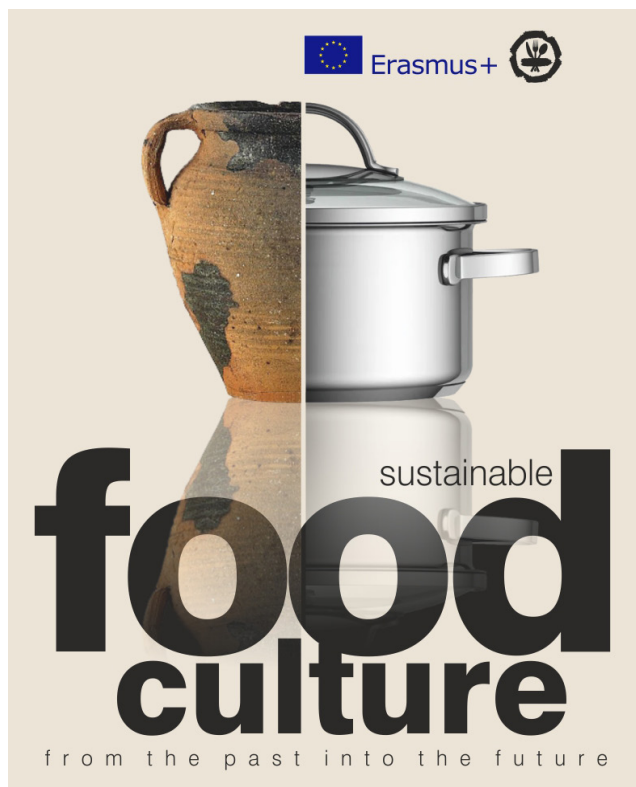


COOKBOOK



sustainable

food
culture

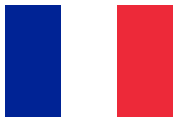
from the past into the future



Tehnočka Škola I
Prirodoslovna Gimnazija
Ruđera Boškovića | **Osijek, Croat**



IES Santo Domingo **Spain,**
El Ejido



Lycée Hôtelier International
de Lille-UFA | **France**



Piotr Potworowski
Fine Arts State High School
in Poznań | **POLAND**



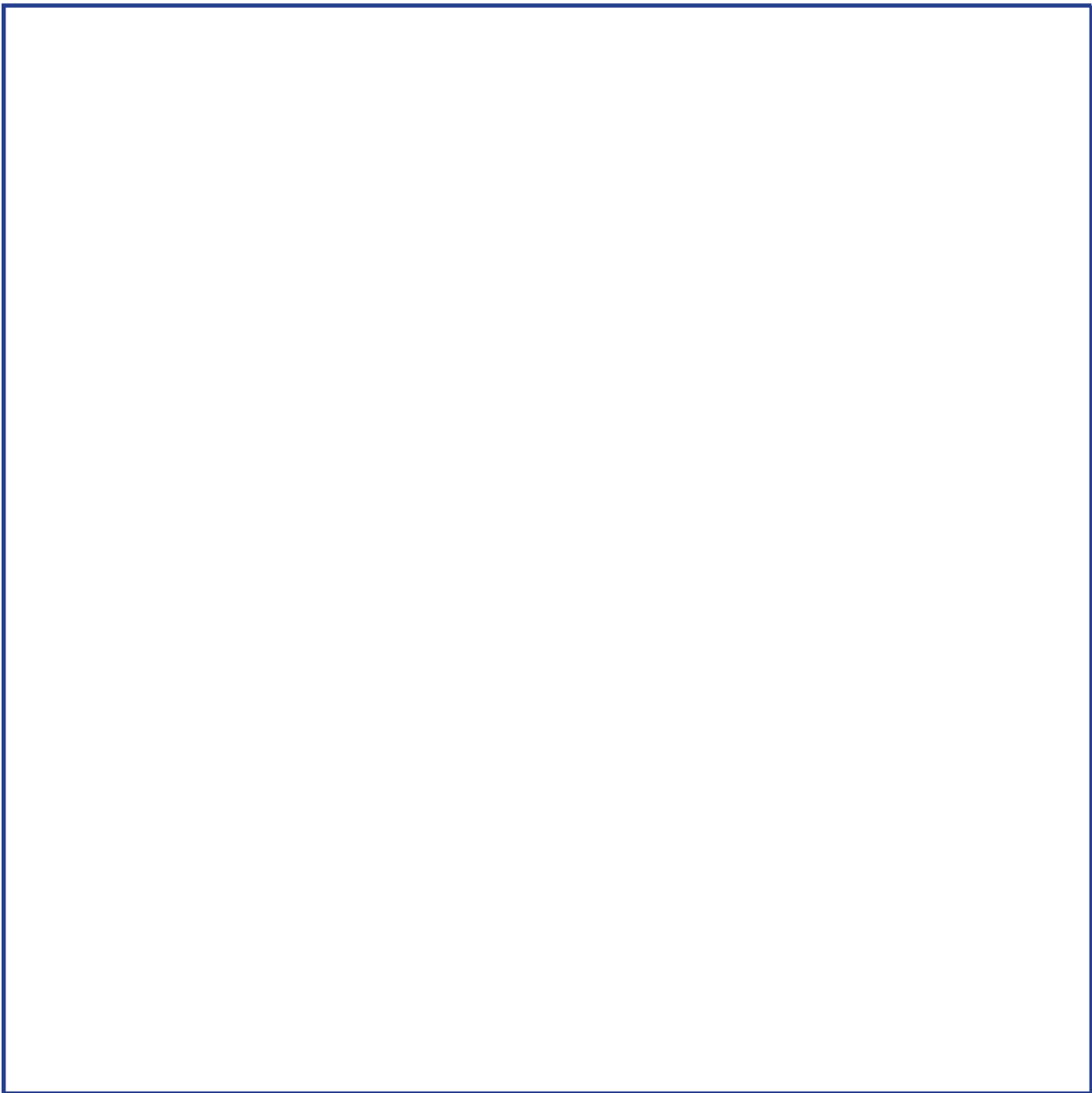
AGRUPAMENTO de
ESCOLAS de
PINHEIRO

agrupamento com contrato de autonomia

„Cooking is an art, but you can eat it too”

-Marcella Hazan

The dishes and desserts within this recipe book were designed and pieced together by several hands during the design workshop at PLSP in Poznan, Poland for the students of Erasmus+ project meeting entitled SUSTAINABLE FOOD CULTURE- FROM THE PAST INTO THE FUTURE. May this book ensure the tradition inspires and continues...



CONTENTS - RECIPES

Croatia	4
Croatia	5
Croatia	6
Croatia	7
France	8
France.....	9
France.....	10
France.....	11
Spain.....	12
Spain.....	13
Spain.....	14
Spain.....	15
Poland.....	16
Poland.....	17
Poland.....	18
Poland.....	19
Portugal.....	20
Portugal.....	21
Portugal.....	22
Portugal.....	23
Photos.....	24
Photos.....	25
Photos.....	26
Photos.....	27



Čobanac

— preparation —

— ingredients —

- 1,5kg meat
- 500g onion
- 350g carrot
- 75g parsley root
- 2Tbs sweet red paprika
- 1Tbs hot red paprika
- 2Tbs salt
- 5l water

Clean and chop the onion in very small pieces. Saute the onions in vegetable oil on very light heat for at least 30min. Stir them often and watch over the pot so they do not burn. If you like you can add small amount of water after 5-6min just to be sure nothing burns. Peel the carrots and grate the parsley root very fine with a grater. Add to it the onions and continue to saute for around 45min.

It needs to almost turn into a paste . Now its time to add paprika, stir it well into the vegetables. Cut the meat into a bite-sized pieces and add it into the pot, firstly wild game meat, after 5min beef meat and after another 5min pork meat. Leave it cooking until browned. Put salt over the meat and vegies and stir it well. For this amount of ingredients you will need around 5l of water, add the first liter and continue to saute for around 15min, after that add another liter and continue to do it that way.







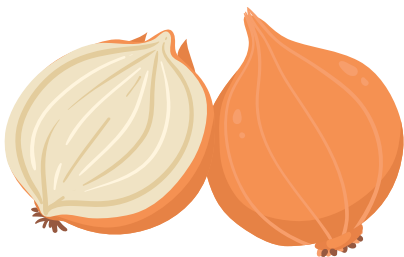
Crni Rižot



— preparation —

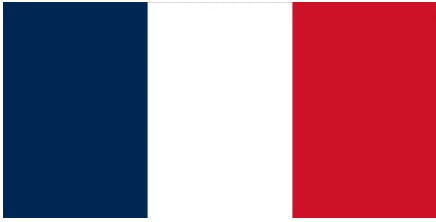
— ingredients —

- 1.2 kilograms of cuttlefish & calamari
- 3 liters water (13 cups)
- 60 grams of unpeeled prawns (1/4 cup)
- 1.5 large onions diced
- 1/3 cup olive oil
- 2-3 cloves of garlic
- 1/2 cup of white wine
- 1 1/2 cups of white rice
- Salt & pepper
- 1-2 tablespoons Vegeta
- 50 g butter (3 1/2 tbsp)
- 3 tablespoons chopped parsley



Remove and save the sack of ink from one calamari without breaking it. Clean the calamari and cuttlefish and cut into small pieces. Place the calamari, cuttlefish, and prawns (leave them in their shells) into a saucepan, pour water over them and bring to the boil. Drain the seafood and keep warm. **DO NOT DISCARD THE STOCK.** Peel the prawns. Fry onions in olive oil until transparent. Add garlic and cook for 1 minute. Add the wine and half of the stock and allow to boil. Add rice. Season with salt, pepper, and Vegeta, cook for 10 minutes on medium heat stirring from time to time. Add the rest of the stock, prawns, ink, calamari, and cuttlefish. Cook for 10-15 minutes on low heat or until the rice is cooked. Add more water if needed. Be sure not to overcook the rice. It should remain firm and not gooey. Mix in the butter and sprinkle with parsley and serve.





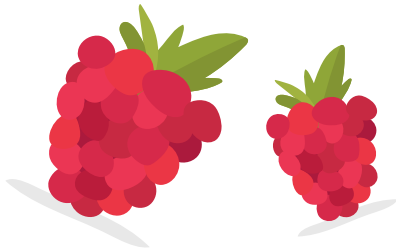
Macaron a la Framboise

— ingredients —

- $\frac{3}{4}$ cup almond flour/meal
- $\frac{1}{2}$ cup powdered sugar (
- $\frac{1}{4}$ cup freeze dried raspberries, pulsed to a fine powder
- 3 large egg whites, room temperature
- $\frac{1}{2}$ cup granulated sugar

Filling

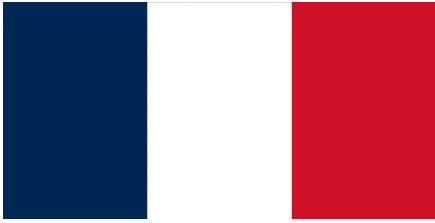
- $\frac{1}{4}$ cup salted butter
- 1 cup powdered sugar
- 3 Tablespoons raspberry jam, plus more for filling the macarons
- 1-2 teaspoons heavy cream, as needed



— preparation —

Prepare two baking sheets by lining them with parchment paper or silicone baking mats. Sift almond flour, powdered sugar, and freeze dried raspberry powder through a fine mesh sieve into a bowl. Set aside. In a large bowl, beat the egg whites on medium speed until frothy, about 1 minute, then slowly add the granulated sugar, about 1 tablespoon every 20 seconds or so. Fold the sifted almond mixture into the egg whites using a spatula until the batter becomes the consistency of lava and drizzles off a spatula in a thick ribbon. Transfer the macaron batter to a piping bag fitted with a large round tip or a ziploc bag with one corner cut off. Pipe the macaron batter in 1 $\frac{1}{2}$ -inch circles onto the silpat mat or parchment paper lined baking sheets. Preheat oven to 300 degrees F. Bake one sheet of macaron shells at a time for 16-18 minutes. Add the powdered sugar and jam and mix again. Add as much heavy cream as needed to get a good piping consistency. To fill the macaron shells, transfer the raspberry buttercream to a bag fitted with a small round tip or a ziploc bag with one corner cut off. Pipe a border of buttercream around the edges of half of the macaron shells. Fill with $\frac{1}{2}$ teaspoon of raspberry jam, then top with another macaron shell.





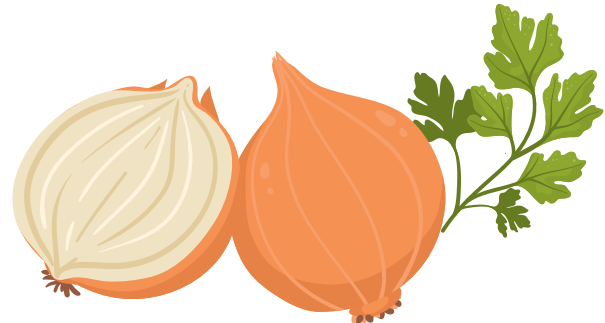
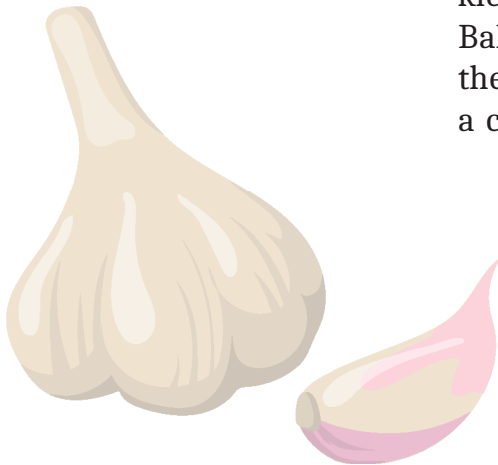
Escargots à l'ail

—ingredients—

- 24 large canned snails, rinsed and drained
- 1 medium shallot, sliced
- 0.25 pound unsalted butter cut in cubes
- 8 large garlic cloves
- 1 small parsley bunch, about 1 cup
- 12 large basil leaves
- Salt and freshly ground pepper

—preparation—

In a pan on medium heat, melt 1 ounce of butter and sweat the shallots and snails for 3 to 4 minutes. Season with salt and pepper, stir and store in a bowl. In the small bowl of a food processor, chop the garlic, parsley and basil leaves. Add the cubed butter, salt, and pepper until the butter is soft and the ingredients are thoroughly combined. Arrange the sautéed snails in individual ovenproof serving dishes; cover each dish with a generous tablespoon of garlic butter. Before baking, sprinkle a teaspoon of breadcrumbs on top of the snails. Bake in a 400°F oven for 10 to 15 minutes, until the butter begins to bubble and brown. Serve with a crusty French baguette for sopping up the sauce.







Migas

— ingredients —

- 12 large eggs
- 1/4 cup milk
- 1/2 teaspoon ground cumin, fine sea salt, freshly-cracked black pepper
- 1 tablespoon olive oil
- 1 small white onion
- 1 jalapeño
- 3 cloves garlic
- 2 large handfuls corn tortilla chips
- 2/3 cup salsa
- 2/3 cup shredded Mexican-blend cheese

toppings:

- chopped fresh cilantro, diced red onion, sliced avocado, diced tomato, extra salsa

— preparation —

In a large bowl, whisk together eggs, milk, cumin, salt and pepper. Set aside. Heat oil over medium-high heat in a large sauté pan. Add onion and jalapeño and sauté for 5 minutes, stirring occasionally, until the onion is soft and translucent. Add garlic and sauté for 1-2 additional minutes, stirring occasionally, until the garlic is fragrant. Add the egg mixture, and reduce heat to medium. Cook for 5-6 minutes, stirring frequently, until the eggs are completely scrambled. Stir in the tortilla chips, salsa and cheese. Cook for 2 minutes, stirring occasionally. Taste and season with extra salt and pepper if needed. Serve warm, garnished with your desired toppings. (I say the more, the merrier!)







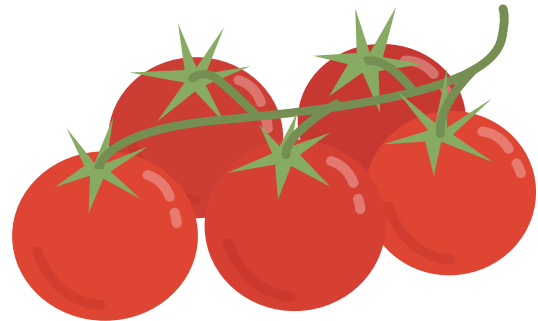
Hinojos

ingredients

- fennel
- beans
- small tomatoes
- dried tomato
- onion
- chicken ribs
- salt and seasoning

preparation

Chop the fennel, removing the hard parts if any, and pour into the pan, remove the black pudding and re-serve it. Cook in a pressure cooker for half an hour or in soucepan for hour and a half. Remove the chicken and the rib and reserve with the black podding from before. Incorporate the peeled and ckacked patatoes when it starts to boit let it cook for another 30min. Serve very hot, eat eighter separetely or in the same pot.







Zurek



— preparation —

— ingredients —

- 8.5 cups meat stock
- 200g unsliced bacon
- 200g medium white onion
- 2 medium carrots
- 2 parsley roots
- 4 links white kiełbasa sausage
- 2 ¼ cups Sour Rye Flour Starter
- 1 garlic clove
- 3 tbsp whipping cream
- 1 tbsp dried marjoram
- Salt to taste
- Pepper

Get a cooking pot. Pour in the stock and start heating it up (on a medium heat). Chop bacon and onion into small cubes. Using a frying pan, fry up the bacon first. There is no need to add any additional frying fat, bacon will release plenty of its own. Once the bacon fat has rendered, add the onion pieces and continue frying until both ingredients turn golden. Move the contents of the frying pan into the pot with cooking stock. If your 'zakwas' starter was fermented without spices (that is: bay leaves, all-spice berries and peppercorns), it's a good moment to add them directly into the soup. I place them inside a mesh spice bag/stock sachet, so that I don't have to struggle fishing them out later. Peel carrots and parsley roots, drop them whole into the stock. Add white kiełbasa (uncut, whole links) as well and continue cooking for 30-40

If you haven't boiled the eggs already, now is a good moment to do so. Once cooked, allow them to cool down. The next step would be to remove the spices. If you used the spice bag, just take it out. Otherwise, you can fish them out manually with a spoon, or get rid of them using a sieve - and return the soup into the pot. Now it's time to add rye 'zakwas' starter. Add 1 cup (300ml) of zakwas for a mild Żurek, up to 2 cups (or more; roughly 500ml) for a more sour result. Much you should add, just pour it over gradually, tasting along the way.





Polish Pierogi

— preparation —

— ingredients —

Dough

- 2 cups All-Purpose Flour
- 1/2 teaspoon salt
- 1 large egg
- 1/2 cup sour cream
- 4 tablespoons butter

Filling

- 1 cup mashed potatoes
- 1 cup sharp cheddar cheese, shredded

To finish

- 4 tablespoons butter, cold
- 2 large shallots

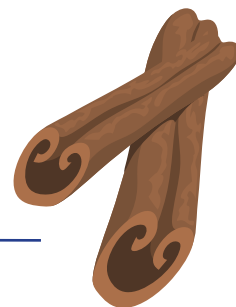
To make the dough: Mix together the flour and salt. Add the egg to the flour and combine. The dough will be quite clumpy at this stage. Work in the sour cream and soft butter until the dough comes together in a slightly rough, slightly sticky ball. Using just your fingertips, knead and fold the dough without adding additional flour until the dough becomes less sticky but still quite moist. Wrap the dough well in plastic wrap and refrigerate for 30 to 60 minutes, or up to 48 hours. To make the filling: Combine the warm mashed potato and cheese. Stir and mash until the cheese is melted and the filling is cool to the touch. Taste and adjust the seasonings with salt and pepper.

To fill the pierogi: Roll half the dough 1/8" thick. Use a 2" round cutter to cut circles of dough. Repeat with the other half of the dough. Save the scraps; these can be snipped into small pieces and added to simmering soups. Place 1 1/2 teaspoons of filling on each round of dough. Gently fold the dough over, forming a pocket around the filling. Pinch the edges of the pierogi to seal, then seal again with the tines of a fork. At this point the pierogi can be frozen for up to 4 weeks, or refrigerated overnight, or cooked in large stockpot of boiling salted water. Only cook about 10 pierogi at a time, so that they have room to float without sticking. When the pierogi float, they're done. The time will vary depending on if they're fresh or frozen.





Sonhos



— preparation —

— ingredients —

- For the sonhos batter
- 1 tablespoon butter
- 1 teaspoon granulated sugar
- 1 Large pinch salt
- 3/4 cup water
- 1 cup all-purpose flour
- 4 large eggs
- For the cinnamon sugar
- 1 tablespoon ground cinnamon
- 1/2 cup granulated sugar
- For deep frying
- Mild vegetable oil for deep-frying
- For serving
- Honey, warmed jam, or caramel (optional)

In a medium saucepan over medium-high heat, bring the butter, sugar, and water to a boil. Add the flour and stir vigorously with a wooden spoon until the dough pulls away from the sides of the pan, gets hard to stir, and forms a stiff ball, 2 to 4 minutes. Reduce the heat to medium and continue stirring (oof!) until a thin layer of dough films the bottom of the pan, 1 to 2 minutes. Plop the dough in the bowl of a stand mixer fitted with the paddle attachment. Beat on low speed for 1 minute. Add the eggs to the dough, 1 at a time, beating on medium-high speed after each addition until fully incorporated before adding the next, about 1 minute for the first egg and slightly less time for each subsequent egg, about 3 minutes total. The dough may release some steam and that's fine. When fully mixed, the batter will be glossy and smooth. Cover the bowl with plastic wrap and refrigerate for 30 minutes. Make the cinnamon sugar. In a medium bowl, mix together the cinnamon and sugar.

Add enough oil to a wide saucepan or Dutch oven to reach a depth of 3 inches (8 cm). Warm the oil over medium-low heat until it registers 300°F (150°C).

Using a 2-teaspoon cookie scoop or a rounded teaspoon measuring spoon, carefully drop a few globs of dough in the hot oil. Don't crowd the pan as these little suckers really puff up!

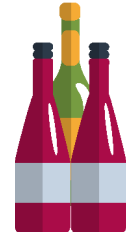




Francesinha



— preparation —



— ingredients —

- Crushed tomatoes
- Beer
- Port wine
- Beef broth
- Butter
- Onion
- Peri-peri sauce
- Garlic
- Corn starch

For The Sandwich

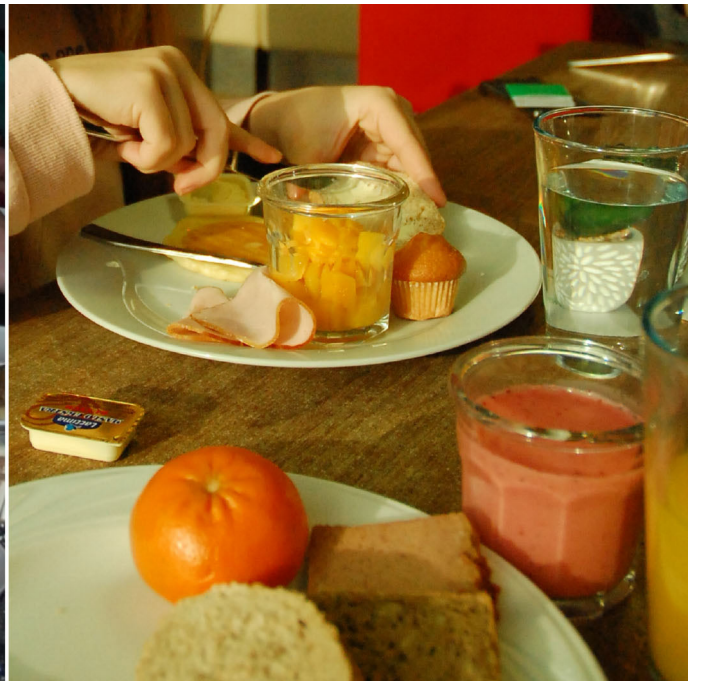
- White sandwich bread
- Mortadella ham or any ham of your choice
- Beef fillets
- Portuguese linguica sausages or chorizo
- Mild cheese

Place a medium saucepan over low to medium heat. Once the pan is hot, add the lard, olive oil, garlic, and bay leaf. Let it cook for a minute before adding the onion. Let it simmer for about 8 minutes until the onion turns translucent. Add the tinned tomatoes and the beef stock. Bring it to a boil and let it simmer for about 10 minutes. Add the remaining sauce ingredients: port wine, beer, piri-piri and Worcestershire sauce, cook for another 10 minutes. With a hand mixer, blend everything until smooth. Let the sauce simmer for 30 minutes. The texture should be similar to a gravy, but slightly more liquid. If necessary, add some corn starch or other thickening to your taste. Make sure to dissolve it in cold water before adding to the mixture. Let it cook until it reaches your preferred texture. Season it with salt and black pepper, set it aside. Place a frying pan over high heat. Meanwhile, cut the sausages in half then butterfly-cut them.

Fry the sausages in their own fat, then use the remaining fat to fry the steak. Finally, lightly fry the ham slices. Gently toast the bread slices. Start putting the Francesinha together: On a plate, place one bread slice, then a slice of cheese, ham, steak, the sausages, and the final bread slice. Fry the egg, place it on top of the sandwich, cover it with the cheese slices, leaving



Photos taken on a trip to Cracow with Erasmus+ participants





THIS RECIPE BOOK WAS CREATED BY STUDENTS FROM POLISH SCHOOL. PHOTOS AND RECIPIES WERE MADE ON WORKSHOPS AND ON A TRIP TO CRACOW BY STUDENTS FROM FRANCE, SPAIN, PORTUGAL AND POLAND IN PLSP im Piotra Potworowskiego in Poznań.

SUSTAINABLE FOOD CULTURE
from the past into the future



2020-2023

