

# The Gifts of Nature Cookbook



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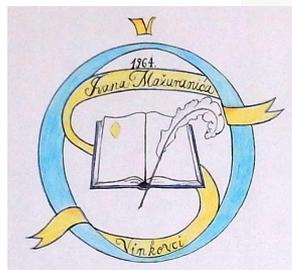


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# THE MAP OF GIFTS OF NATURE



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# About the project

In this book you will find a compilation of recipes made by students involved in the project **KA201 Gifts of Nature**.

With this project we want to develop conscience about the benefits of the natural resources in our **EVERYDAY LIFE**. We want to help ourselves and our communities become aware of the need to preserve nature for generations to come. We want to learn about the different **USES OF NATURE** and natural resources and the positive impact it can have on ourselves and our society

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# CRETAN SALAD

## INSTRUCTIONS

Peel cucumber and cut it. Then cut tomatoes and feta cheese. Put tomatoes, cucumber and feta cheese into a bowl. Pour olive oil and sprinkle with oregano and basil pepper.



## INGREDIENTS



cucumber



tomato



Feta cheese



Olive oil



oregano



Basil pepper

# APPLE PIE



## INSTRUCTIONS

Put 400g flour, 1 pack of baking powder and 150g powder sugar on the mat. Make a hole in the middle of this pile. Break 2 eggs into the glass and pour them into a hole. Cut the butter and store it in flour. Start kneading the dough. When it is done, we divided it into a two parts. One part spread and put it on a baking tray. Peel and grate 10 apples. The put them on the dough. Sprinkle with cinnamon sugar. We take a second part of dough and spread it. Then put it on the apples. Put the baking tray in to oven at 180°C and bake 20-30 minutes



## INGREDIENTS

- Flour
- Baking powder
- Powder sugar
- Cinnamon sugar
- Butter
- Eggs
- apples



flour



Baking powder



Powder sugar



Cinnamon sugar



butter



egg



apple



# BEETROOT SOUP



## INGREDIENTS

- olive oil
- onion
- chopped sterilized tomatoes
- beetroot
- broth



olive oil



broth



onion



beetroot



chopped sterilized tomatoes

## INSTRUCTIONS

On a pan we heat 2 spoons olive oil and we roast 1 onion cut on small pieces for 5 minutes. Then we add 200g chopped sterilized tomatoes and 250g boiled and cut on cubes beetroot. Pour in 500ml broth and bring it to boiling. On slided fire we boil 10 minutes and then we mix with hand blender to smooth. We salt and pepper as we need.



# Paella



## Ingredients

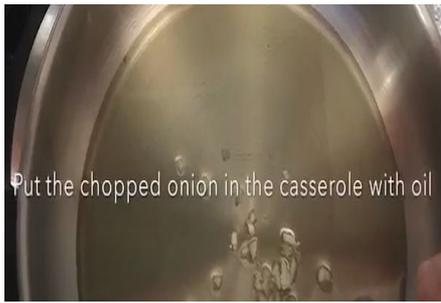
- Salt, oil, rice, garlic, pepper, fish stock, white wine, clams, hake, squid, prawns, carrot, mussels, tomato and onion.

## Preparation

1. Put the pan on the cooker and add some olive oil
  2. Chop the garlic, the green pepper, the tomato, the carrot and the onion.
  3. Fry the garlic, green pepper, tomato, onion and carrot.
  4. Add 1 cup of rice and 2 cups of fish stock with water.
  5. Halfway through cooking, add the clams, prawns, hake and squid.
  6. When the rice is almost done, add a bit of white wine, put the lid on and let it sit.
- Enjoy!
-

# FISH WITH CLAMS





# Potato Omelette



- ◉ Potatoes, eggs, oil and salt.



- ◉ Peel the potatoes and wash them to remove dirt.



- ◉ We dry the potatoes



- ◉ We cut the potatoes into thin slices.



- ◉ Salt is added.



Fry them for 20 minutes over low heat



- ◉ Beat the eggs in the bowl.



- ◉ Mix the potatoes in the bowl with the beaten eggs.

- ◉ Let this mixture stand for 15 minutes.

- ◉ Put this mixture in the same pan for 5 minutes



- ◉ To turn the omelette around use a large flat plate.



# Gazpacho

## Ingredients:

Ripe tomatoes	Vinegar
Green & red peppers	Oil
Scallions	Salt
Cucumbers	Water
Bread	

Wash the vegetables and let them drain. Peel them and chop them

Remove the seeds from the peppers

Pour all the vegetables in a blender with the bread and the rest of the ingredients

Blend them until you get a creamy texture.



# Tačke s pekmezom (Slavonija)



## Ingredients

- 1 egg,
- 3 dl water (cold),
- 1 teaspoon of salt
- 0.5 kg of flour aprox

## Preparation

1. Mix everything into a fine elastic but not hard dough.
2. Get into rectangular shape 2 mm thick.
3. Placed a teaspoon of jam on one half, distant piles approximately 5 cm from each other
4. Cover with another half of dough and press with your fingers to stick
5. Cut into squares
6. Boil in salted water until they float and then for 2 - 3 min more.
7. Strain from the water
8. Fry in a pan or bread crumbs.
9. Stir gently not to break and sprinkle with sugar if desired, cream, or walnuts or

## Fišpaprikaš (Slavonija)

Put 1.5 l on the live fire in the kettle  
water, 0.8 kg of three species of fish (carp,  
catfish and pike) and 25 dag onions. One  
minute  
before boiling put 2.5 tbsp  
sweet and 1/3 tablespoon hot pepper as well  
spoon of salt.  
After 10 minutes of boiling put 0.3

dcl of tomato juice, 0.5 dcl of white  
wine, royal jelly and caviar. Cook everything  
a total of 20 minutes, no longer -  
that the fish does not begin to decay.  
Serve with homemade noodles.



# Vitamin Fantasy

## Ingredients::

- Frozen fruit
- Plain yogurt
- Peanuts
- One lemon
- Muesli



## First step

- First you will need to put frozen fruit in dish and wait until it is not frozen anymore
- By that time you will need to make lemon juice
- To make lemon juice you will first need to massage the lemon like on the picture and then cut it and squeeze it in a fruit when it is not frozen



## Second step

- Second, you will need to crush the peanuts like on the picture



## Third step

- Now you will need a glass from which you will eat
- You will first need to put one layer of peanuts
- On that layer you will put a layer of muesli, then a layer of yogurt and on top, a layer of fruit



# VEGETABLE SOUP

## Ingredients:

- half tablespoon of pork fat
- 1 small red onion
- one bag of frozen mixed vegetables (cauliflower, broccoli and carrot)
- water (to cover the vegetables, and later as desired)
- salt (as desired)
- pepper (as desired)
- thyme (as desired)
- vegeta (as desired)
- sour cream (as desired)

1 chop 1 small red onion



2 dissolve half a tablespoon of pork fat and add chopped onion



3 when the onion turns *golden*, add the vegetables and cover with water  
Allow to boil, then reduce the flame and cook until the vegetables soften



4 chop it with a stick mixer



5 as desired add salt, pepper, thyme, vegeta and water  
let it boil over



6 Add a little bit of sour cream



# SCRAMBLE EGGS WITH HAM AND ONIONS

## Ingredients:

- 2-3 eggs
- 1-2 slices of ham
- One small onion
- Oil

First you will crack your eggs in one plate and mix them with fork



Secondly cut ham and the onion into small slices and mix them with the eggs



Then, heat a pan with a few drops of oil  
After oil is warm, put your mixture on it



Finally, mix it with fork until it doesn't stick to the pan  
After it's ready, put it on your plate **and eat!**



## MUFFINS

- ✦ Muffins with apples is simple recipe.
- ✦ It doesn't work long and it's really good.



## PREPARATION

- ✦ 1. Mix eggs and sugar, add oil, milk, flour, baking powder and salt.
- ✦ 2. Stir well to obtain a smooth mixture and finally mix grated apple and cinnamon.
- ✦ 3. Place the arrangement in the muffin molds in which you previously placed the paper baskets.
- ✦ 4. Bake at 170 ° C for 30 minutes.

## INGREDIENTS:

- ✦ 1 egg
- ✦ 100 g of sugar
- ✦ 60 g of sunflower oil
- ✦ 120 ml of milk
- ✦ 250g flour
- ✦ 1 baking powder
- ✦ a pinch of salt
- ✦ 200 g of apples
- ✦ 2 teaspoons Vegeta cinnamon minced



✦ **Serving:** Sprinkle the cooled muffins with powdered sugar

✦ **Tip:** Optionally, instead of apples and cinnamon, you can add chocolate, cherries or blueberries to the dough.

# APPLE CHIPS

-one whole apple

-half a tablespoon of

apple cider vinegar

-2 tablespoons of cristal sugar

-ground cinnamon

-4 tablespoons of water



Cut the apple into thin slices. Dip each slice in the mixture of sugar and put on a baking pan so the soaked side of the slice faces up. Bake in the oven until crispy, minimal 1 hour at 100°C.



Heat up two tablespoons of sugar and four tablespoons of water, add half a spoon of apple cider vinegar, some cinnamon and take off the stove.



**When it's done, it should look like this. Enjoy!**



# KISIR



- Bulgur
- Salt
- Black pepp
- Tomato pa
- Chili peppe
- Lemon
- Water (hot)
- Scallion
- Parsley
- Oil



- We pour 2 cups of hot water into bulgur and cover it.



Chop the scallion and the parsley.



Mix the bulgur with tomato paste



Add the parsley and scallions to the mix



Add some lemon juice



- A drizzle of oil too.



Mix and enjoy

# SARMA

## Ingredients;

- 1 tablespoon pomegranate
- 30 grape vine leaves
- 115 gr/4 oz long grain rice
- 2 onions
- 1 bunch fresh parsley
- 1 tablespoon olive oil
- salt and ground pepper
- 1cup water for stuffed vine leaves
- half of a lemon
- 2tablespoons tomato paste



Fold the mixture into the vine leaves following the steps. Boil them in water and oil and serve.

# HÜNKAR BEĞENDİ

## Ingredients



## Mici (grilled minced meat rolls)

- Literally translated as “Small ones” because they used to be only as big as an adult finger, Mici are truly delicious and very popular on barbeques, street food, cottage weekends, and birthday celebrity’s another food that can be smelled from miles away and makes you mouth water; and it is easy to make. All you need is minced pork and beef mixed with garlic, spices, and sodium bicarbonate.
- Form the mixture into small sausage-like portions and put them on the grill. Juicy on the inside, crispy on the outside, you can savor them best with only mustard and bread.ations.



## Ciorbă de burtă (beef tripe soup)

- For a bold and brave experience when traveling abroad, you have to try one of the most popular soups in Romania – Beef Tripe Soup. While the name may not sound too appealing, it’s a real delicacy and is sure to make your tongue dance.
- Considered the ultimate hangover remedy, Tripe Soup is made from the stomach of a cow, vegetables, and special bones, flavored with lots of garlic and soured with vinegar. Hot chili peppers go with it very well.



## Pomana Porcului (Honoring The Pig)

- This dish comes from an old rural tradition, and the two are best experienced together to get the true taste of it. The tradition takes place in the cold, crispy air of December, when pigs are sacrificed for Christmas dinner.
- Fresh meat cut from a recently slaughtered pig is fried in its own fat in a deep pan. This savory food goes down well served with authentic pickles. Restaurants often have this meal on the menu, but if the pig is not freshly slaughtered, it doesn't have the same taste.



## Jumări (Greaves)

- From the same sacrifice of the pig, Romanians make a crunchy, salty starter called jumări from frying bits of bacon and pig fat.
- This is best served warm and always accompanied with raw onions and a shot of tuică, the traditional plum brandy, as a digestive. As delicious as it may be, you don't want to overdo it if you still want your pants to fit.



## Sarmale (cabbage rolls)

- This is a real comfort food that you can find at every traditional Romanian wedding, or that you can smell on the street during Christmas and New Year holidays. It is made of minced meat (usually pork or in combination with poultry) mixed with spices, rice, and onions, then rolled up in sour (fermented) cabbage leaves, and boiled for hours in a special sauce made of sauerkraut juice, tomato juice, and other secret ingredients.



## Mămăligă (polenta)

- Usually a side dish for sarmale or served plain with sour cream and Romanian cheese, mămăligă is made from corn flour boiled in water with a pinch of salt and a few drops of sunflower oil.
- It's very healthy and also pairs well with gravies or stews. Shepherds like to mix it up with salty sheep cheese and make a specialty called "bulz".



## RECIPE FOR POLENTA

- For polenta, it is ideal to use a cauldron or a cast iron pot with a thicker bottom. Pour water into this pot, add salt and put on the fire until it starts to boil.
- When the water boils, sprinkle the corn starch. Mix continuously with the pear-shaped spoon, which will prevent the formation of lumps.
- Stir further, even after all the corn starch has been added, until the polenta starts to boil again. Then reduce the heat to a minimum, because the polenta tends to splatter with hot splashes while boiling. Stir for another 3-4 minutes.



## INGREDIENTS FOR STEW

- 500 gr pork shoulder
- 350 gr smoked sausages
- 3-4 tablespoons pepper paste with tomatoes
- 5-6 cloves of garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon thyme

## RECIPE FOR STEW

1. Wash the meat well and cut it into cubes.
2. Put the pieces of meat fried in oil and let it simmer for 10-15 minutes in its own juice.
3. Add the sliced sausages and continue to simmer until fried.
4. Add salt and pepper then donut paste with tomatoes and thyme.
5. Add the sliced garlic. Let it simmer for a few more minutes, mixing the flavors well.
6. Before taking the food off the heat, check with a fork if the meat is penetrated.
7. Remove from the heat and serve hot with polenta and grated cheese.



ENJOY YOUR MEAL!

UŽIVAJTE U JELU!



ON EGINI!



AFIYET OLSUN!



POFTĂ BUNĂ!



DOBRŮ CHŮŤ



## About the cookbook

This cookbook has been made with the efforts of the students and teachers from all participating countries in the project KA201 Gifts of Nature (2018-2020)

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