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# CCA Sustainable Recipe Book



SCUOLA SECONDARIA  
DI I GRADO  
D'ALESSANDRO  
VOCINO



ARCIBISKUPSKÉ  
GYMNÁZIUM  
V KROMĚŘÍŽI

# CZECHIA

Katie Matulová, Katka Kůrková

## STEWED CARROT WITH POTATOES



The dish of stewed carrots with butter is a European dish. Most of the ingredients can be grown at home in the garden. They don't contain any chemical additives

### INGREDIENTS

- 400g of carrot
- 50g of butter
- 2 eggs
- salt and pepper
- 50g of flour
- 20g of peas
- potatoes



## PREPARATION

Grate the cleaned carrots into thin slices and fry in butter, pour water over it and stew for 15 minutes.



Add flour to the carrots, stir and cook briefly, season with salt and pepper.



Add peas and serve with boiled eggs and potatoes.



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SCUOLA SECONDARIA DI ALESSANDRIA  
D'ALESSANDRO VICINO



AG  
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ARCIEPISKOPSKÉ  
GYMNÁZIUM  
V KROMĚŘI

# CZECHIA

## Fried Cheese with American potatoes



### What we need:

- Edam Cheese (one block)
- Breadcrumbs
- Eggs
- Flour
- Potatoes (1 kg)
- Mayonnaise
- Salt
- Spices

### Method:

1. Prepare American potatoes. Peel, wash and cut the potatoes. Then put them on a baking tray, put salt, spices and drip some oil on them.
2. Warm up an oven to 200 °C and roast for 80 minutes.
3. While roasting, make the cheese. Prepare the ingredients and three plates. Put the flour on first plate. Put the egg yolks into the second plate, add salt and whisk. Put the breadcrumbs to on the third plate.
4. Prepare the cheese, cut into 1 cm wide slices, wash in the cold water and wrap in the flour, mixed egg yolks and in the breadcrumbs.
5. Then, put the cheese on the pan and deep-fry it.
6. Serve with the potatoes and mayonnaise  
Enjoy your meal!

We know that our food is really unhealthy, but it's so typical for Czechia



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# ESTONIA



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VICINO



ARCIDIEKANSKÉ  
GYMNÁZIUM  
V KROMĚŘIŽI

# ESTONIA

## Kama cream with berries

4 tablespoons of Kama flour

300 g of curd

100 g whipped cream

1 tablespoon of sugar

4 tablespoons honey

300 g berries



mix whipped cream with sugar

add curd and honey

gradually add Kama flour

put a spoonful of cream at the bottom of the serving cup, add half of the berries, then a layer of cream again and add the rest of the berries

mix 1 tablespoon of kama flour with 1 tablespoon of sugar and sprinkle on dessert just before serving

# ESTONIA

## Kama cream with berries

Kama is a mixture of barley, rye, pea and bean flours. It is Estonian traditional food. It is made in our parish from ecologically grown produce.

Curd and cream are also locally produced at Nopri farm.

We also have several honey farmers nearby.

Berries are picked from local forests and fields and preserved in freezers.



# GREECE

## PUMPKIN AND VEGETABLE SOUP

by Ilias

### INGREDIENTS



- Half a pumpkin, peeled and chopped,
- A medium dried onion
- A large zucchini
- Two carrots
- Two potatoes
- Half a broccoli
- A few florets of cauliflower
- Three tablespoons of olive oil
- A cube of vegetable broth
- Salt and Pepper
- A little light cream(coconut or whipping cream)

# GREECE

## PREPARATION

1. Peel the pumpkin, the potatoes and the carrot
2. Chop all the vegetables into small cubes, put them in a deep saucepan and cover with water. Do not add more water than you need, just enough to cover them. Boil over medium heat.
3. When the vegetables are cooked (they can be pierced with a fork), mash them in the pot with the special mashing utensil.
4. Return the soup to the saucepan, add the cream, stir and heat gently
5. Season with salt and pepper and



It is an environmentally friendly dish.

- ★ Broccoli releases less carbon, contains natural pesticides so it can be grown without synthetic pesticides.
- ★ Potatoes also produce natural pesticides and fungicides. They do not need much water and can be stored for a long time
- ★ You can dry the pumpkin seeds and eat them. They are tasty and nutritious.
- ★ Try to use local, seasonal products, preferably organic.



### INGREDIENTS:

- About 20 grape leaves and 15 zucchini flowers washed
- two or three large tomatoes grated and seasoned with salt
- one onion minced
- one green pepper and chili pepper if so inclined
- chopped garlic
- a splash of sweet red wine
- a handful of pine nuts
- a handful of raisins or currents
- a large bunch of mint chopped
- chopped dill
- salt and pepper to taste
- feta cheese 150 grams
- about a cup of rice, basmati or karolina



# GREECE

## PREPARATION

In a large skillet saute onion in olive oil until soft, add peppers, garlic, 1/2 the tomato, rice and sweet wine. Cook until most of the liquid is gone, rice should be about 1/2 cooked through, take off the heat, add herbs, pine nuts, raisins and feta. Line a baking dish with grape leaves and stuff the leaves and flowers, laying then seam side down in the pan. Drizzle with a good amount of olive oil and spread the rest of the grated tomato over. Cover with foil or cooking paper and bake in 200 celsius oven for about 20 minutes, Cook uncovered till the tops are slightly crisp.

It is a healthy and eco-friendly dish since it is a Mediterranean dish.

Research has shown that the Mediterranean diet is a sustainable dietary model

Good Appetite!!



## Dolmadakia

Greece

Vine leave stuffed rolls

### Ingredients

50-60 fresh vine leaves or 1 jar brined vine leaves

1 cup olive oil

6 large onions and 20-30 spring onions finely chopped

1 1/2 cups Carolina rice

2 tbsp dried mint

1 cup fresh parsley and 1/2 cup fresh dill finely chopped

1/2 cup pine nuts (optional)

1 1/2 tbsp salt and 1/2 tbsp pepper

2 lemons squashed

### Directions

Rinse the leaves well. Place the leaves in boiling water and boil for 3 to 5 minutes to soften them and make them more pliable. Remove from water and set aside. In a large skillet, heat 1/2 cup of olive oil over medium high heat. Sauté the onions for about 5 minutes. Stir in the rice, parsley, dill, pine nuts, mint, salt and pepper. Remove from heat and stir in the lemon juice. Allow the filling to cool. Line the bottom of a heavy saucepan with 2 or 3 grape leaves. Roll each dolma placing a tablespoon of filling in the bottom center of the leaf, just above the stem. Fold the bottom section up to cover the filling. Fold the sides in towards the center. Place the rolls in layers in the saucepan. Pour remaining 1/2 cup olive oil over the dolmades and enough water to cover them. Place an inverted heatproof plate on top of the rolls to keep them submerged in the water. Cover the saucepan and bring to a boil. Lower the heat and simmer over low heat for 45 minutes to an hour or until the leaves are tender and the rice filling is cooked through. They can be served cold or at room temperature and are a classic Greek appetizer.

# GREECE

## Bean soup by Paraskevi

### Ingredients:

- 1.1/2 kilo white beans
2. 1 onion
3. Celery, chopped
4. Olive oil
5. Tomato sauce
6. One tablespoon salt
7. One tablespoon pepper



Bean soup is a Mediterranean dish. Its main ingredient is beans. You can also include carrots, onion and celery. It can be accompanied with cheese, bread, olives and a healthy salad.

### Preparation

1. Put the beans in a bowl and cover them with plenty of water from the previous night to soak.
2. The next day, put the beans in a pot with water and bring them to boil. Add the tomato sauce, the grated onion and simmer until the beans are slightly tender.
3. Finally, add the salt, pepper and olive oil and boil until the beans soften.

Beans are full of proteins, fiber and nutrients and they have a low carbon and water footprint.

Onions also have many benefits for our health and they are natural pesticides.

# GREECE

## Ingredients

250gr lentils  
2 tablespoons olive oil  
1 onion, medium  
2 carrots  
2 gloves of garlic  
2 bay leaves  
400gr canned tomatoes  
1 and a half liter water  
1 teaspoon salt

## Greek Lentil soup

by Mary



## Preparation

Rinse the lentils and drain. Chop the onion and add them to the pot along with the olive oil. Chop the carrots into small slices. Add them to the pot and sauté for 3-5 minutes. Slice the garlic and add to the pot along with the bay leaves. Add the lentils, chopped tomatoes and water. Cover the pot and simmer for 45 minute over medium to low heat. When ready add the salt.

# GREECE

## Green beans by Maria

### Ingredients

- ✓ a kilo of fresh green beans
- ✓ half a cup of olive oil
- ✓ an onion
- ✓ 4 table spoons of tomato sauce
- ✓ A pinch of salt and pepper
- ✓ Some parsley



### Execution

First, you peel and grate the onion. Then you heat the oil in a saucepan and brown (sauté) the onion in it. After this, you add the green beans, the sauce and sprinkle some salt, pepper and parsley. You cook for 15 minutes in a pressure cooker. You can accompany it with feta cheese.

Enjoy your lunch!

# ITALY

## ORECCHIETTE WITH TOMATO SAUCE

*This is a sustainable recipe because we use only fresh products of our farms without any preserving substances.*

### Ingredients for four people

#### For the orecchiette

- 400 g flour
- 300/350 ml water
- A pinch of salt

#### For the sauce

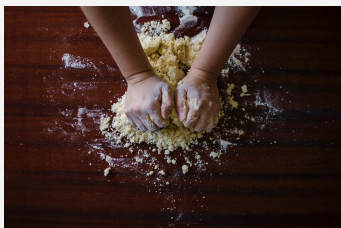
- 500 g of tomatoes
- A pinch of salt
- Garlic
- Basil
- Olive oil
- Parmesan cheese

### How to make orecchiette

- Pour the flour on a pastry board
- Pour the water on the flour gradually
- Add a pinch of salt
- Knead the flour with hands and make a ball.
- Cover the dough with a plastic film.
- Let the dough rest for 10-15 minutes before using it, so that it is elastic and can be worked better. •

### Give shape to your orecchiette

- Take a piece of your dough and let it become a long worm with a diameter of half a cm.
- Cut small pieces of dough of about 1 cm.
- With a knife from the rounded tip, drag each piece of dough on a work surface so that the dough takes the shape of a shell, turn the shell over your inch.
- Put orecchiette side by side on the board and let them dry, then cook them in salted water for 7-8 minutes.



# ITALY

## How to make the tomato sauce

- Wash the tomatoes and chop them, then put them into a saucepan with two spoons of oil, a clove of garlic and 2 leaves of basil.
- Let cook for half an hour then it's ready.
- Put orecchiette in a dish, then pour the sauce on them. You can pour on orecchiette some grated parmesan cheese if you like and some leaves of basil for decoration, ... and ...

ENJOY YOUR ORECCHIETTE





ITALY



# THE "CRUSTOLI" OR "CARTELLATE"

The Crustoli are a typical dessert at Christmas in Apulia, in the south of Italy. In some towns they are also called "Cartellate". Traditionally people used to make them because of their simple ingredients commonly used and easily found at home at any time.

Today most families make them at home, but you can find them in all the pastries, too.

## ITALY

### THE "CRUSTOLI" OR "CARTELLATE"



## INGREDIENTS

1 KG OF FLOUR

100 GR. OF SUGAR

3 EGGS

1 SMALL GLASS OF WARM OLIVE OIL

WARM WHITE WINE AS REQUIRED TO KNEAD THE  
DOUGH

SOME GRATED LEMON ZEST

## PROCEDURE

Mix the ingredients together and knead the dough with your hands till it becomes soft and smooth.

Then shape the dough like a long round tail and cut it in smaller pieces.

Then roll out each piece of dough with a rolling pin until it becomes thinner and thinner. Finally, cut the rolled out dough into stripes.

Each stripes is then rolled up like bird nests or little baskets.

The Crustoli are almost ready, you have only to fry them into hot olive oil. Leave them to cool on paper towels so they can also drip the oil in excess.

There are a lot of different kind of sweet fillings for this dessert. The most traditional ones are the "pasta reale" made up of water, sugar, chopped almonds and grated lemon zest; and the "vino cotto and nuts" filling, made up with the figs juice, some cocoa powder, cinnamon and chopped nuts.

# ITALY

## Fig Honey



Fig honey, also called fig molasses, is not the fruit of bees but of the cooking of figs. Its preparation is long but worth it. Great to accompany aged and savory cheeses or to enrich sweets and ice cream, make Christmas cakes and desserts. Fig honey was used in the past as a cough sedative.

**Fig honey Ingredients** – 4kg figs – 2lt water --250g sugar (optional) which should be added at the end of the cooking process. **Procedure:** Wash the figs and clean them from any rotten or small "bruised" parts on the surface, setting the peel aside. Weigh the figs, net of scraps. Cut them into pieces and crush them with your hands. Put the figs on the bottom. Add half the weight of the figs in water and put on the heat until the figs turn white, about 1 and 1/2 hour. At this point pour all the mixture into a canvas cloth and collect all the juice in a salad bowl. Let it filter for a few hours, then squeeze as much as you can to get all the liquid. Remove the dry part and put the liquid back in the pot. Put the liquid obtained in a pot and put back on the heat, bring to boil and then continue cooking to a minimum mixing it every now and then. Cook until a dense consistency is achieved. The total volume will be narrowed to about a third. For this operation it will take between 3 to 4 hours depending on the water content in the figs. Meanwhile sterilized the jars where the honey fig will be stored in a cool dark place.

# ITALY

# PANCOTTO

Pancotto is a dish of the poor Italian cuisine and it is cheap. It was the main course of farmers. This dish is based on two concepts: one is recycling because it uses stale bread and the other one is imagination, adding vegetables that everyone prefers.

## Ingredients:

4 large slices of stale bread  
1 kg. turnip greens  
2 potatoes  
olive oil  
some salt  
chilli



## Step 1:

clean the turnips by removing the hardest leaves and reducing them into florets, peel and cut the potatoes

## Step 2

Put the potatoes in a large pot with salted water and cook for about 10 minutes.

## Step 3

Add the turnip greens and cook for another 10 minutes

## Step 4

Cut the stale bread into medium-sized chunks and mix for a few minutes until they absorb the cooking water well and become soft

## Step 5

Drain all the contents of the pot in a colander

## Step 7

Pour into a bowl and drizzle with plenty of olive oil, pepper or a few pieces of chilli.

# POLAND

## Jasiek`s salad with goat`s cheese

### Ingredients:

- goats cheese with red winter savory
- roast chicken
- iceberg lettuce
- 1 fresh cucumber
- 1 hard-boiled egg
- salt, pepper, wild garlic



(The amount of ingredients depends on how much of the salad you want to get. The ingredients in the picture make 2 portions).

Cut the ingredients into cubes or slices – as you like best – mix and season with salt, pepper and wild garlic.

# POLAND

## Natalia`s salad

A recipe for a vegetable salad.

- wash all vegetables
- tear kale and lettuce
- cut 3 tomatoes and 2 onions
- grate 1 carrot
- make sauce using olive oil, honey, dill and some salt
- mix all the ingredients and and enjoy this healthy, great taste of summer

All vegetables used for making the salad come from my garden.



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*yummy*  
*healthy*  
*natural*



## Gabrysia's smoothie

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Recipe for a smoothie:

- peel and wash 2 carrots and 3 apples;
- remove seed pockets;
- peel 1 mango, remove the stone;
- add a teaspoon of honey;
- add a glass of water;
- mix;
- serve after preparation.

# **TOMATO CREAM - JULIA'S SMILE**

## **COMPONENTS:**

**3 TABLESPOONS OF EXTRA VIRGIN OLIVE OIL**

**1 ONION**

**2 CLOVES OF GARLIC**

**5 LARGER TOMATOES**

**700 ML OF BROTH (VEGETABLE OR POULTRY)**

**SEA SALT AND FRESHLY GROUND PEPPER AND 1/2 TEASPOON OF SUGAR**

**1 TEASPOON OF DRIED OREGANO**

**A BUNCH OF BASIL, PARSLEY**

**50 ML CREAM CREAM 30% OR 18% (FOR SOUPS AND SAUCES)**

**HEAT THE OIL IN A POT, ADD THE DICED ONION AND THE HALVED GARLIC CLOVES. STIR FRY UNTIL THE ONION IS TRANSLUCENT, FOR ABOUT 5 MINUTES.**

**BLANCH THE TOMATOES AND PEEL THEM. DICE AND ADD TO THE ONION. FRY FOR 1 MINUTE. POUR IN HOT BROTH, BRING TO A BOIL, THEN SEASON WITH SALT, FRESHLY GROUND PEPPER, SUGAR AND DRIED OREGANO. COOK FOR ABOUT 13 - 15 MINUTES.**

**BLEND THE SOUP IN A BLENDER, ADDING THE BASIL LEAVES. POUR OFF A LITTLE SOUP AND MIX WITH CREAM. POUR IT ALL OVER. CAN BE SERVED WITH CROUTONS.**

**ENJOY YOUR MEAL:)**



# SPAIN



05

Trituramos todo incorporando el aceite poco a poco para que quede integrado en la mezcla.



06

Echamos medio ajo sin el corazón, la sal y el aceite.

Servimos en un plato hondo con el jamón y el huevo duro picado por encima.



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AG ARCIŠKUPSKÉ GYMNAZIUM V KROMĚŘIŽI

# SPAIN



## SALMOREJO CORDOBÉS

JUAN MANUEL GUERRA CAMACHO

ANA BELÉN PORRAS RUIZ

*IES Guadalquivir*

### INGREDIENTS



- 1 Kg . de tomates pera
- 150 ml aceite de oliva virgen extra
- 200 g. de pan de trigo blanco
- Medio ajo
- 10 g. de sal
- 1 huevo cocido
- Jamón serrano en taquitos

### PROCEDURE

01

Lavamos los tomates y los trituramos.

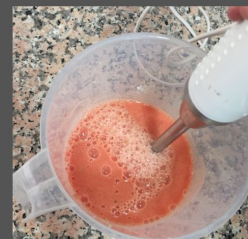


02

Los colamos para quitar las pepitas y pieles.

03

Incorporamos el pan y dejamos que se empape durante 10 minutos.





# SPAIN

## SORBETE CASERO DE FRUTA

Receta saludable y sostenible

### INGREDIENTES



Fruta de temporada



Leche



Endulzante natural (panela, dátiles...)

### LA FORMA MÁS SENCILLA DE CONSEGUIR UN SORBETE DE FRUTAS RICO ES SEGUIR ESTOS CUATRO PASOS:

1. Trocear fruta (sin cáscara ni pipas).
2. En una batidora pones leche, una fruta de temporada y un endulzante natural (incluso también dátiles).
3. Bates todo y rellenas el batido en botes pequeños de vidrio que pones a congelar. Puedes usar también moldes de silicona si quieres desmoldar más fácilmente una vez congelado.
4. Cuando vayas a tomar el helado, sacas la cantidad que quieras del congelador y bates para conseguir tu sorbete súper cremoso.



M. Dolores Moyano (Biology Teacher)



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