



Education and Culture DG

Lifelong Learning Programme

EAT SMART MOVE A LOT COMENIUS PROJECT (2011-2013) HEALTHY RECIPIES BOOKLET



Turkey



Poland



Italy



Eat smart Move a lot
Our Partners

Greece



Romania



Czech Republic

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INTRODUCTION



or watched the procedure of making noodles in the market place in Turkey, saw the sea and ancient sights in Greece, went hiking in autumn-colored Beskydy, baked at the school training kitchen in the Czech Republic, visited beautiful Rome and danced salsa in Italy, explored the salt mines in Poland.

During the days we spent at each project school, we could compare our school systems and teaching methods as well as learn something about our ways of life. The project has inspired many teachers to promote a healthy lifestyle. In some schools grants of physical education were strengthened. The most important in our project were opportunities to meet new friends among students and teachers, show them some places of interest in our countries, regions and schools. We all were enthusiastic about the cooperation. There were plenty of tears when our last day came and we had to say good bye. We will never forget the days spent with our new friends and we hope to visit our wonderful countries again in the future.

EAT SMART MOVE A LOT...

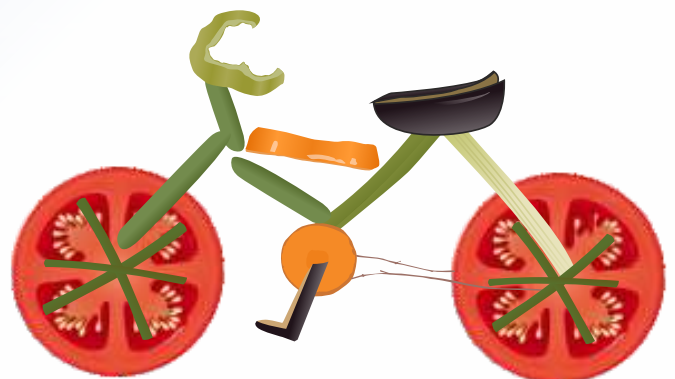
Our journey started two years ago when we first found each other on eTwinning. It was a great chance for us that all of us succeeded to be approved by our National Agencies. When we first started to fill in the form, our main aim was to make our students, parents and teachers aware of adequate- balanced eating and the importance of physical activities. Besides, we intended to identify how individual, social, cultural, religious, economic and environmental factors affect the children's eating habits in all partner countries. We wanted to improve the education programme as well as the physical activity opportunities and provide education through appropriate, culturally relevant, fun, participatory learning activities like creating a website, organizing workshops, preparing informative and funny posters and an international booklet consisting of healthy recipes. Moreover, by the help of this project, we wanted to improve the understanding of cultural diversity and finding the similarities and differences between our eating habits. We hoped to give our students the opportunity of using English in an enjoyable way as well as the ICT tools. This partnership would allow us to set up bridges among us and accomplish an intercultural education.

We had a great opportunity to spend more than two- year cooperation with all 6 partners. It was the first opportunity for all of us to be involved in this kind of project. In each country, we met a warm welcome and we were surprised by their charming beauty, history, culture and hospitality. We could visit lots of interesting places, museums, archaeological sites, churches and National parks. The project meetings helped us to learn about the customs and traditions of each country, and we could also have a look at different sports. We'll never forget the boat trip on Danube in Romania. The most unforgettable experiences were when we visited the local mosque,

Now finally we are here to show our final product. This book was written by the participants who were involved in multilateral school partnership programme Comenius among six European schools from Turkey, the Czech Republic, Poland, Greece, Italy, Romania. The authors wish to express their gratitude to the National Agencies from all countries which allowed our schools to participate in the project and our sponsors who supported our project. We are grateful to our colleagues, parents and students who took part in the activities and helped with the exchange organization. We hope to meet on a different project and work together in the future.. Who knows...

COORDINATORS

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PARTNER SCHOOLS



Zakladni skola jablunkov, lesni 190, prispevkova organizace / CZECH REPUBLIC



Today we have 60 employees (48 teachers) and we have approximately 600 pupils.

There are 2 school canteens, 2 gyms, playground with the artificial grass.

First stage 6-11 years

Second stage 11-15 years

5 classes for children with special needs.

During the school year (1.9 – 30.6) we do a lot of school projects:

Sport day – every pupil chooses one from 5 disciplines in which he wants to compete (football, volleyball, aerobic, florbal, tourism)

Safety school – focused to show to children fighting, police and ambulance interventions during crashes

Traffic rules competition – focused to knowledges of transport (traffic) rules

Ski course – it takes one week and children from 7th class learn to ski there

Folklore festival for children – Jablunkov's folklore band called „Jackove“ dances and sings to children

Environmental project – oriented on waste separation at school and collection paper, chestnuts etc.

Vocational school of Thermaikos / GREECE

Epas Thermaikou is a rather small but growing technical school of secondary education. The school is situated 20 Km east of Thessaloniki near the small city of Peraia. The population of our area is dynamically growing in recent years along with the interesting for studying the 4 specialities are currently taught in our school: a) Physiotherapy assistant, b) Aesthetics assistant, c) Hairdresser, d) Plant expert (gardening technician) and landscaping. Our students hold a certificate of 3rd level. We hope to teach three more specialities in the future as “Thermal hydraulic – heating technician” and possibly “Electrician”

The school moved in a new building last year. Our 175 students are between 17-20 years old but we also

have older ones until the age of 55. The need for finding job in the local area market is strongly reflected in the fact that most of our students are adults, workers, and sometimes hold a bachelor degree or a master in science but they look for a second chance in their lives.



Istituto Comprensivo Fiano Romano / ITALY



Our Institute, called Istituto Comprensivo Fiano, is composed by the infant, primary and secondary school. There are about 1400 students all living in Fiano. Many students are from the east of Europe, mainly Romanian, Polish and Albanian, but most of them were born in Italy.

Our school offers, in addition to the school subjects, projects which deal with historical research about food and traditions, foreign language and music.

Gimnazjum w Zespole Szkół w Klimontowie / POLAND



Our school, Gimnazjum w Zespole Szkół w Klimontowie is a middle school. There are about 100 students aged 13 - 16. The school is located in Małopolska region about 40 km from Cracow - a historic and interesting city which was the capital of Poland in the past. There are many interesting places to visit. Our school is located in a village called Klimontow It is the traditional agriculture region full of greenery and famous for healthy food. Our pupils are very friendly and active to take part in this Comenius project. We (teachers and students) have got some experience in taking part in the international eTwinning projects (“Young artists from Europe” and “Colours of winter”)

and youth exchanges “The magic begins here!” thanks to Youth in Action Programme but we have never done Comenius project before. In the local place there are some young people who have to emigrate to look for their better future because of high level of unemployment. About 10% of our pupils are the children with special educational needs. In our school there are integrated classes and disabled pupils have individual lessons. There are students with fewer opportunities because of geographical and economic obstacles. The Comenius project is an chance for them to learn more about other countries and cultures and also to practice their skills in English. We believe that it will be an excellent opportunity to learn foreign languages, use ICT techniques and work together with students from other countries.

Theoretical Highschool of Amarastii de Jos / ROMANIA

In Roumania our Highschool is situated in south-western Oltenia region, in the rural environment. Here, 60 teachers and school-masters teach 690 pupils (primary school education, middle school education and high school education)

Through this project, we want that the pupils from Theoretical Highschool Amarastii de Jos should take acknowledgement of some countries from EU culture and civilisation features compared with the Roumanian ones to understand their history, mentality, ways of life for a good integration in the big European family without being pushed aside as persons from a nation which took part into the integration process very late. The aim of this project is to gain children's interests in their own region and discover its attractions which can become more popular in Europe.



We consider this experience exchange as being a benefic one and it is very well known the fact that the way of knowing each other directly (through this impact of seeing the places, sights, people and the way they express themselves) is more resultfull and efficient.

It is important for us to develop foreign language skills for the pupils. We plan to use the method based on tasks. Our pupils are going to get tasks appropriate to their abilities. In this way everyone will be able to succeed, even children with special needs and Gypsy children.

Demirçelik Ortaokulu / TURKEY



Our school is situated in İskenderun-ISDEMİR Facilities provided by ISDEMİR Iron and Steel Factory to its staff. It is located in an intensely industrialized area and the houses of the students are very close to the factories. There are over 2000 students and 80 teachers in our school. As Hatay is a multicultural city, it has a large traditional cuisine based on meat and olive oil. In our culture, there is a wrong image; a fat child always means a healthy child. That's why we want to educate our parents about healthy eating and change this wrong image in their minds. Besides, our students at school are spending most of their time with watching TV or

playing computer games. We believe that this project will make them active than ever by its workshops and physical activity courses.

LOGOS OF ALL PARTNER COUNTRIES



GREECE



TURKEY



CZECH REPUBLIC



ITALY



POLAND



ROMANIA



ACTIVITIES FROM OUR PROJECT





All the partners taking a photo in front of the Colosseo during the project meeting in Italy. (ITALY)



Dancing Workshop (folk dance) (POLAND)



Students activities during the project meeting (ITALY)



A photo from the project meeting in Jablunkov (CZECH REPUBLIC)

COMENIUS GARDEN



Comenius garden (GREECE)



COMENIUS CORNER



Comenius Corner (GREECE)

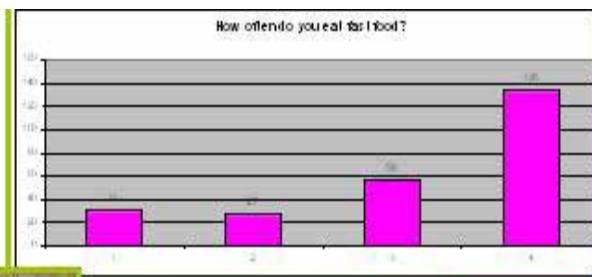
Cooking international recipes



Cooking International Recipes (GREECE)



The students who prepared Turkish traditional recipes' videos (TURKEY)



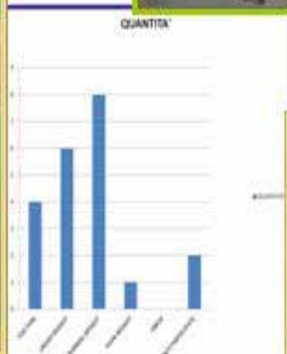
Ciambellone all'uvina

Ingredienti

- 1 litro di olio extra vergine di oliva
- 1 litro di uva
- 1 litro di latte
- 4 litri di farina
- Zucchero quanto basta per il impasto

Preparazione

Si mette il tutto fino a formare un impasto morbido da cui si tirano delle mandoline che si tagliano a strisce e si passano nelle macchine. Si infornano in una teglia e si infornano a 180° per 45 minuti.



Medley : A medley of photos about posters and pictures realized by students during the school year (ITALY)



Italian students cooking at our school (CZECH REPUBLIC)



Healthy day in our school (CZECH REPUBLIC)



Comenius Day, Culinary Workshop (POLAND)



Move a lot - International Sport Activities (POLAND)

Cakes Market – May 2013

It was attended by pupils of the seventh, eighth and ninth forms. They made traditional cakes from old recipes, with the help of their mothers and grandmothers.

The cakes were sold inside the school and the raised money were donated to the old men Hospital in the locality.

Each student prepared cakes offered explanations about the preparation and their composition. Finally, students have voted the best recipes, and the winners were given the right to participate in the second phase of the project Comenius – The Week-End School.



Healthy recipes competition on the Internet

March 2013

- The second stage of the Week-End School was to achieve a healthy competition in the Internet search recipes, recipes that belong to European nations. The most interesting three recipes were prepared by the chef of the restaurant and served at dinner participants.



ROMANIA



Antakya Mosaic Museum Visit- Project Meeting in Turkey (TURKEY)



Quiz Show about Healthy Lifestyle (TURKEY)

Râpa Roşie- Aprilie 2013 / Week-End Culinary School

Our special guest this time was professor Alexander Mironov, president of Romania UNESCO CRC. He presented a culinary map of the countries that he visited (over 30) in the last half century, focusing on the idea that all foods close to their natural components are healthy.





**EATING HABITS AND HEALTHY
RECIPES OF PARTNER COUNTRIES**



EATING HABITS IN CZECH REPUBLIC

Although Czech cuisine is not exactly a synonym for healthy cooking, everybody will probably find at least a couple of meals “to die for”. It may be the potato soup, the traditional roast pork with dumplings and sauerkraut, the fruit filled dumplings, or the apple strudel.

Czech cooking and eating habits have been shifting in the general direction of a healthier lifestyle, but traditional Czech recipes are still extremely popular- and those tend to be high in calories, fat and sugar. Sauces and condiments are popular.

In our country we usually have three main dishes and two snacks:

1) Breakfast

- very often bread with butter, jam or honey, tea or cocoa

2) The first snack

- apple, yogurt or another kind of fruit or vegetable

3) The main course (around midday)

- It's the biggest dish, usually consists of soup, meat and a side dish. A Czech meal often starts with soup. Some popular Czech soups are: potato soup, garlic soup, chicken noodle soup, beef soup with liver dumplings, sauerkraut soup. The most popular meats are chicken and pork, followed by beef, usually served with some kind of sauce. The most common Czech side dishes are: boiled potatoes, roasted potatoes, mashed potatoes, French fries, rice, bread dumplings or potato dumplings

4) The second snack – similar as the first one

5) Lunch (smaller dish in the evening)

- some bakery products with butter and ham, cheese, eggs, sausages, pasta

During a day we drink water, mineral water, juices, coca-cola and other commercial drinks, tea and coffee.

For this cookbook we chose recipes to get near the typical tastes of Czech cuisine. If you visit the Czech Republic, you can taste a typical Czech meal in every district of our country, and moreover, you can taste some regional specialities here.



HEALTHY RECIPES FROM CZECH REPUBLIC

CHICKEN WITH FROZEN VEGETABLES AND CHEESE SAUSE

We prepare oil for frying, portions of chicken breast, salt and spices for chicken, frozen vegetable – green beans and baby carrots or mixed vegetable.

For the cheese sauce we prepare: 50 grammes of mature cheese for grating, 50 grammes of blue cheese, soft cheese, garlic and cream.

We boil vegetable in hot salt water for 7 minutes, then strain through. We cut chicken breast into slices, tenderize them, add salt and season. We fry meat in hot oil quickly on both sides. In a small pan we heat cream and stir in soft cheese and blue cheese, add grating cheese and then add the ingredients – maximum 2 cloves of garlic to add flavour and remove from heat.

Now plate up first the vegetable, then put the chicken on and pour the sauce.



SPRING VEGETABLE SALAD

Ingredients - ice lettuce, cucumber, cane sugar, salt, lemon, olive oil

Peel a cucumber. Clean and chop a head of ice lettuce, then put it into a bowl. Grate the cucumber on a grater. For dressing we prepare two scoops of boiled water, add one half teaspoon of salt, two teaspoons of cane sugar and add juice of lemon seedless. Mix it and taste. At the end pour the dressing into the salad



TURKEY MEAT WITH PASTA

Ingredients - 200 g turkey minced meat, onion, oil, Hungarian spice mix with paprika, pasta

Pour oil to the saucepan. Put chopped onion to the hot oil. Fry the onion until golden brown. Add turkey minced meat and fry it. Pour about 100 millilitres of water and braise. Season with Hungarian spice mix with paprika and grilling spices. Taste the meat and season with salt. Put pasta in salty boiling water and boil it al dente. Add oil not to stick. And strain through at the end grate cheese.

Now we can serve food - pasta with meat put on a plate and sprinkle with cheese.



SPREAD BROCCOLI - ROLL CAR

Ingredients - blue cheese, broccoli, 120 g curd, salt, pepper

Procedure - boil broccoli, let it cool, mix it with blue cheese and curd, season with salt and pepper.

Spread it on the bread. For the children's snake we can create cars



CARP BAKED WITH CUMIN

Sliced pieces of carp and sprinkle with salt and cumin. Let on the pan, put on pieces of butter and bake in the oven until soft.

EATING HABITS IN GREECE

BREAKFAST may INCLUDE

Coffee
milk
round cake
bread
honey
cereal

BRUNCH may INCLUDE

Coffee
Tea
Cheese pies

LUNCH may INCLUDE

Main dish

stuffed pumpkins with minced meat
giouvetsi with beef and pasta
beef in tomato sauce with peas and potatoes
mousakas
grilled sardines
fries

Salad

Greek salad
cabbage salad
Lettuce salad
tzatziki
Cheese with hot pepper salad
different cheeses

bread

wine or tsipouro

Desert

season's fruits

MEAL OF THE AFTERNOON may INCLUDE

Coffee
Cakes or pies (with cheese or anything)

DINNER may INCLUDE

Main dish

green beans
pork meat with celery
mussels with rice
fried cuttlefishes

Salad

egg plant salad
other salads



HEALTHY RECIPES FROM GREECE

CHICK-PEAS SOUP

Ingredients

- Half a kilo chick-peas
- 1 whole big onion
- a half of a teacup olive oil
- 1 tablespoonful flour or corn flour
- 1-2 lemons
- salt, pepper

Preparation

We put the chick-peas in water with salt to stay all night. Next day, we strain them and rub a little to leave the most of their skins. We put them to the pot with water to cover them and we boil them in low temperature. With strainer big spoon we take the foam and throw it away. When they stop to have foam we drop the onion in and continue the boiling in medium temperature about one hour and a half.

In a bowl we dissolve the flour or corn flour with 5 tablespoonful cold water add the olive oil, the lemons juice, 1 teacup lukewarm water and we mix well. We throw the mix in the pot with the chick-peas and we add the salt. We stir up the pot and leave about 5-10 minutes to boil and make thin paste. We serve with pepper.

CHICKPEAS history

The cultivation of chickpea was known from ancient times to the areas around the Mediterranean. The center of origin probably lies in the Caucasus and the Middle East. From there it spread westward to countries around the Mediterranean and eastward to India. There is archaeological evidence for chickpea cultivation dating from the third to the fourth millennium BC

The first written reference to the chickpea is in Homer's Iliad. In classical Greece, the name was Erevinthos and eaten as a main dish or raw as it was fresh.

The Romans ate soup and roasted as a snack, something like chick peas we eat today. The Dodoneus, during the 16th century, tells chickpeas cause sexual arousal, in contrast to the lentils having the opposite effect. Although not scientifically proven, perhaps this was one of the reasons the monasteries ate lentils during fasting. During the Second World War and the difficult years that followed chickpeas replaced the coffee.



FISH SOUP WITH CODFISH AND VEGETABLES

Ingredients:

- 700 gr codfish, cleaned and gutted
- 3 potatoes
- 3 carrots
- 2-3 stalks of celery with leaves
- 1 onion
- 100 ml olive oil
- ½ cup rice
- salt
- Avgolemono Sauce
- 2-3 eggs
- juice of 2 lemons



Preparation

Put the fish in a large deep saucepan, add the water (adding more if necessary to ensure the fishes are covered in water)

Add the oil, salt and boil for about 10-15 minutes.

The fish needs to be just cooked, but not falling apart.

Gently remove the fish from the pan, put aside and keep warm.

Use a colander or sieve and drain the liquid into another saucepan to remove any bones

Put all the vegetables and onion to the pan

Bring to the boil, then simmer for 30-40 minutes.

Scoop the vegetables from the broth, put aside and keep warm.

Add the rice and boil.

When the rice is cooked, remove from the heat, add the lemon juice and using a wooden spoon, gently stir through.

Serve with black pepper

AVGOLEMONO GREEK EGG AND LEMON SAUCE

Preparation

2-3 eggs is the usual amount to use, although depending on the quantity of the dish you are making, you would not use more than 1 egg per two persons.

You can adjust the lemons slightly, but the whole purpose of this sauce is the tangy, fresh scented taste of the lemons, so do as the Greeks do and don't skimp on the lemons.

It's best to separate the eggs and using an electric mixer, beat the egg whites in a bowl.

Add the egg yolks and beat briefly until mixed.

Add the lemon juice gradually and beat until combined.

Although this method is a little time consuming, it helps safeguarding the eggs from curdling when added to the hot liquid.

Alternatively, beat the eggs well without separating and then add the lemon juice and beat together.

Gradually add 6 or 7 tablespoons of the hot (but not boiling) sauce to the egg and lemon mixture, beating in with each tablespoon.

This is done slowly to gradually bring the egg mixture up to the warm temperature of the dish.

Now pour this sauce into the contents of the saucepan, shaking the pan to get the sauce as mixed in as possible.

Very carefully stir the avgolemono sauce until just combined with the contents of the saucepan.

Return the pan to a gentle heat for a few minutes until the sauce is warmed.

Do not boil.

History

The small-but-storied nation of Greece is nearly surrounded by the Mediterranean Sea, making fresh seafood an easy and inexpensive option. A few native fish soups like psarosoupa have been prepared for centuries as a way for fishermen to utilize the catches they could not sell at market. This soup has evolved to incorporate both rice and potatoes, along with a medley of carrots, celery, onion and broth, made slightly acidic with lemon juice.

Psarosoupa, like its Greek cousin kakavia, began with fishermen — and the communities that supported them — eating fish that would not sell. The types of fish that work best for soups, however, were a general focus of species like red snapper, bass, halibut, grouper, trout and cod. Generally, the meatier the pieces of fish, the better they will hold up in the soup and the less likely they will overcook.

Many fishermen make fish soups like psarosoupa while still at sea. The fish is fresher than ever at this point, and a single stove top burner or hot plate is all they need. Many chefs begin the soup by placing a pot on the stove and getting some oil as hot as possible, quickly searing the thick chunks of fish on all sides before the actual soup starts taking shape. Other chefs just poach the fish pieces in the soup.

Giant Greek Beans recipe - Gigantes

INGREDIENTS FOR GIGANTES PLAKI (GIANT GREEK BEANS)

- 1. 500gr of Greek Giant Beans
- 2. 1-2 slices of garlic, finely diced
- 3. 1 big onion
- 4. 1 cup fresh tomatoes juice
- 5. Salt and pepper
- 6. 2 carrots
- 7. 1/2 cup of Olive Oil

Preparation

Put the Beans in a large bowl with lukewarm water and leave them soaked for 8 hours at least in the previous day.

In the next day change the water and boil them with the onion and the carrots for at least one hour. When its done, put them in a pyrex with the boiled water to cover them.

Preheat the oven in 200 degrees.

Add also, the juice from the fresh tomatoes, the olive oil, the garlic and the salt & pepper. Mix well.

Put in the oven and let it cook for a half an hour at 180o C.

History

Detailed information on the consumption of other legumes such as black-eyed beans, peas and beans above, we have about ancient Greece. But mostly the Romans gave legumes significant place among the types of daily diet. Cooked beans, lentils, chickpeas and lupins. Especially the beans boiled and passed through sieve. This mashed potato with fat and herbs, were among the foods considered suitable for those employed in hand.

Beans instead were known in antiquity except eyed mentioned that the Greeks boiled with wheat while the Romans preferred to eat them raw and fresh.

The white beans were known in Europe after the discovery of America. On the continent the beans first came to Spain and France in the early 16th century.

In Italy and Greece but for many years to come they only knew the black-eyed, until around 1530, Pope Clement the 7th received as a gift from Charles the 5th a few varieties of beans. Thus began the cultivation in Italy. The beans passed in our country later.



SPINASH WITH RICE

The spinach is a food that was eaten at the old inns and even cold.

Ingredients:

- 1 kg spinach, cleaned, stemmed
- 1/2 cup olive oil
- 1 cup chopped spring onion (white and green)
- 1 small onion, chopped
- 1 cup rice, short-grain is best
- 1/4 cup lemon juice
- 1/2 cup minced fresh dill
- 2 cups water
- salt - black pepper

Preparation

In a deep pan heat oil and gently fry onion and leek (if used) until soft.

Wash (or soak if necessary depending on what kind of rice you use) rice, drain and add to onion.

Cook for 5 minutes, stirring frequently.

Add remaining ingredients, except spinach, and bring to the boil. Cook for 10 more minutes.

Add the spinach, stir well and cover. Reduce heat and simmer on low heat for 5 minutes or so (longer if using brown rice).

Remove from heat.

Leave tightly covered and allow to stand at least 1/2 an hour before serving.

Serve with feta cheese, kalamata olives



MOUSSAKA (RECIPE)

- Makes for 8 persons
- 2 kg eggplant
- 2 kg potatoes
- 1 kg lean ground lamb (beef can be used)
- 4 onion, finely chopped
- 750g tomatoes
- 100g tomato paste
- 1 tsp dried Oregano
- 1tsp fresh chopped parsley
- 100g flour
- 100ml olive oil
- 1 liter milk
- 100g nutmeg
- 2 egg yolks
- 75g Kefalotiri cheese
- 3 aubergines
- 6 big cloves garlic
- 1 cinnamon stick
- 200ml white wine (optional)



Preparation

Lightly fry an aubergine that is cut lengthwise into 0.5cm slices till brown, leave to drain. Do the same with the potato, except do not brown (make sure potatoes cooked are done on a lower heat).

While potatoes and aubergines are cooling and draining, start the mince.

Take a wide flat bottomed pot and let the oil get really hot and add mince and one cinnamon stick. Fry until mince meat starts sticking to the bottom of the pot and mince is almost crispy. This is a typical Greek method basically used for all dishes with mince.

If needed, add a little more oil, then add onion and garlic and fry till transparent. Then add chopped tomatoes and tomato paste with white wine (if needed a touch of stock). Let this simmer for about 5 minutes, add some nutmeg, salt and pepper to taste then stir in oregano and parsley, take off heat, put the pot at an angle and push the mince up against the side and let the oil run out.

For the bechamel sauce you can make a roux with your flour and oil but here is the easy way: put milk in a pot with salt and pepper and touch of nutmeg 1/2 bay leaf optional, mix flour and oil to a thick paste. Bring milk to a boil and add in flour and oil mix, stirring continuously until the bechamel is really thick. Remove from heat, keep stirring to let it cool before adding the egg yolk and cheese (if the bechamel is too hot the eggs will be cooked).

Note: season aubergines and potatoes when layering. You can either layer the baking pan with all the potato and aubergine and then put the mince on top, followed by the bechamel, and bake. Or you can layer it aubergine, potato and meat till all is used up and then finish with bechamel. When all this is done, bake in preheated oven at 180oC for about 45 minutes. Let it cool a bit and then cut into portions.

MOUSSAKA - history

The moussaka (Arabic: musaqqā a 'chilled', South Slavic musaka / mycaka, Turkish: musakka, Hungarian: rakott padlizsán - from the Turkish word for eggplant patlıcan) is a dish of cooked meat, eggplant and potatoes found in various forms in the Balkans (Bulgaria, Romania), in Middle Eastern countries (Egypt, Lebanon), Central Europe, Greece and Turkey

The origin of moussaka not historical patented, but many argue that the dish comes from the Persian maguma, a food that is a combination of lamb and eggplant. The Greek version of moussaka is dated to the 20th century. More specifically, the moussaka as it is popularly known today appeared in 1910 with the release of recipes chef Nicholas Tselemendes. The difference lies in the addition of béchamel and removal of many spices from the execution of the recipe while cooking recipe books previously mentioned how the bechamel replace the cream with flour Trieste.

In the Greek version of moussaka, eggplant cut into thin slices and fried lightly in olive oil. Then groomed in pan with a mixture of ground beef or lamb meat, onions, tomato sauce and seasonings. On top of the layer spreads the sauce and toast crumbs or cheese.

Also known is the Macedonian version with the addition of fried potato and the lentin version by replacing the meat from cooked octopus. Other variations on the recipe on less traditional version where the eggplant is replaced with zucchini or vegetarian moussaka where the béchamel and minced meat produced from.

EATING HABITS IN ITALY

Italian diet:

Italian people eat usually three times a day: Breakfast, lunch and dinner.

Breakfast

People make a choice between:

- Milk, Coffee, Tea
- Biscuits
- Bread, Butter and Marmellade
- Cereals
- Yogurt

People who don't have breakfast at home, usually eat:

- Cappuccino and cornetto

Lunch and dinner are usually composed by a first course, a main course, vegetables and fresh fruits

First course: pasta or soupe

Main course: meat, fish, eggs or cheese

Vegetables or legumes or potatoes

Fresh fruits

However the whole menu is eaten only on Sundays or ceremonies, during the week people don't eat both first course and main course.

Usually between breakfast and lunch and between lunch and dinner people have a snack

but often it is not so healthy!

Italians love fish. We often cook fish, traditionally on Friday.

We use to eat desserts on Sunday lunch or for special occasions.

Main ingredients of Italian cooking

Pasta, olive oil, bread and wine are ingredients always present in Italian traditional cooking.

Pasta is the national dish of Italian cooking, usually eaten as first course.

The origins of pasta are very old, in fact it was already known at the time of the Greeks, and perhaps even before you can go back almost to the Neolithic age when man began the cultivation of cereals and soon learned to grind, mix with

water and cook or you can keep them dry in the sun for a long time. The pasta is in fact a universal food of which are historical traces all over the Eurasian continent. Acquires a particularly important position in Italy and in China where there are two strands of prestigious culinary tradition.



Olive oil is widely used for cooking, dressing salads and flavoring various foods. In Italy the production of olives is widespread in 19 regions out of 20.

The use is recommended for the wealth of monounsaturated fatty acids. It has the ability beneficial due to the presence of antioxidants (phenols and tocopherols) and the property to fight cholesterol.

It is one of the main ingredients of the Mediterranean diet.

In the Italian diet **bread** is always present. It has a fundamental place in the Mediterranean tradition as a primary component. In ancient times it was used "cumpanaticum" the term to

mean any preparation that could be linked to the bread, emphasizing its role.

The basic ingredients are flour, water and yeast, but in each region there are a great variety of recipes that include the use of other ingredients (salt, olives, dried fruit, etc) or the use of flour different from that of wheat.

Wine is an alcoholic beverage produced solely by fermentation of grape must.

In Italy, for the production of wine, can be used only grapes of the species *Vitis vinifera*. The production of wine affects all regions of Italy, from north to south and the wine is part of the daily diet of adults. In addition, the wine is used in many recipes of the Italian cuisine. Italy is among the top ten producers of grapes and wines in the world.

Information about the origin

Pizza is one of our national dish. "Pizza Margherita" is made of tomato, mozzarella (fresh cheese) and basil. In 1889, to honor the Queen of Italy, Margherita of Savoy, the chef Raffaele Esposito from Naples created the pizza Margherita, where the ingredients, tomato, mozzarella and basil, represented the Italian flag. The pizza has a long history, complex and uncertain. The first written records of the word "pizza" date back to the vulgar Latin of Gaeta in 997. Already in antiquity, however, buns mashed, and not leavened, were disseminated to the Egyptians, the Greeks and the Romans. Although it is now a product in almost all over the world, pizza is an original dish of Italian cuisine and especially in Naples.

Cannelloni is a pasta with relatively recent origins, who was able to spread rapidly and be appreciated in the tables of Italy and the world.

The first mention of this type of pasta from the first half of the nineteenth century.

It was and is considered a pasta to be served on holidays or ceremonies.

The stuffed zucchini are a typical dish of the traditional cuisine of many Italian regions. Peasant in origin, and so it is commonly used in households, where it is often handed down orally from mother to daughter.

Precisely for this reason it is a recipe that has been changed

frequently, because every family the reworked according to their taste and their availability.

The **crostata** (jam tart) is a classic dessert of traditional Italian cuisine. Made of pastry and jam is one of the most popular desserts.

A paste-like pastry was already known in Venice, after the year one thousand, when it began to use the cane sugar imported from Egypt and Syria. But it is only towards the end of the seventeenth century that the preparation of the pastry was completed in appearance and substance, to the point of being transcribed on the first cookbooks.

With the pastry, of which there are many recipes, you can also create cookies to which you can add additional ingredients: chocolate, raisins, dried fruit, etc. ...



HEALTHY RECIPES FROM ITALY



PIZZA MARGHERITA

Ingredients

- 400 g of flour type “00”
- ½ packet of yeast
- fine salt, ½ teaspoon
- 100 g of tomatoes
- fresh basil, a few leaves
- almost 100 ml of warm water
- extra virgin olive oil ½ table spoon
- mozzarella
- oregano

Preparation

Put in a bowl the flour, add the warm water where previously the yeast was dissolved, add the salt and mix....until the dough is ready. Let the dough leaven for about an hour.

Cover a pan with extra virgin olive oil, put the pizza dough in the pan and roll out to cover the pan. Put on the dough some tomato sauce using a spoon. Add a touch of oregano, some fresh basil leaves and mozzarella. Cook in the oven for 15 minutes at 220° C.

Finally the pizza is ready to eat !

Enjoy your meal



STRACCI ANTRODOCANI (CANNELLONI)

Ingredients for the tomato sauce

- sauté of carrot, celery and onion.
- olive oil
- salt
- 2 bottles of tomato sauce and finally basil.

Ingredients for the batter:

- 5 eggs
- 5 tablespoons of flour
- 10 tablespoons of water
- a pinch of salt

Ingredients for the stuffing:

- 1/2 kg of mincemeat of beef
- 2 hg of mozzarella
- 2 hg grated Parmesan cheese

Preparation

Put in a pot enough carrot, celery, onion and let them brown. Then add the tomato sauce, salt and basil. Boil for 40 minutes. Prepare the crepes: beat the eggs in a bowl, add the flour, the water, salt and whisk. Heat a frying pan with a diameter of 15 cm, anointing with oil and pour a ladle of batter. Cook on both sides. Prepare the stuffing: Put in the pan carrot, celery and onion chopped, add oil and fry. Then add the mincemeat and cook for 15 minutes. Cut the mozzarella into strips. Put the crepes on the table, put a tablespoon of mincemeat, a strip of mozzarella, a pinch of Parmesan and a ladle of sauce. Take a rectangular baking dish 30x20, anointing with oil and put some sauce. Roll up the crepes on themselves.

Put the “stracci” one next to each other. Cover the pan with the sauce. Bake for one hour at 180°.

Enjoy your meal!!



MONTAGNOLE ALPINE

Ingredients

- 200 gr. di flour
- 4 spoons of sugar
- 2 eggs
- 120 gr. of butter
- 80 gr. of raisin
- 1 baking powder

Preparation

After pouring in a bowl the flour, open the eggs and add to the flour.

Pour sugar on the eggs and mix them with a fork.

Add to the mixture the butter.

Add the raisins to the mixture and baking powder.

Now you have to mix the ingredients to make the mixture smooth and homogeneous.

It's time to divide the mixture into several smaller parts, each part working to make it longer.

The dough is now ready. If you want to make it more tasty add the chocolate chips.

After you have thus prepared all the compound, cut it into pieces.

Prepare a baking sheet and then place the pastry, leaving sufficient space between them to prevent sticking during rising.

Cook them for 20 minutes at 180°

Delicious!!



STUFFED ZUCCHINI AND PEPPERONI

Ingredients

- Zucchini
- Pepperoni
- Meat
- Eggs
- Breadcrumbs
- Olive oil
- Salt

Preparation

Clean the pepperoni and the zucchini, cut the top and the bottom and scoop them out.

Put the minced meat in a bowl, add the eggs, some breadcrumbs, salt and mix together

Put the filling into the zucchini Put some olive oil in a baking tin and then put the stuffed zucchini and pepperoni.

Put the baking tin in the oven and cook for about 30 minutes at 180°.

Light and nourishing!!

Crostata della mamma

Ingredients

- 3 eggs (1 entire and 2 yolks)
- 150 butter
- 150 sugar
- 300 flour
- Jam

Preparation

Whisk the sugar and the eggs together, add the butter and the flour and whisk them all again. Work the mixture well. Put a baking sheet in the pan and stretch on it a layer of dough. Proceed stretching the dough carefully. Smear the jam on the

dough. Make some molds of dough (stars, hearts...)

Put the molds of dough all over the jam layer. Put in the oven for 30 minutes at 170/180°.

Simple but delicious cake!



EATING HABITS IN POLAND

Traditional food and eating habits depend on the region but generally, Poland is a country where most cereals and vegetables are grown. Thanks to that, traditional Polish cuisine is rich with variety of national products grown on farms, gardens and fields. In Poland people usually have three main meals: a breakfast, a dinner and a supper.

A breakfast is usually eaten between 7 and 10 o'clock in the morning. Most people considered this meal as the most important one because it gives energy and power for the whole day. The traditional Polish breakfast is a large spread with a variety of sides eaten with bread or toast. Sides include various cold cuts, meat spreads, the Polish sausage, tomatoes, Swiss cheese and sliced pickles. Polish cheese is the breakfast classic and comes in many forms. It can be eaten plain, with salt, sugar or honey. It can be mixed with chives into a cream cheese-like spread. Eggs are served often as the main breakfast item, mostly soft-boiled or scrambled. For a quick winter breakfast, hot oatmeal, to which cocoa is sometimes added, is often served. Jam spreads are popular for a quick breakfast, including plum, raspberry, and black or red currant spreads. Breakfast drinks include coffee, milk, hot cocoa, or tea. Traditionally, the Poles avoid heavy-cooked foods for breakfast. Emphasis is placed on a large variety of foods to satisfy everyone at the breakfast table.



Photo: A traditional Polish breakfast which consist of scrambled eggs, cheese, sausages, vegetables, cottage cheese, bread, tea or milk.

cuts served with horseradish sauce and beet salads, bread, sausages, eggs, smoked salmon or herring. Many housewife prepared usually vegetable salad and a special variety of cakes (cheese cake, apple pie and others). In Poland people paint eggs and put them with some meat, bread and salt into a basket and take it to church on Easter Saturday. On Easter Sunday Polish people share eggs and have breakfast with the whole family.

Traditionally, the main meal (dinner) is eaten about 2 p.m. or later, and is usually composed of three courses, starting with a soup. The most popular are: tomato soup usually served with noodle, potato or rice, potato soup, barszcz – it is strictly vegetarian of the first course during the Christmas Eve feast, served with dumplings with mushroom filling, bullion or broth - clear chicken soup served with noodles, mushroom soup made of various species of mushroom, dill pickle soup of sour salted cucumbers, often with meat, żur with potatoes, Polish sausage, and egg, peas and potato soup, sauerkraut soup with chicken, vegetable soup - chicken and vegetables bullion.

The main course is usually meaty including a roast, boiled or fried piece of meat which is served with vegetables, for example: shredded root vegetables with lemon and sugar (carrot, celery, beetroot) or sauerkraut. The sides are usually boiled potatoes or more traditionally cereals. Meals often go with a dessert such as jelly, ice cream or a piece of cake.

The typical Polish dishes:

- Dumplings usually filled with sauerkraut and/or mushrooms, meat, potato and/or savory cheese, sweet curd cheese with a touch of vanilla, or blueberries or other fruits, such as cherries or strawberries, and sometimes even apples—optionally topped with sour cream, and sugar for the sweet versions.
- stew of sauerkraut and meat, mainly sausages.
- Polish variety of pork cutlet coated with breadcrumbs made of pork tenderloin (with the bone or without), or with pork chop. A Polish variety of chicken cutlet coated with

breadcrumbs. Turkey cutlet coated with breadcrumbs.

- Cabbage leaves stuffed with spiced minced meat and rice or with mushrooms and rice served with sour cream or tomato sauce.
- Sausage is a staple of Polish cuisine and comes in dozens of varieties, smoked or fresh, made with pork, beef, turkey, lamb, veal with every region having its own specialty.
- Stew of meat, noodles and vegetables (especially potato), seasoned with paprika and other spices usually eaten with kasha.
- Twisted shape thin slices of chopped beef, which is flavored with salt and pepper and stuffed with vegetables, mushrooms, eggs, and potato.
- Polish village style roasted chicken with onion, garlic and smoked bacon.
- Roast veal, marinated in an aromatic marinade.
- Potato dumplings served by themselves or stuffed with minced meat or cottage cheese
- Minced meat with eggs, bread crumbs, garlic, and salt and pepper rolled into a ball and fried on onion butter.
- Roasted or grilled lamb.
- Beef cutlets with mushrooms.
- Pork cutlets in gravy sauce.
- Cod fillet in beer batter served with mash potatoes.
- Herring in oil with onions.
- Salmon, often baked or boiled in a dill sauce.
- Beef sirloin, often with rare mushroom sauce.
- Roasted chicken or beef.
- Fried breaded fish fillet.

A supper is a name for the evening meal in Poland. While often used interchangeably with dinner today, supper was traditionally a separate meal. In most Polish families supper is eaten between 7 and 9 o'clock in the evening. Supper foods vary widely from place to place, but often include a carbohydrate such as grains or cereals, fruit and/or vegetables, a protein food such as eggs, meat or fish, and a beverage such as tea, coffee or fruit juice. Some people prefer hot supper meals like pancakes, dumplings, sausages or bacon. Sweet breads, fresh fruit, vegetables, eggs, mushrooms, butter or margarine are also common examples of supper foods.

The most famous and unique supper is eaten on Christmas Eve and traditionally consist of twelve meals. Before the supper we share a wafer with the whole family. Then we sit at a table and eat carp, mushroom soup, poppy seed cake and other special Christmas food.

Bread and bread rolls make the Polish cuisine and tradition complete. It has been an essential part of them for centuries. Today, bread remains one of the most important foods in the Polish cuisine. The main ingredient for Polish bread is wheat or rye. Traditional bread has a crunchy crust, is soft but not too soft inside, and has unforgettable aroma.



Photo: A Polish dinner (main meal) which consists of tomato soup and a main dish – pieces of baked chicken, potatoes, salad and a dessert.



Photo: A supper – salad with pieces of roasted turkey

HEALTHY RECIPES FROM POLAND

BROTH (ROSÓŁ)

Broth is a liquid food preparation, typically consisting of either water or an already flavored stock in which bones, meat, fish, cereal grains, or vegetables have been simmered. Broth is used as a basis for other edible liquids such as soup, gravy, or sauce. It can be eaten alone or with garnish. If other ingredients are used, such as rice, pearl barley or oats, it is then generally called soup. Commercially prepared liquid broths are available, typically for chicken broth, beef broth and vegetable broth. Broth is a very popular dish and is served on Christmas and Easter holidays. Moreover, it is prepared in many Polish kitchens on every Sunday. It is also considered to be the best meal for ill and weak people.

Preparation time: 2 hours

Cooking time: 2 hours

Ingredients:

- 1 chicken
- 5l water
- 2 cups of boiling fowl poultry
- 2 carrots and parsley
- A piece of celery
- A piece of leek
- 1 onion
- Parsley and celery leaves
- Spices:
- Pepper
- Ground pepper
- Salt
- St. Englishwoman
- Vegeta
- Noodles to the broth

Stages of preparation:

Thoroughly wash the chicken and put into a pot of boiling water.

Add peeled vegetables: carrots, parsnips, leeks, celery

Onion toast on the fire and add to broth.

Put cube broth, grainy pepper, allspice.

After about an hour add the celery leaves, parsley 0.5.

Boil for another hour.

Boil pasta.

Serve with the addition of chopped parsley.



Polish broth

PANCAKES (Naleśniki)

Crêpes are made by pouring a thin liquid batter onto a hot frying pan or flat circular hot plate, often with a trace of butter on the pan's surface. The batter is spread evenly over the cooking surface of the pan or plate either by tilting the pan or by distributing the batter.

Common savory fillings for crêpes served for lunch or dinner are cheese, ham, and eggs, mushrooms and various meat products. When sweet, they can be eaten as part of breakfast or as a dessert. They can be filled and topped with various sweet toppings, sugar (granulated or powdered), maple syrup, lemon juice, whipped cream, fruit spreads, custard, and sliced soft fruit or comfiture.

Ingredients:

- Batter:
- two eggs, 200ml cream
- two glasses of flour
- two glasses of milk
- a pinch of salt
- one teaspoonful sunflower oil
- half a teaspoon of vanilla sugar

Additions:

cottage cheese, strawberry or raspberry preserves, chocolate cream

Preparation

Beat eggs, milk and flour well with a mixer. Add a pinch of salt, vanilla sugar and continue mixing until the batter is fluffy. Pour a few drops of sunflower oil onto a preheated frying pan. When the oil is hot pour approx. 150-200 ml of the batter (approx. 3/4 of a glass). Evenly spread the batter in the pan and cook till the lower side turns golden brown and then, flip to the other side.

When the pancake is ready remove it from the pan and set aside on a plate, cover the plate. When using a Teflon pan, it is not necessary to pour any oil on the frying pan. After frying, spread mixed with sugar and cream cottage cheese and preserves, chocolate cream or sprinkle sugar over top.



Pancakes

POLISH - HUNTER'S STEW (Bigos)

Bigos is known as a hunter's stew, a traditional meat stew typical of Polish cuisine and is a Polish national dish.

There is no single recipe for a savory stew of cabbage and meat, as recipes vary from region to region and from family to family. Typical ingredients include white cabbage, various cuts of meat and sausages, often whole or puréed tomatoes, honey and mushrooms. The meats may include pork (often smoked), ham, bacon, sausage, veal, beef, and, as bigos is considered a real hunters' stew, leftover cuts find their way into the pot as well. It may be seasoned with pepper and other ingredients.

Stew is usually eaten with mashed potatoes or bread. As with many stews, bigos can be kept in a cool place or refrigerated and then reheated later – it is said that its flavour actually intensifies when reheated. One observed tradition is to keep a pot of stew going for a week or more, replenishing ingredients as necessary. This, the seasonal availability of cabbage and its richness in vitamin C made stew a traditional part of the winter diet in Poland and elsewhere. It is a popular dish in Poland to be served on the Second Day of Christmas.

The great Polish epic poem Pan Tadeusz written by the most famous poet Adam Mickiewicz, features a poetic description of bigos eaten by members of the aristocratic nobles returning from hunting.

Ingredients:

- 1 med. head of cabbage
- 1 (27 oz.) can sauerkraut
- 3 onions, sliced
- 2 bay leaves
- 2 tbsp. salt
- 1/2 tbsp. pepper
- 2 tbsp. sugar
- 1/2 lb. fresh sausage, diced
- 1 lb. daisy ham, diced
- 2 lbs. country style spareribs

Preparation:

Shred cabbage, layer in a bowl, sprinkling with 2 tablespoons salt between layers. Let stand for about 15 minutes. Cover with boiling water, let stand for 1/2 hour. Meanwhile, prepare your meat using fat from spareribs, brown the spareribs, diced ham, sausages and onions.

Drain water from cabbage. Drain sauerkraut reserving juice if you like it more sour. Mix cabbage and sauerkraut together. In a 6 quart saucepan, place in layers, alternating cabbage mixture, meats and remaining spices.

Cover with water. Boil at medium heat for 1 hour, stirring frequently, boil gently for an additional hour at low heat. After cooking, remove bones from meat. Bigos is now ready to serve as main course with boiled potato or rye bread. Tastes better the next day!



Polish stew

POLISH CHEESE DUMPLINGS (Pierogi)

Dumplings (pierogi) are served in a variety of forms and tastes (ranging from sweet to salty to spicy) they are considered to be the Polish national dish. Traditionally considered peasant food, they eventually gained popularity and spread throughout all social classes including nobles. Although, dumplings are still an important part of Polish culture and cuisine today, they are very popular in other European countries.

Pierogi are the Polish form of handmade dumplings made of unleavened dough, usually shaped into a semi-circle. The seams are pressed together to seal the dumplings so that the filling will remain inside when it is cooked. There are several variations of fillings depending on where you cook it but some may include: potato and cheese, mushrooms, meat, potato and sour cream, fruit or even spinach. Some cookbooks from the 17th century describe how even during that era the dumplings were considered a staple of the Polish diet, and each holiday had its own special kind to create it. There were different shapes and fillings for holidays such as Christmas and Easter, and important events like weddings.

Ingredients:

- 2 c. flour
- 2 eggs, well beaten
- Pinch of salt
- 2 tbsp. melted butter

Mix together. Make the dough so that it will be firm. Knead it well on a well-floured board. Roll to about 1/8 inch thickness and cut into circles with a glass (about 3 inches wide).

Filling:

- 1 1/2 lbs. dry cottage cheese
- 5 potatoes, peeled, boiled and mashed
- 1 sm. onion, diced
- 1 tbsp. melted butter
- Salt and pepper to taste

Preparation:

Mix the filling ingredients together well. Place a small amount on each circle. Fold over and seal with a fork brushed through flour. Place, a few at a time, into boiling water until they bob to the top of the water, about 3-4 minutes. Drain and rinse with cold water and drain well. Place in dish and cover with melted butter. Serve with sour cream. Delicious!



Polish cheese dumplings with cream and strawberries

Fish fillets are quite popular in Polish cuisine. It can be prepared with sea, river or pond fish. Generally, it is eaten more often in the regions situated by the sea. Moreover, fish fillets are often served during religious holidays. For instance, it is a popular dish eaten during every Friday, lent before Easter or Christmas Eve. Traditionally, carp fillets are prepared and served to celebrate Christmas Eve supper in many Polish kitchens, after a first star appears in the sky.

Ingredients:

- 1 lb. fresh fish fillets, haddock or flounder
- 1 tbsp. lemon juice
- 1/2 tsp. paprika
- 3 tbsp. butter, melted
- 1 tbsp. flour
- 1/2 c. milk
- 1/4 c. bread crumbs
- 1 tbsp. parsley

Preparation:

Cut fillets into serving pieces. Place in greased, shallow pan. Sprinkle with lemon juice, paprika, and a dash of salt and pepper. In a saucepan, blend 1 tablespoon melted butter with flour and a dash of salt and pepper. Add milk at once. Cook and stir until thick and bubbly, pour over fish. Blend bread crumbs with remaining melted butter and sprinkle over fish. Bake at 250 degrees for 35 minutes. Trim with parsley.



A baked fish fillet served with potatoes and carrot

EATING HABITS IN ROMANIA

Located at the intersection of cultures, Romanian cuisine has been influenced by Balkan, German, Serbian, Italian, Turkish and Hungarian cuisine, but not limited to, knowing that diversity of tastes and refined preparations are popular all over the world among connoisseurs of culinary traditions.

In Romania, the main meals are breakfast, lunch and dinner.

Breakfast can consist of dairy products: milk, cheese, yoghurt, fresh cheese or fermented grain or bread; meat products: sausages, ham, bacon, boiled eggs, scrambled, poached or in various combinations with vegetables and meat fresh or prepared as jam or preserves.

Regular lunch consists of three courses: pottage or soup, meat and vegetables or just vegetables especially for fast days, or vegetable salads. The second course of meal consists in vegetables, meat or vegetables and different ways of cooking, sautéing, dishes, steaks, etc.. The third course, the dessert, consists in cakes, pies, fruit tarts and pastries and fruit preparations.

Romanian dishes can be divided into the following:

-hot and cold, (there are the dishes that are served at the beginning of the meal. Their role is to stimulate the appetite, being spicy.

-soups, pottage, creams. This group of preparations is characterized by a high content of liquid and is usually served at the beginning of the meal. Their great taste opens your appetite, stimulates the digestion of other culinary prepares and satisfies the need of body fluids.

-starters (can substitute first or second dish in a menu where there are not snacks, soups, soups, fish, etc.

-main dishes (are those dishes that are served usually after entrees.

-candy and cakes (there is a group of dishes that usually we serve at the end of the table and complete the feeling of fullness of the body, while increasing the nutritional value of the menu, being rich in carbohydrates, minerals and vitamins .

Romanian cuisine has managed to maintain millenary traditions of our people, but was influenced and improved varieties of dishes with other peoples recipes. European influence is reflected in the plan Romanian cuisine as: Empire Austiac influence in Transylvania and Banat cuisine, Russian cuisine in Moldova, France, Bulgaria and Greece in Muntenia cuisine and Turkey cuisine in Dobrogea.

The influence of French cuisine strongly marked the Romanian cuisine. Since the late nineteenth century, the great restaurants in Bucharest preparing and serving as: foie gras in aspic, consomme imperial, Prague ham, chocolate and cream cakes, fine cheeses at the end meal, coffee and brandy.

Between the two world wars, known Romanian cuisine continuous its development. In large restaurants were preparing traditional Romanian cuisine: tripe, tuslama, jelly, crayfish scordolea, stuffed cabbage with polenta, eggs, brine fish and many other dishes.

Romanian cuisine managed over time to preserve tradition, kitchens were able to pass down traditional taste our food, they enriched and refined foods but have kept unaltered Romanian cuisine.



Sarmale



Romanian Easter Bread



Apple Strudel

HEALTHY RECIPES FROM ROMANIA



CAKE OF BUCOVINA

Ingredients

- 1.200 kg fine flour
- 1 cup honey
- 200 g raisins
- 2 g milk
- 50 g yeast
- 2 sachets vanilla sugar
- 1 teaspoon salt
- 500 g pulp of nuts
- 15 eggs
- 2 cups butter + 50 g butter for greased trays
- 400 g sugar
- peel of one lemon
- 1 teaspoon rum essence

Method

The milk is mixed with sugar and allow to warm up, but only a little on low heat

Place the butter in a warm place to melt

Separate yolks from egg whites and beat the whites with a whisk to homogenize

Rub the yolks with a little sugar

Sift the flour into a bowl

Place the yeast in a little lukewarm milk

Put in the bowl flour, milk and eggs and knead together

When the dough starts to bind, add butter, rum, raisins, sugar, vanilla and lemon zest

Knead the composition for 15 minutes, then allowed to warm 10 minutes, in the kitchen

Chop walnuts through a meat grinder and mix them with honey

After 60 minutes, the dough is cut into several pieces, according to the number and the size of the baking trays

Stretching each piece of dough on a wooden board

Spread each piece of dough with nuts and honey mixture, then roll up

Grease trays with butter, then sprinkle with flour, place the dough pieces into them and allowed to grow

Brush cakes with egg yolk and place in oven to brown



LAMB HAGGIS

Ingredients

- 1 kg lamb entrails - liver, heart, lungs, kidneys, spleen
- 200 g Onion • 3 bunch green onions
- 100 ml oil • 2 large eggs
- salt and pepper • 1 lamb caul
- 50 g butter

Method

Wash the caul and put it in cold water

Wash the entrails in several waters and blanched it briefly in a boiling water

Put the entrails in boil water with a pinch of salt for 30 minutes after the first boil, and after all remove them

When cooled, chop finely with a knife.

Finely chop dry and green onions

Put a half of onion in fat frying

When melted and was less transparent, add mince and allow to simmer yet

5 minutes, then remove from heat frying, drain well and fat cool

Beat the eggs with salt and pepper

Mix mince, onion and eggs remaining

drain the water of the lobe, stretch and fill with above mixture

Three alternate endings

A • Grease well with butter as a deep tray of cake, fits the lamb haggis in this form and bake at low heat until it well browned (light brown).

B • Flatten the lamb haggis and besmirch it trough a mixture, made from 2 eggs and 2 tablespoons of flour, and place it in hot deep fat, until it turns to golden brown, put it in the oven longer, about 15-20 minutes, on low heat, to penetrate.

C • Spread cake tray with butter, sprinkle it with breadcrumbs, the same for the lamb haggis, and put the tray and put in oven.



LAMB STEW

Ingredients

- 1 kg lamb • 5-7 bunches of green onions
- 1 Onion • 5-7 bunches of green garlic
- 1 tablespoon flour • 2 bunches of parsley
- 2 bunches of dill • Salt, pepper
- 1 cup of oil

Method

Fry green onion and garlic in hot oil until they are brown

Chop the onion into thin slices

Cut the meat into thick slices

When the garlic and onions have softened, give it out from the oil

In the same oil, put the meat and minced onion, paprika and pepper to anneal

When they were slightly browned, turn off a little water and let it simmer on

gently fire, covered, about a half an hour until the meat penetrates

Chop dill and parsley

Mix flour in little hot water

Put the flour into the broth, stir the mix and leave it to a boil

Add onion and garlic at the mix and simmer all another quarter of an hour

salt the food and sprinkle it with parsley and dill



POTATO SALAD

Ingredients

- 2 red onions • 3 boiled eggs
- 1 lettuce
- 50 g black olives countries
- 1 bunch dill
- fruit vinegar to taste
- salt and pepper
- 3 tablespoons oil (olive, if you have)
- 1 kg potatoes countries

Method for preparing

Boil the potatoes, but not to carp, but only until fork goes through them

(and remain a little glue)

Clean and cut them into thin slices

Boil eggs and onion and slice them thin

Cut the salad

Finely chop the dill

Olives are more than a colorful ornament so put them with kernels

Mix all the vinegar, salt, pepper, and oil

SAUSAGES FROM ARDEAL

Ingredients

- 1 pork belly • 1 pork tongue
- 500 g meat (sirloin) • a few strips of rind
- 2 kidney • 2 ears (spikes)
- 1 teaspoon salt • 1 pinch pepper knife
- 1 teaspoon paprika • 200 g fat (belly as a long piece)

Method

Cut all the meat, tongue and bacon, strip them, add pepper, paprika and salt and

boil the entire mixture in little water, enough to cover it.

Fill the belly with sliced meat, language and bacon placed on the length, sew the belly back and stitch it, because it is possible to crack.

Boil again the belly sewn (a half an hour from the first boil), seasoned with 1 onion, 3 bay leaves, 1 glass of wine, a teaspoon pepper.

Place it to be pressed one day between two cutting boards.



EATING HABITS IN TURKEY

TURKISH EATING HABITS

Turkish Cuisine is known as one of the most outstanding cuisines in the world. It originated in Central Asia. (the first home of the Turks). Regarding its long and deep history, we can say that Turkish Cuisine strongly influenced and was influenced by several cultures. Turkish Cuisine is a heritage of Ottoman Cuisine. Moreover, it is a large combination of Central Asian, Middle Eastern and Balkan Cuisines. Turkish Cuisine has differences across the country and food preferences and preparations vary by history, region, economical structure or ethnicity in Turkey.

For example, in the Aegean Region olive oil, fresh vegetables and herbs are extensively used while the Black Sea Region is famous for its fish dishes. All kinds of vegetables are used in Turkish cuisine and cooked in the saucepan. Onion and garlic are the main ingredients. As spices, mostly blackpepper, red-pepper, sweet and hot cinnamon, thyme, mint, basil, sesame and sumak are used widely.

We usually prefer to start a day with a simple breakfast. A typical Turkish breakfast consists of cheese (beyaz peynir, kaşar etc.), butter, olives, eggs, tomatoes, cucumbers, jam, honey, and kaymak. Sucuk (spicy Turkish sausage, can be eaten with eggs), pastırma, börek, simit, poğaç and soups are eaten as a morning meal in Turkey. A common Turkish speciality for breakfast is called menemen, which is prepared with tomatoes, green peppers, onion, olive oil and eggs. For drinking, Turkish tea is served at breakfast. The Turkish word for breakfast, kahvaltı, means “before coffee”

(kahve, ‘coffee’; altı, ‘under’). At breakfast and all day long Turkish people drink black tea. Tea is made with two teapots in Turkey and you can dilute it by adding hot water. During the day it is the most popular drink, served in crystal tulip shaped glasses.

Our main meal usually starts with soup and salads called «meze». Mezes are for sharing and served hot or cold. Soup is the traditional starter at a Turkish table. It is believed that it relieves our stomach before main dishes. The Turkish cuisine have developed a very rich variety of soups. Even today, soup is the preferred breakfast food in rural areas. As the soup encourages the consumption of lots of much bread, bread is very much eaten in our country. It is a very common belief that one cannot leave the table satisfied if there is no bread. For this reason bread is made either at home or bought from the bakery and eaten in large quantities.

The main course is usually meat or fish and are usually served with rice. We enjoy food and the meal is a time for relaxing for us. We usually prefer eating homemade meals at home with our family members, relatives and friends. All members of the family should be at the dinner table. Dinner is a kind of social occasion to talk about the day and make decisions about our family life. We don't begin to eat or drink until the oldest man at the table has been served and has begun to show our respect. The younger ones usually serve meals in a traditional Turkish family. We like hosting guests and eating together. The host shouldn't leave the table before his guests even if he is full enough.

Yogurt is often used as a side dish of both meat and

vegetables dishes. It is often prepared and served as ayran.

Turkish deserts are famous throughout the world and many of these have milk as the basic ingredient such as “sütlac”, “tavuk gögsü”, “kazandibi”, “helva”, “asure”, but the best-known are “baklava” and “kadayif” pastries.

Tea or Turkish coffee is served at the end of a meal sometimes with pastries. Turkish coffee is a national drink and it comes either without sugar, a little sugar or sweet. Two more popular winter drinks are: cinnamon flavored sahlepe, a drink made from powdered iris root, and boza, a fermented barley drink.

It is customary to say “Afiyet olsun” (“May what you eat bring well-being”) before eating, and to say “Elinize saglik” (it is a compliment to the hostess, meaning “Bless your hand”) after the meal.

Hatay – Antakya Cuisine

Antakya is located on the south-east border on Turkey, in the center of middle-east. It has always been a multicultural city and has a very distinct cuisine which combines Turkish, Mediterranean, Arabic and ancient Roman tastes.

Its deep history and the combination of cultures has created a very rich cuisine. Within the whole of Turkish cuisine, Hatay has special place. Although it has preserved its character until recently, certain dishes are in danger of being forgotten or simply abandoned.

Some typical Antioch dishes: zahter salad, babaghannoush, hummus, Oruk, Sour Black-eyed Peas, White Marrow Borani, Pepper with Walnut (Muhammara), Mashed Broad beans, Cheese Kunefe and Stone Kadayif.



This is a typical breakfast plate. we eat egg (boiled or fried), cheese, olive, tomato, cucumber, jam, butter and honey at breakfast.



The Turkish people, especially Turkish women are extremely hospitable and love to cook- serve. They will welcome their guests with Turkish coffee.



One of the most common Turkish foods is tarhana soup, made from tarhana, a highly nutritious product made from yogurt and flour or wheat.

HEALTHY RECIPES FROM TURKEY

BAKED TURKISH RICE PUDDING

Ingredients

½ cup rice
1 cup water
5 cups whole milk
1 cup sugar
2 tbsp wheat starch
1 tbsp vanilla extract
1 egg yolk

Preparation

Soak rice in warm water for 30 min.

Then, wash and drain it.

In a pot, place the water and drained rice. Put the pot over medium heat.

Simmer until almost all water is absorbed.

Then, add milk, sugar and vanilla. Stir constantly until the rice is cooked.

Meanwhile, dissolve wheat starch in 2-3 tbsp water and add it to the rice pudding. Stir and boil it for 4-5 min.

Beat the egg yolk in a bowl and add a ladle of rice pudding in it and mix well. Then, add this mixture to the rice pudding and stir until it comes to a boil and remove from the heat.

Apportion the rice pudding into small ovenproof glass or porcelain dessert cups, clay cups or disposable aluminium pudding cups.

Put the pudding cups on a baking tray and fill half of the tray with water.

Preheat the oven to 200° C and place the tray in it and bake it until the top of the pudding has a brown or dark brown colour.

After they reach a nice brown colour, take the cups out. When they reach to room temperature, refrigerate them for about 1-2 hours before serving.

NOTE: Baked Turkish rice pudding (sütlaç) is a traditional dessert in Turkish Cuisine. Turkish women prefer cooking it because it is lighter and healthier than many other desserts.

It can be served with pounded nuts / pistachio or sprinkled cinnamon. In Ottoman Cuisine it was also cooked with gum mastic or rose water. They are different tastes, too. Chicken





CHICKEN CASSEROLE WITH VEGETABLES

Ingredients

- 1 - 2 carrots
- 1- 2 green peppers
- Some cauliflower
- 2 glasses of milk
- 300 gr chicken breast
- 2 spoonful of flour
- 2 spoonful of olive oil
- Some cheese

Preparation

Firstly chop and boil the vegetables. Chop the chicken breast into small pieces. Add some spice and mix them. Fry the chicken pieces in a pan. To prepare its special sauce, mix flour, milk and olive oil and stir it nonstop. After that put the boiled vegetables and fried chicken pieces onto a casserole. Pour the sauce and cover all of them with it.

Finally place the casserole in the oven. Add some grated cheese on top of the casserole. Bake it in the oven for about 20-30 minutes. Bon Appetite!!

STUFFED ARTICHOKE IN OLIVE OIL

Ingredients

- 4 fresh whole artichokes
- 1 tsp salt
- 1 lemon's juice
- 3 cups water
- for the filling:
- 1 cup rice, washed and drained
- 3-4 pieces green onions, chopped
- ¼ tsp black pepper
- ½ bunch dill
- 1 cup olive oil

Preparation

Snip the pointed ends of the artichoke leaves (leave only the tender inner leaves). Wash and drain.

Put water, lemon juice and salt into a pan on to boil.

Place the artichokes in boiling water and simmer for 15 min.

Remove the artichokes from water and when they get cool, remove the purple hairy part with a teaspoon.

Mix all the stuffing ingredients and stuff the artichokes with this mixture.

Place the artichokes in the same pan filled with water, lemon juice and salt again (in order not to lose its vitamins) and simmer until they are tender.

When cooled, you can garnish it with fresh dill. Enjoy your meal!



STUFFED EGGPLANTS

Karniyarik is a widely loved dish almost in every part of Turkey. We can translate it as “split belly” literally. It is simply eggplants stuffed with a mixture of beef or lamb, garlic, onions, tomatoes and parsley are baked until soft. The dish is usually served with a cucumber yogurt dip called “cacik”.

Ingredients

- 6 medium sized eggplants
- 2 onions, finely chopped
- 3 tomatoes, peeled and chopped
- 250 grams minced meat
- 3 tablespoons oil
- 250 grams chopped parsley
- 2 green peppers, sliced
- salt, pepper



Preparation

Peel eggplants leaving lengthwise stripes and put them in salty water for 10 minutes. After drying, fry them as a whole in a deep pot with vegetable oil,

After frying, rest them on a paper towel, and then place eggplants on an oven dish.

In a deep frying pan, heat olive oil. Add onions and stir for 3-4 minutes.

Add ground meat and diced tomato. Stir until cooked. Turn it off.

Add chopped parsley, salt, and pepper. Mix well.

With the help of two spoons, slit eggplants into two. But leave the tops and bottoms attached.

Stuff eggplants with ground meat mixture.

Pour 1 cup of hot water on top and bake them in preheated oven at 400F.

Serve with rice and yogurt.

TURKISH CHICKPEAS WITH BEEF

Ingredients

- 2 cups chickpeas, soaked in water overnight
- 250 gr. beef, cut into small cubes
- 2 medium onions, finely chopped
- 1 ½ tbsp tomato paste
- 3 tbsp vegetable oil
- 4 cups hot water
- 1 tbsp salt



Preparation

In a pressure cooker, sauté the meat cubes and the chopped onions with vegetable oil.

Stir in tomato paste until well mixed.

Transfer the chickpeas into the pressure cooker.

Add enough hot water to cover them.

Add salt and lock the lid onto the pressure cooker.

Once you hear hissing from the pot, reduce the heat to low and cook for 45 min.

Remove the pressure cooker from heat.

After all the pressure has been released, open the pressure cooker and enjoy your meal.

Serve it with rice pilaf.

NOTE: In Turkey, this is a very common and a traditional dish. Turkish people serve it with rice pilaf and “cacik” (cold yoghurt soup with shredded cucumber, garlic, mint and olive oil) or pickles.



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