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COOKBOOK

PROJECT: Call for tolerance

Made by school students:

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Tastaveden skole Stavanger, Norway

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Tastaveden skole Stavanger
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Erasmus cookbook - from Norway

Christmas edition



Stick Meat (pinnekjøtt)

(For five people)

Root mash:

You also need the stick meat.

- 1¹/₄ kg of cabbage root
- 2 pieces of carrot
- 1 piece of potato
- 1 dl cream
- 3 tablespoons butter
- about. 2 tsp salt
- 1/2 tsp pepper



How to make it:

1. Put the stick meat in plenty of water for approx. 30 hours, leave to stand at room temperature.

(When the stick meat is watered, it gets back its natural fluid balance and the amount of salt is reduced. The dilution time varies slightly depending on how much the meat is dried, the thickness of the meat pieces and the temperature of the water. Lunken water provides faster drainage.)

2. Place a metal grid or birch sticks without bark at the bottom of a wide boiler. Fill water so it is in height with the grid. Put the stick meat over and put on the lid. Steam the stew on low heat for approx. 3 hours. Make sure it does not boil dry, fill with more water.

3. Peel the rutabaga, carrot and potato. Divide them into coarse pieces and cook them in lightly salted water. Pour the boiling water and mash vegetables.

4. Have butter and cream. Season with salt and pepper, and possibly a little grated mash.

Delicious steamed stick meat and root mash ready for serving. Serve with boiled almond potatoes.

Ribs (Ribbe)

(For four people)

Ingredients:

2 kg ribs
3 tablespoons salt
2 tsp pepper
about. 2dl water



How to make it:

1. Cut through the rind and with a sharp pointed knife. Riding parallel to the ribs makes it easier to chop up fine pieces after frying. Rub the rib with salt and pepper, put it in foil and leave it in a refrigerator for 2-3 days.
2. Put the rib in the long pan with the rind up. Place a small plate underneath the rib, so that it is slightly higher in the middle (then the melted grease flows away). It is important that the ribs are equally high on both sides for a consistent and even result. You can also use a ball of foil to support ribs. Pour on water and cover the shape with aluminum foil. It is important that the foil is completely sealed in order for the steaming to be successful.
3. Preheat the oven to 230 ° C. Put the pan in the middle of the oven and steam for approx. 45 minutes. Now "blows" ribs up a little and the rind is spreading.
4. Remove the foil and reduce the temperature to 200 ° C. Put the ribs back in the middle of the oven and cook for approx. 1-1, 1/2 hour. Whether the rib weighs little or much, the cooking time is the same. This is because the thickness is the same if the rib is light or heavy. Leave the ribs for 20 minutes before cutting into it.

(Often the ribs are crispy swirls by themselves, if you can not do the following at the end of the cooking time: Put the boiler higher in the oven and increase the temperature to 250 ° C, or use the oven grill. Keep in mind that you do not burn the rind, do not leave the oven, as this will go fast. If only parts of ribs have got crisp swans, these can be covered with aluminum foil so they do not burn.)

Juicy and good ribs with crispy swords ready for serving. Traditionally, this is often served with sauerkraut or red cabbage, boiled potatoes, chops, apples, stew or sauce and touched cranberries.

Sour steak (Sursteik)

(For eight people)

Ingredients:

2.5 kg roast beef
2 l buttermilk
1 teaspoon salt
1 teaspoon pepper
1 onion
0.5 leek
1 carrot
0.5 celeriac
1 bay leaf
butter
whipping cream
corn flour
salt and freshly ground pepper



How to make it:

1. Put the meat in a bowl and cover with culture milk. Or prepare a double, big plastic bag and put the steak in. Pour milk into the bag and turn regularly.
2. Feel free to keep the bowl or plastic bag at room temperature to start the fermentation process before continuing the saturation in the refrigerator for 8-14 days.
3. Wipe the culture milk of steak before browning.
4. Spice with salt and pepper.
5. Cook with vegetables and spices.
6. Have meat and vegetables in a large pot or oven pan. Pour water and fry at the bottom of the oven at 150 degrees until the thermometer shows around 68 degrees.
7. For a sliced steak of 2-3 kg it will take about 3 - 3 1/2 hours.

8. Remove the steak and allow it to rest for 20 minutes before cutting into fine slices.

9. Sauce: Silk frying over a saucepan. Boil.

10. Speak with cream. Let the sauce boil to the thicker. Smooth even with a little maizena or flour floured in cold water.

11. If the sauce becomes light, you can chew with some sugar crumbs.

12. Taste with salt and pepper.

The steak is finished and ready to be enjoyed.



Caramel pudding (karamellpudding)

Ingredients:

2 dl sugar
7 dl milk
1 dl cream cream
1 vanilla pole (without seeds, see tips)
5 large eggs
4 tablespoons sugar



How to make it:

Make an oblong shape that holds 2 liters.

Have sugar in a thick-bottomed boiler and brown sugar on low heat. Pour the liquid, light brown sugar into the mold - be a bit quick, because the melted sugar stiffens quickly (cook the boiler with a bit of water). Turn over the mold so the sugar covers the entire bottom of the mold. Set the form aside.

Boil milk, cream cream and vanilla pole (see tips). Remove the boiler from the plate and cool the mixture slightly.

Stir eggs and sugar airy with a steel whip (but do not whip on egg dose). Stir the egg mixture into the lukewarm milk and mix well. Pour the mixture into the mold.

Heat the oven to 120 ° C. Put a pan in the middle of the oven and place the mold over the pan. Boil water and pour in the pan so the water is 1-2 cm above the edges of the mold. Stir the caramel pudding in the water bath for about 1.5 hours. Take the fried caramel pudding out of the oven and put the mold in the refrigerator the following day.

The following day you will first find a suitable elongate barrel that has slightly high edges. Remove the mold from the refrigerator and loosen the caramel puddings from the edges with a knife. Then wrap the caramel pudding onto the dish. Lift up the mold carefully, because it will drain the caramel sauce out of the mold and over the caramel pudding. Place the dish with the caramel pudding in the refrigerator until serving.

Marzipan (Marsipan)

Ingredients:

250 g almonds

250 g of flour

1 tablespoon egg white

possibly 1/2 tsp oil



How to make it:

1. Bowl almonds by placing them in boiling water for 3-4 minutes, and squeeze them out of the shell.
2. Dry the almonds well, preferably on the kitchen counter overnight, or 1 hour at 50 ° C in the oven.
3. Grind almonds once or twice in grinder or quick-blower. Grind them again with powdered sugar.
4. Mix in egg white, and knead the marzipan until it is firm and easy to work with. If it is too dry, mix a little more egg white or a few drops of neutral cooking oil. If it is too soft, then paste a little more flour.
5. Wrap the finished marzipan in plastic foil and leave it for a while on the kitchen counter.

Christmas bread (Julebrød)

Ingredients:

125 g butter
3 dl whole milk
2 dl condensed milk
50 g yeast
125 g sugar
1 egg
1 teaspoon of vanilla sugar
1 teaspoon cardamom
900 g flour
150 g raisins
100 g sukat

Glaze:

1 egg
1 tablespoon of milk



Approach

Melt the butter in a saucepan. Add whole milk and Viking milk and warm the mixture until it is finger warm (approx. 37 ° C)

Crumble the yeast in a bowl. Pour over some of the liquid and stir until the yeast dissolves. So have the rest of the liquid, sugar, lightly whisked egg, vanilla sugar and cardamom. Half of the flour and stir the dough together. Put in the rest of the flour (save about 50 g to the baking), raisins and sugared and knead the dough well. Let the dough rise for about an hour.

Take the raised dough on the baking table with the rest of the flour and divide the dough into two equal parts. Bring the dough pieces well and shape them for round Christmas cookies. Add each Christmas cake to each baking tray covered with baking paper. Leave them hanging for approx. 20 minutes.

Whisk an egg and brush over the Christmas cookies.

Stir the Christmas cookies in the middle of the oven at 180 ° C for 35-45 minutes (see tips) until they are golden and smooth.

Success tarte (suksess terte)

Ingredients:

Almond bases:

5 egg whites
150 g powdered sugar
200 g almonds
0.5 tsp baking powder

Viking Cream:

5 egg yolks
1 dl condensed milk
1 tablespoon of corn
150 g of melis
125 g butter

Chocolate Glaze:

100 g of light chocolate chocolate
2 tablespoons condensed milk



How you make it:

Whip the egg whites stiff. Add flour and whip to thick meringue. Grind almonds and mix almonds with baking soda. Turn this into the marble mass.

Distribute the dough into two small, round shapes (20 cm in diameter) with baking paper in the bottom. Cook the cakes in the middle of the oven at 150 ° C for 30 minutes (see tips). Cool the cakes in the molds. Loosen them from the molds and remove the baking paper.

Sprinkle the egg yolks into a thick-bottomed saucepan together with Viking Milk, Maize and Melis. Boil stirring and simmer the cream until it has a consistency like a thick porridge (see tips). Remove the boiler from the plate and stir in cream-smearred butter. Cool the cream until it is completely cold and slightly thick in consistency.

Place one cake bottom on a suitable cake dish. Wrap over the yellow cream and put the other bottom on top.

Melt the chocolate together with Viking Milk (either over water bath or in micro). Grease the melted chocolate evenly over the top of the cake. Sprinkle over cakes and decorate the cake as desired. Since Easter, I decorated my cake with Easter eggs. Put the cake in the refrigerator until the chocolate glaze has stiffened.

Rice pudding (Riskrem)

Rice pudding is a very normal and delicious christmas dessert.
(For 5 people)



Ingredients:

625 g rice porridge
5 tablespoons sugar
1 1/4 tsp vanilla sugar
3 3/4 dl cream cream

Red sauce
5 dl household juice
3 3/4 dl about water
1 1/4 tablespoon of potato flour

How to make it:

1. Beat the cream with sugar.
2. Mix in porridge until the rice pudding has obtained the desired consistency.
3. Season with sugar and vanilla sugar.
4. Mix the juice of rips, raspberries or cherries a lot stronger than when you drink it.
5. Boil the juice and potato flour while stirring.
6. Let the juice chill. Serve the rice pudding with delicious red sauce.

Escola Secundária Campos de Melo
Covilhã, Portugal



TRADITIONAL PORTUGUESE CUISINE



The Portuguese cuisine, even if it is restricted to a relatively small geographical area, shows Atlantic and Mediterranean influences (including the so-called "Mediterranean diet"), as is visible in the amount of fish consumed traditionally.

Much has changed since Strabo referred to the Lusitanians as a people who fed on acorns.

The base of the Mediterranean cuisine, based on the trilogy of bread, wine and olive oil, is repeated throughout the national territory, adding the vegetables, as in various soups, and fresh fruit. Meat and viscera, especially pork, make up a number of regional dishes and snacks, where stand out the hams and sausages.

With the advent of maritime discoveries, Portuguese cuisine quickly integrated the use of spices, sugar and other products, such as beans and potatoes that have been adopted as essential products.

It should be noted that the range of regional dishes can be seen even in restricted areas. Two neighboring towns may show under the same name, dishes that may differ enough in the form of confection, even though they share the same basic recipe.

The generalizations are not always correct: the various regional cuisines vary greatly in the same region.



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TRADITIONAL PORTUGUESE RECIPES SOUP

Caldo Verde | Portuguese Kale Soup



Ingredients (4 to 6 people)

2 potatoes
2 onions
2 garlic slices
1 liter of water
Salt
200 grams of Kale cabbage (cut in very fine slices)
4 soup spoons of olive oil
½ chouriço (meaty sausage)
1 piece of wholegrain corn bread

Preparation

1. Peel the potatoes, the onions and the garlic. Chop everything in little pieces and put it all in a saucepan.
2. Add the water. Put salt as you like.
3. Put the saucepan to cook. Let it boiling until the potatoes get smooth.
4. In the meantime wash the kale cabbage with a colander until the water gets clear. Drain it well
5. With a blender smash everything in the saucepan. Let it cook a bit longer. When it starts boiling add the previously cut kale. Spread the olive oil on the pan. Leave it boiling for 10 minutes.
6. Serve it on a red clay bowl with a sausage (either vegetarian or not) cut in slices and accompany it with slices of wholegrain bread.



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TRADITIONAL PORTUGUESE RECIPES SOUP

Canja | Chicken Soup



Ingredients (serves 4)

Broth	Chicken soup
<i>1 whole chicken (about 1,4 kg)</i>	<i>1 medium carrot, peeled and diced</i>
<i>Salt and freshly ground pepper, to taste</i>	<i>1 medium celery, diced</i>
<i>1 tbsp coriander seeds</i>	<i>1 medium white onion, diced</i>
<i>1 tsp whole black peppercorns</i>	<i>100 g orzo</i>
<i>1 tsp fennel seeds</i>	<i>½ small leek, diced</i>
<i>2 fresh bay leaves</i>	<i>2 tsp fresh mint leaves, very thinly sliced</i>
<i>6 sprigs fresh thyme</i>	<i>2 tsp fresh dill leaves, finely chopped</i>
<i>8 sprigs fresh parsley</i>	<i>1 tbsp fresh parsley leaves, very finely chopped</i>
<i>1 medium white onion, chopped</i>	<i>Fresh lemon juice, to taste</i>
<i>1 medium carrot, peeled and chopped</i>	<i>Extra virgin olive oil, to taste</i>
<i>1 medium celery stalk, chopped</i>	
<i>½ small leek, chopped</i>	
<i>½ head garlic</i>	



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TRADITIONAL PORTUGUESE RECIPES

SOUP

Preparation

1. Make the broth: cut off the chicken legs, and then cut the whole breast into 4 pieces, cutting through the back and bones. Place in a large stockpot and cover with cold water by 2,5 cm. Bring to a boil over high heat, then pour out the water along with the scum and foam. This step cleanses the chicken. Wipe any residual scum off the pot.

2. Cover the chicken with cold water by 2,5 cm again and add a generous pinch of salt. Bring to a boil, and then reduce the heat to simmer for 1 hour, skimming and discarding any foam that rises to the surface.

3. Meanwhile, in a small skillet, heat the coriander, peppercorns, and fennel over medium heat, tossing occasionally, until toasted and fragrant. Transfer to a piece of cheesecloth, along with the bay leaves, thyme, and parsley. Wrap, and then tie securely into a sachet. Add to the chicken stock along with the vegetables and a generous pinch of salt. Simmer for 1 hour longer.

4. Make the soup: transfer the chicken legs to a plate. You'll add that meat to the soup; the breast meat is too dry and stringy at this point and can be discarded. Strain the soup through a fine-mesh sieve, pressing on the solids.

5. Return the soup to the pot and bring to a boil. Reduce the heat to maintain a steady simmer. Add the carrot and celery and simmer until crisp-tender, about 7 minutes. Add the onion and orzo and simmer until the orzo is al dente, about 10 minutes. While that simmers, discard the skin and bones from the chicken legs and shred or cut the meat into 12 mm chunks. Add to the soup along with the leek and simmer just until the leek is crisp-tender, about 2 minutes.

6. Stir in the mint, dill, and parsley. Remove from the heat and season with lemon juice and salt. Drizzle with olive oil and serve immediately.



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TRADITIONAL PORTUGUESE RECIPES FISH

Bacalhau à Brás | Cod à Brás



Ingredients (serves 4)

700 grams / (1 1/2 pounds) desalted cod
1 medium onion
2 cloves of garlic
50 ml / (3 1/3 tablespoons) olive oil
Pepper (to taste)
Parsley (to taste)
750 grams / (1 2/3 pounds) potatoes
1 egg
Salt (to taste)
Vegetable oil for frying

Preparation

1. Put the cod in a saucepan with water and bring to a boil over medium-high heat. When starts boiling, reduce to low heat and cook for 6 to 7 minutes. Turn off the heat, drain the cod with a skimmer and let cool slightly. Remove the skin and bones and flake the cod with a fork; set aside.
2. Peel, wash the potatoes and cut them into thin sticks. Season with some salt and fry in hot oil. When the potatoes are fried, put them on a plate with absorbent paper; set aside.
3. Put the olive oil, chopped garlic and the chopped onion in a saucepan and sauté over low heat until the onion start to turn golden brown. Add the flaked cod and season with some pepper. Stir and cook for 3 to 4 minutes, stirring occasionally. Add the potatoes and mix gently with a spoon. Remove briefly the pan from heat and pour the beaten egg. Mix well and put the pan back over low heat for 2 to 3 minutes, stirring occasionally.
4. Turn off the heat, sprinkle with chopped parsley and serve.



TRADITIONAL PORTUGUESE RECIPES FISH

Bacalhau com Grão | Salt Cod and Chickpea Salad



Ingredients (serves 4)

<u>For the salad</u>	<u>For the bacon chickpeas</u>	<u>For the pickled shallots (makes about 300 g)</u>	<u>For the parsley oil (makes about 60 ml)</u>
2 tbsp oil 600 g bacon chickpeas 360 g salt cod, boiled and flaked 2 tbsp pickled shallots 2 tsp fresh parsley leaves, finely chopped ¼ tsp freshly grated orange zest 6 tsp sherry vinegar Salt and white pepper, to taste 85 g arugula leaves Parsley oil to taste Salt to taste	200 g dried chickpeas 1 ½ tsp coriander seeds 1 ½ tsp whole black peppercorns 1 bay leaf 3 sprigs fresh thyme ½ small onion 2 whole cloves 50 g bacon 720 ml vegetable stock 1 small carrot 1 small celery stalk Salt, to taste	½ tsp whole black peppercorns ½ tsp coriander seeds 160 ml rice wine vinegar 100 g sugar 1 tbsp salt ½ bay leaf 4 shallots	60 g fresh parsley leaves 60 ml olive oil Salt to taste



TRADITIONAL PORTUGUESE RECIPES

FISH

Preparation

1. Prepare the parsley oil: fill a medium bowl with ice and water. Bring a medium saucepan of water to a boil and salt lightly. Add the parsley leaves and cook until bright green, about 30 seconds. Immediately transfer to the ice water. When cool, drain well. Transfer to a clean kitchen towel, roll up, and wring dry. Repeat until the parsley is completely dry. Chop the dry parsley.

2. In a blender, combine the parsley and 30 ml of the oil. Puree until smooth, then add the remaining 30 ml oil and blend for 1 minute. Pour the oil into a coffee filter. Discard the solids. The oil can be refrigerated in an airtight container for up to 3 days.

3. Prepare the pickles: in a small skillet, heat the peppercorns and coriander over medium heat, tossing occasionally, until toasted and fragrant. In a small saucepan, bring the vinegar and 320 ml water to a boil. Stir in the sugar, salt, bay leaf, and toasted spices. Boil, stirring occasionally, until the sugar and salt dissolve. Remove from the heat and steep for 10 minutes. Strain through a sieve and pour hot over the shallots. Let cool to room temperature, then cover tightly and refrigerate for at least 2 hours or up to 1 week. The pickling flavors get stronger over time. Strain the pickles and reserve the liquid. You can reuse the same pickling liquid twice.

4. Prepare the chickpeas: in a large bowl, cover the chickpeas with cold water by 5 cm. Let soak overnight. The next day, drain, rinse, and drain again.

5. Wrap the coriander, peppercorns, bay leaf, and thyme in a piece of cheesecloth and tie with kitchen twine. Stud the onion with the cloves. In a large saucepan, combine the bacon, stock, chickpeas, carrot, celery, herb sachet, and onion. The stock should cover everything by at least 2,5 cm.

6. Bring to a simmer over medium-low heat, then simmer low and slow until the chickpeas are tender, about 1 ½ hours. Season very generously with salt. Keep cooking until chickpeas are very, very soft and almost falling apart but still holding their shape, about 30 minutes longer. The chickpeas will firm up when they cool; that's why it's so important to get them really tender now.

7. Discard the carrot, celery, onion, bacon, and herb sachet. Let to cool to room temperature in their cooking liquid, then cover tightly and refrigerate in their cooking liquid, then cover tightly and refrigerate until cold, at least 3 hours or for up to 5 days. Drain before eating or using in other dishes.

8. And now prepare the salad: heat the olive oil in a medium saucepan over medium-low heat. Add the chickpeas and salt cod and heat, stirring gently, until warm. Toss in the shallots, parsley, orange zest, and 4 tbsp of vinegar, Season with salt and white pepper.

9. In a medium bowl, lightly coat the greens with olive oil and toss with the remaining 2 tbsp of vinegar. Season with salt and pepper.

10. Divide the chickpea mixture among serving plates. Drizzle with parsley oil and sprinkle with salt. Top with the greens and serve.



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TRADITIONAL PORTUGUESE RECIPES MEAT

Frango na púcara | Chicken in a clay pot



Ingredients (serves 4)

*1 large chicken, cut into 8 pieces
150 g ham
250 g tomato
20 shallots (or 2 medium onions, diced)
1 dl of Port
1 dl of old brandy
3 dl white wine
3 cloves of garlic
120 g butter
1 tsp mustard
1 bay leaf
parsley
salt and pepper*

Preparation

- 1. Place the chicken in a clay pot. Clear tomato skin and pips and cut into cubes. Add to the chicken. Cut the ham into small pieces and add to the chicken.*
- 2. Then add all other ingredients and bring the clay pot to the stove, covered.*
- 3. When the chicken is cooked, remove the lid and simmer a little longer. Cover again, retire from heat, and serve a few minutes later, with chips or rice.*



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TRADITIONAL PORTUGUESE RECIPES MEAT

Cozido à Portuguesa | Portuguese Stew



Ingredients

1 savoy cabbage
1 turnip
3 carrots
1.2 kg / (2 2/3 pounds) potatoes
750 grams / (1 2/3 pounds) beef
150 grams / (5 1/3 ounces) Portuguese chorizo
1 farinheira (Portuguese smoked sausage)
1 chispe (pig paw)
1 pig's ear
1 blood sausage
250 grams / (8 3/4 ounces) rice
Salt (to taste)

Preparation

1. Place the beef, chispe (pig paw), the pig's ear and the Portuguese chorizo in a pressure cooker with water seasoned with salt and simmer about 30 minutes. When everything is cooked, remove to a plate and reserve the cooking water. Place the farinheira (Portuguese smoked sausage) and the blood sausage in a saucepan and bring to a boil over high heat. When starts boiling, reduce to low heat and cook about 7 to 8 minutes. Turn off the heat, drain and set aside.
2. Remove a little of the cooking water into a saucepan and bring to a boil over high heat. When starts boiling, reduce to low heat, add the rice and season with a little salt. Stir and cook about 10 minutes.
3. Meanwhile, peel and wash the potatoes. Put them in a pan with the remaining cooking water, the savoy cabbage cut into pieces, the carrots cut into strips, the turnip and bring to a boil over high heat. When starts boiling, reduce to medium-low heat and cook about 25 minutes.
4. Turn off the heat and serve.



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TRADITIONAL PORTUGUESE RECIPES CAKES AND DESERTS

Bolo podre ou de mel, do Alentejo | Honey cake, from Alentejo



It is a mandatory presence in Christmas tables of Beja's region at Alentejo (South of Portugal), and is one of the most important homemade desserts. In the past, it was made with about 1 month in advance, to be ready to eat at Christmas, and it was usually kept in iron pots. Nowadays, in the preparation, the whole wheat flour is replaced by a common all purposed flour.

Ingredients

2 dl olive oil
2 dl honey
4 eggs
125 g brown sugar
1 lemon zest
250 g flour (whole wheat flour in the original recipe)
1 tsp baking powder
1 tsp cinnamon
1/2 coffee spoon clove powder
Almonds to decorate

Preparation

1. Whisk the oil with the honey until thickened. Add the egg yolks one at a time, the lemon zest and half the sugar and mix well.
2. Sift the flour with the baking powder, cinnamon and clove powder.
3. Whisk the egg whites, adding the remaining sugar, just until they are firm.
4. Add the egg whites to the mixture of honey and olive oil alternately with the flour.
5. Pour into a greased and floured pan, place the almonds on top and bake at 180 °C for about 40 minutes.



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TRADITIONAL PORTUGUESE RECIPES CAKES AND DESERTS

Pêras com Moscatel, limão e louro | Pears with Moscatel wine, lemon and bay



Ingredients (serves 6)

*6 rocha pears, just-ripe
400 ml Moscatel wine
Juice of 1 lemon, plus the zest of ½ lemon
6 bay leaves
125 g soft light brown sugar*

Preparation

1. Preheat the oven to 190 °C.
2. Halve the pears length way. Lay them, cut sides up, in a single layer in an ovenproof dish. The dish should just hold the pears, without lots of room around, otherwise the Moscatel will just evaporate.
3. Mix the Moscatel and lemon juice with 100 ml of water, add the lemon zest and the bay leaves. Pour on the pears. Sprinkle 100 g of sugar on top of the pears and around them.
4. Bake for 50 minutes or until the pears are tender and starting to wrinkle at the edges. From time to time, spoon the juices over the top of the pears.
5. Add the remaining 25g of sugar towards the end of cooking time. You should have a glossy brown sauce around the pears but, if it looks as if is too thick, add a little more water. Serve warm.



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TRADITIONAL PORTUGUESE RECIPES CAKES AND DESERTS

Arroz Doce | Rice Pudding



Ingredients (serves 4-5)

100 grams / (3 1/2 ounces) rice
400 ml / (1 2/3 cups) water
650 ml / (2 3/4 cups) milk
250 grams / (8 3/4 ounces) sugar
1 lemon peel
Cinnamon for garnish
1 cinnamon stick
A pinch of salt

Preparation

1. In a saucepan, pour the water, lemon peel, cinnamon stick, a pinch of salt and bring to a boil over high heat. When starts boiling, remove the cinnamon stick (reserve the cinnamon stick), reduce to low heat and pour the rice. Stir and cook about 10 minutes.
2. Meanwhile, pour the milk and the cinnamon stick in a saucepan and bring to a boil over high heat. When starts boiling, turn off the heat and remove the cinnamon stick. When the rice is cooked, pour the milk, stir with a spoon and boil over low heat about 20 to 25 minutes, stirring occasionally.
3. Add the sugar, stir, remove the lemon peel and cook about 10 minutes.
4. Garnish with cinnamon, let cool and serve.

II Liceum Ogólnokształcące im. Adama Asnyka
w Bielsku-Białej, Poland



Polish Food

If you want to try traditional Polish cuisine, stop counting your calories. Typical meals are very hearty and often contain a lot of meat. Just sampling them is enough to discover that they are really delicious and worth putting on a few ounces. The most recommendable dishes are: bigos, kotlet schabowy, pierogi and gołąbki (see below). Poles boast that their two basic products are bread and sausages.

Typical tastes of Old Polish cuisine is salty, lightly fermented or marinated (e.g. dill pickles, cabbage, sour milk, kvass), as well as moderately pungent (the horseradish, the mustard, chives, onion, garlic and the overseas pepper), spicy and herbal (juniper, overseas nutmeg, anise, caraway), slightly tart (the sour cream, the cabbage and dill pickles) and sour-sweet (got typically with apples, cranberries or other fruits added to food). Widely applied and typical spices in Polish and Slavic kitchen are a dill and a poppy, and once also a flaxseed.

Pungent and spicy tastes are usually relieved and supplemented with the cream. In Polish cuisine reducing or emulsifying sauces and fats with vinegar, wine or other alcohol is relatively little-known. Reduction of fats and reviving tastes of fatty dishes is usually received through the addition of the sour cream, slightly tart fruits or marinated vegetables whether moderately pungent onion, horseradish, garlic or the mustard. The popularity of vinegar is lower than in other countries, although it is most important and universally used element of all pickles. Vinegars aren't produced on the basis of the sour wine like in kitchens of countries knowing the grape harvest.

Poland's culture has always integrated elements from its neighbours, and there are also many recipes of Jewish origin. Nowadays the Polish menu is still changing, being influenced by various, sometimes exotic tastes. Apart from traditional restaurants specialising in Polish cooking, restaurants serving Italian, French and Asian foods are mushrooming in Poland's cities, as well as vegetarian bars.

POTATO PANCAKES

Ingredients :

- * 6 large potatoes
- * 1-2 eggs
- * 3-4 tablespoons of flour
- * Some salt
- * Some pepper
- * Some oil
- * Three cloves of garlic
- * A small onion

How to prepare :

Wash and peel potatoes. Grate them. Stir with some flour, eggs, salt and pepper. Heat a frying pan with some oil. Fry pancakes on both sides. To get rid of excess fat, put them on paper towel. . When ready you can sprinkle them with some cheese, or put a sour cream on the top. They can be also served with mushroom sauce.

Enjoy



Polish dumplings with cabbage and mushrooms

Ingredients (serves four, 36 dumplings)

For the dough

250 gr all purpose flour, 50 gr soy butter, 100 ml soy milk, pinch of salt.

For the filling

80 gr sauerkraut, 20 gr dried mushrooms, ½ onion finely minced, 1 tsp cumin seeds, 1 clove garlic

extra-virgin olive oil, pinch of salt



For the seasoning

1 small onion, extra-virgin olive oil, pinch of cumin seeds, black pepper. Start by preparing the filling. Soak the dried mushrooms in hot water for 20 minutes circa. Dry carefully the sauerkraut until all the liquid is gone, When the mushrooms are tender dry them and put aside the water.

Heat extra-virgin olive oil in a pan and sauté the cumin seeds, the onion finely minced and the clove of garlic. Add the mushrooms and sauerkraut and cook for 15 minutes, adding mushrooms water if necessary. When all the liquid is totally evaporated remove the garlic and allow the filling to cool completely.

For the dough, melt the soy butter and a pinch of salt in warm soy milk. Add the wet ingredients to the flour and start kneading for 5-10 minutes, until the dough is smooth and consistent.

Flour a pastry board and roll the dough up on it, until the thickness is about 3 mm. It should look like an ear lobe. Cut circles out of dough by using a glass of 6 cm. Place the filling in the center of each circle. Seal the edges by gently pressing with the fingers or with the back of a fork, forming semi circles.

Bring water with salt to a boil and cook the dumplings for about 5 minutes. Meanwhile the dumplings are cooking prepare the seasoning.

Start by chopping the onion into irregular cubes. Heat extra-virgin olive oil in a pan and sauté the cumin seeds and the onion, until tender and slightly brown.

Drain the dumplings and pan fry them with the seasoning over medium heat, until lightly brown on both sides.

Serve nine dumplings on each plate and sprinkle with black pepper.

Enjoy



Golabki • Polish cabbage rolls in tomato sauce

Golabki or stuffed cabbage is one of a traditional food of Central and Eastern Europe. Polish golabki is a cooked knob of forcemeat wrapped up in a leaf of a white cabbage. Important ingredients are: groats (nowadays rice is much more popular), onion and an appropriate blend of spices. Sometimes mushrooms are added to the filling. Also some other variants of the filling exist in the traditional Polish cuisine, e.g. fowl, mutton or even with no meat at all (some vegetable-based golabki, but these are less common). This Polish food is stewed or fried before eating. When laid on plates golabki are poured over with a delicious dense home-made tomato sauce. Polish cabbage rolls are eaten with bread, sometimes with boiled potatoes. In the Czech Republic and Slovakia, stuffed cabbage is called holubce, in Germany the Krautwickel/Kohlrouladen. This great food is also known in Sweden where it is called the Kåldolmar.**Golabki (Stuffed Cabbage Rolls)**

Ingredients

- 1 head cabbage
- 1 cup uncooked rice
- 1 onion, chopped fine
- 2 teaspoons butter
- 1 pound ground beef
- ½ pound ground pork
- 1 egg
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 4 slices bacon
- 2 cans concentrated tomato soup

Procedure

1. Pour boiling water over the cabbage to loosen the leaves.
2. Remove a few leaves at a time as they soften.
3. Place the rice in 1 cup of water and boil 10 minutes.
4. Sauté the onions in butter until partly browned.
5. Combine with the rice, meat, egg, salt, pepper, and garlic powder; mix well.
6. Place some of the meat mixture on the stem of a cabbage leaf and roll over once. (Part of the thick stem section can be cut off first for easier rolling.) Tuck in the sides of the leaf and finish rolling.
7. If needed, fasten rolled leaf with a toothpick.
8. To cook, place the slices of bacon with a few cabbage leaves and any leftover small leaves at the bottom of the baking dish.
9. Place the rolls on top, cover with the tomato soup, and place any leftover cabbage leaves on top.
10. Cover with a lid or foil and bake about 2 to 2½ hours at 300°F.



Bigos from young cabbage recipe

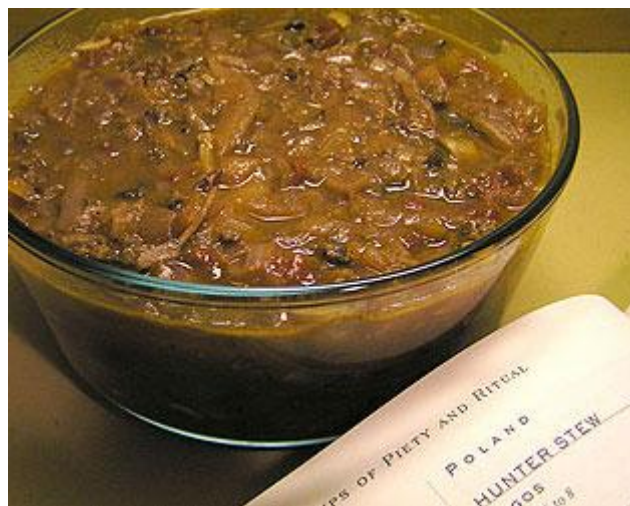
Bigos, in English language known as the Polish hunter's stew, is one of national and traditional Polish courses. A true touristic 'must eat'. Bigos is a stewed dish made from cabbage as a main ingredient. Fresh cabbage can be used as well as the soured one, called sauerkraut. Hence, more than one kind of bigos exists in the Polish cuisine. Since cooking bigos usually lasts two to four days, the delicious taste of this Polish food is something really original and different compared to what you are used to :) Apart from cabbage, on a list of ingredients you can also find: diced sausage, dried mushrooms, onion, sometimes apple or dried plums and a characteristic unchanging set of spices: bay leaf, grains of black pepper and allspice. White wine is sometimes added, but this is not a rule. Polish first course bigos is usually eaten with bread, only sometimes with potatoes. A slice of a good sausage can be also added. Bigos is also known in the Lithuanian cuisine.

Ingredients

- 8 slices of bacon, finely chopped
- 1 pound boneless, lean pork shoulder, cut into 1-inch chunks
- 3 cloves garlic, finely chopped, or 1 teaspoon garlic powder
- 3 onions, quartered
- ½ pound fresh mushrooms, sliced
- 1 cup canned beef broth
- 2 Tablespoons sugar
- 2 bay leaves
- 2 cups canned sauerkraut, rinsed under water and drained well
- 2 medium apples, cored and sliced
- 2 cups Italian-style whole tomatoes with juice
- 1 cup cooked ham, diced
- 1½ cups cooked Polish sausage, coarsely sliced

Procedure

1. Fry bacon pieces in Dutch oven or large saucepan over high heat for about 3 minutes.
2. Carefully drain off some of the fat, leaving just enough to coat the bottom of the pot.
3. Add pork, garlic, onions, and mushrooms, and, stirring constantly, fry until meat is browned on all sides, about 5 minutes.
4. Reduce heat to medium. Add beef broth, sugar, bay leaves, drained sauerkraut, apples, and tomatoes with juice. Bring the mixture to a boil, increasing heat if necessary.
5. Reduce heat, cover, and simmer stew for about 1½ hours, stirring occasionally to prevent sticking.
6. Add cooked ham and sausage, and stir.
7. Cover and continue to simmer over low heat for about 30 minutes more to blend flavors.
8. Remove bay leaves and discard before serving.



Faruk Nafiz Çamlıbel anadolu Lisesi
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TURKISH CUISINE

Turkish cuisine is one of the most appetizing and rich cuisines of the world, and Turkish people are known to be quite passionate about food. Diversity and the full flavor makes the Turkish cuisine worldwide famous which draws influences from its rich history and each region in the country today praises its own specialities. The richness of Turkish cuisine is based on several factors: Variety of products cultivated on the lands of Asia and Anatolia, numerous cultural interactions in history, the palace kitchens of Seljuk and Ottoman empires and geographical conditions that shaped the character of Turkish culinary culture.

The Turkish art of cooking has a long and deep-rooted past and its cuisine varies across the country. The culinary culture of Istanbul, Bursa, Izmir region inherits many elements of vast Ottoman cuisine. The Marmara, Aegean and Mediterranean cuisines are rich in vegetables, fresh herbs and fish. Olive oil is most widely used.

Black Sea region's cuisine uses fish extensively, especially the Black Sea anchovy (hamsi). It's influenced by Balkan and Slavic cuisine and includes maize dishes.

The cuisine of the southeast—Urfa, Gaziantep and Adana—is famous for its kebabs and dough-based desserts such as baklava, kadayıf and künefe.

Central Anatolia has its own specialties, such as keşkek, mantı and gözleme.

Key ingredients being primarily meat, vegetable and legumes, Turkish kebabs, döner kebab, Turkish ravioli and some eggplant dishes are the trademarks of Turkish cookery. There are over 200 dishes made from eggplant.

Breakfast is crucial part of meal for Turks. Although it varies regionally, Turkish breakfast is the healthiest, rich in nutrients and the most delicious. A lot of green, tomatoes (preferably in summer), cucumber and pepper are eaten during breakfast along with feta cheese, egg, olives, honey and cream of milk. Multi-grain village bread, corn bread and simit, Turkish sesame donut or Turkish bagel are the preferred breakfast components.

Turkish kebabs are the main meat dish with a great variety of cooking methods. Under the names of Döner Kebab, Adana Kebab, Bursa Kebab, Ali Nazik and İskender. Kebabs have various cooking methods depending on the ingredients and the way of cooking, generally served with rice, bulgur rice and greens.

Another meat specialty is köfte, meatballs, its name derived from a Persian word, kufte. It was adopted into Turkish cuisine in the 13th century. There are many versions of meatballs, the technique of cooking differ by the region. A large variety of meatballs, more than 200 kinds, are known in Turkey.

Lahmacun, a thin flat bread covered with a layer of spiced minced meat, is another popular takeaway food, generally accompanied with ayran, a buttermilk drink.

Bean soup and rice, reputedly, are the indispensable meal duo among other Turkish foods. Mostly served in soup form on top of rice, rich in carbs and protein, this is the popular menu in most restaurants for Turkish people.

The cuisines of Aegean and Mediterranean are mostly olive oil based cold dishes as main course or starters. Especially dolma (stuffed bell peppers, zucchini etc.), barbunya pilaki (red bean salad with olive oil), deniz börülcesi (seasonal samphire salad) are the 'must taste' specialties.

Makarna (macaroni) is almost similar to pasta of Italian cuisine. Turkish homemade pasta is called erişte, prepared with walnuts, Feta cheese or various sauces.

There are more than 300 kinds of soup in the Turkish cuisine. The basic ingredient of soup is yoghurt. Turkish pastries are mostly milk-based or dough-based desserts. Sweet pastries, mainly baklava, are soaked in syrup. Baklava, sütlü nuriye, ekmek kadayıfı are among the most popular desserts. Fırında Sütlaç, keşkül and profiterole are the most favorite Turkish milk-based desserts. Künefe, made from shredded wheat with a layer of melted mozzarella-like cheese and syrup.

Tea is a sine qua non drink for any Turk. Tea is served during breakfast and offered almost all day long. Turkish Coffee after meals is also part of a Turk's daily habits.

Ayran is the most common cold beverage made from yoghurt mixed with water and salt

In Turkey, people love eating and relishing food. Most meals at a typical Turkish home is like a feast. If you are a guest for breakfast, lunch or dinner, the variety of food and sincere hospitality of the people might seem quite surprising at first. Inviting guests for a meal is part of culture and tradition of a Turkish family and 'taking good care' of the guest is the crucial side of it.

Shish kebab

(beef, mutton or lamb cooked with special spit) (şiş kebab)

Ingredient :

for 4 person

Lamb, beef or mutton (1 kg), 1 onion, 1 clove of garlic, milk (200 gram),yoghurt (200 gram) enough salt, vegetable oil (100 gram), black pepper,tomatoes, green pepper, lettuce, parsley, Turkish pizza.

Preparation:

Cut the meat into 2 cm cubic. Mix meat with onion extract, minced garlic,milk, yoghurt, salt and vegetable oil. Keep in the refrigerator for overnight. Cuthe tomatoes and green pepper nearly meat size and put into the spit. Cook on the preburned coal fire. Serve with on Turkish pizza with slice onion and lettuce.



Turkish meat pizza

(kıymalı pide)

Ingredients:

for 4 person

Minced beef or lamb (300 gram), wheat flour (400 gram), water or milk (50 gram), yeast (5 gram), butter (100 gram), salt (4 gram), sugar (3 gram), 2 eggs, 1 onion, 2 tomatoes, tomato paste (15 gram), red pepper, 1 bunch parsley.

Preparation:

Put the wheat flour to the bowl, dissolve the yeast and sugar with milk or water. Put them into the flour; add 1 egg, half of melted butter and salt. Knead into a soft dough, cover and keep due to fermentation for 40 minutes. In the separate pan, add minced onion, tomatoes, parsley, red pepper, tomato paste and minced meat knead well for meat filling mixture. Gut the dough into small egg size pieces and give elliptical shape by using rolling pin and by hand. Put the meat filling to the each piece of wheat dough. Fold the edges inwards about 1-2 cm filling should be seen. Break 1 egg top side and cook until they are golden color in the bakery oven. Brush with remain butter and serve with any salad, pickles or yoghurt with water.



Home made noodles

(erişte)

Ingredients:

Wheat flour (1.5 kg), 8 eggs, water or milk (50 gram), salt (10 gram).

Preparation:

Put the wheat flour, salt, eggs and water or milk into a pan and knead very well. The wheat dough should be smooth. Divide wheat dough into four equal parts and keep it 30 minutes for fermentation with covering wet clothes. Roll out each piece into circles by using rolling pin 1.5—2.0 mm thickness. Keep it on the floured wooden board due to drying for 2 hours. Cut into quarter circles and stack one on the top of the other and cut these strips nearly 2—3 cm wide, and then cut the strips widthways into pieces 2—4 cm wide. Dry them on the cloth in a cool place and store them in cloth bags for consuming.



Red mullet beans in olive oil

(zeytinyađlı barbunya)

Ingredients:

for 4 person

Red mullet (1 kg), 2 big onions, 2 green peppers, 2 big tomatoes, 1 carrot, 6 cloves garlic, olive oil (200 gram), salt (5 gram), sugar (10 gram), 1 bunch of parsley, 1 lemon.

Preparation:

Soak the beans for overnight. Drain and wash well. Cook the beans with water for 30 minutes. Remove the water. Heat the olive oil and put the chopped onions. Fry them in golden color. Add chopped and seeded green peppers. Add cubic cut carrot and fry them together. Add chopped tomatoes and small pieces of garlic. And then add beans, salt and sugar. Mix well, put enough water to cover them. Cook on medium heat for 70 minutes. Decorate with minced parsley and lemon slice, serve cool.



Sweet flaky pastry

(baklava)

Ingredients:

Wheat flour (500 gram), 5 eggs, salt (4 gram), starch (500 gram), butter (200 gram), walnuts (300 gram), pistachio nuts (100 gram), sugar (1.5 kg), 1 lemon juice.

Preparation:

Put the wheat flour to the big pan. Add eggs, salt and 50 gram water. Mix and knead for 20 minutes. Cover with wet cloth and keep for 40 minutes for fermentation. Add 15 gram melted butter and knead for 20 minutes. Cut it into 16 equal pieces and sprinkle each one with starch. Roll them one by one by using rolling pin. Make 20 cm circles, spread the starch each one and put them each other.

Keep for 25 minutes. Roll them again to make bigger circle. Dough sheets should be transparent. Brush the pan with melted butter. Put the 4 layers of dough, brush each them with butter. Spread the minced walnuts.

Repeat this for other 3, 4 layers. Cut through the rectangular or triangular pieces. Cook these pastry for 50 minutes, until golden color.

For syrup preparation; put the sugar, lemon juice, 1 kg water and boil on medium heat for 20 minutes.

Remove the pan from the oven and keep for cooling 15 minutes. Brush the cooked flaky pastry with remain melted butter. Pour the syrup slowly, syrup absorption takes time nearly one hour. Decorate top side of pastry with minced pistachio nuts and serve



Mixed special minced beef cooked with special spit (Adana kebab)

Ingredients:

for 4 person

Beef (700 gram), mutton or lamb (300 gram), fat (150 gram), egg, parsley, red pepper (50 gram), black pepper, onion, Turkish pizza.

Preparation:

Make minced meat from meat by using special knife by hand. Make fat also minced by knife. Mix meat, fat, egg, red pepper, black pepper. Knead by hand for 30 minutes for well texture. Keep in the refrigerator for overnight. Put minced meat into spit by using finger. Cook at the preburned coal fire. Serve with Turkish pizza, slice onion and parsley



Lamb casserole

(kuzu güveç)

Ingredients:

for 5 person

Lamb (750 gram), 10 small onions, 5 tomatoes, 3 green peppers, 3 gloves of garlic, thyme (5 gram),
butter (50 gram), salt (5 gram), red pepper (3 gram).

Preparation:

Cut the lamb meat into small pieces. Peel the onions, tomatoes, and chop them. Put all the ingredients in a casserole. Pour melted butter to this mixture. Cover and cook in a very low heat or in the oven for 3 hours.



Grape leaves stuffed with meat

(etli yaprak dolma)

Ingredients:

Grape leaves (250 gram) in brine, vegetable oil (50 gram), meat filling (without tomatoes)

Preparation:

Put the grape leaves into the boiling water, cook them for 5—10 minutes. Drain and cool.

Remove the stems. Put the meat filling to the each grape leaves. Fold the two sides over the filling and

roll it on tightly towards the pointed end of the leaf. Put them in a saucepan. Add 300 gram water and

cook for 45 minutes on low heat.



DRIED CURDS SOUP

(TARHANA (ÇORBASI))

6 servings

- 1 glass dried curds with flour (tarhana),
- 8 glasses meat stock,
- 150 gr. minced meat,
- 6 tablespoons margarine,
- 2 medium size tomatoes or
- 2 tablespoons tomato paste,
- 2 teaspoons salt,
- 6 slices of bread

Melt half of the margarine in a large saucepan. Add minced meat and cook until the juice evaporates, stirring from time to time. Add peeled and chopped tomatoes or tomato paste. Cook for 15 minutes.

Add meat stock and dried curds. Mix well and stir until it starts boiling. Let simmer for 10 minutes.

Serve with diced bread fried in 3 tablespoons of margarine.



Turkish coffee

(Türk kahvesi)

Ingredients:

for 2 person

Ground coffee (5 gram), water (125 gram), sugar (4 gram).

Preparation:

Put the ingredients into the a special long handled pot named "CEZVE" and mix well with tea spoon. Put over very low heat and bring slowly to boil. After boiling froth occurs on the top. Before it overflows, pour and divide the froth into special coffee cups named "FINCAN". Continue the boiling again and divide the remain coffee and serve, (sugar level depends on person; without sugar, little sugar, medium sugar and with sugar is available).



Commanderij College
Gemert, Netherlands





The Dutch Kitchen

Like most countries, the Netherlands has their own style of cooking. A typical Dutch meal consists of potatoes, meat and vegetables of some sorts. It is the standard "I don't care about the food's quality, I'm just hungry. FEED ME, MOTHER." meal we have in the Netherlands.

There are various types of foods and ingredients that are unique to the Netherlands. We have a fairly popular snack here called: stroopwafels (syrup waffles). When people think of typical Dutch snacks, stroopwafels would be one of the first things to come to mind. We also have pepernoten/kruidnoten (pepper nuts/ spice nuts) and those are usually available around the 5th of December because of a holiday (that's sometimes considered controversial), and it's called: Sinterklaas.

Besides (delicious) treats, we also have savory dishes and snacks. Something that's somewhat peculiar that we have is the kroket. It's nothing too crazy, Dutch cuisine is in actuality pretty tame, but a kroket is a cylinder-shaped and deep-fried snack with a layer of crispy crumbs on the outside and a filling that usually consists of a type of beef.

Or what about a frikandel (not to be confused with free candles)? Another cylinder shaped food but this time it's more like if you took a hamburger and shaped it like a rod. Oh boy, we sure love our rod-shaped food. (Just kidding, those two instances were just coincidences)

So, we know we have the best type of cuisine compared to any other country in the entire universe. That includes Mars. (Martian food isn't that good anyway.) We hope that you'll enjoy the recipes inside of this *stellar* recipe book.

~The Dutchies

This Dutch recipe is a traditional peasants dish served on cold winter nights. It's hearty and a delicious way to get your greens. It is tasty garnished with a small "pond" of brown gravy in the center of the vegetable mixture.

Minutes to Prepare: 20

Minutes to Cook: 30

Number of Servings: 6

Ingredients

1,5 lbs potatoes
0,5 lb kale
150 g lardons (cubed thick bacon)
1 onion
0,5 bay leaf
1 pinch salt
1 pinch ground pepper
3 *rookworsten* (a Dutch sausage)
¼ cup milk
1 Tbs butter

Directions

1. Peel and dice potatoes and onions.
2. Clean, trim and slice kale.
3. Add the potatoes, a bay leaf, a pinch of salt and just enough water to cover all in a 3 quart pan.
4. Cover and boil gently for about 25 minutes.
5. Remove the bay leaf, drain the potatoes, and return to the pot with 1 1/2 cups of the reserved water.
6. Top with the kale and sausage (keep in the original vacuum-sealed package), cover and return to boil until the kale has been steamed until soft and turns a dark green color (5-7 mins).
7. Meanwhile brown the bacon and onions in a pan until just browned but not crisp.
8. Remove pot of vegetables from heat, remove sausage from pot, and add bacon mixture, milk, butter, add salt and pepper to taste and mash.
9. Slice *rookworst* and serve aside or on top of the mashed vegetables.



Dishes

Dutch onion soup

Ingredients:

- 6 big onions
- 1,5 leek
- 5 tablespoons of oil
- 3 tablespoons of flower
- 1,5 litre bouillon
- Pepper and salt
- 6 slices of Goudse cheese
- 6 roasted toasts



Prepare: peel the onions in thin rings or little pieces. Wash the leek and cut this into thin rings, like the onions. Put 4 tablespoons of oil in a pan, than heat the oil. When the oil is warm, put the onion rings in the pan. After 3 minutes, they must look slightly yellow. Right now you have to put the rest of the oil and the flower in the pan and stir and heat it for one minute. Pour the bouillon in pan and bring al of it to the boil. Add the leek to the rest of the ingredients and boil them for 15 minutes. Season it with salt and pepper.

Heat the oven or grill at the highest level. The soup must be warm. Put the cheese on the roasted toast and let the cheese melt in the top of the oven.

Dutch toast

Ingredients:

- 2 eggs
- 4 tablespoons of sugar
- 4 teaspoons of cinnamon
- 0,5 litre milk
- 8 slices (old) bread
- Butter

Whisk together eggs, milk, sugar and cinnamon. Place bread slices into the egg mixture and flip to make sure both sides of bread are well coated. Melt butter in a pan and put the slices into the pan and cook until they are golden brown on each side. (About 2 or 3 minutes.)



Almond rounds(12)

Ingredients:

- 400 g flour
- 200 g brown sugar
- a bit salt
- 250 g butter
- 2 tbsp. water
- 200 g almond paste
- 1 citron
- 2 eggs
- 12 garnish almonds



Mode of preparation:

1. Sieve the flour above a bowl and mix the brown sugar and the salt with it. Cut the butter in small blocks and subjoin it with the water. Knead it fast to a ball. Pack it in sealing foil and let rest 1 hour outside the fridge.
2. Preheat the oven on 200 °C. Put the almond paste in a bowl. Rasp the yellow peel of the citron above it. Mix the half of the eggs with it. Knead to an equal mass and make 12 balls from it.
3. Put some flour on your workspace. Unroll with a rolling pin the half of the dough until its two mm thick. Protrude with the protrusion shape 12 circles out of it and put this on a baking tray with baking paper. Put on every circle a little ball of almond paste(see step 2) and make it a little bit flat.
4. Clutch the other eggs in a bowl. Sprinkle with this the edges of the dough circles.
5. Unroll the rest of the dough also to a thickness of 2 mm and protrude again 12 circles. Put the circles of dough on the other circles with almond paste and press the edges. Sprinkle the top of the cookies with egg and put on each one an almond.
6. Bake them about 15 min. so they are golden brown and well-done.

Oliebollen

Ingredients:

- 7 gram dry yeast
- 250 ml milk
- 300 gram flour
- 2 teaspoons salt
- 1 egg
- 225 gram raisins
- Oil
- Powdered sugar

Recipe

1. Sprinkle the yeast over the milk and leave somewhere to combine by itself.
2. Combine the flour and salt and add remaining milk and the egg.
3. Add yeast mixture and raisins.
4. Mix well.
5. Let stand in a warm place until doubled.
6. Heat oil to 160 degrees for frying.
7. Sprinkle the powdered sugar on top of the oliebollen.



Roze koeken

(pink cakes)

200 gram butter on room temperature

200 gram sugar

4 eggs

220 gram flowerp

160 gram powdered sugar

1.5 tl berry juice



Preparation

Preheat the oven to 160 degrees.

1. Beat the butter and sugar for about 10 minutes with a mixer or a food processor.
2. Then add the eggs one by one.
3. Only add a next egg if the previous one is completely included.
4. Then mix the flour through the batter.

