



Catalan, Czech and Italian traditional and family recipes

ERASMUS+ PROJECT

This recipe book brings traditional and family recipes from Catalonia, Italy and the Czech Republic. The recipes were collected by students participating in Erasmus+ project “Shining a Light on Fading Memories and Declining Crafts.

One of the project aims was to maintain both traditional and family recipes which are usually passed on only within a particular family.

We prepared the meals of our partners and especially during the lockdowns, due to the pandemic of COVID 19, we had enough inspiration for lunch and dinner.

The recipes are provided with photos, sometimes stories and at the end of this ebook, you can also find video-recipes.

So, enjoy the recipes!

Garlic soup (Czech meal)

There are a few recipes for the best garlic soup but this one is not that known. In the past local people didn't have much money and they were used to use everything they had and they were able to prepare tasty and nutritious meals. In my aunt's family this soup was prepared quite often when she was a child. Honestly, this soup is not nice in the plate but is tasty. Don't you believe? Try it.:)

Ingredience:

2-3 slices of bread

water

Marjoram

Salt

Carraway

Lard/bacon

Garlic

Instructions

Dice the slices of bread and boil them in a pot with water, salt, carraway, marjoram till it is boiled to mush. You can add broth but it is not necessary. Add the pressed garlic. How much? It depends on your taste.

Meanwhile cut the bacon on small pieces and fry them. Pour the fried bacon into the soup. That is all.



White/ Buttermilk soup (Czech meal)

This is traditional regional soup that everybody loves. I would like to introduce the simplest recipe. Some families add more ingredients but the basic one is the best.

Ingredients:

2 or 3 potatoes (middle size)

Caraway

Salt

Egg

Water

A bottle of buttermilk

A slice of butter

A spoon of soft flour

Instructions:

Peel and dice potatoes and boil them in water with salt and caraway till they are done. Meanwhile mix buttermilk with flour and an egg. There mustn't be lumps. Pour the mixture into the pot with potatoes and stir it all the time, especially at the bottom of the pot. Lower the temperature on the cooker. Boil it for about 2 minutes. Then put a slice of butter on the top or you can put a thin slice of butter on the surface of the soup in each plate. Both children and adults like this simple soup.



Potato pancakes (bramboráky) (Czech meal)

There are many traditional recipes in the Czech cuisine. Every family has it's own twist on it. I chose bramborové placky, also called „bramboráky“, because we make both the traditional salty potato dish but also a sweet version with plums. Here is what you need:

- 5-6 huge potatoes
- 100-250 grams of flour
- 1-3 eggs
- pinch of salt
- marjoram
- 1-5 cloves of garlic
- frying oil
- big mixing bowl
- hand grater or machine
- frying pan
- mixing spoon
- garlic masher
- paper napkins
- potato peeler

Firstly, peel the potatoes and finely grate them using an electric grater or your elbow grease and a hand grater – that's the best way to do it. Add a pinch of salt and let the potatoes sit for a minute to release excess moisture. After a few minutes the potatoes release a bit of water, which you can drain. This ensures the mixture to hold better together during frying. Now add a few tablespoons of flour and 1 to 3 eggs. The measurements are never same because it depends on the type of potatoes you use, how big your eggs are and how much the flour soaks in the moisture from the potatoes. So add in a tablespoon of flour at the time and add more if the mixture keeps falling apart. But it should be still quite liquid. Now add a pinch of marjoram and garlic. I put in at least 4 cloves because i love garlic flavour, but feel free to add how much you like. Now preheat your frying pan on high heat. Pour in your oil and when it's hot, take a big spoonful or two of the potato mixture and spread it on the pan in a 1 to 2 cm wide layer. If you put too little oil in the pan your bramboráky might stick to it. So make sure that it floats a little in the oil and don't be afraid to add more during frying. Trust me, this is not a „skinny“ meal. After frying the bramborák on one side for a while you will start noticing a little browning on the sides. That's the right time to flip it. Use two forks or a spatula to do so. Now fry the bramborák for a moment on the other side. If you aren't sure if it's done, take one out and taste it. It should be crispy on the outside but soft and warm on the inside. Take a plate and put a few paper napkins under the

bramboráky to soak excess oil after frying. Now you are ready to serve. My family enjoys bramboráky just with a sprinkle of salt. But you can put a slice of cheese or ham on the top or mix it in the batter before frying. Either way, the resulting meal is delicious no matter what.



This is the traditional way of making bramboráky. Here is my family's ancient sweet twist:

- potatoes
- flour
- eggs
- pinch of salt
- fresh or conserved plums
- butter or oil for greasing
- potato peeler
- big mixing bowl
- hand grater or machine
- mixing spoon
- baking sheet

The batter itself is almost the same as for the savoury version. Just don't add in any garlic or marjoram. Another difference is in the cooking process. This time we will bake it in the oven. Take a big baking sheet and grease it with a little bit of butter or cooking oil. Evenly spread the potato mixture and press it in the sheet. Take your plums, which you already washed and halved, and spread them on the mixture skin side down. My family's trick to making this dish is using our secret loaded plums compote my great-grand father invented. But you can use regular plums. If you feel fancy, sprinkle the top with a little bit of cinnamon and sugar. It will caramelize during baking. Bake it on 180 °C for 30-

50 minutes. The plums should be soft and the top should be golden. Take it out from the oven serve either warm or cold. This is delicious just as is, but I like to sprinkle it with an additional pinch of cinnamon and sugar or a spoonful of greek youghurt.

As you see, there are many ways to remake a base recipe and create endless versions of it. I tried to recreate this recipe many times. But I have to admit, that the traditional one is the most nostalgic and brings me back to childhood.



Herring with white beans.

Ingredients:

- 4 potatoes
- white beans (50g for 1 person)
- Herring
- 3 tender onions

Method:

1. Boil the potatoes for 20 minutes. After 10 minutes add the white beans.
2. Grill the herring and when it's cooked take off all the spines and then crumble the fish.
3. Then cut the onions into very little pieces and add them to the mixture of the potatoes and the white beans.
4. Then serve it on a plate with the herring, the potatoes and the white beans.
5. To finish , season it with oil.



Abruzzo-style stuffed artichokes (Italy)

The environmental characteristics of the Abruzzo region are favorable to the cultivation of the artichoke which adapts to a Mediterranean climate, arid summer, and mild and rainy winter. At a nutritional level, the artichoke, which is a Slow Food presidium, plays an important role due to its biochemical characteristics, rich in vitamins A and B, iron, calcium, and potassium, and a particular substance, cynarine, a panacea for the intestine. In the kitchen, it looks like a versatile vegetable and among the various preparations stands out the artichoke "alla cupellese", stuffed with a filling of eggs and cheese, of which we propose the recipe:

Ingredients (for 4 people)

- 4 "mazzaferata" artichokes from Cupello
- 100 g of parmesan and fresh pecorino
- 2 cloves of garlic
- 300 g of homemade bread crumbs
- extra virgin olive oil
- 1 sprig of parsley
- Salt

Directions

How to prepare the artichokes

1. Remove all of the external leaves from the artichokes; the external leaves are darker and harder. Remove them all until you reach the internal leaves that are lighter in color and tender.
2. Now cut the top off the artichokes in order to remove the hardest part of the leaves. Also remove the external skins of the stems. The stems of the artichokes are very tasty and tender once cooked, therefore do not throw them away. Cut the stems into pieces of 3 to 4 cm long.
3. With your fingers open the inside of the artichokes to prepare the space for the filling.

4. Now place the cleaned artichokes and their stems in a bowl with water and a squeezed lemon. The lemon juice will prevent the artichokes from darkening and will reduce their bitterness.

How to prepare the filling

5. Grate the bread, the parmesan cheese and the pecorino cheese. Mix them all together, add the eggs. Add a handful of parsley and a garlic clove previously chopped (if you do not like garlic you can avoid using it). Add salt and pepper.
6. Mix very well to create a mixture similar to that used to make meatballs.
7. Add a few splashes of extra virgin olive oil.
8. Rinse the artichokes and dry them very well and start to fill them with the mixture you have previously prepared.
9. Fill all the artichokes.

How to cook the stuffed artichokes

10. Place half a liter of water or more in a large saucepan with a handful of parsley, a garlic clove (optional), olive oil (three tablespoons) and salt.
11. Place the artichokes and their stems in the pan, cover it and simmer slowly for approximately 20 to 30 minutes. The water should cover the artichokes by $\frac{3}{4}$. Prick the artichokes with a fork, if they are tender, it means that they are ready. If they are still hard, leave them to cook for a few minutes longer.
12. Serve with a drizzle of extra virgin olive oil on top and a sprinkle of



chopped parsley.

POTATO OMELETTE

Ingredients For an individual potato omelette:

- 2 very fresh chicken eggs
- 2 medium potatoes (about 150 g each)
- 1 onion
- olive oil, salt



Cut the onion.

Heat a non-sticky pan with 2 tablespoons of olive oil

Fry the onion for a few seconds over high heat, and when it starts to get brown, add the slightly chopped potato, salt and let it brown slightly.

Lower the heat and cover with a lid. The potato should be simmered.

Separately, in a bowl, crack the two eggs and salt them.

Once the potato is cooked, dry it from the excess oil in the pan, and mix everything with the egg.

Heat the pan over high heat with a little of olive oil, and pour in the egg and potato mixture. Let it crust.

Lower the heat until you see that the egg has almost set.

Soak a plate in oil, and cover the pan down with the plate.

Add a cloth and place on top of the plate. Apply light pressure, and with the other hand on the handle of the pan, turn the whole set on the plate.

Turn the pan fire back on, and let the contents of the dish slide over it,

Let it crust on this side and you can serve it.

Enjoy

Dill sauce with eggs

Ingredients:

600ml milk

300ml clear soup

200ml cream

80g butter

4 pcs of eggs

4 spoons of all-purpose flour 2 spoons of water

4 teaspoons of vinegar

Bunch of fresh dill

Sugar

Salt

Instructions:

1. In half amount of cold milk mixed well the flour.
2. Bring the rest of the milk to the boil, pour the all-purpose flour and milk into it and boil for about 20 minutes, dilute with the clear soup if necessary and then add the cream.
3. Wash the dill and chop it finely, weld it with vinegar, water and butter.
4. Pour the mixture into the sauce, season with salt and sugar, whisk well and do not cook anymore.
5. Boil the eggs.
6. Dill sauce is served with bread dumplings and hard-boiled eggs, which we cut into half.



Meatballs 'cace and ove' (Italy)

the real anti-waste cuisine

They represent one of the main dishes of Abruzzo cuisine and it was born from the need to use leftovers, so they are made of stale bread, eggs and cheeses that even the poorest farmers had at their disposal.



Dough

100 g Parmesan cheese (grated)

200 g Mixed cheeses (Rigatino and Pecorino from Abruzzo)

100 g Breadcrumbs

100 ml Milk

4 Eggs (whole)

Parsley (a few sprigs)

q.s. Black pepper

Sauce

1 l Tomato sauce

Basil (a few leaves)

1 Sweet green pepper

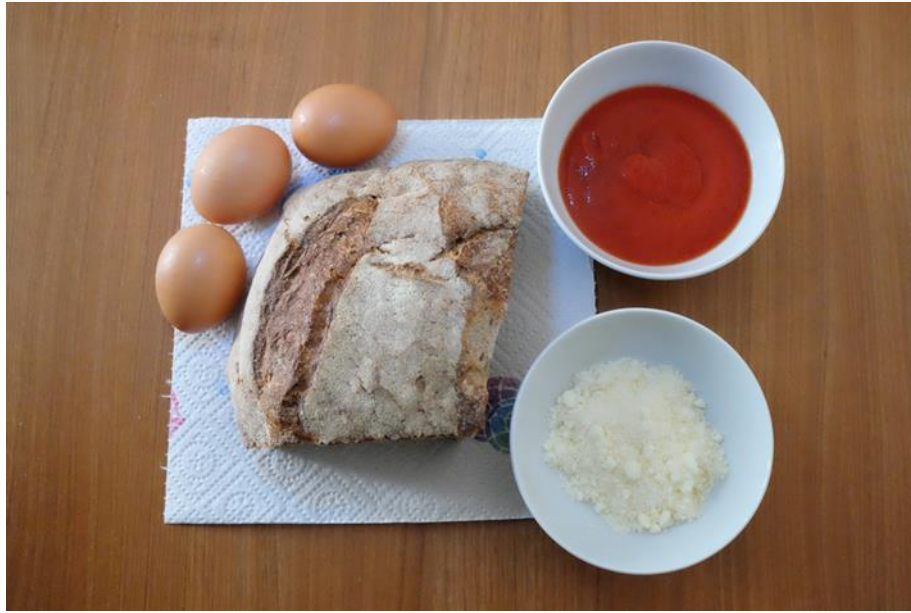
Onion

1/2 clove garlic

To fry:

800 ml Peanut oil

Preparation of the 'pallotte cace and ove'



Pour all the grated cheeses into a bowl, add the chopped parsley, the crumb soaked in milk and squeezed, the whole eggs and pepper. Mix well and let the dough rest for about an hour.

Take portions the size of an egg and form many balls with wet hands. Bring the oil to the right temperature and as soon as it is ready (test it with a toothpick, it must make bubbles), place the meatballs gently and fry a few at a time. If too many they would risk filling up with oil. Drain them and let them dry on absorbent paper

Prepare the sauce by frying the clove of garlic in a little extra virgin olive oil, which will then be removed, the half chopped onion and the sliced pepper. Add the fresh tomato sauce and cook over low heat for 15 minutes. Add the meatballs and allow them to soften in the sauce becoming even more puffy. Serve the Pallotte cace e ova hot perfuming them with basil leaves.

Grandma's meatballs

by Roger Serano and Joan Boatella (Catalonia)

Ingredients:

½ kg of minced meat (pork, veal, chicken)

2 slices of bread soaked in milk

1 garlic, 2 eggs, parsley, salt

Instructions:

First we have to make the meatballs with minced meat, bread, garlic, eggs, salt and boil them. Then stir-fry onion, garlic, carrot, salt, and a little wine. Put the meatballs in the mixture and boil them mildly.



photo by Czech team

Spaghetti alla chitarra with meatballs (Italy)

These are egg pasta spaghetti (also known as macaroni or tonnarelli) that have the typical square section, made with a wooden frame on which metal wires are attached that resemble a guitar. The sauce of these spaghetti is a very tasty mixed meat sauce that requires a long cooking and is enriched with very small beef meatballs, the “pallottine”.

INGREDIENTS FOR 4 PEOPLE

For spaghetti alla chitarra

- 00 flour 300 g
- Medium eggs 3

For the meatballs

- 300 g minced beef
- Eggs 1
- Parmigiano Reggiano DOP to be grated 20 g
- Nutmeg to taste
- Black pepper to taste
- Salt up to taste

For the ragù

- Lamb chops 300 g
- Pork ribs 300 g
- White beef 300 g
- Celery 1 rib
- Carrots 1
- White onions 1
- Peeled tomatoes 700 g
- White wine 50 ml
- Salt up to taste



- Extra virgin olive oil to taste
- Black pepper to taste

PREPARATION

- **Pallottine**

in a bowl, place the minced meat, egg, pepper, cheese, salt and a pinch of nutmeg. Mix with your hands to mix the ingredients and form the balls, or small balls that must not be larger than 1 cm. Then take care of the meat sauce.

- **Spaghetti alla chitarra**

sift the flour into a bowl, then arrange it in a heap on the work surface, then form a hollow in the center and pour the eggs. Starting from the inside, mix the eggs with a fork or spoon, gradually taking the flour from the edges; then work



the dough with your hands, mixing all the flour that is on the work surface. Then wrap the pasta obtained in cling film and let it rest for about 1 hour in a cool and dry place. After resting, then get ready to spread it out. Flour the work surface and equip yourself with

a rolling pin. Before rolling it out, flatten your dough by pressing lightly with your fingers, roll out the dough with a rolling pin about half a cm thick. Once the dough is formed, flour it well and then place it on the "guitar". Go over the rolling pin to cut the dough.

Place the balls in a pan and sauté a few minutes with a drizzle of oil, then pour the sauce without the pieces of meat.

Place a pot full of salted water on the stove and bring it to the boil, pour the spaghetti and cook for about 5 minutes. Drain the pasta and season with the sauce, excluding the meat, which you can use to accompany the dish.

Catalan custard

by Alba and Nora

Ingredience:

1l milk

10 spoons full of sugar

40gr of Maizena

6 egg yolks

Orange and lemon peel

cinamon

Instructions:

Boil the milk with orange and lemon peels and a little of cinamon. In another pot mix egg yolks with sugar and maizena. Take a strainer and pour milk with peels into a bowl with the other mixture.

Boil it and stir it. When it becomes thick, take it off the cooker. Pour it into individual bowls and let it cool down.



Carquinyolis (Italy)

Ingredient:

100gr. raw almonds

2 eggs

1 lemon

100 grams of sugar

175 gram of flour

Powdered yeast

Half spoon of powdered cinamon

Chocolate:

chocolate and water

Instructions:

Mix the flour with the yeast. Make a volcano and in the middle, put the egg, sugar, lemon zest, cinnamon powder and knead everything.

When the dough is already made, throw the almonds, and continue working on it.

Then make two stripes about 3 cm wide and about 2 cm high, more or less. Paint them with an egg yolk mixed with a little bit of water and bake them in the oven for about 30 minutes at 150 degrees.

We melt chocolate in the bain-marie, throw half a glass of water, let it cool down.

Take them off the oven and we do slices. put them again in the oven about 5 minutes for each side.

And when the carquinyolis are cool, keep them in a dry place. Serve them with chocolate.



Czech Easter loaf

(Czech: *mazanec*)

Ingredients:

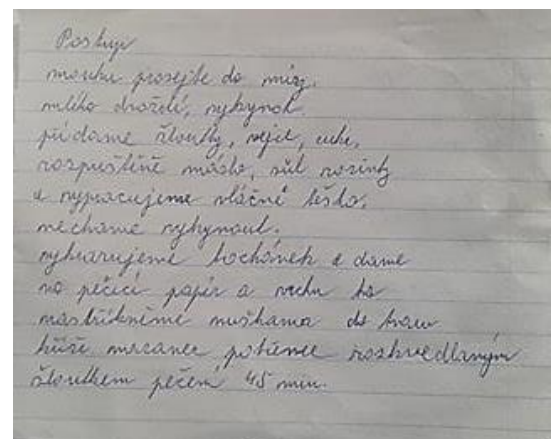
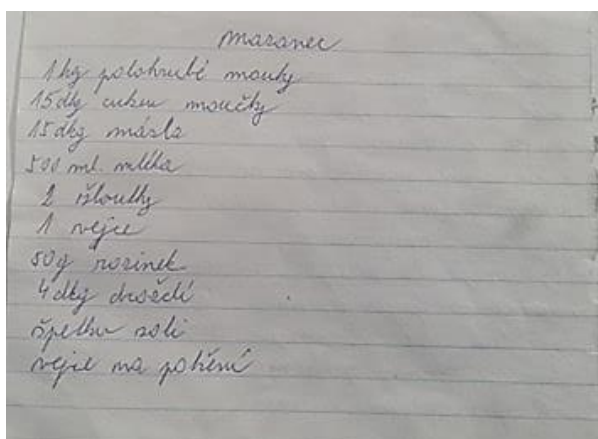
- 1 kg flour
- 150 g sugar
- 150 g butter
- 40 g yeast
- 5 dl milk
- 2 egg yolks
- 2 eggs
- 50 g raisins
- almond flakes
- pinch of salt



Instructions:

1. Into warm milk crumble the yeast and let come leaven
2. Into a bowl put sifted flour. Add egg yolks, one egg, sugar melted butter, salt and at the end raisins.
3. Prepare smooth dough and let the dough rise for an hour.
4. Shape two loaves and make a cross over the each loaf.
5. Smear it with the egg and sprinkle with almond flakes.
6. Bake at 200°C around 30 minutes.

This recipe we make every year at Easter and it is not Easter without it. We have it from our grandma and I've never eaten better Easter loaf then this one.



Gingerbread

On Saturday 17th November 2018 we visited Women's association in a nearby village to see how they make and decorate **gingerbread**. We were absolutely fascinated by gingerbreads of various shapes, decorations and icings and we also had a chance to try some of the activities. We were invited to the next week's exhibition of Christmas crafts.

So on Friday 23rd November we went to a retirement house to visit the **Christmas and Craft Exhibition**. Nice old ladies welcomed us and offered us delicious gingerbread. Then we explored different stalls with different crafts. We could see, for example, a chimney-sweeper, a farmer with a peasant, a ceramist, a butcher, a confectioner, a hairdresser, and much more, and in the background, there were made buildings or rooms in which the craftsmen work. Everything was made of moss, paper, sticks, gingerbread, wool, or cork sponges. We photographed their products and interviewed a lady, who told us about her hobby-making figures from squeals. She even showed us how this figure of dried corn leaves is made. We enjoyed exhibition very much.

Gingerbread

Ingredients:

Dough

50 g	butter
650 g	flour
7 spoons	milk
250 g	icing sugar
4	yolks
150 g	honey
2 tsp	gingerbread seasoning
2 tsp	bicarbonate of soda

Icing

170 g	icing sugar
1	egg white



Instructions - dough

1. Put flour, sugar, soda and gingerbread seasoning into a bowl. Stir it and add butter, yolks, honey and milk.
2. Tip the dough out and knead until smooth. Wrap it in a cling film and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 170°C.
4. Roll the dough out to a 0.5cm in thickness on a lightly floured desk. Use cutters and cut out different shapes. Place them on the baking tray and leave a gap between them.
5. Smear shapes with yolk or milk and bake for 10-12 minutes or until they are lightly golden-brown.

Instructions - icing

1. Stir sugar with glair until sugar melts.
2. Pour it into a piping bag and get creative with decorating.

History

The first mention comes from Egypt where gingerbread was found in pyramids but in Europe the first mention appeared in 14th century.

The original recipe contained only three ingredients: honey, flour and pepper so in the Czech Republic the gingerbread got its name after pepper. As time went on people improved the recipe.

At the time of Charles IV many people who made gingerbread came to Bohemia so the gingerbread was very popular.

Gingerbread was sold in stores but also in fairs. Today gingerbread is mainly Christmas or Easter candy.

The most famous city in the Czech Republic in which gingerbread is baked is Pardubice.



Tarts of Prajzká

Prajzká is the area of small town Hlučín and ambient villages that did not developed with the rest of the Czech Republic. For this place is typical dialect, people's temperament and lot of food such as tarts. The tarts are usually baked for special occasions as weddings or celebrations.

INGREDIENTS

Dough:

- flour (1 kg)
- soluted butter (25 dkg) and lard (1 spoon)
- yeast (3 pieces)
- salt (1 teaspoon)
- sugar (30 dkg)
- milk (c. 0,5 l)
- yolks (3 pieces)
- white of egg (1 and half of piece)

Filling:

- poppy/cream cheese/plum jam
- milk (by taste)
- sugar (by taste)
- raisins

Streusel:

- vegetable fat for baking (1 piece)
- sugar (20 dkg)
- flour (20 dkg)



METHOD

Pour all the ingredients to the bowl. In the dry site of the flour make a dimple and there prepare leavening – pour on calm milk the yeats. Let the leavening leave for half an hour. Afterwards knead it until smooth consistence and slightly dust with flour, than cover it with dish towel and let it leavening for an hour. Than split up the dlough into small tarts, fill them with and fold them up. Folded tart put on baking sheet, gently give it a push and rub it with whiped egg. Afterwards put on the top six small pieces of the streusel. Bake it in preheated oven (180°C) for c. 15 minutes.

DOBROU CHUŤ!

Torta Rustica ABRUZZESE (Italy)

The tradition of the Easter holidays in our Abruzzo wants that on the Easter day breakfast table there is the delicious rustic Abruzzese cake.

The rustic cake was born from the need to use the dough or the filling leftover from the fiadoni.

When precision scales did not exist yet, grandmothers dosed the quantities by eye, and it is not yet known how with their skills they bordered on a precision worthy of a modern electronic instrument.

Sometimes, however, it happened that some ingredients were leftover and the rustic cakes thus became a natural consequence so as not to waste anything!

Ingredients

For the base are used:

- 300 gr of fiadone base dough (alternatively you can use a disc of brisee pastry or a disc of puff pastry)

For the filling:

- 150 gr of grated Grana Padano
- 150 gr of grated rigatino
- 50 gr of grated pecorino
- 2 medium eggs
- 2 dry sausages in oil (you can add any other cured meat of your choice in the absence of these)
- a pinch of pepper
- a grated lemon
- 1/2 teaspoon of baking powder

Directions

For the rustic cake, roll out the dough with a rolling pin or with a machine (after leaving a piece for the decorations), giving it a height of approximately 2/3 mm.

We advise you not to make it too thin, otherwise, it risks breaking!

Roll it out in a small mold, after having oiled it well (we used a 15 cm diameter mold).

For the filling, instead, beat the foam eggs well and then add them, a little at a time, to the two grated slices of cheese.

Add the pepper, the grated lemon zest, and the sifted yeast.

The filling must be fairly consistent and not too soft.

Cut the sausages into cubes or thin slices, and add them to the cheeses.

Now spread the filling on the ready-made base, level it well, and then decorate the surface with the strips cut out with the pulley, adjusted as a weave.

Brush the strips with beaten egg and then bake at 170 degrees for approximately 35 minutes, until the surface is golden and the filling is golden brown.

Turn off and let cool in the oven.

You can enjoy the rustic cake on Easter day, if you ever prepare it in advance, remembering that it can be kept at room temperature (suitably covered with a cotton cloth), even for two days.



The walnut cookies (the Czech Republic)

Ingredients:

240 g	walnuts
1	egg white
pinch	salt
½ teaspoon	vanilla extract
1 teaspoon	grounded cinnamon
3 tablespoons	cane sugar
halves	walnuts

Instructions:

1. Prepare 2 big baking trays and put baking sheets in it. Reheat an oven for 170°C.
2. Whip an egg with a pinch of salt.
3. Add walnuts, vanilla extract, grounded cinnamon and cane sugar and mix well.
4. Make small balls from the dough and put them on the baking trays.
5. On each small ball put a half-cut walnut.
6. Put the baking trays in the oven for ten minutes.



Recipe of yeast buns (the Czech Republic)

(in Czech also known as „Honzovy buchty“)

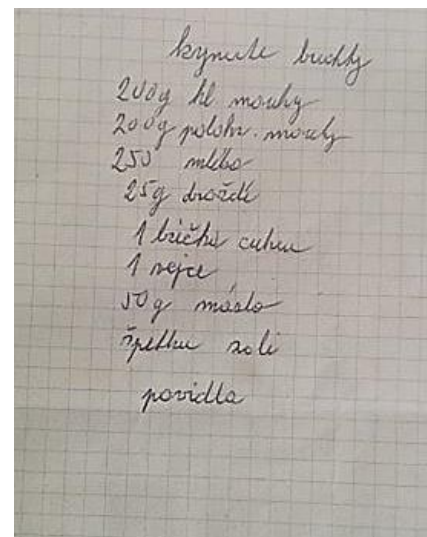
Ingredients:

- 400 g plain flour
- 25 g yeast
- 2.5 dl milk
- 1 tablespoon sugar
- 1 egg
- 50 g melted butter
- pinch of salt
- filling – plum jam (the best is homemade)
- butter or lard to smear the buns



Instructions:

1. Crumble the yeast into a bowl with warm milk.
2. Cover the bowl with towel and let come leaven.
3. Then the leaven mix with sifted flour, butter, sugar, egg and pinch of salt. Prepare smooth dough.
4. Cover the bowl with towel, put it in a warm place and leave it for at least one hour.
5. Make little balls from the dough and add into the balls plum jam. Make sure that the jam does not have a leak.
6. Place the balls close together in baking pan and smear it with the butter or lard.
7. Bake at 170°C until light golden brown.



This recipe is from my grandma. She was baking it with her mother, when she was little and now she and I bake the buns together, when I am with her. It is one of my all-time favorite food.

Photos of relatives eating meals of partners' recipes.



Czech relatives eating Catalan meals



Czech auntie eating Italian meals

<https://www.youtube.com/watch?v=4SBq1zkj4r8>

Catalan students making Italian recipe

<https://www.youtube.com/watch?v=80e4Jvb9Gh8>

<https://www.youtube.com/watch?v=54cOKh7zMV0>

Catalan custard

<https://www.youtube.com/watch?v=Di8cgWsGJp4>

Catalan video recipe

<https://www.youtube.com/watch?v=V7GIk5BP0c>

Catalan video

<https://www.youtube.com/watch?v=MFq5Dxdn6lw>

Czech cookies

https://www.youtube.com/watch?v=GucXeQDk_zQ

<https://www.youtube.com/watch?v=Nh0hHuUIz70>

https://www.youtube.com/watch?v=nSIKfhH7_O8

