



Erasmus+

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# **“Embracing differences under the umbrella of tolerance**

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## **Cook Book**



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# Recipes from Turkey

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## 1-HOW TO COOK MANTI

### INGREDIENTS;

- 2 cups flour
- 1/2 teaspoon salt
- 3-2 eggs
- 4-1 cup water, or as a needed
- 2 onions,peeled
- 1/2pound ground beef
- 3 teaspoons vegetable vegetable oil
- 1 tablespoon red pepper flakes
- 1 tablespoon minced garlic
- 1 container plain yogurt

### PREPERATION:

- Combine the flour and salt in a mixing bowl. Add the eggs and water, mixing well with your hands. Add more water, if needed, to form a soft dough. Cover and set aside for at least 30 minutes.
- Shred the onions and place them in a colander or sieve set over a bowl; drain the juice and discard. Combine the onion, ground beef, salt, and pepper; mix the meat well with a spoon until mashed.
- Divide the dough into two portions and lightly flour a work surface. Keep one piece of dough covered while you roll out the second portion into a rectangle, rolling the dough as thin as you can. Cut the rectangle into 2-inch squares with a knife or pastry wheel.

- Place about 2 teaspoons of the meat filling in the center of each square. Seal the dumplings by gathering the edges of the dough and pinching them together at the top to form a bundle. Transfer the finished manti to a floured plate, and sprinkle more flour over the manti to prevent sticking. Repeat with the second piece of dough.
- Heat the oil and red pepper flakes in a small skillet over low heat just until the pepper flakes have started to color the oil; don't let them burn. Remove from the heat and keep warm. Stir the minced garlic into the yogurt and set aside.
- Bring a large pot of salted water to a boil over medium-high heat, and cook the manti until the filling is no longer pink, and the dough is tender, 20 to 25 minutes. Drain well. Divide the manti among four plates. Spoon the yogurt sauce over the manti and
- drizzle each serving with the hot pepper oil.





## HOW TO COOK FRIED ZUCCHINI (VEGETABLE PATTY)

### INGREDIENTS;

- 3 Eggs
- 3 Zuchinnes
- Half glass of water
- 2-3 pieces of green onions
- 10-12 Pieces of parsley
- 5-6 Pieces of dill
- Salt
- Pepper
- Red pepper
- Olive oil

### PREPARATION

- First ,grate all the zuchinnes , cut into slices all the green vegetables.
- Mix the eggs and the flour in a deep bowl .
- Add the spieces ,zuchinnes and the sliced vegetables into the bowl and mix them together .
- Put some olive oil into a teflone pan and heat it.
- Put a ladle of the mixture into the pan and fry both sides of it.
- Serve the meal either cold or hot and you can serve it with yoghurt with garlic.
- BON APPETITE. AFIYET OLSUN





# Recipes from Germany



## Green Sauce (characteristic of Frankfurt)

7 herbs: chervil, parsley, borage, pimpinella, sorrel, cress, chives



- 1) Wash the herbs and chop them into small pieces.
- 2) Add 500 g curd, 250 g yogurt and 125 g sour cream to it.
- 3) Season it with some salt, pepper, lemon juice and / or mustard.

The Green Sauce is usually served with hard boiled eggs and potatoes. Enjoy!

## Apple Cake

dough: 250 g butter  
200 g sugar

crumbles: 300 g flour  
250 g sugar

350 g flour

250 g butter

5 eggs

1 sachet vanilla sugar

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1 pinch salt

2 tsp baking powder

½ tsp cinnamon

- 1) Mix all the ingredients for the dough and spread it on a greased baking tray.
- 2) Peel some apples, remove the apple core and cut them into slices. Put the slices of apple on top of the dough.
- 3) Mix the ingredients for the crumbles by using your hands. Spread them on top of the cake.
- 4) Bake the cake in the oven for 30 – 45 minutes.







## Recipes from Spain

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### 1- POTATOE SPANISH OMELETE



#### INGREDIENTS:

4 pers.

1kg. Potatoes 6 medium sized eggs—Salt—Olive oil—20cm round non stick frying pan

## PREPERATION:

Peel the potatoes and cut into medium sized squares. Sprinkle with salt and fry in hot olive oil until they begin to go golden. It's better if they are not well cooked and are almost boiled in the oil, so that the omelette is moister. Drain and set aside.

Lightly beat the eggs with a little salt. Mix with the potatoes. Place a small amount of oil in the frying pan and heat. Pour the mixture into the pan and cook on a low **heat for 15 minutes** or until you see it going golden. Do not overcook as it will dry up.

When it is ready on one side, with the help of a plate of the top of a saucepan, turn it around and cook the other side. When cooked place on a serving dish. Serve immediately, cut into triangles.

You can accompany it with either mayonnaise or tomato sauce. You can also serve cold as an aperitif at any time or take on a picnic. There are many variation of the Spanish omelette. I like to make it with potatoes and onions but it can also be prepared with peppers, beans, asparagus etc...

## 2-TORRIJAS (traditional Easter fare in Spain)



- Prep Time  
1 hour 15 mins
- Cook Time  
45 mins
- Total Time  
2 hours

### **Ingredients,16 units:**

- 1 bread loaf (with tight crumb, no baguettes here) bought the day before and let go stale
- 4 cups (1 liter) whole milk
- 3 tbsp sugar (or honey if you prefer)
- 1 stick cinnamon
- 3-4 eggs
- Sunflower oil or other insipid oil for frying
- Sugar and cinnamon for sprinkling

### **Instructions**

1. Cut the bread into 1 inch (2.5cm) slightly diagonal slices. Arrange them on a shallow dish that can hold the milk.
2. Put all the milk in a saucepan with the sugar and the cinnamon stick, bring to a boil. Turn off the heat the moment it starts to boil and leave to infuse for 5 minutes.
3. Discard the cinnamon, then pour the milk on the bread and let soak for one hour.
4. Beat the eggs in a plate large enough to hold at least one torrija.
5. Heat the oil to medium in a large frying pan that can hold several torrijas at the same time. With a large spatula (the bread will be overly soft), carefully transfer the soaked slices one by one into the egg and turn them to coat. Then dip the slices into the hot oil.
6. Fry for 3-4 of minutes on each side, until brown.
7. Take out to a dish lined with a paper towel and thoroughly sprinkle with sugar and cinnamon. Try not to pile them up while warm. Enjoy warm or cold.



## Recipes from Poland

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### **POLISH VEGETABLE SALAD**

#### **INGREDIENTS:**

- 4-5 cooked carrots
- 1 cooked parsley root
- 1 can of preserved peas
- 5-6 pickled cucumbers
- 2-3 apples
- 4-5 hard-boiled eggs
- salt & pepper
- mayonnaise

#### **PREPERATION:**

Chop all ingredients except for peas and put everything into a bowl. Add some salt, pepper as well as a little of mayonnaise. The salad is done. Keep it in the fridge



**POPEYE SEED CAKE**



### **INGREDIENTS:**

#### **Yeast dough**

- 3 glasses of flour + 3 additional spoons
- 180ml of milk
- 150g of molten and cooled down butter or margarine

- 6 yolks
- 45g fresh yeast or 21g dry yeast
- 6 spoons of sugar
- 1,5 spoons of oil
- ½ small spoon of salt
- 1,5 spoon of spirits (rum or vodka)
- 2 small spoons of vanilla extract

### **Poppy stuffing**

- 500g of poppy seed
- 200g of sugar
- 100g of raisins
- 50g of chopped walnuts
- 1 spoon of honey
- almonds extract
- a pinch of cinnamon
- 1 spoon of soft butter
- possibly candy orange zest
- 6 egg whites

### **PREPARATION:**

Put the flour into a big bowl, add the milk, yolks, yeast, butter as well as the remaining ingredients. Mix it to make one big piece of dough. Leave it to rest and grow. In the meantime, prepare the poppy stuffing. Mix all poppy seed stuffing ingredients. When the dough is ready, roll out some dough and put some poppy seed stuffing on it. Roll it together to make the cake. Do the same with other pieces of dough. All the ready-made cakes bake into 180 degrees Celsius for about 40 minutes.



## Recipes from Greece

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### SPETZOFAI VOLOS SPECIALTY



#### INGREDIENTS

1. ½ kilo/1 lb. fresh beef or pork sausages
2. 1 onion, peeled, halved and sliced thin
3. 2 garlic cloves
4. 1 can Santorini tomatoes
5. 4 large green bell peppers, caps removed and seeded
6. 3 roasted Florina Peppers, drained
7. ¼ cup extra-virgin Greek olive oil

8. 2 tbs. red wine vinegar
9. 1 tsp. dried Greek oregano or 2-3 sprigs fresh oregano
10. Salt and freshly ground black pepper to taste

**PREPERATION:**

1. Separate the sausages, link by link. Cut into ½-inch round or oval slices. Heat 1 tablespoon olive oil in a nonstick skillet and saute the sausages over medium heat until browned and cooked through. Remove sausage from pan. Add onions and garlic and cook over low heat until soft, about 12 minutes.
2. In the meantime, cut the green peppers into 2.5 cm/one-inch wide strips. Cut the flame-roasted Florina peppers into 2.5 cm/one-inch wide strips and cut in half lengthwise to be about the same size as the green bell pepper strips. Heat the remaining olive oil in the skillet and saute the green peppers until soft but firm. Add the red peppers, toss to combine.
3. Add the sausage back to the skillet. Toss all together. Pour in vinegar, oregano and Santorini tomatoes. Cook all together for 12-15 minutes, for the flavors to meld. Remove and portion out onto individual plates. Serve, with a little feta on the side, if desired.

## TZATZIKI SAUCE



1 cucumber, peeled

2 garlic cloves, peeled and finely chopped

1 tsp white vinegar

1 tbsp extra virgin olive oil

2 cups Greek yogurt

1/4 tsp ground white pepper

1/3 chopped dill or parsley

Salt, pepper

Add some salt on the cucumber and let it in a strainer bowl for 2 hours so as the extra water will be removed.

Mix the strained and chopped cucumber with 2 cups plain Greek yogurt, the olive oil, the vinegar, the pressed garlic cloves, 1/3 cup chopped dill, salt and pepper.



# Recipes from Latvia



## Latgalian „kļockas” (pies)

Fatty, sweet, juicy, tasty- „kļockas” –in the sweet cream stewed pies made of yeast dough, especially for Easter time.

500ml sweet cream

2tsp sugar

1egg

### **Dough:**

150g butter

4tsp sugar

salt

1 egg

1 package of wet yeast

500ml milk

1-1,3kg flour

### **Filling:**

500g cottage cheese

2 eggs

sour cream

sugar

### **How to make dough:**

Pour milk in the pot, add butter cut into pieces, and warm up on a small fire till 30-40 degrees, until butter has smelt. In the bowl crump yeast, add a little milk, dissolve yeast and leave it for 10 minutes.

In a big bowl sieve a kilogram of flour, add the dissolved yeast, milk, butter and 1 egg which is mixed with salt and sugar. Knead dough, if necessary, add more flour and continue kneading until it does not stick to hands.

From the ready- made dough make a ball, put it in the bowl and put the bowl in the oven (40 degrees) to ferment.

The process of fermentation depends on the temperature and place. Usually it is about 30-45 minutes. From this amount of ingredients you can get 1,8-2 kg dough.

**How to make filling:**

Stir cottage cheese through the sieve, add eggs and sugar, mix. Add sweet cream so that the mass is not too fluent.

**How to bake pies:**

Heat the oven till 190 degrees.

Put the ready- made dough on the table scattered with flour, make a thick sausage and cut it into slices. Roll each slice and push a circle with help of a glass. Put inside the filling and curb the edges. Daub it with beaten egg, put on the pan and put in the oven. Bake for 18-20 minutes until they get golden.

Take sweet cream, add some spoons of sugar, cook and stir on a small fire. Put pies in the cream, stir and cook for a couple of minutes.

Eat pies warm with fingers!!!



**Jāņu (midsummer festival) home- made cheese**  
**(1<sup>st</sup> version- slow)**

2 l fat farm milk ( it should be fat, not boiled)

½ l sweet cream

½ kg sour, lean cottage cheese

5 eggs

2 tablespoons coarse salt

A handful of cumin

1. Crumbed cottage cheese, eggs, salt, and cumin mix well and leave for half an hour to mature. All moves carry out with tree spoon. Prepare a sieve in which gauze is placed in several layers.
2. In a pot on a small fire warm up milk and sweet cream (until the vapor), stir the cheese and egg mass. Continue to heat and slowly stir until the cottage cheese starts to stick. If it's not working, put a little bit of lemon juice or citric acid. Important is to not boil too much, because then cheese will be finer.
3. When cheese mass starts to boil, put it in gauze, tie up, under the put spoon, let the cheese drain well. Then for 2-3 hours put it under the burden. When you take it out of gauze, rub cheese with salt. After the moment on cheese will show up some drops, put cheese on a plate and let it dry.

**Jāņu (midsummer festival) home-made cheese**  
**(2<sup>nd</sup> version- fast)**

- 8 l fat farm milk
- 6 – 8 eggs
- 1 tsp. citric acid, salt, spices, greens.
- Gauze cloth or fine mesh strainer.

In a big pot pour one glass of water, then milk and let it warm up. Mix the eggs very well. When the milk is hot, but not boiling, put the eggs in the pot. Stir till it starts boiling. Take the pot of the fire and add citric acid, stir till the cubes appear and the whey is removed.

If you do not use a strainer, spread a large bowl of moistened gauze, drop the hot cheese and drain well. Put the mass back into the bowl and add the greens, salt, cumin. Don't be afraid to experiment – put in nuts, peppers, chilly. (But exaggeration will dampen the taste of a delicate cheese.) Stir well.

Carefully wrap cheese mass in gauze. Take it to a cool place and put it under some weight. (Between two plates with a stone on top works well.)



### **soup with dried fruit and whipped cream**

500 g rye bread  
 8 glasses of water  
 150 g dried fruit  
 150 g sugar  
 Wisp cinnamon  
 Whipping cream

Rough slices of bread are roasted from both sides in the oven (10-15 minutes from each side). If the crust is very thick and black, it is trimmed.

While bread is roasted, dried fruit shall be rinsed and, if necessary, cut more finely.

Slices of roasted bread are placed in a pot and poured with 6 glasses of boiling water.

Let the bread stand for about half an hour.

The soaked and raised bread with all the liquid is rubbed through a medium-rough sieve or crushed with a blender.

Add dried fruit and sugar, a bit cinnamon. Adds cranberries or freshly squeezed lemon juice.

The pot is put on a slow fire and stir for 4-5 minutes. Then cool and serve with whipped cream.

