



ALL TOGETHER FOR AN UNFORGETTABLE TASTE AND EXPERIENCE

(Spain, Finland, France, Poland and Slovenia)

Cookery book

December, 2012

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ABOUT THE PROJECT »SHARING AND LEARNING«

Four very enthusiastic teachers (with the support of another one) met in Guadalcanal, Spain, in December 2011, with a rather bold idea of starting an ambitious multi-lateral Comenius project about different European cultures.

The main aim of the project was from the beginning to share our traditions through showing other project partners our cultural inheritance through traditional cuisine, local legends, traditional songs and dances and how they have become so important to our countries. Each project meeting is going to be held in another country on a specific topic.

We strongly believe that what we share is going to bring us even closer in a common European citizenship.

Almost one year later, the first – and extremely successful- project meeting is behind us, resulting in the cookery book in front of you. Those of us, who were lucky enough to participate in the event of preparing and tasting the dishes, presented in following pages, are looking forward to sharing the recipes with you.

We hope you will enjoy as much as we have!

November, 2012



1. FRENCH EATING HABITS

The French have 3 meals a day :

A) breakfast : coffee, milk , chocolate with bread , butter and marmalade. The children can have cornflakes , fruit juice, and yoghurt... On Sundays families may buy some croissants.

B) lunch : home or cantine, or out : a first course (lettuce, some tomatoes , row vegetables , or ham , sausages, a piece of French dish such as Quiche Lorraine, second course : meat or fish, fried or

stuffed with potatoes, beans, rice or any vegetables then cheese (it's very common to have a piece of cheese and dessert) then fruit, flan, yoghurt, pastry or any sweet (ice cream in summer)

C) Dinner : soup, or first course , second course , cheese and dessert.

Of course this is the average meal.

French eat a lot of pizzas they like hamburgers too and use to eat foreign meals such as "couscous" Morocco or Algerian food .

In the south we use olive oil and the Northern cook with butter.

Brandade

Fish and vegetables for about 8 servings

Utensils :

Big bowl

Saucepans

Mortar of cooking

Ingredients:

10 oz (300g) of salt cod

5 cloves of garlic

1 leaf of laurel

1/8 teaspoon of ground thyme or fennel, at taste

2 large baking potatoes (200g), peeled, boiled, and mashed with a pinch of nutmeg

1/4 cup (65mL) of extra virgin olive oil

1/2 cup (125mL) of warmed milk

1/8 teaspoon of white pepper

Salt

Directions:

Soak cod in a big bowl of water for 12 h in the fridge, changing water twice.

Drain the cod and discard the soaking water.

In a mortar, put garlic and ground thyme (fennel). Mash until garlic is sliced thin.

During this time, in a saucepan, cover the cod with cold water; add the laurel leaf. Bring to a simmer.

Be careful to bring to just a simmer: if the cod is boiled, it will become tough and useless for this dip.

Drain the cod and crumble it with a fork, taking away bones carefully.

In the mortar, incorporate the cod at mashed garlic.

Purée the mixture very fine by adding a spoon of olive oil then a spoon of milk.

Repeat this successively until the mixture is smooth.

In a saucepan, put a spoon of olive oil and make just warm up.

Incorporate mashed potatoes at the puréed cod.

Season with white pepper and salt (taste before!).

If the mixture is too thick, add some warmed milk.

Raise and serve:

- warm with a curly salad as a main course;
- cold with black olives as an entry.

Cost ¹	☆
Difficulty ²	☆ ☆
Preparation time	20 minutes
Nutritional analysis (per serving)	250 calories 20 g protein, 15 g fat, 25 g carbohydrate, 12 g fiber

1. * easy ** difficult *** very difficult

2. * cheap ** rather cheap *** expensive



Crepes Dessert

(for about 16 crepes)

Utensils:

Wooden spoon

Large bowl

Crepe pan

Ingredients:

250 g of flour

Half a litre of whole milk

3 eggs

2 tbsp. of butter (melted)

Pinch of salt

1/2 vanilla stalk or few drops of vanilla extract (optional)

Vegetable oil (for pan)

Directions:

How to prepare batter

Put the flour in a large bowl.

Broke the eggs setting aside the white in another bowl.

Make a well in the flour and add the yolks, one by one.

Mix the batter with a wooden spoon.

Pour the milk gradually while stirring.

Keep stirring batter until small bubbles form on the surface.

Put a pinch of salt in the reserved whites, whip them hardly and add to the batter.

When the batter is pretty smooth, add melted butter and vanilla.

Let the batter rest for half an hour stirring it from time to time to get it fluffy.

Before using it, stir in some water or milk (or rum!) if it's too thick.

How to prepare crepes

Heat a crepe pan, coat the cooking surface with a thin layer of vegetable oil.

Pour a large spoon of batter onto the pan swirling it to assure even coverage.
 Let cook the crepe for about 1 minute until browned and dry.
 Then, flip with a spatula, and cook other side for about 30 seconds.
 Repeat these steps until you are out of batter, stacking cooked crepes on a plate.
 Sprinkle some granulated sugar.
 Serve rolled up and filled with jam or chocolate cream.

Mini trick: try the crepes with sugar and lemon juice... Too good!

Cost ¹	☆
Difficulty ²	☆ ☆
Preparation time	15 minutes
Cooking time	About 30 minutes
Nutritional analysis (per serving)	Nutritional analysis may vary depending on ingredient brands used.

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Ratatouille Vegetables

(for 6 servings)

Utensils :

Knife

Heavy bottom pot

Wooden spoon

Ingredients:

3 onions, peeled and chopped

3 cloves garlic, peeled and thinly minced

1 red bell pepper, sliced

1 green bell pepper, sliced

2 aubergines (eggplants), sliced

6 tomatoes, quartered

4 zucchini, quartered

Olive oil, salt and pepper, laurel wreath, thinly minced parsley

1 tin of tomatoes (500g)

Directions:

Wash and slice all of the vegetables.

Heat a heavy bottom pot; put in 2 tbsp. of olive oil.

Sauté the onions and the garlic until soft.

Put into the pot the bell peppers, add a pinch of salt and cook stirring 5/10 min.

Do the same with the aubergines. Add some olive oil if necessary.

Repeat these steps with the tomatoes, then with the zucchini.

Add some pepper, a laurel wreath and a tin of tomatoes.

Cover and cook for 40 minutes over low heat.

Before serving, sprinkle some thinly minced parsley.

This sautéed vegetable recipe can be served both hot and cold.

Try it as topping for pasta or a filling in an omelet.

Or just eat it by itself with meat or fish.

Cost ¹	☆ ☆
Difficulty ²	☆
Preparation time	40 minutes
Cooking time	40 minutes
Nutritional analysis (per serving)	145 calories 2 g protein, 5 g fat, 24 g carbohydrate, 12 g fiber

1. * easy ** difficult *** very difficult
2. * cheap ** rather cheap *** expensive



2. SLOVENIAN CUISINE

There is no such thing as a single Slovenian cuisine, mainly due to a great variety of climate, terrain and history.

In addition, Slovenia is a borderland country. It borders on four states (Italy, Austria, Hungary and Croatia) with established national cuisines. From each Slovenians have borrowed culinary specialties, adapting them and making them their own.

When we speak of Slovenian cuisine, we are usually referring to the traditional country dishes. We can summarize its characteristics in the following points:

1. Slovenian cuisine is similar to the cuisines of bordering countries. As a border country Slovenia borrowed recipes from its neighbours, creating their own adaptations. "Bograč" of Prekmurje has its origins in Hungarian goulash, the "žlinkrofi" of Idria were adapted from Italian ravioli.

There are few autochthonous Slovenian dishes. Among these may be counted "žganci", potica and "pogača" (round cake), named according to the filling "ocvirkovka" (from "ocvirki". crackling) and "špehovka" (from "špeh", bacon). So popular were these Slovenian specialties, that they spread to the neighbouring countries.

2. Slovenian cuisine is simple and plain. This can be said for the greater part of the country cuisine. In fact, no great skill is required for the preparation of "močnik", "kaša" or "šara" (porridge or gruel), Other dishes require a great deal of experience, knowledge and skill, for instance with "potica".

3. Slovenian traditional cuisine is very caloric and many dishes are hard to digest. It is based on the use of animal fat, pork, flour-based dishes, potatoes, beans, butter, cream and eggs. Many of these dishes we now regard as unhealthy. Today many of these dishes have been adapted and changed in accordance with new insights into what constitutes a well-balanced diet. The most significant dish that we can think of is a »typical Sunday lunch«, that consists of beef soup with noodles, beef, roast potatoes and green salad. And don't forget to accompany your lunch with listening to Slovenian national music!

Dober tek!

SOUR CABBAGE (kislo zelje)

PREPARATION AND COOKING TIME: 5+20 MINUTES SOUR CABBAGE



Ingredients

1kg sour cabbage

1 onion

4 clove of garlic

3 bay leaves

5 juniper berries

teaspoon whole peppercorns

teaspoon whole cumin

5 leaves of rosemary

2 tablespoons lard cracklings

or

5 dag bacon



Procedure

Roasting the onions, add garlic, cabbage and add all spices. Cabbage and spices roasting 5-10 minutes and all the time you confusing. then start watering with warm water. Then, roasting, if necessary, add water, dumping up to 20 minutes. At the end add cracklings or bacon. If you add the bacon you must roasting on the onions at the beginning.

Sour cabbage is served with Carniola sausage (kranjska klobasa) and roast potatoes.



ROAST POTATOES (restan krompir)

PREPARATION AND COOKING TIME: 1 HOUR

Ingredients

80 dag potatoes

1/2 dl oil (or lard)

8 dag onion

some salt

some pepper

0,5 dl soup

Procedure

Cook the potatoes, peel them, partially cool and cut to slices. Cut the onion into thin slices and roast them using oil or lard. Add potato, salt and pepper. Turn it with a spade. Finally add soup in mix once more.

It is one of the most common side dish in Slovenia.



DUMPLINGS (štruklji)

PREPARATION AND COOKING TIME: 1 hour and 30 minutes

Dough:

50 dag flour

1 egg

salt to taste

1 dl lukewarm water

Filling:

1 kg cottage cheese

3 egg yolks

2 dl sour cream

20 dag butter

sugar to taste

Procedure

Make dough (filo-pastry) and oil it. Cover by a warm container and let it stand for 30 minutes.

Crumble cottage cheese with a fork, add yolks and sugar. If the cheese is too stiff, add some cream.

Drag dough out with your hands until paper thin. Cut it into 8 pieces. Instead of this procedure, you can buy filo pastry.

Put two spoons of filling on every piece of dough and make a roll. Wrap each roll in alu- foil separately and cook them in boiled water. Dumplings are cooked when they swim to the surface of the water. Before unwrapping wait 15 minutes. Serve with butter and bread crumbs.



3. FINNS AND FOOD

The Finnish food tradition has changed a lot during the last decades. As the number of families where both parents have jobs is increasing, normal weekday dinners have become simpler. Mothers are starting to prefer foods that are simple and fast to make.

Finns usually eat a sturdy breakfast before going to work or school. This breakfast usually consists of porridge, bread, meat cuts, cheese, something fresh and something to drink. A popular drink at breakfast is coffee. Finns consume the most coffee in the world, several cups a day, and also guests are served coffee and cakes. The Finnish mother likes to pamper her family with cakes and pastries.

Lunch is typically eaten at the workplace or at school. School lunch is free for students and has been so for over sixty years, the longest in the world. The adults have to pay for their lunch. Lunch is the main meal of the day and is generally eaten between 11 am and 1 pm. Dinner is eaten quite early in Finland, between 4 and 5 pm. Families try to eat dinner together, but today's busy lifestyle doesn't always make it possible. More festive meals are prepared on weekends and holidays and then enjoyed together at the dinner table. The diner usually fills his own plate, choosing himself what he wants from the available varieties. Weekday dinners and lunches are always served with milk, bread and salad. If the main course is soup, there is also some cheese or meat cuts. Nowadays Finns use more vegetables and fruits than they used to and an increasing number of young people prefer a vegetarian diet. The Finnish kitchen is becoming more and more international Trends reach even here. Spanish and Mexican styles alternate with pizza and hamburgers in popularity. Coca-Cola, lasagna and French fries have a steady position among Finns. Especially young people prefer them and often eat at hamburger bars and pizzerias. Eating out yet become very popular, due to the cost.

All Finnish schools teach home economics. This spreads out through high school, with 3 hours in the 7th grade, and 2 hours optional in the 8th and 9th. In our school home economics is a very popular subject – many pupils choose to study it also in the 8th and 9th grade.

Here is an example of Finnish everyday food, a main course and a dessert.

Makaronilaatikko - Macaroni casserole

(for 4 persons)

Ingredients:

5 dl macaroni

400 g minced meat (beef or mixed beef and pork)

1 onion

1-2 tsp salt

1 tsp red pepper powder

½ tsp black pepper

3 eggs

7 dl milk (lactose-free)

1. Preheat the oven to 200°C.
2. Boil the water. Add the macaroni. Cook for approximately 10 minutes.
3. Peel and chop the onion.
4. Fry the onion and the minced meat in a pan. Mix the macaroni and the meat in a casserole.
5. Mix the milk, eggs, salt and spices in a bowl. Pour the eggmilk over the mixed macaroni and meat.
6. Bake in an oven for 1 hour.



Mansikkarahka - Strawberry quark

(for 4 persons)

Ingredients:

1 tbsp vanilla sugar

½ dl sugar

¾ l strawberries

250 g quark

2 dl whipping cream

1. Whip the cream.
2. Mix the whipped cream with quark.
3. Quarter the strawberries.
4. Add the vanilla sugar, sugar and strawberries.
5. Mix all the ingredients.



Made by: Mika Haapalainen, Anne Korhonen, Taina Salmivaara and the students of Pohjankartano school's 8E-class

4. SPANISH FOOD: A MEDITERRANEAN DIET

Spain is one of more than a dozen countries on the Mediterranean sea enjoying lots of sunshine. Therefore Spanish food is healthy and varied. We have got meat (Iberian pig, red meat), fish and seafood (squid , prawns , “ pescaito frito “ or fried fish) , vegetables and fruits (legumes lentils fresh fruits, dry fruits). This food is healthy and because of this variety and its olive oil, this food is well known all around the world.

Spanish cuisine consists of a great variety of dishes which stem from differences in geography, culture and climate. It is heavily influenced by seafood available from the waters that surround the country, and reflects the country's deep Mediterranean roots. Spain's extensive history with many cultural influences has led to a unique cuisine. In particular, three main divisions are easily identified:

Mediterranean Spain - all such coastal regions, from Catalonia to Andalusia: heavy use of seafood, such as *pescáito frito*; several cold soups like gazpacho; and many rice-based dishes like paella from Valencia and arroz negro from Catalonia.

Inner Spain – Castile.- hot, thick soups such as the bread and garlic-based *Castilian soup*, along with substantial stews such as cocido madrileño. Food is traditionally conserved by salting, like Spanish ham, or immersed in olive oil, like Manchego cheese.

Atlantic Spain - the whole Northern coast, including Asturian, Basque, Cantabrian and Galician cuisine: vegetable and fish-based stews like *pote gallego* and marmitako. Also, the lightly cured lacón ham. The best known cuisine of the northern countries often rely on ocean seafood, like the Basque-style cod, albacore or anchovy or the Galician octopus-based polbo á feira and shellfish dishes.



Gazpacho (Vegetable cold soup)

Preparation time: 5 minutes.

Cooking time: 15 minutes.



Ingredients:

- Bread
- Tomatoes
- Pepper
- Sal
- Garlic
- Oil
- Vinegar
- Cucumber
- Water



Procedure:

- Cut the bread and let it soak in water.
- Mix it with the rest of the ingredients already chopped.
- Make a puree with the blender.
- Let it chill in the fridge and serve.

Flan (Custard)

Preparation time: 10 minutes.

Cooking time: 25 minutes.

Ingredients:

- 3 eggs
- 2 tablespoons of sugar per egg
- ½ cup of milk per egg
- Some caramel



Procedure:

- Beat the eggs white
- Beat the egg yolks, sugar and milk
- Mix them with eggs white
- Take a covered custard dish with melted caramel
- Pour some water in a pressure cooker
- Insert the covered dish inside.
- Let it cook for 25 minutes
- When cold, serve on a plate



Tortilla de patatas - Spanish omelette

Preparation time: 10 minutes.

Cooking time: 30 minutes.

Ingredients:

- 1 cup of olive oil
- 3 medium potatoes.
- Salt
- 1 onion
- 6 eggs

Procedure:

- Peel the potatoes and cut them in dice
- Heat the oil
- Add potatoes and chopped onion
- Cook slowly
- Beat the eggs with a fork
- Drain the potatoes
- Mix potatoes, onions and eggs
- Heat two spoons of olive oil in a pan
- Pour potatoes, onions and eggs
- Let it cook slowly on both sides for 10 minutes.



5. POLISH CUISINE



If you want to enjoy traditional Polish cuisine, stop counting calories! Polish cuisine is rich in meat, especially pork, chicken and beef, winter vegetables (e.g. cabbage) and herbs and spices such as marjoram, dill, parsley, pepper. There are various kinds of noodles as well as cereals. Polish cuisine is hearty and uses a lot of cream and eggs.

It has integrated elements from various national cuisines: Lithuanian, Ukrainian, Jewish, German and Austrian.

The main meal is eaten at 2 p.m. or later and consist of three courses, starting with a soup such as: cucumber soup, chicken broth, barley soup, tomato soup, mushroom soup, borscht, żurek (sour rye soup).

The main course is usually meaty, e.g. roast beef, pork chop, meat balls, gołąbki (cabbage leaves stuffed with spiced minced meat and rice). The meat is served with boiled or mashed potatoes and vegetables e.g. surówka (shredded root vegetables), sauerkraut, mizeria (cucumbers in sour cream) or pickled cucumbers.



Meals often conclude with a dessert such as: yeast cake, pudding, cheesecake, apple pie.



Poles also love: flaki (tripe), pierogi (dumplings with various fillings), potato pancakes, bigos (stew of sauerkraut and meat), smalec (lard), pączki (closed donuts filled with rose petal jam), chałka (sweet white wheat bread of Jewish origin). We are proud of the wide

variety of sausages and cold meats as well as different kinds of bread, bread rolls and pastries. In Poland, welcoming with bread and salt is often associated with the traditional hospitality of the Polish nobility.

Zosia Pazdrowska

PIEROGI

Pierogi or dumplings are popular in central and eastern Europe. Traditionally considered peasant food, they have gained popularity and spread throughout all social classes.

PIEROGI WITH MEAT FILLING

Serves: 4 Difficulty: easy Cost: cheap Time: 1,5 hours

For the dough:

- ▶ 500g flour
- ▶ 250ml water or milk
- ▶ 1 tablespoon butter
- ▶ 1 teaspoon salt

For the meat filling:

- ▶ 500g pork or beef (cooked and ground)
- ▶ 2 onions
- ▶ 30g butter
- ▶ pepper, salt, marjoram



DIRECTIONS

The meat filling:

- ▶ Cook the meat until it is soft. Then grind it with a meat grinder.
- ▶ Peel the onions, chop finely and fry in butter until they turn golden.
- ▶ Put the ground meat in the bowl, add the fried onions, season with salt, pepper and marjoram.

The dough:

- ▶ Sift the flour on the kneading board. Make a hole in the middle and pour in a tablespoon of melted butter. Add 1 teaspoon of salt. Gradually pour hot water (or milk). Mix with a knife first and then knead with your hands until you get smooth dough.
- ▶ Divide the dough into 2 or 3 portions and one by one roll them flat so that they are about 2mm thick.
- ▶ Cut circles using a cup or a glass.

Cooking

- Boil salted water in a large pot. Throw the dumplings into the boiling water, wait until they start to float and let them boil for another 2-3 minutes.
- Place the meat filling in the middle and fold the dough to form a semi-circle. Make sure you press the edges together to seal the dumplings.

- Get them out of water with a skimmer and place on a dish. Eat when still warm.
- Pierogi can be served with melted butter or small pieces of fried bacon. They are delicious with borscht (beetroot soup).



MAZUREK

Mazurek is a type of cake baked in Poland, particularly at Easter. It comes in various shapes and flavours. It is decorated with icing and dried fruit, almonds and nuts.

MAZUREK WITH CHOCOLATE ICING

Serves: depending on your appetite; you get 2 baking dishes of cake

Difficulty: easy Cost: rather cheap Time: 1,5 hours

Ingredients

For the pastry base:

- ▶ 500g flour
- ▶ 250g margarine or butter
- ▶ 200g sugar
- ▶ 4 egg yolks
- ▶ 2 tablespoons sour cream
- ▶ 1 teaspoon baking powder

For the icing:

- ▶ 250g margarine
- ▶ 400g sugar
- ▶ 6 tablespoons cocoa powder



- ▶ 6 tablespoons water

For the decoration:

- ▶ almonds, nuts, dried fruit: dates, apricots, raisins

Directions

- ▶ Sift the flour on the kneading board, add sugar, margarine, egg yolks, cream and baking powder.
- ▶ Knead until you get smooth dough.
- ▶ Preheat the oven to 180 – 200°C
- ▶ Roll the dough so it is about 5 mm thick and pat it evenly into a greased baking dish. Make thin walls of the dough around the baking dish. Prick with a fork.
- ▶ Bake for about 25 – 30 minutes until golden brown.
- ▶ Remove from the oven and leave to cool for 20 minutes.
- ▶ To prepare the icing, mix the margarine, sugar, cocoa and water in a small pot.
- ▶ Heat on the cooker until the ingredients melt. Cook for 1 minute stirring continuously.
- ▶ Then leave to cool a bit.
- ▶ Pour the chocolate icing on the pastry base and spread evenly.
- ▶ Let it set and decorate with almonds, nuts and dried fruit.



Lard (Smalec)



Lard - animal fat used in cooking for cooking, as well as direct consumption.

For how many people: the number of unspecified

The cost of food: 5.95 GBP

Level of difficulty: easy

Preparation time: 1h

The equipment:

-a cutting board

-2 pots

-a knife

-3 bowl

Ingredients:

- 1 kg pork fat without skin

- 0.5 kg dewlap

- 2 medium Onions

- 0.5 kg bacon

- 2 teaspoons marjoram

- 3 cloves of garlic

- 1 teaspoon salt

The nutritional value of the one portion: 150kcal

Method of preparation:



Pork fat, dewlap bacon and cut into cubes. In one pot we merge bacon until obtain lightly golden color. In the second to fry dewlap at first, then add the bacon. Then pour the melted pork fat and to fry stirring constantly. At the end, add diced onions, press garlic and marjoram. At the end add salt. Bon Appetit!

I recommend with the dark bread and cucumbers.

