

Comenius



Cooking book

INDEX

CZECH REPUBLIC

1. Svičková p.5
2. Moravský vrabec p.6
3. Hovězí vývar p.7

GERMANY

1. Bratkartoffeln p.8
2. Hackfleischklößchen p.9
3. Pfannenkuchen p.10

ITALY

1. Pasta alla carbonara p.11
2. Tiramisù p.12
3. Castagnaccio p.13

POLAND

1. Żurek (Rye soup) p.14
2. Zupa pomidorowa p.15
3. Kluski śląskie p.16

ROMANIA

1. Ciorbă de perișoare p.17
2. Sarmale cu varză murată p.18
3. Cozonac p.19

SPAIN

1. Escudella d'olla p.20
2. Bacallà a la Lluna p.21
3. Crema Catalana p.22

TURKEY

1. Humus p.23
2. Kısır p.24
3. Cacik p.25

Svičková



Ingredients

2 medium onions
3 carrots, peeled
2 parsnips
1 medium celery root
1/4 pound unsliced speck (smoked pork fat, see note)
3 pounds of beef chuck or bottom sirloin
2 teaspoons kosher salt
5 bay leaves
11 peppercorns
11 whole allspice
1/3 cup red wine vinegar
4 ounces unsalted butter, melted
4 cups beef stock
Cream sauce:
2 tablespoons unsalted butter, 1/4 cup unbleached all-purpose flour, 1/2 cup cold beef stock, 1/2 to 1 cup heavy cream, Salt

Preparation

To marinate the meat: Cut the onions, carrots, parsnips and celery root into small to medium slices.
Cut the speck into about 20 thin slices. Use a paring knife to pierce the meat 20 times evenly around the piece, then stuff the speck into the meat. Sprinkle evenly with salt. Place the meat in heavy-bottomed Dutch oven and place the cut vegetables on and around the meat. Add the bay leaves, peppercorns and allspice.
Evenly sprinkle the vinegar over the meat. Pour the melted butter over the meat, cover pot tightly with plastic wrap, add the lid, and allow to marinate in the refrigerator for 2 to 3 days.
To cook the meat: Preheat oven to 450 degrees. Remove meat from the pot (scrape off any spices or vegetables sticking to it) and pat dry (reserve the pot and its contents).
Set a cast iron pan over high heat (turn your range hood on high, if you have one). When the pan starts smoking, add the meat and sear on all sides until dark brown, about 2 minutes per side. Transfer meat to the pot with the vegetables. Deglaze the cast iron pan by adding the stock and scraping up the browned bits with a wooden spoon. Pour this liquid into the pot with the meat. Cover with the lid and place in the oven.
After 30 minutes, lower the heat to 300 degrees and continue cooking for 1-1/2 to 2 hours, until meat is very tender.
To make the sauce: Remove the meat from the Dutch oven and set aside. Remove the bay leaf and the spices with a slotted spoon. Remove about half the vegetables. Using a hand-held blender, blend the remaining cooking liquid until smooth. Keep the cooking liquid warm over low heat.
In a separate saucepan, melt the butter over medium heat. Stir in the flour to make a roux and cook for 1 to 2 minutes, until slightly darkened. Slowly whisk the cold stock into the roux, a little at a time, letting the roux absorb each addition before adding more. Slowly whisk this mixture into the pot with the cooking liquid. Increase heat and bring to a simmer; cook for 3 minutes. Stir in 1/2 cup heavy cream and season with salt to taste. The consistency of the sauce should be creamy but not dense. If it's too thick, add more cream, water or stock. If it's too liquidy, continue simmering the sauce until reduced.
To serve: Thinly slice the meat and serve alongside dumplings, cranberry sauce, a dollop of whipped cream and a squeeze of lemon.
Note: You can buy speck at Pastaworks. You can use bacon in a pinch.

Ingredience

2 středně velké cibule
3 mrkve, oloupané
2 pastinák (petržel)
1 střední celer
1/4 libry speku (uzené vepřové sádlo, viz poznámka)
3 libry hovězího masa skličádky nebo spodní svičkovou
2 lžičky soli
5 bobkový list
11 pepře
11 celý, nové koření
1/3 šálku červeného vinného octa
4 unce nesolené máslo, tavené
4 šálky hovězího vývaru
Smetanová omáčka:
2 polévkové lžíce čerstvého másla
1/4 hrnku nebělené hladké mouky
1/2 šálku studeného hovězího vývaru
1/2 až 1 šálek smetany, sůl
Doprovody: České knedlíky, brusinky, slehačka, čerstvé citronové šťávy

Marinovat maso: Nakrájejte cibuli, mrkev, pastinák a celer na malé a středně velké plátky.
Řez třísku do asi 20 na tenké plátky. Použijte Odrezky nůž prorazit maso 20 krát rovnoměrně po kusu, pak věci třísku do masa. Posypeme rovnoměrně se solí. Umístete maso s těžkým dnem holandské trouby a položte krájená zelenina na a kolem masa. Přidejte bobkový list, pepř a nové koření.
Rovnoměrně polijeme ocet přes maso. Nalijte rozpustěné máslo na maso, přikryjte hrnec pevně s plastovou fólií, přidejte víko a nechte marinovat v chladničce po dobu 2 až 3 dnů.
Chcete-li vařit maso: Předehřejte troubu na 450 stupňů. Vyjměte maso z hrnce (odíť nějaké koření nebo zeleniny držet se ho) a osušte (vyhrazujeme si hrnec a jeho obsah).
Nastavte litinové pánvičky při vysoké teplotě (zapněte digestor vysoko, pokud máte jeden). Když začne kouřit, přidáme maso a opečeme na všechny strany až tmavě hnědé, asi 2 minuty na každé straně. Přeneste maso do hrnce se zeleninou. Deglaze na litinové pánvičky přidáním žaboby a škrábání se na opečení kousky s dřevěnou lžící. Vlije se kapaliny do hrnce s masem. Přikryjte víkem a vložte do trouby. Po 30 minutách snižte teplotu na 300 stupňů a vařte 1-1/2 až 2 hodiny, dokud maso je velmi jemné.
Chcete-li omáčku: Vyjměte maso z holandské trouby a dejte stranou. Odstraňte bobkový list a koření s dřevěnou lžící. Odstraňte asi polovinu zeleniny. Pomocí ručního mixéru, směs zbyvajících vaření kapalina do hladka. Udržujte kapaliny v teple vaření na mírném ohni.
V samostatném hrnci rozpustíme máslo na mírném ohni. Vmicháme mouku, aby jíška a vaříme po dobu 1 až 2 minut, dokud lehce potměněly. Pomalu metla studené vozidel do jíšky, trochu načas, nechal jíška absorbovat každou šitání před přidáním více. Pomalu metla této směsí do hrnce s varnou kapalinou. Zvýšení tepla a přivede k varu, vaříme 3 minuty. Vmicháme 1/2 šálku smetany a osolíme podle chuti. Konzistence omáčky by měla být krémová, ale ne hustá. Pokud je příliš hustá, přidejte smetanu, vodou nebo vývarem. Pokud je to příliš, pokračujte douchající omáčku do snížená.
Sloužit: tenké nakrájíme maso a podáváme spolu s houskový m knedlíkem, brusinkovou omáčkou, trochu slehačky a plátek citronu.

Moravský vrabec



Ingredients

For the meat:

600g pork meat (brisket, shoulder), 1 onion, 3 cloves of garlic, salt, cumin

for the sauerkraut:

500g of sauerkraut, 2 onions, 4 tbsp vegetable oil, 1 small potato, 1 tablespoon of fine ground flour, Salt, Cumin, 1tbsp Vinegar, 1tbsp Sugar

for the dumplings:

8 Potatoes, 1 Egg, 1 1/2 tsp salt, 1/4 cup farina, 1/4 cup flour, Butter

Preparation

Meat:

Preheat the oven to 200 degrees Celsius. Cut meat into big pieces, season and together with a chopped onion and crushed garlic place in a baking tray. Add a small amount of water and roast until tender and golden. Serve with potato dumplings and sauerkraut or blue (red) cabbage Sauerkraut:

Drain the sauerkraut and steam it in a saucepan adding water and cumin. Brown diced onions separately and add to sauerkraut. Peel and grate the potato and mixing it with the flour add to sauerkraut. Steam for another few minutes. Finally add vinegar, sugar and salt to taste. I usually add fried bacon, it gives it a beautiful smell and taste too.

Dumplings:

Boil potatoes until tender. Let them cool and grate or mash. Place grated potatoes into a large bowl. Work beaten egg, farina, flour and salt into the potatoes forming a dough. Roll dough into tube/dumpling (you can make 4 smaller ones or two big ones). Place dumplings into pot of boiling water and boil for 20 - 25 minutes (smaller ones might take 15 - 20 minutes). Remove, poke them with a wooden skewer (about 8 times each dumpling) and brush them with some butter. Don't forget to slice the dumplings before serving :)

Složení

Maso:

600 g vepřové maso (bůček, plec), 1 cibule, 3 stroužky česneku, sůl, kmin

Kysané zeli :

500 g kysaného zeli, 2 cibule, 4 lžice rostlinného oleje, 1 malá brambora, 1 lžice jemně mleté mouky, Sůl, Kmin, 1tbsp Ocet, 1tbsp Cukr

knedlíky :

8 Brambory, 1 vejce, 1 1/2 lžičky soli, 1/4 šálku farina, 1/4 šálku mouky, Máslo

Příprava

Maso:

Předehřejte troubu na 200 stupňů Celsia. Vyjmout maso na velké kusy, sezóny a spolu s nakrájenou cibulí a drceným česnekem místo v plech. Přidejte malé množství vody a pečeme do měkka a zlatě. Podáváme s bramborovým knedlíkem a zelím, nebo modrý (červený) zeli

Kysané zeli :

Vypusťte zeli a parní ji v hrnci přidáním vody a kmin. Brown kostičky cibule samostatně a přidat do zeli. Oloupeme a nastrouháme brambory a smíchání s moukou přidat do zeli. Parní za dalších pár minut. Nakonec přidejte ocet, cukr a sůl podle chuti. Obvykle přidat opečená slanina, že mu dává krásný vůni a chuť taky.

Knedlíky :

Vařte brambory do měkka. Nechte je v pohodě a rost nebo kaše. Umístete strouhané brambory do velké mísy. Práce rozlehaným vejcem Farina, mouku a sůl do brambor, které tvoří těsto. Dáme těsto do trubky / knedlíkem (můžete vytvořit 4 menších nebo dva ty velké). Umístete knedlíky do hrnce s vroucí vody a vařte 20-25 minuty (ty menší může trvat 15-20 minuty). Odebrat je s dřevěnou špejlí (asi 8 krát každý knedlík) a potřete je s nějakým máslem. Nezapomeňte krájet knedlíky před podáváním

Hovězí vývar



Ingredients

4 pounds meaty beef bones (shank or short ribs)
2-1/2 quarts water
2 carrots, chopped
2 medium onions, chopped
3 celery stalks, chopped
1 bay leaf
3 sprigs parsley
Salt to taste

Preparation

Place the bones in a roasting pan, and roast uncovered for 30 minutes at 450 degrees. Add the celery, carrots and onions to the pan, and roast for another 30 minutes. Transfer the bones and vegetables to a stock pot. Skim the fat out of the roasting pan. Then, add half a quart (2 cups) of your water to the pan, and use a spoon to scrap off the flavorful brown bits stuck to the bottom. Add the roasting liquids to the pot, along with the seasonings and remaining water. Slowly bring to a boil. Then, reduce the heat and simmer uncovered for 5 hours. Skim off any foam that rises to the top. Strain the beef broth through a cheesecloth-lined colander, and allow to cool. Refrigerate overnight, then skim off the fat in the morning. The broth may be stored in the refrigerator for up to 3 days, or stored in the freezer for longer periods of time.

Složení

4 libry masitá hovězí kosti (stopka nebo krátká žebra)
2-1/2 litry vody
2 mrkve, nasekané
2 střední cibule, nakrájené
3 celer zásoby, nasekané
1 bobkový list
3 snítky petrželky
sůl podle chuti

Příprava

Umístěte kosti v pekáči a pečeme nezakryté po dobu 30 minut při teplotě 450 stupňů . Přidejte celer , mrkev a cibuli na pánvi a pečeme dalších 30 minut . Přeneste kosti a zeleninu k prodeji hrnce . Sbírat tuk z pekáče . Poté přidejte půl litru (2 šálky) vašeho vody do pánve , a používat lžičku došrotu chutné hnědé kousky přilepená na dno . Přidat na pečení kapaliny do hrnce spolu s kořením a zbývající voda . Pomalu přiveďte k varu . Poté , snížit teplotu a dusíme nekrytá po dobu 5 hodin . Shrábnout žádnou pěnu , která stoupá až na vrchol . Kmen vývar hovězí přes tenká lemované cedníku a nechte vychladnout . Chladem přes noc , poté shrábnout tuk v dopoledních hodinách . Půda může být uložen v chladničce po dobu až 3 dnů , nebo uložené v mrazničce po delší dobu .

Bratkartoffeln



Ingredients

vegetable oil, for frying
600g/1lb 5oz, small to medium-sized red-skinned potatoes
peeled, halved lengthwise
salt, to taste
½ tsp dried mango powder (often sold as
amchoor), available from Asian grocers
¼-½ tsp red chilli powder, or to taste; ½ tsp ground
coriander.

Heat a couple of inches of vegetable oil in a wide saucepan or wok. Add the potatoes and fry over a medium heat, turning occasionally, until they are just soft in the centre when tested with the point of a sharp knife. This should take about 10-15 minutes. They should be fairly pale in colour. Remove the potatoes from the oil and drain on kitchen paper for five minutes. Once cool enough to handle, using the palm of your hand, gently flatten the potatoes as much as possible without them losing their shape. Before serving, reheat the oil. Add the potatoes to the hot oil and fry over a low-medium heat for about 5-6 minutes, until the potatoes are golden and crisp. Drain the potatoes, then sprinkle over the salt and spices and serve.

Zutaten

Kartoffel(n), in feine Scheiben geschnitten
1 m.-große Zwiebel(n), in kleine Stücke geschnitten
1 Pck. Speck, gewürfelt
viel Öl zum Braten Salz und Pfeffer
Paprikapulver
Cayennepfeffer
Kümmel

Die Kartoffeln schälen und in feine Scheiben schneiden. - Die Zwiebel in kleine Stücke schneiden. In einer Pfanne die Speckwürfel anbraten, anschließend das Öl zugeben erhitzen. Die Kartoffelscheiben zugeben und rundum anbraten. Die Zwiebelwürfel zugeben. Je nach Bedarf mehr Öl nachgeben und alle 2-3 Minuten die Kartoffeln wenden. Das Ganze sollte etwa 20-30 Minuten braten - je nach Dicke der Scheiben. Mit Salz, Pfeffer, Paprikapulver, Cayennepfeffer und Kümmel (kann, muss aber nicht) würzen. Heiß servieren.
Den Gartest mache ich immer mit einer Gabel oder einem Pfannenwender. Wenn sich die Kartoffeln leicht durchstecken lassen, sind sie fertig. Falls ich mir unsicher bin, koste ich einfach eine.

Hackfleischklößchen



Ingredients for the meatballs

150g/5½oz minced beef,
1 garlic clove (finely chopped),
1 free-range egg, (beaten),
2 tbsp plain flour,
2 tbsp olive oil.

For the sauce

½ onion, finely chopped, 1 garlic clove, crushed, 1 tomato, seeds removed, chopped, 4 tbsp tomato ketchup, salt and freshly ground black pepper, 2 tbsp chopped fresh parsley.

Recipe for the meatballs

place all of the meatball ingredients except the oil in a bowl and mix well to combine. Shape into small meatballs with wet hands. Heat the olive oil in a pan and fry the meatballs for 5-6 minutes, turning frequently, until browned all over and cooked through. Remove the meatballs from the pan and set aside.

For the sauce

fry the onion and garlic in the pan the meatballs were cooked in for 2-3 minutes, or until softened, then stir the tomato and ketchup. Season, to taste, with salt and freshly ground black pepper. Simmer for 3-4 minutes, or until the tomatoes are tender, then stir in the chopped parsley or serve, return the meatballs to the pan to warm through in the sauce, then spoon into a shallow serving bowl. Serve immediately.

Zutaten

500 g Hackfleisch (Rind)
1 Brötchen, altbackenes
1 EL Senf, scharfer
1 m. große Zwiebel(n), klein gewürfelte
1 Knoblauchzehe(n), klein gewürfelte
Salz und Pfeffer
1 EL Öl
Kümmel, Paprikapulver, edelsüß

Klein gewürfelte Zwiebel und Knoblauch in etwas heißem Öl anbraten. Das Brötchen in etwas Wasser einweichen und anschließend gut ausdrücken.

Das Hackfleisch mit allen angegebenen Zutaten gut durchkneten, am besten mit sauberen Händen. Kräftig mit Salz und Gewürzen nach Bedarf abschmecken. Dann Klößchen von jeweils ca. 5 cm Durchmesser formen und auf die Fettpfanne des Backofens legen.

Im vorgeheizten Backofen bei 225°C ca. 40 Min. braten. Diese Klößchen sind bei mir immer wieder Grundlage verschiedener Mahlzeiten. Mal sind sie eine Einlage zu einem Gemüseintopf beliebiger Art oder ich serviere sie zu einem leichten fränkischen Kartoffelsalat. Auch mit Kartoffeln und einem Schmand-Gurkensalat finde ich sie köstlich.

Pfannenkuchen



Ingredients

200g/7oz plain flour
350-400ml/12-14fl oz milk, or $\frac{1}{2}$ milk $\frac{1}{2}$ water for a lighter
pancake
2 large eggs, lightly whisked
1 tbsp vegetable oil
Pinch salt
Vegetable oil for frying

Put the flour into a large bowl, make a well in the centre and pour in the milk and eggs. Give the liquid mixture a quick whisk before incorporating the flour. Continue to whisk until you have a smooth batter.

Now add 1 tbsp vegetable oil and whisk thoroughly. Take a crêpe pan, or large frying pan, dip some kitchen roll in the oil and carefully wipe the inside of the pan. Heat the pan over a medium heat for a minute. Add just under a ladleful of batter to the pan and immediately start swirling it round the pan to get a nice even layer. Cook the pancake for approximately 30-40 seconds. Use a palette knife to lift the pancake carefully to look at the underside to check it is golden-brown before turning over. Cook the other side for approx 30-40 seconds and transfer to a serving plate.

Zutaten

4 Ei(er)
400 g Mehl
100 ml Wasser, kohlenstoffhaltig
400 ml Milch
1 Pck. Vanillezucker
200 g Zucker
1 Apfel
1 Prise Salz

Die Eier trennen und das Eiweiß schaumig schlagen. Alle weiteren Zutaten außer dem Apfel in eine Schüssel geben und mit einem Mixer mischen, anschließend den Eischnee unterheben.

Jetzt den Apfel schälen und in kleine Scheiben schneiden und zum Teig geben. Nun etwas Öl in einer Pfanne erhitzen und den Teig beidseitig ausbacken, bis der Pfannkuchen goldbraun ist. Der Apfel kann natürlich auch weggelassen werden.

Spaghetti alla carbonara



Ingredients for 4 people

Spaghetti 350 gr
pancetta or bacon 150 gr
Pecorino cheese 100 gr
Eggs (4 yolks + 1 whole egg)
Pepper
Onion

Preparation

Saute onion and bacon in hot oil in a frying pan. In the meantime, boil spaghetti in hot water with a pinch of salt. Beat 4 eggs in a bowl and add the onion and pancetta, mixing all together. Drain the spaghetti and put them in a serving bowl. Pour the sauce onto the spaghetti.
Serve immediately with grated cheese and pepper.

Ingredienti per 4 persone

Spaghetti 350 gr
Pancetta 150 gr
Formaggio pecorino grattugiato 100gr
4 tuorli d'uovo
Pepe & Sale q.b

Preparazione

Soffriggete la cipolla e la pancetta in un poco di olio scaldato in padella. Nel frattempo cuocete gli spaghetti in abbondante acqua salata, in una zuppiera sbattete i tuorli d'uovo. Unite la pancetta e la cipolla alle uova. Meschiate bene e versate tutto sugli spaghetti scolati. Servite con formaggio grattugiato e pepe

Tiramisu



Ingredients

500 ml Coffee
200 gr Ladyfinger Biscuits
500 gr Mascarpone cheese
6 Eggs
200 gr Sugar
Cocoa powder

Preparation

Make some coffee. Take a bowl and put mascarpone, eggs yolks and sugar in it. Mix everything together until you obtain a smooth cream. Beat the egg whites until stiff and add them to the cream stirring gently.

In a glass baking dish, place a layer of cream and one of ladyfingers previously soaked in coffee, and another layer of cream.

Repeat the operation and then sprinkle the top with cocoa powder. Keep it in the fridge for about an hour before serving.

Ingredienti

500 ml di caffè
200 gr di biscotti (Savoiardi o Pavesini)
500 gr di mascarpone
6 Uova
200 gr di zucchero
Cacao amaro in polvere

Preparazione

Preparare il caffè. In una ciotola, mescolare il mascarpone, i tuorli dell'uovo e lo zucchero fino ad ottenere una crema soffice. Aggiungere le chiare montate a neve mescolando delicatamente.

Prendere una ciotola, fare uno strato di crema e uno di biscotti inzuppati nel caffè e un altro di crema. Ripetere l'operazione, infine spolverare con del cacao amaro in polvere e mettere in frigo per almeno un'ora prima di servire.

Castagnaccio



Ingredients for 8 people

750 ml water
100 gr pine nuts
Salt, one pinch
500 gr chestnut flour
Rosemary leaves, one pinch (optional)
Extra virgin olive oil, 2 teaspoons
100 gr nuts
80 gr raisins

Preparation

Heat the oven to 200°C. Soak the raisins in warm water for 1-2 mins. Add the flour, oil and salt to the water, and mix. Dry up the raisins and add them to the mixture, together with the pine nuts and walnuts. Pour the dough into a baking tray with some oil, and cook in the oven for 30 minutes.
If you like it, spread with rosemary leaves.

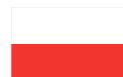
Ingredienti per 8 persone

750 ml acqua
100 gr pinoli
un pizzico di sale
500 gr farina di castagne,
qualche foglia di rosmarino (facoltativo)
olio extra vergine d'oliva 2 cucchiaini
100 gr noci
80 gr uvetta passa

Preparazione

Riscaldare il forno a 200 gradi. Ammollare l'uvetta in acqua tiepida per circa un minuto, aggiungere la farina, l'olio e il sale all'acqua, e mescolare. Asciugare l'uvetta passa e aggiungerla all'impasto con i pinoli e le noci. Versare l'impasto in una teglia unta e cuocere in forno per 30 minuti.
A seconda dei gusti, spolverare con il rosmarino.

Żurek



Ingredients

100 g of whole-wheat rye flour
250 g of carrot
leak
celery and parsley
200 g of white sausage
water
salt, flour, garlic, marjoram

Preparation

Allow the flour to sour in the water for a few days.

Cook a stock from mixed vegetables, strain, add our flour liquid (zur), spice with flour, bring to boil, add salt.

Add white sausage cut into small pieces, spice with garlic or marjoram.

Serve with hard boiled eggs cut into halves.

Składniki

100 g of whole-wheat rye flour
250 g marchewki
leak
seler i pietruszka
200 g białej kiełbasy
woda
sól, mąka, czosnek, majeranek

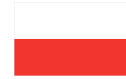
Sposób przygotowania

Pozostaw mąkę w wodzie przez kilka dni, by się zakwasiła.

Ugotuj bulion z warzyw, odcedź go, dodaj zakwasu (ziuru), przypraw z mąką. Zagotuj, dopraw solą. Dodaj pokrojoną w cienkie plasterki białą kiełbasę, przyprawy, czosnek i majeranek.

Podawaj z ugotowanymi na twardo jajkami, pokrojonymi na półki

Zupa pomidorowa



Ingredients

8 tomatoes, chopped
1 large onion, sliced
2 tablespoons butter
1 cup water
5 cups beef broth or 5 cups chicken broth
2 tablespoons instant flour
1/4 cup cold water
salt
1/2 teaspoon sugar
1/2 cup sour cream
1 tablespoon fresh dill, chopped

Preparation

Place tomatoes, onions, butter and 1 cup of water in a sauce pan. Cook until the vegetables are soft. Rub mixture through a sieve or food mill. Place in a soup pot, add broth and heat. Mix flour with 1/4 cup cold water, add to the soup. Add salt and sugar to taste and bring to boil. Remove from heat, add sour cream, and dill is possible, too. Serve with cooked noodles, rice or croutons.

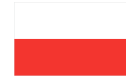
Składniki

8 posiekanych w kostkę pomidorów
1 duża cebula pokrojona w talarki
2 łyżki stołowe masła
1 szklanka wody
5 szklanek wołowego lub drobiowego rosółu, 2 łyżki stołowe mąki
1/4 szklanki zimnej wody
sól
1/2 łyżeczki stołowej cukru
1/2 szklanki kwaśnej śmietany
1 łyżka stołowa świeżo posiekanego koperku

Sposób przygotowania

Wrzuć pomidory, cebulę, masło oraz wlej szklankę wody do rondelka. Gotuj do miękkości warzyw.
Przecedź warzywa przez sito bądź rozdrobnił rozdrabniaczem do zrywności. Dolej bulionu i gotuj.
Dodaj wymieszaną z wodą mąkę. Dodaj sól i cukier do smaku oraz zagotuj. Zdejmij zupę z kuchenki, dodaj kwaśnej śmietany, można także dodać koperku. Podawaj z ugotowanym makaronem, ryżem lub grzankami.

Kluski śląskie



Ingredients

1 kg potatoes
potato flour
2 large eggs
salt

Preparation

Boil the potatoes and mash them. Divide the mash onto 4 parts and add the flour - exactly as much, as big is one part of the mashed potatoes. Add the eggs and mix everything. The dough should be like 'modeling clay'.

Form small balls and make a little hole with your smallest finger; that's a traditional shape of the Silesian dumplings.

Składniki

1 kg ziemniaków
mąka ziemniaczana
2 duże jajka
sól

Sposób przygotowania

Ugotuj i rozgnieć ziemniaki. Podziel masę na 4 części i dodaj tyle mąki, ile jest równe z 1 częścią masy. Dodaj jajka i wszystko wymieszaj. Masa powinna być miękka jak modelina. Z ciasta lep małe kule, zaś małym palcem rób niewielkie wgniecenie na ich wierzchu. To tradycja! Wrzuć kluski na gotującą się, osoloną wodę. Gotuj około 3 minuty od momentu, kiedy kluski wypłyną na powierzchnię wody.

Ciorbă de perișoare



Ingredients

For the meatballs:

500 g minced meat (beef and pork)
2 tablespoons of rice
green parsley
dill
1 egg
1 tablespoon of semolina

For the soup:

water
1 onion
1 carrot
1 celery
1 parsley stalk
1 parsnip
1 bell pepper
tomato juice
mix of bran and water
oil
green parsley

Preparation

Cut the vegetables in long slices and put them into a pot of 5 l with a little oil and stir fry for 2-3 min. Pour 2-3 l of water and bring to the boil. Then reduce the fire and let it boil for 30 min. Mix the minced meat with the rice, salt and pepper and chopped green parsley and/or dill. Make little balls from the composition and put them on a plate. After the vegetables boil for 30 min, season the soup with salt and the mixture of bran and water. Carefully add the meatballs to the soup, boil them over high heat until they start to boil, then reduce the heat and simmer for 10-15 minutes. Add the chopped green parsley and turn off the heat right away. Leave the meatball soup in the pot with the lid on for the flavours to mix.

The meatball soup is ready. Enjoy it!

Ingredientie

Pentru perișoare:

500 gr de carne tocată (porc și vită)
2 linguri de orez
pătrunjel
mărar
1 ou
1 lingură de grîș

Pentru supă:

apă
1 ceapă
1 morcov
1 rădăcină de țelină
1 rădăcină de pătrunjel
1 rădăcină de păstarnac
1 dovlecel
1 ardei gras
suc de roșii
borș (țărăie și apă)
ulei
pătrunjel verde

Preparare

Tăiați subțire toate legumele și le puneți într-o oală de 5 l cu puțin ulei și lăsați 2-3 min să se pătrundă. Turnați 2-3 l de apă și puneți la fiert. Când începe să fiarbă, faceți focul mic și lăsați pe foc 30 min. Amestecați bine carnea tocată cu orezul, oul, sarea și piperul, pătrunjelul și/sau mărarul tocat. Formați biluțe de mărime medie din acest amestec și le așezați pe o farfurie. După ce legumele au fiert 30 min, asezonați supa de legume cu sarea și borșul. Puneți atent perișoarele în supă, lăsați focul mare până încep să fiarbă, apoi îl dați încet și lăsați pe foc încă 10-15 min. Adăugați pătrunjelul tăiat și stingeți focul imediat. Lăsați oala cu ciorbă acoperită cu capac 20-30 de min înainte de servire, ca aromele să se pătrundă.

Ciorba de perișoare este gata. Pofta Buna!

Sarmale cu varză murată



Ingredients

1 sauerkraut
500 g minced beef meat
6 tablespoons of rice
1 egg
1 middle sized carrot
1 onion
100-150 ml tomato juice
3 slices of smoked bacon
7 pepper corns
Salt and pepper

Preparation

Detach the leaves of the sauerkraut one by one; cut the leaves in half if they are too big. Chop the onion and the carrot and stir fry in a little oil together with the rice. Then mix the meat with the egg, add the stir fried rice and onion and the salt and pepper. Put a tablespoon from the mixture on a leaf of sauerkraut and roll it tightly; push the sides slowly with one finger, taking care not to tear it. Chop the rest of the sauerkraut not used for rolling and put half on the bottom of the pot where you are going to cook the meat rolls; then add the tomato juice and the smoked bacon cut into strips. Arrange the meat rolls over it. Pour the water over until the meat rolls are covered, then strew the pepper corns and the rest of the chopped sauerkraut. Cover the pot with a lid and let it cook over a low heat gently for an hour, or until the sauerkraut is done. Serve it with polenta („mămăligă”) and sour cream, if you prefer.

Ingredientie

1 varză murată
500 g carne tocată de vită
6 linguri orez
1 ou
1 morcov potrivit
1 ceapă
100-150 ml suc de roşii
3 felii bacon afumat
7 boabe de piper
sare şi piper

Preparare

Desfaceți frunzele de varză una câte una; tăiați frunzele pe jumătate dacă sunt prea mari. Tocați ceapa și morcovul mărunt și căliți-le în puțin ulei împreună cu orezul. Amestecați carnea cu oul, ceapa calită cu orezul, un praf de sare și piper. Puneți câte o lingură din amestecul de carne peste o frunză de varză și înfășurați strâns, apoi împingeți capetele ușor cu un deget având grijă să nu se rupă. Tocați resturile de varză pe care nu le-ați folosit la înfășurat și presărați jumătate pe fundul vasului unde veți găti sarmalele, apoi adăugați sucul de roșii și bacon-ul tăiat fâșii. Așezați ușor sarmalele peste bacon. Turnați apa cât să acopere sarmalele, presărați boabele de piper și restul de varză tocată. Acoperiți vasul cu un capac și lăsați pe foc mic pentru 1 ora sau până fierbe varza. Serviți cu mămăligă și smântână, dacă preferați.

Cozonac



Ingredients

For the dough:

1 kilo of flour
5 yolks
300 g of sugar
1 packet of butter
500 ml milk
40 g yeast
essences

For the filling:

5 white of eggs
5 tablespoons of sugar
3 tablespoons of cacao
rum essence
a cup of raisins
2 cups of crumbled kernel

For spreading:

1 egg
poppy seeds

Preparation

In a big bowl put the flour and make a hole in the middle of it where you place the yeast with one tablespoon of warm milk and let it rise for 10-15 minutes. Then mix with it with the other ingredients, one by one, until they are all well incorporated. Knead the dough for 30 minutes, then let it rise until it doubles its volume. Mix all the ingredients for the filling. Divide the dough into two parts. Spread each part into thin sheets, fill them with the nut cream and roll. Twist the 2 rolls together.

Put the composition into the baking tin, spread the beaten egg and sprinkle poppy seeds. Let it rise again for 10 minutes. Put it into the oven for an hour. It is difficult to resist the smell of freshly baked "cozonac", but wait until it completely cools off.

Ingredientie

Pentru aluat:

1 kg făină
5 gălbenușuri
300 g zahăr
1 pachet de unt
500 ml lapte
40 g drojdie
esențe

Pentru umplutură:

5 albușuri
5 linguri de zahăr
3 linguri cacao
esență de rom
o ceașcă de stafide
2 căni de nucă măcinată

Pentru ungere:

1 ou
semințe de mac

Preparare

Se așează făina într-un vas mare, iar în mijlocul ei se face un cuibușor în care se pune drojdia și o lingură de lapte cald și se lasă la dospit 10-15 minute. Se amestecă apoi cu toate celelalte ingredientele pe rând, până la incorporarea completă. Aluatul se frământă timp de 30 minute și se lasă la dospit până își dublează volumul. Se amestecă toate ingredientele pentru umplutură. Aluatul de cozonac se împarte în 2 părți. Fiecare parte se întinde într-o foaie subțire, se umple cu crema de nuci și se rulează. Săturile obținute se împletesc între ele.

Cozonacul se așează în tavă, se unge cu oul bătut și se presară cu mac. Se lasă să crească în tavă 10 minute. Se pune apoi la cuptor timp de o oră. Deși este greu să rezisti mirosului de cozonac proaspăt scos din cuptor, așteptați până se răcește.

Escudella d'olla



Ingredients:

A 1/2 cup dry white beans
1 small ham bone, 1 marrow bone (veal or beef)
1/4 chicken or 2 small serving pieces
6 thick slices cooked pork sausage
2 slices cured ham, thin sliced (about the size of the palm of your hand)
8 cups cold water
1/2 head cabbage, cut in chunks
1 large potato, cut in eighths
1/4 cup raw rice, 1 cup thin noodles
1 cup cooked chick-peas
Salt and pepper, to taste

Preparation

Rinse the beans in cold water and tie the bones in cheesecloth. Put both with the chicken, sausage, and ham in a pot or casserole with 8 cups of cold water and salt. Bring to a boil, reduce flame, and cook gently, covered, about 2 hours or until beans are cooked and chicken very tender. Remove ham and marrow bones and discard them. Put the chicken aside. If there is little liquid left, add a bit of water for the cooking of the remaining ingredients and bring soup to a rapid boil. When it is boiling, put in cabbage, potatoes, rice, noodles, chick-peas, and pepper to taste.

Continue cooking over medium flame for 30 minutes (or until newly added ingredients are cooked through). A few minutes before serving, put chicken meat, removed from bones and shredded, in the pot to heat. Correct seasoning and serve.

Ingredientes

1/2 hueso de jamón pequeño
1 Médula ó sea 1 (ternera o carne)
1/4 de pollo o 2 piezas de servir pequeñas
6 rebanadas gruesas de salchichas de cerdo
1/2 taza de judías blancas cocidas
2 rebanadas de jamón , rodajas finas (aproximadamente del tamaño de la palma de la mano)
8 tazas de agua fría
1/2 cabeza de repollo, cortado en trozos
1 patata grande , cortado en octavos 1/4 taza de arroz crudo
1 taza de fideos finos
1 taza de garbanzos cocidos sal y pimienta al gusto.

Passos

Enjuague las judías en agua fría y atar los huesos en una gasa
Ponga ambos con el pollo , las salchichas y el jamón en una olla o cacerola con 8 tazas de agua fría y sal. Llevar a ebullición, reduzca el fuego y cocine a fuego lento , tapado, cerca de 2 horas o hasta que las judías estén cocidas y el pollo muy tierno .Retire el jamón y la médula ó sea huesos y desecharlos . Coloque el pollo a un lado. Si queda muy poco líquido, agregar un poco de agua para la cocción de los ingredientes restantes y hierva la sopa a ebullición rápida . Cuando esté hirviendo , poner la col , patatas, arroz , fideos, garbanzos y pimienta al gusto.Continuar la cocción a fuego medio durante 30 minutos (o hasta que los ingredientes agregados recientemente estén bien cocidos) . Unos minutos antes de servir, poner la carne de pollo , quitar los huesos y los restos desechables de carne , en la olla al calor. Corregir de sal y servir.

Bacallà a la Lluna



Ingredients

2 lb codfish, desalted
1 oz of pepper
1 glass of white wine
4 garlic cloves
Parsley, finely minced
1 cup olive oil
Flour
Salt

Ingredientes

2 libras de bacalao desalado
1 onza de pimienta
1 vaso de vino blanco
4 dientes de ajo
Perejil finamente picado
1 taza de aceite de oliva
Harina
Sal

Preparation

Preferably use without the high part of the codfish, without thorns nor grudges. Once desalted, cut the codfish and dry the pieces. Then, flour the fish and fry it in hot oil. Place the fried pieces in a high tin plate tray (Llauna) suitable for the oven. In the same oil fry the slices of 2 garlic cloves and, when they begin to gild, add pepper and after the wine to avoid pepper to burn. Leave boil one minute. Put this mixture over the fried codfish already placed in the tray. Prick slight the rest of garlic and mince the parsley. Dust the codfish with this mixture and put the tray in the oven (grill function) for 30 minutes .

Passos

Utilizar preferentemente el bacalao sin la parte alta sin espinas. Una vez desalado, cortado el bacalao , secar las piezas. Luego, enharinar el pescado y se frie en aceite caliente. Coloque los trozos fritos en una bandeja de estaño (llauna) alta adecuada para el horno. En el mismo aceite freir las rodajas de 2 dientes de ajo y, cuando empiecen a dorarse, añadir la pimienta y después el vino. Dejar hervir un minuto. Poner esta mezcla sobre el bacalao frito ya colocado en la bandeja. Pinchar el resto del ajo y el perejil. Espolvoree el bacalao con esta mezcla y coloque la bandeja en el horno (función grill) durante 30 minutos.

Crema Catalana



Ingredients

1 liter milk
4 egg yolks
2 tablespoons cornstarch
cinnamon, lemon rind and sugar 200 g

Ingredients

1 litre de llet
4 rovells d'ou
2 cullerades de fècula de blat de moro
canyella, pell de llimona i el sucre 200 g

Preparation

Heat the milk with the cinnamon and lemon rind and incorporated. Beat egg yolks with sugar and cornstarch.
Pour the milk over the yolks, beating them.
Put the mixture into the fire, without boiling, until thickened.
Distribute in clay pots and let cool. It puts a layer of sugar and burn with a shovel (which is red in the fire).

Passos

Escalfar la llet amb la canyella i la pela de llimona i incorporeu-la. Batre els rovells d'ou amb el sucre i la maizena. Poseu la barreja al foc, sense bullir, fins que espesi.
Distribuir en olles de fang i deixar refredar.
Es posa una capa de sucre i cremar amb una pala de ferro (esperar que es posi de color vermell al foc).

Humus



Ingredients

1.5 glasses of chickpeas
1 glass of sesame oil
1/2 glass of olive oil
1.5 lemon juice
3 cloves of garlic
2 tea spoons of red pepper
Enough salt, cumin, sumac, parsley

Preparation

Soak the chickpeas in some water for the night. Boil the chickpeas and smash them. Mix the Sesame oil with crushed garlic, lemon juice, salt, 1 teaspoon of cumin. Mix this mixture with smashed chickpeas. Take this mixture in a serving dish. Decorate with parsley and sumac. Heat the olive oil and red pepper in it. Pour this sauce on the mixture. Humus is ready to serve!

Malzemeler

1.5 bardak nohut
1 bardak tahin
Yarım bardak yağ
1.5 limon suyu
3 diş sarımsak
2 çay kaşığı pul biber
tuz, kimyon, sumak, maydanoz

Tarif

Nohutlar bir gece önceden suda bekletilir. Nohutlar haşlanır ve püre haline getirilir. Tahin dövülmüş sarımsak, limon suyu, tuz, kimyon ile karıştırılır. Tahinli karışım nohut püresiyle karıştırılır. Bu karışım servis tabağına alınır. Maydanoz ve sumak ile süslenir. Pul biberli yağ kızdırılır. Yağ humusunun üzerine gezdirilir. Humus servise hazır!

Kısır



Ingredients

Cracked wheat (1.5 cups, thin)
Water (hot)
2 Tomatoes
2 Green pepper
A few leaves lettuce
Parsley (half a bunch)
Green onion (¼ a bunch)
2 Onions
Salt and red pepper
A bit black pepper
Olive oil (3 tablespoons)
Lemon juice (1 lemon)
2 table spoons of tomato sauce

Preparation

Many people can easily make "Kısır". Put a bit of hot water over cracked wheat sure the water is enough. In this way, wait for about 10 minutes, cracked wheat to absorb the water. During this time, chop tomato, cucumber, pepper, green onion, lettuce and parsley very thin. Knead the wheat with tomatoe sauce. Add the vegetables to the wheat. Finally, add salt, black pepper, olive oil and lemon juice to the mixture. Kısır is ready to serve.

Malzemeler

1.5 bardak bulgur
Sıcak su
2 domates
2 yeşil biber
A few leaves lettuce
Birkaç yaprak marul
Maydanoz
Yeşil soğan
2 soğan
Tuz ve pul biber
kara biber
Zeytinyağı
1 limon
2 kaşık domates salçası

Tarif

Bir çok kişinin kolaylıkla yapabileceği kolay kısır tarifi için, uygun bir tabağa aldığımız bulgurun üzerine biraz geçecek kadar sıcak su katalım. Bu şekilde dakika kadar bekleyip, bulgurun demlenmesini sağlayalım. Bu zaman zarfında bulgur suyu tamamen emince, salça, küt küt doğradığımız domates, salataik, biber ve incecik kiyilmiş maydanozu dahil edip harmanlayalım. Son olarak, tuz pul biber, zeytinyağı ve limon suyunu de ilave edip, harmanlayalım. Kolay kısır tarifi servise hazır.

Cacık



Ingredients

Half kilogram of yogurt
2 large cucumbers
3 cloves of garlic,
Enough salt

Preparation

Chop or grate the cucumber into a bowl, add a little salt on it. Beat half a kilogram of yogurt in the mixer machine. Add a cup of water into the yogurt. Mix the chopped cucumbers and yogurt. Smash 3 cloves of garlic with a little salt. Put Cacık into bowls. You can pour little olive oil on cacık if you want. Sprinkle with green or dried mint on it and bon appetit !

Malzemeler

Yarım kilogram yoğurt
2 salatalık
3 diş sarımsak
yeterli tuz

Tarif

Salatalıkların kabuklarını soyun ve nır kabın içine rendeleyin, üstüne tuz serpin Yarım kilogram yoğurdu mikserle çirpin. Bir fincan kadar su ekleyin. Salatalıkların üzerine yoğurdu dökün. Sarımsakların kabuklarını soyun ve havanda bir miktar tuz ile birlikte dövün. İçine biraz da zeytin yağ döküp karıştırın ve yoğurdun üzerine gezdirerek dökün. Bütün hepsini karıştırın ve kâselere koyun. Üzerine dereotu veya kuru nane serpin. Afiyet olsun.

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