

Erasmus+ 2017 - 2019

Today's Writers, Tomorrow's Leaders



THE RECIPE BOOK



Białystok, 2019

Introduction

The theme of the last weeks of 2018 within our Erasmus project was the cuisine of our countries. We created recipes for a savoury dish and a dessert, which we sent to our partners. Every school was supposed to cook dishes from the assigned partner country.

Do you want to taste Turkish, Greek, Spanish or Italian dishes in your own home? Or maybe you would like some English apple crumble, Polish pierogi or Cypriot olive pies? You can also have some Finnish vegetable soup for a cold winter evening.

Please, do not hesitate to use the recipes we collected in this book. We are waiting for the reviews of dishes! Enjoy your meal!

Comments on the photos in this book:

Italian dishes were made by Turkey

Turkish dishes were made by Spain

Spanish dishes were made by Cyprus

Finnish dishes were made by Greece

Cypriot dishes were made by Finland

Greek dishes were made by England

English dishes were made by Poland

Polish dishes were made by Italy



Pasta with Sardines

Ingredients for 2 large or 4 appetizer sized portions:

- 1/4 cup extra virgin olive oil
- 1 cup diced yellow onion
- 1 cup diced fennel
- 2 cloves garlic, minced
- 1 anchovy filet
- 1/4 cup chopped golden raisins
- small pinch saffron
- 1/4 cup white wine
- 2 cans (4-oz each) sardines packed in olive oil
- 1/4 cup toasted pine nuts
- pinch red chili flakes
- salt to taste
- 1/2 pound bucatini pasta, or thick spaghetti
- 1/4 to 1/2 cup reserved pasta water, as needed
- 3-4 tablespoons roughly chopped fennel fronds, toss some in pasta at the end, and save some for the top
- toasted breadcrumbs to garnish





Tiramisu

Ingredients:

3 eggs
100 gr of sugar
500 gr of mascarpone
300 gr of ladyfingers
250 ml of coffee bitter cocoa as needed

Prepare coffee. Once ready, add a tablespoon of sugar and let it cool in a small bowl.

Separate the egg whites from the yolks and whisk the latter well with 3 tablespoons of sugar, keeping aside the egg whites.

Add the mascarpone to the egg whites, mixing from the bottom upwards so as not to remove the mixture. Be careful to use eggs and mascarpone at room temperature.

At this point, whisk the egg whites until stiff and add them to the freshly prepared mascarpone cream, always stirring gently from bottom to top. Add a pinch of salt to the egg whites to facilitate the operation.



Put the tiramisu into the pan or glass, alternating layers of mascarpone cream with layers of sponge fingers soaked in coffee.

Cover the pan with a sheet of silver paper and let it rest for a few hours in the refrigerator before serving.

Before serving, sprinkle the tiramisu with sieved bitter cocoa.





Mince and Dumplings



Ingredients

For the mince

- 2 tablespoon sunflower oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 celery sticks, peeled and finely sliced
- 2 medium carrots, diced
- 500g beef mince
- 1 x 400g can chopped tomatoes
- 2 tablespoons tomato puree
- 350ml beef stock
- 150ml red wine (optional)
- A pinch of sugar
- 1 bay leaf
- salt and freshly ground black pepper

For the dumplings

- 250g self-raising flour, plus extra for rolling
- 125g shredded beef suet
- ½ teaspoon of salt
- 2 tablespoon chopped fresh parsley

1. Heat the oil in a large saucepan and cook the onion, garlic, celery and carrots for 15 minutes.

2. Add the mince and cook for a further five minutes.

3. Add the tomatoes, tomato purée, beef stock, red wine, sugar and bay leaf. Add a good pinch of salt and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 20 minutes, stirring occasionally.

4. For the dumplings, put the flour in a bowl and stir in the suet, salt and parsley. Make a well in the centre and add enough cold water - you'll need around 200ml - to mix to a soft, spongy dough. Use lightly floured hands to roll into 12 small balls.

5. Place the dumplings carefully on top of the mince. Cover with a tight-fitting lid and cook over a medium heat for 18-20 minutes, or until the dumplings are cooked through and well risen.

Serve with mashed potato and vegetables.



Apple Crumble



Ingredients

For the crumble

- 300g plain flour
- pinch of salt
- 175g brown sugar
- 200g unsalted butter at room temperature, cubed, plus a little extra for greasing the tin

For the filling

- 450g apples, peeled, cored and cut into small pieces
- 50g brown sugar
- 1 tablespoon of plain flour
- 1 pinch of ground cinnamon

Method

1. Preheat the oven to 180°C To make the crumble, place the flour, salt and sugar in a large bowl and mix well. Rub the butter into the flour mixture. Keep rubbing until the mixture looks like breadcrumbs.



2. Put the apple in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir the mixture carefully.
3. Butter a 24cm ovenproof dish. Put the apple mixture into the bottom, then sprinkle the crumble mixture on top.
4. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
5. Serve with thick cream or custard.





STUFFED BELL PEPPERS

Ingredients

6 large bell peppers
1/4 cup pigniola nuts
1 1/2 cups medium grain rice
1/2 cup currants, washed and stems removed
1 1/2 cups water
1 teaspoon cinnamon
3 large onions, finely chopped
1 teaspoon black pepper
3 medium tomatoes, peeled and chopped
1 extra tomato to top the stuffed peppers
1 1/2 teaspoons salt (or salt to taste)
1/2 cup chopped fresh dill (or 2 teaspoons dried dill weed)
2 teaspoons sugar
1/2 cup chopped fresh mint (or 2 teaspoons dried spearmint)
1/2 cup olive oil
1/2 cup chopped fresh parsley

Instructions:

Wash and cut the tops off the peppers. Remove seedpods. Put olive oil in a pot, add chopped onions and nuts. When the onions are transparent and nuts golden, add two chopped tomatoes. Stir. Add rice and the rest of the ingredients. Stir five minutes. Add 1 cup of water. Lower heat and simmer for ten minutes. Remove rice mixture to a bowl and let cool. Spoon this mixture in the peppers until filled, but not packed tight. Cut the fourth tomato into six wedges and place one wedge on top of each pepper. Replace the peppers in the pot. Add the two cups of water. Cover and simmer for 25 minutes.





Turkish Apple Pie Cookies

Ingredients:

Filling:

- 3 apples, peeled and grated
- ½ cup walnut, crumbled
- 1 tablespoon sugar
- 1 teaspoon cinnamon

Dough:

- 3 cups flour
- ¾ cup wheat starch
- ½ cup powdered sugar
- ½ teaspoon baking powder
- 125g butter, at room temperature
- ⅓ cup olive oil
- ½ cup yogurt
- 1 egg
- 1 teaspoon lemon zest, grated
- 1 tablespoon powdered sugar to coat cookies



Instructions:

1. To make the filling, heat a skillet and cook grated apple and sugar in it until it absorbs the juice.
2. Add in cinnamon and walnuts and cook for a few minutes. Remove from heat.
3. Let it cool.
4. Preheat oven to 350F/180C. Line a baking pan with parchment paper and put it aside.
5. To make the dough, combine all the ingredients just until it holds together.
6. Give it a big log shape and cut it into 10.
7. Using a rolling pin, roll them out, giving a circular shape and cut into 8 equal pieces (just like slicing a pizza).
8. Put some filling on the large side of these pieces, roll them up and place on the prepared sheet.
9. Bake for 25 minutes or until slightly golden and let it cool.
10. Dust with icing sugar before serving.





Olivepies or halloumi pies

Ingredients

for the dough

- 1 kg of hard flour (approximately)
- 2 dry yeast sachets
- 1 tbsp. Salt
- 2-3 glasses of lukewarm water

for the stuffing

- 1 kilogram of olives
- 3 onions finely chopped
- ½ bunch of freshly chopped mint
- 2 tbl. olive oil

Instructions:

1. To prepare the filling, remove the pits from the olives and mix with the onion, the mint and the oil.
2. To prepare the dough, mix all the materials except the water. Add the water slowly, and quickly start to make the dough.

3. Cut the dough into 8 or more balls and open each one as an elongated pie. Spread the mixture with the olives, close the dough from the top and bottom slightly so that the stuffing does not come out. Then wrap it to make it like a roll.

4. Place the pies in a baking tray, score them with a knife on the side (like the score of the bread rolls) and bake in a preheated oven at 180°C for about 35 minutes.

They are cooked when golden.





Pies of Satszi

Ingredients:

For the dough:

200 g flour (hard)

¼ tsp salt

50 g olive oil

80 g lukewarm water

For the stuffing:

olive oil

sugar

cinnamon

Instructions:

For the dough:

In a pan, put the flour and salt and stir. Add the olive oil and rub with palms until the mixture is like wet sand. Add the warm water and knead until the dough becomes firm. Knead into a ball, put it in a deep plate sprinkle with a little flour. Cover it and leave it for at least half an hour to rest.



For the stuffing:

Take the dough and divide it into six balls. Open each in a thin round leaf. Apply some olive oil all over the surface with a brush and sprinkle it with a little sugar and cinnamon. Fold the four sides inwards so that it becomes a rectangular in shape. Fold the leaf again and press the edges with the fingers to stick. Finally, oil them lightly and bake them in a frying pan until get golden.





Polish Pierogi



Ingredients:

dough:

300 g of wheat flour

pinch of salt

125 ml of boiling water

1 egg

20 g butter

filling:

500 g of cooked meat (beef or pork, etc.)

1 large onion

a cooked carrot and half a cooked parsley

1 egg (optional)

salt, pepper, other spices such as thyme or marjoram are optional

Instructions:

dough:

Put flour into a bowl, add salt. Pour the butter into the boiled water and melt, gradually pour into the flour, stirring everything with a spoon. Add the egg.

Knead a smooth dough. Put on the table topped with flour and knead. Roll out a thin cake. Use a small glass to cut out round pieces, which you will fill up with the meat filling and then fold.

filling:

Cut and fry the onion on a buttered frying pan. Then meat mince the cooked meat well together with the vegetables (a cooked carrot and parsley). Season the meat with salt and pepper (and other spices) and add fried onion and 1 egg optionally. Mix the meat filling. Put the filling into the dough rings and fold.

Put the dumplings into salted boiling water until they start floating on the boiling water.

Put the dumpling on a plate and serve with a spoonful of melted butter.

If you prefer, you can use other filling, too, such as fruit filling, white cheese filling, etc.



Polish Cold Cheesecake

900 g of cream cheese
2 envelopes of unflavored gelatin + 1 cup of hot water
1 box of lemon jello + 1 cup of hot water
1/4 cup of powdered sugar
125 g of Digestives (biscuits)
3 spoonfulls of warm butter
Fresh strawberries, raspberries or other fruit
boxes (3 oz each) of strawberry jello

Instructions:

1. Leave cream cheese out to come to room temperature. Dissolve 2 envelopes of gelatin in 1 cup hot water, and lemon jello in 1 cup of hot water (that's half the water the recipe on the box instructs). Set aside to cool.
2. When cheese is ready, beat until fluffy, for about 2 min. Add both gelatin and jello little bit at a time. Beat until all lumps dissolve. Add sugar and beat some more until combined.



3. Blend the biscuits so that they are in very small pieces (almost like powder) and mix in 3 spoonfulls of butter. Line round pan with parchment paper, and cover the bottom with blended biscuits. Pour cream cheese mixture into the pan (slowly, so that the biscuit bottom doesn't come floating). Refrigerate until set, at least 2 hours.
4. Prepare strawberry jello with half the water = 1 cup of water for each box, 2 cups from two boxes. Cool it. Wash and dry fresh strawberries and cut into smaller pieces. Arrange on top of set cheese mixture. Pour cool jello over strawberries and refrigerate until jello sets (about 2 hours). Serve cold.





Summer Vegetable Soup



Ingredients:

- 1 litre of water
- 1 tablespoon of salt
- 3-4 (300 g) carrots
- 1 (400 g) cauliflower
- 4-6 (300 g) potatoes
- 1 onion
- 3 dl of fresh peas
- some dill, parsley or chives
- 4 dl milk
- 2 table spoons of wheat flour
- 1 tablespoon of butter

Instruction:

Peel and slice carrots and potatoes, chop the cauliflower and mince the onion. Put the vegetables in the kettle that has water with salt in it. Let them boil in a kettle for 15 minutes. Add peas. Mix wheat flour with milk and add them in the kettle. Let it boil until the vegetables are ready (soft). Add herbs and butter. Serve with cheese- or ham sandwiches.





Pancake (on a baking tray)

Ingredients:

- 4 eggs
- 1 litre of milk
- 5 ½ decilitres of wheat flour
- 1 teaspoon of salt
- 1 tablespoon of sugar
- 1 decilitre of melted butter

Instructions:

Start making a pancake by whisking the structure of the eggs. Add milk. Stir the dry ingredients (flour, salt and sugar) and melted butter with milk and eggs. Let the dough rise for a half an hour. Put the baking paper on a baking tray. Set the dough on the baking tray. Bake the pancake in the middle of the oven first for 15 minutes at 250 degrees. Then reduce the temperature to 225 degrees and bake it about 13 minutes or until the pancake's surface and bottom have reached a beautiful golden colour.

Serve with berries or jam and with whipped cream or ice cream.





Dakos

Ingredients:

4 large round barley rusks (or other crisp bread)
Feta cheese(or a light, soft, white cheese)
3 large tomatoes
2 tbsp olive oil
A sprinkle of dried oregano
Black pepper and salt
You can add capers and olives

Instructions:

1. Break rusks into smaller pieces or place the whole pieces on a platter.
You could also moisten the rusks with some water, if you prefer.
Chop the tomatoes and place them on top of rusks.
2. Crumble the cheese and place it on top of the tomato chunks. Put the capers and the olives on top. Add the olive oil, pepper, salt and the oregano.





St. Fanouri's Pie

Ingredients:

375 g seed oil
375 g orange juice
300 g sugar
1 tsp. soda
1 tsp. grated cinnamon
¼ tsp. grated clove
540 g selfraising flour
120 g walnuts
75 g black raisins
A pinch of salt

For serving

1 tbsp. powdered sugar

Instructions:

Preheat the oven to 170 ° C. In a large bowl put the seed oil, 250 g. of the orange juice and the sugar and stir until the sugar melts. In another bowl put 125 grams orange juice, the soda, the cinnamon, the cloves and stir with a fork until the soda is foamed.



Add the soda mixture to the sugar mixture and stir with the egg whipper. Add the flour, the nuts, the salt and the raisins in the bowl and mix well until all ingredients are homogenized. Pour the mixture into a buttered pan 25x30 cm and bake at 170 ° C for 50-60 minutes. Allow to cool well and serve with powdered sugar on top.





Salmorejo

Ingredients:

2 1/2 pounds vine-ripened tomatoes, cored and chopped
1/2 pound rustic white bread, crust removed, bread cubed (2 1/2 cups)
2 garlic cloves
1 teaspoon sherry vinegar
1/4 cup extra-virgin olive oil, plus more for serving
Kosher salt
2 hard-boiled eggs, peeled and chopped
1/2 cup chopped serrano ham

Instructions:

In a blender, puree the chopped tomatoes with the bread, garlic, sherry vinegar and 1/2 cup of water at high speed until very smooth, about 1 minute. With the blender on, drizzle in the 1/4 cup of olive oil until incorporated. Season with salt. Cover and refrigerate until the soup is cold, at least 30 minutes. Divide the soup among 4 bowls. Garnish with the chopped eggs and ham, drizzle with olive oil and serve





Baked Flan

Ingredients:

2/3 cup white sugar
1 (14 ounce) can sweetened condensed milk
2 cups heavy cream
1 cup milk
5 eggs
2 teaspoons vanilla extract

Instructions:

Preheat oven to 350 degrees F (175 degrees C).
In a small nonstick saucepan, heat the sugar over medium heat. Shake and swirl occasionally to distribute sugar until it is dissolved and begins to brown. Lift the pan over the heat source (4 to 6 inches) and continue to brown the sugar until it becomes a dark golden brown. You may slightly stir while cooking, but continually stirring causes the sugar to crystallize. Pour caramelized sugar into a 1 1/2 quart casserole dish or a large loaf pan, and swirl to coat the bottom of the pan evenly.



In a blender, combine sweetened condensed milk, cream, milk, eggs and vanilla. Blend on high for one minute. Pour over the caramelized sugar. Place the filled casserole dish into a larger pan and add 1 inch of HOT water to the outer pan. Bake in preheated oven for 50 to 60 minutes, or until set.



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