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physical wellbeing
- *Resilience* -

International recipes book



What was it all about?

All guests and each hostfamily was asked to decide on a typical dish for their country to provide for our international buffet one night during the project of resilience.

The guests and their hosts should spend time in the afternoon together to enjoy preparing it.

During the social get together everyone was hopefully able to relax and enjoy food together.

That way we not just had another resilience activity together but also cultural exchange.



Erasmus+
Enriching lives, opening minds.











GERMAN SPÄTZLE

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 15 MIN

INGREDIENTS

500 g Flour
6 eggs
200 ml milk
20 g Butter
salt
.....

DIRECTIONS

1. Put the Flour into a big bowl and press a hole in the middle. Add eggs, milk, salt and the melted cooled down butter. Mix until a smooth dough. Let it Rest for 5-10 minutes.
2. Put water into a bowl. Heat it up until boiling and add salt. Form the dough with two tablespoons into really tiny pieces and put it into the hot water.
3. When the Spätzle are done, they will come to the surface.
4. Enjoy :)



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CHEESE-SPAETZLE

Käse-Spätzle

SERVINGS:4

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 440 g flour (best spaetzle flour)
 - 8 eggs
 - Salt
 - 4 onions
- 100 g mountain cheese (in one piece)
- 100 g middle-aged Gouda (in one piece)
- 6 tablespoons clarified butter
- 200 ml vegetable broth
 - pepper

DIRECTIONS

1. Put 400 g flour in a bowl and make a hollow in the middle, add eggs and a pinch of salt. Mix everything with a wooden spoon until you have a smooth, slightly viscous dough. Cover and leave to rest for approx. 30 minutes. Meanwhile, peel the onions, cut into rings and turn in the remaining flour, tapping off excess flour. Grate both cheeses.
2. Boil water in a big pot and add salt. Place the spaetzle slicer on the pot, fill in a portion of the dough and press through the holes. Let the spaetzle cook for 1-2 minutes until they rise to the top. Lift out with a spoon, drain well, immediately transfer to a preheated bowl and keep warm. Repeat the process 2-3 times until the dough is used up.
3. Heat butter in a pan, fry the onions in it in two batches until crispy. Heat the spaetzle and broth in a large pan and mix in a third of the onions. Add the cheese and melt while stirring. Remove from the stove and add salt and pepper. Sprinkle the spaetzle with the remaining fried onions and serve.



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APFELKUCHEN APPLE PIE

SERVINGS: 12

PREPPING TIME: 15 MIN

BAKING TIME: 30 MIN

INGREDIENTS

250 g butter
180 g sugar
6 medium eggs
a bit salt
300g flour
120 g ground almond
1/2 tsp lemon zest
1 packet of baking
powder
300 ml milk
800g apples
4 tsp lemonjuice
a bit cinammon

DIRECTIONS

1. Mix butter, sugar, eggs, salt, flour, almond, lemon zest, baking powder and milk together and put the cake batter on a baking tray.
2. Heat to oven to 175 degree.
3. Peel the apples and cut them into slices.
4. Put the lemon juice and the cinammon on the apples.
5. Put the apples on the cake batter.
6. Bake the pie 30 minutes.



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GERMAN APPLE PIE

Delicious Dessert!

SERVINGS: 1

PREPPING TIME: 20 MIN

BAKING TIME: 30 MIN

BAKING SHEET

INGREDIENTS

250 g margarine
250 g sugar
5 eggs
1 packet vanilla sugar
350 g flour
3 big apples
1 packet baking powder
some butter for the
baking sheet

DIRECTIONS

1. preheat the oven (200 - 220 °C top/bottom heat)
2. peel the apples and cut into small pieces.
3. mix the margarine until it's creamy
4. add the eggs, sugar and vanilla sugar and mix well
5. sift flour with baking powder on top and mix in
6. add the apple pieces to the batter
7. put the mixture on a greased baking sheet
8. bake for approx. 30 minutes
9. let it cool down for approx. 60 minutes
10. ENJOY



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CHEESE PLAITED BUN

Perfect with a cup of tea!

SERVINGS: 30

PREPPING TIME: 210 MIN

COOKING TIME: 45 MIN

INGREDIENTS

Dough: - 3 eggs

-100g sugar

-200ml milk

-1 pck yeast

-1 tsp of salt

-wheat flour

-a handful of oil

filling: -400-500g

cottage cheese

-1 egg

-max. 100g sugar

Addition: -1 tsp of sugar

DIRECTIONS

1. heat up the milk til 40°C
2. Turn the stove off. flatten the egg container and lay it onto the warm stove, put the pot with milk on it and add salt, 2 eggs, 1 egg yellow, yeast and flour. Stir until half fluid. Cover with a lid, a towel and a coat, then leave it alone for half an hour.
3. Add flour and oil and stir till it doesn't stick anymore. Leave it alone with the same process for another hour.
4. mix the cottage cheese, sugar and 1 egg
5. Divide the dough in 3 pieces and form a sausage with each dough. Cut of a piece, roll it out on a layer of flour til it has a diameter of 12cm. Treat as described in note #1. Repeat till there is no dough left.
6. Put them on a baking tray with baking paper. Mix the egg white left with 1 tsp of sugar. Then grease the bun with it. Put in the 180°C hot oven.

NOTES

#1 Cut a 3 cm line 2 cm from the edge. Repeat on the other side. Put the fillings in the middle. Pull one edge through the line you cut and stick both ends to the bottom.

Title crumble cake



The ingredients

Dough

250g flour
120g Butter
pinch of salt
packet of vanilla sugar
75g Sugar
1 Egg

Filling

2 packets vanilla powder
500ml Milk
6 tablespoons Sugar
1 packet vanilla Sugar
pinch of salt
1 Egg

Crumbles

300g flour
200g Butter
100g sugar
pinch salt

The preparation

make dough

-stir all ingredients in a bowl
-Cover the bowl and place in the fridge for 30 minutes

make pudding

-prepare pudding as usual

dough

-stir it again and pour it into a prepared mold
-spread the pudding evenly over it

crumbles

-make crumble dough from the ingredients (with your hands because that is the best way to feel)
-spread the crumble over the pudding mixture

-Bake the cake in a preheated oven at 180 degrees top/bottom heat for 40 min

-let the cake down well





KAISERSCHMARREN

SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

180 g flour
1 tbsp sugar
1 pinch of salt
5 eggs
350 ml milk
raisins (if you want)
butter (for the pan)



DIRECTIONS

1. Separate the egg white and the egg yolk.
2. Mix flour, sugar, salt, milk and the egg yolks together until it becomes a thick batter.
3. In another bowl beat the egg white until it is stiff.
4. Carefully fold the beaten egg white into the batter mix.
5. If you want you can add some raisins to the batter.
6. Now let some butter melt in the pan so the dough won't stick. Pour the mixture into the pan and let the underside cook until it is light brown. Turn it over using a spatula and tear the Schmarren into bite-sized pieces and let it cook until everything is baked golden brown.
7. Now just add some sugar to the Schmarren and mix it a little so the sugar caramelize.
8. If you want, you can serve it with some powder sugar, apple sauce or plum sauce.

Enjoy your Kaiserschmarren! :)



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CULTURAL / FAMILY BACKGROUND

Kaiserschmarren is a lightly sweetened pancake that takes its name from the Austrian emperor Franz Joseph I, who was fond of this fluffy shredded pancake. It can be served as a dessert, lunch or even a dinner. It's often served with powder sugar and apple sauce.

I chose this meal because it is first of all a typical German food that we often eat here. And second of all it is a very yummy dish that you can eat at any time.



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FRISS-DICH-DUMM BREAD

Perfect German bread

SERVINGS: 4-8

PREPPING TIME: 80 MIN

COOKING TIME: 75 MIN

INGREDIENTS

400g wheat flour
100g spelt flour
200g rye flour
50g wheat flour
1 tsp. Sugar
3 tsp. Salt
1/2 cube fresh yeast
520g lukewarm water

DIRECTIONS

1. Put the yeast into the lukewarm water until dissolved and mix together with the other ingredients.
2. Knead the dough until it's smooth and let it rest for about 1 Hour.
3. Knead the dough 10 times.
4. Put baking parchment into a ceramic pot and place the dough inside. Put the pot into the Ofen(30 degrees) for 20 minutes. Spread a little bit of water over the bread, cut a cross (+, about 1cm deep) and lightly spread some wheat flour on top.
5. Bake the bread for 45 minutes at 240 degrees (top and bottom heat) with the lid on. After the 45 minutes take the lid off and bake again for 5-10 minutes.

NOTES

Enjoy :) for the ultimate taste, try out with our herb butter!



HERB BUTTER

Perfect for typical German Bread

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

INGREDIENTS

150 g Butter
2 cloves of Garlic
1 tsp. Chive
1 tsp. Parsley
1 pinch of Salt
1 tsp. Lemon

DIRECTIONS

1. Put the Butter into a warm place for about 15 minutes or until soft. Chop the garlic
2. Add the herbs into the butter and mix until combined.
3. Put the Butter back into the refrigerator until serve.
4. Enjoy:)

THE BEST ON A FRESH BAKED GERMAN BREAD!



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GRANOLA BAR

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

INGREDIENTS

For a small baking sheet (20x30cm):

- 30 g butter
- 100g honey
- 50g sugar
- 50ml orange juice
- 50g raisins
- 40g sunflower seeds
- 150g soft oat flakes
- 75g ground hazelnut
- 50g dessicate coconut

DIRECTIONS

1. Preheat the oven to 150 degrees
2. Boil butter with honey and sugar and mix with orange juice
3. Chop the raisins and sunflower seeds and put it in a bowl with oat flakes, hazelnuts and dessicate coconut
4. Add the orange juice mixture and knead for 1-2 minutes
5. Spread the mass about 1 cm high on the baking sheet and press down firmly
6. Bake it for 25 minutes in the oven
7. Cool the baking sheet and cut the mass into bars

NOTES

1. For a hole baking sheet, prepare three times the amount
2. The bars keep for 1-2 weeks in a metal can

MEDITERRANEAN PASTA SALAD

4 Servings | 30 minutes preparation



INGREDIENTS

500gm pasta

80gm arugula

4 tbsp oil

40gm pumkin seeds

15gm pine nuts

150gm tomatoes

Basil (as required)

Dash salt & pepper

SHOPPINGLIST

Pasta (Penne)

Arugula

Oil

Pumpkin seeds

Pine nuts

Tomatoes

Basil

Salt

Pepper

INSTRUCTIONS

1. Cook the pasta and let them cool down
2. Wash the arugula
3. Put the arugula and the pasta in a bowl together
4. Cut the tomatoes into cubes and put them in the bowl
5. Add oil, salt and pepper
6. Finally add the pine nuts, the pumkin seeds and basil
7. STIR AND ENJOY



MEDITERRANEAN PASTA SALAD

SERVINGS:4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

500 g noodles
1 onion in quarters
1 red chilli
2 garlic cloves
40 g oil
40 g dark balsamic
vinegar
1 tbsp tomato purée
1 tsp vegetable stock
Spices : pepper, sweet
paprika, oregano
1/2 bunch rucola
10 dried tomatoes in oil
15-20 cocktail tomatoes
halved
3 tbsp roasted pine nuts

DIRECTIONS

1. Cook the pasta according to the instructions on the packet in salted water in a saucepan on the cooker until al dente
2. Onions, chilli and garlic cutting small and fry with oil
3. Add the balsamic vinegar, tomato purée, stock powder, spices and continue steaming
4. Drain the pasta, let it cool briefly and put it in a large bowl. Chop the rucola and tomatoes and add to the pasta
5. Add the cocktail tomatoes, the roasted pine nuts and the sauce and mix together
6. Enjoy!

NOTES



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POTATO PANCAKES

Kartoffelpuffer

SERVINGS:4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

1000 g Potatoes
2 eggs
1 pinch of salt
3 tsp. Flour
1 pinch of pepper
10 tsp. Oil

DIRECTIONS

1. Peel the potatoes and and rub with a grater (not to big, not to small).
2. But the potatoes into a big bowl. Add eggs, flour, salt and pepper. Mix with your Hands until combined
3. Put the Oil into a pan and heat it up. Grab two tablespoons and put around 1 1/2 tablespoons potat-mixture into the pan. Fry until golden from both sides.
4. Enjoy :)

IN GERMANY WE EAT THIS WITH APPLESAUCE



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PUFF PASTRY TARTES

SERVINGS: 2

PREPPING TIME: 30 MIN COOKING TIME: 8-10 MIN

INGREDIENTS

4 pieces of frozen puff
pastry
200g Cherry Tomatoes
8 Stiele Thyme
100g Feta
3 El Olive Oil
1/2 Tl Salt
1 Egg Yolk
1 El Milk

DIRECTIONS

1. First, defrost the 4 pieces of puff pastry.
2. Cut the cherry tomatoes in half.
3. Cut the thyme stems in half.
4. Crumble the feta and add the olive oil.
5. Put everything, except the puff pastry, in a bowl and season with salt and spices.
6. Cut the puff pastry in half diagonally and place on a baking tray lined with backing paper.
7. Press the edge with a fork.
8. Mix the egg yolk with the milk until smooth.
9. Then brush the puff pastry with it.
10. Spread the tomatoe-feta mixture on top.
11. Bake in the preheated oven at 220 degrees on the lowest rack for 8-10 minutes until golden brown.

NOTES

VEGETARIAN
NOT VEGAN
WITH DAIRY PRODUCTS



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Schmandbrötchen

sour bun

SERVINGS: 3

PREPPING TIME: 15 MIN COOKING TIME: 10-15 MIN

INGREDIENTS

3 baked rolls
1/2 cups sour cream
1/2 bunch chives
100 g pepper
75 g grated cheese
salt
pepper

DIRECTIONS

1. cut the bread in two half
2. scrape out the inside of the buns
3. mix the inside of the buns and all the ingredients (except the cheese)
4. stuff this back into the bun halves
5. put the cheese on top of it
6. bake it in the preheated oven at 180 degrees for 10-15 minutes

NOTES

vegetarian



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TARTE FLAMBÉE

with ham and onions!!

SERVINGS: 2 SHEETS

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

500g dough
200g sour cream
250g cotton cheese
1-2 onions
150g ham
salt
pepper

DIRECTIONS

1. cover the sheet with parchment paper and place flat dough on it
2. for the topping, mix sour cream with cottage cheese and salt/ pepper
3. spread the topping on the tarte flambée dough and smooth it
4. cut onions into small pieces as desired and spread them on the tarte flambée with the ham cubes as well
5. preheat oven to 250 degrees (fan: 230 degrees)
6. bake tarte flambée onion preheated oven for 10 minutes until it turns brown or there are bubbles



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HAM ROLLS

INGREDIENTS

400g sliced ham
200g grated cheese
200g mayonnaise
1 garlic

DIRECTIONS

1. Mix cheese, garlic and mayonnaise in a bowl.
2. Add some salt according to taste.
3. Spread the mixture on the slices of ham.
4. Turn the slices into a roll.



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OATMEAL COOKIES

PREPPING TIME: 30 MIN

COOKING TIME: 12 MIN

INGREDIENTS

500g of oatmeal
4 large eggs
150g of sugar
150g of melted butter
1 teaspoon of vanilla
extract

DIRECTIONS

1. Beat the eggs with the sugar until light and fluffy.
2. Season with vanilla extract, add melted butter and oatmeal.
3. Mix carefully, if possible let it stand for about a quarter of an hour.
4. Cover the baking sheet with baking paper. Put the dough portions with a tablespoon onto the baking sheet and bake in the oven at 180 degrees for about 12 minutes, until the cookies are light brown.
5. Allow to cool slightly, then carefully place the cookies on the tray.

NOTES



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CULTURAL / FAMILY BACKGROUND

Oatmeal cookies are our family's favorite sweet snack.
Lea learned to cook them at a very young age.

If you have a sweet tooth and don't feel like going to the store, the things you need for these cookies are always already in the refrigerator.

Bon Appetit!



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biscuit cake

INGREDIENTS

5 packets of Kalev or
Selga squared biscuits
(Lily takes them along)
600 g soft curds
1 l drinking yogurt
0,5 l milk
Strawberries,
blueberries and
bananas for decoration.

DIRECTIONS

Mix curds with drinking yogurt.
Dip the biscuits into milk one by one.
Then spread them on a tray or on a
cake plate
(4x4 biscuits so that the cake looks
like a square)
Spread the curd mixture on the first
layer of biscuits.
Add three more layers in the same
way.
Decorate with strawberries,
blueberries, bananas.
Let it cool in the fridge for two hours.



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KAMA MOUSSE WITH LINGONBERRY JAM

INGREDIENTS

200g double cream
400g curd paste
(unseasoned)
3 tablespoons = (tbs)
Kama flour
4 tbs sugar
1 tbs vanilla sugar
100 g lingonberry jam
For Crisp Breadcrumbs:
2 slices black bread
1 tbs sugar
2 tbs butter

DIRECTIONS

1. BREADCRUMBS
CRUSH THE BREAD IN THE FOOD PROCESSOR.
MELT THE BUTTER, ADD BREAD, SUGAR AND BROWN THE MIXTURE FOR 10 MINUTES UNTIL THE BREADCRUMBS ARE CRISP.
LEAVE THEM TO COOL DOWN.

2. WHIP THE CREAM
WHIP THE DOUBLE CREAM NO MORE THAN IT IS SOFT.
MIX THE CURD PASTE, KAMA FLOUR, SUGAR AND VANILLA SUGAR.
NOW CAREFULLY ADD THE WHIPPED CREAM. (STIR IT IN.)

3. FILL THE CUPS AND SERVE THE DISH
PUT SOME LINGONBERRY JAM INTO THE CUPS AND ADD KAMA MOUSSE ON TOP.
SPRINKLE IT WITH CRISP BREADCRUMBS.



Speckled Dog

Ingredients:

180g biscuits
150g jelly sweets
2 tbs sugar
2 tbs cocoa powder
100g butter
2 tbs milk

Preparation

Break the biscuits into tiny pieces. (Use your fingers.)

Chop the jelly sweets.

Mix it with sugar and cocoa powder.

Melt the butter and mix it with the previous until the mixture is even.

Add milk according to the dryness of the mixture. (2-3 tbs)

Stir until even.

Take some tinfoil and then form the mixture into the shape of a sausage.

Make it thick and wrap into tinfoil.

Keep in the fridge for a couple of hours.



CHOCOLATE SALAMI

An irresistible temptation for young and old!

SERVINGS: 8

PREPPING TIME: 30 MIN

COOKING TIME: 5 MIN

INGREDIENTS

200 g dark chocolate

100 g butter

100 g cookies

150 g sugar

10 g cocoa powder

powdered sugar

DIRECTIONS

1. Chop the dark chocolate with a knife and melt it in the microwave, then let it cool.
2. Pour the butter and sugar into a separate bowl and start working with a whip until you get a cream.
3. Finally add the warm chocolate and the unsweetened cocoa powder. Make sure to mix everything very well until you get a homogeneous mixture.
4. Crumble the dry biscuits with your hands and add them to the chocolate mixture, then mix with a spatula to incorporate them evenly.
5. Take a sheet of baking paper and put the mixture into the center, shaping it with your hands into a cylindrical shape.
6. Lift the bottom flap and wrap the paper around the cylinder, then roll up the ends to seal it.
7. Put in the refrigerator for at least 2-3 hours. After this time, remove the baking paper and sprinkle with powdered sugar.

NOTES

The chocolate salami can be stored in the refrigerator for 5-6 days, closed in an airtight container.

CULTURAL / FAMILY BACKGROUND

Chocolate salami (Salame al Cioccolato in Italian) is a sweet known and prepared throughout Italy, suitable for any festivity.

It's even celebrated on a dedicated national day! April 5th

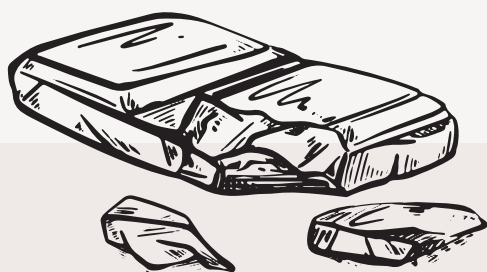
There is no certainty about the origins of this preparation, which however has become part of the Italian culinary and confectionery tradition.

It is also called Viking salami.

It is said that the Vikings on the sides of their ships placed alternating shields of black and yellow which inspired the presence of chocolate (black) and biscuits (yellow) in the dessert.

At my house we prepare it at least once a month. Perfect for a snack, but also to reuse the biscuits left at the bottom of the package.

A dessert that is so easy to make but it takes you back to unforgettable childhood memories



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FOGASSA

A typical italian dessert

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

300 gr flour
75 gr sugar
75 ml oil
75 ml milk
1/4 teaspoon baking soda
a pinch of salt
grated lemon rind

DIRECTIONS

1. Pour the flour and sugar on the worktop
2. Add the rest of the ingredients gradually to the sugar and flour
3. When the dough is smooth and firm divide it into two parts and roll it out with a rolling pin up to a thickness of about 1 cm
4. Cook the dough for about 15 minutes on a steak pan or a non-stick pan
5. Cut the dessert into smaller pieces and serve

NOTES

If you don't have a non-stick pan you can bake the dessert in the oven at 180° for 15 minutes.

Instead of baking soda, if you don't have it, you can use baking powder.



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CULTURAL / FAMILY BACKGROUND

Fogassa is a poor dessert of peasant tradition with ingredients that were never missing in every family, even the most humble.

Fogassa is typical of the areas near Lake Garda, its original name is "Fogassa su la gradela" because it was cooked on the embers of the fireplace.

According to the original recipe wine should be put in the dessert instead of milk and once cooked Fogassa should be eaten soaked in milk or wine.



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POTATO GNOCCHI

Tasty with tomato sauce, gorgonzola cheese or bolognese sauce



SERVINGS:4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

INGREDIENTS

1 kg red potatoes

350 g flour

15 g fine salt

re-milled durum wheat

semolina to taste

dressing:

tomato sauce/

bolognese sauce/

gorgonzola cheese

DIRECTIONS

1. Start by boiling the potatoes without the peel. Arrange the potatoes in a large pot and cover with plenty of cold water. From the moment the water starts boiling, count about 30-40 minutes, depending on their size. Try the fork test and if the tines enter without difficulty then you can drain the potatoes.
2. Mash the potatoes on a work surface while still hot, with the help of a potato masher, add the flour and salt and knead with your hands to obtain a soft but compact dough.
3. Take one portion of the dough at a time and roll it out with your fingertips to form loaves of 2 cm thickness.
4. Cut the loaves into chunks and pass each piece of dough on the tines of a fork, pressing lightly with your thumb.
5. Cook the gnocchi in plenty of boiling salted water and drain as soon as they come to the surface.
6. Prepare your favourite dressing and pour the gnocchi in it.

NOTES

This version of the recipe is without eggs, but they can also be made with eggs.
If you don't have a potato masher you can peel the potatoes and mash them with a fork!



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CULTURAL/FAMILY BACKGROUNDS

Gnocchi is perhaps the first homemade type of pasta. They were described as we know them (meaning with potatoes), only from the second half of the 1700s, as they were originally prepared only with water and flour, and were torn by hand and then cooked.

In Verona, the most important day of Carnival is not Mardi Gras as it happens in most cities, but the last Friday before the beginning of Lent, called “Venerdì gnocolar ” or the Friday of gnocchi. Legend has it that at the beginning of the 16th century, due to a severe famine, the poor of the city suffered from hunger, especially in the popular district of San Zeno. Tommaso da Vico, a Veronese doctor, promoted a collection of donations to feed the hungry. In memory of this event, on his death, da Vico left a sum of money so that, on the last Friday of the Carnival, the inhabitants of San Zeno could party by gorging themselves with gnocchi and wine. Thus was born the Bacanal de gnoco, the great parade through the streets of the city that ends in Piazza San Zeno with a large binge of gnocchi.

Once upon a time it was customary in every home to prepare handmade gnocchi on ‘Venerdì gnocolar ’. Today, more and more people are buying practical ready-made products, even if in reality the home preparation is rather easy and fast.

The figure of da Vico is symbolised by Papà de gnoco, the mask who leads the parade. He is a fat, ruddy figure with a long white beard and a flamboyant suit. In his hand he holds, like a scepter, the ‘Piron’, a large fork surmounted by a gigantic dumpling.

The Emperor of Austria Franz Joseph, and his wife, Princess Sissi, traveling in the Italian territories of the Austrian Empire arrived in Verona during the Carnival period and for ‘Venerdì Gnocolar', they tasted the gnocchi, a dish perhaps not very suitable to the rank of the emperor but very tasty.



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PUMPKIN RICE

Perfect as a first course!

SERVINGS: 1

PREPPING TIME: 20 MIN

COOKING TIME: 50 MIN

INGREDIENTS

- ½ of onion or ¼ of shallow
- 80g of pumpkin
- 80g of rice
- 250mL of vegetable broth
- Oil (j.e.)
- pepper, salt
- butter
- parmesan
- thyme/ rosemary

DIRECTIONS

1. Cut the pumpkin into cubes and put the broth on low heat (leaving it there throughout the recipe).
2. Take a pan and put it on a high flame with some oil and the pumpkin.
3. When it's frying, add the onion and after a few minutes put in a ladle of broth. Lower the heat under the pan to low and stir the compost occasionally.
4. When the mixture has a creamy consistency, mix, by taking it towards the center and moving the pan circularly. After some minutes, turn off the heat and cover it with a lid.
5. In another pan, put in a tablespoon of oil and after adding the rice, place it on a high heat. Let it sit for 1 / 2 minutes.
6. Lower the heat and add the broth to cover up the rice. When the broth has evaporated almost completely add some new and put the pumpkin (that you cooked before) in the pan.
7. Keep adding the broth until the rice is cooked. Then add a pinch of salt and thyme to taste.
8. Finally add half a knob of butter and parmesan to the rice and cover the pan with a lid, letting it rest until the butter is all melted. Serve the rice when it's still hot and enjoy your food!

NOTES

The broth should be left on low heat throughout the recipe.
The second pan has to be anti-adherent.



CULTURAL / FAMILY BACKGROUND

I chose this recipe because as a child my grandmother and I cooked some dishes together and I remember that this was her favorite one. Now that she passed away, I cook pumpkin rice for my family as she did, with the instructions she wrote in her cookbook.





PASTA WITH TUNA FISH, TOMATOES AND OLIVES

The pasta you don't know you need

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1kg pasta
3 jars of tomato sauce
800g tuna fish
400g olives
salt

DIRECTIONS

1. Boil the tomato sauce for about ten minutes. Then add the olives and the tuna fish for additional 5 minutes.
2. Put a pot full of water on the stove.
3. When the water starts boiling, put the pasta and let it cook for about 12 minutes.
4. Drain the pasta and add the sauce.
5. Mix everything and enjoy your meal.



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CULTURAL / FAMILY BACKGROUND

This is a really easy but very tasty typical Italian pasta. We often cook it when we do not have so much time as it is quick to prepare.

This pasta can also be eaten cold when we have lunch out of home or we need something to bring to school.

Moreover, this is my favourite pasta!



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IES Josep de Ribera



SPANISH

RECIPES



*Marc Ballester, Andreu Casesnoves, Guillem Casesnoves
Anna Gallego and Amaya Salinas*



SPANISH OMELETTE

Perfect as a starter - Spanish gastronomy
by Marc Ballester

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 600 g potatoes
- 6 eggs
- olive oil
- salt
- -small onion

DIRECTIONS

1. peel, chop and cook potatoes and the onion
2. break and shake the eggs
3. When the potato and the onion are cooked, mix it with the shaken egg and transfer it to a pan with olive oil.
4. wait for the bottom part to be done and turn it over

NOTES



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CHOCOLATE CAKE

Perfect as a dessert! by Andreu Casesnoves

SERVINGS: A LOT OF

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 Greek yogurt
- 2 cups of flour (using the yogurt cup)
- 1 cup of sunflower oil
- 1 cup of chocolate powder
- 3 eggs
- A sachet of baking powder
- 1 ½Cups of sugar

DIRECTIONS

- 1º First preheat the oven to the maximum.
- 2º Second, in a bowl, add the 3 eggs, the yogurt, the flour, the sugar, the oil, the chocolate and last the baking power, and stir it.
- 3º Put the mixture on a tray and put it in the oven, at 180º during 25 minutes.
- 4º And the cake would be ready, now all that remains is to eat it!!!



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MOIXAVENA

Perfect as a dessert! by Guillem Casesnoves

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

1 cup of olive oil of 0.4
acidity
2 cups of water
1 glass of flour
3 eggs
lard
sugar
.....

DIRECTIONS

1. Put the oil and water on a casserole until it starts to boil
2. Add the flour and wait until it cools
3. Add the eggs and the remaining
4. Put it on a tray with paper over
5. Stretch the dough and add the lard and the sugar
6. Put it in the oven and wait until it swells

NOTES:

You can accompany with some ice cream



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MONTAVINA

A special sweet ... by Anna Gallego

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

3 small glasses of water
1 small glass of sunflower oil
Flour
Butter
Sugar and cinnamon

DIRECTIONS

1. Mix water and oil in the saucepan
2. When it starts to boil, make flour and mix.
3. Let it cool and make eggs.
4. Put the mixture on the tray
5. After that put it in the oven

PREPPING TIME: 30 MIN

NOTES



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Spanish Omelette

Perfect as a starter or tapas!... by

Amaya Salinas

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 1H MIN

INGREDIENTS

Potatoes -700g

Onion- 300g

Eggs- 6

Salt

Olive oil

DIRECTIONS

1. First, peel the onion and cut it into julienne strips. Then we put it in a frying pan over a very low heat and let it cook very slowly.
2. while we are cooking de onion we peel the potatoes and cut them into thin slices
3. when the onion is done, we add the potatoes
4. Beat the eggs and add the potatoes and onion to them
5. Curdle the tortilla in a pan with a tablespoon of oil for about three or four minutes and turn it over.
6. And when we see that is done, it's time to eat and enjoy it.

NOTES



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