

our recipes and our migrants' recipes

Erasmus+ project
*Refugees and Migrants
seeking for their future
in the united europe
(past-present-future)*

2016-1-CY01KA219-017309_6

Cover Photo
Kirsty Hughes

The Erasmus+ project “Refugees and Migrants seeking for their future in the united Europe (past-present-future)” 2016-1-CY01KA219-017309_6 Recipes’ Book is organized following the accorded structure. This includes one national recipe and one recipe original from the country main nationality of immigrants’ countries, being the national recipes written both in English and in the national language.

Although this book preparing was coordinated by the portuguese school coordinator, each recipe content are of each country’s school responsibility, since it was agreed that only copyright free materials were supposed to be part of this book. Thus the Portuguese partner school declines all responsibility for the published materials, other than their own.



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CYPRUS



Photo: Joshua Bousel

shieftalies

Shieftalies is a characteristic minced meat dish of the Cypriot kitchen

ΣΙΕΦΤΑΛΙΕΣ

Υλικά

- 1 κιλό κιμά (χοιρινό, βοδινό, αρνίσιο ή ανάμικτο)
- 1 φλυτζάνι κρεμμύδι ψιλοκομμένο (ή φρέσκο κρεμμυδάκι)
- 1 φλυτζάνι μαϊντανός ψιλοκομμένος
- ½ φλυτζάνι φρυγανιά
- 1 κουταλία τσαγιού κανέλα αλεσμένη
- 1 κουταλάκι τσαγιού πιπέρι
- 1 ½ κουταλάκι τσαγιού αλάτι
- ½ φλυτζάνι τσαγιού ελαιόλαδο ή φυσικέλαιο
- Πάνα (300-450 γρ)
- 1 κουταλία δύοσμο (προαιρετικός)
- ½ κουταλία τσαγιού κίμυνο (προαιρετικό)

Εκτέλεση

1. Πλένετε καλά την πάνα με κρύο νερό και ξύδι και τη βάζετε σε χλιαρό νερό μέχρι να μαλακώσει (περίπου μισή ώρα)
2. Ψιλοκόβετε το κρεμμύδι και τον μαϊντανό.
3. Ανακατεύετε τον κιμά με όλα τα υλικά και τα ζυμώνετε καλά και τα αφήνετε σκεπασμένα στο ψυγείο για ½ περίπου ώρα.
4. Τραβάτε τη πάνα να ανοίξει και τη κόβετε σε κομμάτια των 12 X 12 εκ. περίπου.
5. Σε κάθε κομμάτι της πάνας τοποθετείτε από μία κουταλία σούπας από το μείγμα του κιμά που έχετε ετοιμάσει και τυλίγετε σφιχτά την πάνα γύρω από το μείγμα.
6. Ψήνετε τις σιεφταλίες στα κάρβουνα, περασμένες σε μικρές σουβλες ή στο φούρνο ή στο γκριλ (grill) για περίπου 20 λεπτά γυρίζοντας τες σε τακτικά μικρά διαστήματα των 4-5 λεπτών.
7. Σερβίρονται ζεστές με λεμόνι, ψιλοκομμένο μαϊντανό, κρεμμύδι και παραδοσιακές κυπριακές πίττες, τζατζίκι ή ταχινόσαλάτα.

SIEFTALIES

Ingredients:

- 1 kg of minced pork (or lamb shoulder or leg, beef or mixed)
- 1 full tea cup of finely chopped onions
- 1 full tea cup of finely chopped parsley
- ½ tea cup bread crumbs, dried and grounded
- 1 tea spoon grounded cinnamon
- 1 tea spoon grounded pepper
- 1 ½ tea spoon salt
- ½ tea cup of olive oil or sunflower oil
- Caul fat (Omentum)
- 1 tea spoon dried mint (optional)
- ½ tea spoon grounded cumin (optional)

Sheftalies (Turkish: şeftali kebabi) is a traditional Cypriot food. It is a type of sausage without skin, that uses caul fat, or omentum, the membrane that surrounds the stomach of pig or lamb, to wrap the ingredients rather than use intestines for sausage casing.

Preparation:

1. Wash caul fat thoroughly and carefully not to brake it, with cold water and vinegar. Place the caul fat in a ball with semi-hot water, cover it and leave it to soften for about half an hour in the refrigerator.
2. Chop the onions and the parsley.
3. Mix all the ingredients together and knead well until they become a homogeneous mixture. Cover with a clean fit and leave the mixture to rest for about half an hour in the refrigerator.
4. Take the caul fat and evenly spread it on a wooden or plastic cutting surface. Use a sharp knife to cut square pieces of approximately 12 to 12 cm.
5. Take each piece of caul fat and mould 1 full tea spoon of meat mixture into a sausage shape and place onto the square piece.
6. Wrap caul fat around each piece and tuck the ends in to contain the filling.
7. Grill the sieftali on charcoal barbecue or oven bake or grill-oven bake for 20 minutes turning them every 4-5 minutes until they are golden brown.
8. Serve with pitta bread, finely chopped parsley and onion with traditional tzatziki or tahini salad.

eggplant kebab

Kurdish food



Photo: <http://howinturkey.com/eggplant-kebab-with-yoghurt-marinated-chicken-patlicanli-kebab>

Ingredients:

5 eggplants
1 kg mince meat
Parsley
1 onion
3 garlic
Salt
Black pepper
Scaly pepper
Tomatoes

Preparation:

Firstly, cut the eggplants in rings and fry them. Then, put the eggplants in a separate plate. Prepare the mince meat: place it in a bowl, with the thinly cut parsley, onion and garlic. Season with salt, black and scaly pepper. Cut the tomatoes in rings. Make small meatballs and place them in a round tray : first the eggplants, then the mince meat and on top the tomatoes. Repeat for a second round. Place in preheated oven, at 180 degrees Celsius for one hour.



Photo: Murphy-Goode Winery

piroshki

Ukrainian recipe

Ingredients:

5 glasses of flour
300-350 gr unsalted butter or margarine
2 eggs
50 gr yeast
some salt
2 tbsp of sugar
½ glass of either milk or water
For the filling: use minced meat, marmalade, mashed potatoes or whatever you like

Preparation:

Firstly we sift the flour and we mix it with the sugar and the salt. Then we place the mixture on the table and add the butter / margarine, until the mixture is uniform. In another bowl we add the milk and yeast and add the mixture to the previous one. We then add the eggs. We knead the dough and shape it until it reaches 0.5 cm width. Using a glass we cut circles on the dough, on which we put some minced meat, depending on the size of the dough we've cut. However, instead of minced meat, we can add marmalade, mashed potatoes, or whatever we like. Lastly we fry the piroshky, until their colour is orange to red.

GREECE



Photo: Eli K. Giannopoulos

greek moussaka (*mousakas*)

ΕΛΛΗΝΙΚΟΣ ΜΟΥΣΑΚΑΣ

Υλικά

3- 4 μελιτζάνες
4 καθαρισμένες πατάτες
500 γρ. κιμάς από μοσχάρι ή αρνί
2 μεγάλα κρεμμύδια ψιλοκομμένα
2 σκελίδες σκόρδο ψιλοκομμένο
0,5 φλ. τσ. κόκκινο κρασί
0,25 φλ. τσ. φρέσκο ψιλοκομμένο μαϊντανό
2 κ.σ. πάστα ντομάτας
1 φλ.τσ τριμμένη ντομάτα
1 κ.γλ. ζάχαρη
Αλάτι
Φρεσκοτριμμένο πιπέρι
2 φλ. τσ τριμμένη φρυγανιά
1 φλ. τσ τριμμένο κεφαλοτύρι ή παρμεζάνα

Για τη μπεσαμέλ

1 φλ. τσ βούτυρο
1 φλ. τσ αλεύρι
4 φλ. τσ ζεστό γάλα
4 ελαφρά χτυπημένα αυγά
1 πρέζα μοσχοκάρυδο

Οδηγίες

Κόψτε τις μελιτζάνες σε φέτες, αλατίστε τις και τοποθετήστε τις σε ένα σουρωτήρι για 20 λεπτά. Βράστε τις πατάτες ολόκληρες και όταν είναι έτοιμες κόψτε τις σε φέτες. (Μπορείτε να τις τηγανίσετε σε φέτες για πιο μεγάλη νοστιμιά). Προθερμάνετε τον φούρνο στους 200 βαθμούς. Λαδώσετε ένα μεγάλο ταψί και πασπαλίστε με φρυγανιά. Ξεπλύνετε τις μελιτζάνες και τηγανίστε τις σε καυτό ελαιόλαδο, μέχρι να πάρουν χρώμα. Σε μια μεγάλη κατσαρόλα σωτάρετε τον κιμά. Προσθέστε κρεμμύδι και ανακατέψτε για πέντε λεπτά. Προσθέστε το σκόρδο και μαγειρέψτε για 1 λεπτό. Ρίξτε το κρασί και αφήστε το να εξατμιστεί. Προσθέστε μαϊντανό, την πάστα ντομάτας, την τριμμένη ντομάτα και τη ζάχαρη. Αφήστε το να μαγειρευτεί ξεσκέπαστο για 15 λεπτά ώστε να εξατμιστούν τα υγρά. Προσθέστε αλατοπίπερο κατά βούληση. Φτιάξτε την μπεσαμέλ. Λιώσετε το βούτυρο σε χαμηλή φωτιά. Χρησιμοποιώντας αυγοδάρτη προσθέστε το αλεύρι σταδιακά ώστε να γίνει μια λεία κρέμα. Προσθέστε το θερμό γάλα ανακατεύοντας συνέχεια. Πάνω σε χαμηλή φωτιά ανακατεύετε μέχρι να πήξει, χωρίς να βράσει. Αποσύρετε από τη φωτιά και προσθέτετε τα χτυπημένα αυγά και το μοσχοκάρυδο. Βάζετε στο ταψί μία στρώση πατάτες και μία στρώση μελιτζάνες. Προσθέτετε τον κιμά και πασπαλίζετε με το κεφαλοτύρι. Άλλη μία στρώση μελιτζάνας και τυρί. Ρίξτε τη μπεσαμέλ πάνω από τις μελιτζάνες, ισιώστε με μία σπάτουλα και πασπαλίστε το υπόλοιπο τυρί. Ψήστε στους 180-200 βαθμούς για 45-50 λεπτά ή μέχρι η μπεσαμέλ να πάρει ένα ωραίο χρώμα. Αφήστε το να κρυώσει για 15 – 20 λεπτά πριν το κόψετε και το σερβίρετε.

GREEK MOUSSAKA

Ingredients:

-eggplants: 3-4
-potatoes: 4, peeled
-beef (or lamb): 500g, ground
-onions: 2 large, finely diced
-garlic: 2 cloves, minced
-red wine: ½ cup
-parsley: 1/4 cup, fresh, chopped
-tomato paste: 2 tablespoons
-crushed tomatoes (or tomato puree): 1 cup
-sugar: 1 teaspoon
-salt a bit
-pepper freshly ground
-breadcrumbs: 2 cups
-kefalotyri or parmesan cheese: 1 cup, grated

For the bechamel sauce:

-butter: 1 cup
-flour 1 cup
-milk: 4 cups, warmed
-eggs: 4, lightly beaten
-ground nutmeg a pinch

Tips

Mousakas is by all means the most famous and best selling Greek specialty. The layers of ground beef, potatoes, eggplant and béchamel are simply superb.

Preparation:

Slice eggplants into 1/2 inch slices, salt them and place them in a colander in the sink for 20 minutes (the salt helps to remove some of the bitterness). Boil the potatoes whole until they are just done and slice them in 1/4 inch slices. Preheat the oven to 200°C. Lightly grease a big flat plate and add breadcrumbs on it. Rinse the eggplants, dry them and fry in hot olive oil, from both sides until colored. In a large sauté pan, brown the ground beef (or lamb). Add onion and sauté for about 5 minutes. Add garlic and cook for 1 more minute. Add wine and allow it to simmer. Add parsley, tomato paste, crushed tomatoes and sugar. Allow the sauce to simmer uncovered for 15 minutes so that excess liquid can evaporate. Season to taste with salt and pepper. Make the béchamel: Melt butter over low heat. Using a whisk, add flour whisking continuously to make a smooth paste. Add warmed milk to mixture whisking continuously. Simmer over low heat until it thickens a bit but does not boil. Remove from heat and stir in the beaten eggs and a pinch of nutmeg. Return to heat and stir until sauce thickens. Place the potatoes in the flat pan. Top with a layer of eggplant slices. Add meat sauce and sprinkle with 1/4 of the grated cheese. Top with another layer of eggplant slices and sprinkle once again with 1/4 of the grated cheese. Pour the béchamel sauce over the eggplants, smooth on top with a spatula and sprinkle with remaining grated cheese. Bake in a 180-200°C oven for 45-50 minutes or until béchamel sauce gets a nice golden brown color. Allow to cool for 15–20 minutes before slicing and serving.



Photo: Bryan Gardner

mushroom soup

Recipe from Russia
by Daniel Roguskin

Preparation:

Put the mushrooms in a saucepan, add salt and fill in with water. Boil for 30' in medium heat. Chop the carrot and onion and stir them in a frying pan in low heat for 5-10'.

When the mushrooms soften we chop them in small pieces. In the saucepan where we have boiled the mushrooms (same water) we put the potatoes, cut in pieces.

We put the mushrooms in the frying pan with the other ingredients and continue stirring.

When the potatoes are ready we put all the ingredients in the saucepan.. We cook for 10' over low heat.

We add chopped parsley as an ending.

Ingredients:

250 g fresh mushrooms

2 potatoes

1,5 lt water

1 onion

1,5 tbs olive oil

1 carrot

Salt and pepper for seasoning

Parsley



Photo: Hatice Muftakta

anali kizli

Fist sized burghull balls filled with seasoned minced meat.
Traditional name: Anali & Kizli (Mothers & Daughters), famous for the city of Malatya.

ANALI & KIZLI

Malzemeler:

Hamuru için:

İki kase ince bulgur
İki kaşık dolusu irmik
250 gr. Yağsız iki kez çekilmiş kıyma
Tuz
1 yumurta
Su

İç harcı için:

3 orta boy soğan
250 gr. Yarım yağlı kıyma
3 kaşık tereyağı
Tuz, karabiber ve kırmızı biber

Sosu için:

1 adet büyük soğan
1 kaşık domates salçası
1 su bardağı haşlanmış nohut
Tuz, karabiber ve kırmızı biber

YAPILIŞ TARİFİ:

Köfte içi tarifi:

Soğanları ve tereyağını bir tavaya koyunuz. Soğanları kızartıp yarım yağlı kıymamızı ekliyoruz. Kıyma tam pişene kadar kızartmaya devam ediyoruz. Baharatları ekleyip soğuyana kadar bekletiyoruz. Daha sonra buzdolabına kaldırıyoruz.

Hamurunun yapılış tarifi:

Bulguru yıkayın ve hamur oluşturabileceğiniz bir kaba koyunuz. Tuz, irmik ve su ekleyiniz. Daha sonra hamuru oluşturmak için 20 dakika yoğurunuz. Hamuru kullanandıktan köfteleri oluşturup buzdolabında tuttuğunuz iç malzemeyle dolduruyoruz.

Sosu için:

Soğanları soyup büyük bir tavada sıvı yağ ile kızartınız. Baharatları ve domates salçasını ekleyiniz. Sıcak su ve nohutları ekleyiniz.. Su kaynadığında küçük ve büyük köfteleri içine koyunuz. . Birkaç dakika kaynattıktan sonra yemeğimiz servis için hazırdır.

ANALI & KIZLI

Ingredients:

Ingredients for its dough:

Two bowls of fine bulgur
Two spoons semolina
250 gr. extra lean ground beef
Salt
1 egg
Water

Ingredients for inner parts of balls:

3 medium onions
250 gr. Semi fat ground beef
3 spoons butter
Salt, pepper and chili pepper

Ingredients for its sauce:

1 large onion
1 spoon tomato paste
1 glass boiled chickpeas
Salt, pepper and chili pepper

Directions:

Directions for inner parts of balls:

Place the onions and butter in a pan. Fry them and add the semi fat ground beef. Continue frying until the beef grains. Add the spices and wait until it gets cool. Then put it into the fridge.

Directions for the dough:

Wash the bulgur and put it in the dish in which you can knead dough. Add salt, semolina and water. Then knead it for 20 minutes in order to make dough. Using the dough and make balls filling them with the mixture you put into the fridge.

Directions for the sauce:

Chop the onions and fry them with oil in a big saucepan. Add the spices and tomato paste. Then put hot water and the chickpeas. When the water boils put the balls (big and small ones) in to the water. After boiling them for a few minutes then it is ready to serve.



Photo: Meghan Uno

ghormeh sabzi

Persian Recipe
by Sharere Khalgi

Ingredients:

- Fresh spinach 1 bunch or 1 medium size package/200 gm of frozen
- Ghormeh Sabzi
- 2 lbs boneless lamb stewing meat (cut into 3/4-inch cubes) or 2 lbs boneless beef roast (cut into 3/4-inch cubes)
- Fresh parsley large bunch
- Spring onions 1 bunch
- Fresh Leek 1-2 (only the green stems)
- Fresh fenugreek bunch, if not available replace with 2 tablespoons of dried fenugreek leaves
- Two sun-dried limes (available in Middle Eastern shops) or juice of a fresh lime (less authentic flavour)
- 1 medium onion, finely diced
- 1/2 teaspoon turmeric
- 4 tablespoons vegetable oil
- 1 cup of pre-soaked Rose coco beans, (Borlotti beans, Saluggia beans, Roman beans, Crab Eye Beans); alternatively you can use red kidney beans!
- 1/2 tsp Salt and pepper to taste

Preparation:

- Soak the beans 24 hours prior to preparation of the dish (minimum of over night)
- Chop the leeks, spring onions, spinach, dill, parsley and fenugreek fairly finely
- Sauté these in 2 tablespoons of oil in a non stick frying pan for about 5 minutes or until the water has dried, take the pan off and put it aside
- Using another pot, sauté the diced onions in 2 tablespoons of cooking oil until they are golden brown
- Trim meat and cut into 3/4" cubes. Increase heat, add meat cubes and stir over high heat until meat changes color and begins to turn brown.
- Add salt, pepper and turmeric and continue for a few more minutes.
- Add the beans now and switch heat to medium.
- Crush the sun-dried limes and add them to the mixture.
- Add approximately two cups of boiling water and with the lid on, boil for an additional 15 minutes.
- Now add the fried vegetables into the mixture and simmer on medium/low heat for 45 min to an hour, stirring occasionally.
- Add the lime juice, blend and serve over pollo. Alternatively eat with Naan-e-Barbarri or Lavaash.



Photo: Unilever

rojões à moda do Minho

ROJÕES À MODA DO MINHO

Ingredientes:

1,5 Kg de carne de porco da pá
Sal
6 dentes de alho
3 folhas de louro
1 litro de vinho verde branco
125 g de banha

Preparação:

3 dias antes de cozinhar, corte a carne em cubos grandes, coloque-os num recipiente de louça e tempere com sal, alhos esmagados e louro e regue com o vinho. Mexa uma vez por dia, pelo menos, para embeber bem a carne. No dia de servir, coloque uma sertã com banha em lume brando e quando derreter e estiver à temperatura adequada frite a carne. Este prato é acompanhado por batatas fritas em cubos de 1,5 cm de lado.

ROJÕES AT MINHO'S MANNER

Ingredients:

1,5 kg of pork of the shovel
salt
6 cloves garlic
3 bay leaves
1 liter of white green wine
125 g of lard

Preparation:

3 days before cooking, cut the meat into large cubes, place them in a dish and season with salt, crushed and laurel garlic and drizzle with wine. Stir once a day at least to soak the meat well. On serving day, place a ladle with lard on low heat and when it melts and is at the proper temperature fry the meat. This dish is accompanied by French fries in cubes of 1,5 cm of side.



Photo: Tomás Rangel

cheese bread

Brazilian Food

Preparation:

Beat the oil with milk, eggs and salt in a blender or blender;
Put the grated mozzarella and beat it a little;
Pour in a bowl, add the wafers and the oregano, mix well with a spoon;
Add the yeast and mix;
Place in a central hole, greased and sprinkled with grated Parmesan cheese;
Bake in medium oven, preheated for about 30 minutes, or until golden brown.

Ingredients:

1/2 teaspoon of oil
1 cup of milk
3 eggs
1 teaspoon salt
200 g grated mozzarella
3 cups of sweet tea
1 teaspoon oregano (optional)
1 teaspoon baking soup
Crackers
Grated parmesan cheese for sprinkling

ITALY



Photo: Paola Sersante

pasta alla norma

Pasta alla Norma is a typical Sicilian recipe , originally from the city of Catania. It is said that the name "pasta alla norma" comes from an exclamation of a famous playwright in Catania; the first time he tasted this recipe he said: "This is a Norma!" comparing it to the Opera of Bellini. This Sicilian pasta is a exquisiteness and it one of the favorite summer recipe.

PASTA ALLA NORMA

Ingredients:

pasta
melanzane fritte
pomodoro fresco
sale
ricotta salata
basilico

Preparation:

Tagliare le melanzane e friggerle con olio di extra vergine d'oliva, poi metterle in un altro piatto; nella stessa padella far rosolare l'aglio, aggiungere il pomodoro, salare e far cuocere per dieci minuti.

Nello stesso tempo cuocere la pasta in abbondante acqua salata, scolarla e farla saltare nella salsa ottenuta.

Aggiungere le melanzane, la ricotta salata a pezzetti e il basilico.

Far saltare in padella per un minuto.

Servire la pasta alla norma su un piatto aggiungendo una spolverata di ricotta salata e guarnire con basilico fresco.

PASTA ALLA NORMA

Ingredients:

pasta
fried aubergine
fresh tomato
salt
ricotta cheese
basil

Preparation:

Cut the aubergine and fry them with extra virgin olive oil, then put them in another dish; in the same cooking pan, brown the garlic, add tomatoes, salt and then cook for ten minutes.

In the meantime cook pasta in a plentiful salted water, drain it and pour it in the obtained sauce. Add the aubergine, the cutted salt ricotta cheese and basil.

Make it jump in the cooking pan for one minute.

Serve Pasta alla Norma on the dishes adding a dusting of salt ricotta cheese and garnishing with fresh basil.



Photo: Zeina Mourtada

domosa

Ghana Recipe

Preparation:

Wash and clean the onions, meat (or fish / chicken), tomatoes, and other vegetables.

Cut the meat and dice the onions and tomatoes and vegetables into small pieces, the chicken however should be cut in huge pieces.

Put the pot over the fire with oil in it, allow it to heat very well.

Apply the diced vegetables, onions, garlic to fry as it sizzle.

Stir and sauté well for two minute, followed by adding the tomato paste.

Add 2 cups along with the meat or chicken into the pot

Mix the peanut paste into the boiling pot with the seasonings and stir well.

Add the lemon juice and stir it

Taste to make sure the seasoning is enough.

Reduce the fire and close the pot to simmer for 15-45 minutes.

Serve the soup hot over a plate of white rice.

Ingredients:

- 1 to 2 cups of peanut paste
- 2 litres of water
- 4 tablespoons of tomato paste
- 1 large ball of onion
- 4 balls of fresh tomatoes
- 2 tablespoons of oil
- Seasoning (Salt, pepper, jumbo, etc)
- 2 balls of lime (to add a bit of acidic taste)
- 2 gloves of garlic
- Vegetables (bitter tomatoes, pumpkin, sweet potatoes)
- 2lbs beef / Fish / Chicken (Depending on the type of 'domoda' you're preparing)

ROMANIA



Photo: Staicu-Avram Geanina

papanashi

PAPANAȘI

Ingrediente:

- 450 g brânză dulce
- 100 g zahăr
- 2 ouă
- zeamă de lămâie, esență de vanilie
- 300 g făină
- 5 g praf de copt

Preparare:

Amestecați brânza, zahărul, ouăle și aromele într-un castron cu furculița, adăugați apoi făina și praful de copt.

Frământați aluatul cu mâinile până se încorporează toată făina. Formați din aluat 11 bile mari și 11 bile mici. În mijlocul bilei mari faceți o gaură cu degetul.

Puneți ulei într-o tigaie, încingeți-l bine și frigeți bilele. Când sunt gata, scoateți-le pe o foaie de copt pentru a absorbi uleiul și lăsați-le să se răcească.

Aranjați-le pe o farfurie, turnați smântână și dulceață pe ele, și puneți bila mică deasupra.



Photo: Agenția Națională de Presă AGERPRES

găluște slovácești

Slovak dumplings

PAPANAȘI

Ingredients:

- 450 g sweet cheese
- 100 g sugar
- 2 eggs
- lemon peel, vanilla extract
- 300 g flour
- 5 g baking powder

Preparation:

In a bowl, mix the cheese, sugar, eggs and the flavours with a fork, then add the flour and the baking powder.

Batter the dough with the hands until the flour is incorporated. Break 11 big balls and 11 small balls from the dough. In the middle of the big ball make a hole with your finger.

Put oil in a pan, heat it well, then fry the balls. When ready, take them out on a baking paper to absorb the oil and let them cool down.

Place them on a plate, pour sour cream and jam on them and place the small ball on top.

Preparation:

Slovak dumplings are made from a raised dough, similar to doughnuts but they are boiled in water or steamed instead of fried.

You mix the water with salt, egg, yeast and flour. Lightly batter the dough, then let it raise for 15 minutes. Spread the dough on the table in a 2 cm sheet then cut circles in it. The circles raise for another 10 minutes.

The circles are oiled, put in a pan then boiled in water for 15 minutes. Take them out and drain them well. In a pan, fry poppy seeds or walnuts then mix the dumplings in the pan.

You can add sweet cheese or cacao.

Ingredients:

- 1 l water
- 1 spoonful of salt
- 50 g yeast
- 1 egg
- 1 kg flour



Photo: Marie-Eve (Craving Greens)

shopska salad

Bulgaria's most famous salad is exactly Shopska salad. It is named after the Shoppi, the natives of Sofia region. This is also the first salad you are likely to taste when you visit Bulgaria.

ШОПСКА САЛАТА

Продукти:

- 4 средни домата
- 1 голяма краставица
- 2 печени червени чушки или
2 зелени
- 2 с.л нарязан магданоз
- 2 с.л нарязан червен лук
- 0,250 кг. сирене
- Сол
- Оцет
- Слънчогледово олио на вкус

Приготвяне:

Нарежете на малки кубчета домите, краставицата и чушките. Смесете с магданоза, лука, солта, оцета и олиото. Сервирайте в индивидуални чинии и поръсете с настъргано сирене.

SHOPSKA SALAD

Ingredients:

- 4 medium sized tomatoes
- 1 large cucumber
- 2 roasted peppers or fresh
green peppers
- 2 spoonfuls chopped parsley
- 2 spoonfuls chopped or
sliced onion
- 250 g cheese
- Salt
- Vinegar
- Sunflower oil to taste

Preparation:

Cut the tomatoes, cucumbers and peppers in small cubes. Mix well with the parsley, onion, salt, vinegar and oil. Serve in individual plates and top up with grated cheese.



Photo: Audra (The Baker Chick)

pita bread

Syrian Recipe

Preparation:

Set a pizza stone on the bottom rack of the oven and preheat the oven to 500°. In a bowl, combine the water and yeast and let stand until foamy, about 10 minutes.

In a food processor, pulse the flour with the salt. With the machine on, pour in the yeast mixture and then the warm milk and process until the dough forms a ball. Turn the dough out onto a lightly floured work surface and knead it a few times. Form the dough into a ball. Lightly oil a bowl with olive oil. Transfer the dough to the bowl and turn to coat; cover the bowl with plastic wrap and let the dough rise in a warm place until doubled in bulk, about 1 hour.

Lightly dust a work surface with flour. Punch down the dough and cut it in half. Cut each half into 8 pieces and roll them into balls, then flatten into 6-inch rounds. Arrange the rounds on the work surface or on floured baking sheets; cover with plastic wrap. Let rise until puffy, 25 minutes.

Using a lightly floured pizza peel, slide 4 of the rounds onto the hot pizza stone at a time and bake for about 5 minutes, until the pitas puff up. Serve hot or wrap in foil to keep warm.

Ingredients:

- 3/4 cup warm water
- 3-4 teaspoons active dry yeast
- 6 cups bread flour
- 1 1/2 teaspoons salt
- 1 1/2 cups warm milk
- Extra-virgin olive oil, for the bowl

SLOVAKIA



Photo: Tara (Multicultural Table)

Slovak Potato Dumplings with Bryndza Cheese

BRYNDZOVÉ HALUŠKY

Potrebuje:

750 g zemiakov
Podľa chuti- soľ
300 g hladká múka
150 g bryndza
100 g slanina

Postup:

1. Ošúpané zemiaky postrúhame, posolíme a pridáme múku. Cesto dôkladne premiešame. Potom ho pretláčame cez sito s veľkými otvormi do vriacej posolenej vody. Keď halušky vyplávajú, vyberieme ich dierkovanou naberačkou.
2. Na tanieri halušky premiešame s bryndzou a polejeme vyškvařenou slaninou.

SLOVAK POTATO DUMPLINGS WITH BRYNDZA CHEESE

Ingredients:

2 medium potatoes
1 cup flour
1 teaspoon salt
150 grams smoked or regular bacon
1/2 teaspoon vegetable oil
125 grams bryndza
50 ml cream (optional)

Preparation:

1. Bryndza cheese will give you the "authentic" flavor, but you can use other soft cheeses like . Block bacon works great since you can cube it :)
2 . Grate the potatoes and place in a bowl.
3. Mix flour and salt with potatoes until you get a thick, sticky dough.
4. It should easily stick to your spatula or spoon. If not, add a few more tablespoons flour until it does.
5. Chop bacon into small cubes and fry in 1/2 Tablespoon oil on low heat until crisp and brown. Meanwhile bring a large pot of water to a boil and add some salt to it.
6. Test a small spoonful of the halusky mix in the boiling water. It should cook into a soft dumpling in 3-4 minutes. If the mix seem like it's not holding together, add more flour to thicken.
7. The traditional way to make the halusky is to put the batter on a cutting board and cut small dumplings (about 1 x 2 cm) directly into the boiling water. If you have a special halusky (or spaetzle) sieve or press, you can use that too.
8. Drip several halusky dumplings in at a time. They will sink to the bottom so give them a quick stir.
9. Cook halusky until they float to the top and have changed color. Strain out with a slotted spoon, hand strainer and place into a colander to drain. Repeat the boiling process until all the batter is cooked.
10. Once all halusky are cooked, let drain for 2-3 minutes minutes.
11. Transfer to a large bowl and mix with the cheese until evenly coated. If you like it extra creamy, mix in some whipping or heavy cream.
12. Divide halusky onto plates and top with the fried bacon!



Photo: Jennifer Meier

goat cheese

Ukrainian Recipe

Preparation:

1. Firstly we milk goats or ask for it from local farmers.
2. We prepare fresh milk, rennet, cotton cloth if we do not have cheese forms.
3. We heat the milk to 35 ° C.
4. The tea spoon (5ml) of the rennet put into the warm water glass and stir.
5. From the glass, gently pour the mixed rennet all over the surface and gently mix and stabilize the milk until it is motionless and wait 35min.
6. In the pot we created the cheese, which is cut with a long knife on 2 cm wide strips, then we cut it vertically and create small squares. Leave for 5 minutes to let the whey be separated.
7. Since there is no Cheese harp in the households, we continue with a whisk and break the cheese into small pieces. Leave it for 5 min.
8. Drain into forms or cloth and let drip.
9. Put on a lower pad to allow the whey to go and put in the refrigerator to keep from drying out. Alternatively, hang the cloth in a cooler room.
10. After 12 hours we can take the forms and consume. Before the meal can be salted.

Ingredients:

- 10 litres of milk
- 5 ml of liquid rennet
- 3 dl hot water

Partner Schools:

Sredno obshtoobrazovatelno uchilishte Hristo Botev, Vratsa, Bulgaria

Lykeio Agiou Ioanni, Limassol, Cyprus

1 Gymnasio Mytillinis, Mitillini, Lesbos, Greece

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Refugees and migrants seeking for their future in the United Europe (past-present-future)



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