Teaching healthy food and healthy life style Activities for Students

BUZĂU, 2020

COLEGIUL ECONOMIC BUZĂU

NUMĂR SPECIAL DEDICAT PROIECTULUI ERASMUS+

FOOD IN OUR LIVES

Teaching healthy food and healthy life style

Activities for Students

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Explaining the Symbols

Activity Type 	Activities are divided in the following categories: Icebreaking activities, Personal presentation, Content Presentation, Thematic visits, Activities evaluation.
Number of Participants 	Activities are categorized according to the number of participants: up to 6 participants, from 7 to 14 participants and over 15 participants.
Language Level 	Minimum requirement using European Framework: A- Basic User; B – Independent User; C – Proficient User.
Time 	Minimum time needed expressed in minutes. Allow for all players to have a turn and preparation when required.
Venue 	Recommended venue. Ex: classroom, open space, school hall.
Activity Description 	Short activity description, stating learning objectives and language and/or subject content.

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About our project

Food in our lives is an Erasmus+ project.

Partners:

Berufskolleg Wirtschaft und Verwaltung Ahaus- Ahaus/ Germania

Lycée Jules Mousseron- Denain/ Franța

IES Nosa Señora dos Ollos Grandes-Lugo/ Spania

Colegiul Economic Buzau- Buzău/ România

We all consume FOOD every day, often without giving it much thought - yet it does so much more than just keep us alive. Since the EU announced 2018 as the YEAR OF EUROPEAN CULTURAL HERITAGE, the project team decided to aproach this topic from the point of view of food and gastronomy. The decision by the U.N. Educational, Scientific and Cultural Organization (UNESCO) to include French food to a list celebrating the world's "intangible cultural heritage" (2010) reinforces the idea that food is part of a nation's culture. There are similar examples of single dishes being enlisted on the UNESCO's list of immaterial heritage in other countries as well and there are more and more product awarded EU labels of PROTECTED GEOGRAPHICAL INDICATION, PROTECTED DESIGNATION OF ORIGIN or TRADITIONAL SPECIALITY GUARANTEED.

Another issue is the concern about HEALTH. The UNHEALTHY EATING AND DRINKING HABITS we can observe among a large number of students proves the need for reflection about what we eat and drink and how our diet influences our wellbeing. According to studies, the amount of obesity in Europe is alarming; 51.6% of the EU population on average is said to be overweight. Some countries are more affected than others.

On the other hand there is the problem of eating disorders like anorexia. Students will also approach food from the points of view of ETHICS. There is still famine in the world, while in developed countries tons of unconsumed food are thrown away. People working

on fields in poor countries have very little benefits from their work, this is the problem which "FAIR TRADE‟ initiatives deal with. The students will work on its promotion and encourage their peers to buy these products to help food producers directly. They will also deal with environmental matters like GMO food and the use of antibiotics and pesticides as well as animal well-being in connection with the participating countries.

Our fourth aspect is WORK . Many city people, especially young ones nowadays, are out of touch with the origins and cultivation of food. The increasing demand for food production can also result in producers opening new markets, increasing export and/ import in the member countries. By exploring the possibilities of producing and selling local products, the advantages and disadvantages of entering local, national and international markets, also empowering the cooperation between different sectors of a country's economy, the students can find out about a wider context of economic issues; maybe even see chances for career building in this field.

France- **Food and culture - discovering our European heritage**

We travel to the World Champion of Haute Cuisine! We will get a deeper UNDERSTANDING of what GOOD FOOD is and why French meals are a world heritage .

- Students work creatively on the production of a logo.
- Students get an idea of the cultural diversity among the partner countries.
- Students learn to appreciate the joy of sharing a home-cooked meal in a community.
- Students practice their presentation skills, enlarge their vocabulary in English by terms referring to food and work in international groups.
- Students learn about local production in and around Denain.
- Students practice their ICT skills in starting to prepare a cookbook and in documenting their activities.



SURVEY- EATING HABITS. IT'S OUR CULTURE!

Activity's Goal - Allows the partners to get to know each other a little and learn their first names			
30 min	Any	B	Classroom
Short description Its a activity to help students to find out more about eating habits.			

1. Gender
   - □ M
   - □ F
2. Age
   - □ 14-16
   - □16-18
   - □ over 18
3. You prefer meals based on:
   - □ vegetables and fruits;
   - □ dairy products;
   - □ meat;
   - □ fish;
   - □ carbohydrates(potatoes, rice, pasta, bread etc.)
   - □ balanced meal with all these components
4. You prefer:
   - □ traditional food (from your own country);
   - □ modern food;
   - □ international food;
   - □ fast food.
5. Where do you have your food, at school from?
   - □ from home;

□ from a shop " round the corner";

□ from the cafeteria;

□ I don`t eat at school.

6. How many times a week does your family eat a home cooked meal together?

□ 0-1 times;

□ 2-4 times;

□ every day.

7. Do you take part in preparing lunch or dinner in your family?

□ Very often;

□ Often;

□ Occasionally;

□ Very rare.

8. When you go out in town what kind of place you prefer for eating:

□ fast food;

□ a traditional restaurant;

□ an Indian restaurant

□ a pizzeria

□ Turkish restaurant;

□ greek restaurant;

□ Chinese restaurant;

□ other, name it…..

9. How long do your meals take on school day?

□ breakfast……min

□ lunch……..min

□ dinner……..min

10. How long does your traditional family meal take?

……..min

11. Where do you prefere to eat when you eat at home?

□ dining room;

□ kitchen;

□ in your room;

□ in front of TV or computer;

12. Which is the most important meal of a school day?

□ breakfast;

□ lunch;

□ dinner.

13. You use to eat all together with your family in a school day:

□ breakfast;

□ lunch;

□ dinner;

□ none;

□ all.

14. Which is your favourite ” festive meal”?

□ Christmas;

□ Easter;

□ Birthday;

□ New Years Eve;

□ Other……..

15. "With food, you above all associate..."

□ keeping me alive

□ enjoyment

□ feeling of community

□ stress (due to allergies or other health problems or a disorder)"

French BINGO FOOD

Activitiy's Goal - Allows the partners to get to know each other a little and learn their first names			
40 min	Any	B	Classroom

Short description

Its a activity to help students to know each other in a funny way and to learn the first name of participants

Materials

List of questions and answer grid

Bagdes with the names of participants

Getting ready

Copy the questions and the grid for each student

Activity description

Distribute the name badge to the students

Students form groups composed of at least one young person of each nationality.

Ask other students the following questions and complete your "bingo card" with the concerned student's name.

When your bingo card is full, you're done !

Find someone who….

1. … can do a chocolate cake.
2. … knows the name of the famous french bubble drink with alcohol.
3. … has already ate french cheese.
4. …is used to eat breakfast every day.
5. …has a cooking book.
6. …eats 5 vegetables and fruits per day.
7. … has a vegetable garden.
8. … can quote a seasonal fruit.
9. … knows the other name given to the vegetable "endive" in the north of France.
10. …knows a french dish that is also the name of a Pixar cartoon.
11. …knows the most consumed drink in the world.
12. … knows the name of the pastry french people eat at breakfast.
13. … knows tips to cut onions without crying.
14. …always takes a dessert after eating.
15. … cooks sometimes.
16. …likes to eat at fast food.
17. … had never eaten snails or frog legs.
18. … Knows someone who dislikes chocolate
19. …likes to do barbecue in summer.
20. knows the name of the famous parisian sandwich.



Culinary stereotypes

Activity's Goal			
1h30	all		Venue
Short description sketch to present the culinary stereotypes of the countries participating in the project.			

Materials

Pens, sheets

Getting ready

Nothing

Activity description

Make groups according to countries.

Each group must write a skit about the culinary stereotypes of a country that is not their own.

Each group present plays the skit in front of the other groups.

Students from the country presented can indicate whether the stereotypes are true or false.



Culinary Workshop

Activity's Goal Discover traditional French recipes			
3 h	12	B	Kitchen
Short description Students will cook a French dessert recipe together and then share it with the whole group.			

Materials

Kitchen

1 Pie tin

1 Salad bowl

1 Oven

1 Spoon

Getting ready

Copy the recipe

Buy the necessary quantities of ingredients to make the recipe

Activity description

Follow the recipe by pairs of 2 students composed of a French student and a student partner of the project.

Sharing productions with the rest of the group





Recipe of the sugar tart - "tarte au sucre"

Ingredients:

- 4 eggs
- 400g of flour
- 2 bag/sachets of yeast
- 100g skimmed milk
- 200g of sunflower oil
- 1 pinch of salt

Filling/ side dish :

- 200g of brown sugar
- 12 soup spoon of skimmed milk

  40g of butter

1. Dilute the yeast on two soup spoon of hot milk
2. Mix the flour sift , salt and beatten eggs
3. Knead 10 - 15 minutes
4. Add oil in two times and knead again
5. Let it rise 45 under a water bath/ double bowlers on the oven 50°C
6. Butter the dish, then put the pastry
7. Filling the dough with brown sugar and bake 20 minutes thermostat 6
8. add 6 soup spoon of milk sur chaque tarte et 20 g of small chuck butter, bake 10 minutes
9. Let cool



BON APPÉTIT

Traditional menus

Activity's Goal Compare traditional menus			
1h30	All	B	Classroom

Short description
Using visual aids, present the traditional menus for certain situations: Christmas, Easter...
Its a activity to help students to know each other better, , to work in a team, to be creative.

Materials

Felts

Scissors

Glues

Posters

Computers

Printers

Internet

Getting ready

Split the group in teams, international

Activity description

Have each group choose an event: Christmas, Easter, wedding...

The groups must choose photos from the internet to illustrate the traditional dishes offered in the different countries of the project partners on this theme.

Make a poster

Each group passes in front of the others to present the culinary customs of each event.


Christmas
Similarities
Differences
Christmas dishes in
Germany, France, Spain, Romania
Christmas food
Bûche"
"Christstollen" + German desert
Beef salad
"Fondue"
Sausage
Mixed meat
Meat jelly
Polvorones
Spanish desert
CHAMPAGNE"


Easter
Similarities:
differences:



SPAIN - Food and health - looking at what keeps us healthy

In the visit we'll learn about the RELATION BETWEEN FOOD AND LIFESTYLE, the importance of food in a healthy life and how a spiritual experience can be part of that healthy life. The relation between the PRODUCTION PROCESS of food and its QUALITY is also an output in this visit, as well as awareness of the need for SUSTAINABILITY in this process. The INTERCULTURAL COMPETENCE will be a byproduct: knowledge about the basics of Spanish and Galician, the importance of Camino de Santiago in the European material and immaterial heritage, the Galician food and its roots with the ancestral way of life in this corner of Spain.



SURVEY ON HEALTHY HABITS

1. Nationality
   a. Frenc
   b. German
   c. Romanian
   d. Spanish
   e. Other
2. Gender
   a. Boy
   b. Girl
   c. Other
3. Age
   a. Under 14
   b. 15
   c. 16
   d. 17
   e. 18 or more
4. Choose the meals you usually have (more than one option are possible)
   a. Breakfast - Early morning meal
   b. Lunch - Noon meal (around 12:00 hh.)
   c. Afternoon meal (around 14:00-15:00 hh.)
   d. Dinner - Evening meal (around 18:00-19:00 hh.)
   e. Supper - Late evening meal (around 21:00-22:00 hh.)
5. Which is the usual composition of your EARLY MORNING meal?
   a. Nothing/
   b. Fruits or fruits juice
   c. Cookies and/or industrial bakery products
   d. Cereals, bread, pasta
   e. Milk or yoghurt
   f. Eggs and/or omelette
   g. Cheese
   h. Meat
   i. Fish
   j. Vegetables
   k. Potatoes
   l. Sweets
   m. Others
6. Which is the usual composition of your LUNCH - NOON MEAL (around 12:00 hh.) meal?
   a. Nothing
   b. Fruits or fruits juice

c. Cookies and/or industrial bakery products
d. Cereals, bread, pasta
e. Milk or yoghurt
f. Eggs and/or omelette
g. Cheese
h. Meat
i. Fish
j. Vegetables
k. Potatoes
l. Sweets
m. Others

7. Which is the usual composition of your AFTERNOON meal (around 14:00-15:00 hh.)?
   a. Nothing
   b. Fruits or fruits juice
   c. Cookies and/or industrial bakery products
   d. Cereals, bread, pasta
   e. Milk or yoghurt
   f. Eggs and/or omelette
   g. Cheese
   h. Meat
   i. Fish
   j. Vegetables
   k. Potatoes
   l. Sweets
   m. Others
8. Which is the usual composition of your DINNER - EARLY EVENING meal (around 18:00-19:00 hh.)?
   a. Nothing
   b. Fruits or fruits juice
   c. Cookies and/or industrial bakery products
   d. Cereals, bread, pasta
   e. Milk or yoghurt
   f. Eggs and/or omelette
   g. Cheese
   h. Meat
   i. Fish
   j. Vegetables
   k. Potatoes
   l. Sweets
   m. Others
9. Which is the usual composition of your SUPPER - LATE EVENING meal (around 21:00-22:00 hh.)
   a. Nothing
   b. Fruits or fruits juice
   c. Cookies and/or industrial bakery products

d. Cereals, bread, pasta
e. Milk or yoghurt
f. Eggs and/or omelette
g. Cheese
h. Meat
i. Fish
j. Vegetables
k. Potatoes
l. Sweets
m. Others

10. Mark the vegetables you like(several options are possible)
a. Tomato
b. Carrot
c. Letuce
d. Potato
e. Spinach
f. Cucumber
g. Peppers
h. Beans
i. Mushrooms
j. Cabbage
k. Broccoli
l. Brussel sprouts
m. Cauliflower
n. Others

11. Frequency of consumption of vegetables
a. Every day
b. 1 to 3 days a week
c. 1 day a week
d. Never
e. Others

12. Mark the fruits that you like
a. Orange
b. Banana
c. Strawberry
d. Apple
e. Pear
f. Peach
g. Cherry
h. Tangerine
i. Watermelon
j. Others

13. Frequency of consumption of fruit
a. Every day
b. 1 to 3 days a week
c. 1 day a week
d. Never
e. Others

14. Mark the type of fish and/or meat that you like
a. Chicken
b. Rabbit
c. Lamb
d. Veal

e. Pork
f. Mere
g. Sardine
h. Sole
i. Hake
j. Salmon
k. Others

15. Frequency of consumption of meat or fish
a. Every day
b. 1 to 3 days a week
c. 1 day a week
d. Never
e. Others

16. Mark the type of pasta and legumes that you like
a. Macaroni
b. Spaghetti
c. Rice
d. Lentils
e. Beans
f. Chickpeas
g. Others

17. Frequency of consumption of pasta and legumes
a. Every day
b. 1 to 3 days a week
c. 1 day a week
d. Never
e. Others

18. When do you wash your hands?
a. When I arrive home
b. Before eating
c. After going to the toilet
d. Rare or never
e. Others

19. When do you brush your teeth?
a. After each meal
b. Before going to bed
c. When I get up
d. Rarely or never

20. Do you do any exercise apart from school classes?
a. Yes
b. No

21. How many hours a week do you exercise?
a. Never
b. Up to 2 hours
c. Between 2 and 6 hours
d. More then 6 hours

22. How do you go to school?

a. By car / motorcycle
b. By bus
c. By bike
d. Walking

23. How many hours do you spend watching tv, playing videogames or surfing the Internet / social media per day?
a. Up to 2
b. 2-4 hours
c. More than 4 hours

24. What foods do family members eat together?
a. Breakfast
b. Lunch
c. Dinner
d. Others

25. At what time do you go to bed on week days?

26.
a. Earliers than 22:00 hh
b. 22.00
c. 23.00
d. 24.00
e. Later than 24.00

27. How many hours do you sleep normally?
a. Less than 6
b. Between 6 and 8 hours
c. More than 8

28. What do you do to relax after stress?
a. Do sports
b. Meditate
c. Listen to music
d. Play an instrument
e. Take a walk
f. Play computer games
g. Others





Healthy lifestyle

To discover the relation between food and healthy lifestyle			
50’	3-4 people groups	B	Library
Students will prepare an enquiry on the importance of food for a healthy lifestyle.			

Materials

Computer, Internet connection, team work furniture, healthy eating related websites, pen and paper.

Getting ready

We need to find a classroom with computers or laptops available for students to connect to the Internet in small groups and prepare presentations. We will also need furniture adapted to the students team work.

Previously, teacher will provide students with three or four websites for them to search to get information.

Activity description

Introduction:

5’: Teacher will explore the knowledge of students about the relation between food and health, their diet and the number of meals they do in a day.

5’: Teacher will explain the activity to the students, asking them to gather in small groups of three or four people with two computers per group (https://sites.google.com/view/healty-eating/home).

Development

20’: Students will search the Internet and prepare the presentation in the Google Presentation app following the structure provided by the teacher.

With the gathered information students will prepare a four slides presentation with four tips (one per slide) about healthy eating.
In each slide they will describe and explain the tip and find a related picture, as well as register the used sources of information.
10': Every group will present its work to the whole class.

Ending

10' Teacher will ask to the students about which food do they think is healthier and if are there any recommendations about the amount and type of food to eat for a healthy lifestyle





Two weeks menu

To create a two weeks menu with physical activities adapted to daily calories intake

80’	3-4 people groups	B	Library

Students will create a two weeks healthy menu and a physical activity plan adapted to their preferences and to the daily calories intake.

Materials

Cardboard, color pens, laptop, Internet connection, team work furniture, pen and paper.

Getting ready

We need a classroom with computers or laptops available for students to connect to the Internet in small groups and prepare presentations. We will also need furniture adapted to the students team work. Previously, the teacher will provide students with three or four websites for them to search to get information.

Activity description

Introduction:

10’: The teacher will go back to the concepts learned when working on healthy food and the food pyramid, as well as the relation between food intake and calories.

10’: The teacher will explain the activity to the students, asking them to gather in small groups of three or four people with one computer per group.

Development

30’: Students will gather in small groups preparing a two week menu schedule based on healthy food and local products. Based on the food pyramid information students must guest the amount of calories

eaten per day and design the amount and type of physical activities to consume those calories.

Results will be presented in a table with detailed information about the calorie daily intake and the intensity and time of the physical activity.

20’: Every group will present its work to the whole class; afterwards, teachers will create an exhibition with all the different planning options.

Ending

10’ Teacher will ask the students to reflect about the relation between their daily routines and the result of their planning; are they coherent? Do they intend to change something in their habits or in the type and amount of food they eat?





Food Pyramid

To learn about the food pyramid and its relation with a healthy lifestyle			
60’	3-4 people groups	B	Library
Students will create their own food pyramid taking into account their lifestyle.			

Materials

Cardboard, colour pens, laptop, Internet connection, team work furniture, pen and paper.

Getting ready

We need a classroom with computers or laptops available for students to connect to the Internet in small groups and prepare presentations. We will also need furniture adapted to the students team work. Previously, the teacher will provide students with three or four websites for them to search to get information.

Activity description

Introduction:

5’: Teacher will talk to the students about the relation between food and calories, introducing the concept of the food pyramid.

5’: The teacher will explain the activity to the students, asking them to gather in small groups of three or four people with one computer per group.

Development

30’: Students will search the Internet and prepare a presentation to be delivered in front of the classroom explaining the concept of the food pyramid and its evolution in time.

They will also explain the latest changes in food pyramids around the globe and the connection to local food production.

20’: Every group will present its work to the whole class; afterwards, teachers will create an exhibition with all the different food pyramids created in the classroom.

Ending

10’ Teacher will ask for the students about which food do they think is healthier and if are there any recommendations about the amount and type of food to eat for a healthy lifestyle.





Romania- Food and work - producing and marketing

The participants will train their MARKETING SKILLS by making up a marketing concept. They will enlarge their KNOWLEDGE ABOUT FARM PRODUCTS IN EUROPE and the way they are produced and sold. They will use FOREIGN LANGUAGES to discuss and plan in the international group. They will practice their ITC SKILLS by working on the product documentation. They learn about the Romanian CULTURE, a country most of the guest probably did not know well before



Survey- The economic aspect of food

1. To what extent do you think that food reflects the standard of living?

Very large measure

Great measure

To a small extent

Not at all

2. Is food a component of your lifestyle?

Very large measure

Great measure

To a small extent

Not at all

3. Does food production reflect the economic power of a state?

Very large measure

Great measure

To a small extent

Not at all

4. In the food production the big producers are the most important.

Very large measure

Great measure

To a small extent

Not at all

5. In food production small producers are the most important.

Very large measure

Great measure

To a small extent

Not at all

6. In your country the economy is dominated by

Industry

Agriculture

Services

7. EU agriculture legislation favors large producers.

Very large measure

Great measure

To a small extent

Not at all

8. EU agriculture legislation favors small producers.

Very large measure

Great measure

To a small extent

Not at all

9. You buy local agricultural / food products.

Very large measure

Great measure

To a small extent

Not at all

10. You buy imported agricultural / food products.

Very large measure

Great measure

To a small extent

Not at all

11. Food self-production represents for your family:

Under 25%

25-50%

50-75%

More then 75%

12. Food advertisements influence consumption.

Very large measure

Great measure

To a small extent

Not at all

13. How much of your family's monthly income goes to purchasing food.

Under 25%

25-50%

50-75%

More then 75%

14. Do your family consume fair trade products?

Very large measure

Great measure

To a small extent

Not at all

15. Gender

Age

16.Country

My favourite food

Activity's Goal: Icebreaking game			
30 min	38	B	Anywhere
Its a game to help students to know each other in a funny way and to find people with the same eating hobbies.			

Materials

No materials

Getting ready

Participants are arrange on their country group

Activity description

Each participant tell his name and favourite food



CITY BOUND "Following traditional products"

Activity's Goal: Thematic visits. Teambuilding activity			
2 hours	32	B	Outdoor
To find out about food, traditional food, food economy in Buzau town.			

Materials

Maps

Tasks

Getting ready

Students are divided in international groups(2 from each country). They have some tasks to fulfill and to find out different aspects about city and food economy in Romania.

Activity description

Each group will get a map, a trail and some tasks. Final task:

Put on Facebook group the photos taken during the bound.

Buy with 15 lei from the market, local vegetables and/ or fruits to make a salad.





City Bound/ Traditional products/ Buzău

Team 1

Tasks:

Leave the school on the route which is marked on the map. Where there are points marked on the map, you will find a sight that you have to take a photo of. You also have to solve the additional tasks on your itinerary sheet.

1. Go down Bistriţei Street, turn right on Bucegi Street, go past The Art High School which is on your right (take a photo in front of it), then there is **Comsoradi Shop** (ask about traditional products they offer and take photo)
2. Then go on left, Sculpturii street/ Aurorei pass by Banu Church(photo), Colegiul National BP Hasdeu- oldest school in town and take Razboieni street.
3. Pass by Vergu manaila house- visit, ask from what year it is(photo)
4. Pacii street/ Brutarex- take photo with traditional products.
5. Visit the Central Market (Piaţa Centrală). Take photo of the abundance of products in the market. Interview a shop assistant/ vegetable and fruit producer. Are the products offered bio/ecological? Are the products from Romania?
6. Buy vegetables/ fruits to make a salad.
7. Pass Mc Donalds and go ahead to the Townhall (take a photo), follow Cuza Voda street/ Mesteacanului and arrive to Aquario restaurant. We meet there at 1 pm.

Final product:

Put on Facebook group the photos taken during the bound.
Buy with 15 lei from the market, local vegetables and/ or fruits to make a salad.

City Bound/ Traditional products/ Buzău

Team 2

Tasks:

Leave the school on the route which is marked on the map. Where there are points marked on the map, you will find a sight and you will have to take a group photo next to it. You also have to solve the additional tasks on your itinerary sheet.

1. Go towards Dacia Square (Piaţa Dacia). At the street junction between GE Palade Street and Independenţei Street you will see a **pretzels shop.** What kind of products does it offer? Which products are specific to our area? (photo)/ traditional products/dialogue with the shop assistants.
2. Next, go along Independenţei Street. On the left you see the Cheese market- take a look/ photo/ what traditional products they have?
3. Visit the Central Market (Piaţa Centrală). Take photo of the abundance of products in the market. Interview a shop assistant/ vegetable and fruit producer. Are the products offered bio/ecological? Are the products from Romania?
4. Buy vegetables/ fruits to make a salad
5. You get to the Central Market (Piaţa Centrală). Look for **the shop that sells bread made in Sfântu Gheorghe.** What varieties can you find? (photo)/ traditional products/dialogue with the shop assistants.
5. Keep going through B90 Market. On the right there is are **Boromir Shop**. (photo)/ traditional products/dialogue with the shop assistants.
6. Go out of the market. You will see the Church Sfinţii Îngeri (Saint Angels) in front of you. Go in for a visit/take a photo.
7. Continue your journey on Unirii Street, then turn right into Marghiloman Street. At the roundabout you will see the Episcopal

Cathedral/take a photo. On the left there are the Theological Seminary and the old cathedral/ take a photo.
8. Keep going towards Mesteacanului and arrive to Aquario restaurant. We meet there at 1 pm.

Final product:

Put on Facebook group the photos taken during the bound.
Buy with 15 lei from the market, local vegetables and/ or fruits to make a salad.

City Bound/ Traditional products/ Buzău

Team 3

Tasks:

Leave the school on the route which is marked on the map. Where there are points marked on the map, you will find a sight and you will have to take a group photo next to it. And you also have to solve the additional tasks on your itinerary sheet.
1. Go along GE Palade Street, towards the train station. On the right there is Războieni Street. On the left you will see Vergu Mănăilă House (Casa Vergu Mănăilă)-the oldest house in Buzău. Take a photo/visit. Go back to National College B.P. Haşdeu (Colegiul Naţional B.P. Haşdeu)- the oldest high school in our town/photograph. On Bistriţei Street there is Banu Church. Take a photo/visit/find out what year it was built in.
2. Go along Bistriţei Street. Turn left into Independenţei Street. You will get to the **cheese market**. Go in, visit it. What products does it offer? Which products are specific to our area? (photo)/ traditional products/dialogue with the shop assistants.
3. On the left, go towards the Central Market (Piaţa Centrală). Go inside. On the left you will see the **Shop La Sibianu**. (photo)/ traditional products/dialogue with the shop assistants.
4. You are in the Central Market. Take photo of the abundance of products in the market. Interview a shop assistant/ vegetable and

fruit producer. Are the products offered bio/ecological? Are the products from Romania?
5. Visit Roxana shop (photo)/ traditional products/dialogue with the shop assistants.
6. Go out of the market. You will see the Church Sfinţii Îngeri (Saint Angels) in front of you. Go in for a visit/take a photo.
7. Continue your journey on Unirii Street, then turn right into Marghiloman Street. At the roundabout you will see the Episcopal Cathedral/take a photo. On the left there are the Theological Seminary and the old cathedral/ take a photo.
8. Keep going towards Mesteacanului and arrive to Aquario restaurant. We meet there at 1 pm.

Final product:

Put on Facebook group the photos taken during the bound.
Buy with 15 lei from the market, local vegetables and/ or fruits to make a salad.

City Bound/ Traditional products/ Buzău

Team 4

Tasks:

Leave the school on the route which is marked on the map. Where there are points marked on the map, you will find a sight that you have to take a photo of. You also have to solve the additional tasks on your itinerary sheet.
1. Go towards Dacia Square (Piaţa Dacia).take a photo in front of Townhall. Keep on going towards the Cathedral. On the right you have a shop ”Ferma Ivascu”. Go in, visit it. What products does it offer? Which products are specific to our area? (photo)/ traditional products/dialogue with the shop assistants.
2.Then go on right, Marghiloman street. There is a little shop offering prezels. What kind of products does it offer? Which products are

specific to our area? (photo)/ traditional products/dialogue with the shop assistants.

3. On the crossroads with Cuza Voda street go right. On the left you will find a shop Bunatati Traditionale/ (photo)/ traditional products/dialogue with the shop assistants.

4. Continue towards Townhall/ take a photo and go ahead to Central market.

5. Visit the Central Market (Piaţa Centrală). Take photo of the abundance of products in the market. Interview a shop assistant/ vegetable and fruit producer. Are the products offered bio/ecological? Are the products from Romania?

6. Buy vegetables/ fruits to make a salad.

7. Pass Mc Donalds and go ahead to the Townhall, follow Cuza Voda street/ Mesteacanului and arrive to Aquario restaurant. We meet there at 1 pm.

Final product:

Put on Facebook group the photos taken during the bound.

Buy with 15 lei from the market, local vegetables and/ or fruits to make a salad.



DISCO COOKING

Activity's Goal: Content presentation			
1 hour	32	B	Indoor
To discover how to cook something healthy with local products.			

Materials

Kitchen dishes, fruits and vegetables(from previous activity), oil, vinegar, salt etc.

Getting ready

Students bought from the local market fruits and vegetables(preferable local)

Activity description

Students have to prepare a salad with the products they bought in the market(keep the same groups). They have to promote their salad and to emphasis the advantages to consume this kind of food.

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Vegetable and fruits calendar

Activity's Goal: Content Presentation			
1 hour	36	B	Computer lab
Its a game to help students to know each other, to work as a team, to reflect on which are the vegetables and fruits that grow local and when we can buy them from the market			

Materials

Computers

Getting ready

Split the group in 12 teams, international

Activity description

Every team get to make a "calendar" for 2 months with fruits and vegetables that are produced in every country on that months.

Also they have to reflect on how people in their countries prepare fruits and vegetables to be consumed later in the year.

Months	
Vegetables and fruits in France- name and photos	
Vegetables and fruits in Germany	
Vegetables and fruits in Romania	
Vegetables and fruits in Spain	
Vegetables and fruits in English	

Living statues ”Living statues with statues”- Food in our lives”

Activity’s Goal: Thematic visits			
40 min	40	B	Outdoor
Its a game to help students to know each other better, to make connection with the objectives they visit, to work in a team, to make sport and to be creative.			

Materials

No materials

Getting ready

Split the group in international teams/ 4 members

Activity description

Every team have to find a statue and introduce it in a living statue that represents ”Food in our lives”.

They make a little story about it.

They make an exhibition at the end with all the results/ photos taken to the living statues.



Land art- ” Food in our lives”

Activitie’s Goal: Thematic visits			
1 hour	40	B	Outdoor
Its a game to develop: Teamwork, communication, creativity, time management, presentation skills.			

Materials

No materials

Getting ready

Split the group in teams of 5

Activity description

Landart is an art form that is created in nature, using natural materials such as soil, rock (bed rock, boulders, stones), organic media (logs, branches, leaves), and water. Sculptures are not placed in the landscape, rather, the landscape is the means of their creation. Use whatever you can find around you/ without damaging the nature.Build a sculture in the nature/ with the nature.

Find a title for your piece of art and a story.

Present your to the other groups work.

Take photos and make an exhibition with the photos and the stories.

They make an exhibition at the end with all photos collected.





” Promote your local products and tell their story”

Activity’s Goal: Content presentation.Personal presentation.			
2 hours	40	B	Indoor
Its a game to help students to know better traditional products from other countries. Develop creativity, team work skills, communication in foreign			

Materials

Traditional food, paper, colours

Getting ready

Split the group in 4 teams(national)

Activity description

Each team have to present and promote the traditional products from their country



Germany- Food and ethics - taste it, don't waste it

- The participants are expected to become more informed about bio-food and "traditional" growth and to make up their own minds about it.
- They will gain social skills (empathy) by putting themselves into the position of the needy who need to ask for food otherwise thrown away, and consider the problem of poverty on the one hand, and that of wasteful behaviour on the other.
- They are familiarized with a Fair Trade initiative and get inspired to overthink their own buying habits, e.g. concerning tea, coffee, chocolate and fruit.
- They are inspired to found, or at least support, similar initiatives in their schools.
- They practice their language skills in English while discussing, preparing and presenting in international groups.
- They learn about German food and about the area they travel to and its people.



Survey on ethical food

Activity's Goal: To raise awareness about ethical eating			
20 minutes	any number	B	computer room, home office
Survey of 15 questions on ethical eating and producing and buying food			

Materials

computer; link

Getting ready

make link available to students:

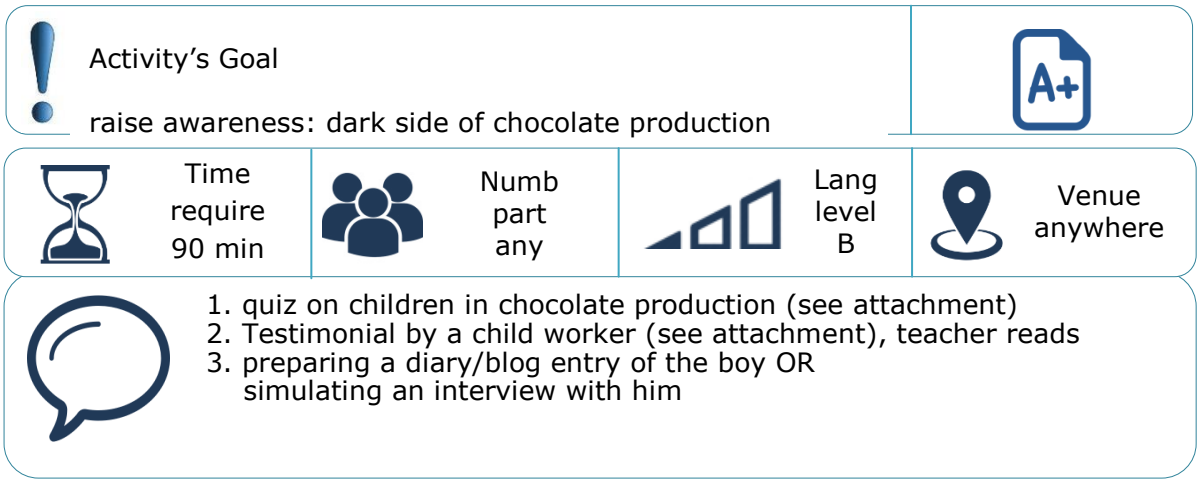
https://tinyurl.com/rt9oun

Activity description

Each student completes the survey individually. The results go to the teacher. He/She evaluates them and discusses the questions addressed with the students in a lesson.



Chocolate and Child Labour



Materials

Pen and paper, the quiz in sufficient copies and the solution (attachment)

Getting ready

apart from making copies, no preparation is necessary

Activity description

The students take the quiz individually. They compare their results and discuss them. Then the teacher presents the solution. Again they discuss what they find surprising/ frightening etc.

Next the teacher reads aloud the testimony of the boy working in the plantations. Then he hands out copies of the text. The students read it again for details.

Now they work in pairs. They decide whether they want to prepare a blog/ diary entry of a typical day of the boy, or whether they simulate an interview in which the boy presents his daily life and his working conditions to a boy from a rich country, who loves chocolate.

They present their results to the class (next lesson)

A follow-up exercise can be to prepare an exhibition about child labour in cocoa producing countries.

Quiz on chocolate production / child labour

1. Where is the most cocoa produced?

a. Portugal

b. Ivory Coast

c. Bresil

d. Ghana

2. Where do the cocoa pods grow?

a. on a bush

b. on a shrub

c. on a tree

3. How tall can a cocoa tree get?

a.12 m

b. 2 m

c. 4 m

4. Where on the tree do the pods grow?

a. at the top of the tree

b. on the branches

c. directly on the trunk

5. How much cocoa from Germany *(insert your own country!!)* **comes from the Ivory Coast and Ghana combined?**

a. 50 %

b. 75 %

c. 90 %

6. How many children between 5 and 17 in these two countries have to work in the cocoa harvest?*

a. 200.000

b. 23.000

c. 2.3 million

7. How many children get injured by cutting themselves during this work?

a. 10%

b. 25 %

c. 40 %

8. How long does a workday last on a plantation?

a. 8 hours

b. 10 hours

c. up to 15 hours

9. When is the cocoa harvested in the Ivory Coast?

a. October – March and May – August

b. all year round

c. in the summer months

10. How much chocolate do Germans (insert your own country!!) eat per capita per year?

a. 2 kg

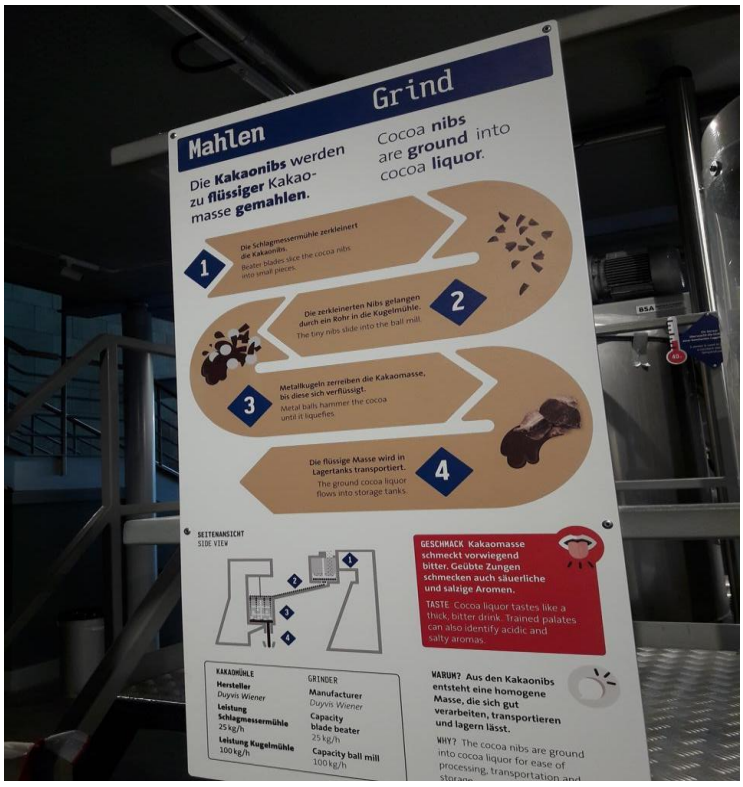
b. 7 kg

c. 11 kg

* inhabitants in these countries:

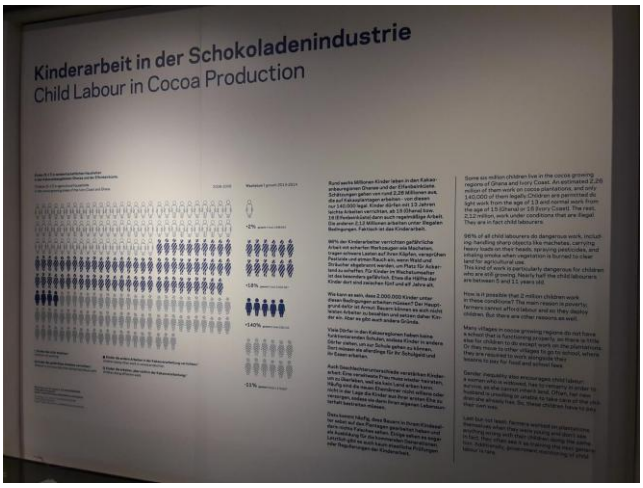
Ivory coast = 23 million

Ghana = 28 million



Child labour on a cocoa plantation

Report from a 16-year old boy from Mali:



We slept on the floor of a hut out of mud and straw. We were only allowed to leave the hut to work in the fields. The working hours were very hard, from dusk till dawn, and sometimes, when there was a full moon, even until 10 p.m.
We were promised wages, but they said that we had to pay back the cost of travel first.

I toiled there for two years without ever getting any money.
Children who refused to work were beaten with the motor belt of the tractor or burned with cigarette stubs. We got very little to eat: two bananas for lunch, which we ate without interrupting our work, and a corn meal soup for dinner.
Some children broke down from exhaustion. Those who got ill were taken away. We have never seen them again.
We had to harvest the cocoa fruits with machetes, but not everybody knew how to handle them, so there were often serious injuries. There was no doctor for us. We had to look after ourselves.
What happened to the harvested cocoa? I have no idea. I didn't realize they make chocolate out of it. I have never eaten chocolate in my life."

(*From a TV report: "Schmutzige Schokolade" (= dirty chocolate), channel: NDR, Germany)*

Exploring Fair Trade

Activity's Goal: Finding out about the extent of Fair Trade products in the students' countries			
6 – 8 lessons	class size; small groups	C	Fair-trade shops etc.
The students are to find out more about why fair trade is important, which products there are, where to buy it etc. They are also asked to find ways to promote fair trade among their peers.			

Materials

Internet

Getting ready

Invite Fair Trade shopkeepers or company officials for a speech or discussion OR arrange for a visit with the class to the Fair Trade venue.

Activity description

1. The students visit a Fair Trade Shop or company (or attend a speech by them at their school) and take notes on what they learn about the difference between fair trade products and "ordinary" products referring to

- quality
- price
- working conditions of the producers
- sustainability

If such a visit is not possible, they do research in groups about it.

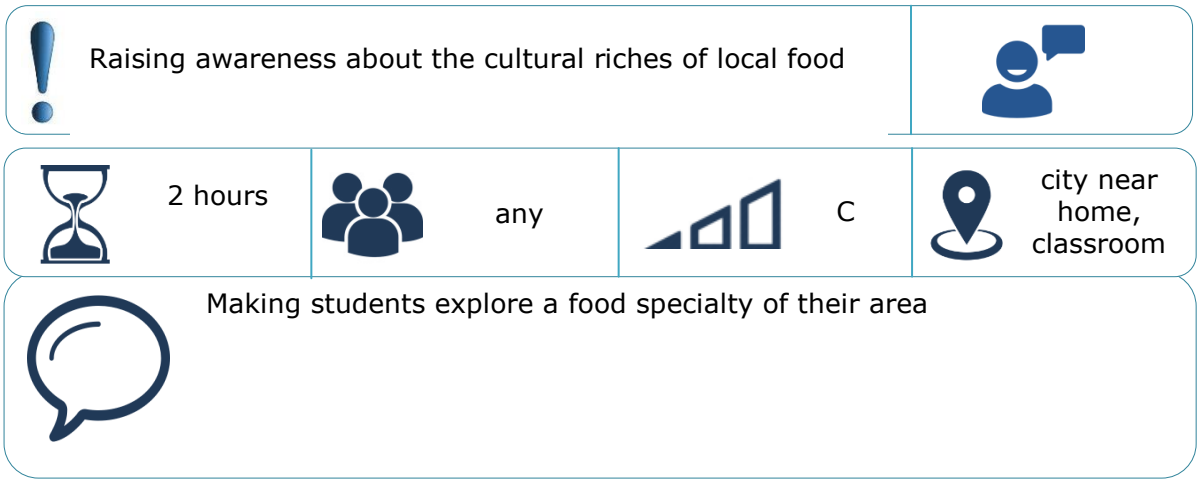
They sum up what they have found in posters to be hung in the school foyer.

2. They present the posters to other students in the foyer, along with samples of fair trade food, e.g. chocolate.
3. They make their fellow students fill in a questionnaire about fair trade products, the price they would be willing to pay and how they like the samples.

Note: this can be a follow-up activity to the "Child Labour in chocolate production" unit.



Discovering regional specialties



Materials

Table with categories and places

Getting ready

Prepare and copy the table for each group of students

Activity description

The students are to explore a typical regional food product that their area/ country is famous for (in Germany: Bread).

They go to the places where it is sold (Germany: Bakeries) and ask questions about favourite types, production process, etc.

They fill in the tables (see attachment as an example) in groups of up to 4 people and present the results to their class. This will help them appreciate the rich heritages represented by this food product.

<u>Follow-up activity:</u>

Make a survey in the street about people's favourite bread (Germany). Ask them how much they are willing to pay for good bread. Find out how many bake their own bread (% of people interrogated). Compare and discuss your results in class.

Bread in our area (German example)

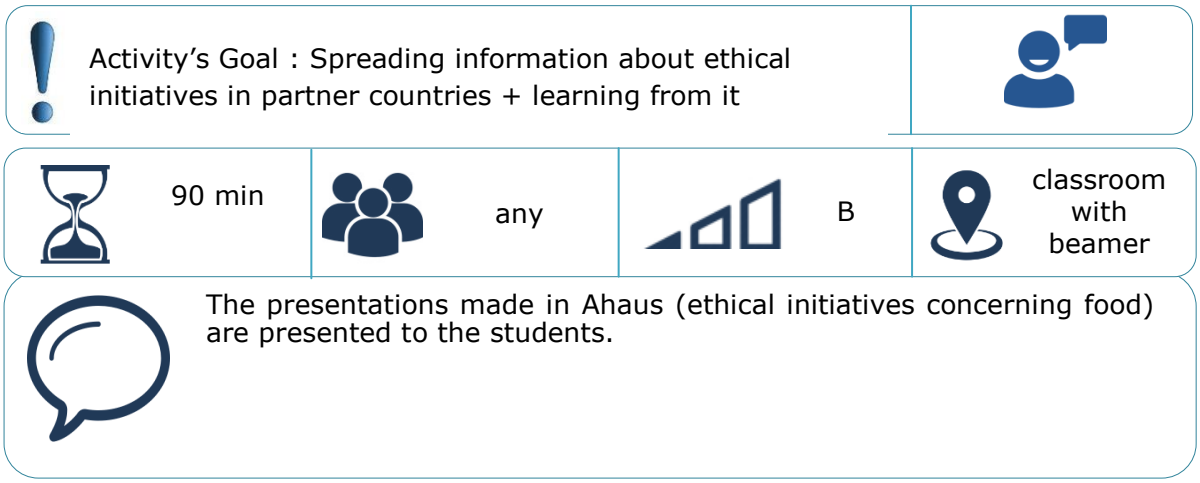
name of bakery	how many types of bread	most popular bread	ingredients used in their breads







Sharing European ethical initiatives



Materials

Power point presentations made available by the partner countries that did them in Ahaus (March 2020)

Getting ready

Getting the partners' presentations (Germany: Avoiding food waste; Power Point will be sent specially)

Activity description

The various Power Point presentations are shown to the students. They choose the activity they consider most convincing or effective.

Follow-up activity:

The students choose a field of food (ethical production, marketing, consumption, waste avoidance…) and prepare similar presentations on it. Again the others select the most convincing one. The initiator of the initiative can be contacted, if possible invited. A certificated made out by the students can be awarded to him/her.

Note: Feel free to add images to Materials, Getting ready and Activity description fields.

Promoting ethical eating

Activity's Goal: Raising awareness for the importance of paying attention to how we deal with food			
2 hours	class, groups of 3 - 4	B	classroom
The students create an "ethical food awareness week" for their schools. This can be the final activity after a week-long programme about various aspects of food and ethics.			

Materials

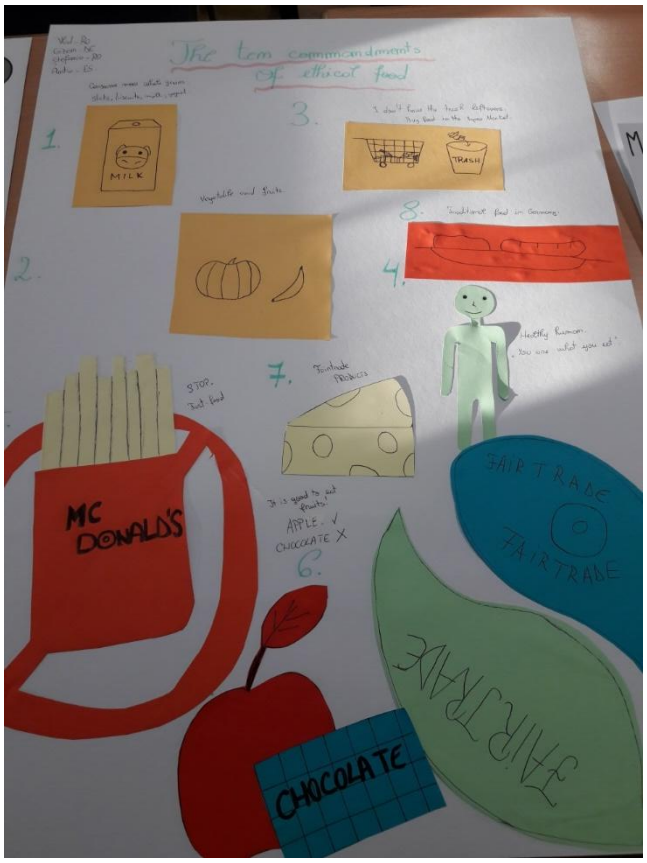
Posters, colourful pens and paper, power point

Getting ready

Organizing the materials (see above)

Activity description

In groups of up to 4 people, students think of the best way to promote ethical eating in their school. They should develop a plan for a project week on this issue, which includes various activities to get everyone involved in the concept of ethical eating.



The results are put on posters (see pictures) and presented in the school foyer – or to the principal in order to arrange a week like that in reality. It can also be a promotional film published in the school's network.

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FIOL
FOOD IN OUR LIVES
Food in our lives
Fiol-Food in our life
F I O L
Food in our live
E A T
R E A L
F O O D
Fol-Food in our lives
FIOL-Food in our lives
FIOL
Erasmus+
KEEP IT HEALTHY

FOOD IN OUR LIVES

A TASTE OF FOOD

2020

FIOL- FOOD IN OUR LIVES

We all consume FOOD every day, often without giving it much thought - yet it does so much more than just keep us alive. Since the EU announced 2018 as the YEAR OF EUROPEAN CULTURAL HERITAGE, the project team decided to aproach this topic from the point of view of food and gastronomy.

The decision by the U.N. Educational, Scientific and Cultural Organization (UNESCO) to include French food to a list celebrating the world's "intangible cultural heritage" (2010) reinforces the idea that food is part of a nation's culture (see https://de.france.fr/de/news/artikel/immaterielleswelt kulturerbe-frankreich).

There are similar examples of single dishes being enlisted on the UNESCO's list of immaterial heritage in other countries as well and there are more and more product awarded EU labels of PROTECTED GEOGRAPHICAL INDICATION, PROTECTED DESIGNATION OF ORIGIN or TRADITIONAL SPECIALITY GUARANTEED.(e.g. bread in Germany, see https://www.unesco.de/kultur/immaterielles-kulturerbe/bundesweites-verzeichnis/eintrag/deutschebrotkultur.html).

This is why, together with our students we decided to put an emphasis on traditional food in every country. We taste it during our mobilities and we look for recipes.
This book is the result of our students work.

Enjoy it!


WHAT DO THEY EAT IN
FRANCE
www.tasteatlas.com/france
tasteatlas
MIMOLETTE
BÊTISE DE CAMBRAI
GÂTEAU BATTU
FLAMICHE
BÉNÉDICTINE
PAIN D'ÉPICES
QUICHE LORRAINE
TRIPES À LA MODE DE CAEN
FICELLE PICARDE
MOULES DE BOUCHOT
POT-AU-FEU
MACARONS
CHAMPAGNE
CAMEMBERT DE NORMANDIE
MADELEINES
KOUIGN-AMANN
GALETTE DE BRETAGNE
BAGUETTE
TARTE FLAMBÉE
PÂTÉ DE CHARTRES
ANDOUILLETTE
SABLÉ
CHABLIS
TÊTE DE VEAU
CRÊPES
COINTREAU
TARTE TATIN
CHOUCROUTE GARNIE
FAR BRETON
RILLETTES DE TOURS
MOUTARDE DE DIJON
SAUCISSE DE MONTBÉLIARD
BRIOCHE VENDÉENNE
BEEF BOURGUIGNON
COMTÉ
SAUCISSE DE MORTEAU
SELLES-SUR CHER
CHABICHOU DU POITOU
COQ AU VIN
VICHYSSO-ISE
CHOCOLATE TRUFFLES
PÂTÉ AUX POMMES DE TERRE
MOUCLAD
COGNAC
REBLOCHON
CHARTREUSE
TRUFFADE
PICODON
TARTIFLETTE
CLAFOUTIS
CHAUMES
CANELÉ
GRATIN DAUPHINOIS
BOURRIDE
BORDEAUX
AÏOLI
CONFIT DE CANARD
ROQUEFORT
HUITRES ETANG DE THAU
DAUBE
DACQUOISE
RATATOUILLE
SALADE NIÇOISE
SAUCISSE DE TOULOUSE
CASSOULET
BOUILLABAISSE
TARTE TROPEZIENNE
PIPERADE
ALIGOT
BLANQUETTE DE LIMOUX
PÉLARDON
CAP CORSE MATTEI
BROCCIU CORSE

Quiche lorraine



Type of dish: Starter
Timing: 1h
Difficulty: easy

Ingredients:
200 g shortcrust pastry
200 g bacon
30 g butter
3 eggs
20 cl of fresh cream
20 cl of milk
Nutmeg
Salt
Pepper

Preparation:

Step 1: Preheat the oven to 180°C (thermostat 6). Roll out the dough in a mould.
Step 2: Prick it with a fork. Sprinkle with butter shavings.
Step 3: Brown the bacon in a frying pan.
Step 4: Beat the eggs, cream and milk.
Step 5: Add the bacon.
Step 6: Season with salt, pepper and nutmeg.
Step 7: Pour over the dough.
Step 8: Cook 45 to 50 min.
Step 9: It's ready to go.

Advice of preparation(tips): eat with salad



Flamiche au maroilles



Type of dish : Starter
Timing : 1h00
Difficulty : □ easy

Ingredients for 4 people :
180 g flour
4 tablespoons of milk
15 g baker's yeast
1 egg
80 g of butter
1/4 maroilles
1 small pot of fresh cream

Preparation :

Step 1: Pour the warm milk over the yeast in a ramekin.

Step 2 : Put the flour in a fountain, break the egg in the center, add a pinch of salt.

Step 3 : Pour the yeast, beat with a fork.

Step 4 : Add the melted butter little by little.

Step 5 : Keep beating until the dough comes off the dish.

Step 6 : Butter the meat pie, put the ball of dough in it.

Step 7 : Let stand for 1/2 hour near a heat source.

Step 8 : Spread the dough by hand in the pie dish.

Step 9 : Arrange the sliced Maroilles with cream and pepper.

Step 10 : Cooking time 20 minutes, thermostat 7 (210 ° C).

Link to tradition : eat with salad and drink beer

Carbonade flamande



Type of dish : main course
Timing : 3h30
Difficulty : easy

Ingredients for 4 people :

1 kg of lean beef for braising (chuck, roast, stand, etc ...)
1 tablespoon brown sugar
1 bouquet garni
1 liter of dark beer
400 g of onion
250 g whole smoked bacon
5 slices of gingerbread
30 g of butter
Salt
3 tablespoons mustard

Preparation :

Step 1 : Cut the meat into 2 to 3 centimeters cubes
Step 2 : Cut the onion coarsely and cut the bacon into large pieces of bacon.
Step 3 : Melt the butter and sweat the onions for 10 minutes
Step 4 : Add the bacon by increasing slightly the heat, stir regularly
Step 5 : Once the bacon is pink, remove all (except the juice) and set aside in a dish.
Step 6 : Put the fire to the maxi and put the meat in the casserole, stir.
Step 7 : the meat must be colored on all sides, it will eventually make a lot of juice. Remove the casserole from the heat, put the meat in a dish keeping the juice in the casserole
Step 8 : Dilute the brown sugar in the gravy and put on the heat thoroughly to reduce it by half.
Step 9 : Once reduced, heat the mini and put back the bacon-onions mixture by mixing it with the 'syrup', add the meat and re-mix, add the bouquet garni and cover with beer between (80 cl and 1 liter), salt very slightly.
Step 10 : Gently cover the whole surface with the mustard gingerbread. Simmer covered for 3 hours without stirring, until the gingerbread is melted (remove the bouquet after 1 hour or 2 max).
Step 11 : During 'simmering', adjust the seasoning if necessary.
Step 12 : If after three hours the juice is still too liquid, leave still. simmer, leaving the lid partly open, the sauce must be slightly sticky on the surface but very liquid underneath and must not burn at the bottom.

Advice of preparation(tips): he ideal is to prepare the day before or 2 days before (it's even better) and so to simmer in 2 times: - the first time simmer 1:30 to 2 hours cool and reserve cool (at this time, the preparation must be still very liquid). The next day, remove the surface fat film rejected by the bacon, and heat again at low heat for 1h30 to 2 hours by opening or not the lid depending on the thickness of the sauce.

Link to tradition : eat with french fries and accompanied by a glass of beer

Pork medallions with mushroom sauce



Type of dish : main course
Timing : 3h30
Difficulty : □ easy

Ingredients for 4 persons:
500g mushrooms
2 onions
800 g pork fillet
3 tablespoon oil
salt, pepper
½ teaspoon paprika powder
150 g crème fraiche
1 tablespoon vegetable broth (instant)
1 bunch of parsley

Preparation:

Step 1: Clean and cut mushrooms and onions. Wash and dry meat and cut into 12 slices.

Step 2 :Fry oil in a big pan. Fry medallions for 1 minute on each side. Add salt and pepper, remove.

Step 3: Add 1 spoon of oil to the fat in the pan. Fry onions and mushrooms for approx. 4 min.

Step 4: Season the mix with salt, pepper, paprika. Add 350 ml water, crème fraîche and broth, boil.

Step 5: Add meat to the sauce and cover up the pan. Keep simmering for 5 minutes. Season again.

Step 6: Prepare parsley, cut it up and stir it into the sauce. Eat with baguette if you like.



Poulet Basquaise



Type of dish: main course
Timing: 1h20
Difficulty: easy

Ingredients For 6 person

1 chicken cut into 6 pieces
1 kg of tomato
700 g pepper (green and red)
3 onions, minced
3 cloves of garlic
20 cl white wine
1 bouquet garni
6 tablespoons of olive oil
Salt
Pepper

Preparation:

Step 1: Chop the onion and garlic. Cut the tomatoes into pieces and cut the peppers into strips.

Step 2: Heat 4 tablespoons of oil in a casserole dish. Brown the onions, garlic and pepper. Leave to cook for 5 minutes.

Step 3: Add the tomatoes to the casserole, salt and pepper. Cover and simmer for 20 minutes.

Step 4: In a skillet, brown the salted and peppered chicken pieces in olive oil.

Step 5: When they are golden, add them to the vegetables, cover, add the bouquet garni and white wine and let's cook for 35 minutes.

Advice of preparation(tips): eat with rice

Confit duck



Type of dish: main course
Timing: 150 MIN
Difficulty: easy

Ingredients for 6 people :
6 cumin seeds
12 coriander seeds
3 juniper berries
50g flaky sea salt
6 duck leg and thigh joints
1 small bunch thyme
1 rosemarybranch
1 unpeeled garlic clove, sliced, plus 1 whole garlic bulb, halved
about 500g goose or duckfat, or enough to totally submerge the duck legs
2 bay leaves
1 tsp black peppercorns

Preparation:

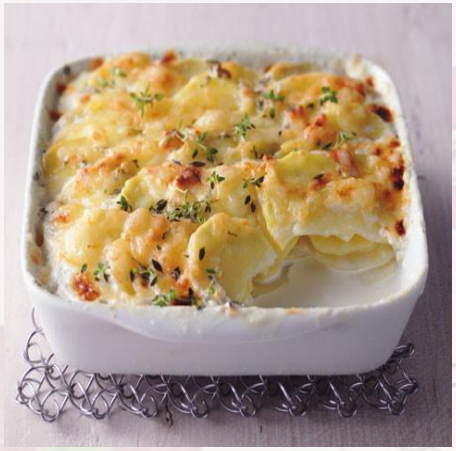
Step 1: The day before cooking, put the cumin and coriander seeds in : a dry pan and toast until they are slightly coloured and aromatic. Remove to a board and crush them with the blade of a knife. Crush the juniper berries and mix with the spices and the salt. Rub the mixture over the duck, scatter with thyme, rosemary and sliced garlic and chill for 24 hrs, turning two or three times as they marinate.

Step 2: Next day, heat oven to 150C/130C fan/ gas 2. Wipe the duck with kitchen paper and pat dry, but don't wash off the marinade. (The salt extracts the water from the meat cells, which will be reinflated with fat as the duck cooks gently. If you wash it, you will simply reinflate the cells with water.)

Step3: Put the duck in a cast-iron casserole and cover with the goose fat or duck fat. Add the bay leaves and peppercorns and cook for about 2½ hrs, or until the meat is almost falling away from the bone. You can store the duck very simply by placing it in a pudding bowl, covering it with the fat and keeping it in the fridge: as long as it stays covered with fat it will last for weeks.

Step 4: To cook, remove the confit duck legs from their fat. Put an ovenproof frying pan on the stove until it is hot. Add the duck legs, skin-side down, and cook for 4 mins. Turn the legs and transfer the pan to the oven for 30 mins, until crisp.

Potato Gratin



Type of dish: side dish
Timing: 150 MIN
Difficulty: easy

Ingredients (4 people):

250 ml. milk
250 ml cream
salt, pepper
ground nutmeg
800 g potatoes
0.5 clove of garlic
50 gr grated Emmental cheese
2 teaspoons butter flakes

Preparation:

Step 1: Pour milk and cream into a pot. Boil until the quantity is down to 2/3.

Step 2: Rub an ovenproof dish with the clove of garlic. Butter the dish. Fill in the peeled and thinly sliced potatoes in a roof tile pattern.

Step 3: Strew the Emmental cheese on top and add the butter flakes.

Step 4: Cook in the middle part of the oven at 200 °C for 30 – 35 min. If cheese gets too dark, cover up.

Vegetables



Preparation:

Wrap 6 pods of beans each in a slice of bacon. Fry in a pan or grill until slightly brown.

Type of dish: side dish
Timing: 20 MIN
Difficulty: easy

The dish tastes good with vegetables like cauliflower, broccoli or carrots.
Another favourite is: **Beans with bacon**.

Ingredients for 4 persons:
1 tin of green beans
12 slices of bacon
oil for the pan



Fondant au chocolat



Type of dish: Dessert
Timing:
Preparation time: 35 minutes
Cooking time: 20 minutes
Difficulty: easy

Ingredients for 8 persons

200 g baking chocolate
100 g sweet butter
100 g caster sugar
5 eggs
4 tablespoons flour

Preparation:

Step 1: Preheat the oven to 180°C (thermostat 6). Melt the chocolate and butter in a double boiler over low heat, or in the microwave on the "defrost" program.

Step 2: Meanwhile, separate the yolks from the egg whites.

Step 3: Whip the egg whites until stiff. Book.

Step 4: When the chocolate and butter mixture is melted, add the egg yolks and whisk.

Step 5: Stir in the sugar and flour, then add the egg whites without breaking them.

Step 6: Butter and flour a pan and pour in the cake batter.

Step 7: Bake for 20 minutes.

Step 8: When the cake is baked, let it cool before baking.

Moelleux aux spéculoos



Type of dish: Dessert
Timing:
Preparation time: 40 minutes
Cooking time: 20 minutes
Freezing: 2 hours
Rest time: 1 hour
Difficulty: easy

Ingredients for 6 persons

→ glaze:
200g speculoos
50g butter
9cl milk
60g glucose syrup
100g white chocolate
→ cupcake:
50g butter
60g sugar
3 eggs
3 tablespoons liquid cream
150g flour
½ baking soda
pinch of salt

Preparation:
Step 1: Crush speculoos with a blender, then add butter.

Step 2: In a pan heat milk and glucose syrup. Then pour the milk on the white chocolate.

Step 3: Mix until the pastry is homogeneous.

Step 4: Add this mix to speculoos and mix it well.

Step 5: Fill 6 mold with and put it into the freezer for 2 hours. Save the other part of the pastry.

Step 6: Mix 180g of the pastry with butter and sugar. Add eggs one by one, cream, flour slowly, baking soda and salt.

Step 7: Put that in smaller mold and let it rest 1 hour.

Step 8: Put smaller pastry into bigger pastry and put into the oven for 20 minutes at 200°C (th 6-7).



CH'TIRAMISU



Type of dish: Dessert
Timing:
Cooking time: 20 minutes
Rest time: 24 hours
Difficulty: easy

Ingredients for 6 :
3 eggs

70g of sugar

300 g of mascarpone

2 soup spoon of liquid chicory

200g of spéculoos

Preparation:

Step 1: Separate the egg yolks of the whites. Beat the egg yolks white the sugar until the mixture clears,then,add the mascarpone and chicory, and whip again 2 minutes

Step 2: Take up whites in snow and stirn in the previous preparation

Step 3: Fill the glass cups by alternating the cream and speculoos, starting by speculoos and finish by cream.

Step 4: Let stand during 24 hours in the fridge

Recipe of the sugar tart - "tarte au sucre'



Type of dish: Dessert
Timing: 80 min
Difficulty: easy

Ingredients for 4 persons:
4 eggs
400g of flour
2 bag/sachets of yeast
100g skimmed milk
200g of sunflower oil
1 pinch of salt

Filling/ side dish :
200g of brown sugar
12 soup spoon of skimmed milk
40g of butter

Preparation:

Step1: Dilute the yeast on two soup spoon of hot milk.

Step 2: Mix the flour sift , salt and beatten eggs .

Step 3: Knead 10 - 15 minutes.

Step 4: Add oil in two times and knead again.

Step 5: Let it rise 45 under a water bath/ double bowlers on the oven 50°C.

Step 6: Butter the dish, then put the pastry.

Step 7: Filling the dough with brown sugar and bake 20 minutes thermostat 6.

Step 8: Add 6 soup spoon of milk sur chaque tarte et 20 g of small chuck butter, bake 10 minutes.

Step 9: Let cool

CHICORY SHORTBREAD- "Sablés a la chicore



Type of dish: Dessert
Timing:
Preparing: 20 min
Resting: 1 hour
Cooking: 15 min
Difficulty: easy

Ingredients for 40 pieces
260g four
40g almond pouder
120g sugar
150g butter
1 egg yolk
2 tablespoons of liquid chicory
20g sugar
1 pinch of salt

Preparation:

Step 1: Mix flour, almond pouder, sugar, pinch of salt.

Step 2: Make a well and put the diced butter.

Step 3: Mix with a fork, then make sand by rubbing the pastry with your hands.

Step 4: Add egg yolk and chicory and mix to form a non sticky ball.

Step 5: Wrap in clingfilm et let it rest 1 hour in fridge.

Step 6: Preheat the oven at 160°C (th 5-6).

Step 7: Spread the pastry on sulphurized paper and cut the shortbread with a cookie cutter.

Step 8: Place it on a baking tray covered by sulphurized paper.

Step 9: Let space between each shortbread because it will rise.

Step 10: Sprinkle sugar on top et put into the oven for 15 minutes.

Step 11: After that let it cold before unstick.

Libouli tart



Type of dish: Dessert

Timing:

Preparation time: 1 hour

Rest time: 1 hour and 10 minutes

Cooking time: 45 minutes

Difficulty: □ □ medium

Ingredients for 8 person

→ For the pastry:

10g fresh yeast

10cl milk

250g flour

1 egg

60g butter

1 egg yolk

½ teaspoon of salt

→ For the cream:

3 eggs

100g sugar

50g cornflour

60cl milk

1 vanilla bean

1 tablespoon of apple jam

Preparation:

→ For the pastry:

Step 1: Blend the fresh yeast with 3 teaspoon of warm milk and let it stand 10 minutes.

Step 2: Make a well with the flour, make inside the egg, the melted butter, the salt and the fresh yeast. Blend, add milk and knead the pastry.

Step 3: Let the pastry stand 1 hour with a towel on.

→ For the cream:

Step 4: Whisk eggs and half of suggar, then add cornflour.

Step 5: In a saucepan warm milk, rest of suggar and vanilla bean (cut in 2 parts). Bring it to the boil. Add the first mix outside the fire.

Step 6: Get it thicker and blend. Then pour it in a salad bowl and let it stand.

Step 7: Spread pastry in a pie dish butteried. Glaze pastry with egg yolk and pour cream. With the rest make a grid and glaze with egg yolk.

Step 8: Put into an oven 30 minutes at 210°C (th 7).

Step 9: When this time is finish, let it stand and glaze with apple jelly.



PANNA COTTA AUX BÊTISES DE CAMBRAI



Type of dish: Dessert
Timing:
Preparation time: 15 min
Rest time: 2 hours
Difficulty: easy

Ingredients for 4 :
8 limp caramel
4 soup spoon of thick cream
10 bêtises de Cambrai (candy)
16 cl of milk
30 cl of liquid cream
2 leaves of gelatine

Preparation:

Step 1: Put the caramel and the liquid cream on a bowl, melt in the microwave 30 seconds, mix , then replace on microwave 15 seconds if it's necessary.

Step 2: Pour the caramel sauce at the bottom of the glass cups and put in the fridge.

Step 3: Crush the betise de cambrai with a rolling pin.

Step 4: In a saucepan, mix the milk and fleurette cream, then, add the bêtise de cambrai (candy).

Step 5: Bring to a boil,then turn down the heat and mix until there are no more pieces of candy. Add the gelatine softened in the cold water and dewatered.

Step 6: Let cool and, before the gelation, pour the panna cotta on the glass cups. Put on the fridge during 2 hours.




FOOD MAP OF GERMANY
THE BEST DISHES OF EACH REGION
BIRNEN, BOHNEN, SPECK
MATJESFILET MIT SPECKSTIPPE
LABSKAUS
QUARK MIT LEINÖL UND KARTOFFELN
BREMER KNIPP
PINKEL MIT GRÜNKOHL
LINSENEINTOPF
CURRYWURST
PFEFFERPOTTHAST
QUARKKEULCHEN
SPECKKUCHEN
THÜRINGER ROSTBRATWURST
SAUERBRATEN
DIBBELABBES
MAULTASCHEN
WEIßWURST MIT BREZEL
SCHWARZWÄLDER KIRSCHTORTE

Hochzeitssuppe (Wedding Soup)



Type of dish:Starter
Timing:
Preparation time: 15 min
Rest time: 3 hours
Difficulty: easy

Ingredients (6 – 8 people):
2 onions
1,3 kg beef (rib, breast)
salt, pepper grains
soup greens (bunch of vegetables incl. carrot, celery root and leek)
2 eggs (for eggs royale)
1/8 l milk
ground nutmeg
500g white asparagus
200 g frozen peas
2 fine bratwursts (for sausage meat balls)
1 bunch of parsley



Preparation:

Step 1: slice onions and cut into cubes. With the meat, put into 3 l of water. Add some salt and pepper, and let it simmer for 2,5 hours.

Step 2: Wash and cut up the vegetables for the greens and add them to the soup.

Step 3: For egg royale, stir eggs. Fill greased cups 2/3 with the egg liquid. Close with aluminum foil. Put the cups into a put; 2/3 of the cups must be under water. Boil at low heat for 30 – 35 min. Then turn the egg royale out of the cups and cut it into cubes.

Step 4: Clean and peel the asparagus and cut it into pieces; likewise one carrot.

Step 5: Take the meat out of the pot. Pour the soup through a sieve into another big pot. Heat it up,add asparagus and carrot and let it simmer for 10 – 12 min.At the same time, cut the meat into cubes.

Step 6: Form the bratwurst mass into small balls. With the peas, add them to the soup and let simmer for 5 minutes.

Step 7: Add the meat cubes and the egg royale, heat it up, and serve it with sliced parsley.

This is a traditional soup as a starter for a wedding dinner, but it is also popular as a Sunday dish. Our young students chose it, so it is traditional, but not old-fashioned!!

German Potato Salad



Type of dish: Side dish
Timing: 45 minutes
Difficulty: easy

Ingredients for 4 persons:

900 g red potatoes
1 teaspoon salt, for boiling the potatoes
360 g bacon
1/3 cup apple cider vinegar
3 tablespoons sugar
1 tablespoon Dijon mustard
1/2 teaspoon salt
Freshly ground black pepper
1 tablespoon minced fresh garlic, about 3 large cloves
1/2 cup chopped fresh parsley



Preparation:

Step 1: Scrub the potatoes and cut any large potatoes so that all of the potatoes are approximately equally sized. Place the potatoes in a large pot and cover with cold water. Bring to a boil and stir in 1 teaspoon of salt. Reduce heat and simmer the potatoes for 15 to 20 minutes or until tender when stabbed with a fork. Drain the water. Leaving the potatoes in the pot, return the pot to the still-hot (but turned off) burner. Leave the lid off of the pot and allow the potatoes to steam dry for a couple minutes.

Step 2: Set another large pot over medium heat and, using kitchen shears, cut the bacon strips into approximately 1-inch pieces directly into the pot. Cook the bacon, stirring occasionally, until crispy. While the bacon is cooking, cut the potatoes into 1/2-inch thick slices, cutting any extremely large slices in half. Set aside. Once the bacon is done, remove the pot from the stove and use a slotted spoon to remove the bacon pieces to a plate or bowl while leaving the bacon grease in the pot (I had about 1/4 cup).

Step 3: Slowly and carefully add vinegar, sugar, Dijon, salt, and pepper to the pot of bacon grease. Place the pot back on the burner, bring the mixture to a simmer, and stir for a couple of minutes. Stir the minced garlic into the mixture and cook for 30 seconds to 1 minute, until the garlic starts to turn a light golden. Remove the pot from the heat and toss in the sliced potatoes, gently mixing until potatoes have absorbed all of the liquid. Carefully fold in the cooked bacon pieces and chopped parsley. Transfer the potato salad to a serving dish and serve hot or warm. Potato salad should not sit at room temperature for more than two hours before refrigerating any leftovers.

HOMEMADE GERMAN SPAETZLE



Type of dish: Side dish
Timing: 30 minutes
Difficulty: easy

Ingredients:
4 eggs
1/3 cup milk
2 teaspoons salt
2 cups all-purpose flour
4 Tablespoons unsalted butter
1 teaspoon white pepper
1/4 teaspoon nutmeg



Preparation:

Step 1: In a medium bowl, whisk together the eggs, milk, and salt. Add in the flour and stir until well combined.

Step 2: Bring a large pot of salted water to a boil over high heat. Place your spaetzle maker over the top, then pour half of the batter into the cup of the device. Quickly slide the cup back and forth to allow the batter to drop through. Repeat with second half of batter, working quickly, until all the batter is cooking in the pot.

Step 3: Set the spaetzle maker aside and give the dumplings a good stir in the pot. Let them cook for 1 to 2 minutes, until floating on the surface. Remove with a slotted spoon and place in a large bowl. Toss with butter and spices. Serve warm.

This Homemade German Spaetzle recipe shows you how to make these delicious, German egg noodle dumplings. They are the perfect side dish to go with all your Bavarian favorites!

Pork Schnitzel Recipe



Type of dish: main dish
Timing:
Preparation time: 15 minutes
Cooking: 20 minutes
Difficulty: easy

Ingredients for 4 persons:
900 g boneless pork chops
1/3 cup all-purpose flour
1 Tbsp garlic salt (or sub with equal parts salt and garlic powder)
1/2 tsp paprika
1/2 tsp black pepper, freshly ground
3 large eggs
2 cups panko bread crumbs
Olive oil, canola oil or any high heat cooking oil to saute
Lemon wedges to serve (don't skip the lemons!)



Preparation:

Step 1: Trim pork chops of fat and slice into 1/2"-thick cutlets (*I used 3 large Costco-sized pork chops and after slicing ended up with 9 pieces*). Line a cutting board with **plastic wrap**, place cutlets in a single layer on cutting board and cover with plastic wrap (this prevents splatter). Pound cutlets with a **meat mallet** or the back of a heavy saucepan, until 1/4" to 1/8" thick.

Step 2: Set up three bowls. In the first combine 1/3 cup flour, 1 Tbsp garlic salt, 1/2 tsp paprika and 1/2 tsp pepper. In the second, use a fork to beat 3 eggs. In the third bowl, add 2 cups **panko crumbs**.

Step 3: Dredge both sides of each pounded cutlet in flour then dip in beaten egg letting excess egg drip back into the bowl before breading in panko crumbs. It helps to use a fork for the dipping process to keep your hands clean. Repeat with remaining cutlets.

Step 4: Once all cutlets are breaded, heat a large non-stick pan over medium heat and add enough oil to cover the bottom of the pan. Once oil is hot, add breaded cutlets a few at a time and sauté 3-4 minutes per side or until cooked through. Reduce heat if cutlets are browning too quickly. Remove to a paper towel lined plate. Cut into one to double check doneness – juices should run clear. Serve right away with lemon wedges.

Sauerbraten



Type of dish: Main course
Timing:3 hours

Difficulty: medium

Ingredients for 8-10 persons:

2 bay leaves, 1 teaspoon whole black peppercorns
1 teaspoon dried juniper berries
8 whole cloves, 1 cup (240ml) red wine vinegar
3 cups (720ml) low sodium beef broth (gluten-free, if necessary), 2 teaspoons fine sea salt
1 boneless beef round rump roast, 1.8-2kg
2 medium onions, sliced/ 2 stalks of celery, sliced
1 carrot, sliced
2 tablespoons oil
2 slices pumpernickel bread – or *gluten-free whole grain bread
½ cup (65gms) raisins, 1 additional teaspoon salt
½ teaspoon ground black pepper, ½ cup (120ml) dry red wine
1/3 cup (45gms) flour – or *sweet rice flour* for gluten-free
2 tablespoons sugar, 1 teaspoon powdered ginger



Preparation:

Step 1: Pile the bay leaves, peppercorns, cloves, and juniper berries or of the cheesecloth square. Gather up the corners and tie the s the folds, making a tidy bundle.

Step 2: In a saucepan, combine the red wine vinegar, beef broth, 2 teaspoons salt, and spice bundle. Bring to a boil, then cool to room temperature.

Step 3: Place a handful of the sliced onions, carrots, and celery into a large, heavy-duty plastic bag set in a large bowl (to catch any overflow should the bag leak). Add the beef roast and the rest of the vegetables. Pour over the marinade (including the spice bundle), and seal with a twist-tie or the zip top of the bag, trying to keep out any air, if possible, without the marinade spilling out as you close up the bag.

Step 4: Place the bag (still in the bowl) in the refrigerator and leave to marinate for 3 to 5 days, turning the bag daily.

Step 5: About 4 hours before you wish to serve the *Sauerbraten*, remove the roast from the bag, discard the spice bundle, and reserve the marinade and vegetables.

Step 6: Heat the oil over medium-high heat in a Dutch oven or heavy-bottomed large saucepan. Pat the roast dry with paper towels, and brown it on all sides in the hot oil. This should take 10 to 12 minutes.

Step 7: Scoop out the vegetables from the reserved marinade and add them around the roast in the Dutch oven. Pour 3 cups of the marinade over the roast and vegetables. (Discard the remaining marinade.) Bring the roast and marinade to a boil, then reduce heat to low, cover, and simmer for 2½ to 3 hours, turning the meat occasionally, until it feels very tender when pierced with the tip of a knife. Alternately, you can cook the *Sauerbraten* in a 325°F/170°C oven (bring it to a boil on the stovetop first.) If necessary, top up the liquid with water to keep it at about the level you started with.

Step 8: Crumble or tear the pumpernickel or gluten-free wholegrain bread into small pieces and add it, along with the raisins, 1 teaspoon salt, and ½ teaspoon pepper, to the vegetables around the roast. Cover and simmer for 30 minutes more. Remove the meat to a cutting board and tent it with foil to keep warm. With a slotted spoon or strainer, remove the vegetables, raisins, and bread crumbles to a covered saucepan to keep warm. Pour the liquid from the *Sauerbraten* into another container, then strain 3 cups of it through a fine-meshed sieve back into the Dutch oven. Discard the rest or save it for soup. If you have less than 3 cups of liquid, add water to make up the difference.

Step 9: Whisk together the red wine, flour, sugar, and ginger, and stir this into the liquid in the Dutch oven. Cook and stir until thickened and bubbly. Taste for seasoning and add more salt or pepper if needed. Cook and stir for two minutes more. Thin the gravy with a bit of additional beef broth or water if it is too thick.

To serve, slice the meat and place it onto a platter, spoon the vegetables around it, and pour a bit of gravy over the meat. You can also serve the vegetables on the side separately. Serve the remaining gravy on the side.

Serve the *Sauerbraten* with cooked noodles, spätzle, potato dumplings, or mashed potatoes.

Oma's Old-Fashioned Rouladen



Type of dish: Main course
Timing: 2,5 hours
Difficulty: medium

Ingredients for 8-10 persons:
10 strips of chuck roast cut thin, approximately
15-20 strips of bacon
yellow mustard
sea salt
freshly ground pepper
1 large onion, cut in half and sliced very thin
vegetable oil
water, divided
sour cream, optional
1/4 cup all purpose flour (or cornstarch for a gluten-free option)



Preparation:

Step 1: Take a strip of chuck roast. It should be about 1/4 inch thick. If it is too thick, pound it down to the correct thickness. Spread the meat with a thin layer of mustard, then sprinkle with pepper and salt (go easy on the salt). Put a strip or two of bacon on the meat. This depends on how wide your meat is. You don't want the bacon to stick out the side. Cover that with a thin layer of sliced onions.

Step 2: Put about 2-3 tablespoons of oil in the bottom of a heavy sauté pan. When the oil is hot, add the rouladen, and cook, turning as necessary, until it is very brown on all sides. This takes about 22-28 minutes. When the meat is very very brown all over, place them in a large dutch oven.

Step 3: Bring to a boil on the stove top, then reduce heat, cover and simmer very low for 1 1/2 hours. After the meat is tender, remove it to a plate covered with foil to stay warm.

Step 4: Whisk together 1/4 cups flour and 1/4 cup water until smooth. This mixture will be the consistency of cream. Turn the heat off on the pot and add about 1/2 this mixture to the pan juices whisking until it is incorporated. Then turn the heat back on and simmer until it thickens. Just before serving, mix in approximately 1/4 cup of sour cream (optional). Taste for seasoning.

Cut the string off the rouladen and place one on each plate. Cover with a generous portion of the gravy. Serve with potatoes or pasta and something that once grew in the ground. I choose broccoli, but Oma prefers to serve with corn.

Kartoffelpuffer: German Potato Pancakes



Type of dish: Side dish
Timing: 45 minutes
Difficulty: easy

Ingredients:
3 russet potatoes
1 large onion
3 eggs, beaten
1 teaspoon salt
Optional: 1/3 cup flour or potato starch
Canola oil
Applesauce



Preparation:

Step 1: Peel and grate the potatoes and onion and place in a strainer since they will be very watery. Let them sit for about 10 minutes. You could also ring them out in a paper towel if you are in a rush. It is okay if they are still watery. I have skipped this step all together a couple of times when I was in a real rush. Transfer the potato and onion mixture to a bowl and mix in the salt and eggs. If using the flour, mix that in too. Set aside.

Step 2: Heat a skillet with oil (roughly 1/4 cup). Take a scoop of the mixture (I just use my hands) and form a little disk, roughly 2 - 3 inches in diameter, and flatten. Plop 3 - 4 of the pancakes at a time into the oil. Cook for a few minutes until golden brown and then flip to cook the other side. Each side will take roughly 3 minutes. Continue until all of the mixture is gone. You may need to add a little more oil in between batches.

Step 3: Remove the pancakes from the skillet and let dry on a paper towel lined baking sheet to help drain some of the oil. Serve warm with applesauce, or enjoy plain!

German Sauerkraut



Type of dish: Side dish
Timing:
Preparation time: 30 min
Rest time: 10-20 days
Difficulty: easy

Ingredients for 1 .5 liters sauerkraut
135 g of green cabbage
2 Tbsp pickling salt
1 carrot



Preparation:

Step 1: Shred the carrot and cabbage.

Step 2: Mix in the pickling salt.

Step 3: Pound the cabbage mixture until there is about 1 inch of liquid cover the cabbage when it's pressed down.

Step 4: Weight the cabbage to submerge it in the brine, and store in a cool, dark area for 10 to 20 days to ferment.

Step 5: Check the cabbage daily to asses fermentation and remove any possible mold growth.

Store fermented sauerkraut in mason jars in the fridge for up to 3 months after fermentation is complete.

DUTCH BABY PANCAKE



Type of dish: Dessert

Timing:
Preparation time: 10 minutes
Cook time: 20 minutes
Difficulty: easy

Ingredients:
1/4 cup butter
8 eggs
1 cup milk
1/2 teaspoon vanilla
1 cup flour
1/2 teaspoon salt



Preparation:

Step 1: Preheat oven to 400 degrees.

Step 2: Place butter in a large cast iron skillet, or 9 by 13 baking dish, and melt for a few minutes in the hot oven. Be careful not to let it burn.

Step 3: Beat eggs until frothy, then whisk in milk and vanilla. I use my whisk attachment on my Kitchenaid Mixer.

Step 4: Gradually add flour and salt. Mix until well combined.

Step 5: Remove skillet with melted butter from the oven and pour dutch baby batter over the butter.

Step 6: Return to oven for about 15 minutes. The dutch baby will puff up and the edges and top will be golden brown.

Cut and serve immediately with strawberries, powdered sugar, whipped cream, or maple syrup.

Herrencreme (Gentlemen's cream)





Type of dish: Dessert
Timing: 30 minutes
Difficulty: □ easy

Ingredients (6 people):
½ l milk
1 package of vanilla pudding powder
50 g sugar
1 small glass of rum (0,1 cl)
100 g chocolate, 70% cocoa
200 ml cream



Preparation:

Step 1: Prepare the vanilla pudding with the milk and sugar according to the instructions on the packet. Let it cool off. In order to avoid a "skin" on the cream, cover it up with clingwrap while cooling.

Step 2: Cut the chocolat into small, but irregular chunks. Add it to the cold vanilla pudding, along with the rum. Whip the cream and stir it carefully under the vanilla cream. Decorate with whipped cream.

PS: Some like this delicious dessert even better with a sauce made from preserved cherries!

GERMAN SOFT PRETZELS



Type of dish: Dessert
Timing: 120 MIN
Difficulty: □ □ □ difficult

Ingredients for 6 people
2 cups warm water
2 (1/4 ounce) packages rapid-rise yeast
2 tablespoons Barley Malt Syrup
6 1/2 cups bread flour
2 tablespoons coarse salt
1/2 cup (1 stick) cold butter, cut into small pieces
8 cups water
1/2 cup baking soda
1/4 cup dark brown sugar
1/2 cup pale ale beer
Pretzel salt for sprinkling



Preparation:

Step 1: In a mixing bowl, combine the warm water, the yeast ana the Barley malt syrup. Let it proof for 10 minutes or until foamy.In the bowl of your stand mixer, combine the flour and the salt. Add the pieces of butter and, using your fingers, work the butter into the flour until it resembles coarse sand.Pour the yeast mixture into the flour/butter mixture and mix everything until a shaggy dough is formed and water is absorbed.Bring the bowl to the stand mixer fitted with the dough hook and mix on medium speed until the dough is smooth and elastic, about 6 minutes

Step 2: Cover the bowl with a damp towel and let the dough rest and rise in a warm spot for 2 hours or until doubled in size. Pre heat oven to 450 degrees.

Step 3: Roll the dough out into a large (14-by-12-inch) rectangle and cut it into twelve 12-inch-long strips, about 1 inch wide.Roll out each piece into a 30 to 33 inch long rope (starting from the center and working toward the ends. To form the pretzels, make a "U" shape with the rope and cross the ends over, pinching at the bottom of the "U"

Step 4: Prepare 2 (or 3) large baking sheets by spraying them with nonstick cooking spray.

Step 5: In a large pot, over medium high heat, combine 8 cups of water, the baking soda, beer and brown sugar. Bring to a boil and then reduce to a simmer.Boil the pretzels, one at a time, for about 30 seconds or until they float.

Step 6: Transfer the boiled pretzels to the prepared baking sheet using a perforated spatula. Repeat with remaining pretzels. Sprinkle the pretzels with pretzel salt

Step 7: Bake the pretzels for 5 minutes, then rotate the baking sheet and continue baking for 5-8 more minutes or until the pretzels get to a deep dark brown color.

Remove them from oven and let them cool slightly on a wire rack before serving.



Eggplant salad-salata de vinete



Type of dish: Starter
Timing:30 MIN
Difficulty: easy

Ingredients for 4 people
- 3-4 large eggplants,
- 1 onion,
- 8-10 spoonfulls of oil,
- Salt

Preparation:

Step 1: Bake the eggplants than peel and drain them.

Step 2: Chop them on a wooden cutting board with a wooden cleaver and put into a bowl.

Step 3: Add to the eggplant the chopped onion and salt. Mix well.

Step 4: Add oil a little bit at a time, all the while stirring rapidly until the mixture attains the consistence of mayonnaise.

Advice of preparation(tips):
Peel the eggplants while they are hot. You can mix them with the blender too but they will not be so tasty. You can add, if you like ,chopped garlic and/or mayonnaise.

Link to tradition:
This is a very traditional meal. Rich and poor used to prepare and eat it especially in summer and autumn. It can be hardly found in some other European countries.

Been Dip- Fasole batuta





Type of dish: Starter
Timing:1 h, 30 MIN
Difficulty: easy

Ingredients for 4 people
A pot of beans (1/2 kilo)
2-3 large onions
Oil
Garlic

Preparation:

Step 1: Boil a pot of dried beans until very well done, Then dry them.

Step 2: Put into a large bowl and mash them adding a bit of oil from time to time.

Step 3: Mince some garlic and mix.

Step 4: Fried the onion in oil and serve together with the beans

Advice of preparation(tips):
It is better to change ones the water in which you boil the beans.

Link to tradition:
This is a very traditional meal. Rich and poor used to prepare and eat it especially in winter period of feast. It can be hardly found in some other European countries.

Classic Deviled Egg Recipe





Type of dish: Starter
Timing: 45 minutes
Difficulty: easy

Ingredients for 6 persons:
12 eggs
2 teaspoons horseradish mustard
2-3 tablespoons mayonnaise
half large onion
a pinch of salt
ground black pepper

Preparation:

Step 1: Put the eggs in a pot with cold water.
Step 2: Bring the water to boil, then make it simmer for at least 20 minutes.
Step 3: Drain the water and put the eggs under cold running water for 2-3 minutes.
Step 4: Peel the eggs and cut them along the longest diameter.
Step 5: Pop out the yolks and put them in a bowl, then mash them with a fork.
Step 6: Mix the mashed yolks with the mayonnaise until the mixture becomes creamy.
Step 7: Add the grated onion paste (you can use a chopping machine on the finest setting) and season with the horseradish mustard, salt and ground black pepper.
Step 8: Fill each half of the white shell with the creamy mixture.
Step 9: Use parsley leaves for decorating the eggs.

Advice of preparation(tips):
Another popular version of deviled egg recipe in Romania, uses a slightly different creamy filling that incorporates finely chopped ham. Filling ingredients: mashed yolks, mayonnaise, horseradish mustard, salt, ground black pepper, grated onion paste and finely chopped ham.

ROASTED EGGPLANT AND PEPPER SPREAD



Type of dish: Starter
Timing: 2 hours
Difficulty: medium

Ingredients

2 medium eggplants (aubergines)
3 medium red bell peppers
1 Serrano chili pepper (optional - for a spicier sauce)
1 large white onion, diced
500 ml crushed tomatoes
1 tablespoon tomato paste
½ cup (120 ml) vegetable or olive oil (sunflower is traditional)
2 Bay leaves
1 teaspoon salt
Fresh ground pepper to taste

Preparation:

Step 1: Preheat the oven to 400 degrees F (200 C).
Step 2: Wash the peppers and eggplant (aubergine).
Step 3. Pierce the eggplant several times with a fork to allow steam to escape while it cooks.
Step 4: Place the eggplant and peppers on a greased cookie sheet (cover with foil for ease of cleaning).
Step 5: Turn the vegetable several times (3 - 4) so that they will cook evenly. Eggplant should take about 45 minutes, 25 - 35 for the bell peppers, and 10 - 15 if you are using the Serrano chili pepper in the recipe.
Step 6: Remove the vegetables when they become soft and their skin begins to blacken.
Step 7: Lightly salt the vegetables and place them in a plastic or glass container covered with a lid or plastic wrap. Allow them to cool.
Step 8: Remove the skins and stems.
Step 9: Place the eggplant in a strainer and allow the liquid to drain for an hour.
Step 10: Remove the seeds from the peppers and set aside (note: if using a serrano chili, leave the seeds if you want more heat).
Step 11: Place the eggplant & pepper flesh into a food processor and blend until they are coarsely chopped.
Step 12: Place the onions in a saute pan with oil and cook until they are translucent (10 - 15 minutes).
Step 13: Add the tomato puree, cooked vegetables, bay leaf and ground black pepper.
Step 14: Bring the sauce to a boil and then reduce the heat to a simmer. Allow to cook until the sauce reaches your desired consistency, which should be that of a thick spread.

This recipe can be canned and stored so that the sauce can be enjoyed for up to 2 years.

Romanian/Russian Salata de Boeuf





Type of dish: Starter
Timing: 1 hour
Difficulty: medium

Ingredients for 4 persons:

For the Salad:
2 large russet potatoes
2 boneless chicken breasts (cooked and finely diced, or use beef, turkey, ham, hot dogs, etc.)
1 cup carrots (peeled, boiled, and finely diced)
1 cup parsnips (peeled, boiled, and finely diced)
5 large eggs (hard-cooked and finely diced)
1 small onion (finely diced)
2 stalks celery (finely diced)
1 1/2 cups pickles (finely diced)
1 1/2 cups peas (frozen)
For the Dressing:
1 to 2 cups mayonnaise (or to taste)
1 tablespoon mustard
Salt and pepper, to taste

Preparation:

Step 1: In a large pot of salted water, boil the potatoes in their skins until they are fork tender. Remove them from the water and peel off the skin when they are cool enough to handle. Dice finely and reserve.

Step 2: Peel the carrots and parsnips. In a large pot, boil them till they are fork tender. Remove them from the water. When cool enough to handle, dice them finely and reserve.

Step 3: Hard boil five eggs. When cool enough to handle, dice them finely and reserve.

Step 4: Finely dice the onions, celery, and pickles.

Step 5: In a large bowl, add the diced potatoes, diced chicken or other meat, diced carrots, parsnips, eggs, onion, and celery. Reserve some of the vegetables and eggs to use to decorate the salad.

Step 6: Squeeze the diced pickles lightly in a paper towel to remove some of their juice (otherwise the salad will be too watery) and add to the rest of the diced ingredients.

Step 7: Place frozen peas in a colander and run cold water over them to defrost. Drain completely, patting dry, if necessary, and add to the other diced ingredients in the large bowl.

Step 8: Make the Dressing. Gather the ingredients.In a medium bowl, whisk together mayonnaise, mustard, salt, and pepper. Assemble the Salad

Step 9: In the large bowl of the diced ingredients, add the dressing and toss to completely cover.

Step 10: Transfer the salad to a pretty serving bowl. Cover the entire top with a thin layer of mayonnaise. Use enough so no salad shows through. Decorate the top with reserved vegetables and hard-cooked eggs.

Cover the salad with plastic wrap and place it in the refrigerator to serve chilled. While you could serve it immediately at room temperature, refrigerating it allows the flavors to mix together best.

Sour Meatball Soup Recipe





Type of dish: Starter
Timing: 1 hour 30 minutes (preparation: 50 minutes; cooking: 30-40 minutes)
Difficulty: medium

Ingredients for 8 persons:
450 g grounded meat (mixed beef and pork)
450 g beef (or veal) with bones
2 small onions
2 slices of bread
2 tablespoons rice
salt
ground black pepper
1 parsley root
3-4 carrots
1 parsnip root
3-4 tablespoons tomato paste
1 bunch of lovage leaves (or parsley leaves)
2-3 tablespoons vinegar

Preparation:

Step 1: Bring to boil 6 cups of water in a pot.
Step 2: Finely slice: 1 onion, the parsley, the parsnip and the carrots and put them in the water. Add the beef (or veal) meat.
Step 3. In the mean time soak the bread in water then squeeze it. Mash the bread with a fork.
Step 4: Mix the ground meat with the other finely chopped onion, the mashed bread and the rice, and season with salt and ground black pepper. For a more tender meat composition add 2-3 tablespoons of water.
Step 5: Make small meat balls rolling them with wet hands.
Step 6: When the vegetables become tender put the meat balls in the boiling water. Reduce heat and simmer for 30-40 minutes.
Step 7: When the soup is almost done the meatballs are coming to the surface as the soup simmers.
Step 8: Add the tomato paste and stir.
Step 9: Finely chop the lovage and add it to the soup, and then season with salt and vinegar. If you do not have lovage, you can use fresh parsley leaves instead.

The soup is delicious served with a bit of sour cream, and a hot pepper on the side.

Tripe Soup Recipe





Type of dish: Starter
Timing:2 hours and 30 minutes
Difficulty: □ easy

Ingredients for 6 persons:
900 g tripe
1 carrot
1 celery root
1 parsley root
1 onion
peppercorns (black pepper)
4-5 tablespoons sour cream
4-5 garlic cloves
3 tablespoons apple vinegar

Preparation:

Step 1: Scrub and wash three times the tripe (two times with hot water and last time with cold water).

Step 2: Put the vegetables and the tripe in a large pot with cold salted water. Simmer for 2 hours at low heat.

Step 3: Drain the tripe and let it cool. Set aside the vegetables.

Step 4: Cut the tripe into thin stripes and put it back in the broth.

Step 5: Add the sour cream and some minced garlic.

Step 6: Season it with more sour cream, vinegar, salt or minced garlic (taste and adjust the seasoning).

Serve with hot peppers on the side.

Tripe soup is one of the classic Romanian dishes. It is a must try for all foreign visitors to Romania, but now you can try it at home. Tripe is the honeycomb structured stomach tissue of cows. The soup is easy to make and delicious.

Stuffed peppers with meat and rice



Type of dish: Main course
Timing:1 h, 30 min
Difficulty: □ □ medium

Ingredients for 4 people:
8 large green/ red peppers,
1 kilo meat,
1 cup rice,
2 onions,
Salt, Oil , Dill , Parsley
Tomato paste
1 cup of flour
3-4 spoonfuls of oil
4-5 sliced tomatoes

Preparation:
Step 1: Wash, de-stem and de-seed peppers.
Step 2: Leave them with open side down to drain.
Step 3: In a vessel mixed the meat, minced onions, the rice and the tomato paste.
Step 4: Add salt and pepper to taste and then put the parsley, and when are well mixed, stuff peppers.
Step 5: Cover each pepper with the top of a tomato and put peppers into a baking dish.
Step 6: Make a sauce with 1 cup flour browned in 3-4 spoonfuls of oil and 4-5 sliced tomatoes, then pour sauce over the peppers.
Step 7: Fill baking dish with water, add salt and sprinkle a handful of chopped dill and parsley over peppers.
Step 8: Put into oven on low heat.
Step 9: Check rice from time to time to see if it is cooked, and add water and several tbs. tomato paste to refill the dish.

Advice of preparation(tips):
The same recipe can be used to prepare stuffed tomatoes, eggplants, marrows. Add some cream on top...and the taste will be extra.

Link to tradition:
Meat and rice together are very traditional for our people in addition with different vegetables.

Stuffed Cabbage Rolls



Type of dish: Main course
Timing:
Cooking time: 2 - 2 1/2 hours (preparation: 1 - 1 1/2 hour; cooking: 45 minutes; baking: 15 minutes)
Difficulty: medium

Ingredients for 12 persons:
1,5 kg ground meat (combined lean beef and pork)
3 tablespoons rice
2 onions
1-2 slices of bread, soaked in water
2 sauerkraut cabbages (or 1 fresh cabbage and 1 quart jar of sauerkraut)
2 tablespoons olive oil
salt
ground black pepper
tomato paste - a small can
sour cream

Preparation:

Step 1. Mix the ground meat with one finely chopped onion, the soaked and mashed bread, the washed rice, salt and ground black pepper. To obtain a more tender composition add 2-3 tablespoons of water in the mixture.

Step 2: Wash and drain the sauerkraut cabbages. Squeeze them.If a fresh cabbage is used, you need to separate the leaves for filling. To do this, bring to a boil a pot of water, and submerge the cabbage into the hot water for a about 20 - 30 seconds, then separate the outer leaf and cut the middle vein. Repeat until all the leaves are separated.If a sauerkraut cabbage is used, then the leaves can be easily separated.

Step 3: Fill each leave with the ground meat mixture and roll, tucking in the ends of the cabbage leaf. If the leaves are very big, you can cut them in half.

Step 4: Finely chop the remaining of the sauerkraut. If you use fresh cabbage, chop the remaining of the fresh cabbage and add the chopped sauerkraut.

Step 5: Put a layer of chopped cabbage on the bottom of a large nonstick pot and one layer of chopped onion. Add half can of tomato paste and the olive oil. Arrange the stuffed cabbage rolls in layers. Add on top chopped onion, the remaining chopped cabbage and the remaining tomato paste.

Step 6: Add water to cover everything. Season it with salt and peppercorns (black pepper).

Step 7: Bring to a boil and than simmer at medium-low heat for about 45 minutes. Add water from time to time to keep the stuffed rolls covered to the top.

Step 8: Preheat the oven at 375 F and put the pot in the oven for about 10-15 minutes.

The dish is better served the next day after baking.

Serve with sour cream on top. Traditionally, it can be served with polenta on the side.

Leek and olive stew





Type of dish: Main course
Timing:45 minutes
Difficulty: easy

Ingredients for 4 persons:
4 leeks
1 large onion
250 grams black olives
250 ml tomato paste
1/2 cube vegetable bouillon
250 ml hot water
4 tablespoons oil
1 tablespoon sugar
2 bay leaves
Salt and pepper

Preparation:

Step 1: Heat the oven at 180°

Step 2: After washing the leeks, remove the first layer and discard the green ends. Chop the leeks into pieces of about 2 centimeters.

Step 3: Separately, thinly chop the onion.

Step 4: In an oven-safe pan, heat the oil and add the chopped leeks and onion, then cook them until they're soft.

Step 5: Dissolve the vegetable bouillon in the hot water. Add it to the pan along with the tomato paste and the black olives.

Step 6: After 10 minutes, add the bay leaves, the sugar, salt and pepper.

Step 7: Let simmer for a bit, then transfer the pot in the oven and let the stew cook for another 10-15 minutes.

Serve warm, with polenta and sour cream or fresh bread.

Chicken in Tomato Sauce





Type of dish: Main course
Timing: 1 hour
Difficulty: easy

Ingredients for 4 people:

1 whole chicken (or a pack of your favorite parts)
1/2 a cup of plain flour, seasoned with salt and pepper
Cooking oil (olive oil, butter, vegetable oil – I like a little olive oil with a knob of butter for richness)
1 large onion, finely chopped
3-4 cloves of garlic, crushed, chopped, or sliced
1 glass of white wine
800g of chopped peeled tomatoes (2 cans will do if you don't have fresh tomatoes)
1 or 2 bay leaves
A few sprigs of thyme
A little stock (optional)

Preparation:

Step 1: If you are using a whole chicken, remove the breasts and cut each in half, remove the legs and cut them at the knee to give you two drumsticks and two upper thighs, and remove the wings.

Step 2: Dredge the chicken pieces in the seasoned flour and put them in the pan, in which you have heated up the oil/butter to a moderate temperature. Let each side brown and turn them. Once browned all over, remove to a dish. Cook in batches if necessary.

Step 3: Into the same pan, throw the onion and allow to soften, stirring frequently, for a couple of minutes. Then add the garlic and cook for another minute or two. Use a wooden spoon to mix them well with the chicken-flavored oil and the bits of remaining flour.

Step 4: Deglaze the pan with a glass of white wine, scraping the side and mixing well. Turn up the heat a little and allow the wine to reduce until the smell coming from the pan is less alcoholic and the sauce is a little thicker.

Step 5: Pour in the tomatoes and their juices, the bay leaves and the thyme, and bring back to the boil. Once it has returned to the boil, reduce to a gentle simmer and cook for 5 minutes, stirring to combine all the ingredients. Once the sauce is well mixed, put the chicken pieces back in, cover the pan, and simmer on a low heat for about 15-20 minutes. Check the thicker pieces of chicken after this time to see if they are cooked to the center and continue cooking if they are still pink.

Step 6: Once all the chicken pieces are thoroughly cooked, remove them to the serving dish. If the sauce is a little thick, you can add a few splashes of stock. if it's a little thin, you can add a knob of butter and a tablespoon of flour and thicken it up. The sauce for ostropel is usually quite thin – not quite a soup, but not a thick gloopy sauce.

Serve the ostropel de pui with polenta or mashed potatoes, and a hot chili pepper on the side.

PORK AND SAUSAGE STEW (TOCHITURA)





Type of dish: Main dish
Timing: 1 hour
Difficulty: easy

INGREDIENTS FOR 2 PERSONS:
320g pork shoulder, cubed
100g bacon, cubed not sliced
150g saussage, cut in pieces
6 garlic cloves
1-2 bay leaves
¼tsp star anise, ground
¼tsp allspice, ground
250 ml white wine
¼tsp thyme
2 tbsp paprika
salt and pepper to taste

Preparation:

Step 1: Cut meat in pieces and chop the garlic but not too small.

Step 2: Fry the bacon until the fat melts a little bit then add the pork and fry until is properly browned on all sides.

Step 3: Add sausages and fry for 3-5 minutes on medium heat.

Step 4: Add the garlic and saute for 1-2 minutes then pour in the wine along with a couple of bay leaves, cover and cook on medium to low heat for about 30 minutes. Depending the size of the pan, you might need to add some more wine or water, up to you just make sure is enough liquid so the meat doesn't burn.

Step 5: Final step would be to add all the herbs and cook it for another 10 minutes, covered. The dish is called a stew but is not actually, there is not that much sauce but if you like to do some more dipping then you can adjust the consistency by adding a bit more water or tomato juice... but not too much

Tochitură is made in two main varieties: with or without tomato sauce. The stew with the tomato sauce is the most common and it is prepared in most restaurants, but is less "traditional". The one without it has a sauce of pork fat and juices from the parts of the meat. The traditional Romanian stew contains not only raw meat, but parts of internal organs of the animal, like liver, kidneys, heart, pork fat or bacon and smoked sausages fried together. It is served with polenta, fried egg and a salty sheep cheese.

Meatballs (Chiftele)



Type of dish: Starter/ main dish
Timing: half an hour (preparation: 10 minutes; cooking: 20-25 minutes)
Difficulty: easy

Ingredients for 6-8 persons:
450 g ground meat (mixed lean beef and pork)
1-2 bread slices
1/2 medium onion
2 minced garlic cloves
1 teaspoon finely chopped dill
salt
ground black pepper

Preparation:

Step 1: Mix well the ground meat with bread soaked in water.
Step 2: Season with salt and ground black pepper. Add minced garlic cloves, finely grated onion and finely chopped dill. Knead the mixture.
Step 3: Form little meatballs with an ice scoop. Flatten the meatballs a little with your hands.
Step 4: Preheat olive oil in a skillet/pan (about half the height of a meatball).
Step 5: When the oil is warm enough (starting to get hot), add the meatballs to fill the bottom of the pan.
Step 6: Let the meatballs fry for 3-4 minutes. Check the side on the bottom: when the meatballs become golden brown on the bottom side, turn them over to the other side.
Step 7: When both sides turn golden brown, remove the meatballs using a strainer spoon.
Step 8: Put the meatballs temporarily on a paper towel for absorbing the excess oil. Arrange on a serving plate.

Meatballs are a traditional Romanian recipe, that can be served both as an appetizer for parties (in which case they should be made very small - bite size), or as a main dish with a side of mash potatoes, or any vegetable based dish.

Romanian Cheese Doughnuts – Papanasi





Type of dish: Dessert
Timing: 1 hour
Difficulty: medium

Ingredients for 6 papanași:
300 g cow's sweet cheese (or ricotta/cottage cheese)
1 large egg
70 g sugar
200 g flour
½ teaspoon baking powder
Vanilla extract
Lemon zest
500 ml oil for frying the papanași
200 g fruit preserve
200 g sour cream

Preparation:
Step 1: With a fork, mix the cheese, sugar, vanilla extract and lemon zest.
Step 2: Separately, mix the flour with the baking powder.
Step 3: Gradually add the flour mixture to the cheese mixture. Depending on the cheese you're using, you might need to add more or less flour. The dough should be soft and just a bit sticky, but firm enough to form doughnut balls with your hands.
Step 4: Spread some flour on your working surface and knead the dough for a bit to fully combine the ingredients.
Step 5: Form 6 large balls and 6 small balls, like in the photo.
Step 6: Using your finger, form a hole in each large ball.
Step 7: Heat enough oil in a pot to cover the papanași. Make sure the oil is hot – to do this, drop a bit of dough in the oil and see if it sizzles. Fry two large doughnuts ant two small doughnuts at a time, until they're golden brown on each side.
Step 8: Transfer the doughnuts to a platter covered with absorbent paper to remove the excess oil.
Step 9: To make the papanași, use a large doughnut as the base, top with a spoonful of sour cream, then decorate with fruit preserve and put the small doughnut on top. You can also sprinkle some powdered sugar on top.

There you have it, a traditional Romanian dessert that's easy to prepare and bursts with flavor!

Sponge cake- Chec



Type of dish: Dessert
Timing:1 h
Difficulty: medium

Ingredients for 2 pieces:
10 eggs - 2 cups sugar
2 cups flour
2 spoon of cacao
Vanilla essence and rum
100g nuts

Preparation:

Step 1: Styr very very well the eggs.

Step 2: Put slowly the sugar and vanilla essence.

Step 3: Incorporate the flour mixing slowly.

Step 4: One cup of the mixture has to be mixed with cocoa and rum.

Step 5: Put the mixture in a special form for cakes dressed with cooking paper.

Step 6: On the top you put the cup of mixture with cocoa and rum and spread the nuts above.

Step 7: Put it in the oven and let it for 30 min.

Advice of preparation(tips):
The same recipe can be used with slightly changes and different other mixtures.

Link to tradition:
It is a very easy cake to prepare for a Sunday in family

Romanian Salami Cookie





Type of dish: Dessert
Timing: 15 minutes
Difficulty: easy

Ingredients for 4 people :
4 tablespoons milk
200 grams Turkish delight (chopped)
3 tablespoons unsweetened cocoa
400 g butter biscuits
300 g walnuts
2 teaspoons rum extract
150 grams butter (softened)
6 tablespoons powdered sugar
2 large pasteurized eggs (separated)
200 grams sour cherries

Preparation:

Step 1: In a large saucepan, heat milk with Turkish delight until candy starts to melt and reduce in size. Remove from the heat.
Step 2: To the saucepan, add 1/2 of the cocoa, 1/2 of the biscuits, 1/2 of the walnuts, and half of the rum. Mix thoroughly and set aside.
Step 3: In a separate bowl, mix the softened butter with 5 tablespoons confectioners' sugar and 2 egg yolks.
Step 4: Add this to the ingredients in the saucepan and mix thoroughly.
Step 5: Add in the rest of the rum, cocoa, biscuits, walnuts, and the coarsely chopped sour cherries.
Step 6: Whip the egg whites until they form stiff peaks.
Step 7: Blend into the mixture.
Step 8: Sprinkle remaining 1 tablespoon confectioners' sugar and shredded coconut on a large piece of plastic wrap. Put the dough in the middle and roll it up in the plastic wrap, forming it into the shape of a salami.
Step 9: Wrap tightly and refrigerate 6 to 7 hours.
Step 10: Remove plastic wrap and cut into 1/2-inch slices when ready to serve.


O Grove
Bilbao
Zamora
Salamanca
MADRID
Verd Valley Extremadura
La Mancha
Cáceres
Baddjoz
Jerez de La Frontera
Granada Sierra Nevada
Canary Islands
Lanzarote
LA RIOJA REGIÓN
GARROTXA
CAVA Freixenet
Priorat Region
Valls Tarragona
Menorca
Majorca
Valencia
El Palmar

Spanish Omelet



Type of dish: Starter
Timing: 1 hour
Difficulty: easy

Ingredients for 4 persons:
1 kilogram of potatoes
Salt and pepper to taste
8 large eggs (free range if possible)
1 onion
Extra Virgin Olive Oil



Preparation:

Step 1: Peel the potatoes and rinse them under cold water. Slice the potatoes into thin slices, I prefer about ½ centimeter (some prefer thicker). Pat the potato slices dry and put them into a large bowl, sprinkle with salt, and mix well.

Step 2: Heat a ½ inch of high quality extra virgin olive oil in a large frying pan at medium low heat. When the oil is hot, add the potatoes and add more oil if necessary until all are covered. Cook the potatoes for 20 minutes at a low heat (they may break apart, that is okay).

Step 3: While the potatoes are cooking, beat the eggs in a large bowl and season with some salt and pepper.

Step 4: Slice the onion as thin as possible (julienne style) and fry over a low heat in a separate heavy pan (I like stainless steel) for about 10-20 minutes until they begin to caramelize (stir often). When the onions are caramelized, drain off any excess oil and add to the egg mixture.

Step 5: When the potatoes have been frying 20 minutes, remove them with a slotted spoon into a strainer and allow to cool off while any excess oil drips away. After a few minutes, add the potatoes to the egg mixture and stir well. Let the egg mixture sit for about 20 minutes.

Step 6: In the same pan where you fried the potatoes, remove all the oil (you can reuse it!) and over a medium low heat add the egg mixture.

Step 7: Over a low heat, cook the eggs for about 6-8 minutes per side.

When you are sure that the bottom is cooked and you want to flip the tortilla, take a large plate and put it over the pan and flip quickly! Some egg will likely slip out-- it'll be messy-- but that's okay!

Step 8: Finally, slide out of the pan onto a serving plate and let cool a little before diving in.

Spanish Garlic Mushrooms



Type of dish: Starter
Timing: 30 minutes
Difficulty: easy

Ingredients for 4 persons
500g large button mushrooms
5 cloves of garlic, peeled and finely sliced.
2 cayenne peppers
⅓ cup white wine
½ cup good quality olive oil
1 cup of parsley, roughly chopped.





Preparation:

Step 1: First, clean the mushrooms by cutting the base of the stem, and then gently wiping with a damp cloth. Once clean, slice the mushrooms from top to bottom.

Step 2: Place a frying pan over medium heat, and add the olive oil. When the oil is hot, add the finely sliced garlic cloves and the cayenne peppers.

Step 3: Once the garlic starts to turn golden, add the mushrooms to the pan, along with the white wine and a pinch of salt. After the wine is reduced and absorbed by the mushrooms, leave the pan on the heat for five minutes more and then remove from heat.

Serve the mushrooms hot, garnished with the parsley and another pinch of salt.

TUNA Empanadas



Type of dish: Starter
Timing: 1 hour and a half
Difficulty: easy

INGREDIENTS

Filling

300grs of tuna fish if possible in escabeche, otherwise in olive oil is best.
3 boiled eggs
2 big onions
Olives
1 medium tin of red peppers
Tomato sauce
Salt

Pastry

750grs Flour
1 (coffee cup size) of wine
1 (coffee cup size) of boiling water
1 (coffee cup size) of oil
Salt

Preparation

Step 1: Filling

Put a bit of oil to a frying pan, when it is hot add the chopped onion and cook until they get golden colour, add the eggs, the tuna fish , olives and peppers, cook for a couple of minutes and add the tomato sauce mix all and reserve.

Step 2: Pastry

Add the boiling water and wine to the oil, add salt and stir a bit, add the flour a bit at a time until it is not sticky but it is not too hard either.

Split the pastry in two. Work it with a rolling pin, cover a mould with it and add the filling ingredients, cover with the rest of the pastry and fold the sides over. Whisk an egg white and a little bit of water and brush the empanada with it.

Step 3: Cook in the oven at 200C around 45 minutes.



Pilgrim scallops- galician style



Type of dish: Starters
Timing: 45 minutes
Difficulty: easy

Ingredients for 4 persons:

16 fresh pilgrim scallops
2 tablespoons of lemon juice
Two and a half tablespoons of orujo (pomace brandy)
Oil for the shells
4 tablespoons of breadcrumbs
1 onion, finely chopped
1 clove of garlic, finely chopped
4 tablespoons of olive oil
1 tablespoon of chopped parsley
1 teaspoon of sweet paprika
Pinch of ground cinnamon
Salt and pepper
125 ml of white wine

Preparation:

Step 1: Open the scallops with a knife. Clean them well and remove any inedible parts. Separate the corals (orange coloured roe) from the white scallop meat and drizzle the scallops with lemon juice.

Step 2: Sweat the onion and garlic in 3 tablespoons of olive oil until transparent. Finely chop the corals and mix them with the parsley. Season with paprika, cinnamon, salt and pepper. Pour over the white wine and orujo and bring to a boil. Clean 8 scallop shells and brush them with oil. Place 2 scallops in each shell and pour over the sauce. Sprinkle with breadcrumbs and drizzle over the remaining oil. Place the scallops in a preheated oven at 180 Celsius or gas mark 4 for around 12 minutes until golden brown.



Mussels and Albariño white wine



Type of dish: Main course
Timing: 45 minutes
Difficulty: easy

Ingredients for 4 persons:
1 kilo of mussels
300 ml of Albariño wine
6 shallots, finely chopped
2 garlic cloves, finely chopped
2 tablespoons of olive oil
100 grams of black olives, stoned and chopped
100 ml of tomato sauce
15 grams of fresh parsley, chopped
2 tablespoons of dried breadcrumbs
salt and black pepper



Preparation
Step 1: Preheat the oven to 200 Celsius.
Step 2: Scrub and rinse the mussels well, once again removing any beards. Discard any broken or unopened mussels.
Step 3: Steam them inthe white wine. Once cooked, throw away unopened mussels.
Step 4: Remove one half of each shell and arrange the mussels on the remaining half shells in four individual heatproof dishes. Strain the cooking liquid and preserve.
Step 5: Fry the shallots and garlic in the oil without letting them colour. Add the reserved liquid and bring to the boil. Cook over a medium to high heat until reduced by half. Add the olives, tomato sauce, parsley, salt and pepper. Simmer for 2-3 minutes and pour over the mussels.
Step 6: Sprinkle with the breadcrumbs and bake in the preheated oven for 10 minutes.
Serve hot and with lots of bread to mop up the lovely juices.



Pulpo a la gallega



Type of dish: Main dish
Timing: 1 hour
Difficulty: easy

Ingredients:
2kg octopus
2kg peeled potatoes
2 tablespoons of cayenne pepper or paprika
2 tablespoons of rock salt
350 ml of virgin olive oil



Preparation

Step 1: First wash the octopus in cold running water.
Step 2: Bring a large saucepan of salted water to the boil. Place the octopus in the pan and simmer for 30 minutes.
Step 3: Remove the octopus and leave it to cool.
Step 4: Cook the peeled potatoes in the same liquid for about 20 minutes until they are tender.
Step 5: Cut the octopus into small slices.
Step 6: Then remove the potatoes and slice them. Place them in a large plate.
Step 7: Cover the potatoes with the slices of Octopus. Drizzle the Olive Oil on top. Sprinkle with paprika or cayenne pepper (whichever you prefer). Sprinkle rock salt and serve to your guests.

SEAFOOD PAELLA



Type of dish: Main course
Timing: 1 hour
Difficulty: medium

Ingredients for 6 people:

4 small lobster tails
Water
3 tbsp Private Reserve Extra Virgin Olive Oil
1 large yellow onion, chopped
2 cups Spanish rice or medium-grain rice, soaked in water for 15 to 20 minutes and then drained
4 garlic cloves, chopped
2 large pinches of Spanish saffron threads soaked in 1/2 cup water
1 tsp Sweet Spanish paprika
1 tsp cayenne pepper
1/2 tsp aleppo pepper flakes
Salt
2 large Roma tomatoes, finely chopped
6 oz French green beans, trimmed
1 lb prawns or large shrimp or your choice, peeled and deveined
1/4 cup chopped fresh parsley

Preparation:

Step 1: In a large pot, bring 3 cups of water to a rolling boil. Add the lobster tails and let boil very briefly (1-2 minutes) until pink. Turn the heat off. Remove the lobster tails with a pair of tongs. Do not discard the lobster cooking water. When the lobster is cool enough to handle, remove the shell and cut into large chunks.

Step 2: In a large deep pan or cast iron skillet, heat 3 tbsp olive oil. Turn the heat to medium-high and add the chopped onions. Saute the onions for 2 minutes then add the rice, and cook for 3 more minutes, stirring regularly. Now add the chopped garlic and the lobster cooking water. Stir in the saffron and it's soaking liquid, paprika, cayenne pepper, aleppo pepper, and salt. Stir in the chopped tomatoes and green beans. Bring to a boil and let the liquid slightly reduce, then cover (with lid or tightly with foil) and cook on low heat for 20 minutes.

Step 3: Uncover and spread the shrimp over the rice, pushing it into the rice slightly. Add a little water if needed. Cover and cook for another 10 minutes or until the shrimp turns pink. Finally, add the cooked lobster chunks. When the lobster is warmed through, turn heat off. Garnish with parsley.

Serve the paella hot with your favorite white wine.



Tarta de Santiago



Type of dish: Dessert
Timing: 1 hour
Difficulty: easy

Ingredients for 9 people:
1 3/4 cups whole almonds, preferably blanched
6 large eggs separated
1 1/4 cups superfine sugar
Grated zest of 1 orange
Grated zest of 1 lemon
4 drops almond extract
Confectioners' sugar for dusting



Preparation:

Step 1: Finely grind the almonds in a food processor.
Step 2: With an electric mixer, beat the egg yolks with the sugar to a smooth pale cream. Beat in the zests and almond extract. Add the ground almonds and mix very well.
Step 3: With clean beaters, beat the egg whites in a large bowl until stiff peaks form. Fold them into the egg and almond mixture (the mixture is thick, so you will need to fold it quite a bit).
Step 4: Grease an 11-inch springform pan, preferably nonstick, with butter and dust it with flour or spray with cooking spray. Pour in the cake batter, and bake into a preheated 350°F for 40 minutes, or until it feels firm to the touch. Let cool before turning out.
Step 5: Just before serving, dust the top of the cake with confectioners' sugar. Or, if you like, cut a St. James cross out of paper. Place it in the middle of the cake, and dust the cake with confectioners' sugar, then remove the paper.

Notes
Stencil the top of the cake using the traditional cross symbol of Saint James.

SPANISH CHURROS



Type of dish: Dessert
Timing:30 minutes
Difficulty: □ easy

Ingredients for 6 people

For the Churros
Oil for frying
1 cup water
1 tablespoon vegetable oil
1/8 teaspoon salt
1 teaspoon granulated sugar
1 cup white flour
1/4 teaspoon baking powder
For the Topping
Sugar or honey to taste



Preparation:

Step 1: Pour frying oil into a large heavy-bottomed frying pan. Make sure there are about 2 inches of oil in the pan to cover the churros. There should be enough oil so that they float freely while frying. Set the pan aside.

Step 2: In a medium saucepan, pour in 1 cup of water. Add 1 tablespoon vegetable oil, salt, and sugar and stir. Bring water to a boil.

Step 3: While waiting for water to boil, dry the cup used to measure the water and use it to measure flour, as it is necessary to have equal parts flour and water. Pour flour into a medium-sized mixing bowl and add baking powder and stir.

Step 4: Once the water boils, remove saucepan and begin heating oil in the frying pan.

Step 5: Slowly pour boiling water from the saucepan into the flour mixture, stirring constantly with a fork until it is a smooth dough without lumps.

Step 6: Immediately spoon dough into a churrera (a large cookie press) or pastry bag.

Step 7: Carefully squeeze the dough into hot oil (350 F to 375 F) and fry until golden brown. Remove with a slotted spatula or long-handled fork. Place on a paper towel to drain.

Step 8: After the oil is drained, cut into manageable lengths.

Step 9: Sprinkle with sugar or drizzle with honey to taste, and serve.

FARDELEJOS



Type of dish: Dessert
Timing: 30 minutes
Difficulty: easy

Ingredients for 5 people

Pastry Crust:
125ml Vegetable Shortening
125ml Water
1/4 tsp Salt
7 cups all purpose flour
Filling:
3 eggs
500g ground almonds
1 1/2 cups granulated sugar
zest of one lemon
300ml Vegetable oil (for frying)
Icing Sugar for dusting



Preparation:

Step 1: First make the dough. Pour water, vegetable shortening and salt into a pan and turn the heat on high. When the vegetable shortening melts, remove the pan from heat.

Step 2: Carefully pour water and shortening mixture into a medium size bowl for mixing. Add flour and stir until slightly mixed.

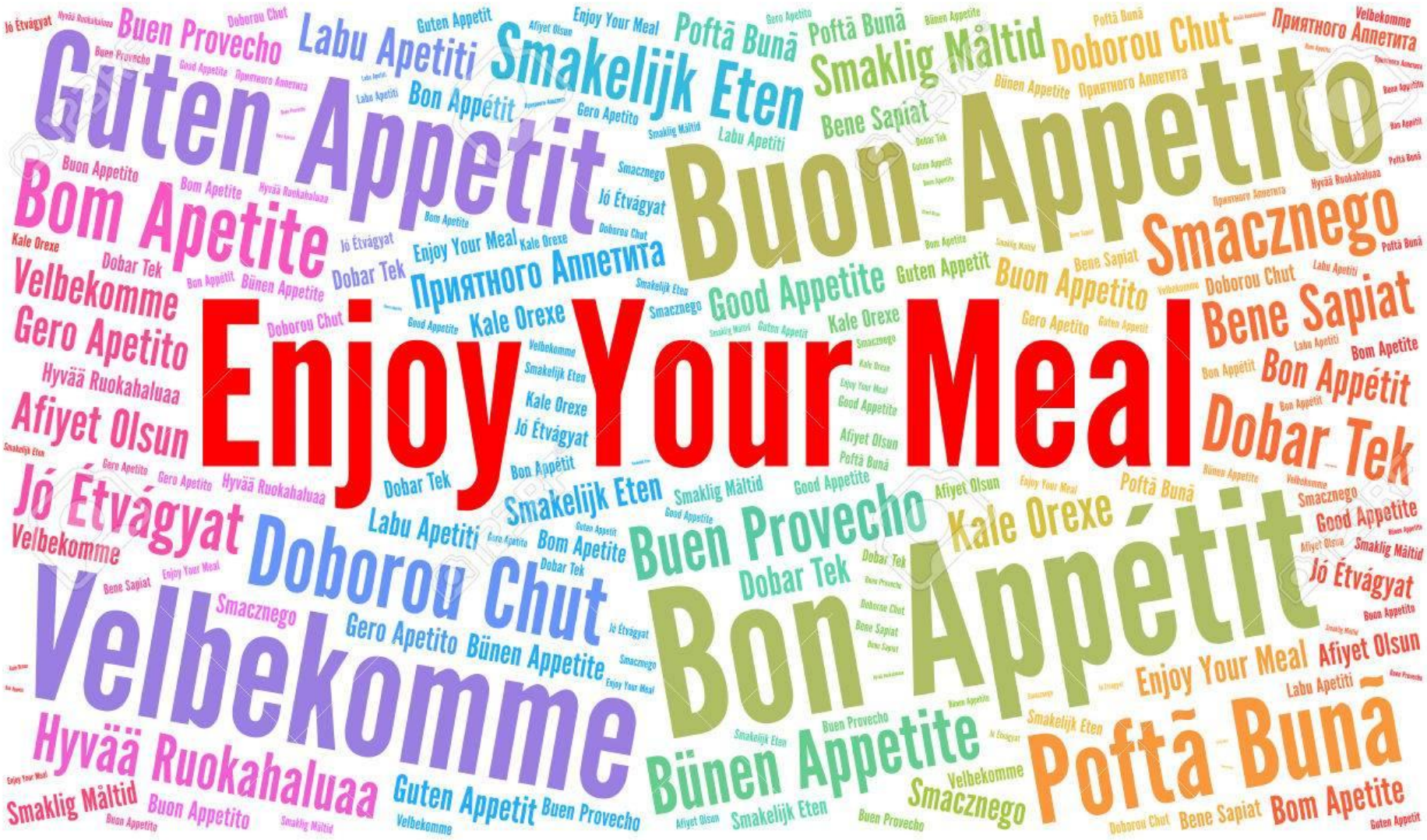
Step 3: Lay the dough onto a cutting board and knead the dough until mixed completely. Form the dough into a ball. Wrap it in cling wrap and set aside in a warm spot while preparing the filling.

Step 4: Prepare the almond filling. In a medium size bowl, add the eggs, granulated sugar and lemon zest, and mix slowly. Add the ground almonds and mix thoroughly.

Step 5: Flour the cutting board. Take off a handful of dough and roll out the dough until very thin. Place a heaped tablespoon of filling onto the dough. Fold dough over the top of the filling and cut the dough into a rectangle around 4 x 6 cm, or in a semi-circle. Press the edges all around with your fingers or use a fork. Continue rolling an filling the fardelejos until you have finished the dough.

Step 6: Pour vegetable oil to a depth of about 3/4-inch a large, heavy bottom pan. Heat on a medium high heat. Fry the fardelejos until they are a golden colour .

Step 7: Remove from the pan and allow to drain on paper towels. When the fardelejos have cooled, dust with powdered sugar.


Enjoy Your Meal
Guten Appetit
Buon Appetito
Bon Appétit
Bom Apetite
Velbekomme
Doborou Chut
Smacznego
Jó Étvágyat
Poftă Bună
Bünen Appetite
Hyvää Ruokahaluaa
Приятного Аппетита
Smaklig Måltid
Smakelijk Eten
Afiyet Olsun
Gero Apetito
Buen Provecho
Labu Apetiti
Dobar Tek
Kale Orexe
Good Appetite
Bene Sapiat
Enjoy Your Meal
Velbekomme
Doborou Chut
Приятного Аппетита
Buon Appetito
Bon Appétit
Bom Apetite
Smacznego
Jó Étvágyat
Poftă Bună
Bünen Appetite
Hyvää Ruokahaluaa
Smaklig Måltid
Smakelijk Eten
Afiyet Olsun
Gero Apetito
Buen Provecho
Labu Apetiti
Dobar Tek
Kale Orexe
Good Appetite
Bene Sapiat
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Poștovei Cătălina Ileana
Budău Vali Măriuca

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