

Sa-Fuxibi  
un vecchio telaio in legno per pentole e  
coperchi.

AN INTERNATIONAL RECIPE BOOK  
CREATED BY THE COMENIUS PROJECT  
EUROPE THROUGH OUR EYES





DEAR FRIENDS AND READERS;  
WHAT HAPPENS IF DIFFERENT STUDENTS FROM SIX DIFFERENT COUNTRIES MEET IN ITALY AND COOK THEIR COUNTRIES' SPECIALITIES TOGETHER? WHAT MIGHT THE RESULTS LOOK LIKE? WILL THEY HAVE TROUBLE IN COMMUNICATING? WILL THERE BE A HUGE MESS? AND PARTICULARLY - WILL THE FOOD BE ENJOYABLE?

YES; IT WAS INDEED VERY ENJOYABLE - AS WELL AS THE HOSPITALITY AND THE ORGANISATION WE ALL MET IN BEAUTIFUL SARDEGNA! THE OTHER QUESTIONS ARE GOING TO BE ANSWERED IN THE FOLLOWING BOOK - OUR BULGARIAN; GERMAN; ITALIAN; POLISH; PORTUGUESE AND SPANISH STUDENTS TOOK LOTS AND LOTS OF PICTURES TO DOCUMENT THIS MEMORABLE EVENT...

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Education and Culture DG

Lifelong Learning Programme



Europe through our eyes







BUSY EUROPEAN STUDENTS IN THE KITCHEN IN IGLESIAS' ISTITUTO PROFESSIONALE DI STATO PER L'INDUSTRIA E L'ARTIGIANATO (IPSA)



EUROPE THROUGH OUR EYES IS A PROJECT WORKED OUT BY THE FOLLOWING COUNTRIES..

BULGARIA; GERMANY; ITALY; POLAND; PORTUGAL AND SPAIN:

WE CONCENTRATE ON THE MEANS OF PHOTOGRAPHY TO SHOW INTERCULTURAL DIFFERENCES AND SIMILARITIES: OUR STUDENTS SHOULD BECOME AWARE THAT THEY ARE PART OF THE EUROPEAN COMMUNITY - THEY ARE SUPPOSED TO INTERACT LIKE RESPONSIBLE EUROPEAN CITIZENS:

WE WANT TO FOCUS ON THE PARTS OF EVERYDAY LIFE - FINALIZING A DIFFERENT TOPIC IN EACH COUNTRY - ITALY SEEMED TO BE PERFECT FOR THE TOPIC "FOOD" - AND IT PROVED TO BE!

THE FOLLOWING MOBILITY WILL TAKE PLACE IN BULGARIA THE TOPIC WILL BE "TRADITIONS": ALL PARTICIPANTS ARE CURIOUS AND EAGER TO FIND OUT MORE!

NOW HAVE A LOOK AT WHAT OUR STUDENTS HAVE ELABORATED - THEY WOULD LIKE TO PRESENT YOU THEIR MOST FAVORITE DISHES, VERY TYPICAL FOR EVERY COUNTRY - THEY DECIDED FOR ONE MAIN COURSE AND ONE DESSERT...



## Italy: Culurgiones with mint and potatoes

Ingredients for 4/6 people:

### *Pasta:*

300 g bran - 1 dc water - 1 teaspoon of salt

### *Stuffing:*

1 kg red potatoes

1/2 glass extra virgin olive oil or 50 gr lard

2 cloves of garlic or 1 ground onion

200 g "dolce sardo" (Sardinian sweet cheese)

300 gr "pecorino fresco" (fresh sheep cheese)

Stew the potatoes with their peel in a saucepan full of water, peel them, smash them. Add the oil or the lard, the ground onion or the cloves of garlic (finely ground) and the ground mint. Slowly add the cheese (cut in stripes). Blend all the ingredients until you get a very smooth mix. In the meantime, pour the sift flour, pour the lukewarm water and add salt. Powerfully knead it until you obtain an elastic mixture. Add some water, if needed. Then with a glass, make some rings of about 6/7 cm diameter. Fill the half of each ring with your potatoes mixture (as big as a small walnut). Close the rings giving them the shape of a half-moon, carefully seal the edges - no air inside!

You should close the "culurgiones" itching them with your fingers, drawing on them the typical ear of wheat motif. Boil the salted water and cook your "culurgiones" for 6/7 minutes.

Add the tomato sauce and fresh pecorino.





## PARDULAS

### *The stiffing*

500 g fresh well drained sheep ricotta cheese  
2 big egg yolks or 3 small egg yolks  
40 g flour  
3 spoonfuls of sugar  
half lemon skin  
half orange skin  
1 bag of saffron

### *The "skin"*

150 g fine durum wheat flour & 150 g flour  
the albumen of the eggs you used before  
1/2 spoonful of lard  
1 spoonful of sugar  
125 g icing sugar

The first thing you need to do is to prepare the puff pastry for the "skins" of your "pardulas": knead the flour and the durum wheat flour with the lard and the albumen softly beaten to obtain a compact mixture. Then, if needed, add some lukewarm water. Wrap the pasta in a film. **The stiffing:** squash energetically your ricotta cheese with a fork, add the egg yolks, the sugar and all the ingredients apart from the flour. Stir your mixture and now add the flour in drib and drabs. Your mixture needs to have a "soft" consistency. Now draw your puff pastry, it has to be quite thin and cut some disks with a pastry cutter (8cm). Take a spoonful of the stiffing and put in the middle of the disk, pinch the opposed edges of the pasta to close them. If it is too difficult to close your edges, dampen them a bit until you obtain the shape of a small basket. There must be maximum 6 pinches. Bake your pardulas at 170° for 25 minutes. Then let them cool down and sprinkle them with ice sugar





# SPAIN

## PISTO



### INGREDIENTS

- |                       |                 |
|-----------------------|-----------------|
| 1 Onion               | 2 Courgettes    |
| 3 Tomatoes            | 2 Green peppers |
| 1 Red peppers         | 150 grs of Ham  |
| Olive oil             | Salt            |
| Eggs (one per person) | Pork back       |

Peel the vegetables and cut

Cook over medium heat and stir for some time



Fry the pork, add it to the vegetables  
Saute the ham tacos, and fry the eggs



Serve on the plates and pour over ham tacos and eggs





# TORRIJAS



## INGREDIENTS

1 loaf of bread  
1 cinnamon stick  
250 grs of sugar  
Powdered cinnamon

1 litre of milk  
6 eggs  
Olive oil  
Lemon skin



Put the milk in a saucepan and add the cinnamon stick and lemon stick

Cut the bread in long slices



Soak the slices in milk  
Whip the eggs and soak the slices in egg

Fry them in plenty of very hot oil



Coat them a mixture of sugar and ground cinnamon





## Germany/Bavaria: Käsespätzle



### Ingredients - serve four:

- 500 g of flour
- 1 tablespoon of oil
- 250 ml of water
- 4 teaspoons of salt
- 6 eggs
- 3 big onions (cut into rings and fried)
- 300 g of grated cheese (Emmentaler, Bergkäse and Romadour)



Out of the first four ingredients prepare pasty dough – it should really look like in the picture – and yes it is a bit strenuous if you do it by yourself!

Boil water and add salt; you need a sieve like shown here to rasp the first portion of the dough into the water.



The Spätzle will come up after a short time, this is when you should pick them out of the water and put them on a plate; Add cheese and continue with the next portion in the same way. Spätzle are served with onions on top.

Enjoy!



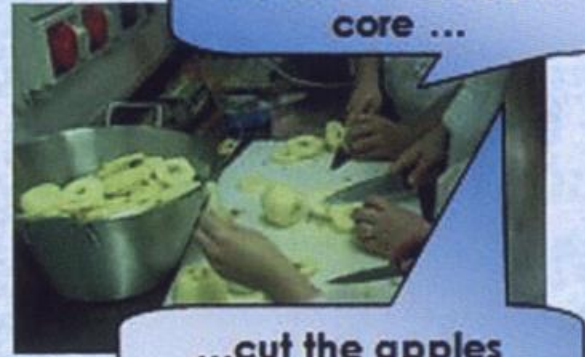
## Germany/Bavaria: Apfelkühle



### Ingredients for 12 – 15 pieces

- 90 g of flour
- 1 egg
- A pinch of salt
- 25 g of sugar
- 75 ml of milk
- 2 big apples (sour)
- 4 tablespoons of oil

Peel the apples and  
remove the apple  
core ...



...cut the apples  
into thin rings.

Mix the first five  
ingredients in order  
to get thick dough



Dip the rings into the  
dough and fry them in  
oil at mid temperature  
until they are golden...



Dust the hot  
cake with sugar.



Enjoy!





## **BULGARIA: Gyuetch** *(Bulgarian Vegetable Stew)*



### **Ingredients:**

3 onions, chopped  
6 cloves of garlic  
2 big eggplants, cubed  
6 zucchini, cubed  
1 celery stalk, chopped  
7-8 carrots, chopped  
1/2 kg green beans, chopped

7-8 any kind sweet peppers  
6-7 okra cleaned and cut at pieces  
6-7 tomatoes  
1.200 kg potatoes  
few sprigs mint and savory  
2 tbsp olive oil  
salt to taste and 1 tbsp paprika

### **Method:**



First clean and chop all the vegetables. Try to cut into similar size pieces to get the veggies cook simultaneously.

You must be careful to not overcook the vegetables to keep their colors fresh. Saute the onions and garlic. Add salt, a little bit dry mint and savory (chubritza). Meanwhile boil water and pour it over the okra. You must soak the okra in hot water for 10-15 minutes and rinse it to get rid of the slime.



Add first the carrots, then the celery, and then the eggplants to the pot and saute them for 2 minutes before adding the next veggie.

Add the peppers and the green beans and saute them for 2 minutes. Then add the paprika and pour the broth.



Cook for about an 30 minutes, before adding the okra, and the zucchini. After 30 more minutes add the potatoes. Cook them for about 20 minutes and then add the tomatoes. Always add the tomatoes at the end, otherwise the acids from the tomatoes would prevent the vegetables from cooking. Cook till the potatoes get soft. Add parsley.





## **BULGARIA: Rice pudding**



### **Ingredients:**

**125g. Rice**

**125ml. Water**

**500ml. Milk**

**60g. Sugar**

**5g. Cinnamon**

***Serves: 4***

### **Method:**

**1. Put the rice in a heavy based saucepan, cover with the water and cook over low heat for 10-15 minutes, or until the water is almost absorbed. Stir from time to time.**



**2. When the water is absorbed, add milk and cook for 5 more minutes. Then add sugar and half of the cinnamon and stirring continuously cook for 5 minutes, until the sugar is melted and the mix is creamy.**



**3. Pour the mixture into four glasses and sprinkle the rest of the cinnamon on the top.**





**Portugal: *Bacalhau à Brás* (Codfish)**



**Ingredients for 4 people:**

300 g of dried cod  
500 g of potatoes  
8 eggs

1 big onion  
½ cup of olive oil  
salt

**Preparation:**



Place the cod to soak for 48 hrs in the fridge, change water 3x. Drain it, remove the skin and bones and break it into pieces.



Peel and cut the potatoes into very thin strips.



Heat the oil and fry the potatoes, until they begin to turn golden brown.



Heat oil in a frying pan; stir-fry the peeled and finely sliced onion on a low light. When it is transparent, add the cod and season lightly.



Beat the eggs and pour them into the frying pan.



Mix everything very well and cook the eggs lightly, making sure they do not become too well set. Serve immediately.





*Arroz doce* (Sweet rice)



**Ingredients for 6 people:**

200 g of rice  
1 liter of milk  
4 yolks from eggs  
250 g of sugar

$\frac{1}{4}$  liter of water  
ground cinnamon  
salt

**Preparation:**



Boil water with a little of salt and cook rice until the water evaporates.

Remove the saucepan from the heat and add the mixture to the rice.



Add the milk and cook until it is reduced by half.

Return to the heat and stir continuously until the eggs are cooked, taking care not to overheat to prevent curdling.



In the meantime, beat the eggs with the sugar.

Remove from the heat and leave to cool.

Pour the rice into a recipient and sprinkle with cinnamon.

Serve cold.





POLAND



## Kluski Śląskie with mushroom sauce

### You will need:

- 1 kg boiled potatoes
- potato flour
- 1 kg mushrooms
- 4 large onions
- 250ml cream
- salt and pepper
- oil



Using the mincer mince boiled potatoes. Then put them into a bowl and divide into four equal parts.

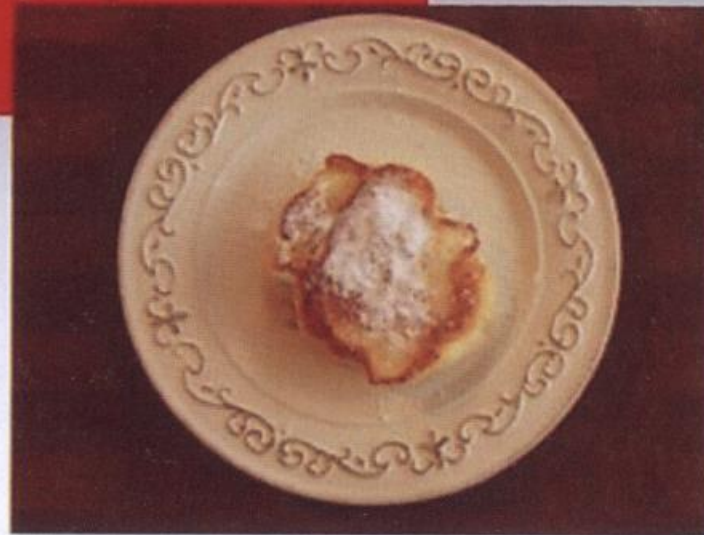


Take one out and fill the empty place with potato flour. Put the remaining part of potatoes back and knead with your hands for about 10 minutes. Form little balls using your thumb make a little hole.



Boil in salted water for about 3 minutes. Chop the onion and fry on oil. Then add sliced mushrooms and fry until the water evaporates. Add salt, pepper and cream. Mix it all together gently and fry for few minutes.





# Racuchy – Polish Pancakes

## You will need:

- 500 grams flour
- 50 grams yeast
- 1 egg
- 1,5 cup milk
- 2-3 tablespoons sugar
- 3 large apples
- powdered sugar



Mix  $\frac{1}{2}$  milk with yeast and sugar, leave for 15 minutes to grow. Put flour, rest of milk, egg yolk and the yeast mixture into a bowl and mix with wooden spoon and leave in a warm place to grow.



Then add beaten egg white. Mix it in really gently. Then peel the apples, remove the core and cut into small pieces. Add it to the dough and mix together.



Using a spoon take some of the dough and put onto the pan. Fry on oil on really small heat until they are golden. Serve sprinkled with powdered sugar.



## WHAT YOU IS WHAT YOU ARE -

IN ORDER TO PREPARE OUR STUDENTS FOR THE MEETING WE WANTED TO FIND OUT MORE ABOUT THEIR EATING HABITS AND TRADITIONS AT HOME. INTERESTING HOW THE CONCEPT "FOOD" DIFFERS FROM COUNTRY TO COUNTRY AND AT THE SAME TIME HOW SIMILAR SOME FACTS CAN BEI HERE 'S THE QUESTIONNAIRE THE STUDENTS HAD TO FILL IN:

### What you eat is what you are ... - A short questionnaire on your eating habits

Please answer the following questions; these questions refer to a normal weekday and we are aware that there might be exceptions – just think of answering the questions with an „usually/normally/ mainly ...“ – thank you for your answers!

#### General questions

How often do you eat a day?

1 x <input type="checkbox"/>	2 x <input type="checkbox"/>	3 x <input type="checkbox"/>	4 x <input type="checkbox"/>	5 or more <input type="checkbox"/>
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One meal/kind of food you couldn't live without? \_\_\_\_\_

In the blank columns you have the possibility to fill in any other kind of meal you have per day, e.g. coffee breaks, tea time etc.!

	When and where do you have ...	What do you have for ...	Who has breakfast/lunch/dinner with you?
<input type="checkbox"/> ...breakfast			
<input type="checkbox"/>			
<input type="checkbox"/> ...lunch			
<input type="checkbox"/>			
<input type="checkbox"/> ...dinner			
<input type="checkbox"/>			

↑ Please mark the most important meal for you in a day!

#### Traditional food and festivities

What do you have for Christmas? \_\_\_\_\_

Do you have any special/traditional meals at Easter, Carnival etc.? \_\_\_\_\_

Any other occasion when you have a special meal – and what is it? \_\_\_\_\_

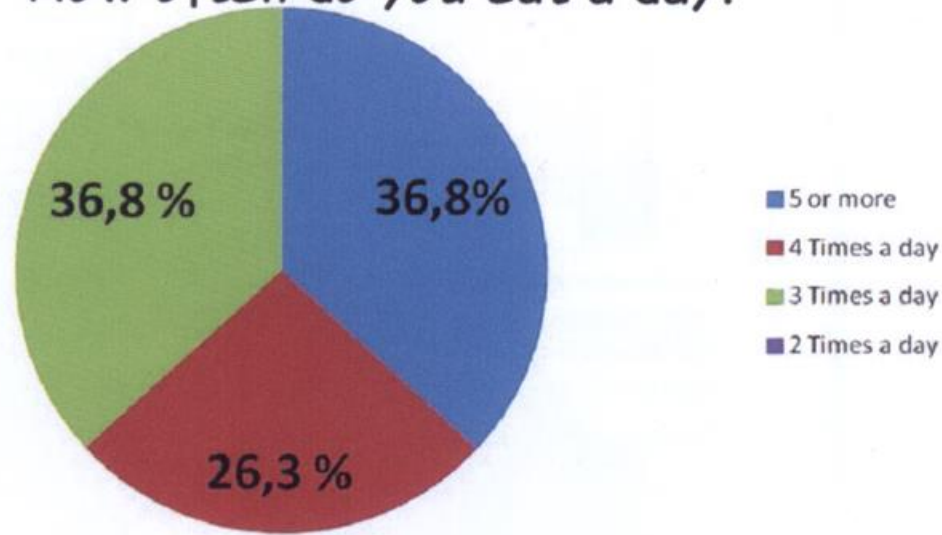
Which drinks are served with these festive meals?





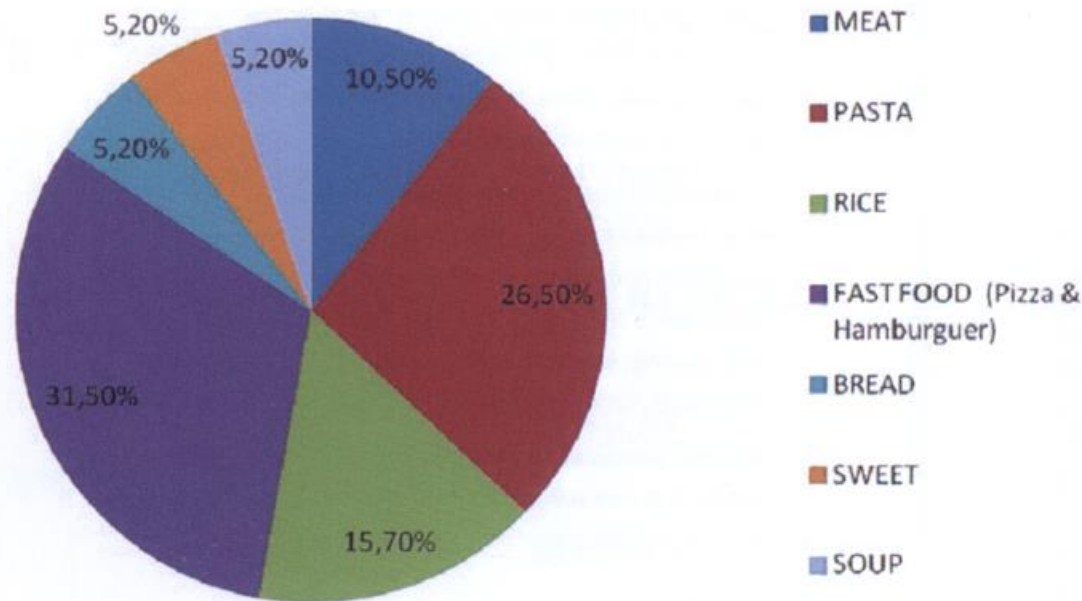
# HERE ARE THE RESULTS: SPAIN: TOTAL OF STUDENTS ASKED: 19

How often do you eat a day?



For the Spanish students breakfast is the most important meal; they ususally have it at 8 am either with their family or their friends.

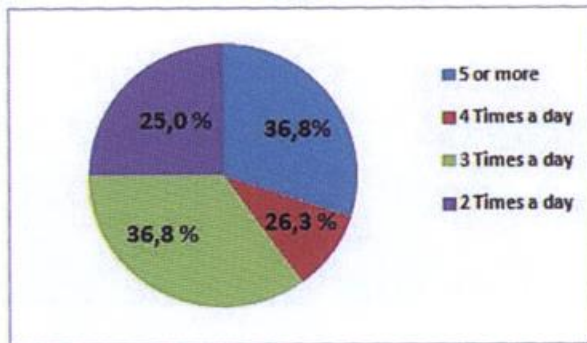
What is your favorite food?



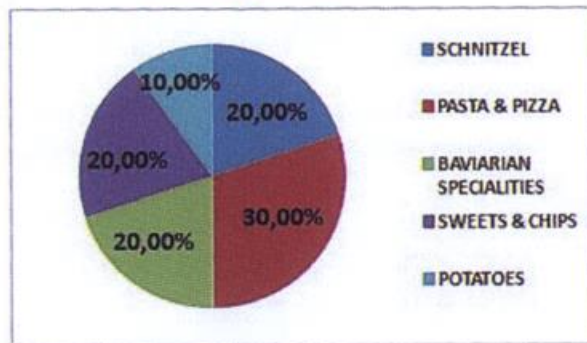


# GERMANY. TOTAL OF STUDENTS ASKED: 20

How often do you eat a day?



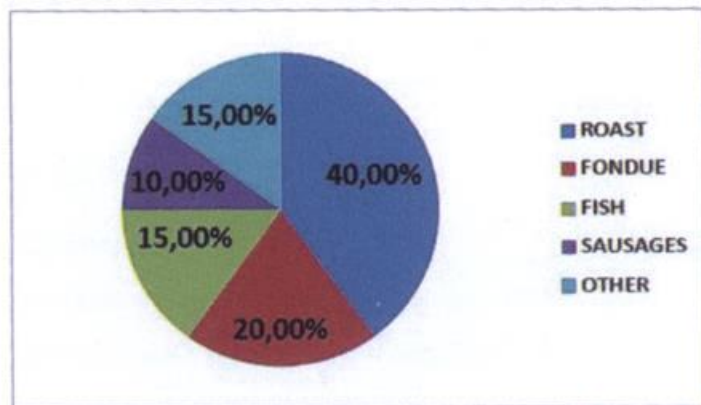
Which is your favorite food?



Many students only have lunch at school and eat a cold snack. Though, more than half of the students try to have a warm meal as often as possible. The snack in between lunch and dinner is also quite important for the German students; it usually consists of fruit, bread or chocolate.

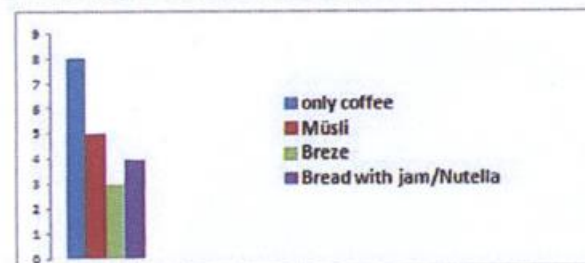
### Traditional food and festivities

There are few typical traditional meals for Christmas:

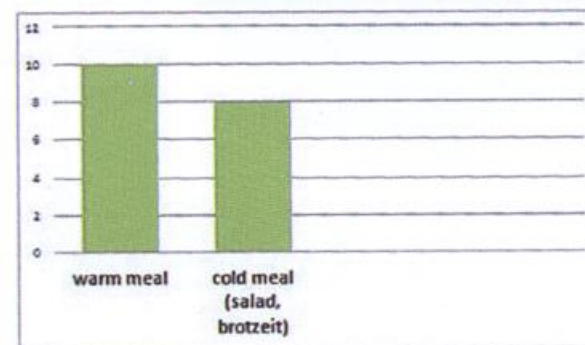


### The most important meal

For 15 % of the German students, breakfast is the most important meal. They usually have breakfast at around 7 o'clock together with their family.



For the other 85 %, dinner is on top of the list of the most important meals. Time and surroundings differ a lot. These 85 % can be divided into the following:



Other specialties which were often mentioned are mainly "Krapfen" prepared during Carnival, a sweet pastry usually filled with jam. At Easter, roast is often served at German homes.

The main occasion when students have a special meal is their birthday, most often the birthday cake or a complete meal they are allowed to create on their own. New Year's Eve is another occasion for having a special dish, mainly Raclette or Fondue. One student wrote: "My mum cooks so awesome, every meal is special."

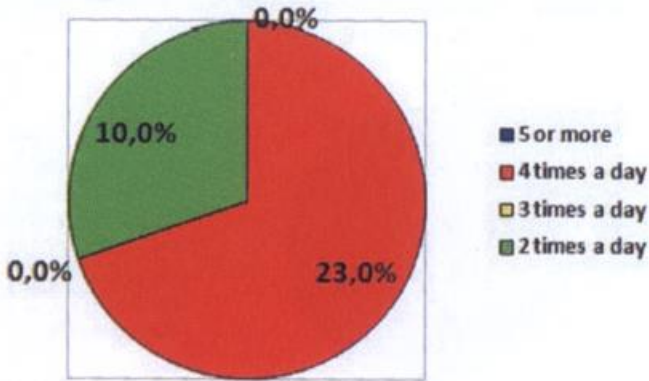
When it comes to the drinks that accompany festive meals, it is not surprising that beer is in the first place:



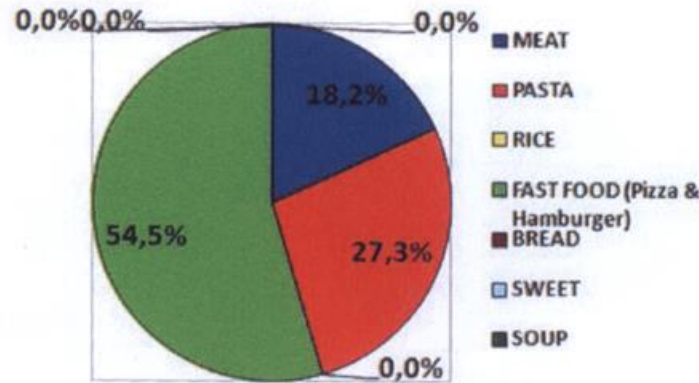


ITALY:  
TOTAL OF  
STUDENTS  
ASKED: 33

**How often do you eat a day?**

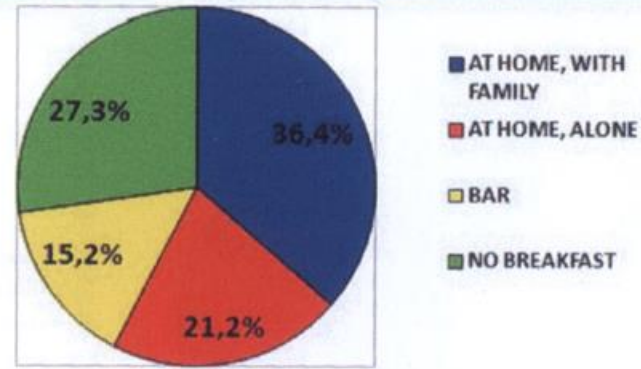
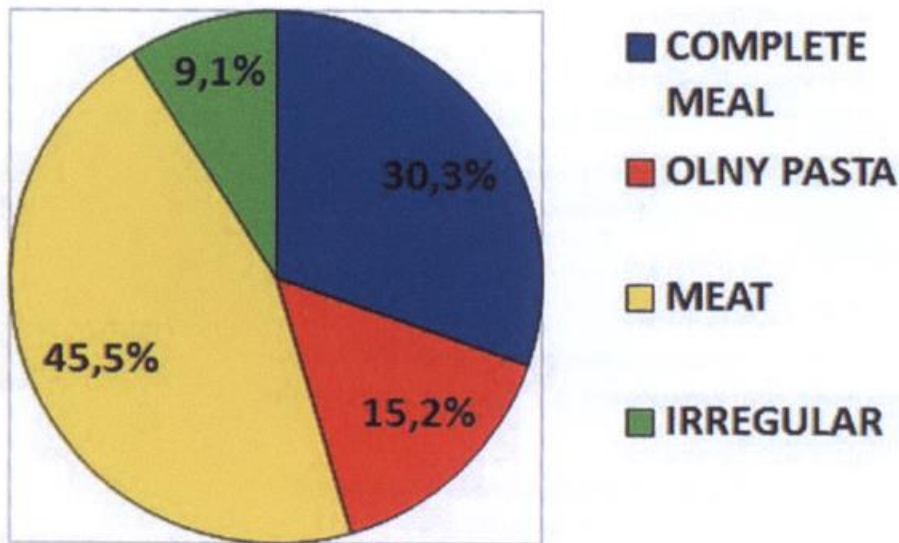


**Which is your favorite food?**



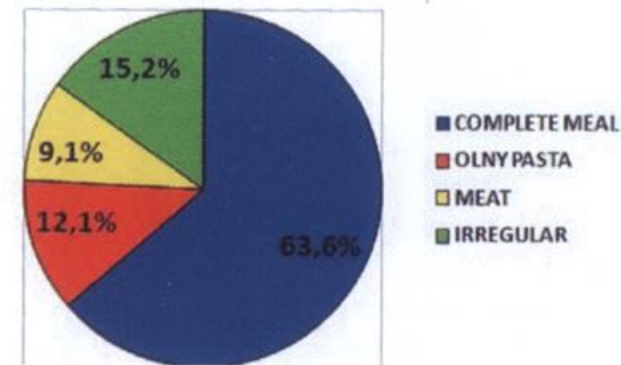
**The most important meal:** Breakfast is at 7:00 - 8:00 a.m.

**Dinner is at 8:00-8:30 p.m., at home with family**



Only 27.3% have a break at 11:15 a.m. at school with a sandwich

Lunch is between 1:30 and 3:00 p.m. (mostly 2:30 p.m.). It is a complete meal, mainly with the family



**TRADITIONAL FOOD AND FESTIVITIES**

**What do you have for Christmas?**

15 students affirmed to have "lasagna" for Christmas, and 15 students affirmed to have roast meat (the majority of them affirmed to have baby pork roast meat). 16 students affirmed to have lamb. Only four students have fish. All students also affirmed to eat sweets for Christmas, the majority answered to have "pandoro".

**Do you have any special/traditional meals at Easter, Carnival etc.?**

Almost all students affirmed to eat lamb roast meat and chocolate eggs for Easter. For carnival, everybody agreed to have "zeppole".

**Any other occasion when do you have a special meal – and what is it?**

All students affirmed that the occasions during which they have special meals are: birthdays, weddings and religious feasts.

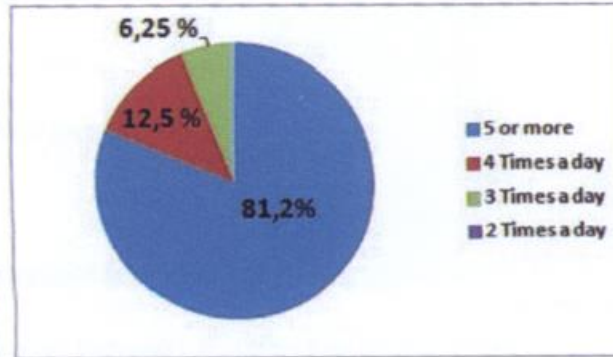
**Which drinks are served with these festive meals?**

According to all students the drinks that are served during these festive meals are: "spumante", wine and coke.

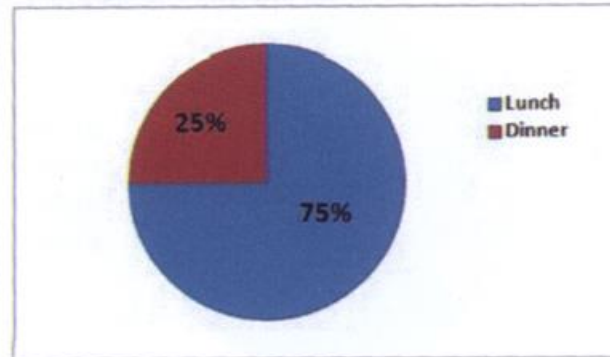


# PORTUGAL: TOTAL OF STUDENTS ASKED: 16

## How often do you eat a day?

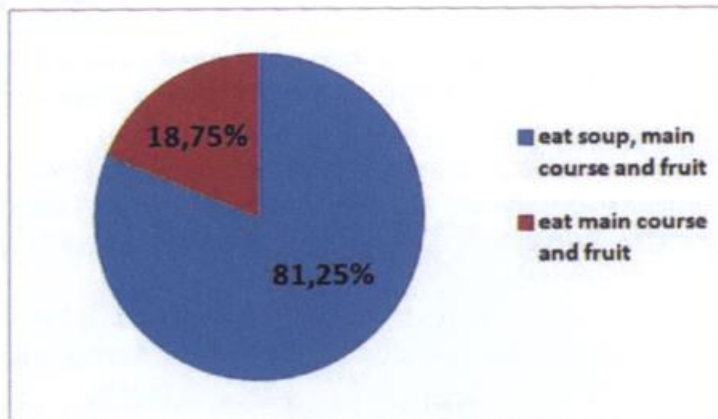


## One meal you couldn't live without?



## Dinner

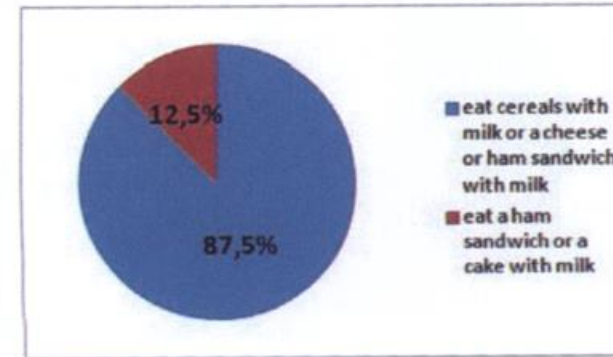
All of the students have dinner at home, at 20:00, with their family.



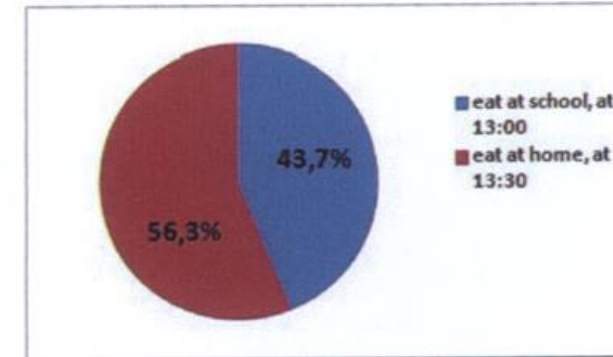
## TRADITIONAL FOOD AND FESTIVITIES

On Christmas' eve, Portuguese people eat roast octopus, boiled codfish with potatoes and vegetables. On Christmas' day, Portuguese people eat roast lamb or veal with potatoes, rice and salad. For dessert, on both of the days, there are a lot of traditional sweets.

**Breakfast** Most of our students (87, 5%) have breakfast alone and at home, before going to school.



## Lunch



All students normally eat soup, main course and fruit. Those who go home have lunch with their family and those who stay at school have lunch with friends.

At Easter, Portuguese people have roast lamb with potatoes and rice or roast piglet with French fries and rice for lunch.

At Carnival, people in Portugal eat a selection of different types of boiled meat (pork, beef and chicken) with vegetables, rice and potatoes.

## Local festivities:

On the 1<sup>st</sup> Sunday of October, in Gondomar, people eat turnip soup, roast lamb with potatoes and rice and a variety of sweets at lunch time.

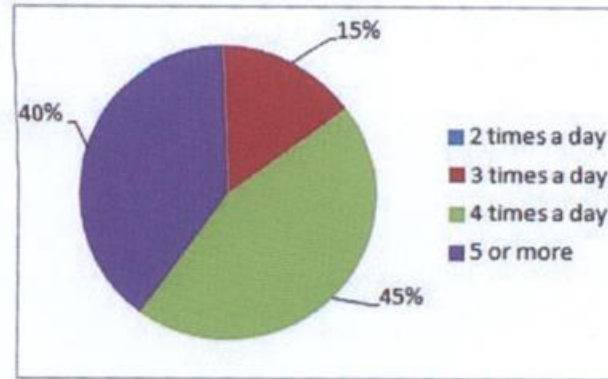
On the 23<sup>rd</sup> of June, people in Porto have grilled sardines and grilled pork with salad and French fries for dinner.

On special days, Portuguese people drink fruit juices, sodas, water, wine, beer, Port wine and champagne.

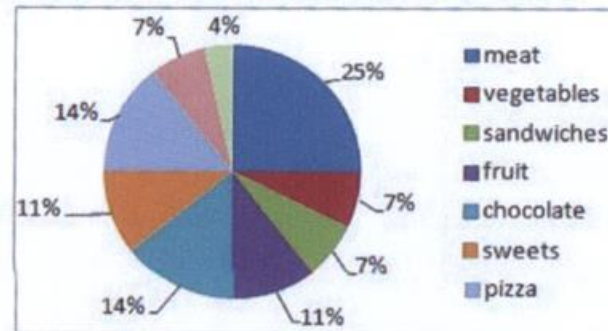


POLAND:  
TOTAL OF  
STUDENTS  
ASKED: 33

**How often do you eat a day?**

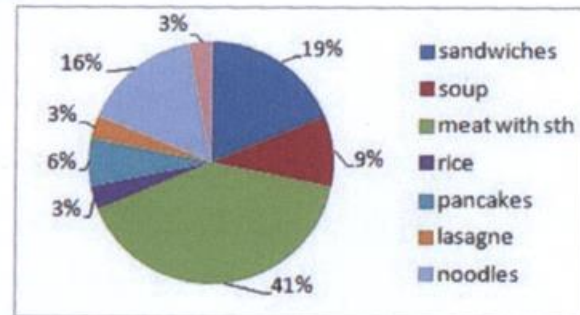


**One meal / kind of food you couldn't live without....**

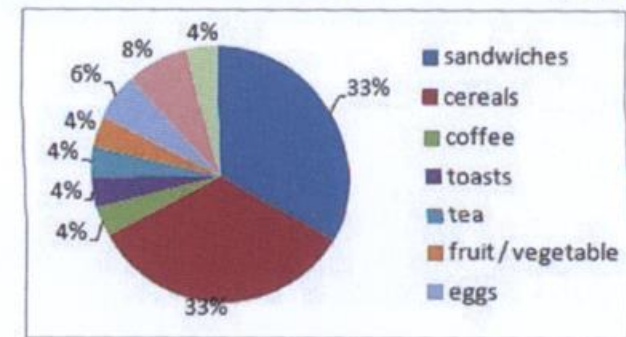
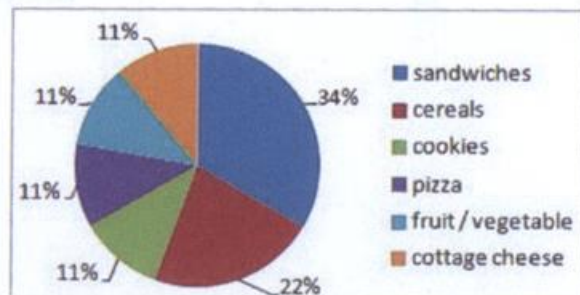


**Breakfast:** Most of the students have breakfast at home, usually between 6:30-8:00. They eat alone, sometimes with their family. Some students stated that they have brunch at school, usually with their friends at 10 o'clock.

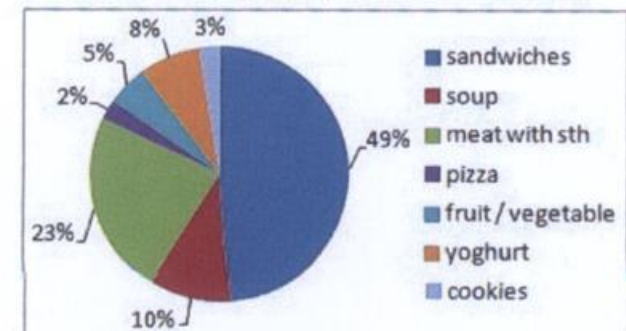
**Dinner:** Traditionally, all of the students have dinner at home, usually between 15:00 and 17:00. If they happen to have the classes in the evening, they stay somewhere in the city and eat alone.



**Supper:** It is the last meal eaten in Polish homes, usually between 19:30 and 21:00. Supper may be something light, like a fruit; most of the time it is eaten alone or together with the family.



**Lunch:** More than 80% asked responded that they have lunch either at school or at home, between 10:00 and 15:00. Almost half of them eat with friends, one third of asked students stated that they have lunch either with their family or alone.



Polish students tend to have short coffee breaks or tea times during the day, at various times, like 9:00, 10:00, 12:00, 17:00 or 19:00. They usually have coffee or tea with some cookies or sweets.

**TRADITIONAL FOOD AND FESTIVITIES**

**Christmas:** 12 dishes are served as a reminder of the 12 Apostles on Christmas Eve. Polish people don't eat meat on this day, instead they choose from variety of fish and vegetable dishes. The meal begins when the first star is seen. The dishes to be found on the table are: beetroot soup, small dumplings, pickled herring, fish soup, compote, and fried fish.

**Easter:** on Easter Saturday, swieconka baskets filled with salt, hard-cooked eggs, butter, sausage, ham, bread, babka and other food is taken to church to be blessed by the priest. On Easter morning, the feasting begins with a breakfast taste of everything in the basket. Next, a variety of dishes are being served on the table.

**Local festivities:**

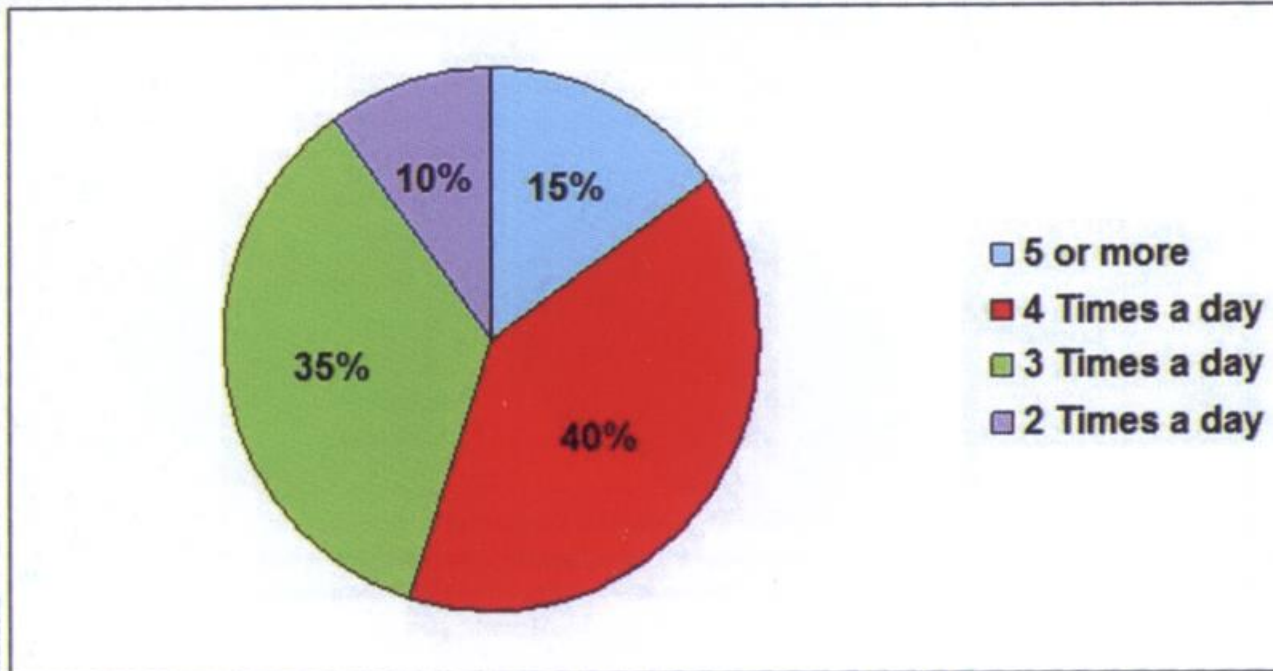
In our region, traditional potato pancakes, potato cake and black pudding are very popular and commonly eaten on various occasions and festivities. There are no other special occasions except for the religious and national holidays. If so, people have different types of meat with potatoes and salads for dinner.

On special days, Polish people drink Coke, juice, water, compote, tea, coffee, wine, beer and vodka.

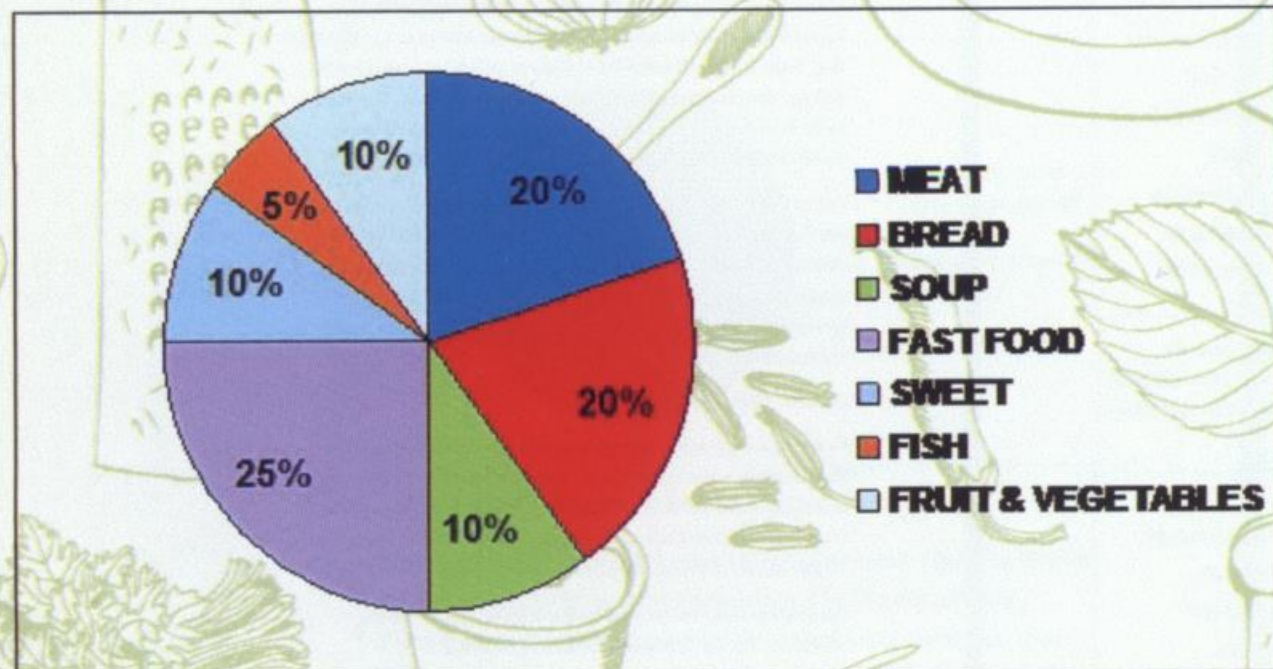


## BULGARIA: TOTAL OF STUDENTS ASKED: 20

How often do you eat a day?



Which is your favorite food?



The most important meal is breakfast which we usually have at 8 am with our family.



Coffee break is normally at 11 o'clock at school, most often students have a sandwich, fruit or something sweet.

### Traditional Food and Festivities

Pork meat is the most common meat in the Bulgarian cuisine. According to the Bulgarian tradition we eat pork on Christmas We eat eggs and traditional Easter cake at Easter On 6<sup>th</sup> May we celebrate St George's Day. We eat Lamb on this day. On 6<sup>th</sup> December we celebrate St Nicholas day / Nikulden/Saint Nicholas is believed to help all the sailors and fishermen. According to the tradition we eat fish then. Most often rakia /national drink in Bulgaria made from distilling fermented fruits/ , wine and soft drinks are served with festive meals and family dinners.



SOME IMPRESSIONS  
OF THE REALLY  
FABULOUS WEEK IN  
SARDEGNA







THIS IS THE REALLY FRIENDLY ITALIAN TEAM - GRAZIE A TUTTI!!!





IT WAS A GREAT EXPERIENCE TO SEE OUR STUDENTS WORK AND SWEAT IN THE KITCHEN - THEY WERE SO EAGER TO EXPLAIN THE PREPARATION METHODS AND EVERYONE WAS REALLY CURIOUS TO SEE HOW AND WHAT WAS GOING TO BE DEVELOPED AND PREPARED - THIS IS WHAT INTERCULTURAL LEARNING AND COMMUNICATION REALLY IS ABOUT!







WE HAVE HEARD THAT IT TOOK SOME HOURS TO CLEAN UP THIS MESS IN THE KITCHEN - WE DEEPLY APOLOGIZE AND THANK YOU ONE MORE TIME - BACI A TUTTI!!





ARTESIAN  
SI PREGA  
DI NON TOCCARE