

SOLIDARITY TRACKS



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Glaze II

Gastronomy Love,
Attitude Zooming
on Education



6^o FESTIVAL OF LEFKADIAN
GASTRONOMY





- Vegetarian
- Vegan
- Spicy

Since beginning of July 2019, Lefkas Island through Solidarity Tracks organization was hosting 22 young volunteers from Bulgaria, France, Italy, Poland, Portugal, Spain, Romania, Tunisia and Turkey in the framework of "European Solidarity Corps" programme, to help for the preparation, implementation and the visibility of the 6th edition of the Gastronomy Festival "Taste Lefkada 2019". Before the festival, these young volunteers experimented the recipes of the typical dishes of their countries as well as multicultural culinary dishes and prepared together this recipe book which is inspired by their shared experience.

Since the topic of the festival "Taste Lefkada 2019" is the "Lefkadian Honey", the volunteers have blended local honey into some recipes.

This book is presented to the public during the festival of Gastronomy "Taste Lefkada 2019" in order to allow the beneficiaries of this event to form a clear idea about the way of preparation of the various multicultural dishes presented and tasted during the event in question and to develop their European and Mediterranean culinary culture.

This book presented in each stand of the partner countries during the two days of the festival allows to generate beneficial exchanges between the young volunteers and the public of Lefkada. On the other hand will enable volunteers and professional chefs present in this event to share cultural practices in the field of gastronomy.

Thank you for all the volunteers hosted by Solidarity Tracks for their contribution to the implementation of the 6th edition of the festival and for their revamped citizen act for the development of the Island of Lefkada.

Solidarity Tracks team

ITALY.

- 01. Tunaballs
- 02. Savoury Pittule
- 03. Chocolate Salami
- 04. Savoury pie with sausages and potatoes
- 05. Bruschette with tomatos

01



02



03



04



05



06



TUNA BALLS

ITALY.

6 people

.Ingredients

350 gr. of tuna
300 gr. of Ricotta cheese
80 gr. of breadcrumbs
Parsley
3 eggs
80 gr. of grated Parmesan cheese
Salt
Sunflower seed oil to fry

.Procedure

Let the tuna drip its oil. Mix it with Ricotta cheese, Parmesan, eggs, breadcrumbs, parsley and a pinch of salt. Form small balls with your hands, roll them in breadcrumbs and fry them in hot sunflower seed oil.

01





SAVOURY PITTULE

ITALY.

6 people

.Ingredients

500 gr. of flour

350 ml of frizzy water

10 gr. of brewer's yeast

2 tomatoes

1 onion

Olive oil

Salt, oregano and chili pepper if you like

Sunflower seed oil to fry

.Procedure

Let the olive oil getting brown for few minutes in a pan with the onion cut thinly. Cut the tomatoes and add them to the onion. Let cook for five minutes. At the end add some salt, oregano and chili pepper if you want and let it cool. Melt the brewer's yeast in the frizzy water and add a pinch of sugar to simplify the rising. Add the flour gradually and mix everything with a fork in order to have a thick mixture. Add the vegetables and mix everything. Let the mixture rest for 2 hours. Then form some balls with two spoons and fry them in hot sunflower seed oil.

02



CHOCOLATE SALAMI

ITALY.

6 people

.Ingredients

250 gr. of dry biscuits
200 gr. of sugar
100 gr. of bitter cocoa powder
200 gr. of butter
2 eggs

.Procedure

Mix the eggs with sugar. Add cocoa powder and mix. Let the butter melt. When it is cooler, add the butter to the mixture of eggs and cocoa powder. Crush the biscuits and add them. Use the hands to mix everything. Put the mixture in a long piece of aluminium paper and form a salami with the hands. Roll the paper to close the salami and put in the fridge for 3 hours. If you want, put some powdered sugar around the salami in order to look like real salami.

03



SAVOURY PIE WITH SAUSAGES AND POTATOES

ITALY.

6 people

.Ingredients

1 roll of puff pastry
2 mozzarella balls
2 potatoes
1 sausage
Olive oil
Salt

.Procedure

Put the potatoes in a pot full of water and boil them for 40 minutes. Let them cool. Cut the mozzarella balls into pieces and let them drip their water in a colander. Peel the potatoes and cut them into pieces. Dress the potatoes with olive oil and salt. Put the pastry in a baking plate and fill it with the potatoes, mozzarella and sausages. Put the pie in the hot oven at 200°C for about 30 minutes (it depends on your oven).

04





BRUSCHETTE WITH TOMATOS ITALY.

6 people



.Ingredients

Fresh bread
4 tomatoes
Olive oil
Two slices of garlic
Salt and oregano

.Procedure

Cut the bread into slices and toast it in a pan or in the oven. Cut the garlic in two pieces and rub them against the slice of bread to give the flavour. Cut the tomatoes into small pieces and dress them with olive oil, salt and oregano. Put the tomatoes mixture on the slices of bread.

05

TIRAMISÙ

ITALY.

6 people

.Ingredients

500 gr. of mascarpone cheese
4 eggs
100 gr. of sugar
3 packs of Savoiardi (finger spoon
biscuits)
Coffee
Cocoa

.Procedure

Separate the egg whites from the egg yolks. Beat the egg whites in a bowl with electric whisks and keep apart. In another bowl, beat the egg yolks with the sugar. Add the mascarpone cheese gradually and mix. Add the egg whites gently to the mixture using a wooden spoon. Sponge the Savoiardi in sweet coffee and make a layer at the base of a plate. Put on top a layer of mascarpone cream and then another layer of Savoiardi sponged in the coffee. Finish with a layer of mascarpone cream and finish by sprinkling the cocoa powder on the top. Put it in the fridge for at least 4 hours.

06



BULGARIAN.

- 01. Ciganska banitsa
- 02. Hlqb s med i sirene
- 03. Fruit salad
- 04. Shopska salad
- 05. Banitsa
- 06. Stuffed peppers

01



02



03



04



05



06



CIGANSKA BANITSA

BULGARIA.

6 people

.Ingredients

6 slice of bread
Sunflower oil
Paprika
Salt
Black pepper
Dry basil

.Procedure

You toast the slices in a toaster. Then you drizzle sunflower oil on top. You sprinkle a little bit of paprika, Black pepper, Salt and dry basil.

Ciganska banica is often eaten in Bulgaria, because it is very easy, delicious and cheap.

01





HLQB S MED I SIRENE BULGARIA.

6 people

.Ingredients

6 slices of bread
300 gr of honey comb
120 gr of butter
100 gr Feta cheese

.Procedure

Toast the bread. Smeere the butter. Place the honey comb on the toast. Put a little bit of cheese on top.

02

FRUIT SALAD

BULGARIA.

6 people

.Ingredients

3 oranges
4 green apples
3 bananas
¼ watermelon
½ melon
4 ripe peaches
150 gr honey
1 lemon
1 strand of mint

.Procedure

03
Cut oranges, green apples, bananas, watermelon, melon, peaches finely, mix them in a bowl and leave it in the fridge for ten minutes. In a bowl, mix honey with lemon juice, stir it well and add the finely chopped mint. Mix the fruit and the dressing, stir and enjoy!



SHOPSKA SALAD

BULGARIA.

6 people

.Ingredients

6 tomatoes
3 green peppers
2 cucumbers
1 onion
parsley
olives
300 gr cheese
olive oil and vinegar
6 hot peppers (green)

.Procedure

04
Slice all the vegetables in a big bowl, add salt, olive oil and vinegar. Put a portion of the salad on a plate then add grated cheese, an olive and a hot pepper on top of it.





BANITSA BULGARIA.

6 people

.Ingredients

1 pack of filo pastry
4 eggs
400 gr yogurt
400 gr cheese
100 ml soda (optional)
1 teaspoon baking powder
100 ml oil
salt

.Procedure

Mix the eggs in a bowl with the yogurt, baking powder, salt and oil. On every sheet of filo pastry put about 3 spoons of the mixture and spread it all over the sheet. Add a bit of crushed cheese. Roll the sheet and put it in a tray with flour and oil. Add some soda to the remaining mixture and, with a spoon, spread it on the pastry roll. Bake in a heated oven on 180 degrees for about 30 minutes.

05

STUFFED PEPPERS

BULGARIA.

6 people

.Ingredients

12 green peppers
500 gr minced meat
oil
1 glass of rice
2 tomatoes
3-4 potatoes
onion
oregano
salt
red and black pepper
parsley
water

.Procedure

Wash the peppers and remove the seeds. Finely chop the onions and put them in a bowl with minced meat and grated tomatoes. Mix with a fork while adding some water. Add the rice and oil, oregano, salt, parsley and pepper. Stuff the peppers with this mixture and put a piece of potato on top to create a lid for the peppers. Place the peppers on a tray, add a glass of water and a pinch of salt. Bake the peppers at 180-200 degrees for 40 minutes

06



TRANSILVANIA.

- 01. Lángos
- 02. Romanianskewers
- 03. Vargabéles
- 04. Hungarian Apple Pie
- 05. Eggplant cram

01



02



03



04



05



LÁNGOS

TRANSILVANIAN.

6 people

.Ingredients

1 large potato (freshly boiled, peeled, mashed and kept warm; don't use leftover mashed potatoes)
2 1/2 teaspoons instant yeast
1 teaspoon sugar
1 3/4 cups all-purpose flour
oil
3/4 teaspoon salt
1/2 cup milk
2 cloves garlic

.Procedure

Place freshly mashed warm potatoes, yeast, sugar, flour, oil, salt, and milk into a medium mixing bowl or stand mixer. Combine the ingredients until they are well moistened. Knead for 5 to 7 minutes or until smooth and elastic. Shape each piece into a smooth ball and place on a lightly floured board. Cover and let rest 20 minutes. In a large skillet, heat oil. Flatten and stretch each dough ball. Fry one langos at a time about 2 minutes per side or until golden. Serve hot rubbed with a cut garlic clove and sprinkled with salt.

01





ROMANIANSKEWERS TRANSILVANIAN.

6 people

.Ingredients

2 chicken breasts
1-2 paprikas
bacon
1 zucchini
2 onions
cherry tomatoes
salt
grounded blackpepper
apr 1-2 tablespoons of olive oil
wooden sticks
sweet paprika powder for seasoning
garlic powder, salt

.Procedure

Clean and peel the vegetables and cut them in to pieces
Put them on the sticks diversely. Make a mixture of olive
oil and roll each sting in it. Fry them on grill until the chi-
kcen gets ready

02



VARGABÉLES TRANSILVANIAN.

6 people

.Ingredients

1 packet of strudel pastry or filo pastry	2 packets of vanilla sugar
150 g vermicelli (very thin spaghetti pasta)	50 g raisins
50 g butter	150 g tropical fruits
100 g cottage cheese	lemon zest
100 ml sour cream	pinch of salt
2 eggs	oil
3-4 tbsp sugar	1 small egg for brushing
	icing sugar

.Procedure

Cook the vermicelli in slightly salty water until softened. Mix the sieved pastry with some melted butter while still hot. Let it cool completely. Break up the cottage cheese slightly with a fork, then add the sugar, the vanilla sugar, the lemon zest, the sour cream, two egg yolks and the raisins and mix them well. Beat the egg whites with pinch of salt, then slowly add it to the cottage cheese-y mass. Now also fold in the cool vermicelli mixed with butter. Get a 30 x 20 centimetre lined tin and place a strudel pastry sheet so that it covers the sides as well. Pour the cottage cheese – vermicelli mass on top and smooth out the top. Place a strudel pastry sheet on top and brush it with the beaten up egg. In a 200C preheated oven, bake the pie for 35-40 minutes. When it is done, let it cool a bit, then sprinkle it with icing sugar.

03

HUNGARIAN APPLE PIE

TRANSILVANIAN.

6 people

.Ingredients

500 g flour	sugar
250 g margarine or butter	cinnamon
100 g powdered sugar	1 lemon peel
2 eggs	pinch of salt
½ sachet of baking powder	100 g sugar
7 medium apple	1 tbs of sour cream
1 sachet of vanilla flavored	1 small egg for brushing
	icing sugar

.Procedure

Mix the flour and the cubed margarine or butter by hand. The mixture will be quite crumbly. Add the whole egg, icing sugar, salt, vanilla sugar, baking powder, sour cream, and lemon zest. Knead thoroughly. Add more flour if necessary. Divide the dough into 2 balls, cover and let rest for 20 minutes. Peel the apples, core, and shred them. Add the sugar, the cinnamon, and the lemon juice. Mix well and drain the juice. Heat the oven to 180°C (355°F). Add butter and flour your baking tin. On a floured surface roll out one part of the dough to the size of the baking tin, then lay it in. Spread the apples on the dough. Roll out the top crust and place over the apples, sealing the edges and making slits in it. Prick to allow vapor to escape, and brush with egg wash. Bake the cake for 30 minutes, until the top is light-browned. Let it cool. Cut into squares, sprinkle with powdered sugar, and serve.

04





EGGPLANT CREAM

TRANSILVANIAN.

6 people

.Ingredients

6 eggplants
2 purple onions
300 g mayonnaise
half tablespoon of salt
a teaspoon of pepper

.Procedure

First step is to fry the eggplants until the skin gets black, you can do this on your hot plate or grill. After the eggplants cool, they need to be peeled and placed in a big filter to get drip of the wet. When they are dry they need to be chopped on a cutting board or with a mixer to get a nice creamy consistency. Onions should be cut in small pieces after peeled and added to the pure eggplant cream, as well as some salt and pepper. It's best served with tomatoes on toast or bread.

06

FRENCH.

01. Tomatoe pie
02. Grilled baguette
03. Crepes
04. Croque monsieur
05. Salad Niçoise
06. Cherry's clafouti

01



02



03



04



05



06



TOMATOE PIE

FRENCH.

6 people

.Ingredients

1 Dough for a pie

Mustard

2 tomatoes

1 mozzarella

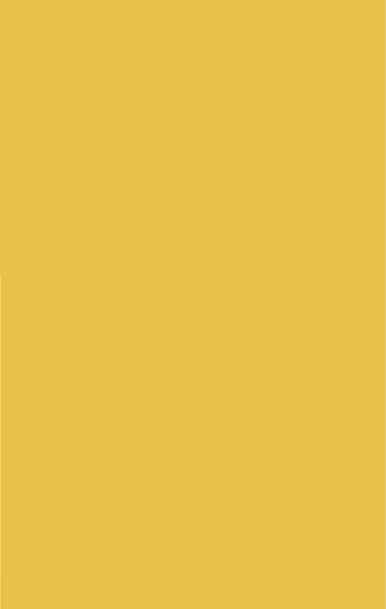
Thyme

Oregano

.Procedure

01
Unroll the pastry and place in a pie plate. Prick the bottom with a fork. Put mustard on the pastry. Cut the tomatoes in slices and put them on the pie. Add slices of mozzarella,





GRILLED BAGUETTE

FRENCH.

6 people

.Ingredients

3 baguettes
300g of bacon
200g of mushrooms
3 onions
150g of white cheese
150g of fresh cream
150g of gruyere cheese

.Procedure

Fry bacon and onions in a frying pan. Meanwhile, cut the baguette in half (in the width direction) and then in half (in the length direction). In a bowl, mix the cream and the white cheese with salt and pepper. Spread the creamy mixture on the top of the slices of Baguettes. Put the bacon pieces, mushrooms and onions on top and sprinkle with Gruyere cheese. Put the half-baguettes on a baking sheet and bake them in the oven for a few minutes until the gruyere melts.

02

CREPES

FRENCH.

6 people

.Ingredients

500g of flour
1L of Milk
8 eggs
4 spoons of Sugar
100g of butter

.Procedure

Put the flour in a salad bowl with salt and sugar. Make a hole in the middle and pour the eggs inside. Mix slowly the flour with a wooden spoon. When the mixture becomes thick, add the cold milk little by little. You can use a whisk but always gently to avoid lumps. When all the milk is mixed, the dough should be fluid. If it seems too thick, add a little bit of milk. Then add the melted butter and mix well. Cook the crepes in a hot pan (no need for fat, it is already in the dough). Pour a small ladle of dough into the pan. Put on the fire and when the crepe is a bit colored, it is time to turn it. Cook for about a minute on this side too and the crepe is ready.

03



CROQUE MONSIEUR

FRENCH.

6 people

.Ingredients

12 slices of bread
Grated cheese
Butter
3 slices of ham

And for the bechamel:

40 cl of Milk
35 g of Butter
6 spoons of flour
Salt and pepper

.Procedure

Make the bechamel sauce:

Melt the butter. Put it in a large bowl and add the flour. Stir well. Boil the milk for a few minutes and pour it over the flour/ butter mixture while whisking. Stir for 1 minute and it is ready.

Put a layer of bechamel, grated gruyere, 1/2 slice of ham, bechamel and grated cheese again on 1 slice of lightly buttered bread. Put the second slice of bread on the top and cover the croque-monsieur with bechamel and grated cheese. Put the croque-monsieur on the oven plate covered with aluminum foil (be careful not to let them burn in the oven). Bake 15 to 20 minutes in the oven at 240 °C.

04





SALAD NIÇOISE FRENCH.

6 people

.Ingredients

6 Tomatoes
6 eggs
1 onion
2 green pepper
300g of tuna
150g of black olives
Basil
Olive oil
Salt

.Procedure

Cure the eggs (6 to 8 minutes after boiling the water), then cool them into cold water. Cut the onions in small pieces and arrange them at the bottom of the dish. Add the green pepper, cut finely, and the crumbled tuna. Roughly mix all these ingredients with salt and pepper. Cut the tomatoes into thin slices and add them. Cut the boiled eggs into quarters and arrange them on top, the black olives and the basil, cut finely. Finally, sprinkle with salt and pepper and some olive oil. Chill 1 hour and mix the salad just before serving.

05

CHERRY'S CLAFOUTI

FRENCH.

6 people

.Ingredients

600G of cherries

40g of butter

4 eggs

20 cl of Milk

100g of Flour

40g of Sugar

1 table spoon of saltz

.Procedure

Wash the cherries under fresh water and drain them. Pierce the cherries with a curdent. Melt the butter in a small saucepan. Mix in a large bowl flour, sugar, salt and vanilla sugar. Pour the eggs, then the milk little by little and mix continually. Add the melted butter. Butter a pie plate very well. Put the cherries inside and pour the clafoutis dough. Put in the oven for 10 minutes at 210 °C then lower to 180 °C and cook another 20minutes. Serve cold or warm.

06



TURKISH.

- 01. Saltry pastry
- 02. Carrot balls
- 03. Lentil patties
- 04. Mini Sesame bagels
- 05. Semolina dessert
- 06. Potatoes balls

01



02



03



04



05



06



SALTRY PASTRY - POĞAÇA

TURKISH.

6 people

.Ingredients

1 cup of warm milk
1 cup of warm water
1 pack of dry yeast
2 tablespoons of sugar
2 tablespoons of salt
1 egg (separate the egg white from the yolk)
1 water glass of oil

.Ingredients for the above

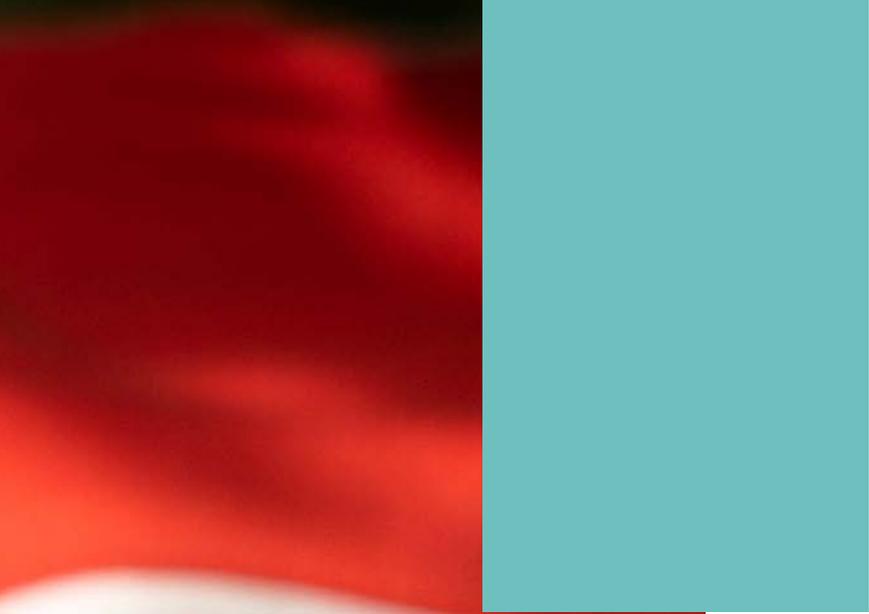
Sesame seeds, sunflower seeds and yolk

.Procedure

Mix water, milk, yeast and sugar in a little bowl and let it rest for 10 minutes. Add all the ingredients and mix everything in order to obtain a soft dough that doesn't stick to the hands. Let the dough rest for at least one hour. Form some balls with the hands. Put them on a baking tray and put on them the egg yolk and all the seeds. Put in the oven for 20 minutes at 170°C.

01





CARROT BALLS - CEZERYE

TURKISH.

6 people

.Ingredients

- 1 kg of carrots
- 1 tablespoon of sunflower seeds oil
- 4 tablespoons of granulated sugar
- 2 packs of biscuits
- 1 teacup of coconut powder
- 1 teacup of mixed walnuts
- 100 gr of white chocolate
- 100 gr of milk chocolate

.Procedure

Grate the carrots and put them into a pot. Add oil and sugar and cook for about 10-15 minutes. Crumble the cookies with your hands and add them to the carrots together with the mixed walnuts. Move the stove with the mixture of carrots. Add the white and milk chocolate to the mixture and let it cool. Form little balls and roll them into the coconut powder. Put them in the fridge for at least 2 hours.

02

LENTIL PATTIES - MERCIMEK KÖFTESİ

TURKISH.

6 people

.Ingredients

340 gr. of red lentil
600 ml water
1 tablespoon of Salt
2 Onions
Parsley
Half Bunch of green Onion
Half tablespoon of Pepper
3 tablespoons of tomato paste
1 tablespoon of chili pepper
1 lemon

.Procedure

Boil the lentils in a saucepan full of water for 25 minutes. Add the cumin and salt and let it rest for 15 minutes with the lid.

In the meantime, cut the onions into small cubes. Roast the onions with the oil. Then, stir and add the tomato paste. Wash, clean and cut the parsley and the green onion. Put the lentils and onions in a deep bowl and start to knead. Put the green onions and lemon juice. Add the spices and salt and continue to knead. Form some balls with your hands, squeeze the lemon, wrap the lettuce and put it on the serving plate.

03



MINI SESAME BAGELS - MINI SUSAMLISIMIT TURKISH.

6 people

.Ingredients

1 egg yolk
3 tablespoons yoghurt
1 tablespoon sunflower oil
125 gr butter
1/2 tea spoon salt
1 package of baking soda
250 gr of flour
For above:
1 egg white
Sesame

.Procedure

Mix the egg yolk, yogurt and sunflower oil in a deep bowl. Add the butter and mix with your hands. When you obtain a homogeneous consistency, add the baking powder, (previously foamed with a small amount of lemon juice). Add the flour gradually and salt and knead the dough which is not sticky and has a soft consistency. Form sticks with the thick dough. Connect two sticks to form a ring and gently press to prevent separation. Beat the egg white in a small bowl and paint the bagels with it. Put the seeds on the bagels. Put in the preheated oven at 160°C until lightly browned (30 minutes).

04





SEMOLINA DESSERT - İRMİKHELVASI TURKISH.

6 people



.Ingredients

225 gr of semolina

150gr of butter

50 gr of sunflower oil

200 ml of water

255 gr of sugar

600 gr of milk

100 gr of crushed Walnuts

.Procedure

Melt the butter and sunflower oil in a deep saucepan, then add the semolina. Stir the mixture continuously at medium heat until it become brown. Add the walnuts. Boil the milk, water and sugar in another pot for 5 minutes. Add it slowly to the semolina. Cook everything and let it rest for 10 minutes. Form some balls and serve with ice cream.

05

POTATOES BALLS - PATATES TOPU

TURKISH.

6 people

.Ingredients

3 kg of potatoes
1/2 lemon juice
1 tea spoon of red paprika
1 tea spoon black pepper
100 ml of milk
Salt

For the top :

1 carrot
1/2 bunch of parsley

.Procedure

Boil the potatoes. Let them cool and peel them. Crush the potatoes. Add black pepper, milk, salt and red paprika. Form balls with your hands and roll them in some chopped parsley or grated carrots.

06



SPANISH.

- 01. Rice with milk
- 02. Skewers of Moorish chicken
- 03. Spanish tortilla de patatas
- 04. Ham/chicken Croquettes
- 05. Tapas with ham

01



02



03



04



05



SANGRÍA

SPANISH.

6 people

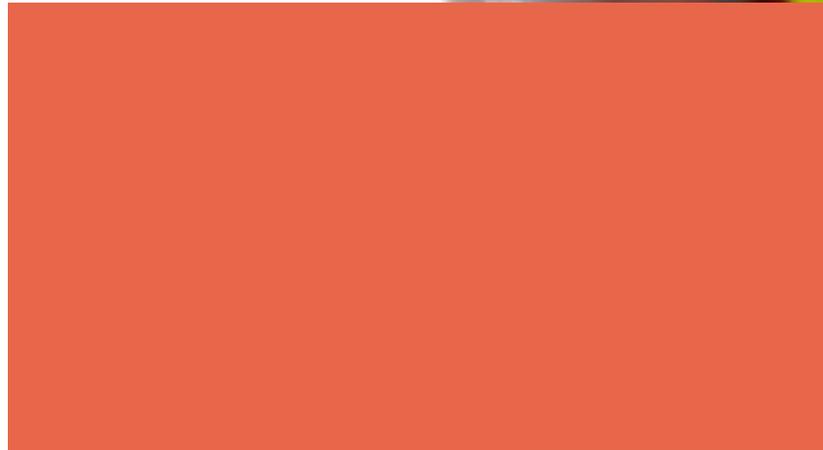
.Ingredients

1L red wine
1L soda
1 lemon
1 peach
1 apple
1 orange
1 pear

.Procedure

Mix every ingredients, make it get colder in the fridge and drink.

01





SKEWERS OF MOORISH CHICKEN SPANISH.

6 people

.Ingredients

4 chicken breasts
200 ml of olive oil
Special moruna spices
Parsley
5 onions
2 cloves of garlic
Salt
Pepper
150 gr of sugar
100 ml of water
50 gr of butter

.Procedure

Caramelize the onions, cuted very thin, with the butter. If it is necessary, add some oil. When the onions are well cooked, add sugar and water to caramelize. Let it rest. Cut the chicken into large cubes and roll them into the spices, parsley and garlic previously cuted. Cook the chicken in a pan with some oil. Mix everything in a big bowl and put in a plate.

02

SPANISH TORTILLA DE PATATAS

SPANISH.

6 people

.Ingredients

1kg of potatoes
8 eggs
1 onion
extra virgin olive oil to fry
salt

.Procedure

Cut the potatoes and onions in small cubes. Fry a bit the potatoes in a pan with the oil. Add the onion to fry a bit too. Then remove the pan and strain the oil. Beat the eggs in a bowl, add salt and mix them with the potatoes and onion. Put them in a hot pan and cook slowly. After few minutes, turn over the tortilla with a plate to cook it completely on both sides.

03



HAM/CHICKEN CROQUETTES

SPANISH.

6 people

.Ingredients

300 gr of ham or chicken breasts
1 onion (optional)
1 l. of milk
100 gr of flour
100 ml of oil
pepper
2 eggs
300 gr of breadcrumbs

.Procedure

Boil the chicken/ham. Put the oil in a pod and fry the onion for a little. Add the flour and start moving the mixture until it gets more solid. Add the milk and keep moving . Add the meat and keep moving until it gets solid. Wait to get colder. Knead the dough. Cover the dough with the egg and then with breadcrumbs. Fry them and just enjoy.

04





TAPAS WITH HAM SPANISH.

6 people

.Ingredients

250 gr of mayonnaise
600 gr of Serrano ham
1 onion
1 loaf of bread

.Procedure

Cut the ham and the onion in very small pieces. Mix them with the mayonnaise. Then put the mixture on the loaf of bread.

05

PORTUGAL.

- 01. Pastéis de Bacalhau
- 02. Torta de Laranja
- 03. Brigadeiros
- 04. Croquetes
- 05. Peixinhos da Horta

01



02



03



04



05



PASTEIS DE BACALHAU

PORTUGAL.

6 people

.Ingredients

10 ounces of salted cod, preferably thick pieces
14 ounces russet potatoes, unpeeled
1 small onion, very finely chopped
2 tablespoons finely chopped of flat-leaf parsley
3 large eggs
Vegetable or canola oil, for frying

.Procedure

Rinse the cod to take away some of the salty surface. Put in a big bowl and cover with cold water. Keep apart and change the water 4 to 5 times for a total of 12 hours. Boil the potatoes (preferably in their skins). Peel the potatoes and mash them.

Meantime, simmer the cod in boiling water, about 20 minutes. Drain the cod, discard the skin and bones, and flake the fish as much as you can with your fingers or a fork.

Mix the cod with the mashed potatoes and add the eggs, 1 by 1, and then onion and parsley. If you find the mixture excessively dry, add one or two tablespoons of milk. Keep cool before to fry. With two tablespoons, shape the fishcakes like large eggs and put into hot oil. Turn them several times to get nicely browned all over. When cooked, put them on kitchen paper, to absorb excess fat.

01





TORTA DE LARANJA

PORTUGAL.

6 people

.Ingredients

Melted butter, to grease

5 eggs

215 gr (1 cup) of sugar

125ml (1/2 cup) of fresh orange juice

1 tablespoon of finely grated orange rind

30gr of unsalted butter, melted

40gr (1/4 cup) of flour

Orange zest, to decorate

Double cream, to serve

.Procedure

Preheat the oven to 180°C. Lightly grease a swiss roll pan with melted butter. Line with baking paper. Use an electric beater to beat the eggs and 155g (3/4 cup) of sugar in a bowl until it gets thick. Beat orange juice, orange rind, butter and flour. Pour into prepared pan. Bake for about 15 minutes. Meanwhile, sprinkle the remaining sugar over a clean tea towel. Turn the cake into the tea towel and remove the baking paper. Gently roll up the cake. Place in the fridge for 2 hours to cool. Cut into slices. Top with orange zest and serve with cream.

02

BRIGADEIROS PORTUGAL.

6 people

.Ingredients

1 tablespoon butter
400 gr of weeted condensed milk
¼ cup of cocoa powder (30 gr)
1 cup of chocolate sprinkle (160 gr)

.Procedure

In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through. Pour onto a greased plate, then chill for 1 hour. Shape and roll the chilled mixture into balls. Roll the balls in chocolate sprinkles.

03



CROQUETES

PORTUGAL.

6 people

.Ingredients

1.5 cups of ground beef	3 ounces of flour
5 tablespoons of butter	lime juice
2 garlic cloves chopped	salt and pepper
2 ounces of chopped chorizo	2 beaten eggs
1 bay leaf	breadcrumbs
1 tablespoon of chopped parsley	oil to fry
4/5 cup of milk	1 lime cut into quarters
1 chopped onion	

.Procedure

04
In a large frying pan cook 4 tablespoons of butter, garlic, bay leaf and chorizo. Stir and add the ground beef. Add some salt and pepper. Continue frying it while crushing the beef with a fork. When the meat is fried, add the chopped parsley and stir. Remove the bay leaf and turn off the heat. In a separate pot, cook the remaining butter and onion. Let it cook on medium heat without letting it brown. Add the flour to the pot and stir. Add gradually the milk. Add some salt, pepper, lemon juice, the meat and mix well. Stir until it is well mixed. Remove from the pot and let cool. When the mixture is cool, mold croquettes and put them on a plate previously coated with flour.

Coat the croquettes with the beaten eggs. Then sprinkle them with breadcrumbs. Now fry the croquettes one by one in a deep frying pan on high heat with the oil. Once fried, remove them on a plate with paper towels. Let them cool for a minute and cut a lime into quarters to serve with for extra flavor.





PEIXINHOS DA HORTA PORTUGAL.

6 people



.Ingredients

1 pound green beans
3 cups of oil to fry
3/4 cup of flour
2 cups of water
1 tea spoon of salt
2 eggs
salt and pepper

.Procedure

Boil a cup of water and a tea spoon of salt in a saucepan. Add the beans to the boiling water and cook until it gets tender but still slightly crisp (about 2 minutes). Remove the beans and transfer them to a bowl with cold water for a minute. Then, put them on paper towels to dry. Boil the oil in a large saucepan. Combine flour, cup of water, eggs, salt and pepper in a bowl and whisk until the batter reaches a smooth and even consistency. One by one, dip the green beans in this mixture and then fry them immediately until they get brown. Put them on paper towels to dry. Sprinkle the deep-fried green beans with salt and serve.

05

POLAND.

- 01. Paszteciki
- 02. Dumplings
- 03. Karpatka

01



02



03



PASZTECIKI

POLAND.

6 people

.Ingredients

PASTRY:

1kg soft butter
6,5kg wheat flour
2 L milk
40 eggs
100g salt
100g sugar
0,5kg yeast

FILLING:

8kg mushrooms
30 onions
100g salt
250ml frying oil

.Procedure

Put the butter into the bowl of the kitchen robot, add eggs, flour, salt, warm milk, yeast and sugar. Knead all for 3-4 minutes. The dough will be elastic and delicate. Cover them with a cloth and leave to rise for 35 minutes. During this time, warm up the pan with the oil, put the peeled and diced onions, fry them until they change color . Put them in the bowl. Cut mushrooms into slices and fry on high temperature. Mix the onions with the mushrooms and add with salt and pepper. Divide the dough into two parts. Roll out a cake measuring 20 cm to 30 cm and a thickness of half a centimeter. Cut into two parts so that rectangles of 10 cm to 30 cm are formed.

Put the filling in the center, leave 2 cm from the edges and roll up it, to give it the shape of a roller. Straighten the roll slightly, put it on the baking pan lined with baking paper. Cut the roller in equal pieces and put them away for 15-20 minutes to rise. Do the same with the second part of the dough. Before putting the patty cakes into the oven, spread them with mixed egg or milk. Bake them in preheated oven to 180 degrees for 20-30 minutes. After baking, the patty cakes with mushrooms are ready and you can split them into portions.



DUMPLINGS

POLAND.

6 people

.Ingredients

1,5kg wheat flour
100g salt
1 L boiling water
5 eggs
100g butter

SPINACH FILLING

2,5kg fresh spinach
10 onions
1kg feta cheese or tofu
10 medium potatoes, boiled
250ml oil or 250g butter
salt, black pepper and ground knob

.Procedure

Pour the flour into a bowl and add salt. Put butter into the boiling water and melt it , gradually pour into the flour, stirring everything with a spoon. In the meantime, add a beaten egg and combine all the ingredients, knead a soft dough. Put on extra flour to knead for 7-8 min. Wrap in foil and leave for about 30 min. Divide the dough into 4 parts and roll out a thin dough sheet (approx. 2-3 mm), filling the dough with flour if needed. With a small glass, cut out circles, stretch them a bit in your fingers, and then put in the middle one spoonful of filling. Fold in half and stick the edges carefully, arrange on the board. In a large pot, boil salted water and when it will boil strgly, put the first batch of dumplings (about 15 pieces). After the boiling, reduce the temprature to medium and cook the dumplings for about 2 min from the time they float on the surface of the water (until the cake is soft, check with a finger catching one dumpling). The time of cooking depends on the thickness of the dough.

02

Boil potatoes and after it, cool them down in the fridge. Peel onions, cut them into cubes and fry them till they change colour. Defrost spinach and boil it . Chop finely and add the onion. Stir for a few minutes. In a grinder, grind spinach, onions, cheese and boiled potatoes. Add salt and pepper. Cover the dough with flour and roll it on. Use a huge glass to cut small circles of dough. Put a full teaspoon of filling in the middle of each circle. Grease the corners of the dough with water and stick together making a frill or pushing with a fork, which is easier but less visually appealing. Put the dumplings on a cloth with flour on it and cover them so that they do not dry out. Boil them in batches for a few minutes until they float and become soft. After the boiling get the dumplings from water and fry them in a pan. To complete your plate pour sour cream or fried onions.



KARPATKA

POLAND.

6 people

.Ingredients

CAKE

8 glass of water
1,2kg butter
2kg wheat flour
40 eggs
250g salt
120g baking powder

FILLING

6L milk
2,4kg butter
1,5kg cup of sugar
100g vanilla sugar
650g wheat flour
650g potato flour
16 egg yolks

.Procedure

Prepare the dough. Boil the water with butter. Remove the pot from the heat and stir vigorously (preferably with a wooden spoon), add the flour. Put the pot back on the stove and cook on low heat, stirring constantly, approx. 2-3 minutes. (The dough has to be uniform and leave the pot nicely). Leave the dough to cool for a moment. (The easiest way is to transfer into a bowl or other pot, then it will cool faster, but it does not have to be completely cool). To a slightly warm or cold dough, mixing with a mixer, add one egg, a pinch of salt and baking powder. Divide the dough into 2 parts. Use a rectangular form, approx. 35x24 cm, with margarine and sprinkle with flour. Cut half of the dough and spread it out with a spoon in the mold.

03

Bake in a preheated oven, till the dough will be golden brown, approx. 30 minutes at 180 ° C. In the same way, bake the other half of the dough. Prepare a pudding mass. Boil 2 cups of milk and sugar. Mix the remaining milk thoroughly with yolks, vanilla sugar and flours. Add the boiling milk, stir quickly so that no lumps are formed. Wait about 1 minute. (Pudding will be thick). Allow it to cool. Soften the butter with a mixer to make it fluffy. Then mix, add gradually cool pudding. Spread the pudding on one piece of dough. Cover with the second top. Put the dough in the fridge for at least 3 hours. Ready to sprinkle with powdered sugar.



TUNISIAN.

- 01. Tunisian Ejja
- 02. Couscous
- 03. Omik houria
- 04. Salad mechouia
- 05. Ftayer

01



02



03



04



05



TUNISIAN EJJA

TUNISIAN.

6 people

.Ingredients

1 kg of fresh Tomatoes
500 gr of onion
500 gr. Of green pepper
6 cloves of garlic
6 eggs
1 small spoon of salt
1/2 small spoon of black paprika
1/2 small spoon caraway powder
200 ml. of olive oil

.Procedure

Cut the tomatoes, the onion & the paprika into pieces and cook it in the pan for 8 mn. Chop up the garlic and add it with olive oil, salt & caraway powder to the mixed tomatoes, onion & paprika & cook it for 5 minutes. Add the eggs & mix it for 2 mn. Then it will be ready to eat it with bread.

01





COUSCOUS

TUNISIAN.

6 people

.Ingredients

2 lb lamb stew meat , cut into large pieces
2 lb couscous fine semolina (or medium)
2 onions , finely chopped
2 cloves garlic , pressed
2 tablespoons tomato paste
2 tablespoons harissa
5 tomatoes
2 tablespoons ground caraway
1 tablespoon ground coriander

1 teaspoon chili powder
4 turnips , cut in half
6 medium carrots , peeled
4 zucchini , peeled lengthwise, alternately leaving a layer of skin
6 small potatoes , peeled
10 oz. chickpeas
4 green hot peppers
Olive oil
Salt
Pepper

.Procedure

Put the olive oil tomato paste and harissa and fry for 2 minutes. Add the garlic, onion, caraway, coriander, and chili powder, the lamb meat, the fresh tomatoes, the chickpeas and mix well so that the pieces are covered with the sauce. Cook for 2 minutes stirring regularly. Cover with water. Add the turnips and carrots, and cook on low/medium heat for 45 minutes. Meanwhile, prepare the couscous se-

molina as indicated on the package, with boiling water, salt, and oil. After 20 minutes, add the zucchini, potatoes and. Cook for at least another 30 to 40 minutes over low/medium heat. Monitor the cooking of the vegetables. If some vegetables are cooked before the meat, remove them from the pan and place them on a serving platter. Proceed in the same way with all the vegetables to prevent them from cooking too much. 10 mn before the end of cooking add the peppers 10 minutes before the end of cooking, get a few ladles of broth (one at a time) and wet the couscous semolina. Mix the semolina well after each ladle until it get moistened enough. Arrange the semolina in a ceramic pot. Decorate the dish with the vegetables and the meat all around.

02

OMIK HOURIA TUNISIAN.

6 people

.Ingredients

1 kg. Of carrots
3 eggs
100 gr. of black olives
300 ml. Of olive oil
3 gloves of garlic
1 teaspoon of salt
1 teaspoon of karwia
Half teaspoon of harissa

.Procedure

Peel the carrots, cut them into slices and boil them. When they are cooked, mix them with a blender. Add pasta garlic, harissa, olive oil and cream spices. Serve with olives and pieces of boiled eggs.

03



SALAD MECHOUIA TUNISIAN.

6 people

.Ingredients

4 whole onions
5 whole tomatoes
one whole garlic bulb, or several
whole garlic cloves with the peel
4-5 whole green Anaheim
peppers
2 whole bell peppers
2-3 whole jalapeno peppers
1/2 tsp salt
1/4 tsp black pepper
Olive Oil
Olives
Hard boiled eggs

.Procedure

Mechouia salad is a simple but delicious grilled vegetable salad from Tunisia. Charred onions, peppers, tomatoes, and garlic are coarsely chopped, salted and seasoned, and drizzled with olive oil. There's probably some fresh herbs served on top. By itself it's a perfectly vegan dish. However, it's usually garnished with hard boiled eggs & olives.

04





FTAYER TUNISIAN.

6 people

.Ingredients

500 gr. of flour
16 gr. of dry brewer's yeast
1 glass of milk
1 teaspoon of sugar
350 ml of warm water
1 teaspoon of salt
Sunflower oil to fry
Honey

.Procedure

Put together in a big bowl the flour, sugar, milk and the yeast and mix. Add the water slowly until the dough becomes smooth and elastic. Cover the dough and let it rest until it doubles its volume (more or less 2 hours). Put the oil in a frying pan and warm it. Oil your hands and form with some little balls that you will fry in the pan. Serve with honey. §

05

