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INTERNATIONAL COOKING - RECIPES BOOK

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Recipes



Greece

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1. "Spanakopita" – Spinach Pie
2. "Milopita" – Apple Pie
3. "Gemista"- Stuffed Peppers
4. "Tzatziki"
5. "Gyros"
6. "Patitsio"
7. "Moussaka"

Spanakopita (Spinach Pie)



Ingredients

2 to 3 tbsp olive oil
2 yellow onions, diced
5 bunches spring onion, chopped
25g fresh dill, chopped
1 tsp ground nutmeg
1 tsp black pepper
1/2 tsp salt
2.7kg spinach, chopped
1.8kg feta cheese, crumbled
7 large eggs
900g filo pastry
900g butter, melted

Directions

Add the olive oil to a pan and saute the yellow onion until brown. Add the spring onion, dill, nutmeg, black pepper and salt.

Boil the chopped spinach until blanched and still bright green, stirring occasionally. Mix it together with the ingredients in the pan.

Add the crumbled feta cheese and the eggs, making sure that the mixture is slightly cool so the eggs don't scramble, and mix.

Brush 450g of the phyllo dough with melted butter piece by piece, layering in a large enough tray to fit the phyllo sheets. Then add the spinach mix on top, and piece by piece layer and brush the rest of the phyllo on top.

Mark the pieces with a knife and make sure the ends are tucked in, then sprinkle with a little water. Bake at 170C/Gas 3 for 45 minutes or until golden brown.

Milopita (Apple Pie)



Ingredients

1 3/4 cup self rising flour
1 teaspoon baking powder
4 medium apples, peeled and cored
2 tablespoons lemon juice
1 1/2 sticks butter (3/4 cup)
1/3 cup brown sugar
1 1/2 cups granulated sugar
2 teaspoons brandy, such as Metaxa
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1 pinch of salt
4 large eggs
3/4 cup milk
1/2 cup raisins
1/2 cup coarsely chopped walnuts
How to Prepare Greek Apple Cake:

Directions

Preheat the oven to 350 degrees Fahrenheit.

Sift the flour and baking powder together into a large bowl and set aside. Cut each of the apples in half and slice them really thin with a sharp knife. Place the apple slices in a large bowl and drizzle with lemon juice.

Grease the bottom and sides of a large Spring form pan using half of the butter. Press the brown sugar into the bottom of the pan. Layer the apple slices on top of the brown sugar in an overlapping layer. Sprinkle the apple slices with the brandy and about half of the ground cinnamon. Dice the few extra apple slices that are remaining and place them in a small bowl.

Add the butter and granulated sugar to a medium bowl and beat on medium speed with an electric mixer. Add the eggs one at a time and beat as it is well combined. Add the rest of the cinnamon and a pinch of salt and beat well. Slowly beat in the milk until it is completely incorporated.

Set the mixer speed on low and slowly beat in the flour mixture until a thick batter forms. Turn off the mixer and stir in the raisins and walnuts. Place the batter into the pan and smooth the top with a rubber spatula. Sprinkle the batter with the remaining apple pieces.

Place the cake pan in the center of the preheated oven. Bake for about an hour, or until a toothpick inserted in the center comes out clean. Let the cake cool in the pan about 15 minutes before transferring it to a serving plate.

Gemista (Stuffed Peppers)



Ingredients

- For potatoes
 - 500 g baby potatoes
 - 2 tablespoons of olive oil, for the pan
 - salt
 - pepper
- For vegetables
 - 3 onions
 - 6 tomatoes, beefsteak if possible
 - 3 green peppers (you can use any color bell peppers you like)
- For filling
 - 4 tablespoons olive oil, for sautéing vegetables
 - 1 carrot, diced
 - 1 zucchini, diced
 - 2 cloves of garlic, thinly sliced
 - 1 tablespoon granulated sugar
 - 350 g Arborio rice (glutinous rice)
 - 1 tablespoon tomato paste
 - 600 ml water (400 for pan + 200 for baking dish)
 - 1 bunch parsley, finely chopped
 - 1/3 bunch dill, finely chopped
 - 1 bunch fresh mint, finely chopped

extra virgin Greek olive oil
generous amount of salt
generous amount of freshly ground pepper

Directions

Preheat oven to 180°C (350°F)

- For the potatoes

Place a pan over high heat and let it get very hot.

Wash and scrub the baby potatoes but leave the skin on since it adds a lot of flavor.

Cut them in to wedges.

Add 2 tablespoons of olive oil to the pan and add the potatoes.

Season with salt and pepper and sauté for 4-5 minutes, just until golden. You don't want to cook them through since they will cook further in the oven.

Spread them in a baking dish and set aside.

- For the vegetables

Slice off the top of 3 onions.

Scoop out most of the inner layers leaving about 3-4 outer layers intact, creating a sturdy shell.

Place them in the baking dish with the baby potatoes.

Finely chop all of the inner layers you removed. Put them in a bowl and set aside until needed.

Slice off the bottom side of the tomatoes with a sharp knife, cutting about ½ - 1 mm from the edge. This way they can hold more of the filling.

Carefully scoop out the flesh, making sure you do not rip the outer shell.

Put the flesh in a separate bowl and set aside until needed.

Place the tomato shells in the baking dish stem side down, arranging them nicely in the dish.

Mash the tomato flesh in the bowl with your hands and set aside until needed.

Slice the tops off of the bell peppers, cutting about ½ - 1 mm under the stem and just a little off the bottom to help them stand better.

Remove any flesh and seeds and arrange them nicely in the baking dish among the rest of the vegetables and potatoes.

- For the filling

Place a pan over high heat and add 4 tablespoons olive oil.

Add your chopped onion and sauté.

Thinly slice the garlic and add it to the pan. Sauté.

Add 1 tablespoon of granulated sugar. Mix and sauté until the vegetables caramelize nicely.

Add a generous amount of salt and freshly ground pepper, since you will be adding the rice also and it needs a good amount of seasoning.

Add the rice and sauté for 3-4 minutes, until it turns light golden.

Sautéing the rice "seals" it, so it doesn't let it get mushy when cooking.

Add the tomato paste and sauté.

Add the 400 ml of water and the reserved tomato flesh. Let it simmer for 5 minutes.

Stir and remove from heat. The rest of the cooking will take place in the oven.

Finely chop the parsley, dill and mint leaves and add them to the pan. Stir.

Drizzle vegetables in pan with a generous amount of olive oil, both inside and out and season with salt and pepper.

- To assemble

Use a spoon to help you add the filling to the vegetables. Fill them ¾ of the way because the rice will expand while cooking.

Add any of the leftover filling over the potatoes to add even more flavor.

Add the 200 ml of water to the pan and drizzle with olive oil.

Cover with aluminum foil and bake for 60 minutes.

Remove foil and bake for another 10-20 minutes, until most of the liquid has evaporated and the stuffed vegetables are cooked and golden.

To serve, drizzle with some extra virgin olive oil, add a few mint leaves.

Tzatziki



Ingredients

300 g Greek yogurt (strained yogurt)

1 cucumber

1/3 of a garlic clove, finely minced

1 tablespoon white wine vinegar for the cucumber

2 tablespoons white wine vinegar

¼ bunch dill, finely chopped

3 tablespoons olive oil

salt

pepper

Directions

Peel the cucumber and grate with a cheese grater, using the large blades.

Put in a bowl. Add a pinch of salt and 1 tablespoon of white wine vinegar. Toss and set aside to release its liquid.

In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons white wine vinegar and 3 tablespoons of olive oil. Mix until combined and creamy.

Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture.

Stir into mixture. Add pepper and adjust salt according to taste. Add some finely chopped dill and your sauce is ready.

Refrigerate until needed.

Gyros



Ingredients

12 boneless, skinless chicken thighs

- For the marinade

4 tbsp olive oil

2 tsp dried oregano

1 tsp dried mint

1 tsp ground cumin

1 tsp coriander

1 tsp sweet paprika

½ tsp ground cinnamon

zest and juice 1 lemon, plus 1 lemon cut into wedges to serve

4 garlic cloves, crushed

- For the pitta wraps

250g strong white bread flour

7g sachet fast-action dried yeast

1 tsp golden caster sugar

2 tsp olive oil, plus a little for greasing

- For the tzatziki

½ cucumber

200g Greek yogurt

small bunch mint, finely chopped

1 small garlic clove, crushed

juice ½ lemon

- To serve

1 butter or round lettuce

4 large tomatoes, seeds removed, chopped

1 red onion, halved and thinly sliced

- You will need

4 long metal skewers

Directions

Tip the chicken into a large bowl and add the marinade ingredients, along with 1 tsp salt and plenty of black pepper. Mix well, ensuring each thigh is well coated. Cover and chill for at least 3 hrs, or up to 48 hrs if you have time.

A few hours before you want to eat, make the pitta. In a bowl, mix the flour, yeast, sugar and 1/2 tsp salt with your fingertips. Add 150ml lukewarm water and 2 tsp olive oil, and combine to a dough. Tip onto a work surface and knead for 8-10 mins (or use a tabletop mixer for 5 mins). Clean, then lightly oil your bowl, return the dough and cover loosely with cling film. Leave to rise for 1 hr or until nearly doubled in size.

Divide the dough into four equal pieces. Roll out to circles, as thin as you can. Cover with sheets of oiled cling film and leave to rise for 15-20 mins.

To make the tzatziki, halve the cucumber lengthways and scoop out the seeds. Finely chop, then combine with the remaining ingredients, along with a pinch of salt. Chill until ready to serve.

Heat the grill to its highest setting. Line a roasting tin with foil and find 4 metal skewers long enough to sit across the top with a little space underneath. Remove the chicken from the fridge, take one thigh and thread it over 2 skewers, so it has a skewer through either side. Thread another piece of chicken on top, leaving a slight gap between each piece; you should fit 6 thighs on each pair of skewers. Position the skewers on top of the roasting tin and set aside while you finish the pittas.

Heat a large frying pan (or two if you have them) over a medium-high heat and brush the breads with oil. Gently lift one into the pan. It should sizzle, and bubbles should appear on the surface after 1-2 mins. When the underside is golden, flip it and cook for another 2-3 mins. Continue until all the breads are cooked, wrapping them in foil as you go. Keep the bread warm in the bottom of the oven while you cook the chicken. Alternatively, cook on the barbecue for 5-8 mins, turning occasionally.

Put the chicken under the hot grill and cook for 15-20 mins, brushing with oil and any juices from the bottom of the tin regularly, and turning halfway through cooking. Once cooked, remove from the oven and rest for 5 mins.

Cut through each pair of skewers to make four kebabs and serve in the warm bread, with lettuce, tomato, red onion, lemon wedges and tzatziki.

Patitsio



Ingredients

2-1/2 cups uncooked penne pasta
2 tablespoons butter, melted
1 cup grated Parmesan cheese

1-1/2 pounds ground sirloin
1 medium onion, chopped
2 garlic cloves, minced
1 can (15 ounces) tomato sauce
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1 cup shredded Parmesan cheese, divided

- **BECHAMEL SAUCE:**

1/2 cup butter, cubed
2/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups 2% milk
2 large Nellie's Free Range Eggs

Directions

Cook pasta according to package directions; drain. Toss with butter; add grated Parmesan cheese. Transfer to a greased 13x9-in. baking dish.

Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 8-10 minutes or until beef is no longer pink, breaking beef into crumbles; drain. Add garlic; cook 2 minutes longer. Stir in tomato sauce, salt and cinnamon; heat through. Spoon over pasta. Sprinkle with 1/2 cup shredded Parmesan cheese.

In a large saucepan, melt butter. Stir in flour, salt and pepper until smooth; gradually add milk. Bring to a boil; cook and stir 1-2 minutes or until thickened.

In a small bowl, whisk a small amount of hot mixture into eggs; return all to pan, whisking constantly. Bring to a gentle boil; cook and stir 2 minutes. Pour over beef mixture. Sprinkle with remaining cheese. Bake, covered, 20 minutes. Bake, uncovered, 30-40 minutes longer or until golden brown.

Moussaka



Ingredients

750g lamb mince
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp dried oregano
1½ tsp dried mint

1 bay leaf
1 cinnamon stick
1 tbsp plain flour
200ml/7fl oz red wine
400g tin chopped tomatoes
2 tbsp tomato purée
2 aubergines, cut into 0.5cm slices
1 tbsp fine sea salt, plus extra for seasoning
100ml/3½fl oz olive oil
500g/1lb 2oz Maris Piper potatoes, peeled and thinly sliced
freshly ground black pepper

- For the white sauce

50g butter
50g plain flour
400ml milk
25g Parmesan, finely grated
1 tsp finely grated nutmeg
1 free-range egg, beaten

Directions

Put the lamb, onion, garlic, oregano, mint, bay and cinnamon in a large heavy-based frying pan and cook over a medium heat for 10 minutes, stirring with a wooden spoon to break up the meat.

Stir in the flour and a good pinch of salt and pepper. Add the wine, tomatoes and tomato purée and bring to a simmer. Cook for 30 minutes, stirring occasionally, until the lamb is tender and the sauce has thickened. Season again if needed and set aside.

Meanwhile, place the aubergine slices in a colander and sprinkle with the tablespoon of salt. Set aside for 10 minutes.

Rinse the aubergine slices under cold running water and pat dry with a clean tea towel. Heat 3 tablespoons of the oil in a large heavy-based frying pan and fry the aubergines for 2–3 minutes on each side, adding more oil when necessary. Remove from the pan and set aside to drain on kitchen paper.

Cook the potatoes in boiling water for 5 minutes, then drain in a colander under running water until cold.

Preheat the oven to 200C/180C Fan/Gas 6.

To make the white sauce, melt the butter in a large saucepan and stir in the flour. Cook for a few seconds, then gradually stir in the milk. Add half the Parmesan and the grated nutmeg. Simmer the sauce gently for 4–5 minutes, stirring regularly. Season to taste with salt and pepper.

Remove the saucepan from the heat and allow the sauce to cool. When cooled, stir in the egg.

Spoon one-third of the meat sauce into a shallow ovenproof dish large enough to hold 2.5 litres. Cover loosely with a third of the potatoes and then a third of the aubergines – you don't need complete layers, just to arrange them roughly on top. Repeat the layers twice more, finishing with the aubergines. Pour over the white sauce, making sure it covers everything in a thick, even layer. Sprinkle with the remaining Parmesan. Bake for 35–45 minutes, or until deep golden-brown and bubbling.

Romania

Maria-Gratiela Ghirase; Bianca-Andreea Piroiu; Maria-Cristina Vanghele; Dumitru-Vlad Stefan; Andrei-Cristian Ionita; Alexandra-Georgiana Stoica.

1. "Bulz"
2. "Cozonac" – Walnut Bread
3. "Salata de Boeuf" - Beef Salad
4. "Mucenici Moldovenesti" - Moldavian Mucenici
5. "Mucenici Muntenesti" - Muntenian Mucenici
6. "Varza Calita" - Stewed Cabbage
7. "Coliva"

Bulz



Ingredients

- polenta
- 3 cups of water;
1 cup of corn flour;
A pinch of salt;
Optional you can add some butter.

Directions

In a large pot bring water to a boil, add a pinch of salt. Add slowly a handful of cornmeal to the boiling water. Stir quickly to avoid lumps. Cook for 20 minutes, stirring constantly. Polenta will become very thick while cooking. It's ready when it comes off easily from the pot. Pour polenta and let it cool for a while.

Next, we take a piece of polenta, the size of a fist, and give it a round shape (approximately the size of a medium apple). Then you fill the polenta balls with butter, chunks of sheep cheese (branza de burduf) or you can add small bits of ham, ensuring that the filling is completely enclosed. Place the balls in the oven or on a grill until it becomes crispy on the surface.

Serve with any remaining butter and topped with the sour cream or next to a fried egg

Cozonac (Walnut Bread)



Ingredients

- For Dough

1/2 cup raisins
1/4 cup rum
2 tbsp active dry yeast
1/4 cup warm water
2 cups milk
1 cup butter unsalted, melted
3 tbsp lemon zest
1 1/2 cups sugar
8 cups all-purpose flour
5 eggs separated
2 tsp vanilla extract

- For Filling

230g walnuts or pecans
5 tbsp sugar
2 tbsp cocoa powder

- Other

2 tbsp vegetable oil
1 egg beaten, for egg wash
3 tbsp sugar

Directions

- For Dough

Add the raisins to a small bowl and pour the rum over them. Let the raisins soak up the rum and plump up while preparing everything else.

In another bowl add the yeast and warm water, stir it a bit and let it sit for 10 to 15 minutes to activate. The yeast should bubble up. If you don't see it bubble up, then the yeast is old. Do not proceed because your bread will not rise.

In a sauce pan add the milk, butter, lemon zest and sugar. Heat it over medium-low heat just until the butter melts and the sugar is dissolved. Do not boil it, it just needs to be hot. If it gets too hot it can kill the yeast.

Drain the raisins. To the bowl of your mixer add the flour, the 5 egg yolks, vanilla extract, the milk mixture, yeast mixture and raisins. Using the dough hook mix everything for about 5 minutes until everything is well

blended together and the dough should come off the sides of the bowl. The dough will be a softer dough and somewhat sticky to your hands. The more you mix the dough the fluffier it will be.

Take a large bowl and oil it with about 1 tbsp of the vegetable oil. Place the dough in the bowl and use the other tbsp of vegetable oil to rub over the dough. Cover the bowl with plastic wrap and place in a warm, draft free environment. Let the dough rise until it doubles in size, could take 1 to 2 hours.

Great 3 loaf pans with oil or butter. My loaf pans are 12 x 4.5 x 3 inches, but the regular smaller loaf pans work just as well.

Once the dough has doubled in size, divide it in 3 equal pieces. On a big surface where you can work the dough, oil the surface, we will not use flour here, I find that oil works better. Take one piece and roll it out using a rolling pin, into a rectangle that's about 1/2 inch in thickness and the width of your loaf pans. Spread about 1/3 of the nut mixture over the dough. then roll it up jelly style. Place the roll in the prepared loaf pan. Repeat with remaining dough pieces.

Cover the loaf pans with a clean damp kitchen towel, place in a warm, draft free environment and let the loaves rest until doubled in size.

Preheat the oven to 350 F degrees.

Place the loaves in the oven and bake for 35 to 45 minutes or until the loaves are golden brown. To test if they are done inside, insert a toothpick into the center and if it comes out clean the loaves are done.

Let the loaves cool for about 10 minutes in the loaf pans. Run a knife around the edges of the loaves, to make sure they didn't stick, then remove the loaves from the loaf pans, transfer them to a wire rack and let them cool completely before slicing into them and serving.

- For Filling

While the dough is rising add the walnuts or pecans to a food processor and pulse a few times until the nuts are finely ground. Add the sugar and cocoa powder to the processor and pulse a few more times until everything is well incorporated.

In the bowl of your mixer add the egg whites and mix until stiff peaks form. Fold in the nut mixture. Place this in the fridge until ready to use.

Salata de Boeuf (Beef Salad)



Ingredients

1Kg beef or turkey, white or dark meat

1Kg potatoes peeled

500g carrots peeled
1 1/2 cups pickles chopped
1 cup frozen peas
1/2-1 cup mayonnaise
1/4 cup mustard
1/2 tsp salt or to taste
1/4 tsp pepper or to taste

Directions

Boil the beef for about 3 hours, or use a pressure cooker to finish faster. It needs to be very tender. If using turkey or chicken, boil the meat until cooked through, probably takes about 45 min to 1 hour for turkey breast, depends on the size of your breast. Take the meat out and let it cool before chopping.

Boil the potatoes and carrots. Let everything cool and start dicing everything.

Dice the meat, potatoes and carrots, they should all be small pieces about 1/2 cm by 1/2 cm. Make sure you drain all the juice from the diced pickles and peas.

Add all the veggies and meat to a big bowl, then add 1/2 cup of the mayo and mustard, season with salt and pepper and mix everything together. You will end up with a big bowl of salad, traditionally we smooth out the top of the salad with a knife and spread more mayonnaise and smooth that out.

Cover with plastic wrap and you can refrigerate it for days up to a week.

Serve salad cold, do not warm it up.

Mucenici Moldovenesti (Moldavian Mucenici)



Ingredients

- For Dough

500g bread flour
3 eggs
3 teaspoons dry yeast
1 cup milk
150 g butter
150 g sugar

- For Decoration

250 g grounded walnuts
honey
1 egg

- For Syrup

1 cup water

150 g sugar

grated lemon peel

rum extract

vanilla extract

Directions

- Syrup

Boil the water with sugar, vanilla and rum extract. Simmer until it becomes thicker.

Let it cool and add the grated lemon zest.

- Recipe

Beat 3 eggs + 3 yolks with sugar, salt. Add lemon zest, rum and vanilla. Let it rest for 15-20 minutes.

Mix the dry yeast with the flour.

Pour luke-warm milk into the eggs' composition and then pour the resulting mixture over the flour mixed with the yeast.

Add slowly the melted butter and knead the dough until it can easily separate from the hands. Add the raisins and knead some more.

Cover and let it rest in a warm place until the size of the dough doubles.

Divide the dough into 12 equal portions. Roll each portion into small ball.

Flour a table and roll every ball until become a string (thick as a finger). Make a circle and twist it into an eight figure.

Grease a baking tray with butter and flour the surface.

Put the mucenici on the tray and let them rise at warm for about 20 minutes.

Prepare a beaten egg with some milk and brush over the top of mucenici.

Preheat the oven and bake about 30-40 minutes at 350 F (until they become golden-brown).

Put the mucenici on a serving plate with higher borders and pour 2-3 tablespoons syrup on each of them. Spread honey on the top and sprinkle with finely chopped walnuts. Put enough syrup on the plate so the mucenici are soaked. Keep the plate cover to prevent them from drying.

Mucenici Muntenesti (Muntenian Mucenici)



Ingredients

- For Dough

1 cup all purpose flour
1/2 cup water
1 pinch of salt

- For Syrup

150 g sugar
lemon zest
rum extract
vanilla extract
8 cups water

- For Serving

250 g chopped walnuts
grounded cinnamon

Directions

Mix the flour with water and salt. The dough must be a good consistency (enough to be able to shape it). If necessary add more flour.

Lightly flour a working sheet. Make small balls of dough and roll them into strings about 0.2 inch width. Make little circles. Braid them in pairs to make number 8 figures.

Let the shapes dry for 24 hours. If they are not dry enough the following day, you can speed up the process by putting them in a warm oven that has been turned off.

Boil the water with sugar, vanilla and rum extract.

Put the shaped pasta in the syrup and simmer for about 1 hour (until the pasta is cooked), stirring slowly. Some water may be added in the cooking process.

Let it cool and add the grated lemon zest.

Serve cold with cinnamon and chopped walnuts.

Varza Calita (Stewed Cabbage)



Ingredients

2-3 medium onions
1 large red bell pepper
2 medium spring cabbages
Olive oil
Fresh dill (dried can be used)
2 fresh bay leaves
Salt and pepper
Tomato paste

Directions

Finely chop the onions and pepper and gently sauté them in a pan until soft.

While these are cooking, finely shred the cabbages, discarding (or reserving, if you like to munch on them) the hearts.

In a large ovenproof dish (preferably ceramic) layer the softened onion, pepper and the cabbage. Pour on a splash of warm water (or borsh if you have it and like the more sour taste). Add a couple of bay leaves, too. Cover.

Set the dish in the oven and leave on a low heat (180-190C) for at least an hour, maybe two, until the cabbage has turned golden brown and is soft and no longer crunchy. Check it from time to time while it cooks, stir it a little to prevent the bottom burning, and add more liquid if it looks like it's drying out.

When it's almost cooked, you can stir in a couple of tablespoons of tomato puree and a handful of chopped dill. Cumin is also a common-ish addition but I prefer it without. A spoonful of sour cream (smantana) always goes well with stewed cabbage in my opinion.

Coliva



Ingredients

Wheat Kernels - 1 kg wheat
250g Sugar
150g Honey
Water to cover the kernels
240g Crushed Walnuts
Crushed graham crackers as needed
Powdered sugar as needed
Vanilla
fine zest from 1 lemon
Fine zest from 1 orange
Turkish Delight
100g Milk Chocolate or Cocoa Powder

Directions

Wash the wheat kernel with nine waters (one for each of the 9 angel squads in heaven) then boil in a Teflon pot for 2-3 hours at medium heat. Stir thoughtfully with a wooden spoon to prevent the wheat from sticking to the bottom of the pot. When boiled, put content into an enameled pot and covered with a wet towel, so that the composition won't form a "crust."

Sweeten the composition with 250 g sugar and 150 g honey. Flavor with zest from one lemon and one orange and with 1 TBS vanilla.

Add 200 g of the crushed walnuts and stir till all these extra ingredients incorporate in the wheat composition evenly. Your coliva is now almost ready – all it needs is the décor that will make it fit for the liturgy.

Place the composition on a large platter and form the coliva with your hands, respecting its shape – make sure you even the coliva to look like a cake. Coliva can take any form: rectangular, oval or round, and sometimes even "cross." With the rest of the crushed walnuts and crushed graham crackers cover the coliva on the top and the sides. Add powder sugar and then make your ornaments out of chocolate and candy. You can even use half walnuts to form a cross or to ornate the sides of the coliva.

Portugal

Pedro Figueira; Tiago Hirth; Beatriz Duarte; Sara Filipa Pinho; Matilde Lourenço Carreira; Ana Luísa Santos

1. “Francesinha”
2. “Pastéis de Bacalhau” – Codfish Fritters
3. “Caldo Verde” – Green Soup
4. “Pão de Ló” – Portuguese Sponge Cake
5. “Tarte de Nata” – Portuguese Custard Pie
6. “Bacalhau à Brás”
7. “Rabanadas”

Francesinha



Ingredients

- Sandwich

2 fresh sausages
2 fresh smoked sausages
2 rump steaks
4 slices bread
10 slices flamengo cheese
4 slices ham
2 eggs
Salt and pepper

- Sauce

2 onions
4 cloves of garlic
½ stick of butter
2 Tbs olive oil
2 bay leaves
Some pork fat or bacon
½ cup tomato sauce
1 fresh chili or chili flakes
2 ¾ cups lager (or two 330 ml bottles)
⅓ cup white wine
¼ cup brandy
¼ cup port
⅓ cup meat or chicken stock
1 cup milk
¼ all-purpose flour
Salt and pepper

Directions

- Sandwich

Cut the sausages lengthwise and season with salt and pepper. Season the steaks as well. Grill the sausages first and then the steaks so they stay medium rare.

Toast the bread slices until they're golden.

Start shaping the francesinha: first a slice of bread, then one slice of cheese, one of ham, the steak, the sausages, and cover with the final bread slice. Repeat the process.

Fry the eggs and top the sandwiches with them. Cover with the remaining cheese.

Pour the hot sauce right before you serve.

- Sauce

Chop the onions and the garlic and let them sizzle on the pan with some butter, olive oil, the bay leaves, and bacon. Add the tomato sauce and the chillies and bring to a boil.

Pour in the white wine and season with salt and pepper. Add the lager, brandy, port, stock, and cook for 30 minutes.

Mix the milk and flour with a fork and add it to the sauce to thicken it. Remove the bay leaves and continue mixing in a blender until the sauce is smooth.

Pour over the sandwiches while hot.

Pastéis de Bacalhau (Codfish Fritters)



Ingredients

1 kg potatoes
500 grams desalted cod
5 eggs
Salt (to taste)
1 bunch of parsley
Pepper (to taste)
1 small onion
Vegetable oil for frying

Directions

Wash and peel the potatoes. Put them in a saucepan with water together with the cod. Bring to a boil over high heat. When starts boiling, reduce to medium-low heat and cook about 25 minutes. Remove the cod

about 5 to 6 minutes after the water starts boiling. Drain the cod with a skimmer and let cool slightly. Remove the skins and bones and flake the cod with a fork. Wrap the cod in a cloth and crush it against a kitchen table or a marble stone.

Drain the potatoes when they are cooked. Place the potatoes in a deep bowl and mash them with a potato masher. Add the chopped onion, chopped parsley, pepper, the crushed cod, eggs and salt if necessary. Mix everything with your hands until a homogeneous dough.

Mold small portions of the mixture with two tablespoons. Heat the oil in a deep fryer (place a cork stopper in the oil to not make foam). When the oil is hot, add the cod fritters and fry them until golden. When they are fried, place them on a plate with absorbent paper.

Serve the cod fritters with lettuce salad or tomato rice.

Caldo Verde (Green Soup)



Ingredients

2 liters water
4 medium onions
4 medium potatoes
250 grams shredded collard greens
50 ml olive oil
Salt (to taste)
50 grams Portuguese chourizo

Directions

Peel and wash the potatoes. Place the onions cut into pieces and the potatoes in a large saucepan with water. Bring to a boil over high heat. When starts boiling, reduce to medium-low heat and cook for 25 minutes. Then, remove briefly the saucepan from heat and use a hand blender to blend the soup until creamy. Season with olive oil and a little salt, stir and place the saucepan back on the stove over medium-high heat.

When starts boiling, reduce to low heat and add the collard greens and the chouriço cut into round slices. Stir with a wooden spoon and cook about 15 minutes with the pan covered, stirring occasionally.

Turn off the heat and serve immediately.

Pão de Ló (Portuguese Sponge Cake)



Ingredients

2 whole eggs
6 egg yolks
75 grams (1/3 cup) granulated sugar
50 grams (1/3 cup) corn starch flour

Directions

Preheat the oven to 220°C (430°F). Line a round cake pan (25 x 6 centimeters) with parchment paper.

In an electric mixer, beat on medium speed the whole eggs and the sugar until obtain a creamy mixture. Then, add the egg yolks and beat for 2 to 3 minutes until well incorporated. Finally, fold with a spatula the sifted corn starch flour.

Pour the mixture into the prepared pan Portuguese sponge cake | Food From Portugal and bake about 8 to 10 minutes (the time depends on the oven). This cake should stay a bit creamy inside. When the cake start to browned (just like in the picture) Portuguese sponge cake | Food From Portugal turn off the heat.

Remove the cake from oven and unmold onto a plate. Allow to cool to room temperature and serve.

Tarte de Nata (Portuguese Custard Pie)



Ingredients

200 grams puff pastry
2 tablespoons corn starch
6 egg yolks
200 grams (about 1 cup) granulated sugar
450 ml (2 cups) milk
Zest of one lemon
1 cinnamon stick

Directions

In a bowl, dissolve the corn starch in 50 ml (1/4 cup) milk.

In a saucepan, pour the remaining milk, lemon peel, cinnamon stick, the dissolved corn starch and sugar. Stir and bring to low heat, stirring occasionally. When starts boiling, remove the lemon peel and the cinnamon stick (reserve both). Turn off the heat and add the egg yolks one by one, stirring constantly. Add the lemon peel and the cinnamon stick and place back over low heat until obtain a creamy mixture, about 3 to 4 minutes, stirring occasionally.

Meanwhile, preheat the oven to 180°C (350°F). Line a pie pan (24 centimeters) with the pastry and prick the bottom with a fork.

Turn off the heat and remove the lemon peel and the cinnamon stick. Pour the cream over the pastry and bake for 25 to 30 minutes.

Remove from oven, let cool and serve.

Bacalhau à Brás



Ingredients

6 ounces bacalhau (salted cod), soaked overnight
2 medium white potatoes, peeled
1/4 cup lard, duck fat or coconut oil
1/2 onion, chopped
1/2 pinch saffron (about 5 threads)
1/2 teaspoon black pepper
4 eggs, lightly beaten
Small handful fresh parsley, chopped
10 to 15 black olives

Directions

Gently rinse the salt cod under cold water to remove any surface salt. Soak overnight in cold water (12 to 18 hours) in the fridge, changing the water twice. Drain the fish, gently rinse again under cold water, then pat dry with paper towels. Shred the fish into bite-sized strips.

Using a cheese grater or the grater attachment of a food processor, grate the potatoes into shreds. Soak in cold water for 5 minutes, then drain and rinse thoroughly and pat dry with paper towels.

Warm the lard or duck fat in a large skillet on medium-high heat until shimmering. Add half of the potatoes and pan-fry, stirring often to keep the potatoes from sticking together; remove with a slotted spoon when

they turn golden brown, about 5 minutes, and set aside to cool on paper towels. Repeat this process with the other half of the potatoes. Reduce heat to medium and discard all but 1 tablespoon of the cooking fat.

Add the chopped onion and saffron to the skillet and sauté until the onion is translucent, about 5 minutes. Add the fish and pepper; gently stir to combine. Allow to sauté until the fish is softened, 3 to 5 minutes.

Add half of the fried potatoes, stirring to combine, then pour the beaten eggs over everything. Scramble the eggs until cooked, stirring occasionally, about 3 minutes. Stir in the parsley and the other half of the potatoes; add the black olives and serve.

Rabanas em Vinho do Porto (



Ingredients

- For the Bread

1 loaf of bread (about 16 slices)

Milk to dip the bread

3 to 4 eggs

Sugar and cinnamon for dusting

Vegetable oil for frying

- For Syrup

500ml Porto Wine

100g sugar

Directions

- For the bread

Cut the bread into slices.

Whisk the eggs in a bowl. Dip the bread slices in milk and then in beaten eggs.

Heat a frying pan with vegetable oil. When the oil is hot, add the bread slices and fry them on both sides until golden. When the slices are fried, remove them with a spatula and place them on a plate with absorbent paper.

Let cool slightly and coat them in sugar mixed with cinnamon.

- For Syrup

Put the Porto Wine and the sugar on a pan and stir until it gets thick. This process takes about 20min.

To assemble, put all the slices of bread in a plate and pour down the syrup on top of them.

Italy

Fabiana Borrata; Olga Cosentino; Elena Ferreri; Erika Marrara; Giulia Saponieri; Lisa Supino

1. "Ciambelline al vino" - Wine Donuts
2. "Pizza con mortadella e pistacchio" - Pizza with mortadella and pistachio
3. "Parmigiana di Melanzane" – Eggplant Parmesan
4. "Tortano"
5. "Casatiello Napoletano"
6. "Chiacchiere" – Mardi Gras Fritters
7. "Pasta cacio e pepe"

Ciambelline al vino (Wine Donuts)



Ingredients

½ cup of white wine or red wine (125 g)

½ cup extra virgin olive oil (103 g)

½ cup sugar or (103 g)

1 teaspoon sea salt

1 tablespoon of aniseeds (optional but very traditional)

All purpose flour till proper consistency, approximately 700-750 g

Granulated sugar for rolling in

Directions

Combine all the ingredients adding the flour till you get the consistency of short pastry

Cover and let rest for about 10 minutes

Roll into approximately ⅓ inch in diameter. The skinnier they are, the faster they will crisp. You will not need to dust the working table with flour, as it will make it difficult to roll your dough. Slice into smaller pieces and shape into something that resembles a donut or bagel.

Then dip both sides in granulated sugar and place on a baking tray layered with parchment paper. Place in a preheated oven at 300°F for approximately 25 minutes. Break one cookie and check if it's fully crisp. If more cooking is necessary, lower to 200°F and keep there to crisp, being careful not to over brown them.

Remove and allow to cool. They keep for weeks in an airtight container.

Pizza con mortadella e pistachio (Pizza with mortadella and pistachio)



Ingredients

1kg flour
50g salt
3g brewer's yeast
1l water

Directions

Pour the water in a bowl and mix it with salt

Add slowly the flour and the yeast

Knead it until it becomes a ball

Leave it for 2-3 hours under a blanket.

Roll out the dough and make it circular.

Add some slice of mortadella and granulated pistachio (or pistachio's creme)

Parmigiana di Melanzane (Eggplant Parmesan)



Ingredients

1 kg and a half of eggplant
240 gr mozzarella cheese
150 gr parmesan
2 liter tomato puree
olive oil
seed oil
salt
basil leaves (optional)
1 garlic clove

Directions

The eggplant we are going to use are the long ones. Cut them in slices, after removing the core. Here's a grunny tip: before frying let them for a while in the fridge.

In the meantime we can start by preparing the sauce. We are going to make a simple tomato sauce by frying a garlic clove in little amount of olive oil. Remove the clove paying attention not to make it burns, add tomatoes puree, salt and just a bit of water. Let it cooks low heat and let's we fry our eggplant .

Grunny tip aims to avoid eggplant absorbe too much oil.

Put the seed oil in a frying pan and wait until it will be really hot. You can test the heat by putting a tiny piece of eggplant in the pan. Fry the slices gradually and put them when they are brown coloured on large kitchen papers leaves.

When the sauce is ready and you've finished with eggplant it is arrived the time to assemble our Parmigiana. Put a first layer of eggplant in a rettangular pan, add diced mozzarella cheese, tomato sauce a sprinkle of parmesan and start again like you were preparing lasagna. Add sauce, parmesan and basil on the top and cook it in the oven for 30 minutes at 180°.

Tortano



Ingredients

250g Flour
12g brewer's yeast
10g salt
black pepper
80g Emmentaler cheese
150g chorizo
60g lard
60g grated pecorino
80g provola cheese
250g Manitoba flour

Directions

Melt the yeast in 250g of warm water and mix it with flour.

Add 50g of lard (already cut into pieces), the salt, 45g of pecorino, and the pepper (plenty). Knead it until the dough becomes soft, put it in a glass bowl, cover it with a plastic wrap and leave it growing for 3-4 hours.

Put the dough on the lightly floured cutting board and make a rectangle of 30cmx1cm. Cut provolone, emmental, salame in small cubes and put them on the dough. Strew the left pecorino and wrap around the dough on itself, as tight as possible. The final shape must resemble a donut.

Put tortano in the baking tin and let it yeast for 3-4hours. Afterward cook it in the oven at 180C for 1hour.

Casatiello Napoletano



Ingredients

- For the dough

1 kg flour plus extra for rolling the dough

2 1/4 tsp active dry yeast

Warm water

Salt and pepper

About 4 tbsp of lard for the dough plus more for coating the dough

- For the filling

1/2 kg assorted salumi and cheese

6 hard-boiled eggs

Directions

- For the Dough

Pour flour onto a work surface

Mix in salt and a very generous amount of pepper

Add yeast (if you are using active dry yeast you will need to dissolve it in about 1/2 cup warm water first)

Add water a little bit at a time, working it in until a soft dough begins to form

Add the lard and work it completely into the dough

Continue working the dough, adding water as needed until the dough is just slightly damp and very elastic

Cover with a kitchen towel and let rise 1 hr

- For the Filling

Meanwhile chop the salumi and cheese

Boil and chop the eggs and add them to the salumi mixture

- Assemble

Spread the salumi mixture across the length of the dough starting near the bottom of the dough.

Roll the dough up like a cigar, pinch the edges and coat them with lard.
Bring the ends together to form a circular shape.

Grease the Casatiello pan with lard, work the dough into the pan and generously coat the top of the dough with lard.

Cover and let rise an hour.

Bake at 160° C for approximately 1 1/2 to 2 hours.

Chiacchiere (Mardi Gras Fritters)



Ingredients

500g all-purpose flour
50ml confectioners sugar
2 eggs
50ml butter
½ cup milk
1 tablespoon Grappa
1 pinch salt
1 pinch baking soda
vanilla powder (or vanilla extract) to taste
frying oil, as needed

- Garnish

1 tablespoon confectioners sugar

Directions

Pour out the flour onto a flat work surface. Make a hole in the center and add the other ingredients in the center, except for the milk. Gradually add the milk as you begin to knead the dough.

Using your hands or an electric mixer, knead the dough until it is smooth, then cover in plastic wrap and let rest for 15 minutes.

Then, divide the dough into pieces and roll out the dough until 1/10 inch using a rolling pin or pasta machine. Use a knife or pasta cutter to cut out diamonds or whatever shape you prefer.

Fry the dough in boiling oil. The dough should be completely submerged in the oil for 30 seconds to 1 minute. Once golden, remove the fritters using a slotted spoon and place them on parchment paper.

Dust the fritters with powdered sugar. The chiacchiere can be served immediately or stored for a couple of days.

Pasta cacio e pepe



Ingredients

400 grams of spaghetti
200 grams of grated pecorino romano
10 grams ground black pepper
two scoops of cooking water
olive oil
salt

Directions

Cook the spaghetti in salted water according to the package after having poured a tablespoon of olive oil to prevent the spaghetti from turning into a shapeless mass and in the meantime, pour into a bowl the pecorino romano and the black pepper.

Remove your pasta the pan at least 2 minutes before the end of cooking (to get it al dente), being careful to set aside at least 6 tablespoons of the cooking water.

Pour the spaghetti into the bowl with the cheese and pepper mixture and season well also adding two scoops of cooking water to make sure that all will blend well.

Stir and serve soon the spaghetti will get cold and the cheese will start becoming sticky.

Spain

Antonio Angel Vilchez; Mohammed Kaddouri; Jose Luis Lopez Mesa; Saliha Moussaoui Rahhou; Andrea Del Pico Garcia; Sandra Bonillo

1. "Gazpacho" – Gazpacho Soup
2. "Tortilla de Patatas" – Spanish Omelet
3. "Pisto"
4. "Crema Catalana"
5. "Migas"
6. "Salmorejo"
7. "Paella"

Gazpacho (Gazpacho Soup)



Ingredients

4 large fresh tomatoes, peeled and diced
1/2 English cucumber, peeled and finely diced
1/2 cup finely diced red bell pepper
1/4 cup minced green onion
1 large jalapeno pepper, seeded and minced
2 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon ground cumin
1 pinch dried oregano
1 pinch cayenne pepper
freshly ground black pepper to taste
1 pint cherry tomatoes
1/4 cup extra-virgin olive oil
1 lime, juiced
1 tablespoon balsamic vinegar
1 teaspoon Worcestershire sauce
2 tablespoons thinly sliced fresh basil

Directions

Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeno, and garlic in a large bowl. Stir in salt, cumin, oregano, cayenne pepper, and black pepper.

Place cherry tomatoes, olive oil, lime juice, balsamic vinegar, and Worcestershire sauce in a blender. Cover and puree until smooth. Pour pureed mixture through a strainer into the tomato-cucumber mixture; stir to combine.

Place 1/3 of the tomato mixture into the blender. Cover, turn blender on, and puree until smooth. Return pureed mixture to the remaining tomato-cucumber mixture. Stir to combine. Cover and chill in refrigerator for 2 hours.

Season cold soup with salt and black pepper to taste. Ladle into bowls and top with basil.

Tortilla de Patatas (Spanish Omelet)



Ingredients

1/2 cup olive oil
1/2 pound potatoes, thinly sliced
salt and pepper to taste
4 eggs
2 green onions, chopped
2 tomatoes - peeled, seeded, and coarsely chopped
salt and pepper to taste
1 large onion, thinly sliced

Directions

In a large frying pan or skillet, heat olive oil over medium-high heat. Sprinkle potatoes lightly with salt and pepper. Cook until golden brown and crisp.

Once the potatoes are golden, stir in the onions. Cook, stirring occasionally, until onions soften and begin to brown.

Meanwhile, beat eggs together with salt and pepper. Pour eggs into pan and stir gently to combine. Reduce heat to low and cook until eggs begin to brown on the bottom.

Loosen bottom of omelet with a spatula, invert a large plate over the pan, and carefully turn the omelet out onto it. Slide the omelet back into the pan with the uncooked side down. Cook until eggs are set.

Garnish omelet with tomato and green onion and serve warm.

Pisto



Ingredients

3 small zucchini, diced
2 medium red bell peppers, diced
2 medium green bell peppers, diced
4 medium onions, diced
3 small purple eggplants, peeled and diced
2 pounds of ripe tomatoes (the better your tomatoes, the better your pisto!), peeled and diced
5 cloves of garlic, diced
A pinch of thyme, rosemary and (optionally) fresh oregano
1 teaspoon of cumin
1 teaspoon of refined sugar (substitute honey or brown sugar for a more natural take)
Salt and pepper to taste
A couple of dried cayenne peppers-- optional (and not traditional)!
Extra virgin olive oil

Directions

Peel and cut the vegetables as indicated, and layer the eggplant on paper towels then sprinkle with salt. Let them sit at least 10 minutes (this is key).

Put two different frying pans on a medium heat and add a splash of olive oil to each.

Add the diced onions to one of the pans, with a pinch of salt. Sauté over a medium-low heat until they start to turn transparent, then cover the pan and allow them to poach (you don't want them to brown). Once fully cooked, reserve in a large bowl.

In the meantime, add the peppers to the other pan and sauté over a medium high heat until starting to brown. Lower to medium and cover for about 10 minutes. Once cooked through reserve along with the onions.

Rinse the salt off of the eggplant in a mesh strainer.

Follow the same steps as the peppers to cook the zucchini and eggplant (in separate pans). You want to start cooking them on medium high, and once starting to brown lower the heat and cover until tender (stirring a few times so they don't stick). Then reserve along with the other vegetables, mixing to make all the flavors combine.

Add all of the spices to the bowl of vegetables and mix well.

Next, add a bit more oil to one of the pans if necessary, and add the diced garlic (and the dried cayenne peppers if using). Sauté over medium heat until starting to fry. Then add the peeled and diced tomato to the pan. Cook over a medium low heat for about 20 minutes, stirring frequently, until you have tomato sauce. Add the sugar, and adjust for salt.

Now, in a large frying pan, mix the previously cooked veggies with the tomato sauce.

Mix everything well, and cook for 10 minutes over a medium heat. Adjust for salt and spices, and enjoy!

Crema Catalana



Ingredients

1 L whole milk
8 yolks
4.5 tbsp (40 g) cornstarch
1 lemon
2 cinnamon sticks
11 tbsp (160 g) caster sugar + more for the crust

Directions

First of all, pour the milk into a pot, then add the yellow peels of an lemon and 2 cinnamon stick. Now, place the pot over medium flame and heat until you see the first bubble simmering.

Meanwhile the milk is on the heat, crack the eggs and separate the yolks from the whites. Now, pour the yolks into a bowl and combine with 11 tbsp of sugar.

Add also 4.5 tbsp of sifted cornstarch or the amount to obtain your preferred density. Whisk the mixture until fluffy and consistent.

Once the milk starts to simmer, place the pot far from the heat and add the eggs mixture immediately, whisking continuously with energy until consistent.

At this point, place the pot again over minimum heat. Keep whisking the cream continually until it reaches the desired density.

Now, pour the Crema Catalana into single serving bowls, then cover the cream surface immediately with plastic wrap in order to maintain the moisture.

Once the Crema Catalana reach the room temperature, store in the fridge for a couple of hours. Just before serving, cover the Crema Catalana with a thin layer of sugar and torch it until slightly burnt and caramelized, then serve immediately.

Migas



Ingredients

crumbs of 1 loaf of bread

1 garlic bulb

1 tbs of paprika

200 grams of serrano ham or bacon

2 slices of bread for croutons

1 cup of olive oil

Salt

You can add any other vegetable or meat ingredients to your taste

Directions

Wrap the crumbs in a moist cloth and leave overnight

Cut the ham or bacon and bread slices in cubes

In a pan with four tbs of olive oil, stir fry the ham or bacon and remove with a skimmer

In the same oil add the garlic cloves without peeling, stir fry very lightly, remove from the pan and drain them

Brown the croutons in the same oil and remove

Add more oil if necessary, add a tsp of paprika and the crumbs, remove as soon as they have picked some color

Add the ham or bacon and croutons

Salmorejo



Ingredients

1 kg of Tomatoes
200 grs. bread
100 grs. Olive Oil extra virgin
1 clove Garlic
10 grs. Salt

Directions

Clean the tomatoes and stir with the blender, strain to remove seeds and skin, adding to beat back the bread, olive oil, garlic and salt.

Decorate with chopped boiled egg and chopped serrano ham.

Paella



Ingredients

½ cup uncooked Valencian Rice per person
1 cup chicken stock per person
5 threads saffron per person dissolved in a little white wine
4 tablespoons, or more, olive oil, to cover bottom of pan
1 piece of chicken, such as a thigh, per person
½ to 1 soft chorizo per person
½ teaspoon Spanish sweet pimenton (paprika) per person
1 clove garlic per person, minced
¼ cup chopped onion per person
⅓ cup grated tomato (cut in half, grate and discard the skin) per person
2 shrimp or prawns per person
2-4 small clams and/or mussels per person
red peppers cut in strips
artichoke hearts, green beans or peas
cooked white beans
lemon wedges for garnish
salt to taste

Directions

Heat 1 tbsp olive oil in a large frying pan or wok. Add 1 chopped onion and soften for 5 mins.

Stir in 1 tsp hot smoked paprika, 1 tsp dried thyme and 300g paella or risotto rice, stir for 1 min, then splash in 3 tbsp sherry or white wine, if using.

Once it has evaporated, stir in a 400g can of chopped tomatoes with garlic and 900ml chicken stock.

Season and cook, uncovered, for about 15 mins, stirring now and again until rice is almost tender and still surrounded with some liquid.

Stir 400g frozen seafood mix into the pan and cover with a lid. Simmer for 5 mins, or until the seafood is cooked through and the rice is tender.

Squeeze over the juice of $\frac{1}{2}$ lemon, scatter with a handful of flat-leaf parsley and serve with wedges from the remaining $\frac{1}{2}$ lemon.

Estonia

Marika Otsa; Arina Kisseljova; Ilja Starkov; Nikita Grabovski; Viktor Panasenko; Ekaterina Romanova

1. "Pirozhki" - Apple pastries with cinnamon
2. "Mulgikapsas" - Stewed Cabbage
3. "Kilu Võileib" – Sardine Sandwich
4. "Piparkoogid" – Estonian Gingerbread Cookies
5. "Tatra Seenevorm" – Buckwheat and Mushroom Casserole
6. "Mulgipuder" – Estonian Potatoes and Groat Mash
7. "Mulgikapsad" – Sauerkraut with Pork and Barkley

Pirozhki (Apple pastries with cinnamon)



Ingredients

- For Dough

- 1 1/2 Tbsp oil
- 450g luke warm water
- 4 cups + 2 Tbsp all-purpose flour
- 1 tsp salt
- 1 Tbsp Active Dry Yeast
- 1 Tbsp sugar (omit sugar if doing meat or potato filling)

- For Filling

- 2 to 3 apples, peeled, cored and chopped finely
- 1/4 cup sugar (1/4 teaspoon per piroshok)

- Other Ingredients

- Enough canola oil to go half-way up the side of the piroshky when frying
- Extra flour to dust the cutting board

Directions

The easiest way to do this is in a bread maker. If you have one, set it to the dough setting and add the ingredients in the following order: Oil, water, 2 cups flour, salt, sugar, 2 cups + 2 Tbsp flour* , yeast. A bread maker will do the following: mix, let dough rise, mix again and let the dough rise (about 1 to 1 1/2 hours)

Put the finished dough onto a well floured cutting board, sprinkle dough with flour and with well-floured hands, shape it into a large log. It will rise more as it sits on the board.

Cut off pieces one at a time about 3/4" thick.

Place the piece of dough over your well-floured hand (dough will be sticky) and shape it into a 3" to 4" circle using your hands. Do not put flour on the side where you are going to put the apples, otherwise the sides won't seal.

Put 1/4 tsp sugar in the center of the dough and put 1 heaping Tbsp of apple over the sugar. cover the apple with the sides of the dough and pinch the ends together with your fingers to seal the dough together.

Flatten the pirojki slightly to make them a more uniform size.

Heat oil in a large, deep, heavy-bottomed pan. There should be enough oil to cover the pirojki half-way up the side.

Place them in the hot oil (about 330°F) and fry until deep golden brown on each side. They should sizzle when you put them in the oil. Sometimes they puff up a lot on one side so you may end up with a third side that needs to be fried.

Mulgikapsas (Stewed Cabbage)



Ingredients

1/4 cup butter
2 onions, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 medium head cabbage, cut into squares
1 can stewed tomatoes, with liquid
Salt and pepper to taste

Directions

Melt butter in a large saucepan over medium heat.

Add onion, celery, and garlic and saute for 3 to 5 minutes, or until translucent.

Stir in cabbage, reduce heat to low, and simmer for 15 minutes.

Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Kilu Võileib (Sardine Sandwich)



Ingredients

Black bread
Sardines or Hering
Hard boiled eggs
Butter
Green onion or dill

Directions

Spread the butter on the bread, top with sardines, sliced hard boiled egg and greens.

Piparkoogid (Estonian Gingerbread Cookies)



Ingredients

250 g light (corn) syrup
200 g sugar
2 tsp ground cinnamon
1 tsp ground cloves
1-2 tsp ground cardamom
1 tsp ground ginger
0.5 tsp ground allspice
0.5 tsp ground nutmeg
250 g butter
2 large eggs
600 g plain flour
2 tsp baking soda

Directions

Mix the syrup, sugar and ground spices in a saucepan and bring to the simmer.

Add the cubed butter and stir, until the butter melts. Remove the pan from the heat and cool.

Add eggs, one at a time, stirring vigorously with a wooden spoon.

Mix flour and baking soda, then add gradually to the syrup and sugar mixture.

Knead until all ingredients are thoroughly combined. Wrap in a clingfilm and place into the fridge for at least overnight, preferably for a few days.

To make the cookies, divide the dough into manageable chunks and roll into 3 mm thickness on a slightly floured working board. Transfer to a cookie sheet.

Bake in the middle of 200 C oven for 6-9 minutes, until cooked through.

- To decorate with a sugar glaze

Mix 1 egg white with enough icing sugar to get a thick and glossy glaze. Put into a piping bag with a very small hole, and decorate.

Tatra Seenevorm (Buckwheat and Mushroom Casserole)



Ingredients

100 g buckwheat
200 g chanterelle
1 onion. You can add more vegetable: tomato, capsicum, peas, beet, carrot...
1 glove of garlic
1 egg
250 ml milk
100 g sour cream
salt, pepper, thyme

Directions

Boil buckwheat in to a soft. Let cool down

Fresh chanterelle: Heat the chanterelle in a skillet until water has evaporated. Frozen: melt, fry slightly.
Add some oil and sliced vegetables. Cook, until vegetable are half soft

Mix together beaten egg, milk and buckwheat

Put in to the casserole as bottom layer buckwheat mix, then mushrooms with vegetables and as the upper layer again buckwheat.

Spread dish with sour cream

Bake in to the oven at 180 C convection for 40-45 minutes.

Mulgipuder (Estonian Potatoes and Groat Mash)



Ingredients

3/4 glass of groats

1 litre peeled, sliced in to 4, potatoes

Salt

Directions

If you have natural groats, let them overnight swell in the cold water.

Put all ingredients in to pot, add ca 1 litre of water

Simmer on to low heat under the lid while groats are ready. Stir after time

Smash

Serve with bacon and fermented milk

Mulgikapsad (Sauerkraut with Pork and Barkley)



Ingredients

1 kg Sauerkraut, fermented cabbage

0,5 glass of pearl barley

0,5 kg fat pork

(chopped onion, if you like), salt, pepper, sugar, caraway seeds for seasoning

Directions

Put half the quantity of sauerkraut on to bottom of thick-bottomed pot and add washed grits and meat.

Put remaining sauerkraut on top.

Add water to cover ingredients and salt

Simmer on low heat. Check from time to time about water. Be sure that the bottom of the pot would have more than a few centimetres of water. If needed, add more water.

When cabbage is soft, season and add some onion. Let set

Serve with boiled potatoes

Cyprus

Weronika Dudczyn; Kyriakos Stouppas; Dimitris Imanimis; Aimilios Nikolaou; Theodora Hatzianastasi

1. "Fakes" – Lentil Soup
2. "Kolokotes" – Cypriot Pumpkin Pies
3. "Greek Pork Kebab"
4. "Eliotes" - Olive Pies
5. "Horiatiki" – Greek Village Salad
6. "Kleftiko"
7. "Pork Chops"

Fakes (Lentil Soup)



Ingredients

250 g lentils
2 tablespoons olive oil
1 onion, medium
2 carrots
2 celery stalks
2 cloves of garlic
2 bay leaves
pinch of chili flakes
1 teaspoon cumin
1 can chopped tomatoes
1 vegetable bouillon cube diluted in 1 ½ liters water or 1 ½ liters vegetables stock
1 teaspoon salt

- For bread

1 small country loaf
salt
pepper
olive oil
5 sprigs fresh thyme

- To serve

1 tablespoon olive oil
1 tablespoon vinegar

anchovies

olives

Method

Rinse the lentils and drain.

Directions

Place a large pot over medium heat.

Coarsely chop the onion and add them to the pot along with the olive oil.

Chop the carrots and celery into small slices.

Add them to the pot and sauté for 3-5 minutes, until they soften.

Thinly slice the garlic and add to the pot along with the bay leaves, chili flakes and cumin.

Stir and add the lentils, chopped tomatoes and vegetable stock.

Cover the pot and simmer for 45 minutes over medium to low heat.

When ready, add the salt. (The salt is not added at the beginning so that the lentils don't harden.)

- To serve

Cut 4 slices of bread from the country loaf.

Place a grill pan over high heat.

Add the slices of bread, olive oil, salt, pepper, and thyme. Toast until golden on both sides.

Serve the lentils in a serving bowl and add 1 tablespoon of olive oil and 1 tablespoon of vinegar.

Serve the toasted bread, anchovies and olives on the side.

Kolakotes (Cypriot Pumpkin Pies)



Ingredients

- Filling

1¼ pound pumpkin (about 3 cups), chopped into small pieces

1 cup raisins

½ cup coarse bulgur wheat

⅓ cup olive oil

1 tbsp sugar

1½ tsp cinnamon
½ tsp salt
½ tsp black pepper

- Dough

3 cups bread flour
1 cup all purpose flour
1 tsp salt
½ cup olive oil
1 tbsp vinegar
1 cup warm water

Directions

Prepare the filling the night before. Add all ingredients to a large bowl. Cover and place in refrigerator overnight, or for at least 3 hours so that the bulgur can absorb the liquid.

Prepare the dough by combining flours and salt in the bowl of an electric mixer. Add the oil and mix on low speed with the hook attachment. Add vinegar and warm water and mix until dough forms. Add more flour or warm water if needed until dough forms a ball. Cover with plastic wrap and let sit for 1 hour.

Preheat oven to 375°F

Separate dough into 3 or 4 pieces so that it is easier to work with. Roll out dough into a circle on a lightly floured surface. (If the dough is hard to roll out and seems to be pulling back in, let rest for another 15 minutes.) Cut out 4-5 inch circles. Place 2 heaping tablespoons of filling in the center of each circle. Fold one side over to form a half-moon shape. Pinch the edges tightly together and place on baking sheet lined with parchment paper. Continue until all of the dough and filling is used up.

Bake in preheated oven for 25-30 minutes or until tops are golden brown.

Greek Pork Kebab



Ingredients

1/4 cup olive oil
3 tbsp lemon juice
1 tbsp red wine vinegar
2 tbsp oregano , chopped
1 tbsp thyme , chopped
2 tsp garlic , chopped
1/2 tsp grated lemon rind

1 tsp salt
1/2 tsp coarsely ground black pepper
1 1/2 lbs pork tenderloin, cut into cubes

- For Yogurt Sauce

1 cup plain Greek yogurt
1 tsp garlic , finely chopped
1/2 tsp salt

Directions

Combine olive oil, lemon juice, red wine vinegar, oregano, thyme, garlic, lemon rind, salt and pepper in a large bowl. Add pork and toss until well coated with marinade. Let stand for 10 to 30 min.

Heat barbecue or oiled grill pan on high heat.

Thread pork on skewers (if you are using wooden ones, you will need to soak them for 30 min in advance). Grill pork for 10 min, turning occasionally, or until browned at the edges and cooked through but still juicy.

Combine yogurt, garlic and salt in a bowl and stir together.

Serve pork with yogurt sauce. You can also include cucumber and tomato slices with a simple vinaigrette as a side.

Eliotes (Olive Pies)



Ingredients

5 glasses self-raising flour
2 teaspoons baking powder
1 glass oil
1 1/3 – 1 1/2 glasses fresh orange juice or 1/2 glass orange squash diluted in 1 glass water

- For the filling

2 1/2 - 3 glasses black olives, rinsed, stoned and chopped
1 small onion, coarsely grated
Dried or fresh mint
6 tablespoons olive oil
Sesame seeds (optional)
1 egg white to glaze

Directions

To make the dough, mix the flour with baking powder. Pour in the oil and rub into the flour using your fingertips until the mixture resembles fine bread-crumbs. Knead with as much orange juice as needed to make a fluffy dough.

To make the filling, mix the olives with mint, onion and olive oil. Roll out the dough into oval sheets in the size you prefer. Place some filling on each sheet and spread over the whole surface using a spoon. Roll these sheets from their wide side and put on an ungreased baking tray. Brush them with one egg white lightly beaten with 1 tablespoon water and sprinkle with sesame seeds, if desired.

Bake in a preheated moderate oven (150°C) for 35-45 minutes or until golden brown.

Horiatiki (Greek Village Salad)



Ingredients

3 plum tomatoes, chopped
1 green pepper, sliced
1/2 cucumber, chopped
1 small red onion, chopped
handful Kalamata olives
75g feta cheese, crumbled
3 to 4 tablespoons extra virgin olive oil
1 teaspoon red wine vinegar
1 teaspoon lemon juice
1 clove garlic, minced
1/2 teaspoon dried oregano
salt and freshly ground black pepper to taste

Directions

In a salad bowl, combine the tomatoes, green pepper, cucumber, onion and olives.

Whisk together the oil, vinegar, lemon juice, garlic, oregano, salt and pepper. Pour over the salad and let sit for 30 minutes to blend flavours.

Add feta and toss before serving.

Kleftiko



Ingredients

1 leg of lamb
2 tablespoons olive oil
2 lemons, juiced and zested
1 teaspoon dried oregano
1 tablespoon fresh rosemary, chopped
3 cloves of garlic, crushed
2 teaspoons salt
½ teaspoon black pepper
3-4 large potatoes
1 large onion
3 bay leaves
500mL lamb or vegetable stock
Feta or plain yogurt for serving

Directions

Create a mixture using the olive oil, lemon juice and zest, oregano, rosemary, cinnamon, garlic, salt, and black pepper. Rub the mixture into the leg of lamb and allow to rest covered in the refrigerator overnight.

Dice the potatoes and onion and place along with the lamb and the marinade into a large slow cooker. Add the bay leaves and the stock. Cook on low-medium heat for at least 8 hours.

Remove bay leaves.

Serve with feta or plain yogurt.

Pork Chops



Ingredients

4 boneless pork chops 1 inch thick
4 tablespoons extra virgin olive oil
2 teaspoons salt
1 teaspoon black pepper
1 teaspoon smoked paprika
1 teaspoon onion powder

Directions

Preheat an oven to 400 degrees F. Lightly grease a baking sheet.

Rub each pork chop with olive oil.

In a small bowl mix together salt, pepper, paprika, and onion powder. Season all sides of the pork chop with this mix. Place seasoned pork chops onto the prepared baking sheet.

Bake in the preheated oven for 15 to 20 minutes, or until pork chops reach an internal temperature of 145 degrees F (which will depend on how thick the pork chops are). Serve hot.

Poland

Weronika Dudczyn

1. "Pierogi"
2. "Barszcz Czysty Czerwony" - Beet Soup

Pierogi



Ingredients

- Dough:

2 to 2 1/2 cups all-purpose flour
1 large egg (room-temperature)
1 teaspoon salt
1 cup water (lukewarm)

- Potato-Cheese Filling:

2 pounds russet potatoes, (scrubbed and boiled in their jackets)
2 tablespoons onion sauteed (finely minced and in 1 tablespoon butter)
8 ounces dry curd or farmer's cheese (room-temperature; or ricotta)
Optional: Salt to taste
Optional: Pepper to taste

Directions

Peel potatoes and fork blend or rice them (do not mash).

Mix with sauteed onion and farmer's cheese. For best results, according to chef Mark, some small pieces of the whole potato should remain. Season to taste and set aside.

Place 2 cups flour in a large bowl or on a work surface and make a well in the center.

Break the egg into it, then add the salt and a little lukewarm water at a time.

Bring the dough together, kneading well and adding more flour or water as necessary.

Divide the dough in half and cover it with a bowl or towel. Let it rest 20 minutes.

On a floured work surface, roll the dough out thinly and cut with a 2-inch round or glass.

Spoon a portion of the filling into the middle of each circle.

Fold dough in half and pinch edges together.

Gather scraps, re-roll and fill. Repeat with remaining half of dough.

Sprinkle a baking sheet with flour and place the filled pierogi on it in a single layer. Cover with a tea towel.

Bring a large, low saucepan of salted water to boil. Drop in the pierogi about six at a time. Return to the boil and reduce heat. When the pierogi rise to the surface, continue to simmer a few minutes more.

Remove one with a slotted spoon and taste for doneness. When satisfied, remove remaining pierogi with a slotted spoon to a serving platter.

Serve warm with caramelized onions or skwarki (pork cracklings) or fried bacon pieces, and a dollop of sour cream, if desired.

Barszcz Czysty Czerwony (Beet Soup)



Ingredients

4 whole beets (washed, or 2 cups sliced canned or jarred beets)
4 cups meat stock (or vegetable stock)
1 clove garlic (minced)
1 teaspoon sugar
2 tablespoons fresh lemon juice (or 1 tablespoon red-wine vinegar)
Salt and black pepper
Optional: boiled potatoes
Garnish: fresh dill (chopped)

Directions

If using fresh beets, heat oven to 400 F.

Wrap beets in aluminum foil and roast until tender, about 30 to 45 minutes.

When cool enough to handle, peel, and slice into strips or julienne.

In a medium pot, bring meat or vegetable stock to boil. Add sliced beets, garlic, sugar, lemon juice, and salt and pepper to taste. Simmer 10 minutes.

Serve hot with boiled potatoes and garnish with chopped dill.

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