



Erasmus+ generation winter 2019/2020

International Cookbook



Stroopwafels and kruidnoten



Ingredients:

- 150g unsalted butter
- 125g dark brown sugar
- 2 tbsp gingerbread spices
- 250g self-raising flour
- 0,5 teaspoon of salt
- 4 tbsp semi-skimmed milk.

Preparation:

1. Preheat the oven to 160 ° C. Mix the butter, sugar, the gingerbread spices, the self-rising flour and the salt. Add the milk to the batter, spoon by spoon, so that it becomes a nice, smooth dough.
2. Cut the dough into 4 equal pieces and form 4 long rolls of 1 cm thick. Cut the rolls into 1 cm pieces and roll each pieces into balls. Place the balls on a baking sheet lined with baking paper and press them a little flat.
3. Bake in the oven for approx. 15 minutes until tender and light brown. Remove from the oven and let cool completely.

Alheira



Ingredients:

- meat (usually pork, veal, duck, chicken, quail or rabbit) and bread

Preparation:

- 1) Cook the meats together in a pan with some water until they are done. Reserve the resulting broth and set the meats aside.
- 2) In a large bowl place the thinly sliced bread and add the reserved broth.
- 3) Cover with a towel and, as soon as the bread is soft enough, mash it with a wooden spoon.
- 4) Mash the garlic cloves and add them to the bowl along with the piri-piri, paprika, and salt and pepper to taste.
- 5) Cut the meats into very small pieces and add to the bowl. Mix it thoroughly. When everything is completely mixed add the olive oil and the pork drippings.
- 6) Fill the casing using a suitable funnel.
- 7) Tie each Alheira sausage so that it's about 8 inches long, with the filling concentrated in the middle section, leaving the ends almost empty.
- 8) Once they are ready, deep fry them in a deep frying pan with vegetable oil.

Peixinhos da Horta



Ingredients:

1 pound green beans
3 cups oil, for frying
3/4 cup flour
2 cups water
1 teaspoon salt
2 eggs
salt and pepper to taste

Preparation:

- 1) Bring a saucepan with a cup of water and a teaspoon of salt to a boil. Add the beans to the pot of boiling water and cook until almost tender but still slightly crisp, about 2 minutes.
- 2) Remove the beans once done and transfer them to a bowl with cold water for about a minute. Once done, place them on paper towels to dry.
- 3) Now heat the oil in a deep fryer or a large saucepan to 400 degrees Fahrenheit.
- 4) Combine the flour, cup of water, eggs, and salt and pepper to taste in a bowl and whisk until the batter reaches a smooth and even consistency.
- 5) One by one, dip the green beans in this batter and then immediately fry them in the fryer until golden brown. Once each one is done place them on paper towels to dry.
- 6) Sprinkle the deep-fried green beans with salt to taste and serve once done.

Indian Sandwich



Ingredients:

- bread slices
- potatoes - boiled and mashed
- cumin
- butter
- salt
- onions - chopped
- turmeric powder
- coriander powder
- chili powder - 2 pinch or less
- oil
- garlic
- ginger paste
- chopped lettuce

Preparation:

Wash and boil potatoes. Drain and peel them, then mash them.

Add oil to hot pan, add cumin, garlic and all the spices powders.

Add ginger paste, onions, lettuce and wait for 2-3 mins. Mix up everything. Add mashed potatoes.

Take a non- stick pan and slightly grease the pan with butter and put the bread on it. Roast the bread.

On the inner side of bread, spread the potatoes in thin layer and serve hot.

Suppli

Ingredients:

- Arborio Rice
- Tomato sauce
- Onions
- Mozzarella

Preparation:

Prepare your risotto cooking the rice directly into the sauce and diluted it with vegetable broth or hot water. Leave all the cooking liquids withdraw (or drain it if it can not to withdraw for good) before transferring the rice in a large bowl. Let the rice cool down for good after having adjusted with salt and black pepper (that's this reason why the rice should always be made in advance).

Cut the mozzarella into strips or cubes. Take a handful of rice with oily hands and put a little bit of mozzarella in the middle of it closing in such a way as to give an oval shape to the rice ball. Soak each rice ball into the beaten eggs then in bread crumbs, being careful not to break them. Heat the oil and cook the rice balls until they will be golden externally. Drain and serve hot.



Pide



Ingredients for dough:

- 400 gr flour
- 1 tablespoon sugar
- 2 teaspoon salt
- 100 ml oil
- 100 ml yogurt
- 100 ml warm milk
- 1 egg
- 1 yeast

Ingredients for mixture:

- 1 onion
- 250 gr mince
- 2 teaspoon salt
- 3 tablespoon tomato sauce
- Half teaspoon blackpepper

Preparation:

Cook onion with butter. Add mince and cook a little bit more.

In the end add salt and blackpepper.

Mix all ingredient for dough. Cover the dough and wait half hour.

Cut some little pieces and roll them. Fold the edges.

Put the mixture inside of this dough.

Bake it in preheat oven (180 degrees C) for 25 minutes.

Sütlaç



Ingredients:

- 1 L milk
- 200 gr rice
- 200 gr sugar
- 300 mL water
- 1 vanillin

Preparation:

Wash rice and put in a pot.

Add water and turn on the stove.

When it boils, lower the heat and let it boil a little bit more.

Add milk when rice become soft.

Cook it until it boils.

After that add sugar and mix it.

Turn off the stove.

In the end add vanillin.

(If you want to do better.)

Put this mixture to cups. Baked in preheat oven (200 degrees C) for 10-15 minutes.

Sweet Chocolate Sausage



Ingredients:

180 g of cookies

1 egg

90 g of butter

4-5 tablespoons sugar

10 teaspoons cocoa

Preparation:

1. Smash cookies into smaller and bigger pieces (around 0.5 cm) in a large bowl.
2. Melt sugar and butter and add egg and cacao
3. Mix chocolate dough with cookies
4. Put everything in plastic wrap and create desired shape
5. Cool down (minimum - 3 hours, the best - overnight)

Crêpes



Ingredients:

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons butter, melted

Preparation:

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter ; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Tarte tatin



Ingredients:

- 3 tablespoons butter
- 3/4 cup white sugar
- 3 large Granny Smith apples - peeled, cored, and quartered
- 1 tablespoon all-purpose flour
- 1 9-inch unbaked pie crust (see footnote for recipe link)

Preparation:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Coat a 10-inch oven-proof skillet with butter. Sprinkle sugar evenly over the top of the butter.
3. Place apple quarters, rounded sides down, on top of the butter and sugar in a circular pattern.
4. Place skillet over medium-high heat and cook until butter melts and sugar dissolves and begins to caramelize. Continue to cook until apples soften and caramel begins to brown, 10 to 12 minutes. Remove from heat.
5. Sprinkle work surface with flour and roll pie dough into an 11-inch circle. Pinch edge to create a ruffle around crust.
6. Place crust on top of apples and tuck in edges around apples.
7. Bake in the preheated oven until crust is golden brown, about 20 minutes. Allow to cool for 5 minutes. Place a plate over the top of the pan and carefully invert to release tarte from the pan. Scrape any remaining apples stuck to the pan back on top of crust.

Quiche Lorraine



Ingredients:

- 1 recipe pastry for a 9 inch single crust pie
- 12 slices bacon
- 1 cup shredded Swiss cheese
- 1/3 cup minced onion
- 4 eggs, beaten
- 2 cups light cream
- 3/4 teaspoon salt
- 1/4 teaspoon white sugar
- 1/8 teaspoon cayenne pepper

Preparation:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place bacon in a large skillet, and fry over medium-high heat until crisp. Drain on paper towels, then chop coarsely. Sprinkle bacon, cheese and onion into pastry shell.
3. In a medium bowl, whisk together eggs, cream, salt, sugar and cayenne pepper. Pour mixture into pastry shell.
4. Bake 15 minutes in the preheated oven. Reduce heat to 300 degrees F (150 degrees C), and bake an additional 30 minutes, or until a knife inserted 1 inch from edge comes out clean. Allow quiche to sit 10 minutes before cutting into wedges.

Fabiola



Ingredients:

- cookies
- coffee 2 measures
- butter half a measure
- sugar 2 measures
- milk 1 measure
- topping of your choice (traditional is with egg yolk and coconut)

Very typical in the south of Catalonia. Also called "braç de gitano" (translated is something like a Gypsy arm) because it's really caloric and not really healthy, and gypsies, in the past, were related to "sins".

Postre Riberenc



Ingredients:

- bread slice
- salt (pinch)
- olive oil (traditional is made with special kind of olive oil called "Fulla de Salze", but impossible to find outside Catalonia). 4 small drops
- dark chocolate portion (more than 70% of cocoa if possible. The less sugar the better)
- tomato (traditional way, optional)
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Old and traditional recipe from Tarragona, Spain. Used to be popular in the postwar period as is really cheap and fast to make. It comes from popular "pa amb tomaca" but with chocolate. If you are not used to the taste of tomato can be strange to eat.

Spanish omelette



Ingredients:

- 6 to 7 medium potatoes (peeled)
- 1 whole yellow onion
- 5 to 6 large eggs
- 2 to 3 cups of oil(for pan frying)
- Salt (to taste)

Preparation:

1. Peel and Cut the Potatoes
2. Peel and Chop the Onion
3. Fry the Potatoes and Onions
4. Beat Eggs and Mix
5. Cook the Tortilla with oil
6. Turning the Tortilla on a plate
7. Return the Tortilla to the Pan

Nalesniki



Ingredients:

- 1/2 cup flour
- 1/2 cup milk
- 1/4 cup water (lukewarm)
- 2 large eggs
- 2 tablespoons butter (melted)
- 1/2 teaspoon salt

Filling (jam, cottage cheese)

Preparation:

1. In a blender or food processor, combine flour, milk, water, eggs, butter, and salt until smooth. Transfer the batter to a pitcher. Cover the pitcher with plastic wrap and let it rest for 30 minutes so the liquid can be absorbed by the flour.
2. Spoon one portion of the batter into a nonstick crepe pan or small skillet that has been lightly coated with butter.
3. Immediately rotate pan and swirl the batter until it covers the entire bottom of the pan. Cook until the crepe is lightly brown or spotted brown on the underside. Turn and cook the second side until it is light brown.
4. Remove the crepe to waxed paper or parchment paper and repeat with the remaining batter. You may need to recoat the pan with butter as you cook the crepes.

5. Place 2 heaping tablespoons of savory filling or sweet filling on each naleśniki and fold the sides in first and then fold the bottom up, rolling away from yourself, as for an egg roll or burrito.
6. Filled naleśniki can be pan-fried in butter or baked in a buttered casserole dish until the filling is set.

It is possible to eat them cold and with no forks included! 😊

5 Quick Facts About Belarus:

The land where the game World of Tanks was created

“Three and a half” presidents of Israel were born here (Chaim Weizmann, Kadish Luz (served as acting President of the state), Zalman Shazar and Shimon Peres)

One of the biggest vehicles in the world are made in here - Belaz

It is where the largest and oldest forest in Europe located - Białowieża Forest

No sea, no mountains. :(

Bratkartoffeln mit Sauerkraut



Ingredients:

oil

1.5 lb potatoes (raw) (700 g)

1 (red) onion, finely diced

2 cups sauerkraut (300 g)

salt & pepper to taste

1 bunch fresh herbs (e.g. parsley, chives, rosemary, cress)

Preparation:

Peel potatoes and dice (or slice, s. notes) evenly. Then soak them in a bowl with cold water (this removes some of the starch and helps get them super crispy).

Heat some oil in a pan on a high heat. Drain potatoes and add to the pan. Covered with a lid, roast for 5 minutes before flipping them over. Continue with this process (roast covered for 5 minutes, then flip) for another 15-20 minutes (possibly reducing the heat).

5 minutes before the cooking time ends, add diced onion to the potatoes without folding them in, cover with the lid and let steam 5 minutes. Then add sauerkraut, combine everything and roast 5 more minutes uncovered.

Season with salt and pepper to taste and serve as you like with fresh herbs/ sour cream/ (smoked) tofu.