

# GRĂDINIȚA CU PROGRAM PRELUNGIT „FLOAREA SOARELUI” CRAIOVA



2016-1-PL01-KA219-026474



## RECIPES from *HEALTHYLAND*

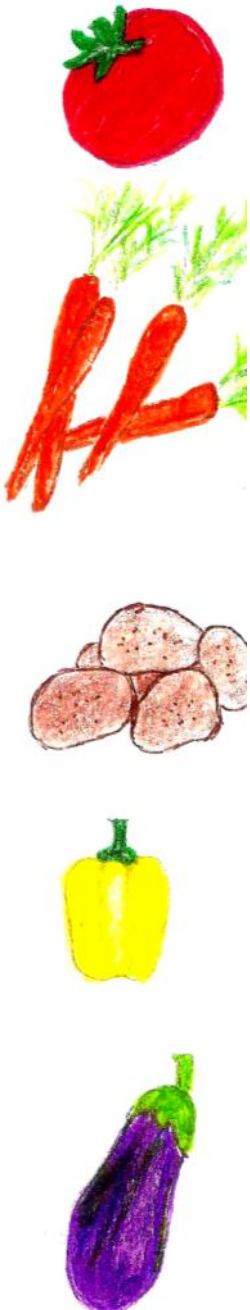


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# VEGETABLES

2016-1-PL01-KA219-026474

## RATATOUILLE TART



### Ingredients:

*1 pastry dough  
1 yellow zucchini  
1 green zucchini  
1 small eggplant  
2-3 tomatoes  
2 red bell peppers  
3-4 cloves of garlic  
200-250 g cheese  
3 eggs  
200 ml sour cream  
salt&pepper  
oil  
herbs (oregano,  
basil etc.)*



### Preparation:

Place the dough in the tray, pressing well on the edge to obtain a nice shape. With a fork pierce the bottom of the crust from place to place.

Put parchment paper on the bottom of the tarts and fill it with beans.





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Bake the crust 15 minutes, at 180° C (in a preheated oven).

Meanwhile prepare the filling: slice all vegetables, grate the cheese.



Heat a little oil and fry the eggplant and zucchini slices on both sides until slightly softened.

Put the cheese in the half baked tart crust.

Place alternating slices of vegetables: eggplant, tomatoes, zucchini, red pepper. Sprinkle the chopped garlic, spices and herbs.



Beat the eggs well. Add the sour cream. Mix until smooth. Add black pepper to taste.



Bake tart in heated oven to 180 C, for 30 minutes (or until golden). Allow tart to cool slightly (10 minutes) in the pan, then remove, to cool completely on a metal grill.



**Bon appétit!**







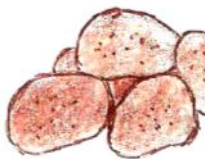
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# VEGETABLES

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## PUMPKIN MUFFINS

### Ingredients:



- 1 1/2 cups flour - 225 g*
- 1/2 cup sugar cane*
- Half a teaspoon of baking powder*
- Half tablespoons of baking soda*
- Half tablespoons cinnamon*
- 2 eggs*
- 1/2 cup oil*
- 1 cup grated, wrung the excess water, pumpkin - 200 g*
- Half a cup of crushed chocolate*



### Preparation:

Preheat the oven to 180 degrees (160 forced air convection).





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In a bowl, mix the dry ingredients - flour, sugar, baking powder, baking soda and cinnamon.

In second bowl mix eggs and oil.

A piece of peeled pumpkin grate on the large mesh and then squeeze out the excess water.

Eggs with oil and grated pumpkin add to dry ingredients, mix well the whole and finally sprinkle chocolate.



Curlers fill the dough to 3/4 of their height. Bake for about 30 minutes until nicely grown. After baking put it to cool on a wire rack.

***Bon appetit!***







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# VEGETABLES

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## GREEK SALAD



### Ingredients:

- 4 tomatoes*
- 2 cucumbers*
- 2 green pepper*
- 1 onion*
- Some olive oils*
- “Feta” cheese*
- Olive oil, oregano*
- & salt*



### Preparation:

At first, wash and cut the vegetables into small pieces.





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Place the tomatoes and the cucumbers at the bottom of a large bowl.

Then, put above the slices of the onion and the green pepper.

Afterwards, put some olive oils.



Finally, place the “Feta” cheese at the top. Add some salt and some oregano.



**Enjoy!**







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# VEGETABLES

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## CANNED EGGPLANT

### Ingredients:



*500g of aubergines*

*350g of white*

*vinegar*

*salt*

*3 cloves of garlic*

*oregano*

*chili pepper*

*350 ml of water*



### Tools:

*cutting board*

*knife*

*colander*

*large container*

*glass jar*

*pot*



### Preparation:

At first, wash the aubergines under running water, after cut them into long strips, then slice them with a thickness of about 1 cm and keep aside.



In a large pot, put the vinegar and water and bring them to boil, then add the peeled cloves left whole and the slices of aubergines.





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Cook for a couple of minutes, then drain in a colander and put the aubergines and the garlic on a clean and dry cloth.

Meanwhile, sterilize the jars in boiling water (10-11 minutes), remove them from the water still warm with the aid of a pair of tongs and place them upside down on a tray covered with a clean cloth. Let cool.

Fill the jars with aubergines and garlic cloves using a pair of tongs. Push them down to ensure they are all immersed. Leave a few centimeters from the edge and fill the jars with extra virgin olive oil (if possible, use a good oil) making sure that the aubergines are covered. Put the cap, without tighten. Wait all the



Now bring a pot with water to boil and place the jars up to half, by putting a cloth on the bottom of the pot, so they do not break during boiling. It will take about 20 minutes. Remove the jars from water and let cool.

**Bon appétit!**





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# VEGETABLES

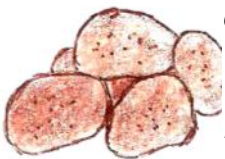
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## EGGPLANT STUFFED with LAMB



### Ingredients:

*6 medium sized  
eggplants  
2 onions, finely  
chopped  
3 tomatoes, peeled  
and chopped  
250 grams minced  
meat  
3 tablespoons oil  
250 grams chopped  
parsley  
2 green peppers  
salt, pepper*



### Preparation:

Remove tops of eggplants. Make a deep lengthwise incision in each eggplant.

Soak them in salted water for about 45 minutes .

Drain and pat dry with paper towel.



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Fry eggplants lightly in oil, turning constantly.  
Remove from pan and set aside.

Brown onions, minced meat and peppers lightly.  
Add tomatoes and continue to sauté for several  
minutes.



Remove from heat and add salt and pepper to taste.



Place eggplants in deep baking dish, cut sides facing up. Fill each eggplant with the mince mixture.



Top each eggplant with a slice of tomato and green pepper.



Add a small amount of water to dish, cover and cook for 25-30 minutes or until tender, in oven or on stove top.



***Have a good meal!***







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# VEGETABLES

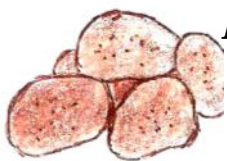
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## LEAF ROLLS



### Ingredients:

*300 gr. ground beef  
1.5 water glass rice  
1 onion,  
a pinch salt,  
black pepper,  
parsley, dill,  
enough butter  
1 tablespoon  
tomato paste  
fresh or brine  
grape leaves  
1/2 tea glass oil*



### Preparation:

Onion, tomato paste, dill, parsley  
in small pieces.



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In to the groud beef, rice, salt, black pepper and ½ tea glass of oil put mixed.

The mixture was wrapped in grape leaves.

The saucepan placed under leafs rolls is spent water and butter is put, cook over meduim heat for.



***Good appetite!***



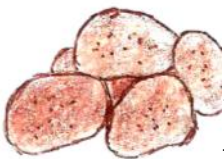
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# VEGETABLES

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## COLD STUFFED PEPPERS

### Ingredients:



*Onion 6 large*  
*Olive Oil  $\frac{3}{4}$  cup*  
*Pine nuts 2 table spoons*  
*Rice  $\frac{1}{3}$  cup*  
*Tomato 3 small*  
*Salt 3 dessert spoons*  
*Sugar 2 dessert spoons*  
*Water (hot)  $\frac{1}{4}$  cup*  
*Currants 2 table spoons*  
*Green Peppers 12 medium*  
*Parsley 1 small bunch*  
*Dill 1 small bunch*  
*Fresh Mints 10-15 leaves*  
*Cinnamon 1 dessert spoon*  
*Black Pepper  $\frac{3}{4}$  dessert spoon*  
*Allspice  $\frac{3}{4}$  dessert spoon*  
*Lemon juice 2 table spoons*

### Preparation:

Peel and finely chop the onions, place in a sauce pan together with the oil and the nuts, cover and put on low heat to get tender, stirring occasionally.







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Remove the lid and stir for a few minutes to get the nuts slightly browned. Wash the rice and drain, add to the pan and stir a couple of times. Wash the tomatoes, set aside one and grate the others into the pan.

Add 2 dessert spoons of salt, sugar and 1 cup of water, stir, sprinkle the currants and cook for 10 – 15 minutes first on medium and then low heat until the juices are reduced.

Wash the peppers, parsley and dill, push open the stalk ends of the peppers and clean out the seeds. Sprinkle the remaining salt to the insides. Sort the parsley and dill, chop finely and add to the rice together with the mint and the spices. Let simmer for

Quarter the remaining tomato and slice half cm. thick. Fill the peppers with the prepared stuffing and cover the tops with tomato slices and place in a shallow pan. Cover them with a heat resistant plate. Add the remaining 1/4 cup of hot water and cook for approximately 50 minutes.

***Have a good meal!***





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# VEGETABLES

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## SHOPOSKA SALAD



### Ingredients:

*5 pcs. (300 g) red tomatoes*

*2 pcs. (150 g) pickles*

*8-10 pcs. (800 g) peppers*

*2-3 heads (150 g) onions*

*1 cup (200 g) crumbled cheese*

*3 tablespoons (30 ml) vegetable oil*

*1/2 parsley*

*little salt*

*little vinegar*



### Preparation:

Cut the tomatoes into big slices.

Chop the onions and the peppers into thin pieces.



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Add the diced pickles, the parsley and sprinkle a little oil and mixt.

Season with salt and pepper to taste .  
Grate the cheese on top of the salad.

*Enjoy!*



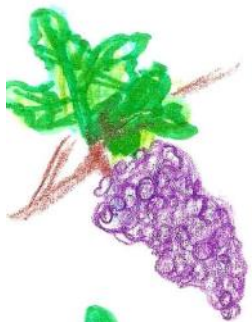




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# FRUITS

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## Ingredients:

### For pastry:

*250 gr. butter*

*150 gr. sugar*

*2 eggs*

*1 teaspoon vanilla*

*1 teaspoon of*

*baking powder*

*500 gr. flour*

### For filling

*1 kilo of fruit*

*(berries, black  
currants or other  
fruits)*

*150 gr. sugar*

*150 gr. nuts*

*3 tablespoons of*

*cornstarch*

*3 tablespoons of  
water*

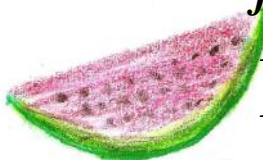
## BERRIES TART



### Preparation:

Beat together butter and sugar with an electric mixer at medium speed until pale and fluffy, about 3 minutes. Add eggs into butter mixture, then add vanilla, beating well.

Reduce speed to low and mix in flour and baking powder until mixture just forms a dough.





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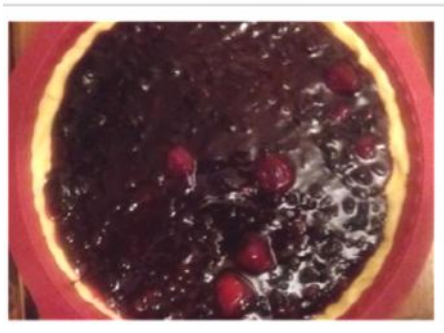
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Heat in a non-stick pan fresh or frozen fruits with any juices and sugar and simmer, stirring, until sugar is dissolved. (forest fruits will exude juices.)



Continue to simmer until the berries are tender but not falling apart, about 8 minutes. Stir together water and cornstarch to form a thick paste, then stir into simmering filling and boil, for 2 minutes.



Roll out the pastry on a baking sheet and use it to line a 28cm tart tin. You can keep a part of the dough to spread it above the filling along with chopped nuts.

Bake the *tart* in pan on baking sheet in oven until the pastry is golden, about 1 hour. (If the edges look too brown after 30 minutes, loosely cover with foil.)

Cool *the tart* completely in pan on a rack, 1 1/2 to 2 hours, to allow juices to thicken.

***Bon appétit!***







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# FRUITS

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## DELICIOUS FRUIT COCKTAIL

### Ingredients:

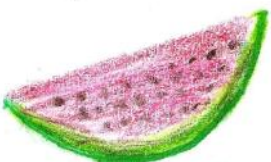
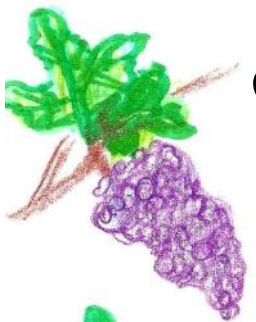
- Bananas*
- Grapes*
- Mango*
- Melon*
- Cherries*
- Greek yoghurt*



### Preparation:

Remove the seeds of the cherries and grapes.

Peel and cut all the fruits into little pieces.







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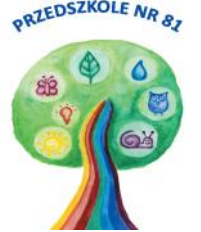
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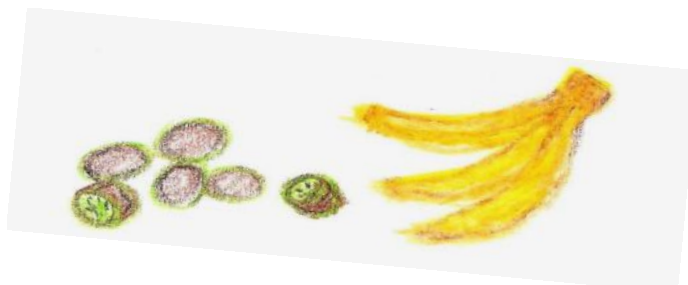
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Add the yogurt and mix together.



***Bon appétit!***





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# FRUITS

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## APPLE PIE

### Ingredients:

*1 kilo of apples  
120 gr of butter  
150 gr of sugar*

**For the cake:**  
*500 gr flour for  
cakes  
250 gr of butter  
250 gr of milk  
1 vanilla  
400 gr sugar  
4 eggs*

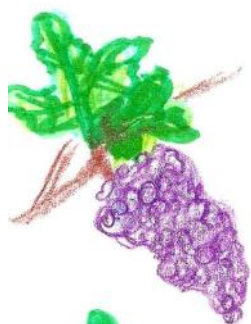
**Decoration:**  
*Cinnamon and  
caster sugar*



### Preparation:

At first, spread the butter at the bottom of the pan and sprinkle it with sugar.

After cleaning the apples, cut them into small pieces and place them in the pan.







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Prepare the mixture for the cake:

Mix the *butter* for 2-3 minutes and successively add sugar, 4 eggs, vanilla, milk and finally the flour.



Pour the mixture over the apples and bake it in a preheated oven at 150-180 degrees for one hour.

Remove from the oven and decorate with cinnamon and caster sugar.



**Enjoy!**







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# FRUITS

2016-1-PL01-KA219-026474

## ORANGE JUICE

### Ingredients:

*fresh oranges*

*sugar*

### Tools:

*cutting board*

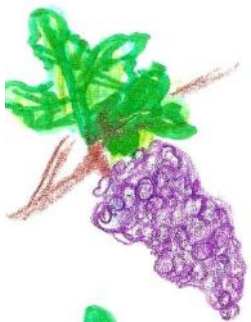
*knife*

*squeezer or plain  
juicer*



### Preparation:

Wash the oranges and dry them.





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Cut them in halves and squeeze them with the juicer.



Add some pinches of sugar and stir.

***Drink up!***





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# FRUITS

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## QUINCE-CHEESE

### Ingredients:

*3 medium height  
mature quince*

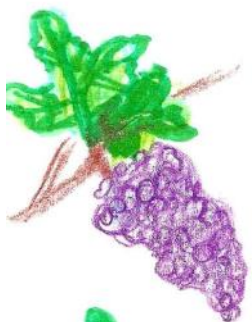
*6 coffee cup of  
sugar*

*100 gr cream*



### Preparation:

Quinces well washed and peeled after cleaning, are divided in half and the seeds removed.







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Put the quinces into a tray.

Into the center of each Quince pour a cup of sugar and add water to cover the fruits.

Cook on low heat for an hour or so.

After cooling, the mixture is served with cream.



***Bon appetit!***



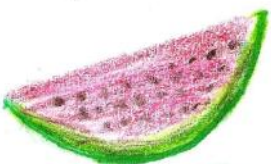
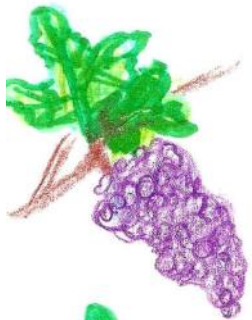


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# FRUITS

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## STUFFED PUMPKIN



### Ingredients:

*1 pumpkin (about 1.5 kg)  
500 g of white grapes  
(seedless)  
2 apples ( "Golden  
Delicious")  
2 pears (hard, but sweet)  
10 prunes  
100 g of raw almonds  
100 g raw walnuts*

*100g raw hazelnuts  
100 g butter  
100 ml of  
orange liqueur  
2 t tablespoon of honey  
1 vanilla  
1 tea spoon of Cinnamon  
1/2. tea spoon of Nutmeg  
1/2. tea spoon of brown  
sugar*





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## Preparation:

Wash the pumpkin, cut the lid, and the seeds are removed. Put on a baking tray.

Nuts are baked in preheated at 180 degrees oven for 15 minutes.

The berries of grapes are separated from the bunch. Apples, pears and prunes are washed and cut into cubes. The fruits are mixed in a bowl.

Add spices, sugar, honey, liquor, butter, cut into cubes and nuts. Gets mixed.

Pumpkin is filled with the mixture, baked in a preheated 160 ° C oven for 2 hours and 30 minutes. Serve warm.



## *Bon appétit!*







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# FISH

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## TUNA AND POTATO SALAD



### Ingredients:



*2 cans of tuna in  
brine or oil*

*5-6 potatoes*

*2 eggs*

*2 carrots*



*100 gr. olives  
without pits*

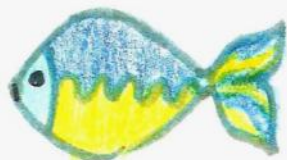
*chopped green*

*parsley*

*salt*

*pepper*

*olive oil*



### Preparation:

Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over medium-high heat. Reduce heat to medium.





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Cook for 15 to 17 minutes or until tender. Drain.  
Peel the potatoes and cut into small pieces. Do the same with carrots.



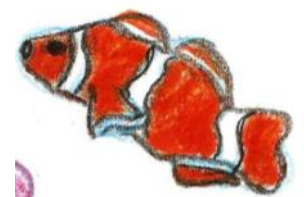
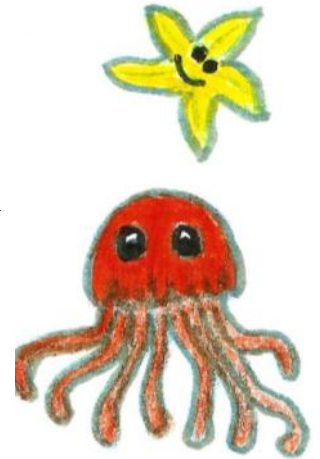
In a separate pot boil the eggs. Then peel them and cut them into slices.

Place potatoes in a large bowl. Add drained carrots, tuna, eggs, olives and parsley



Pour over olive oil. Season with salt and pepper to taste, give it a good toss to make sure everything is equally distributed then cover and pop it in the fridge to cool for about an hour before serving.

***Bon appétit!***





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# FISH

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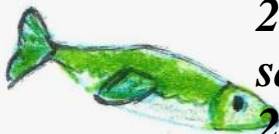
## SANDWICH PASTA WITH TUNA



### Ingredients:



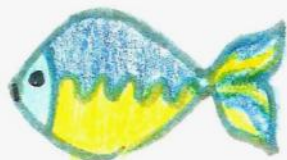
*1 can of tuna  
3 small pickles or  
pickled*



*1 small red onion  
2 eggs boiled  
salt pepper*



*2 tablespoons  
mayonnaise  
parsley*



### Preparation:

Drain the fish can, crush the tuna in a bowl.







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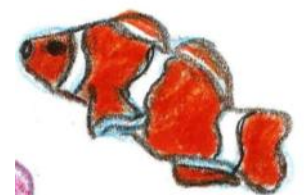
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Add chopped onions, finely chopped eggs and cucumbers, spice up, mix with mayonnaise, sprinkle with parsley, ready.



**Enjoy over Breakfast!**





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# FISH

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## FISH SOUP



### Ingredients:



*3 medium fishes*

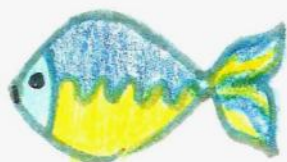
*3 potatoes*

*2 carrots*

*3 onions*

*3 lemons*

*some olive oil  
oregano, black  
pepper & salt*



### Preparation:

At first, clean the fishes and boil them in a large casserole.







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When the fishes are ready remove them carefully from the soup. Then, strain the soup from fish bones and place it again in the casserole.

Afterwards, cut the vegetables into small pieces and place them in the soup.

Bone the fishes and put them again into the casserole. Add some olive oil, lemon juice, black pepper and salt in the soup.



Boil the fish soup about 1 hour at medium fire.

**Bon appétit!**







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# FISH

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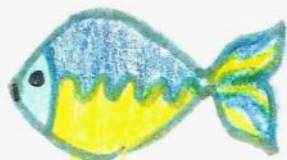
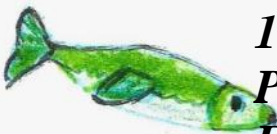
## SICILIAN SALAD



### Ingredients:



- 1 kg of oranges*
- 2 Fennels*
- 2 onions shallots*
- 1 bloater*
- Pitted green olives*
- Extra virgin olive oil*
- Balsamic vinegar*





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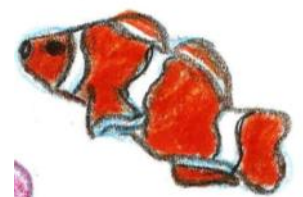


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## Preparation:

Cut the ingredients in small pieces.  
Mix the fruits, vegetables and fishes.



*Good appetite!*







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# FISH

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## STEAMED ANCHOVIES



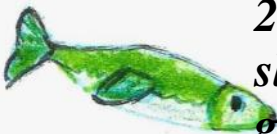
### Ingredients:



*1 kg fresh anchovies,  
gutted and boned*

*1 bay leaf*

*2 tbsp butter*



*2 anaheim peppers*

*sliced diagonally*

*grated peel of 1 lemon*

*1/2 cup water*

*2 onions minced*

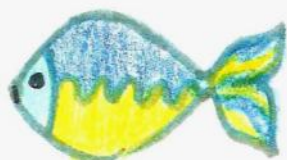
*2 medium tomatoes  
peeled and diced*

*1/2 sprig parsley*

*chopped*

*1/4 tsp salt*

*a pinch of black pepper*



### Preparation:

Fan out along the bottom of a large skillet.

\* 1 kg fresh anchovies,  
gutted and boned

\* 2 tbsp butter







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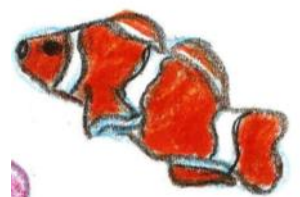
TURKEY



Mix together and add to the skillet over the fish.

- \* grated peel of 1 lemon
- \* 2 onions minced
- \* 2 medium tomatoes peeled and diced
- \* ½ sprig parsley chopped
- \* ¼ tsp salt
- \* a pinch of black pepper
- \* 1 bay leaf
- \* 2 anaheim peppers sliced diagonall.

Gently pour over and cover. Cook over low heat for 15 minutes.



***Have a great meal!***



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# FISH

2016-1-PL01-KA219-026474

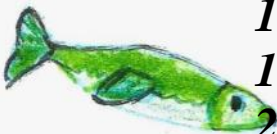
## BAKED STUFFED CARP



### Ingredients:



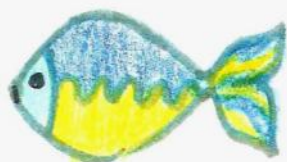
*4 onions  
1 cup crushed  
walnuts*



*1 lemon  
1.80 kg carp  
100ml sunflower oil  
2 tablespoons water*



*4 pinches of salt  
4 pinches of black  
pepper*



### Preparation:

Clean the carp and lightly salt it inside and out.





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### For the filling:

Chopped onion, suffocating in 50 ml of oil and 2 tablespoons water.

Walnuts are crushed (not ground).

Once the water evaporates in the onion add ground nuts and spices - salt, pepper.

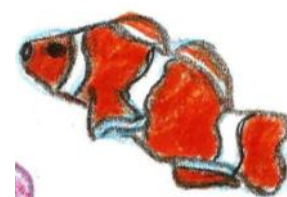
The mixture is cooked for about 10 minutes, with occasional stirring.

Then carp filled with the prepared stuffing, and sutured.

Carp put in the pan, as the top sprinkle with salt and pepper. On it is squeezed juice of a lemon and the rest of oil.

Bake until ready in a highly heated to 250 C oven about 1 hour, but periodically checked.

If you think it begins to burn on top, but not yet ready, you may cover with foil and finish cooking so.



**Enjoy!**





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# DAIRIES

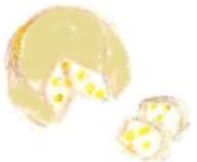
2016-1-PL01-KA219-026474

## YOGURT SNACK



### Ingredients:

*300 ml yogurt;  
6-8 strawberries;  
1 banana;  
4 tbsp cornflakes/  
oats*



### Preparation:

Slice or dice the banana and the strawberries.





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TURKEY



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ROMANIA

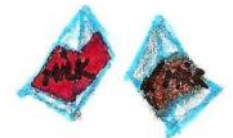


Spread a part of the cut fruit into a glass and add a few spoons of the yogurt. Above the yogurt we add ½ tbsp of cornflakes/oats.



We repeat the procedure: fruit-yogurt-cornflakes/oats until the snack is ready.

*TIP: To make it even more tasty and appealing, you can use other fruits as well: berries, kiwi, mango, dried fruits etc. and add more layers.*



**Bon appétit!**





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# DAIRIES

2016-1-PL01-KA219-026474

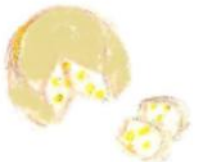
## WHITE - GREEN SALAD



### Ingredients:



*half the heads of  
iceberg lettuce  
3 pack of granular  
cottage cheese  
1 -2 cucumber  
1 green paprika  
2 tablespoons*



*finely chopped  
chives*



*8 tablespoons of  
natural yogurt  
salt  
pepper*



### Preparation:

Wash salad, dry it very carefully and cut it into thin strips. Cucumber washed, dried and with skin (or without, if it is hard and thick) cut into thin and long pieces.





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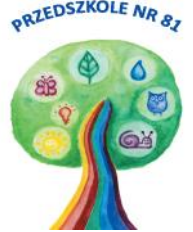
TURKEY



BULGARIA



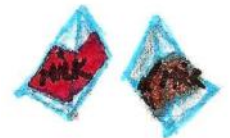
POLAND



Paprika wash, dry, cut in half, remove the seeds, then cut into a small dice. Yogurt mixed with salt and pepper.



In salad bowls lay layers: lettuce, cottage cheese, paprika, cottage cheese, cucumber. Each layer gently salt and pepper.



Top with yogurt and sprinkle with chives. It tastes good with white bread.



**Have a nice meal!**





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# DAIRIES

2016-1-PL01-KA219-026474

## CHEESE BALLS



### Ingredients:



*2 cups of  
sunflower oil*

*2 cups of yogurt*



*2 eggs*

*300 gr cheese*

*300 gr butter*

*2 packs of flour*

*(for cakes)*



### Preparation:

At first, mix all the ingredients except flour, which is added at the end.

The dough should be soft.





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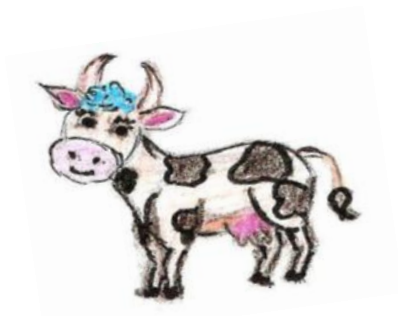
GREECE



Afterwards, make small balls and put them in the oven at 180 o C until they have a soft brown color.



*Enjoy!*







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# DAIRIES

2016-1-PL01-KA219-026474

## CHOCOLATE MILK



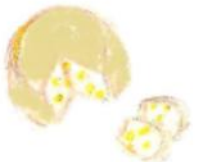
### Ingredients:

*100 grams of white chocolate*

*450 grams of milk*

*3 tablespoons of sugar*

*30 grams of flour*



### Tools:

*Food processor  
tablespoon*



### Preparation:

Put the chocolate in the container and grind for 10 seconds at 5 speed



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Add all the other ingredients for 7 minutes at 80 speed.



**Bon appetit!**





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# DAIRIES

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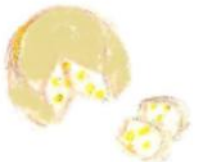
## CAKE



### Ingredients:



- 3 eggs*
- one cup sugar*
- one cup milk*
- one cup sunflower*
- one pack baking*
- powder*
- 2 cups flour*



### Preparation:

Put egg and sugar in a bowl and mix.

Add the other ingredients and mix them together





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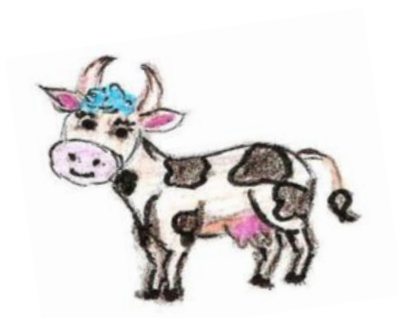
TURKEY



Heat the oven to 180 and bake the mixture for 45 minutes.



*Good appetite!*





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# DAIRIES

2016-1-PL01-KA219-026474

## MILK SALAD "SNEZANKA"



### Ingredients:

*1 kg yoghurt / 500 g drained /  
250 g pickles  
2 cloves garlic  
3 tablespoons of  
olive oil /  
sunflower oil  
50 g walnuts  
1/4 bunch fresh or  
1/2 teaspoon  
dried dill  
salt to taste*



### Preparation:

Strain through cheesecloth yoghurt for at least 10-12 hours.





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Pickles cut into small cubes.  
 Chop the cloves of garlic and dill.  
 Kernels grind at wholesale or cut.  
 Mix in a bowl all products, mix well, season with salt to taste.

Chill for an hour before serving.

Serve on fresh leaf lettuce, forming balls using a spoon for ice cream.

Garnish with a sprig of fresh dill, whole pecan nut or olive.



***Have a nice meal!***







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# CEREALS

2016-1-PL01-KA219-026474

## DIGESTIVE BISCUITS



### Ingredients:

*100g wholemeal flour*

*100g oats*

*1 tsp baking powder*

*50g -80g light soft brown sugar (it depends on salt*

*100g soften butter (cut into cubes, kept at the room temperature for 15-30 min)*

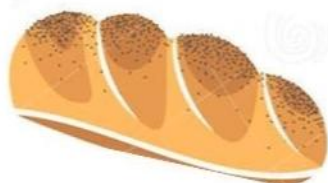
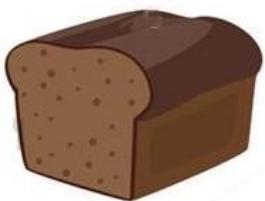
*2-3 tbsp milk*



### Preparation:

Mix in a bowl the wholemeal flour with the oats, salt, sugar and baking powder.

Add the butter cut into cubes and mix it with the rest of ingredients using the tip of your fingers.





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You've got to get a crumbly composition. Make sure you work quickly, preferably with your cold hands, so that the butter doesn't melt.

Add the milk and mix a few seconds to form a smooth dough. The consistence of the dough must be dense, not as hard as a rock, but also not soft or sticky. It will get harder while in the fridge, but think that you have to be able to roll it.

Put the dough into the fridge for 15-20 min (not more than 30 min).

Preheat the oven at 180C.

Remove the dough from the fridge and roll out on a floury surface to around 3mm thickness.

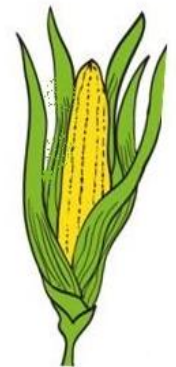


Stamp out the desired shapes or cut squares or rectangles using the pizza cutter.

Put baking paper on a large tray and carefully move the biscuits on it. Bake for about 15'.



Remove the tray from the oven, leave the biscuits on it for 5 min, then move them on a wire rack.







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# CEREALS

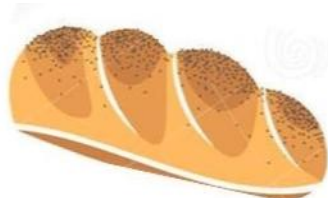
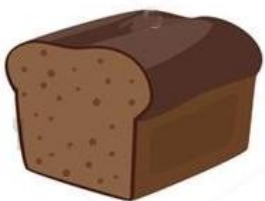
2016-1-PL01-KA219-026474

## GRAIN FLATBREADS



### Ingredients:

*200 ml of water*  
*20 g of yeast*  
*1 teaspoon of honey*  
*pinch of salt*  
*About 40 dag flour*  
*Any grain: for ex pumpkin, sunflower*



### Preparation:

One teaspoon of honey with 2 tablespoons of flour and crushed yeast, stir and leave in a warm place. When the yeast starts to add salt and most of the flour and knead the dough.







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Add the flour until the dough is short and will go away from your hands.

Set aside for half an hour in a warm place.



Take off the pieces of cake and roll with light flour and plenty of grain.

Bake on a dry pan that is not too hot to lighten on both sides.



***Bon appétit!***





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# CEREALS

2016-1-PL01-KA219-026474

## “CHRISTOPSOMO”- Christmas Bread



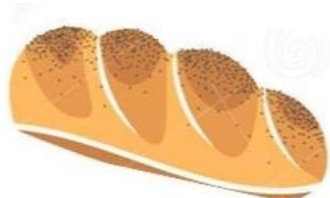
### Ingredients:

*4 cups of flour  
25 gr fresh yeast  
2 spoons sugar  
1 spoon of salt  
1 spoon butter  
1 ½ cups water  
some almonds,  
walnuts &  
sesame*



### Preparation:

At first, dissolve the fresh yeast and the sugar in a half mug of lukewarm water.







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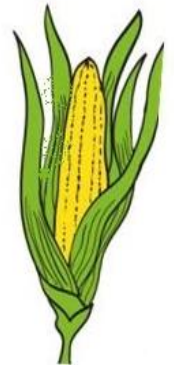
GREECE



Then, add a cup of flour and the salt, while making a soft mixture. Leave the dough to rest about 15 minutes.

Afterwards, add the rest of flour, the butter, the egg and the water and knead the mixture.

Put the dough in a pan and start to decorate it with almonds, walnuts and sesame. Also, you can create flowers or symbols using the dough.



Finally, bake the bread in a preheated oven at 180°C about 35-45 minutes.



**Enjoy!**







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# CEREALS

2016-1-PL01-KA219-026474

## BREAD

### Ingredients:

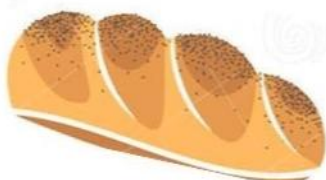
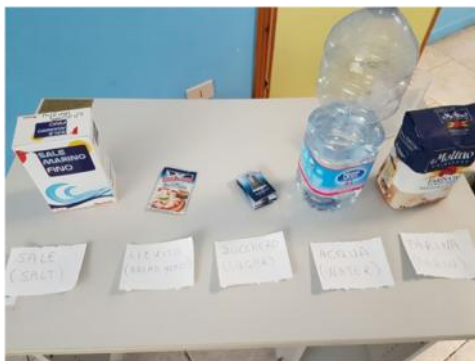
*Water 420 ml*  
*Salt 2 g*  
*Sugar 1 g*  
*Special bread flour*  
*700 g*  
*Yeast powder 1,5 g*

**Tools:**  
*Bread machine*  
*Tablespoon*



### Preparation:

Put all the ingredients into the pan of the bread machine in the following order: water, salt and sugar.





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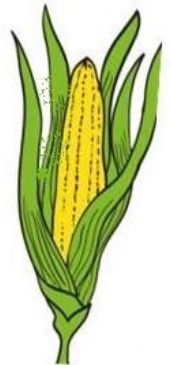
ITALY



Add the dry ingredients to machine: flour and yeast  
 Place the pan in the machine. Select the program you want and wait for processing time, rising and baking (about 3 hours).



After cooking, remove the pan and take the bread out of the bread machine.



*Have a great meal!*







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# CEREALS

2016-1-PL01-KA219-026474

## PIZZA

### Ingredients:

*153 grams 00 flour (1 cup plus 1 tablespoon)*

*153 grams all-purpose flour (1 cup plus 1 tablespoon and 2 teaspoons)*

*8 grams fine sea salt (1 teaspoon)*

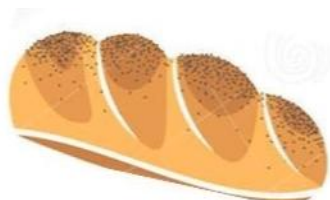
*2 grams active dry yeast (3/4 teaspoon)*

*4 grams extra-virgin olive oil (1 teaspoon)*



### Preparation:

In a large mixing bowl, combine flours and salt.







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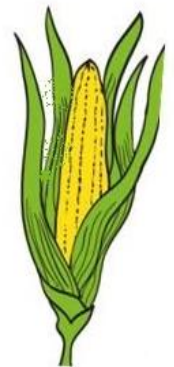
ITALY



In a small mixing bowl, stir together 200 grams (a little less than 1 cup) lukewarm tap water, the yeast and the olive oil, then pour it into flour mixture. Knead with your hands until well combined, approximately 3 minutes, then let the mixture rest for 15 minutes.



Knead rested dough for 3 minutes. Cut into 2 equal pieces and shape each into a ball. Place on a heavily floured surface, cover with dampened cloth, and let rest and rise for 3 to 4 hours at room temperature or for 8 to 24 hours in the refrigerator. (If you refrigerate the dough, remove it 30 to 45 minutes before you begin to shape it for pizza.)



To make pizza, place each dough ball on a heavily floured surface and use your fingers to stretch it, then your hands to shape it into rounds or squares. Put the topping and bake.



**Enjoy!**





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# CEREALS

2016-1-PL01-KA219-026474

## TURKISH BREAD



### Ingredients:

*1 ½ cups lukewarm water*

*2 tsp dry yeast/17 gr fresh yeast*

*3 ¾ cups bread flour/all purpose flour*

*1 ½ tsp salt*

*1 tsp sugar*

**Glaze:**

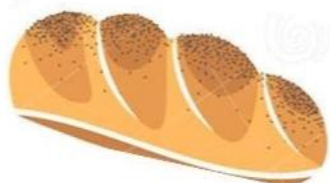
*1 tbsp yoğurt 1 tbsp water*

*nigella seeds or sesame seeds*



### Preparation:

Place the lukewarm water, sugar and the yeast into a bowl. Stir well to dissolve the sugar and the yeast. Add the salt and flour; knead for 10 minutes, till dough becomes elastic. The more you knead the better your bread will be.







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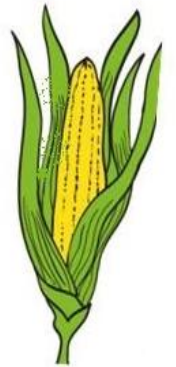
Cover the dough with a plastic wrap or a clean cloth and let it rest for 2 hours in a warm place, till it rises up to double its volum. Place dough on the counter and punch to release air. Cut the dough into two pieces, then make a loaf shape with each of them. Grease a square Pyrex or baking dish and place both of the dough pieces. Or you can use a loaf pan to bake two loaves of bread. Cover it with a clean cloth and leave it for ½-1 hour to rise in a warm place (If you have time let it rest for 2 hours).

Mix 1 tbsp yogurt and 1 tbsp water in a small bowl, then brush the surface of the bread with this glaze.

Make a scratch lengthwise through the middle. Finally, sprinkle nigella seeds or sesame seeds on top.

Preheat the oven to 425F (220C). Place the bread on the middle rack. Bake for 25-30 minutes, till it becomes golden brown. After taking it out of the oven cover with a clean cloth or towel to keep the bread soft.

*TIP: Turkish Bread is good to go with butter, honey-butter dip or spicy olive oil dip when warm.*



***Bon appétit!***







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# CEREALS

2016-1-PL01-KA219-026474

## FESTIVE CAKE



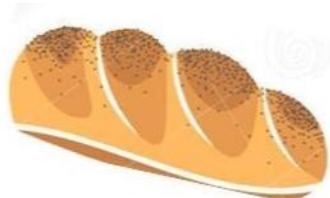
### Ingredients:

*4 eggs*  
*6 tablespoons*  
*sugar*  
*½ l. milk*  
*1 kg. flour*  
*1 cube of yeast*  
*125 g. Butter*  
*1 pinch salt*



### Preparation:

Product are kneading into a soft dough, which is divided into 3 balls.





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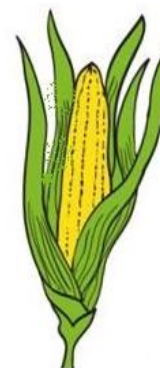


Each ball is stretched out of thin crust each smeared with butter and put one over the other.

Dough turned to roll, twisted and rolled in the tray like a snail. Sprinkle with sesame.

Allow to rise and bake at moderate oven about 40 minutes.

*Enjoy!*





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# Spring VEGGIES

2016-1-PL01-KA219-026474

## SPINACH SALAD

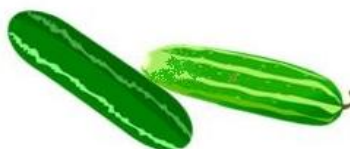
### Ingredients:

- 6 cups organic washed baby spinach*
- 2 cups organic torn-up red / green leaf lettuce*
- 1/2 cup shredded carrot*
- 2-3 tomatoes*
- A handful of parsley and dill*
- 6 Tbsp (1 oz) toasted unsalted sunflower seeds and pumpkin seeds*
- low fat dressing*



### Preparation:

Wash and drain the salad, the parsley and the dill and break it into smaller pieces using your hands or a special knife.







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Place salad greens in a bowl twice the size needed to hold the salad (this will make tossing it easier).

Peel and roughly grate the carrots.

Toast the seeds in a small fry pan on medium low heat, stirring occasionally, until golden brown OR toast in the oven for 10 minutes at 325 degrees F.

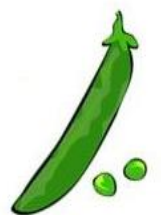


Add the shredded carrot, parsley, dill and to the greens, and toss lightly.

Serve with toasted seeds and low fat dressing on the side, to add at the table.

*Fresh & colorful, crisp & crunchy, perfect in springtime!*

**Enjoy your meal!**





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# Spring VEGGIES

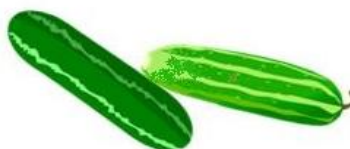
2016-1-PL01-KA219-026474

## POLISH VEGETABLE SALAD



### Ingredients:

*3 carrots boiled*  
*2 parsley boiled*  
*Small celery boiled*  
*Pickled cucumber*  
*3 eggs boiled*  
*Salt pepper*  
*2- 3 tablespoons*  
*mayonnaise or*  
*thick yoghurt*



### Preparation:

Vegetables cook al dente, cut into cubes.





ROMANIA



GREECE



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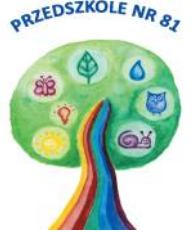
TURKEY



BULGARIA



POLAND



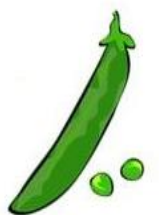
Add the diced hard-boiled eggs, pickled cucumber.

Season with salt and pepper to taste .



Combine mayonnaise or thick yogurt.

***Bon appetit!***







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# Spring VEGGIES

2016-1-PL01-KA219-026474

## BRIAM



### Ingredients:



*6 potatoes*  
*3 zucchinis*  
*3 carrots*  
*2 green peppers*  
*olive oil*  
*oregano, salt &*  
*black pepper*



### Preparation:

At first, clean and cut all the vegetables into small to medium pieces.



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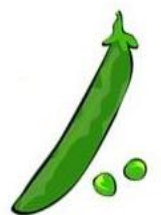


GREECE



Afterwards, place the pieces of the potatoes, zucchinis, carrots and green peppers into a large pan.

Add some olive oil and then the herbs, the black pepper and the salt. Bake for 1 hour at 180 o C.



***Have a good meal!***



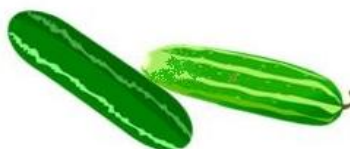


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# Spring VEGGIES

2016-1-PL01-KA219-026474

## MINT GRANITE



### Ingredients:

*250 ml water*  
*40 ml mint syrup*  
*30 gr sugar*



### Preparation:

Put some ice into the ice cream maker's glass





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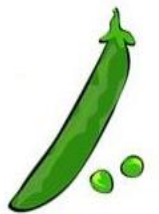
ITALY



Then, add syrup and mix together.  
Serve it cold.



*Enjoy!*





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# Spring VEGGIES

2016-1-PL01-KA219-026474

## LETTUCE SALAD

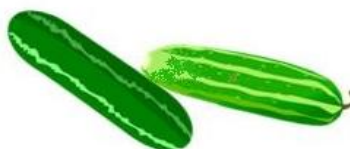
### Ingredients:

*1/2 lettuce, chopped*  
*2 green onions, chopped*  
*1/2 bunch of parsley, chopped*  
*2 tbsp sweet corn*  
*2 tomato*  
*2 carrot*  
*1 red cabbage*  
*1/2 tsp salt*  
*1/2 tsp vinegar or 1 tsp lemon juice*  
*1 1/2 tbsp extra virgin olive oil*



### Preparation:

Chop all the vegetables into pieces.





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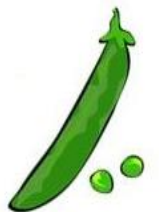
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Except the sweet corn, place all the chopped ingredients in a salad plate or bowl. Add the salt, vinegar/lemon juice and olive oil. Mix them all and add the sweet corn on top.



***Bon appetit!***







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# Spring VEGGIES

2016-1-PL01-KA219-026474

## GREEN BEANS

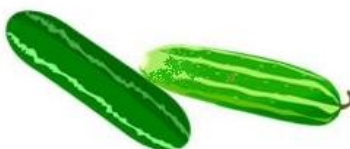
### Ingredients:

*500 gr Green Beans*  
*1 Onion (finely chopped)*  
*2 tomatoes (peeled and finely chopped)*  
*1 tbs Tomato Sauce*  
*2 tbs Olive Oil*  
*1 cup hot water*  
*1 tsp Sugar, a little salt*



### Preparation:

Wash the beans thoroughly before removing the tips. If there are strings, they are completely removed and the very long beans are divided into two.





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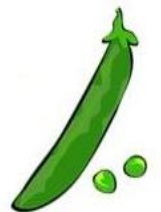


Put olive oil into the saucepan, finely chopped onions are added when the oil is hot. The onions stirred with a wooden spoon until it softens and a little tomato sauce is added. At this stage, only the beans are added to the sauce and the lid of the saucepan is closed.

The beans are cooked medium heat until they turn yellowish.



Then, look at the amount of water that is released. If you need to add water, some hot water will suffice. Salt, sugar and tomatoes are added at the top. Closing the lid of the sauce, the beans are cooked for about 40 minutes until they are softened.



***Have a great meal!***





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# Spring VEGGIES

2016-1-PL01-KA219-026474

## MEATBALLS FROM DOCK

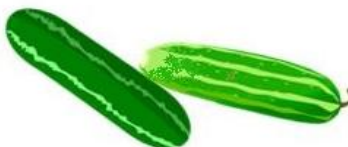
### Ingredients:

*1 kg dock  
200 g spinach  
2 bunches of  
parsley  
200 g crumbled or  
grated cheese  
4-5 tablespoons  
flour  
1 cup of vegetable  
oil  
3 eggs  
salt and pepper to  
taste*



### Preparation:

The spinach and dock are cut into small pieces and cooked in salted water until soft.







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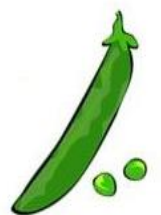


Drain and add the eggs, salt, pepper, cheese and flour.

By two spoons are formed meatballs, which are fried in hot oil.

Once the balls are put into the fat, they are pressed to become flat and wide.

Fry until golden on both sides.



***Have a good appetite!***





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# SWEETS

2016-1-PL01-KA219-026474

## CHEESECAKE



### Ingredients:

- Butter – 100 g*
- Digestive biscuits – 200 g*
- Cheese cream – 400 g*
- Eggs – 2*
- Powdered sugar – 150 g*
- Vanilla essence – 2 tablespoons*
- Cream – 400 ml*

### Topping:

*strawberry, sour cherry or forest fruit jam*

### Preparation:

Melt the butter on a very small flame in a thick bottom pan.

Crush the biscuits well. The breadcrumb obtained is mixed well with melted butter.

Put the mixture on the bottom of a heat-resistant baking dish and press it well.





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In a big bowl put the cheese cream, add the eggs and about 100 g of powdered sugar and a few drops of vanilla essence. Mix it well, until the cream is soft and smooth.

Pour the cheese mixture over the layer of biscuits and bake it for 20-25 minutes, in the preheated oven. Then, take it out of the oven and leave it to cool for 15-20 min.



Meanwhile, put the cream, the rest of the sugar and the vanilla essence in the bowl and mix with a wooden spoon.

Add this final layer on top and bake it for another 10 min.



Leave it to cool down and then place it in the refrigerator for 8- 10 hours.

*Enjoy!*







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# SWEETS

2016-1-PL01-KA219-026474

## STRAWBERRIES ICE-CREAM



### Ingredients:

- Strawberries - 2 glasses*
- Raspberries - 1 glass*
- Coconut milk (very dense) – 1 and 1/2 cups*
- Cashew Nuts - 1 glass bottle*
- Brown sugar - 7 spoons*



### Preparation:

Fill the nuts with a small amount of milk and mix on a smooth paste. We add the rest of the ingredients and mix again.





Pour into prepared ice cream molds. Freeze.



To get a very dense coconut milk should be kept in the refrigerator for several hours. Under the influence of low temperature will thicken. Nuts should be soaked in water for about an hour.



*Enjoy!*





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# SWEETS

2016-1-PL01-KA219-026474

## BISCUITS MOTHER'S DAY



### Ingredients:

- 1 cup of olive oil*
- 1 cup of sugar*
- 1 teaspoon baking powder*
- 1 teaspoon baking soda*
- 1 teaspoon cinnamon*
- Juice of 3 oranges*
- Orange peel (from 3 oranges)*
- Flour*



### Preparation:

At first, mix in a large bowl: flour, olive oil, sugar, baking powder and stir until it becomes a solid mass.







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Afterwards, put into the dough the orange peel and the cinnamon. Then, add in the orange juice, the baking soda.

Stir the mixture and let it rest for a while.



Finally, roll dough and use the stencils to create handmade heart biscuits. Place them on ungreased baking paper and let the biscuits about 12 minutes in a preheated oven.

**Bon  
appetit!**





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# SWEETS

2016-1-PL01-KA219-026474

## ORANGE CAKE



### Ingredients:

*3 cups of flour*  
*2 cups of sugar*  
*half a cup of olive oil*  
*a glass of orange juice*  
*half a glass of milk*  
*3 eggs*  
*tablespoon baking powder*



### Preparation:

Pour all ingredients into a fairly large container



**Decoration:**  
*Icing sugar*







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Mix with a whisk for a better immersion.



Butter a cake pan and dust with flour  
Pour the mixture and bake in the oven at 180 degrees for 30-40 minutes.



*Enjoy!*







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# SWEETS

2016-1-PL01-KA219-026474

## COOKIES



### Ingredients:

*125g/4oz butter*  
*55g/2oz caster*  
*sugar, plus extra*  
*to finish*  
*180g/6oz plain*  
*flour*



### Preparation:

Heat the oven to  
190C/375F/Gas 5.





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Beat the butter and the sugar together until smooth. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.



Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.



Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.



**Enjoy!**







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# SWEETS

2016-1-PL01-KA219-026474

## APPLE PIE



### Ingredients:

- 2 apples*
- 1.5 cup flour (300 g)*
- half lemon*
- 1 grated lemon peel*
- 125 gr butter or margarine, softened*
- 3 eggs*
- 8 tablespoon granulated sugar*
- a package baking soda (10 gr)*



### Preparation:



Heat oven to 170/200 °C.







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Mix sugar, butter, lemon juice, grated lemon peel and egg in large bowl.

Stir in flour, baking soda.

Pour the batter into the pie pan.

Place thin apple slices on the dough.

Bake 20 to 30 minutes or until light brown.

Spread two spoons of honey on top of it. Decorate with cinnamon, powdered sugar and walnut.



***Have a bite!***





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# SWEETS

2016-1-PL01-KA219-026474

## GARNOLLA - healthy blocks



### Ingredients:

*1 ounce oatmeal*

*50 g pumpkin seeds*

*1 handful of raisins*

*80 g dried apricots (about 10 pcs)*

*80 g of prunes (about 10 pcs)*

*80 g butter (or coconut oil)*

*1 coffee cup of honey*

*1 teaspoon of cinnamon*



### Preparation:

Oatmeal and pumpkin seeds are baked in a pan.





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Cook the roasted nuts together with the raisins, prunes and apricots in the kitchen robot.

Melt the butter and add the honey and cinnamon to it, stir until the mixture is homogenized.

Mix all ingredients.

Mix the mixture evenly into a greased tray.

Cover with foil for fresh storage and allow to tighten in the fridge for at least 1 hour.



**Enjoy!**

