



*together*

# COOKBOOK

*Diversity tastes good!*



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# Dishes prepared together in Spain

## Starters

### Tortilla de patatas (Spain)

By Samuel Pérez Martín and Javier Escobar González

#### Ingredients:

6 eggs  
3 potatoes  
1 onion  
Olive oil  
Salt

#### Preparation:

1. Step: Peel and cut the onion
2. Step: Peel and cut potatoes
3. Step: Pour oil into a frying pan and fry the onion and potatoes over low heat, for about 30 min.



4. Step: Remove from heat and drain excess oil.

5. Step: Shell the eggs in a bowl and beat, toss salt, potatoes and onion already fried.

6. Step: In a frying pan we put a little oil where we fry the onion and potatoes and toss the mixture of potatoes, onion and egg.



7. Step: When we see that it begins to curdle we will turn it around with the help of a plate so that it is done on the other side.



## Hummus (Syria)

By Samuel Pérez Martín

### Ingredients:

500gr of cooked chickpeas  
3 tablespoons of tahina  
2 tablespoons of extra virgin olive oil  
Salt  
Pepper  
Ground cumin  
1 lemon juice  
2 cloves of garlic  
Fresh parsley

### Instructions:

1. Step: Drain and rinse the chickpeas. Drain the chickpeas into a strainer and rinse under cool running water
2. Step: Add all the ingredients and then mix it
3. Step: Blend hummus until smooth. Process the hummus continuously until it becomes very smooth, 1 to 2 minutes.
4. Step: We add the cumin in powder, season and finally add the tahini. We crush everything again until all the ingredients are perfectly integrated.
5. Step: Place in a dish or bowl and sprinkle over with a little olive oil of good, chopped parsley



## Main Dishes

### Stewed potatoes with ribs (Spain)



#### Ingredients:

pork ribs  
potatoes  
onion  
Garlic  
tomatoes  
laurel  
green pepper  
White wine  
meat broth  
sweet paprika  
Salt  
extra virgin olive oil



#### Instructions:

1. Step: Peel and chop the onion in small cubes. Wash the green pepper, remove the seeds and chop it too. Peel the garlic and chop it.
2. Step: Wash the tomato and cut it into pieces
3. Step: Bring a pot to the fire with olive oil and sauté the ribs
4. Step: Remove the ribs and reserve them in a separate dish.
5. Step: Add the onion, garlic and green pepper to the same oil and cook slowly for 5 or 7 minutes.
6. Step: After that time, put again the ribs on the pan, the juice they have released, the chopped tomato and the bay leaf and cook a few more minutes over medium heat.
7. Step: Add the paprika, the white wine and raise the heat until the wine alcohol evaporates. Add the broth and let cook for approximately 25 minutes.
8. Step: Peel the potatoes and cut them, so that during the stew they release their starch ... which will help thicken the broth. Add the potatoes to the stew. Put on salt and let cook for at least another 25 or 30 minutes.



## Goulash (Hungary)

By Samuel Pérez Martín

### Ingredients:

1 kg. of cut beef for stew  
4 cloves of garlic  
3 carrots  
2 large onions or scallions  
1 large whole leek  
4 large tomatoes  
1 sprig of fresh parsley  
1 tablespoon cumin powder  
1 tablespoon rape of paprika or sweet paprika  
2 bay leaf  
1 large red pepper  
Flour  
1 liter of red wine  
Black pepper  
Salt  
100 ml. of extra virgin olive oil  
Red paprika pepper or if not a little hot pepper or cayenne

### Preparation

1. Step: Season the meat and pass it through flour.  
Heat the olive oil in a pan and mark the meat until it is golden, when it is done we remove it from the fire and reserve it.
2. Step: Peel the garlic, the onion and the leek, we have to chop them into very small pieces, sauté over a low heat in the oil in which we mark the meat.
3. Step: Grate the tomatoes, and add carrots, peppers and tomatoes when the soffrito is done add a spoonful of paprika, move everything over a very slow heat so that the paprika does not burn.



4. Step: Peel the carrots and wash the red pepper, you have to cut the very thin carrots and the pepper into pieces, peel and soffrito, mixing everything very well.

5. Step: We add the very chopped parsley, a spoonful of ground cumin and the Hungarian hot peppers, if we do not have cayenne or hot pepper, and move again.



6. Step: We put the meat that we had reserved and a glass of red wine.



7. Step: The bay leaves are added and we try to rectify the salt if necessary. Let it simmer for about 5 or 10 minutes.

8. Step: We add the rest of the wine, but if we do not want it so strong we can pour water or broth.

9. Step: Let simmer for two hours or so, we have to stir from time to time so it does not stick.

10. Step: It is served very hot accompanied by white rice or potato gnocchi.



# Desserts

## Crema Catalana (Spain)

By Javier Escobar Gonzalez

### Ingredients:

- 5 egg yolks
- 600 ml of whole milk
- 100 g of sugar
- 25 g of fine corn flour (Maizena)
- The skin of half lemon or orange and cinnamon stick or powder (to flavor the milk)
- 30 g of sugar (to caramelize)



### Instructions

1. Step: We put on the fire something more than half of the milk with the lemon peel and the cinnamon stick. Cook over medium heat until almost boil.



2. Step: Meanwhile, in a bowl we mix the sugar and the yolks. In another bowl, mix the remaining milk with the cornstarch and add it to the yolks and mix well. We added the milk that we had heated, little by little without stopping to stir and putting it to avoid leftover lemon peel and the cinnamon stick.

3. Step: Pour the mixture back into the saucepan and bring to the fire. Cook over medium heat without stopping to stir, with the help of a wooden spoon or spatula. We stir continuously until it starts to thicken a bit. We will know what it is like when we wet the back of the spoon and run our finger through the center, we notice that it is like a cream. When it is creamy, remove from heat.



4. Step: Pour the cream into the bowl, cover with clear film and let cool to room temperature. Let cool in the refrigerator until it is curdled, a minimum of 3 or 4 hours. Presentation: Once cold and before serving, we spread a generous layer of sugar on the surface and burn with the help of a torch or a kitchen iron. We serve and enjoy.





## Espumillas (Perú)

By Diego Pastor Blanco

### Ingredients:

- 2 cups of sugar
- 1 scoop of vanilla
- A half lemon juice
- 3 eggs-white
- Dye (opcional)

### Instructions

1. Step: To make this dessert, you have to beat the eggs-white.



2. Step: Then you have to add sugar little by little while it is beating in a slow motion.

3. Step: When the mix is heavy, you have to add the vanilla and the lemon juice and beat three more minutes.

4. Step: Then you have to fill the piping bag with the mix, and form the espumillas in the baking tray.

5. Step: Finally we have to bake it 30 minutes in 160 degrees.



# Dishes prepared togEUther in Italy

## Starters

### Meat rolls from Messina (Italy)



#### Ingredients:

veal meat  
bread crumbs  
parsley  
parmesan cheese or pecorino cheese  
oil  
pepper  
salt



#### Instructions

1. Step: Put in a bowl bread crumbs, parmesan, parsley and mix together;
2. Step: cut each slice of meat in two parts and put on it oil, salt, pepper and the mix;
3. Step: roll the slices and put 4 of them in a stick for skewers.
4. Step: Put in the oven for 20 minutes at 180 degrees



## *Main Dishes*

### **Hawawashi (Egypt)**



This is a traditional Egyptian dish, often served as a meal all by itself. It can also be an appetizer if made in smaller portions and served among other oriental appetizers.

#### Main ingredient

Baladi bread, Minced meat, Spices, nutmeg

Time of preparation 30 Minutes

Time of cooking 40 Minutes

5 person

Ingredients

1 kg Minced Meat

5 loaves Egyptian Bread

3 Onions ,chopped

1 Green Chili Pepper ,cut into very small pieces

1 Tomato ,small size, grated

1/2 cup Corn Oil Crystal

2 tbsp All Spices

1/4 tsp Nutmeg

Salt and Pepper

#### Instructions

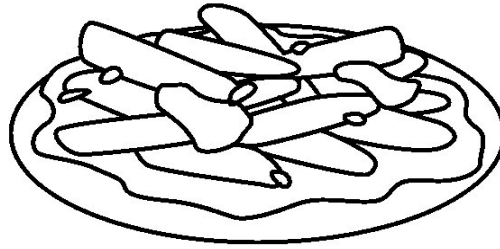
1. Step: In a food processor or a meat grinder, mix minced meat, onions, chili pepper, tomato, all spices, nutmeg, salt and pepper.
2. Step: Cut bread loaves in half. Divide meat mixture inside bread and spread with your hands to make an even layer about  $\frac{3}{4}$  cm thick. Spread meat till the edges.
3. Step: Brush bread loaves from both sides with oil. Put each loaf on a piece of aluminum foil and fold the sides over the loaf.
4. Step: Heat oven to 200 C. Put hawawshi folded in aluminum foil in oven on the middle rack for about 30-40 minutes until meat is cooked and bread becomes crispy. Serve immediately.



## Macaroni (Italy)

### Ingredients:

durum wheat flour 400 g  
warm water 200 ml



### Instructions

1. Step: put the flour into a bowl and make a hole in the center;
2. Step: put a little water and incorporated the flour little by little;
3. Step: continue to add water and work with the hands until the flour has absorbed it;
4. Step: put on a work surface and knead for 10 minutes until the dough is firm.
5. Step: Form a ball, cover it with a cloth and allow it to stand at room temperature for 1 hour.



6. Step: Take a piece of dough and roll until a 1,5 cm thick cylinder is obtained.
7. Step: Cut the cylinder about every 8 cm; place a stick for skewers on the barrel and close the dough around it; gently put out the stick getting a macarone;
8. Step: when all macaroni are ready let them dry for a night.

9. Step: Bring to boil a pot of water and cook macaroni for 10 minutes.
10. Step: Put sauce and



## Desserts

### Cannoli with Ricotta Cheese (Italy)



#### Ingredients:

A package of 10 cannoli  
Ricotta cheese 600 g  
chunks of chocolate  
sugar 100g  
powdered sugar

#### Instructions

1. Step: Put in a bowl ricotta cheese and sugar;
2. Step: mix all with a fork till you have a uniform cream;
3. Step: add the chunks of chocolate and put the cream into each cannolo.
4. Step: At last put powdered sugar on the cannoli.



# Dishes prepared together in Germany

## Starters

### Asparagus with Sauce Hollandaise (Germany)

Vegetarian

#### Ingredients for the sauce:

- 1 shallot or a normal onion
- 4 white peppercorns
- 1 spoon of white wine vinegar
- 4 yellow of an egg
- 1 EL lemon juice
- salt
- some white pepper
- 200-250 g of butter



#### Instructions: Sauce hollandaise:

1. Step: Melt butter over low heat (do not brown). Remove the pan from the heat and allow the butter to cool slightly. If necessary, skim off the butter foam.
2. Step: Peel the shallot and cut into fine cubes. Crush the white peppercorns with a knife or in a mortar. Then bring the shallots and pepper corns together with the white wine vinegar and 2 tablespoons of water to a boil in a small saucepan. Strain through a sieve into a stainless steel bowl.
3. Step: Add the egg yolk and 1 tablespoon of cold water to the broth in the stainless steel bowl and whisk well. Then whip egg yolk cream over a hot water bath (60-70 ° C) for a few minutes with a whisk or hand mixer until a thick cream is formed. Remove from the water bath and continue beating for about 30 seconds.
4. Step: First melt the melted butter, then stir it in a thin stream with the whisk under the egg yolk cream. Season the hollandaise sauce with lemon juice. Season with salt and pepper. Serve immediately as the hollandaise sauce solidifies on cooling.

#### Instructions: Asparagus:

1. Step: You would have to go to the market and buy the best white asparagus they have, we would recommend to buy the thick variant for it is easier to peel. A good asparagus peeler is an absolute must in most German families and it looks like a double vegetable peeler, however, if you do not intend to serve this dish too often, you might as well just use an ordinary vegetable peeler.

2. Step: The best way to cook asparagus would be in a nice asparagus cooking pan, which is rather thin and high to cook the rods vertically. Well, every other pot, which is wide enough to cook them normally, is good enough for a beginner.
3. Step: So start by adding salt, 1 teaspoon of sugar and 1 tbsp of butter to a large enough pot of water.
4. Step: Bring the water to a boil. Put in the peeled asparagus, allow to boil briefly and then reduce the heat.
5. Step: The asparagus now on low heat depending on the thickness of the rods for about 12-15 minutes.
6. Step: You may want to make it even more German and serve the asparagus with some boiled potatoes. And yes, while eating, do imagine how you are getting slim and slender and really healthy because asparagus is the best low-cab dish every with loads of vitamins.

## Manti (Kazakhstan)

### Ingredients:

Minced lamb meat -1 kg  
5 onions  
50 ml sunflower oil  
1 pinch of salt  
1 pinch of pepper  
Some parsley, if you like it

### for the dough:

1 kg wheat flour  
2 eggs  
500 ml warm water  
1 table spoon of salt

### Instructions

1. Step: Start by making the dough: mix all the ingredients very well, so that you get a ball of dough. Put some flour on it and let it be for about 30 minutes
2. Step: at this point you can go on with the filling: slice the onions into small pieces and mix them with the minced meat with some salt and pepper
3. Step: Knead the dough again and divide it into 8 pieces. You can start rolling out the pieces until you get flat round ones, cut out some squares of about 5 cm long on each side out of the rounds. Put some filling on each square, then press the two opposite sides and finally do the same with the other opposite sides, which is how you get every square to be a manti or manti in plural. Now put some oil on every manti and put oil of them to the special manti-maker, which is basically a non-electrical steamer, however, made out of metal and put on the cooker, not switched on. Well, if you do not have such a machine, you will have to use a normal steamer. •
4. Step: After the water in the manti-maker starts boiling, put the parts with the manti on top of it and let it steam for about 50 minutes.
5. Step: Ready? We recommend eating manti immediately, with some sour cream or yoghurt. Enjoy!





## Sigara Böregi (Turkey)

Vegetarian

### Ingredients:

1 packet of (Turk) goat cheese or just some vegetables of your taste

Tip: the whole dish taste also good when u eat it with

1 packet of Yufka dough

some tzatziki

some salt and pepper

3 soup spoons of olive oil

1 egg

1 bunch of parsley

black caraway

### Instructions:

1. Step: You knead the goat cheese, olive oil and the chopped parsley.
2. Step: You put around two soup spoons of the mixture on the Yufka dough.
3. Step: The dough end is laid over the mixture on the right and left side and rolled together.
4. Step: The edge of the Yufka dough have to be stacked together with some oil, on top you spread some egg and sprinkle the black caraway
5. Step: Now you have to deep- fry the rolls or bake it in the oven until the crust s light brown.  
if you want you can add some tomatoes, mint or paprika to the mixture



## Main Dishes

### Beef roulades (Germany)



#### Ingredients:

- 6 flat thin long pieces of beef - beef roulades
- 3 onions
- 6 gherkins
- 18 slices of bacon
- 3 tbsp mustard, medium hot
- 1 celeriac
- 3 carrots
- 1 leek
- 1 paprika
- 0,5 bottle of red wine
- Salt, pepper, paprika powder
- 0,5 litre beef stock, strong
- 1 tsp. cornflour
- 1 shot of cucumber liquid
- 2 tbsp oil

#### Instructions:

1. Step: Cut onions into crescents, cucumbers into longitudinal strips, and prepare scissors and kitchen yarn.
2. Step: Spread out the roulades thinly with mustard, salt and pepper, spread approx. 1/2 onion and 3 slices of bacon in the middle of each roulade and evenly spread the cucumber strips. Now drive in a little from both long sides, then roll up and tie up with the kitchen yarn like a parcel.
3. Step: Heat the oil in a casserole and fry the roulades all around.



4. Step: Cut the celery, leek and carrots into small pieces, steam in a pan and stir. Add a very thin layer of red wine, do not stir and let the liquid evaporate. As soon as the vegetables are dry again, add another layer, stir briefly and allow to evaporate further. Repeat this until the 1/2 bottle of wine is used up. Add the meat stock and season with salt, pepper and paprika powder. Add a good dash of cucumber stock and then add to the roulades in the casserole pan. Dice the peppers and put them in the casserole. Let the roulades stew in the oven at approx. 165 degrees for approx. 2 hours. Add a little liquid from time to time.



5. Step: After 2 hours test if the roulades are soft, otherwise continue frying for another half hour. Lift the roulades out of the pot and keep them warm.

6. Step: Strain the sauce and bring to the boil. Mix approx. 1 tbsp mustard well with a little water and the starch and gradually stir into the boiling sauce until the desired consistency is achieved. Season the sauce again with salt, pepper and paprika powder. Potatoes and red cabbage go well with roulades.

## Allgäuer Käsespätzle (Germany)

Vegetarian

Recipe and pictures by Florian Buchholz,



### Ingredients:

The ingredients are calculated for 4 adults

For the preparation you need about 40 minutes Recipe:

½ kilo of flour

6 eggs

200 milliliters of carbonated mineral water

1 pinch of salt

300 grams of grated hard cheese from the Allgäu (for example Emmentaler)

2 tablespoons butter

2 medium onions

salt and pepper

Allgäu cheese spätzle with fried onions:



### Instructions:

1. Step: Preparation Sift the flour into a large bowl and squeeze a bowl in the middle. Beat the eggs into the bowl, add the pinch of salt and pour in the mineral water.



2. Step: Now pick up a wooden spoon and gently mix the ingredients. As soon as the flour stops dusting, you can use a hand mixer with dough hooks.

3. Step: Knead or beat (with the spoon) the dough until it is homogeneous and viscous. It does not hurt if you hit a bit longer, because the spaetzle dough needs a lot of air

4. Step: Now let the dough stand for at least 10 minutes. You can also prepare the dough in the morning and let it rest until noon. Then you should beat him in between times again and again.

5. Step: In the meantime, place a large pot of salted water on the stove to bring to a boil. Simultaneously heat the oven to 75 degrees Celsius or on plate warming. Then put a large serving bowl in the oven.

6. Step: Cut or plan the onions into fine rings. Until the water for the spaetzle cooks, you still have time to melt the butter separately in a pan and sauté the onion rings in gold-brown. Then remove the onions from the pan and drain on a paper towel.





7. Step: Now take care of the Spaetzle. First fill a bowl with cold water and set it aside. Once the salt water boils on the stove, pour about a quarter, or better, just one-fifth of the dough into the spaetzle press and squeeze through the press.

8. Step: The more dough you push through, the greater the risk that the spaetzle in the pot will stick together. When the buttons float on the water surface, they are done.

9. Step: Now pick up a slotted spoon and get the spaetzle out of the water. Bring the spaetzle to the bowl of cold water and let it slide in for quenching. This will ensure that the buttons do not stick together when cooling down.

10. Step: Now squeeze the next portion of dough through the press. Until the buttons float on the water surface, you now have enough time to remove the serving bowl from the oven and grease it with some butter.



11. Step: Then get the cold spaetzle out of the water bowl and place it in the serving bowl. Give one fourth, or one fifth of the grated cheese above. Season lightly with salt and pepper and put the bowl back in the oven.

12. Step: Now proceed with the next serving of Knöpfle, which now floats in the pot on the surface of the water, just as with the first. And then repeat the processes until all the dough is used up and the serving bowl is full.

13. Step: Wait until the last layer of cheese has melted. Then the spaetzle are hot again. They are now sprinkled with the fried onions and can be served. To the Allgäuer Käsespätzle there is a fresh, green salad and of course, because we are in Bavaria, a cold beer.

14. Step: If the portion you are preparing is slightly smaller, you can, as is tradition, prepare the Allgäu cheese spätzle on the stove in the pan.

## Kabuli Pulao (Afghanistan)



### Ingredients:

500 g Basmati rice,  
1 kg lamb meat or veal (or just ignore the meat, if you wish a vegetarian variant),  
1- 2 onions,  
120 ml oil,  
1 El tomato paste,  
2 tbsp salt,  
1 tbsp black pepper,  
1 tbsp powdered coriander,  
1/2tbsp of powdered cardamom,  
500 g carrots,  
100g raisins,  
100 g pistachio,  
100 g sliced almonds,  
2 tbsp sugar.



### Preparation:

1. Step: Wash the rice really well and let it soak in some water for about two or three hours. Peel and slice the carrots. Put the pistachio into hot water and let it soak for about 15 minutes, afterwards slice them into halves.
2. Step: Cut the meat into pieces of about 5 cm. Cut out the fat.
3. Step: Peel and slice the onions and fry them in about 60 ml of hot oil. Add the meat and fry them together with the onions and some salt, pepper and coriander. Now cook it all together slowly for about an hour.
4. Step: Heat up the rest of the oil, fry the carrots in it a bit, and then add raisins, almonds and pistachio with some sugar.
5. Step: Take out the meat out of the broth and put it aside keeping it warm. Take the rice out of the water and let it lose all of the water, now add it to the broth until the rice soaks up the whole broth. Add the cardamom and stir it slowly for some time. Then make little holes in the rice for the steam to come out. Put the meat and the pistachio mix on top of the rice, cover the pot with a kitchen cloth and let it cook slowly for the further 20/30 minutes.
6. Step: You can put some brown sugar into the rice for the colour.

## *Desserts*

### **Kalter Hund/Cold dog (Germany)**

#### Ingredients:

- 250 Gr Palmin (Coconut fat)
- 50 Gr sugar
- 50 Gr. Cacao
- 1 pack of butter cookies like "Leibniz"

150 Gr bitter chocolate coating (or normal chocolate, but you have to melt it, so better get the one that is used for chocolate coating)

#### Preparation:

1. Step: Melt the chocolate and add sugar and cacao and let it cool down a bit.
2. Step: Get a rectangle baking form and put one layer of cookies, the some chocolate mass, then another layer of the cookies and so on, until you get until the top.
3. Step: Put it to the fridge for 3 hours. Then carefully get out the form
4. Step: Use a sharp knife to cut it afterwards.



## Mandazi (Kenia)

As the dessert we suggest (sweet donuts from Kenia, pronounced: Mandasi), also called Mahmri

You can also eat them without sugar as a side dish to our main dish. Mahmri, which are also called Mandazi in the inner part of Kenia, belong to the most eaten dishes of Swahili kitchen. They are eaten warm and cold, sweet and rather with no sugar, at breakfast with some tee or as a side dish. The typical taste is created through cardamom and coconut oil.

### Ingredients

1/2 kg of flour  
Some flour to roll on it  
250 ml coconut milk  
250 ml milk  
2 eggs  
100 g sugar  
1/2 table spoons of grated cardamom  
1 package of dry yeast  
Some oil for deep-frying

### Preparation:



1. Step: Mix the yeast and some sugar in a glass of a somewhat warm milk.
2. Step: Now mix all the ingredients, apart from the oil for deep-frying, and knead it for about 7 minutes to a dough and leave it for about 30 minutes.
3. Step: After 30 minutes, knead it again. Now grab a spoon and form orange-sized balls, put some flour on them and roll out each of them to about hand-sized not too flat rounds.

4. Step: Now cut each of the rounds to 4 pieces, put some flour on them to avoid sticking them to each other.

5. Step: Now deep fry all of them.





# Dishes prepared together in France

## *Starters*

### **Yayla Corbasi (Turkey)**

#### Ingredients:

half a glass of rice  
4,5 glasses of water  
2 glasses of yogurt  
1 table spoon of flour  
half a coffee spoon of salt

#### Ingredients for sauce:

2 spoon of butter  
1 dry mint

#### Preparation:

1. Step: First pour the two glasses of yogurt and the flour into the pot.
2. Step: mix the two ingredients.
3. Step: mix it all and add little by little the water.
4. Step: mix until the mixing becomes a liquid.
5. Step: wash the rice in the hot water.
6. Step: rinse the rice through a colander.
7. Step: pour the rice into the pot.
8. Step: light the camping stove and put the pot on the stove.
9. Step: mix without stopping until the mixing is boiled.
10. Step: when the mixing is boiled, boil the rice until it is cooked.
11. Step: when the rice cooked, add the salt.
12. Step: as soon as the rice is cooked, prepare the sauce.
13. Step: make the butter melt.
14. Step: add the mint.
15. Step: pour the sauce into the pot. The soup is ready.



## **Isapanakli Gozleme (Turkey)**

### Ingredients for the pastry:

1 kilogram of flour  
some salt, approximately half a table spoon  
4 or 5 glasses of water

### Ingredients for the filling of the pastry:

0,5 kg of spinach  
1 onion  
salt  
some pepper  
oil



### Preparation of the pastry

(the pastry should be neither hard nor soft )

1. Step: add flour, salt and little by little water into the container.
2. Step: mix and at the same time add little by little water.
3. Step: boil for 30 minutes (close the container with a cover)

### Preparation of the filling of the pastry:

1. Step: wash the spinach,
2. Step: cut the spinach,
3. Step: cut the onion some little piece,
4. Step: mix the spinach, onions, pepper.
5. Step: add the oil in the pan and make fry the mix of spinach, onions and pepper
6. Step: form balls from the pastry (the balls must be of the size an egg )
7. Step: roll the balls until they are flat, spread the mix of spinach, onions and pepper over them.
8. Step: close the pastry (the pastry must have the shape of a D)
9. Step: cook it in the pan (do not put the oil into the pan ) Isapanakli gozleme is ready

## Main Dishes

### Boeuf Bourguignon (France)

#### Ingredients for 6 people

1,5 kg of beef  
200 g of small pieces of bacon  
60 g of butter  
small onions  
2 carrots  
2 garlic cloves  
60 g of flour  
2 glasses of red wine  
2 big glasses of broth  
250 g of mushrooms  
salt  
pepper



#### Preparation

1. Step: cut the beef into cubes of 3 to 4 cm. Peel the onions. Peel and chop the carrots. Peel the garlic.
2. Step: In the big pan, melt the butter. Add onions (without cutting) and bacon. Bring all of it to boil stirring at the same time. When the onions are gold, take them out but do not throw them away.
3. Step: In the same pan, boil the pieces of beef on the small fire. Add carrots, and cook for 5 min.
4. Step: When the meat has a golden colour, add flour (60g) and leave it boiling, mixing from time to time
5. Step: Add the broth. Put the onions and bacon back to the pan. Pour the red wine. Sprinkle with salt and pepper and add garlic. Bring to boiling. Cover and leave boiling on the small fire for 3 hours.

## *Desserts*

### **Firinda Sutlaci (Turkey)**



#### Ingredients:

- 1 glass of water
- 1 litre of milk
- 1,5 glass of rice
- 1 glass of sugar
- 1 spoon of starch powder
- 1 yellow of an egg
- 1,5 package of vanilla sugar

#### Preparation:

1. Step: wash the rice
2. Step: pour the water into a pot
3. Step: wait until the rice is boiling in the pot (until the rice absorbs the water)
4. Step: add the milk and sugar
5. Step: mix until boil the mixing
6. Step: add the egg, starch powder and three spoon of meal of water in the container and mix
7. Step: pour this mixing into the pot
8. Step: pour the vanilla into the pot
9. Step: mix for 1 minute
10. Step: pour the mixture in the special containers. Firinda sutlac is ready

