

Learn & Share!

Recipe Book



JUNE 2016

ESTONIA

Breakfast

Semolina porridge

- Semolina
- Milk
- Sugar
- Salt
- Butter
- Strawberry jam



First boil the milk and then add the semolina. Don't forget to always stir until it gets nicely thick (~5 min). Take it off the cooker and season with salt and sugar. Also add a bit of butter. Then eat it with strawberry jam (if you want to).

Mannapuder

- Manna
- Piim
- Suhkur
- Sool
- Või
- Maasikamoos

Kuumuta oii keemiseni. Lisa manna ja hauta pidevalt segades, kuni puder muutub mõnusalt paksuks (umbes 5 minutit). Tõsta pliidilt, maitsesta soola-suhkruga ja sega hulka ka tükike võid. Söö koos moosiga.

Lunch

Meat loaf

- Minced meat
- Onion, garlic
- Pepper, salt
- eggs
- Flavouring for minced meat
- Breadcrumbs or oatmeal

First you make a dough out of the minced meat, flavouring and an egg. Then place the dough on some breadcrumbs or oatmeal. Take some boiled eggs and place them on the dough. After that you fold the dough on the eggs and shape it. Now put it into the oven and bake until ready.

Eat with boiled or oven cooked potatoes and salad.



Pikkpoiss

- Hakkliha
- Sibul, küüslauk
- Pipar, sool
- Muna
- Hakkliha maitseaine
- Riivsaia või kaerahelbed
- Hapukoor

Esmalt sa teed hakklihast taigna lisades sinna maitseaineid (sool pipar), hakitud sibula ja küüslaugu, hakklihamaitsaine ja muna. Raputa lauale kas riivsaia või kaerahelbed, aota sellele hakklihasegu ja suru laiaks. Pane peale keedumunad ning keera taigna servad üle munade. Vormi pätsiks ja küpseta ahjus kuni on valmis.

Söö koos keedetud või ahjus küpsetatud kartulitega.

Cucumber and tomato salad

- Tomatoes
- Cucumber
- Dill
- Sour cream
- Sugar
- Salt and pepper

First cut the tomatoes and cucumbers into the size shown on the picture. Then chop the dill. Then flavor the sour cream with salt, pepper and sugar. Now pour the sour cream on to the tomatoes and cucumbers.

Kurgi- ja tomatisalat

- Tomatid
- Kurk
- Till
- Hapukoor
- Suhkur
- Sool ja must pipar



Lõika tomatid ja kurgid tükkideks. Haki till. Maitsesta hapukoor soola, pipra ja suhkruga. Sega kurgid, tomatid ja till hapukooreseguga.

Self made ice cream

- cream
- condensed milk
- biscuits

Whip the cream. Add condensed milk and keep on whipping until it's nicely mixed. Then add powdered biscuits. Put the mix in a container and freeze it for 5-6 hours.



Isetehtud jäätis

- rõõsk koor
- kondenspiim
- küpsiseid

Vahusta rõõsk koor. Lisa kondenspiim ja vahusta veel veidi, kuniks kõik ilusti seguneb. Lisa peeneks hakitud küpsis ning sega kõik korralikult lusikaga läbi. Kalla segu sügavkülma minevasse anumasse ning külmuta 5-6 tundi.

Dinner

Pasta with minced meat

- Pasta
- Minced meat
- Crushed canned tomatoes
- Salt
- Pepper
- Garlic

Get your pan hot and add the minced meat until it's done. Add smashed garlic, flavour with salt and pepper and crushed tomatoes. Then let it sit for a bit. While that's cooking, boil the pasta and then add to the minced meat. Mix it all and enjoy.

Makaronid hakklihaga

- Pasta
- Hakkliha
- Purustatud tomati konserv
- Sool
- Pipar
- Küüslauk



Aja pann kuumaks, lisa hakkliha ning prae kuni see on valmis. Lisa purustatud küüslauk, maitse järgi soola-pipart ning purustatud tomatid. Keeda makaronid ja lisa hakklihasegule. Sega läbi ja asu sööma.

Salad

- Chinese cabbage
- Tomato
- Lite mayonnaise
- Sour cream
- Herb salt and pepper
- Chopped dill



Chop the cabbage and tomato into thin pieces. Then mix your mayonnaise and sour cream. Then flavour them with herb salt, pepper and dill. Then put everything together and mix.



Salat

- Hiina kapsas
- Tomat
- Lahja majonees
- Hapukoor
- Ürdisool ja pipar
- Hakitud till

Haki kapsas peeneteks tükkideks ja tomat sobiva suurusega viiludeks. Sega majonees ja hapukoor kokku ja maitsesta ürdisoola, pipra ja tilliga. Siis pane kõik kokku ja sega.

FINLAND

BREAKFAST

Kaurapuuro

1 l vettä
1.5 tl suolaa
4 dl kaurahiutaleita
nokare voita

Mittaa ainekset kattilaan ja kuumenna välillä sekoittaen.
Kaurapuuro valmistuu viidessä minuutissa.



Oatmeal porridge

1 l water.
1,5 tsp salt.
4 dl oat flakes
small lump of butter

Measure the ingredients into a pot and heat it up occasionally mixing it.
Oatmeal porridge will be ready to eat in five minutes.

Karjalanpiirakka

Riisipuuroon tarvitset:

5 dl vettä
1 tl suolaa
3 dl puuroriisiä
nokare voita
1 l maitoa

Riisipuuroon valmistus:

Kuumenna vesi kiehuvaaksi. Lisää suola ja riisit ja keitä kunnes vesi on imeytynyt. Lisää nokare voita ja maito vähitellen hyvin sekoitellen, keittoaika on noin 30 min. Mausta suolalla.

Kuoritaikinaan tarvitset:

2,5 dl vettä
1,5 tl suolaa
4,5 dl ruisjauhoja
0,5 dl vehnäjauhoja

Kuoritaikinan valmistus:

Sekoita vedestä, suolasta ja jauhoista napakka taikina. Leivo taikina pötköksi ja leikkaa paloiksi. Suojaa palat muovilla. Muovaa palat pyöreiksi palloiksi ja ajele ne piirakkapulikalla ohuiksi kuoriksi. Suojaa kuoret kuivumisen estämiseksi muovilla.

Voiteluun tarvitset:

50 g voita
1 dl kiehuvaa vettä

Voitelun valmistus:

Levitä kuorille puuroa ja rypytä piirakoiksi. Paista 275-asteisessa uunissa 15 min. Sivele kuumat piirakat voivesiseoksella ja peitä leiviniinalla. Tarjoa kuumina!

Karelian pie

For rice porridge you need :

5 dl water

1 tsp salt
3 dl rice (thickened porridge rice)
pat of butter
1 l milk

Making rice porridge:

Boil the water. Add salt and rice and cook until the water is absorbed. Add a pat of butter and milk gradually, stirring well, the cooking time is about 30 minutes. Season with salt.

For crust dough you need:

2,5 dl water
1,5 tsp salt
4,5 dl rye flour
0,5 dl wheat flour

Crust dough preparation:

Mix water, salt and flour into a dough. Bake the dough into a stick and cut into pieces. Cover pieces with plastic. Mold the pieces into round balls and roll them into thin crusts with rolling pin. To avoid the crusts from drying, cover them with plastic.

For buttering:

50 g butter
1 dl boiling water

Spread porridge on the crusts and crepe into pies. Bake in 275 degrees about 15 minutes. Egg the hot pies with butter-water mix and serve hot!



Munavoi

4 kananmunaa
50 g voita tai margariinia
½ tl suolaa

Nosta annos voita pöydälle pehmenemään.
Keitä kananmunat koviksi, noin, n.12 min.
Jäähdytä kylmän veden alla. Pilko munat
ja sekoita ne huoneenlämpöiseen voihiin.
Mausta tarvittaessa suolalla.



LUNCH



Egg butter

(Serve with the Karelian pie)

4 eggs
50 g butter or margarine
½ tsp salt

Take the butter from fridge to room temperature to soften. Boil the eggs hard, about 12 min. Cool under a cold water. Chop the eggs and mix them with the butter at room temperature. Spice with salt.

Drink: coffee, tea, milk or orange juice

Kinkkukiusaus

2 dl ruokakermää
1 sipuli

300 g kinkkusuikaleita
8-10 perunaa
suolaa
mustapippurirouhetta

Paloittele perunat suikaleiksi ja laita ne uunivuokaan, lisää kinkkusuikaleet ja ripaus suolaa sekä mustapippuri lisää vielä pilkotut sipulit, sekoita ainekset sekaisin, lisää kerma ja laita 200 asteiseen uuniin 45 minuutiksi

Punajuuri-omenasalaatti

300 g etikkapunajuurta
2 omenaa

Pese ja kuori omenat ja poista siemenkodat. Raasta omenat ja punajuuret raasteeksi ja sekoita keskenään.



Porkkanasämpylät

5 dl maitoa
50 g hiivaa
2 tl suolaa
1/2 dl öljyä
1/2 dl siirappia
3 dl porkkanaraastetta

Ham casserole

2 dl cooking cream
1 onion
300 g sliced ham
8-10 potatoes
salt
black pepper grain

Cut the potatoes into slices and put them in a greased casserole, add the ham slices and a pinch of salt, black pepper and chopped onions, mix the ingredients together. Add the cream and put the casserole into the oven at 200 degrees for 45 minutes.

Beet and apple salad

300 g pickled beet
2 apples

Wash and peel the apples and remove the core. Grate the apples and beets and mix with each other.

11-13 dl hiivaleipäjauhoja

Liota hiiva kädenlämpöiseen maitoon. Lisää suola, siirappi ja raaste. Sekoita vähitellen joukkoon jauhot. Alusta taikina tasaiseksi. Kohota liinan alla. Leivo taikinasta n.25 sämpylää. Kohota sämpylät

hyvin. Paista 225 asteessa uunin keskitasolla n. 10min.

Carrot buns

5 dl milk
50 g yeast
2 tsp salt
½ dl oil
½ dl syrup



3 dl grated carrot
11-13 dl flour

Soak the yeast in lukewarm milk. Add salt, syrup and grated carrot. Stir the flour gradually into the milk. Knead the dough until it's smooth. Let the dough rise under a towel. Bake about 25 buns. Let the buns rise well. Put in the middle of the oven, at 225 degrees, for about 10 minutes.

Drink: milk or water

DINNER

Smetanalohi

1 merilohi
½ tl suolaa
½ tl aromisuolaa
½ tl mustapippuria
200 g purkki smetanaa

Laita nahaton ja ruodoton lohifile voidellun uunivuolan pohjalle. Ripottele pinnalle suola, aromisuola ja mustapippuri.

Levitä smetana kalafileen päälle ja paista 200 asteessa kunnes kala on kauniin väristä, noin 40 minuuttia.

Salmon trout

1 salmon
½ tsp salt
½ tsp aroma salt
½ tsp black pepper
200 g sour cream

Put the skinned and boneless salmon fillet on the bottom of a greased casserol . Add salt , aroma salt and black pepper . Spread

Perunamuusi

1 kg perunoita
2 - 2,5 dl maitoa
2 - 3 rkl voita
suolaa

Laita kattilaan vettä. Keitä kuoritut perunat kattilassa kypsiksi. Kaada vesi pois kattilasta ja survo perunat soseeksi. Lisää perunoiden joukkoon voita, anna sen sulaa ja sekoita tasaiseksi. Kuumenna maito kattilassa ja lisää vähän kerrallaan soseen joukkoon, kunnes sose on sopivan löysää. Mausta suolalla.



Vihersalaatti

Tomaatti
Kurkku
Punasipuli
Salaatti juusto

sour cream over the fish fillet and bake at 200 degrees until fish gets beautiful color, about 40 minutes.

Mashed potatoes

1 kg potatoes
2 - 2,5 dl milk
3 tablespoonful butter
salt

Peel the potatoes. Cook them in water. Pour the water out when the potatoes are ready. Mash the potatoes and add butter. Boil milk in a kettle and add hot milk gradually into mashed potatoes so that it gets smooth enough. Season with salt.

Jäävuori salaatti
Krutonki

Salad

Tomato

Cucumber
Red onion
Salad cheese



Ice salad
Crouton

Drink: milk or water

DESSERT

Suklaamousse

1,6 dl kuohukermaa
80 g suklaata

Mittaa kermasta 3/4 dl kattilaan. Kuumenna se kiehuvaaksi. Nosta kattila levyltä. Sekoita joukkoon paloitettu suklaa. Sekoita, kunnes suklaa on sulanut ja seos on tasaista. Anna jäähtyä. Vatkaa loppu kerma (1 1/4 dl) vaahdoksi. Yhdistä jäähtynyt suklaaseos ja kermavaahto. Lusikoi pieniin annoslaseihin tai kahvikuppeihin. Peitä ja nosta jääkaappiin vähintään 1 - 2 tunniksi, jotta maut tasoittuvat. Valitse haluamasi koristeet tai nauti sellaisenaan.



Chocolate mousse

1,6 dl whipping cream
80 g chocolate

Put $\frac{3}{4}$ dl of the cream into a pot. Boil it. Take the pot. Chop the chocolate and put it in. Stir, until the chocolate has melted, and settled. Let it cool down. Make the whipping cream to whipped cream. Put the whipped cream in the pot. Put it in serving cups or coffee cups. Cover and put them in the fridge for at least 1-2 hours. Then it's done.

GREECE

BREAKFAST

Κέικ με καρύδια και σταφίδες

1 κιλό αλεύρι που φουσκώνει μόνο του.
1 κούπα νερό
1 κούπα ζάχαρη
1/2 κούπα λάδι
2 κουταλ. του γλυκού baking powder
χυμό από 1 πορτοκάλι και το ξύσμα του
1/2 πιάτο βαθύ καρυδόψυχα και σταφίδες
κανέλα

Ανακατεύουμε όλα τα υλικά καλά σε ένα μπολ. Προσθέτουμε τα καρύδια και τις σταφίδες στο τέλος. Αλείφουμε ένα ταψί με ελαιόλαδο και πασπαλίζουμε με λίγο αλεύρι για να μην κολλήσει το μίγμα. Το βάζουμε στο ταψί και πασπαλίζουμε κανέλα σε όλη την επιφάνειά του. Ψήνουμε στους 150 βαθμούς για περίπου 1 ώρα.



Cake with nuts and raisins

1kg raising flour
1 cup water
1 cup sugar
1/2 cup of olive oil
2 teaspoons baking powder
juice of 1 orange and it's zest
1/2 deep dish of nuts and raisins
cinnamon

Mix all the ingredients well in a bowl. Add the nuts and the raisins at the end. Brush a baking pan with olive oil and sprinkle with a little flour to prevent the mixture from sticking. Put the mixture in and put cinnamon all over its surface. Bake at 150 degrees for about 1 hour.

Κουλουράκια πορτοκαλιού

1 1/2 ποτήρι λάδι
1 1/2 ποτήρι χυμό πορτοκαλιού
1 1/2 ποτήρι κονιάκ
1 ποτήρι ζάχαρη
1 κουταλάκι baking powder
1 κουταλάκι σόδα
1 1/2 κιλό αλεύρι για όλες τις χρήσεις
ξύσμα από 1 πορτοκάλι

Σ' ένα μπολ ανακατεύουμε καλά το λάδι με τη ζάχαρη. Προσθέτουμε το χυμό πορτοκαλιού, το κονιάκ, το ξύσμα και τη σόδα. Τα δουλεύουμε πολύ καλά ενώ προσθέτουμε σιγά σιγά το αλεύρι ανακατεμένο με το baking powder. Η ζύμη δεν πρέπει να γίνει πολύ σφικτή. Πλάθουμε τα κουλουράκια σε ό,τι σχήμα θέλουμε και τα απλώνουμε σ' ένα λαδωμένο ταψί ή μπορούμε να βάλουμε λαδόκολλα και τα ψήνουμε στους 180o C για 20 λεπτά. Βέβαια, εάν σας αρέσει το σουσάμι, μπορείτε να τα βουτήξετε σε κονιάκ ή νερό και έπειτα σε αυτό.



Orange cookies

- 1 1/2 cup oil
- 1 1/2 cup orange juice
- 1 1/2 glass of brandy
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 kg flour for all uses
- zest of 1 orange

In a bowl mix well the olive oil with the sugar. Add the orange juice, the brandy, the zest and the soda. Mix them very well and slowly add the flour mixed with baking powder. The dough should not be too tight. We give the cookies any shape we want and we place them in a pan spread with some olive oil or we can just put a baking sheet. We bake at 180 ° C for 20 minutes. If we like sesame, we can dive them into orange juice or water and then in sesame.

In breakfast we drink milk or orange juice.

LUNCH

Γεμιστά

- 5 ντομάτες
- 2 πιπεριές
- 3 μελιτζάνες
- 2 πατάτες
- 2 κολοκυθάκια

Για τη γέμιση:

- Η σάρκα από τα παραπάνω λαχανικά (εκτός βέβαια από τις πιπεριές)
- 2 μεγάλα ξερά κρεμμύδια
- 1 μάτσο μαϊντανό
- 3 κουταλιές ψιλοκομμένο δυόσμο
- 1-1,5 κούπα ελαιόλαδο (3/4 κούπας για τη γέμιση και 3/4 για το ταψί)
- 1 κούπα ρύζι για γεμιστά
- 1 κοφτή κουταλιά αλάτι
- 1 κουταλάκι πιπέρι

Πλένουμε και αδειάζουμε τα λαχανικά που θέλουμε να γεμίσουμε. Τη σάρκα τους την ψιλοκόβουμε σε ένα μπολ. Σε ένα άλλο μπολ, τρίβουμε τα κρεμμύδια στον τρίφτη και ψιλοκόβουμε τον μαϊντανό και το δυόσμο. Ρίχνουμε το αλάτι και το πιπέρι και τα ανακατεύουμε καλά με το χέρι. Προσθέτουμε το εσωτερικό των λαχανικών, την ντομάτα αλεσμένη, το μισό λάδι, και το ρύζι πλυμένο και στεγνωμένο. Τα ανακατεύουμε καλά να αναμειχθούν τα αρώματά τους. Γεμίζουμε τα λαχανικά αλλά όχι ως την κορυφή. Αφήνουμε περιθώριο στη γέμιση να φουσκώσει. Τα σκεπάζουμε με τα φυσικά τους σκεπάσματα και τα βάζουμε σε ταψί κατάλληλου μεγέθους. Τα περιχύνουμε με το υπόλοιπο λάδι και 1/2 -1 κούπα νερό. Τα βάζουμε στο φούρνο, στους 180 βαθμούς, για 1,5 ώρα πάνω κάτω.

Gemista (stuffed vegetables)

- 5 tomatoes
- 2 peppers
- 3 eggplants
- 2 potatoes
- 2 zucchini

For the filling:

The flesh of these vegetables (except of course the peppers)

2 large onions

1 bunch parsley

3 tablespoons chopped mint

1-1,5 cup olive oil (3/4 cup for filling and 3/4 of the pan)

1 cup of rice for stuffing

1 level tablespoon salt

1 level tablespoon pepper

Wash and “empty” with a teaspoon the vegetables you want to fill. Put their flesh and mince it in a bowl. In another bowl, rub the onions at the grater and finely chop parsley and mint. Add salt and pepper and mix well by hand. Add the vegetables’ flesh, tomato ground, half of the oil, and the rice washed and drained. Fill the vegetables with the mixture (leave some space). Cover with their physical “blankets”, and put them into appropriately sized pan. Pour the remaining oil, and 1/2 -1 cup water . Put them in the oven at 180 degrees for 1,5 hour.

Χωριάτικη σαλάτα

2 ντομάτες ώριμες αλλά σφιχτές

1 αγγούρι κομμένο σε ροδέλες

1 πιπεριά πράσινη κομμένη σε ροδέλες

1 κρεμμύδι κομμένο σε ροδέλες

ελιές

λίγη κάπαρη

100 γρ. φέτα κομμένη σε κύβους

ξύδι

ελαιόλαδο

αλάτι

ρίγανη

Πλένουμε και στραγγίζουμε τα λαχανικά.

Κόβουμε σε σαλατιέρα τις ντομάτες σε μεγάλα κομμάτια και προσθέτουμε το αγγούρι, την πιπεριά, το κρεμμύδι, τις ελιές, την κάπαρη και τη φέτα. Αλατίζουμε, προσθέτουμε λάδι, ξύδι, ρίγανη και ανακατεύουμε.



Greek salad

2 tomatoes ripe but tight

1 cucumber cut in slices

1 green pepper cut into rings

1 onion, cut into rings

olives

some caper

100 g. feta cheese cubed

vinegar

olive oil

salt

oregano

Wash and drain the vegetables.

Cut into salad bowl the tomatoes into large chunks and add the cucumber, pepper, onion, olives, caper and feta.

Season with salt, add oil, vinegar, oregano and stir.

At lunch we usually eat white bread and we drink water or soft drinks

Dessert

Λουκουμάδες

500 γρ. αλεύρι, κατά προτίμηση «σκληρό»

500 γρ. νερό χλιαρό (όχι καυτό!)

1 κ.γ. αλάτι

1 κ.γ. ζάχαρη

20 γρ. μαγιά νωπή

μέλι για το μέλωμα

λάδι για το τηγάνισμα

καρύδια ψιλοκομμένα

κανέλα για το πασπάλισμα

Σε ένα μπολ διαλύουμε τη μαγιά στο μισό χλιαρό νερό ανακατεύοντας με ένα πιρούνι ή με τον αυγοδάρτη. Βάζουμε σε μια λεκάνη το αλεύρι και τη διαλυμένη μαγιά και ανακατεύουμε προσθέτοντας και το

υπόλοιπο χλιαρό νερό, μέχρι να γίνει ένας πηχτός χυλός. Σκεπάζουμε τη λεκάνη με μια πετσέτα και αφήνουμε σε ζεστό περιβάλλον μέχρι το ζυμάρι να τριπλασιαστεί σε όγκο.

Βάζουμε μπόλικο λάδι να ζεσταθεί σε μια μεσαίου μεγέθους κατσαρόλα.

Ανακατεύουμε τον χυλό και με δυο κουτάλια φτιάχνουμε λουκουμάδες και τους ρίχνουμε στο καυτό λάδι (δηλαδή με το ένα κουτάλι παίρνουμε λίγο από το χυλό και με το άλλο τον σπρώχνουμε να πέσει στο λάδι).

Τηγανίζουμε τους λουκουμάδες λίγους-λίγους ανακατεύοντάς τους με μια τρυπητή κουτάλα μέχρι να ροδίσουν από όλες τις πλευρές. Τους βγάζουμε με την κουτάλα και τους αφήνουμε σε απορροφητικό χαρτί κουζίνας να στραγγίσουν. Τους σερβίρουμε περιχυμένους με μέλι και πασπαλισμένους με κανέλα και ψιλοκομμένα καρύδια.

Loukoumades

500 g. flour, preferably "hard"

500 g. lukewarm water (not hot!)

1 teaspoon salt

1 teaspoon sugar

20g. baker's yeast

honey

olive oil

chopped nuts

cinnamon

In a bowl, dissolve the baker's yeast in half of the lukewarm water and stir with a fork or a whisk. Place in a bowl the flour and the dissolved yeast and mix while adding the remaining lukewarm water, until it becomes a thick porridge. Cover the bowl with a towel and leave it in a warm environment until the dough triples its size.

Put plenty of olive oil to heat in a medium sized saucepan. Stir the mixture and with two spoons make donuts and pour them into the hot oil (with the one spoon take some of the mixture and with the other push it to fall

into the oil). Fry donuts little by little by stirring them with a slotted spoon until they are browned all over. Remove them with the slotted spoon and leave them on absorbent kitchen paper to drain. Serve them topped with plenty of honey, sprinkled cinnamon and chopped walnuts.



Σπιτικό σουβλάκι κοτόπουλου

1 φιλέτο στήθος κοτόπουλου σε κύβους
2 ντομάτες
1 κρεμμύδι
Γιαούρτι
2 πίτες
2 πατάτες
Αλάτι
Πιπέρι
Ρίγανη
Ελαιόλαδο
Ξυλάκια για να περάσουμε το κρέας

Πλένουμε το κοτόπουλο, και περνάμε τα κομμάτια σε ξύλινα καλαμάκια. Προσθέτουμε αλάτι, πιπέρι, ρίγανη και τα αλείφουμε με λάδι. Ανάβουμε το γκριλ (ψησταριά ή στο φούρνο) και ψήνουμε πρώτα τις πίτες. Μόλις ροδίσουν τις βγάζουμε και βάζουμε τα σουβλάκια να ψηθούν καλά. Την ώρα που ετοιμάζονται τα σουβλάκια, κόβουμε τις ντομάτες και το κρεμμύδι. Σε κάθε πίτα βάζουμε ένα σουβλάκι κοτόπουλου (αφού βγάλουμε το κρέας από το ξυλάκι), γιαούρτι, ντομάτα και κρεμμύδι. Τυλίγουμε την πίτα σε ρολό και είναι έτοιμο. Το σερβίρουμε με τηγανιτές πατάτες και, αν θέλουμε, βάζουμε μερικές πατάτες μέσα στην πίτα.



Homemade chicken souvlaki

1 chicken breast fillet into cubes
2 tomatoes
1 onion
Yoghurt
two pies
2 potatoes
Salt
Pepper
Oregano
Olive oil
Chopsticks to skewer the meat

Wash the chicken pieces and skewer them on chopsticks. Add salt, pepper, oregano and sprinkle them with oil. Turn on the grill and first bake the pies. Once browned, remove them and cook the chicken well. While preparing the souvlaki, cut the tomatoes and onion. In each pie put a chicken souvlaki (after removing the meat from the stick), yogurt, tomato and onion. Wrap the pie (as a roll) and it's ready. Serve with French fries and if you want, put some of them in the pie.



Σαλάτα με μαρούλι

1 μαρούλι
Λίγα φρέσκα κρεμμυδάκια (ψιλοκομμένα)
2-3 κλαδάκια άνηθο (ψιλοκομμένο)
1/4 του φλιτζανιού ελαιόλαδο
2 κουταλιές ξίδι
1/2 κουταλάκι αλάτι
1 ½ φλιτζάνι στραγγισμένο γιαούρτι
(προαιρετικά)

Πλένουμε, στραγγίζουμε πολύ καλά και κόβουμε το μαρούλι με το χέρι σε μεγάλα κομμάτια. Ψιλοκόβουμε τα κρεμμυδάκια και τον άνηθο. Τα ανακατεύουμε όλα μαζί. Σε ένα βαζάκι, αναμειγνύουμε το ελαιόλαδο, το ξίδι, το αλάτι και περιχύνουμε με το μείγμα τα μαρούλια. Εάν θέλουμε προσθέτουμε το γιαούρτι, ανακατεύουμε τη σαλάτα και την αφήνουμε στο ψυγείο μέχρι να σερβίρουμε.



Lettuce salad

1 lettuce
A few spring onions (chopped)
2-3 sprigs of dill (chopped)
1/4 cup olive oil
2 tablespoons vinegar
1/2 teaspoon salt
1 ½ cup drained yogurt (optionally)

Wash, drain well and cut the lettuce by hand into large pieces. Finely chop green onions and dill. Mix them all together. In a jar, mix the olive oil, vinegar, salt and pour the mixture of lettuce. Add the yogurt, mix the salad and leave in the fridge until serving it.

We drink water of soft drinks

SPAIN



BREAKFAST

DESAYUNO

TOMATO BREAD PAN CON TOMATE



Ingredients



BREAD

PAN



TOMATOES

TOMATES



OLIVE OIL
OLIVA

ACEITE DE
OLIVA



OREGANO

ORÉGANO

Cómo hacerlo

How to make it



1- Toast the slices of bread. Tostar las rebanadas de pan



2- Rub the tomato sauce. Add olive oil. Unta el tomate triturado y añade aceite.



3- Add oregano. Añade orégano

LUNCH

COMIDA

P A E L L A



Ingredientes



ONIONS CEBOLLAS



GARLIC AJO



RICE ARROZ



OLIVE
OIL



SAFFRON AZAFRÁN



SQUID CALAMARES



SMOKED PAPIKA
PIMENTÓN



FISH STOCK CALDO DE
PESCADO



TOMATO SAUCE TOMATE
FRITO

We cook it like this
Lo cocinamos así

- 1- Heat the olive oil. Calentar el aceite de oliva
- 2- Fry the onions, garlic, smoked paprika and squid. Freír la cebolla, el ajo, el pimentón y los calamares.
- 3- Add tomato Sauce and rice. Añade la salsa de tomate y el arroz.
- 4- Add the saffron and the fish stock. Añade el azafrán y el caldo de pescado.
- 5- Finally add the shrimps and let it boil for 20 minutos. Añadir las gambas y cocer durante 20 minutos.

DINNER CENA

SPANISH OMELETTE TORTILLA ESPAÑOLA



DINNER CENA

Ingredientes

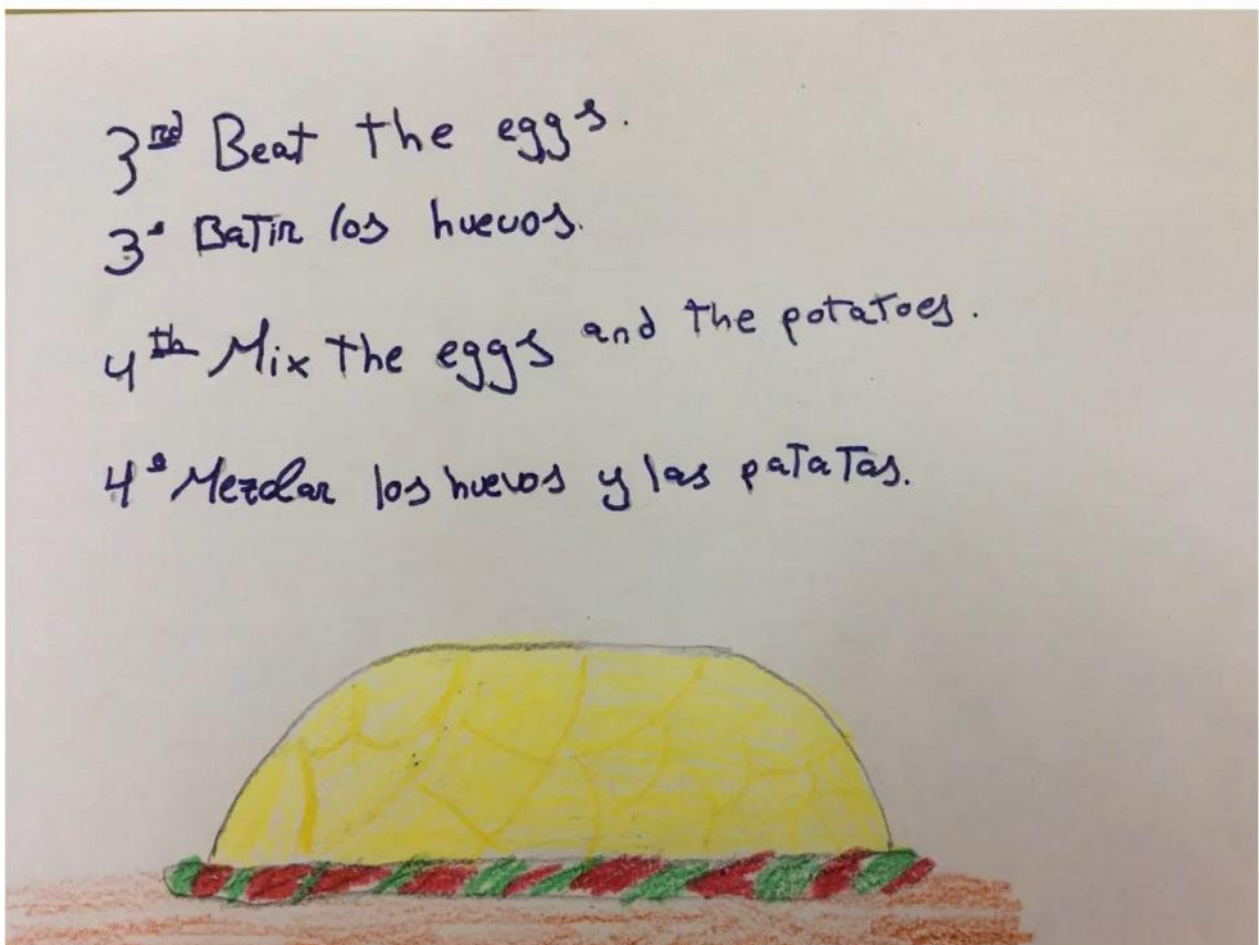
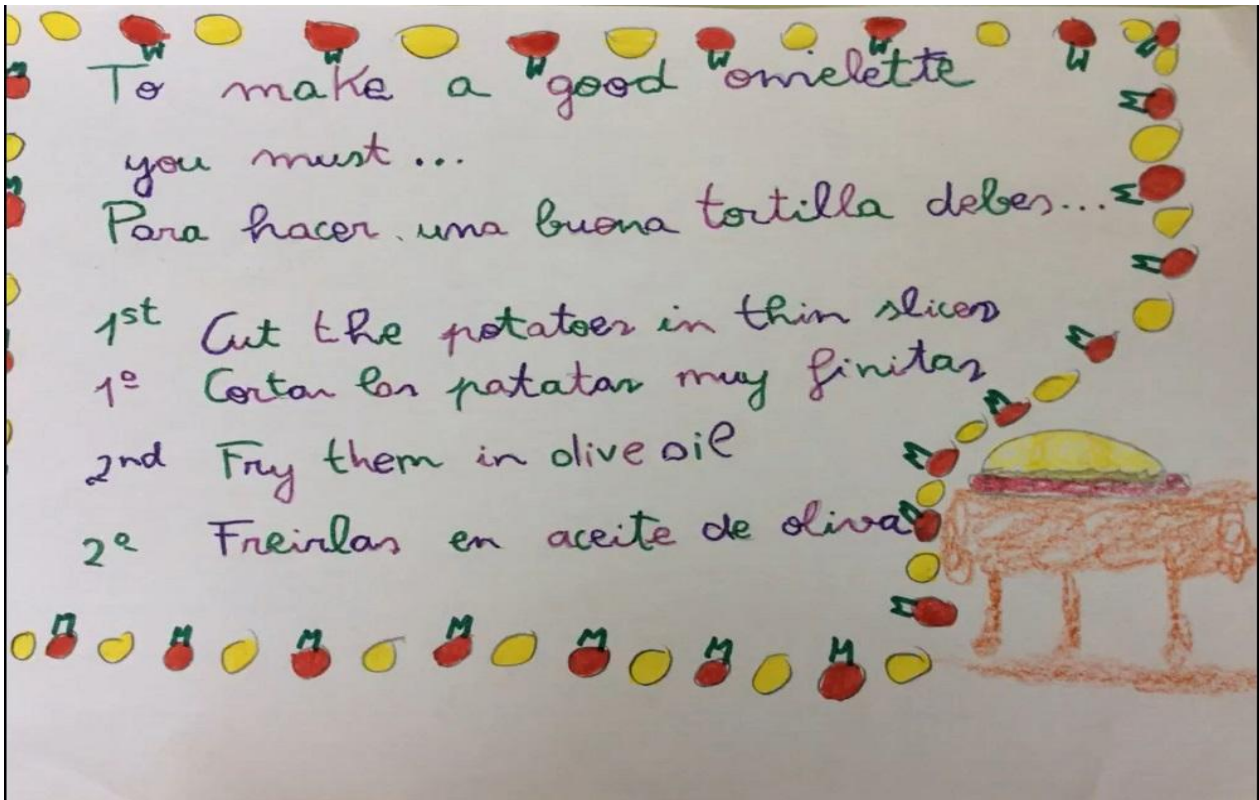


EGGS HUEVOS



OLIVE OIL ACEITE DE OLIVA





5th Put the mix in the frying pan.
Add salt

5^o Pon la mezcla en la sartén y salar

6th Turn over the omelette very carefully

6^o Dádele la vuelta a la tortilla con mucho
cuidado



ENJOY YOUR MEAL

¡¡¡QUE APROVECHE !!!



TURKEY

Malzemeler:

- 2-3 su bardağı Un
- 1 su bardağı Ilık Su
- 1 tatlı kaşığı Maya
- 1 tatlı kaşığı Tuz
- 1 tatlı kaşığı Şeker
- 1/2 çay bardağı Sıvı Yağ

Hazırlanışı:

- 1- Unu bir kaseye alın ortasını havuz gibi açın. İçine mayayı, şeker, tuzu ve yağı ekleyin. Sıvıyı kontrollü olarak ekleyerek ele yapışmayan yumşak bir hamur olana kadar yoğurun.
- 2- Hamurun üstünü streçle kaplayın ve en az 45 dakika mayalanmaya bırakın.
- 3- Mayalanan hamurdan mandalina büyüklüğünde parçalar koparıp beze haline getirin.
- 4- Un serpilmiş tezgahta bezeleri elinizle açın.
- 5- Yapışmaz tavayı kızdırın. yaptığınız bazlamaları kısık ateşte iki tarafı güzelce kızarana kadar pişirin. Afiyet olsun..



Materials:

- 2-3 cups flour
- 1 cup warm water
- 1 teaspoon yeast
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup of tea Liquid Oil



Preparation of:

1. Open the middle of the pool as taken in a bowl . Into yeast , add sugar, salt and oil. adding water stick handle in a controlled yumşak knead until the dough.
2. Cover the top of the dough stretching and leave to ferment for at least 45 minutes .

3. In the fermenting dough from tangerine -sized pieces of cloth makes the tab.

Open your hand on the scattered pieces of the 4 looms.

5. Heat a nonstick skillet. Cook on both sides until nicely browned based on someone you do simmer
. Bon Appetit..

CACIK

Malzemeler

- 2 su bardağı yoğurt
- 1 su bardağı soğuk su
- 4 adet büyükçe salatalık
- 2 diş sarımsak
- Bir tutam dereotu (isteğe bağlı)
- Tuz, nane, zeytinyağı

Hazırlanışı

Salatalıkların kabukları soyulur. Bir kap içine rendelenir. Yoğurt ve soğuk su bir tel karıştırıcı ile çırpılır. Yoğurda dövülmüş sarımsak ve salatalıklar eklenerek karıştırılır. İsteğe bağlı olarak ince kıyılmış dereotu eklenerek karıştırılır. Tuz ve nane ilave edilir. Servis kaselerine alınır. Üzerine zeytinyağı, kuru nane eklenir. Servise hazır, afiyet olsun.



Cacik Description of Materials

2 cups yogurt

1 cup cold water

4 large cucumbers

2 cloves garlic

A pinch of dill (optional)

Salt, mint, olive

Tzatziki recipe of Preparation

peel of peeled cucumber. And grate into a bowl. Whipped yogurt and cold water mixer with a wire. Yogurt is mixed by adding crushed garlic and cucumbers. Optionally admixed with finely chopped dill. Salt and mint are added. Service is taken into bowl. Olive oil, dried mint added. Service ready, bon appetit.

ADANA KEBABI

Adana Kebab Malzemeleri

- 500 gr. Kuzu Eti (kaburga ve but tarafından)
- 125 gr. Kuzu kuyruk (yağı)
- Kırmızı biber
- Karabiber
- Tuz
- 1-2 diş sarımsak – İsteğe Bağlı

Adana Kebab Yapılışı

- Kuzu kaburga ve but tarafından olan 500 gr. Etin sinirleri alınıp temizlenir.
- Et satır, satır yoksa iri ve kesin bir bıçak yardımıyla, tahta üzerinde, kıyılarak el kıyması haline getirilir.
- Kuyruk yağı da aynı şekilde tahta üzerindeki Ete eklenerek, hepsi karıştırılarak iyice kıyılır.
- Az tuz, kırmızı biber, karabiber ve arzuya göre 1-2 diş sarımsak da eklenerek, en az 10-15 dakika boyunca, Et özleşene kadar, çok iyi bir şekilde yoğrulur.
- Üzeri örtülüp buzdolabına alınır ve bir gece dinlendirilir. Beklemeye vaktiniz yoksa en az 1 saat dinlendirilir.
- Dinlendirilen Et tekrar iyice yoğrulduktan sonra, yumruk büyüklüğünde porsiyonlar halinde alınır.
- Et, (el hafif ıslatılıp) seri bir şekilde sıvazlanarak yassı şişlere dizilir. Bu şekilde şişlere saplanan Et, sıvazlanıp bastırılarak düzgün bir şekilde şişlere yayılır.
- Ne çok ince ne de çok kalın olmalıdır.
- Servis saatine yakın zaman kadar tekrar dinlendirilen şişler, ızgaranın veya mangalın üzerine atılarak pişirilir.
- Adana kebab, yanında şalgam suyu, pişmiş soğan salatası, sumaklı salata, acılı ezme, ayran, haydari, bol yeşillik, mevsim salatası, lavaş vs. gibi garnitürler ile sıcak olarak servise sunulur.

ADANA KEBAB METARİALS

Adana Kebab Materials

- 500 gr. Lamb (ribs, and by this)
 - 125 g. Lamb tail (oil)
 - Red pepper
 - Black pepper
 - Salt
- 1-2 cloves garlic - Optional

Adana Kebab Preparation

- 500 grams, which is by and lamb ribs. Meat nerves and cleaned.
- Meat line, and with the help of precise line or a big knife on board, chopped meat and made a hand.
- adding tail fat in the meat in the same way on board, all mixed thoroughly chopped.
- Less salt, red pepper, black pepper and desire by the addition of 1-2 cloves of garlic, for at least 10-15 minutes, until the meat purify, kneaded in a very good way.
- Over covered and taken to the refrigerator and allowed to stand overnight. If you do not have time to wait for at least 1 hour to rest.
 - After Rested meat thoroughly kneaded again taken into fist-sized portions.
- Meat (hand slightly wetted) are arranged to swell rapidly sivazlanarak flat. In this way skewer stuck into the meat, pressing sivazlanıp spreads to swell properly.
 - What should be too thin nor too thick.
- Service time to rest again until recently the skewers, cooked on the grill or barbecue thrown in.
 - Adana kebab, besides turnip juice, baked onion salad, sumac salad, spicy butter, buttermilk, yoghurt, lots of greenery, seasonal salad, lavash, etc. The service is offered



with



MUSAKKANIN YAPILIŐI

Malzemeler:

- 4 adet orta boy patlıcan
- 250 gr kıyma
- 3 adet arliston biber ya da ky biberi
- 1 adet byk domates (rendelenmiŐ ya da kk doėranmiŐ)
- 1 adet orta boy soėan
- 2 diŐ sarımsak
- 1 yemek kaŐıėı sala
- 2 yemek kaŐıėı zeytinyaėı
- Tuz, karabiber, pulbiber, kimyon

HazırlanıŐı:

İlk olarak patlıcanları alacalı soyup yuvarlak dilimleyin. Tuzlu suda en az yarım saat bekletin. Daha sonra kurulayıp yaėda hafif kızartın, Havlu peete zerine ıkartın, yaėını ekmesi iin. Kıymayı 5 dk. kadar yaė koymadan iyice ezerek kavurun. Daha sonra yaėı ekleyip kavurmaya devam edin. Sonra kk doėranmiŐ soėanı, biberi, sarımsaėı, domatesi, salayı ve dilediėiniz baharatları ekleyin. Domates suyunu ekince 1 ay bardaėı kaynar suyu ekleyip suyunu ekene kadar piŐirin. Tencerenin dibine patlıcanları dizip, zerine kıymalı karıŐımı dkn. 1 su bardaėı sıcak su ekleyip 15 dk. kadar piŐirin. zleŐmesi iin biraz dinlendirip servis yapabilirsiniz.



THE CONSTRUCTION OF MOUSSAKA

Ingredients:

- 4 medium aubergines
- 250 g of ground beef
- 3 green pepper or pepper village
- 1 large tomato (chopped or grated)
- 1 medium onion
- 2 cloves garlic
- 1 tablespoon tomato paste
- 2 tablespoons olive oil
- Salt, pepper , paprika, cumin

First round slices of peeled eggplant mottled . Soak in salted water for at least half an hour. Then dry and fry lightly in fat , remove the towel on napkins, to serve the oil . Mince 5 min . cook until thoroughly crushed without fat . Continue roasting then add oil. After a little chopped onion , pepper , garlic , tomatoes , add the tomato paste and spices of your choice. Take 1 cup of tomato juice and cook until the water attracted by adding boiling water . the knee and the bottom of the eggplant to pan , pour a mixture of minced meat on it. Add 1 cup of warm water for 15 minutes . Cook up . You can also rest a little service to the ingredients.





Malzemeler

- 3 yumurta
- 1 su bardağı süt
- 1 su bardağı sıvı yağ
- 1 adet kabartma tozu
- 1 yemek kaşığı sirke
- yarım çay kaşığı tuz
- 6 su bardağı un (klasik su bardakları ile tam 6 bardak aldı ancak biraz az biraz fazla kullanabilirsiniz, ölçülerinize göre değişebilir)

içi için:

- kırılmış ceviz ya da fındık

açmak için

- mısır nişastası

şerbeti için;

- 4 bardak şeker
- 5 bardak su
- bir kaç damla limon suyu

üzeri için:

- 300g tereyağı ya da margarin

Hazırlanışı

Kolay ev baklavası hazırlamak için öncelikle yumurtayı, sütü, sıvı yağı, sirkeyi, kabartma tozunu ve tuzu yoğurma kabına boşaltın ve alabildiğince un ekleyerek ortalama yumuşalıkta bir hamur elde edinceye kadar yoğurunuz. Hazırladığınız hamuru 30 eşit parçaya bölünüz.

- Bu 10 arlı olarak grupladığımız bu üç parçadan parçalardan her birini merdane yardımı ile tepsi büyüklüğüne getirin.

parçaları tek tek tabak büyüklüğünde açarak aralarına nişasta serpip 10 ar 10 ar üst üste koyun Merdane ile açtığınız hamurların aralarına ceviz ya da fındık serpererek üst üste yerleştirin

Materials

3 eggs

1 glass of water Milk

1 water glass measure of oil

1 baking powder

1 tablespoon vinegar

half teaspoon salt

6 cups flour (exactly 6 cups water cup bottom with a classic, but you can use a little bit less than that, can vary according to size)

for inside:

broken walnuts or hazelnuts

open to

corn starch

For the sorbet;

4 cups sugar

5 cups water

a few drops of lemon juice

For the above:

300g butter or margarine

Easy Home baklava recipe of Preparation

first eggs to prepare easy homemade baklava, milk, oil, vinegar, baking soda and salt Drain the mixing container and until you get a dough average yumuşalık adding far-un yoğurunuz.hazırla your dough and divide into 30 equal parts. Place these pieces one by one plate-sized opening break the starch sprinkle 10 R 10 R consecutive koyun.10 each of the parts of the three parts of our group as arl rollers help with tray size getirin.merd until the break of dough that you opened with walnut or hazelnut sprinkle on top.

Erasmus+

Estonia – Finland – Greece – Spain – Turkey

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Recipe Book

June 2016