

Recipe Book

Prepared by
GLAZE III - Gastronomy Love, Attitude Zooming on Education



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Bulgaria

Ingredients (5 portions):

- 500 gm minced meat/mushrooms
- 1 kg potatoes
- 4 eggs
- 500 gm yogurt
- 1 onion head
- 2 carrots
- 3 medium-sized tomatoes
- black pepper
- savory
- cooking oil

How to prepare it:

Cut the onion, tomatoes, and carrots into small dice and the potatoes into a little bit bigger cubes. Simmer the onion until soft; add the tomatoes, the mince/mushrooms, black pepper, savory, and a sprinkle of salt. When the water of the tomatoes is boiled away, add the pepper, then the potatoes. Cook for some more time and then pour everything into a tray, add half a glass of water, and put in a preheated oven. Bake at 200°C until the water boils away and the potatoes are golden. For the topping mix the eggs with the yogurt, and a little bit of flour, until it becomes homogeneous. Pour the topping and bake until golden.

Musaka



Bulgaria

Ingredients (5 portions):

- 3 medium sized tomatoes
- 2 cucumbers
- 50 gr olives
- 100 gr white cheese
- 1/2 head purple onion
- olive oil
- salt
- parsley
- peppers

How to prepare it:

Cut the cucumbers and tomatoes in a size appropriate for a salad. Cut the onions in long lines. Add the cut grilled peppers. Season with salt and olive oil to your taste and mix. Add the olives, grade cheese, and pasley to taste on top.

Ingredients:

- 5 potatoes
- 3 eggs
- flour
- black pepper
- cooking oil
- salt
- 50 gm white cheese

How to prepare it:

Wash and cut the potatoes into small pieces. Boil them until cooked, and then mash them. Add one egg, the cheese, salt, and black pepper, and mix well. Break 2 eggs in a deep plate and use another deep plate for the flour. Take enough of the mixture and form a flat "meatball". Put it first in the eggs, then in the flour, and fry.

Shopska salad

Potato "meatballs"



Bulgaria

Ingredients:

- Kori za banitsa (filo)
- White cheese (feta) 300 gm
- 4 eggs
- Cooking oil

How to prepare it:

Break the eggs and mix them until they are fully mixed. Take the cheese, break it into the eggs and mix it again until it all becomes consistent. Take one slice of filo and cut it into four long lines. Pour cooking oil into a pan. Take enough of the cheese and eggs mix, put in one corner of a line of cut filo, and fold in a triangular form. Put it in the pan and fry!

Ingredients:

- 2-3 glasses milk
- a glass of rice
- a glass water
- salt
- cinnamon
- a glass of sugar

How to prepare it:

Wash the rice well and boil it with a glass of water. When the water is almost boiled away, pour a glass of milk. Add a sprinkle of salt; add half of the sugar. Pour the rest of the milk and the rest of the sugar. Cook until the rice is fully cooked. If you feel it is too dry, you can always add more milk. Stir now and then while cooking so the rice does not burn or stick. Serve cold or warm with cinnamon on top.

Banitsa



Syutlyage



Estonia

Ingredients:

- Potatoes (1 kg)
- Onions (1 large or more if smaller)
- Minced meat or chicken filet (1 packs)
- Black pepper powder (to taste)
- Garlic powder (to taste)
- Dried bay leaves (2 leaves)
- Some oil
- Salt

How to prepare it:

First, cut pieces of potato and cut onion are stewed in a pan with some oil and water with salt. Then pepper and garlic are added after the potato starts to become milder. The meat is cooked the same way in a separate pan: cut, put into some oil and water, salt and pepper are added right away. Part of the cut onions are also added in the beginning into the oil.

Ingredients:

- Tomatoes (3 mid. size)
- Cucumber (3 mid. size)
- Smetana / sour cream (1 packs) - if not, greek yoghurt + some salt
- Bread

How to prepare it:

Cut vegetables into pieces and mix them with sour cream. Add salt to taste. Dip bread in the leftover sauce.

Potato stew

Summer salad



Estonia

Ingredients:

- 5 eggs
- Rye bread - half of loaf
- Butter - half of pack
- Sprat - 2 cans
- Green onions - 1 bunch
- Black pepper to taste

How to prepare it:

This is a famous Estonian snack that is eaten faster than its name is pronounced. Put eggs in boiling water and boil for 12 minutes. Then pour cold water to stop cooking. Chop green onions, cut eggs into thick rings. Spread slices of bread with butter, put sprat fillet, egg rings on top, sprinkle with chopped onion and black pepper.

Kiluvõileib



Estonia

Ingredients:

- Hazelnuts - 300 g
- Almonds - 300 g
- Brown sugar - 500 g
- Cinnamon - 1 pack
- Ginger - 1 pack
- Vanilla sugar - 1 pack
- Cream (fat, for almonds) - 1 pack

How to prepare it:

Mix the sugar, ginger, cinnamon, and vanilla sugar well. (You can also add cloves, but it's for an amateur). Stir. Fry unpeeled hazelnuts. Pour the sweet mixture into the pan on the nuts. Leave for a little. Fry until sugar is completely dissolved, stirring continuously. Put the nuts from the pan onto a plate. Pour out the rest of the mixture. Stir well until the candied nuts are glazed. Do the same with the almonds. Fry with a sweet mixture. Leave for a little. Pour in the cream and continue to fry until sugared. Sprinkle with the remaining mixture. Stir, so nuts do not stick together. The nuts are ready to eat.

Prunus Dulcis - Sweet almonds



France

Ingredients:

For the shortcrust pastry:

- 240 gm flour
- 150 gm butter (1 spoon for the mout)
- 50 gm sugar
- 2 eggs yolk
- 5 tbsp of water
- 1 pinch of salt

How to prepare it:

Mix the flour, the sugar, the salt, and the butter. When the mixture is sandy add the eggs' yolk and the water. Form the dough into a ball and leave it in the fridge for 3 hours. Spread it in a round mould, prick with a fork and bake at 180°C for 25 minutes.

For the top :

- 4 big squeezed lemon + the peel of 3 of them
- 130 gm of sugar
- 3 eggs + 1 yolk
- 1 tbsp of maize or flour
- 60 gm of butter

How to prepare it:

Squeeze the lemons and keep the peel. Mix the eggs. Put the lemon juice, the peel, the sugar, and eggs in a saucepan. Whisk vigorously. Add the flour/maize and whisk until it becomes homogenous. Remove from the stove and continue to whisk. Add the butter and mix until it becomes a cream. Pour the cream onto the shortcrust pastry. Let the dish in the fridge for 1 more hour.

Tarte aux Citrone



France

Ingredients:

- 1 kg of potatoes
- 1l of milk
- 100 gm of butter
- 300ml liquid cream
- Nutmeg
- 2 pinch of salt (add more or less according to your taste)
- 100 gm of french cheese (Emmental or Gouda)

How to prepare it:

Cut into round all potatoes, prepare the sauce with the milk, chopped nutmeg, salt, liquid cream, butter. Add half of the cheese in the sauce and the other half on the top of the dish. On the molt file the potatoes, the sauce, and the cheese.

Ingredients:

- 1 can of tuna
- 1 lettuce
- 1 can of corn
- 1 can of olives
- 200g cherry tomatoes
- 1 cucumber
- Olive oil
- Salt, pepper, vinegar, lemon

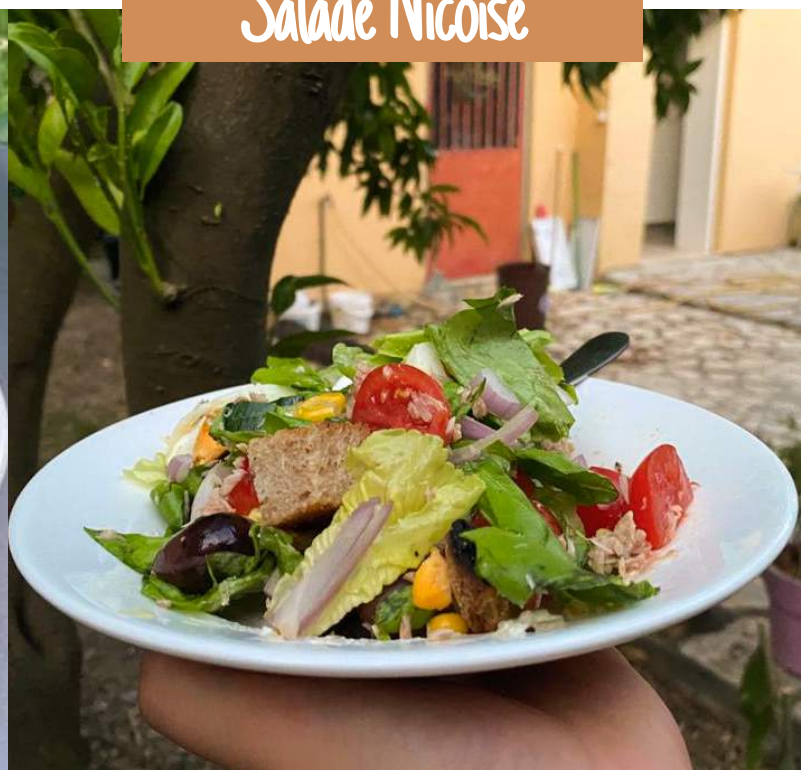
How to prepare it:

Cut the cucumber, lettuce and add the other ingredients: tuna, corn, olives, tomato. For the sauce mix a little bit of salt, pepper, 2 tbsp olive oil, 1 tbsp vinegar and a half lemon.

Gratin Dauphinois



Salade Nicoise



France

Ingredients:

For the shortcrust pastry :

- 240 g of flour
- 150 g of butter (1 spoon for the moul)
- 50 g of sugar
- 2 egg yolk
- 5 tbsp of water
- 1 pinch of salt

How to prepare it:

Mix the flour, sugar, the salt, and the butter. When the mixture is sandy add the egg yolk and the water. Form the dough into a ball and let it rest in the fridge for 3 hours. Butter a round mould and spread it.

Ingredients:

For the top :

- 1 kg of apple
- 2 eggs
- 20 cl of liquid fresh cream
- 70 g of sugar
- 1 packet of vanilla sugar

How to prepare it:

Preheat the oven to 180°C. Peel and slice the apples. Put them on the shortcrust pastry. Mix the eggs, the fresh cream, the sugar and put the blend on the apples (which are in the shortcrust pastry). Cook in the oven for 1 hour. You can let the apple pie in a fridge for 1 hour to eat it cold, or eat it hot.

Tarte aux pommes Alsacienne



France

Ingredients:

- A lot of lemons
- Some oranges
- 1 pineapple
- Little piece of ginger
- Some sugar
- Some honey

How to prepare it:

Take the zest of 3 lemons. Peel all lemons and separate the pieces. Boil everything in a pot with sugar, and with water enough to cover everything. Cook until it boils and then wait 5 minutes. Take it off the stove, grate some ginger and cold the liquid. Cut the pineapple and orange and blend them. Filter the lemon juice. Add some honey to taste.

Ingredients:

- 200 gm black chocolate
- 150 gm butter
- 150 gm sugar
- 50 gm flour
- 3 eggs

How to prepare it:

Add some water to a pot and boil on medium heat. Put a smaller pot on top and add the chocolate. In a salad bowl stir soft butter and add sugar continuously; stir until it becomes soft. Add the eggs one by one to the flour, stirring well. Add the melted chocolate to this mixture. Pour everything into a pan and bake in a preheated oven at 150 ° C for 25 to 30 minutes. When the cake cools down sprinkle some icing sugar on top.

Punch



Fondant au chocolat



Italy

Ingredients:

- 320 gr pasta (spaghetti)
- 500 ml tomato sauce
- 2 eggplants
- 1/2 onion
- 150 gr Parmigiano cheese
- Vegetable oil
- Olive oil
- Basil
- Salt

How to prepare it:

Clean the onions and cut them into slices. Put some olive oil in a pot, add the onions and fry on low heat for a moment (this is the so-called "soffritto"). Then add the tomato sauce, blend it, add some salt and let it cook on low heat for two hours until it starts to boil. Clean the eggplants and cut them into dice. Pour the vegetable oil into a wide pan (preferably wok), and put it on the stove. Put the eggplants in the hot oil and fry them. Turn them upside down and when they are ready place them on a paper towel. Then it's time to prepare the pasta: put a big amount of water on a pot on the stove and wait for it to boil. When it starts boiling add salt and then the spaghetti. Mix now and then it and wait 10/12 minutes for the pasta to be ready. Then drain the pasta, add the tomato sauce to the pasta, mix it very well, add the fried eggplants and the basil. Put the pasta on plates, sprinkle some grated Parmigiano over it and decorate with basil leaves.

Pasta alla norma



Italy

Ingredients:

- 320 gr pasta (spaghetti)
- 500 gr zucchini
- 1 jar of pesto
- ½ garlic
- Grated Parmigiano cheese
- Olive oil
- Salt

How to prepare it:

Clean the zucchini and cut them into dice. Pour some olive oil into a frying pan, add the garlic and after a while add the diced zucchini. Let it cook for a while. Pour the water for the pasta in a big pot and wait for it to boil. When it's boiling add the salt, and then the spaghetti. When the pasta is ready drain it and keep some water apart. Add the zucchini and the pesto to the pasta and also some of the water in order to obtain a more creamy sauce. If you want you can decorate the plate with some leaves of basil.

Pasta al pesto e zucchini



Italy

Ingredients:

- 2 big shaped bread
- 1 garlic
- 500 gr tomatoes
- Oregano
- Olive oil
- Salt

How to prepare it:

Clean the tomatoes and cut them into small pieces. Add some salt, olive oil, and oregano. Grab some garlic cloves and cut them into tiny pieces and add them to the tomatoes and blend it. Cut the bread into slices and roast them on both sides on the grill or on a pan. Then rub the garlic on the slices of bread and add over them the tomatoes.

Ingredients:

- 12 eggs
- 1 tube mayonnaise
- 12 capers
- 2 cans tuna

How to prepare it:

Boil the eggs until they are hard-boiled. Then remove the shells and cut the eggs into halves. Remove the yolks and blend them together with mayonnaise, capers, and tuna and then put this mix inside the eggs.

Bruschette



Uova ripiene



Italy

Ingredients:

- 350 gr wheat flour
- 200 gr butter
- 150 gr sugar
- 1 egg
- 2 yolks
- 1 lemon's peel
- 1/2 teaspoon full of baking powder
- Salt
- 500 gr strawberry marmalade (but also other fruits)

How to prepare it:

Put the eggs together with the sugar, the butter, and the lemons' peel in a bowl. Add a pinch of salt. Then add the baking powder, blend and add the flour gradually while mixing. Go on kneading until the dough is homogenous. After 30 minutes take $\frac{3}{4}$ of the dough and put it into the baking tin after having passed some butter on its surface. Put the marmalade on the dough and put on it some strips made from the remaining dough. Put it in the oven at 180° and let it bake for 35/40 minutes.

Crostata alla marmellata



Poland

Ingredients:

- 3 kg potatoes
- 2 kg flour
- 6 tbsp cornflour
- 3 kg plums
- 1,5 kg cherries
- 6 pinches salt
- cinnamon to taste
- 1 glass of sugar

How to prepare it:

Grind the boiled potatoes or pass them through the press while still slightly warm after cooking (they are softer). Add the rest of the ingredients to the bowl with the ground potatoes - the egg, both flours, and a pinch of salt. Mix everything well. There should be no lumps. On a floured board, place the dough for the dumplings. Roll them out with your hands into a string about 4 cm thick. Use a knife to cut neat hooves about 3 cm long. Flatten each hoof in your hand. Place washed, pitted, and slightly dried plums in the center - one plum per dough ball. Bind the edges well. Form a neat ball in your hands. Prepare all the dumplings this way. Boil water in a large pot. Salt it with a spoonful of salt when it starts to boil. Dip the dumplings in boiling water. Immediately stir the noodles lightly and carefully. After the dumplings are on the top, wait another 4 minutes. Scoop out all the noodles, let the excess water drain out, and place on a wide plate or salad bowl. Finally, boil the cherries with sugar and cinnamon in a pot and decorate the cooked dumplings.

Knedle ze śliwkami



Poland

Ingredients (4 portions):

- 1.5 liters of meat broth or stock
- 400 g smoked pork ribs or bones or smoked or steamed bacon
- 500 g of raw white sausage (optional)
- 500 ml of sour soup (sour soup, sourdough) from the bottle
- 2 tablespoons of dried marjoram
- 1 clove of garlic
- 6 tablespoons of cream 18% or 30% (for soups and sauces)
- 4 boiled eggs

How to prepare it:

Boil the broth or stock with the addition of chopped into 2 - 3 parts of smoked ribs or bones or chopped into 4 parts of bacon. Cook for about 20 minutes. Add raw white sausage, reduce heat and simmer for approx. 20 minutes. Add the sour rye soup and cook for about 10 minutes. Meanwhile, add the marjoram and the garlic prepared as follows: put the unpeeled garlic on a small frying pan and roast it for about 10 minutes, then gently mash it. Put the soup off the heat. Add cream and season with salt and pepper if necessary. Take the sausage out of the soup, cut it into slices, put it back in the soup pot. Serve the sour rye soup with the boiled egg and bread.

Zurek soup



Poland

Ingredients:

- Beatroots - 1,2 kg
- Dill - 1 very big bunch
- Kefir/ buttermilk - 2 liters
- Chive - 1 small bunch
- 2 cucumbers
- 6 eggs
- Radish ~ 250 g
- Salt
- pepper

How to prepare it:

Wash the beetroots firmly and boil them in a small amount of water until soft. Save the cooking water for later and peel the beetroots. Boil the eggs in a separate pot until hard-boiled. Next, grate the boiled and peeled beetroots, cucumbers, and radish in the big pot. Chop the dill and chive and add to the pot. Add the kefir/buttermilk. (if the soup is too thick add a small amount of water). Add salt and pepper to the taste. Store in the fridge. The soup tastes best after being stored overnight in the fridge. Serve with hard-boiled egg.

Chtodnik



Poland

Ingredients:

- 3 kg potatoes
- 3 onions
- 3 cloves of garlic
- 500 ml of vegetable oil
- Salt
- Dips:
 - Yogurt with dill and spices
 - 500 ml of yogurt
 - Bunch of dills

How to prepare it:

Peel and clean the potatoes. Grate the potatoes, onions, and garlic on the big or medium eyes. Season the mixture. Leave the mixture for 15/ 20 min and then squeeze the water from it. Heat the oil and fry the mixture until golden brown. Cut thinly the dill and add to yogurt. Season with salt and pepper or other favourite spices.

Potato pancakes



Portugal

Ingredients:

- 1 leek
- 200 gm potatoes
- 1 onions
- 2 eggs
- 1 bay leaf
- Olive oil
- Parsley
- Olives
- Salt and pepper
- Soy cream (to make a vegan adaptation)

How to prepare it:

Cut the potatoes into little sticks and fry them. Heat the oil, bay leaf, and onion in a pan. Stir and let it simmer a little. Add the leeks, chopped into slices. Mix and let it cook without browning for approximately 8 minutes over medium heat. Add the scrambled eggs with the parsley at the end and let us cook for a few seconds.

Legumes à Brás



Portugal

Ingredients:

- 700gr potatoes
- 500gr codfish (bacalhau) - if we find it conserved in salt, we have to prepare the fish 2 days before cooking it)
- 4 eggs
- 1 onion
- Parsley
- Salt and pepper
- chickpeas (for the vegetarian/vegan option)
- Flour (for the veg version)
- Cooking oil

How to prepare it:

Boil, peel, and mash the potatoes. In the meantime, simmer the cod in enough boiling water to cover until tender, about 20 minutes. Flake the fish to reduce it to threads. Mix the cod with the mashed potatoes and add the eggs, onion, and parsley. With two tablespoons, shape the fishcakes like large eggs and place them in the hot oil (370°F/190°C), turning them three or four times to get nicely browned all over. When cooked, lift them with a big fork or slotted spoon and place them on kitchen paper, to absorb excess fat. Go on molding and frying until you use up the mixture.

Pastéis de Bacalhau



Portugal

Ingredients:

- 0,5 kg Rice
- 1 bottle Tomato sauce
- 2 Tomato (the long ones- they are sweeter)
- 1 red pepper
- 1 green pepper
- 1 Onion
- 1 Garlic clove
- Salt and pepper

How to prepare it:

Chop the onions, garlic, and peppers and fry them. Add the tomatoes finely chopped to the pan and let them cook for a while to make the tomato sauce. Add more tomato sauce, water and cook the rice. Keep mixing as risotto and adjust the salt and pepper.

Arroz de Tomate



Portugal

Ingredients:

- 1 big bread
- 100 gr carrots
- 1 big onion
- 1 garlic clove
- Olives
- Olive oil
- Vinegar
- Cumin
- Sweet paprika
- Parsley

How to prepare it:

Cut the carrots into thin slices and cook them in water and a pinch of salt until they get soft but crunchy. Fry the onion on the olive oil, add the garlic, finely chopped, at the end. Turn off the fire and mix well with the cumin, paprika, parsley and vinegar. Add the cooked carrots and the olives and mix well. Let it rest for at least 1 hour in the fridge and eat it with bread as “bruschetta”.

Ingredients:

- Puff pastry, 1 roll (for 1 big tart)
- 200 gr sugar
- 2 lemons
- 50 gr flour
- 0,5 L of milk
- 6 eggs

How to prepare it:

Grease a pan with a removable base with margarine and add the puff pastry. In a saucepan, pour the yolks of the eggs, sugar, flour, lemon zest, and the milk, stirring constantly. Pour the mixture into the tin and bake until the dough is cooked. Then turn on the oven on top and let it toast like custard tart.

Cenouras à Algarvia



Pastel de Nata (Pastel de Belém)



Romania

Ingredients (4 portions):

- 2-3 potato/person
- 0,5 kg sausage
- bacon
- 3 onions
- 1,5 tsp salt
- 1 tsp pepper
- 2 dl oil

How to prepare it:

Clean the onion. Peel the potato. Dice the onion and the potato. Steam the onion in the oil until translucent, then sprinkle with the red pepper, salt and pepper, stir well. Add the potato, sausage and water, then put it back to boil. Leave to boil until the potatoes are soft enough.

Potato stew with sausage



Romania

Ingredients:

- 1 chicken breast / 0,5 kg mushrooms
 - 3 onions
 - 1 paprika
 - water
 - 1 tsp. salt
 - 0,5 tsp. pepper
 - 1 tsp. paprika
 - 2 dl oil
 - parsley
 - 350 gm pasta
- For the sauce:**
- 1,5 dl milk
 - 1 pinch of salt
 - flour
 - sour cream
 - red pepper

How to prepare it:

Clean the chicken breast, onion, and paprika. Dice the onion and the paprika finely.

Steam the vegetables in the oil until translucent, then pull them aside and sprinkle with the red pepper, salt, and pepper, stir well. Add the water and chicken then put it back to boil. Meanwhile, mix the flour with the milk, sour cream, salt, and add a little red pepper to make a nice red sauce. When the chicken breast is tender, add the sauce gently and bring to the boil. Add the parsley and seasoning afterward if necessary.

Chickenpaprikash



Romania

Ingredients:

- 0,3 kg flour
- 1 egg
- 1 pinch of salt
- 0,2 l milk
- 1 kg apple
- 2 dl oil

How to prepare it:

Peel the apples and then grate them, then mix all the ingredients except the oil.

Heat the oil and with a spoon make portions (as big you want your pancakes) and fry them. After it is fried, add the topping.

Apple pancake



Ingredients:

- 0,5 kg corn meal
- 1 tbsp salt
- 0,5 l oil
- Water 1,5 l
- 150 g

How to prepare it:

Put some water to boil and after it is boiling sprinkle the corn meal and the salt into it. Leave it to boil for 15 minutes. After this, take it off the stove and pour off half of the water then mix it. Grate the cheese. Make small balls from the mixture and put some grated cheese in the middle. Fry the balls. After the balls are fried, put some grated cheese on the top of the balls as decoration.

Mămăliga balls



Spain

Ingredients:

- 4 tomatoes
- 320 gm rice
- 2 tins of tuna
- 2 tins of corns
- 1 red pepper
- 1 tin of olives
- 2 eggs
- 1 salade
- Mayonnaise
- Olive oil
- Salt
- Pepper

How to prepare it:

Boil the rice with a pinch of salt. When the rice is boiled, drain it in cold water. Add a spoonful of oil and mix. Empty the tomatoes by cutting off the top part like a hat and keep it for later presentation. Mix all the ingredients for the rice salad and fill the tomatoes. Make a nice presentation and it is ready to enjoy them!

Ingredients:

- 2 eggplants
- 1 Philadelphia cheese or similar
- 2 Eggs (to coat)
- Iberic ham
- Breadcrumbs (to coat)
- Flour (to coat)
- Olive oil
- Salt
- Pepper

How to prepare it:

Slice the eggplants into thin slices and salt them to remove the water. Spread each slice with philadelphia and Iberic ham. Make small bites with each slice and coat in flour, egg and breadcrumbs.

Stuffed tomatoes

Eggplant "Bocaditos"



Spain

Ingredients:

- 3 Potatoes (medium size)
- 1 Courgette
- 2 Onion (normal size)
- 8 eggs
- Oil
- Salt
- Pepper

How to prepare it:

Cut the potatoes, courgette and onion raw. Put oil in a frying pan and add the ingredients when it is hot. Cover and lower the heat and add salt and pepper. When all the ingredients are cooked, remove the excess oil. Beat the eggs, add a pinch of salt and throw them into the frying pan. When one side is cooked, turn with a plate and finish cooking.

Ingredients:

- Cheese shavings
- Wooden sticks

How to prepare it:

Preheat the oven. Make a mountain of cheese on baking paper and use a wooden stick to make a lollipop shape to taste. Bake the cheese lollipops until the cheese is crispy.

Tortilla de patatas



Cheese lollipops

Tunisia

Ingredients:

500 gr of flour
1 packet of baking powder
1 tsp of sugar
1 pinch of salt

How to prepare it:

In a bowl, put the flour, salt, sugar, baking powder and begin to knead, adding water slowly. Knead the dough well, it must be elastic and smooth. Cover and leave to double in volume for at least 1 hour. Heat the oil in a pan. Immerse your hands in a bowl of water. Take small balls and flatten them with your fingers to make a thin pancake. Dip the Ftayer one by one, with a spoon and sprinkle them constantly with hot oil to help them swell. Put them on absorbing paper. Sprinkle with sugar.

Ingredients:

- 400 gr carrots
- 4 eggs (optional)
- tuna (optional)
- olives (optional)

How to prepare it:

Peel the carrots, cut them into slices and cook them. Once cooked, mash them with a potato masher. Garnish the dish with olives or capers and the eggs cut into quarters. You can also garnish with sardines in oil or tuna and coriander leaves.

Ftayer



Omok Houria



Tunisia

Ingredients:

- 350 gm basmati rice
- 1 big onion head
- 200 gm baked nuts
- 60 gm raisins
- some parsley
- 1 tbsp curcuma
- 2 tsp salt and pepper
- 40 ml cooking oil
- 1 litre water

How to prepare it:

Put the onion cubes in a big casserole with a spoon of curcuma, and mix. Put the rice, and mix with oil and onion. Put the salt and pepper, and then the water. When it starts boiling, lower the heat and cover. Wait 16 minutes. when it is ready. Mix with fresh parsley. Put in a plate and decorate with nuts.

Kebsa



Tunisia

Ingredients:

- 1 lb (or 1/2 kg) green peppers (or peppers)
- 3 medium-sized tomatoes
- 3 cloves of garlic
- 4 tbsp olive oil
- 1/2 tsp caraway
- Salt and pepper to taste
- To garnish: canned tuna, black olives, or hard-boiled eggs

How to prepare it:

On a baking sheet, in an oven on grill position or on the BBQ, grill the peppers, tomatoes and garlic cloves with their skins on all sides. (I put these in aluminum foil). Be careful, the skin of the vegetables must not darken. As soon as you remove them from the oven or the BBQ, put the peppers in a plastic bag and seal it. Place the grilled tomatoes on a plate and remove the skins. Remove the stems, seeds and peel skin. Combine the tomatoes, peppers and garlic cloves. Chop everything with two knives that you cross to cut the vegetables. You can also use a pestle or a mixer, but be careful that the mixture does not become liquid. Season with the caraway, salt and pepper and olive oil. Garnish with olives, hard-boiled eggs and tuna.

Salade Méchouia



Participants:



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