Cooking with Spolger4Uth

Recipes from Spain, Poland and Germany

eTwinning

2018-2019

eTwinning Label

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were awarded the Label for their project:

Spolger4Uth

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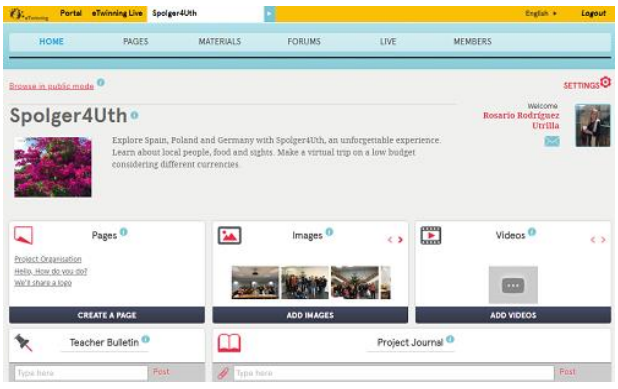
Our Story

Thanks to an eTwinning event for schools in Spain, Poland and Germany, we met in Hannover in November 2018 and decided to create a project together. It was so nice to choose the people to collaborate with! So ideas sprang easily. We all were enthusiastic about our project and telling our students what we had planned to do. Fortunately, some colleagues joined at our schools to make it even better. We hope you enjoy as much as we do!

Introduction

What is eTwinning?



Twinspace as our communication platform!

Check it out!

eTwinning is part of Erasmus+ and the European Commision. It is a platform which offers education communities the possibility of collaborating with other schools from Europe and nearby countries by means of ITCs. The key words are collaboration, communication and digital competence. It also offers professional development for teachers.

The projects are hold online what means the digital competence and communication ability of students and teachers are widely developed. Cooperative learning is essential for these projects. The language/s used and all other aspects are agreed by members.

When a project reaches high standards it can be given the National and European Quality Labels. It can even participate on National or European Prize.

Project idea

Explore Spain, Poland and Germany with Spolger4Uth, an unforgettable experience. Learn about local culture, food and sights. Make a virtual trip on a low budget considering different currencies. Our project will lead to students' opportunity to understand the European culture we share by using ICTs and improving their language competence.

Developing the project idea

Learning about others' language, culture, cities and everyday habits will be considered as a means of increasing students' motivation towards their own learning process, personal enrichment and awareness about inclusion and tolerance in a real international environment. One of the products the project includes is this book with some of our favourite recipes from every country. The other will be a video-tour by our students from the home area of their partner students. We encourage to wait for it!!

Stay in touch via classical media is importend too!

Locations

The students

Class F218C from Celle, Germany

Class 1º CFGS from Atarfe, Spain

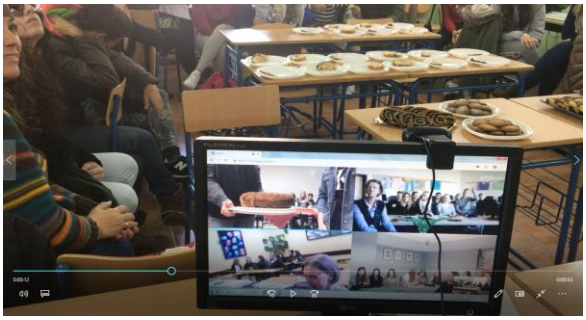
Classes 3AH, 2EG, 2S, 1S from ZSE-Ch Trzebinia, Poland

Class 2A TE from Wodzisław Śląski, Poland

Class BFRIK from Oldenburg, Germany

Virtual Meeting

More impressions



Tasting some of the other recipes!

First and Main Dishes

Spain

We have breakfast early, but about 11:00-12:00 we have some mid-day snack.
Usually, we have lunch between 14:00 and 15:00 and it is our main meal on the day.
Our dinner is around 21:00 because we have a split work timetable and we finish working around 20:30.
There are 2 curious things in Granada:

-At bars, you get free "tapas" (a small dish of varied food) with your drink.

-It is not mandatory to leave a tip altough waiters are very happy when they get them.

Poland

In Poland on weekdays we usually have our main meal of the day at around 4 pm, but at weekends we usually have a family dinner at 2 pm.
Typically we have some soup (e.g., broth, tomato soup with noodles), a steak, potatoes and salad or pierogi for dinner.

When we finish eating a meal together we always say thank you - to thank others for accompanying us while eating:)

Germany

Breakfast habits are very different in Germany. Some people cannot go to work or school before they haven't had a proper breakfast. During the week they eat cereals or bread and jam. Lunch often means a hot meal, in the evening it is just a light supper.

A lot of German dishes include potatoes. A lot of Germans like to eat meat.

In Oldenburg green kale is a traditional dish.

Noodle Casserole

The noodle casserole is a traditional recipe that you can eat on any day of the week. It is a good choice to endure the cold days.

Ready in **90 minutes**

Serves **6 people**

Costs **3,00 € per Person**

Ingredients

- 1 red pepper
- 1 green pepper
- 1 onion
- One clove of garlic
- 3 tomatoes (3)
- 0,5 kg prawns
- 0,25 kg squids
- 0,5 kg mussels
- 0,25 kg clams
- 4 handfuls of noodles
- 4 Potatoes
- Olive oil
- Salt
- Paprika spice, sweet or hot (a couple of spoons)

Preparation

1. Chop the green pepper, the red pepper, the onion and the garlic.
2. Add a little olive oil in the pot. Heat and when it is hot put all the previous ingredients.
3. Fry until it is all poached and add the tomato and salt to make the sauté.
4. Next we add the cleaned and sliced squids.
5. In another pot, put the heads of the prawns and boil them.
6. Add the peeled prawns to the sauté, keep for 5 minutes. Add some paprika
7. Add the broth from the heads of the prawns strained. Add to the pot about 1.5 litres of water. Cook on low heat for 15 minutes
8. Peel the potatoes and chop them. Add them to the pot along with the mussels and clams.
9. Cook for 12 minutes until soft.
10. Taste it (add salt if necessary)
11. When the potatoes take 5 minutes of cooking, add noodles.
12. After this time, it's ready to eat
13. Serve hot and enjoy it!!!

Tips

- Use white potatoes because they are easier to cook.
- Use thick and short noodles.

Spanish Omelette

This recipe is popular in Spain. You can eat it hot or cold and it is commonly prepared when we go picnic to the countryside or to the beach to spend the day.

Ready in **50 minutes**

Serves **5 people**

Costs **1,00 € per Person**

Ingredients

- 500 g of white potatoes
- 1 white onion
- 150 ml of olive oil
- 6 eggs
- Salt

Preparation

1. Peel the potatoes and cut them into thin slices.
2. Chop the white onion.
3. Add 500 ml of olive oil in a large frying pan and let it get hot.
4. Add the potatoes and the chopped onion into the frying pan and leave it there for 30 minutes, or until the potatoes are soft.
5. Beat 6 eggs and add a pinch of salt.
6. Once the potatoes are done, drain from the oil and add them to the beaten eggs. Mix everything gently.
7. Leave a spoonful of the olive oil you used in the pan at mid temperature and add the mixture. Use a different frying pan to avoid sticking. Cook on a moderate heat for about 7- 9 minutes using a spatula to shape the omelette into a cushion.
8. When it's almost done, put a plate on top of the pan (both same size) and turn it back to cook it on the other side.
9. Leave it a few more minutes and it's done!

Tip

You can check if it's cooked on the inside with a wooden stick.

Russian salad

Here in Spain, in summer, we eat this Spanish potato salad known as Russian salad, but also all year long. It is easy and quick to prepare. We love eating this recipe with our friends or family, in joyful reunions.

Ready in **60 minutes**

Serves **4 people**

Costs **2,00 € per Person**

Ingredients

- 2-3 potatoes (450 g)
- 4 carrots
- 3 eggs
- 20 stuffed olives
- 3 tsp. canned peas
- 2 cans of tuna in oil (200 g)
- 1 Can of sweet corn
- 2/4 homemade mayonnaise
- Salt
- 2 canned red peppers

Preparation

1. Put the potatoes (cleaned with skin) to boil over a low heat into a pan with cold water and add the salt you want (potatoes take what they need). Let them cook.
2. Peel the carrots, cut them into small cubes and boil them in another pan.
3. After 25 minutes of cooking, introduce the eggs with the potatoes and let cook for 5 more minutes.
4. Drain the water, let it all cool down.
5. Drain the carrots and reserve on a plate.
6. Peel the potatoes and 2 eggs (the other egg is reserved to decorate).
7. Chop the potato and the eggs into small cubes.
8. Cut the olives in half or quarters.
9. Put the potatoes, the eggs, the carrots and the olives in a large bowl. Add the peas, the sweet corn and the crumbled tuna.
10. Add the mayonnaise and mix gently. Try and add salt (if needed)

Tips

Put the Russian salad into a shallow food tray. Then, decorate it with one egg cut in slices onto the salad. Add red peppers and olive oils. Allow to cool into the fridge for at least 2 hours and serve.

Meat in sauce with chips

This Recipe can be eaten any day of the week and any day of the year, usually it is eaten at noon in Spain.

Ready in **50 minutes**

Serves **6 people**

Costs **2,50 € per Person**

Ingredients

- 1 kg of meat; sliced in cubes.
- 3 carrots
- 1 onion
- 1 green pepper
- A clove of garlic
- 1 leaf of laurel
- 1/2 glass of white wine
- 1 tbs. of salt
- 1 tbs. of flour
- 1 fresh tomato
- Colorant (opcional)
- 1 l olive oil

Preparation

1. In the pressure cooker, the base is poured with 1/2 glass of olive oil.
2. When it is hot add the chopped onion, the pepper, the tomato, and the garlic.
3. When all this is pouched, the meat and the chopped carrots are added to cook.
4. Add one tablespoon of flour and once sauteéd, 1/2 glass of white wine.
5. Let cook for 5 minutes over low heat.
6. Add water just to cover the meat and 1 teaspoon of salt.
7. Close the pot and cook for 15 minutes, medium heat.
8. Cut the potatoes into sticks and fry in gently olive oil.
9. Serve and enjoy.

Tips

You can add different vegetables(green peas and mushrooms)
You can change chips by boiled potatoes.

Wodzionka - Garlic Soup

A traditional dish from our region – Silesia. Tastes best on cold winter afternoons.

Ready in **15 minutes**

Serves **4 people**

Costs **0.50 € per Person**

Ingredients

- ¼ of stale bread
- 1 tbs. of butter
- 5 cloves of garlic
- salt to taste
- 1 l of chicken stock
- some green parsley

Preparation

1. Dice bread into medium cubes.
2. Peel the garlic and crush it in a garlic press.
3. Boil the stock.
4. Put the diced bread into a bowl, sprinkle the bread with crushed garlic, salt and parsley
5. Add butter.
6. At the end add hot stock and mix everything.

Tip

If you wish, you can add pieces of bacon or sausage to enrich the taste.

Potato dumplings

Ready in **60 minutes**

Serves **4 people**

Costs **0,50 € per Person**

Ingredients (for about 30 dumplings)

- approx. 1 kg boiled potatoes
- approx. 300 g potato flour
- 1 egg
- a tbs. of salt

Preparation

1. Peel potatoes, cook, strain and immediately crush them in a Prague machine or grind in a potato. Cool thoroughly and evaporate.
2. Put the potatoes into a large bowl. Cut out a quarter of the potato mass , remove it and put it away. Add the potato flour to cover the empty space up to the level of the potato mass.
3. Add the egg and salt to the potatoes, combine the ingredients into a smooth dough. If necessary, sprinkle with additional potato flour. Form a ball.
4. Take a piece of dough the size of a larger walnut and form a ball with your hands. With the end of a wooden spoon or finger, make a small hollow in the middle.
5. Boil the salted water in a large pot. Boil the first batch (half) of dumplings as follows: reduce the heat under the pot to a minimum and insert the dumplings. Keep them in hot water for a minimum of heat for 10-12 minutes, stir occasionally gently. Don't bring the water to the boil. Thanks to this, the dumplings will have a smooth and not ragged surface.
6. Pick them with a slotted spoon on the plate. Repeat with the other half of dumplings.

Beef roulades

This is a traditional Silesian Sunday dinner dish. Serve the roulades with Silesian dumplings and red cabbage.

Ready in **150 minutes**

Serves **4 people**

Costs **3,00 € per Person**

Ingredients

- 4 slices of lean beef
- 2-3 homemade pickled cucumbers
- smoked bacon
- 2 large onions
- Goose or pork lard
- mustard
- sour cream
- wheat flour
- salt, pepper

Preparation

1. Gently break the meat sheets with a pestle. Salt the meat and sprinkle with freshly ground pepper.
2. Peel onions and cut into feathers, cut bacon into bollards. Dice pickled cucumbers.
3. Spread mustard on each piece of meat. Put the cucumbers, bacon and onion feathers on the bottom of each flake of meat.
4. Roll the Silesian roulades quite tightly, use a white thread or a kitchen string to prevent them from falling apart.
5. Heat the goose or pork lard in a frying pan. Put the Silesian roulades on the hot lard. Fry them on all sides with strong heat for a few minutes until they are nicely brown.
6. When the roulades are nicely browned, put the onion cut into feathers on the pan. Fry together for a few minutes, then remove the rolls from the pan and put them in a saucepan.
7. Then pour a glass of hot water over the pan and scrub off the whole "pan".
8. Pour the contents of the pan into the saucepan, in which the Silesian roulades, which were fried a moment earlier, rest. Throw a laurel leaf, a little pepper, cover it with a lid and let it fry in a very low heat until the meat is soft up to 2 hours.
9. A touch of thick, sour cream is something that will spice up the taste of the sauce.
10. Remove the strings from the roulades and put them in a saucepan with sauce.

Stuffed cabbage

[without the cabbage - for fussy eaters]

Ready in about **90 minutes**

Serves **8 - 12 people**

Costs **2,00 € per person**

Ingredients

- Sauce
  - ➢ Half of onion
  - ➢ Tomato paste
  - ➢ Pelati tomatoes
  - ➢ 125 ml of water
  - ➢ Salt and pepper
  - ➢ Butter
  - ➢ Sunflower oil
- Minced pork/beef (both) 500g
- White cabbage 200g (cut in small strips)
- Sauerkraut 200g
- Pearl Barley 100g
- 1/2 of onion
- 1 egg
- 125 ml of water
- Salt and pepper

Preparation

Dice onion, fry on the hot oil in pots. Add some salt and pepper. Then add white cabbage (already sliced)

Fry and add water. Leave it for about 10 min and when water evaporates we leave cabbage to cool.

Sauce: Fry the other half of the onion in hot oil in a frying pan. Add tomato paste, mix.

Add pelati tomatoes and some water. Pair the sauce and season with salt, pepper, sugar and marjoram. Boil.n Add butter, mix and remove the sauce from the fire.

1. Form up: Mix finely chopped sauerkraut, minced meat, egg with chilled white cabbage. Season with salt and pepper. Thoroughly mix all the ingredients from which then form medium-sized balls.
2. Baking: Put meatballs in a casserole on a layer of tomato sauce - repeat the layers and pour the rest of the sauce into the dish ¾. Place the rosemary branches on top.
3. Bake for 30-45 minutes in an oven preheated to 180 ° C.

Tips

Traditionally, the meatballs are wrapped in pre-cooked cabbage leaves, but most children [and fussy eaters] remove the cabbage before eating, so we decided to do away with the cabbage altogether.

Cabana potatoes

Ready in **90 minutes**

Serves **8 people**

Costs **2,00 € per Person**

Ingredients

- 4 kilograms of potatoes
- 3 carrots
- 3 big onions
- 2 big sausages
- half a kilogram of bacon
- 5 chicken legs
- 3 tbs. of pepper
- other spices to taste
- 200 g of lard
- one big cabbage leaf

Preparation

1. Prepare one big cauldron!
2. Put 100 grams of lard on the bottom of the cauldron!
3. Peel the potatoes and cut them into halves!
4. Peel the carrots and chop them!
5. Peel the onions and chop them to the rings!
6. Cut the sausages and bacon into small pieces!
7. Wash the chicken legs in cold water!
8. Place the first layer of in the cauldron and add one full spoon of salt on it!
9. Lay all chicken leg on it and add spices to taste!
10. Place the second layer of potatoes and add another full spoon of salt on it!
11. Lay all your sausages and bacon on it and add three pinch of pepper!
12. Place the third layer of potatoes in the cauldron and add the last full spoon of salt!
13. Add 2 pinch of pepper on it and 100 grams of lard!
14. At the end cover everything with a cabbage leaf in order to maintain the temperature and taste!
15. Light a fire in a safe place and put the cauldron with" cabana potatoes" on it!
16. Cook everything for two hours!
17. During cooking make natural forks from wooden sticks
18. When the cooking is over, remove the cauldron from the campfire safely!
19. Divide the food into 8 equal parts and enjoy the taste!

Potato salad

Ready in **20 minutes**

Serves **4 people**

Costs **2,00 € per Person**

Ingredients

- 2 kg potatoes
- 1 medium sized onion
- 250 ml vegetable stock (broth)
- 3 tsp white wine vinegar
- 2 tsp "Dijonmustard", with green pepper
- 200 g mayonnaise
- 6 little pickles (finely diced)
- Some of the "pickle water"

Preparation

1. At first you cook the potatoes with salt for 15-30 minutes. After that you peel the potatoes and let it cool down.
2. Then you cut them into thin slices.
3. Bring the broth to boil and cook the finely chopped onions for 2-3 minutes, then add the vinegar
4. Then take everything from the stove and let it cool down. After that, stir in the mustard
5. Put the broth and the onions over the potatoes and let them steep for a short time
6. Cut the gherkins into small cubes
7. Then mix the mayonnaise with the cucumber water and pour over the salad and allow to blend well.

Tip

It also taste good with meat sausage,paprika and tomatoes

Eggs with Sucuk

Sucuk is a garlic sausage

Ready in **10 minutes**

Serves **2 people**

Costs **2,00 € per Person**

Ingredients

- 2 tbs. of butter
- 4 eggs
- 1 sucuk
- salt, pepper and paprika spice

Preparation

1. 2 tbs. of butter in a pan at 180°C.
2. As soon as the butter melts, add four eggs and fry them.
3. Cut the garlic sausage into slices and put them into the pan.
4. Add 1 pinch of salt, 1 pinch of pepper and two pinches of paprika spice on the eggs.
5. Once the eggs are fried, it's done.

Strammer Max

(Ham and fried eggs on toast)

Ready in **10 minutes**

Serves **1 person**

Costs **2,00 € per Person**

Ingredients

- One slice of bread
- 2 eggs
- 1 tbs. of butter
- Two slices of ham
- Chive (the amount is your decision)
- A pinch of salt

Preparation

1. Cutting the bread .
2. Spread the butter on the bread.
3. Frying the eggs, add a pinch of salt
4. put the ham on the bread, but you have to make sure that the ham is under the egg ---> for a beauty purpose!
5. Garnish the dish with chopped chives.
6. Now you can enjoy your Strammer Max .

Roasted potatoes with cheese, onions and bacon

Ready in **30 minutes**

Serves **6 people**

Costs **2,00 € per Person**

Ingredients

- 600 g potatoes cooking tight
- 6 tsp sunoil
- 6 tsp roasted onions
- 1,5 onions
- 1,5 red onions
- 150 gramm cheese (f. ex. Gouda or Emmentaler)
- 1 bunch of chives (f. ex. by choice

Preparation

1. Wash potatoes and cook in a pot of boiling water for 15 minutes.
2. Drain the potatoes, allow to cool briefly and then remove the peel.
3. Cut potatoes into slices approx 0,5 cm thick.
4. Fry the the potatoes in oil for 6 minutes.
5. Peel the Onions in parallel, cut in half and cut into thin slices. Add onions to the potatoes and fry.
6. Grate the cheese. Wash the chives, shake dry and cut into small rolls.
7. Put the chives, fried onions and cheese over the potatoes.
8. Enjoy!

Tip

Optional for meat lovers: you can added bacon.

Labskaus

A typical dish from Northern Germany. It is perfect for cold and rainy days.

Ready in **40 minutes**

Serves **2 people**

Costs **3,50 € per Person**

Ingredients

- 400 g Potatoes
- Salt, Pepper
- 400 g roasted and peeled beetroot
- 200 g cucumber spice
- 1 pack of ham cubes
- 2 tsp. oil
- 2 eggs

Preparation

1. Peel and quarter the potatoes and cook them in boiling salted water for 20 minutes.
2. Cut 300 g beetroot into coarse pieces and puree finely together with gherkins, gherkin brew and corned beef.
3. Drain the potatoes and crush finely with a fork or a potato masher. Fold in the beetroot puree and warm up over a low heat. Season with salt and pepper.
4. Drain the potatoes and crush finely with a fork or a potato masher. Fold in the beetroot puree and warm up over a low heat. Season with salt and pepper.

Tip

Add salted young hering if you like fish!

Potato casserole

Ready in **55 minutes**

Serves **3 people**

Costs **3,00 € per Person**

Ingredients

- 1 kg potatoes
- 250 g bacon
- 600 ml milk
- 100 ml whipped cream
- 60 g flour
- 3 gloves of garlic
- 1 onion
- Pepper
- Seasalt
- Nutmeg
- Parsley
- Bay leaf

Preparation

1. Peel potatoes, slice and blanch in boiling salted water.
2. Make a béchamel sauce: Melt the butter in a saucepan and stir in the flour with a whisk, gradually pour in the milk and continue stirring, season with salt, white pepper and nutmeg and add the bay leaf. Stir in the cream.
3. Fry the bacon, the chopped onions and the thinly sliced garlic with a little butter in a frying pan until translucent. Add to the béchamel sauce together with a little parsley and stir in. Remove the bay leaf. Then add the potato slices to the pot and fold in.
4. Place everything in an ovenproof dish and cover with breadcrumbs and cheese.
5. Place in the oven at 220 degrees for 10 - 15 minutes until the gratin is golden yellow. Sprinkle with chopped parsley.

Tip

It can be combined with meat fillets.

Crab Bun

Ready in **15 minutes**

Serves **1 person**

Costs **4,00 € per Person**

Ingredients

- 1 bun
- Mayonnaise
- 100 g small crabs. (If there are no crabs to buy, you can also use shrimps.)
- 4 slices of lettuce

Preparation

1. You begin to cut the bun in to two slices.
2. Then you press the mayonnaise the bread.
3. Now you put the lettuce slices on one half of the bread.
4. At least you put the crabs on the bun.
5. At least you can put the both bun half together and then carb sandwich is finished.

Dessert

Spain

Desserts vary depending on the season and we do have typical desserts for every special occasion as cakes, rice in milk, custard . Famous traditional homemade desserts in Granada are made and sold by nuns at convents. Something you can't miss in summer is a Cassata ice-cream from 'Los Italianos'.

Poland

We usually have a dessert at weekends. It is usually some kind of cake: babka or cheesecake.

Germany

It also depends on the season. In May and June and July a lot of Germans love to have strawberries for a desert, plain, with ice cream or cream and mascarpone. Complicated desserts are served for guests.

Green jelly is the most favorite dessert of children.

Torrijas

In Andalusia, during the festivities of Easter, the Torrijas are prepared as traditional food to celebrate it.

They are prepared at home along with relatives on these days, and in some areas they can be found in bakeries, restaurants and bars too.

Ready in **40 minutes**

Serves **8 people**

Costs **0,75 € per Person**

Ingredients

- 1 loaf of bread (approximately 300 grams) preferably stale
- 4 eggs (approximately 65 grams x 4)
- 1 l of milk
- 1 cup of sugar (250 grams)
- 1 l of oil for frying, preferably Olive Oil
- 1 Cup of honey (250 milliliters)
- 1/3 Cup of warm water (85 milliliters)

Preparation

1. Cut the bread into slices about 2.5 - 3 cm thick, slightly diagonally. Place the slices side by side on a tray or in a long bowl.
2. In a pot, mix the milk and sugar until it is completely integrated and heat. You can flavour it with half teaspoon of vanilla, a stick of cinnamon and some orange peel. Allow to boil for 5 minutes and cool down for another 5 minutes.
3. In a deep bowl we beat the eggs.
4. In a third deep bowl mix honey and warm water until diluted.
5. We dip the slices into the milk to soak them, and then into the beaten eggs. Tip: You can remove excess of milk by squeezing lightly with your hands to leave the bread wet but not dripping.
6. To fry, prepare a large frying pan with the oil.
7. When the oil is hot, add the bread in the pan. Tip: Do not add too many slices to prevent the oil from cooling.
8. Brown on both sides and once ready, dip into the honey mixture.
9. They are placed in a tray, preferably with a grid to drain the excess. Serve and enjoy!!!

Tips

They can be made with white or red wine instead of milk.
You can change the honey mixture by 1 glass of sugar and 1 teaspoon of powder cinnamon to dip them into.
You can let stand at room temperature, they are even tastier!

Yogurt Sponge Cake

The yogurt sponge cake is perfect to invite your friends or your family to a coffee or tea at your home.

Ready in **45 minutes**

Serves **6 people**

Costs **0,50 € per Person**

Ingredients

TIP: the glass of yogurt is the measure

- 3 eggs
- 1 lemon yogurt
- 1 glas of oil
- 2 glas of sugar
- 3 glas flour
- Baking powder (15 gr)
- Butter

Preparation

1. Preheat the oven.
2. Beat the eggs with the sugar.
3. Add the oil.
4. Mix the sieved flour and the baking powder and add it to the mixture.
5. Beat all ingredients very well.
6. Pour into the mold previously coated with the butter.
7. Put into the oven at 180º degrees Celsius for half an hour.

Tips

- Use sunflower oil
- You can decorate with chocolate or icing sugar
- You can either sprinkle sugar over it just before taking into the oven.

Makowiec

(Poppy seed cake)

This is a Polish tradicional cake which in baked for christmas.

Ready in 1**20 minutes**

Serves **10 people**

Costs **1,00 € per Person**

Ingredients

Yeast dough:

- 180 ml milk
- 3 glasses of flour (600g)
- 150g melted butter
- 6 yolks
- 45 g fresh yeast
- 6 tsp. of sugar (90g)
- 1,5 tsp. of oil (22,5g)
- 2 tsp. of vanilla sugar (30g)

Poppy seed filling:

- 500 g poppy seed
- 200 g sugar
- 100 g raisins
- 50 g chopped walnuts
- 15 g of honey
- a pinch of cinnamon
- almond essence
- 15 g of butter
- Candied orange skin
- 6 egg whites
- 100 g of icing sugar
- 30 g of hot water

Preparation

1. Cover the poppy seed with boiling wather and leave it for 30 minutes. Mince the poppy seed twice.
2. Mix warm milk with one tablespoon of sugar, yeast and 4 spoons of flour, Cover it with a kitchen towel and put it in a warm place for 10-15 minutes.
3. When the leaven graus stir it with the rert of the ingredients of the yeast dough. In the end,the dough. Cover it with a kitchen. Towel and leave to grow.
4. Mix the poppy seed with the rest of the filling apart from egg whites. Beat the egg whites, add them to the filling and mix gently.
5. Divide the dough into 3 parts. Roll out each part and spread it with the filling. Roll each part up put it on baking paper and roll up again. Put each part on a baking pan.
6. Bake in a hot oven 180℃ for 45 minutes.
7. Spread the icing on the warm cake

Tips

How to prepare the icing:stir the icing sugar with hot water, spread it on the cake and sprinkle the cake with some poppy seed.

Babka

It's a traditional Polish dessert – a cake which is typically eaten at Easter, but we eat it all the year through.

Ready in **30 + 70 minutes**

Serves **8 people**

Costs **0.25 € per Person**

Ingredients

- 2 glasses of wheat flour
- 1 and 1/4 teaspoons of baking powder
- a pinch of salt
- 225 grams of butter
- 1 cup of fine sugar for baking
- 4 large eggs
- half a tbs. of vanilla extract
- half a glass of milk
- 120 grams of dark chocolate

Preparation

1. Sift flour and powder, then mix with salt.
2. Combine butter with sugar using a mixer to get a fluffy butter mass.
3. Add eggs, one by one.
4. Add vanilla extract and blend.
5. Reduce the speed of the mixer and add the flour alternately with milk.
6. Melt the chocolate in a water bath
7. Divide the batter in half, add a slightly chilled chocolate to one part with a spoon.
8. Grease the baking tray with butter, sprinkle with wheat flour.
9. Place the batter on the tray alternately light and dark batter.
10. Make zig-zags with a fork in the batter.
11. Bake at 160°C for 70-80 min

Tips

When babka is already in the oven, don't open it before the baking time is over, otherwise it will get ruined.

Baked Apple

Crisp fresh apples stuffed with a brown sugar, pecan mixture and baked until tender.

Ready in **20 minutes**

Serves **4 people**

Costs **1,00 € per Person**

Ingredients

- 4 apples
- ¼ cup chopped walnuts or pecans
- ¼ cup light brown sugar, packed
- 2 Tablespoons butter, room temperature
- ½ teaspoon ground cinnamon
- ¼ cup water
- Ice Cream, for topping, optional

Preparation

1. Preheat oven to 350 degrees F, or 175 degrees C.
2. Use a paring knife or apple corer to remove the stem and seeds from the apples, making a deep hole where the filling will go.
3. Combine the brown sugar, butter and cinnamon in a small bowl and mix to combine. Add the nuts. Spoon mixture into each of the apples.
4. Add ¼ cup of water to a baking dish and place apples on top.
5. Bake for about 40 - 45 minutes. Remove from oven and allow cooling for a few minutes,

Tips

Serve the baked apple with ice cream, if desired.

Sunken Apple Pie

Ready in **55 minutes**

Serves **6 people**

Costs **1,00 € per Person**

Ingredients

- 250 g flour
- 150 g soft butter
- 150 g sugar
- 8 g vanilla sugar (one pack)
- 3 eggs
- 1 tbs. baking powder
- 1 pinch salt
- 4 big sour apples
- 3 tsp. sugar
- Powdered sugar for dusting

Preparation

1. Preheat the oven to 180 ° C.
2. Stir the soft butter with the salt and sugar frothy, stir in the eggs and stir in the flour with the baking powder.
3. Peel, quarter and core the apples and incise a few times at the back, but do not cut them.
4. Put the dough in a greased mold.
5. Put the apples in the dough and sprinkle with the sugar.
6. Bake in preheated oven (circulating air) for approx. 45 minutes. Make a stick sample.
7. Remove from the baking pan and let it cool down. Serve dusted with powdered sugar.

Tip

Use sugar if there is no powdered sugar.

Heidesand-Cookies

Ready in **30 minutes**

Amount **60 cookies**

Costs **6,50 € in total**

Ingredients

- 200 g butter
- 150 g powdered sugar
- 1 vanilla bean (the mark)
- ½ lemon zest
- 3 g seasalt
- 30 ml cream
- 300 g flour

Preparation

1. Heat the butter in a pot until the whey is browned, pass the butter through a sieve and allow to cool (= nut butter).
2. Add sugar and spices and stir until slightly foamy. Add the cream and sifted flour and knead into the dough.
3. Form the dough into a 5 cm diameter roll and refrigerate for 2 hours.
4. Cut 5 mm thin slices from the dough roll with a sharp knife and place them on baking trays lined with baking paper.
5. Bake at 160°C for about 20 minutes. Allow to cool.

Tip

The cookies taste perfect with black tee.

Food idioms

Every language has its idioms. Every country has idioms about food. Their literal meanings are often strange and funny and completely different from the figurative ones.

For example, in Polish to feel pepper mint for someone means to be attracted to someone.

Spanish food idioms	*Polish food idioms*	*German food idioms*
• Go to fry asparagus • They'll give you the grapes • To be your half orange • It's eaten bread • To have bad milk • To be as water and oil • To give pumpkins • To be from the year of the pear • To be a sausage	• To have a hard nut to bite • Not to be in a sauce • To throw peas against a wall • What has ginger bread got to do with a mill? • To run away where the pepper grows • To promise pears on a willow • To take somebody into raspberries	• He always has to add his mustard • Many cooks spoil the mash • To hand over one's spoon • No worries, they just cook with water • You can't eat cherries with him • Hop and malt are lost with him

Find out the true meaning of the idioms!

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