



# The YEMA Cookbook

Recipes from Germany, Latvia, Poland, Portugal and Slovenia

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Erasmus+



## THE YEMA COOKBOOK

was created during the Erasmus+ project 2016/2018 of five participating schools from Ingolstadt/Germany, Jurmala/Latvia, Sarbice/Poland, Sernancelhe/Portugal and Ljubljana/Slovenia. The students were engaged among other topics with seasonal&regional food and typical meals of their regions.



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## Enjoy Portuguese delis

from Sernancelhe, in the  
North of Portugal



Chestnut &  
Cherries

# CHESTNUTS

Chestnuts are a very popular ingredient in the northern region of Portugal, particularly in the town of Sernancelhe. It is actually famous for its production of chestnuts. Up to the end of the 17<sup>th</sup> century chestnuts, along with wheat, rye and barley, were the basis of all the Portuguese ate. Today it is not so popular but it is still widely appreciated and frequently used in many traditional dishes in the north of Portugal. Here is an example:

## Chestnut Soup

### **Ingredients:**

1 kg of peeled chestnuts  
1 ½ l of water  
2 medium-sized onions  
olive oil and salt (to taste)

### **Preparation:**

Start by boiling the chestnuts in hot water. After cooked, save half. Put the other half in the water and mash them with a hand blender.

Next chop the onions and sauté them in a bit of olive oil. Chop the chestnuts which were saved and mix them along with onion in the water. Let it cook for about 5 minutes and it's done!

# CHERRIES

In the spring the landscape in this region changes drastically. The green hills become white with the flowering blossoms of so many sweet cherry trees. In this time of year, cherries are royalty!

So a recipe with cherries is a MUST! This is not a traditional Portuguese recipe, because usually cherries are eaten as fruit, so that their sweet and delicious aroma and flavour can be entirely appreciated. However, this recipe is a healthy and natural way to enjoy cherries as well.

## Cherry Shake

### **Ingredients:**

1 cup full of cherries  
100 ml low-fat milk  
1 low-fat yoghurt (red berries flavour)  
4 ice cubes  
whip cream (to taste)

### **Preparation:**

Take the pits off the cherries and cut them into halves. Save one whole.

Put them in the blender cup and add the milk, the yoghurt and the ice and blend it well for about one minute.

Pour the shake into a long glass.

Top it off with the whip cream and the cherry saved earlier.

# MÍSCARO - Rice with "Míscaros" Mushrooms

"Míscaros" are a kind of mushrooms which are typical of the northern region of Portugal. They are a seasonal food, as they only grow in the humid soil of certain woodlands in the autumn.

This recipe is widely appreciated during the season in which "míscaros" are available and it can be served as a side dish to accompany all kinds of meat dishes.

## **Ingredients:**

- 2 kg of "míscaros" mushrooms
- 1 dl of olive oil
- 50 g of margarine
- 4 garlic cloves
- 1 onion
- 1 meat sausage
- 400 g of rice
- 1l of water
- 1 stock cube of chicken broth
- salt and pepper (to taste)
- chopped parsley

## **Preparation:**

Wash the "míscaros" mushrooms very well. Put the olive oil and the margarine in an iron pot and heat it along with the minced garlic. Let it sauté and add the chopped onion. Cut the meat sausage into small bits and add it to the sauté. Slightly increase the heat and let it braise for a couple of minutes. Add the rice and the mushrooms and stir with a fork so that the rice blends in evenly.

Pour the boiling water over the rice and add the stock cube. Check the salt and season the rice with pepper. Put the iron pot in a pre-heated oven (200° C) and let it cook for about 15 minutes.

When out of the oven, sprinkle with chopped parsley.





## Enjoy Polish delis

from Sarbice, in central Poland



# VEGETABLE SALAD

**Ingredients:**

Cooked vegetables :

8 potatoes

6 carrots

2 parsley (roots),

1 small celery,

6 boiled eggs,

6 pickled cucumbers,

2 onions or a white part of a large leek,

1 apple

1 can of green peas,

1 can of canned corn,

green parsley (parsley) or dill-to-taste, and then sprinkled whole.

1 jar of mayonnaise ( to make it less calories you can mix mayo with yoghurt)

salt-to-taste,

pepper-to-taste,

a few tablespoons of mustard - to taste.

**Preparation of Vegetable Salad**

Wash and cook so that vegetables do not become overcooked in the shell: potatoes, carrots, parsley, celery.

Boil eggs.

Then the ingredients when they cool down, cut into small cubes.

In addition, cut the onion or the white part of the leek, eggs, cucumbers, apple, parsley or dill.

Give everything to a large bowl.

Add 1 can of green peas, 1 can of canned corn, 1 jar of mayonnaise (or mixture mayo+yoghurt).

Mix thoroughly and sprinkle with salt and pepper and add mustard.

Put the salad into a decorative bowl and decorate it.

( decorateusing your imagination!!!)

Put the salad in the fridge so that all ingredients are "chewed".



# TUNA SALAD

## Ingredients

2 bags of rice

1 can of tuna

1l jar of pickled cucumbers

2 onions

4 boiled eggs

ketchup

Mayonnaise

parsley

## Preparation

Cook rice, cool.

Cucumbers, onions and eggs cut into cubes.

Lay all the ingredients in layers.

At the bottom of the cucumber, then half a bag of rice, pour ketchup, then half a bag of rice, onion, a thick layer of mayonnaise, half a bag of rice, eggs, mayonnaise, half a bag of rice, ketchup and sprinkle with chopped parsley.



Dumplings with cottage cheese

## **Ingredients:**

### **Cake:**

1 kg of flour  
1 egg  
1 egg yolk  
2 tablespoons of oil  
pinch of salt  
hot water

### **Stuffing:**

1 kg of white cheese  
3 yolks  
1 tablespoon of potato flour  
1 vanilla sugar  
sugar - quantity according to your choice

Additionally:

Sour cream 12%  
sugar  
cinnamon

## **Preparation**

Knead the cake, roll out, cut the pancakes with a glass or make rollers for the last dumplings - cut into pieces and roll out pancakes or cut larger squares and cut diagonally.

Grind cheese, add sugar, vanilla sugar, egg yolks, potato flour, make up the stuffing.

Haste dumplings, stick them and cook in a large amount of lightly salted water with 1 tablespoon of oil for 2 minutes after pouring on the surface.

Take out cooked dumplings with a slotted spoon on a plate.

Sour cream mix with 1 teaspoon of sugar, pour dumplings over it and sprinkle with cinnamon.



## Enjoy Slovenian delis

from Ljubljana, the capital of the country





Walnut potica

**Yeast:**

1 large cake compressed yeast (55g)  
120ml lukewarm milk  
1 tablespoon sugar

Dissolve yeast in milk; add sugar and combine. Cover and let rise in warm place, about 10 minutes.

**Dough:**

235-355ml milk  
170g butter (1-1/2 sticks)  
5 egg yolks  
150g sugar  
2 teaspoons salt  
1 tablespoon vanilla  
900-960g all-purpose flour (sifted)

Scald milk; add butter. Cool to lukewarm. In small electric mixer bowl, beat egg yolks, sugar, salt and vanilla until lemon-colored. In large bowl, sift 3 cups flour. Pour mixtures of prepared yeast, milk, butter, eggs and sugar into mixing bowl with 385g of flour; beat with electric mixer until smooth and elastic. Then keep adding flour and mixing with a wooden spoon until of consistency that dough can be handled without sticking. Place on floured board and knead for about 15 minutes, adding flour as needed, to make a non-sticking dough. Place dough in well-greased bowl; turn to grease top. Cover and let rise in warm place for about 2 hours until double in bulk.

**Walnut Filling:**

900g walnuts (ground fine)  
1 stick butter (60g)  
235-355ml milk or half and half cream  
400g sugar  
120ml honey  
1 tablespoon vanilla  
Grated peel from 1 orange or 1 lemon  
5 egg whites  
Cinnamon

Grind walnuts in food chopper with finest blade. Melt butter in large saucepan. Add milk, sugar and honey; cook to rolling boil, taking care not to let it boil over. Pour hot mixture over walnuts. Add vanilla and grated peel. Mix thoroughly and allow to cool. Beat the egg whites until stiff and fold into the cooled nut mixture.

### **Rolling and Baking**

Grease well the four 31cm x 10cm or five 23cm x 13cm loaf pans. Roll out dough on table covered with cloth, sprinkled well with flour (this amount of dough can be rolled to about 130cm x 82cm). Spread cooled filling evenly over entire dough, sprinkling generously with cinnamon. (If desired, raisins may be added at this point.)

Start rolling up dough by hand (jelly-roll fashion) from the wide side, stretching the dough slightly with each roll. Keep the side edges as even as possible. Prick roll about every several turns with a thin knitting needle or cake tester to help eliminate air pockets. Continue rolling by hand to opposite edge. With edge of flat plate, cut desired lengths. Seal ends more securely by gently pulling dough down to cover ends and tucking underneath when placing in pan. Cover and let rise in warm place until double, about one hour. Bake in preheated 160\*c oven for 1 hour until medium brown. If a glossy top is desired, brush each loaf with 1 egg yolk beaten with 1 tablespoon milk 15 minutes before potica is done.



Slovenian cake

## Ingredients

### **BASE DOUGH**

- 200g white flour
- 100g butter
- pinch of salt
- cold water

### **“PULLED” DOUGH**

- 450g white flour
- 1 egg
- 1 tbs vegetable oil
- 1 ts grated lemon peel or acid
- lukewarm water

### **FILLING**

- 250g ground poppy seeds
- 300g ground walnuts
- 5 larger mildly acidic apples
- 1kg fresh cottage cheese
- cinnamon

### **TOPPING**

- around 150g of liquid butter
- 6dcl sour cream

## BASE DOUGH

1. Mix all of the ingredients but rather quickly as not to make the dough too warm and soft, refrigerate it before use.

## "PULLED" DOUGH

1. Be careful to use warm water so the ingredients bond more firmly and make the dough softer.
2. Mix all of the ingredients into a firm ball and rest for 30 minutes under a kitchen cloth (you can halve the dough so it will be easier to stretch it thinly later on). Then roll out the dough into about a finger's width of a sheet and spread oil over the surface to prevent tearing.
3. Stretch the dough over the surface of the table as thinly as you can (make sure you put a cloth underneath with lots of flour so it won't stick to the table). Cut the dough into about ten sheets that are slightly larger than the base of the baking dish.

## CAKE

1. Roll out the base dough into a thin sheet and spread it over the bottom of the baking dish, fold and lift the ends of the dough and press them against the walls of the dish making a bowl.
2. Then put a sheet of "pulled" dough over it and spread your first filling - the poppy seeds. Spread a modest amount of the sour cream topping and sugar.
3. Then come the next sheet and the grated apples which you season with cinnamon (grandma used to have a heavy hand when it came to this but use as much as you see fit) and sugar.
4. Now comes another layer with the walnuts and then cottage cheese. You cover both with the cream topping but don't hold back with the cottage cheese, make sure that bad boy is nice and moist. Also you can mix the walnuts with the cream beforehand so they'll be easier to spread.
5. Repeat all four layers and cover the whole thing with two sheets (spread the butter and some cream carefully between the layers so they won't get stuck into a single hard sheet).
6. Before putting it in the oven generously cover the top with, you guessed it, more cream.
7. Slowly bake for about an hour (this part is really vague so I guess at around 180 degrees).
8. Serve warm or cold.



# IDRIJSKI ŽLIKROFI

## INGREDIENTS

### FILLING

- 500 g of potatoes
- 50 g of chopped bacon
- 50 g of onion
- spices by your choice  
(salt, pepper, chive)

### DOUGH

- 300g of flour
- 2 or 3 eggs
- oil
- salt
- water or milk

### PREPARATION

Mix the dough from flour, eggs, salt and water/milk till it becomes flexible and it doesn't stick to your hands. If you cut it must be dense and without holes. Mold the dough to a small loaf and spread a little bit of oil on the surface. Then cover it with a cloth and let it rest for half an hour.

While the dough is resting prepare the filling. Boil the potatoes and when they are cooked peel them and mash them in a bowl. Put a little bit of oil in the frying pan. In the frying pan fry chopped onion and chopped bacon. When the mixture is fried put it with the spices in the bowl with mashed potatoes and mix well together. From the filling make for a size of a hazelnut evenly matched balls.

Roll out the rested dough to the width of 1-2 mm and put the balls on the dough (between the balls it must be a finger of difference). Cover the dough around the balls with whisked egg. Fold the dough carefully and pinch it in the middle where the ball is (look at the picture).

Then we put the žlikrofe in salty boiling water and let them cook until they flow to the surface. When they flow to the surface they are done. Put them out of the boiling water and serve them.





## Enjoy Latvian delis

from Jurmala, beautiful sea resort on the North Sea



Rye bread garlic toast



Laura's Caesar Salad  
Latvian taste

# Caesar's salad

Cut the crust off the bread, cut into equal pieces. Bake in a pan or oven until it becomes light brown.

Put some olive oil on the pan and fry the chicken on both sides, then cut into thin slices.

In a big dish, rip the salad into small pieces. Add tomatoes, grated parmesan cheese, bread crumbs, fried chicken fillet and special Caesar salad dressing.

# Rye bread garlic toasts

## Ingredients

Rye bread

Garlic

Oil

1. Cut bread into thick pieces.
2. Pour a lot of oil on the pan, so that when you put the bread it starts to bake right away.
2. Put the toast in the oil and fry on a big fire. Fry on both sides.
3. Put the toast on paper towels, so that the towel can soak up excess oil
4. When cooled, rub a garlic clove on the bread (both sides)

# Artūrs & Ēriks Pīrādziņi (Patties)



## Ingredients:

Yeast dough: 25 g of fresh yeast, 150 ml of milk, a pinch of salt, 300 g of flour,  
1 teaspoon sugar, 2 tablespoons of oil or butter

Filling: dried meat, onion, pepper, egg whip

Cooking: Cut meat into fine cubes, cut the onion and fry. When the yeast dough raises, it is rolled out. Put a spoon of meat on top of the dough, dough flap and squeeze the batter with a glass. Put them in a pan, roll it over with a bunch of eggs and fry ready.



## Enjoy German delis

from Ingolstadt in the heart of Bavaria



Parsnips sweet potato soup

Amount	Ingredients	Preparation
500g 200g 1 little	Parsnips Sweet potatoes Onion	Peel, dice in rough pieces, roast in olive oil, add parsnips and sweet potatoes
1 pinch 500ml 1 Tsp.	Chili powder Water Butter	Add to vegetables, cook until the vegetables are soft then puree all and mix all together
1/2 cup a little	Cream Olive oil	Add to soup



## Carrot-Ginger-Soup

Amount	Ingredients	Preparation
60 g	Ginger	Peel both, cut in cubes gently roast carrots and ginger, sprinkle sugar on it, slightly caramelize
400 g	(fresh) Carrots	
50 g	Butter	
1 TP	Sugar	Add to carrots and ginger , 20 min simmer, puree
600 ml	Vegetable broth	Taste
150 ml	Coconut milk	
	Salt and pepper	





## Parsnip-Pan with Feta

Amount	Ingredients	Preparation
2	Parsnip	wash,peel,dice
4big	Potatoes	Add to the parsnip and roast and season
1little	Onion	Peel dice and roast in olive oil
200g	Feta-Cheese	Dice and put in the pan
A little	Salt and pepper	to be added
A little	Ground rosemary	
A little	Olive oil	



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