid from into a small saucepan to make the sauce. Add the tomatoes, tomato paste and cream and heat together gently, mashing the tomatoes with a fork so they break down. Mix the flour with a little water into a smooth paste and add to thicken the sauce. Season with a pinch of salt and pepper or sprinkle in a stock cube to taste.

OSNOVNA SKOLA GUSTAVA KRKLECA, ZAGREB

Croatia

Zagrejski štrli

for 3 people

Ingredients:


- dough-50 decagrams of flour
- 1 tablespoon of oil
- a little bit of vinegar
- 3-4 decilitres of water
- filling-50 decagrams of fresh cheese
- 3 eggs
- 5 decagrams of margarine
- 2 decilitres of sour cream
- a little bit of salt
- 3 tablespoons of oil

Preparation:

1. From flour, oil, a little bit of ~~oil~~ vinegar and water make dough like a štrlel.
2. For the filling you have to mix the cheese with the egg yolks and ~~oil~~ foamy mixed margarine. Add foamy mixed egg whites.
3. Stretched dough sprinkle with oil, crush ~~oil~~ on filling and wrap.
4. Make pillows and boil in salted water. Take them out, drain and bake for a little bit, drizzle with cream and ~~oil~~ serve.

Minimum
That smells amazing!

Yes it does!



January 2014

ZAGREB CUTLET

(serves four)

INGREDIENTS:

- 3 medium-sized pork cutlets (pork loin is fine, there should be no bones). You can use chicken, but its best to use pork.
- 8 slices of thinly sliced ham
- 100g of cheese (in one piece, e.g. Gouda or Edamer)
- 8 teaspoons of mustard
- 3 eggs
- coarse flour and breadcrumbs to roll the cutlets in
- salt and pepper
- oil for frying

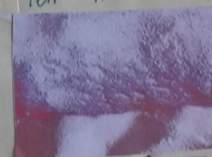
PREPARATION

- 1) Take a freezing bag and put each cutlet inside (one at a time) and beat it well so that it's thin. After this, salt and pepper them according to taste. Spread a teaspoon of mustard on each cutlet.
- 2) After seasoning, put a slice of ham on each cutlet, and a slice of cheese. Use the ends of the meat to fold them over the cheese, and ham, and roll it all together. Squeeze them together with your hands -

mustard will serve as glue and the cutlets will not fall apart during frying.

- 3) After preparing the cutlets as described in step 2, it's time to fry them! Salt and beat the eggs. Put the flour and the breadcrumbs in separate plates. First, dip the cutlets in flour, then in eggs, and finally in breadcrumbs. Fry the cutlets in a frying pan for about ten minutes.

1:



2:



3:



Recipe written by

MIKA STAŠENIK
ELENA NOVAK

LUCIAN GRIGORESCU SCHOOL MEDGIDIA

Romania

The recipe card is titled "SOFT SWIRLS" and is presented on a white background with a red dashed border. At the top, a circular photograph shows a group of six students in school uniforms holding trays of the finished soft swirls. To the left of the text, there are several hand-drawn illustrations of ingredients: a sugar packet labeled "SUGAR", a small bowl of yeast, a lemon, a jar of vanilla sugar, a block of butter, and a bag of flour labeled "flour". To the right of the text, there is a small illustration of a Turkish delight. The card is decorated with colorful arrows and circles on a red background.

SOFT SWIRLS

Ingredients:

- 1 cup of yoghurt
- 2 cups of melted lard
- 100 gr yeast
- Lemon zest
- Vanilla sugar
- As much as necessary flour

Mix all ingredients and leave the resulting dough to cool for an hour. Roll the dough into thin layers, cut it into triangles, place a piece of Turkish delight on top, then roll each piece from base to the tip. Place each swirl into a tray with baking paper into a preheated oven at 180°C, for 15 minutes, then take them out and spread some vanilla sugar on them.

Turkish delight is great company to the Romanian swirl!



VEGETABLE ZACUSCA

Ingredients:

- 5 kg eggplants
- 3 kg bell-peppers
- 3 kg red-peppers kopia
- 1 kg onions
- 2 litres tomato juice
- 1 litre sunflower oil
- salt
- pepper seeds
- bay leaves, thyme



Grill or bake the eggplants, bell-peppers and red peppers. Peel them, remove the stalks and leave them to cool. Chop the onions and fry it into a big pot with high temperature oil. When it gets a nice gold colour add the eggplants, bell peppers and red peppers with their juice.


Simmer the mixture for 20-25 minutes, then add the tomato juice, bay leaves and thyme. When oil starts surfacing season everything with salt and pepper, mix well then stop boiling.

Pour the slightly cool zacusca into jars, seal and place them on a tray into the oven at 170°C, for an hour. When out, cover the jars with a thick cloth for gradual cooling.

Winter joy in a jar!







 **PRETZELS**

Ingredients:

- 100 g grated cheese
- 200 g butter
- 50 g crème fraîche
- 25 g yeast
- 1 whole egg + 1 yolk
- 500 g flour
- salt
- cumin, poppy seeds, sesame

Mix the ingredients to form an homogenous dough, leave it to rest for an hour. Roll the dough to get a thin layer, use to mold to get the shape, smear them with egg yolk and spread cumin, poppy seeds or sesame. Bake on medium heat.

*Pretzels are known for... resistance!
One can bake them at Christmas to eat them even after New Year!*





GRANDMA'S BISCUITS

Ingredients:

- 200 gr sugar
- 1 packet of butter
- 1 cup of milk with 1 tsp of baking soda
- Lemon zest
- Vanilla sugar
- Salt
- 2 eggs
- 500 g flour



Mix well the eggs and salt, milk with baking soda, sugar with vanilla sugar, lemon zest until it becomes a cream to incorporate the whisked butter. Add flour gradually to the cream until it results a hard, non-sticky dough.

Leave it to cool for half an hour. Pass the dough through a mold to give the wanted shape and cut the resulted dough to the desired length. Set them on baking tray with baking paper and put it into the preheated oven at 180°C, for 15 min.

Few ingredients, many good biscuits, but never enough for children!



GREEK FRENCH SCHOOL "JEANNE D'ARC", PIRAEUS

Greece

Loukoumades

Eleni Loukides
Nikolleta Zacharopoulos

Recipe Ingredients:

- 500 grams self raising flour of
- 25 g yeast
- 1 tbsp thyme honey
- 1 tbsp (shore) salt
- about 2 cc lukewarm water
- olive oil for frying
- thyme honey
- cinnamon
- roasted sesame seeds for garnish

Instructions

Put in a large bowl flour, yeast, honey and slowly add water until it becomes a thick mixture. Finally add the salt. Cover the bowl and leave it in a warm place for 30 minutes until the mixture begins to rise. In a pot we heat the olive oil. We drop a spoonful of the mixture into the oil. Fry for a few minutes until the donuts get brown. Drain them on absorbent paper. Place them on a platter and pour some thyme honey, cinnamon and roasted sesame seeds. For the yeast: dissolve it in a bowl, sprinkle with a little sugar and pour some water. Stir to dissolve. Cover and leave for 10 minutes to activate. When froths the surface is ready and we add it to the flour.



"Horiatiki" salad

Ingredients:

- tomatoes: 6, firm, ripe, coarsely chopped
- cucumbers: 3, coarsely chopped
- red onion: 1, sliced
- green pepper: 1, sliced
- black olives: 200g, marinated
- feta cheese: 220g, coarsely chopped
- dried oregano: 1 teaspoon
- olive oil: 125ml ($\frac{1}{2}$ cup)
- salt: 1 teaspoon
- white vinegar: 60ml ($\frac{1}{4}$ cup)

Directions:

Combine tomatoes, cucumbers, onion, green pepper, olives and feta cheese in a salad bowl. Sprinkle with oregano and salt. Whisk together the oil and vinegar in a jug. Drizzle the salad with dressing and serve immediately.

Our
recipe!

Αγγελίνα Δημητρίου
Μανώλης Μουτσούλης

Feta cheese is first mentioned during Byzantine times and was called "prosphoras" and associated with Crete. Pieso Casola, an Italian traveler visiting Heraklion in Crete in 1444.

Ingredients

- 1/2 u.g. sugar
- cinnamon powder
- 1 u.g. mastiha in powder
- half a bunch of cornflower
- 2-3 eggs.
- 1 u.g. of anthotyro cheese

For the pastry

- 3/4 u.g. flour
- 3 eggs
- the juice of one orange
- 1/4 cup olive or vegetable oil
- ravi (traditional greek alcohol drink)
- salt

Instructions

1. Mix the pastry ingredients and add water if necessary that is not sticky
2. Roll out the pastry to a thickness of 3mm. Cut circles using a glass or a cookie water
3. Combine the cheese, sugar, cinnamon, anthotyro cheese
4. Combine flour and mastic powder
5. Add eggs, one at time. Make sure the mixture is and doesn't come apart
6. Put 2-3 Tablespoon of Filling in every pastry circle and pleat the dough to enclose the filling
7. Put cheese pies on a greased baking sheet and bake in a preheated oven at 180°C until they are golden (don't overbake)

Sweet cheeses



Meatballs

Ingredients

- 500gr. minced beef
- 1 big onion
- 2 cloves of garlic
- 2 slices of bread (only the inner soft part)
- 1 tbsq of vinegar
- 1 tbsq of ouzo
- 2 tablespoons of olive oil
- 3 tablespoons parsley finely chopped
- 3 tablespoons fresh mint chopped
- 2 tablespoons oregano
- salt
- pepper freshly ground



Instructions

- 25 Minutes Knead
- I mix all the ingredients in a bowl very well and leave them in the fridge for a while
- I preheat the oven at 180°C
- I make small balls with the mixture and place them on the baking dish
- I bake for 15-20 minutes until their colour turn into brown

Totoula Maria
Bare Bathorne



Goreme Ortaokulu, Turkey





- Ingredients
- 1 1/2 Cup flour
 - 1/2 teaspoon Salt
 - 1 teaspoon Sugar
 - 1 1/2 teaspoon yeast
 - 2 tablespoon vegetable Oil
 - 1/2 cup warm water
 - *** To dip the simit
 - 2 tablespoon mola sses mixed
 - with 3 tablespoon water
 - 1/4 Cup Sesame seeds

How to make
Turkish Simit



Instructions

1. Add the sugar and yeast to the warm water, mix and keep aside for 3 minutes.
2. In a bowl, add the flour, salt and oil. Mix well. Add the water and yeast mixture and knead, for at least 5 minutes.
3. Cover and leave in a warm place to double size, will take 1 hour to one hour and a half.

4. Make egg sized balls, dust the working surface with flour, using your hands form a long rope, fold the rope in half, twist both halves of the rope, join two ends together to form a circle.
5. Dip both sides in the molasses mixture first, then in the sesame seeds, place on the baking sheet.
6. Let it rise again for 20 minutes.
7. Pre-heat oven to 200°. Bake simit for 20-25 minutes.

EN joy

TURKISH SHORTBREAD COOKIES





Ingredients

A packet of margarine or butter
(250g), room temperature
1/2 cup powdered sugar
1 teaspoon vanilla extract or powder
2 cups of flour
1/2 teaspoon baking powder

Garnish

1/2 cup powdered sugar



Mix the powdered sugar and vanilla with butter then slowly add the flour and baking powder. Make sure everything well mixed. Make walnut sized balls with your hands. Put baking sheet on an oven tray and arrange them on it. Pre-heat the oven 175° and bake for about 25 minutes. Sprinkle some powdered sugar after you take them out of the oven.

PASTA



SALAD

Ingredients:

- * 2 packets of pasta (1 packet is 300 grams)
- * 2 cups of mayonnaise
- * 4 cups of yoghurt
- * Pickles
- * Garnish made up of carrots, peas and potatoes
- * 4 tablespoons of olive oil
- * A sheaf of dill
- * Salt
- * Pepper
- * A small can of corn

P.S. We prepared it 15 people. You can decrease the amounts of ingredients for less people.

How to make «Pasta Salad»?

Boil the pasta. Let it cool down. Mix the pasta with yoghurt and mayonnaise. Add garnish, pickles, dill, pepper and salt. Before you serve sprinkle some corn.

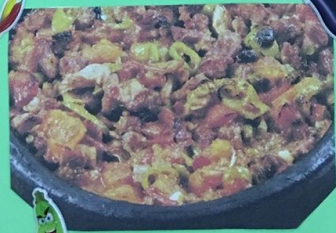
GÜVEÇ

Ingredients

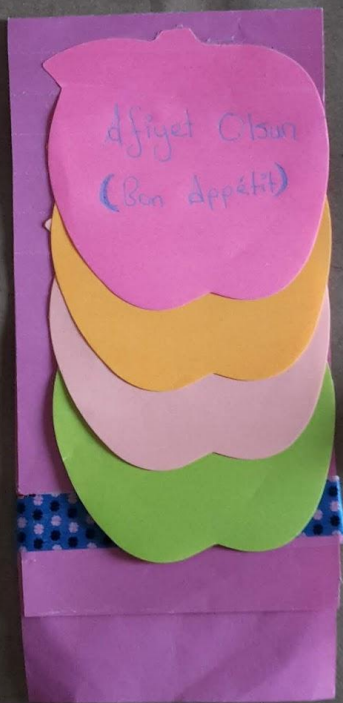
- 3 large tomatoes, skinned and cut into wedges
- 1 medium eggplant, peeled, and slices crosswise
- 2 medium zucchini, slices
- 3 green bell peppers, seeded and cut into eighths
- 2 onions, chopped
- 2 cloves of garlic, chopped
- 2 spoons of butter
- 2 lb. lamb, cut into cubes
- $\frac{1}{2}$ Cup water
- 2 bay leaves
- 2 medium potatoes sliced into 1/2" thick rings
- salt and pepper

Instructions:

Preheat oven to 180°C. Saute onions and garlic in butter in a large pot. Add meat, saute for 15 minutes. Add water and bay leaves. Simmer until the meat is tender. Transfer the meat mix into a casserole. Arrange potatoes in a layer on top of the meat then, place remaining vegetables in layers over the potatoes. Add salt, pepper and a little butter, cover and bake in a medium 180°C oven until vegetables are tender. Add hot water if necessary. Serve hot as a main course with pilaf and salad.



Serve with *Ayrton*



GOOD



BYE

VALI AYDIN ARSLAN

ORTAOKULU

KASTAMONU

Turkey



INGREDIENTS

DOUGH

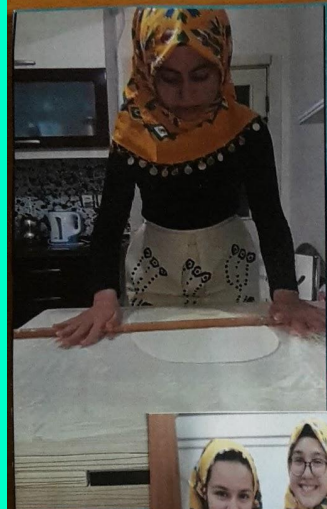
- * 4 glasses of flour
- * 1.5 glass of water
- * A coffee spoon of salt

STUFFING

- * A big onion
- * 1/2 kilo of minced meat
- * 1/2 coffee spoon of pepper
- * 1/2 coffee spoon of chili pepper
- * 1/2 coffee spoon of cummin
- * A coffee spoon of salt
- * An egg
- * A little water

PREPARATION

- * First, prepare the dough. Pour flour in a bowl. Add water and salt and knead the dough.
- * Second, prepare the stuffing. First, chop the onions. Add minced meat, chili pepper, pepper, cummin and salt. Next, crack the egg and stir the ingredients with a spoon. Add a little water and stir them.
- * Third, cut the dough in small pieces. Take one piece and roll the dough until it reaches about 30 cm caliber. Then put some stuffing on half of the dough and fold it like a half moon shape.
- * Finally, cook it in a pan until both sides turn red.



STUFFED VINE LEAVES (YAPRAK SARMA)

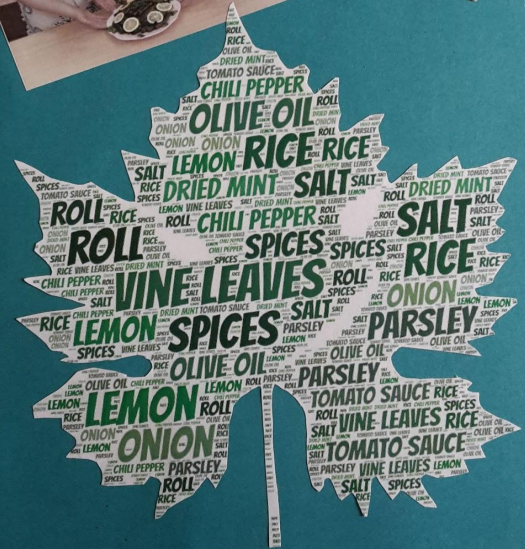
INGREDIENTS

- ★ 500 gr pickled grape leaves
- ★ 1 lemon
- ★ Olive oil
- ★ 2 onions
- ★ 1,5 glass of rice
- ★ A bunch of parsley
- ★ A table spoon of tomato sauce
- ★ A tea spoon of pepper
- ★ A tea spoon of chili pepper
- ★ A tea spoon of cummin
- ★ A tea spoon of salt
- ★ A tea spoon of dried mint
- ★ 2 table spoons of oil
- ★ 1,5 glass of hot water

PREPARATION

- ★ First, leave the pickled grape leaves in hot water for 2-3 minutes. Then wash and drain them.
- ★ Second, grate the onions. Wash the rice and drain it.
- ★ Third, put oil in a pan. Add grated onions and stir them at medium heat for five minutes. Add rice and stir them for a while.
- ★ Chop the parsley. Add all the spices and parsley to the mixture. Add salt and tomato sauce and stir well.
- ★ Then, lay a grape leaf on the table. Put some stuffing on the large side of it and roll it. Do the same for all the leaves.
- ★ Finally, put the rolled leaves in a saucepan. Add the olive oil and put lemon slices on the top. Add 1,5 glass of hot water and cook on low heat.

Serve it warm



SPON HIALYA (KASIK HELYASI)

INGREDIENTS

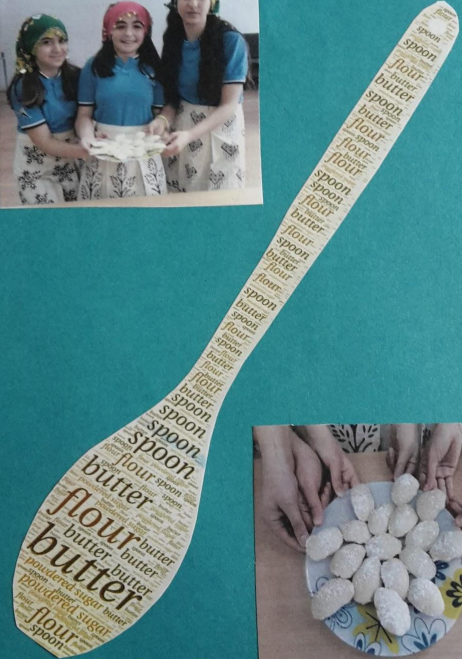
- ★ 250 gr butter
- ★ 3 glasses of flour
- ★ 2,5 glass of powdered sugar

PREPARATION

★ First, put the butter in a pan and melt it. When it is red enough, add the flour. Stir the flour quickly at medium heat. Fry it until it releases its butter. (You can see small balloons in it)

★ Next turn off the oven and add powdered sugar. Mix them well

★ Finally, press it with a spoon and shape it. Serve it warm.



Afiyet Olsun.



Good Appetite.



INSTITUT DE TONA

BARCELONA

Spain



"PANALLETS"

It's a typical recipe from Catalunya, we eat "panallets" for christmas, when it's winter

INGREDIENTS FOR 1kg OF PANALLETS

- 1/2 kg of flour of almond (raw almond of the best quality, a lot of)
- 1/2 kg of sugar (does not be necessary that it was end)
- A small potato boiled
- Some salt for the potato
- Tablespoon of peel of lemon hammered very fine
- Any ingredient to choose to give them taste: it can be soluble coffee in dust, coconut, quince, juice of lemon or of orange...
- Some fine sugar to scatter on the counter of work and the silver to go to the oven

PREPARATION OF THE DOUGH

In a bowl deep, undo the potato boiled with some salt, some poles of peel of lemon hammered very fine, and a tablespoon small of clear of egg beaten. We add the sugar, stirring the whole while with a spoon. We add slowly the flour of almond, without ceasing stir, until it remains one kneads well

TO FINISH THE DOUGH

To finish the dough: If the dough remains a lot hard, if we fly it for the panallets of coconut, it will be necessary to add some drops of water, without happening us, that do not remain too many dock. If we want to the dough to do panallets of cherry, already can add, nowhere of the water, the well minced cherries (no too many quantity).

WE GIVE SHAPE TO THE PANALLETS

Put the dough on the counter with fine sugar and with the hands give him the shape. Of each cut do a ball with the shape that want to give to the panallet.

HAPPEN THE PANALLETS FOR THE OVEN

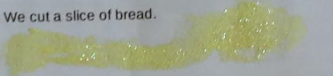
Ben put in a tray with fine sugar, put to bake to the oven the just time because they remain crunchy for out and soft inwardly.



BREAD WITH SAUSAGES

It's an other typical recipe here, in Catalonia, and it's delicious.

1. We cut a slice of bread.



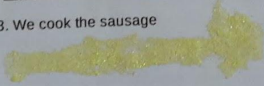
2. We cut a tomato in the middle and we spread it on the slice of bread.



3. We add oil and salt.



3. We cook the sausage



4. We put the sausage on the slice of bread and we eat it.





THANK YOU

CEIP CAMP DE TURIA, RIBARROJA
- VALENCIA

Spain

SNAILS



Caracoles

Ingredients

- Snails
- Water
- Pick up snails from the market
- White pepper



1. First, pour water into a pot.

2. Second, boil water with snails.

3. Then catch the snails from the pot.

4. Last put snails in a plate and add white pepper.

Recipe's name: **SPICY POTATO** 🍏

Ingredients: Patatas Bravas

Potatoes

oil

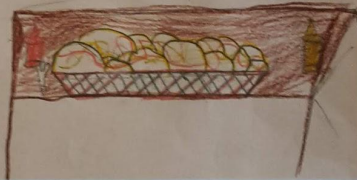
garlic

1 egg yolk

Paprika

salt

Mayonnaise



Preparation:

1 First, peel potatoes.

2 Cut the potatoes into wedges.

3 Then fry potatoes in hot oil.

4 Make garlic tomato sauce.

5 Pinch salt.

6 Last, put allioli on top and sprinkle paprika



SPAIN

CHIPS

OMELETTE

TORTILLA DE PAPAS

INGREDIENTS:

olive oil

eggs

chips

PREPARATION

First, heat olive oil in the sauce pan.

Second, beat the eggs in a bowl.

Then, add the chips into the bowl.

Last, fry the mixture into the sauce pan.



Diego Lerda Rojas

SPANISH POTATO OMELETTE

Ingredients

- potatoes
- eggs
- oil
- salt
- onion (optional)

Preparation.

1. Peel the potatoes.
2. Slice the potatoes.
3. Fry the potatoes into the pan.
4. Break the eggs and heat them.
5. Add the fried potatoes.
6. Mix them.
7. Pour them into pan.
8. Heat on bot sides until they are brown.



PAELLA

Ingredients:

- rice
- chicken
- rabbit
- green beans
- oil
- salt



Preparation:

Pour salt and olive oil into the paella pan.

Fry the chicken and the rabbit.

Pour and fry the vegetables.

Pour the chicken broth and boil.

When ready pour rice for 20 min.





CRISPY AND TENDER BAKER CHIKEN THIGHS



Ingredients

- olive oil
- 8 chicken thighs with skin
- 1/4 teaspoon garlic salt
- **Delicious!**
- 1/4 teaspoon onion salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground thyme
- 1/4 ground black pepper
- Add all ingredients to



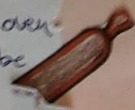
steps

① Preheat oven to 350 degrees F (175 degrees C) Line a baking sheet with aluminium foil and spray with olive oil

② Arrange chicken thighs on prepared baking sheet

③ Combine garlic salt, onion salt, thyme and pepper together in small container. Shake container until spices are mixed. Sprinkle spice mixture over chicken thighs

④ Bake chicken in the preheated oven until skin is crispy. The dish will be ready about 1 hour. It's delicious



!Delicious!



THE BACK COVER



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