



# **“The Cook Book”**

**Erasmus+ Project**

**Healthy Body and Healthy Mind**





**Healthy Body,  
Healthy Mind**

**Erasmus + 2020/2021**



## Table of Contents

**Greece:** 3<sup>rd</sup> Primary School of New Ionia 4-7

**Italy:** Scuola Primaria di Collevalenza 8-11

**Romania:** Scola Gimnaziala Numarul 5 12-15

**Spain:** C.E.I.P TREPALIO 16-19

**Turkey:** TURKAN DERELI ILKOKULU 20-23





# Gemista

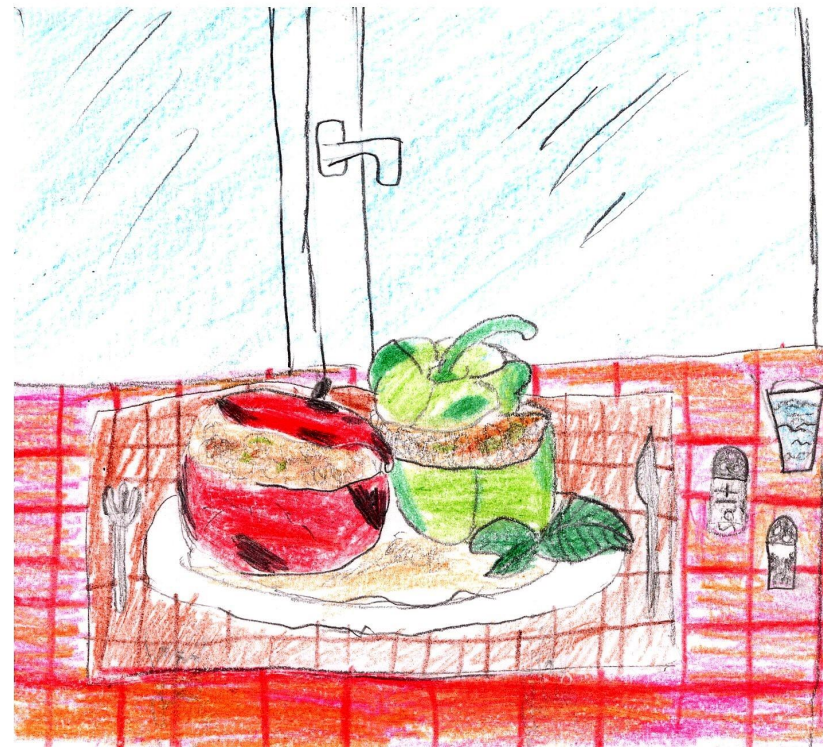
## Ingredients:

5 tomatoes  
4 green bell peppers  
3 round zucchini  
2 eggplants  
1 small bunch of parsley  
½ of a small bunch of  
fresh mint  
3 onions  
3 potatoes  
rice for risotto (½ tbs for  
each vegetable and ½  
cup for the tin)  
½ cup of olive oil  
salt and ground pepper

## Instructions:

- 1.Remove the flesh of the tomatoes, bell peppers, eggplants and zucchini.
- 2.In a blender add the flesh of the tomatoes,make it into puree and set it aside. Puree the flesh of the eggplants together with a bell pepper.
- 3.Finely chop the parsley, the mint and the onion.
4. In a bowl, add the rice,onions,eggplant and pepper puree, parsley,mint,salt,pepper,and 3 tablespoons of tomato puree.
- 5.Fill in the vegetables until they are ¾ full and add the potatoes in the tin,cut into wedges.
6. Pour the tin with the rest of the tomatoes puree and oil.
- 7.Bake at 180 degrees Celsius until the vegetables are soft and mellow and the rice is cooked,about 1-1.5 hours.





## SUGGERIMENTO RAPIDO

Prova a fare clic con il pulsante destro del mouse su una foto e utilizzare "Sostituisci immagine" per creare il tuo libro di ricette.





# Sarmadakia

Sarmadakia with vine leaves and rice

## Ingredients

250 gr. vine leaves or  
ready bought in a  
glass jar  
1 1/2 cup of Carolina  
rice  
Juice from 1 lemon  
1 bunch of dill  
salt  
pepper  
mint  
1/2 cup of olive oil  
1 red onion  
3 cups of water

## Instructions

1. Rinse the leaves from the jar with some water.
2. Pour the olive oil in a pan and fry the onion.
3. Add the rice and then add the water. Once it absorbs the liquid, add the lemon juice and the herbs.
4. Wrap the sarmadakia with 1 tablespoon of the filling in each one and place them in a saucepan.
5. At the end, put a plate on top so that the sarmadakia do not open up and pour 1 glass of water over them and drizzle with a little olive oil. Cook them in medium heat for about half an hour, until they have absorbed all the liquid.





# Greek salad

## Ingredients

2 tomatoes  
1 big cucumber  
1 big green bell  
pepper  
1 medium sized onion  
a few olives  
a little dried oregano  
a piece of feta cheese  
salt and pepper  
olive oil and vinegar

## Instructions

Wash all the vegetables thoroughly. Cut the tomatoes in small pieces and slice the cucumber. Place them in a salad bowl and add finely chopped onion, the pepper cut into stripes and the olives. Add salt and pepper, oregano, vinegar and mix carefully. Place the piece of feta cheese on top. Add some oregano on the feta and add the olive oil into the greek salad.





## SUGGERIMENTO RAPIDO

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# Souvlaki

## Ingredienti:

Inserisci qui il testo Inserisci

## Preparazione:

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# Tagliatelle Tricolore

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## Ingredients

- 1 egg
- 100 g flour 00
- 1 salt just enough

Ingredients for 1 person. You have to multiply for the number of people.





# Tagliatelle Tricolore



## PREPARATION

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To make the fresh dough, pour a little less than 3 cups (400 g) of flour into a bowl (it is best to keep a bit aside to add if necessary) or directly onto a wooden pastry board for its porosity. Make a crater in the middle and add the whole eggs stirring , with the fork and at the same time start to mix in the flour .

Once the liquid part has been absorbed, start kneading by hand : transfer to the pastry board or a wooden surface and knead there for about 10 minutes, with the palm and vigorously, pulling it in all directions but taking care not to tear it. Once the dough is smooth ,wrap it in the plastic wrap and let it rest at room temperature for at least 30 minutes. Then you can resume working the dough. Then divide it into three parts to spread it out more easily. Flour one part carefully and flatten it, keep the other two portions in the film so they will not dry out. Take the pasta machine and place it on thickness n ° 1, i.e. at maximum thickness and pass the dough between the rollers to obtain a rather thick first sheet, then fold the two edges of the sheet towards the center to give a more regular shape. then lightly flour it and pass it through the rollers, continue in this way several times until you get to thickness n ° 8. Place the dough obtained on the floured pastry board, equalize the ends with a tarot (or a knife) to make the dough regular, then divide it into two parts so as to handle it more easily. Pass it back in the pasta machine to thickness 8 because in the meantime it will be a little withdrawn in working it. Sprinkle it with a little semolina on both sides, let the sheets dry for 5 minutes per side. Now take a sheet of dough, fold a flap up to about two thirds then start rolling creating a very flat roll, keeping the closure upwards. Cut the roll of dough into 7 mm thick slices. Take the noodles from the ends, spread the noodles on your hand, then roll it around your fingers to create a nest and place it on the lightly floured pastry board. Continue until all the dough is finished. Your tagliatelle are ready, you just have to cook them and dress them with the tomato and basil sauce.



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# Zuppa di pesce

## Fish soup

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### INGREDIENTS

Shrimp  
6 Cuttlefish  
400 g Moorhen  
500 g Monkfish  
550 g Gurnards  
500 g Red mullets  
Extra virgin olive oil to taste  
2 cloves garlic  
Parsley to taste  
White wine 50 g  
Salt up to taste  
Black pepper to taste  
Tomato puree 500 g

### FOR THE SAUCE

Celery 1 stalk  
Carrots 1  
White onions 1  
Water 1.5 l  
White peppercorns (or black pepper) to

taste

### FOR MUSSELS

Mussels 1 kg  
Extra virgin olive oil to taste  
1 clove garlic







# PREPARATION

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To make the fish soup, start cleaning the gurnards: after having gutted and rinsed them, cut the back at the level of the central bone and divide them into two fillets, then remove the smaller bones with the special kitchen tongs, hold the fillet lying on the cut and rub it with your fingertips to locate the bones. Keep the leftovers that will be used for the broth. Now take care of the mullets: after having gutted and rinsed them, remove the head and tail, cut the back and cut out two fillets by eliminating the central bone. You can also proceed by making an incision at the base of the mullet head, then slide the blade from the head to tail to get the first fillet. Also remove the bones here with the forceps. Keep the scraps. Now also clean the monkfish: gut it, remove the tail and fins, remove the skin and cut with the knife along the entire back, next to the central bone, get the fillet, cut it into slices. Always keep the scraps aside. Clean the prawns: remove the head and tail, remove the carapace and extract the dark filament on the back, using a toothpick. Now wash the vegetables for the fish broth and cut them into chunks. In a pan pour the vegetables, parsley, fish cleaning scraps and peppercorns, you can choose whether to use the black or the white one. Cover with water, turn on the heat and cook for two hours from the boil. During cooking, remove the foam that will form on the surface with a skimmer. Meanwhile, clean the mussels: make sure they are all closed, those broken or open will be discarded. Now clean and rinse them thoroughly. In a pan, heat a drizzle of oil with a clove of garlic. Pour in the mussels and cover with the lid. Cook for 3-4 minutes, shaking the pan from time to time. Now cut the cuttlefish into strips. In a large saucepan, heat a little oil with two cloves of garlic, pour in the cuttlefish and brown them over high heat for 3-4 minutes. Add the white wine and let it evaporate. Pour the tomato puree and the cooking water of the mussels. Cover with the lid and cook for 25 minutes. Meanwhile, the fish broth will be ready, filter it through a colander and set aside. Remove the garlic cloves from the soup, add the monkfish steaks and 800 g of the fish broth you have prepared. Cook over low heat for 10 minutes. At this point add the fillets of gurnard and mullet, continue cooking for another 5 minutes, rotating the pan so as not to flake the fish. To finish, pour the prawns and shelled mussels. Add salt and pepper just now, let it cook for another minute, then turn off the heat, add the mussels in their shells, the chopped parsley and serve the fish soup hot.





“Zuppa di pesce” tutorial by children’  
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# POLENTA WITH MEAT SAUCE

## INGREDIENTS

**1000 g polenta**

### FOR THE SAUCE

500 g Ground beef

550 g Tomato puree

1 carrot

2 sticks of celery

1 onion

2 tablespoon Extra Virgin Olive Oil

½ Glass Red wine

Salt to taste.

Pepper as needed.







# PREPARATION

Let's start preparing the homemade ragù by preparing the vegetables for the sauté. First we take the two celery sticks and remove the part closest to the roots and the tops. Cut them in half lengthwise and chop these too, cutting them repeatedly in a direction perpendicular to their length.

We then recover the onion and, after having cleaned it, first cut it in half and then chop it.

Finally we peel the carrot and remove the ends. Cut it in half following its length and also slice this into cubes. Now put a high-sided non-stick pan on the stove and pour a couple of tablespoons of extra virgin olive oil into it.

We heat over a very low heat and add the chopped onion, celery and carrot. We mix and let the vegetables soften for about 5 minutes, making sure they do not burn. Now that the vegetables are ready, we can add the minced mixed meat (500g) to the pot. Let's "shell" the meat well with the help of a wooden spoon and brown it, again over low heat, for about ten minutes until the meat has changed color.

We add salt and black pepper. We integrate the aromas by mixing and let it cook for another couple of minutes.

Deglaze the meat with half a glass of dry red wine (we used Bonarda) and mix gently, until the alcohol has completely evaporated. Finally, pour the tomato puree (550g) and mix the ingredients. Then cover with a lid and continue cooking over low heat. Now it will be enough to adjust the flame to the minimum and let our sauce go for 1 hour, checking its "density" every 10/15 minutes. When the sauce is ready, cook the polenta in a little salted water with the addition of a tablespoon of oil. The instant one cooks in a few minutes but must be poured slowly, stirring quickly with a wood mixture and always in the same direction. When it is thick enough to keep the ladle straight, it will be ready.



the sauce is ready, cook the polenta in a little salted water with the addition of a tablespoon of oil. The instant polenta cooks in a few minutes but must be poured slowly, stirring quickly with a wood mixture and always in the same direction. When it is thick enough to keep the ladle straight, be ready.



“Polenta” tutorial by children’ parents!!

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# Torta al testo

## Ingredienti:

- 500 gr flour 0
- 260 ml water
- 40 ml olive oil
- 1/2 half a sachet of yeast
- 1 spoon of salt







**This pot is typical of Umbria and it is called  
“testo” and from it the name “torta al testo”**



**“Torta al testo ” tutorial by children’  
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# Zuppa inglese

## For the custard

Whole milk 400 g

Fresh liquid cream 100 g

4 yolks

Flour 45 g

Sugar 140 g

Vanilla bean 1

Orange and lemon peel

## To garnish

Finger biscuits

Alchermes 100 g

Cocoa powder











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# Paella

## INGREDIENTS:

250g of prawns.  
1 cuttlefish.  
1kg of mussels.  
200g of clams.  
1 red sweet pepper.  
1 green pepper.  
2 tomatoes.  
Parsley.  
5 black peppercorns.  
5 or 6 cloves of garlic.  
Salt.  
A dab of saffron.  
2 glasses of round rice.  
5 glasses of water.  
Food colouring.  
Extra virgin olive oil.

## KITCHEN UTILITIES:

- |                  |                   |
|------------------|-------------------|
| ➤ 1 paella pan.  | ➤ 1 knife.        |
| ➤ 1 saucepan.    | ➤ 1 wooden spoon. |
| ➤ 1 cooking pot. | ➤ 1 mortar.       |
| ➤ 1 bowl.        | ➤ 1 cloth.        |

## PREPARATION:

1. Cook the mussels in a saucepan covered with water and take them out as soon as they are opened.
2. Remove the shells, leave some with only one of them and other with them.
3. Peel the prawns, leave some unpeeled and cut the cuttlefish into pieces.
4. Wash the clams well with cold water under the tap.
5. Put a drizzle of extra virgin olive oil in the paella pan, a pinch of salt and add pepper cut in regular pieces.
6. Make a mash of peppercorns, parsley and saffron in the mortar and add it to the pan with the garlic when the pepper is brown.
7. Add the grated tomatoes when everything is cooked. Add the clams and the cuttlefish a couple of minutes later until the clams are opened.
8. Add the rice, the mussels and the prawns. Pour the hot water, the food colouring and mix.
9. Spread the unpeeled prawns and the mussels with their shells on the surface. When the broth comes to a boil, lower the heat and let it cook for about 20 minutes.
10. Cover with a cloth and let it rest for about 5 minutes.





# Potato omelette

## INGREDIENTS:

- ❑ 8 - 10 eggs.
- ❑ 6 potatoes.
- ❑ Extra virgin olive oil.
- ❑ 1 onion.
- ❑ Salt.

## KITCHEN UTILITIES:

- 2 frying pans.
- 1 bowl.
- 1 potato peeler.
- 1 knife.
- 1 slotted spoon.
- 1 flat plate or a lid.
- 1 fork.

## PREPARATION:

1. Peel, wash and dry the potatoes.
2. Cut them into semi-thin slices.
3. Put them in a bowl, add salt to taste and stir well.
4. Put a frying pan on the fire and add a splash of olive oil.
5. Add the potatoes to the frying pan and cook them for about 20 minutes over low heat.
6. Meanwhile, beat the eggs in a bowl.
7. Peel and cut the onion as finely as possible.
8. Take the second frying pan to the fire with olive oil and cook the onion until browned. Then, drain the onion and add it to the bowl.
9. Take out the potatoes with a slotted spoon to remove the excess of oil and add them to the bowl.
10. Cook the mixture in the same frying pan without oil for about 5 minutes.
11. Turn over the omelette with a flat plate or a lid and let it set for about another 5 minutes.





# Cocido

## PREPARATION:

1. Put the chickpeas into a bowl with water the night before.
2. Put some olive oil, the chickpeas, the beef shank, the spicy pork sausage, the blood sausage, and the bacon into a pot.
3. Add plenty of water and a pinch of salt. Cover the pot and allow to boil 20 minutes.
4. Boil the cabbage with water and salt. Make a sauce of garlic and paprika, and mix with the cabbage.
5. Open the pot after 20 minutes.
6. Take out a pan and pour the broth from the stew inside.
7. Pour some noodles to boil in the pot with the broth for 20 minutes to make the soup.
8. Serve the soup first in a deep plate.
9. Serve the cabbage and the chickpeas in another plate.
10. Serve the meat in a third plate.

## INGREDIENTS:

- ☐ 300g of chickpeas.
- ☐ 1 piece of blood sausage.

- ☐ 2 pieces of spicy pork sausage.
- ☐ 400g of beef shank.
- ☐ 175g of bacon.
- ☐ 1 cabbage.
- ☐ 200g of noodles.
- ☐ 2 or 3 gloves of garlic.
- ☐ Extra virgin olive oil.

## KITCHEN UTILITIES:

- 1 pan.
- 1 pot.
- 1 deep plate.
- 1 bowl.







# Gazpacho

## INGREDIENTS:

- ❑ 1 kg of tomatoes.
- ❑ 1 green pepper.
- ❑ 1 cucumber.
- ❑ 1 onion.
- ❑ 50 ml of extra virgin olive oil.
- ❑ 50 g of stale load bread.
- ❑ 250 ml of water.
- ❑ 30 ml of vinegar.
- ❑ 5 g of salt.

## KITCHEN UTILITIES:

- 1 mortar.
- 1 mixer.
- 1 knife.
- 1 container.

## PREPARATION:

1. **Wash the tomatoes and the pepper.**
2. **Crush them with the skin in the mortar.**
3. **Cut the cucumber into thin slices.**
4. **Chop the onion.**
5. **Pour the tomatoes, the pepper, the cucumber, the bread and the onion into a mixer with the water.**
6. **Add the salt and the vinegar.**
7. **Mix everything for several minutes until obtaining a fine cream.**
8. **Serve in a glass and drizzle with oil to taste.**



## Ingredients:

- 1 kg of fatty pork
- 500g of beef
- 300g smoked bacon
- 2 potatoes
- 2 large onions
- 1 cup of tomato  
bullion
- 1 cup of rice
- 2 bay leaves
- 2 pickled cabbage
- 1 tablespoon of lard



# SARMALE

is a traditional Romanian dish, which is basically cabbage leaves wrapped around a rice based filling. You can find other variations in the cuisines of other countries around other parts of Europe, Asia and even some parts of Northern Africa as well.

Still, I hope you'll enjoy the Romanian version that I'll show you today, as well as the process of making it! :)

## How to prepare

Peel the meat from the skins, wash it, cut it and pass it through the mincer together with the onions and potatoes.

Season with salt and ground pepper, to taste, add the tomato bullion and knead the mixture by hand. Add the chosen rice, knead for another 5-6 minutes and leave the mixture to cool.

1.Put the cabbage in cold water for 1 hour, spread it sheet by sheet and remove the hard part from the spine. After that, cut the leaf into 2-3 pieces and form the sarmales.

2.Use a high-walled pan or a clay pot to cook and cut the smoke bacon into large slices.

3.Finely chop the cabbage that cannot be used in sarmale, place it on the bottom of the bowl and put a few slices of bacon and the bay leaves.

4.Place the sarmales in tight rows, cover with warm water and boil for 30 minutes. If the stuffing has no fat, add 1 tablespoon of lard. Let it boil for another 30 minutes and put them in the oven for an hour.







## Baked beans

Bean stew, a traditional Romanian dish that is most often served on fasting days. Even if it takes longer to make, this does not mean that it requires a lot of this recipe. The beans are picked, washed in a few waters and then left to soften from evening until morning. In the morning, remove and bring to a boil in 2-3 waters, to eliminate all toxins. After boiling and the grain is soft but whole, it is drained.

During this time, cut the onion into scales, grind the garlic and put it to travel in a pan with oil. When the onion has become glassy, add the beans and a little water.

Separately, prepare tomato paste with salt, pepper, thyme and paprika, and if the paste is too thick, add a little lukewarm water and pour over the beans.

Add a bay leaf and let it drop, at the right heat, in the oven.





# Beef Goulash with potatoes

## INGREDIENTS:

600-700 g of beef  
pulp  
50 g oil  
2-3 onions  
1 red bell pepper  
1 green bell  
pepper, yellow  
1-2 hot peppers  
1 tablespoon  
tomato paste  
200 ml wine  
300 g peeled  
tomatoes in tomato  
juice  
300 g potatoes  
paprika  
salt  
pepper  
greenery



## METHOD OF PREPARATION:

The beef goulash recipe with potatoes is one of the most consumed and appreciated Hungarian recipes in our country. A combination of soup and stew, but with an extremely aromatic taste, beef goulash with potatoes is a filling dish that is very easy to prepare and is ideal for a cool autumn day. Below we tell you the recipe step by step for the best beef goulash with potatoes!

Beef goulash recipe with potatoes:

A traditional Hungarian recipe that can be prepared in a variety of ways, depending on the specifics of the area. Below we tell you the simplest beef goulash recipe with potatoes that we recommend you try this fall! Here's what to do:

1. First, prepare the meat. Beef for goulash is washed, cut into small cubes and fried in oil. Add finely chopped onion and finely chopped hot pepper. Quench with water and simmer, all simmered, for about a quarter of an hour.
2. After a quarter of an hour, add the wine over the beef, froth and continue to boil until the meat is well penetrated. Then add diced potatoes, sliced peppers, a little salt and enough water to cover the vegetables. Boil the beef goulash recipe with potatoes until the potatoes are soft and then add the diced tomatoes, tomato juice and tomato paste. Mix everything lightly and season to taste with salt, pepper and paprika.

The goulash recipe with potato beef is almost ready. You still need to leave it on low heat until you see that the sauce has dropped and the preparation binds a little. When the goulash gets the shape you want, turn off the heat and sprinkle finely chopped greens on top.

A portion of beef goulash with potatoes can be served as a main course along with a salad of assorted pickles.





# SALAM DE BISCUȚI

This is a delicious traditional romanian dessert. It's very easy to prepare. Most of the kids in Romania grew up with this desert and still eat it no matter the occasion. It takes up to 40 minutes and all you need to do is smash up 500g of crackers until they are at least 1 cm small , in a separate 2-3 l bowl make a sugar and milk syrup and in that mixture add some butter and cocoa powder , mix that up very well and let it sit in the fridge till it cools down. At this point it's very easy. Mix the crackers with the cocoa mixture and some lemon peel (some people like to add ground baked walnuts and raisins but personally I think it's better without them ), put the mixture on a piece of cellophane covered in powdered sugar and roll it up til you've got a thick, dense roll about 5-6 cm. Chill it in the fridge for about 4-5 hours and then serve it in slices .

Enjoy♡



