



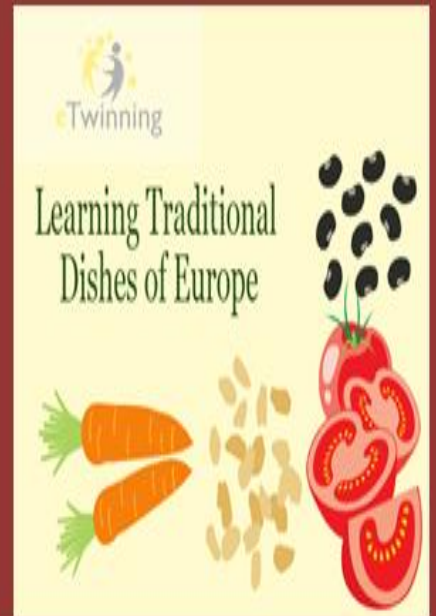
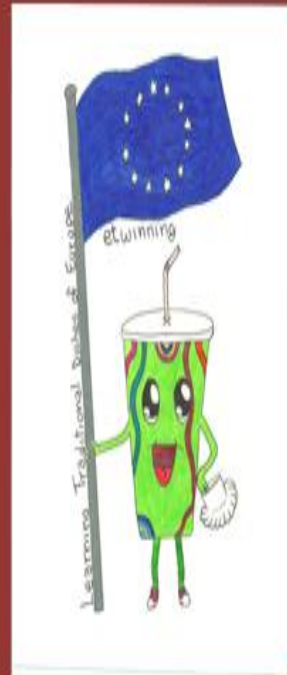
Traditional Dishes of Europe
an eTwinning project

20 Delicious
Recipes

TRADITIONAL DISHES OF EUROPE RECIPE BOOK

This is a recipe book about traditional dishes of Europe. The students presented our traditional dishes.







01

TURKISH DISH: BAT**School:Necmi Muammer Middle School-Zile****Ingredients**

2 glasses of boiled green lentils
2 glasses of fine burghul
2 glasses of warm water
2 medium onions
1 bunch of parsley
1 bunch of scallion
1 bunch of dill
1 teaspoon of basil
3 tablespoons of tomato sauce
1 teaspoon of salt
1 teaspoon of black pepper
1 teaspoon of chili pepper
150 grams crashed walnut
Some brined grape leaves

Process

First, peel the onions and chop them. Then chop the parsley, scallion and dill.

Then, put the green lentils and fine bulghur into the bowl.

Next add salt, black pepper, basil and chili pepper.

Add chopped onions, parsley, scallion and dill to the mixture.

After that, mix the tomato sauce with water and pour the water into the bowl.

Finally stir the mixture and add crashed walnut.

Serve it with some brined grape leaves. Enjoy it.



02

TURKISH DISH: Stuffed Grape Leaves**School:Necmi Muammer Middle School-Zile****Ingredients**

1 glass of skinned broad bean
 1 glass of cracked wheat
 Some bone-in meat
 Some brined grape leaves
 1 middle onion
 half bunch of parsley
 one fourth glass of oil
 1 tablespoon of tomato sauce
 1 teaspoon of salt
 1 teaspoon of chili pepper
 1 glass of hot water

For the sauce

1 tablespoon of tomato sauce
 1 middle onion
 1 tablespoon of butter
 one fourth glass of oil
 2 glasses of hot water

Process**Preparing Mixture**

-First put skinned broad bean, cracked wheat, tomato sauce into the bowl. Then pour the water.
 -Chop onion, parsley and dill. Then add them to the mixture.
 -After that pour oil. Add salt and pepper and mix it.

Wrapping the leaves

*First take a leaf.
 *Then put it on the table. Take a tablespoon of the mixture and pour it on the leaf.
 *Wrap the leaf so mixture won't scatter.

Preparing the sauce

-Chop the onions. Put the butter and oil into the frying pan. After 2 or 3 minutes add chopped onions.
 -When onions turn brown add tomato sauce. Turn off the cooker and pour the water.

Cooking Process

*Put the bone-in meat into the saucepan.
 *Put the stuffed leaves on meat. Pour the sauce.
 *Cook it at medium heat for 1 hour.

Serve it hot. Enjoy your meal.





03

ITALIAN DISH: LASAGNE**School: IC Leonardo da Vinci****Ingredients****"RAGU" SAUCE**

Minced pork meat (250 gr)

minced beef pulp (500 gr)

tomato sauce (250 g)

carrots

onions

celery

whole milk

extra virgin oil (1 spoon)

salt

black pepper

water

BECHAMEL

fresh whole milk (1 L)

Butter (100 gr)

flour (100gr)

salt (1 tsp)

nutmeg to grate

PASTA

Lasagne with eggs (leaves)

grated parmesan cheese

Process**RAGU SAUCE**

Chop carrot and onion. Heat the oil in a pan and add the chopped vegetables stewed for about ten minutes on low heat while stirring occasionally.

Add minced pork and minced beef and cook for about ten minutes. Then pour the tomato sauce then add 1 liter of water, salt and stir and cook for about 1 hour on medium heat.

After cooking the result should be thick (not too dry for this type of oven preparation); season with salt and pepper, turn off the heat and add the milk, stir and keep aside the sauce.

BECHAMEL

Take a saucepan and heat the milk. meanwhile, in another pan heat the butter and once melt add flour. Then add milk and cook on medium heat until creamy

COMPOSITION OF LASAGNA

Take a rectangular pan. Spread some bechamel on the bottom, then start with a lay of lasagna leaves, sauce, parmesan cheese. You should put different layers of lasagne till the pan is filled.

Put in pre-heated oven for about 45 minutes.

Enjoy it.

04

ITALIAN DISH: BAKED PANZAROTTI**School: Leonardo da Vinci****Ingredients**

Flour 500 gr
Salt 20 gr
Sugar 20 gr
Yeast
Tomato sauce
Water 300 ml
Provolone Cheese
Ham
Olive oil

Process

Cut provolone cheese and ham into cubes. Keep on the side.

In the cooking robot mix flour, yeast, salt and sugar. While mixing add water and oil. After dough is ready let it rest for 2 hours, then knead.

In a second moment make balls and flatten them, put the sauce in the middle with provolone cheese, ham and then close them.

Put in the oven for 15 minutes.

Serve them hot!

BUON APPETITO







05

ITALIAN DISH: PIZZA**School: ICS "Pio Fedi" di Grotte-Santo Stefano****Ingredients**

"800g flour
 25g yeast
 rosemary
 one bottle of tomato sauce
 500 ml water
 two mozzarella cheese
 25g oil
 two table spoons salt
 basil

Process

-Melt the yeast with water and blend with a spoon.
 -Put the blend in a bowl.
 -Add water.
 -Put the flour in the bowl and add a pinch of salt.
 -Knead with your hands.
 -Get a baking tray and oil it with olive oil.
 -Divide the dough in four parts.
 -Let them rise for 40 minute.
 -Pour tomato sauce in a bowl.
 -Add oil and a pinch of salt.
 -Add oil and rosemary (white pizza)
 -Add tomato and basil (margherita)
 - Put it in the oven 240° / 20 min
 -Add mozzarella and put in the oven for 5 minutes.
 -Pizza is ready. Enjoy it.

06**ITALIAN DISH: SPAGHETTI ALLA CARBONARA****School: ICS "Pio Fedi" di Grotte-Santo Stefano****Ingredients**

150g Bacon
2 Eggs
300 gr Spaghetti
Parmesan cheese
Salt

Process

Beat the egg.
Add parmesan and a pinch of salt.
Boil water and add salt.
Fry bacon .
Put spaghetti in the boiling water.
Boil for 8 minutes.
Mix the eggs with parmesan, bacon and spaghetti.
Serve hot.
BUON APPETITO!







07

SPANISH DISH: HAM CROQUETTES

School: CPR Tirso de Molina

Ingredients

200 g of Serrano ham
 Chives
 1 garlic clove
 100 g of flour
 100 g of olive oil (or butter)
 1 l of milk
 Parsley
 Olive oil to fry
 3 beaten eggs
 Breadcrumbs

Process

-Put the oil in a pan or cut the butter into cubes and put it to melt in a casserole. Finely chop the onion and garlic clove and add them to the casserole. Stir fry for 5-6 minutes, add the chopped ham and fry.

Add the flour and sauté well. Pour the milk little by little, without stirring. Cook the bechamel for 20 minutes, stirring constantly. Sprinkle with chopped parsley and spread the dough over a dish. Spread the surface with a little butter so that it does not crust and let it cool.

When the dough is cold, cut and mold the croquettes. Coat them, with flour, egg and bread crumbs and fry them in hot oil.

When they are made, remove them from the pan and put them to drain excess oil on a plate covered with paper towels.



08**SPANISH DISH: OCTOPUS Á FEIRA STYLE****School: CPR Tirso de Molina****Ingredients**

- 1 kilo thawed octopus
- 4 potatoes (optional)
- 1 small onion
- 2 bay leaves
- Paprika
- Olive oil
- Salt

Process

- Put the octopus to boil in a copper pan.
- Put the bay leaves in the water.
- Cook the octopus for 35 minutes.
- In the water of the octopus cook the whole potatoes for 30 minutes.
- Then slice the octopus tentacles and cut in small pieces the rest, then chop the potatoes.
- On the plate, put the chop potatoes and the octopus.
- Add a little bit of salt and paprika, and finally sprinkle extra virgin olive oil.







09

SPANISH DISH: ROSQUILLAS**School: CPR Tirso de Molina****Ingredients**

1 cup of milk.
 ½ cup of olive oil (for frying).
 Orange peel
 ½ cup of anise liquor
 ½ cup of sugar
 1 egg (beaten)
 16 g of baking powder
 Flour (as much as it takes)
 Sugar and cinnamon powder
 (to decorate)

Process

-1- Boil the milk with the oil, anise and orange peel. Then add the sugar and let it cool.
 2- In a bowl put 2 cups of flour together with the baking powder and add the warm milk with the rest of the ingredients, plus the beaten egg. When everything is well mixed, add more flour, little by little, until the dough is very workable.
 3- Shape it into doughnuts and fry them in plenty of oil, not too hot.
 4- Finally, serve the “rosquillas” and sprinkle them with sugar mixed with cinnamon powder.



10**SLOVAK DISH: PASTA SALAD WITH VEGETABLES****School: Základná škola s materskou školou Budimír****Ingredients**

Pasta (any kind)

Tomatoes

sweet corn

bellpeppers

cucumbers

mozzarella cheese

lettuce

olive oil

salt

mayo

Process

-Boil the water and cook pasta

-Cut the vegetables and mozzarella cheese

-Put the pasta, vegetables and cheese into a bowl

-Add a pinch of salt and mix it thoroughly

-Add a spoon of olive oil and two spoons of mayo

-Mix it well

-Serve the dish with tomato garnish

-Bon appetite!







11

SLOVAK DISH: SHEEP CHEESE GNOCCHI**School: Základná škola s materskou školou Budimír****Ingredients**

15 potatoes
 2 eggs
 flour
 salt
 bacon
 oil
 sour cream
 sheep cheese

Process

-Peel the potatoes
 -Shred the potatoes
 -Add 2 eggs and 5 spoons of flour and a pinch of salt
 -Mix thoroughly
 -Boil a pot of water
 -Make gnocci with a small spoon or with a grater
 -Boil the gnocci until they swim up
 -Take out the gnocci into a bowl
 -Mix gnocci with sheep cheese
 -Serve gnocci with sour cream and fried bacon



12

SLOVAK DISH: SLOVAK PANCAKES**School: Základná škola s materskou školou Budimír****Ingredients**

1 liter of milk
200g of flour
2 spoons of sugar
2 eggs
oil
strawberry jam

Process

1. Mix the milk, eggs, flour and sugar together thoroughly.
2. Put oil into a pan, oil must be hot.
3. Add one scoop of the mix at the time.
4. Cook until lightly brown on both sides.
5. Serve with jam on the top.







13

ARMENIAN DISH: STUFFED CABBAGE LEAVES DOLMA

School: Vanadzor N10 high school

Ingredients

2 medium heads of green cabbage
 1 kg of minced meat (pork and beef; you can mix them with mutton or pork fat (150 grams) if you want or butter (150 gram))
 3 onions
 2 cloves of garlic
 a cup of rice
 1/2 cup tomato paste
 1 tsp. dried or fresh chopped basil
 fresh parsley chopped
 pepper (black and red)
 salt (1 table spoon)

Process

Core the stalk of the cabbage and carefully remove the leaves and reserve

In a large pot of simmering, well-salted water (the water should taste like the ocean), add 3 to 4 cabbage leaves at a time and simmer until they are just pliable, 3 to 5 minutes; remove gently using a slotted spoon. Set aside to cool. Drain the water from the pot and add the butter. Heat over medium heat until melted, then whisk in the chopped onions and tomato paste with a little water until smooth. Season with salt, turn off the heat, and reserve.

Knead the minced meat by adding half a cup of warm water, minced onions, rice, tomato paste prepared with a little water, salt, butter, and pepper as well as other ingredients (greens or if any)

After mixed them well, let the mass take a rest for a while (3-5 minutes)

Then, put one spoon of the mixed stuffing on each opened cabbage leaf and roll it up

Bring a large pot and put opened cabbage leaves on its bottom place dolmas on the leaves and add water until it covers them

put the pot on a fire and turn the fire down

In 30-60 minutes, depending on the fire, dolma is ready

(it is usually ready when the rice inside has been cooked, so to check it, please taste the rice)

14**ARMENIAN DISH: TABBOULEH SALAD****School: Vanadzor N10 high school****Ingredients**

- 1 cup fine bulgur
- 3tablespoons olive oil
- 1 cup water
- 1 bunch of fresh flat-leaf parsley
- 1 bunch of scallion
- 1/2 cup finely chopped fresh mint
- 2 medium tomatoes,
- fresh lemon
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Process

Soak the bulgur with 1 tablespoon oil in a cup of cold tap water for 15 minutes or until all the water seems soaked up.

Drain in a strainer pressing on bulgur to remove any excess liquid.

Transfer bulgur to a bowl and toss with remaining ingredients including 2 tablespoons oil.







15

ITALIAN DISH: PIZZA**School: Istituto Comprensivo Via Olcese-Rome****Ingredients**

- 3 kg flour
- salt as required
- 1,5 glasses of extra virgin olive oil
- 3 sachets of yeast
- 2 bottles of tomato sauce
- 2 glasses of extra virgin olive oil
- just enough oregano
- salt as required

Process

Create a volcano with flour, add a pinch of salt, add extra virgin olive oil.

Heat the water(do not boil it),dissolve the yeast in the water, add water to the mixture, knead.

*Grandmother's secret: add 1 teaspoon of sugar for kg of flour.

When the volume doubles the first time, remix it When it doubles the second time to distribute it in the baking pans .

For each pan 400 g of dough. Let it rise for another hour in baking pans.

Roll out the dough. In a large bowl pour the tomato and two glasses of oil add oregano and salt pour the sauce on the dough bake at 200 degrees for at least 20 minutes

Serve pizza hot.



16

ITALIAN DISH: SPAGHETTI CHEESE AND PEPPER

School: Istituto Comprensivo Via Olcese-Rome

Ingredients

- 400 gr. of spaghetti
- 200 gr. roman pecrino cheese
- pepper
- three spoons of extra virgin olive oil

Process

1-Cook the spaghetti. Grate the Roman pecorino cheese, add 3-4 tablespoons of pasta cooking water.

2-Heat 3 tablespoons of extra virgin olive oil with pepper.

3-Pour the pasta into a pan and sauté over a high heat for 1- 2 minutes

Switch off, add the pecorino cream and mix vigorously. If you want you can add more pepper and pecorino cheese.





17

POLISH DISH: THE LORD'S CRUST**School: Szkoła Podstawowa nr 227, Warsaw****Ingredients**

Sugar
Water
Vanilla
Honey
Eggs
Raspberry juice

Process

Separate the egg yolk.

Pour a spoonful of water and sugar into the saucepan.

Pour a spoonful of honey into the saucepan.

Beat the mixture.

To check if the caramel is ready pour a little cold water and see if it breaks after cooling.

Pour the cooled caramel into the mixture and mix it.

Add a tablespoon of raspberry juice.

Put baking paper on the baking tray.

Put first layer. Then apply second pink layer.

The lord's crust must wait one day in the fridge.





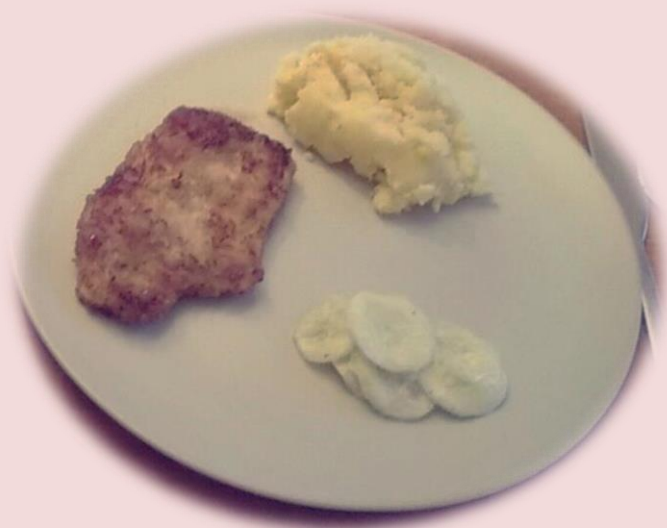


18**POLISH DISH: PORK CHOPS****School: Szkoła Podstawowa nr 227, Warsaw****Ingredients**

Meat
Salt
Egg
Milk
Bread crumbs
Butter
Patotoes
Cucumber
Cream

Process

Firstly, beat the meat. Salt the chops(Meat).
Mix the egg with some milk.
Put chops into the egg, and to the bread crumbs.
Melt the butter and fry the chops.
Cut the potatoes. Add some salt and boil them.
Peel and cut the cucumber. Add some cream to the cucumber.



19

POLISH DISH: FRIED FISH**School: Zespół Szkół Publiczne Gimnazjum w Sławsku****Ingredients**

Fish
Salt
Pepper
Oil
Egg
Bread crumbs
Lemon

Process

Add salt and pepper to the fish.

Beat the egg.

Put the fish into the beaten egg and then to the bread crumbs.

Put the oil into the pan and fry the fish both sides for 4 minutes.

Add some lemon. Enjoy it.







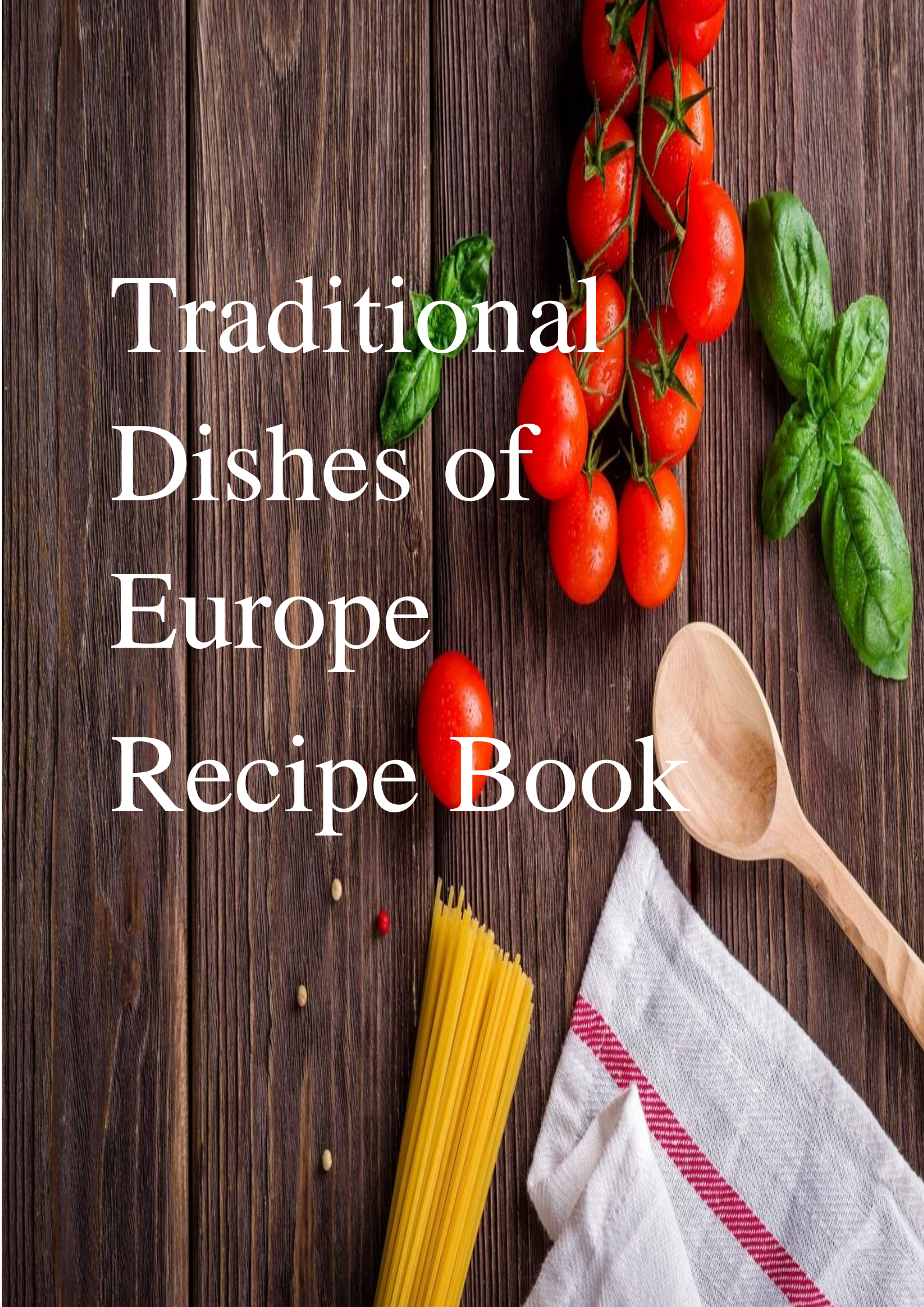
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TURKISH DISH: KISIR**School: Namık Elal Ortaokulu-İzmir****Ingredients**

2 cups of fine bulgur
 2 cups of hot water
 1 tbsp tomato paste
 1 tbsp pepper paste (preferably spicy, if you cannot find pepper paste, double the tomato paste)
 1/4 -1/3 cup olive oil
 1/2 bunch green onions, finely chopped
 1 small onion, cut in thin half rounds
 1 bunch flat leaf parsley, finely chopped
 1 cucumber, finely chopped
 2 sweet green peppers, finely chopped (closest thing to sweet green peppers here is shishito pepper or sweet Italians)
 juice of 1 or 1/2 lemon (you have to taste and add less or more lemon juice)
 2 tsp red pepper flakes (optional)
 2 tsp sumac
 1 tsp mint flakes or 1 tbsp fresh mint, finely chopped
 a pinch of ground cumin
 romain lettuce leaves
 tomatoes

Process

-Put tomato and pepper paste in a big bowl and melt them with boiling hot water. Add bulgur and 1 tsp salt into this mix. Stir once. Cover with a thick kitchen towel and let it soak the water for 10 minutes.
 -Cut the onion in half first, then into very thin half-moon shapes. In a little bowl, knead onion with 1 tsp salt. Rinse salt and squeeze excessive water.
 -Fluff bulgur with a fork. Add pepper flakes, sumac, cumin, mint flakes, oil, lemon juice, and kneaded onion. Add garlic and pomegranate syrup at this stage if you will use any. Mix well. At this point taste to see if it needs more lemon juice. Kısır should be a little bit sour.
 -Add banana peppers, spring onions, cucumber, and parsley. Mix well.
 -If served with sliced tomatoes and lettuce leaves Kısır is delicious. We don't add tomatoes to kısır, because tomatoes make it mushy. So kısır is usually served on a lettuce bed (you can wrap some kısır in a lettuce leaf and eat like that) with slices of tomato on the side.



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