

OUR RECIPES:



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CHICKEN STEW

SLOVENIA



INGREDIENTS:

FOR BROTH:

- 30 dag of chicken wings
- 1 onion
- 2 carrots
- lard/oil
- stock cube
- tomato paste
- spices

SPOON DUMPLINGS:

- 2 eggs
- 100 g of flour



Chop the onion.
Cut the chicken wings
in half and peel and
slice the carrots.



Melt the coconut lard
in a pot and fry the
onion until golden.

Once it becomes
translucent, add the
carrot and meat.

Add some salt to
everything.



Fry until the meat changes its
colours.
Then we add the spices
(marjoram, thyme, black
pepper...) and tomato paste.

Then we stir.



First, dust everything
with flour and fry
until it turns yellow.
Then add the stock cube and
pour water over it.



Cook everything
together over medium
heat for 45 minutes.

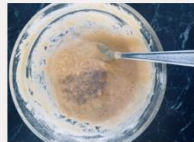


While the soup is
cooking, prepare the
spoon dumplings.

In the first step, mix 2
eggs and flour well.



- When the mixture is smooth, add a little bit of lukewarm water and spices to taste (salt, pepper...).
- Then we mix it well again. The mixture for spoon dumplings should be thick.



- Spoon dumplings are formed with the help of a spoon and added to the boiling broth.
- The broth with spoon dumplings should be boiling for another 10 to 15 minutes.



Štruklji

(SLOVENIAN CHEESE DUMPLINGS)

Ingredients

- 1 pack of thicker phyllo dough
- one spoon of butter
- a fist of breadcrumbs
- caster sugar
- 500 g of curd cheese
- 2 dl of sour cream
- 3 eggs
- a fist of raisins.



PREPARATION OF THE FILLING.

1. Mix the curd cheese, eggs, raisins and sour cream in a bowl.



2. Roll out the dough.

3. Fill the dough with the filling and roll it into a štrukelj.



PREPARATION OF THE ŠTRUKELJ

Wrap štrukelj in a kitchen cloth.



Cook the štrukelj in boiling salted water.



Fry the breadcrumbs in butter.



Coat the štrukelj with breadcrumbs and sprinkle it with sugar. Then cut it.



SPRAT SANDWICH/ANCHOVY

INGREDIENTS:

6 slices black bread

4 eggs

20g butter

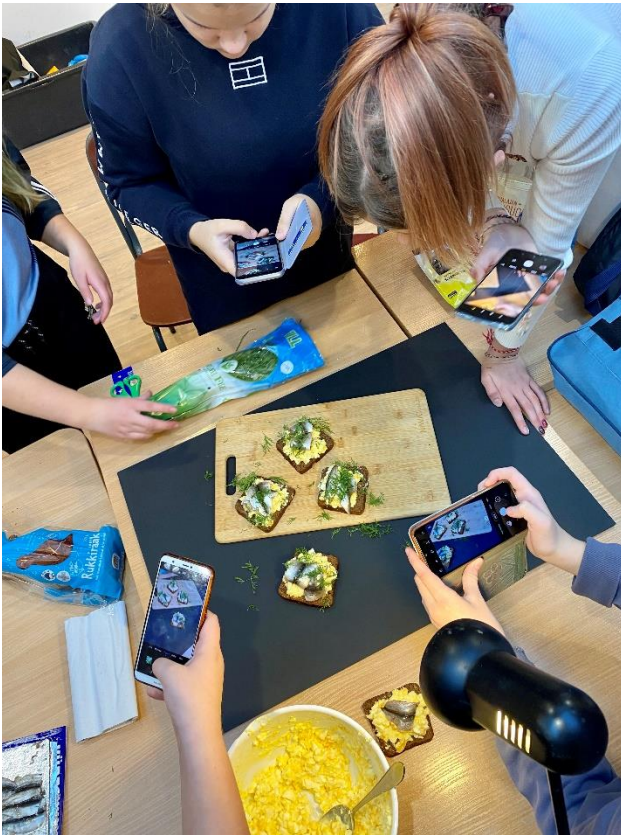
1-2 tabelspoon mayonnaise

sprats, 3-4 fillet to one sandwich

salt

HOW TO PREPARE:

Boil the eggs for 8 minutes. Peel an egg, add butter and mayonnaise and crush the eggs with a fork. Season with salt. But the mixture on bread and add sprats. Enjoy your meal!



KAMA DESSERT WITH CRANBERRIES

INGREDIENTS:

400 ml whipped cream

200g cream cheese

5-6 tabelspoon sugar

6 tabelspoon kama-

a traditional Estonian finely milled flour mixture of roasted barley, rye, oat and pea flour

300g cranberries

HOW TO PREPARE:

Whip the whipped cream for a few minutes and add the cream cheese and sugar. Continue whipping until the mixture is thickened and add kama flour, mix. Place the cranberries and cream layers in a bowl, each with two layers. If you want, garnish with dar chocolate.





TURKISH DUMPLING (MANTI)



Ingredients

- **For the dough;**
- 2 cups flour
- ½ teaspoon salt
- 3 eggs
- 1 cup water, or more needed
- **For the fillings;**
- 1 onion, peeled and shredded
- ½ pound ground beef
- A pinch of parsley
- salt and pepper to taste
- **For the sauce ;**
- 3 tablespoons olive oil / butter
- 1 tablespoon red pepper flakes
- 1 tablespoon minced garlic
- 1 (8 ounce) bowl yogurt



Directions

- Combine the flour and salt in a mixing bowl. Add the eggs and water, mixing well with your hands. Add more water, if needed, to form a smooth dough.
- Meanwhile ,in a plate ,mix all the filling ingredients .Combine the onion, ground beef,parsley, salt, and pepper; mix the meat well and set aside.
- Divide the dough into 2-3 pieces, take one piece and place on the floured counter. Then with a rolling pin, flatten the dough as thin as you can. Then, cut it with a knife or roulette into square pieces . Then fill over each square . Then stick the both traverse edges diagonally by pressing with your finger tips. Do the same procedure for the remaining dough.



- For cooking, boil the water in a big pot and add salt.
- Then add all the manti into the boiling water.
- Stir occasionally with a wooden spoon to prevent them sticking to each other.



- Meanwhile prepare the sauce. In a bowl mix yogurt, salt and garlic. In a small pan; melt the butter/oil and stir in tomato paste and water. Cook for 2 minutes over low heat

- Drain the cooked dumplings and transfer it into serving plates.
- Let it cool for a while and pour the yogurt sauce over.
- Then pour pepper-oil sauce over yogurt.



TURKISH FLATBREAD- GOZLEME



Ingredients

- **FOR THE DOUGH**

- 3 cups flour (amount as you want)
- 1 teaspoon salt
- 1 glass water.



- **FOR THE FILLING**

- Butter
- Cheese (if you want, you can use spinach, meat, potato etc.)



HOW TO MAKE GOZLEME

- First, combine the dough ingredients.

Mix the ingredients together until a dough ball forms.

- Lightly dust the surface with flour and place the dough there. Gently deflate it and shape it into a log. Cut the log into 4 or 6 equally sized pieces and roll each into a ball.



- Then roll them into very thin sheets.



Next, add the filling into one half and fold the other half over it . It should form a half circle.

- Next, cook the gozleme. Heat a non-stick pan over medium heat and cook each gozleme for about 3-4 minutes per side.



Finally, transfer the cooked gozleme onto a plate and brush it with some olive oil or butter. And serve immediately.





BEANS WITH PORK

Introduction

Romanian food, prepared according to a simple recipe, but very tasty, with vegetables of all kinds that have become friends with the boil and whose flavors flood the kitchen, the bean sauce remains a national preparation that does not miss from any Romanian table.



The secret of the favorite food all Romanian, specially cooked on December 1st, is revealed to us by a housewife from Unirea village, Calarasi county, passionate about cooking.

Preparation Time

180 minutes

INGREDIENTS

1/2 kg beans
1 piece smoked pork (about 1 kg)
1 carrot
2 medium onions
she keeps the tomatoes
2 tablespoons broth
3 bay leaves
1 handful of dill
1/2 teaspoon thyme, salt, pepper, bell pepper



Preparation



1. Choose the beans, wash it and leave it in the evening water for the next day. The next day give the beans to boil in enough water and a little salt, and after boiling, change the water with another boiling water.
2. After changing the water for the last time, add the pan and leave it to cook on a small fire, with the pure lid, for 2 mins.
3. With 30 minutes before the end, remove the pan from the fire and add the beans, grated onion, chopped onion, bay leaves and spices.
4. Let the beans continue to boil and with 5 minutes before the end add the tomatoes cubes, broth and chopped dill. Mix the meat from time to time , cut into appropriate cubes.



Enjoy your meal !



Cabbage Rolls

INTRODUCTION

The cabbage rolls does not miss from the romanian people festivity days. They usually make them for Christmas, for the New Year , Holy Days and Easter

The tastiest cabbage rolls are usually made of minced pork (mixt with beef) covered in cabbage leaves



INGREDIENTS

*1-2 pickled cabbages
1 kilo of minced pork
1 cup of rice (4-5 spoons)
1-2 onions
200 g tomato paste
salt, peper, thyme, bay leaf,
sweet boya,
2-3 spoons of dive*



PREPARATION TIME

*Preparation time -
60 minutes*

PREPARATION

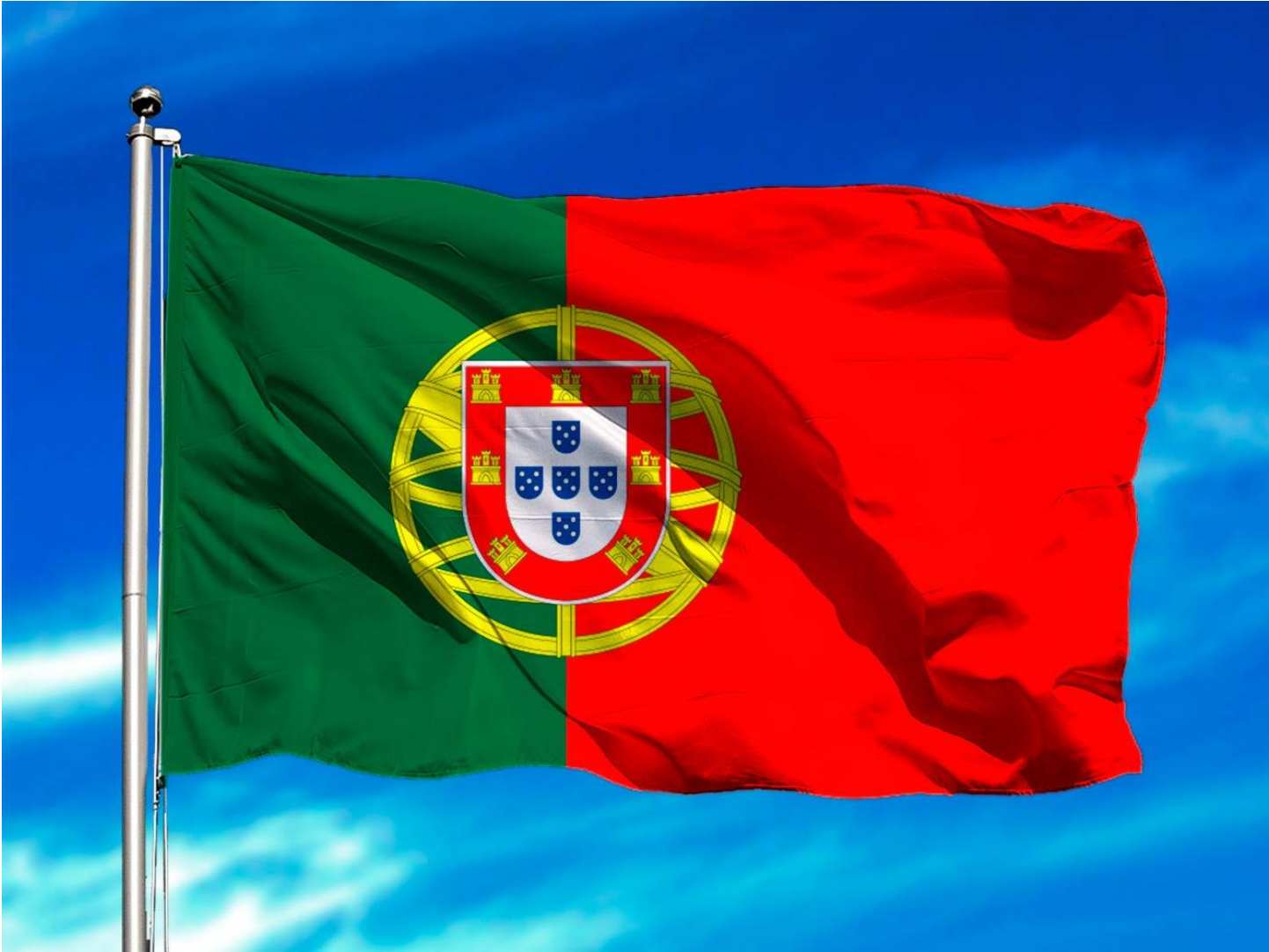
1. The cabbage is divided into sheets, washed, left to desalt, if necessary, then cleaned and put the sheets that look best on a platter. Cabbage leaves that are not suitable for filling are faithfully chopped.
2. Meanwhile, the finely chopped onion is slightly softened in a frying pan with oil, the rice is washed well in hot water and drained, stirring together for 1-2 minutes, stirring continuously. Then add 2-3 tablespoons tomato paste and 1 glass of water. Now let it boil uncovered until the rice begins to swell, and the sauce begins to drop. It is left to cool, and then, this composition mixes well with the minced meat, salt, pepper, thyme.
3. Fill each cabbage leaf with a teaspoonful of composition and roll the cabbage gently so that it does not unwrap.



PREPARATION

4. Chopped cabbage mix well with a tablespoon of oil, with the remaining tomato paste and spices.
5. In a saucepan with a thicker bottom, place a layer of chopped cabbage first, then arrange the strands in layers, leaving a circular hole in the middle, which is filled with chopped cabbage. Chopped cabbage is sprinkled on top. Pour 23 glasses of heated water, cover the pan with a suitable lid and bring to a boil over low heat. Cabbage rolls are left for a few hours, turning the pan from time to time so that the bottom is not burnt and smoked.
6. When cooked, the slices are baked to brown nicely.





Peas with eggs

A very easy and relatively quick snack to prepare, peas with eggs

Ingredients

-Frozen peas	400 g
-Olive oil	2 soup spoons
-Onion	1
-1 Garlic	7 teeth
-Salt	1 tea spoon
-Eggs	4
-Pepper	enough
-Coriander	enough

Preparation

Step 1

Put the peas in water to thaw.

Step 2

Heat the oil in a pan, mix the onion and the chopped garlic cloves.

Step 3

Saute about 3 minutes

Step 4

Add like peas, close the pot and cook for another 3 minutes.

Step 5

Season with salt, stir and open the eggs and place inside the pan.

Step 6

Let it cook for a while, taking care that the yolks do not solidify.

Step 7

Remove from heat, sprinkle with a little pepper and the chopped coriander and serve immediately.



algarvian “cataplana”

Typical algarve dish that mixes land (pork) and sea (seafood) from the Algarve. "Cataplana" is the recipe where all the elements are steamed, it only opens at the end.

Ingredients

- 800 g of clams
- 800 g of shrimp
- 300g of pork (can be cod fish or chicken)
- 1 pork sausage
- 2 onions
- 2 tomatoes
- 1 Red Pepper
- 1 green pepper
- 4 soup spoons of olive oil
- 2 lemons
- 1 bunch of coriander
- Salt and pepper enough

Preparation

Step 1

Peel the shrimp, leaving the head; cut the chorizo and pork into small pieces.

Step 2

Peel and cut the onions into thin crescents; cut tomatoes into small pieces; clean and cut the peppers into thin strips.

Step 3

Place the cataplana (circular pan) on the heat and saute the onion in it with the oil.

Step 4

Add the chorizo and pork.

Step 5

Add the peppers and then the tomatoes. Let it cook.

Step 6

Arrange the prawns around and the clams in the center, season with lemon juice, salt and pepper.

Step 7

Finally add the coriander, cover and cook for about 15 to 20 minutes. Serve immediately.





SALMOREJO RECIPE.

INGREDIENTS:

Olive oil

Bread

Tomatoes

Garlic

Salt

Toppings: hard-boiled egg & cured spanish ham



PREPARATION:

Peel the tomatoes, put them into a blender and blend until completely pureed, add the bread, mix for five minutes, now add salt, garlic and start to blend again, this time add the olive oil slowly until emulsifies.





COD WITH ORANGES AND ONION RECIPE

INGREDIENTS:

Cod, oranges, onions & olive oil.



PREPARATION:

Peel the oranges, and chop them, add the cod in small pieces add the onion cut very skinny then add olive oil and mix all together.



