



Erasmus+

„PLACE TO BE ... TO LIVE IN HARMONY”

2019-2022

RECIPES WITH HERB, FROM EUROPE



FRANCE
HOLTZHEIM
ECOLE MATERNELLE



Ciboulette





Projet ERASMUS

Des recettes d'ici et d'ailleurs :

- Découverte de plantes aromatiques, d'épices de Turquie en créant un panier des senteurs
- Plantation de ciboulette pour réaliser (si les conditions sanitaires évoluent) une recette alsacienne « le Bibeleskaes»



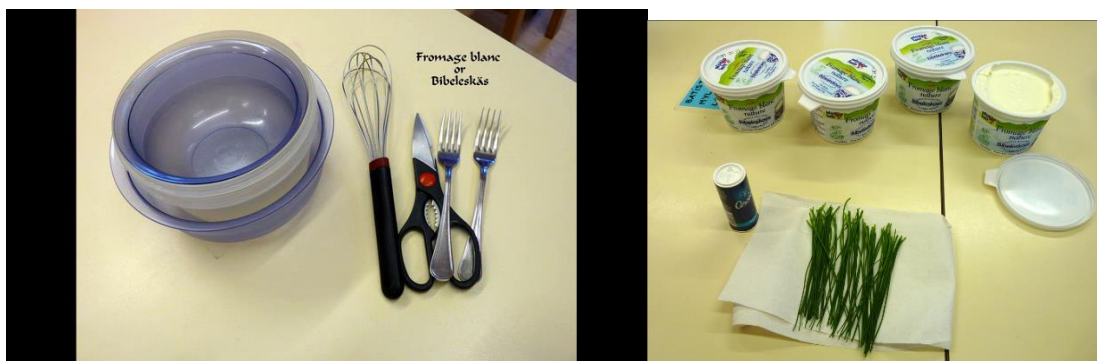


Bibeleskäs (Fromage blanc à l'Alsacienne)

- 500 gr of soft white cheese
- Small garlic
- Chive
- Salt and pepper

Chop the chives, peel the garlic. cut the garlic into small pieces.

Mix the garlic, the white cheese, salt, pepper in a terrine and add the chives as desired.



LATVIA
PARGAUJA
STRAUPES PAMATSOKLA



Caraway-seeds



Latvian Traditional recipe with caraway-seeds



“Janu siers” Summer solstice cheese

Ingredients:

Full Fat Milk – 1 litre

Soft Paneer / cottage cheese – 400 gm

Vinegar as needed

Butter – 75 gm

Egg – 1

Salt – to taste

Caraway Seeds – 1 tsp

Procedure:

Bring milk to boil. Add crumbled paneer or cottage cheese and heat it. The milk will start curdling. Add vinegar if the whey doesn't separate.

Once the whey is clear, remove from flame and stir it for a minute or two. Drain the whey in a colander and collect the cheese. Take the cheese in a apn and add butter and egg. Whisk all the ingredients to combine. Cook this on medium flame.

At first the cheese will crumble but after a while it will come together as a soft dough. At this stage, remove the cheese from flame.

Line a plastic container with a cotton or muslin cloth. Transfer the cheese into it. Wrap it with the cloth. Place a heavy object on top to set the cheese. Set it aside for an hour or

two. Remove the weight on top. Cover the container and refrigerate the cheese for 24 hours. Remove the cloth and slice it up.

Enjoy!



ROMANIA

BRAILA

GRADINITA CU PROGRAM PRELUNGIT nr. 37 BRAILA



Basil, sage and rosemary



How can we use it!

Salad with basil, sage and rosemary.

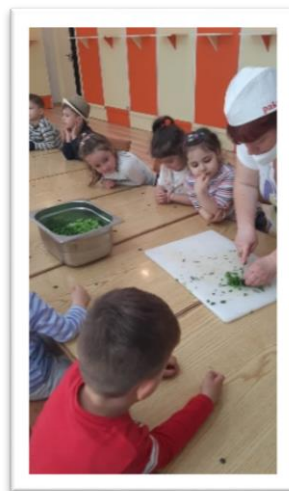
Necessary ingredients:

- 1 piece of lettuce,
- green onions,
- 3-4 tomatoes,
- 3-4 cucumbers,
- basil, sage, rosemary,
- olive oil and lemon juice.

Steps of the activity:

The children collect and wash the herbs. Wash plants and vegetables. Cut the salad, tomatoes and cucumbers. Add the herbs, broken into small pieces or chopped, into the bowl. Mix with salt, 2 tablespoons olive oil and lemon juice.

Enjoy!



TURKEY

SINCAN

SINCAN LALE ANAOKULU





RECIPE OF TURKISH TRADITIONAL FOOD “KISIR” WITH GREEN HERBS

2 cups of bulgur

1,5 cups of hot water

2 tablespoons of tomato paste

1 teaspoon of olive oil

Salt, lemon juice,

Fresh onion, Fresh mint, Parsley



1. Take the bulgur in a large bowl. Add 1.5 cups of hot water to it.

2. Cover it and wait for the bulgur to swell.

3. Add tomato paste, salt, lemon juice, olive oil to it.

4. After adding the chopped fresh onions, fresh mint and parsley and mixing them, it is ready to serve.

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4. After adding the chopped fresh onions, fresh mints and parsley and mixing them, it is ready to serve.



ENJOY IT.



BULGARIA

Dobrich town "First of June" 17 kindergarten



The important Bulgarian herbal is Spicy salt.

Fenugreek is a basic herbal in our traditional spicy salt. It includes at least 5 spices, the obligatory ones are: salt, red pepper (usually spicy, called sweet), savory, fenugreek and thyme. In addition, corn flour and / or breadcrumbs, ground to a fine powder. All of these herbs mixed and the Spicy salt is ready.



How can we use it?

For flavouring: There is nothing accidental in the fact that when we welcome guests, it is with a bite of bread, melted in spicy salt. It is a breath of childhood, a tradition, a taste with which we have grown up for generations, many generations. We do not associate anything so strongly with Bulgaria in terms of cuisine, but not only that. Many Bulgarians abroad, putting a jar of spicy salt in the suitcase and put a piece of the past, the homeland, the family.

There is no home without colourful salt and each home has its own recipe for the unique combination of spices. Ratio, types, technology - everything is so specific to each homemade recipe. Unfortunately, the purchased one, compared to the home one, is neither so tasteful nor so colourful, but it is doubtful exactly what is put in it. That's why we suggest you learn about the classic ingredients and prepare your own spicy salt.



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Recipe for traditional soda bread

/Bulgarian recipe/

- 500 gr. Flour
- Water-one tea cup is enough
- Oil-2 soup spoons
- Salt-1 tea spoon
- baking soda-1 tea spoon
- vinegar-1 soup spoon



Directions: Put the flour and make a well in the middle. Mixed soda with vinegar. Pour the water, olive oil and soda quenched in vinegar. Make the dough and let it rest for 30 minutes. Form a loaf and place in a greased and floured pan. Decorate with two forks and bake at 180 degrees for 30 minutes. The finished bread is served with spicy salt and honey, because the life is salty and sweet. We make this bread whenever we have guests and on holidays.



HUNGARY
SZÉKESFEHÉRVÁR
SZIVÁRVÁNY ÓVODA



The important Hungarian herb, is DILL.



How can we use it?

For flavouring:

Pickled cucumbers

Vegetable marrow stew

Cottage cheese cake

Dill sauce for meat

Recipe of vegetable marrow stew with dill



Ingredients for 4 people:

500 grams (17.5 ounces) of shredded vegetable marrow
1 medium onion, diced
2 good tablespoons of flour
250 grams (1 cup) of sour cream
small bunch of dill – chopped
vegetable oil

salt to taste

Directions:

In a soup pot, sauté the finely chopped onions in vegetable oil over low heat, stirring frequently, until translucent. Do not let them burn. Salt lightly to help tenderize them.

Add the shredded vegetable marrow, pour in just enough water to cover, salt to taste and cook until tender.

In a bowl whisk together the sour cream and the flour. Slowly begin to add spoonfuls of the water of the squash to the sour cream-flour mixture, stirring until smooth. When the it is possible to pour, add it to the squash, stirring constantly, to avoid clumping. (You cannot add the sour cream-flour mixture directly to the hot squash liquid, as it will cause it to curdle. You need to temper the sour cream first.)

Bring it to a boil, it will thicken up. Add the chopped dill, simmer for another 1 minute and it is done. Salt to taste.

Enjoy!