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# Erasmus+ project

## „Off the beaten tracks – A teenage travel guide to Europe“

### 2018 - 2020

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### *Cookery folder*

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## Part 1

### First transnational project meeting in Neu-Isenburg, Germany



### *Recepies – Our TOP 5*

#### ① Tomato & Mozzarella Caprese Skewer (20 Skewer)



##### **Ingredients**

- ❖ 20 cherry tomatoes
- ❖ 2 tablespoons Italian vinegar
- ❖ 4 tablespoons virgin olive oil
- ❖ 4 ounces cherry-sized mozzarella
- ❖ 3/4 ounce fresh basil
- ❖ salt
- ❖ pepper
- ❖ 1 tablespoon pesto, *optional*

##### **Instructions**

1. Wash and dry the tomatoes. Fold a large basil leaf around the tomato, then spear on a 4-inch-long skewer or toothpick. Marinate the mozzarella balls in a thin sauce of vinegar, oil, salt and pepper. Add a mozzarella ball to the toothpick. Repeat.
2. If desired, whisk the pesto with enough olive oil to form a thin sauce, and drizzle over the skewers. Sprinkle a little salt and pepper over them.

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## ② Mini Party Pizzas (16 mini pizzas)



### **Ingredients**

#### For the dough

- ❖ 20g of yeast
- ❖ 400g of flour
- ❖ sugar
- ❖ 1 tablespoon salt

#### For the homemade pizza sauce

- ❖ 1 can tomato sauce
- ❖ 1 can tomato paste
- ❖ 1 tablespoon ground oregano
- ❖ 1½ teaspoons dried minced garlic
- ❖ 1 teaspoon ground paprika

#### For the topping

- ❖ about 10 tomatoes
- ❖ about 4 mozzarella balls
- ❖ 100g black olives
- ❖ 2 sprigs of basil

### **Instructions**

1. Mix the flour, yeast, sugar, salt and approximately 250ml lukewarm water and knead to a dough. Cover and put in a warm, draught-free place to rise for about 1 hour. Then knead again and leave to rise for a further 30-40 minutes.
2. Line a baking tray with baking parchment. Dust a work surface generously with flour and divide the dough into 16 balls. Roll the balls out to circles with a rolling pin and place on the baking tray.
3. In a medium bowl, mix together tomato sauce and tomato paste until smooth. Stir in oregano, garlic and paprika. This pizza sauce is ready to be used as soon as it's blended — no cooking needed!
4. Spread the pizza bases with the tomato sauce and season with salt and pepper.
5. Slice the tomatoes and the mozzarella balls.
6. Arrange the tomato slices on the pizza bases and scatter with mozzarella slices and chopped olives. Sprinkle with a little olive oil. Bake in a preheated oven (220°C) for 8-12 minutes, or until golden brown. Serve garnished with basil.



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### ③ Mixed tomato puff tart



#### **Ingredients**

- ❖ 375g pack fresh ready-rolled puff pastry
- ❖ 2 heaped teaspoons fresh basil pesto
- ❖ 3 vine tomatoes, sliced
- ❖ 40g sun-dried tomatoes, roughly chopped
- ❖ a handful baby plum tomatoes and orange cherry tomatoes, both halved
- ❖ 125g mozzarella ball, torn

#### **Instructions**

1. Heat the oven to about 200°C. Put the cherry tomatoes on a baking tray, drizzle with a little oil and season. Roast for 20 minutes until softened and turning sticky.
2. Meanwhile, unroll the pastry. Trim and discard 5cm off the uneven end from the centre of the coil. Cut into 4 rectangles and transfer to a baking sheet. Lightly score a border 1cm from the edge of each rectangle and prick the middles with a fork.
3. Bake for 8 minutes until puffed up and just starting to turn golden. Press the centres of the rectangles down with your fingers, leaving the border raised higher.
4. Meanwhile, in a small mixing bowl mix the cream cheese, 1 egg yolk, parmesan and chives, season and divide among the tarts. Top with the tomatoes, then lightly beat the other yolk and brush over the pastry borders. Bake for 10-12 minutes until the pastry is puffed and golden. Cut into small rectangles. Serve drizzled with oil and scattered with fresh basil leaves.



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#### ④ Mini beef burger (8 mini burger)



##### **Ingredients**

- ❖ olive oil
- ❖ 2 cream crackers
- ❖ 1 medium red onion
- ❖ 20g Parmesan cheese
- ❖ 4 sprigs of fresh flat-leaf parsley
- ❖ 1 large free-range egg
- ❖ 400 g lean minced beef
- ❖ 8 mini burger buns

##### **Instructions**

1. Preheat the oven to 220°C. Lightly grease a baking tray with oil and set aside.
2. Pop the crackers into a sandwich bag, press out the air and seal. Gently bash the crackers with a rolling pin until they become fine crumbs, then tip them into a mixing bowl.
3. Coarsely grate the onion and Parmesan, then add them both to the bowl. Pick, finely chop and add the parsley leaves.
4. Beat the egg with a fork, then add it to the main mixture. Tip in the mince, season with black pepper and mix everything together.
5. Divide the mixture in half, divide each half into 4 equal-sized pieces then, with wet hands, pat and roll each piece into a burger, roughly 2cm thick.
6. Place the burgers onto the oiled tray, pat with a little oil, cover with clingfilm and chill in the fridge for about 30 minutes.
7. Meanwhile, make the toppings. If you're using bacon, pop it under the grill for 5 to 6 minutes, turning halfway, until crispy, and drain on kitchen paper. Discard the outer leaves of the lettuce, then pick, wash and dry the inner leaves. Slice the tomatoes and finely slice the onion. Cut around the avocado lengthways. Remove the stone and scoop the flesh away from the skin, then cut into slices.
8. Place the tray of burgers in the oven for 15 minutes, or until cooked through.
9. Cut the burger buns in half, pop them on a baking tray and warm in the oven for 2 to 3 minutes.
10. Use a fish slice to place each burger onto a bun half. Add your toppings, finish with a bun half, and serve.

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## ⑤ Lemony Marinated Chicken Skewers (about 8 skewer)



### *Ingredients*

- ❖ 2 pounds boneless skinless chicken breasts or thighs
- ❖ 1/4 cup extra virgin olive oil
- ❖ 3 teaspoons freshly squeezed lemon juice
- ❖ 3 teaspoons fresh minced cilantro or parsley
- ❖ 2 teaspoons minced fresh garlic
- ❖ 1 teaspoon paprika
- ❖ 1 teaspoon salt
- ❖ 1/2 teaspoon cumin
- ❖ 1/4 teaspoon turmeric
- ❖ 1/4 teaspoon cayenne pepper

### *Instructions*

1. Cut the chicken into 1½ inch strips for skewering. In a small bowl, whisk together the olive oil, lemon juice, cilantro or parsley, crushed garlic, paprika, salt, cumin, turmeric and cayenne pepper. Place the chicken pieces in a glass dish. Pour the marinade over the chicken and stir to coat. Cover with plastic wrap. Place in the refrigerator and let the chicken marinate for 20 minutes. If using wooden skewers, soak them in water while the chicken is marinating.
2. Generously grease the grill and heat over medium. Skewer the chicken, evenly divided between 6-8 skewers.
3. Place the skewers on the hot grill and cook for 10-15 minutes, turning once during cooking, until cooked through. Serve hot.
4. Use a fish slice to place each burger onto a bun half. Add your toppings, finish with a bun half, and serve.

### *Sources:*

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