

ERASMUS+ PROJECT KA229  
SURFING OUR ROOTS  
HERITAGE RECIPES

# *Sublime Home Cooking*



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Erasmus+



# BAKED CODFISH WITH CREAM

PONTE DE LIMA - PORTUGAL



## Ingredients:

900g sliced potato (not too thin)  
3dl of cooking cream

4 pieces of codfish (fresh or soaked)  
salt  
1 small onion in thin half-moon slices  
olive oil

## Preparation:

- Cook the potato slices in salted water.
- In a separate pan, cook the cod, add salt if necessary.
- When the cod is cooked, remove from heat and let it cool.
- Shred the cod in medium chips.
- In a frying pan, place the olive oil, onion. Stir fry.
- Fry the cod, mixing it well with the stir fry.
- Add the cream, a little milk, if necessary and mix the whole preparation well.
- Place the potatoes in a baking tray and place the cod over them.
- Then, put the tray in the oven for a few minutes until the top layer is golden.
- If desired, sprinkle with parsley.
- Your baked codfish with cream is ready! Bon appetit!

# Rice Pudding

## Ponte de Lima - Portugal



Ingredients: 300g of Portuguese medium grain rice; 350g of sugar; 2l of whole milk; 6 egg yolks; 6dl of water; 3 lemon peels; 2 cinnamon sticks; 1 pinch of salt; Cinnamon Powder for Sprinkling;



Preparation:

1. Pour water into a pan and place it on the stove. Add cinnamon sticks and bring it to a boil.
2. Add rice, stirring occasionally until almost no water. Then, add lemon peels.
3. Add milk, stirring occasionally and let rice cook until tender.
4. Add salt. Then, add sugar, stir and let it boil another 5 minutes.
5. In a bowl, beat the egg yolks, add a little bit of milk and stir until well dissolved.
6. Add the egg yolk mixture, slowly stirring it into the pan.
7. Remove from heat.
8. Remove the lemon peel and cinnamon sticks.
9. Taste and check if rice is well cooked.
10. Pour into a serving dish.
11. Sprinkle with cinnamon powder.

Your rice pudding is ready!  
Bon appetit!



# Codfish Cakes

Ponte de Lima - Portugal



Ingredients: 2 codfish fillets (fresh or soaked); 4 large potatoes; 2 eggs; chopped parsley; chili; 1 clove of garlic + 1 bay leafs;



Preparation:

1. Bake the cod along with the peeled potatoes, garlic clove and bay leaf.
2. When the potatoes are cooked, drain the water well and peel them by hand.
3. Crush the potatoes with a fork and shred the cod, being careful to remove all the fishbone and the skin.
4. Mix cod with potatoes.
5. Add parsley, pepper and egg yolks.

6. Wrap everything.
7. Beat the egg whites and add to the previous preparation, stir well use your hands to mix all the ingredients gently.
8. Grab two tablespoons. With one spoon grab one serving of dough and with the other make the desired shape. The cod cake passes from one spoon to the other in order to shape the cakes; press and pull.
9. Put oil to fry with a garlic clove. When the garlic clove is golden, it is time to fry the cakes.
10. Remove the cakes from the frying pan when they are golden, indicating they are well fried, and place them on a plate with kitchen paper towels to absorb the excess oil.
11. Place the cakes on a serving tray. Decorate with parsley.
12. Your codfish cakes are ready! Bon appetit!

# Dutch recipes

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The Netherlands



# Dutch pea soup

The Netherlands



## Ingredients

- 500 gr split peas
- 1 leek
- 2 liters of water
- 2 beef stock cubes
- 250 gr celeriac
- 1 winter carrot
- 1 potato (250 gr)
- 1 smoked sausage (275 gr)
- 300 gr shoulder pork chop
- 1 bay leaf
- A few sprigs of celery (25 gr)
- 1 onion



# New Year rolls

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The Netherlands



## **Ingredients**

**500 gr flour**

**250 gr butter**

**2 eggs**

**500 gr sugar**

**cinnamon**

**teaspoon of vanilla sugar**

**water**







### ***Preparation:***

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2. When the potatoes are cooked, drain the water well and peel them by hand.
3. Crush the potatoes with a fork and shred the cod, being careful to remove all the fishbone and the skin.
4. Mix cod with potatoes.
5. Add parsley, pepper and egg yolks.
6. Wrap everything.
7. Beat the egg whites and add to the previous preparation, stir well use your hands to mix all the ingredients gently.
8. Grab two tablespoons. With one spoon grab one serving of dough and with the other make the desired shape. The cod cake passes from one spoon to the other in order to shape the cakes; press and pull.
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11. Place the cakes on a serving tray. Decorate with parsley.
12. Your codfish cakes are ready! Bon appetit!

# *Lazy cake*

Lithuania



## **Ingredients**

14.1 oz (400 grams) of simple cookies or digestive biscuits  
a can of condensed milk  
1 1/4 sticks of butter (about 150 g)  
5 tablespoons of cacao powder  
any optional add-ins (here, I used chocolate chunks)

# Lazy cake

Take

all the cookies and crush them by hand into small pieces. Now, melt the butter and add the cacao powder. Add the condensate milk to the butter cacao mixture. Stir it for a couple of minutes, till it creates one smooth mass. Pour the butter-cacao-condensed-milk mixture into the bowl with cookies and combine everything. Now, it's time to shape it.

You can use a cake pan and make it into a traditional cake shape.

Here, I chose to use cling film and shape one like a roll, similar to a chocolate salami.

The other, I shaped in a rectangular form similar to banana bread.



# *Menemen*

MENEMEN, TOMATOES WITH EGG  
TYPICAL TURKISH BREAKFAST  
CHOICE



## Ingredients For Turkish Omelette Menemen

1 medium onion  
2 green peppers  
1 red pepper  
2 medium tomatoes  
2 eggs  
Salt

The first, place the oil and onions in a pan. After, saute the onions for 2-3 minutes over low-medium heat.

Then, add peppers and salt. After that, close the pan's lid and cook until the peppers become soft.

Add add the tomatoes in the pan.

Then, cook for 5-6 minutes with the lid closed. Finally, add the beaten eggs and stir. It's done when the eggs are cooked.



# *Kısır*



Turkish Kısır Salad



## INGREDIENTS

300 g medium bulgur wheat

2 tbsp of tomato paste

3 regular large tomatoes

1 cucumber

1 pepper

2 spring onions, white part finely sliced

0 ml pomegranate molasses\*

45 ml extra virgin olive oil

2 tsp sea salt + more to taste

3-4 level tsp pul biber (Turkish chilli) / other mild chilli

freshly ground pepper, to taste

seeds from ½ pomegranate

Boil a kettle of water, you will need about 700 ml to pour over bulgur wheat. The best ratio in my opinion is 1 volume of bulgur wheat to a bit less than 2 volumes of water. Place bulgur wheat into a large bowl, pour boiling water over it and cover immediately. Let it sit for 20 minutes without taking the lid off.

If you are using regular tomatoes, deseed them first and then chop into a fine dice. Plum tomatoes can be diced without deseeding as they contain much less water.

Mix tomato paste, olive oil and pomegranate molasses together. Once the bulgur wheat is ready, mix oil/tomato paste/pomegranate molasses mixture into it. Use your hands to incorporate it well. Now mix in diced veg, chopped herbs, hazelnuts and most of the pomegranate seeds. Season with salt, pepper and chilli. Start off with 1 level tsp of salt, taste and add more if needed.

Let it stand for about 20 mins for the flavours to marry up. Serve sprinkled with extra pomegranate seeds and a few whole mint and parsley leaves.

# *Bulviniai blynai Potatoes pancekes*



Lithuania



## Ingredients

4 large potatoes

1 yellow onion

1 egg, beaten

1 teaspoon salt

2 tablespoons all-purpose flour  
ground

black pepper to taste

2 cups vegetable oil for frying



# ***Potatoes pancakes***

Finely grate potatoes with onion into a large bowl. Drain off any excess liquid. Step 2 Mix in egg, salt, and black pepper. Add enough flour to make mixture thick, about 2 to 4 tablespoons all together. Step 3 Turn oven to low, about 200 degrees F (95 degrees C). Step 4 Heat 1/4 inch oil in the bottom of a heavy skillet over medium high heat. Drop two or three 1/4 cup mounds into hot oil, and flatten to make 1/2 inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain, and keep warm in low oven until serving time. Repeat until all potato mixture is used.

# *Kūčiukai Christmas Eve bread*



Lithuania



## Ingredients

:~500 g (~3 1/3 cups) all purpose flour

4 g (half package) dry yeast

2 1/2 tbsp. poppy seeds

200 ml (3/4 cup) warm water

7 tbsp. granulated sugar (you can use less)

1/4 tsp. salt

Preparation: Add sugar and yeast into warm water, stir until yeast dissolves. Cover the bowl with a kitchen towel, leave it in a warm place for ~15-20 minutes, until the yeast foams. Sieve 250 g (2 cups) flour into a separate big bowl, pour the yeast mixture, add salt, mix well. Cover the bowl with a kitchen towel and leave it again in a warm place for 30-40 minutes, until the dough rises. When the dough is ready, add all the poppy seeds. Then add as much flour until the dough will barely stick to your hands, but still remain soft and will be easy to knead (don't add too much flour, that your cookies wouldn't be too hard). Form a ball from the dough, put it in a bowl, sprinkle with a little bit of flour and cover with a kitchen towel. Leave to rise in a warm place for about 1 hour, until the dough ball doubles in size. Take a small piece of the dough, twist it in a string (the string should be an index finger thickness) and cut it into small pieces (about 1 cm thickness). Since Christmas Eve cookies swell a lot while baking, I suggest to cut them in a small pieces. If you cut in large pieces, you'll get buns). That's how form all the Christmas Eve cookies. Lay down a sheet of parchment paper on the oven tray, put the cookies. Leave ~2-3 cm (~1 inch) between cookies. Bake them in a preheated 180 C (350 F) oven for ~15-17 minutes. You should get about 2 large oven trays. Leave your cookies at room temperature for a couple of days, then they will harden.

# Greek



# Christopsomo

Christopsomo literally means “Christ’s Bread”, which we make a few days before Christmas. Making Christopsomo is a tradition that dates back thousands of years and is considered sacred in Greece. For the Greeks, making this Christmas bread is like making an offering to Christ. We make this offering with special care and love. We feel it will strengthen the wellbeing, health and happiness of our household. Traditionally the lady of the house makes the bread. She mixes wonderful ingredients like walnuts and raisins into the dough. To make the bread sweeter she adds some sugar or honey





## Ingredients

- 540 g lukewarm water (19 oz.)
  - 16 g dry yeast (0.6 oz.)
- 40 g granulated sugar (1.5 oz.)
- 1 kg strong white bread flour (35 oz.)
  - 40 g honey (1.5 oz.)
  - 1 tbsp olive oil
- 1/2 tsp mahleb (ground)
  - 1 tsp salt
  - 20 g anise (1 oz.)
- 80 g walnuts, roughly chopped (3 oz.)



# Greek Baklava



- 1 (16 ounce) package phyllo dough
- 1 pound chopped nuts
- 1 cup butter
- 1 teaspoon ground cinnamon
- 1 cup water
- 1 cup white sugar
- 1 teaspoon vanilla extract
- ½ cup honey

Preheat oven to 350 degrees F (175 degrees C).  
Butter the bottoms and sides of a 9x13 inch pan.

Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered.

Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.

Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows then make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.

Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.

Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers.

This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.